

## PERU SPECIAL CUSCO & TITICACA LAKE ( 6 days)



### DETAILED ITINERARY

#### Day 1 Arrival Peru ( D)

Early morning arrival in Peru's capital, Lima. Connect to your flight to Cuzco. Upon your arrival in Cusco you'll be met and transferred to our hotel in the Sacred Valley



During the drive, we will enjoy the beautiful Andean landscape, the rest of the day at leisure exploring the hotel, or optional tour to Pisac Village & Market colorful Indian market, where many beautiful crafts are traded. Later this evening our group welcome meeting takes place.

**Optional:** Pisac Village & Pisac Market

**Overnight:** Sacred Valley

**Meals:** Dinner

#### Day 2 The Sacred Valley ( B,L)

Early morning we will pick you up from your hotel in direction to visit Chichubamba community, with approximately 180 families. This territory has a great healthy climate, surrounded by green fields mostly farmland. Agricultural activity is their main source of income, which is supplemented with guinea pig breeding, apiculture or beekeeping and making crafts such as ceramics, brewing coffee and chocolate craft. Here you will learn many of these activities and experiences. Afterwards we will enjoy a traditional local food prepared by the community.



In the afternoon We will get to Ollantaytambo, one of the most monumental architectural complexes of the ancient Inca Empire, then, we will follow to the town of Ollantaytambo, "the unique living Inca town": the best surviving example of Inca city planning, with narrow cobblestone streets that have been continuously inhabited since the 13th century. Later in the afternoon we take the train to Aguas Calientes.

**Overnight:** Aguas Calientes

**Meals:** Breakfast / Lunch in the community

## Day 3: Machu Picchu(B)

Today we'll explore one of the New 7 Wonders of the World. We are going to have a guided tour (approx. 2 hours) around Machu Picchu, allowing time for contemplation of the amazing scenery. You will see the Intiwatana (Temple of the Sun), the Temple of the Condor, the Temple of Three Windows, Andean terraces and other places of interest. You will have enough time to walk around the archaeological complex, capture these incredible memories on camera, feel and appreciate the energy and peacefulness of this sacred place.



For those who like more action there is the option to hike up the Huayna Picchu, the Young Mountain (prior booking is necessary). Later in the afternoon we take the train back to Ollantaytambo and from there return to Cusco by bus where we'll arrive in the evening.

**Overnight:** Cusco

**Meals:** Breakfast

**Optional:** Huaynapicchu.

## Day 4 Cusco Capital of Inca Empire ( B)

A day at leisure to explore Cuzco at your own pace. Walk the narrow streets of the old colonial town, browse the museums and shops selling local crafts and relax in one of the many outdoor cafes.



optional Or you may also venture to the impressive Colonial Cathedral. Building was completed in 1654, almost a hundred years after construction began and the Temple of the Sun (Qoricancha), once the most important religious site of the Incas. From here, travel to the last Inca fortress of Sacsayhuaman constructed of huge stones.

Optional Rainbow mountain, pick you up from your hotel between 3:40 a.m., and then we will continue via Puno until Q'essiuno community where we will have breakfast. We start to walk for 3 hours (8km) towards the mountain of colors enjoying the landscapes; we will be on the top for 40 minutes and then return to the camp where we will have box lunch. After a little rest we will back to Cusco and on the way we will able to visit the School Luis Vallejo Santoni that you are sponsor with your trip to Peru  
**Optional:** Half day optional "City Tour"  
Full Day Rainbow Mountain

**Overnight:** Cusco

**Meals:** Breakfast

## Day 5: Cusco – Puno / Lake Titicaca (B, L)

Today is a long trip, but don't worry: it will be a beautiful journey with some special stops. We will visit the Church of Andahuaylillas, known as the "Sistine Chapel of the Americas", that features a simple façade but keeps one of the most valuable jewels of the colonial art in Peru.



We will also explore the archaeological complex of Raqchi, another important Inca city. Surrounded by pretty hills you we'll have a nice buffet lunch in Sicuani. We will enjoy the view and see llamas and alpacas grazing, from the La Raya pass at 4310 m/14172 ft above sea level.

Finally we will visit Pucará, a colonial city famous for its pottery. In the afternoon we will arrive in the city of Puno at 3.800 m/13.000 ft where we will spend the night.

**Overnight:** Puno

**Meals:** Breakfast , lunch.

## Day 6: Puno - Lake Titicaca (B, L)

This morning, after an about 30 minutes drive, we will arrive at the port in Puno city where we take our boat for a 20 minute ride to the floating islands "Uros", made entirely of reeds. The community of the Uros has endured for hundreds of years, thanks to their continual renovation of the island floor with Totorá reeds and mud and their harmonious relationship with nature.



After exploring the islands of Uros we get back in our boat for a 3 hour ride to "Taquile", an ancient island completely terraced by the pre-Incas Arequipa (Colca Cañon), Flight to Lima or Bolivia

and Incas. Here we will visit some of the native families and have a traditional meal with them. Afterwards you will have time for your own exploration of the island. In the afternoon we take our boat back to Puno city. After the tour you will be able to continue your tour with

**Huayna Picchu Extension:** \$10.00 per person

**Domestic Flights:** Lima – Cusco – Lima: from \$165.00 to \$399.00 per person.

Lima – Cusco, Juliaca – Lima to be quoted on the day of enquiry (prices vary from US\$120 to US\$399 per person depending on the season).

## What to take

### What voltage do the sockets have - 110 or 220 V? And what kind of plugs are standard?

Voltage in Peru, Bolivia, Chile and Argentina is 220 V, in Ecuador it's 110 V. Depending on the country there are different plugs used and you might need to get an adaptor. Usually, your hotels / hostels should be able to lend you adaptors or you can buy an adaptor in the respective country.

### If I pack light, do you think I'll get a chance to just buy t-shirts or sweaters in South America? If so, will they be priced for tourists?

Definitely. This is the smartest way to go: you get essential clothing & souvenirs in one. There will be for example t-shirts with typical prints on them and you can also bargain for these.

## MORE INFORMATION

### What do I need to bring with me?

This will depend very much upon which area you are visiting and what kind of travel option you chose. The secret is layering. Peel off during the warm day and layer on for cool nights. Here is a rough guide to help you decide:

#### Jungle

- Sandals (you'll be given rubber boots at the lodge)
- Comfortable walking shoes / hiking boots (nothing that you wouldn't want to get muddy!)
- Loose long sleeved tops and long pants
- Hat with netting
- Rain Poncho
- Insect repellent
- Torch

#### Trekking

- Hiking boots
- Rain Poncho (Dec - Feb)

- Warm jacket
- Warm clothes, cap and gloves for the evening
- Loose long sleeves / shirts for the day
- Walking pole, with plastic or rubber bottoms only!

#### Inca Trail

- Original passport (and \*International Student card (ISIC) if applicable).
- Travel Insurance is essential.
- Sleeping bag (Extra cost of US\$ 40.00 per person for three nights).
- Walking boots.
- Waterproof jacket/rain poncho.
- Warm jacket, hat and gloves.
- T-shirts.
- Comfortable trousers.
- Sun hat, Bathing suit (for hot springs in Aguas Calientes).
- Water Purification tablets (recommended micropur).

- Sun protection cream (factor 35 recommended).
- Insect repellent (for Aguas Calientes and Machu Picchu).
- Toilet paper.
- Personal medication.
- Camera and films.
- Torch with spare batteries (we recommend head lights).
- Some extra snacks (like chocolates, candies).

#### Recommended Travel Accessories

- Camera & binoculars
- Writing journal
- Sun block
- Mosquito Repellent
- Sunglasses
- Hat
- Personal Medicines

**Should we pack only backpacks to carry with us through the journey or will we be able to bring the roller luggage (carry on) with us?**

A duffel bag with wheels is a good

combination as you will go through some cobblestone roads. Make sure you are able to put a little lock on them for extra security. In this luggage, pack a small backpack which you will use for the things you just need e.g. for the Inca Trail or when you go off to your Jungle Lodge.

### **Are we likely to encounter a dress code anywhere we visit on our tour?**

No dress codes, nobody will get offended. South Americans are very open minded and used to people coming from all parts of the world having different types of fashion. You can by all means wear what you're used to.

## **Safety and health**

### **In terms of safety, especially for the children, is there anything we should be concerned about, be prepared for etc.?**

Something to be careful about is what you allow your children to eat and drink, because they are more susceptible to diarrhea. You can be assured that the food in good hotels and reputable restaurants are ok.

For children with asthma, it would be best to consult your doctor before traveling, especially if you are visiting a city at high altitude such as Cuzco or Puno.

### **What are the conditions for personal safety?**

Regarding traveling safely, you simply have to avoid wearing flashy jewelry and always keep your belongings close to you. Since you will always be traveling with us, you can feel safe with our tour guides who will take good care of you. Traveling in a group or with our guide, you can always feel secure.

### **Any shots we need?**

Any vaccination is mandatory unless you are coming from an infected area. If you are going to the rain forest we recommend to get a Yellow Fever vaccination and a certificate for this. For the jungle we strongly recommend taking anti-malarial. We suggest also vaccination against Hepatitis A, Tetanus and Typhoid before departure. The best thing to do would be to consult your doctor or vaccination centre for any doubt you can have.

### **Should we take some precautions while in Peru, such as drinking only bottled water and buying food such as fruit?**

Drinking only bottled water is a good idea. You'll find many brands in supermarkets or in little stores and they are all good. There are 2 types of water you can buy: "Sin gas", meaning un-carbonated "normal" water, and "con gas" which is carbonated. We are working with good hotels & food here is of good quality. Make sure to eat in good restaurants & buy fruits from supermarkets that you clean before eating.

## **Altitude sickness: Recommendations**

When travelling to high regions such as Cuzco, Peru (3,326m / 10,975ft), Puno, Peru (3,809m / 12,496ft), La Paz, Bolivia (4,058m / 13,313 ft) or Quito, Ecuador (2,850m / 9,350ft) some travelers suffer from the altitude sickness that commonly occurs above 2,400m. Symptoms include headache, fatigue, stomach illness, dizziness, and sleep disturbance. It is hard to determine who will be affected by altitude sickness, as there are no specific

factors that correlate with a susceptibility to altitude sickness.

Prevention is the best treatment: Before travelling to high located destinations, don't eat too much. Avoid fatty food opting for anything easy to digest instead & keep on drinking a lot of water. Once you're there, take "baby steps" as your body gets used to the altitude.

If you want to be extra safe you can bring/buy Sorocho or Graval pills (over the counter medications to be taken

24 hours before). These are abundant both in the drugstores found almost at every corner. But please don't forget to ask your doctor's advice before taking these medications.

Once arriving in Cuzco a lot of people will be offering or recommending you Muna & Coca Tea, all natural helpers to open up your lungs that will make you feel better.

## Passports and Visas

This is very important for everyone, because all nationalities require a full Passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to get the correct personal documents and your own visa (if it is required), in accordance with the regulations of the country you are going to visit or if you are travelling via the USA. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise and any subsequent effects. If you are in any doubt please contact the nearest Peruvian Embassy, or contact yours.

## Vaccinations and Health

Any vaccination is mandatory unless you are coming from an infected area. If you are going to the rain forest we recommend to get a Yellow Fever vaccination and a certificate for this is sometimes checked at Puerto Maldonado airport. For the jungle we strongly recommend taking anti-malarial. We suggest also vaccination against Hepatitis A, Tetanus and Typhoid before departure. The best thing to do would be to consult your

doctor or vaccination center for any doubt you can have.

### Insurance

This is a very important condition of joining any of our trips, you must be insured against medical and personal accident risks( to cover repatriation costs and air ambulance or helicopter rescue services if it is required).With any policy you must be sure that you are covered for any activities that you are taking part in.

## Money matters

### Exchange rates

#### Peru

**Currency: Nuevo Sol (PEN, S/.)**

**Exchange rate:**

**1 USD = ca 3.4 PEN**

**1 € = ca. 3.4 PEN**

## Where to change currency

We suggest you change your cash in South America, as in most places they will accept US\$, but for more remote areas and small shops it is better to always have local currency with you. The exchange rate should be better in South America than in the US or Europe. You could change some money at the airport you are arriving at (Lima, Santiago, Buenos Aires,

Quito,...) and the rest of it at your other destinations.

You can easily change dollars in all cities. We advise you to change as much as you need until you get to your next destination where there are money changing facilities. The best places to exchange your US\$ or Euros are at the airport, at your hotel or at an exchange office. At the

beginning of your trip you can pay with US\$ as in most of the places they are easily accepted, until you manage to change your money. You can also use ATMs to withdraw money in most of the cities but not in very remote areas but we recommend to have some money available on your arrival, to make sure you are secured with cash until you find an ATM.

## Are American Dollars readily accepted?

Yes, US\$ and € are widely accepted in South America (in Ecuador US\$ is the official currency). You can pay with US\$ at most of the hotels, supermarkets and restaurants, but please carry the local currency with you for remote areas or for shopping in small shops.

## Can I change Canadian Dollars or Euros easily in Peru, or do I need to change to US dollars before the trip?

It would be easier for you to have US Dollars, as you can directly buy products with them. Also, it is possible that in some places they won't be able to change your Canadian Dollars or Euros and you would have to make an extra effort to find a place where you can change them!

## Budget: Roughly how much do you think we are likely to need for our trip?

It depends to which country you are travelling: in Peru, Bolivia and Ecuador are more "economic" than Argentina and Chile. But in general, the price level in South America is lower than in the US or Europe and you can purchase things like food, clothes and services like bus or train rides to remarkably lower prices. A lunch menu in Peru for example will be about 3 US\$, a nice dinner in Chile about 15 US\$.

## How much should one tip and who?

This is a difficult issue and it is handled differently in different countries. Restaurants usually get 10%. Please talk to your Travel Advisor or Travel Guide about that. In general, you should tip according to how well you were served.

Here's an idea of the usual custom here:

- Waiters in Restaurants: 10%
- Tour guide: According to the service
- Bellboys: US\$ 1 - 2 for all your luggage
- Drivers: US\$ 1 - 2

Are there any costs that are not included in our tour?

Trip costs do not include:

- International flights to and from Peru from your country of origin
- Airport taxes
- Excess baggage fees
  
- Meals not specified on day by day itinerary
- Personal expenses
- Gratuities for guides and trip leaders
- Travel insurance

## IMPORTANT INFORMATION

Please always you should take the time to read this Confirmation of Service, because it is the correct version and supersede any brochure or information you read before, it covers the average range of conditions likely to be found on this fantastic trip. Different events beyond our control can prevail at any time, particularly in remote areas or destinations, therefore all holidays can be subject to unexpected changes; you should be flexible and patient if it is necessary, our staff will find always the best solution to maintain the integrity of the original itinerary

Full joining instructions and all details of how to reach the start point, will be sent to you approximately 3 weeks prior to departure. Please if you do not get these at least 10 days before departure, or require them earlier please contact our office or your travel agent.

It is important to know that Inka Rainbow has a 24 hour duty office for emergencies, which can be contacted any time you wish..

# Trip Notes



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