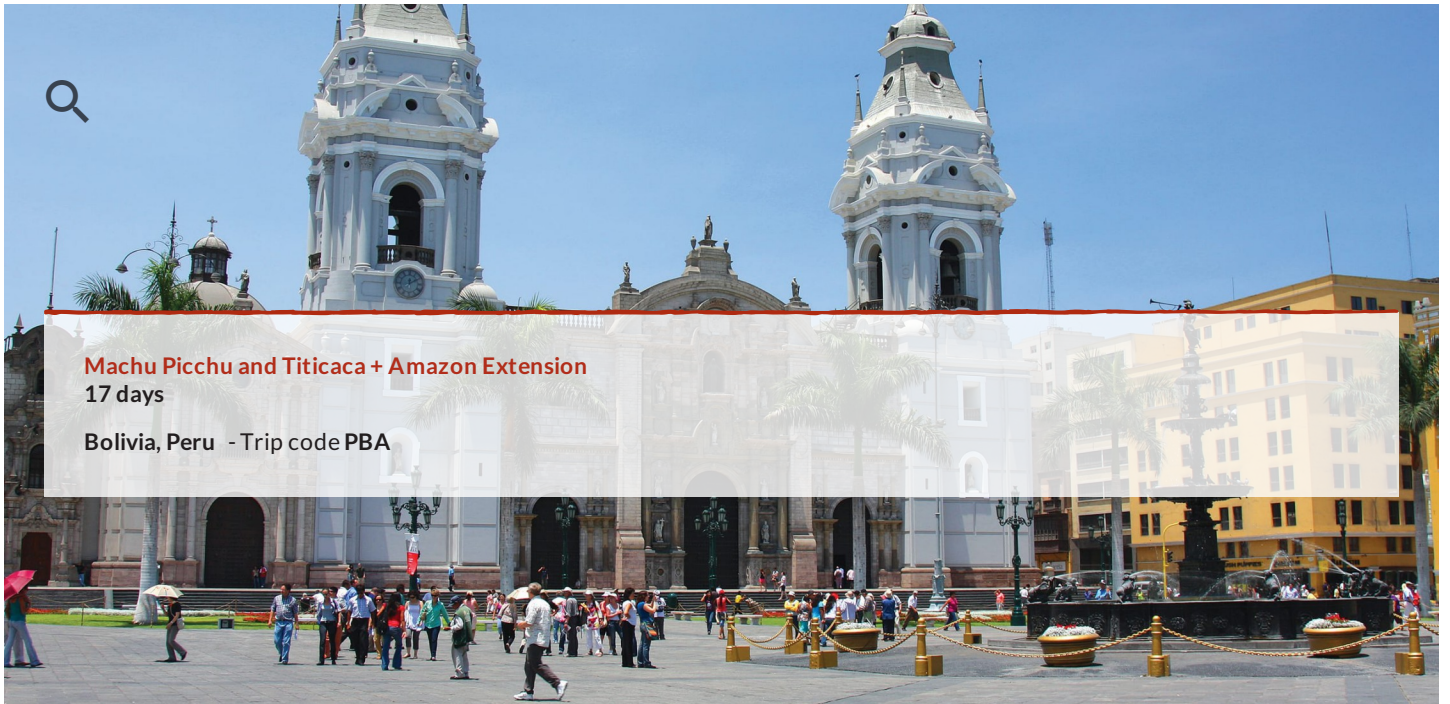


EXPLORE!



Machu Picchu and Titicaca + Amazon Extension
17 days

Bolivia, Peru - Trip code PBA

Machu Picchu and Titicaca + Amazon Extension

Travelling on some of the planet's highest roads, we traverse the other-worldly Andean landscapes from La Paz to Cusco. Our trip includes a two-day trek centred round the Isla del Sol, visiting ancient ruins and enjoying spectacular views of Lake Titicaca. There is also the option to do a day trek along the Inca Trail to Machu Picchu, perfect for those who want to experience part of this famous walk but do not want to do the whole four-day trek. We end the trip in the tropical Amazon Rainforest, exploring jungle-lined river banks by canoe and searching for wildlife on walks through forest trails.

Trip highlights

- ★ La Paz - Explore the 'City that touches the sky'
- ★ Lake Titicaca - Spend two days trekking the Inca Pilgrim Way visiting Inca ruins along the way
- ★ Cusco - Explore the ancient capital city of the Incas
- ★ Inca Trail - Optional day walk from KM104 to Machu Picchu via the Sun Gate
- ★ Machu Picchu - Travel by train to the 'Lost City', one of the New Seven Wonders of the World
- ★ Sacsayhuaman - Visit the ancient fortress dramatically located high above Cusco
- ★ Amazon - From a jungle lodge discover an exotic world of flora and fauna on foot and by canoe

ACCOMMODATION GRADE:

Standard

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

TRIP PACE:

Moderate

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

GROUP SIZE:

12 - 18

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

Itinerary

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

DAY 1 - Join tour in La Paz (Bolivia)

Tour only clients will arrive and check in at the first nights' accommodation in La Paz. Clients who have booked flights through Explore, will spend the first night of the tour on an overnight flight.



Accommodation: Casa De Piedra Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - In La Paz; time to acclimitise

Today is a free day to acclimatise. Clients who have booked flights through Explore will arrive in La Paz this morning. El Alto airport is at an altitude of 4060m, but our hotel is located in central La Paz, at approximately 3600m. Even with the immediate descent, it's worthwhile spending the day relaxing, or taking your time to explore the twists and turns of the city in a leisurely fashion.



Accommodation: Casa De Piedra Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 3 - Walking tour of La Paz; optional trip to Tiahuanaco archaeological site

Standing at 3636m above sea level, La Paz is cupped in the palm of two magnificent mountains. We enjoy a walking tour of the colourful street markets and the main sites of the city, including the old colonial town and the fascinating Witches Market. Afterwards we have the option to visit the Tiahuanaco, Bolivia's largest archaeological site. It is thought that this ceremonial complex stood at the heart of an empire extending over northern Bolivia, southern Peru, northern Chile and north-western Argentina, but we can only conjecture on how it came to an end. On one of our evenings here we have the opportunity to go and see the spectacle of Cholitas wrestling - a popular local spectacular sport (optional).



Accommodation: Casa De Piedra Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - In La Paz; optional trip up Mount Chacaltaya

Today we have the day free to explore more of the city. You may wish to go up Mount Chacaltaya, which has the highest ski-lift in the world (5300m) and take the opportunity, if you feel fit enough, to walk to the peak at 5420m for stunning views over the saw-toothed Cordillera peaks, Lake Titicaca and La Paz. Alternatively, La Paz is a great city to wander around, revisiting the Witches Market for some souvenirs or heading down the charming cobbled streets of Calle Jaen, home to some of the city's bars, restaurants and museums.



Accommodation: Casa De Piedra Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Drive to Copacabana on the shores of Lake Titicaca

A morning drive brings us to the small town of Copacabana, standing on a peninsula jutting into Lake Titicaca. We gain our first sight of one of the great highlights of our trip, Lake Titicaca (3810m). The lake itself is immense, the second largest in South America. It was from this lake that the Sun God sent forth the man and woman who founded the Inca Empire, the legendary Children of the Sun. Local people here have larger lungs, hearts and spleens, and blood that is particularly rich in red corpuscles. This has enabled them to adapt to high altitude living. We will re-pack this evening, as tomorrow we take just what is needed for the next two nights.



Accommodation: Hotel Gloria Copacabana (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Walk the Inca Pilgrim Way; overnight on Isla del Sol

This morning we begin our two-day trek centering on the Isla del Sol. Leaving our main baggage behind, we use our daysacks for personal gear needed during the day and our overnight bags are transported for us. Leaving Copacabana, we walk to Kusijata village then we begin to climb the old Inca road, before descending to Sicuani. Next we take a short journey by motor launch to Pilkokaina, on the Isla del Sol to explore the ruins of the Palace of the Inca ruler Tupac Yupanqui, sited to overlook the Island of the Moon, the domain of his sister-queen (about 6 hours walking). This afternoon there may be a chance to take a boat trip to the Island of the Moon. The main occupation of the local people is fishing, cropping of reeds and farming. Much smaller than the Island of the Sun, it nevertheless has some interesting Inca ruins, and we may have time to explore the Inak Uyu (Sanctuary of the Virgins of the Sun) We continue by boat to Pilkokaina, where, if time permits, we will visit the ruins before walking to our accommodation near the village of Yuman. A highlight of our trip is our stay on the Island of the Sun where we stay in a locally run lodge. Although quite simple, all the rooms are ensuite and the views have to be seen to be believed.



Accommodation: Ecolodge La Estancia (or similar)



Standard Lodge



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 7 - Trek via Challa-Pampa to Jardin Incaico

We begin today by walking up and along a high ridge path, from where we can enjoy tremendous views, and passing through three stone gateways (through which pilgrims to the sacred stones would have travelled) before reaching the ruins of Chinkana, the Temple of the Sun, situated on the crag of Titi Kala. We then take the boat to the Jardin Incaico. A series of terraces, some still in use today, hug the short, narrow valley which drops to the lakeside and a small harbour where colourful boats are sometimes moored. Later, there is a climb to arrive to our hotel (about 6hrs).

Currently, due to strikes on Sun Island we are unable to visit the northern part of the Island where the Communities of Challa, Challapampa and the ruins of La Chincana are.

Your Explore leader will take you to neighbouring Moon Island instead, to visit their ruins and enjoy a short hike. As soon as the local issues are resolved we will revert to the visits above.



Accommodation: Palla Khasa Ecological Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 8 - Return to Copacabana and travel to Puno (Peru)

This morning we return across the lake to Copacabana before heading over the border to Peru and on to Puno. There may be an opportunity to visit Uros Islands (optional) - made entirely from reeds grown in the lake, these unusual man-made islands are home to small village communities.



Accommodation: Hacienda Puno (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 9 - Public bus to Cusco

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way to find Cusco. Driving up to the northern limit of the Altiplano we cross La Raya pass (4335m) and descend to Cusco visiting the Inca temple ruins at Raqchi en route. Depending on time, those who wish may visit the colonial church at Andahuaylillas. The scenery is desolate but magnificent and we may spot flocks of llamas and alpacas grazing on the windswept pastures. We arrive at the fascinating mountain city of Cusco 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.

Please note that rail strikes are common in Peru and so there is the possibility that the train may not always be running. In the event that you have chosen the optional train ride and it is not operating, then we will make the journey from Puno to Cusco by bus, with the rest of the group. Refunds due to trains cancelled due to strike action is at the rail companies discretion.



Accommodation: Inkarrri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Lunch

DAY 10 - Walking tour of Cusco, visit Pisac Market and Sacsayhuaman Fortress

The old capital of the Inca Empire is imbued with an atmosphere of mystery and grandeur. The Spanish colonial city, with its attractive pink tiled roofs, arcaded plazas and steep winding alleyways, stands upon tremendous Inca foundation stones - enormous blocks of grey granite fitted together with the precision of a jeweller. We take a walking tour of this fascinating city to see Inca and colonial monuments, and also visit the colourful market at Pisac in the Sacred Valley and Cusco's temple-citadel, Sacsayhuaman.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 11 - Free day in Cusco; optional whitewater rafting

For river-lovers there is the opportunity of a raft-trip (optional and seasonal) down the Urubamba in the Sacred Valley of the Incas. This is an exciting way to see the valley and no previous experience of rafting is necessary - full instruction and safety equipment are provided (grade 2-3). Alternatively, there are plenty of sights to visit within Cusco, including the great food market of San Pedro with its rows upon rows of fresh juice makers, as well as the Inca wall of Hatunrumiyoc with its famous twelve-sided stone (its typical bevelled joints creating the patterns of light and shadow so typical of Incan walls).



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 12 - Train to Machu Picchu - Optional Inca Trail day trek

We take an early morning train along the side of the Urubamba river, flanked by high cliffs and peaks up to Aguas Calientes. Those who wish to walk part of the famous Inca Trail will disembark at KM104 just short of Machu Picchu (on the Cuzco/Machu Picchu railroad) (optional) - this section of the trail will take you up from the valley floor to the abandoned ruins of Winay Wayna and on to the Gate of the Sun for dramatic views down on Machu Picchu (about 5hrs walking). This option is dependent on Inca pass availability and needs to be paid at the time of booking.

For those not wishing to walk we will continue on the train to Aguas Calientes from where we will take a short bus trip to Machu Picchu, where the rest of the group will meet after their walk. The famous Lost City (at 2280m) is set in a grandiose landscape that amazes all spectators - temples, stairways, palaces and gabled stone dwellings are scattered everywhere, testifying to the energy and ingenuity of the builders, in the most dramatic setting of all of ancient America. We return to Aguas Calientes on the valley floor, to stay in a simple guesthouse with the chance to soak in the nearby natural hot baths (optional).



Accommodation: Hanaqpacha Inn Hotel (or similar)



Simple Guesthouse



Single room available



Meals Provided: Breakfast & Lunch

DAY 13 - Explore Machu Picchu, return by train to Cusco

We have another chance this morning to explore the site. 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 2.5-3 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 1 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 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.

Later we take the afternoon train to Cusco.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 14 - Fly to Puerto Maldonado. Travel to lodge by minibus and canoe

The Machu Picchu and Titicaca 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.

On arrival in Puerto Maldonado you will be met by a representative of Nape Lodge. First you, and any other lodge guests, will be taken to the lodge office in the town. Here you can sort your luggage so that you only take what you need to the jungle. (Your main luggage can be left in a locked room at the office). You then travel by minibus to the community town of Infierno, this is mainly along unmade roads and it takes approximately an hour to reach the small port outside the town. From here you take a covered motorised canoe for approximately 30 - 40 minutes to Nape Lodge. Your guide will give you a typical jungle lunch to eat en route. The lodge is a short walk from the river bank. Below is the usual itinerary for clients arriving to Nape Lodge but this may vary depending on local conditions and circumstances. A guide from the lodge will accompany you on all your excursions.

This evening we will be returning to the boat to search in the dark for caiman along the river banks and in the water. Caiman eyes show red in torch light making them easier to spot. In this area there are mainly white caiman. If you are lucky you will also see some of the other nocturnal animals that roam the river banks.



Accommodation: Nape Lodge (or similar)



Simple Lodge



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 15 - Visit parrot clay lick and Tres Chimbadas Lago. Take a jungle night walk

This morning after an early breakfast you will travel by boat a short distance along the river to a local clay lick - a small clay cliff where macaws, parrots and other birds come to feed. It is thought that the salt from the clay detoxifies the fruit diet of the birds. You may be lucky enough to see the macaws circling above the site and then coming down to eat. They do this at several times in the day and are often at the site for 20 to 25 minutes - It can be very noisy.

Continuing along the river for approximately 20 minutes, the boat then docks at a small jetty on the other side of the river to the lodge. As you follow the path through forest to Tres Chimbadas Lago, an oxbow lake, keep your eyes and ears open particularly for macaws and the sounds of approaching monkeys. At the lake itself common sights include the striking and noisy hoatzin bird. There is also a short cruise on the lake in a local style catamaran and if luck is on your side you may also see black caiman and river otters. On returning to the lodge there is time to relax before lunch.

In the afternoon you will be taken on a tour of an area close to the lodge known as the 'medicine garden'. Here you will learn from the local shaman (or another member of the community) through a translator, about how these plants are used to treat illnesses.

After dark you will be taken on a night walk along one of the lodge's trails. Your guide will know where to look for the insects, frogs, bats and nocturnal birds that come out at night. If you are in the right place at the right time you may also see some nocturnal mammals including the night monkey.



Accommodation: Nape Lodge (or similar)



Simple Lodge



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 16 - Hike through jungle to mammal clay lick. Learn about local exotic fruits

An hour's walk from Nape Lodge is a mammal clay lick. As with the parrots and macaws, some mammals eat clay from certain areas - however they are much more reserved about this and less predictable. Animals known to use this clay lick included peccaries, deer, agouti and tapir. On arrival you will settle down to observe the spot quietly from a distance and hope to be rewarded. On the way to and from the clay lick your guide will be looking out for other birds, animals and plant species of interest.

After lunch you will visit a local organic fruit farm down river from the lodge. It is owned by a family from the Infierno community who grow a variety of tropical fruit and vegetables - many of which you will experience over your time at Nape Lodge. The family will explain through a translator how they grow their crops in a sustainable way, and introduce you to some produce you may never have heard of. You will also gain an insight into local life. As the farm is beside rainforest you may also see and hear wildlife such as

parrots close by.



Accommodation: Nape Lodge (or similar)



Simple Lodge



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 17 - Return to Puerto Maldonado by canoe and minibus, and end trip at airport

Our Amazon adventure comes to an end today after breakfast and we will travel by boat 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



Why book this trip

This tour includes an optional day walk along the Inca trail to Machu Picchu. Perfect for those who want to experience part of this famous walk but do not want to do the whole four-day trek. Your first glimpse of Machu Picchu will be from the Sun Gate.

In the Amazon we experience the jungle in the company of people that live there. The Amazon community of Infierno own and operate Nape Lodge. They also own the adjacent land, most of which is primary forest. The lodge staff are from the community and any money generated directly benefits the local population. Learn about the challenges of living in the jungle as well as discovering the fascinating local wildlife.

What's included?



Included meals

Breakfast: 15
Lunch: 7
Dinner: 5



Transport

Bus
Boat
Flight
Public Bus
Train



Trip staff

Explore Tour Leader
Boat Crew
Driver(s)
Local Guide(s)



Accommodation

1 nights simple guesthouse
16 nights standard hotel
2 nights standard lodge
3 nights simple lodge

Trip information

Country information

Bolivia

Climate

Conditions vary from region to region and with altitude. Bear in mind that at high altitude temperatures can drop dramatically, and conditions can change suddenly. Inland - Hot and humid from October to March (summer). Mild to hot from April to September (winter). Highlands -- All year, sunny days, chilly to cold evenings. Rainy December to March. Mainly dry rest of year best time for mountain travel.

Time difference to GMT

-4

Plugs

3 Pin Flat

Religion

Roman Catholic

Language

Spanish

Peru

Climate

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

Time difference to GMT

-5

Plugs

2 Pin Flat

Religion

Catholicism

Language

Spanish

Budgeting and packing

Optional activities

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

La Paz - Half day to Mount Chacaltaya US\$ 35 (minimum 3 passengers); Tiahuanaco (Bolivia's most important archeological site) US\$ 68; Cholitas Wrestling US\$ 10 (only available on Thursdays and Sundays)

Puno - Uros Islands US\$ 30, Titicaca Train £155 Subject to availability - 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 Urubamba River (grade 2-3) US\$ 65 (1-4 pers) US\$55 (5-8 pers) US\$45 (9 pers +); Andahuaylillas entrance US\$ 4.

Aguas Calientes - Hot springs US\$ 4; Huayna Picchu - £60; Machu Picchu Mountain £60 - Subject to availability - these must be pre-paid at time of booking and is non-refundable. If you change your passport between your time of booking and prior to travel please take your original passport with you to avoid being fined.

Day Trek on Inca trail from Km 104 - £130 - must be paid at time of booking. Please see Inca Pass notes below.

Lima - City Tour US\$ 30; Larco Herrera Museum US\$ 41 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)

Notes for Inca pass -

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 tour, 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 are sold on a 'first come first served basis' and 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 January of each year so ideally we would recommend that you book your tour at least 6 months ahead and by December for the following year where possible.
4. In order to buy your pass we will need your: full name, 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.
5. 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.

Clothing

The highlands of Bolivia have dry sunny days but extremely cold nights so thermal underwear, a well-insulated fleece/jacket and a thick sweater are essential. Bring a warm hat and gloves as the Island of the Sun can be especially cold during June and July. Bring something warm to sleep in. A light raincoat is recommended. A sun hat and sunglasses are advisable as is high factor sunscreen, due to the thinness of the atmosphere. Bring a swimming costume for the thermal baths at Aguas Calientes.

For you 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

Comfortable lightweight walking/trekking boots, trainers and sandals.

For you jungle experience:

Bring comfortable enclosed walking shoes that can cope with mud if needed.

Luggage

20kg

Luggage: On tour

One main piece of luggage, a good sized daypack and a small bag to contain clothing for the two nights at Lake Titicaca (your main luggage will be stored in Copacabana). Whilst trekking, our luggage for the Inca Pilgrim Way will be carried for us, but your daypack should be large enough to carry warm and waterproof clothing as weather can be quite changeable. Remember you are expected to carry your own luggage so don't overload yourself. It is recommended you bring lockable bags.

In the Amazon your main luggage will be stored in the offices in Puerto Maldonado. You will need a strong bag suitable for carrying clothes, toiletries, shoes, etc for four days e.g. a waterproof duffle bag or rucksack.

Equipment

Binoculars, torch, water bottle, insect repellent, suncream (at least factor 15), good quality sunglasses and a lipsalve with sun protection.

Personal Equipment: On Trek

Trekking poles:

Trekking poles are recommended. Please note metal tipped trekking poles are NOT permitted - in order to reduce erosion - please ensure they have rubber/plastic tips (not 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. Disposable plastic bottles are not allowed on the trail. It is a good idea to add some powdered fruit juice for flavouring. Please note: metal bottles can also double up as hot water bottles.

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).

For your jungle experience bring:

Suncream, sunhat and sunglasses

Jungle formula insect repellent

Good torch and spare batteries for night walks and when the generator is not on.

Small backpack for walks and boat trips

Good camera with zoom, spare battery and memory cards

Binoculars (optional)

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

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

Accordingly, you should allow US\$ 35 for tipping

Country Information

Bolivia

Food and drink

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

Lunch price

£5

Dinner price

£8

Beer price

£1.47

Water price

£0.6

Foreign Exchange

Local currency

Boliviano.

Recommended Currency For Exchange

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

Where To Exchange

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

ATM Availability

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

Credit Card Acceptance

Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

Travellers Cheques

Travellers Cheques can be awkward or expensive to change

Peru

Food and drink

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

Breakfast price

£4.00 - 7.00

Dinner price

£6.00 - 8.00

Beer price

£2.00 - 4.00

Water price

£1

Foreign Exchange

Local currency

Nuevo Sol

Recommended Currency For Exchange

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

Where To Exchange

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

ATM Availability

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

Credit Card Acceptance

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

Travellers Cheques

Travellers Cheques are not always easy to exchange.

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Flight, Public Bus, Train

Accommodation notes

Booking a Single Room

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

Nape Lodge has been built just inland from the banks of the Tambopata River, on land granted to the Amazon community of Infierno nearly forty years ago. This land is adjacent to the then newly formed Tambopata National Reserve. Many of the community's families are descendants of the Ese Ejas, historically the dominant group of the region. Most live in the small town of Infierno about one hour's drive from Puerto Maldonado, but others live more remotely. The community are mainly farmers, but some now also work in local tourism.

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

Bolivia: Visas are not required for UK, New Zealand, Australian, and Canadian citizens. However, US citizens will require a visa.

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 online - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to be refused boarding.

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

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

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

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

Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp>
Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

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

Booking conditions

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

Transfers

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

Booking a land only package with Explore

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

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, 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.

Altitude information

We have specifically designed this itinerary to allow you to acclimatise gradually against the symptoms of altitude sickness, a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. At altitudes of over 3000m, minor symptoms such as headaches and shortness of breath are commonly experienced for a day or two, and there is no preparation that you can do for this. Symptoms aren't related to general fitness. The best remedy is to rest, not ascend any further and ensure that you're well hydrated. If the symptoms persevere or get worse, then the main course of action is immediate descent.

If any symptoms do occur - whether minor or more severe - then you should let your Explore Leader know immediately.

As this tour reaches altitudes of over 4000 metres, 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.

Please also ensure that your insurance policy covers you to the maximum altitude of 4100m.

Non refundable permits

Bolivia

Vaccinations

A yellow fever certificate is necessary for passengers visiting the lowlands Bolivia (BA trip). We also recommend protection against typhoid, polio, infectious hepatitis and tetanus. 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.

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.
