

EXPLORE!



Family Inca Trail Adventure + Amazon Extension

PERU - TRIP CODE FPTA

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, with four days in the Amazon jungle at the end of the trip.

- **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



INCLUDED MEALS
Breakfast: 15
Lunch: 8
Dinner: 7



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



TRANSPORT
Bus
Flight
Train



ACCOMMODATION
3 nights simple
camping
8 nights standard
hotel
3 nights simple
lodge
1 nights simple
village house



TRIP PACE:
Moderate



GROUP SIZE:
10 - 16

Itinerary

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

DAY 1 - Trip starts in Cusco. Head to the Plaza de Armas and the Inca ruins at Hatunrumiyoc and Qoricancha.

Our journey begins in Cusco, the old heart of the Inca Empire and the archaeological capital of the Americas. One of the oldest continuously inhabited cities on the continent, Cusco is imbued with an atmosphere of mystery and grandeur. The Spanish-style city of today, with its attractive pink tiled roofs, arcaded plazas and steep winding alleyways, stands upon tremendous Inca foundation stones.

After a chance to freshen up and meet our local guide, we have the option to head out to explore Cusco's lively atmosphere of Plaza de Armas (main square) with its grand colonial architecture, bustling markets and iconic Inca monuments including the Inca wall at Hatunrumiyoc with its famous twelve-sided stone. The stone, measuring some 5 feet across, has the typical bevelled joints which create the patterns of light and shadow on Inca walls learning. We also visit the incredible remains of Qoricancha, the most important temple of the Inca Empire dedicated to the Sun God Inti.



ACCOMMODATION:
Yawar Inka Hotel (or similar)

Grade: Standard Hotel



MEALS PROVIDED: NONE

DAY 2 - Cusco walking tour including Qoricancha temple and an indigenous market, free afternoon

Today is a leisurely day to enjoy the sights of Cusco. After breakfast head out on foot to explore the Inca temples at Qoricanch; a short distance from the city centre. Qoricanch (also known as Koricancha) is one of the best preserved and most important Inca temples. The inner sanctum of the temple is ornately decorated with silver and gold leaf and was reserved for the highest authorities in the Inca kingdom.

The rest of the day is free to enjoy optional activities in and around Cusco exploring the winding streets and alleys of the city.



ACCOMMODATION:

Yawar Inka Hotel (or similar)



Grade: Standard Hotel



MEALS PROVIDED: BREAKFAST

DAY 3 - Visit to the colourful and vibrant Pisac markets, a llama farm and the temple-citadel Sacsayhuaman

In the morning we leave Cusco and head for the stunningly beautiful setting of the Sacred Valley to visit the market town of Pisac, strategically located at the head of the Urubamba Valley perhaps the most famous indigenous market in Peru. We spend time at the famous market before making our way back to Cusco stopping at Awanacancha, a llamas farm.

On the northern outskirts of Cusco we stop at the temple-citadel Sacsayhuaman which broods high above the town with fine views looking back down to Cusco below. Sacsayhuaman was built to impress, with a huge zigzagging stone wall broken into 66 sharply projecting angles to catch attackers in a withering crossfire. 20,000 conscripted workers toiled for 90 years to finish this remarkable historic capital of the Inca Empire, the sheer size of the stones making up citadel are a testament to the ingenuity of the Inca craftsmen.



ACCOMMODATION:

Yawar Inka Hotel (or similar)



Grade: Standard Hotel



DAY 4 - Drive from Cusco to Misminay, Sacred Valley. Trek to Misminay village, homestay visit.

Leaving Cusco this morning we drive through the Andes to arrive at Chequerec Community, a typical Andean village where we will start to trek through narrow paths traditionally used by the locals. During this hike, we will see small indigenous villages, cultivated fields, peasants working, curious children and a variety of animals as well as a varied flora. This is a great opportunity to discover different lifestyles and be in contact with the natural atmosphere of the Andes and its people. After a few hours of walking, we will arrive at the community of Misminay. Located at 3,700m, its location is spectacular as a natural balcony from where we can look at the splendid landscape and snow - capped mountains that surround the Sacred Valley; this view certainly astounds and leaves a deep impression on all those who visit this place.

We will be received by the people of the village, and welcomed with a typical sweet spearmint tea; this agreeable herb is edible and medicinal for this people. Families live together in tiny, one or two-room adobe homes raising guinea pigs, cows and sheep. Fathers work as porters for hikers during the dry season and tend crops of potatoes, corn beans and quinoa during the wet months, while mothers watch the herds, take care of the household and raise their children. Women also weave, producing the family's colorful ponchos, chullos, skirts, shawls and other items, on their backstrap looms.

After lunch we will have a demonstration of weavings made by the women of the community who will show us traditional and ancestral techniques. There will be also the opportunity to learn more about the local agriculture, they will show us instruments used by the Incas and still used today, especially in the highlands. Tonight we will take dinner at the community meeting room before overnighing at a local house.



ACCOMMODATION:
Misminay Local House (or similar)

Grade: Simple Village House



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - Bike to Moray and Maras, on to Ollantaytambo

After breakfast, we leave Misminay for some easy downhill biking lasting for a few hours. We will drive from Misminay to Cruzpata in the pampas of Chinchero. Here we will practice with the bikes before beginning our route along a hilly track (single track , dirty road and down hill, helmets are provided). We pass the Huaypo Lagoon to reach the experimental Agricultural Site of Moray a very unique archaeological site which consists of enormous natural depressions or hollows in the ground surface that the Inkas used for constructing irrigated farming terraces around them. This place was an important center of domestication, acclimatization and hybridization of wild vegetable species that were modified or adapted for human consumption. After a short visit at this site, we continue by bike toward the town of Maras. After visiting the Salineras of Maras (Salt mines), we have a 30-40 minute descent walking to

Pichingoto in the Sacred Valley, crossing the Urubamba River where our private bus waits to transfer us to Ollantaytambo town.



ACCOMMODATION:
Tikawasi Valley (or similar)

Grade: Standard Hotel



MEALS PROVIDED: BREAKFAST

DAY 6 - In the Sacred Valley; free for optional activities including rafting

Our base at Ollantaytambo makes the perfect place from which to discover the sites and activities around the Sacred Valley. Today there is the option for a full day's rafting of the white waters (grade 2-3) of the Urubamba River before returning to our comfortable accommodation in Ollantaytambo to prepare for the forthcoming Inca Trail.



ACCOMMODATION:
Tikawasi Valley (or similar)

Grade: Standard Hotel



MEALS PROVIDED: BREAKFAST

DAY 7 - Start the Inca Trail trek with overnight camping in Llaqtapata (2700m).

This morning we drive to Ollantaytambo, an original Inca town. Here we have a short walking tour to stretch our legs, visiting a traditional house and our first view of Inca terracing. We continue by bus for another hour to reach KM82, the starting point for the classic Inca Trail. The trail was first explored by Hiram Bingham in 1911 and opened for walkers in 1970. The famous ruins of Machu Picchu are not the only historical remains within the area: many other interesting sites are hidden in places which can only be reached on foot, and have scarcely been explored.

We meet our porters and support staff, beginning our trek after lunch. The route crosses the Urubamba river, following a wide dirt trail alongside the riverbank. The undulating path takes us into the Sacred Valley of the Incas to Llaqtapata (2,700m). Here we camp opposite the ruins of Llaqtapata, a spectacular spot with amazing night skies.

Today's six kilometre walk is expected to take around two-and-a-half hours with an ascent of 100 metres.



ACCOMMODATION:

Llactapata Camp (or similar)



Grade: Simple Camping



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 8 - Trek to Llulluchapampa (3800m) with stunning views of the snowy peaks

After a hearty breakfast we cross the river to visit the Llaqtapata Inca ruins before continuing with the trek. Today we follow the course of the Kusichaca river past small communities, crossing it to reach Wayllabamba, a quiet village of Inca origins and the last settlement on the route. After lunch we gradually ascend through the start of the cloud forest to Llulluchapampa (3,800m) which affords stunning views of the snowy peaks of Veronica (5,750m). Here we set up camp for the night; there is a well maintained toilet block at this site.

Today's nine kilometre walk is expected to take around six hours with 1,080 metres ascent.



ACCOMMODATION:

Llulluchapampa Camp (or similar)



Grade: Simple Camping



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 9 - Trek over the Warmiwanusca (Dead Woman) Pass (4200m), to our third camp at 3600m

Today is an earlier start as we trek over the Warmiwanusca (Dead Woman's) Pass to 4,200 metres. The two hour ascent is one of the more challenging sections of the trek, we take it slow and steady with many stops to admire the view and sunrise. After a rest and photo opportunity we descend along a stepped path to the valley of the Pacamayo river with its tropical vegetation. Here we break for brunch before beginning the ascent (mainly on steps) to the second pass of the day. We visit the ruins of Runkuraqay and then it's the final ascent to cross the Runkuraqay Pass (3,950m).

After the pass it was a long gradual descent passing into the start of the main cloud forest to reach the bottom of the valley. The Sayacmarca ruins are visible on a rocky outcrop, they command an imposing view and have only one means of access, a narrow granite stairway. We cross the valley to reach the Sayacmarca campsite for a late lunch. From here the trail goes through cloud forest with vines, exotic flowers (among them orchids) and luxuriant trees, with views (if we are lucky) of the snowcapped peaks

of Salkantay. We walk through an Inca tunnel and along a ridge above the Urubamba River to our campsite above the Phuyupatamarca ruins (3,579m). The campsite has amazing panoramic views of the surrounding peaks and down the valley towards Machu Picchu mountain.

Today's 10 kilometre walk is expected to take around eight hours with 1,000 metres ascent and 630 metres descent.



ACCOMMODATION:
Phuyupatamarca Camp (or similar)

Grade: Simple Camping



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 10 - Travel through the Inti Punku - the Gate of the Sun to discover Machu Picchu

Today is our final day walking along the Inca Trail. We say thanks and goodbye to our porters and begin our trek into Machu Picchu. We pass the Puyupatamarca ruins and spend the majority of the morning going down following stone paths and stairways, 80% of which are original Inca architecture. Coming out of the cloud forest we are greeted by the spectacular views down the valley, walking through the impressive Inca terraces at Intipata we reach our lunch stop at Winay-Wayna (2,591m). Those who wish can visit the ruins here, this Inca site is built into the steep hillside and like Machu Picchu, was abandoned for unknown reasons.

Winding our way along the edge of the mountain we follow a wide path adorned with wild flowers and orchids to we take the final steps up to reach Inti Punku - the Gate of the Sun. passing through there is a sudden and fantastic view of the Lost City itself, Machu Picchu, set in a grandiose landscape that amazes all spectators. We walk down through the site and then take the public bus down the mountainside to our hotel in the town of Aguas Calientes situated on the valley floor below Machu Picchu.

Today's eight kilometre walk is expected to take around six hours with 1,000 metres descent.



ACCOMMODATION:
El Santuario Hotel (or similar)

Grade: Standard Hotel



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 11 - Optional climb the Huayna Picchu to look down on Machu Picchu before returning to Cusco by train and bus

Our final morning is spent at Machu Picchu, probably the most astounding feat of engineering in all of ancient America. Temples, stairways, palaces and gabled stone dwellings are scattered everywhere, testifying to the energy and ingenuity of the builders. We have a guided tour with our Explore Leader then have some free time to explore the site further for as long as you wish before taking the bus back down to Aguas Calientes.

It is also possible to climb the steep peaks of either Machu Picchu Mountain or Huayna Picchu Mountain to look down on the citadel. Machu Picchu Mountain is a 700m climb from the top of the citadel. There are cobbled stairs all the way up with a few eye-opening drops in some parts, and the round-trip takes about two and half to three hours. Huayna Picchu Mountain is only 350m, half the size of Machu Picchu Mountain, but much steeper. There are many more sheer drops, and it is definitely not suitable for someone with a fear of heights. For those who fancy doing the one hour climb, you'll be rewarded with world-beating views of Machu Picchu, and the feeling that you're standing on a precipice at the top of the world.

These climbs must be pre-paid at time of booking. If you change your passport between your time of booking and prior to travel please take your original passport with you. Those doing one of the optional climbs will take the first bus back up the Machu Picchu to begin the climb at 7am after which you will meet up with the rest of the group to take the guided tour.

In the afternoon we get the train to Ollantaytambo, located in the Sacred Valley of the Incas, and then return to the historic town of Cusco by bus. Depending on the time of the train, you may have a free afternoon in Aguas Calientes, where there are many restaurants and cafes and a large covered market.



ACCOMMODATION:

Yawar Inka Hotel (or similar)



Grade: Standard Hotel



MEALS PROVIDED: BREAKFAST

DAY 12 - Free day in Cusco

Today has been left free for some rest and relaxation in Cusco after your trek. It will also be the perfect time to visit the markets and shops in the old City to take back some lovely souvenirs before your flight home tomorrow.



ACCOMMODATION:

Yawar Inka Hotel (or similar)

Grade: Standard Hotel



MEALS PROVIDED: BREAKFAST

DAY 13 - Fly to the Amazon. Boat ride into the Tambopata National Reserve

Leaving the city behind this morning you fly down from the Andes into Puerto Maldonado, Peru's Capital City of Biodiversity in the heart of the Amazon. On arrival you will be met by an English speaking guide and given a city tour before being transferred on to your lodge by boat (please note, the tour leader will not be accompanying the group on this leg of the journey). We travel deep into the jungle along the Madre de Dios River with the landscapes of the Tambopata National Reserve as a backdrop. Our jungle lodge lies amongst some 1.3 million hectares of preserved wilderness and is in the traditional heartland of the Indigenous community of Infierno. On arrival, after a chance to check in and freshen up, we take a sunset walk through the forest with a specialized tour guide who takes us through a trail to the Caimán Cocha, a small lake with an abundant presence of specimens of Black Caiman (*Melanosuchus Niger*) and Caiman (*Caiman Crocodilus*) before returning back to the lodge for dinner.



ACCOMMODATION:
Eco Amazonia Lodge (or similar)

Grade: Simple Lodge



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 14 - Morning walk to Lake Apu Victor. Afternoon visit to Monkey Island

These landscapes are home to a stunning variety of plant and animals life. Its rainforests and tropical savannahs provide a haven for a vast array of birds, as well as jaguars, giant anteaters, maned wolves and Amazonian tapirs. This morning we'll take a walk out on trails especially prepared with bridges to cross the gorges and rivers. During the journey, we will get the chance to observe the flooded forest and a variety of flora and wildlife as we walk to Lake Apu Victor with its crystal clear waters, surrounded by marshes and giant trees. We then go up to the observation deck where we can enjoy a panoramic view on the lake and observe parrots, macaws, toucans, camungos, shanshos, herons and other animals such as caimans and turtles. We will head back to the lodge to enjoy lunch together and then travel to Monkey Island, a unique place in the heart of Madre de Dios River. During the hike, we can observe extraordinary landscapes with an exuberant flora which shelters a variety of monkey species in their natural habitat

plus other animal species like the coati and sloths. We enjoy the sunset on the island before travelling the short distance back to the lodge for dinner.



ACCOMMODATION:
Eco Amazonia Lodge (or similar)



Grade: Simple Lodge



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 15 - Boat trip exploring more of the Amazon Jungle. Walking to Lost Cocha. Free afternoon

After breakfast, we walk into the virgin rainforest accompanied by our local guide travelling to the Lost Cocha which constitutes a refuge and feeding ecosystem for a huge variety of animals and from where we have the chance to observe otters, caimans, turtles and sachavacas (tapirs) birds. This area is unique to the area with huge swamps and a diverse range of wildlife which can be observed from the observation deck. Afterwards, we have a pleasant canoe ride around the lake before returning to the lodge for lunch.



ACCOMMODATION:
Eco Amazonia Lodge (or similar)



Grade: Simple Lodge



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 16 - Early morning boat to Puerto Maldonado. Fly to Cusco

Our Amazon adventure comes to an end today after breakfast and we will travel by boat back to Puerto Maldonado to catch our flight back to Cusco.



MEALS PROVIDED: BREAKFAST

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. On the Amazon Extension, due to limited space on the boats your luggage will be limited to 10 kilos - your main bag will be left in Puerto Maldonado while you stay at your Amazon Lodge. There will be time before departing Cusco to re pack enough for four days including clothes, toiletries, shoes, torch, sun cream and insect repellent.

Remember, you are expected to carry your own luggage (i.e. on and off transport etc.) so don't overload yourself. It is recommended you bring lockable bags.

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).

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

Tipping 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

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, 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 family member for group tipping 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.

| Breakfast price | Dinner price | Beer price | Water price |
|-----------------|--------------|--------------|-------------|
| £4.00 - 7.00 | £6.00 - 8.00 | £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

Accommodation notes

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 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

Additional Information



What is it like to trek the Inca Trail?




Read the blog by 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.

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.

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|  <p>AWARD WINNING EXPLORE LEADERS</p> |  <p>PRICE GUARANTEE PROMISE</p> |  <p>AIRPORT TRANSFERS</p> |
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