

# EXPLORE!



DISCOUNTED

## Machu Picchu and Titicaca + Amazon Extension

BOLIVIA, PERU - TRIP CODE PBA

DISCOVERY

### Why book this trip?

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Traverse the mountainous landscapes from La Paz to Cusco on this active trip that includes a two-day hike centred around Lake Titicaca, visiting ancient ruins on the Isla del Sol and enjoying spectacular sunsets across the lake. Culminating with the awe-inspiring views of Machu Picchu, this is an unforgettable Andean adventure.

- **Inca Trail** - Take an optional day hike along the Inca trail to Machu Picchu; perfect for those who want to experience part of the famous walk, without doing the full four-day trek
- **La Paz** - This quirky city is the perfect introduction to Bolivia's important indigenous cultures
- **Lake Titicaca** - Hike on part of the Inca Pilgrim Way, visiting Inca ruins and enjoying incredible views over the enormous lake.



**INCLUDED MEALS**  
 Breakfast: 15  
 Lunch: 7  
 Dinner: 5



**TRIP STAFF**  
 Explore Tour Leader  
 Boat Crew  
 Driver(s)  
 Local Guide(s)



**TRANSPORT**  
 Bus  
 Boat  
 Flight  
 Public Bus  
 Train



**ACCOMMODATION**  
 11 nights standard hotel  
 5 nights standard lodge



**TRIP PACE:**  
 Moderate



**GROUP SIZE:**  
 12 - 18

## 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)

**Grade: 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)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

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### **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)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 4 - Free day in La Paz**

Today we have the day free to explore more of the city. 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. Alternatively, a really great thing to do in the city is to take a walking tour with a difference. Our supplier in Bolivia is partnered with a collective of local shoe-shiners, who can take you through more local neighbourhoods and markets of La Paz, including the popular 'Belen dining room' where rows of food stalls sell lunches very cheaply to the working population in the area. It provides a fascinating look at this mad city, outside of the usual tourist routes, and will get you closer to one of La Paz's most thriving working communities, which is also one of the most misunderstood. Our Explore Leader will be on hand to translate from Spanish if you choose this option.

You could also escape the city with a half-day hike in the atmospheric Valley of the Spirits. There is a three hour hike into Palca Canyon, starting with a roughly 5km downhill across farmland paths, descending into the gothic spires and rock formations of the canyon, before following the roughly 3km long rocky path through the canyon floor.



ACCOMMODATION:  
Casa De Piedra Hotel (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## 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)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### 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. From here we take a boat out to the Isla del Sol, landing near the Pilkokaina ruins and soaking up the mystical ambience of an island steeped in the legends of the ancient Inca. Walking up to our ecolodge (approx. 200m ascent +1-1.5 hrs of walking at high altitude), there are spectacular views across the lake, and if the weather holds we should have a glorious sunset this evening.



ACCOMMODATION:  
Ecolodge La Estancia (or similar)

Grade: Standard Lodge



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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### DAY 7 - Boat over to the Island of the Moon and hike

The Isla del Sol is the largest of the islands that lie dotted around this spectacular lake, lying just off the Copacabana Peninsula at the southern end of the lake. The island is covered with nearly 200 archaeological ruins that attest to the importance the ancient Incas attached to this site. This morning, we take a short hike in the morning to discover the vistas over the lake, before walking down to the port and taking a boat to the neighbouring Island of the Moon. Here, the ruins of Inak Uyu (Temple of the Moon) are a very well preserved nod back to the island's ancient history, and an excellent place to take a hike up for more stunning views over the islands. It's a short but steep hike that takes us above Inak Uyu to the island's peak.

We return later this afternoon to the Island of the Sun, and walk back to our ecolodge.



ACCOMMODATION:  
Ecolodge La Estancia (or similar)

Grade: Standard Lodge



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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

This morning we return across the lake to Copacabana and then take a charter bus across the border into Peru, following the shores of the lake to its north western corner and the bustling town of Puno. This afternoon 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)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### 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.

During our public bus journey we drive up to the northern limit of the Altiplano, crossing La Raya pass (4,335m) and descending via the Inca temple at Raqchi to Andahuaylillas. Here, an old colonial church appears as if out of nowhere - we'll be able to visit before continuing our journey. 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. The total journey is approximately 10 hours including stops.

There is also the possibility today to take the classic rail journey from Puno to Cusco (optional). One of

the great railway journeys of the world, this full day trip covers some spectacular scenery over the high altiplano. It includes a meal aboard the train, with the chance to try some local delicacies and make use of the outside viewing platform before arriving into Cusco.

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:  
Yawar Inka Hotel (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### **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:  
Yawar Inka Hotel (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## 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:

Yawar Inka Hotel (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## 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 Cusco/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. Once a tiny village of no more than a few houses, this town throngs with travellers and trekkers coming to-and-from the famous 'lost' city of Machu Picchu. For the non-walkers, we spend the afternoon visiting this magnificent city with a local guide. Temples, stairways, palaces and gabled stone dwellings are scattered everywhere, testifying to the energy and ingenuity of the builders. Not without reason this site is probably the most revered attraction in the Americas, its location alone is dramatic in the extreme, teetering on the saddle of a high mountain peak that towers above the valley below.

The walkers will arrive in the site in the late afternoon, and take the bus immediately down to Aguas Calientes, where the group reunites again.



### ACCOMMODATION:

El Santuario Hotel (or similar)





**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

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### **DAY 13 - Explore Machu Picchu, return by train to Ollantaytambo and drive to Cusco**

For those people who walked the Inca Trail yesterday, you will be catching the bus this morning to Machu Picchu for your guided visit of this magnificent city. For the others, your entrance today is not included as you did the site visit yesterday - however, you do have the opportunity to purchase a second entry permit and enjoy some free time within the site. Otherwise, a morning in Aguas Calientes is well spent at the colourful local market or walking along the river that flows through the town.

Whether you hiked yesterday or not, it's possible to do another optional hike this morning within the site of Machu Picchu itself - climbing 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.

This afternoon we then travel by train to Ollantaytambo, where we catch our bus to Cusco.



ACCOMMODATION:  
Yawar Inka Hotel (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 14 - Fly to Puerto Maldonado, transfer to Amazon lodge

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.

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.

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:**  
Inkaterra Field Station (or similar)



**Grade: Standard Lodge**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: BREAKFAST, LUNCH & DINNER**

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## 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

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### **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

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### 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

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## Trip information

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### 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 Bolivia is generally hot and humid from October to March (summer); temperatures are milder from April to September (winter). In the highlands there is a rainy season from December to March and it is normally dry for the rest of year which is the best time for mountain travel.

Time difference to GMT	Plugs	Religion	Language
-4	3 Pin Flat	Roman Catholic	Spanish

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#### 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

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## 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 - Tiahuanaco (Bolivia's most important archeological site) US\$ 68; Cholitas Wrestling US\$ 10. (only available on Thursdays and Sundays); Alternative shoe shiner city tour US\$46; Half day hiking trip to the Valley of the Spirits and the Palca Canyon; \$66USD (min 3 people)

Puno - Uros Islands US\$ 30, Titicaca Train £170, 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 - Visit to Sacsayhuaman US\$ 53 (based on 2 pers.)

Aguas Calientes - For those not trekking - Second visit US\$ 70 plus bus to site US\$ 25 (bus paid locally) 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.

Day Trek on Inca trail from Km 104 - £130 - must be paid at time of booking. Please see Inca Pass notes below. Hot springs us\$4

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.

## **Footwear**

Comfortable lightweight walking/trekking boots, trainers and sandals.

## **Luggage**

20kg

### **Luggage: On tour**

One main piece of luggage, a good sized day sack and a small bag for 2 / 4 nights - You will need this for 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.

Jungle bag

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**

Binoculars, torch, water bottle, insect repellent, suncream (at least factor 15), good quality sunglasses and a lipsalve with sun protection. Please note drones are prohibited in most tourist areas in Peru.

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).

## 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\$ 55, approx. 180 Peruvian Soles per person for group tipping (per family member on family trips)

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

## 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	Dinner price	Beer price	Water price
£5	£8	£1.47	£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.

<b>Breakfast price</b>	<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£4.00 - 7.00	£6.00 - 8.00	£2.00 - 4.00	£1

### **Foreign Exchange**

#### **Local currency**

Nuevo Sol

#### **Recommended Currency For Exchange**

Local currency in Peru is the Nuevo Sol. 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. ATMs can also be found in the major towns and cities for cash withdrawals in Nuevo Soles. 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.

#### **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



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## Transport, Accommodation & Meals

### Transport Information

Bus, Boat, Flight, Public Bus, Train

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### 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 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 consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://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.

## 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.

## **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.

## **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.

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## **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.



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**