

Grand American Adventures

THE ADVENTURE COMPANY
FIRST FOR ADVENTURE

USA, CANADA,
ALASKA AND
LATIN AMERICA

www.trekamerica.com

Classic Peru



Tour Overview

Beginning in Lima, we travel south along Peru's Pacific desert coast to Paracas and then enjoy a scenic boat cruise to the Ballestas Island. Here we will see thousands of sea birds overhead, along with sea lions basking in the sun. Next, try sand boarding or take a flight over the baffling effigies known as the Nazca Lines and contemplate their arcane meaning as archaeologists have done for centuries. Continuing down the rugged coast, we climb to panoramas over the ocean and arrive to the colonial city of Arequipa.

In Arequipa, Peru's second-largest city, choose to visit the Santa Catalina Convent and peruse museums and galleries in this handsome city. Then, a spectacular drive over a 5,000 metre pass and through a vicuña reserve brings us to the Colca Canyon, where we will walk to the rim of the upper canyon watching for condors, before soaking in local thermal springs.

Fully in the Andes now, we make our way to Puno and Lake Titicaca. Navigating the lake via the floating reed-islands of the Uros Indians, we stay the night on tranquil Amantani Island in a rustic village home.

We continue the journey to Cusco across the altiplano passing snow-capped peaks with breathtaking vistas. Cusco is alive itself, with a bustling nightlife, thriving indigenous population and aesthetic ruins and architecture. It is easily one of the most memorable and exciting cities in the Andes and the gateway to the Sacred Valley and the Inca Trail.

During our four day Inca Trail trek, we will pass through various micro-climates and experience spectacular sights before coming face-to-face with Machu Picchu. You will have ample time to explore this once lost city and take phenomenal photographs.

A dreamy train ride back to Cusco for a day of cultural exploration is a great way to finish this tremendous Andean experience. After an included walking tour, shop in the eclectic markets and meet people from all over the Andes before flying back to Lima.

NOTE: Grand American Adventures travellers will join our sister company for this special journey. Individual travellers will join the group at our Lima gateway hotel.

Tour Itinerary

- | | |
|--|-------------------------------|
| 1 Arrive Lima (HP) | 12 Cusco (HP) |
| 2 Paracas (HP) | 13 The Sacred Valley (HP) |
| 3 Huacachina (HP) | 14 The Sacred Valley (HP) |
| 4 Nazca (HP) | 15 Inca Trail |
| 5 Arequipa (HP) | 16 Inca Trail |
| 6 Arequipa (HP) | 17 Inca Trail |
| 7 Colca Canyon (HP) | 18 Inca Trail >> |
| 8 Colca Canyon (HP) | Machu Picchu (HP) |
| 9 Puno >> Lake Titicaca (HP) | 19 Machu Picchu >> Cusco (HP) |
| 10 Lake Titicaca - village home stay | 20 Cusco (HP) |
| 11 Taquile Island/Puno >> Lake Titicaca (HP) | 21 Cusco >> Lima |

HP = Hotel night included in the price

Tour Essentials

- | | |
|----------------|--|
| Duration: | 21 days |
| When to go: | Year Round |
| Accommodation: | 3 camping nights
16 hotel nights
1 night village home stay |
| Meals: | Included on trail walk, other meals paid locally |
| Start/Finish: | Tour starts on morning of day 2 in the hotel lobby & finishes approx 14.00 at Lima airport |

Is This Tour For Me?

On this Andean trek, experience some of the world's most breathtaking mountain scenery along with some of the Inca's finest archaeological sights as you hike the Inca Trail.

We consider the Inca Trail to be moderate to strenuous. Although you may walk for up to seven hours a day, and the route involves considerable ascent and descent, it can be done by anyone in reasonable health and with the will to witness the splendid sight of Machu Picchu. Please note, on Amantani Island and on the Inca Trail there are few facilities.

Included Highlights

- ✓ 4 days trekking and camping on Inca Trail including all meals
- ✓ 1 night village home stay at Amantani Island, Lake Titicaca
- ✓ Train from Machu Picchu back to Cusco
- ✓ 16 hotel nights shown as an (HP) in the itinerary including most breakfasts
- ✓ Professional bilingual tour leader, camping fees/equipment & transportation
- ✓ Flight from Cusco to Lima



Classic Peru Tour Information

DAILY ITINERARY

DAY 1 - ARRIVE IN LIMA

Clients should make their own way to the hotel in Lima. You will meet the tour leader and group on DAY 2 at 9am in the hotel reception. Please note: This trip is operated in conjunction with our sister company, The Adventure Company.

DAY 2 - PARACAS

Founded in 1535 by Francisco Pizarro, Lima was the principal city of Spanish South America for three centuries until independence swept the continent. This morning your local guide will show you something of the bustling old city, with its impressive colonial architecture. The Presidential Palace stands, like the cathedral, on the great central square of the Plaza de Armas, on the site of Pizarro's house. Later you visit the breathtaking collection of gold and silver artefacts at the Gold Museum, before starting your afternoon drive south on the Pan-American Highway along the Pacific coast for 3½ hours to reach the small fishing village of Paracas. Here you settle into your beachfront hotel and enjoy a sunset over the calm Paracas Bay. Hotel - 1 night (B)

DAY 3 - HUACACHINA

Boarding your boat early this morning, you embark on a sea trip to visit the spectacular Ballestas Islands. Here thousands of seabirds wheel around the skies, and pelicans jostle with basking sea lion on rocky ledges - a truly unforgettable experience. Returning to Paracas you have an opportunity to explore the Paracas Nature Reserve where flamingos can be seen wading in the shallows. After lunch (not included) you take a short drive of one hour to Ica, where you can taste local wines and visit the excellent regional museum. You stay tonight at the atmospheric oasis of Huacachina, set on a tiny lagoon amidst palm trees and high sand dunes. Hotel - 1 night (B)

DAY 4 - NAZCA

The adventurous may opt to hit the dunes today, either trying their hand at dune boarding or buzzing around on a dune buggy. Back on the vehicle, the Panamericana continues south through fields of cotton and oranges to the flat and stony pampa of Nazca, where after two hours you pause to view the mysterious lines etched into the desert floor many centuries ago. To fully appreciate the geometric designs and images of birds and animals, you can take an optional flight in a light aircraft to see them from above. Despite years of research and conjecture on how and why they were made, their purpose remains unexplained. Hotel - 1 night

DAY 5 - AREQUIPA

You spend much of today travelling (about 10 hours in all), through some spectacular scenery. The road follows rocky coastline past surf-lashed beaches before turning inland. As you climb away from the coast, a group of volcanic mountains heralds your arrival in Arequipa (2400m). This colonial city stands in a warm and sunny climate overlooked by the perfect, snow-draped cone of El Misti (5882m). Its fine buildings, constructed in distinctive local stone, are built to resist the ever-present threat of earthquakes. Arriving in the late afternoon you have the evening free to savour the atmosphere of the beautiful arcades of the plaza. Hotel - 2 nights

DAY 6 - AREQUIPA

Today you spend a full day in the city. You visit the walled enclosure of the Convento de Santa Catalina - a miniature town occupying an entire block and which remained isolated from the rest of the city until 1970. Nowadays it provides a fascinating record of ecclesiastical life in bygone days. In the afternoon, there is time to explore the city further; a visit to the museum of Andean Sanctuaries whose highlights include the extraordinary ice mummies found atop some of Arequipa's numerous surrounding volcanoes is highly recommended. (B)

DAY 7 - COLCA CANYON

Leaving the city of Arequipa, you begin the four-hour drive to the staggering Colca Canyon. In the national reserve of Pampa Canahuas you may see groups of vicunas - the rarest and most timid of the American cameloids. As you descend, you take a short side route to the

largely unvisited village of Canocota. From here a three-hour walk follows the rim of the upper canyon, allowing you spectacular views of the river below. The walk ends at the thermal springs of La Calera where you can enjoy the piping hot waters (optional) before boarding the vehicle for the short trip to the village of Chivay (3600m) where you stay. Hotel - 2 nights (B)

DAY 8 - COLCA CANYON

Leaving Chivay early, you drive about 1½ hours to the viewpoint at Cruz del Condor where you find the ideal spot to peer 1200m down to the floor of the canyon. It's here that the legendary condor can be seen rising and circling on the morning thermals, silhouetted against the magnificent backdrop of the mountain scenery. The canyon is of mythical proportions; controversy still rages over whether or not this is the world's deepest! In some parts it is more than 1km from cliff edge to river bottom. During the return journey to Chivay you visit the picturesque villages of Maca and Yanque with their Baroque-fronted churches overlooking quiet plazas. After lunch in Chivay, you can try a two-hour walk on the lesser-visited northern rim of the canyon, close to the village of Coporaque. Here you may enjoy distinct views of the canyon and visit the Huari ruins of Ullo Ullo. (B)

DAY 9 - PUNO

A spectacular and literally breathtaking journey, (about five hours driving time), over the high pass of Patapampa (4900m) offers spectacular views of the volcanoes of Ampato, Hualca Hualca and the smoking Sabancaya. Travelling over the high plains, or altiplano of southern Peru, you see yet more herds of llamas and alpacas before arriving at the eerie ruins of Sillustani. The site comprises several curious stone burial towers built by the 15th century Colla tribe which overlook the primeval landscape in a brooding, sinister fashion. After exploring this site you reach the town of Puno, on the shores of Lake Titicaca. At this altitude the sun is very hot in the daytime but temperatures at night can drop below freezing in the winter months of June, July and August. Hotel - 1 night (B)

DAY 10 - AMANTANI ISLAND

A short drive to the port brings you to the shores of the lake. At this altitude (3850m), the air is thin and clear and the glistening icecaps of a cordon of Andean peaks seem close. You sail to Amantani via the floating reed islands of the Uros Indians. The life of the Uros is based on the tortora reed, which grows in the lake and is used to construct their houses and boats. You spend around four hours sailing between islands and marvelling at the views across this vast body of water. The island of Amantani has six tiny villages and carefully maintained terraced fields where life continues much as it has done for centuries. It is well worth climbing to the island's highest point for sunset. Spending the night in a village house affords a very special insight to the lives of the islanders. Rustic village house - 1 night (B)

DAY 11 - TAQUILE ISLAND & PUNO

Travelling by boat you cross over to Taquile Island where you glimpse an age-old way of life with rich traditions of weaving, music and dance. The local style of dress echoes that worn in colonial times. The beautiful weaving and knitting here is famous and available for sale in the crafts co-operative. Boarding the boat you make the pleasant return trip across the lake to Puno. Hotel - 1 night (B)

DAY 12 - CUSCO

An early start today as your bus takes you across dusty altiplano, dotted with llama, alpaca and the simple adobe dwellings of local herders. Once over the pass at La Raya (4321m) the scenery changes. The fertile valleys are still worked by beast or groups of industrious villagers; their timeless agricultural methods prove the value of the knowledge of long ago. You have the opportunity to stop at several places of interest along the way including La Raya pass and the Inca ruins of Racchi and Pucara (about six hours drive). Alternatively you may prefer the option of making this classic journey by rail (additional cost) taking you through the same spectacular scenery in the comfort of Orient Express carriages. In the evening you arrive in Cusco, the seat of Inca rule for some 500 years. Hotel - 1 night (B)



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DAY 13 - THE SACRED VALLEY

You spend this morning exploring the vast fortress of Sacsayhuaman. The skilfully constructed outer walls consist of massive blocks of stone, the largest weighing over 350 tonnes. Close by you also visit some of Cusco's outlying Inca sites - Q'enqo, Puka Pukara and Tambo Machay. A short drive of about 30 minutes brings you to Pisac where the local Thursday market fills the main plaza with bustle and brightly-coloured costume. Sitting high above the town perch the ruins of Pisac with sweeping terraces and spectacular views. After a 40-minute drive through the heart of the valley you arrive in Yucay your base for the next two nights. Hotel - 2 nights (B)

DAY 14 - THE SACRED VALLEY

The Sacred Valley was the heartland of the Inca Empire; full of farmer's fields, mountain views and quiet rural charm; you have the whole day to enjoy its delights. There is plenty to do in the valley; you can take to mountain bikes for a stunning ride from Chinchero via the Inca ruins of Moray before descending past the salt pans of Maras; alternatively you can explore on horseback or go white water rafting on the Urubamba River, stretch your legs with some stunning walking or relax and enjoy the peace (all optional). (B)

DAY 15 - INCA TRAIL

Driving along the valley, you pass many buildings that show the highly developed organisation of the Inca; nowhere more so than the terraced complex of temple, fortress and granary at Ollantaytambo, guarding the entrance to the Urubamba Gorge. At Chilca, where the gorge narrows, you meet your guide and crew and start the trek. Stretching your legs you follow the Urubamba riverbank below the snow-capped peak of Mt. Veronica. After lunch you head away from the river; a gentle climb soon brings you to a pleasant campsite at Llactapata (2850 m). You carry only a daypack as a team of porters carries all other equipment. You camp in tents and your porters take care of all camp chores with the assistance of a cook and helper. A mess tent and a toilet tent are provided at camp. About 4/5 hrs easy walking today. Camp - 1 night (BLD)

DAY 16 - INCA TRAIL

You are woken with a hot drink and a bowl of warm water at your tent. Getting into a good walking rhythm you follow the course of the Cusichaca River, ascending a broad valley to the village of Wayllabamba ('Grassy Plain' - 3,000m), the last human habitation on the trail. Your porters go ahead and prepare your lunch. After pausing to rest, you climb steadily and steeply to Llulluchupampa (3680 m) - a beautiful flat area of pasture. About 5/6 hrs moderate uphill walking. Camp - 1 night (BLD)

DAY 17 - INCA TRAIL

The tough day! An initial steep climb takes you across the highest point on the trail at Warmiwāñusca (Dead Woman's Pass - 4200m); the views back along the valley certainly make the climb worthwhile. You descend to the Pacamayo River and a second ascent leads to Runkuracay Pass (3998m) - from here on the trail is largely downhill and you encounter the first long stretches of original Inca paving which makes for easier going. You cross the Aobamba River below Sayacmarca ruins, high on a rocky spur. After a final easy ascent, with spectacular views over the Urubamba valley far below, you emerge above Phuyupatamarca ruins. About 7/8 hrs moderate and demanding walking. Camp - 1 night (BLD)

DAY 18 - MACHU PICCHU

You awake to a spectacular vista and set off this morning on one of the most beautiful parts of the trail. A steep downhill section of some 2000 Inca steps brings you to your lunch stop at the picturesque ruins of Winay Wayna - meaning 'forever young' - considered by many to be their favourite ruins. Excitement mounts as you conquer a steep flight of steps and arrive at Inti Punku, the Sun Gate. The toil of the day is forgotten at a stroke as you are treated to a spectacular view of Machu Picchu below. After lingering to admire the panorama, you walk through the site and catch a bus down the narrow access road to rejoin the Urubamba River in the village of Aguas Calientes where you check in to your accommodation and enjoy a well-earned long shower. About 4/5 hrs walking today, mostly downhill. Basic Hotel (BL)

DAY 19 - MACHU PICCHU & CUSCO

Rising early this morning your group has Machu Picchu ruins largely to itself before the train brings in day-visitors from Cusco. The magnificent lost city, rediscovered by American archaeologist Hiram Bingham in 1911, stands on a high saddle dominated by the jungle-clad peak of Wayna Picchu. You have time to make the vertiginous climb to its summit for dramatic views of the city spread out below or simply just wander the myriad of steps and stairways of the site, revealing as they do a vast complex of immense structural, historical and archaeological worth. Later in the day you catch the train back to Cusco. Hotel - 2 nights (B)

DAY 20 - CUSCO

A walking orientation tour this morning reveals more of Cusco's historical and archaeological treasures. The imperial city was laid out in the rough shape of a puma. Today, its orderly streets bear witness to the extraordinary skill of Inca stonemasons; many are still lined with precisely interlocked stonework which serves as the foundation for later buildings from the colonial era, creating an atmospheric pastiche of contrasting architectural styles. With your local guide, you explore the inner city on foot. The rest of the day is free to relax. (B)

DAY 21 - LIMA

You catch a morning flight back to Lima and finish the tour.

WHY NOT ADD A JUNGLE EXTENSION?

You can round off your trip to Peru with a visit to the Amazon Rainforest. You'll stay in a comfortable lodge on the Tambopata River and have two full days to explore the rainforest. Day 14- fly to Puerto Maldonado, and then enjoy three nights in our Amazon jungle lodge. Day 17 return to Lima airport. From £359 - call for details.

DAY 21 - AMAZON RAINFOREST

You will be transferred to the airport for the flight (approximately 30 minutes) to Puerto Maldonado. Although schedules vary, the flight usually departs mid-morning. On arrival at Puerto Maldonado a local representative of the jungle lodge will meet and transfer you to a riverboat at the town wharf for the trip. Depending on the location of your lodge, this journey is between 1 to 3 hours. On the journey you will be able to see a wide variety of animal and plant life an ideal introduction to the wonders of the Amazon rainforest. There is a short jungle walk of about 50 minutes to reach an oxbow lake before crossing it to arrive at the lodge. After sunset you board your canoe once again for a short night ride to spot cayman by torchlight. Lodge - 3 nights (BLD)

DAYS 22/23 - AMAZON RAINFOREST

Over the next two days you are accompanied by resident naturalist guides on a number of fascinating excursions. Exploring by foot and in canoes you quickly become aware of how extraordinarily diverse the rainforest ecosystem is; well over 500 birds and 1,000 butterflies have been recorded, in addition to the rich plant and mammalian life. A network of well-marked trails extend from the lodge and the oxbow lake, home to giant otters, gives the opportunity to paddle its tranquil waters by canoe in order to quietly observe wildlife on the shore. The lodge itself comprises several thatched roof bungalows around a central dining area and is co-owned by the local community and a conservation organisation. Each room has en suite facilities and electricity. (Bx2, Lx2, Dx2)

DAY 24 - AMAZON RAINFOREST TO LIMA

Bidding farewell to the jungle, you return to Puerto Maldonado by riverboat in the early morning. On arrival at Puerto Maldonado a local representative will meet you and transfer you to the airport for the flight to Lima where the tour ends. If you would like an additional night in Lima, please advise us at the time of booking and we will reserve your hotel accommodation.

Flight tickets for the Amazon Extension (and any other domestic flight within Peru) will be issued in Peru by our local agent.

The Amazon Extension is unaccompanied by a tour leader, although a local representative will assist you on arrival and departure. While at the lodge itself, the permanent staff will attend to you and excursions will be accompanied by a local guide.



Classic Peru Tour Information

LODGING ACCOMMODATION

Designed for those who no longer wish to camp, (or never did!), Grand American Adventures tours utilize comfortable, clean hotels and lodges chosen for their proximity to the highlights of the region as well as easy access to major sights.

Accommodation is on a twin-share basis, with en-suite bathroom facilities. You will be roomed with a fellow passenger of the same sex. In the event that you cannot be matched with another passenger, there is never a forced single supplement charge with Grand American Adventures! However, if you would like your own room, you may request a single at the time of booking for an additional fee.

Please note, on this tour you will also stay in camping accommodation for 3 nights on the Inca Trail.

BAGGAGE/CLOTHING

BAGGAGE:

We recommend you travel as light as possible.

- One soft, lockable bag - travel pack, or rucksack. Hard suitcases are not generally practical for our style of travel (as you may on occasion have to carry your baggage for quite a distance)
- A larger daypack or small rucksack with a comfortable harness and waist belt (30-40 litres capacity is ideal for carrying a fleece and raingear or change of clothing, water bottle, camera, guidebook, picnic supplies etc) NB: A special trek duffel bag is provided for the Inca Trail so any surplus luggage can be left in your main bag. Due to Inca trail

CLOTHING AND FOOTWEAR:

Below is a suggestion of what you might find useful to take on this trip. It is not an exhaustive packing list. If you need further advice, please call us or consult your nearest specialist outdoor clothing and equipment store.

- Waterproof jacket
- Sun-hat
- Trainers for relaxing
- Swimming gear
- Walking or lightweight trail boots
- Warm mid-layer i.e. fleece (extra layers in June/July are essential)
- Lightweight cotton clothing, tight weave for the jungle
- Warm hat, gloves and thermal underwear if travelling Jun-Sept

EQUIPMENT:

- Sunglasses
- Water bottle
- Personal First Aid kit
- Watertight bag for camera
- Torch (and spare batteries)
- Insect repellent
- Sunscreen
- Lipsalve
- Towel
- 3-season sleeping bag (4-season Jul-Aug) (these can be rented in Cusco - please ask at time of booking)
- A laundry service may be available in some hotels/towns, but we recommend you take biodegradable travel detergent so you can wash clothes as you choose.

NB. Mats are provided on the Inca trail but for comfort a thermarest is recommended. Should you wish to bring your own trekking poles, only those with rubber tips are acceptable on the Inca trail.

DOMESTIC FLIGHTS from Cusco to Lima will be with either Star Peru, Lan Peru or Aero Condor. Tickets obtained from your Group Leader. Flight schedules and preferred airlines can change.

LOCAL COSTS

18 breakfasts, 4 lunches & 3 evening meals are included.

Vegetarians can be catered for on the Inca Trail trek. You must pay for all other meals yourself (you can eat quite well for US\$20 per day). Approximate costs are given for guidance only & may vary widely according to location and type of establishment.

Coffee/tea	US\$1.00
Soft drink	US\$1.00
Medium beer	US\$2.00
Local snack lunch	US\$8.00
3-course dinner*	US\$18.00

*reasonable mid-range tourist class restaurant

OPTIONAL ACTIVITIES/SPENDING MONEY

Some or all of the excursions detailed below may be available. Approximate costs are given for guidance only and may depend on the number of participants. Your Group Leader should be able to assist you in arranging them.

- ★ Nazca Lines, light aircraft overflight..... US\$70.00
- ★ Cusco, Urubamba river rafting \$30.00
- ★ Mountain biking (Sacred Valley) \$5-10 hr
- ★ Horse riding (Sacred Valley) \$5-10 hr

LOCAL CURRENCY: Nuevo sol. The Peruvian economy is linked to that of the USA, so take only US dollars which can be changed into sol on arrival. Due to a large number of counterfeit US\$100 bills being in circulation, it may prove difficult to get them exchanged. We therefore recommend that you take US\$50 bills instead. Opportunities to change money are limited outside major cities; traveller's cheques are advisable for security, but cash is more convenient as it can be changed almost anywhere, so bring a judicious mix of denominations. Beware of marked, torn or dirty notes, as they may not be accepted. Cash advances can be obtained from ATMs in Lima and Cusco. Credit cards are accepted only in major hotels and more expensive restaurants. There are approximately 4.8 sol to one British pound and 3.1 sol to one US dollar (as at January 2009). For an up-to-date guide on current exchange rates go to xe.com

TIPPING: Tipping is an accepted part of life, and - although it is at your discretion - you will be expected to tip to reward service. Your Group Leader will be able to give you an indication of when and how much is appropriate. This can vary widely, but please allow £40 per person for this trip. Also, if you wish to tip your Group Leader (in recognition of their contribution towards your overall enjoyment of the holiday) a guideline would be approximately £1 to £2 per person, per day.

DEPARTURE TAX: Allow US\$30 on leaving Lima.



Classic Peru Tour Information

HEALTH/EMERGENCY CONTACT

The following are recommended:

- Hepatitis A
- Polio
- Typhoid
- Tetanus
- Yellow Fever NB: Yellow Fever vaccination is compulsory if taking the Amazon extension or if coming from an infected country, take your certificate with you.
- Malaria Prophylactics required on Amazon extension.

For detailed information and advice concerning vaccinations go to: www.fitfortravel.scot.nhs.uk. Vaccination requirements change periodically so we advise that you check with your nearest specialist travel clinic 4-6 weeks before departure to get up-to-date information.

We also recommend:

- That you know your blood type (or group)
- That you communicate any pre-existing health conditions to both your travel agent and Grand American Adventures tour leader.

Emergency Contact Overseas:

Base Camp Peru, +51 (84) 243-856/223-260

WALKING AT ALTITUDE

Is this trek suitable for you? Please look through the below questions and if you answer 'no' to any of the altitude questions, or 'yes' to the Walking question, then please consider whether you are fit enough to do this trek.

Altitude:

Have you previously walked at altitudes above 3000m?

If yes:

Did you encounter any problems with the altitude?

What was the maximum altitude gain in one day?

How many days did you spend above 3000m?

What was the maximum altitude you reached?

If no:

What walking have you done in the past six months?

Have you done any specific training for this trek?

Have you done sufficient training to be able to cover an equivalent trekking route at sea level (this should be in terms of distance)?

Walking:

Have you previously encountered any physical (not altitude) problems trekking?

INSURANCE

It is a condition of joining any of our tours that you must be insured against medical and personal accident risks (to include repatriation costs, air ambulance, and helicopter rescue service). Our insurance policy is designed specifically to cover the potential risks on our holidays-particularly the many optional activities offered.

If you do not take our policy, you must ensure that the policy you do take offers an equivalent level of protection. Any claims concerning matters for which you are insured must be directed to your insurers.

TRANSPORTATION

Grand American Adventures uses private transportation for the majority of this tour. The vehicles that we use have comfortable seating, have air-conditioning/heating, tinted windows and a stereo (often iPod compatible). Our vehicles also have a custom store space for all luggage and equipment, as well as excellent suspension so we can travel off the beaten track, where the crowds in public coaches cannot go!

UK & Worldwide Sales Tel: +44 (0)208 772 3758 Email: info@trekamerica.co.uk

USA Sales Tel: 1 (800) 221 - 0596 Email: info@trekamerica.co.uk

Check Tour Availability Online @ <http://www.trekamerica.com/grandamericanadventures.html>

HOW TO BOOK YOUR TOUR

Contact Grand American Adventures by telephone, email or via our website to check availability on the tour you want to join. We can normally hold you a seat on 'option' for up to 3 days to allow you time to finalise your flight arrangements and send us your booking form with a deposit payment.

If you are ready to book and pay your deposit, we have a secure, online booking facility where you can pay in most major currencies with a credit or debit card. Check availability early to avoid disappointment.

Check Availability at:

<http://www.trekamerica.com/grandamericanadventures.html>

ALTERNATIVE TOURS

If you would prefer to join a different Grand American Adventures tour, we have several other camping tours and a variety of lodging, walking and specialty tours as well as family adventures for you to choose from. Click on the link below for more information.

<http://www.trekamerica.com/grandamericanadventures.html>

VISAS AND PASSPORTS

Holders of UK & IRL passports do not require a visa to enter Peru, but if travelling via the United States must have a machine-readable passport or a visa will be required for transiting the US. Usual U.S. immigration restrictions apply. Other EU nationals should contact us for information. Nationals of all other countries should contact their local embassy or consulate. Passports must be valid for at least six months after the end date of the trip. Information can also be found on www.travcour.com.

If you are travelling to the USA after 1st September 2008, the US authorities have introduced a requirement for passengers travelling under the Visa Waiver Programme to register for Electronic Travel Authority NO LATER THAN 72 HOURS BEFORE TRAVEL. The online application is available at <https://esta.cbp.dhs.gov>

This information is given in good faith, but may be subject to change without warning. Please note that, where appropriate, obtaining a valid visa is ultimately your responsibility. Please consult a visa agency or the consular authorities 4-6 weeks before departure for the most up-to-date information.

ARRIVAL / DEPARTURE HOTELS

Our hotels are conveniently located and serve as your tour's arrival and departure points. Rooms are comfortable and spacious, with two double beds and en-suite facilities. They make good bases for sightseeing and offer an opportunity to informally meet with your fellow trekkers.

The first day of the tour you may check into the hotel after 3pm at your leisure. If you are travelling on your own, you will share the twin room with one other passenger of the same sex.

You will then meet the group and tour guide on the morning of day 2 at 09:00hrs in the lobby. You should have your bags packed and eaten breakfast so that you are fresh and ready to start the journey. The tour ends with a morning flight to Lima on the final day. Please do not reserve international flights until at least 15:00hrs or the following day.

If you would like to reserve additional nights in our hotel before or after the holiday, or if you would prefer to have your own room throughout, please contact our sales team for additional information and associated costs.



Classic Peru Tour Information

GROUPS

Average group size is 16 passengers. Please note: This trip is operated in conjunction with our sister company, The Adventure Company.

Passengers come from a range of countries worldwide (average of 4 nationalities per group) and many will be solo travellers. You will find you have many things in common with your fellow trekkers, including a passion for adventure and a strong interest in exploring the national parks of South America. Grand American Adventures clients will join our partner, the Adventure Company, for these departures.

Grand American Adventures tours are designed for adults over 18 years old. While most passengers are aged 25-55, every year we get many people both above and below this age range. All travellers over the age of 55 will be requested to complete a self-declaration of fitness.

USEFUL PHRASES IN SPANISH

Phrases

- Hello - *Hola*
- Goodbye - *Adiós*
- How are things? - *Qué tal?*
- Please - *Por favor*
- Thank you - *Gracias*
- Yes - *Sí*
- No - *No*
- Excuse me/sorry - *Con permiso*
- How much is it? - *Cuánto cuesta?*
- Too expensive - *Es demasiado caro*

Spanish Numbers

- 1 - *uno*
- 2 - *dos*
- 3 - *tres*
- 4 - *cuatro*
- 5 - *cinco*
- 6 - *seis*
- 7 - *siete*
- 8 - *ocho*
- 9 - *nueve*
- 10 - *diez*
- 20 - *veinte*
- 30 - *treinta*
- 100 - *cien*
- 1000 - *mil*

CLIMATE

Peru has distinct climatic zones. In summer (Nov-Apr) the coast is dry and sunny - average daytime temperature 25°C; the rest of the year, it's a few degrees cooler but a constant mist can make it feel clammy, though it rarely rains. In the mountains, days are warm (low 20's) year round, but in the dry season (Apr-Oct) nights are cold and sometimes below freezing especially from Jul-Sep when some accommodation (particularly Colca and Amantani) can seem cold and frost is not unknown at some campsites on the Inca trail. In the wet season (Nov-Mar), the nights are warmer, and although the mornings are often clear, afternoon rain is common. The Amazon basin is generally hot (high 20's) and humid, but in the dry season (Apr-Oct) cold fronts can cause the temperature to fall to as low as 10-12°C.

Approximate year-round temperatures and rainfall are listed below.

CLIMATE CHART												
LIMA	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Temperature: average high/low °C	26/20	27/21	27/21	24/19	22/17	21/16	19/16	19/16	19/15	21/16	22/17	24/19
CUSCO	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Temperature: average high/low °C	20/7	21/7	21/7	22/4	21/3	21/1	21/-1	21/1	22/4	22/6	23/6	22/7

Celsius / Fahrenheit Conversions: -10°C = 14°F 0°C = 32°F 10°C = 50°F 20°C = 68°F 30°C = 86°F 40°C = 104°F

SUPPLEMENTAL READING

These are just a few books enjoyed by our knowledgeable staff and should help you to flesh out your imaginations with lots of worthwhile information. Their bibliographies will lead you further in your reading if you wish. There is a vast amount of material out there, so have fun in your search for the books that will help bring your trip (and mind) to life.

History:

- John Hemming, **The Conquest of the Incas**. A riveting account full of detail and vivid narrative of the dynamic period known as the Conquest.
- John Hemming, **The Search for El Dorado**. This interesting book traces the origin of the myth of El Dorado.
- Hiram Bingham, **Lost City of the Incas**. An interesting account of the finding of Machu Picchu by its discoverer.
- Johan Reinhard, **Nazca Lines: A New Perspective on Their Origin and Meaning**. An interesting book that delves into the enigma of these famous effigies.

Memoirs and Travel Logs:

- Ronald Wright, **Cut Stones and Crossroads: A Journey in the Two Worlds of Peru**. Considered one of the best travelogues on Peru; the author writes with great depth and talent.
- Peter Mathiessen, **The Cloud Forest**. A travelogue across much of South America with some of its best reads taking place in Peru. A true travel classic for the region.
- Che Guevara, **The Motorcycle Diaries**. A chronicle of this Latin American counter-culture icon's 8-month journey on a Norton motorcycle across South America. This is a very revealing journal by a young man destined for infamy and full of dreams in the years before meeting Fidel Castro in Mexico. Also, a critically-acclaimed film of the same name.

Nature:

- Richard E. Schultes and Robert E. Rauffman, **The Healing Forest**. A large paperback with descriptive text and colourful photographs of the Amazon's varied plant life.

Fiction:

- Gabriel García Márquez, **One Hundred Years of Solitude**. While not about Peru specifically, it chronicles the birth and demise of an ambiguously-placed town and family in South America. Arguably, the greatest Latin America novel. What is most relevant to Peru is the sense of magical realism that pervades both the novel and real-life in this country's varied regions.

