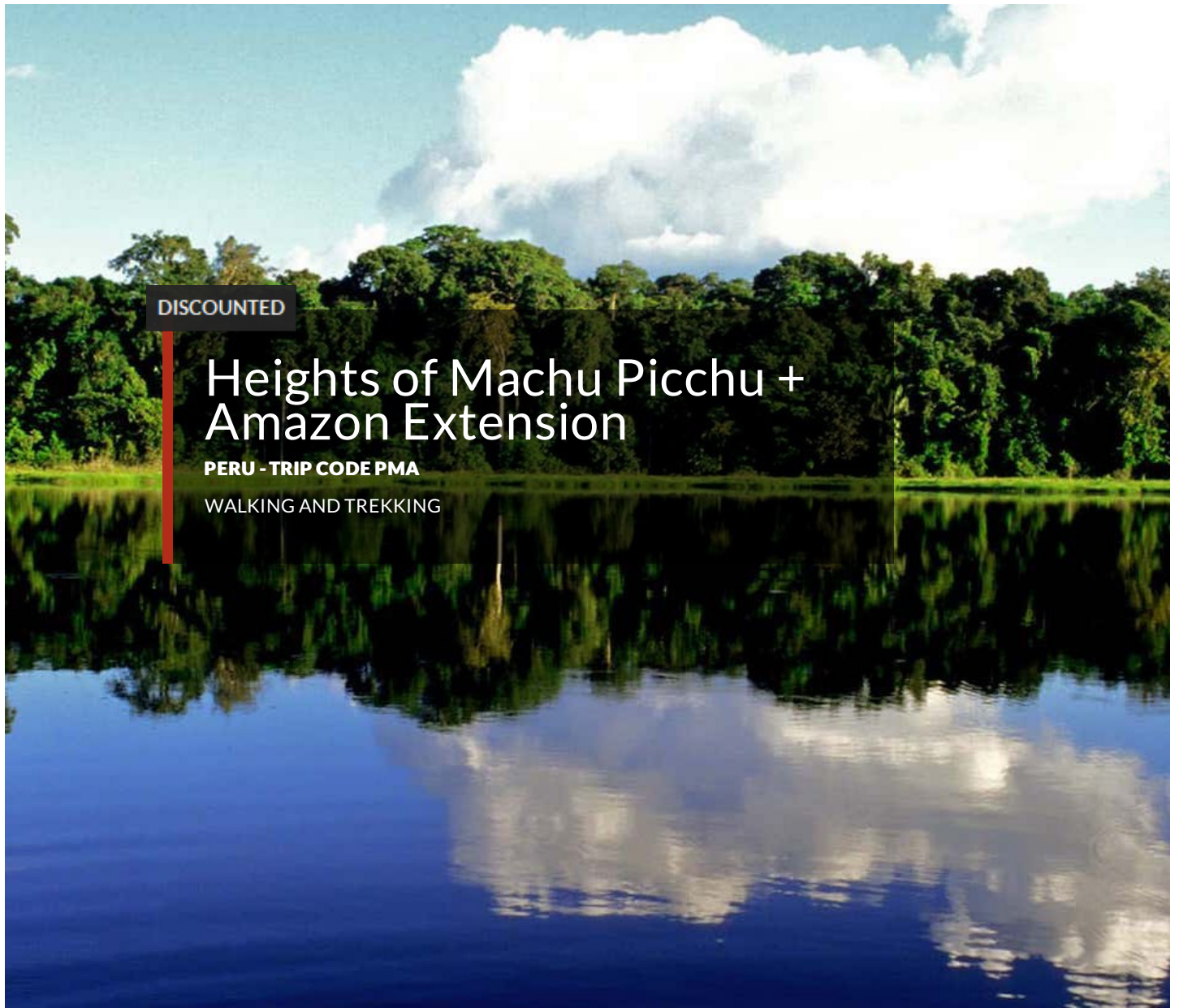


EXPLORE!



DISCOUNTED

Heights of Machu Picchu + Amazon Extension

PERU - TRIP CODE PMA

WALKING AND TREKKING

Why book this trip?

Discover the diversity of Peru on this fascinating journey through the highlights of the country. Explore the floating reed islands of Lake Titicaca, visit colonial Cusco, trek the spectacular Inca Trail through the Andes mountains and venture into the Amazon jungle.

- **The Inca Trail** - Fully supported four-day trek following a quieter route and camping away from the crowds
- **Machu Picchu** - Explore this famous Inca citadel surrounded by cloudforest
- **Rainbow Mountain** - Spectacular Palccoyo trek through a landscape of multi coloured mountains (Included for 2020 departures)
- **Amazon** - Stay at an eco-lodge in the fascinating Amazon basin



INCLUDED MEALS
Breakfast: 16
Lunch: 10
Dinner: 6



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



TRANSPORT
Bus
Flight
Train



ACCOMMODATION
3 nights simple camping
10 nights standard hotel
3 nights standard lodge



WALKING GRADE:
Moderate To Challenging



GROUP SIZE:
10 - 16

Itinerary

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

DAY 1 - Join trip Lima

Arrive to Lima and check-in at hotel. The day is left free for you to rest after the long flight, you may wish to explore Lima independently taking a stroll along the coastal path to Miraflores and through the bohemia district of Barranco. Lima, Peru's capital, was founded in 1535 AD by the Spanish conquistador Francisco Pizarro. It was built on the Pacific coast, by the Rimac River and close to the natural harbour of Callao, on land that had already been inhabited for thousands of years. Today Lima is a modern city, but there are obvious reminders of its ancient and colonial past. The city is also gaining a reputation as a culinary centre, try some ceviche (fish marinated in citrus) or sip on a Pisco sour.



ACCOMMODATION:
Britania Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Fly to Juliaca; drive to Puno

This morning we take a short Lima city tour, passing through the colonial squares and by the convent of San Francisco. In the early evening we fly up to Juliaca on the high Altiplano after. On arrival we will take a short drive to our hotel in Puno on the shores of Lake Titicaca, the highest navigable lake in the world at an elevation of 3,860m, and also the legendary birthplace of the Inca civilisation. The local Aymara, Quechua and Uros people have larger lungs, hearts and spleens, and blood that is particularly rich in red corpuscles, so have adapted to high altitude living.



ACCOMMODATION:
Qelqatani Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Visit Sillustani pre-Inca burial ground. Explore around Lake Titicaca

This morning we drive to the 'chullpas' (funeral towers) of Sillustani, which probably date from the 14th century. They are positioned on a peninsula overlooking a lagoon amongst stunning highland scenery. There is also the opportunity to visit a local farmers house (optional). In the afternoon we explore the small town of Chucuito, visiting the colonial churches, Inca fertility temple and the Totora Museum.



ACCOMMODATION:
Qelqatani Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Visit to Uros and Taquile Islands

Today we take a boat trip on Lake Titicaca to explore the floating reed islands, home to the Uros people who live on the lake itself. Their islands are made from totora, a reedlike papyrus that grows in the shallows and is used in most aspects of their life, including the construction of their boats and homes. We then continue to the less visited island of Taquile which has preserved much of its Inca and pre-Inca heritage and the islanders still speak the language of the Inca - Runa Simi or Quechua.



ACCOMMODATION:
Qelqatani Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Travel through the Andes to Cusco

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way to find Cusco, passing through a landscape that is both desolate and magnificent, where flocks of llamas and alpacas graze amongst the windswept meadows. Rising early, we head to the public bus terminal where our coach awaits us. During the ten hour bus trip, we make several stops including at the small market town of La Raya, and the Inca ruin of the Temple of Wiracocha in Raqchi. Traversing the northern extremes of the Altiplano, we cross the La Raya pass (4321m) and the continental divide, before beginning the descent towards Cusco along the Rio Vilcanota. We arrive into the fascinating city in the late afternoon and check into our hotel.

Alternatively you may wish to take the classic Titicaca train journey from Puno to Cusco (optional) - one of the great railway journeys of the world, the full day journey covers some spectacular scenery over the high altiplano. This includes a sumptuous meal aboard the train, with perhaps the chance to try some local delicacies before we arrive in Cusco in the late afternoon and head to our hotel.



ACCOMMODATION:
Yawar Inka Hotel (or similar)

Grade: Standard Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 6 - Walking tour of Cusco; free afternoon

Our discovery of Cusco begins with a walking tour this morning. Taking in the grandeur of the city's more recent colonial past amongst the churches and galleries of the Plaza de Armas and learning about the incredible remains of Qoricancha, the most important temple of the Inca Empire dedicated to the Sun God Inti.

The old capital of the Inca Empire survives only in its ruins, imbued with an atmosphere of mystery and grandeur. The Spanish-style city of today's Cusco, with its attractive pink tiled roofs, arcaded plazas and steep winding alleyways, stands upon tremendous Inca foundation stones. The interlocking stones, assembled so carefully that a knife blade cannot be forced between the multi-sided joints, were highly functional as well as beautiful - they are earthquake-proof!

The remainder of the day is at leisure to rest, you may want to visit one of Cusco's museums and enjoy the lively atmosphere of Plaza de Armas.



ACCOMMODATION:

Yawar Inka Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Palccoyo trek (alternative Rainbow Mountain)

We will be picked up from the hotel in Cusco early this morning, around 6am and drive south for three hours to the town of Palccoyo (4,202m). The Palccoyo trek is a quieter alternative to the Rainbow mountain trek, the trail is shorter with far less crowds. Walking in the Vilcanota Mountain Range of the Andes we slowly and gradually ascend to the top of the red mountains passing flocks of llamas and alpacas. After walking for approximately two hours we will reach the Palccoyo, Montaña Colorada at 4,980 metres. Here you can admire this unique landscape of multi coloured layered mountains.

We continue exploring the area walking through the forest of stones, to a magnificent viewpoint of the

snow capped Ausangate in its splendor. The descent back to the bus is along the same route, from where we return to Cusco.

Today's 10 kilometre walk is expected to take around four with an ascent and descent of 700 metres.



ACCOMMODATION:
Yawar Inka Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 8 - Dive to Ollanta in the Scared Valley; Picnic by Puray Lake and optional SUP

This morning we leave the city of Cusco behind and drive to Ollantaytambo, an original Inca town.

We will stop at Puray lake within the mountains near Chinchero for a Peruvian picnic prepared with ingredients from local farmers. After lunch there is the option of Stand up Paddle Boarding on the lake's flat waters, all abilities can be catered for and no experience necessary. Alternatively you can relax by the waterside or take a walk around the shore.

On arrival into Ollanta we have a short walking tour, visiting a traditional house and our first view of Inca terracing.



ACCOMMODATION:
Hotel Tikawasi Valley (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 9 - Commence Inca Trail. Walk to Llaqtapata ruins

This morning 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:
Llaqtapata Camp (or similar)



Grade: Simple Camping



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 10 - Follow river to Wayllabamba village. Continue to Llulluchapampa

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 11 - Cross 'Dead Woman's Pass' (4,200m). Through cloudforest to Phuyupatamarca

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 12 - Arrive to Machu Picchu through the Sun Gate

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



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 13 - Revisit Machu Picchu. Return to Ollantaytambo by train. Continue by bus to Cusco

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 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



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 14 - Trip ends in Cusco

The Heights of Machu Picchu part of the trip ends this morning. Those doing the Amazon extension transfer to Cusco airport for the short flight to Puerto Maldonado, which is located in the Southern Amazon area of Peru. (Your tour leader stays in Cusco). The Amazon Basin covers two fifths of South America and is shared between many countries including Bolivia, Brazil, Colombia, Guyana, Venezuela, Ecuador and Peru. Most of the area is covered by rainforest - the largest rainforest and the most bio-diverse environment in the world. Sixty percent of Peru lies within the Amazon Basin, the greatest area of Amazon Rainforest after Brazil.

Today we transfer to the airport for a short flight to Puerto Maldonado, located in the Southern Amazon area of Peru (your Tour Leader stays in Cusco). You can leave your main luggage in Puerto Maldonado and just take with you what you need for the next few days. The Amazon comprises 60% of Peru and the Peruvian Amazon is the second largest section of the Amazon Rainforest after Brazil. The Amazon basin covers two fifths of South America over many countries including Bolivia, Brazil, Colombia, Ecuador, Guyana, Peru and Venezuela and it is the most bio-diverse environment in the world. Most of the basin is covered by the rainforest, which is the largest rainforest in the world.

We travel along the Tambopata River by motorised canoe (approximately 40 minutes) and check into our Amazon lodge. We have a short stop at the lodge for a buffet lunch before our local guide takes us on an exploration of the jungle trails surrounding the Field Station, discovering the tropical trees, medicinal plants, insects, butterflies and other animals we see en route. In the evening, we have a night float along the Madre De Dios River in search of the wildlife that surface during night time such as capybaras, white caimans and nightjars.

The lodge is comfortable but as it is in a remote location, the electricity is provided by a generator and is only available for certain hours of the day.



ACCOMMODATION:
Inkaterra Field Station (or similar)



Grade: Standard Lodge



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 15 - In Amazon Jungle; Canopy walk and Sandoval Lake

We spend the morning on the Inkaterra Canopy Walkway, which is a 1129ft system of 2 observation towers, 8 platforms and 7 hanging bridges 100ft above the ground. The walkway is designed to perform scientific research of the ecosystems inhabiting the rainforest canopy, and gives us an unobstructed view of the wildlife and birds.

During the afternoon, we take 30 minute boat ride, entering the territory of the Tambopata- Reserve. We will trek 5km through the dense vegetation of the tropical rainforest looking out for snakes, monkeys and birds. Our destination is Sandoval Lake. Numerous species of animals live near the lake, keep your eyes out for kingfishers, cormorants, squirrel monkeys, and capuchin monkeys. At the lake itself we may see giant river otters, black caimans and piranhas. This is also the habitat of the giant arapaima, a fish of more than 2.5m, weighing in at more than 200kg.



ACCOMMODATION:

Inkaterra Field Station (or similar)



Grade: Standard Lodge



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 16 - In Amazon Jungle; boat ride and Inkaterra experience

This morning, we take a 20 minute boat ride to the river island near our lodge, a large sandbank at the shores of the Madre De Dios River. With our Local Guide, we will walk across the island to explore the floodplains that provides the island an ecosystem with a great diversity of birds such as the Amazonian umbrella bird, one of the Amazon's most sought after species by birdwatchers.

We continue on to visit the Inkaterra Association's Bio Orchard, where organic native goods are cultivated such as palms, vegetables and fruit. We learn the diverse phases of sustainable horticulture, the preparation of recycled compost, sowing and harvesting vegetables, fine herbs and tropical plants, using natural fertilizers, pesticides and herbicides. The lodge is working as sustainably as possible, to help local communities protect their surroundings, and using the forest for good.

During the afternoon, our Local Guide will show us the permanent plot area for rainforest restoration and conservation, and we'll learn about the survival mechanisms of the rainforest, exploring the meanings of the 19 native palm species.

We'll take a night walk through the jungle, listening to the sounds of the birds, mammals, insects and amphibians that wander the forest at night, using the expertise of our local guide to try and spot them.





ACCOMMODATION:
Inkaterra Field Station (or similar)

Grade: Standard Lodge



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 17 - Early morning boat to Puerto Maldonado and end trip at airport

Our Amazon adventure comes to an end today after breakfast and we will travel by motorised canoe back to Puerto Maldonado, before transferring to the airport. If you prefer you can end your trip at the office in Puerto Maldonado and arrange a taxi transfer to the airport yourself at a time that better suits your own itinerary. The office is a short taxi ride from the town, and about 20 minutes by taxi from the airport.



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.

Lima - Half day Urban cooking classes Sky Kitchen class US\$97 pp; Yummy Class US\$77 (both based on a minimum of 2 pers) - These are available to those who arrive early or have pre tour accommodation. On arrival you will receive a message in Reception.

Puno - Boat trip to Taquile island including Uros island en route US\$ 47;

Titicaca Train £190, subject to availability and cost may fluctuate depending on demand - this 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.

Cusco - Rafting on the Urubamba River US\$ 65 depending on numbers; Outlying sites US\$ 36;

Machu Picchu - 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

Aguas Calientes - Hot springs US\$ 4

Lima - City tour approximately US\$ 30; Larco Herrera Museum US\$ 35 guided, US\$ 11 unguided; Lima detour - alternative view of the city of Lima US\$ 35 (price may go up if less than 4 passengers) Pucusana Fishing Village US\$65 (based on 3); Pachacamac site US\$45 (based on 4) inc. pottery class US\$60 (time permitting)

Clothing

In the highlands conditions can be dry and sunny during the day but bring warm clothing such as a warm fleece, thermal underwear, warm hat and gloves. These will be needed when the temperatures drop, especially at night when temperatures can drop dramatically. Lightweight waterproofs are also essential. You may also wish to bring your swimsuit.

Thermals: Useful for walking when cold, around camp and much more practical (and warmer) to sleep in than pyjamas.

Trainers or Trekking sandals: Useful around camp, in towns and when travelling. Waterproof sandals are ideal for rafting.

Socks: Use good quality socks that you are used to walking in, plus liner socks if you are used to these.

Waterproofs: Breathable waterproofs not only protect against rain and wind, but also stop you from overheating.

Thick jumper/fleece jacket: A thick jumper or fleece jacket is necessary as nights can be very cold at altitude, especially in the summer months. Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece.

T-shirts: We recommend t-shirts made from wicking materials as these keep you drier and warmer.

Shorts: Shorts can be comfortable to walk in but carry long trousers with you in case of strong sun or you feel cold. Remember we shall be passing through the occasional remote village and short shorts (especially on women) can give offence to the local inhabitants.

Gloves and Hat: Essential around camp in the morning, and in the evening, at higher altitudes.

For your jungle extension: Expect warm and humid conditions. However there may also be heavy rain showers. (It tends to be cooler and drier between May and October, the winter)

Bring light clothing (cotton or wicking material) - Long sleeve shirts and long trousers are best when walking through jungle, and a light weight rainjacket. It is worth also bringing some warmer clothes, particularly between May and September, in case of cool weather.

Footwear

We recommend you bring well broken in and comfortable walking boots with ankle support. We do not recommend borrowing or renting boots. It is a good idea to carry your boots in your hand luggage on international flights or wear them - should your luggage be delayed, your boots are the one thing which will be irreplaceable. If you are rafting bring shoes that you don't mind getting wet.

Luggage

20kg

Luggage: On tour

For your trek bring one main piece of baggage and a daypack.

Main luggage:

Your main bag should be lockable as this will be left in storage in Cusco whilst on the trek.

Trek Kit Bag (provided):

Before leaving Cusco there is time to re-organise your luggage. Your trek luggage, including sleeping bag, should be packed into a kit bag, 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. Advice on how to pack will be given at the trek briefing.

Small Rucksack/Daypack:

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 daypack should be large enough to carry your day things including: waterproofs, sweater, long trousers (if walking in shorts), warm hat and gloves, sun hat, suncream, water bottle, tissues

and your packed lunch. Camera equipment can be heavy so think carefully when deciding what to take. A rucksack with 20 or 25 litres capacity is usually sufficient.

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

Remember to bring: torch, water bottle, insect repellent, suncream (at least factor 30), lip salve, good quality sunglasses and sunhat. Please note drones are prohibited in most tourist areas in Peru. You may also wish to bring binoculars and your own sleeping bag.

Sleeping Bag: This may be down or synthetic, but should be 4-season. A cotton liner helps to keep your bag clean. You do not need a foam mat as thermarests are provided. It is possible to hire an appropriate down sleeping bag for the trek locally (US\$ 20).

Personal Equipment On Trek

Trekking poles: Trekking poles are recommended. Please note metal tipped trekking poles are NOT permitted so please ensure they have rubber/plastic tips

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 bottle or camelback. Your bottle should hold at least two litre and be reusable as disposable plastic bottles are not allowed on the trail. Metal bottles can also double up as hot water bottles when hot water is available.

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 to bring spare batteries.

Toiletries: Only bring essential toiletries such as toothbrush/paste, soap, toilet roll and a small towel. Wet wipes are great for a quick clean up in your tent.

Personal First Aid Kit: On each trek a first aid kit is carried but you should have your own blister kit, supply of plasters, pain relief etc. for your own use.

Cloth bags: Single use plastic bags are not allowed on the trail.

Personal First Aid Kit: On each trek a first aid kit is carried but you should have a blister kit, supply of plasters, pain relief etc. for your own use.

The following equipment list is provided by Explore for the trek:

2-person tents

Dining tent

Thermarest sleeping mat

Stools and table
Toilet tent

Equipment Hire and Trek Training Days - Trek Hire UK hire out a wide range of kit including quality sleeping bags, down jackets, therm-a-rest sleeping mats and walking poles <http://www.trekhireuk.com>. They also run regular trek training and preparation days from their base in the Surrey Hills, ideal for getting an indication of your overall fitness level and also covering advice on kit and altitude.

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

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\$ 75, approx. 250 Soles per person 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

We avoid the crowds on our three night trek, and camp away from the main campsites. Two-man tents are provided with plenty of room for two people and bags. There is also a dining tent and a toilet tent. The trek is fully supported by our team of porters who set up and take down the tents, and prepare our meals. They also carry water and all bags except daysacks, under strict guidelines. A single tent is available on request prior to departure costing £40, please discuss with your sales consultant (limited availability).

The guest accommodation at Inkaterra Field Station although simple, is built to a high standard. Built within the Inkaterra Ecological Reserve, an area of over 10,000 hectares of virgin forest, the Field Station was originally set up as a research centre for scientists and has now opened its doors for travellers to experience the Amazon rainforest. The Field Station is ran by, and is the headquarters for, the Inkaterra Association, an NGO funded by Inkaterra's ecotourism activities which is dedicated to supporting, fieldwork, biodiversity research and conservation.

The communal area and dining room is a wooden structure with a high roof, thatched in traditional style with palm fronds. The Cabanas rooms are a short walk from here and are also built in local wood, blending in with the surrounding forest. They each have an outdoor terrace with seating and are all furnished with crafted wooden furniture and, en-suite bathrooms equipped with a cold (lukewarm) water shower, basin with running water and flushing toilet. There is also a safety box for storing valuables and food. The design of the buildings allows the rooms to be naturally ventilated - the rooms are elevated off the ground and have high unsealed thatched roofs that encourage air-circulation. Good mosquito nets cover the beds (which are well off the floor) and there are ceiling fans. Electricity is provided by a generator twice a day so Wi-Fi and room lights can be used, batteries charged, etc. but a strong torch is also required. Meals are all included during your stay and combine delicious local produce; lunch and dinner are served in the communal area self-serve style. Boiled, filtered drinking water is also available at all times, as is tea and coffee. Fruit juices are provided with breakfast, and beers, Pisco and soft drinks are

also available to buy at the bar.

The Inkaterra Explorer guides all have a recognised national guiding qualification and most are from the local area. During your stay they will help you explore the primary forest around the lodge, identify animals and plants, and learn about the biodiversity and local way of life. Keep your eyes open as you travel around by boat or walk through the forest as there is abundant wildlife in the area around the lodge.

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.

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)

4980

Altitude information

This trip goes to an altitude where there is a risk of being affected by Acute Mountain Sickness (AMS), a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. Whilst the itinerary has been specifically designed to allow your body to acclimatise gradually, the speed of onset and severity - as well as the height at which AMS develops can vary greatly between individuals; being physically fit affords no special protection. If symptoms occur while on your trip you

must let your Explore Leader know immediately. For further advice when travelling at altitude we recommend visiting the medical advice website of "Medex" and downloading their information booklet: http://medex.org.uk/medex_book/english_version.php

Travellers with heart or lung conditions, anaemia, asthma, high blood pressure, or taking the contraceptive pill must seek the advice of their GP and specifically mention the maximum altitude the trip reaches (please refer to Tour Essentials box on front page of your Trip Notes). Please take the trip notes to your medical appointment so that your doctor has the full details of your trip.

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

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Ability to swim

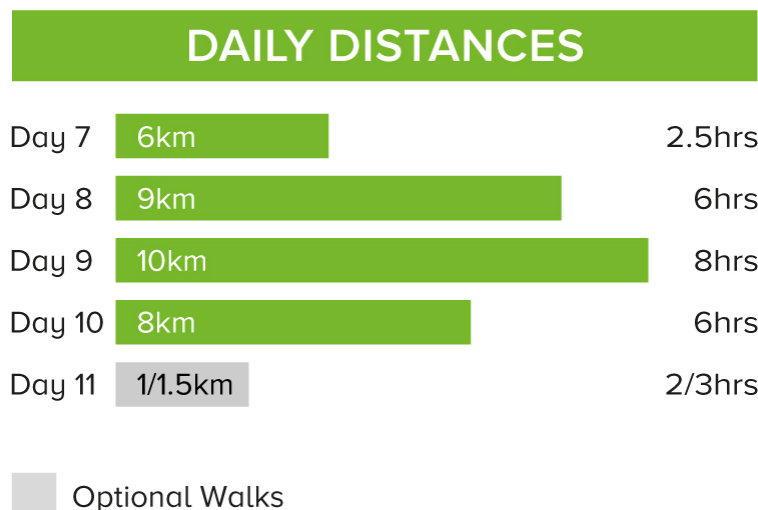
An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

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.

Walking and Trekking information



DAILY DISTANCES

Day 4	5km	1hr
Day 5		
Day 6		
Day 7	10km	4hrs
Day 8		
Day 9	6km	2.5hrs
Day 10	9km	6hrs
Day 11	10km	8hrs
Day 12	8km	6hrs
Day 13	1/1.5km	2/3hrs

 Optional Walks

2020 Itinerary

Walking grade

Moderate to challenging

Trek details

The Inca Trail section is 4 days trekking for between 2.5 to 8 hours, reaching a maximum altitude of 4,200 metres. Well-defined paths with original Inca steps.

For the 2020 itinerary there is the addition of a day trek on day seven in the Vilcanota Mountain Range to Palccoyo viewpoint. This follows an established path reaching an altitude 4,980 metres.

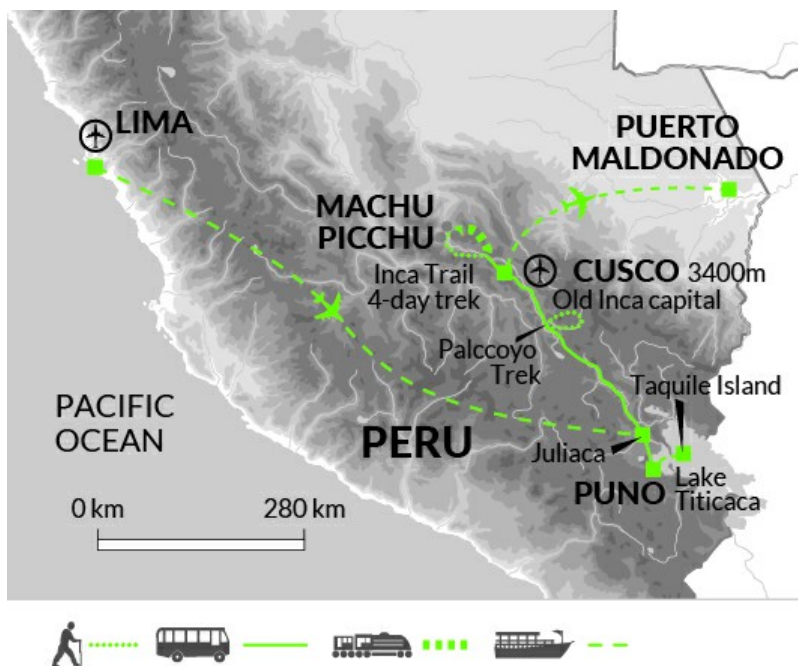
Max walking altitude (m)

4980

Additional Information



Optional train - from September onwards



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

Walking the Inca Trail to Machu Picchu is one of the best ways to discover the culture and history of Peru. Avoid the crowds our three night Inca Trail trek, designed so that we stay on quieter campsites. Spacious tents are provided and the trek is fully supported by our excellent cook and team of porters who set up and take down the tents, provide water and carry all bags except day-sacks. Our porters are from the local villages, so that the surrounding communities benefit from your visit, and we abide by the strict guidelines regulating both their working conditions and care of the Inca Trail. The Inca Trail is doable for anybody that leads a reasonably active life, you can take as long as you need and stop to take in all the marvellous views and Inca ruins along the route.

Explore the rainforest from our eco lodge in the Peruvian Amazon and learn how the biodiversity of the area and the surrounding communities are being protected. Built within the Inkaterra Ecological Reserve, an area of virgin forest, the Inkaterra Field Station is ran by the Inkaterra Association, an NGO which is dedicated to supporting, fieldwork, biodiversity research and conservation.



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**