



Intrepid Private Groups



PERU WELLNESS & TREK

Zanna Van Dijk Tour

May 2020 Inca Trail

Detailed Itinerary

Day 1 – 24th May 2020

Destination: Out / Lima

Meals included: Dinner

Welcome to Lima! Upon to your arrival, you will be met at the airport and transferred to your hotel located in the tourist neighborhood of Miraflores. Once you have checked into the hotel, the remainder of your first day will be free.

At 6:00PM, our Tour Leader will meet you at the hotel's foyer for a welcome briefing.

Later on, head to dinner (set menu) at La Huaca Pucllana Restaurant, one of the top restaurants in Lima. It has a unique setting overlooking pre-Incan ruins that once served as an important administrative and ceremonial center, many centuries ago.

Included Activities

- Individual arrival transfer in Lima
- Welcome meeting at the hotel at 6:00pm

You have an arrival transfer therefore you will be met after exiting customs. As you exit please look for the Intrepid sign with your name on it. There is only one exit for international arrivals and there will be many signs so please look around carefully.

If you have any problems and cannot locate your driver on arrival, please phone our Intrepid Peru Emergency number Intrepid Peru office: +51 9 9605 5559

If you don't have a device or mobile coverage please go the IPeru information booth located between the two escalators on the left hand side of the building, they can help you to make a phone call.

Accommodation

Antigua Miraflores Boutique Hotel 3* Superior (Standard room)

<http://www.antiguamiraflores.com/>

Day 2 – 25th May 2020

Destination: Lima

Meals included: Breakfast and light lunch

In the morning, you will taste some typical Peruvian cuisine - the vegan way! Fishless ceviche and meatless lomo saltado are on the menu. Devour vegan dishes, drinks and products in one of the most beautiful districts of Lima – the bohemian and arty Barranco.

In the afternoon, you'll visit the Colonial side of the city, where you'll see attractions like the Cathedral, the Viceroyalty of Peru, the main places of Lima's Plaza Mayor (Main Square), the Government Palace, the City Hall, and other important monuments. Then, you will visit the Convent of San Francisco, a seventeenth-century architectural complex that includes a church, a convent and a square. The facade of the church, which has an image of the Immaculate Conception painted on it, was carved in stone and is characterized by its Corinthian columns. You will also see the catacombs, a dark chamber found under the church. After

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visiting the center of Lima you will head to the modern section of this great metropolis and will visit the district of Miraflores with its nice Shopping Mall named Larco Mar, which was built on a spectacular cliff overlooking the Pacific Ocean and the traditional “Parque del amor” (Love Park).

At the end of the tour, you’ll be dropped off at Barranco neighborhood again, to enjoy a specular sunset from our beautiful malecon, facing the Pacific Ocean. Then, you will return to your hotel for an evening at leisure.

Included Activities

- Barranco vegan Peruvian Half day food tour, in private service
- Half day Visit to the Colonial side of Lima including entrance to the catacombs, in private service

Accommodation

Antigua Miraflores Boutique Hotel 3* Superior (Standard room)

<http://www.antiguamiraflores.com/>

Day 3 – 26th May 2020

Destination: Lima / Cusco

Meals included: Breakfast, lunch and dinner

After breakfast, you will be transferred to the airport to take your flight towards the city of Cusco.

Arrive in Cusco, historic heartland and former capital of the Incan Empire and transfer to your hotel. The remaining of the morning will be free. Cusco is a favorite destination of many visitors to Peru. As you wander the streets and side alleys of the city you will witness the perfect tapering Inca stonework that provided the foundations for many of Cusco’s colonial and modern buildings. The city itself is the continent's oldest continuously inhabited city and was the home of the Inca Empire for two centuries before the Spanish built their first capital here. Take the time to acclimatize to the city's 3450-metre high (11,150 ft) altitude.

You will head to Nuna Raymi restaurant for lunch (set menu). Here, you’ll appreciate a short demonstration of the process of the preparation of our typical Peruvian drink “Emoliente”, a kind of herbal tea made of Peruvian medicinal plants.

After lunch, you’ll have a gentle walking tour around the center of Cusco. On the way you will see the Stone of Twelve Angles at the Inca Roca Palace, on Hatun Rumilloc Street. You will visit the most sacred Inca building “The Temple of Qoricancha”. Qoricancha was the most important temple of the Inca Empire. According to archaeologists it housed over 1000 priests and attendants. It was built over an Inca palace dedicated to the worship of the Sun. Then, you will head to the heart of the city, “the Plaza de Armas”, surrounded by colonial arcades and four churches. Here you will see the façade of the beautiful “Cathedral” of Cusco, built in the XVI.

Finally, explore the San Pedro Market where you will find vegetables, local cheeses, local chocolates, herbal medicines and many local handicrafts. It’s a great place to purchase some souvenirs.

At night, enjoy a buffet dinner at Tunupa Restaurant, including a beautiful spectacle of Peruvian folkloric dances.

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Included Activities

- Group departure transfer in Lima
- Domestic flight from Lima to Cusco
- Group arrival transfer in Cusco
- Half day walking tour around the center of Cusco, including entrance to the Qoricancha temple, in private service

Accommodation

Los Portales Cusco Hotel 3* Superior (Standard room)

<http://www.losportaleshoteles.com.pe/en/hotel-cusco>

Day 4 – 27th May 2020

Destination: Cusco

Meals included: Breakfast

In the morning, you will visit the huge “Inca Ceremonial Center of Sacsayhuaman”. This enormous structure overlooks the city of Cusco. Its constructions are amazing, with huge rocks perfectly fitted. It is said that it took over 10,000 workers 50 years to build it. The origin of the temple of Sacsayhuaman is still today unknown. The archaeologist attributed its construction to the Period of the Inca Pachacutec. Later, you continue visiting another important Inca site known as “Qenqo”. This is a place with subterranean passages and carved stone channels in a zigzag pattern. In its inner part there is a carved stone table where it is said the Incas mummified their dead. Afterwards you will do a short visit to the archaeological Inca sites of “Tambomachay” a temple dedicated to the God of Water and “PucaPucará”. After these visits, you will return to Cusco.

The afternoon will be free.

**We recommend you to visit the traditional and picturesque neighborhood of San Blas. To arrive to this place you have to take a short but increasingly steep walk from the Plaza de Armas. Here, you can find art studios, artisan workshops, many of the best bars and restaurants. It's a great area to wander around.*

Included Activities

- Half day visit to the 4 nearby ruins of Cusco, in private service

Accommodation

Los Portales Cusco Hotel 3* Superior (Standard room)

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Day 5 – 28th May 2020

Destination: Cusco / Sacred Valley of the Incas / Ollantaytambo

Meals included: Breakfast and lunch

35 minutes from Cusco, at our headquarters in Piuray Outdoor Center we offer a break from the usual tourist route, by offering you a way to experience the outdoors away from mobs in unbeatable natural settings. You will leave Cusco at 8:00am in a scenic ride on the road to the Sacred Valley of the Incas. We reach our destination in Piuray Lake at 3,720 above sea level. Once settled we begin with: a gentle breathing exercise, a yoga-based warm up

Then, you will return to land to enjoy a lunch and a stretch and rest in magnificent surroundings.

Then, you will drive along the Urubamba River towards the town of Ollantaytambo. When you arrive in Ollantaytambo you'll see it's a magnificent example of Incan urban planning. It's one of the few places where the Incas defeated the Spanish. Once you get there you will visit the ruins of Ollantaytambo, an important Inca construction built during the Inca's heydays. This is an extraordinary Inca place where besides the ruins you may also see an amazing rock formation representing the Inca god Wiracocha. Afterwards, you will be transferred to your hotel located in this beautiful Inca town.

Included Activities

- Yoga session at Piuray Lake, in private service
- Half day visit to the Sacred Valley of the Incas and the Ollantaytambo fortress, in private service

Optional Activities (Not included in the cost)

- Paddle Boarding

Accommodation

Pakaritampu Hotel 3* Superior (Standard room)

<http://pakaritampu.com.pe/en/>

Day 6 – 29th May 2020

Destination: Sacred Valley of the Incas / Inca Trail Trek

Meals included: Breakfast, lunch and dinner

During the next four days, you'll hike the Classic Inca Trail. While away from Cusco, the bulk of your luggage will be stored at your hotel. The evening before you leave Cusco you'll receive a small duffle bag to carry your clothes in for the next four days (5 kg maximum). Your team of porters will carry these bags for you, together with the food and equipment for the trail. Please note that you won't have access to these items until the end of each day, as the porters will always be ahead of the group

This morning you will set off on a journey on the Inca Trail by travelling from the Sacred Valley to Kilometer 82, where your trek begins. Today you will hike past the ancient hilltop fort of Huillca Raccay and the beautiful archaeological site of Llactapata. It is a fairly leisurely hike and along the way there are stunning views of snow-capped Veronica Peak (5860m). Following the river, you will pass a tiny village and continue on to your camp at Wayllabamba, located at 3000 meters. Porters are provided on this trek, so during the day you will only need to carry a daypack with your personal items. This needs to be big enough to carry such items as water, camera and a warm jacket.

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Notes: The Inca Trail is within the abilities of most reasonably fit people, but please come prepared, as the trail is 45 km long and often steep. Each day's journey generally consists of 7 hours of walking (uphill and downhill) with stops for snacks and lunch. Trekking usually begins at 7 am (except on the fourth morning) and you reach the campsite around 5 pm. Accommodation on the trek is camping (three nights). Double tents (twin-share) and inflatable camping mats will be provided. The porters will set up the tents while the cook prepares meals.

Included Activities

- Classic Inca Trail Trek, in private service

Accommodation

Camping at the Inca Trail Trek (Tents with basic facilities)

Day 7 – 30th May 2020

Destination: Inca Trail Trek

Meals included: Breakfast, lunch and dinner

Today is the most challenging day of the trek as you climb to Warminwanusca, or Dead Woman's Pass (4200m). Along the way you will trek through some of the most spectacular mountain scenery to be seen anywhere in the Andes. This is the first and highest of three Andean passes on the Inca Trail, with breathtaking views over the snow-capped Vilcanota and Vilcabamba mountain ranges. Ahead of you, you will see the ruins of Runkuracay and in the valley below, Rio Pacamayo (Sunrise River). Here the trail changes from dirt to steps and stone pathways, your route will take you through a landscape dotted with rural hamlets, grazing llamas and well-preserved remnants of the Incan culture. Although it's not too arduous, you will still need to make a steep descent to the valley below, where you will camp beneath the cliff tops at Pacamayo (3600m), overlooking the cloud forest.

Included Activities

- Classic Inca Trail Trek, in private service

Accommodation

Camping at the Inca Trail Trek (Tents with basic facilities)

Day 8 – 31st May 2020

Destination: Inca Trail Trek

Meals included: Breakfast, lunch and dinner

You will climb up to the oval shaped ruin of Runkurakay, which is believed to have once been an Inca tambo or post house. Pushing on up the Inca staircase and beside two tiny and fast diminishing mountain lakes, you will be rewarded at the summit of your second pass (3900m) with spectacular views of Pumasillo (6245m) and the entire snow-capped Vilcabamba range. From here it will be a steep descent and then ascent to your third pass and the ruins of Phullupatamarca, where we embark on a long descent into a beautiful orchid-filled cloud forest. The scenery will blow you away! Butterflies flutter across the trail and the air is pure and clean as you head to breathtaking Winaywayna (2650m).

Included Activities

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- Classic Inca Trail Trek, in private service

Accommodation

Camping at the Inca Trail Trek (Tents with basic facilities)

Day 9 – 01st June 2020

Destination: Inca Trail Trek / Machu Picchu / Cusco

Meals included: Breakfast and dinner

The day starts before dawn with breakfast served nice and early at approximately 4:30am. The early start serves two purposes, one we farewell our porters as they descend to the train station to catch their 6:30 am train home and two, you are ready to start hiking by 6am by when the gate that leads through to the Inti-Punku (sun gate) opens. The walk to the sun gate takes approximately 2 to 2.5 hours.

Here you will enjoy your first views of the complex of Machu Picchu, often referred to as the Lost City of the Incas. On a clear morning the view from the Sun Gate can be quite stunning and creates a lasting impression that will stay with you long after you return home. Built around 1450, the city was deserted less than a century later following the Spanish invasion and 'lost' for hundreds of years before it was rediscovered by Hiram Bingham in 1911. The architecture of Machu Picchu is quite extraordinary, with the mortar-free design particularly earthquake resistant and the stones so precisely cut that to this day not even a knife fits between them.

You will have a guided tour to this great archaeological site, followed by a free time to take more pictures.

Then, you will take the shared bus down to the small town of Aguas Calientes and will have some free hours to discover this beautiful town, visit the open-air market, filled with displays of local Andean curios and clothing.

By the afternoon, you will take the tourist train back to Ollantaytambo town, followed by a private transfer to your hotel in Cusco.

In the evening, enjoy dinner at Café Daria. This café & pizzeria which opened in its now permanent home in the tourist area of Cusco city in April 2018, is Cusco's first vocational training site for young adults with special needs. Manos Unidas core purpose to improve the quality of life for people with developmental & intellectual disabilities through vocational training, education and parent advocacy, leading to successful inclusion within a society in which they had traditionally been ostracized from. The food is all natural and is prepared and baked by the students on site and students are trained across all aspects of hospitality so this is a great way for our travelers to interact with locals and in doing so, give a young adult who would normally be isolated from society the opportunity to meet people from all over the World and hone their skills.

Note:

According to Machu Picchu visiting regulations, all visitors must follow a pre-determined route within the site. This route must be followed in one direction only and once the guided visit commences, exiting and re-entering the site is not permitted. Once the guided visit concludes, visitors must exit the site and personal exploration of Machu Picchu is not permitted.

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Included Activities

- Classic Inca Trail Trek, in private service
- Guided visit inside Machu Picchu ruins, in private service (2 hours guided tour)
- Tourist bus tickets from Machu Picchu ruins towards Aguas Calientes town
- Train tickets from Aguas Calientes town towards Ollantaytambo town on INCA RAIL The Voyager service (<https://incarail.com/the-voyager-machu-picchu-train>)
- Transfer from Ollantaytambo train station to the Sacred Valley, in private service

Accommodation

Los Portales Cusco Hotel 3* Superior (Standard room)

<http://www.losportaleshoteles.com.pe/en/hotel-cusco>

Day 10 – 02nd June 2020

Destination: Cusco / Out

Meals included: Breakfast

At the appropriate time, you will be transferred to the airport, to take your flight back to Lima, followed by your international departure flight.

If you wish to extend your time in Peru, please let us know at the time of booking as we are more than happy to help you with any arrangements.

Included Activities

- Individual departure transfer in Cusco, with Spanish speaking driver only
- Domestic flight from Cusco to Lima

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What's Included

Leader/Guide

English speaking Intrepid Tour Leaders & local guides where necessary

Accommodation

Hotel x 6 nights

Camping x 3 nights

Meals

9 Breakfasts, 6 Lunches and 6 Dinners

Included Activities

As per the itinerary, including entrance fees where applicable.

Transport

Air conditioned vehicle transfers throughout, plane, train and boat

Assistance

24-hour support from our local office in Lima

Exclusions:

- International arrival/departure flights
- Tour guide for free time or days
- Optional activities
- Any visas required
- Services not mentioned in the itinerary
- Early check in or late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance

Problems and emergency contact information

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local representative straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip. We recognise that there may be times when your group leader/local partner may not be able to resolve a situation to your satisfaction - if this is the case, please ask the leader to speak to their direct manager.

In case of a genuine crisis or emergency, you can reach our local operator on the number below.

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Essential Trip Information

Important notes

PASSPORT DETAILS REQUIRED

Full passport details are required at the time of booking in order to purchase Entrance fees to certain sites. Additionally on certain trips it's needed to book bus, train or flight tickets. Delays to provide this information may result in booking fees or changes to your itinerary.

Passport and visas

PASSPORT:

Your passport details are required to complete your booking. Please ensure the name on your passport matches the name on your booking and airline tickets. As a general rule most countries expect that your passport has a minimum of 6 months' validity remaining. Take a copy of the main passport pages and other important documents with you, and leave another copy at home with family or friends.

VISAS:

Visas are the responsibility of the individual traveller. The below country specific information was correct at time of writing, however please visit the relevant consular website of the country or countries you're visiting for detailed and up-to-date visa information specific to your nationality. Visas can take several weeks to process, so familiarise yourself with any requirements as soon as you have booked your trip to allow for processing time. Also remember to check whether a transit visa is required on route to join this trip or on the way home.

If you receive an immigration card upon entry, please ensure you keep this safe as it may be requested at point of exit. For further information regarding country entry and exit fees, please refer to the 'Money Matters' section of this document.

Medical and health information

All travellers need to be in good physical health in order to participate fully on this trip. When selecting your trip please make sure you have read through the itinerary carefully and assess your ability to cope with our style of travel. Please note that if, in the opinion of our group leader or local guide, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, Intrepid Travel reserves the right to exclude them from all or part of a trip without refund.

You should consult your doctor for up-to-date medical travel information or for any necessary vaccinations before departure. We recommend that you carry a first aid kit as well as any personal medical requirements as they may not easily be obtained at the locations on this trip. Please ensure that you are adequately prepared.

WHO – WORLD HEALTH ORGANIZATION

The World Health Organization has identified the following mosquito transmitted diseases in this region: Dengue, Yellow Fever, Malaria and Zika (amongst others)

For more information, please visit www.who.int

ZIKA VIRUS:

According to the World Health Organization (WHO), there has been an outbreak of the mosquito-borne Zika virus in parts of Central and South America. This virus is mostly concerning to pregnant women as recently in Brazil local authorities have linked the virus to an increase in babies born with microcephaly (smaller than normal skull).

In addition to the risk mentioned above WHO have reported that Zika symptoms may include mild fever, skin rash and conjunctivitis. These symptoms normally last for 2-7 days.

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In line with the above, we recommend all women who are pregnant or trying to get pregnant to consult with their doctors before booking their trip to Central and South America. At this stage, WHO is not recommending any travel or trade restrictions related to the Zika virus. More information on the Zika virus can be found at the following links: World Health Organization:
<http://www.who.int/mediacentre/factsheets/zika/en/>

ALTITUDE SICKNESS:

Parts of your trip go above 2800 metres / 9200 feet where it is common for travellers to experience some adverse health effects due to the altitude - regardless of your age, gender and fitness. It even happened to Sir Edmund Hillary!

Before your trip:

Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatizing to high altitude. Please discuss these options with your doctor.

During your trip.

While our leaders have basic first aid training and are aware of the closest medical facilities, it is very important that you are aware of the cause and effects of travelling at altitude, monitor your health and seek assistance accordingly.

Please read the following document carefully and, during your trip, utilise the table on the back daily to record your own perspective of your general health and any symptoms you may experience:

<https://www.intrepidtravel.com/altitude-sickness>

YELLOW FEVER:

A valid international certificate of vaccination against Yellow Fever is required in many countries. You may need to present this on arrival at the airport or border crossing. Some countries will refuse entry if you are unable to present your certificate. It's also quite common for your home country to request a Yellow Fever certificate on your arrival back home.

It is your responsibility to check with your doctor well in advance of leaving home about the Yellow Fever requirements for the countries you'll be visiting.

Money matters

When it comes to money matters on the trip, every traveller is a little different. You know your spending habits better than we do, so please budget a sensible amount for things like drinks, shopping, optional activities, tipping and laundry. It's always better to bring a little more than you think you'll need. Also make sure you've read your trip details thoroughly so you know what's included in the trip price and what isn't. This should make budgeting a little easier. You'll find this info in the Inclusions section of your Essential Trip Information (that's this document).

The recommended amounts are listed in USD for the relatability of universal travellers, however the local currency is needed in the countries you are visiting.

CONTINGENCY FUNDS:

We try to plan for every eventuality, but there are still some things beyond our control. Please make sure you have access to the equivalent of an extra US\$500 for emergencies (e.g. severe weather, natural disasters, civil unrest) or other events that result in unavoidable changes to the itinerary (e.g. transport strikes or cancellations, airport closures). Sometimes these things necessitate last minute changes to enable our trips to continue to run, and as a result there may be some extra costs involved.

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MEALS NOT INCLUDED:

For this trip we recommend between USD 25 to 50 per day. How do we work this out?

Breakfast - If breakfast is not included, you can expect to pay between USD5 to USD10 at a local café.

Lunch - If you are happy with a quick snack on the go, you may get away with as little as USD5 to USD10 for a set menu at a local eatery or a sandwich and a drink at a café. On the other hand, a lunch meal at a more tourist restaurant can cost between USD10 to USD15.

Dinner - At dinner time, your leader will normally recommend restaurants where you can safely try the local specialties of the region. Expect meals to cost between USD12 to USD25 for a main.

These are indicative prices only. If you are in a tight budget, are happy to eat just local food and are not afraid of an upset tummy every now and then, you can eat cheaper than this. If you want to try just the finest food at the finest restaurants, then you can expect meals to cost as much as in western countries.

CREDIT CARDS & ATMs:

ATMs are widely available in major towns and cities across Latin America. Credit cards are generally available in tourist shops and restaurants. Visa and Mastercard are generally preferred over American Express, Diners, etc. Smaller venues take cash only.

Check with your bank before departure that your card is accepted in the countries you are travelling to and what their fees and charges are. Also ensure your bank is aware of your travel plans as - suspecting fraud - they may cancel your cards after the first few international transactions. Be aware that your withdrawing limit may vary from country to country (regardless of your withdrawing limit in your home country) and it can be as low as the equivalent to USD100 per day.

If bringing over cash, please note USD100 bills with serial number CB or BE and any other USD bills that are old, torn, written or stamped on will not be accepted by local banks.

DEPARTURE TAX:

In most countries you must pay an airport departure tax. Nowadays, these departure taxes are added into the cost of your airline tickets and paid for at the time of purchase.

Unless mentioned below, no airport departure tax has to be paid during this trip.

TIPPING:

Gratuities aren't compulsory on your trip, but they can make a big difference to locals employed in the tourism industry. We suggest carrying small notes of local currency around as you go. It'll make tipping easier.

Usually around USD5 – USD10 a day to cover tips is fine, but your leader might raise the idea of a group tip kitty. Each traveller contributes an equal amount to the pool, and your leader can pay the tips as you go.

Tipping Guide:

To give you a bit of guidance, we've put together the following tipping notes. The recommended tipping amounts are listed in USD for the relatability of universal travellers. These are just suggestions, based on feedback from past travellers and our staff on the ground.

- Restaurants: Local markets and basic restaurants - round your bill up to the nearest USD1. More up-market restaurants we suggest 10% to 15% of your bill.

- Local guides: There might be times during the trip where you'll have a specialist local guide alongside your trip leader. We suggest tipping these guides about USD2 – USD3 per day.

- Drivers: You may have a range of drivers on your trip. Some may be with you for a short journey while others may be with you for several days. We suggest USD1-USD2 per day for drivers.

- Your Tour Leader: You may also consider tipping your tour leader for outstanding service throughout your trip. The amount is entirely a personal preference, however as a guideline USD2-USD4 per person, per day

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can be used. Of course you are free to tip more or less as you see fit, depending on your perception of service quality and the length of your trip. Remember, a tip is not compulsory and should only be given when you receive excellent service.

Over the years we have found that many of our travellers find the need for tipping to be both tiresome and embarrassing, especially if they don't have the correct small change. To overcome this, we have established a tipping kitty system. At your group meeting, your tour leader may discuss the idea of running a group tipping kitty, whereby everybody contributes an equal amount and then your tour leader pays the tips while keeping a running record of all monies spent (except restaurant tips). The record can be checked at any time and any money remaining at the end of the tour returned to group members.

Packing

Most travellers prefer to take a small to medium wheeled suitcase, which is a great size for the packing capacity in our private vehicles. Whatever you take, be mindful that you will need to be able to carry your own luggage, handle it at airports, take in/out of accommodation and perhaps even walk short distances. Generally speaking, we recommend you pack as lightly as possible. You'll also need a day pack/bag for activities and day trips. In terms of weight, airlines generally allow a maximum of 20kg for check in luggage. Other than the items and clothing you always need on a trip, below we have listed packing suggestions specific for this trip:

ESSENTIAL:

- Closed-in shoes will help to protect your feet from cuts and scratches when walking through cities as well as bush/grass-lands, and will also act as a barrier protection in rare cases against bites or stings
- Sun protection - hat, sunscreen, sunglasses

RECOMMENDED:

- Soft and/or hard copies of all important documents e.g. air tickets, passport, vaccination certificate, etc. and keep the hard copies separate from the originals. While not valid, a copy makes it very much easier to obtain replacements if necessary
- Water bottle. We recommend at least a 1.5 litre capacity. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion end up in limited landfill or discarded in waterways and natural environments
- Electrical adapter plug (view www.kropla.com)
- Personal medical kit. Your guide will carry a large kit but we recommend you carry items such as mild pain killers, electrolytes and bandaids.
- Insect repellent
- Watch/Alarm clock or phone that can be used for both

OPTIONAL:

- Ear plugs to guard against a potential snoring room-mate
- Phrase book

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VALUABLES:

Please try to avoid bringing unnecessary valuables, and use your hotel safe. It's also a good idea to purchase a money belt or pouch that is easily hidden.

LAUNDRY

Laundry is available at many hotels and towns during this trip, although you might need to wait for a two-night stop in order to make sure you get it back in time. While laundry at hotels is usually charged by the item, laundromats usually charge by the kilo, which is generally inexpensive (about USD 2 per kilo)

Phone and internet access

It is recommended that you download WhatsApp prior to departure; please validate your phone number before leaving home as you will not be able to do this once you arrive, unless you have international roaming enabled. WhatsApp is usually the preferred method for your leader to be in contact with you and the rest of the group while on tour. It is also good for sharing information and photos with the group members.

Safety

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure and ensure that your travel insurance covers you for all areas your itinerary covers. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trip.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, air tickets, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Your leader will accompany you on all included activities, however during your trip you'll have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your leader will assist you with the available options in a given location, please note that any optional activities you undertake are not part of your Intrepid itinerary, and Intrepid makes no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Please also note that your Leader has the authority to amend or cancel any part of the trip itinerary if it's deemed necessary due to safety concerns.

For more details on the type of conditions and safety standards you can expect on your trip, please refer to Intrepid's operational safety policy on our website. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how well it's being implemented in the field:

<http://www.intrepidtravel.com/contact-us/safety>

PETTY THEFT AND PERSONAL SAFETY:

While travelling there is always the risk of pick-pocketing and petty theft, particularly in the more touristy cities. We recommend that you exercise caution when walking alone at night and encourage you to walk together and only on main, well-lit thoroughfares. Be particularly vigilant on public transport. Simple measures like carrying your day pack on your front, not hanging your bag over the back of your chair or on the floor and wearing a money belt will reduce any chance that your valuables should go missing.

Contact us:

T: +44 (0) 203 308 9763

E: groupsuk@intrepidtravel.com



MONEY WITHDRAWAL:

In order to avoid fraud, it is advisable that you withdraw money from ATMs located inside banks or guarded shops during business hours only.

TRAFFIC AND DRIVING ON THE OTHER SIDE OF THE ROAD:

Depending on where you come from please note that drivers in this part of the world may drive on the opposite side of the road from what you are used to. Look both ways before crossing any road. Traffic can be a little more chaotic than you might be used to at home. Be aware!

SEAT BELTS:

Please be aware that local laws governing transportation safety may differ from those in your home country and not all the transport which we use is able to provide seat belts.

LIFE JACKETS:

While life jackets are generally available on water craft, there may be occasions where they are not provided and child size life jackets are not always readily available. If travelling with children and this safety issue concerns you we will be able to advise alternative methods of transport (where available) for you to travel to the next destination. You can choose to travel independently for this leg of the journey. This would be at your own expense.

FIRE PRECAUTIONS:

Please be aware that local laws governing tourism facilities in this region differ from those in your home country and not all the accommodation which we use has a fire exit, fire extinguishers or smoke alarms.

LIMA AIRPORT WARNING

For safety reasons, we strongly recommend that during transfers in Lima all of your luggage, including hand luggage and valuables, is stored out of sight in the rear boot of the vehicle.

A couple of rules

Everyone has the right to feel safe when they travel. We don't tolerate any form of violence (verbal or physical) or sexual harassment, either between customers or involving our leaders, partners or local people. Sexual relationships between a tour leader and a customer are strictly forbidden.

Use or possession of illegal drugs will not be tolerated on our trips. If you choose to consume alcohol while travelling, we encourage responsible drinking, and expect that you'll abide by the local laws regarding alcohol consumption.

The sex tourism industry is known to exploit vulnerable people and have negative consequences on communities, including undermining the development of sustainable tourism. For this reason, patronising sex workers will not be tolerated on our trips.

By travelling with us you are agreeing to adhere to these rules. Your group leader has the right to remove any member of the group for breaking any of these rules, with no right of refund.

If you feel that someone is behaving inappropriately while travelling with us, please inform your tour leader or local guide immediately. Alternatively, contact us on the emergency contact number detailed in the Problems and Emergency Contact section of this Essential Trip Information.

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Travel Insurance

Travel insurance is compulsory for all our trips. We require that, at a minimum, you are covered for medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

When travelling on a trip, you won't be permitted to join the group until evidence of travel insurance and the insurance company's 24 hour emergency contact number has been seen by your leader.

If you have credit card insurance your group leader will require details of the participating insurer/underwriter, the level of coverage, policy number and emergency contact number rather than the bank's name and credit card details. Please contact your bank for these details prior to arriving in-country.

<http://www.intrepidtravel.com/insurance.php>

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects. Please visit our website for further details and suggestions on how you can be a responsible traveller.

<http://www.intrepidtravel.com/ourtrips/rt/responsibletraveller>

Rainforest Alliance Certificate:

Rainforest Alliance is an international nonprofit organization that works to conserve biodiversity and ensure sustainable livelihoods: <http://www.rainforest-alliance.org>.

The Intrepid Group operations in Peru are now certified by Rainforest Alliance, following an assessment in which we successfully achieved a 100% score for all critical criteria.

The Intrepid Foundation

Help us change thousands of lives by creating meaningful work and supporting skills training in communities around the world.

The Intrepid Foundation is the not-for-profit for Intrepid Group. We work with local organisations around the world to improve the livelihoods of vulnerable individuals and communities through sustainable travel experiences. With our travellers' help, we've contributed more than AU \$6 million to over 100 community organisations since 2002.

Did you know that tourism is one of the biggest contributors to the global economy, making up 1 out of every 10 jobs? That's why we support local projects that create meaningful jobs and give people the skills they need to work in the destinations we take you to. And it's why we exist – to make it easy for travellers to give back to the communities and places they've been in an effective and meaningful way.

All donations to The Intrepid Foundation are matched by Intrepid Group dollar for dollar (up to AU\$10,000 per donor and AU\$500,000 in total each financial year, excluding emergency appeals). And because Intrepid Group covers all administration costs, every cent goes directly to the projects. Donating is simple and secure. Please ask your leader for information about the projects we support through The Intrepid Foundation or visit our website:

<http://www.theintrepidfoundation.org/>

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