



THE INCA TRAIL AND PERU ADVENTURE



HIKING HOLIDAYS WITH ZANNA VAN DIJK
IN PARTNERSHIP WITH **INTREPID TRAVEL**

Our Travel Style

Our global network of local experts deliver the types of experiences that can't be Googled. Immersive trips that enable you to explore authentic local culture in a sustainable, experience-rich way. We love the highlights, but the real magic for us happens well away from a beaten path, the real life experiences you won't find in a search engine.

Zanna Van Dijk - The Inca Trail & Peru Adventure 10 days / 9 nights

About Your Trip

Start Location/Finish Location

Start Location
Lima, PERU

Finish Location
Lima, PERU

Accommodation

Hotel x 06 nights
Camping x 03 nights

Rooming Requirements

Twin Share

Included Meals

09 Breakfasts,
04 Lunches,
01 box lunch
05 Dinners

Transport

Air-conditioned vehicle
transfers throughout, plane,
shuttle bus and train

Leader/Guide

English Speaking Leader
throughout

Included Activities

Per Daily itinerary

Entrance/Admission Fees

Where applicable with
included activities

Airport Transfers

Arrival and departure transfers are
included on a group basis - (Please
note that this is based on Zanna's
flight times - any transferred
required outside this time will be
charged a fee)

Support

24-hour support from our local
office

Exclusions

- International Flights
- Any visas required
- Services not mentioned in the itinerary
- Late check out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included lunches and dinners
- Tips for leaders, guide and driver
- Expenditure of personal nature
- Personal Insurance
- Optional activities

Safe and responsible travel, always.

As you look to get back on the road, we continue to ensure our trips are safe for everyone. That includes our travellers, our leaders and crew and the people we visit along the way. Our health and safety policies follow recommendations from the World Health Organization and the World Travel & Tourism Council's (WTTC) Safe Travel protocols for tour operators. Before we resume trips in any destination, our itineraries undergo a comprehensive risk assessment and audit, while leaders and suppliers will complete COVID-19 health and safety training. We have also introduced specific policies around testing and vaccination for your safety.



Who we are

For over 30 years we've been taking travellers around the globe, on small group tours with like-minded Intrepid people. Our extensive COVID-19 Health & Safety Guidelines ensure your wellbeing is looked after during your travels.



Safe travels

We're with you every step of the way through our value chain - from our suppliers, to our on ground operations and leaders.



Certified B Corp

When we became certified as the world's largest travel B Corp in 2018, it was not only our official pledge to be a responsible business, but also a promise to be the best travel company for the world.

About your Tour Leader

Tour leader

On this trip you will be accompanied by one of our tour leaders. The aim of the tour leader is to take the hassle out of your travels and to help you have the best trip possible.

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. 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.

Zanna Van Dijk - The Inca Trail & Peru Adventure Itinerary

Day 1 **19th May 2024**
Destination: **Lima**
Meals Included: **Dinner**

Bienvenidos! Welcome to Lima, Peru. Upon arrival at Lima, your tour leader will pick you up and transfer you to your hotel located in the tourist district of Miraflores. We'll be collecting your insurance details and next of kin information at this meeting, so please ensure you have all these details to provide to your leader.

By the afternoon, your Tour Leader will take you on an orientation walking tour around this modern district. You will visit the popular Kennedy Park, considered the point of convergence of both limeños and travelers alike, and arguably the forefront of modern Lima. It is surrounded by a vast array of restaurants, cafes, shops, and about every other thing the capital of Peru could offer you. Visiting Parque Kennedy is therefore a must for any visitor. You will also walk through the Larco Avenue. Then you will head to the 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), entirely dedicated to all lovers. Finally, you'll visit our traditional "Malecon", a six-mile strip of parks, gardens and green space along the cliffs overlooking the sea. Paragliders launch from just north of Larcomar. The entire Malecon is worth seeing, but not on foot. Rent a bicycle or jog if you want to see it all.

This evening, you'll head to dinner at a local traditional restaurant located close to your hotel. Note: Check-In at hotel - 14h00

Included Activities

- Group transfer from Lima airport to hotel, in private basis (Please note that this is based on Zanna's flight times - any transferred required outside this time will be charged a fee)
- Leader-led orientation walk around Miraflores.
- Dinner (set menu) at a local restaurant located close to your hotel.

Accommodation

Señorial Hotel 3* (Standard room) or similar <https://senorial.com/en/home/>

Day 2 / **20th May 2024**
Destination: **Lima / Cusco**
Meals Included: **Breakfast**

Today, you will head to Cusco. At an appropriate time, you will be transferred to Lima airport for your included flight.

Welcome to Cusco! Upon arrival at Cusco airport, you will be transferred to your hotel.

Cusco, historic heartland and former capital of the Incan Empire, 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. Today Cusco is a fascinating combination of both cultures. Take the time to acclimatize to the city's 3450-metre high (11,150 ft) altitude.

In the afternoon, you'll take an orientation walking tour around the center of Cusco. On the way you'll see the Stone of Twelve Angles at the Inca Roca Palace, on Hatun Rumilloc Street and the facade of Qoricancha temple, considered the most important temple of the Inca Empire. Then, you'll head to the heart of the city, "the Plaza de Armas", surrounded by colonial arcades and four churches. In this place you'll find the beautiful "Cathedral" of Cusco, built in the XVI. Finally, you'll explore the San Pedro Market where you'll find vegetables, meats, local cheeses (which you should certainly try), local chocolates, herbal medicines and many local handicrafts. It's a great place to purchase some souvenirs. The market is also a place where many locals go to eat 'mystery soups'. Some may be just chicken; however, the most popular amongst the locals are usually the more unusual ones like frog soups or soups

that contains nose to tail of various animals. Return to your hotel (Entrance ticket to the tourist places are not included).

Included Activities

- Group transfer from Lima hotel to airport, in private service.
- Domestic flight from Lima to Cusco (Economy class)
- Group transfer from Cusco airport to hotel, in private service.
- Leader-led Cusco walking tour, in private service.

Not Included

Entrance ticket to the tourist places are not included but can be purchased on the ground

Accommodation

Ruinas Hotel 3* (Standard room) or similar <https://www.hotelruinas.com/>

Day 3 /

21st May 2024

Destination:

Cusco / Sacred Valley of the Incas / Ollantaytambo

Meals Included:

Breakfast and lunch

In the morning, travel by private car through the Sacred Valley, on the outskirts of Cusco. Known as Wilcamayo to the Incas, the lush, fertile valley has long been the main source of food for the high Andes. Maize crops can be seen surrounding the river and covering the terraces carved high into the valley walls.

On route, you'll discover the Andes from a unique perspective: 3,720 meters above sea level on a Stand-Up Paddle Board. 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. Once settled, we begin with a gentle breathing exercise, a yoga-based warm up, and a SUP and safety briefing on land. We then enjoy a leisurely paddle in mirror flat waters ideal for beginners and experts alike.

Returning to land, we'll then head to Ocotuan community. Here you'll learn about the weaving process where the women of the community will show you ancient techniques of weaving, dyeing, management and production of South American camelid fibers. With this activity, women can support and help their families, providing food, home, health and studies to their sons. Typical lunch is also included at the community.

Later you will continue the tour visiting the town of Ollantaytambo which has been built over an ancient Inca town. This is a magnificent example of Inca urban planning and one of the few places where the Incas defeated the Spanish. Ollantaytambo's archaeological site is located to the east of the Plaza de Armas. The upper terraces of this site offer great photo opportunities of the squared grid town below (Entrance ticket to the site is not included). At the end of the tour, you will be dropped off at your hotel located in this beautiful Inca town.

Note: For the Stand-Up paddle activity is important to bring jacket, swimwear, change of clothes, hat, sunglasses and towel.

Included Activities

- Full day visit of the Sacred Valley of the Incas including a local community and Ollantaytambo Inca town, in private service.
- Stand-Up paddle at Piuray Lagoon (1.5 hours approx.).
- Lunch at local community.

Not Included

Entrance ticket to Ollantaytambo not included but can be purchased on the ground

Accommodation

Tunupa Lodge Hotel 3* (Superior room) or similar <https://www.tunupalodge.com/en/home/>

Day 4 /

22nd May 2024

Destination: Ollantaytambo / Inca Trail Trek
Meals Included: Breakfast, lunch and dinner

During the next four days you'll be hiking 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 during the trek (6 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 your hotel heading 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.

Note: The Inca Trail is within the abilities of most reasonably fit people, but please come prepared, as the trail is 45 kilometers long and often steep. Each day's journey generally consists of seven 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 foam camping mats will be provided. The porters will set up the tents while the cook prepares meals.

Note: Walking poles and Sleeping bags are included.

Included Activities

- 04 Days / 03 Nights Classic Inca Trail Trek, in private basis.

Accommodation

Camping (tents) with basic facilities

Day 5 / 23rd May 2024
Destination: Inca Trail Trek
Meals Included: Breakfast, lunch and dinner

This is the most challenging day of the trek as you ascend a long steep path (approximately five hours) to reach the highest point of the trail. Colloquially known as 'Dead Woman's Pass', Warmiwanusca sits at a height of 4200 metres above sea level, providing amazing views of the valley below. The group will then descend to the campsite in the Pacaymayo Valley at 3650 metres.

Note: Walking poles and Sleeping bags are included.

Included Activities

- 04 Days / 03 Nights Classic Inca Trail Trek, in private basis.

Accommodation

Camping (tents) with basic facilities

Day 6 / 24th May 2024
Destination: Inca Trail Trek
Meals Included: Breakfast, lunch and dinner

Start the day with a climb through the Pacaymayo Valley to Runkuracay pass (3980 metres). Enjoy views of the snow-capped mountain of Cordillera Vilcabamba before descending for around two to three hours to the ruins of

Sayacmarca. Continue over the trail's third pass to the ruins of Phuyupatamarca (3850 metres), also known as 'Town Above the Clouds'. Start the two-hour descent down the Inca steps to the final night's campsite by the Winay Wayna archaeological site.

Note: Walking poles and Sleeping bags are included.

Included Activities

- 04 Days / 03 Nights Classic Inca Trail Trek, in private basis.

Accommodation

Camping (tents) with basic facilities

Day 7 / **25th May 2024**
Destination: **Inca Trail Trek / Machu Picchu / Cusco**
Meals Included: **Breakfast**

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 6:30AM 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. Later on, you'll take the bus down to the small town of Aguas Calientes where you'll have a couple of free hours to wander around or have lunch on your own (not included but your tour leader can give recommendations). Afterwards, you'll board the tourist train back to Ollantaytambo town, followed by the transfer to Cusco city. You'll be arriving in Cusco at 6:30PM approx.

Visiting Machu Picchu: 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. For all routes after taking advantage of the seemingly endless photo opportunities, it's time to return to Cusco for a Pisco sour. Your evening is then free for the last night of your adventure.

Included Activities

- 04 Days / 03 Nights Classic Inca Trail Trek, in private basis.
- Visit of Machu Picchu site, in private basis
- Shuttle bus ticket from Machu Picchu site to Aguas Calientes town
- Tourist train tickets from Aguas Calientes town to Ollantaytambo town on Inca Rail The Voyager service (<https://incarail.com/en/the-voyager-machu-picchu-train>)
- Transfer from Ollantaytambo train station to Cusco, in private service

Accommodation

Ruinas Hotel 3* (Standard room) or similar <https://www.hotelruinas.com/>

Day 8 / **26th May 2024**
Destination: **Cusco**
Meals Included: **Breakfast and box lunch**

Today, you'll explore "Palcoyo" known as the new mountain of colors. Depart from your hotel at 5:30am, driving for about 1 ½ hours to Cusipata Town where we have the first stop to use toilets. Then continue the journey for 1 ¼ hours approx. until the community of Palcoyo (the starting point of the hike). On the way, enjoy an amazing view of the Andean landscapes, being able to see farm areas of potatoes, corn, alpaca farm as well as the "red river", one of the most mesmerizing places in Peru.

Once in Palcoyo community, we will start hiking for about 45 minutes until we get to the viewpoint to appreciate three rainbow mountains (4900 meter-high), panoramic view of the Red Valley as well as the impressive Ausangate snow mountain (considered the highest mountain in Cusco). Then, continue walking for 20 minutes forward the "Bosque de Piedras" (Stone forest), a stunning rocky attraction that dazzle its visitors. Here you'll spend 2 hours exploring this place. Go back to Combapata (1-hour hiking) to see a colonial bridge called Rumichaca built in 1604. Finish the tour at Checacupe village to appreciate three more bridges from different periods (Inca, Colonial and Republic times). Finally, return to Cusco by vehicle, arriving to your hotel at 5:00pm approx.

Minimum Altitude : 3,400 meters. Maximum Altitude : 4,900 meters

Hiking time : Between 2 to 3 hours approx.

Included Activities

- Full day visit & hike to the rainbow mountain of Palcoyo, in private basis.
- Box lunch.

Accommodation

Ruinas Hotel 3* (Standard room) or similar <https://www.hotelruinas.com/>

Day 9 / 27th May 2024
Destination: Cusco / Lima
Meals Included: Breakfast and dinner

The morning will be free in Cusco to continue discovering the city on your own.

In the afternoon, you'll be transferred to the airport to board the flight back to Lima.

Once in Lima, you'll be transferred to your hotel located in the tourist neighbourhood of Miraflores. At the end of the day, enjoy a farewell dinner at a local restaurant, located close to your hotel.

Included Activities

- Group transfer from Cusco hotel to airport, in private service.
- Domestic flight from Cusco to Lima (Economy class)
- Group transfer from Lima airport to hotel, in private service.
- Dinner (set menu) at a local restaurant located close to your hotel.

Accommodation

Señorial Hotel 3* (Standard room) or similar <https://senorial.com/en/home/>

Day 10 / 28th May 2024
Destination: Lima / Out
Meals Included: Breakfast

This is the last day of your tour. At an appropriate time, you will be transferred to Lima airport for your international flight back to home.

Note: Check out at hotel – 12h00

Included Activities

Group transfer from Lima hotel to airport, in private service - (Please note that this is based on Zanna's flight times - any transferred required outside this time will be charged a fee)

END OF SERVICES

Important Information

About Inca Trail permits this are the policies to take in consideration:

- If passengers cancel, there is a penalty fee of GBP 200.00 for the Inca Trail permit. As mentioned, once Inca Trail permits are purchased, these are non-refundable.
- In order to purchase Inca Trail permit we will need: full passport details.
- In case we purchase a permit with an old passport, there are two options: passengers can bring their old passport OR there is a penalty fee of GBP 50.00 to change the passport number (in order to proceed with the change, we will need copy of old and new passport).
- Once permits are purchase, we cannot change name or last name to the permits.

Once permits are sold out, we cannot longer confirm Inca Trail for the travelling date so it is best to purchase permits as soon as passengers confirm.

- The quote and accommodation will be subject to availability at the time of booking
- Travel is always an adventure and, as destinations reopen, there are a few challenges as everyone gets back up to speed and adjusts to the new normal. Our leaders are experts when it comes to dealing with anything unexpected along the journey, so pack your understanding and flexibility, sit back and relax while they take care of the rest.

Essential Trip 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.

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. Please do be aware that it is very difficult for us to provide any practical help after the trip is completed, so informing us while still travelling will give us the opportunity to resolve the issue in real-time.

For general contact details please use the following page: <http://www.intrepidtravel.com/ourtrips/contact/>

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

Intrepid's Local Operator: +51 996 055 559 / +51 940 512 701

Passports, visas and entry requirements

PASSPORT

You will need a valid passport to travel internationally. As a general rule, most countries require that your passport has a minimum of 6 months validity remaining. Your passport details are required to complete your booking. Please ensure the passport details you provide are accurate. Any errors provided may result in extra fees for making corrections in bookings. We recommend taking copies of the main passport pages and other important documents with you as well as leave copies at home with family or friends.

VISAS

Visas are the responsibility of the individual traveller. Entry requirements can change at any time. It is important that you check your government's foreign travel advisories along with the consular website of the country or countries you are travelling to for the most up to date information specific to your nationality and circumstances. Please be aware that not all visa information found online from other sources may be valid while COVID-19 restrictions are in place.

Visas can take several weeks to process, so make sure you research the requirements as soon as you have booked your trip to allow for obtaining any necessary documents as well as the application and processing time. Your booking consultant can advise on a visa processing service or you can apply yourself directly through a consulate. Below you will find general visa advice about the destinations on your trip.

Below you will find general visa advice about the destinations on your trip. Due to constantly evolving COVID-19 requirements and restrictions, please refer to your government's foreign travel advice for most up to date information.

PERU VISA

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.

PERU COVID-19 ENTRY & EXIT REQUIREMENTS

For the latest update of what is required in order to enter Peru, please check your government's foreign travel advice and visit the following website: <https://www.peru.travel/en>

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

GENERAL HEALTH

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 manage and enjoy 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, we reserve 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 while travelling.

COVID-19

The safety and wellbeing of our travellers, leaders, crew, staff, and suppliers continues to remain our highest priority as we travel. You can read more about how we will keep you safe on our trips, including our COVID-19 Health & Safety Guidelines here: <https://www.intrepidtravel.com/safe-travels>

HEALTH SCREENING

If you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements. At the group meeting, you will be asked to complete a self-screening health form and report any COVID-19 symptoms as well as any close contact with someone who has suspected or confirmed COVID-19. If you are displaying any symptoms or have any health concerns at this time, we will follow the advice of local health authorities to determine whether medical assistance, isolation or further action is required. It's quite possible that the destination country may have different or more strict protocols in place in relations to a Covid-19 case from your home country. This may include hotel or hospital quarantine or quarantine for the group. Please check your government's travel advice or contact the closest embassies to find out the details. We ask all travellers to continue to monitor their health throughout their travels and report any relevant symptoms to their tour leader.

MANDATORY VACCINATION POLICY

From 1 December 2021, all travellers on Intrepid trips, including in Australia, New Zealand and the Cook Islands, are required to produce proof of full vaccination against COVID-19.

This policy is in addition to any specific testing or vaccination requirements for entry or exit to a destination or required by your airline. For more information, including a detailed FAQ about this policy, please visit <https://www.intrepidtravel.com/covid19>

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.

For those on strict Kosher or Halal diets please be aware due to cultural and language differences these are not always easy to convey when you are travelling. Your guide will do their best to assist you in translating your needs when eating out, but please be aware that these diets are not common in much of the continent and the best they may be able to accommodate is no pork or shellfish. If this will be a concern for you you may like to consider opting for vegetarian or vegan meals. We recommend researching kosher or halal options in your destination country prior to travel.

Accommodation

As per daily itinerary

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.

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.

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

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

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 / jandals:
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.

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/>

FLOODING & LANDSLIDES:

The wet season in Peru is from November to April. During this time it can be rainy or even snow heavily in the Andes. There have been occasions of torrential rains and flooding in some parts of the country, including Cusco. During the wet season landslides and inclement weather can cause disruption to road and rail travel as well as trekking and hiking routes. These can include Cusco, the routes to Machu Picchu and the north of Peru.

EARTHQUAKES:

Peru is in an active earthquake zone and there are frequent tremors. If in a building when an earthquake strikes keep away from the windows and make your way to the safe zones marked in most buildings with an 'S' sign. If you

are outside keep away from buildings and other areas where objects, like trees or power lines, could fall.

Safety

Most national governments provide regularly updated foreign travel advice 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 destinations and activities on your trip. Please refer to our website's safety page for links to major travel advisories and updates on safety issues affecting our trips here: <https://www.intrepidtravel.com/travel-alerts>

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 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.

Intrepid's operational safety policies can be viewed on our website at the link below. We recommend that you take a moment to read through this information before travelling, and would appreciate any feedback on how safety is being managed on our trips.

<https://www.intrepidtravel.com/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.

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

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.

MONEY WITHDRAWAL:

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

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. You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited, and you also agree to travel in accordance with our Responsible Travel Guidelines.

The decision of the group leader is final on all matters likely to affect the safety or well-being of any traveller or staff member participating in the trip. If you fail to comply with a decision made by a group leader, or interfere with the well-being or mobility of the group, the group leader may direct you to leave the trip immediately, with no right of refund. We may also elect not to carry you on any future trips booked.

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.

For additional Conditions of Carriage regarding COVID-19, see here: <https://www.intrepidtravel.com/conditions-carriage>

Travel Insurance

Travel insurance is compulsory on all our trips for those travelling internationally. We require that at a minimum you are covered for medical expenses including emergency repatriation. If you are travelling within your home country or region please confirm before travel that you are entitled to access the public medical system easily should an accident occur. We strongly recommend all travellers have a policy that also covers personal liability, cancellation, curtailment and loss of luggage or personal effects. For international trips, you will not be permitted to join the group until evidence of travel insurance and the insurance company's 24-hour emergency contact number has been sighted 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 your 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>

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.

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>

Special Conditions

Final Balance

- Final balance payment is required 70 days prior to travel.

Cancellation by the traveller

- Cancellation prior to 70 days; we will hold the deposit amount as a credit.
- Cancellation 69 days or inside prior to travel will incur 100% cancellation fees
- No shows will be treated as a cancellation and will incur 100% cancellation fees.

Cancellation by Intrepid

- Cancellation is in line with those detailed in the standard Intrepid booking conditions in clause 8.

Booking Conditions

By booking this Intrepid Travel Tailor-Made Adventure, you agree to the Intrepid Standard Booking Conditions <https://www.intrepidtravel.com/au/booking-intrepid/booking-conditions> and any deviations specified below that apply to your Tailor-Made booking as set out below.

If you are making a booking on behalf of a group, you must ensure each traveller has read and agrees to our Booking Conditions before making the booking.

- You must provide a travellers' name list and details including name as per passport, passport number and expiration date, nationality, DOB, gender, rooming requirements, dietary requirements, medical concerns at least 60 days prior to departure of the trip.
- All rates are per person, based on indicated numbers travelling together as one movement. Any changes to the group size at any time before or after confirmation of services will require the trip to be repriced.
- The details set out in your proposal are a quotation only. The pricing and itinerary are subject to availability of accommodation, transport, leaders, and other suppliers at time of booking. We reserve the right to amend and requote itinerary if such suppliers are not available.
- By making your payment, you are agreeing to the most recent itinerary and price quote. All revisions will be subject to requote and additional approval.
- A contract will exist when we accept your deposit.
- If we, or a third-party operator, is required to make amendments to your original proposal,
- Hotels listed in the quote are indicative only and are subject to change. If the hotel listed in the quote is unavailable, we will confirm an alternative hotel of similar standard.
- If complimentary transfers are included, (on a group basis) they are only applicable if going to accommodation booked through us. Please advise flight arrival details (flight number and arrival time) at least 30 days prior to departure if you wish to have this transfer provided. There is no guarantee we can arrange this transfer if we receive these details within 30 days of departure.
- Some Tailor-Made tours, such as our Tailor-Made Australia trips, may have cancellation terms that deviate from those set out in the Intrepid Standard Booking Conditions. Your Tailor-Made consultant will advise you of the cancellation conditions that apply to your booking prior to you paying your deposit.
- You acknowledge that you are choosing to travel at a time where you may be exposed to the COVID-19 virus. We will take all reasonable steps to ensure your safety and may require you to follow additional safety protocols before and during your trip. Depending on the most recent health information available to us, we may require you to comply with mandatory health policies, including the need for proof of vaccination or medical tests. More information can be found on our Covid-19 Customer Information page [here](#). Please note that these policy requirements are subject to change following advice from relevant authorities.

subsequent pricing may become applicable to your booking.

- Any changes to the itinerary made by you AFTER services have been confirmed will require a revised quote and may be subject to an additional charge (as levied by hotels, ground operators or airlines). No additional changes are permitted within 30 days prior to departure.