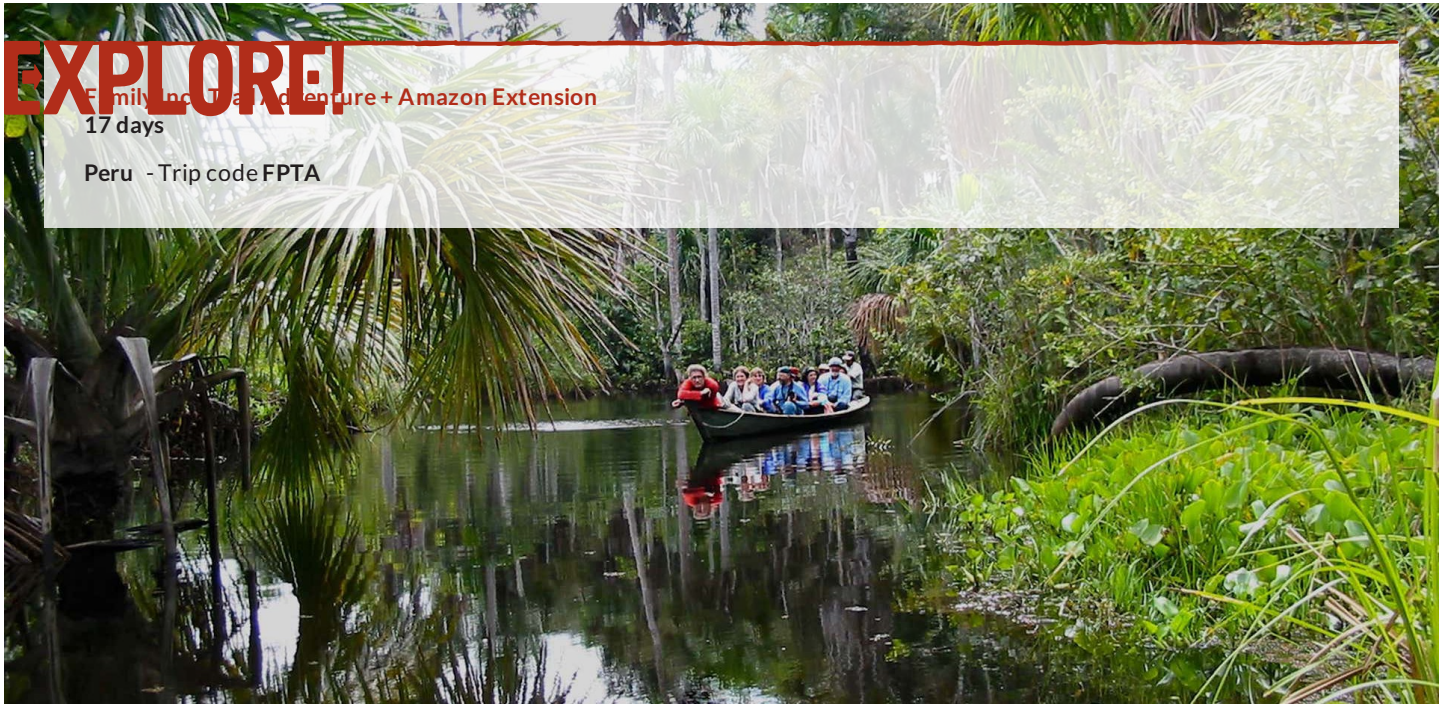


EXPLORE!

Family Inca Trail Adventure + Amazon Extension

17 days

Peru - Trip code FPTA



Family Inca Trail Adventure + Amazon Extension

Following in the footsteps of Incas and Spanish explores as we trek along the famous mountain trail to Machu Picchu. We also explore the ancient capital of Cusco and visit the colourful Pisac Market. Stepping off the beaten track we 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.

TRIPLE ROOMS

This trip allows the option for triple rooms to be included within the booking on a selected number of night stops within the holiday. If you would like this option, a discount may be applicable on the cost of the trip - please ask our Sales team for further information.

Trip highlights

- ★ **The Inca Trail** - Four-day trek through stunning scenery visiting Inca ruins en route to arrive at the mountain citadel of Machu Picchu
- ★ **Machu Picchu** - One of the New Seven Wonders of the World
- ★ **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
- ★ **Cusco** - Explore the ancient capital city of the Incas

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

TRIP PACE:

Moderate

Moderate pace tours are ideal if you want a holiday which combines exciting activities and experiences with plenty of time to relax and unwind. Typically you'll be active and busy for part of the day but then also have time to rest and recharge your batteries.

GROUP SIZE:

10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

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

Family information

Minimum age

11

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.



What's included?



Included meals

Breakfast: 17
Lunch: 8
Dinner: 7



Transport

Bus
Flight
Train



Trip staff

Explore Tour Leader / Trek
Guide
Cook
Local Guide(s)
Porter(s)

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

-5

Plugs

2 Pin Flat

Religion

Catholicism

Language

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\$ 45 (based upon 4 passengers).

Huayna Picchu - £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.

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).

Plastic Bags

If you pack bits and pieces in plastic 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 binliner 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. Wet Wipes are great for a quick clean up in your tent, so bring a pack of those.

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.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive. It is customary to tip our Porters, Cooks and Trail Guide at the end of the Trek, although this is entirely at your discretion.

Local crew

Although entirely voluntary, tipping 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, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow at least US\$ 40 for tipping.

Country Information

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.

Breakfast price

£4.00 - 7.00

Dinner price

£6.00 - 8.00

Beer price

£2.00 - 4.00

Water price

£1

Foreign Exchange

Local currency

Nuevo Sol

Recommended Currency For Exchange

Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US\$400-\$500 of your total spending money in cash for your tour, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where To Exchange

Most major towns - your Tour Leader will advise you on arrival.

ATM Availability

Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance

In major restaurants. In some establishments Master card is not accepted.

Travellers Cheques

Travellers Cheques are not always easy to exchange.

Transport, Accommodation & Meals

Transport Information

Bus, Flight, Train

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

The Ecoamazonia Lodge is a relatively large property located in the middle of the Tambopata ecological reserve; only 30km from Puerto Maldonado on the Madre de Dios River. The accommodation comprises of simply furnished individual wooden bungalows with a porch. The bungalows have mosquito nets on their windows and each have en suite bathroom. The property has a main dining room where buffet breakfasts and lunches are served, a games bar and indoor pool where guests can relax. The property is accessed by a network of bridges and pathways where you'll likely spot some of the resident wildlife. Electricity is provided by a generator twice a day 5am to 6am and from 5pm to 10pm so room lights can be used, batteries charged, etc. but a strong torch is also required. Hot water can be intermittent, the lodge use solar panels to obtain hot water therefore if overcast this may be luke warm.

Family swimming

This tour does not lend itself to included swimming opportunities

Essential Information

FCO 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 consider applying 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 transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. 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, 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. 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.

Non refundable permits

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.