

# Trip Details

## Inca & Amazon Adventure

The ultimate Inca Trail and Amazon Jungle trekking experience awaits! This challenging, but incredibly rewarding 12-day adventure heads into the depths of Peru's most impressive natural and man-made landscapes. Spend four days hiking the world-famous Inca Trail through the Andes mountains towards Machu Picchu! Immerse yourself in the tropics of the Amazon; hiking through lush forests, cruising the Madre de Dios River, and observing an abundance of wildlife at its best! Get to know the local communities of the Sacred Valley and delve into the history of hustling cities like Lima. This jam-packed adventure isn't for light-hearted travelers, but we guarantee it'll be an adventure like no other!

<b>Duration</b>	12 Days	<b>Group Size</b>	13-35 People
<b>Destination</b>	Costa Rica	<b>Age Req.</b>	18+
<b>Start/Ends in</b>	Lima / Lima	<b>Trip Theme</b>	Discovery, Overland
<b>Hotels</b>	4 Star	<b>Departs</b>	All Year Round

## Why You Will Love This Tour

- \* Perfect for adventure seekers, this 12-day trip takes you into the depths of the Amazon Jungle, Inca Trail, Machu Picchu and local Peruvian villages.
- \* Stay in carefully selected 4-star hotels and lodges with all breakfasts, 7 lunches and 5 dinners included. Plus, 3 included flights to cut down on transit time.
- \* The Amazon is calling! Follow your local guide into the depths of the jungle as you explore by boat and on foot. Keep an eye out for tropical birds, giant otters, sleepy sloths and lurking crocodiles.
- \* Spend four days trekking from the Sacred Valley to Machu Picchu along the Inca Trail. This once-in-a-lifetime experience will see you camp in neighbouring villages and get to know the locals and their way of life in the mountains.
- \* Take in all the sites of Peru's vibrant capital with optional cooking classes, biking tours and water fountain tours in Lima!

## Arrival Details

The group welcome meeting with you guide and other travellers is held around 18:30 at the hotel lobby on Day 1 of your tour, unless otherwise notified.

### Meeting & Finishing Points

#### Aloft Lima Marriott Hotel – 4 Star

**Address :** Av 28 de Julio N 894, Lima 15047, Peru

**Phone :** +51 1 5264850    **Emergency Number:** +44 (0) 208 099 75 36

### Making Your Own Way to the Starting Point

We recommend to use airport taxis. Lima International Airport (SJO) is just 21 kilometres from the hotel. It costs between 25-30 USD from airport to the hotel, and takes approximately 20 minutes.

## Highlights

- \* **Cusco:** Cusco, a city in the Peruvian Andes, was once capital of the Inca Empire, and is now known for its archaeological remains and Spanish colonial architecture.
- \* **Huayllabamba:** A town in Southern Peru, capital of the district Huayllabamba in the province Urubamba in the region Cusco. It is located in the Sacred valley.
- \* **Lima:** Lima is the capital and the largest city of Peru. It is located in the valleys of the Chillón, Rímac and Lurín rivers, in the central coastal part of the country.
- \* **Machu Picchu:** Machu Picchu is an Incan citadel set high in the Andes Mountains in Peru, above the Urubamba River valley. Built in the 15th century and later abandoned.
- \* **Pacaymayo:** A valley crossed during the famous Trek. It is located not far from the Runkurakay ruins. Definitely, is an impressive attraction on your trip to Machu Picchu.
- \* **Puerta Maldonado:** Puerto Maldonado is the capital city of the Madre de Dios region in southeast Peru. It's also known as a gateway to the southern Amazon jungle.
- \* **Sacred Valley:** The Sacred Valley is in Peru's Andean highlands. Along with the nearby town of Cusco and the ancient city of Machu Picchu, it formed the heart of the Inca Empire.
- \* **Winay Wayna:** An Inca ruin along the Inca Trail to Machu Picchu. It is built into a steep hillside overlooking the Urubamba. The site consists of upper and lower house complexes.

## Itinerary

Please note that the itinerary may be subject to small changes depending on the conditions during the tour. Alternative accommodation of similar standards may be used depending on the group size and hotel availability.

### Day 1: Lima

Welcome to Peru! Meet your guide and new tour mates in the hotel lobby at 6.00pm for an informal welcome meeting. Afterwards, get amongst the hustle of Lima for an optional group dinner or explore the streets as they come to life after dark!

- **Accommodation**

Aloft Lima Marriott Hotel – 4 Star

- **Included Activities**

Welcome Meeting

- **Optional Activities**

Group Dinner

### Day 2: Lima, Puerto Maldonado

Fill up on breakfast before heading to the airport. Today we'll make tracks towards the Amazon Jungle as we hop on board an included flight to Puerto Maldonado. Known as the capital city of the Madre de Dios region, Puerto Maldonado is known as the gateway to the Amazon Jungle! On arrival, we'll jump on a motorized riverboat and navigate through the Madre de Dios River on the lookout for Jungle wildlife. Keep your eyes peeled for Ronsocos, Caimans, Turtles, Herons, Cormorants and plenty more. In the afternoon, follow your local guide through natural trails to the Caimán Cocha Lake, a small lake with an abundance of different crocodilian species. Finish up an epic day in the Amazon with a jungle sunset! In the evening, we'll return to the Ecoamazonia Lodge for dinner and a few drinks with your new travel mates.

- **Accommodation**

Ecoamazonia Lodge

- **Meals Included**

Breakfast, Lunch, Dinner

- **Included Activities**

The Amazon Jungle

Madre de Dios River Boat Ride

Caimán Cocha

### Day 3: Puerto Maldonado

Wakey, wakey – the Amazon awaits you! Put on your hiking shoes and head into the depths of the forest as you follow your guide along trails, down narrow bridges, and across rivers and gorges. Tackle the flooded forest and visit the majestic Lake Apu Victor to marvel at the crystal clear waters surrounded by marshes and giant trees. Soak up the serenity and keep an eye out for tropical rainforest birds including Parrots, Macaws, Toucans and Camungos. If you're lucky, you may spot one of the rainforest's most sacred animals resting by the water-edge – the Giant Otter! In the afternoon, we'll head down the Madre de Dios River to Monkey Island and witness another spectacular sunset as dusk falls over the Amazon jungle.

- **Accommodation**

Ecoamazonia Lodge

- **Meals Included**

Breakfast, Lunch, Dinner

- **Included Activities**

The Amazon Jungle

Lake Apu Victor

Monkey Island

### Day 4: Puerto Maldonado, Cusco

Wake up to the natural alarm of tropical birds humming and chirping in the distance. Today we'll pack up our bags and head out of the Amazon Jungle for a domestic flight to Cusco. The city of Cusco is a gateway to Peru's incredible valleys, ruins, villages, and world-famous trails of the Inca Empire! Enjoy free time in the afternoon and evening to explore Cusco at your own pace.

- **Accommodation**

San Agustin El Dorado Hotel – 4 Star

- **Meals Included**

Breakfast

### Day 5: Cusco

Fill up on breakfast ahead of big day exploring Cusco. Follow your guide around the town center, visiting San Blas, a quaint neighborhood that is home to many renowned artists. Stroll along its cobblestone alleys as you make your way toward its iconic church, which features a beautiful pulpit carved from a single block of wood. Then, follow the guided walking tour towards Hatum Rumiyuq Street, translating to "Of the Old Rock", to admire the famous Piedra de los Doce Ángulos (Twelve-Sided Stone). Feel free to join an optional city tour to leave no stone unturned or finish up a big day exploring Cusco with an optional cocktail making class to perfect the art of Peru's favourite cocktail, the Pisco Sour. Cheers!

- **Accommodation**

San Agustin El Dorado Hotel – 4 Star

- **Meals Included**

Breakfast

- **Included Activities**

Cusco Orientation Walk

Hatum Rumiyuq Street

- **Optional Activities**

Tasting & Pisco Sour Classes - 22 USD

Cusco Walking City Tour – 10 USD

- **Entrance Fees**

Full ticket in Cusco – 45 USD

Partial ticket in Cusco – 24 USD

Cathedral of Cusco – 9 USD

Archaeological Museum – 6 USD

### Day 6: Cusco, Sacred Valley

This morning we'll head towards the Sacred Valley, where our journey into the ruins and mystique of Peru truly begins! But first, we'll visit Awanacancha – home to the world's most beautiful camelids (Llamas, Alpacas, Vicuñas, and Guanacos). After snapping a few Llama selfies and witnessing the ancient Incan art of weaving, hop back on board the coach and grab a window seat as we continue into the depths of the Sacred Valley. We'll make another stop at Pisac, where Incan and colonial influences blend to create a unique way of life for the locals. Explore the quaint town famous for artisan markets where you'll be able to splash some cash on fine jewelry, ceramic and textile craftwork! Visit the Ccor Ccor Community and learn of their rural way of life in the Sacred Valley. The community has preserved its pre-Hispanic ancestral customs and the villages open their doors to share their way of life, beliefs, traditions, and culture. Join the Ccor Ccor people for a traditional lunch surrounded by the serenity of Sacred Valley.

- **Accommodation**

Tierra Viva Hotel – 4 Star

- **Meals Included**

Breakfast, Lunch

- **Included Activities**

Awanacancha, Pisac & Ccorccor Village

### Day 7: Sacred Valley, Inca Trail, Huayllabamba

Grab a window seat as we drive through the windy, rural roads of the Sacred Valley, en route towards the world-famous Inca Trail! On arrival, we'll be welcomed by porters and cooks who'll join us over the next three days of hiking towards Machu Picchu. Start the trek with a climb to Urubamba River and visit the community of Miskay where we'll be treated by the natives to a cup of 'Chicha' – a popular drink in the region. Later we will continue our trek through the Andean landscapes and tablelands to visit the Patallacta – a beautiful archeological site at the base of the mountains and Cusichaca River. Throughout the day your local guide will share stories of the incredible Inca legacy. Tonight we'll rest up at the first camping site along our Inca Trek in Wayllabamba, 3,000 metres above sea level.

- **Trekking Info**

Maximum Altitude: 3000 m

Minimum Altitude: 2650 m

Total Distance: 12 km

Approximate Trekking Time: 5-6 hours

- **Accommodation**

Camping

- **Meals Included**

Breakfast, Lunch, Dinner

- **Included Activities**

Inca Trail Trekking, Wayllabamba

### Day 8: Huayllabamba, Inca Trail, Pacaymayo

Rise and shine! A huge, but rewarding day of hiking the Inca Trail awaits. We'll pass narrow bridges, hike through cloudy lush forests and climb many stairs as we make the ascent to Llulluchapampa. We highly recommend that you take your time and stop for breaks whenever necessary throughout this challenging section of the hike. Then, rest up and munch down a few celebratory snacks before the next leg – the famous Warmy Huañusca pass. Located at 4,200 metres above sea level this section of the hike will be the highest point we reach on the Inca Trail. The 2-kilometre pass can be both steep and challenging, so take your time and stop for breaks along the way. Trust us when we say it'll all be worth it – don't forget to look up and enjoy some of the most beautiful landscapes in all of the world! Once we reach the top of the mountain, we'll be greeted with spectacular views of the Andes mountains. Snap a few postcard-perfect Inca Trail shots to share with everyone back home. After a challenging but epic day of trekking, rest up at the Pacaymayo Camp (3,600 metres above sea level). Tonight's accommodation is an official campsite, offering baths and showers – but beware, the water can be very cold this high in the mountains (brrrrrrr...)!

- **Trekking Info**

Maximum Altitude: 4200 m

Minimum Altitude: 3000 m

Total Distance: 13 km

Approximate Trekking Time: 6-7 hour

- **Accommodation**

Camping

- **Meals Included**

Breakfast, Lunch, Dinner

- **Included Activities**

Inca Trail Trekking, Warmy Huañuska Pass

### Day 9: Pacaymayo, Inca Trail, Wiñaywayna

Today is set to be the biggest day of your Inca Trail adventure – but all the more rewarding with jaw-dropping mountain scenery and glimpses at an abundance of Inca ruins along the way. Set an alarm for 6.00 am for an early breakfast before the hiking continues! First up you will come across the semi-circular shape of the Runkurakay ruins. Continue along the Runkurakay pass (3,900 metres above sea level) before descending to a beautiful valley filled with lush wildlife and the Sayacmarka ruins (3,624 metres above sea level). This is an interesting Inca construction, built over a steep slope, surrounded by marvelous mountains. After visiting Sayacmarka, we will continue descending to the cloudy forest, arriving at the Phuyupatamarca ruins – composed of impressive fountains and water channels that are spectacular works of hydraulic engineering made by the Incas. Next up, one of the most breath-taking Inca buildings of the region: the ruins of Wiñaywayna meaning 'forever young'. These are without any doubt one of the most beautiful of all the ruins after Machu Picchu. Tonight, we will set up camp near Wiñaywayna and enjoy a small party to farewell our porters and cooks on our last night of trekking with them!

- **Trekking Info**

Maximum Altitude: 3900 m

Minimum Altitude: 2700 m  
Total Distance: 16 km  
Approximate Trekking Time: 7-8 hours

- **Accommodation**

Camping

- **Meals Included**

Breakfast, Lunch, Dinner

- **Included Activities**

Inca Trail Trekking

Runkurakay Pass

Sayacmarka Ruins

Wiñaywayna

### **Day 10 : Wiñaywayna, Inca Trail, Machu Picchu, Cusco,**

This is it! Today we'll ticket off a bucket list experience as we lay our eyes on Machu Picchu. Wake up early with a 4.00am alarm as we follow trails lit by flashlight for one and a half hours towards the Sun Gate. From here, we'll get our very first glimpse of a seventh wonder of the world: Machu Picchu. Enjoy plenty of time to take that iconic shot over the mountain ranges with Inca ruins below. Marvel at one of the most amazing urban creations of all time. Explore the massive walls, terraces, and ramps with your local guide and learn stories of the enchanting Inca city. We will have plenty of time here, so take it slow and truly embrace this bucket-list experience! Then, we'll travel by bus to Aguas Calientes town before a train back to Ollantaytambo where a private coach will await for transfers back to your hotel in Cusco! Let your head hit the pillow with a massive grin across your face tonight, knowing you have truly conquered the Inca Trail!

- **Trekking Info**

Maximum Altitude: 2700 m

Minimum Altitude: 2400 m

Total Distance: 6 km (Approximate Trekking Time: 3-4 hours)

- **Accommodation**

Camping

- **Meals Included**

Breakfast, Box Lunch

- **Included Activities**

Inca Trail Trekking

Machu Picchu

Ollanta Train Ride

### **Day 11 : Cusco, Lima**

After catching up on plenty of rest in the comfort of your hotel in Cusco, hop on board a short flight back to Lima. Take in all the city's sights with a panoramic tour through Colonial Lima including views of the Main Square, Government Palace, Cathedral of Lima, and City Hall, and learn about the fascinating local history. In the afternoon, enjoy an optional bike tour along the boardwalk and the luxurious districts of Lima. Miraflores offers stunning cliffside views perfect for a scenic cycle. Alternatively, join an optional Peruvian cooking class where you'll learn the country's best dishes and shop for fresh products at a local market. In the evening, head out for an optional tour of one of the world's most impressive water fountain performances – the Magic Water Circuit of Lima – We're talking lights, music, and interactive displays! Or explore the colourful streets of Lima after dark at your own pace.

- **Accommodation**

Aloft Lima Marriott Hotel – 4 Star

- **Meals Included**

Breakfast

- **Included Activities**

Lima City Tour

- **Optional Activities**

Cooking classes with local market visit ~ 97 USD

Biking tour in Miraflores ~ 62 USD

Water Fountain Tour ~ 34 USD

- **Entrance Fees**

Larco Museum – 10 USD

Gold Museum – 10 USD

### Day 12 : Lima

This morning we'll enjoy one last breakfast before hotel check out at 11.00am. Say adios to your travel buddies and explore Lima at your own pace until departure.

- **Meals Included**

Breakfast

## Inclusions & Exclusions

<b>Accommodation:</b>	4 Star Hotels, Lodge, Inca Camping
<b>Airport Transfer:</b>	Airport transfers for the included domestic flights on the tour.
<b>Meals:</b>	11 Breakfasts, 7 Lunches, 5 Dinners
<b>Transportation:</b>	Air - conditioned vehicle, train, domestic economy class flights
<b>Guide:</b>	Services of experienced Travel Talk local guides licenced by the Ministry of Tourism
<b>Sightseeing:</b>	The Amazon Jungle, Madre de Dios River, Caimán Cocha, Lake Apu Victor, Monkey Island Hatun Rumiyuq Street, Cathedral of Cusco, Archaeological Museum, San Blas, Awanacancha, Pisac & Ccorccor, Sacred Valley, Pisac, Machu Picchu, Ollanta, Larco

### What is NOT included in the tour price?

- Any flights not mentioned above
- Travel insurance
- Meals not stated above
- Items of a personal nature
- Tips & gestures
- Entrance fees to the sights and museums
- Optional activities
- Other services not stated in the itinerary

## Hotels & Accommodation

Solo travellers will be roomed with another solo traveller of the same gender in a twin or triple room, or can upgrade to a solo room by paying the single supplement. Your tour leader will allocate rooms upon arrival at the starting hotel in accordance with the rooming lists, last minute changes may not be guaranteed.

### **ALOFT LIMA MARRIOTT – LIMA – 4 Star**

Aloft Lima Marriott Hotel features an indoor pool and a 24-hour fitness center. Dining options at the hotel include a restaurant, bar lounge and coffee shop.

### ECOAMAZONIA LODGE – PUERTA MALDONADO – Superior Lodge

The EcoAmazonia Lodge is located in the middle of this 10,000 hectares ecological reserve known as The Tambopata; only 30km from Puerto Maldonado Jungle.

### SAN AGUSTIN DORADO - CUSCO - 4 Star

San Agustin El Dorado is the ideal hotel in Cuzco, it is located at a privilege area of the historical Cuzco, between the Main Square and the Koricancha.

### TIERRA VIVA VALLE SAGRADO – SACRED VALLEY – 4 Star

Located in Sacred Valley, 50 minutes from the center of Cusco, this hotel is the perfect base for exploring Machu Picchu.

## Distances

Please find below the approximate driving times between the destinations visited in the Costa Rica. We will always strive to take a short break every few hours to enable passengers to stretch their legs, purchase snacks and use wash facilities during long drives.

### Flights

- Lima to Puerto Maldonado: 1 hr 40 min
- Puerto Maldonado to Cusco: 55 min
- Cusco to Lima: 1 hr 10 min

### Driving

- Cusco to Sacred Valley: 25km, 1 hr 15 min

## Budgeting

Please note that entrance fees to sights and optional activities are not included in the tour price. Optional activities are not operated by Travel Talk and may require a certain number of attendees to run. Your guide will be happy to inform you further about the available optional activities at the start of your tour. Optional activities are also listed under each day in your tour itinerary.

### Optional Activities

- |   |        |
|---|--------|
| • Tasting & Pisco Sour Classes            | USD 22 |
| • Cusco Walking City Tour                 | USD 10 |
| • Sillustani Tour                         | USD 20 |
| • Cooking classes with local market visit | USD 97 |
| • Biking tour in Miraflores               | USD 62 |
| • Water Fountain Tour                     | USD 34 |

### Entrance Fees

- |                           |        |
|---------------------------|--------|
| • Full ticket in Cusco    | USD 45 |
| • Partial ticket in Cusco | USD 24 |
| • Cathedral of Cusco      | USD 9  |
| • Archaeological Museum   | USD 6  |
| • Larco Museum            | USD 10 |
| • Gold Museum             | USD 10 |

### Shopping

Peru has some of the most unique souvenirs in the world from textiles to dried sweet corn, bracelets, ponchos, woven rugs and of course, alpaca clothing. Leaving Peru with an alpaca souvenir is almost a rite of passage, on par with trekking to Machu Picchu. You'll find many local and authentic markets selling varieties of alpaca products along the rural villages of Peru. Simply ask your local guide where they recommend!

### Tipping

Tipping is appreciated for good service in Peru. Generally, a 10% tip is a welcome gesture for good service in any restaurant, café or formal bar with service in Peru. If taxi drivers provide a good service, we recommend adding a few Sol to the fare or rounding to the most suitable denomination. You may also consider tipping your leader and driver for outstanding service at the end of your trip. The amount is entirely a personal preference.

# Essential Information: Peru

## Passport & Visas

Australia, New Zealand, British, Canadian and America (USA) passport holders do not require a tourist visa to visit Peru and may be eligible to stay for up to 6 months, depending upon nationality. Some other nationalities may be required to apply for tourist visas through an embassy or consulate of Peru. Please ensure that you check with the Peruvian Embassy or Consulate of your country for up-to-date visa

Passport validity entry requirements: Travellers entering Peru must also carry a passport or travel document with a minimum of 6 months validity remaining.

This information is provided only as a guidance, we strongly advise that you check with the consulate or embassy as this information can change at any time and with little notice. It is your responsibility to make sure that all the required travel documents are ready when travelling

## Travel Advice

We are closely monitoring the latest travel updates to Peru and follow the advice of the UK Foreign Office. For the latest travel advice from the UK Foreign, Commonwealth & Development Office, please visit <https://www.gov.uk/foreign-travel-advice/peru>

We recommend all travellers to check their Government National Travel Advisory prior to their departure:

- Australia - <https://www.smartraveller.gov.au/>
- Canada - <https://travel.gc.ca/>
- New Zealand - <https://www.safetravel.govt.nz/>
- USA - <https://travel.state.gov/>

## Travel Insurance

All passengers travelling with Travel Talk are required to have personal travel insurance before participating in any of our tours. Your guide will collect your travel insurance details on the first day of your trip. It is your responsibility to make sure you have an adequate and suitable travel insurance for you in place, you may read more at <https://www.traveltalktours.com/travel-insurance>

## Health & Safety

The health and safety of our passengers, staff and communities visited is of utmost priority. As we monitor and comply with the official advice from the UK Foreign Office, as well as World Health Organization and government authorities regularly, we have implemented several policies and precautions on our tours for your wellbeing. You may find our Safe Travels Protocols at <https://www.traveltalktours.com/safe-travels>



Travel Talk Adventures has received the Safe Travels stamp by the World Travel and Tourism Council (WTTC), which allows travellers to recognise companies around the world that have adopted health and hygiene global standardised protocols – so consumers can experience ‘Safe Travels’.

Please make sure to regularly check your Government’s travel advice before travelling and be well-informed of any requirements. Your tour guide will also notify you of the regulations and protocols to follow throughout your trip with us.

Please note that if any traveller is unable to complete the itinerary or possess a potential risk to themselves and/or the rest of the group, we reserve the right to remove them from all or part of a trip.

Please consult with your doctor for the latest medical travel information and any vaccinations you may need. We recommend that you bring any personal medical requirements and medications with you as these may be difficult to obtain while on tour.

## Weather

The weather in Peru can be split into two seasons: wet and dry. The best time to visit Peru if planning to visit or trek to Machu Picchu is during the dry season between May and October. During these months, Peru sees minimal rainfall with bright blue skies in the Andes and chilly nights. The climate significantly alters by altitude with mountainous regions such as the Andes and Inca Trail seeing major drops in temperature overnight. The summer months (wet season) of December to March are warmer but travellers can expect more rain with the wettest of these months being either January or February. Meanwhile, the Amazon rainforest has a tropical climate and is hot and humid with rainfall year-round.

Months	Lima		Cusco		Machu Picchu	
	C°	F°	C°	F°	C°	F°
January	23	73	11	52	7	45
February	24	74	11	52	8	46
March	23	73	11	52	7	45
April	22	71	11	52	6	43
May	20	67	9	48	5	41
June	19	65	8	46	4	39
July	18	64	7	45	3	37
August	17	63	9	48	3	37
September	18	64	10	50	3	37
October	19	65	11	52	4	39
November	20	68	11	52	5	41
December	22	72	11	52	6	43

## Money Matters

The official currency of Peru is the Nuevo Sol (PEN). For context, 1 USD equates to approximately 3.5 Sol. Credit and debit cards are accepted at major hotels and tourist attractions across Peru but are not accepted for small payments such as meals or snacks. We recommend carrying Sol cash to cover daily expenses, especially when travelling through regional areas or trekking the Inca Trail. ATMs are common and US dollars is a legally accepted currency in major cities but is typically reserved for more expensive purchases. We recommend you do not exchange bulk sums of money at the airport, as the exchange rates are usually more favourable in the major cities. Your tour leader will be happy to help if you need any assistance.

Please remember that everyone has different spending habits, some prefer to spend more on souvenirs, some on experiences and others on a night out! Make sure to budget your trip to your spending habits for shopping, drinking, and tipping.

Tipping is appreciated for good service in Peru. Generally, a 10% tip is a welcome gesture for good service in any restaurant, café or formal bar with service in Peru. If taxi drivers provide a good service, we recommend adding a few Sol to the fare or rounding to the most suitable denomination. You may also consider tipping your leader and driver for outstanding service at the end of your trip. The amount is entirely a personal

## Eating & Drinking

Peru is widely regarded as a dream destination for food lovers. So much so, that in 2016 was crowned 'World's Leading Culinary Destination' by the World Travel Awards for the fifth year in a row! Peruvian food is a mixture of hot and cold on the same plate with ingredients and cooking techniques from Africa, Europe and East Asia coming together to create culinary delights. When travelling to a new destination with menus in foreign languages, it can often be tricky to know what to order for a truly authentic experience. So, here are a few of our favourite, authentic Peruvian dishes to get you started:

**Ceviche:** This coastal dish consists of raw fish marinated in lime juice, chillies and onions. Ceviche is considered Peru's signature dish and is best enjoyed with sweet potatoes and corn.

**Lomo Saltado:** Considered a staple in Peru's mainstream cuisine, Lomo Saltado is made with beef sirloin strips marinated in soy sauce, vinegar and spices which are then stir-fried with tomatoes and onions. The dish is frequently served with potatoes or fries and rice.

**Cuy al Horno:** Cuy al Horno is guinea pig that is stuffed with herbs, baked and then served whole – head and all! Traditionally, this dish is reserved for special occasions, however it is common across menus in Cusco with many foreigner's game to try.

**Aji De Gallina:** A creamy curry-like dish of shredded chicken prepared with cream, ground walnuts and cheese. The curry chicken is often served on a bed of rice, boiled potatoes, and black olives to give it a rich, chowder-like consistency.

**Juane:** This traditional Amazonian boiled dish was invented to eat on the go. It consists of rice, meat, eggs and olives rolled into a ball and wrapped in a macaw flower leaf.

**Choritos a la chalca:** This dish consists of mussels marinated in lime juice and then filled with onions tomatoes and corn kernels.

**Picarones:** Donuts made from squash and sweet potato and served up with lashings of sweet syrup. You'll find these deliciously sweet treats sold on the streets of Lima.

**Picarones:** Donuts made from squash and sweet potato and served up with lashings of sweet syrup. You'll find these deliciously sweet treats sold on the streets of Lima.

Drinking alcohol is typically done as a social activity in Peru and is often a community-orientated process. Pisco is considered Peru's signature and most popular spirit, made from pressed grapes, and used in cocktails or drank straight. Pisco Sour is the must-try cocktail including a bizarre combination of pisco, egg white and lime juice. It's a strong and sour drink that you'll have the chance to make and try for yourself on an optional cocktail making class in Cusco. Pilsen Callao, Cusqueña, and Cristal are the three most popular

## Internet Access

Most cafes, hotels and restaurants in large cities of Peru provide free Wi-Fi, but the connection may be spotty or slow. If you wish to use your own 3G/4G Data, be sure to enable data roaming on your mobile, however it may be limited in rural and remote areas. Purchasing a Peruvian SIM card for the duration of your tour may be a cost-effective alternative. Make sure that your phone is unlocked before you leave home so a local SIM will be compatible. Your guide will be able to provide advice on where to purchase SIMs.

## Essentials to Bring

- \* Face mask/cover and hand sanitiser enough for your personal use throughout the trip – See more at <https://www.traveltalktours.com/safe-travels>
- \* Travel Documents: Passport, Visa (if required), flight or transport ticket (and photocopies)
- \* Travel Talk Tour Voucher (printed or digital)
- \* Travel Insurance Policy (and photocopy)
- \* Personal medical kit and medicine
- \* Money (cash, credit card, travellers' cheques)
- \* Power Adapter
- \* Reusable water bottle
- \* Ear plugs and eye mask
- \* Sun protection – hat, sunglasses, sunscreen
- \* Sandals, swimwear, shorts for warm weather
- \* Comfortable, closed hiking shoes for Inca Trail
- \* Comfortable shorts and trousers for hiking
- \* Long sleeved thermals top and bottom
- \* Warm clothes including layers, beanie, and gloves for cold weather
- \* Small binoculars for wildlife viewing
- \* Waterproof rucksack or backpack
- \* Altitude tablets
- \* Reusable water bottle with self-filtering system/purifying tablets
- \* Books

## Culture, Traditions

Peruvian culture is a lively mix of centuries-old Hispanic and native traditions. The two main native groups of Peru include: Quechua and Aymara. Mutual respect is a key point to Peruvian culture and Peruvians express this through appreciation of music, literature, art, dance, clothing, religion, education and sports. For example, the Andes region is famous for its colourful dresses with indigenous women layering themselves in bright traditional clothing as a symbol of their ethnic representation. The Uros group are one of the most fascinating of the various Peruvian ethnic groups. Their culture is one of the oldest still practiced in present-day Peru. The Uros are the traditional settlers of Lake Titicaca, and originally built and lived on floating islands to defend themselves from the arrival of enemies if they needed to make a quick escape. Approximately 75% of the Peruvian population identify as Catholic, followed by 11% identifying as

## Etiquette and How to Dress

Peruvians tend to take great pride in their appearance and presentation. Most will wear nice clothing and avoid wearing old or dirty clothing in public. When visiting religious sites and complexes, it is essential to wear clothing that covers your shoulders, chest and knees as a sign of respect. It is prohibited to consume illicit drugs in Peru and the topic of drugs is not considered lightly with such comments considered an insult.

## Solo Travellers

We have many solo travellers joining our tours. Solo travellers will be roomed with another traveller of the same gender. If you would like a private solo room, please contact us.

## Rules to Follow

We are committed to ensuring a safe and enjoyable experience for everyone. We do not tolerate any form of violence (physical or verbal), bullying or harassment involving customers, partners, Travel Talk staff or locals. Sexual relationships between a tour leader and a passenger are forbidden.

We will not tolerate any illegal activity, including but not limited to: use and possession of illegal drugs, trespassing, and disrupting public order. If you consume alcohol, please ensure that you drink responsibly and follow the local laws and regulations.

You must follow the advice of your tour leader and local officials regarding health and safety measures. We operate all tours under Safe Travels protocols for the wellbeing of our passengers, staff and communities visited. Please ensure that you have read the <https://www.traveltalktours.com/safe-travels/> and are fully prepared for your trip.

If someone is acting inappropriately regarding these matters, please notify your tour leader immediately or contact us on the emergency contact number provided below.

Your tour leader has the right to remove from the group anyone not abiding by these rules, with no right of compensation or refund. See more at <https://www.traveltalktours.com/booking-terms/>

Please remember that our travellers come from different parts of the world and will have various needs and preferences. Be understanding and patient with your fellow travellers, and always strive to be on time.

## Responsible Travel

We believe that travel is a force for good and show our support through various initiatives and charity organizations, as well as keeping the principals of responsible and sustainable travel at the core of our ethos. These values are engrained in our business culture and the design of our trips just the same. Together with you, we strive to make a positive impact on local people and economies, respecting the local culture, environment, social fabric and customs; encouraging respectful and meaningful cross-cultural exchange.

Read more at <https://www.traveltalktours.com/responsible-travel/>