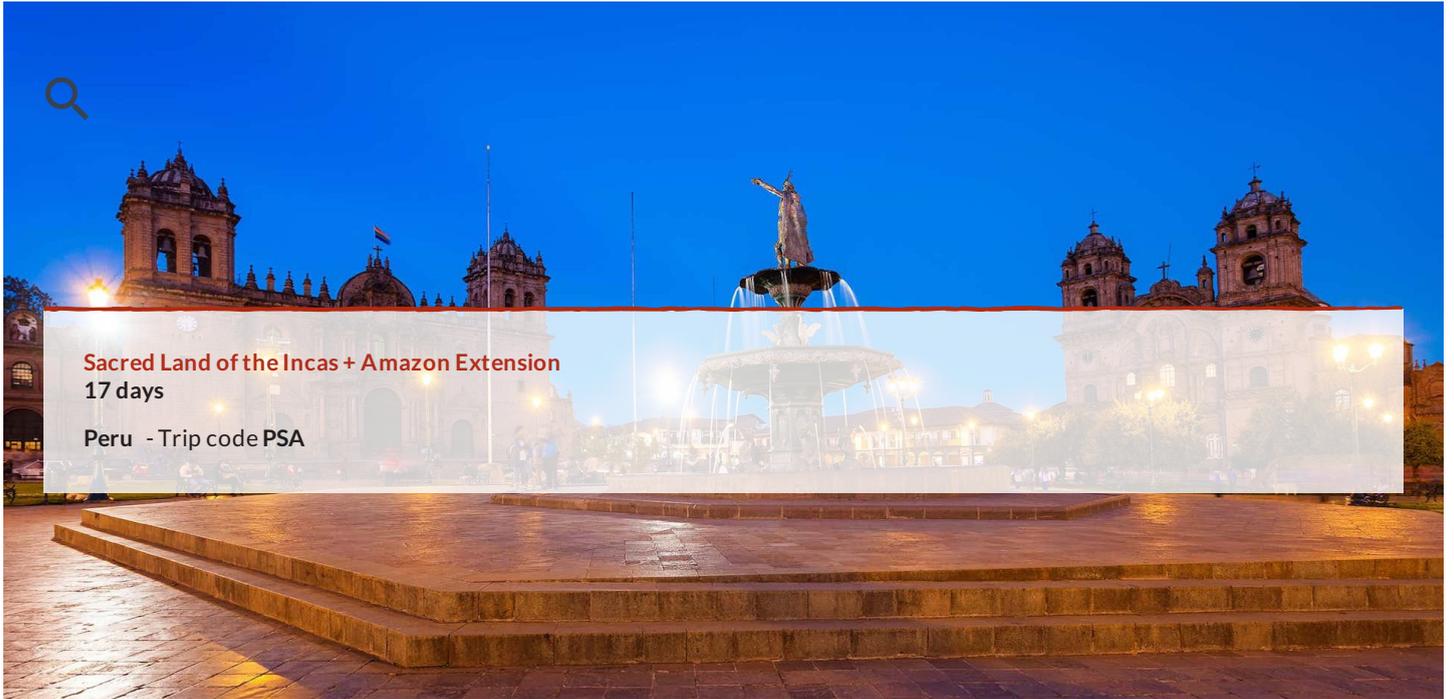


# EXPLORE!



## Sacred Land of the Incas + Amazon Extension

17 days

Peru - Trip code PSA

## Sacred Land of the Incas + Amazon Extension

Enter the land of the Incas as we discover the vast Colca Canyon, explore the UNESCO World Heritage Site of Arequipa, sail along Lake Titicaca and unwind in the Sacred Valley. We also travel to Machu Picchu, known as the 'Lost City' of the Incas and one of the New Seven Wonders of the World.

### 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
- ★ 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 Lima

Arrive Lima and check-in at hotel.



**Accommodation: Britania Hotel** (or similar)



Standard Hotel



Single room available



Meals Provided: None

## DAY 2 - Fly to Arequipa, free afternoon to explore

This morning we transfer back to the airport and fly to the beautiful city of Arequipa. This afternoon is left free for you to explore and acclimatise.



**Accommodation: El Conquistador - Arequipa** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 3 - In Arequipa; visit South 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 beautiful 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 (1612), is among the finest to be found in South America.



### Accommodation: El Conquistador - Arequipa (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 4 - Drive to Chivay

We head north today where we enter the world of the Altiplano, passing behind the volcanoes that ring Arequipa and on to Chivay. There are herds of llama and alpaca en route, and if lucky we may spot the elusive vicuña. Today we briefly reach the highest point of our trip at 4,910m where we stop for a photo before descending towards Colca Canyon.



### 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.



### Accommodation: Hacienda Puno (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

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

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. This evening we will stay in a local village house overnight.



**Accommodation: Taquile Village House** (or similar)



Simple Village House



Single room available



Meals Provided: Breakfast

## DAY 7 - Morning on Taquile Island, afternoon return to Puno

This morning is free on Taquile Island to make the most of a setting where the local people still preserve a rich tradition of music and dance. You might like to take a walk up to the Inca ruins, or visit the market, presenting an ideal opportunity to buy some of the locally made embroidery that is produced by the men of the island. Later this afternoon we then return to Puno by boat, where we can take a stroll through the markets in search of excellent llama and alpaca wool items.



**Accommodation: Hacienda Puno** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 8 - Bus to the Sacred Valley

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way towards Cusco. Our destination is in the Sacred Valley at Ollantaytambo. Setting off from the hotel at around 5.30am, we take the scenic journey in our public coach. Driving up to the northern limit of the Altiplano we cross La Raya pass (4,335m) and descend to Cusco. Depending on time, those who wish may visit the colonial church at Andahuaylillas or the Inca temple ruins at Raqchi. The scenery is desolate but magnificent and we may spot flocks of llamas and alpacas grazing on the windswept pastures. We arrive into Cusco in the late afternoon, and from here drive to the Sacred Valley, heading towards our hotel for the evening.



**Accommodation: Hotel Tikawasi Valley** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 9 - In Sacred Valley; optional whitewater rafting

Today is a free day with a wide choice of things to do. For river-lovers there is the opportunity of a raft-trip down the Urubamba in the Sacred Valley of the Incas (optional and seasonal). This is an exciting way to see the valley and no previous experience of rafting is necessary - full instruction and safety equipment are provided. 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 seriously impressive 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.



**Accommodation: Hotel Tikawasi Valley** (or similar)



Standard 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, towards the mountain town of 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. After dropping bags at our hotel, we climb by bus to the ancient site at 2,400m. 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 simple hostel in Aguas Calientes, with the chance to soak in the nearby natural hot baths.



**Accommodation: Hanaqpacha Inn Hotel** (or similar)



Simple Guesthouse



Single room available



Meals Provided: Breakfast

## DAY 11 - More time to discover Machu Picchu (optional); return 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 Ollantaytambo from where we get the bus to Cusco.



**Accommodation: Inkarri Hostal** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 12 - Walking tour 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, the Koricancha 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 also visit one of the outlying Inca sites - Cusco's temple-citadel, 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.



**Accommodation: Inkarri Hostal** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 13 - Free day in Cusco

Today has been left free for you to enjoy the wonderful atmosphere in Cusco's old town and perhaps do some souvenir shopping in the winding streets and alleys of the city.



## Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

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

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

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

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



## Accommodation: Inkaterra Field Station (or similar)



Standard Lodge



Single room available



Meals Provided: Breakfast, Lunch & Dinner

## DAY 15 - In Amazon Jungle; Canopy walk and Carachamayo Trail

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 follow the Carachamayo Trail, visiting a natural water pool known as Carachamayo. Along this trail, there are waterholes where locals enjoy Carachama fishing. Carachama are freshwater fish native to the Peruvian Amazon. The Local Guide will show us the best way of Carachama fishing in the waterholes usually traditional tools, as we explore the forest around the trails.



## Accommodation: Inkaterra Field Station (or similar)

 Standard Lodge

---

 Single room available

---

 Meals Provided: Breakfast, Lunch & Dinner

---

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

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

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

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

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



**Accommodation: Inkaterra Field Station** (or similar)

---

 Standard Lodge

---

 Single room available

---

 Meals Provided: Breakfast, Lunch & Dinner

---

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

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

 Meals Provided: Breakfast

---



## Why book this trip

We have planned one of the dates of this tour to coincide with the Inti Raymi celebrations in Cusco. The 'Festival of the Sun' was a religious ceremony of the Inca Empire. It is now celebrated every year in Cusco and is one of South America's largest pageants.

## What's included?



### Included meals

Breakfast: 16  
Lunch: 3  
Dinner: 3



### Transport

Bus  
Boat  
Flight  
Train



### Trip staff

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



### Accommodation

1 nights simple guesthouse  
18 nights standard hotel  
3 nights standard lodge  
1 nights simple village house

## 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

### 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.

Cusco and the Sacred Valley - Rafting on the Urubamba River US\$ 65 (1-4 pers); US\$55 (5-8 pers) US\$45 (9+ pers); Maras and Moray tour US\$58 (based on 4 passengers); Misminay tour US\$89 (based on 4 passengers); Puno - Raqchi entrance US\$4, Andahuaylillas entrance US\$4, 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.

Aguas Calientes - Hot Springs US\$4.

Machu Picchu - Second entry US\$54 and subject to availability; bus US\$25 return;

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 - City tour approximately 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)

## Clothing

Select your clothing carefully. A complete set of clothes which can get grubby and muddy are useful. 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.

For your jungle extension, you can expect warmer and more humid conditions. However, there may also be heavy rain showers (it tends to be cooler and drier between May and October). Bring light and loose clothing - long sleeved shirts and long trousers are best when walking through jungle, and a lightweight rainjacket. The warmer clothes from your time in the mountains may also come in useful during the evenings, in case of cool weather.

## Footwear

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

## Luggage

20kg

## Luggage: On tour

One main piece and a daypack plus one small overnight bag for your nights in Aguas Calientes and on Taquile Island. On Taquile, your main bag will be left in Puno while you stay on the island for one night. In Aguas Calientes, your main bags will be left in storage in your hotel in the Sacred Valley, and will meet you when you arrive in Cusco. 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, particularly for use in the jungle. Also bring a small torch, sunhat, sunscreen, swimsuit and a small towel (for rafting and thermal baths).

Equipment that you will need for your jungle experience is:

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

Card games or books for your evenings in the lodge, particularly if there is no electricity

Long sleeved t-shirts and full length trousers are recommended to avoid insect bites

A small backpack for walks and boat trips

A good camera with zoom, spare battery and memory cards

## 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\$40 per person

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

## Country Information

### 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

### 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.

During this trip we spend one night in a homestay on the island of Taquile, on Lake Titicaca. The homeowners will cook for us and we are able to experience life on the island. Rooms are simple but comfortable, and there are several toilets for communal use. It's a very serene, quiet place and for many it is one of the highlights of their stay.

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

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

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

## Essential Information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

#### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa and Passport Information

Peru: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Other nationalities should consult the relevant consulate.

USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done 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](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 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.

---