

## Flight of the Condor



### Tour Overview

After a relaxing evening, we begin exploring Lima on day two with a guided tour of the capital's old city. We will visit the Plaza de Armas before visiting the archaeological museum to learn about the fascinating cultures that flourished in Peru long before the arrival of the Spanish.

We then fly to Arequipa, Peru's second-largest city to discover its traditional history. Colonial Arequipa is home to the Santa Catalina Convent, many local galleries and the Museum of Andean Sanctuaries (which houses Arequipa's ice mummies).

Continuing the journey, we will make the spectacular drive towards the Colca Canyon. The sky will be dominated by distant glacier, volcano and mountain peaks, and we will see the traditional Andean villagers tending their herds of llamas. Upon arriving to Chivay, there will be time to relax in the nearby hot springs before exploring Colca Canyon's rim. Watch for magnificent condors soaring overhead and wonder if it is really deeper than the Grand Canyon.

Fully in the Andes now, we make our way to Puno and Lake Titicaca. We will cruise the lake and visit the reed-island community of the Uros Indians before returning to explore Puno's traditional markets.

Next, we embark for Cusco and the Sacred Valley. The city and valley are alive with a bustling nightlife, thriving indigenous population, aesthetic ruins and architecture. Cusco is easily one of the most memorable and exciting cities in the Andes, and the Sacred Valley is the perfect precursor to Machu Picchu.

The trip culminates with two days at Machu Picchu (via train) where we will explore the Inca citadel and absorb its sublime beauty. Our early morning visit will be unforgettable as we treasure the peaceful surroundings. We finish this tremendous Andean experience with a dreamy train ride back to Cusco for one more day of cultural exploration 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)
- 2 Arequipa (HP)
- 3 Arequipa (HP)
- 4 Chivay/Colca Canyon (HP)
- 5 Chivay/Colca Canyon (HP)
- 6 Puno/Lake Titicaca (HP)
- 7 Puno/Lake Titicaca (HP)
- 8 Cusco (HP)
- 9 Sacred Valley (HP)
- 10 Sacred Valley (HP)
- 11 Machu Picchu (HP)
- 12 Machu Picchu/Cusco (HP)
- 13 Cusco (HP)
- 14 Cusco >> Lima

HP = hotel nights included in the price

### Tour Essentials

Duration:	14 days
When to go:	Year Round
Accommodation:	13 hotel nights
Meals:	13 breakfasts, 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?

Discover the Colca Canyon, Lake Titicaca and Machu Picchu in this land of contrasts. Colonial cities, snow capped mountains and breathtaking scenery await you. Please note, this tour takes the train to Machu Picchu - and does not hike the Inca Trail.

### Included Highlights

- ✓ Train ride to/from Machu Picchu
- ✓ Flight from Lima to Arequipa, Cusco to Lima
- ✓ Boat ride on Lake Titicaca
- ✓ Entry to Machu Picchu and archaeological sites as per the itinerary
- ✓ 13 hotel nights shown as (HP) in the itinerary with 13 breakfasts
- ✓ Professional bilingual tour leader and private transportation

# Flight of the Condor 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 - LIMA; AREQUIPA

Discovered in 1535 by Francisco Pizarro, Lima was the principal city of Spanish South America for 300 years until the wave of 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, the conquistador's house. Peru's conqueror was assassinated here; it is said that he drew a cross in his own blood and kissed it before he died. Later you visit the archaeological museum for a fascinating overview of the cultures that flourished in Peru long before the arrival of the Spanish. You then continue to the airport for a one-hour flight to the city of Arequipa transferring straight to your hotel on arrival. Hotel - 2 nights (B)

### DAY 3 - AREQUIPA

The colonial city of Arequipa 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 single-storied to resist the ever-present threat of earthquake. At the city's heart is 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. On the same road is the highly recommended museum of Andean Sanctuaries which houses the ice mummies found on top of Arequipa's numerous volcanoes. (B)

### DAY 4 - CHIVAY

Today you make the 4hr drive to Chivay near the Colca Canyon. The mountains to the south west are dominated by the glaciers of Ampato and Hualca. Sabancaya volcano can often be seen smoking in the distance. The scenes of pre-Inca terracing and Andean peasants tending huge herds of llamas are simply unmissable. Many of the hamlets through which you pass are extraordinarily grand and have Baroque facade churches, underlining the importance of this region's silver mines to the Spanish during the 17th and 18th centuries. In the National Reserve of Pampa Canahuas you can see groups of vicunas, the rarest and most timid of the American cameloids. By late afternoon, you reach your hotel in the village of Chivay (3600m), where there will be time to relax in the nearby thermal springs of La Calera. Hotel - 2 nights (B)

### DAY 5 - COLCA CANYON

Leaving Chivay early you travel to the Colca Canyon (1½ hours drive). Here you find the perfect spot to look down 1200m into the canyon at Mirador Cruz del Condor. 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. Passing back through the valley, the vastness and sheer beauty of the area is astounding. The canyon is of mythical proportions; controversy still rages over whether or not this is the world's deepest canyon! In some parts it is more than one kilometre from cliff edge to river bottom. During your return journey to Chivay you visit the picturesque villages of Maca and Yanque with their Baroque-fronted churches overlooking quiet village squares, and marvel at the extensive series of agricultural terraces that dominate the hillsides, and which are still used today by the Colca people. After lunch in Chivay, there is the opportunity to try a two hour walk on the lesser visited northern rim of the canyon, close to the village of Coporaque, enjoying distinct views of the canyon and visiting remote hamlets and the Huari ruins of Ullo Ullo. (B)

### DAY 6 - PUNO

You rise early today for a literally breathtaking drive over the high pass of Patapampa (4900m) which 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 (about six hours driving). Curious stone burial towers of the 15th century Colla tribe overlook the primeval landscape in brooding, sinister fashion. After exploring this site you reach the town of Puno (about 30 minutes drive), 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. If you're feeling the cold, it's possible to buy thick alpaca sweaters from the town's market. Hotel - 2 nights (B)

### DAY 7 - PUNO: UROS ISLANDS

Today you take a boat to the floating reed islands of the Uros Indians. The life of the Uros is based on the totora reed, which grows in the lake and is used to construct their houses and boats, thereby fostering the theory which led to Thor Heyerdahl's Pacific journey with Ra. It is said that the Uros began their floating existence by constructing the islands to isolate themselves from the belligerent Collas and Incas. On reaching Lake Titicaca it's clear that they are no longer as secluded as they once were, but they are still a unique sight. Once back in Puno you have a relaxing afternoon either shopping for handicrafts or visiting the town's fine colonial cathedral. You can visit the iron ship Yaviri, moored close to the city. It was built in Scotland by James Watt & Co in 1862 and was shipped in boxes to the coast of Chile, where it then took seven years to carry on llamas and mules to its current home at Lake Titicaca. (B)

### DAY 8 - CUSCO

An early start today as your bus takes you across the 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)

### DAY 9 - THE SACRED VALLEY

The local Sunday market at Pisac fills the main plaza with bustle and brightly-coloured costume. Then you travel via Urubamba to Ollantaytambo in the Sacred Valley, a traditional Inca village laid out on a grid plan (one of only four surviving examples) overlooked by the magnificent fortress of Ollantay, the only Inca stronghold ever to have resisted persistent Spanish attacks. This is the very heartland of the Inca Empire; you have plenty of time here to appreciate its quiet rural charm. The combination of benign climate and fertile soil creates a rich agricultural region - unusual in the high Andes. Hotel - 2 nights (B)

### DAY 10 - THE SACRED VALLEY

You spend a full day enjoying this beautiful region. You can choose to take a hike to the Salt Pans of Maras which cling to the hillside like hundreds of white cubist houses. Alternatively get the adrenaline surging with some white-water rafting or take to mountain bikes (all optional). (B)

### DAY 11 - MACHU PICCHU

You leave your hotel early this morning and take a spectacular train ride (1½ hrs) to arrive at the stunning 'lost city' of Machu Picchu - the most dramatic and enchanting of Inca citadels, constructed from white granite in an extravagantly-terraced saddle between two towering peaks. No description of this mythical place can do it justice. It was rediscovered in 1911 by the American explorer, Hiram Bingham, who believed it to be the lost city of Vilcabamba. In the 1940's archaeologists decided that the city was conceived and built in the middle of the 15th century by Pachacuti, the first Inca emperor to expand beyond the Sacred Valley towards the forested gold-lands. Basic Hotel - 1 night (B)

### DAY 12 - MACHU PICCHU/CUSCO

In the early morning you head back up to Machu Picchu to explore it further. The best way to explore the ruins is simply to wander around



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with a guide, or alone with a map to absorb the grandeur. Machu Picchu feels like it was built in the heavens, on dizzying slopes overlooking a bend in the Rio Urubamba. More than 100 flights of steep, stone steps connect its palaces, temples, storehouses and terraces, and command outstanding views not only of the valley below but also the snow-capped peaks around Salkantay (6271m). Wherever you stand, spectacular terraces appear to be suspended from steep cliffs, transforming the mountain into garden. You can explore or climb the nearby peaks before heading back to Cusco by train in the afternoon. Hotel - 2 nights (B)

## DAY 13 - CUSCO

Cusco, once the imperial capital, is 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. This morning you visit the fortress of Sacsayhuaman located just outside Cusco city. The skilfully constructed outer walls consist of massive blocks of stone (the largest weighing over 350 tonnes) which must have been difficult to manoeuvre, let alone to cut and dress with such precision. The tour continues on foot in the city centre and reveals more of Cusco's historical and archaeological treasures. The rest of the day is free to relax. (B)

## DAY 14 - FLY TO LIMA, END OF TRIP

You catch a morning flight back down to Lima on the coast. The remainder of the day is free for further exploration and shopping before the trip ends. (B)

## 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 14 - 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 15/16 - 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 17 - 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.

## LOCAL CELEBRATIONS - INTI RAYMI

On the 24th June every year there is a celebration in Cusco called Inti Raymi. Although the current format was only devised in 1944, originally there were Inca ceremonies around this time to celebrate the turning of the sun - the winter solstice. The conquistadors banned such pagan celebrations but the revived festival is now very popular with people from the Cusco region and both domestic and foreign tourists. The main ceremony occurs at Sacsayhuaman with dances and speeches calling on Pachamama (mother earth) to be kind and fruitful for the coming year. The ceremony ends with a staged sacrifice of a llama. This is a great time to be in Cusco, regardless of whether you go to the actual ceremony itself, with much partying and feasting occurring. Tickets to the ceremony cost an extra USD 90.

## 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.

## THE EFFECTS OF ALTITUDE

Please note that Cusco, the Colca Canyon and Lake Titicaca are above 3000m. At such altitudes some travellers may experience headaches, breathlessness and possibly even nausea, dizziness or palpitations. In almost all cases these effects subside over a period of 24hrs as your body adjusts to the reduced oxygen levels; indeed most travellers recover almost completely after one night's sleep at altitude. Nevertheless, during this initial period we recommend you do not over-exert yourself, but take all activities gently; even climbing stairs should be taken at a slower pace than normal to give your body the best chance of adjusting to these new conditions. Unfortunately, there is no way of predicting how altitude sickness may affect the individual and if you suffer from any special condition that may be exacerbated by the relative lack of oxygen then we recommend you consult your doctor before travelling.

## RESPONSIBLE TRAVEL

Your flight will have the largest environmental impact on your holiday. Climate Care offers you the opportunity to offset your carbon dioxide emissions with set amounts from £5. If you would like to offset the carbon emissions generated by your flight, please go to [www.climatecare.org](http://www.climatecare.org)

Since the increase in popularity of bottled water, many countries are experiencing a problem of litter especially where adequate recycling is not available. Please could you try, where possible, to use purification tablets or filters for water or buy bigger bottles of water between group members and decant into your individual water bottles.

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## 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 daypack (15-25 litres capacity) for town use or general sightseeing.
- For those taking the Amazon extension luggage is limited to 12kg for the boat transfers so we recommend that you take a second bag for leaving surplus luggage in Puerto Maldonado.

### 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
- 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.

**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.

## 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](http://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 on line 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.

## LOCAL COSTS

13 breakfasts are included. You must pay for all other meals yourself (you can eat quite well for US\$15-20 per day). Approximate costs are given for guidance only, and 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.

- ★ Sacred Valley - white water rafting ..... US\$30.00
- ★ Sacred Valley - mountain biking. .... \$35.00

**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 6.4 sol to one British pound and 3.2 sol to one US dollar (as at 5 September 2007). For an up-to-date guide on current exchange rates go to [xe.com](http://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 £30 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.

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## 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](http://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!

## 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>

## 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.

## 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.

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## 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.

