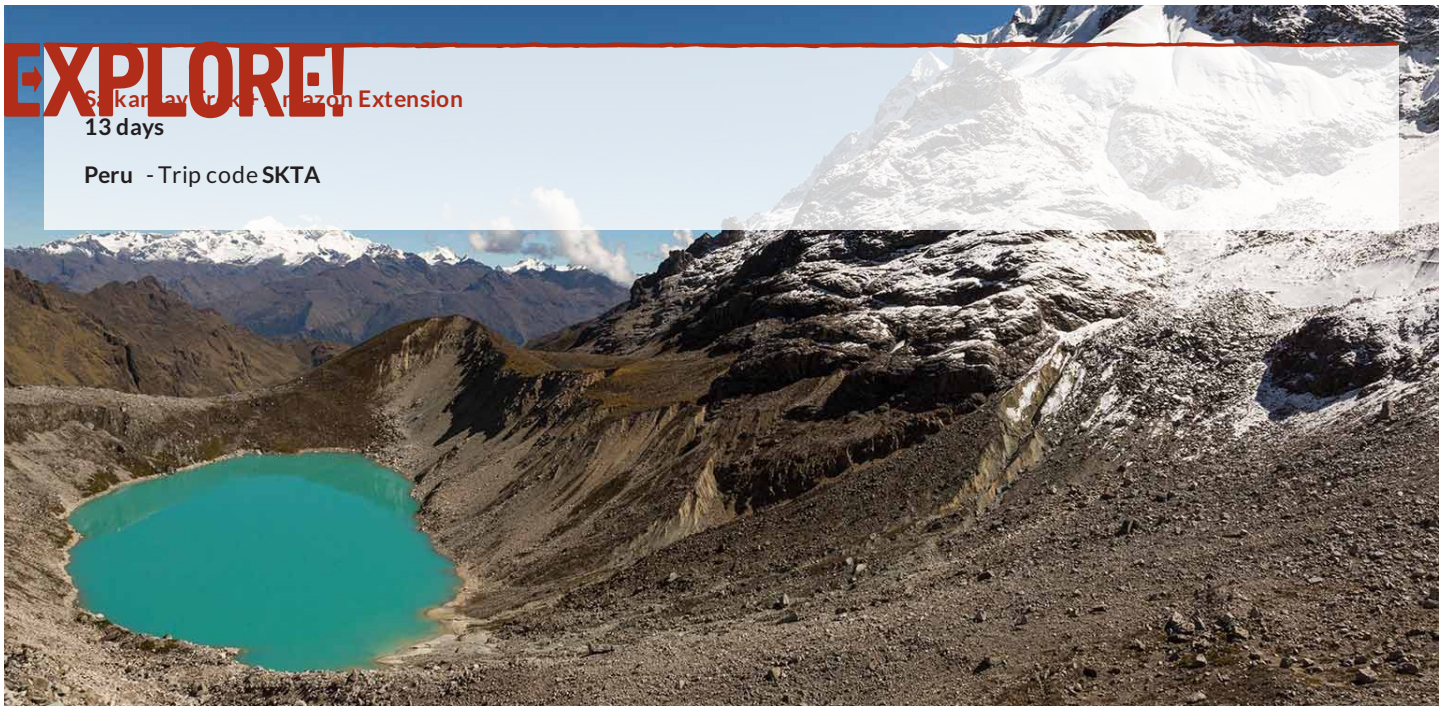


# EXPLORE!

Salkantay Trek + Amazon Extension  
13 days

Peru - Trip code SKTA



## Salkantay Trek + Amazon Extension

Discover the Salkantay Trek - so much more than an alternative to the Inca Trail. Supported by our experienced trek team ascend to Salkantay Pass (4,525m) overlooked by the magnificent snow covered Mount Salkantay (6,271m) and glacier. Taking in the views of the Vilcabamba range descend through tropical forest and small mountain villages. A final ascent brings us to Abra Q'elloqasa (2,860m) and down to Ahobamba Valley for a short mountain train ride to Aguas Calientes, from where we visit the famous Inca citadel of Machu Picchu.

### Trip highlights

- ★ **Magnificent mountain scenery** - Great views to Salkantay and other snow-capped mountains of the Vilcabamba Range particularly from Salkantay Pass (4525m)
- ★ **Full service camping** - Our experienced trek crew set up the tents and cook hearty meals, leaving you to enjoy the experience of being in the mountains
- ★ **Machu Picchu** - First view this extraordinary Inca site across the valley from Abra Q'elloqasa, then explore it with our Explore Leader
- ★ **Cusco** - Explore the historic capital of the Incas

#### 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.

#### WALKING GRADE:

##### Challenging

You need to have a good level of fitness and previous trekking experience is recommended. Trekking days are generally longer, challenging and at higher altitudes. Terrain may be difficult and ascents and descents are often demanding.

**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.

## Walking and Trekking information

### DAILY DISTANCES



Optional Walks

### Walking grade

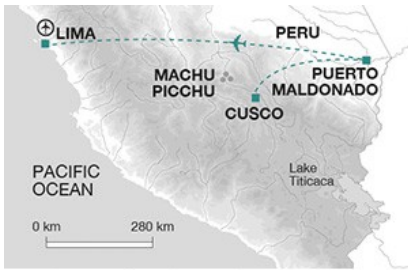
Challenging

### Trek details

Trek for 4 days for between 5 to 8 hours, plus one shorter day. Max. altitude 4,525m. This walking trip has been graded as challenging.

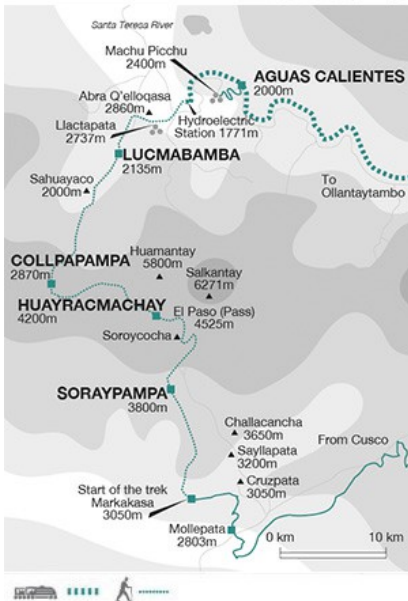
### Max walking altitude (m)

4200



## Why book this trip

Walk through this magnificent scenery, away from the crowds. No pass is needed so the Salkantay Trek can be booked at short notice.



## What's included?



### Included meals

Breakfast: 12  
Lunch: 8  
Dinner: 7



### Transport

Bus  
Boat  
Flight  
Minibus



### Trip staff

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

## 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.

Ollantaytambo - Rafting on the Urubamba River US\$ 65 (1-4 pers); US\$55 (5-8 pers) US\$45 (9+ pers)

Machu Picchu - Huayna Picchu £25; Machu Picchu Mountain £25. 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

## Clothing

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

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

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

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

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

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

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

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

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

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

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

## Footwear

We recommend you bring walking boots with ankle support- leather or fabric are both fine. Make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear and shoes that can cope with mud in the jungle. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

## Luggage

20kg

### Luggage: On tour

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

Main luggage:

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

Trek Kit Bag (provided):

Before leaving Cusco there is time to re-organise your luggage. Your trek luggage, including sleeping bag, should be packed into a kit bag (provided), to be carried by the porters. The weight limit for this is 7kg but you will probably find that you do not need this much. Advice on how to pack will be given at the trek briefing.

Small Rucksack/Daypack:

During the course of a trekking day, you do not have access to the luggage, which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daypack should be large enough to carry your day things including: waterproofs, sweater, long trousers (if walking in shorts), warm hat and gloves, sun hat, sunscreen, water bottle, tissues and your packed lunch. Camera equipment can be heavy so think carefully when deciding what to take. A rucksack with 20 or 25 litres capacity is usually sufficient.

## Equipment

For your trek: Remember to bring: torch, water bottle, insect repellent, sunscreen (at least factor 30), lip salve, good quality sunglasses and sunhat. You may also wish to bring binoculars and your own sleeping bag.

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

Personal Equipment On Trek

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

Water Bottle: Water along the trail must never be considered as drinkable. The camp staff provide purified water each day with which to fill your bottle. Your bottle should hold at least one litre. Disposable plastic bottles are not allowed on the trail. Metal bottles can also double up as hot water bottles when hot water is available.

Torch/Batteries/Bulb: A small torch is essential for finding things in your tent, visiting the 'toilet' in the night etc. Often a head torch is the most practical option as it allows you to have both hands free. Remember to bring spare batteries.

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

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

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

- 2-person tents
- Dining tent
- Thermarest sleeping mat
- Stools and table
- Toilet Tent

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

For your jungle experience bring:

Suncream, sunhat and sunglasses

Jungle formula insect repellent

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

Small backpack for walks and boat trips  
Good camera with zoom, spare battery and memory cards

## Tipping

### Explore leader

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

### Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff look to members of the group for personal recognition of particular services provided. Accordingly you should allow approximately US\$ 45 for tipping.

It is customary to tip our Porters, Cooks and Trail Guide at the end of the Trek, although this is entirely 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, Minibus

## 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.

On our four night trek, two-man tents are provided with plenty of room for two people and bags. There is also a dining tent and a toilet tent. The trek is fully supported by our team of porters who set up and take down the tents, and prepare our hearty meals. They also carry water and all bags except daysacks, under strict guidelines.

The guest accommodation at Nape Lodge (days 9, 10 and 11) although simple, is built to a high standard. Nape Lodge has been built just inland from the banks of the Tambopata River, on land granted to the Amazon community of Infierno nearly forty years ago. This land is adjacent to the then newly formed Tambopata National Reserve. The community are mainly farmers, but some now also work in local tourism. Over twenty years ago the community set 3,000 hectares of their land, primary forest, aside and banned all hunting, logging and farming. In partnership with a Peruvian Ecotourism company they opened an eco-lodge which they still co-run. Money generated by this partnership has helped build a secondary school for the community, provided support for the elderly and assisted students with the costs of further education. More recently the community decided to use their many years of experience of co-managing a lodge to build their own. Nape Lodge welcomed its first guests at the end of 2015.

The communal area and dining room is an impressive wooden structure with a high roof, thatched in traditional style with palm fronds. The 16 rooms are a short walk from here and are also built in local wood, blending in with the surrounding forest. They are all furnished with crafted wooden furniture and have 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 almost a metre off the ground and have high unsealed roofs that encourage air-circulation. The community have also designed their rooms to maximise the feeling of being in the forest, and the fourth side of the room looking out to the forest is open. Good mosquito nets cover the beds (which are well off the floor). Electricity is provided by a generator twice a day so 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 and depending on the number of guests meals are either served at the table or self-serve style. Boiled, filtered drinking water is also available at all times, as is tea and coffee during the day. Fruit juices are provided with breakfast, and beers and soft drinks are also available to buy. The lodge 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 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. You should confirm all visa related issues with the relevant Embassy prior to departure.

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>

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.

## Maximum altitude (m)

4200

## Altitude information

This trip goes to an altitude where there is a risk of being affected by Acute Mountain Sickness (AMS), a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. Whilst the itinerary has been specifically designed to allow your body to acclimatise gradually, the speed of onset and severity - as well as the height at which AMS develops can vary greatly between individuals; being physically fit affords no special protection. If symptoms occur while on tour you must let your tour leader know immediately. For further advice when travelling at altitude we recommend visiting the medical advice website of 'Medex' and downloading their information booklet: [http://medex.org.uk/medex\\_book/english\\_version.php](http://medex.org.uk/medex_book/english_version.php)

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

You must have adequate travel insurance for your trip. Please ensure that your insurance policy covers you to the maximum altitude indicated above. If you have Explore insurance you will be covered to this altitude.

## 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.

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