EXPLORE!

Book with confidence

Machu Picchu and Titicaca

BOLIVIA, PERU - TRIP CODE PB

DISCOVERY

Why book this trip?

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

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

- **Why not extend your stay?** - This trip can be extended to spend some time in the Amazon, staying in an eco-lodge (trip code: AMZ)

INCLUDED MEALS	TRIP STAFF	TRANSPORT	ACCOMMODATION	TRIP PACE:	GROUP SIZE:
Breakfast: 13 Lunch: 4 Dinner: 2	Explore Tour Leader Boat Crew Driver(s) Local Guide(s)	Bus Boat Flight Public Bus Train	11 nights comfortable hotel 2 nights comfortable lodge	Moderate	12 - 18

Itinerary

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

DAY 1 - Join trip in La Paz (Bolivia)

Arrive in La Paz, Bolivia's eclectic capital. El Alto airport is at an altitude of 4060m, and new arrivals quickly descend into the bowl-shaped city, landing at around 3600m altitude. The city is a ramshackle assortment of beautiful colonial architecture, some modern buildings and a sprawling mass of hastily-erected houses that extend up the hillsides all around the city. It's quite a spectacular arrival, dropping down from the airport through the steep and winding roads to reach the vibrant heart of the capital city.

For those arranging their own flights our Leader plans to meet you in the hotel reception at 6 pm for the welcome meeting after which there will be the option to go out for dinner, for those who wish. There are no other activities planned today, so you are free to arrive in La Paz at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Bolivia's El Alto International Airport (airport code LPB), which is approximately a 40 minute drive from our hotel. Should you miss the welcome meeting, your Leader will inform you of any essential information as soon as you catch up.

If you have booked your flights through our office then you will spend the first night of the trip on an overnight flight. Most flights from the UK land in the early hours of the morning, and as such you will have the full day tomorrow to acclimatise.

ACCOMMODATION:
El Rey Palace Hotel (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: NONE

DAY 2 - In La Paz; time to acclimitise

If you have booked flights through our office, you will arrive into La Paz in the early hours of the morning and today is a free day for everyone to acclimatise. We are at 3600m, and it is therefore worthwhile spending the day relaxing, or taking your time to explore the twists and turns of the city in a leisurely fashion. The Witches Market is an excellent place to start, or try visiting the Coca Museum - a small museum that tells the story of the coca leaf in Bolivia, from its use in mining, to the beginnings of Coca Cola, to the effects of the cocaine industry in Latin America.

ACCOMMODATION:
El Rey Palace Hotel (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST

DAY 3 - Walking tour of La Paz; optional trip to Tiahuanaco archaeological site

Standing at 3636m above sea level, La Paz is cupped in the palm of two magnificent mountains. We enjoy a walking tour of the colourful street markets and the main sites of the city, including the old colonial town and the fascinating Witches Market. Afterwards we have the option to visit the Tiahuanaco, Bolivia's largest archaeological site. It is thought that this ceremonial complex stood at the heart of an empire extending over northern Bolivia, southern Peru, northern Chile and north-western Argentina, but we can only conjecture on how it came to an end. On one of our evenings here we have the opportunity to go and see the spectable of Cholitas wrestling - a popular local spectacular sport (optional).

ACCOMMODATION:
El Rey Palace Hotel (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST

DAY 4 - Free day in La Paz

Today we have the day free to explore more of the city. La Paz is a great city to wander around, revisiting the Witches Market for some souvenirs or heading down the charming cobbled streets of Calle Jaen, home to some of the city's bars, restaurants and museums. Alternatively, an interesting thing to do in the city is to take a walking tour with a difference. Our supplier in Bolivia is partnered with a collective of local shoe-shiners, who can take you through more local neighbourhoods and markets of La Paz, including the popular 'Belen dining room' where rows of food stalls sell lunches very cheaply to the working population in the area. It provides a fascinating look at this mad city, outside of the usual tourist routes, and will get you closer to one of La Paz's most thriving working communities, which is also one of the most misunderstood. Our Tour Leader will be on hand to translate from Spanish if you choose this option.

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

ACCOMMODATION:
El Rey Palace Hotel (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST

DAY 5 - Drive to Copacabana on the shores of Lake Titicaca

A morning drive brings us to the small town of Copacabana, standing on a peninsula jutting into Lake Titicaca. We gain our first sight of one of the great highlights of our trip, Lake Titicaca (3810m). The lake itself is immense, the second largest in South America. It was from this lake that the Sun God sent forth the man and woman who founded the Inca Empire, the legendary Children of the Sun. Local people here have larger lungs, hearts and spleens, and blood that is particularly rich in red corpuscles. This has enabled them to adapt to high altitude living. We will re-pack this evening, as tomorrow we take just what is needed for the next two nights.

ACCOMMODATION:
Hotel Gloria Copacabana (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST

DAY 6 - Walk the Inca Pilgrim Way; overnight on Isla del Sol

This morning we begin our two-day trek centering on the Isla del Sol. Leaving our main baggage behind, we use our daysacks for personal gear needed during the day and our overnight bags are transported for us. Leaving Copacabana, we walk to Kusijata village then we begin to climb the old Inca road, before descending to Sicuani. From here we take a boat out to the Isla del Sol, landing near the Pilkokaina ruins and soaking up the mystical ambience of an island steeped in the legends of the ancient Inca. Walking up to our ecolodge (approx. 200m ascent +1-1.5 hrs of walking at high altitude), there are spectacular views across the lake, and if the weather holds we should have a glorious sunset this evening.

ACCOMMODATION:
Ecolodge La Estancia (or similar)

Grade: Comfortable Lodge

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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

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

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

ACCOMMODATION:
Ecolodge La Estancia (or similar)

Grade: Comfortable Lodge

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

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

This morning we return across the lake to Copacabana and then take a charter bus across the border into Peru, following the shores of the lake to its north western corner and the bustling town of Puno. This afternoon there may be an opportunity to visit Uros Islands (optional) - made entirely from reeds grown in the lake, these unusual man-made islands are home to small village communities.

ACCOMMODATION:
Hacienda Puno (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST

DAY 9 - Public bus to Cusco

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way to find Cusco.

During our public bus journey we drive up to the northern limit of the Altiplano, crossing La Raya pass (4,335m) and descending via the Inca temple at Raqchi to Andahuaylillas. Here, an old colonial church appears as if out of nowhere - we'll be able to visit before continuing our journey. The scenery is desolate but magnificent and we may spot flocks of llamas and alpacas grazing on the windswept pastures. We arrive at the fascinating mountain city of Cusco in the late afternoon and check into our hotel. The total journey is approximately 10 hours including stops.

There is also the possibility today to take the classic rail journey from Puno to Cusco (optional). One of the great railway journeys of the world, this full day trip covers some spectacular scenery over the high altiplano. It includes a meal aboard the train, with the chance to try some local delicacies and make use of the outside viewing platform before arriving into Cusco.

Please note that rail strikes are common in Peru and so there is the possibility that the train may not always be running. In the event that you have chosen the optional train ride and it is not operating, then we will make the journey from Puno to Cusco by bus, with the rest of the group. Refunds due to trains cancelled due to strike action is at the rail companies discretion.

ACCOMMODATION:
Yawar Inka Hotel (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST & LUNCH

DAY 10 - Walking tour of Cusco; free afternoon to explore

The old capital of the Inca Empire, Cusco is the archaeological capital of the Americas and the oldest continuously inhabited city on the continent. Imbued with an atmosphere of mystery and grandeur, the Spanish-style city of today, with its attractive pink tiled roofs, arcaded plazas and steep winding

alleyways, stands upon tremendous Inca foundation stones - all put together with the precision of a jeweller creating an intricate masterpiece. During this morning's walking tour, we will see the rich majesty of the Plaza de Armas and the incredible remains of Qoricancha, once the heart of Inca society, as well as the Inca wall of Hatunrumiyoc with its famous twelve-sided stone. The city's vibrant social life is present throughout, from the bustling food market at San Pedro to the narrow cobbled streets around the main cathedral.

The afternoon is free to explore the city further. We can recommend a visit to the fortress-citadel of Sacsayhuaman (optional), a huge fortress built high above the town, with the aim of defending the Inca empire.

ACCOMMODATION:
Yawar Inka Hotel (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST

DAY 11 - Visit the Maras salt mines and concentric ruins at Moray; sleep in the Sacred Valley

This morning we drive to the Sacred Valley, namely towards Moray, a fascinating archaeological site in the Sacred Valley of the Incas. We visit its huge concentric terraces, which the Incas used almost as a botanical laboratory, testing out which crops grew most successfully at various altitudes. Our second visit is to the enormous and oddly beautiful salt mines of Maras, where salt has been produced since the Spanish colonial era. After visiting the salt mines, we have a 30-40 minute descent walking to Pichingoto in the Sacred Valley, crossing the Urubamba River where our private bus waits to transfer us to Ollantaytambo town and our hotel.

ACCOMMODATION:
Hotel Tikawasi Valley (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST

DAY 12 - Train to Machu Picchu; optional Inca Trail day trek

We take an early morning train along the side of the Urubamba river, flanked by high cliffs and peaks up to Aguas Calientes. Those who wish to walk part of the famous Inca Trail will disembark at KM104 just short of Machu Picchu (on the Cusco/Machu Picchu railroad) (optional) - this section of the trail will take you up from the valley floor to the abandoned ruins of Winay Wayna and on to the Gate of the Sun for dramatic views down on Machu Picchu (about 5hrs walking). This option is dependent on Inca pass availability and needs to be paid at the time of booking.

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

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

ACCOMMODATION:
El Santuario Hotel (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST & LUNCH

DAY 13 - Return by train to Ollantaytambo and drive to Cusco

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

Whether you hiked yesterday or not, it's possible to do another optional hike this morning within the site of Machu Picchu itself - climbing the steep peaks of either Machu Picchu Mountain or Huayna Picchu Mountain to look down on the citadel. Machu Picchu Mountain is a 700m climb from the top of the

citadel. There are cobbled stairs all the way up with a few eye-opening drops in some parts, and the round-trip takes about 2.5-3 hours. Huayna Picchu Mountain is only 350m, half the size of Machu Picchu Mountain, but much steeper. There are many more sheer drops, and it is definitely not suitable for someone with a fear of heights. For those who fancy doing the 1 hour climb, you'll be rewarded with world-beating views of Machu Picchu, and the feeling that you're standing on a precipice at the top of the world.

These must be pre-paid at time of booking. If you change your passport between your time of booking and prior to travel please take your original passport with you.

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

ACCOMMODATION:
Yawar Inka Hotel (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST

DAY 14 - Trip ends in Cusco

Your trip ends this morning in Cusco after breakfast. Post-tour accommodation is highly recommended for those who have the time - Cusco is a wonderful city to explore at leisure.

There are no activities planned today, so you are free to depart from Cusco at any time. If your flight is departing later in the day, luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Alejandro Velasco Astete International Airport (CUZ), which is around 15 minutes' drive from our hotel.

Depending on the schedule of your flights, you may have some additional time to visit a museum or do some souvenir shopping in the winding streets and alleys of the city.

If you are travelling on to the Amazon, you will be transferred to Alejandro Velasco Astete International Airport this morning for your flight to Puerto Maldonado.

MEALS PROVIDED: BREAKFAST

Trip information

Climate and country information

Bolivia

Climate

Conditions vary from region to region and with altitude. Bear in mind that at high altitude temperatures can drop dramatically, and conditions can change suddenly. Inland Bolivia is generally hot and humid from October to March (summer); temperatures are milder from April to September (winter). In the highlands there is a rainy season from December to March and it is normally dry for the rest of year which is the best time for mountain travel.

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

Peru

Climate

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

Time difference to GMT	Plugs	Religion	Language
-5	2 Pin Flat	Catholicism	Spanish

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

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

Puno - Uros Islands US$ 30, Titicaca Train £150, subject to availability and cost may fluctuate depending on demand. This must be pre-paid at time of booking and is non-refundable. If you change your passport

between your time of booking and prior to travel please take your original passport with you to avoid being fined.

Cusco - Visit to Sacsayhuaman US$ 53 (based on 2 pers.); Rafting on Urubamba RiverUS$ 65 depending on numbers; Andahuaylillas entrance US$ 4.

Aguas Calientes - Hot springs US$ 4; Non trekkers have the option for second visit £80; Huayna Picchu Mountain - £60; Machu Picchu Mountain £60 (all inc. 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.
Day Trek on Inca trail from Km 104 - £130 - must be paid at time of booking. Please see Inca Pass notes below.

Lima - City Tour US$ 30; Larco Herrera Museum US$ 41 guided, US$ 11 unguided; Lima Detour - alternative view of the city of Lima US$ 35 (price may go up if less than 4 passengers); Pucusana Fishing Village US$65 (based on 3); Pachacamac site US$45 (based on4) inc. pottery class US$60 (time permitting)

Notes for Inca pass -
1. In order to regulate the number of people walking on the Inca Trail it is necessary to buy an Inca Trail Pass specific to the days that you wish to travel. There are 200 passes per day for tourists, the remainder are for guides and porters.
2. If you are travelling on an Explore tour, Explore buy the necessary permit on your behalf. This is non-refundable and can't be refunded or transferred after you have confirmed your booking.
3. Passes are sold on a 'first come first served basis' and sell out quickly, so we would urge that you book your tour well ahead of your intended travel date. New Inca Passes are released in January of each year so ideally we would recommend that you book your tour at least 6 months ahead and by December for the following year where possible.
4. In order to buy your pass we will need your: full name, passport number, date of birth and nationality. If you change passport before travelling it will be necessary to provide a copy of both passports in advance of travelling and to carry a copy of your previous passport with you.
5. The Peruvian authorities may change the regulations for the Inca Trail Pass at any time. In the event of this we will inform you as soon as possible.

Clothing

The highlands of Bolivia have dry sunny days but extremely cold nights so thermal underwear, a well-insulated fleece/jacket and a thick sweater are essential. Bring a warm hat and gloves as the Island of the Sun can be especially cold during June and July. Bring something warm to sleep in. A light raincoat is recommended. A sun hat and sunglasses are advisable as is high factor sunscreen, due to the thinness of the atmosphere. Bring a swimming costume for the thermal baths at Aguas Calientes.

Footwear

Comfortable lightweight walking/trekking boots, trainers and sandals.

Luggage

20kg

Luggage: On tour

One main piece of luggage, a good sized day sack and a small bag for two nights at Lake Titicaca (your main luggage will be stored in Copacabana). Whilst trekking, our luggage for the Inca Pilgrim Way will be carried for us, but your daypack should be large enough to carry warm and waterproof clothing as weather can be quite changeable.

Remember you are expected to carry your own luggage so don't overload yourself. It is recommended you bring lockable bags.

Equipment

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

Personal Equipment: On Trek
Trekking poles:
Trekking poles are recommended. Please note metal tipped trekking poles are NOT permitted - in order to reduce erosion - please ensure they have rubber/plastic tips (not available locally).

Water Bottle:
Water along the trail must never be considered as drinkable. The camp staff provide purified water each day with which to fill your own bottle. 1 litre is the minimum size suitable. Disposable plastic bottles are not allowed on the trail. It is a good idea to add some powdered fruit juice for flavouring. Please note: metal bottles can also double up as hot water bottles.

Personal First Aid Kit:
On each trek a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin etc. (Please do not give medicines to local people without consulting the Trek Leader).

Tipping

Explore leader
Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline

Local crew
Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, your leader may organise a group's tips kitty for included activities and meals and if this is the case, they will account for it throughout the tour.
Accordingly, you should allow US$ 55, approx. 180 Peruvian Soles per person for group tipping
For all non-included services and meals on your trip please tip independently at your discretion.

Bolivia

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£5	£8	£1.47	£0.6

Foreign Exchange

Local currency
Boliviano. (BOB)

Recommended Currency For Exchange
You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the BOB is approximately BOB 8.70 to the British Pound. We recommend you take some emergency cash in USD as the GBP exchange isn't very good. Notes should be in good condition otherwise they may not be accepted. Please check on line for up to date information

Where To Exchange
Your Tour Leader will advise you on arrival.

ATM Availability
ATMs can be found in the major towns and cities for cash withdrawals in Boliviano. Always have some cash back up as they are not always reliable.

Credit Card Acceptance
Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

Travellers Cheques
We do not recommend Travellers Cheques

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.

Lunch price	Dinner price	Beer price	Water price
£5.00-8.00	£15.00	£2.00 - 4.00	£1

Foreign Exchange

Local currency
Peruvian Sol (PEN)

Recommended Currency For Exchange
You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the PEN is approximately PEN 4.3 to the British Pound. We recommend you take some emergency cash in USD as the GBP exchange rate isn't very good. Notes should be in good condition otherwise they might be difficult to exchange. Please check on line for up to date information

Where To Exchange
Your Tour Leader will advise you on arrival.

ATM Availability
ATMs can be found in the major towns and cities for cash withdrawals in Nuevos Soles. Always have some cash back up as they are not always reliable

Credit Card Acceptance
Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

Travellers Cheques
We do not recommend Travellers Cheques

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Flight, Public Bus, Train

Essential Information

Government Travel Safety 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 citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry. Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any time.

Under 18 immigration guidance

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

Price Guarantee

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

Visa and Passport Information

Bolivia: Visas are not required for UK, New Zealand, Australian, and Canadian citizens. However, US citizens will require a visa.

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

USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - https://esta.cbp.dhs.gov no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely be refused boarding.

You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover.

If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

Please note for your ESTA application you will be required to supply Point of Contact information. Explore' s USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information.(Not necessary if in transit)

For further information please check out the US embassy website. Visa applications - http://london.usembassy.gov/niv/apply.html

Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website:
http://www.cic.gc.ca/english/visit/eta.asp
Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa

application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

Find out more about Trip Transfer Terms and Conditions before you book.

Booking a land only package with Explore
Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad
Customers booked on the 'Land Only' arrangements will receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.
Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.
If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer click here

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an

additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.
Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

Flight Information
You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore
We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.
On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Altitude information

We have specifically designed this itinerary to allow you to acclimatise gradually against the symptoms of altitude sickness, a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. At altitudes of over 3000m, minor symptoms such as headaches and shortness of breath are commonly experienced for a day or two, and there is no preparation that you can do for this. Symptoms aren't related to general fitness. The best remedy is to rest, not ascend any further and ensure that you're well hydrated. If the symptoms persevere or get worse, then the main course of action is immediate descent.

If any symptoms do occur - whether minor or more severe - then you should let your Explore Leader know immediately.

As this tour reaches altitudes of over 4000 metres, we strongly recommend that travellers with heart or lung conditions, anaemia, asthma, high blood pressure or on the pill should seek the advice of their GP.

Please also ensure that your insurance policy covers you to the maximum altitude of 4100m.

Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

Bolivia

Vaccinations

A yellow fever certificate is necessary for passengers visiting the lowlands Bolivia (BA trip). We also

recommend protection against typhoid, polio, infectious hepatitis and tetanus. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - http://travelhealthpro.org.uk/countries. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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.

Additional Information

Extend your trip with 3 nights in the Amazon

Extend your trip

Why not extend your trip with 3 nights in an Amazon Jungle Lodge? Click here for more details.

Why book this trip

This tour includes an optional day walk along the Inca trail to Machu Picchu. Perfect for those who want to experience part of this famous walk but do not want to do the whole four-day trek. Your first glimpse of Machu Picchu will be from the Sun Gate.

Reviews

AWARD WINNING EXPLORE LEADERS	PRICE GUARANTEE PROMISE	AIRPORT TRANSFERS