

EXPLORE!



Peru Encompassed

13 days

Peru - Trip code DPR

Peru Encompassed

Based in comfortable hotels, we explore Peru - the sacred land of the Incas. We visit the historic remains of Machu Picchu and sail along Lake Titicaca - the highest navigable lake in the world. Along the way we discover the ancient Inca capital Cusco, the colonial streets of Lima and the beautifully preserved city of Arequipa. A particular highlight is the journey from Puno to Cusco; a chance to relax and watch the stunning Andean scenery pass us by.

Trip highlights

- ★ Machu Picchu - Travel by train to the 'Lost City', one of the New Seven Wonders of the World
- ★ Cusco - Explore the ancient capital city of the Incas
- ★ Arequipa - Discover the fascinating Santa Catalina Convent
- ★ Lake Titicaca - Traverse the highest navigable lake in the world, visiting the Uros and Taquile Islands
- ★ Sacred Valley - Unwind in this tranquil setting

ACCOMMODATION GRADE:

Premium

Our premium accommodation is hand-picked and chosen for its character, location or local importance. These properties have excellent facilities and a higher level of comfort and service. They provide the perfect wind down after an active day.

TRIP PACE:**Moderate**

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

GROUP SIZE:**10 - 16**

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

Itinerary

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

DAY 1 - Join tour Lima

Arrive Lima and check-in at hotel.

Hotel la Hacienda

Hotel La Hacienda is conveniently located in the popular area of Miraflores, close to restaurants and shops. The main areas of the hotel have a colonial feel with wooden beams, bare walls, a stone floor and decorated with traditional art and pottery. There is a lovely large fireplace by the bar and plenty of seating where guests can relax. The spacious and comfortable rooms, by contrast are more modern in design. The hotel also has a rustic restaurant serving delicious local cuisine.



Accommodation: Hotel la Hacienda (or similar)



Premium Hotel



Single room available



Meals Provided: None

DAY 2 - Tour Lima, fly to Arequipa

Founded in 1535 and called the City of Kings, Lima today is both ancient and modern. We will make an orientation tour on foot, passing through the colonial squares and under the intricate modern balconies of old Lima, seeing some of the city's best surviving examples of colonial architecture (optional). Time permitting there might be the opportunity to stroll through Plaza San Martin and Bolivar and enter the fascinating Catacombs of the convent of San Francisco. In the afternoon, we transfer to the airport where we will take our flight to reach the beautiful city of Arequipa.

Casa Andina Standard Arequipa

The Casa Andina Standard Arequipa enjoys stunning views towards El Misti volcano from its terrace. It is situated just a short, six-block walk away from central Arequipa, so enjoys a more tranquil location. Wi-Fi is available in the common areas.



Accommodation: Casa Andina Standard Arequipa (or similar)



Premium Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - In Arequipa; visit the Santa Catalina Convent

This morning we visit Santa Catalina Convent, a miniature walled town which once housed 450 nuns and serving ladies in total seclusion. The rest of the day is free to explore this charming city, situated at 2380m and surrounded by snow-capped mountains including the perfect conical peak of El Misti (5822m). Arequipa is famed for its colonial architecture and the arcaded city square, dominated on one side by the twin towered cathedral, is among the finest to be found in South America.



Accommodation: Casa Andina Standard Arequipa (or similar)



Premium Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Drive to Chivay

This morning we head north where we enter the world of the altiplano. We pass behind the volcanoes that ring Arequipa and onto Chivay. Passing herds of llama and alpaca - if lucky we may spot the elusive vicuña. Today we cross the Patapampa pass to briefly reach the highest point of our trip at 4910m where we stop for a photo before descending towards the Colca Canyon.

Casa Andina Standard Colca - Chivay

The Casa Andina Chivay is a charmingly rustic and cosy hotel, designed in the form of a small village. The rooms are built in individual rustic 'casitas' (small houses) each with warm and cosy furnishings. Enjoy wandering around the hotel's garden, with its pretty flowers, fountain and vegetable growing area. In the evening there's the chance to visit the on site planetarium for a better understanding of the night sky.



Accommodation: Casa Andina Standard Colca - Chivay (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Visit the Colca Canyon, continue to Puno

We have an early start this morning to the Colca Canyon. A spectacular river gorge, the Colca Canyon measures twice the depth of the more famous Grand Canyon and at one time it was believed to be the deepest gorge on earth (until it was eclipsed by the deeper Cotahuasi Canyon). Largely unknown to the outside world until the latter years of the 20th century, today it affords us an opportunity to discover a world of Andean villages and Inca terraces that make up one of the most outstanding natural settings in the Americas. This is the world of the Altiplano, where the Rio Colca meanders through a landscape of towering volcanic peaks that offer a stunning backdrop to a land inhabited by Cabana and Collagua Indians. Home to the massive and majestic Andean Condor, these awe-inspiring vistas derive their name from the old Incan practise of storing harvested grain in natural vaults carved into the canyon walls, vaults that the Indians called colcas. This afternoon we drive east, via the Patapampa pass again at 4910 m, heading towards the beautiful landscapes that surround the unique waters of Lake Titicaca, the highest navigable lake in the world (3856m). Our destination is the town of Puno, a centre of Incan folklore nestling in a bay at the northwestern tip of the lake and the perfect base from which to explore something of the cultural and historical significance of the lake itself.

Royal Inn Hotel

Royal Inn Hotel is stylish and comfortable located near the Main Square, in the heart of the historic and cultural area of Puno, close to the handicraft stores and restaurants. The hotel has 54 rooms, all with luxurious bathrooms, safe, cable TV and mini fridge. The hotel has a lobby bar and restaurant, offering traditional drinks and food.



Accommodation: Royal Inn Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Boat trip on Lake Titicaca; visit Uros and Taquile Islands

From Puno 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 reed-like 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. We take our time walking across the island and we will have the chance to buy locally produced embroidery - the men's handiwork for once! After lunch we then descend to the jetty to board our boat back to Puno.



Accommodation: Royal Inn Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - Journey to Cusco

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way to find Cusco. Travelling aboard our private bus, we will watch the spectacular Andean scenery rolling past our window as shepherds graze their flocks of llamas and alpaca on the altiplano grasslands. En route, we make two valuable stops to the archaeological sites at Sillustani and Raqchi. Sillustani is a pre-Incan burial ground with impressive views across Lake Umayo, near Puno. An old vestige of the Aymara culture, it makes an interesting comparison with our second stop at the Inca ruin of Raqchi, near Cusco, whose remnants have been kept in remarkable condition. We arrive in Cusco in the late afternoon and head to 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.

Eco Inn Hotel Cusco

The Eco Inn Hotel in Cusco is situated a few blocks from the main square and overlooks Cusco's craft market, making a welcome retreat at the end of a day's sight-seeing. With comfortable rooms, a restaurant serving local and international dishes and a spa, the hotel is a good value option. Complementary Wi-Fi is available.



Accommodation: Eco Inn Hotel Cusco (or similar)



Premium Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - In Cusco; visit Sacsayhuaman Fortress

The old capital of the Inca empire survives only in its ruins, 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. This morning we take a walking tour of this lovely city to see important Inca and Colonial monuments, such as the Plaza de Armas (main square) and the Inca wall of Hatunrumiyoc with its famous twelve-sided stone. The stone, measuring some 5 feet across, has the typical bevelled joints which create the patterns of light and shadow on Inca walls. We will continue on by bus to the outlying Inca site of Sacsayhuaman which broods high above the town, its huge, zigzagging stone walls broken into 66 sharply projecting angles to catch attackers in a withering crossfire. 20,000 conscripted workers toiled for 90 years to finish it. The afternoon is left free for some further exploration of Cusco.



Accommodation: Eco Inn Hotel Cusco (or similar)



Premium Hotel



Single room available



Meals Provided: Breakfast



Meals Provided: Breakfast

DAY 9 - Free Day in Cusco, optional Misminay village trip

Today has been left free for you to enjoy further optional activities in and around Cusco or perhaps finish off the final souvenir shopping in the winding streets and alleys of the city.



Accommodation: Eco Inn Hotel Cusco (or similar)



Premium Hotel



Single room available



Meals Provided: Breakfast

DAY 10 - Train to Aguas Calientes; visit Machu Picchu

We take an early morning train along the side of the Rio Urubamba, flanked by high cliffs and peaks, then climb by bus to Machu Picchu - the famous 'lost city' at 2400m. The existence of this exquisite masterpiece of ancient civilisation remained unknown to the outside world until it was 'discovered' by an American archaeologist, Hiram Bingham in 1911. We explore this mountain-top stronghold - the most spectacular feat of engineering in ancient America. Returning to the valley floor, we stay in a hotel in Aguas Calientes, with the chance to soak in the nearby natural hot baths.

Taypikala Machu Picchu

The Taypikala Machupicchu hotel is a beautiful and fresh minimalist rustic building located in the cloud forest town of Aguas Calientes and is the base for our explorations of Machu Picchu.



Accommodation: Taypikala Machu Picchu (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 11 - More time to discover Machu Picchu (optional); train to Ollantaytambo

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 train to Ollantaytambo and transfer to our hotel in Yucay, nestled in the heart of the Sacred Valley where we can relax and enjoy the views as the sun sets.

Mabey Hotel

The Mabey Hotel is a mid-sized property located in the province of Urubamba, in the Sacred Valley. Surrounded by stunning scenery and mountains the hotel is situated off a main road, behind tall walls near to the village. The hotel has beautiful gardens, a swimming pool, restaurant, bar and Wi-Fi. Rooms are simple but comfortable.



Accommodation: Mabey Hotel (or similar)



Premium Hotel



Single room available



Meals Provided: Breakfast

DAY 12 - In the Sacred Valley; optional whitewater rafting; return to Cusco

Today is a free day with a wide choice of things to do. For river-lovers there is the opportunity of a full-day raft-trip (optional and in season) 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. Please note: Participation in rafting requires that you are able to swim 25 metres unaided. There is also the opportunity to visit Misminay, home to many of the porters who work along the Inca Trail and within the valley itself. We can learn a little more about the lives of these descendants of the ancient Inca during our visit. Alternatively you could visit Maras and Moray where hot springs at the top of the valley have been diverted into terraced salt pans. Ollantaytambo itself is also worth spending time in; during the Inca Empire it was the royal state of Emperor Pachacuti who conquered the region and built the town as a ceremonial centre. After our sight seeing or rafting is finished we will drive back to Cusco for our final evening.



Accommodation: Eco Inn Hotel Cusco (or similar)



Premium Hotel



Single room available



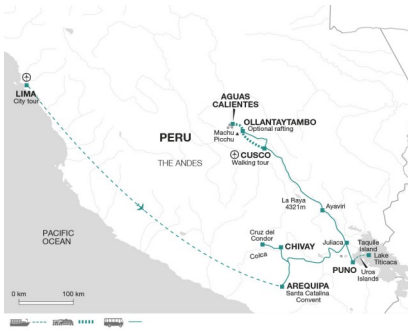
Meals Provided: Breakfast

DAY 13 - Trip ends in Cusco

Our trip ends this morning after breakfast.



Meals Provided: Breakfast



Why book this trip

This tour is ideal for travellers who are interested in discovering all the main cultural sights of Peru in comfort. A particular highlight is the journey from Puno to Cusco; a chance to relax and watch the stunning Andean scenery pass us by.

What's included?



Included meals

Breakfast: 12



Transport

Bus
Boat
Flight
Train



Trip staff

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



Accommodation

8 nights premium hotel
4 nights standard hotel

Trip information

Country information

Peru

Climate

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

Time difference to GMT

-5

Plugs

2 Pin Flat

Religion

Catholicism

Language

Spanish

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 - 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 and Sacred Valley - Rafting on Urubamba River (grade 2-3) US\$ 65 (1-4 pers) US\$55 (5-8 pers) US\$45 (9 pers +); Maras Moray tour US\$ 58 (based on 4 people); Misminay Tour US\$ 89 (minimum 4 people); Ollantaytambo site visit US\$ 59 (based on 3 people);
Aguas Calientes - Hot Springs US\$ 4.
Machu Picchu - Second visit approximately US\$ 54 (subject to availability), bus to site US\$ 25,
Huayna Picchu - £85; Machu Picchu Mountain £85 (both including transport) - Subject to availability - these must be pre-paid at time of booking and is non-refundable. If you change your passport between your time of booking and prior to travel please take your original passport with you to avoid being fined.
Lima - Larco Herrera Museum US\$ 41 guided, US\$ 11 unguided; Pucusana Fishing Village US\$65 (based on 3); Pachacamac site US\$45 (based on 4) inc. pottery class US\$60 (time permitting)

Clothing

Bring warm clothing such as a warm fleece, thermal underwear, warm hat and gloves for cooler nights in the mountains when temps drop dramatically. Lightweight waterproofs are essential. Bring your swimsuit.

Footwear

Comfortable shoes and lightweight walking shoes and sandals. If participating in the rafting, bring old trainers (as they will get wet).

Luggage

20kg

Luggage: On tour

One main piece and a daypack and an extra bag for your night in Aguas Calientes - on this night, your main bags will be left in storage in your hotel in Cusco, and will be transported to meet you when you arrive in Ollantaytambo. 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

A good insect repellent is essential. Also bring a small torch, sunhat, sunscreen, and a swimsuit and a small towel (for rafting and thermal baths).

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

In this region, tipping is a recognised part of life across the service industry. Local staff will look to members of the group for personal recognition of particular services provided.

To assist with this your Explore Leader may organise a group tips kitty for included activities and meals, they will then account for kitty use throughout the tour.

For this we suggest US\$45 per person

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

£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, Train

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 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.

You should confirm all visa related issues with the relevant Embassy prior to departure

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 4190m.

Non refundable permits

Peru

Vaccinations

Nothing compulsory, we recommend protection against typhoid, tetanus, polio and hepatitis A. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.
