



Family Machu Picchu and Inca Trail Explorer

PERU - TRIP CODE FPT

FAMILY

Why book this trip?

Following in the footsteps of Incas and Spanish explores trekking along the famous mountain trail to Machu Picchu. Explore the ancient capital of Cusco and visit the colourful Pisac Markets. Stepping off the beaten track, experience traditional life with an overnight stay in a mountain village. Along the way there's the opportunity for rafting and mountain biking in the Sacred Valley.

- **The Inca Trail** - Four-day trek through stunning scenery visiting Inca ruins en route to arrive at the mountain citadel of Machu Picchu
- **Rafting and mountain biking** - Enjoy an exhilarating downhill bike ride in the Sacred Valley and optional whitewater rafting
- **Misminay** - Trek to Misminay, home to our Inca Trail porters and spend the night in a village house

- **Quarry Trail** - When Inca permits have sold out we are offering the Quarry Trek. Experience spectacular views on this quieter alternative route, joining the Inca Trail to trek into Machu Picchu

					
INCLUDED MEALS Breakfast: 12 Lunch: 5 Dinner: 4	TRIP STAFF Explore Tour Leader / Trek Guide Cook Local Guide(s) Porter(s)	TRANSPORT Bus Flight Train	ACCOMMODATION	TRIP PACE: Moderate	GROUP SIZE: 10 - 16

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

Trip information

Country information

Peru

Climate

There is a rainy season from Dec - Mar however on the coast it rarely rains. Jun-Oct is damp and misty, but temperatures never drop below 10°C. At high altitudes although there are sunny days temperatures can drop dramatically, and conditions can change suddenly.

Time difference to GMT	Plugs	Religion	Language
-5	2 Pin Flat	Catholicism	Spanish

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Aguas Calientes - Hot springs US\$ 4.

Sacred Valley - Rafting on Urubamba River US\$ 65 depending on numbers.

Huayna Picchu Mountain- £60; Machu Picchu Mountain £60 - Subject to availability - these must be pre-paid at time of booking and is non-refundable. If you change your passport between your time of booking and prior to travel please take your original passport with you to avoid being fined.

Lima - City tour approx. US\$ 28; Gold Museum US\$ 58 guided (minimum 2 people), US\$ 11 unguided;

Lima detour - alternative view of the city of Lima US\$ 30 (price may go up if less than 4 passengers).

Clothing

In the highlands, conditions are generally dry and sunny during the day. Nights can be very cold at altitude so it is essential to bring adequate warm clothing for the trek especially between May and August. It can drop as low as -10°C at night. Be prepared for rain. Take your swimming costume for the thermal baths at Aguas Calientes. A sunhat is essential.

Thermals

Comfortable around camp and much more practical (and warmer) to sleep in than pyjamas.

Socks

It is best to wear a pair of liner socks under a pair of fairly thick loop stitch socks. This helps to protect your feet against blisters. Avoid nylon socks, they are abrasive, don't breathe well and can cause blisters.

T-shirts We recommend polyester/polypropylene fabrics which keep you warm even when wet.

Waterproofs

Breathable waterproofs not only protect against rain and wind but also stop you from overheating. They breathe and avoid condensation which you will experience from nylon waterproofs.

Thick jumper/fleece jacket

A thick jumper or fleece jacket is necessary as nights can be very cold at altitude, especially in July.

Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece.

Shorts

Shorts can be very comfortable to walk in but you must carry long trousers with you in case you get either sunburned or cold.

Please remember we shall be passing through the occasional remote areas and villages and short shorts (especially on ladies) can give offence to the local inhabitants. Longer, looser fitting shorts are, in any case, more comfortable to walk in.

Gloves & Hat

Especially useful around camp in the morning and in the evening at higher altitudes.

Footwear

Trainers or Trekking sandals

Useful around camp, in towns and when travelling. Sandals are ideal for rafting as they protect the soles of your feet and also keep them cool.

Comfortable shoes and sandals. Please see notes regarding trekking boots for Inca Trail. If participating in rafting old trainers (as they get wet) are useful.

Luggage

20kg

Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Main Baggage: Your main piece of baggage - suitcase or rucksack - must be lockable as this becomes the receptacle for anything you don't want on the trek and this is stored at the hotel in Cusco while you are trekking.

Trek Kit Bag: Before leaving Cusco there is plenty of time to re-sort luggage into what you need on trek and what can be left in Cusco (see above). Your trek luggage, including sleeping bag, needs to be packed into a kit bag, soft holdall, frameless rucksack or similar to be carried by the porters. The weight limit for this is 7kg but you will probably find that you do not need this much.

Small Rucksack/Daysac: During the course of a trekking day, you do not have access to the luggage which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daysac should, therefore, be large enough to carry the following: Waterproofs, sweater, long trousers (if walking in shorts), warm hat and gloves, sunhat, sun cream, water bottle (at least 2 litre or 2 1litre bottles), tissues and your packed lunch. Most people normally find that this adds up to about 6kg. Camera equipment can be heavy so think carefully when deciding what to take. Other optional items in a day pack might be a diary or a book to read at lunch time.

Equipment

You will need a good insect repellent, suncream, a small torch and a personal water bottle. See notes regarding sleeping bags for the Inca Trail. Please note Drones are prohibited in most tourist areas in Peru

Sleeping Bag As you do not carry it yourself this may be down or synthetic, but it must be 4-season (temperature -10°C to -5°C). A cotton liner helps to keep your bag clean. You do not need a foam mat as thermarests are provided. Note: it is possible to hire a down sleeping bag locally for US\$ 20 for the whole trek. Let your tour leader know at the beginning of the tour.

Personal Equipment: On Trek

Trekking poles

Trekking poles are recommended. NB. Metal tipped trekking poles are NOT permitted in order to reduce erosion - please ensure they have rubber/plastic tips. Wooden poles are readily available locally.

Water Bottle

Water along the trail must never be considered as drinkable. The camp staff provide purified water each day with which to fill your own bottle. 1 litre is the minimum size suitable as disposable plastic bottles are not allowed on the trail. It is a good idea to add some powdered fruit juice for flavouring. Note: Metal bottles can also double up as hot water bottles.

Torch/Batteries/Bulb

A small torch is essential for finding things in your tent, visiting the 'toilet' in the night etc. Often a head torch is the most practical option as it allows you to have both hands free. Remember that in most developing countries only a limited selection of batteries is available. The most common are pen cells (or AA size) and SP/HP2 (D size).

Dry bags:

If you pack bits and pieces in a selection of dry bags inside your kit bag they will stay dry in case of rain and it will be easier for you to sort through in camp. Remember, the less you have to unpack in the evening, the less you have to repack each morning. A liner to pack inside your daysac is also a good idea.

Toiletries

Try to keep heavy cosmetics etc to a minimum. Essentials are toothbrush/paste, soap and a small towel.

Personal First Aid Kit

On each trek a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin etc. (Please do not give medicines to local people without consulting the trek leader.)

Equipment Provided: On Trek -The following equipment list is provided by Explore once you are on the trek:

2-person tents.

Dining tent.

Thermarest.

Stools, table.

All cooking and kitchen gear.

A branded Explore kit bags on the Inca Trail is provided for you (you get to keep this bag). Your luggage is not taken on the actual trail and this kit bag is used to carry your personal belongings while undertaking the trip.

Tippling

Explore leader

Tippling isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline

Local crew

Although entirely voluntary, tippling is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, your leader may organise a group's tips kitty for included activities and meals and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow US\$ 50, approx. 160 Peruvian Soles per person for group tippling

For all non-included services and meals on your trip please tip independently at your discretion.

Peru

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£5.00-8.00	£15.00	£2.00 - 4.00	£1

Foreign Exchange

Local currency

Peruvian Sol (PEN)

Recommended Currency For Exchange

You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the PEN is approximately PEN 4.3 to the British Pound. We recommend you take some emergency cash in USD as the GBP exchange rate isn't very good. Notes should be in good condition otherwise they might be difficult to exchange. Please check on line for up to date information

Where To Exchange

Your Tour Leader will advise you on arrival.

ATM Availability

ATMs can be found in the major towns and cities for cash withdrawals in Nuevos Soles. Always have some cash back up as they are not always reliable

Credit Card Acceptance

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

Travellers Cheques

We do not recommend Travellers Cheques

Transport, Accommodation & Meals

Transport Information

Bus, Flight, Train

Family swimming

This tour does not lend itself to included swimming opportunities

Essential Information

Government Travel Safety Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Peru: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Other nationalities should consult the relevant consulate. All visa information is subject to change hence you should confirm all visa related issues with the relevant Embassy prior to departure.

USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to be refused boarding.

You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover.

If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information. (Not necessary if in transit)

For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html>

Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website:

<http://www.cic.gc.ca/english/visit/eta.asp>

Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's

recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will

exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Maximum altitude (m)

4200

Altitude information

As this tour reaches altitudes of 4200 meters, we strongly recommend that travellers with heart or lung conditions, anaemia, asthma, high blood pressure or on the pill should seek the advice of their GP.

You must have adequate travel insurance for your trip. Please ensure that your insurance policy covers you to the maximum altitude indicated above. If you have Explore insurance you will be covered to this altitude.

Included activities

Additional notes for trips that include the Inca Trail

1. In order to regulate the number of people walking on the Inca Trail it is necessary to buy an Inca Trail Pass specific to the days that you wish to travel. There are 200 passes per day for tourists, the remainder are for guides and porters.
2. If you are travelling on an Explore trip, Explore buy the necessary permit on your behalf. This is non-refundable and can't be refunded or transferred after you have confirmed your booking.
3. Passes sell out quickly, so we would urge that you book your tour well ahead of your intended travel date. New Inca Passes are released in early October of each year, so ideally we would recommend that you book your trip at least 6 months ahead and by December for the following year where possible.
4. Please note that due to the way the passes are distributed in October although a tour departure may be 'Guaranteed' we are unable to guarantee individual Inca Trail passes until we have confirmation that the passes have been purchased. On booking we will be able to tell you the date that your pass should be confirmed, and will contact you immediately in the (unusual) event that it is not. Because of this we would

recommend that you either book your flights through Explore or ensure that your tickets are flexible / refundable.

5. In order to buy your pass we will need to take an additional £125 per person non refundable deposit and require your: name as per passport, passport number, date of birth and nationality. If you change passport before travelling it will be necessary to provide a copy of both passports in advance of travelling and to carry a copy of your previous passport with you.

6. The Peruvian authorities may change the regulations for the Inca Trail Pass at any time. In the event of this we will inform you as soon as possible.

Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

Peru

Vaccinations

Nothing compulsory, we recommend protection against typhoid, tetanus, polio and hepatitis A. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Family information

Extend your trip

Why not extend your holiday with some down time in the Amazon. A complete contrast to the Inca Trail, stay in an eco-lodge and go wildlife spotting on hikes through the jungle and boat rides on the Madre de Dios river. [Click here](#) for details.

Average Age: As a guide we have identified the actual average age of the children who have travelled on this trip over the the last 5 years, to help you decide whether it's the right one for your family. The average age on this trip is 14 years old.

Minimum age: This trip is suitable for secondary school aged children 11 and upwards due to the physical demand and altitude of the Inca Trail.

Additional Information



What is it like to trek the Inca Trail?

Read the blog by former Customer Support Manager Becky Powney to find out.

Inca Trail permit availability

In order to regulate the number of people walking on the Inca Trail it is necessary to buy an Inca Trail trekking permit, these are included in our trips but can sell out quickly for certain months.

With Inca Permits limited to 200 trekkers per day and popular dates selling out months in advance we now have an alternative trek that can be substituted into our Inca Trail trips (PE, PM, FPT). When the permits have sold out on a given departure date, the Quarry trail can be booked instead. We are offering a three-day trek along the Quarry route combined with the one-day Inca Trail from KM104, giving you the opportunity to still trek through the Sun Gate down to Machu Picchu. The quarry trek follows a quieter and less trodden path, taking in spectacular views across the Andes Mountains, Inca ruins and isolated communities. Talk to one of our adventure consultants about requesting this.

Why book this trip

Imagine the bragging rights for the whole family after the holidays when explaining that your family met the challenge of the Inca Trail and visited a wonder of the world, Machu Picchu. Probably our best challenging adventure and perfect for active families who enjoy walking and undertaking a journey of exploration.

Reviews



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**