



UNIQUE SMALL GROUP ADVENTURES- KIWI SPIRIT

PERU ENCOMPASSED - TRIP DURATION: 22 DAYS from Lima to Iquitos

NEAREST INTERNATIONAL AIRPORT: Jorge Chavez International Airport, Lima,

TOUR HIGHLIGHTS

- Boat trip to the **Ballestas Islands**
- The city of Arequipa and 2 nights in the **Colca Canyon** spotting Condors
- Mystical **Nazca lines**
- 4-day **Inca Trail** or similar hike with local guide, cook and porters
- Guided tour of **Machu Picchu**
- Iquitos **Amazon Jungle Excursion** (3 nights)
- Most included meals, dining on fine Peruvian cuisine
- The colonial city of **Cusco**
- **Floating islands** of the Uros
- Taquile and Amantani Island **homestay on Lake Titicaca** (1 overnight)

IS THIS ADVENTURE FOR YOU?

This tour has a varied and interesting itinerary, with an in depth look at Peru's diverse cultures and geography. You will travel a on a variety of transport from motorized canoes to local buses and private mini vans. The buses are large comfortable coaches with reclining seats. There is moderate walking involved like you would do every day, though it can be a bit tougher with the altitude in areas like Cuzco, Puno and the Colca Canyon. Accommodation is simple but comfortable with en-suite rooms in hotels chosen for their safety, location, ambience and friendly staff. There may be a multi-share night (triple or quad) at the home stay on Lake Titicaca.

The Inca Trail trek can be challenging due to the high altitude and a moderate to good level of fitness is required for you to get the maximum enjoyment from the trek. Typically each day on the trail involves 6-8 hours of hiking over altitudes of up to 4200m (13776 ft). As all levels of fitness are catered for, you do have the option of spending extra nights in Cuzco then taking the train and to overnight in Aguas Calientes and meet up with hikers on the morning of day 16. This will all be pre arranged for you by S.E.T.

WELCOME TO THE SOUTHERN EXPOSURE TOURS EXPERIENCE

SPECIAL NOTE

Due to new Inca Trail regulations and the restriction of the number of hikers allowed to be on the trail at any one time, an alternative Inca Trail may have to be used. These hikes are as spectacular as the Inca Trail with far, far less people, ending below the site of Machu Picchu. Sunrise can still be seen at Machu Picchu, with an early rise and a hike up to the entrance of the site.

ITINERARY

DAY 01/02

LIMA, ARRIVAL DAY 1

You are free to arrive and check in at any time. There will be a briefing that night and a chance for you to meet your traveling companions and ask questions. The information will be awaiting you at the reception regarding that nights briefing. If arriving late in the evening, don't worry! You will be briefed in the morning and meet the group. We now stay an extra day to have a look around Lima. Despite its reputation, Lima has a lot to offer with an interesting Colonial city centre and surrounding Inca and pre Inca archaeological sites. Miraflores, where our hotel is situated, is a safe and modern part of Lima with many local markets, great restaurants and shopping malls such as Larco Mar. A city tour is included along with a walk around the interesting neighbourhoods of Miraflores and Barranco. **2B, D**

Lima is the capital and largest city of Peru. It is located in the valleys of the Chillón, Rímac and Lurín rivers, on a coast overlooking the Pacific Ocean. It forms a contiguous urban area with the seaport of Callao. Lima was founded by Spanish conquistador Francisco Pizarro on January 18, 1535, as the City of the Kings. It became the most important city in the

Spanish Viceroyalty of Peru and, after the Peruvian War of Independence, the capital of the Republic of Peru. Today around one-third of the Peruvian population lives in its metropolitan area.

DAYS 03/04

PISCO, NAZCA

Today it's a 5-hour bus ride onto Pisco for the night. Famous for Peru's national drink "Pisco Sour", we will be able to sample some fantastic seafood and local cuisine complimented by a Pisco Sour and life on the coast. An early rise on day 3 will enable us to enjoy a boat trip to the Ballestas Islands. Rich in marine life, our local guide will explain to us about the area's history, ecology and economy. After its onto Nazca, the home to the mysterious Nazca lines and the ancient Paracas culture. A tour of the local area and cemetery with open tombs, will enlighten us to this fascinating place. You may also take an optional flight over the lines. **2B, 1D**

Nazca (sometimes spelled Nasca) is the name of a system of valleys on the southern coast of Peru, and the name of the region's largest existing town. It is also the name applied to the Nazca culture that flourished in the area between 300 BC and AD 800. They were responsible for the Nazca Lines and the ceremonial city of Cahuachi; they also constructed an impressive system of underground aqueducts that still function today.

The town of Nazca has recently been dumping its trash on the pampa, destroying some of the Nazca lines in the process. Under President Alberto Fujimori's rule, Nazca received money to turn the irrigation canals into tourist attractions. President Alejandro Toledo, whose partner is an anthropologist, stopped the aid.

Since 1997, Nazca has been the location of a major Canadian gold mining operation. The people who were living on the land for the previous 2000 years did not have title to the land so they were displaced without legal problems. Since then there have been some attempts to legalize poor citizens' ownership of their land and their fixed property, in response to Hernando de Soto's research on the poor.

Pisco is a city located in the Ica Region of Peru, the capital of the Pisco Province. The city is around 9 metres (28 feet) above sea level. Originally the villa of Pisco was founded in 1640, close to the indigenous emplacement of the same name. Pisco is a Quechua word that means "bird." Pisco originally prospered because of its nearby vineyards and is the namesake of the Peruvian grape liquor, pisco.

The area is normally visited because of the concentration of marine animals and birds at the Paracas National Reservation, or the *Peruvian Galapagos*. At the reserve there are the Ballestas Islands, which are off limits to people, but boat tours can get close. The Chincha Islands are also near its coast. On the islands there are many birds, including pelicans, penguins, cormorants, Peruvian boobies, and Inca terns. There are also sea lions, turtles, dolphins, and whales. The Pisco origins are from one of the major ancient civilizations in Peru, the Paracas culture. Due to its ease of access, and its crossroads to the Andes the Spanish considered making Pisco the capital, before they decided on Lima. In the city is the Plaza de Armas, where people hang out and buy tejás, small sweets made from pecans and assorted dried fruits. Many different buildings that surround the Plaza are the statue of José de San Martín, the mansion he lived in, and the Municipal Palace. Other buildings in the city is the heavy Baroque Iglesia de la Compañía, begun in 1689, features a superb carved pulpit and gold-leaf altarpiece. Near the town, just off the road to Ayacucho, lies the large well-preserved Inca site of Tambo Colorado. The city has a population of 116,865 people.

2007 earthquake - The city was very near the epicenter of the 8.0-magnitude earthquake which struck south central Peru on Wednesday August 15, 2007. Media officials reported that 80% of the city was destroyed, including the central San Clemente Cathedral of Pisco, in which a Mass was occurring at the time of the earthquake. As many as 100 deaths were reported within the cathedral.

DAYS 05/06

AREQUIPA

Today is a very long travel day to arguably Peru's most beautiful city. Arequipa exhibits delightful colonial past and traditional values through its architecture, and it's people. Situated under the volcano "El Misti", you will be able to stroll around the city enjoying the local museums, churches, convent and Arequipa's main plaza. The local cuisine here is some of the best in Peru, and this evening we can sample some of the many traditional dishes from the province. **2B, 1D**

Arequipa is a region in southwestern Peru. It is bordered by the Ica, Ayacucho, Apurímac and Cusco regions on the north; the Puno Region on the east; the Moquegua Region on the south; and the Pacific Ocean on the west. Its capital, also called Arequipa, is Peru's second-largest city.

DAYS 07/08

COLCA CANYON

From Arequipa we travel to Chivay and then onto the Colca Canyon, home to the famous Andean Condor. Seldom anywhere else, will you be able to view these birds close up, as they soar above us while on the edge of the deepest canyon in the world. With 2 nights, we will have the option to hike down into the canyon, visit local villages, soak in thermal baths and sample the culture, music and spectacular scenery. You will come away with a true appreciation of how life is, in this remote part of the Andes. We continue through to the city of Puno on day 08. **2B, 2L, 2D**

Colca Canyon is a canyon of the Colca River in southern Peru. It is located about 100 miles (160 kilometers) northwest of Arequipa. It is more than twice as deep as the Grand Canyon in the United States. However, the canyon's walls are not as vertical as those of the Grand Canyon. The Cotahuasi Canyon to the northwest is a deeper canyon at 11,488 ft (3,501 m). Since they are such major features of the landscape, the Colca and Cotahuasi canyons are both easily recognizable in even low-resolution satellite photos of the region. The Colca Valley is a colorful Andean valley with towns founded in

Spanish Colonial times and formerly inhabited by the Collaguas and the Cabanas. The local people still maintain ancestral traditions and continue to cultivate the pre-Inca stepped terraces.

The Andean condors are attracting more and more visitors each year to the Colca Canyon. The Canyon is home of this majestic Condor and tourists can see the big condors at fairly close range as they fly through the canyon walls. The canyon is the natural habitat of the great Andean condor (*Vultur gryphus*), a species that has seen world-wide effort to preserve it.

'Cruz del Condor' is a popular tourist stop to view the condors, the pass where condors soar gracefully on the rising thermals occurring as the air warms. The condors hunt in the early morning and late afternoon, so it is best to be there during those times. At this point the canyon floor is 3,960 ft (1,200 m) below the rim of the canyon. The Colca Canyon is also ideal for Adventure Sports. In addition, the La Calera natural hot springs are located at Chivay, the biggest town in the Colca Canyon

DAYS 09/10/11

PUNO, LAKE TITICACA

Enjoy spectacular views of the countryside on this full day of travel from Colca to Puno through the high Altiplano region, which brings us to the shores of the magnificent "Lake Titicaca". The following morning we board a boat bound for the floating islands of Uros and from there further along the lake to the islands of Amantani and Taquile, along the way learning of the legends and the ways of the lake and its people where life has remained relatively unchanged over the centuries. An overnight home stay will allow us to live with a family on the islands. We return to Puno for night 11. **B day 09, B,L,D day 10, B, L day 11.**

Puno is a city in southeastern Peru, located on the shore of Lake Titicaca, the world's highest navigable lake, at 3,860 m (12,421 ft) above sea level. It is also the capital and largest city of the Puno Region and the Puno Province. The city was established in 1668 by viceroy Pedro Antonio Fernández de Castro as capital of the province of Paucarcolla with the name San Juan Bautista de Puno. The name was later changed to San Carlos de Puno, in honor of king Charles II of Spain. The city boasts several churches dating back from the colonial period, they were built to service the Spanish population and evangelize the natives.

Today, Puno is an important agricultural and livestock region; particularly of South American camelids (llamas and alpacas) which graze on its immense plateaus and plains. Many homes in Puno, much like surrounding cities, are half-finished. This is done so that the inhabitants do not have to pay taxes. Much of the city economy relies on the black market, fueled by cheap goods smuggled in from Bolivia. Puno has been designated to become a Special Economic Zone or "Zona Económica" by Peru's president, Alan Garcia. Puno is served by the Inca Manco Capac International Airport in nearby Juliaca.

Puno is known as the "Capital folklórica del Perú" (folkloric capital of Peru) due to its wealth of artistic and cultural expressions, particularly dance. They are most notable during the celebrations of the Feast of the "Virgen de la Candelaria" and the Regional Competition of Autochthonous Dances. Puno's access to Lake Titicaca is surrounded by 41 floating islands. To this day, the Uros people maintain and live on these man-made islands, depending on the lake for their survival.

Lake Titicaca is a lake located on the border of Bolivia and Peru. It sits 3,812 m (12,507 ft) above sea level making it the highest commercially navigable lake in the world. By volume of water it is also the largest lake in South America. The lake is located at the northern end of the endorheic Altiplano basin high in the Andes on the border of Peru and Bolivia. The western part of the lake lies within the Puno Region of Peru, and the eastern side is located in the Bolivian La Paz Department.

The lake is composed of two nearly separate sub-basins that are connected by the Strait of Tiquina which is 800 m (2,620 ft) across at the narrowest point. The larger sub-basin, Lago Grande (also called Lago Chucuito) has a mean depth of 135 m (443 ft) and a maximum depth of 284 m (932 ft). The smaller sub-basin, Lago Huiñaimarca (also called Lago Pequeño) has a mean depth of 9 m (30 ft) and a maximum depth of 40 m (131 ft). The overall average depth of the lake is 107 m (351 ft).

Lake Titicaca is fed by rainfall and meltwater from glaciers on the sierras that abut the Altiplano. Five major river systems feed into Lake Titicaca in order of their relative flow volumes these are: Ramis, Coata, llave, Huancané, and Suhez. More than 20 other smaller rivers empty into Titicaca, and the lake has 41 islands, some of which are densely populated. Having only a single season of free circulation, the lake is monomictic and water passes through Lago Huiñaimarca and flows out the single outlet at the Rio Desaguadero, which then flows south through Bolivia to Lake Poopó. This only accounts for about 10% of the lake's water balance. Evapotranspiration, caused by strong winds and intense sunlight at altitude, balances the remaining 90% of the water input. It is nearly a closed lake.

DAYS 12/13

CUSCO OLLANTAYTAMBO

A long but beautiful bus ride through the high altiplano takes us onto the imperial city of the Incas, Cusco. Rich in history and surrounded by ancient Inca sites, churches and museums and markets, there is plenty for all to do and see. We will

have time to soak up Cuzco's special atmosphere. Later on day 13, we will take a ride over into the Sacred Valley and stay the night in Ollantaytambo. A perfect place to spend the night before our Inca Trail trek ahead. **2B, 1D**

Cusco (also spelled **Cuzco**, and in the local Quechua language as **Qusqu** IPA [ˈqos.qo]) is a city in southeastern Peru, near the Urubamba Valley (Sacred Valley) of the Andes mountain range. It is the capital of the Cusco Region as well as the Cusco Province. The city has a population of about 300,000, triple the figure of 20 years ago. Located on the eastern end of the Knot of Cusco, its altitude is around 3,300 m (10,800 feet). The historic capital of the sun-worshipping Inca empire, Cusco was found in 2006 to be the spot on Earth with the highest ultraviolet light level.

The original Inca city, said to have been founded in the eleventh century, was sacked by Pizarro in 1535. There are still remains, however, of the palace of the Incas, the Temple of the Sun and the Temple of the Virgins of the Sun. There are still Inca building remains and foundations, which have been in some cases been proved to be stronger than the foundations built in the present day Peru. Among the most noteworthy buildings of the city is the cathedral of Santo Domingo.

The major nearby Inca sites are Pachacuti's presumed winter home, Machu Picchu, which can be reached on foot by a Inca trail or by train; the "fortress" at Ollantaytambo and the "fortress" of Sacsayhuaman. Other less visited ruins include Inca Wasi, the highest of all Inca sites at 3,980 m (13,134 feet), Old Vilcabamba the capital of the Inca after the capture of Cusco, the sculpture garden at Chulquipalta (aka *Chuquipalta*, *Ñusta España*, *The White Rock*, *Yurak Rumi*), as well as Huilca Raccay, Patallacta, Choquequirao, Moray and many others.

Cusco is one of the andean cities of Peru where visitors may taste many spices, of different origins, and agricultural produce, mostly organic, treated and grown in environmental friendly and traditional ways, frequently using ancient techniques such as the "Chaquitajlla" (hands and foot soil remover). As headquarters to the Inca Empire, Cusco was always an important agricultural production region, and a natural reserve for thousands of Peruvian originary species, including hundreds of native potato varieties.

During recent years, driven by Peruvian and foreign citizens, Cusco has began to host many fusion and neo-andean food places where traditional andean taste is found fused with modern techniques and ingredients, delivering a very innovative, exciting and trendy cuisine.

Ollantaytambo is a town in southern Peru, located in the district of Ollantaytambo, province of Urubamba, Cusco region. It is approximately 60 km to the northwest of the city of Cusco, situated at an altitude of 2792 meters above sea level. The city of Ollantaytambo is best known for its ruins, and for the spot where the Inca emperor Manco Inca was able to defeat the Spanish in a set-piece battle. The finely cut rocks and plantation terraces were very large obstacles for the Conquistadors to surpass, and the fortress was also used by Manco to conduct successful attacks on Francisco Pizarro and other Conquistadors who were based in Lima.

DAYS 14/15/16/17

INCA TRAIL OR SIMILAR

After packing the necessities into a duffel bag provided by our Inca Trail operators, we set off with day packs on short ride to km 82. The rest of your bags stay in the hotel at Cuzco while you hike the trail and porters will bring your duffel bags to each campsite. Our hike begins on the ancient trail of the Incas with our local guide, cook and porters who ensure an enjoyable hike. The trail with spectacular scenery, takes us through cloud forests buzzing with hummingbirds, tussock highlands, ancient Inca ruins and rainforests along the way. Each day finds us closer to Machu Picchu. We wake sometimes perched high on a hillside overlooking steep valleys or with an endless vista of jungle clad mountain ranges peeking out of morning cloud. Our hike finishes with an early morning arrival to the sun gate of Machu Picchu and a guided tour of this incredible site. We have most of the day to enjoy here and later in the afternoon descend to Aguas Calientes to catch a train back to Cusco for night 16. **B, L, D days on trail. B day 16**

DAY 18

CUSCO

Free time to explore this beautiful city, go shopping, or just relax in one of the many cafes and soak up the atmosphere, which makes Cusco truly unique place. **B**

DAYS 19/20/21

IQUITOS JUNGLE EXCURSION

An early afternoon flight takes us from Cusco to Lima then north to the Amazon and the bustling port of Iquitos. From here we go by motorized canoe to our jungle lodge deep in the Amazon Rainforest where our local guides will share with us their knowledge of the rich bird, animal and plant life that make the jungle an unforgettable place for all those who visit. We return to the city of Iquitos late on day 21 where we will spend our final night in this vibrant jungle city. **3B, 2L, 3D**

Iquitos is the largest city in the Peruvian rainforest, with a population of around 400,000. It is the capital of Loreto Region and Maynas Province. It is generally considered the most populous city in the world that cannot be reached by road. Located on the Amazon River, it is a mere 106 m (348 ft) above sea level even though it is more than 3,000 km (1,864 mi) from the mouth of the Amazon at Belem in Brazil, on the Atlantic Ocean. It is situated 125 km (78 mi) downstream of the confluence of the Ucayali and Marañón rivers, the two main headwaters of the Amazon River. Iquitos has long been a major port in the Amazon Basin. It is surrounded by three rivers: the Nanay, the Itaya, and the Amazon. The city can be reached only by airplane or boat, with the exception of a road to Nauta, a small town roughly 100 km (62 mi) south. Most travel within the city itself is via bus, motorcycle, or auto rickshaw (*mototaxi*, *motocarro* or *motokar*). Transportation to nearby towns often requires a river trip via *llevo-llevo*, a small public motorised boat.

Most lodges activities include day and night walks in the rainforest reserves, visits to black water lakes, boat excursions in search of Pink Dolphins as well as piranha fishing, night canoe rides, visits to local "Ribereño" or River Villages to see their school and learn how Amazonian daily life is synchronized with the movements of the mighty rivers. Early morning excursions to see and hear the amazing bird and animal life wake up. Lots of early starts with down time in the afternoons relaxing in a hammock listening to the incredible sounds of this truly amazing part of the world. Later we return to Iquitos after a fantastic tour and of course, one last Pisco Sour. **B, D**

DAY 22

DEPARTURE DAY

HASTA LUEGO Y GRACIAS AMIGOS. B

Special note. S.E.T reserves the right to run this itinerary in reverse. There is a certain amount of flexibility built into this itinerary to accommodate the Inca Trail

WHAT IS INCLUDED IN THE TOUR PRICE.... pretty much everything

- Guided tour of the Uros Islands and Taquile Island on Lake Titicaca (overnight)
- Guided boat trip to the Ballestas Islands
- Guide tour of Nazca and pre Inca burial site, and ceramic studio
- The 4-day Inca Trail or similar hike with local guide, cook, & porters or train to Machu Picchu, both include a guided tour of Machu Picchu
- The Colca Canyon (2 nights)
- Iquitos Amazon Excursion (2 nights)
- Bilingual guides
- All airline flights within Peru and all land transport during the itinerary.
- The cost of entry for all scheduled tours and excursions.
- All meals as listed **Breakfast, Lunch, Dinner**
- All hotel accommodations* (on a twin share basis including continental breakfast). Additional accommodation can be arranged at the clients request
- Transfers to/from international flights

PAYING LOCALLY

Most of our adventure tours involve a local payment. Paying locally allows us to keep the overall cost of our tours competitive and pass the savings on to you. These funds are put towards local expenses. In some developing countries the transferring of funds is at times problematic so this is a way to help us serve you, whilst saving you money. This is especially true of Argentina since the devaluation of the peso. Payment is to be made to your leader upon arrival in cash.

WHAT THE TOUR DOES NOT INCLUDE

Your international flight to/from South America, international airport departure taxes, pre & post tour accommodation, visas, vaccinations, personal insurance, meals (except those listed), drinks, laundry, souvenirs, tips while on optional excursions, Cusco tourist ticket and other items of a personal nature.

JOINING INSTRUCTIONS

HOSTAL EL PATIO

DIEZ CANSECO 341-A

MIRAFLORES.

LIMA, PERU.

PHONE 0051 1 444 2107, 444 4884, 444 2665

FAX 0051 1 444 1663

Special note. The joining hotel can be subject to change for a hotel of the same or similar quality due to availability. Any changes will be advised well ahead of the tour departure.

Jorge Chavez International Airport in **Callao**, Lima, is approximately a 45-minute to an hour drive from the **Miraflores** district, where our joining hotel is located. The easiest way to get there is via taxi. Immediately after the customs and immigration area, as you head to the exits, you will find a taxi stand. You can pay for the car at set rates (about \$20 USD) and won't need to worry about sorting out a ride outside the airport facilities, where the situation tends to get more chaotic, with many drivers vying for few clients. Exchange facilities are open in the arrival area 24 hours a day.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than an introductory meeting with your S.E.T tour leader. Your leader will organize a short meeting in the evening, during which you will receive information about the details of the trip. Similarly the last day is a departure day in which no activities have been planned.

NOTE: WE STRONGLY RECOMMEND that you arrive in Lima a day early as most flights arrive late at night. Arriving a day early will give you the opportunity to rest and see a little of Lima

ITINERARY

All itineraries are given as a guideline only as our tour leaders may need to adjust the travel plan as the tour progresses due to changes in transport schedules or unforeseen circumstances. The Tour leader will also try to be in the best place for local holidays and festivals, etc. We endeavor to incorporate any permanent changes into these dossiers as they happen. Therefore, we ask that you consider downloading the very latest dossier for your tour from our website just before traveling (as stated above, at www.southernexposuretours.co.nz).

Special note. S.E.T reserves the right to run this itinerary in reverse

WHAT TO TAKE

You will be on the go a great deal, so our advice is to pack as lightly as possible. Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night. We recommend the use of a duffel bag or backpack; whichever is easiest for you to carry. A good size daypack is also essential.

Suggested List:

Documents:

- *Airline tickets (with photocopies)
- *Travel insurance (with photocopies)
- *Passport (with photocopies)
- *USD cash and travelers cheques (see personal spending money)
- *Credit card (see spending money)
- *Debit card (see spending money)
- *Any entry visas or vaccination certificates required

Items of Clothing:

- Insect Repellent
- Small towel and swim wear
- 1 pair hiking pants/track pants
- Sport sandals • Hiking boots / good walking shoes
- Sun block & sunhat • Sunglasses
- Windproof/waterproof jacket
- Flashlight • First-aid kit**
- 6 shirts/t-shirts • Fleece top
- 2 pairs of long trousers • 1 pair of shorts
- Watch or alarm clock
- Water bottle

****First aid kit** should contain lip salve, Aspirin, Band Aids, moleskin or second-skin for blisters, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking.

Optional: Camera and film, reading/writing material, binoculars, cover for backpacks

Recommended for the Inca Trail:

- Thermal underwear
- Sleeping bag (can be hired locally)
- Wool hat, mitts or gloves
- Rain poncho (may be purchased in Cuzco for approx \$5USD)
- Inner sheet (for sleeping bag)
- Strong plastic bags to help keep gear dry
- Mattress (a foam mattress is included as part of the hike; self inflating type mattresses are available for hire)
- Anti-inflammatory tablets (e.g. Ibuprofen)
- All other camping equipment for the Inca Trail hike is provided and included in the cost of the excursion. Porters carry the gear, so you will only be responsible for carrying your daypack. But please be aware there are weight limits on what the porters can carry, thus every passenger is limited to 7 kg, including sleeping bags.

TRIP PREPARATION

Proof of **Yellow Fever** inoculation **is officially required before you depart for the Amazon.** You should be aware that there is a 10 to 15 day period before the inoculation becomes fully effective.

Please contact your physician or travel clinic for the most up-to-date health requirements. Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. **IT IS YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.**

Optional Activities List

All prices are per person in US dollar amounts. Prices are subject to change, and can fluctuate in relation to the high/low season and the number of people on a specific excursion. Not all excursions listed here may be available due to season or weather conditions. As generally not a lot of time is spent in start/end cities, you may want to arrange to arrive early/stay longer in order to allow sufficient time to participate in optional activities there.

Lima:

- City tour \$25
- San Francisco Church and catacombs \$3
- Museum of the Nation \$3 entrance
- Museum of the Inquisition \$3 entrance
- Paragliding \$25

Cuzco:

- Boleto Turistico (tourist ticket) \$25
- City tour \$12
- Horse riding around ruins (with guide) \$15 - \$25
- White water rafting \$35

Mountain biking \$30
Inca Museum \$3 entrance

SPENDING MONEY

We recommend US\$30 per day to cover the cost of meals, snacks, drinks, some souvenirs, laundry, tips etc. It is necessary to bring your spending money in US\$ only. This should be in the form of SOME traveler's cheques and MOSTLY cash (small denominations are advisable for every day use). In recent years the currencies throughout South America have been more stable and there is no longer a black market. Credit cards are widely accepted. The best credit cards to take is Visa, MasterCard, American Express or Diners and can be used in most places for cash advances and are often the best way to carry your money although we do not recommend that you rely on this as your ONLY means of bringing funds in case authorization is denied due to poor computer connections or other problems, which is quite common! Cash in local currency can usually be drawn on these in the bigger cities although often there is a high commission charge (up to 8 %) when using them for other transactions. You should take an amount of US\$ travelers cheques and an amount of US\$ cash. It should be remembered that all US\$ cash bills should be in good condition and that torn and dirty notes are not always accepted. Cash is easier to exchange but you should only carry amounts you feel comfortable with. Make sure you record your traveler's cheques numbers and to cross them off when used. Please note all cash and travelers cheques should be in small denominations of US\$ only - no other currency is widely accepted for exchange.

Tippling

Many restaurants expect a tip (10%) for service. Also, there are several times during the trip where there is opportunity to tip the local guides or drivers. You may do this individually, or your Tour Leader may offer to collect the money and tip as a group. Also at the end of each trip, if you felt your S.E.T Tour Leader did an outstanding job, a tip is always appreciated but never expected.

BUDGET TO HELP YOU:

Meals not included - \$100 USD.
Additional sightseeing – please see optional activities list above
Local Payment - \$400 USD
Departure tax LIMA - \$20 USD,
Tippling suggestions- Local guide tip pool: \$30-\$40USD approx S.E.T. leader: \$5-10 USD / week

DEGREE OF DIFFICULTY/FITNESS

Adventure tours are designed for the relatively fit and healthy. The Inca Trail trek can be quite challenging due to the high altitudes and you need to be in reasonably good shape but there is the option of taking the train, which is far less demanding. There is fairly easy walking through the rainforest on the Jungle excursion, and pretty demanding uphill walking on Taquile and Amantani islands and in the Colca Canyon (due to the altitude). No hard walking is involved for the Sacred Valley although sufferers of vertigo may find the walk through the Pisac ruins a little trying. The maximum altitude this tour reaches is 4,800 meters on our way from Arequipa to Chivay, thus care should be taken. We suggest that if you are worried you should consult your doctor and possibly obtain some altitude sickness tablets prior to leaving home. Most people will suffer from some degree of altitude sickness. The local coca tea is usually a big help. Please be aware that we are NOT allowed to administer first aid or drugs to clients for legal reasons so please be fully prepared with your own medical kit. It will always help if you can train before coming on tour.

FOOD (We include most meals on this tour. We will dine in nice restaurants on fine Peruvian cuisine)

Eating out is one of the highlights of any tour to Latin America; therefore you are free to choose which type of restaurant to eat in, in order to give you flexibility in the type of cuisine you prefer. When in remote areas where there are no restaurants we do include meals. Meals are included on the Jungle excursion on this tour as well as a continental breakfast when applicable. Professional cooks prepare these. At other times you can make your own arrangements with the advice/recommendations from our Tour Leader. You can eat as a group, with friends or with the locals. Since it's all about you, you can cater for your own tastes around your budget. Generally the food in this region is not spicy and western style breakfasts are readily available. There are plenty of international restaurants throughout this tour. Most meals come with either rice or potatoes (or both) but often lack a variety of other vegetables. Italian, Chinese and even Indian foods are available in many areas. Chilean wines (considered one of the best in South America), local beers and soft drinks are obtainable everywhere.

WEATHER

This tour covers 3 climatic zones; the coast (Lima), which is arid desert, the mountain region (Los Andes) and the Amazon Basin (rainforest). The coast is hot and dry with the summertime being from December to April when the temperature is from 25° to 35° C. The rest of the year the temperature drops slightly and is more overcast with some sea mists. In the Andes (Cuzco, Inca Trail, Machu Picchu, Puno) November to April is the wet season with temperatures being on average 18° C. Don't be put off by the term rainy season, as this generally only means sporadic downpours a couple of times a day, mostly at night. Of course, there are times, when this is not the case but it is fairly rare for continual rain to persist. The rest of the year is the dry season with temperatures at around 20°-25° C during the day. In the altitude the nights can become very cool, sometimes below zero. In the Amazon area, November to April is the wetter season with frequent heavy rainfalls, humid with temperatures of around 25° to 30° C. From May to October is a little dryer with mostly clear skies and less humidity but very hot (30° to 45° C).

SECURITY

Like anywhere in the world, you can be in the wrong place at the wrong time. However, traveling with a Latin American expert increases passenger safety greatly because our crew know the good and bad places in each city and can warn our clients about the local tricks. In recent years Peru has become a much safer country but care should be exercised while walking around the cities of Lima and Cuzco in particular as there are still some groups of very good thieves operating. However, these people hardly ever use violence but rely on diversionary tactics. We suggest clients always use the hotel safes wherever possible and obtain a good money belt before leaving home. Security of our passengers is our tour leaders' number one concern. They provide all necessary information during the pre-departure meeting.

INTERNATIONAL CONNECTIONS AT BEGINNING OR END OF A TOUR

If your flight connections are a little tight, don't worry, as we are fairly flexible and can usually assist you in joining the group a few hours or even a day or two late. Therefore, if your plans don't exactly match our itinerary, contact us for advice on the best method and place to join the group. Please note that your joining/departure city will have interesting sights to see so if you have the time it is nice to allow a day or two extra in these cities and this will also allow you time to relax before your tour begins.

EMERGENCY CONTACT

Please contact 0800 874 748 or 03 528 9039 NEW ZEALAND, SOUTH AMERICA 00593 9 165 1543. Should you need to contact S.E.T during an emergency situation. Emails are checked daily and a list of contact numbers and itinerary will be left with the joining hotel and given to all tour participants on day1. info@southernexposuretours.co.nz
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