



**SOUTHERN EXPOSURE TOURS**  
[www.southernexposuretours.co.nz](http://www.southernexposuretours.co.nz)

**WHITE WATER ADVENTURE PERU**  
LIMA TO CUSCO

**TRIP DURATION:** 13nights/14days

**NEAREST INTERNATIONAL AIRPORT:** Jorge Chavez International Airport, Lima, Peru

**TOUR HIGHLIGHTS**

- Over 150 kms of class 3/4/5 white water
- The Cotahuasi Canyon, the deepest in the world
- The city of Arequipa
- Guided tour of Machu Picchu
- The city of Cusco
- Soaring Condors and incredible scenery
- Guided climb of Putacusi (mountain across from Machu Picchu)
- Remote Andean Villages

**WHAT IS READY SET KAYAK/RAFT PERU?**

An adrenalin pumping white water adventure, that is specifically designed for people who are interested in Kayaking and Rafting or wish to experience an adventure trip unlike most on the market. This tour caters for up to 12 maximum with a mixture of Kayakers and Rafters, running the incredible Cotahuasi River in Southern Peru. The Cotahuasi Canyon, which is the deepest canyon in the world, is a very remote area well off the beaten track. We will camp on the banks of the river and run insane water while passing by Inca archaeological sites and terraces over 500 years old. This is the ultimate adventure trip. We compliment the adventure of a lifetime, with a trip to the famous city of Cusco and the ancient lost city of Machu Picchu

**PLEASE NOTE**

This is a hard core adventure trip and Kayakers must be of class 5 ability, and rafters keen to run big water. A GOOD LEVEL of fitness is required, as there is some long travel days and trekking of up to 8 hours on day 4 of the trip plus 4 pumping days on the river. We also will reach altitudes of over 4000masl. Its all worth it for an adventure of a life time! THERE MAY BE SOME PORTAGES DEPENDING ON RIVER CONDITIONS. THE RIVER LEVEL VARIES FROM YEAR TO YEAR. EVEN IF THE RIVER IS RUNNING LOWER, IT IS STILL TECHNICAL AND EXCITING. GREAT TIMES GUARENTEED.

**ITINERARY**

**DAY 1: LIMA, ARRIVAL DAY.** 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 kayaking and rafting companions, and ask

questions. The information will be awaiting you at the reception regarding that night's briefing. If arriving late in the evening, don't worry! You will be briefed in the morning and meet the group. (Briefing will cover all the logistics on how the trip will run)

**DAY 2: AREQUIPA.** By plane we travel to arguably Peru's most beautiful city, Arequipa.

The "White City", as it is known, exhibits a delightful colonial past and traditional values through its architecture, and its people. Situated under the volcano "El Misti", we will be able to stroll around the city enjoying the local museums, churches, convent and Arequipa's main plaza. That evening we can sample some of the many traditional dishes from the province such as Alpaca and Guinea Pig. A great day to unwind a little and prepare ourselves for the adventure ahead.

**DAY 3: COTAHUASI** Today our adventure really begins, as we make our way to the very remote Andean village of Cotahuasi, passing through the "Valley of Volcanoes", and enormous snow capped peaks, you will truly be able to appreciate Peru's incredible geography and natural beauty. We arrive to the village of Cotahuasi, far off the beaten track and out of reach of most tourists, where you will be able to experience first hand, real Peruvian life in the Andes. Night spent in a rustic Andean Hostel.

**DAY 4:** We begin our descent, along an ancient Inca pathway, 1000 meters above the river. Most of our equipment will be carried by Burros (Donkeys), as we set out on an 6-8 HOUR TREK, taking in incredible views of the surrounding terrain. A real highlight of the trip, which brings us out at the start of our white water adventure.

**DAYS 5/6/7/8/9: COTAHUASI CANYON** The next 4 days, we will run over 150kms of continuous white water of class 3/4/5 RAPIDS. The river drops from 3500masl, high up in the Andes, down to the Pacific Ocean while passing through the deepest canyon in the world and ancient Inca terraces and archaeological sites. We will spend the nights on the banks of the river camping in and exploring the Inca terraces, while running one of the most exciting rivers in the world, passing through some of the most beautiful country in Peru. After 5 incredible days, we make it back to Arequipa late on day 9

**DAY 10: AREQUIPA:** Free day to chill out and relax after 5 DAYS on the river. A FREE MEAL THAT EVENING TO CELEBRATE A GREAT TRIP DOWN THE COTAHUASI.

**DAY 11: CUSCO.** A short flight takes us over Peruvian planes and Andes, and brings us to Cusco which is arguably Peru's other most beautiful city. Rich in Inca history and surrounded by ancient Inca sites, churches and museums, there is plenty for all to do and see. There are many optional adventure activities and hiking in and around Cusco. It's all about you, so you are free to do as little or as much as you please.

**DAY 12: AGUAS CALIENTES.** Today by train, we journey along the same path as the ancient Incas, through the sacred valley of Urubamba to Aguas calientes. Free afternoon to explore the surrounding area or a guided climb of the mountain Putacusi, will enable you to see Machu Picchu from another view, not many people see.

**DAY 13: MACHU PICCHU:** An early morning rise and an optional bus ride or hike up to the lost city of Machu Picchu for a guided tour. Most of the day to enjoy this special place and we return by train to Cusco for night 13.

**DAY 14: CUSCO-LIMA-DEPARTURE DAY.** *Hasat luego amigos y gracias.* Early morning flight to Lima for international connections.

**IMPORTANT NOTE:** S.E.T reserves the right to run this tour in reverse order.

### **TRIP COST INCLUDES.....pretty much everything**

- Guided river rafting/kayaking expedition on the Cotahuasi River
- All meals and drinking water (except on day 10)
- Expert bilingual kayaking/rafting guides while on the rivers
- Guided tour of Machu Picchu
- Bilingual SET guide throughout the tour
- A cold beer at the end of the tour
- Life jackets, safety equipment (see below for list of Kayaks)
- Guided climb of Putacusi (mountain across from Machu Picchu)
- All airline flights within Peru.

- All land transport during the itinerary.
- The cost of entry for all scheduled tours,
- All hotel accommodations\* (on a twin share basis including continental breakfast).
- \* Additional accommodations can be arranged at the clients' request01

### **KAYAKS AVAILABLE**

**Please enquire about the availability of Kayaks upon booking**

.Life jackets, wetsuits and accessories are provided.

### **WHAT THE TOUR DOES NOT INCLUDE**

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

### **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.

### **JOINING INSTRUCTIONS**

**Lima**

**HOTEL GRAN FARONA**

**CALLE MANUEL BONILLA**

**MIRAFLORES**

**LIMA,PERU**

**PHONE 0051 1 4468218**

**Jorge Chavez International Airport** in **Callao**, Lima, is approximately a 45-minute hour drive from the **Miraflores** district, where our joining hotel is located. The easiest way to get there is via taxi. Immediately after the custom 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 competing 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 and the flight to heading to Arequipa is in the morning. Arriving a day early will give you the opportunity to rest and see a little of Lima before Arequipa on Day 2.

### **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](http://www.southernexposuretours.co.nz))

## 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.

**Any personal kayaking/rafting gear you may have, spray skirts, wetsuits, river shoes, dry bags etc. Kayaks can be supplied as are life jackets and accessories**

### 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 Clothing

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

\*\***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

## TRIP PREPARATION

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 \$1.50  
Museum of the Nation \$2 entrance  
Museum of the Inquisition \$2 entrance  
Paragliding \$25

**Cusco:**

Boleto Turistico (tourist ticket) \$10  
City tour \$12  
Horse riding around ruins (with guide) \$15 - \$25  
White water rafting \$40  
Mountain biking \$30  
Inca Museum \$2 entrance

**SPENDING MONEY**

We recommend US\$30 per day to cover the cost OF 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 traveler's cheques and some 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 travelers 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.

**Tipping**

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.

**DEGREE OF DIFFICULTY/FITNESS This is a hard core adventure trip and Kayakers must be of class 5 ability, and rafters have some river experience and keen to run big water. The raft will run as support, with supplies for the whole expedition while on the river. A very good level of fitness is required, as there is some long travel days and trekking of up to 8 hours on day 4 of the trip, plus 4 pumping days on the river. We will also reach altitudes of over 4000masl.Its all worth it for an adventure of a life time. 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.**

**FOOD**

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 its 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 (Cusco, 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 Cusco 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 1330, SOUTH AMERICA 00593 1501240.** 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 day 1. [info@southernexposuretours.co.nz](mailto:info@southernexposuretours.co.nz) [sil@motuekaunitedtravel.co.nz](mailto:sil@motuekaunitedtravel.co.nz)

The information supplied in this dossier is subject to change. It is an indication only and cannot be viewed as a contractual obligation on the part of the company. For the most up to date and current dossier, visit [www.southernexposuretours.co.nz](http://www.southernexposuretours.co.nz)

**S.E.T. BOOKING FORM**

Please complete in full for all travelers and mail to:  
Southern Exposure Tours  
P.O.Box 215  
Motueka, New Zealand  
Fax +64 3 528 1332

Trip Name and Start Date:	Your booking number (if you have one):
Number of people in your group:	
Surname:	First Name:
Address:	
City:	Province: Postal/Zip Code:
Country:	
Telephone – Work:	Telephone – Home:
Sex: M F	Date of birth (D/M/Y): ____/____/19__
Nationality:	Passport Number and Expiry Date:
Occupation:	Frequent flyer numbers and airlines:
Medical / Dietary needs, (please specify) :	
Emergency Contact name and relationship to you:	Tel:
Do you require addition accommodation before or after your trip?	
Have you traveled with S.E.T. before? If Yes, which trip?	
Where did you first hear about S.E.T.?	

As the name above and on behalf of all the persons enclosed, I have read the attached terms and conditions and accept and understand that they form part of this contract. I undertake on my own behalf and on behalf on any other persons for whom this is a joint booking to accept the terms and conditions of the individual operator as stated below and the decisions of the trip leaders they appoint. I also understand that I am booking on an adventure holiday and standards such as accommodations, transport, medical service and other factors will not be of the same standard that I/we are not used to at home, or that might be found on a conventional holiday.

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SIGNATURE

DATE

## **Terms and Conditions**

### **The Contract**

All persons wishing to make a booking must sign the reservation form. All such persons (hereafter called the client) will be bound by the conditions which follow. (Southern Exposure Tours OR S.E.T.)

### **Payment**

The reservation form must be completed and signed by all clients wishing to travel. All clients over the age of 60 years must supply a medical form dated and signed by their physician. All forms should then be sent to S.E.T. with a deposit of \$500.00NZD / \$400.00USD. Acceptance of the client's reservation must be confirmed in writing which is when a contract comes into existence. Balance of the tour is due for payment 60 days prior to departure date.

### **Cancellation by the Client**

Any cancellation by a client must be made in writing. The date on which the letter is received by S.E.T. will determine the cancellation charges applicable. The cancellation charges below are a percentage of the total tour price, excluding insurance.

A. Cancellation more than 60 days before departure: Loss of deposit.

B. 60-14 days before departure: 50%

C. 14 days before departure: 100%

You are strongly advised to take out cancellation insurance at time of reservation.

### **Unused Services**

There will be no refunds for unused services.

### **Cancellation of tour by S.E.T.**

S.E.T. reserves the right to cancel a tour for any reason, but will not cancel a tour less than 8 weeks before departure except for unusual or unforeseen circumstances outside S.E.T.'s control. When a tour is cancelled the client may choose between a refund of all monies paid or any alternative tour offered in lieu by S.E.T.

### **Flexibility**

The client appreciates and acknowledges that the nature of this type of travel requires considerable flexibility and should allow for alternatives. It is understood that the route, schedules, itineraries, amenities and mode of transport may be subject to alteration without prior notice due to local circumstances or events, which may include sickness or mechanical breakdown, flight cancellations, strikes, events emanating from political disputes, entry or border difficulties, climate and other unpredictable or unforeseeable circumstances.

### **Changes**

S.E.T. reserves the right to change any of the facilities, services or prices described before a reservation is made. If such a change is made the client will be told at time of reservation.

The client is able to make a change to a confirmed booking arrangement only if more than 56 days before departure. Extra costs incurred will be charged.

### **If prevented from travelling**

The only circumstance when a client can make changes or transfer from one tour to another without penalty is if the client is unable to travel due to, serious illness, death or serious illness of a close family relative.

Written proof and reasonable notice of the reason must be given.

### **Acceptance of Risk**

The client acknowledges that the nature of the tour is adventurous and that such holidays may involve a significant amount of personal risk.

### **Itineraries**

All itineraries are a guide only and are subject to alteration on occurrence of any unpredictable conditions and circumstances which may arise in this delightfully chaotic continent.

### **Authority on Tour**

At all times the decision of S.E.T.'s tour leader will be final on all matters likely to endanger the safety and well being of the tour. Should the client fail to comply with the laws, customs, foreign exchange and drug regulations of all countries visited, the Tour Manager may order the client to leave the tour without any refund.

### **Travel Documents**

The client must be in possession of a valid passport and all visas, permits and certificates including vaccination certificates. It is ultimately the responsibility of the client to ensure they have the necessary documentation

### **Factors outside S.E.T. control**

S.E.T. cannot accept any liability for matters outside its control such as political disputes, border closures, refusal of visas, industrial action, delayed flights, and unforeseeable climate conditions which may prevent the itinerary being followed.

### **Insurance**

The client is willing to accept full responsibility for insurance which must cover personal accident, medical expenses, loss of effects, repatriations costs and all other expenses which might arise as a result of loss,

damage, injury, delay or inconvenience occurring to the client. It is compulsory that all clients have personal travel insurance.

**Local Conditions**

Due to political and cultural differences, as well as generally tougher physical conditions, travel to the areas we visit involves risks other than those we take in our daily lives. It is important clients make themselves aware of the risks involved. Travel in Third World countries is different to travel at home.

**Responsibility**

All services herein are organized by Southern Exposure Tours. Notice is hereby given that all arrangements made on behalf of customers are made by organizers on the sole condition that the organizers shall not be held responsible for any injury, death, accident, delay, loss, damage or irregularity.

S.E.T. acts as an agent for transport companies, hotels and other contractors and shall not be held liable for any injury, damage, loss, delay or irregularity that may occur.

**Claims and Complaints**

If a client has a complaint against S.E.T. they must first inform their Tour Leader whilst on the tour so that they can attempt to rectify the matter. Any further complaint must be put in writing to S.E.T within 30 days of the end of the tour.

**Airlines**

The contents of this brochure do not commit the airlines mentioned therein, or any airline whose services are used in the course of any tour. The responsibility of the airlines is limited to the carriage of passengers and baggage in accordance with their conditions of carriage. The client cannot cancel the contract without penalty in the event of a change of aircraft operator, aircraft type or destination

**Prices and Surcharges**

S.E.T. reserve the right to impose surcharges (or price decreases) up to 8 weeks before departure due to unfavorable changes in exchange rates, increases in air fares or other transport costs, taxes, or if government action should require us to do so.

**Prices**

All prices shown are subject to currency fluctuations and airline increases. Please check when booking for current prices.