



A Journey to Peru with Steppin' Out Adventures



QUICK REFERENCE ITINERARY & CONTACT INFORMATION

CONTACT INFORMATION

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STAYING IN COMMUNICATION

- For those of you with an iPhone or similar, make sure you call your service provider and see about getting an international plan for emails because if you use your email in a roaming service, they charge by the megabyte, and it adds up quickly. However, some of them have special arrangements. AT&T has special packages including an International Day Pass for talk, text and high-speed data starting at \$12/day.
- If you want to stay in touch via text, we recommend the What's App app. Download it onto your phone www.whatsapp.com/ Good way for your group to stay in touch with one another and the guide as well. As long as there is wi-fi you can text, send pictures, even make phone calls (I think only to others on WhatsApp, so have your contacts at home download it as well) for free.

Before You Leave reminders:

- Make sure your passport has at least 6 months before expiration and enough blank pages
- Take a pair of passport photos with you
- Call the immunization travel clinic and get appropriate immunizations. Be "up to date" on routine vaccinations
 - Suggested altitude prevention medicine like Diamox if you're going to Cuzco and Machu Pichu.
 - Other medications are good to have- **Cipro** – an all-purpose antibiotic.
- Call your credit card company and let them know that you will be in foreign countries so they don't put a watch on your card. Also find out and make sure you are aware of foreign transaction fees. Those can become hefty.
- Call your cell phone service and see if they have any deals for roaming and find out the costs so there are no surprises. Same with the internet and email. T-Mobile lets you pay \$20/month and then you can use email service - plus free International Roaming plans and International Passes ranging from \$5 - \$15 - \$50 per time period
- We strongly recommend that you photocopy all important documents e.g. air tickets, passport, vaccination certificate, etc. and keep the copies separate from the originals. While not valid, a photocopy makes it very much easier to obtain replacements
- **Food:** Please indicate any food issues/ intolerances.
- When you fly, always wear or bring in your carry-on bag with all irreplaceable items, such as: cameras, medications, spare eyeglasses, important papers, some warm clothes and your hiking boots. If you wear glasses, pack an extra pair.
- It is a good idea to register your travel with the U.S. State Department so that you may be contacted if need be, whether because of a family emergency in the U.S., or because of a crisis in the area in which you are traveling. Travel registration is a free service provided by the U.S. State Department, and is easily accomplished online [here](https://www.travelers.state.gov/travelers/registration)
- Put your name, address and telephone numbers inside and outside of each piece of luggage. Use covered luggage tags to avoid casual observation of your identity or nationality. If possible, lock your luggage.
- Purchase Travelers Insurance: <https://www.travelexinsurance.com/?location=13-0453&go=bp>

ACCOMMODATIONS

Lima	<p>Either The Miraflores Radisson or similar https://www.choicehotels.com/peru/miraflores/radisson-hotels/pe004 Tel: (51) 162 512-00</p> <p>Amenities: Free WiFi, free full breakfast, outdoor pool, restaurant, lounge/bar, fitness center, valet cleaning service, copy machine, multilingual staff, rooftop lounge, A/C, room service, currency exchange, ironing board, hair dryer</p>
Paracas	<p>Aranwa Paracas Resort & Spa https://www.aranwahotels.com/en/ Tel: +511 207-0440 reservas@aranwahotels.com</p> <p>Amenities: WiFi, buffet breakfast, spa, golf cart, Veranda Restaurant, tennis court, bar, pier, lounge bar at the pier, room service, 2 pools, cinema, gift shop, laundry</p>
Sacred Valley	<p>Casa Andina Premium Sacred Valley https://www.casa-andina.com/en/destinations/valle-sagrado/hotels/casa-andina-premium-valle-sagrado Tel: (+51) 984 765 501 centraldereservas@casa-andina.com</p> <p>Amenities: Free WiFi, restaurant, bar/lounge, safe, currency exchange, multilingual, ATM, spa, buffet breakfast included, wheelchair accessible</p>
Machu Picchu	<p>El Mapi Hotel https://www.inkaterra.com/byinkaterra/el-mapi-hotel/the-experience/ Tel: +51 1 610 0400</p> <p>Amenities: WiFi, DirecTV, Assistance between train station and hotel, luggage storage, day spa, buffet breakfast, a la carte dinner</p>
Ollantaytambo	<p>Pakaritampu Hotel https://pakaritampu.com/ Tel: +51 084 204020 +51 953 979956 hotel@pakaritampu.com</p> <p>Amenities: Free WiFi, restaurant, bar, room service, currency exchange, safe, laundry service, souvenirs, exhibition of indigenous textile art, medical assistance</p>

ITINERARY

	Pre-Trip Extension: Lima and Paracas and Nazca Lines Adventure
Day 0: Nov 9	Arrival to Lima Upon arrival at Lima airport, you will be picked up and transferred to your designated hotel. Welcome dinner
Day 1: Nov 10	Lima City Tour and Larco Museum Combined Excursion This is a half-day tour, so you can decide to start in the morning or afternoon. The guide will pick you up from your hotel to transfer into the Historic Center of Lima to visit San Martin Square, the Main Square or “Plaza de Armas” where the Government Palace, the Archbishop’s Palace, the Cathedral and Town Hall are located. We will then proceed to San Francisco Church, a masterpiece of colonial architecture preserving the best examples of Colonial religious art in America. Then, we will visit the exceptional Larco Herrera Museum, founded in 1926. We will browse the museum display of 45,000 archaeological objects considered to be pre-Columbian art icons around the world; chronologically exhibited in impressive galleries showing the continuous development of 3,000 years of Peru’s pre-Columbian history. After visiting these places, we will return to the hotel. Option to go to the Magic Water Circuit (although may want to save until last night in Lima because of our early departure). Overnight at selected hotel
Day 2: Nov 11	From Lima to Paracas and the Nazca Lines Your adventure begins early in the morning, with a pickup from your hotel in Lima around 5:30 AM for a transfer and comfortable ride along Peru’s stunning coast to Paracas, arriving around 09:00 AM. Once in Paracas, you’ll head directly to the airstrip for a scenic flight over the Nazca Lines. Enjoy an unforgettable aerial view of these mysterious geoglyphs, believed to have been created by the Nazca culture between 500 BC and 500 AD. The lines depict figures such as the hummingbird, monkey, and spider, each etched into the desert sands and only fully visible from above. After your flight, set off on a tour of the Paracas National Reserve. Explore the reserve’s dramatic landscapes where the desert meets the Pacific Ocean and learn about the area’s unique ecosystem and history. You’ll also enjoy lunch surrounded by the stunning views within the reserve. Continue to Huacachina, a remote oasis in the Ica desert and home to the largest sand dunes in South America. Tour the dunes by buggy and try your hand at sandboarding. With your powerful buggy to help you reach the top of the dunes, you will save energy for sandboarding (optional) . Overnight at selected hotel
Day 3: Nov 12	Ballestas Islands, Pisco and wine tasting in Ica and Return to Lima The second day begins with a hotel pickup around 7:30 AM, preparing you for a boat tour to the Ballestas Islands from 8:00 AM to 10:00 AM. Known as the “Galapagos of Peru,” these islands are home to a diverse array of wildlife, including sea lions, Humboldt penguins, and a variety of seabirds. Enjoy the close encounters with this vibrant marine life as you cruise around the rocky islands. The Ballestas Islands are home to thousands of birds including the Humbolt Penguin – yep


	<p>you heard it right people, there are penguins in Peru and you need to see them! They are also home to large colonies of South American Sealions which provide endless entertainment as they play in the waves or sit like rotund little old men scratching their full bellies and snoozing on the rocks. It's certainly one of the best wildlife experiences you can have in Peru. This is also where you would see the candelabra in the sand. Paracas Candelabra. However you cannot get off the boat so have your camera ready. Etched deep into a Peruvian seaside hill, the Paracas Candelabra, more colloquially known as the "Candelabra of the Andes," is a massive geoglyph whose origin is still unknown.</p> <p>After the tour, you'll have a wine and pisco tasting in the Ica area, and after lunch (not included) you will return to Lima.</p>
	SEGMENT 2: SACRED Valley Portion
Day 1: Nov 13	<p>Morning arrival in Cusco. Transfer to the Sacred Valley of the Incas near Ollantaytamabo</p> <p>After a quick stop for some Coca tea, we'll head toward Ollantaytambo where the altitude is a little lower. The altitude in Cusco is 11,000 feet compared to Ollantaytambo which is 9100 feet. Afternoon visit to Ollantaytambo's archaeological site, the under-rated ruins of Ollantaytambo that served as a royal estate and later a refuge after the Spanish conquered Cusco. The ruins feature expansive terraces, giant building blocks and well-preserved architecture. Even the town itself is still laid out as it was during the Inca empire, allowing its visitors to glimpse the history which still exists within its boundaries.</p> <p>Welcome dinner included.</p> <p>Overnight in the sacred valley (Casa Andina Premium Sacred Valley)</p>
Day 2: Nov 14	<p>Rafting, Pachamanca Lunch, Meeting With Indigenous Shaman, Make Your Own Andean Elixir</p> <p>Enjoy a scenic rafting trip with breathtaking views of the Sacred Valley and surrounding mountain ranges. This experience is perfect for beginners with no prior rafting experience. At 9:30 a.m., our guides will welcome the group at our river put-in near the Paucarbamba Bridge in Pachar, located in the Sacred Valley of the Incas. The equipment will be ready upon arrival, and participants will receive their rafting gear and a thorough safety briefing. (Toilet facilities and changing rooms are available.) After a brief practice session on the calm sections of the river, we'll begin our journey through gentle waters, taking in the spectacular views of the mountains and nearby archaeological sites. As we continue towards Ollantaytambo, home to its impressive Inca terraces, we will encounter exciting Class 2-3 rapids, culminating in "El Resbaladero" (The Slide), a thrilling Class 3 rapid with waves and small whirlpools.</p> <p>Our rafting adventure will conclude at our river take-out point in the community of Cachiccata, which is just a 10-minute drive from Ollantaytambo. At Tambo Apumayo, our private riverside base in Cachiccata. Here, you can relax and have access to clean toilet facilities, showers, and changing rooms, all while enjoying the stunning mountain views. Afterwards you will enjoy a classic Pachamanca lunch. The Pachamanca, which translates to "earth oven" in the Quechua language, is a traditional Inca meal cooked on hot rocks and involves digging a hole in the ground, making a fire to the right temperature, and then cooking marinated meats and vegetables, covered with herbs and grass, in the earth oven. This could take time, so while we are waiting, we will meet with an indigenous shaman and perform the ceremonious traditional Mother Earth offering.</p> <p>Afternoon head to distileria Andina. After a tour of the distillery, which preserves the traditional way of crafting spirits in the Peruvian highlands, we will have an opportunity to create our own "Andean Elixir" using the best cane distillate from Peru, herbs that you collect from their garden</p>

	<p>and selected botanicals. This elixir is prepared in a 375 ml bottle to which you can place your personalized label after placing the cork and sealing it. This bottle is a souvenir to take home and that will be ready to consume after 6 months. Overnight stay in the Sacred Valley.</p> <p>Overnight: Lunch and dinner included (Casa Andina Premium Sacred Valley)</p>
Day 3: Nov 15	<p>Morning Mountain Biking along the Sacred Valley of the Incas, Community Service Project</p> <p>This fully supported guided trip takes you on a cross-country and off-road biking adventure through the Sacred Valley of the Incas. You'll ride through agricultural fields, ancient Andean terraces, and traditional villages, with the chance to observe local Andean people as they go about their daily work. We will pick you up from your hotel and transfer you to the Paucarbamba Bridge, a one-hour drive away. Upon arrival, you'll receive a safety briefing and adjust your bikes for the ride. We'll then follow a scenic trail along the Urubamba River, the sacred river of the Incas, until we reach the town of Pachar. From there, we'll enjoy an easy descent along an ancient Inca trail, passing through farming fields and Inca terraces, eventually arriving at the historic Inca Bridge.</p> <p>Lunch followed by a volunteer or community service opportunity at a local school, with an optional reforestation activity planting endemic tree species.</p> <p>Overnight stay in the Sacred Valley (Casa Andina Premium Sacred Valley)</p>
Day 4: Nov 16	<p>Hike the short Inca Trail to Machu Picchu (5 hours)</p> <p>This morning board an early train bound for Aguas Calientes at the base of Machu Picchu. Disembark after about an hour at Trail Marker 104, where you will hike for approximately 3 hours to Wiñayhuayna. This is a challenging hike that winds diagonally up the side of the canyon, climbing about 2,300 feet to an elevation of 8,366 feet. Stop for a picnic lunch and a short visit to the Wiñayhuayna ruins.</p> <p>After exploring the site, you will join the famous Inca Trail, hiking for about 2 hours to the famous Sun Gate (Inti punku), where you are treated to stunning views of Machu Picchu and the surrounding mountains.</p> <p>Continue down toward the ruins for a guided tour of this historic site. Join the buses down the mountain to the village of Aguas Calientes. Spend your evening trying one of the many excellent local restaurants or relaxing with a soak in the hot springs. Overnight in Aguas Calientes at the base of Machu Picchu.</p> <p>Overnight stay in Aguas Calientes (El Mapi Hotel by Inkaterra-has dinner a la carte included)</p>
Day 5: Nov 17	<p>Explore Machu Picchu</p> <p>Today you will return to the ruins of Machu Picchu for further exploration. We will see if we can get Return early with the hope of catching the sun coming up over the mountains at Machu Picchu. Depending on your preference in permits, arrive in time to hike to the top of Huayna Picchu for incredible views of the entire area or choose to simply walk amongst the vast expanse of ruins and listen to the spirits of the city's past inhabitants with your guide. (The basic re-entry permit is included in the cost of this tour.</p> <p>This circuit also allows you to get the classic postcard photo of Machu Picchu but from a platform below the Guardian House. This route through the archaeological site is called 'Circuit 2'. After getting the best photos, the route continues in the urban and religious sectors of Machu Picchu. The visitor will have the opportunity to visit: the Temple of the Sun, the Main Temple, the Temple</p>

	<p>of the 3 Windows, the Sacred Rock, the Temple of the Condor (or the Water Mirrors), the Water Fountains and the agricultural sector. This circuit is done in a maximum time of 2 hours and 30 minutes. It is the most complete circuit inside Machu Picchu.</p> <p>After your final exploration of Machu Picchu, return to Aguas Calientes to catch an afternoon train toward Ollantaytambo.</p> <p>Overnight stay in Ollantaytambo (Pakaritampu hotel)</p>
Day 6: Nov 18	<p>Kayak Lake Piuray, Visit Maras Salt Mines, Moray Agricultural Experiemnt and Chincheros</p> <p>The tour begins with an early pick-up from your hotel. After a one-hour drive, we arrive at Chincheros, home to the beautiful Piuray Lake. This serene lake offers spectacular scenery, calm waters, and an abundance of birdlife. We start with a safety briefing and paddling technique session on land or your board or kayak. Once in the water, you'll get acquainted with your board, practicing paddling and turning techniques. After 1.5 hours of paddling along the lake's shore, we will continue our journey into one of the most beautiful areas of Peru. The Sacred Valley often becomes one of the highlights of your trip and you will soon see why!</p> <p>The day is flexible based on your interests, market days, and the weather.</p> <p>Discover the charm of Chinchero, a quaint town of weavers, architectonic Inca remains. Chinchero is made up by several communities and whose main income comes from textiles and tourism.</p> <p>Take a short walk through the countryside to the seldom-visited town of Maras, where pre-Columbian salt mines still operate today and you can probably see workers during your visit. Visit the Inca agricultural terraces of Moray, thought to have been a nursery to experiment with and modify different varieties of crops. It is believed in this fascinating area the Incas created their own micro climate to adapt plants to this altitude.</p> <p>Eventually, you make your way back to Ollantaytambo for a meeting with people who are doing something to preserve the heritage.</p> <p>There is also an option to have lunch at one of the restaurants noted as the top 50 Latin America's Restaurants.. by the same owner as the number one restaurant in Lima. We will have to survey to see who wants to do this.</p> <p>Overnight stay in Ollantaytambo (Pakaritampu hotel)</p>
Day 7: Nov 19	<p>Bike ride to and around Pisac</p> <p>From Ollyntamtambo head to Pisac, a small town located in the Sacred Valley of the Cusco Region. Like much of the Cusco Region, Pisac's culture is an infusion of Incan & Spanish customs & beliefs. Pisac is set in the Andes Mountains and near the Vilcanota River; centering it in a natural sanctuary. Early in the morning, we will pick you up from your hotel and drive through the mountains and valleys, offering a blend of stunning Andean landscapes, local culture, and traditional villages. You'll bike along a dirt road, crossing impressive scenery and passing through the villages of Taray, Calca, and other small communities.</p> <p>After the ride, we'll have a little time to explore Pisac. Experience the Ruin in Parque Arqueologico. It's high up on the mountain so requires a bit of a trek, but you can take a vehicle as well. The Pisac ruins in extremely popular. You'll see ruins from Incan Empire, ancient aqueducts, bridges and</p>

	<p>cemetaries. There's the Pisac Artisan Market—I think it's one of the best with all kinds of crafts and the Pisac Food market – great place to see all the local foods.</p> <p>Cooking class either this day or on Day 8 Return and Overnight in Cusco</p>
Day 8: Nov 20	<p>Cusco City Tour Today is free to explore with your guide. Cusco's inherited Andean culture remains alive with its colorful dress, exquisite weavings, busy markets and traditional fiestas. Awe-inspiring sites overlook the rugged surrounding countryside. Overlooking the city are the ruins of Sacsayhuaman full of immense walls and massive stones (these ruins showcase building blocks the size of pickup trucks).</p> <p>Nearby is Tambomachay with its natural spring and Inca-made waterfalls that still cascade into the ritual Inca Bath. Other important sites: Main Cathedral, Santo Domingo/Korikacha, Qnqo, Pucapucara, Saqsayhuaman Fortress, and Tambo Machay and others. You can also wander through the bustling Plaza de Armas in the heart of Cusco, shop for love potions in the local markets, or people watch from the cafes and restaurants that line these lovely streets.</p> <p>Dinner included Overnight in Cusco</p>
Day 9: Nov 21	<p>People either go back to Lima and home or Vinicunca extensión (Rainbow Mountain)</p> <p>If doing the Vinicunca extensión depart from Cusco after taking breakfast at the hotel. Set out on a drive through the South Valley, following the asphalt road towards Puno; before arriving to Cusipata village (3320masl / 10892 ft) where we travel on unpaved roads until reach Llaqto (4640 masl / 15223 ft) where we will arrive after almost 3 hours driving from Cusco. At this point, we will meet our horses and muleteers who will accompany us during the hiking.</p> <p>At Llaqto we will start hiking uphill until get the Rainbow Mountain, along the way we will be surprised by herds of alpacas and llamas, also the astonishing views of the Inca and Huasagocha snowcap Mountains which will accompany us all the way; after almost 1 ½ hours hiking, we will be rewarded for our efforts when we finally reach the amazing Vinicunca (known as the rainbow mountain, 5040 masl /16535 ft) with its colorful layers of rock sediment (turquoise, orange, brown and red), time to relax and take pictures.</p> <p>After visiting Vinicunca, we will explore the Red Valley (to see the amazing red color hills) which is located at half kilometer from Vinicunca Mountain. Starting of the downhill hike towards LLaqto where we will arrive after 1 hour. Time to enjoy the picnic lunch with an impressive view of the Inca and Huasagocha Snowcap Mountains.</p> <p>Finally we will board our private transport to return to Cusco where we will arrive after almost 2.12 hours back to Cusco.</p> <p>Stay in Cusco overnight.</p>
Day 10: Nov 22	<p>Depart Cusco for home Thank you for joining us on this incredible adventure!</p>

INFORMATION BEFORE YOU GO:

PASSPORT	<p>Must have six months' validity at the time of entry (valid for 6 months). Please make sure that you have enough blank pages (2-3 pages at least) in your passport. These pages are in addition to the endorsement/amendment pages at the back of the passport. You cannot add visa pages to a current passport book anymore. If you need more pages, you must renew your passport book. When you renew, you can choose a passport book with 28 or 52 pages. Here is the link to help with renewing your passport: https://travel.state.gov/content/travel/en/passports/have-passport.html</p>
VISAS	<p>In Peru – U.S. citizens traveling to Peru DO NOT need to obtain a visa if they are staying less than 183 days. You can get your visa at the airport. They ask for two blank pages in your passport, but it's a small stamp, so I'm not sure why they require that.</p> <p>A tourist card is given to the traveler free of charge when they arrive in Peru. There are two copies of the card, one for immigration and one for the traveler. Do not lose the tourist card; it is required for exiting the country, for passport checks, and extending your stay in Peru. For US citizens traveling to Peru, the visa is free, and issued at the port of entry. The maximum allowable stay in Peru is 183 days. Document checks occur occasionally, so always carry either your passport and tourist card or a copy of them showing your identification, passport number, and entry stamp. If possible, make a copy of your passport and tourist card.</p>
Travel Immunizations	<p>For Peru - you probably want to be vaccinated for Typhoid, Chikungunya, Hep A and B, Tetanus. Our best advice is to go to a travel immunization clinic</p> <p>Yellow fever is recommended for certain areas of Peru. Check this photo to where you will be..</p> 
Altitude (In Sacred Valley, not so much in Lima)	<p>Without a doubt, the major problem some people suffer is altitude sickness. The trip's average altitude is 4.000 meters above sea level with one day reaching 4.500. Most people choose to obtain altitude sickness medication from their travel doctor and start taking it before arrival although some choose not to because of the mildly negative side effects (dry, metallic mouth, blurred vision) but it is strongly suggested you spend some time in high</p>

	<p>altitude befo. Local remedies include drinking plenty of coca tea, avoiding alcohol and avoiding high physical activity.</p> <p>Altitude sickness is most common at elevations above 6562 feet and results from the body adjusting to a decreased amount of oxygen. To combat this, we recommend spending two nights in Cusco prior to the start of your program. This amount of time seems to work well for most people. In addition, it is always important to remember to drink plenty of water. Each of our lodges has purified water and guides will carry extra water throughout each route. Oxygen is also carried on the trail and available at the lodges. In cases of high altitude sickness, a hyperbaric chamber is available at the lodges.</p> <p>It is important to note that everyone's tolerance to altitude differs, and the best preparation will always be good physical training including a healthy diet and physical fitness routine (with hikes!) as part of one's pre-trip training regimen. We also recommend you spend your first day in Cusco resting, eating light, drinking plenty of water, and avoiding alcohol, tobacco or any substances that might interfere with good delivery of oxygen to the body or cause dehydration. You may also want to try our delicious coca leaf tea, a Peruvian beverage, which is known to help with altitude sickness.</p>
Health and Medical	<p>We suggest that you have a medical checkup before your trip, particularly if you have a medical condition or physical limitation. Let your doctor know about any medical condition you have, particularly cardiac or respiratory disease or diabetes, and discuss the details of the trip itinerary as it pertains to your health. If applicable, make sure that you bring an ample supply of any prescription medication that you take regularly as pharmacies are not readily accessible.</p> <p>Please inform us prior to your trip if you have any medical conditions or if you take prescription medication(s). We will use this information to better prepare our tour leaders should an emergency situation arise. We do not use it to determine if you should take this trip</p> <p><u>Sun Protection</u></p> <p>Sun protection is a must! Bring sunscreen (we recommend SPF 15 or higher), lip protection and a sun hat. Hand lotion is also recommended when traveling to desert or alpine environments, which are extremely dry. Don't forget your sunglasses as ultra-violet rays are much stronger at high elevations. Don't forget to constantly drink water and stay hydrated throughout your trip.</p>
Insurance	<p>If your health insurance doesn't cover you for medical expenses abroad, get extra travel insurance. Find out in advance if your travel insurance will make payments directly to providers or reimburse you later for overseas health expenditures. (Many doctors in Peru, though, expect payment in cash.)</p> <p>Also, please make sure you take out some type of travel insurance that will cover evacuation or similar .</p>
DOCUMENTATION	<p>Always have a photocopy of your passport, and any visas. Also, have a list of traveler's cheque numbers. These copies should be packed separately from the originals. It is never a good idea to carry large amounts of cash, and most urban centers (hotels, shops) do accept credit cards (Visa and Mastercard are most common), and traveler's cheques. You might need cash for purchases at local markets – keep this in a travel wallet, or a zip pocket.</p> <p>Please send a copy of your passport to our office 3936 West Enfield, Skokie, IL 60076</p>

Money

In Peru: Nuevo Peruvian Soles and US Dollars are widely accepted in Peru. Current exchange rate for 1 Sol is equal to 0.27 USD (11/1/24). Be aware that if you pay for anything in USD, the cost might be slightly more than if you pay in local currency. USD bills must be new and crisp. The condition of every US bill is scrutinized by everyone who accepts cash. This includes bank tellers, and cambios (money exchange houses).

Exchanging Money: There are 4 options for exchanging money in Peru, banks, street money changers, casas de cambio (exchange houses) and hotels.

ATMs: Machines are readily available in Lima, Cusco, Aguas Calientes, Puno, Arequipa & Huaraz. However, they can be unreliable. Visa is the most widely accepted debit or credit card. There will be fees with each withdrawal from ATMs.

ATMs in Ollantaytambo and Aguas Calientes are unreliable and not well maintained. ATMs allow withdrawals of up to \$300 USD or equivalent soles per day, per account. There is no ATM in or near the main entry to Machu Picchu. The nearest ATM is in the village of Aguas Calientes.

Visa is the most commonly accepted bank card at Peru's ATMs, but some also accept Cirrus/Mastercard and American Express Card.

Travelers Checks: Are not readily available anymore. Visa and AAA might still issue Travelers Checks, but they may be hard to cash in small towns and villages. Visa offers a prepaid travel debit card. Visa is the most commonly accepted bank card at Peru's ATMs, but some also accept Cirrus/Mastercard and American Express.

Taxis: Tipping a taxi driver isn't expected unless they are hired for a full day. If that's the case then 10% is a good tip. Taxis in Peru do not have meters, so it is important that you agree upon the fare before getting in the car.

Hotels: If the bell boy was to handle your baggage then you should give him about Bs5-8 a bag. The maid should get about Bs8 a night.

Service is often included but the wage is pretty low. An additional 5-10% is a nice gesture if the service was good.

Like restaurants a service charge will be included in the total. If you enjoyed yourself then 5-10% of the total is a good tip, locals leave some coins.

You should tip your guides about 40-80 Bs a day (\$10 dollars a day) . With the driver getting about half that amount \$5 dollars a day)

Credit Cards: Generally accepted at restaurants and shops (Visa is the most widely accepted). During your trip you will only need cash for souvenirs and minor personal expenses, gratuities to the trip leader and local guides, and for optional extra gratuities for the staff. For purchasing souvenirs and minor personal expenses en route we recommend bringing Nuevos Soles. Please make sure to bring small bills and coins. Additional expenses at the lodges (such as massages or alcoholic beverages), can be charged to your credit card.

VISA AND MASTERCARD:

With ATMs being increasingly available in the many major towns and cities, credit or debit cards are a convenient way to access money. A charge is made for each international transaction - please check with your bank how much this fee will be. Check with your bank

	before leaving home that your card can be used as a debit card in Peru. You may also want to notify your bank that you are visiting these countries as it's not unknown for banks to freeze cards which show sudden transactions in other countries
ELECTRONICS	<p>Don't forget your chargers, adapters and converters--they are not the same thing. You must make sure your equipment can carry the voltage of the other countries, if not, an adapter won't work-- you need to get a converter as well. Remember that for items like a hairdryer, you need to convert down. Most computer and cell phone chargers just need an adaptor and are at the necessary voltage. But do check, otherwise you can ruin your equipment.</p> <p>Electricity in Peru is 220 Volts. Adapters and converters are needed for electrical devices. Peru uses the same two-pronged flat plugs as the ones in the United States: three-pronged and two-pronged circular types. Some hotels may have a 110 Volt outlet for razors. Hair dryers have extremely high wattage; do not use a razor outlet for a hair dryer unless you have checked with the hotel first. Many hotels have a 220 volt hair dryer as a courtesy. Adaptors can be purchased but may be in short supply. US-made appliances may need a transformer. Bring extra batteries for cameras, videos, but in most cases it won't be hard to recharge. The lodges on the treks have hair dryers for you to use.</p>

THINGS YOU SHOULD KNOW

Country Information	<p>Country Numbers in Peru</p> <p>Here is a list of important emergency numbers in Peru.</p> <p>Central emergency number (ambulance, fire, police departments): 105</p> <p>Telephone information number: 103</p> <p>Tourist police: 460 1060; 460 0844</p> <p>Civil defence: 115</p> <p>Fire brigade: 116</p> <p>Public ambulance: 141</p> <p>Private ambulances:</p> <ul style="list-style-type: none"> • Alerta Medica: 225 4040 • San CristAbal: 440 0200 • Plan Vital: 241 1911 • Servimedic: 332 6720 • Alfa Medic: 362 9519 • Mision Medica: 346 2929
Weather	<p>PERU:</p> <p>The average temperature in Lima in November for a typical day range from a high of 70°F (21°C) to a low of 60°F (15°C). Some would describe the temperature to be mildly cool. The general area may also feel breezy. On an average day, there is a 10% chance of rain and is described as very light. In November, Lima is very humid with an average amount of 82% (relative humidity), which could be described as humid but cool.</p> <p>The average temperature in Cusco in November for a typical day ranges from a high of 61°F (16°C) to a low of 39°F (4°C). Some would describe the temperature to be moderately chilly. humid but cool. On an average day, there's a 95% chance of rain or snow and is described as</p>

	<p>very light. In November, Cusco is very humid with an average amount of 100% (relative humidity), which could be described as humid but cool.</p> <p>The average temperature in Machu Picchu in November for a typical day ranges from a high of 66°F (19°C) to a low of 47°F (8°C). Some would describe the temperature to be mildly cool, humid but cool. On an average day, there is a 94% chance of rain and is described as heavy, pouring rain. In November, Machu Picchu is very humid with an average amount of 100% (relative humidity), which could be described as humid but cool.</p> <p>The weather of Cusco is defined by two seasons: rainy and dry. The rainy season typically runs November through March with average temperatures around 56°F (13.3°C). Occasional showers are expected throughout this period, with the heaviest rains often occurring in January and February. Dry season is normally April through October, during which time we expect to see mostly sunny days followed by cooler nights and the possibility of morning frost. Average daytime temperature around this time is 49.5°F (9.7°C), while July is regularly recorded as the coldest month of the year. In some locations night temps can drop down as low as 32°F (0°C).</p> <p>Note: It is important to keep in mind that Cusco is located in a high mountain environment where variable weather is the norm. Rain can occur in the middle of July just as sun may appear in January, so it is always important to be prepared for mixed conditions.</p>
Time Difference	Peru is UTC/GMT -5 hours the same as East Coast
Language	<p>Peru has two official languages: Spanish and Quechua. Quechua is the language that the Incas forced their conquered subjects to learn as the imperial language. The Spaniards later reinforced this practice, using Quechua as a standard means of communication with all Indian groups, spreading it even farther. Another key Indian language, Aymara, is spoken in the highlands around Lake Titicaca. Aymara was the original language used by the Inca nobility, but later gave way to the more widely spread Quechua.</p> <p>About 3 to 5 percent of Peruvians speak no Spanish, but indigenous languages only. Schools teach English as a second language, and many Peruvians can speak it in phrases. The more educated speak it well.</p> <p>See link for a few words - www.earthfamily.com/PU-words.htm in Spanish, Quechua and Aymara.</p> <p>You'll find similar in Bolivia: The languages of Bolivia include Spanish; several dozen indigenous languages, most prominently Aymara, Quechua, Chiquitano and Tupi Guaraní</p>
Food and Water	<p><u>WATER:</u> Tap water in Peru is not safe to drink. That includes BRUSHING YOUR TEETH. Buy bottled water All the places we went to were aware that Americans don't drink the water, sometimes you may have to remind them that means no ice as well.</p> <p>Plan on drinking a lot of water. It helps with the altitude as well as the sun. To prevent dehydration, especially in the mountains, it is recommended to drink three liters of liquids daily - water, tea. Bring a sufficient water carrier. I personally like the backpack ones, leaving my hands free and can grab a drink at any time.</p> <p>In general, Unclean food and water can cause travelers' diarrhea and other diseases. Reduce your risk by sticking to safe food and water habit :</p> <p>Eat</p> <ul style="list-style-type: none"> • Food that is cooked and served hot • Hard-cooked eggs

	<ul style="list-style-type: none"> • Fruits and vegetables you have washed in clean water or peeled yourself • Pasteurized dairy products <p>Don't Eat</p> <ul style="list-style-type: none"> • Food served at room temperature • Food from street vendors • Raw or soft-cooked (runny) eggs • Raw or undercooked (rare) meat or fish • Unwashed or unpeeled raw fruits and vegetables • Unpasteurized dairy products • "Bushmeat" (monkeys, bats, or other wild game) <p>Drink</p> <ul style="list-style-type: none"> • Bottled water that is sealed • Water that has been disinfected • Ice made with bottled or disinfected water • Carbonated drinks • Hot coffee or tea • Pasteurized milk <p>Don't Drink</p> <ul style="list-style-type: none"> • Tap or well water • Ice made with tap or well water • Drinks made with tap or well water (such as reconstituted juice) • Unpasteurized milk
Communication	<p>Telephone Codes</p> <ul style="list-style-type: none"> - In Peru to make an international long distance dial 00 + the country code + the city code + the telephone number. The country code for the United states is 1 - To call Peru from abroad, dial the access international code (011) + 51 (Peru code) + area code (for Cusco it is 084, but take off the 0) + the number.(For Lima the area code is 1). <p>Most numbers in Peru are six digits except in Lima where they are seven digits.</p>
Personal Safety	<p>Carry the minimum number of valuables necessary, and plan places to conceal them. Your passport, cash and credit cards are most secure when locked in a hotel safe. When you have to carry them on your person, you may wish to put them in various places rather than all in one wallet or pouch. Avoid handbags, fanny packs and outside pockets that are easy targets for thieves. Inside pockets and a sturdy shoulder bag with the strap worn across your chest are somewhat safer. One of the safest places to carry valuables is in a pouch or money belt worn under your clothing.</p> <p>People in the rural and less developed areas live in poverty and may be wary of strangers, and petty theft may occur. Limit the amount of cash you carry on you and lock valuables in a hotel safe or other secure place. Lock hotel rooms when you leave and do not walk alone in deserted places at night. When in crowded places, take extra care of purses, bags and wallets. Ask at your hotel about any unsafe areas, and codes of dress and behavior. Don't openly carry valuables. If you must carry your passport and money, keep them in a buttoned-down pocket.</p> <p>Never leave cameras and hand luggage unattended, whether in a vehicle, or even in a hotel foyer. Never pack valuables (this includes medication), in your check-in luggage.</p>

	Best to leave jewelry and anything valuable at home and not tempt fate
Interacting with Locals	<ul style="list-style-type: none"> • You will find that people will be more friendly if you greet them by saying hello in their language • Always ask permission before taking photographs of people • Never give money or sweets to children. Supporting local businesses is the best way to help local people.
Packing Notes	<p>☐ Please remember to always pack essential items such as your passport, money, eyewear, a change of clothing, hiking boots and medications in your carry-on baggage, in case your luggage is delayed.</p> <p>☐ Please check your equipment carefully to make sure that it fits well and is in good working condition before arriving for your trip.</p> <p>☐ Cotton is wonderful in warm weather. However, once it becomes wet, it will drain your body heat. Bring wool or synthetics such as Capilene®, MTS® and Thermax®.</p> <p>☐ Always test your layers before a trip. Your outer layer should fit easily over the inside ones without binding and bunching up.</p> <p>☐ Make sure shoes or hiking boots are broken-in. Bring moleskin for foot treatment. Thin liner socks worn under regular hiking socks may minimize the risk of blisters. The liner sock should be synthetic, not cotton. Test your sock combination before you go on the trip.</p>

THIS IS MY LIST Packing	<p>SUGGESTED PACKING LIST (depends on where you are and what you are doing)</p> <ul style="list-style-type: none"> • Valid passport and copy of passport • 2 passport photos (extra) • Wrap your toiletries in <u>plastic bags</u> separately, so if anything spills, it doesn't get over everything. Bring extra plastic bags (wet bathing suits, etc.) • Hiking daypack to carry items such as a camera, sunscreen, chapstick, snacks and rain gear.—to hold water, layers of clothing, snacks, camera • Wet ones and/or hand sanitizer gel • Lip balm • Moisturizer • Power bars/granola. It's bound to happen, you're hungry when others aren't. • Purse or pouch to carry your passport and travelers checks • Flashlight or Headlamp • A Roll or two toilet paper • A towel • Travel alarm or phone • Toiletries: toothbrush, toothpaste, shampoo, hairbrush, etc... • Camera and /memory cards with extra batteries for your camera and binoculars • Pocket knife (optional, but sometimes handy) • Personal first aid kit: aspirin, ibuprofen, Band-Aids, antihistamine tablets, prescription medications clearly marked in their original containers, insect repellent, caladryl, etc. You may also need antidiarrheal medication such as Imodium (adults only); and oral rehydration sachets such as Electrolade in case you do get some sort of stomach thing. • Moleskin – great for blisters or some type of blister medication – sore feet can ruin a trip. • Extra copy of your prescription for any medication...written in generic drug terms
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	<ul style="list-style-type: none"> • Extra pair of glasses and/or contact lenses • Water bottle/Water bottle holder. Refillable water bottle. (I like camelback like) • Insect repellent • Sunscreen—High factor • Sunglasses • Hand wipes. • Small • Earplugs (optional), • Journal and/or books • Bandana, in case the dust picks up • Optional: Small binoculars, compass, star chart • Batteries/chargers and adapters for your cameras/video cameras. Make sure that your charger can be used with an adapter to the electrical outlets in Peru and Bolivia • Spare Batteries for everything • Cleaning cloths for lens camera • Trekking poles for the trek- you can also get there <p>CLOTHING (Quick dry is the best choice!)</p> <p>Hiking pants and T-shirts are commonly used during the day, complemented by sweaters, fleeces and waterproof jackets. It is convenient to have light rain gear available in the daypack (rain poncho or jacket and/or rain pants) as the weather can change easily and become rainy. Try to find the type of clothes that are quick drying, and wick sweat away. Stay away from cotton. It doesn't dry. Go to an REI or Eastern Mountain Sport for some recommendations. A windbreaker/gortex jacket it's great, with the right type of layers under it will keep you warm</p> <p><i>Other things to consider before leaving:</i></p> <ul style="list-style-type: none"> • Contact lenses: If you wear them, you may want to bring prescription glasses as they may become more convenient to wear. Your eyes can become dry as well, so don't forget drops • Prescription glasses: If you wear them, bring an extra pair. • Prescription medicines: Bring an adequate supply <u>in the original container</u>. • All hotels offer extremely quick laundry turnaround, usually within a couple of hours. It is certainly not necessary to bring a separate change of clothing for each day and evening, and it is recommended that you keep luggage to a minimum for your own comfort and ease of transport, especially if you are using light aircraft transfers. • Generally, casual comfortable clothing is suitable throughout the year. • Dull and/or neutral colors are more suitable for safari
Footwear	<p>To prevent injury and discomfort, here are some guidelines:</p> <ul style="list-style-type: none"> • Wear comfortable, well fitting shoes. • Always wear good hiking socks. In hotter regions, at least one pair of synthetic athletic socks is advised. • Keep your feet clean and dry • If you start to notice irritation or start to feel pain or a "hot spot" forming on your feet, this is usually an indication that a blister is forming. It is best to treat a problem area before blisters form and increased pain develops. Depending on the severity and type of irritation, you can: • Cover the entire irritated area with moleskin; make sure the moleskin lies flat on your foot. • Cut a doughnut out of the moleskin and place it around a blister that is forming. • Use a piece of second skin to cover the problem area.