

PERU

Machu Picchu & the Sacred Valley

A Guided Walking Adventure





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Travel Style

This small-group Guided Walking Adventure offers an authentic travel experience, one that takes you away from the crowds and deep in to the fabric of local life. On it, you'll enjoy 24/7 expert guides, premium accommodations, delicious meals, effortless transportation, and local wine or beer with dinner. Rest assured that every trip detail has been anticipated so you're free to enjoy an adventure that exceeds your expectations.

And, with our **optional Flight + Tour Combo** and **Lima Pre-Tour Extension** to complement this destination, we take care of all the travel to simplify the journey. Refer to the attached itinerary for more details.



Overview

The Cuzco region of Peru combines Incan legacy with Spanish colonial architecture in an atmosphere both rural and sublime. The muted spirituality of the Lost Cities, where Incan stonework conveys order and balance, coexists with bustling marketplaces where locals barter grain or potatoes for multicolored fabrics. Such diversity makes this eight-day adventure stimulating yet restful; a radiant high altitude blue sky arching over a variegated landscape of agricultural grids and tangled jungle masses.

The Sacred Valley (Urubamba River Valley) at the base of the Andes offers a pleasant climate, traditional markets, Incan sites, and the Andean villages of Pisac and Ollantaytambo. On market day these sleepy villages become festive as farmers and artisans in traditional dress come from miles around to sell their colorful sweaters, weavings, pottery, and produce. Machu Picchu is the most impressive and the least understood of the Incan sites, not being discovered until it was accidentally stumbled upon in 1911 by Hiram Bingham. Even today the site remains an enigma to archaeologists. Your visit here is a highlight of your spectacular Peruvian adventure.



Daily Itinerary

DAY 1

Meet in Cuzco and transfer to the Sacred Valley. Pisac Ruins and Market; 2-3 miles, moderate, includes steep descent on stairs, 1,800-ft. elevation loss, sections of walk may cause vertigo

After an early breakfast and an orientation meeting, you meet your guides and transfer 1½ hours to begin a walking tour in the lower altitudes of the Sacred Valley. Our first walk is through the mountaintop ruins of Pisac, an imposing site which clings to steep, terraced fields far above the valley and offers one of the finest examples of Incan architecture in the Cuzco region. Winding your way on foot through ancient temples towards the Urubamba Valley floor, you marvel at this Inca burial site ingeniously built into a steep cliff. Along the way, you delight in spectacular views of terraced fields used by local farmers for growing maize, potatoes, and quinoa. You arrive to the wonderful village of Pisac on foot, and enjoy lunch at a local restaurant, featuring a hearty buffet of salads, potato dishes, meats, and breads.

Afterward, you have time to peruse the Andean market or relax at a café. Late in the afternoon, you drive (40 minutes) to your beautiful hacienda, where there may be time for a short walk around the farmlands before reuniting for a traditional Peruvian feast.



Inkaterra Hacienda Urubamba, Huayocari

Serenity and relaxation are hallmarks of the Inkaterra Hacienda Urubamba, a contemporary, hacienda-style hotel on a 100-acre property surrounded by a dramatic mountain range. Set in the Sacred Valley, between Cuzco and Machu Picchu, it proudly showcases the region's blend of Spanish and Andean

influences in its colonial furnishings, Inca mask accents, and handcrafted woodwork. Here, you may harvest produce from the inn's 10-acre organic plantation, relax on the terrace, or enjoy the privacy of your comfortable casita.

DAY 2

Maras and Moray; 4-7 miles, moderate with easy option; Chinchero weaving center

Your day begins with a visit to the village of Chinchero (a one-hour drive), where you experience an authentic Andean market and visit a weaving center, where you learn about this colorful ancient tradition. A short transfer brings you to the village of Maras, where you walk along ancient farming paths, seeing shepherds herding flocks of sheep or farmers threshing wheat before proceeding to the fascinating Inca site of Moray, once used for agricultural experimentation (and today preserved by UNESCO). Here, lunch is a gourmet picnic lunch, complete with local wines. In the afternoon, a descent through a narrow canyon leads to the Maras salt mines. The snowcapped Andes and golden wheat fields provide a stunning backdrop for a walk to this unique site, still mined for salt. Here, you learn about the process of harvesting the salt from terraces of pools fed by an underground saltwater spring. The entire process is done by hand, and the methods have not changed since pre-Hispanic times. For dinner this evening, local friends welcome you into their beautifully decorated home for an evening of conversation and Quechua delicacies—possibly including corn soup, quinoa with vegetables, lupin stew, and (for the adventurous) roasted guinea pig. Things get lively after dinner, when their musician friends come over with panpipes and drums to play some Huayno music and teach a few dance steps.

Inkaterra Hacienda Urubamba, Huayoccarí

DAY 3

Traditional Andean Village; 3 miles, moderate to challenging, 300-ft. elevation gain and 800-ft. elevation loss

The village of Ollantaytambo is the first stop today. The spectacular Incan site above a village of the same name is famous as one of the few places where the Inca defeated the conquistadors in battle. Here you learn how the Inca maneuvered huge blocks of stone from the riverbanks below to the steep cliffs above to build their terraced temple.



Afterward you transfer (one hour) to a remote, traditional village, which provides an opportunity for an intimate view of mountain life in Peru. You are warmly welcomed by its inhabitants as you visit their primary school and homes. The walk starts at 14,100 feet, the highest walk during the tour, and follows ancient footpaths. Life here continues as it has for hundreds of years, with farmers still working the high Andean terraces, harvesting wheat and a variety of vegetables. Residents still wear the traditional dress of the area, and houses are made of stacked stone. Overlooking the Urubambapisco Valley, you encounter llamas, cows, and goats grazing alongside the trail, and the snowcapped peak of Mount Alacoma appears close enough to touch.

You descend in time for a *pisco* sour (Peru's national drink made with clear, white-grape alcohol) by the fire before dinner. This afternoon there is also an optional visit to the renowned Pablo Seminario pottery studio.

Inkaterra Hacienda Urubamba, Huayoccarí

DAY 4

Train and Inca Trail to Machu Picchu; 6.6 miles, moderate to challenging, sections of steep stair climbing, 2,000-ft. elevation gain and 1,200-ft. elevation loss, sections of walk may cause vertigo. Option to continue on train for shorter walk into Machu Picchu

After an early breakfast, you transfer by bus to the Ollantaytambo station to board the train bound for Machu Picchu. The train follows the river and offers



magnificent views of the surrounding peaks. Along the way, the landscape magically transforms from vast highlands into lush cloud forest. You disembark from the train at kilometer 104, cross a footbridge, and begin a walk along the original Inca Trail towards Machu Picchu. Today your hike takes you from 7,200 feet at the trailhead to over 9,000 feet at its highest point. After visiting the

ancient Incan site of Chachabamba, you ascend steadily for three to four hours surrounded by views of lush mountain valleys and snowcapped peaks. Along the way, you pass rushing waterfalls, delicate orchids, and perhaps even spot the native condor.

You stop to explore the well-restored Winay Wayna ruins, perched precariously on a steep mountain slope and flanked by ancient farming terraces. Winay Wayna, meaning “forever young” in Quechua, was named after a brightly colored orchid that blooms year-round. From here, you continue walking for approximately two more hours along a mostly shaded section of the Inca Trail before arriving at the stairs leading to Intipunku (“Gate of the Sun”), and the entrance to Machu Picchu. You enter the site, like the ancient Inca themselves, through Intipunku, and the spectacular view of the citadel unfolds before you. After taking in the fantastic ruins of this city, you descend to the valley floor by local bus.

Walking the Inca Trail requires a permit which is awarded on a first-come, first-served basis. Permits are limited and your passport details will be required to apply. We recommend booking as early as possible to acquire a permit. If Country Walkers is unable to obtain an Inca Trail permit, we will automatically request a permit for the optional walk, which is Machu Picchu Mountain, located to the south of the archaeological site (not to be mistaken with Huayna Picchu, which is the mountain behind Machu Picchu). In this case, you and a Country Walkers guide will continue on the train from kilometer 104 to the riverside town of Aguas Calientes. Upon arrival, you board the bus to Machu Picchu, where you start your hike. This two-mile trail involves a challenging 2,000-foot ascent and descent along mostly stone steps. The hike takes about three and a half hours and features spectacular views of Machu Picchu throughout. Additionally, less-challenging options are available.

Your hotel for the next two nights is a lovely eco-property overlooking a river at the edge of the cloud forest.

Machu Picchu Pueblo Hotel, Aguas Calientes

A *Travel + Leisure* “World's Best Hotel,” this unique ecoboutique property offers extensive grounds, including cloudforest gardens, medicinal plants, orchids, and a panoramic riverfront restaurant. Spacious guestrooms combine classic décor with colonial furnishings and fabrics. Treatments available (at your expense) at an on-site spa with Andean sauna.



DAY 5

Machu Picchu; 3-5 miles. easy to challenging, 900-ft. elevation gain and loss

To experience the magic of sunrise over Machu Picchu, an optional bus ride to the site is offered in the pre-dawn hours, just as the gates open. After watching the sun rise over the site, you then eat breakfast at the nearby Machu Picchu Sanctuary Lodge before joining the full group for a guided tour.

If you choose not to join the sunrise visit, you have breakfast at your hotel before boarding a bus for the breathtaking climb up a series of switchbacks to the entrance of Machu Picchu. Your guide provides a comprehensive tour of the site including exploration of the Temple of the Sun, Temple of the Condor, and the astronomical observatory. There is time to explore the mystical temples, altars, terraces, and chambers in solitude, or to embark on one of the short walks leading from the site.

After lunch, you may choose to explore Machu Picchu on your own for the afternoon, go back to the Sun Gate for that sought-after picture of Machu Picchu in all its glory, browse through the town's market, or relax at the hotel. Tonight you dine while listening to Peruvian music in the property's lovely dining room above the rushing river.

Machu Picchu Pueblo Hotel, Aguas Calientes

DAY 6

Transfer to Cuzco; 3 hours, free afternoon

Following a hearty breakfast, you have the opportunity to enjoy some of the many activities offered at your hotel, including a guided nature walk through the orchid gardens. Mid-morning, you board the train to Cuzco, allowing opportunity to further explore this celebrated city in the afternoon.

After returning to the hotel, you have a bit of time to relax before dinner. The evening meal is at an inviting restaurant in Cuzco featuring local specialties such as *rocoto relleno* (stuffed peppers) and *chupe de quinoa* (stew made with local cheese, vegetables, and quinoa).

Aranwa Cusco Boutique Hotel, Cuzco

A former 16th-century colonial mansion, this elegant boutique hotel is ideally located just two blocks from Cuzco's main square. Decorated throughout with colonial art work and elegant furnishings, spacious guestrooms are equipped with an intelligent oxygen system. Centered on its tranquil inner courtyard, the on-site bar is a cozy retreat and its restaurant offers contemporary Peruvian cuisine.

DAY 7

Cuzco and surrounding ruins; 1-2 miles, easy

Acquaint yourself with the history and culture of the ancient city of Cuzco as you embark on a walking tour of one of the highest cities in the world at 11,400 feet. Your explorations take you over the cobble streets as you visit the main cultural and religious sites, both Incan and colonial, such as the Koricancha (Temple of the Sun) and the cathedral. Later, a short drive brings you to the city's outskirts, where you explore the famous sites surrounding Cuzco, including Sacsayhuaman, the principal Incan temple in the region. Because of its hilltop location, it is often referred to as a fortress and offers incomparable views of the city. You proceed to the traditional produce market of San Pedro where you browse alongside local *Cusqueños* doing their food shopping for the day. This evening, your journey culminates in a celebratory dinner at a local restaurant, where you bid farewell to this magical land.

Aranwa Cusco Boutique Hotel, Cuzco

DAY 8

Departure from Cuzco

After breakfast you transfer to the Cuzco Airport. Complimentary transfers to the airport are provided throughout the morning, depending on the time of your departing flight.



ITINERARY CHANGES

Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

INCA TRAIL PERMITS

Walking the Inca Trail (Day 4) requires a permit. Permits are issued by the INC (Instituto Nacional Cuzco) on a first-come, first-served basis. Permits are limited and sell out very fast. Your passport details will be required at the time of booking in order to apply and it is extremely important that you fax or email a legible copy of your passport identity page to Country Walkers upon booking). We cannot guarantee that you will walk on the trail until all passport information is submitted to the Peruvian government. **If a passport is due to expire before the tour departure and a new one will be issued after the Inca Trail Permit is secured, you will need to bring your expired passport along with your current one on the tour as proof that you are the correct permit holder.**

If we are unable to secure a permit for you, Country Walkers will automatically request a permit for the optional hike to Machu Picchu Mountain. Additionally, less challenging walks are available. All walks on this day will be around the citadel of Machu Picchu.

HIGH-ALTITUDE WARNING

The highest elevation you will be walking at on this tour is 14,100 feet (Day 3). The highest elevation you will be overnighing at on this tour is approximately 11,400 in the city of Cuzco. The altitude may have some effect on travelers. Typical symptoms include nausea, a loss of appetite, insomnia, shortness of breath, dizziness, headaches, or other minor irregularities. There are actions you can take to help you adjust to the altitude, including drinking lots of water (more than you feel you need) and getting plenty of sleep. Also, take your time while walking, allow your body to adjust, and always keep your guides informed of how you are feeling. Please discuss with your doctor whether taking altitude medication would be helpful.

RESPONSIBLE TRAVEL

Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back.

Here's just one example that highlights our sustainable practices:

Cochirhuay Biblioteca Project: In the small village of Cochirhuay, a rural town high in the Andes Mountains of Peru, the “Biblioteca” Project is working to enrich the education of students ages 5-11 through an innovative after-school program. By helping students plan and create short films, the project hopes to improve their reading comprehension, creativity, communication, and critical thinking. Country Walkers is helping to provide a teacher and essential materials like cameras, poster paper, markers, colored pencils, notebooks, and pencils.

For more information on this project or to make a donation, please visit almfoundation.ca/projects/cochirhuay/

Tour Itinerary Overview

TOUR MEETING POINT AND TIME

Aranwa Cusco Boutique Hotel, Cuzco, Peru, 8:00 a.m.

NIGHTS 1, 2, & 3

Inkaterra Hacienda Urubamba

Huayocari, Peru

Tel 011 84 600 700

Email repcionhu@inkaterra.com

inkaterra.com/inkaterra/inkaterra-hacienda-urubamba/the-experience/

Wireless Internet, hair dryers, and laundry service available.

NIGHTS 4 & 5

Machu Picchu Pueblo Hotel

Aguas Calientes, Peru

Tel 011 51 84 211 032

Email central@inkaterra.com

inkaterra.com/en/machu-picchu

Wireless Internet, hair dryers, and laundry service available.

NIGHTS 6 & 7

Aranwa Cusco Boutique Hotel

San Juan de Dios 255

Cuzco, Peru

Tel 011 51 84 604 444

Email reservas@aranwahotels.com

aranwahotels.com/cusco.php

Wireless Internet, hair dryers, and laundry service available.

TOUR DEPARTURE POINT AND TIME

A complimentary transfer will be provided to the Cuzco Airport, following breakfast

EMERGENCY CONTACT

One Call International

Email mail@oncallinternational.com

If communicating from within the US

Text 603.945.0103

Tel 800.555.9095

If calling from outside the US

Tel 603.894.4710

When calling from outside the USA, you will need to dial the access code for the country you are calling from (a complete list of access codes, provided by AT&T, can be found on the Country Walkers website under Travel Tips and Travel Resources: International Access Codes).

In the unlikely event you are unable to connect by phone with One Call, or the region you are calling from does not have an access code, you should speak with a live international operator and ask them to place a collect call to 800.555.9095 or 603.894.4710.

TRAVEL INSURANCE

We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

Tour Facts at a Glance

TOUR LENGTH (WITHOUT FLIGHT PACKAGE)

8 days, 7 nights

DEPARTURE DATES AND PRICE

Please refer to our website for the most current list of departure dates, scheduled group tour and private group tour prices.

TOUR MEETING POINT AND TIME

Aranwa Cusco Boutique Hotel, Cuzco, Peru, 8:00 a.m.

TOUR DEPARTURE POINT AND TIME

A complimentary transfer will be provided to the Cuzco Airport, following breakfast.

ACTIVITY LEVEL

This tour is one of our Guided Walking Adventures, rated moderate with challenging sections, with an average of 4 to 7 miles per day. In Cuzco, the altitude of over 11,000 feet is very noticeable, even while walking around town. The air is thin, and it may feel like you can't get enough oxygen. We strongly advise you to take your time, slow down, and rest upon arrival. Additionally, the highest walk is Day 3, which starts at 14,100 feet above sea level. Many walks involve touring Incan sites, most of which include "Inca stairs," which are fairly narrow and rather steep; therefore, minding your footing is essential. Walking sticks are helpful for going down these stairs and have been highly recommended by past guests (please make sure they have rubber tips).

Some walks have dramatic drop-offs, so this tour is not recommended for anyone with severe vertigo. Some walks start at the top of an Incan ruin and gradually descend to the valley. The walking is not always aerobically challenging, but requires concentration. Other walks involve Inca footpaths, built with stones that may be uneven. Although altitude and terrain play a significant role in the difficulty of the walks, it is an ideal tour for walkers of diverse abilities.

INCLUSIONS

- » Two expert, local guides (for groups of 7 or more), with you 24/7
- » All meals; local wine or beer included with dinners
- » All accommodations while on tour
- » Transportation from the meeting point to the departure point
- » Entrance fees and special events as noted in the itinerary
- » Destination information (weather, visa requirements, etc.) and other travel assistance available 24/7 provided by One Call International
- » The unbeatable and cumulative experience of the Country Walkers staff

LET THE JOURNEY BEGIN

Prior to your adventure you will be asked to sign a Passenger Participation Agreement and you will receive:

- » Luggage tags
- » List of travel companions and guide biographies

GRATUITIES

Gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers. Should you wish to tip your Country Walkers guide(s), the standard in the industry ranges from \$10 to \$15 per person, per guide, per day (or \$20 to \$30 per couple, per guide, per day), and can be paid in USD or local currency.

Traveling To and From Your Tour

If you are interested in reserving the **optional Flight + Tour Combo** and **pre- or post-tour extensions**, please refer to the attached itinerary for more details.

TOUR MEETING POINT AND TIME

Aranwa Cusco Boutique Hotel, Cuzco, Peru, 8:00 a.m.

Your guide(s) will be wearing a Country Walkers shirt. Please be dressed for walking.

MOST CONVENIENT AIRPORT

Aeropuerto Velasco Astete (CUZ), Cuzco, Peru.

lap.com.pe

Cuzco is reached via a connecting flight through the Jorge Chavez International Airport (LIM) in Lima.

GETTING TO CUZCO

If you are not reserving the optional Flight + Tour Combo, please book your flights into Cuzco the day before the tour begins. Getting to Cuzco requires you to fly through Lima, Peru (LIM). When you fly through Lima, you must pick up your luggage upon entry, clear customs, and then re-check it to Cuzco. (We recommend a layover in Lima of at least 3 hours to ensure time for luggage collection and customs.) Please also note that the domestic flight counters in Lima will only open 2 hours before departure. Depending on your international flight schedule, it might be preferable to spend the night in Lima (see Pre-Tour Accommodations below).

You will be met at the Cuzco Airport upon arrival of your flight from Lima. A representative holding a Country Walkers sign will meet you as you exit the baggage-claim area.

A complimentary transfer from the Cuzco Airport to your pre-tour hotel within the city of Cuzco is provided, as long as we receive your arrival and departure information at least 30 days prior to the start of the tour.

If you are not staying at the suggested pre-tour hotel (Aranwa Cusco Boutique Hotel), on the first day of the tour you will be picked up at your chosen hotel

within the city of Cuzco and transferred to the Aranwa Cusco Boutique Hotel. Our local partners will advise you of the pick-up time the day prior.

PRE-TOUR ACCOMMODATIONS

If you are not reserving the optional Flight + Tour Combo, and depending on your flight schedule, you may wish to reserve a pre-tour night stay either in Lima or Cuzco. Please contact the hotel(s) directly to make this reservation.

Wyndham Airport Hotel Lima

Av. Elmer Faucett S/N Aeropuerto Jorge Chavez
Lima, 1 Peru
Toll Free 800.996.3426
Tel 011 51 17 112000
Fax 011 51 17 112001
Email reservas@costadelsolperu.com
costadelsolperu.com/peru/hotels/lima/

Room rates start at \$239 USD per night plus tax. Please contact the hotel directly to make this reservation.

Located a short walk from the arrivals terminal, this hotel is very convenient if you arrive in Lima late at night and do not depart for Cuzco until the following morning. This hotel offers a bell service to assist with transferring your luggage from the airport; we recommend contacting them in advance to arrange this service.

Aranwa Cusco Boutique Hotel

San Juan de Dios 255
Cuzco, Peru
Tel 011 51 84 604 444
Email reservas@aranwahotels.com
aranwahotels.com/cusco.php

Room rates start at \$270 USD per night plus tax. When making a reservation, please advise the hotel you are with the Country Walkers group in order to request the same room for the first night of your Country Walkers tour. Room categories to request are: “Classic Matrimonial” category for rooms with one bed (single or double room) and “Deluxe” category for a twin room (two beds). As noted above, an airport transfer is included as long as we receive your arrival and departure information at least 30 days prior to the start of the tour.

DELAYS AND LATE ARRIVALS

If you are delayed or miss the scheduled group meeting point for any reason, we kindly request that you contact our emergency assistance provider, One Call

International. This service is available 24 hours/day, 7 days/week to assist you with any type of travel delay. Please refer to the Emergency Contact details on your Tour Itinerary Overview page for One Call International contact details.

TOUR DEPARTURE POINT AND TIME

A complimentary transfer will be provided to the Cuzco Airport, following breakfast.

If you choose not to reserve the optional Flight + Tour Combo, you may consider booking an afternoon flight, allowing you to spend your last day enjoying the city of Cuzco, and leaving you with less time to wait in the Lima Airport. However, if you choose this option, we recommend you do not book the last flight out of Cuzco, as it is sometimes cancelled due to high afternoon winds. The Lima Airport offers luggage storage in the main terminal, close to the domestic arrivals area, for a fee.

LIMA CITY TOUR

Because many flights from Lima to the U.S. depart after midnight, you may want to consider joining a Lima city tour operated by Country Walkers local partner. The city tour includes an arrival transfer at the Lima airport upon arrival of your flight from Cuzco and a 3- to 4-hour guided walking city tour, highlighting Lima's museums and architectural sights, followed by a sumptuous dinner. You return to the Lima airport with ample time to check in for your late-night flight to the U.S. To reserve this city tour, please notify your guide during your Country Walkers tour and payment can be made directly in Lima to your city tour guide. We suggest departing Cuzco no later than noon to allow ample time to explore Lima. City tour rates start at \$267 USD per person based on two people (payment by cash only).

Information & Policies

GUARANTEED DEPARTURES

Country Walkers guarantees the departure of every tour*—no exceptions and no disappointments! From the moment you make your deposit, you can start preparing for your adventure. We take care of all the details to ensure a seamless, small-group experience (with an average of 6 or 7 guests per guide). For best availability, reserve your trip today!

**except in cases of force majeure*

RESERVATIONS

Reservations for this tour may be made by calling Country Walkers at 800.464.9255. We can confirm your reservation with a deposit of \$350 per person. Final tour cost is due 90 days prior to tour departure date. As arrangements are confirmed at least a year in advance, the tour price is subject to change.

GUEST RESPONSIBILITIES

Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation.

CANCELLATION POLICY

Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost*. Please notify us in writing.

**One transfer per year; afterwards a modest per person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.*

Peru at a Glance

VISITING PERU—AN INTRODUCTION

Peru is a developing country. Travel here requires patience and openness to cultural differences. Country Walkers itineraries take you to diverse and sometimes remote regions. The most apparent difference may be in punctuality. South America is known for its sense of *mañana* or “tomorrow time.” The pace may be significantly slower than you are used to, especially in terms of service at hotels and in stores. If you take time to step back, appreciate the differences, and try to get to know the individuals, you will likely walk away with some of the most memorable moments of the tour.

ENTRY REQUIREMENTS



U.S. citizens: Passports are required and must be valid for at least six months beyond the dates of travel. Visas are not required for stays of up to 90 days.

Important

Embarkation card: When entering Peru, you will be asked to fill out a white embarkation card. This card is very important; you will not be permitted to leave the country without a copy. We recommend that you staple it to your passport. You may also want to make a photocopy of your passport and embarkation card and any other important documents in case you lose the originals (staff at your arrival hotel can help you with this).

For more information, see travel.state.gov.

CURRENCY

Peru uses the nuevo sol (PEN). For up-to-date exchange rates, see oanda.com.

Always contact your bank or your credit-card company for details on fees and card use when traveling.

Travel Tip

Have a variety of options to start your trip: ATM card(s), credit card(s), and some dollars to exchange.

Travel Tip

Bartering and prices: Always agree on prices in advance of purchasing goods or services. Often merchants do not have abundant cash on hand, so try to have an ample supply of small bills. Bartering in markets for clothes and crafts is an accepted and expected practice. Once in Peru, with your tour representative's assistance, you will develop a sense of a fair price—but you can often start by offering half of the vendor's first price.

Important

» Changing money on the street is common but risky. We recommend exchanging money at *casas de cambio* (money-changing booths) or banks whenever possible.

» Dollar bills with rips or tears will often be denied or exchanged at a significantly lower rate.

» Credit cards (Visa, MasterCard, and American Express only) are accepted in the cities (Cuzco and Lima), but bring cash for small towns or pueblos and local markets.

ATMs are available in Lima, Cuzco, Pisac, and Aguas Calientes, and in airports, banks, and major shopping malls.

TIME ZONE

Peru is on Eastern Standard Time but does not observe daylight savings. For more information on worldwide time zones, see worldtimezone.com.

PHONE & INTERNET

Peru country code: +51

Cell phone coverage throughout Peru is extensive, but cannot be guaranteed to be accessible on all American mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to countrywalkers.com/phones.



Internet access is generally very good in towns and villages; however, it is not guaranteed at all of the hotels used on the tour. For more details regarding Wi-Fi availability, please refer to the Tour Itinerary Overview.

LANGUAGE

The official language of Peru is Spanish. Two Amerindian languages, Quechua and Aymara, are spoken primarily in the Highlands (Aymara is mainly spoken in the Lake Titicaca region).

While knowledge of the local language is not necessary, you may want to learn some fun and useful phrases; see bbc.co.uk/languages/spanish/ or the enclosed Reading Guide for a suggested phrase book.

ELECTRICITY

Alternating current of 220V and 50Hz is used in Peru. Plugs are either like those in the United States or have two round pins. For a full listing of electrical outlets worldwide, see electricaloutlet.org.

WEATHER

Peru has three geographic regions with distinct weather patterns. Peru is in the Southern Hemisphere, therefore the seasons are opposite those in the Northern Hemisphere, so winter is from April through October and summer is from November through March.

The Highlands of Peru, dominated by the Andes Mountains, with Cuzco, Machu Picchu, and the Urubamba Valley, have varying temperatures depending on elevation, but in general, daytime temperatures can range from the mid-60s to mid-80s with cool mornings and evenings (into the 30s). Therefore dressing in layers of fleece or wool sweaters is strongly recommended, as well as a lightweight hat and gloves (which can be purchased locally).

The dry season is winter, from April through late October, with very little rainfall. The wet season, from November through March, sees rainfall mainly at night and has the advantage of greener landscapes and fewer tourists.

For up-to-date forecasts, see qwikcast.com. For historical average temperatures and rainfall, see weatherbase.com.

HEALTH CONCERNS

No immunizations are required to enter Peru. Always consult a travel clinic at a local university, the Centers for Disease Control (CDC) in Atlanta, and/or your personal physician for the most up-to-date recommendations and routine vaccinations. Malaria medication, hepatitis, tetanus, typhoid, polio, measles, mumps, and rubella vaccinations are generally recommended for all travelers. For the threat of malaria, you should consult the CDC or your physician for the most current information. Important: plan ahead for immunizations because some require administration several months prior to departure. The CDC

Travel Tip

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores.
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

provides the most current medical requirements and recommendations. Recommendations change frequently, so you must check directly with the CDC, a travelers' clinic, or other medical authority. See [cdc.gov/travel](https://www.cdc.gov/travel) or telephone 877.394.8747.

Important

Altitude: Traveling to Peru's highest-elevation destinations, such as Cuzco, which sits at approximately 11,400 feet, has an effect on most travelers. Typical symptoms may include a loss of appetite, insomnia, shortness of breath, dizziness, headaches, or other minor irregularities. Coca tea, offered at most hotels and restaurants, is a mild stimulant that may help you adjust to the altitude. Drink plenty of water (more than you feel you need) for two to three days prior to your flight to Peru and try to get plenty of rest. While walking, especially during any ascents, take your time, allow your body to adjust, and always keep your guides informed of how you are feeling. Please discuss with your doctor whether taking altitude medication would be helpful.

Sun: The highest Peruvian elevations combined with the intense sun can be potentially challenging for visitors from other regions. Dehydration can be a concern at any time of year. We recommend drinking 8 to 12 glasses of water a day (four to six 16-ounce water bottles), more if you are walking or in direct sunlight. Some symptoms of dehydration are headache, dry throat and eyes, decrease in urination (or dark-colored urine), nausea, and dizziness. We urge you to take water everywhere you go and carry sunscreen.

Bathrooms: A cultural/environmental difference with regard to bathrooms is worth noting: in most establishments toilet paper is not flushed but instead is disposed of in wastebaskets. It is a good idea to carry your own toilet paper and sanitizer, as there may be places where these items are not available.

FOOD & DRINK



Typical Peruvian dishes are tasty, varied, and regional. Seafood is best on the coast, while the Inca delicacy *cuy* (roasted guinea pig) can be sampled in the Highlands. Specialties include beef kabobs, *rocoto relleno* (spicy bell peppers stuffed with ground beef and vegetables), *adobo* (spicy pork stew), *choclo con queso* (corn on the cob with cheese), rice and beans, potatoes, and a variety of chicken dishes. Meals are often washed down with *chicha*, which can either be a fruit drink or a fermented, mildly alcoholic corn beer. Typical Peruvian breakfasts consist of fresh juices,

coffee, tea, granola, eggs, ham, yogurt, and bread. Coffee is wonderful and is served as a strong extract that is mixed with hot water or hot milk (*café con leche*). Please note: although vegetarians can be accommodated with advance notice in Peru, entrée choices will be limited.

Food tips: Avoid eating foods sold by local street vendors, as well as peeled fruit or unwashed vegetables (unless peeled or washed by your tour staff), as well as fresh salads. We recommend following the simple rule, “If you can’t peel it, don’t eat it.” Country Walkers tour representatives and hotels take the utmost care to ensure that your meals are safe to eat. Eating lightly, especially the first few days, will help with altitude adjustment.

Water: We advise that you drink only bottled water, including for ice cubes in drinks and brushing your teeth. Bottled water is widely available—ask for it “*sin gas*” (uncarbonated) or “*con gas*” (carbonated). You may also wish to avoid juices unless they are bottled or freshly squeezed with no added water.

LIFE IN PERU

Shopping and banking hours

Shops and stores are generally open 7 days a week from 9:00 a.m. to 8:00 p.m.

Banks are open from 9:00 a.m. to 6:00 p.m., Monday to Friday, and 9:00 a.m. to noon on Saturday.

Mealtimes

Breakfast is served at hotels from 7:30 a.m. to 10:00 a.m. In restaurants, lunch is served from noon to 2:00 p.m., and dinner is usually served from 6:00 p.m. to 10:30 p.m.

Travel Tip

You will be welcomed to Peru with the ubiquitous pisco sour—Peru’s national drink—made from pisco, a single distillation of young wine grown in Peru’s dry southern coastal valleys. The cocktail includes pisco, lime, egg white, and Peruvian bitters from the bark of a local tree—a delicious, refreshing, and intoxicating part of the culture!



Travel Tip

We recommend that you do not acquiesce to the temptation of rewarding children who beg for sweets, pencils, or spare change. As difficult as this may be, you can make a more positive impact by giving donations of school supplies or books to your guide, who will ensure that they reach one of the villages visited on the tour, or by making a donation to a non-governmental organization working in Peru.

Tipping

In restaurants it is customary to leave 10 percent of the total, and in more upscale restaurants that include a 10 percent gratuity, an additional 5 to 10 percent can be added for the server. Taxi drivers are not usually tipped unless they provide an additional service. For luggage assistance, offer a small tip at your discretion.

PERSONAL SAFETY

Traveling in Peru requires the common sense and exercise of above-normal precautions for personal safety that apply in many countries and cities worldwide; in addition to being aware of your surroundings, keep your valuables close and hidden while in public (avoid dangling cameras or other

“tourist bait”), and avoid walking alone at night. Please follow accommodation and/or your guide’s suggestions about securing valuables.

TRAVEL RESOURCES

National Peruvian tourist board official site
peru.travel/en

Public holidays

To assist in travel planning, it may be helpful to be aware of public holidays, festivals, or calendars of events. Visit the Peruvian tourist board’s website, peru.travel/en-us/what-to-do/events-and-festivities.aspx, for a list of public holidays and festivals.

TRAVEL IN PERU

A wealth of travel information is available at peru.travel/en.



Airports

All international flights arrive at Lima's Jorge Chávez International Airport (www.lima-airport.com).

Because of Peru's size and geography, internal flights are the most convenient way to reach smaller cities and regional destinations, most of which connect through Lima.

Trains

Peru has a rail system, PeruRail, at perurail.com, with service between Machu Picchu and Cuzco and several other scenic journeys.

Other local transportation

Both long-distance buses and car rentals are available in Peru; however, due to long distances and road conditions neither are highly recommended, and the U.S. State Department discourages U.S. citizens from renting cars. Taxis are available at all major airports, train stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance). For more information contact Country Walkers, or go to peru.travel/en.

Travel Tip

Photos: It is appropriate to ask (hand signals are fine) before taking picture of people in villages you visit. In more heavily traveled regions (Machu Picchu and Cuzco), it is customary to pay the person 1 or 2 *soles*. Bringing a Polaroid camera and film in order to offer photos back to the people allows for meaningful interactions, but offer them to their parents instead of children. Sharing digital photos can also be interactive.

Packing List

PACKING TIPS

Pack light! Keep in mind there will be times you may have to carry your own luggage short distances, especially before and after your Country Walkers tour. Due to space constraints, we require you to limit your luggage to one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) and one small carry-on, per person. We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. A copy of your passport or other important documents should be kept in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

LUGGAGE AND TRAIN TRAVEL TO MACHU PICCHU

When transferring by train to Machu Picchu you will need to bring one smaller bag that will fit in the overhead rack and can easily be carried on and off the train and bus (your guide may be able to provide assistance). Alternatively, similar bags with Andean motifs may also be purchased while on tour in Cuzco or at the Pisac market. You will only need clothes for two days. Additional luggage will be sent back to Cuzco and delivered to our final hotel upon arrival. Please keep this in mind when choosing your luggage.

FOOTWEAR

- » Hiking boots or shoes. There are many brands to choose from. Proper fit is crucial, so try on new boots or shoes while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. By the time you're ready to join your walking tour, you should be able to complete 4-7 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water resistant footwear keeps feet dry in heavy dew. Country Walkers reserves the right to deny participation to any guest not wearing appropriate footwear.
- » Synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)

- » Blister remedy

CLOTHING

- » Lightweight, wash-and-wear long pants for walking in the country; synthetic materials are best as cotton stays wet; zip-off pants/shorts are suggested for maximum comfort
- » Long-sleeved, wash-and-wear shirt
- » T-shirts and shorts
- » Polar fleece or light wool pullover (it will keep you warm even when wet)
- » Dinner attire: dress is smart casual. Dress is casual but neat. Khaki slacks, a skirt and blouse, or jeans are quite appropriate. Shorts are not appropriate. “Separates” that you can combine and wear more than once are highly recommended.

OUTERWEAR

- » Waterproof rain gear: jacket, pants, hat, or hood
- » Windbreaker with hood (your rain gear may be suitable)
- » Hat with a broad brim or visor
- » Lightweight fleece or wool hat and gloves for cool days and nights in Cuzco

EQUIPMENT

- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of one liter)
- » Sunblock and lip balm
- » Insect repellent
- » Sunglasses
- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

- » Small duffel bag (see Luggage and Train Travel to Machu Picchu above for details)

OPTIONAL

- » Telescopic walking sticks. Rubber tips are required for the Inca Trail and may be purchased in most hardware stores. (Please note that while telescopic walking sticks are recommended for this tour, they are not provided by Country Walkers. Therefore, please plan on bringing your own should you wish to use them.)
- » Binoculars
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen
- » Field guides (see enclosed reading list)
- » Bandana
- » Hand sanitizer and/or moist towelettes
- » Motion sickness bracelets or other non-sleep-inducing remedy if prone to motion sickness on bus or train rides
- » Alarm clock
- » Anti-histamine or anti-itch cream for bites
- » Prescription medications
- » Small locks for suitcases
- » School supplies (notebooks, pencils, etc.) to present to schools visited in remote villages
- » High altitude prescription medication; optional—consult your doctor before traveling
- » Moisturizer, ear and eye drops (for dry air due to the high elevation)