

# **“TOURING THE HIGHEST NAVIGABLE LAKE IN THE WORLD”**

**Group Tour**



**Uros – Amantani – Taquile**

**(2 days/1night)**

## DETAILED ITINERARY

### DAY 1: PUNO - UROS FLOATING ISLANDS - AMANTANI - LOCAL FAMILY STAY

At 6:45AM you will be picked up from your hotel. Travel and after 2 hours by motor boat and then you will arrive at the Uros Island. Fishermen and hunters inhabit the floating islands of the Uros. The residents of the Uros use the cattail, a type of rush, which grows in the lake, to create the conditions that ensure the islands stay afloat. The dense roots that the plants develop support the island. The roofs are waterproof and the houses are extremely humid because of the surrounding water.



Continue traveling in our boat, we will get the next island called Amantani, just arriving there will be first contact with local's families, they bring you up to the homes, there you get your accommodation for one night in basic typical room between the agriculture fields. The local family will supply yours all foods (1L - 1D - 1B). After lunch all the group together walk up to highest point of island, called Pachatata temple = 4200m. Is the best place to get pictures from all surround views of this blue sacred lake of the Incas.

After the explanation of your tour guide, back to the homes to get your dinner and then you can go to enjoy typical dances with the local music players.

**Overnight:** Local family home

**Meals:** Lunch and Dinner



## DAY 2: AMANTANI ISLAND - TAQUILE ISLAND - PUNO

At 7AM after family breakfast meet the entire group and travel by boat to the Taquile island, 2 and half hours crossing the lake you will arrive at the last place to visit. Visit and explanation about the live, culture, typical costume and every common activity at the main square, short treks around the island including lunch in the co-operative restaurant, there is also a co-operative shop on the plaza that sells exceptional



woollen goods which are not cheap but of very fine quality. Taquile Island is famous for its craft production, particularly for its beautiful textiles. The island is narrow only about 1 KM wide, but 6 to 7 Km. long, on Taquile there are numerous pre-Inca and Inca ruins and Inca terracing.

At 4 or 5pm you will return to Puno

**Meals:** Brakfast, Lunch and Dinner

## TRIP CONSIDERATIONS

Climate: Rather variable. Sunny, though on other days it can be cool and overcast. At high altitudes conditions range from cool to decidedly cold in the early morning.

### Recommended Travel Accessories

- Camera & binoculars
- Writing journal
- Sun block
- Sunglasses
- Warm Hat
- Personal Medicines.
- Gloves

### 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 Sorochi or Graval (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.