

## **Additional important information about the Peru Trip**

### Emergency Contact information while in Peru

USA based Trip coordinator and accompanying host for the trip- Erik Rasmussen- local Peru cell phone number (this will be active from June 12<sup>th</sup> onward) is 51 973-656359

USA emergency number is 312 925 0287 or 773 301 6091

Local Agent in Cusco- Maria Acurio- cell and her number is 51 940-231417

The 51 is the country code and you will not need that part of the number if you are calling us from anywhere in Peru (just start dialing from the 9 onwards in Peru). If calling from the USA you must dial the entire number (and perhaps an access number to get a intl call out that your provider may require)

### Hotel information is available from the links provided in the final day by day itinerary

Hotels in Peru photocopy your passport: Please note all Peru hotels will need to make photocopies of your passport and also your departure card (you get a small white paper when you enter Peru. Please keep it in your passport and don't lose it) when you check in. This procedure is normal. You may bring extra photocopies of your passport if you would like, or the front desks will do it on-site.

Hotel Check-In Procedure: Group check-ins take longer than if you were traveling individually. Please be patient. We will get you into your room as quickly as possible. For large groups checking in all at once, we may ask you to take a seat in the hotel restaurant or breakfast area while we call out names and pass out room keys.

Internet: Most hotels offer in room wifi and also have business centers. There are also plenty of internet cafes easily accessible in all the towns we overnight at.

Money: Please change some money into Peruvian soles when you can. ATM's, money exchanges, and hotels are readily available to get Peruvian money. You will need Peruvian currency (please note- many places will not take credit cards).

There are also plenty of ATM's (some ATM's charge fees and some do not), banks, and money exchange facilities in the city of Cusco. In both Lima and Cusco- Rates are generally close to the same at all change facilities in town and should not charge you a commission to change foreign cash to soles. You will need US dollars in very good condition to be able to change money. Bills with small tears, lots of folds, generally in bad shape will not be accepted. Only the new series bills will be accepted. In short, try to bring brand new bills for cash money exchange. Travelers checks are harder to cash and don't have as good of rates, thus are not recommended.

Meals not included in the program: All breakfasts are included. There are some lunches and dinners that you will take on your own as indicated in the program. In each city/town, we are centrally located to areas and/or to the main plaza where there will be many choices for food options. There are plenty of restaurants, cafes, and grocery stores to suit a wide range of budgets, tastes, and special needs (i.e. allergies, vegetarian, etc). In Cusco, there is the widest range of options all the way up to fine dining. Some restaurant ideas can be found from the following [food guide to Cusco](#) or check resources such as lonely planet for more restaurant ideas during your free time.

Included meals: Breakfast is included each morning and coffee, tea, and juices are available at no extra charge. For the included lunches and dinners in the program: All drinks are billed separate and direct to you.

Travel times during tour: Flights between Lima and Cusco are about 1 hour flight time each way. Train rides last about 2 hours each way between Ollanta and Aguas Calientes. The private bus from Ollanta to Cusco is 2 hours in length. For those rafting- The private transport for the rafting excursion is about 1 ¾ hours each way. All other tours have short durations between stops and/or are close to the hotel for that day.

Cusco Visitor's passes- This is one special pass which is valid 1 week for all the Sacred Valley and many of the other Cusco Inca sites we visit during the tour. As indicated in the day by day itinerary, this ticket is not included, and you will need to buy one on the first day (we will do this as a group after lunch) when we head out on the tours in the afternoon. Please have 130 soles in cash available to do this on Day 1. These will be your entrance tickets to many sites while on the trip, please keep them in a safe place. If you lose any of them you will be responsible to replace them to enter the sites we visit. *Please note:* Coricancha (Sun Temple)-15 soles and Cusco Cathedral -25 soles are both separate entry tickets from the main Cusco Visitors pass.

Vaccinations: To take a trip to Peru, there are recommended vaccines and immunizations. None are required for entry if you are not coming directly from a country in the yellow fever zone.

To get the most accurate information for your unique health needs, it is by far best to check with your doctor, a travel clinic, and/or the World Health Organization or CDC for up to date info that would apply to your trip itinerary to Peru. Please show them your itinerary as different parts of the country have different requirements (i.e. Amazon, etc).

This also pertains to possible altitude sickness prevention and treatment medicines. In addition, if traveling into the Amazon, there are different recommendations and extra precautions are usually advised by doctors (ie Malaria prevention, etc) Please check with your doctor or a medical travel clinic prior to the trip. We cannot send out specific recommendations for you on these types of health issues. You may visit your doctor or a travel clinic several weeks in advance of the trip start!

Sleeping Bags- If you are on the trek, these are available for rental in Cusco from us. Please inform us when in Cusco if you need to rent one and pay for it in USD (30 usd) while in Cusco. Or feel free to bring your own sleeping bag on the trip.

Packing: When packing for your trip (partly based on our recommendations on other FAQ sheets and also your personal needs), please keep in mind after the time in Cusco you will be on the move a lot, so try to pack as light as possible. You will be staying in more than one hotel or doing the trek, so the less you have, the easier checking in and out and moving around with your luggage will be.

For the nights away from Cusco: You will be packing for only a few nights and there will be times when you will be responsible to carry your luggage a little bit (i.e. from hotel to train station, getting on and off trains, etc), so again pack light.

There are no cars in Aguas Calientes, you must walk to get around town and to the hotels from the train station.

With this in mind, you should leave some things in the luggage storage at the Cusco hotel free of charge. This way, you do not have to take as much with you on the trek and to Machu Picchu.

We can't stress enough that your trip will be a lot more fun if you pack light ☐

Fret not, there are plenty of stores in Cusco (and time to shop) if you need to have something you forgot or realize you would like to have once on the trip.

If you want to or need to skip a particular tour/activity: It is not a requirement to come on every tour as part of the trip. If you wish to have some free time or are not feeling well and wish to skip an activity, please let your trip host know in advance.

*Please Note:* No refunds can be made for any service or activity you do not use.

Announcements: We do group announcements at the end of each day's last tour for the next day's schedule (when everyone is together). If you are not present for that, it is your responsibility to get in touch with your trip host to make sure you have the details and proper information for the following day as departure times, etc can change during the tour from what is on the written itinerary.

Tips and Gratuities: Tips on this trip to your local host, drivers and hotel staff, etc are not included. Tipping is discretionary and highly encouraged when good service has been provided. Our guides pride themselves on providing quality service and appreciate any tips you may give. The average rate for a local tour guide/host is \$5-\$10 per day of service. For other trip services, tips are optional and partly depend on how much you use the services. The averages for hotel porters are \$1 per bag. Hotel staff such as house keeping average \$1 per day per person. Tour bus drivers generally average \$1 per day of service. Trekkers: We will have a group of porters on the Inca Trail working very hard for us, and they will make this event possible. We recommend to try to give them a group tip you will pool together that allows each porter to receive at least \$40. Tipping for the guides will be done at the end of the tour.

Additional Travel Tips: Please review some very helpful general travel advice-  
<http://www.eriksadventures.com/vacation-planning-help-ideas-assistance>

We look forward to hosting you in Peru! Thanks for traveling with Erik's Adventures!

## LARES INCA TRAIL

The Lares Trek is a beautiful 2 night/3 day trek covering Andean valleys, vistas of snowy peaks, mountain lakes, and visits to traditional communities. This amazing trek is considered a moderate to difficult hike for which you need to be prepared. The elevation is as high as 4500 meters. The trek is a one way trail and our route on it covers a total distance of about 40km. These are good reasons to be in good physical shape and spend a couple of days in a high altitude city such as Cusco before starting the trek (which we do).

On the Trek- We take care of supplying tents, sleeping mats, dining tent, and other supplies needed to set up a camp. We will be carrying that gear and setting up the camp for you. In addition we are preparing 3 meals a day for you, plus snacks, providing purified water for drinking, and guides to lead the hike and provide explanations and information. You are here to enjoy the scenery, challenge yourself with the hiking, and leave these other details to us.

Sleeping bag- If you decide you would like to rent a sleeping bag from us, please let us know at the time you make the payment for the extra porter on the first day of the tour. This will allow us to make the arrangements and have these brought to the pre-trek briefing. You will be able to pay for these in cash (\$30 US) during the meeting.

Briefing- The trek briefing with the guides will allow us to go over many aspects of the trek with you a day ahead of time, distribute duffel and sleeping bags (to those that are renting them), answer all your questions, and give packing advice, etc. You will have plenty of free time after the meeting to do last minute shopping, and to pack up your gear, etc.

Packing- We will issue you a duffel bag at the pre-trek briefing we will hold for the entire group. This will be your "suitcase" for the trek and for the night in Aguas Calientes. You must use the duffel as your luggage as we cannot take other types of packs or bags. You will only carry a personal daypack. There is strict weight limit is 16 lbs of luggage per person that the porters are allowed to carry. If you are going over this weight, you will have to put the extra in your daypack. All items including sleeping bag (either rented or your own) that you bring and put in the duffel will count towards to weight requirement.

Suggested trek packing list (these are recommendations only and list is not all inclusive)

\*Footwear- Well worn-in waterproof walking boots or trail shoes: Good quality, comfortable footwear is essential. Whatever you wear on your feet the most important thing is comfort. It is vital to ensure your boots or shoes are broken in prior to the trip and also lightweight.

\* A backpack/daypack-

\*Rain gear (jacket and pants if available) or rain poncho- A plastic poncho or two is also

recommended and can be purchased easily for approx US\$2-3 in Cusco.

- \* Sandals or jogging shoes for more comfort while at camp

- \* Clothing for layering. Temperatures can range from hot to near-freezing in the course of a day. You'll want to be able to go from a fleece or other warm jacket to a t-shirt, and back again.

- \* Warm clothes, including jacket, fleeces, gloves, scarf, socks, Thermal clothing is also recommended (especially for sleeping)

- \* Flashlight/headlamp and batteries

- \* Camera, films and batteries (batteries consume more quickly under cold conditions)

- \* Hat or cap to protect you from the sun, rain and cold

- \* Sun block

- \* Insect repellent

- \* Handkerchiefs

- \* Toilet paper one roll

- \* Extra Snacks: gels, energy bars, electrolyte drink mix, chocolate, etc . Please note that we do provide a daily morning snack to carry and our meal service is very complete and well supplied. This recommendation applies for all clients being used to specific brands, snacks, or energy foods. Bring those as we may not offer your preferred choices.

- \* Original passport

- \* One bar of soap

- \* Toiletries in small sizes

- \* Wet wipes

- \* Hand sanitizer

- \* Any personal medications

- \* Sleeping bag (bring your own or rent one from us on-site only in Cusco for \$30 usd - cash only)

- \* Standard small water bottles (plastic), take small ones they are easier to pack and carry than one large one

- \* Hydration bladder or water bottles

- \* Personal first aid for basic cuts, blisters, etc

Optional: One or Two walking sticks/poles, many people like to hike with these. (these can also be rented or purchased in Cusco), must have rubber stopper on bottom and cannot use them in Machu Picchu- there they would go in the Machu Picchu luggage storage on site.

## Peru FAQ Information for travel in 2016

### ENTRY AND EXIT REQUIREMENTS (FOR USA CITIZENS):

A valid U.S. passport is required to enter and depart Peru. Tourists must also provide evidence of return or onward travel. U.S. citizens do not need a visa for a tourist stay of 90 days or less. U.S. citizens remaining in Peru more than 90 days must pay a monthly fee to extend their visa for up to three additional months, for a total of six months. Your passport should have 2 or more blank pages and be good until at least six months after the last day of your trip. U.S. citizens, including children, who remain in Peru over six months without obtaining a residence visa, will have to pay a fine in order to depart Peru. Visitors for other than tourist or family visit purposes must obtain a Peruvian visa in advance. Business visitors should ascertain the tax and exit regulations that apply to the specific visa that they are granted. U.S. citizens whose passports are lost or stolen in Peru must obtain a new passport and present it, together with a police report of the loss or theft, to the main immigration office in the capital city of Lima to obtain permission to depart. For further information regarding entry requirements, travelers should contact the Peruvian Embassy at 1625 Massachusetts Avenue, NW, Suite 605, Washington, DC 20036; telephone (202) 462-1084 or 462-1085; Internet <http://www.peruemb.org>; or the Peruvian Consulate in Chicago, Houston, Los Angeles, Miami, New York, Patterson (NJ), San Francisco, or San Juan

### ENTRY REQUIREMENTS FOR CITIZENS OF OTHER COUNTRIES:

Please check with the Peruvian embassy or consulate in your country.

### AIRPORT DEPARTURE TAX:

For every domestic flight you should pay \$ 5.00 and for International flights \$ 31.00. (Subject to change by Peru government, nowadays almost all airlines already include this in their ticket price- please check with your carrier)

### TRAVEL BAGGAGE AND ALLOWANCE:

Our host hotel has a secure storage room where you can leave the extra travel luggage. There is no fee to leave your bag.

For most intl flights- two pieces of baggage are allowed up to 50 pounds plus one carry on. Please review your intl carrier's policy for your flights to and from your home city to Lima

The weight limit for internal flights in Peru is 20kg for checking in a bag without a charge. Heavier bags may incur extra charges at check in for the flights within Peru.

### MONEY AND LOCAL CURRENCY:

The unit of currency in Peru is the Nuevo Soles. 1\$ USD = S/ 3.10 as of 5/10/15- please check for up to date exchange rates. It is advisable to take most of your money in US dollars or Euros for exchange. **The bills must be the new issued bills in very good condition (no tears, etc) or they may not accept them for currency exchange.** Bills with small tears, lots of folds, generally in bad shape will not be accepted. Only the new series bills will be accepted. In short, try to bring brand new bills for cash money exchange. Travelers checks are harder to cash and don't have as good of rates, thus are not recommended. You will have plenty of opportunities to exchange money on this trip.

ATM cards also work in Peru cash machines. You tend to get a good exchange rate this way. There are also plenty of ATM's (some ATM's charge fees and some do not), banks, and money exchange facilities in the city of Cusco. In both Lima and Cusco- Rates are generally close to the same at all change facilities in town and should not charge you a commission to change foreign cash to soles.

The amount you wish to take out depends on how much you wish to spend on gratuities and meals not included, plus gifts or extras like an optional tour for example.

A cheap local restaurant will run a few dollars; a typical tourist one will cost maybe \$15 USD for a meal

Things are generally cheaper there than the US. I encourage you to look at some background on Peru from Lonely Planet or Fodor's. They provide history, geography, information, costs, etc, and are a good resource to check.

#### SHOPPING:

Souvenirs are good and varied in Peru. In markets and smaller stores, bargaining is acceptable, indeed expected. Woolen goods are popular and are often made of pleasantly coarse homespun wool, made into weavings, sweaters, scarves, hats, gloves and vests.

Most of the markets are not fixed prices, but you negotiate your price with the vendor. (They will start you very high since you are a tourist, be sure to negotiate). Be aware what you are buying.

Nice shops, grocery stores, restaurants will have fixed prices.

There are plenty of stores in Cusco (and time to shop) if you need to have something you forget or realize you would like to have once on the trip.

#### PERSONAL SECURITY:

We strongly recommend the use of a neck wallet or money belt while traveling. This should contain your passport, international airline tickets, travelers checks, cash and others important items. The consequences of having any of the above lost or stolen are both costly and time consuming. A lock of some kind is also recommended for securing your luggage. It is a good idea to make a list of all-important details relating to passport, travelers checks, credit cards, and tickets. Keep this list separate from the actual item so in the unlikely event of loss, replacement will be made easier.

\*Please make 2 photocopies of your passport, leave one at home and keep one in your luggage in a different place than you carry your passport

Be careful walking around alone at night in the cities

Taxis are safe if called from the hotel so that you get a registered taxi for your transport.

#### PHOTOGRAPHY:

There is a lot of potential for photography in Peru. A good camera with choice of lenses is certainly worth the effort. Buy your film prior to departure and develop on your return. Ask a local person before taking a picture of them; in Cusco they may ask for a 1 sol "tip" for a photo since there are many tourists there.

#### TRAVEL INSURANCE:

Falling ill abroad can be expensive and personal insurance is absolutely essential if you need medical treatment,

Travel insurance can cover against theft, personal accidents, personal liability, medical expenses, and cancellation of trip and air tickets.

<http://www.travelex-insurance.com/index.asp?LOCATION=49-0029>

#### ELECTRICITY:

It is typically 220 volts. Some places will have outlets that correspond to USA plugs, some will not. Better to bring an adapter for Peru's plugs just in case. For info on type to bring-

<http://www.kropla.com/electric2.htm>

#### HEALTH MATTERS:

Vaccinations: To take a trip to Peru, there are recommended vaccines and immunizations. None are required for entry if you are not coming directly from a country in the yellow fever zone.

To get the most accurate information for your unique health needs, it is by far best to check with your doctor, a travel clinic, and/or the World Health Organization or CDC for up to date info that would apply to your trip itinerary to Peru. Please show them your itinerary as different parts of the country have different requirements (i.e. Amazon, etc).

This also pertains to possible altitude sickness prevention and treatment medicines. Please check with your doctor.

We cannot send out specific recommendations for you on these types of health issues. You may visit your doctor or a travel clinic a couple of weeks in advance of the trip start!

#### About the high altitude and tips to make it easier to acclimate to 11,000+ ft.

We recommend you to rest on your first day of your arrival to the highlands and consume light meals to prevent altitude illness drinking mate de coca (coca tea) is recommended Better not to take alcoholic beverages on the first day.

Sun/ Heat and altitude: drink plenty of fluids to avoid dehydration and heat stroke, keep covered up and wear a high level sunscreen.

When traveling to the mountains, please make sure to take a poncho or raincoat in your day pack.

To obtain medical services contact the staff of your hotel or guide.

#### First-Aid

Each passenger should carry their own miniature First-Aid-Kit which should contain a supply of any medicine which you use regularly (ie prescriptions, aspirin as well as the following items: band-aids, something to combat pain and headaches, antiseptic cream, lip salve, diarrhea tablets, antihistamine, insect repellent, sunscreen, and something for the relief of the sunburn such as calamine lotion). If you should get a cut or scratch while traveling it is important to clean thoroughly and cover immediately to avoid skin infection.

#### Water and Sanitation:

Only drink bottled or previous boiled water.

Avoid ice cubes unless made from safe water.

For tooth brushing try to use bottled or treated water.



Food- Be careful with raw vegetables., Eat only fruit that you have washed in safe water and peeled (tomato and fruit), Avoid eating from street vendors.

#### WEATHER CONDITIONS:

Peru is a varied and diverse country due to the climatic, natural and cultural diversity of its regions. It is 1,554 miles (2,500 km) long, and has 3 natural regions: Coast, Mountains (sierra) and Jungle.

The Mountains (Machu Picchu, Cusco, Puno, Titicaca Lake)

Mid April - October. This period is the dry season, with hot, dry days (20-25°C) and cold, dry nights, often hovering just above freezing, particularly in June and July. Weather changes with altitude and can change fast. Bring warm clothes and rain gear.

#### SUGGESTED TRAVEL LIST: (not all inclusive)

- \* Valid Passport.
- \* If you have travel insurance, be sure to bring copy of policy details
- \* Money Belt or Neck Pouch
- \* MedicAlert bracelet if appropriate
- \* Cash, credit cards, ATM card. The most widely accepted credit cards are Visa, MasterCard, and American Express. Note: There is often an 8 to 12% commission for credit card charges.
- \* Phone card if you plan on phoning home OR you can use calling centers in towns for about 30 cents a minute

#### WHAT TO PACK:

You will be on the move a great deal, so our general advice is to pack as lightly as possible. At the higher altitude in the Andes Mountains the temperature can feel cold, especially at night. You should pack for both a hot climate as well as an autumn type climate. We are traveling during the dry season but there might be some rains in the mountains so you have to include rain gear.

We recommend using a duffel bag or backpack for your main luggage instead of large, bulky suitcases. A small day pack is also essential. The following list is a general guideline (and not all inclusive):

#### SUGGESTED LIST TO TRAVEL:

- Insect repellent
- Rain jacket
- Small flashlight with batteries
- Small sewing kit
- Toiletries
- Hat for sun
- Battery operated alarm clock or watch
- Water bottle
- Sunscreen

#### OTHER CLOTHING:

- Light pullover or sweatshirt
- Warmer sweater or polar jacket or polar fleece
- shirts, t-shirts
- pairs of shorts / skirts
- pairs of long pants
- Underwear and sleepwear

- flip-flops
- Walking shoes or hiking shoes
- swim wear (if you want to go to the hot springs in Aguas Calientes)

OPTIONAL:

- Camera
- Playing cards or other favorite games
- Reading / writing material
- Sunglasses
- Baseball cap
- Sandals

\*TREKKERS PLEASE REFER TO TREK SPECIFIC PACKING SHEET FOR MORE DETAILS

LIMA

Taxi transport in Lima: If you decide to spend anytime in Lima on your own before or after the tour, we highly recommend that you should only use secure taxis while getting around Lima. Taxis flagged down on the street can be dangerous. For example, if going into Lima after the tour, but before your intl flight on your departure day, only use a secure taxi from inside the airport. Best to have a hotel call you a taxi for your return to the airport.

OTHER

Additional Travel Tips: Please review some very helpful general travel advice-  
<http://www.eriksadventures.com/vacation-planning-help-ideas-assistance>

We look forward to hosting you in Peru! Thanks for traveling with Erik's Adventures!

## **Peru Singles Lares Trek Vacation Oct 22-29, 2016**

### **LARES TREK ITINERARY**

#### **Day 1 SAT 10/22: BEGIN PERU SINGLES VACATION: ARRIVE LIMA AND TRANSFER TO CUSCO**

Arrival in Lima by 7:00 am this morning or earlier on your intl flight.

Proceed through customs and immigrations and check in for your domestic flight to Cusco.

\*Please note- If you are already in Lima prior to the morning of 6/13, please be at Jorge Chavez (LIM) intl airport to check in for your flight 2 hours ahead of your Lima- Cusco flight departure time.

Upon arrival in Cusco- You will be met by your trip host and staff and transferred to the hotel in Cusco where you will get checked in. We will have a quick meet and greet with the entire group while we taste a Coca leaf tea (traditional Peruvian drink).

After unwinding from the flight we will have time for a special group lunch to get to know our fellow singles travelers and to be introduced to traditional Peruvian Cuisine. Later that afternoon your local guide meets you and takes you on a sightseeing tour of the town taking in the colonial churches and visiting Inca ruins outside the city; Sacsayhuaman (temple of the Lightning), Qenqo (ceremonial place) and Tambomachay (Temple of the water).

Welcome Lunch included. Dinner on your own. Overnight in Cusco at [Hotel San Agustin Plaza](#) (or similar)

#### **Day 2: PISAC RUINS AND MARKET**

Breakfast. At around 9:00 am depart Cusco for Pisac. This excursion takes you through the Urubamba Valley to the colorful Indian Market of Pisac where natives from the region of Cusco come to trade their products, You will first visit the magnificent Inca archeological site above this town from where you have a great view of this valley and a chance to either take the bus down to the town or hike down through Inca ruins and terraces. You will have ample time for lunch in Pisac and free time for exploring the town and shopping. Also visit a Llama farm and local weaving co-op, where you can learn about these unique animals as well as traditional weaving techniques of Peru. In the later afternoon you will be dropped off at your hotel and the evening will be at your leisure.

Lunch and dinner on your own. Overnight in Cusco at Hotel San Agustin Plaza.

#### **Day 3: LARES TREK START: CUSCO - CALCA - QUISHARANI- CUNCANI**

Breakfast at hotel. Lunch, and Dinner are included on trek.

Today we will leave from Cusco early in the morning by bus and travel through the Sacred Valley to begin our Lares Inca Trail trek in Peru's Andes mountains. We will arrive at Quisharani (3,700 mts) where will trek over our first pass at 4200 meters before descending to our first camp at Cuncani (3750 mts) in the later afternoon.

#### **Day 4: CUNCANI - LAGUNA ARUYACocha**

Breakfast, Lunch, and Dinner are included

After continuing up through the valley, we arrive to the community of Huacawasi. People here produce some of the finest weavings in Peru. Passing this community we begin climbing up to our second and highest pass of the hike (4550 mts), From here, we catch a stunning view of the some of the famous glacial mountain peaks up to 5750 meters in height. Descending gently for about one hour, we come to the beautiful Aruyacocha Lake, and just past that, a second lake and our campsite.

#### **Day 5: LAGUNA ARUYACocha - OLLANTAYTAMBO - AGUAS CALIENTES**

Breakfast and Lunch included.

Today our trail leads downhill to an overlook facing a wide valley. Descending into the valley, we eventually arrive to the administrative area of Yuanahuara. Stop for lunch. We continue the hike and later arrive at Ollantaytambo. This Inca fortress is situated in a fertile river valley and sheltered by mammoth mountains, this ancient Inca village is considered one of the most important living museums in the world. This is a perfect place to appreciate the vast archaeological remains and a wide variety of flower and bird species. If time permits, we take a guided tour of the Inca site and town, then we take an afternoon train at 3:30 pm from Ollantaytambo to Aguas Calientes to arrive around 5:30pm. We will walk over to the hotel and check in. Reunite with the non-trek group this evening.

Dinner on your own. Overnight in Aguas Calientes at Hotel Inka Town(or similar)

*Please note-* All projected times and hike distances are approximate and only estimates. Actual times between campsites may vary. Guides reserve the right to change campsite locations and/or modify the trekking route or itinerary if needed. Horses are to help carry supplies and gear not to ride (permitted to ride only in emergency). All times for tours, transfers, daily arrival/departure times, etc are approximate and subject to change at the guide's and or host's recommendations. Erik's Adventures reserves the right to alter the itinerary if necessary due to safety concerns, circumstances outside its control (ie worker strikes, weather, government, etc.). During the trekking trip, we reserve the right to make changes if needed for safety, scheduling, and other concerns.

#### **Day 6: MACHU PICCHU - CUSCO**

Breakfast at hotel. Afterward, at 5:30 am take the early morning bus up to Machu Picchu. After witnessing sunrise over this majestic place, we will have a guided tour of the complex with our local guides (approx. 3 hours) After the tour, there will be several hours available to spend as you choose in this unique archaeological site, allowing ample opportunities to explore on your

own. Rest of day free in Machu Picchu and Aguas Calientes. Bus back to Aguas Calientes town included. Optional visit to Aguas Calientes Hot springs (extra charge) before the train ride back to Cusco. Afternoon train Aguas Calientes- Ollantaytambo /bus Ollanta to Cusco returns you to Cusco that evening. The train departs at 4:22 pm. Arrive around 8:30 pm at hotel in Cusco.

Lunch on your own. Rest of evening free. Overnight in Cusco at Hotel San Agustin Plaza

### **Day 7: CUSCO**

Breakfast. Free day to do a Peru adventure tour (such as white water rafting, and can be arranged up to one day before), or just relax, explore on your own, go shopping, and enjoy the exciting nightlife of Cusco. Lunch on your own arrangements. That evening meet in the lobby at 700 pm- There will be a special farewell dinner and cultural show at a famous restaurant in Cusco that we will walk over to from the hotel. Dinner and Show Included. Rest of evening at leisure. Overnight in Cusco at Hotel San Agustin Plaza.

### **Day 8 SAT 10/29: CUSCO- LIMA**

Breakfast. Morning transfer to Cusco airport. Fly back to Lima from Cusco.

INCLUDED DOMESTIC FLIGHT: Cusco to Lima departs in morning. Please book your flight home from Lima for a departure after 1230 PM to ensure you make your connection.

"End of Trip"

- ▲ If you are staying an extra night in Lima- There are a wide variety of hotel options for all budgets available, we recommend the Marriott Hotel in Miraflores

*Please note- All times for tours, transfers, daily arrival/departure times, etc are approximate and subject to change at the guide and or host's recommendations. We reserve the right to alter the itinerary if necessary due to safety concerns, circumstances outside its control (i.e. worker strikes, weather, government, etc.). We may use similar hotels to the ones specified in this itinerary.*

**Included in Peru singles LARES TREK tour:**

- ✦ Domestic flights within Peru (Lima /Cusco and Cusco / Lima)
- ✦ Airport transfers: on arrival and departure to Cusco
- ✦ 04 nights 4 star hotel Cusco, 1 night hotel in Aguas Calientes, 2 nights camping while on trek
- ✦ Buffet breakfast included each morning at all hotels
- ✦ Professional local tour guides while on the included tours indicated in itinerary
- ✦ Private transport on all tours.
- ✦ Excursion in Cusco w/ guided city tour and nearby Inca sites.
- ✦ Tourist train from Ollant. to Aguas Calientes on day 5
- ✦ Economic Tourist Train/Private Bus return on Day 6 from Aguas Calientes / Ollant./Cusco
- ✦ RT Bus from Machu Picchu to Aguas Calientes
- ✦ Extra Luggage storage in Cusco hotel
- ✦ Entry into Machu Picchu
- ✦ Welcome lunch on the first day (drinks are extra charge- ie beer, wine, soda)
- ✦ Farewell dinner and cultural show on day 7 (drinks are extra charge- ie beer, wine, soda)
- ✦ Services of our professional guides and local hosts for the entire program

**ON TREK**

- ✦ Private Bus from Cusco to starting point for the trek- we pick you up from your hotel
- ✦ Entrance to the park, trail permits.

- ⤴ Cook + assistant - Meals while on the trek (2 breakfast, 3 lunch, 2 dinners, tea time every afternoon and wake up tea every morning)
- ⤴ Equipment: Two-person tent (4 season tent), brands we use REI and Mountain HARDWEAR.
- ⤴ Tent for kitchen, tent for dining, sleeping pads, camping stools, camping table, cooking gear, etc
- ⤴ Porters for carrying the equipment and food. (Clients carry their personal baggage)
- ⤴ Treated water while on the hike. - First- Aid Kit, Oxygen

#### Meals on trek:

We provide all meals during the Trek. Meals consist of a selection of soup or appetizers, main course, dessert, and coffee or tea. Vegetarian and special needs options are available. All fresh fruits and salads are thoroughly cleaned with disinfected water prior to serving. We also provide at all times unlimited amounts of boiled (and afterward cooled) drinking water. A sample of the MENU while on the trail- Breakfast: oats, milk, coffee, bread, scrambled eggs, pancakes, yogurt, fruits, tea, chocolate, coffee, coca tea, orange juice. Lunch: fresh vegetables soups, maiz cream, escabeche (Peruvian styled marinated vegetables with chicken), fruit salads, hot drinks. Dinner: Chicken soup, vegetable soups, saltado de lomo (chopped meat with french fries and tomato sauce, estofado de pollo (chicken stew), pasta with tomato sauce.

#### **Not included on Peru singles tour:**

- ⤴ Visitors passes and entry tickets for Cusco and Sacred Valley sites (about \$ 62.00 in total)
- ⤴ Intl and Domestic Airport departure tax (almost all airlines include intl departure tax in the ticket)
- ⤴ Tips and Gratuities
- ⤴ Extra personal expenses and optional tours
- ⤴ Meals and drinks not mentioned on the program.
- ⤴ Optional ticket to climb Huanyapicchu - must purchase a few weeks in advance (inquire if interested)

- FOR TREKKERS- Rental sleeping bag \$ 30.00 (you can notify the guide in Cusco if you will need to rent one and pay in USD at that time before the start of the trek. (or bring your own bag)

## **Peru Singles Non-Trekking Vacation Oct 22-29, 2016**

### **NON TREK ITINERARY**

#### **Day 1 SAT 10/22: BEGIN PERU SINGLES VACATION: ARRIVE LIMA AND TRANSFER TO CUSCO**

Arrival in Lima by 7:00 am this morning or earlier on your intl flight.

Proceed through customs and immigrations and check in for your domestic flight to Cusco.

\*Please note- If you are already in Lima prior to the morning of 6/13, please be at Jorge Chavez (LIM) intl airport to check in for your flight 2 hours ahead of your Lima- Cusco flight departure time.

Upon arrival in Cusco- You will be met by your trip host and staff and transferred to the hotel in Cusco where you will get checked in. We will have a quick meet and greet with the entire group while we taste a Coca leaf tea (traditional Peruvian drink)

After unwinding from the flight we will have time for a special group lunch to get to know our fellow singles travelers and to be introduced to traditional Peruvian Cuisine. Later that afternoon your local guide meets you and takes you on a sightseeing tour of the town taking in the colonial churches and visiting Inca ruins outside the city; Sacsayhuaman (temple of the Lightning), Qenqo (ceremonial place) and Tambomachay (Temple of the water).

Welcome Lunch included. Dinner on your own. Overnight in Cusco at [Hotel San Agustin Plaza](#) (or similar)

#### **Day 2: PISAC RUINS AND MARKET**

Breakfast. At around 9:00 am depart Cusco for Pisac. This excursion takes you through the Urubamba Valley to the colorful Indian Market of Pisac where natives from the region of Cusco come to trade their products, You will first visit the magnificent Inca archeological site above this town from where you have a great view of this valley and a chance to either take the bus down to the town or hike down through Inca ruins and terraces. You will have ample time for lunch in Pisac and free time for exploring the town and shopping. Also visit a Llama farm and local weaving co-op, where you can learn about these unique animals as well as traditional weaving techniques of Peru. In the later afternoon you will be dropped off at your hotel and the evening will be at your leisure.

Lunch and dinner on your own. Overnight in Cusco at Hotel San Agustin Plaza.

#### **Day 3: CUSCO ADVENTURE ACTIVITY**

Breakfast. Today we depart on an included adventure tour for White Water rafting.



After breakfast at the hotel, we will depart at 09:00 a.m. for a RIVER RAFTING EXCURSION AT CHUQUICAHUANA URUBAMBA RIVER: Always a favorite activity among our trip participants!

One of the most popular rafting sections during the season is the "Cusipata" section of the river on the Upper Urubamba.

There are great class III rapids. After a beautiful 1-½ hour drive, passing through small communities and impressive scenery, we will arrive to the "put in" at the shores of the Upper Urubamba River. Our professional rafting guides will give you a safety briefing and provide you with all the proper safety equipment for rafting. We will be floating for approximately 2- 2 ½ hours, running class II and III type rapids. Afterward, we will arrive at the "take-out", where a hot, home cooked lunch will be provided. Showers and a hot sauna will also be available. We will arrive back to Cusco around 6:00 p.m. This is a full day group tour!

**INCLUDES:**

- Transportation from hotel in Cusco to the "put-in" at the river
- All rafting equipment, such as helmet, life jacket, paddle, self bailing raft
- Spray jacket, wet suit
- Professional English speaking rafting guides
- Delicious lunch
- Transportation back from the river to your hotel

Please note: If for one reason or another you do not want to participate in the rafting, that's no problem at all. You may have a free day in Cusco or to visit the surrounding area to pursue another type of activity.

Dinner on your own. Overnight in Cusco at Hotel San Agustin Plaza

**Day 4: MORAY AND SALT MINES – OLLANTAYTAMBO**

Breakfast. After breakfast you will be picked up at the hotel by your local guide and driver for today's activities. Moray is located one hour or so from Urubamba City, and provides one of the most spectacular views of the Urubamba Mountain Range. It is also the location of some dramatic conical depressions formed by a unique form of Inca Terraces. This site is thought to have been an experimental natural greenhouse to grow an extraordinary variety of tropical crops beyond their normal altitude. After Moray, we visit Maras. We do a small hike down the Salt mines and we will visit the local salt co-operative, which extracts the mineral by evaporation from a natural spring, thereby demonstrating that early Andean civilizations were not necessarily dependent upon coastal trade for this important mineral. Reaching the valley of Urubamba our transport meets us to take us to Ollantaytambo for a guided tour of this site. This Inca fortress is situated in a fertile river valley and sheltered by mammoth mountains, this ancient Inca village is considered one of the most important living museums in the world. This is a perfect place to appreciate the vast archaeological remains and a wide variety of flower and

bird species. After a tour of the Inca site and town, you will be taken to your hotel for checking in and the rest of the evening is at your leisure in the small, picturesque tourist town of Ollantaytambo. (Most restaurants, cafes, etc are within easy walking distance.)

Lunch and dinner on your own. Overnight at Ollantaytambo [Hotel Tikawasi Valley](#) (or similar) - Calle la convención S/N, Cusco 01 Ollantaytambo

### **Day 5: AGUAS CALIENTES**

Breakfast. After breakfast, check out and make your way with a short walk or moto taxi down to the Train station in Ollantaytambo. Your trip host will be with you today. Board a 7:45 am morning train to Aguas Calientes arriving in Aguas Calientes about 10:00 am. Check into the hotel. Afternoon on your own to explore the Machu Picchu Museum near Aguas Calientes, day hikes available (such as the jungle ladders on Putu Cusi), markets and shopping, or just relax at the hot springs.

Lunch and dinner on your own. Overnight in Aguas Calientes at Hotel Inka Town (or similar)

### **Day 6: MACHU PICCHU - CUSCO**

Breakfast at hotel. Afterward, at 5:30 am take the early morning bus up to Machu Picchu. After witnessing sunrise over this majestic place, we will have a guided tour of the complex with our local guides (approx. 3 hours) After the tour, there will be several hours available to spend as you choose in this unique archaeological site, allowing ample opportunities to explore on your own. Rest of day free in Machu Picchu and Aguas Calientes. Bus back to Aguas Calientes town included. An afternoon train: Aguas Calientes- Ollantaytambo /bus Ollanta to Cusco returns you to Cusco that evening. Optional visit to Aguas Calientes Hot springs (extra charge) before the train ride back to Cusco departs at 4:22 pm. Arrive around 8:30 pm at hotel in Cusco.

Lunch on your own. Rest of evening free. Overnight in Cusco at Hotel San Agustin Plaza.

### **Day 7: CUSCO**

Breakfast. Free day to do another Peru adventure tour, or just relax, go shopping and enjoy the exciting nightlife of Cusco. Lunch on own arrangements. That evening meet in the lobby at 7:00 pm- There will be a special farewell dinner and cultural show at a famous restaurant in Cusco that we will walk over to from the hotel. Dinner and Show Included. Rest of evening at leisure. Overnight in Cusco at Hotel San Agustin Plaza.

### **Day 8 SAT 10/29: CUSCO- LIMA**

Breakfast. Morning transfer to Cusco airport. Fly back to Lima from Cusco.

INCLUDED DOMESTIC FLIGHT: Cusco to Lima departs in morning. \*Please book your flight home from Lima for a departure after 1230 PM to ensure you make your connection.

“End of Trip”

- ✦ If you are staying an extra night in Lima- There are a wide variety of hotel options for all budgets available, we recommend the Marriott Hotel in Miraflores

Please note- *All times for tours, transfers, daily arrival/departure times, etc are approximate and subject to change at the guide and or host’s recommendations. We reserve the right to alter the itinerary if necessary due to safety concerns, circumstances outside its control (i.e. worker strikes, weather, government, etc.). We may use similar hotels to the ones specified in this itinerary.*

**Included in Peru singles NON TREK tour:**

- ✦ Domestic flights within Peru (Lima /Cusco and Cusco / Lima)
- ✦ Airport transfers: on arrival and departure to Cusco
- ✦ 05 nights 4 star hotel Cusco, 1 night Aguas Calientes, 1 night Ollantaytambo.
- ✦ Buffet breakfast included each morning at all hotels
- ✦ Professional local tour guides while on the included tours indicated in itinerary
- ✦ Private transport on all tours.
- ✦ Adventure activity (rafting w/ lunch) on day 3
- ✦ Excursion in Cusco w/ guided city tour and nearby Inca sites.
- ✦ Tourist train from Ollant. to Aguas Calientes on day 5
- ✦ Tourist Train/Private Bus return on Day 6 from Aguas Calientes / Ollant./Cusco
- ✦ RT Bus from Machu Picchu to Aguas Calientes
- ✦ Extra Luggage storage in Cusco hotel
- ✦ Entry into Machu Picchu
- ✦ Welcome lunch on the first day (drinks are extra charge- ie beer, wine, soda)
- ✦ Farewell dinner and Cultural Show on day 7 (drinks are extra charge- ie beer, wine, soda)

- ⤴ Services of our professional guides
- ⤴ Experienced guides and trip host to accompany you for entire trip

**Not included on Peru singles tour:**

- ⤴ Visitors passes and entrance tickets for Cusco and Sacred Valley sites (about \$ 62.00 in total)
- ⤴ Intl and Domestic Airport departure tax (almost all airlines include intl departure tax in the ticket)
- ⤴ Tips and Gratuities
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