

Explore Machu Picchu - SPENG

8 days: Lima to Lima

What's Included

- Arrival transfer
- Two-day Sacred Valley tour including Ollantaytambo, Moray, and Pisac ruins and pre-Incan salt pans
- Visit the Women's Weaving Co-op
- Lunch at Sacred Valley Community Restaurant
- Adobe- and ceramic-making demonstration
- Traditional pachamanca-style lunch
- Scenic train and guided tour of Machu Picchu
- Visit the Cusco Planetarium
- Interesting articles, helpful tips, and photography advice from National Geographic before you depart
- Internal flights
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2016 - December 25th, 2017

Itinerary



Itinerary

Day 1 Lima

Arrive at any time. Arrival transfer included.

Get ready for a very busy tour exploring the best of Peru in a week. We recommend booking a pre-night in Lima (in particular if your flight arrives into Lima in the evening) to recover from international flights and rest up before the excitement.

Private Vehicle

Jorge Chávez International Airport - Lima

Stretch out and scan the scenery from the comfort of a private ride.

Arrival Day and Welcome Meeting

1h18:00

The adventure begins tonight. Feel free to explore, but make sure you're back in time to meet the group. After introductions, your CEO will review the details of your tour.

Accommodation

Hotel Antigua Miraflores (or similar)

Hotel

Day 2 Lima/Urubamba

Board an early flight to Cusco then on to the Sacred Valley to visit the Ccaccacollo community and Planeterra-sponsored Women's Weaving Co-op. Explore the Pisac ruins and visit the G Adventures-supported Sacred Valley Community Restaurant in Huchuy Qosqo.

Plane

Lima - Cusco 1h30m-2h57km

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Private Vehicle

Cusco - Urubamba 6h-8h

Times includes all stops and visits enroute through the Sacred Valley.

Ccaccacollo Community and Planeterra-Sponsored Women's Weaving Co-op visit

Calca

Visit the Ccaccacollo community centre which G Adventures travellers' donations helped create through Planeterra Foundation in 2005, thereby enabling local women to sell traditional textiles to travellers. See local weaving and dyeing techniques used to create garments and souvenirs, and learn how the Planeterra weaving co-operative has impacted the community and those who visit it. This includes the purchase of alpacas to provide a steady supply of wool, looms, and sewing machines as well as several training courses on production, sales and small business management.

Pisac Ruins Guided Tour

Pisac 2h-3h

Tour the fascinating hilltop citadel of Pisac, an Incan ruin with plunging gorges, a ceremonial centre, and winding agriculture terracing that's still in use today. Be captivated by this truly amazing site sitting amid sweeping green valleys and mountain peaks. Explore the back of the site to see a pocketed cliff across Kitamayo Gorge, which once contained hundreds of Inca tombs.

Parwa Community Restaurant the Sacred Valley

Lamay

Contribute to sustainable tourism in Huchuy Qosqo, a small village of 65 families in the Sacred Valley, by eating at the Parwa Community Restaurant. Learn how the resident-run restaurant was kickstarted by G Adventures along with the Planeterra Foundation and the Multilateral Investment Fund, to become a successful farm-to-table program that boosts the local economy and several spin-off microenterprises.

Accommodation

Hotel San Agustin Urubamba (or similar)

Hotel

Meals included: Breakfast | Lunch

Day 3 Urubamba

Explore the pre-Inca salt pans of Las Salineras and tour the Ollantaytambo and Moray ruins. Visit a small community who specialize in ceramic- and adobe-making. Meet local artists and enjoy a demonstration of these traditional arts. Enjoy a traditional pachamanca-style meal of local specialities.

Moray Ruins Guided Tour

Moray

Explore the ancient site of Moray, which archeologists believe was used to conduct agricultural experiments. Climb down to the bottom of the great circular depressions and notice how the temperature shifts with the depth - sometimes as much as 15°C (27°F)!

Las Salineras Pre-Incan Salt Pans Guided Tour

Urubamba

Visit the pre-Incan salt pans of Las Salineras - still in use today. Marvel at the terraced pools set amongst the beauty of the Sacred Valley.

Ollantaytambo Ruins Guided Tour

Ollantaytambo

Tour the town and fortress of Ollantaytambo with a local guide. Take a step back in time at this Inca archaeological site; it still shows signs of its former glory, including agricultural terraces, a Temple Hill, and storehouses. Learn how the area, overlooking the Urubamba River Valley, was an important stronghold during warfare between the Spanish and Incas.

Local Adobe and Ceramic Experience

Urubamba

Travel to a small, rural community in the Sacred Valley that specializes in adobe- and ceramic-making. Meet some of the local artists and try your hand at making your own memento to take home.

Traditional Pachamanca Dinner

Urubamba

The thousand year-old tradition of Pachamanca involves baking an assortment of meat and vegetables in an oven of hot stones, earth, and grass. Meat is usually seasoned with local spices and wrapped in a banana leaf before it's placed on the hot stones and can include lamb, pork, chicken or guinea pig. Savour this traditional meal prepared by an experienced chef.

Private Vehicle

Urubamba 7h-8h

Times includes all stops and visits enroute through the Sacred Valley.

Accommodation

Hotel San Agustin Urubamba (or similar)

Hotel

Meals included: Breakfast | Dinner

Day 4 Urubamba/Agua Calientes

Catch an early transfer to Ollantaytambo station and board the scenic train to Agua Calientes with option to visit the market.

For serious archaeology buffs, there is time for an optional independent visit to Machu Picchu before the guided tour the following morning.

Private Vehicle

Urubamba - Ollantaytambo 1h-2h

Stretch out and scan the scenery from the comfort of a private ride.

Train

Ollantaytambo - Agua Calientes 1h30m-2h

Climb aboard, take your seat, and enjoy the ride.

Optional Activities

Hot Springs Visit

Agua Calientes

Soak sore muscles in local hot springs for which the town, Agua Calientes, was originally named.

Machu Picchu Visit

Machu Picchu

Just can't wait to be awestruck? Opt for an independent visit to Machu Picchu before your group tour.

Butterfly House Visit

Agua Calientes

Learn about the four stages of a butterfly's life at this learning centre and breeding project. Observe varied species of butterflies, some unique to the area.

Mandor Gardens Visit

Agua Calientes

This botanical garden boasts a beautiful waterfall, varied wildlife and lush scenery. Walk along one of the trails and admire the many orchids.

Accommodation

Hotel Taypikala Machupicchu (or similar)

Hotel

Meals included: Breakfast

Day 5 Agua Calientes/Cusco

Enjoy a guided tour of the Machu Picchu ruins. Free time to explore on your own or take an optional visit to the Inca Bridge before returning to Cusco by train.

Local bus

Aguas Calientes - Machu Picchu30m

Climb aboard, grab a seat, and enjoy the ride.

Machu Picchu Guided Tour

Machu Picchu

Rise and shine - the best time to see the Lost City of the Incas is in the early morning light. Follow the local guide to Machu Picchu to learn about its history at a leisurely pace. Gain local insight into the Inti Mach'ay cave, Inti Watana, the Temple of the Sun, the Temple of the Water, the Temple of the Condor, and the Room of the Three Windows. Take time to sit and feel the energy of this 15th-century site, now both a UNESCO World Heritage site and voted one of the new Seven Wonders of the World (in a worldwide Internet poll).

Train

Aguas Calientes - Ollantaytambo1h30m-2h

Climb aboard, take your seat, and enjoy the ride.

Private Vehicle

Ollantaytambo - Cusco1h-2hEvening

Stretch out and scan the scenery from the comfort of a private ride.

Optional Activities

Inca Bridge Visit

Machu Picchu

Use any leftover energy from your Machu Picchu hike to visit the Inca Bridge site nearby (thought by some to be a secret back entrance to Machu Picchu). Trek up to the bridge that's cleaving to a 579m (1,900 ft) cliff, and soak in amazing views of cloud forest along the way.

Accommodation

Taypikala Hotel Cusco (or similar)

Hotel

Meals included: Breakfast

Day 6Cusco

Explore historic Cusco with options to visit museums or go whitewater rafting, horseback riding or mountain biking. This evening, look to the night sky for a different view at the Cusco Planetarium. Enjoy a presentation on the southern sky, contemporary astronomy, and the ancient Inca relationship with the cosmos. Check out the on-site museum and use the telescopes to admire the stars.

Free Time

CuscoFull Day

Take in the sights on horseback or rent a motorbike for a more thrilling ride. Looking to learn more about Cusco? Head to one of the many museums in the city.

Cusco Planetarium

Cusco

Look to the night sky for a different view of the city. Explore the Cusco Planetarium surrounded by the serene nature of the Llaullipata Ecological Reserve. Enjoy a presentation on the southern sky, contemporary astronomy, and the ancient Incas' relationship with the cosmos. Check out the on-site museum and use the telescopes to admire the stars (weather-permitting).

Optional Activities

Cusco City Tour

Cusco

Enjoy a half-day tour of Cusco's main sights. Walk around the Plaza de Armas (main square) and explore this city steeped in one of the world's most alluring and ancient cultures. Visit Qenqo, Koricancha, the Cathedral, Puca Pucara, Tambomachay, and the archaeological site of Sacsaywaman.

Horseback Riding

Cusco

Hop in the saddle and explore Cusco's archaeological sites by horseback on a 3.5 hr tour - no previous experience needed. Dress for the weather, and bring sunblock and a hat, just in case.

Paragliding

Cusco

Admire the Sacred Valley and surrounding mountains from a unique perspective. Take off from the Wayllabamba viewpoint for a breathtaking flight lasting from 15 to 45 minutes depending on weather conditions.

Quad Biking

Cusco

Ready for a wild ride? Learn how to operate an ATV and set off for a fun filled ride around Lake Pumamarca. Enjoy stunning views of the Inca Valley as you travel along gravel roads.

Accommodation

Taypikala Hotel Cusco (or similar)

Hotel

Meals included: Breakfast

Day 7 Cusco/Lima

Fly back to Lima and spend an afternoon in Peru's bustling capital.

Plane

Cusco - Lima 1h30m-2h57km

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Optional Activities

Lima City Tour

Lima

Discover Lima's highlights on this half-day tour.

Lima Paragliding

Lima

Glide over Costa Verde, hover over Lima's city life and see the desert dunes over Pachacamac. Tandem flights are available to those who have never glided.

Accommodation

Hotel Antigua Miraflores (or similar)

Hotel

Meals included: Breakfast

Day 8 Lima

Depart at any time.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

Meals included: Breakfast

What's Included

Arrival transfer. Two-day Sacred Valley tour including Ollantaytambo, Moray, and Pisac ruins and pre-Incan salt pans. Visit the Women's Weaving Co-op. Lunch at Sacred Valley Community Restaurant. Adobe- and ceramic-making demonstration. Traditional pachamanca-style lunch. Scenic train and guided tour of Machu Picchu. Visit the Cusco Planetarium. Interesting articles, helpful tips, and photography advice from National Geographic before you depart. Internal flights. All transport between destinations and to/from included activities.

Highlights

Explore ancient ruins off the beaten path in the Sacred Valley with our expert guide, meet local artisans at a G Adventures-supported Women's Weaving Co-op and local village, take in mountain views on the scenic train to Machu Picchu, enjoy traditional treats and foods

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. LAST MINUTE BOOKINGS

Last minute bookings of this trip when choosing the 1-day Inca Trail option will be on an "on request" basis only. To make a booking request of a tour which includes the Inca Trail G Adventures requires your full name, date of birth, nationality and passport number.

2. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

3. Extras

Looking to add to your experience? Check out our Extras! Specially designed for travellers with unique interests, theme packs are optional add-ons to your G adventures trip that make your adventure more you-centric. Extras must be booked prior to departure, please see details in our optional activities field and ask you sales CEO.

4. Pace

To see as much as possible in a short period of time, this is a fast paced tour with some very early mornings and long days. We recommend booking pre and/or post nights in Lima, should you want some time to rest and explore on your own.

5. All travellers are required to pay the tax on domestic flights in Peru. Foreign travellers are exempt from this, and proving you are indeed a foreign traveller can be done by providing us with your international ticket number (ITN). Travellers who do not submit international ticket numbers at least 30 days prior to Day 1 of their tour will be required to pay the domestic tax on all included flights.

Group Leader Description

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

Group Size Notes

Max 16, Avg 12.

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Minibus/van, train, plane, walking.

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (7 nts).

My Own Room

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

About Accommodation

Please note that hot water shortages and power outages can be fairly common in Peru (even in upgraded hotels). We appreciate your patience and understanding that these occurrences are outside of our control.

Joining Hotel

Please note we use a variety of hotels in Lima, double check your trip voucher for the most up to date joining hotel information

San Agustin Exclusive
Calle San Martin 550, entre cdra 7 y 8 de Av. Larco
Miraflores
Lima, Peru
+51 1 319 0060/ 424-7102

Joining Instructions

An arrival transfer is included on this trip. When you arrive on Day 1, or when you arrive up to three days prior to the tour, provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Jorge Chavez International Airport in Callao Lima, is approximately a 45-minute drive from the Miraflores district, where our joining hotel is located. The easiest way to get there is via taxi. Immediately after the customs and immigration area, as you head to the exits, you will find an official taxi stand. You can pay for the car at set (approximately \$27 USD) rates and won't need to worry about sorting out a ride outside the airport facilities, where the situation tends to get more chaotic, with many drivers vying for few clients. There are exchange facilities in the Arrivals area open 24 hours.

An arrival transfer is included in this tour, someone will be at the airport to meet you. Upon leaving the baggage claim area you will see a large open area with sign boards all around. Look for a National Geographic Journeys sign board with your name. As there are many people and signs in this area it may be difficult for you to spot the sign immediately. Please take your time in doing so and if at that stage you do not see a National Geographic Journeys sign board with your name go to the customer service area to wait. In the event that your driver does not arrive within 20 minutes please ask the information desk to arrange an official taxi for you which should cost approximately \$27 USD and this money will be reimbursed by your CEO or National Geographic Journeys representative.

FINDING YOUR TRANSFER - As you walk out of the airport there will be many drivers holding signs with agency or passenger names as well as taxi drivers asking you if you require their services. These are NOT our drivers and you should not accept their services. Please wait for our designated transfer person with a National Geographic Journeys sign board.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time): +51 1 241 1650 or 01 241 1650 (from mobile within Peru) or 241 1650 (from payphone within Peru)

After hours Emergency number: +51 99 758 2712,

If you are unable for any reason to contact our local office, please call the numbers listed below, which will connect you directly with our 24 hour Sales team, who will happily assist you.

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0844 272 0000

Calls from Germany: 01805 70 90 30 00

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

Finishing Point Instructions

Lima is a great city - should you wish an extra night or two, pre or post tour, please speak to your booking agent.

What to Take

Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night. We recommend the use of a duffel bag or backpack, whichever is easiest for you to carry. A good size daypack is also essential.

Checklist

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- USD cash
- Credit or debit card (see personal spending money)
- G Adventures vouchers and dossier
- Any entry visas or vaccination certificates required
- Camera and film
- Reading/writing material
- Binoculars
- Cover for backpacks
- Fleece top
- Windproof/waterproof jacket
- 4 shirts/t-shirts
- Sun hat
- 1 pair of shorts
- 2 pairs of long trousers
- 1 pair hiking pants/track pants
- Hiking boots/ sturdy walking shoes
- Sport sandals
- Sunblock
- Sunglasses
- Small towel and swim wear
- Toiletries (biodegradable)
- Watch or alarm clock
- Water bottle
- Purification tablets or filter (optional)
- Pocketknife
- First-aid kit (should contain lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking).
- Backpack/Rucksack

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent.

IT'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The currency in Peru is the Nuevo Sol (PEN).

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank.

You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies.

Do not rely on credit or debit cards as your only source of money, a combination of US dollar cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend bringing travellers cheques as they are very difficult to change in country.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Tipping

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

Optional Activities

- Lima:
- Lima City Tour \$39 (Minimum 2): Tour colonial and contemporary Lima. - Approx 3 Hrs
 - Pachacamac \$50 (minimum 2): Visit the Lost Inca Citadel of Lima. - Approx 3 Hrs
 - Larco Museum \$51 (Minimum 2): This museum contains the best quality gold and silver collection. - Approx 3 Hrs
 - Culinary Tour \$72: Visit a local market. Learn how to make Ceviche and Pisco Sours like the experts. - Approx 3 Hrs
 - Ballestas Islands with Huacachina From \$220 (minimum 2): Enjoy wildlife and history, have lunch in a winery and visit the Huacachina Oasis. - Full day
 - Nasca Lines \$300: Flight over the mysterious Nasca Lines. Services start and end in Lima. - Full day
 - City Contrasts \$55 (minimum 2): Visit the other face of Lima, the shanty towns or Pueblos Jovenes. - Approx 3 Hrs
 - Lima at Night \$70 (minimum 2): Visit the Magic Circuit of Water, walk through the centre of Lima and savour an included dinner. - Approx 3 Hrs
 - Palomina Islands \$75 (minimum 2): Visit the port area of Lima. Spot wildlife and swim with the sea lions. - Approx 5 Hrs (minimum 2)
- Cusco:
- Horse riding around ruins (with guide) \$40
 - Horse riding around ruins (without guide) \$40
 - Whitewater rafting \$55
 - Mountain biking \$55

Museo Inka \$3.5 entrance

Museo de Historia Regional entrance with Boleto Turistico

All prices are per person in US dollar amounts (unless stated otherwise), and are subject to change as services are provided by third party operators.

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Please note your Adventure travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Care should be taken when wandering around on your own in central Lima, as some areas can be dangerous and pickpockets are daring.

Medical Form

Our small group adventures bring together people of all ages. It is very important you are aware that, as a minimum, an average level of fitness and mobility' is required to undertake our easiest programs. Travellers must be able to walk without the aid of another person, climb 3-4 flights of stairs, step on and off small boats, and carry their own luggage at a minimum. Travellers with a pre-existing medical condition are required to complete a short medical questionnaire, which must be signed by their physician. This is to ensure that travellers have the necessary fitness and mobility to comfortably complete their chosen trip. While our CEOs work hard to ensure that all our travellers are catered for equally, it is not their responsibility to help individuals who cannot complete the day's activities unaided. Please refer to the physical ratings in this Trip Details document for more information.

The medical questionnaire can be found online at:

www.gadventures.com/medical-form.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra-The G Adventures Foundation

Through our commitment to responsible tourism we have developed the Planeterra Foundation, a non-profit organization dedicated to making a positive difference in the lives of people and communities around the world through support of international charities, local organizations and community projects in the places that we visit on our tours. G Adventures matches all individual donations and pays all administration costs, which means that 100% of each donation is doubled and goes directly to support our projects. For more information about Planeterra and the projects we support, or to make a donation, please visit www.planeterra.org

Planeterra Dollar-A-Day Program

Our Dollar-A-Day Program provides travellers with the opportunity to help us give back to the people and places visited on our tours by donating one dollar per day for the duration of their tour. 100% of these proceeds will go directly to support our G Adventures for Good projects.

To participate in this program please indicate at the time of booking that you would like to participate in G Adventures' Dollar-A-Day program, either by clicking the check box online, or by advising your G Adventures specialist or travel agent. (Note: Donation will be charged in the currency of your booking)

Associated Planeterra Project

Planeterra has been working with the Ccaccacollo community since 2005 to develop a viable economic alternative for women by creating a weaving cooperative to sell traditional textiles to travellers. Donations by travelers have helped build a community centre supplied with looms and sewing machines for the women to use to expand their production. This project allows the women of the Ccaccacollo community to maintain their cultural heritage and benefit from the tourism industry.

Planeterra and G Adventures worked with the Multilateral Investment Fund of the Inter-American Development Bank in the Sacred Valley to develop a community-run restaurant to provide access to the tourism market for the first time to a small village of 65 families, Huchuy Qosco ("Little Cusco" in Quechua), that has traditionally lacked opportunity to benefit from sustainable tourism. Initiatives related to the restaurant include agriculture suppliers for a "farm-to-table" style program and environmental and social grants as part of a sustainable solution to protect the destination. It is officially open and all G Adventures Sacred Valley tours now include a delicious lunch in Huchuy Qosco's Parwa Restaurante.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Travel Forum - The Watering Hole

Be sure to stop by [The Watering Hole](#), our adventure travel forum. If you're interested in meeting others booked on your upcoming trip, check out the [Departure Lounge](#) section of our forum and introduce yourself. Otherwise, just drop in at anytime to share some travel tips, ask questions, meet other travellers and quench your thirst for travel. Our forum is located at wateringhole.gadventures.com.