

MACHUPICCHU VIEW (4 days)



DETAILED ITINERARY

Day 1: Cusco

You will be picked up upon your arrival to Cusco and transferred to your hotel.

You have the option of a free day to explore the city as you would like or at an extra cost a walking tour or a full city tour including the four ruins that surround the city.



These include the Sacsayhuaman fortress overlooking the city, a pre-

Inca architectural gem Kenko, the Red fortress of Puca-Pucara; a rock sanctuary whose main attraction is the monolithic alter representing a puma, and finally Tambomachay which is a beautiful fountain fed by a spring that feeds a series of basins.

Overnight: Cusco

Meals: Dinner

Optional: City Tour

Day 2: Sacred Valley – Aguas Calientes

Begin your journey through the land of the Incas with a full day Sacred Valley tour. The Sacred Valley of the Incas, just outside of Cusco, is a gorgeous sprawling span of green farms, lofty terraced mountains, contains numerous quaint towns unmoved by time, in addition to lively festivals and the

best handicrafts in Peru. The first stop is the artisanal capital of Peru, the small village of Pisac.

It is famous for its craft market in the main plaza, busiest on Sundays, Tuesdays, and Thursdays, where local natives come to sell their colorful woven cloth, alpaca wool, reproductions of ancient jewelry, engraved gourds and much, more.



Pisac is the best stop in Peru for memories of your trip to bring home to family and friends. After a delicious lunch in Urubamba, we

will travel Ollantaytambo, the Inca town that remains inhabited.



It is a wonderful example of pre-Colombian architecture, and here you will explore the expansive ruins overlooking the town.



In Ollantaytambo you will catch the train to Aguas Calientes to be ready to explore Machu Picchu early tomorrow morning.

Overnight: Aguas Calientes
Meals: Breakfast, Lunch

Day 3: Machu Picchu

Today is the highlight of any trip to South America – Machu Picchu!

You will have a very early transfer to the bus station to going up to the Inca City.

This world famous site is easily the most remarkable pre-Colombian city in the world, partially because of its mystical beauty at its lofty place among the Andean cloud forest. A guided tour will help you discover and understand what Machu Picchu tells us about the life and customs of the Incan people.



Surrounded by dramatic terraces cut into the mountain sides, famed for innovatively feeding the empire, this complex city will have you fascinated all day. Narrow roads and steps connect ancient houses, temples, warehouses, and a large central square. Your guide will give you a thorough history of the ruins and the Incas as well as share with you the possible explanations for the purpose of Machu Picchu.



You have the optional opportunity to take the challenging, unguided hike to the top of HuaynaPicchu, where you will have the best view of the site. This hike is highly recommended for people who are in the right physical condition, as it truly gives unparalleled views of Machu Picchu. After a long day of exploring this lost city, you will take the bus down to Aguas Calientes in order to get a delicious lunch then you will catch the train back to Cusco. Upon arrival to Cusco in the late afternoon you will be brought back to your hotel.

Overnight: Cusco
Meals: Breakfast, Dinner
Optional: Huaynapicchu

Day 4: Cusco – Lima

After breakfast you will be transferred to the airport for your flight back to Lima (Flights not included in tour price).

End of our services.

Meals: Breakfast

Huayna Picchu Extension: \$10.00 per person
Domestic Flights: Lima – Cusco – Lima: from \$165.00 to \$399.00 per person.

Flight tickets:

Lima – Cusco – Lima to be quoted on the day of enquiry (prices vary from US\$100 to US\$399 per person depending on the season. can be booked by View Peru is you wish.

MORE INFORMATION

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.

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 (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..