



ZANNA VAN DIJK
Intrepid Travel



DETAILED ITINERARY

Travel to Peru and retrace the steps of the Inca, Peru's fascinating ancient civilisation. Beginning in Lima, journey through the fertile heartland of the Sacred Valley, see the magnificent Ollantaytambo ruins before the ultimate destination – reaching Machu Picchu. This action-filled Peruvian tour gets you closer to the secrets of this elusive civilisation on a breathtaking adventure along the Inca Trail.

Day 1 – Lima

Date: 24th May 2021

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 8.30PM, our Tour Leader will meet you and 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 8.30pm

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/>

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 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/>

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 Inca 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.

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 – Cusco

Date: 27th May 2021

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 visit 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)

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

Meals included: Breakfast and Lunch

Travel 35 minutes from Cusco to our headquarters to Piuray Outdoor Center where we offer a break from the usual tourist route, by offering you a way to experience the outdoors away from crowds in unbeatable natural settings. You will leave Cusco at 8:00am via a scenic ride by 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.

Later, 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

- Paddle Boarding

Accommodation

Pakaritampu Hotel 3* Superior (Standard room)

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

Meals included: Breakfast, Lunch, 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 duffel 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.

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 – Inca Trail Trek

Date: 30th May 2021

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 Vilcabama 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 – Inca Trail Trek

Date: 31st May 2021

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

- Classic Inca Trail Trek, in private service

Accommodation

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

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.

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>

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

Essential Information – Top Tips!

Physical rating – 4/5

The physical rating on this trip is based on you selecting to trek the Inca Trail.

On Day 2 of the Inca Trail you will be walking uphill from 3000 to 4500 metres above sea level before descending steeply through big steps and difficult terrain. While this demanding walk is the main challenge our passengers face on this trip, it's also one of the highlights and worth every minute of it.

We recommend that you undertake regular aerobic exercise in the months before you travel, particularly if you are not in the habit of regular exercise. Doing mountain walks or climbing long staircases with a pack is good preparation. Walking, jogging, swimming or riding a bike are all good ways to increase your aerobic fitness, which will allow you to enjoy the trekking to its fullest. More information can be found here:

<https://www.intrepidtravel.com/adventures/trekking-training-guide-tips/>

Problems and emergency contact information

While we always endeavor 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 recognize 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.

You may also choose to provide details in your online feedback, which we ask you to complete within 30 days of the end of your trip. But we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

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

Intrepid's Local Operator: +51 996055559

Passport and visas

Visas are the responsibility of the individual traveler. Entry requirements can change at any time, so it's important that you check for the latest information. 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. Your consultant will also be happy to point you in the right direction with acquiring visas. Visas can take several weeks to process, so familiarize yourself with any requirements as soon as you have booked your trip to allow for processing time.

Your passport details are required to complete your booking. Please ensure the name on your passport matches the name on your booking

As a general rule most countries expect that your passport has a minimum of 6 months validity remaining. Please ensure the name on your passport matches the name on your booking and airline tickets. Your passport details are required to complete your booking. Your consultant will contact you when this is required.

Take a copy of the main passport pages and other important documents with you, and leave another copy at home with family or friends.

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.

PERU:

Citizens of Australia, USA, Great Britain, Canada, Germany, New Zealand and South Africa do not currently require a visa for Peru. For all other nationalities please reconfirm your visa or entry requirements with the Peruvian consulate in your home country.

It is a requirement of the Peruvian Tax Authority for our Tour Leaders to show proof that all travellers on our groups are foreign tourists and are thus exempt from the 17% Value Added Tax (VAT) charged to locals. This may require your Tour Leader to take a photograph of your main passport page and the page showing the immigration stamp you receive upon entry to Peru.

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.

PERU

INSECT-BORNE DISEASES

According to the World Health Organisation, yellow fever is widespread in Peru. Yellow fever is a potentially fatal viral disease transmitted by mosquitoes. It is preventable by vaccination. There is also widespread transmission of Zika virus in Peru. The Australian Department of Health advises pregnant women to discuss any travel plans with their doctor and defer non-essential travel to affected areas. Malaria, dengue fever and other insect-borne diseases occur in parts of the country. Protect yourself against insect-borne diseases by using insect repellent and wear long, loose fitting, light coloured clothing and getting vaccinated against yellow fever before you travel.

ALTITUDE SICKNESS

If you travel above 2,500m you may get altitude sickness, which can be life threatening and can affect anyone, even if you're physically fit. You're more at risk if you've had altitude sickness before, exercise or drink alcohol before acclimatising to the altitude, or have health problems that affect breathing. See your doctor before travelling and get advice specific to you and your situation

check your insurance covers emergency evacuation from altitude and related medical costs.

MEDICAL TREATMENT

Medical treatment can be expensive and is not always of high quality in some parts of the country. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation.

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.

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>

Food and dietary requirements

Peruvian food is delicious and becoming more trendy and popular around the world. You are sure to come away from your travels with some new favourite dishes. Simple street food is a surprise for many of our travellers to Peru - see what is in store for you here: <https://www.intrepidtravel.com/adventures/peru-street-food/>

DIETARY REQUIREMENTS

Please let us know your diet requirements before your trip starts. Generally speaking, in bigger cities/towns vegetarians can expect a reasonable range of vegetarian venues and/or vegetarian options within tourist restaurant menus. However, vegetarianism is not the norm in this part of the world so options can be limited when eating at homestays, small local restaurants, street stalls, markets, etc. More restrictive diet requirements (vegans, coeliac, gluten intolerance, fructose intolerance, lactose intolerance etc.) can also be accommodated along this trip but you should expect a lesser variety than what you can expect at home. We recommend that, if possible, to bring your own supply of snacks with you.

Accommodation

PERU

Due to local energy supply and infrastructure issues, please be prepared for some cold showers while travelling in Peru.

CAMPING

On camping nights we stay in twin share tents, set up by our porters. If you have booked a single supplement, a single tent will be provided. Foam camping mats are supplied but you will need to bring your own sleeping bag. See the 'Packing' section for more information.

Transport

Plane, Private vehicle, Taxi, Train

Money matters

When it comes to money matters on the trip, every traveler 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.

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.

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. The recommended tipping amounts are listed in USD for the relatability of universal travellers.

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.

SOUTH AMERICA - General Tipping Guide:

To give you a bit of guidance, we've put together the following tipping notes. 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 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.

PERU TREKKING - General Tipping Guide:

We recommend you carry the below suggested amounts with you during the trek and that you carry small bills as this makes splitting the tip an easier process. The last day of the trek the tipping will be broken down into envelopes – one per porter, assistant guides and guide.

Inca Trail: we suggest a total tipping amount of PEN120 to PEN180 per person (approximately USD 37 to USD 55). This is generally the tipping breakdown:

Porters, cook and assistants PEN 80 to PEN 120

Assistant guide: PEN 12 to PEN 20

Guide: PEN 27 to PEN 40

Packing – WHAT TO PACK?!

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/grasslands, 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

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)

PERU TREKKING

Tents and sleeping mats are provided for the duration of your Peru trek.

At the pre-trek briefing you will be given a small duffle bag to pack your clothes for the trek, please note there is a 5kg limit, this includes your sleeping bag.

In addition to the general packing list above, please ensure you bring these items if you are trekking in Peru.

Passport:

You **MUST** take your passport, a photocopy is not sufficient. It's important the passport matches the details you provided us when booking this trip (Keep it in a plastic bag in case of rain)

Sleeping bag:

You will need a good warm sleeping bag for the trek. Sleeping bags can be hired for US\$20-25, please let your Tour Leader know at the trek briefing. A four season (or -10) bag is recommended especially for the winter months. At other times you will probably be fine in a 3 season (or -5) bag although this depends on how much you feel the cold and is given as a guideline only.

Silk sleeping bag liner:

Especially recommended if you plan to hire a sleeping bag but can also give your own bag added warmth.

Pillow

Pillows are not provided on the trek and it's your personal preference if you wish to bring one along. If you decide to bring a pillow then we do suggest packing a travel friendly option, something that can be easily packed into your small duffle bag.

Trek Poles:

Trek poles are not required, it's a personal preference. We recommend hiring these at the pre-trek briefing for approximately US\$8 per pole as it will save you carting them around for the remainder of your travels.

Day Pack:

A day bag that has easy access to water bottles (external side pockets) or a day pack with a built in hydration bladder. This bag only needs to be large enough to hold the few things you need during the day (hat, water, camera, snacks, rain jacket etc)

Water bottle:

You should be carrying at least 2 litres of water daily, while trekking. Depending on whether you have a hydration bladder in your bag or not we recommend bringing two (1 litre) bottles that can be refilled on the trail with boiled water, which will be supplied daily.

Waterproof, well worn-in walking boots:

Good quality, comfortable footwear is essential. Whatever you wear on your feet the most important thing is comfort. It is vital to ensure your boots are well worn in and lightweight. Ankle support and waterproofing is recommended but if you already have something comfortable with good grip on rocks then don't go rushing out to buy new boots – you are better off with your well-worn in pair!

Walking clothing in layers:

(E.g. zip off trousers, fleece, T-shirts). It's a personal choice as to how many items you bring however please remember there's a 5kg limit. We recommend the following;

- 2 Pairs of long Walking Trousers (Zip off are a very handy choice but not a necessity)
- 2 T-shirts
- 1 Pair of shorts
- Rain Jacket or Poncho (Poncho can be purchased locally for a \$2-3)
- 4-5 Pairs of Thick socks

Warm clothing for night time:

Fleece, long pants, woollen hat, gloves.

Thermal underwear:

Thermal wear is highly recommended, being light, warm and will keep you warm at night.

Sunscreen, sunglasses and sunhat

Personal medication and basic first aid kit:

Band-Aids, Imodium, Panadol, rehydration sachets.

Camera and spare batteries, memory cards or film:

Please note: there are no electrical outlets on the trek so make sure you fully charge and or have spare batteries.

Snacks:

Chocolates, chips, biscuits, energy bars. Snacks are provided during the trek but you may like to bring one or two extras just in case. If you have a dietary requirement then we recommend bringing some suitable snacks from home. We will accommodate you for Breakfast, lunch and dinner however for snacks it's recommended to bring some just to be safe.

Head torch or Standard Torch (flash-light)

(Very Important) and spare batteries.

Tropical strength insect repellent.

Antiseptic hand gel.

Flip-flops / thongs / sandals:

If you wish to have a shower on the third night and to wear around camp after a long day of trekking.

Ear Plugs:

In case your tent 'roomie' is a snorer.

Plastic bags:

To keep your belongings and clothes dry (wrap everything in plastic bags).

Toilet paper:

Most important! Also small plastic bags or zip lock bags for rubbish which can then be thrown in the main rubbish bag provided by the porters. Please don't dispose of your toilet paper on the ground!

Wet wipes and or Face wipes:

These are an essential and will come in handy after a long day of trekking and no showers.

Small towel and basic personal toiletries:

On the third night of both the Inca Trail and the Inca Quarry there is an opportunity to have a shower so bring travel size shampoo and shower gel if you would like.

Phone and internet access

WhatsApp is a popular way to communicate in Latin America. We recommended downloading WhatsApp prior to departure to communicate with by text with your leader and group members during the tour. Once downloaded, 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. Connections for making phone calls through WhatsApp are not reliable, so please do not use this app to make calls to our emergency phone line.

Climate and seasonal information

See here for more information about the best times to trek in Peru: <https://www.intrepidtravel.com/adventures/hiking-seasons-in-peru/>

Group Leader

All Intrepid group trips are accompanied by one of our group leaders. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. Intrepid endeavours to provide the services of an experienced leader however, due to the seasonality of travel, rare situations may arise where your leader is new to a particular region or training other group leaders.

Your leader will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense, you can expect them to have a broad general knowledge of the places visited on the trip, including historical, cultural, religious and social aspects. At Intrepid we aim to support local guides who have specialised knowledge of the regions we visit. If you were interested in delving deeper into the local culture at a specific site or location then your leader can recommend a local guide service in most of the main destinations of your trip.

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 trips.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe-keeping of your passport, flight 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 or relax and take it easy. 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:

<https://www.intrepidtravel.com/au/safety-guidelines>

PERU

Demonstrations and protests occur regularly and can turn violent. National or regional strikes can be called at short notice and can disrupt domestic air travel, public transport and road networks. In the past, protestors have also caused disruption to Juliaca airport, Cusco airport and rail services to Machu Picchu. Avoid protests, demonstrations or large gatherings.

Street crime, including muggings and thefts, is a significant problem in Lima, Cusco, Arequipa and other major cities. Be vigilant in public places and when withdrawing cash from ATMs. Avoid walking alone in quiet areas or at night. As with travel across the country, you should remain aware of your surroundings and avoid wearing or displaying expensive items. In the event of a robbery, do not attempt to resist attackers or take any action that puts you at greater risk.

Tourists have been the targets of robbery by bogus taxi drivers. Do not hail taxis on the street and instead only use licensed telephone or internet-based taxi services whenever possible, or ask your hotel to book one for you. Be particularly careful when arriving at Jorge Chavez International Airport in Lima and only use one of the official taxi companies located at desks directly outside the arrival hall.

Tourists are sometimes offered 'spiritual cleansing' programs in the Amazon area, Northern Peru and Cusco. These are sometimes called Ayahuasca or San Pedro and typically involve the consumption of dimethyltryptamine (DMT), an hallucinogenic drug. These practices are not regulated and people have suffered serious illnesses and in some cases death after participating in these ceremonies.

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.

HIKING IN PERU

In accordance with local laws governing tourism in Peru, trekking groups of up to and including 8 trekkers must be led by one local guide. The evacuation of an injured traveller in normal conditions may take more than 8 hours. For your own safety, it's crucial that you adhere to the local guide's safety instructions, particularly in regard to how to prevent trekkers getting separated or lost. Your leader will also conduct a safety discussion before our trekking activities

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.

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.

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.

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.

Responsible Travel

Our Responsible Travel Policy outlines our commitment to preserving the environment, supporting local communities, protecting the vulnerable and giving back to the places we travel. All our trip leaders, suppliers and staff are trained on these principles, and are core to us delivering sustainable, experience-rich travel.

Explore the different parts of our Responsible Travel Policy by visiting:

<https://www.intrepidtravel.com/responsible-travel>

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

RAINFOREST ALLIANCE

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

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/>

Manos Unidas runs a vocational training and safe employment cafe, teaching job skills to young adults with disabilities in the city of Cusco. The cafe serves as a real-life job skills site for youth enrolled in the vocational training program. It also provides employment for other youth with disabilities who demonstrate competency for employment.

<https://www.theintrepidfoundation.org/manos-unidas-cafe>