

# EXPLORE!

Salkantay Trek  
10 days

Peru - Trip code SKT



## Salkantay Trek

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.

## DAY 1 - Trip starts in Cusco

Our trip begins in Cusco (3,400m), the ancient capital of the Incas. In the afternoon, after meeting the Explore Leader and the rest of the group, we made a slow, short walk around the historic part of the city, as we acclimatise to the high altitude.



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



Standard Hotel



Single room available



Meals Provided: None

## DAY 2 - Explore the historic city of Cusco

Today we take a walking tour of Cusco taking in the grandeur of the city's more recent colonial past amongst the churches and galleries of the Plaza de Armas (main square) and discovering the fascinating remains of Qoricancha, the most important temple of the Inca Empire dedicated to the Sun God Inti. The afternoon is left free to acclimatise and explore the city more. You may want to visit the cathedral or one of Cusco's museums, or enjoy the atmosphere of Plaza de Armas. Alternatively head off to the impressive Sacsayhuaman fortress and its cyclopeadian stones.



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



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 3 - Visit the Sacred Valley and Pisac market. Opportunity to go whitewater rafting

This morning is left free to prepare for our trek. For those that wish there is the option to go white water rafting in the Sacred Valley

(not included). Later, in the afternoon we leave Cusco and head for the stunningly beautiful setting of the Sacred Valley to visit the market town of Pisac, strategically located at the head of the Urubamba Valley. We spend time at the famous market there before returning to Cusco for the evening.



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



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 4 - Travel in to the mountains to the start of trek

Leaving early this morning we leave Cusco behind and head towards the mountains, visiting the Inca site of Tarawasi en route. After approximately two hours we arrive to Mollepata a small market town, where we register for our trek and stretch our legs. We then continue to the village of Markakasa where our trek starts. Walking along unpaved tracks with views to Humantay (5,800m) we arrive to the small village of Soraypampa (3,800m) where we meet our cook, trek crew and mules. Our crew will have erected our tents, including kitchen, dining and toilet tents for our arrival and will be cooking us the first of many hearty and delicious meals. The rest of the afternoon is free to relax and acclimatise. Supper is also cooked here by our cook and trek team.

Our first walk is eight kilometres and takes approximately three hours. The total ascent is +400m.



**Accommodation: Soraypampa Camp** (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

## DAY 5 - Trek to Salkantay Pass (4,525m). Great views of Salkantay and glacier

Starting early we hike up Rio Blanc Valley passing Humantay and begin our ascent to the Salkantay Pass (4,525m). We stop for a cooked lunch at Soroycocha (4,200m) where we have great views to the magnificent Salkantay (6,271m) and glacier ahead of us. As we ascend further we are also rewarded with stunning views to the snow-capped mountains and glaciers of the Vilcabamba Range. If we are lucky we may also see chinchillas and Andean condors. Arriving at the top of the pass feels a real achievement and with the south face of Salkantay towering above, is a great spot for taking photographs. We then begin the slow descent along an uneven path for a couple of hours to Huayracmachay (4,200m), where we have supper and camp for the night.

Our trek today is 13 kilometres and takes approximately eight hours along an established mountain path. The total ascent and descent is +750m



**Accommodation: Huayracmachay Camp** (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

## DAY 6 - Descend following the Salkantay River to cloudforest

Today we continue descending, walking above the Salkantay River for much of the way, to Collpapampa a small riverside village where we will camp for the night. As we descend we arrive to a more sub-tropical environment, cloudforest, and a warmer ambient temperature. There is also a small part of an ancient Inca pathway visible for a short distance en route.

Today's trek is mainly descent. We walk for ten kilometres over approximately five hours on established paths. Our total descent is -900m



**Accommodation: Collpapampa Camp** (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

## DAY 7 - Follow Santa Teresa River to Lucmabamba

After breakfast we descend down via an unmade track to the banks of the Santa Teresa River and continue our descent down the valley. The flora and fauna is now noticeably more lush and tropical and the temperature should be warm. We pass several waterfalls including those at Coripacchi and, when open, there are also a couple of remote, family-run, open air cafés en route. Our destination today is Lucmabamba, a major town in the region. We will either camp here or at a campsite near the river in an area called La Playa. We have a late lunch here, then relax for the rest of the afternoon.

Our trek today is again mainly descent. We walk for 13 kilometres, taking approximately six hours on an established path mostly along a riverbank, through tropical forest. Our total ascent is -750m.



**Accommodation: Lucmabamba Camp** (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

## DAY 8 - Ascent to Abra Q'elloqasa (2,860m). Views to Machu Picchu

Today we say goodbye to some of our trek crew and the mules - they return to their villages as we head towards Aguas Calientes. The remaining crew transport our luggage by road as we begin our final trek. As we begin our ascent to Abra Q'elloqasa (2,860m) we pass through local coffee plantations and if the families are there we may be able to try, and buy, freshly roasted coffee direct from the growers. From here we continue climbing steadily up to El Mirador from where there is a distant view across to Machu Picchu, then descend to the Inca ruins of Llactapata (2,650m). After a picnic lunch admiring the views we continue descending steadily down towards the Aobamba River and the train station by the hydro-electric power station. Here we meet our remaining crew for the last time as they hand over our luggage, and we take the short train ride to Aguas Calientes. Aguas Calientes is a small town that has developed below Machu Picchu and there are many choices of restaurants for the optional group meal tonight.

Our last trek is thirteen kilometres and takes approximately eight hours. The total ascent and descent is +600m / - 700m.



**Accommodation: El Santuario Hotel** (or similar)

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Simple Guesthouse

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Meals Provided: Breakfast & Lunch

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## DAY 9 - Discover the Inca city of Machu Picchu

Our final morning is spent at Machu Picchu, probably the most astounding feat of engineering in all of ancient America. Temples, stairways, palaces and gabled stone dwellings are scattered everywhere, testifying to the energy and ingenuity of the builders. We have a guided tour with our Explore Leader then have some free time to explore further.

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.

In the afternoon we get the train to Ollantaytambo, located in the Sacred Valley of the Incas, and then return to the historic town of Cusco by bus.



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

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Standard Hotel

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Single room available

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Meals Provided: Breakfast

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## DAY 10 - Trip ends in Cusco

Our trip ends today after breakfast in Cusco.



Meals Provided: Breakfast

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# Walking and Trekking information

## DAILY DISTANCES

Day 4	8km
Day 5	13km
Day 6	10km
Day 7	13km
Day 8	13km
Day 9	1/1.5km

Optional Walks

### Walking grade

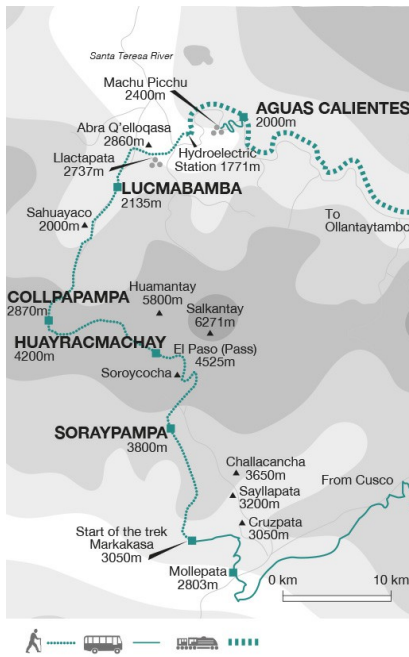
Challenging

### 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)

4525



## 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: 9  
Lunch: 5  
Dinner: 4



### Transport

Bus  
Train



### Trip staff

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



### Accommodation

4 nights simple camping  
1 nights simple guesthouse  
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

## 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)

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

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.

## 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. 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 mules. 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 mules. 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, suncream, 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

Remember to bring: torch, water bottle, insect repellent, suncream (at least factor 30), lip salve, good quality sunglasses and sunhat. You may also wish to bring binoculars.

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 your own blister kit, supply of plasters, pain relief etc. for your own use.

The following equipment list is provided by Explore once you are on 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.

## 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, 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.

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.

## 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)**

4525

## **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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