



TOUR AT A GLANCE:



Peru
Length: 9 days
Departs: Cusco
Trip code: TIL
Meals: 8 breakfasts, 4 lunches and 3 dinners

Accommodation: 5 nights hotel and 3 nights full-service camping
Staff: Professional tour leader and local porters
Group size: Maximum 16
Transport: Private vehicle

Please see our website for detailed destination information and insider tips.

★ TRIP OVERVIEW

Retrace ancient footsteps by hitting the four day **Inca Trail** en route to the lost city of **Machu Picchu**. Hidden under a blanket of jungle and growth, which **Hiram Bingham** who brought the Inca city to the world's attention having rediscovered it in 1911. The magnificent 'lost city' stands on a high saddle, dominated by the jungle-clad peak of **Wayna Picchu**. Seeing this iconic site will surely be a highlight.

Hiking the **Inca Trail** is about as epic an adventure as you can have as you retrace the steps of the Inca people. As you climb in elevation on a series of steps, the rewarding vistas will leave you open-jawed. Practice your Quecha with the porter, savour the clean air and marvel at the magnificence of the **Andes Mountain Range**.

Enjoy a visit to the walled city of **Cusco** where you can opt to explore the vast, ruined fortress of **Sacsayhuaman** and **Pisac's** bustling, colourful market. Cusco is the site of the historic capital of the Inca Empire and a pleasant place to wander around and explore at your leisure. It was declared a World Heritage Site in 1983 by **UNESCO**.

This tour is suitable for all travellers seeking a holiday with adventure, culture, and an epic walking trail and those wanting to scratch beneath the surface of such a magnificent country.

HIGHLIGHTS:

- ▶ Trek the classic Inca Trail to the Sun Gate for the iconic view of Machu Picchu
- ▶ Climb Inca steps to the top of Dead Woman's Pass (4,200m)
- ▶ Guided tour of Machu Picchu before the crowds arrive
- ▶ Wander through the cobbled streets of Cusco with its distinct Inca Colonial fusion architecture
- ▶ Visit the town of Aguas Calientes
- ▶ Inca Trail Permit, accompanied by local guide and Inca porters
- ▶ Full service camping on the Inca Trail



★ ITINERARY AND DETAILS

Day 1: Cusco Set amidst hills in the Altiplano, the Imperial City of the Incas, Cusco (3,400) was the geographic, cultural and political centre of a vast empire which, at its peak, stretched from present day Quito in Ecuador to Santiago in Chile. After the Spanish conquistadores invaded the city they started building on top of the Incan structures, resulting in unique architecture, a fusion of the Incan and Spanish colonial styles.

The group flights usually arrive in the mid-afternoon, giving time to wander the cobbled streets admiring the old houses, visiting its interesting museums, churches and pre-Columbian buildings, or to sit in a café and sample a coca-tea. It is recommended to take it easy upon arrival into Cusco and to drink plenty of water to allow your body time to acclimatise to the altitude (3,400m).

A welcome note will be left in the hotel reception explaining whether you meet the guide and group this evening, please check this upon arrival to the hotel.

Accommodation: Hotel included | **Meals:** Paid locally

Day 2: Cusco Today has been left free for exploring Cusco, one of South America's most beautiful cities. The Plaza de Armas is a fantastic spot for people watching, and Qorikancha - the Sun Temple, located in the Santo Domingo Church and monastery are worth a visit. The Mercado San Pedro is the place to try some local produce and there are many handicraft markets to shop for souvenirs such as alpaca jumpers and scarves.

Outside the town are more Inca ruins, notably the fortress of Sacsayhuaman where the Inca armies made their last stand against the Conquistadores. Cusco is also the gateway to the Sacred Valley of the Incas and should you wish to visit the sites, your leader can help organise an excursion, including Pisac Market (optional).

If you fancy something more active then there is an array of other optional activities available from Cusco, although you may wish to leave these until your return to Cusco after the Inca Trail trek, by which time you will be fully acclimatised. These include paddle-boarding on a lake, mountain biking, or a combination of via ferrata and zip-lining in the Sacred Valley.

In the evening you will need to pack and weigh your duffel bag ready for the Inca Trail tomorrow - remember to keep your passport somewhere accessible for the Inca Trail checkpoint.

Options:

- City tour Cusco US\$42
- Visit local museums US\$5-\$10
- Pisac market and Sacred Valley tour US\$54
- Paddle boarding in the Sacred Valley US\$75
- Mountain biking in the Sacred Valley US\$105 (depends on group size)
- Sacred Valley via ferrata and zipline (8hrs - incl. packed lunch) from US\$98 (shared service, not available every day).

Accommodation: Hotel included | **Meals:** Breakfast included

Day 3: The Inca Trail The Classic Inca Trail is a tangential branch part of a 45,000km road network linking the whole empire to Cusco. It was built in the 15th Century to reach Machu Picchu but was abandoned soon after the Spanish conquest. American adventurer, Hiram Bingham travelled along the trail when he came across Machu Picchu in 1911. The trail opened to the public in 1970.

Leave Cusco early and drive for roughly two hours to Ollantaytambo; your last chance to buy any items needed for the trek. From here veer off the road and follow a track beside the river (45 minutes) to the start of the Inca Trail at Piscacucho, commonly known as Km82. After greeting your trekking crew you will need to show your passport at the checkpoint

and begin the Inca Trail trek. The trail runs alongside the Vilcanota River beneath the impressive snowcapped Nevado Veronica, passing through cactus gardens and fields of corn until we reach the enormous Inca ruins of Llastapata, where we continue up a side valley to camp near the hamlet of Huayllabamba.

Walk Profile: approx. 11.4km / 6-7hrs walking

Accommodation: Full service camping | **Meals:** Breakfast, lunch and dinner included

Day 4: The Inca Trail - Dead Woman's Pass This is the longest and most strenuous day of the trek. A long climb takes you first through an area of cloud forest to the meadows of Llulluchapampa, then over the Warmihuañusca (Dead Woman's) Pass, at 4215m the highest point on the trek. After lots of stone steps and a steep descent you will camp in the scenic valley of the Pacamayo River (3600m).

Walk Profile: approx. 7.7km / 6-7hrs walking

Accommodation: Full service camping | **Meals:** Breakfast, lunch and dinner included

Day 5: The Inca Trail - Runquracay Pass / Phuyupatamarca Start the day with an easier climb which takes you past the ruins of Runquracay and over the Runquracay Pass (3930m). From now on the Inca Trail becomes a clearly defined path made of flat boulders. Pass the ruins of Sayajmarca and suddenly enter rainforest; at one point the trail passes through an Inca tunnel. Camp at a spectacular campsite on the ridge above the Inca site of Phuyupatamarca (3680m) to benefit from the views of sunset and sunrise.

Walk Profile: approx. 6.8km / 5-6hrs walking

Accommodation: Full service camping | **Meals:** Breakfast, lunch and dinner included

Day 6: The Inca Trail - Machu Picchu From the ridge embark on the infamous Inca steps: a two kilometre stone staircase taking you rapidly downhill amid a panorama of overwhelming immensity, with the peaks of the Vilcabamba range above, and the river thousands of metres below. After visiting the attractive ruins of Wiñay Wayna, enjoy an undulating walk through cloud forest high above the river to Inti Punku, the Sun Gate. From here we get our first full sight of Machu Picchu itself, with Huayna Picchu rising behind.

Traditionally busy with groups of trekkers clamouring for photos, we plan our arrival at Inti Punku later in the day so you can enjoy unobstructed views of the magnificent ruins. Passing around the edge of the ruins, exit the site and descend to Aguas Calientes for a well-earned rest, a shower and a comfortable bed for the night. Your trekking permit allows one entry into the site, which can be used for your tour tomorrow, but anyone wishing to visit the citadel on both days can purchase an additional entry ticket today for PEN152 (approx. US\$48) - your tour leader will assist with this.

There is usually time for an optional visit to the hot springs in Aguas Calientes, however in recent years they have become over-crowded and the water quality can suffer as a result. We will be reunited with those who have been on the Moonstone Trek at the hotel this afternoon.

Walk Profile: approx. 8.9km / 6-7hrs walking

Accommodation: Hotel included | **Meals:** Breakfast and lunch included

Day 7: Machu Picchu tour In order to beat the day-trippers coming from Cusco, you wake early this morning and catch the bus (approx. thirty minutes) up the winding road to the greatest ruin in the world; Machu Picchu.

The well-preserved Inca architecture, combined with its spectacular location on a mountain spur high above the Urubamba River, makes

Machu Picchu one of the world's most impressive ruins. Your leader will give you a two/three hour guided tour of the ruins and afterwards there will be free time to explore at your leisure. There are some spectacular walks around the site that you may wish to do, including following the path to the Inca Drawbridge.

Once you've had your fill, return to Aguas Calientes in time to catch an afternoon train which winds its way through the beautiful Urubamba River Valley back to Ollantaytambo (approx. one and a half hours), and continue by road to Cusco (approx. two hours).

Accommodation: Hotel included | **Meals:** Breakfast included

Day 8: Free day in Cusco Today has been left free to relax after the trek or explore Cusco further. Again, your leader can help to arrange optional excursions and activities for you.

Accommodation: Hotel included | **Meals:** Breakfast included

Day 9: End Cusco For land only travellers, the trip ends in Cusco after breakfast today. Those who are travelling on the group flights will be taken to Cusco airport this morning to catch your overnight flight back to London.

Meals: Breakfast included

If you have the time and would like to see more of beautiful Peru, we also offer an Amazon Rainforest or Lake Titicaca extension after the main tour. Please see below for further details.

This tour is run by our trusted sister company

TOUR EXTENSIONS

Please note that while we provide a tour leader for the main trip, there is no leader on the extensions detailed below.

For this extension, you will have the services of a local guide for any excursions and you will also be given the contact details of our local partners in case of emergency.

The following extensions are available after the main tour.

AMAZON RAINFOREST EXTENSION

Easily accessible from Cusco, the Amazon is the world's largest rainforest and home to an astonishing array of wildlife, as well as countless plant species. Spending three nights at a lodge in the incredibly rich Tambopata Reserve, we use motorised canoes to explore its lakes and rivers, and follow jungle trails to discover its dense forests. Please enquire with our Sales team for prices.

A compulsory single supplement or sole traveller supplement may apply. The price of the extension includes all meals, transport, accommodation and activities as indicated within the itinerary.

The extension ends in Puerto Maldonado on day 12. Flights from Puerto Maldonado to Lima are not included, please speak to your sales consultant or book these independently in conjunction with your international flight.

For this extension, you will have the services of a local guide provided by the rainforest lodge. We share boats and transfers to and from the lodge with other guests at the lodge.

Itinerary

Day 9 - Fly to Puerto Maldonado; transfer to Amazon lodge You will be transferred to Cuzco airport for the early morning flight to Puerto Maldonado, a small jungle town. After a short (45mins) road transfer to the river, continue by boat to our jungle lodge in the Tambopata Reserve

(between one and a half and three hours depending on the lodge used). On the way you may see caimans (alligators), river turtles and a wide variety of bird life. A light lunch/snack is served on the boat.

Amazon Rainforest Lodge (Lunch, Dinner)

Days 10/11 - Amazon Rainforest The next two days are spent exploring the forest, rivers and lakes surrounding the lodge, on foot and in both motorised and paddle canoes. Although a lot of the wildlife tends to hide in the dense foliage, you should expect to see a wide variety of birds, including herons and egrets, jacanas, macaws and the almost prehistoric-looking hoatzin, as well as several species of monkey, reptiles and insects, and with luck the giant otters which live in the rivers of the Amazon basin.

Amazon Rainforest Lodge (Breakfast, Lunch, Dinner)

Day 12 - End Puerto Maldonado Airport A dawn start is required for the boat transfer back to Puerto Maldonado, giving memorable views of the sunrise over the river. Look out for the early morning wildlife, which is particularly active at this time. Howler monkeys are frequently heard, as they stake out their territories. The extension ends at Puerto Maldonado airport between 09:00 hrs - 11:00 hrs.

(Breakfast)

Please Note: Unfortunately we cannot guarantee wildlife sightings and factors such as poor weather can affect the likelihood of seeing wildlife. Many creatures are more elusive during rain and additionally some planned activities may be postponed or altered depending on the weather or river levels for safety reasons. Additionally, your guide may assume that you don't want to go out in heavy rain but if this is not the case please make this known to your guide to make sure you don't miss out.

Our Jungle Lodges

We use a variety of lodges in the Amazon, all located in the Tambopata Reserve. All offer a similar standard of accommodation and rainforest experience, and each has a network of walking trails through the forest. The lodges are between one and a half and three and a half hours by boat from Puerto Maldonado, and each has a main building surrounded by lodge/bungalow accommodation. The rooms are usually based on two people sharing, and all have private bathrooms with a shower as well as mosquito nets over the beds. Some lodges also have mosquito screens on the windows, but this will vary from lodge to lodge. There is usually no electricity in the bedrooms, and lighting is provided by lanterns or candles.

The main buildings each have a dining room and bar, as well as a small selection of books relating to the rainforest and its flora and fauna. These are usually the only areas of the lodge with an electrical supply (not 24 hour).

Packing for the Amazon:

Please note that you should bring a small bag in which to pack what you need for the jungle - you

should limit your packing to essential items only. For this portion of the trip, we recommend lightweight clothes, but with long sleeves and trousers, waterproofs, walking boots or other sturdy

footwear and possibly sandals for wearing in the lodge, camera in a waterproofs, walking boots or other sturdy

footwear and possibly sandals for wearing in the lodge, camera in a waterproof bag, insect repellent and any other essential items.

The rest of your luggage will be stored in the lodge's Puerto Maldonado office until your return.

THE MOONSTONE TREK

With Inca Trail permits running out earlier than ever and 500 people starting the trail most days during peak season, we are delighted to be able to offer a fantastic alternative trek that can be substituted into most of our Inca Trail trips. This is an isolated route with unexplored ruins, discovery at every turn and great mountain views - an excellent introduction to high Andean trekking.

The trek starts in a quiet, rural valley between Cusco and the Sacred Valley and finishes in Ollantaytambo, only seven miles upstream from the start of the Inca Trail. It passes through seldom-visited Andean villages, Inca and pre-Inca ruins and heads onto a beautiful altiplano plateau surrounded by glaciated peaks. Most groups won't encounter any other tourists for the entire trek and the combination of stunning mountain scenery and wildlife, fascinating relics and real isolation is truly rewarding.

How does it work?

The Moonstone Trek can be selected at no extra cost if Inca Trail permits are sold out however, if there are still Inca Trail permits available there is an additional cost for the Moonstone Trek. The trip must be guaranteed and there is no minimum number of people required to operate the Moonstone trek. However, most people prefer to trek with a group and so we try to avoid running it for just one or two people wherever possible. Special permits are not required and so this route can be booked after Inca Trail permits have run out.

If chosen, it completely replaces the first three nights of the Inca Trail trek and clients will receive a separate pre-trek briefing in Cusco. All trekkers will leave Cusco at roughly the same time in the morning to drive to their respective start points.

The Moonstone Trek finishes in Ollantaytambo, from where those walking the route take the train down to Aguas Calientes - the village below Machu Picchu and meet with the rest of the group. Those walking the Inca Trail will have walked down from the Sun Gate that day and won't have explored the ruins. The next morning, the whole group heads up to the citadel for a guided tour. There should be ample time to walk up to the Sun Gate to get that classic view or explore the cloud forest around Machu Picchu.

The trek uses horses rather than human porters and so does not have the weight limit imposed by porters on the Inca Trail. It is also a little tougher than the standard Inca Trail, as it goes higher and covers slightly more distance.

For those choosing the Moonstone Trek, the itinerary below replaces those days in the trip when the group walks the standard Inca Trail.

Day 1: Start Trek - An early start as it's a very busy first day! You will have a private minibus to the trailhead, stopping first to explore the nearby ruins from which the trek takes its name. This is a large site with several distinct Inca remnants, clearly of religious importance. As with the rest of the trek, you are most likely to have the site completely to yourselves. The Moonstone itself is a large carving on an enormous boulder, and its significance is not yet understood.

The trailhead is in a quiet, dusty valley and you will soon climb high enough from the floor to enjoy some great views. At around lunchtime you will stop to explore the imposing pre-Inca fortress of Wata that straddles the trail. The ruin has not yet been accurately dated and pottery can often still be found lying on the ground. The path then traverses along a green side valley as we make our way above a few tiny villages before entering the village of Chillipawa, where you'll camp.

Walk Profile: Approx. 10.5km / 6-7hrs walking (B,L,D)



Day 2: Cross Accoccosa Pass - A long, steady climb with plenty of rest stops to aid acclimatisation takes you above the villages and into the high pampas - rugged meadows of long grass. Stop for lunch shortly before the crest of the Accoccosa Pass (and the very rare Andean Flicker is sometimes seen (although often heard!). The last leg of the pass is on loose red scree, but the view from the top makes it all worthwhile: a broad, hidden valley surrounded by snowy peaks - the Huayanay Range on the left, the Urubamba Range straight ahead and beautiful, triangular Mt Veronica (5,800m) to the right. There is time to explore this plateau and experience walking in the high altiplano before returning to camp for a well-deserved hot dinner. The camp's isolation, well away from any settlements, results in spectacular night skies when clear.

Walk Profile: Approx. 8.8km / 4-5hrs walking (B,L,D)

Day 3 - Trek to Huayrapunku and Inca Quarry Start after breakfast by following the stream from down this hidden valley into a narrow canyon. Rare polylepis trees grow here and you pass through a small grove as you leave the canyon. Your path then turns North and traverses very high above a deep and steep valley separating you from the Huayanay Mountains. This is probably the most spectacular section of the trek and you roughly follow a (now defunct) Inca aqueduct spectacularly carved out of the cliffs to take water from the hidden valley of the campsite to the Sacred Valley several miles away. At the end of the traverse there is a short but steep climb up to today's lunch spot, a flat, ridge-top meadow facing straight across the Sacred Valley to the snowy Urubamba Range.

After lunch walk down to Huayrapunku. Meaning "Gate of the Wind", this is a ridge-top Inca shrine oriented to Mt Veronica, of which it has a simply incredible view. Finally a short walk takes you to your final campsite in amongst the granite stones of the Canchigata Quarry. It was here that huge blocks were cut from the rose-coloured granite before being dragged down the mountainside and across the river to the Sun Temple at Ollantaytambo.

Walk Profile: Approx. 11.8km / 5-6hrs walking (B,L,D)

Day 4 - End Trek - Photographers are advised to wake up before dawn this morning, to watch the sun rise over the Sacred Valley from our campsite high above it. The sun's first rays catching the glaciers of Mt Veronica certainly makes the effort more than worthwhile. This is the last day of the trek and you descend from the pampas down into the lush valley floor along the enormous stone ramps on which the Incas dragged the stones. Cross the river and explore the huge Sun Temple complex to see where the stones ended and what use they were put to. Your trek ends as you board the train to Aguas Calientes, where you will join the rest of the group.

Walk Profile: Approx. 8km / 2-3hrs walking (B,L,D)



OPTIONAL ACTIVITIES

There are opportunities for optional activities during your tour. Your tour leader will organise these on your behalf and you will pay locally in cash. You'll find the main optional activities listed above under each itinerary day description, along with guideline prices. It may not be possible to do all optional activities listed on each tour.

INCA TRAIL REGULATIONS

An Inca Trail permit is required for this trip. There are a number of important regulations regarding the Inca Trail that we would like to make you aware of:

- Spaces on the Inca Trail are on a first come, first served basis and we urge you to book as early as possible.
- If you cancel your booking more than eight weeks before departure and wish to transfer your deposit to another departure or another trip the transfer fee is GBP150 as we will lose the permit we have purchased. No transfers are possible within eight weeks of departure.
- Bookings can only be made if we are supplied with your full name, passport details, date of birth and nationality, exactly as per the passport you will be using to travel to Peru (this information is used to purchase your Inca Trail permit). If your passport details do not match those on your permit you will be refused entry to the Inca Trail by the local authorities.
- Should the passport used to purchase your permit be lost, stolen or expire before your Inca Trail start date, you must purchase a new passport and notify Grand American Adventures immediately as we will need to apply to amend your Inca Trail permit. To do so, you must supply copies of both your old and new passports to Grand American Adventures in advance of travel and pay an administration fee of GBP50. For this reason, we strongly recommend that you make a copy of your passport at the time of booking.
- Please be aware that these regulations may change at any time, and Grand American Adventures is not responsible for the decisions made by Peruvian authorities.
- There is a possibility that the Peruvian authorities may increase the entrance fees to the Inca Trail, Machu Picchu and other major sights at any time. If they do so, we will inform you of this increase and the extra amount will need to be paid locally in cash in Peru.

Please note: Whilst your departure date may be 'Guaranteed', your Inca Trail permit itself will initially be 'On Request'. Under the current process Inca Trail permits are released at the start of each year, for the whole of that year and we cannot reserve or pre-purchase them. If travelling within the current year we will try to purchase your permit immediately upon receiving your booking. If travelling next year, we will apply for your permit

as soon as they are released for sale. In either case, in the event that we are unable to get your permit we will contact you to discuss your options.

PHYSICAL RATING/PREPARATION

There are four days point-to-point walking with full portage, reaching a maximum altitude of 4215m, average 3050m. Though not without its difficulties (in particular the ascent and descent of the first pass, known as Dead Woman's Pass!) this trek is certainly possible for anyone in a good state of health and fitness, but we would not recommend it as a beginner's trek to anyone who is totally unused to walking. If you are not a regular walker you should put in some physical preparation beforehand. The trek is also not particularly suitable for those with bad knees due to the number of steep and uneven steps, particularly on the third and fourth days of the trek.

ALTITUDE WARNING

This trip includes one or more nights over 3500m above sea level, where there is a genuine risk of being affected by Acute Mountain Sickness (AMS). If left untreated AMS can be life-threatening. We expect most clients to experience some mild symptoms of altitude sickness, such as headaches and shortness of breath while walking or sleeplessness. Your leaders are trained to identify symptoms of severe AMS and if a client requires extra care, arrangements such as rapid descent will be made immediately.

On some days this trip climbs faster than commonly published ascent rate recommendations. Based upon an assessment by our external safety and medical advisors and our risk assessment process, we consider the ascent rate is acceptable due to the additional safety measures that are in place for our customers.

A number of medical conditions or medications can reduce your body's ability to acclimatise. This may affect your performance and make you more susceptible to AMS. If you are worried about any pre-existing conditions, such as heart conditions, or your overall physical ability, you must seek medical advice prior to booking. The drug Diamox (also known as acetazolamide and normally only available on prescription) has been shown to aid acclimatisation in some individuals, and therefore

may reduce the risk of AMS. Clients considering using Diamox should speak to their doctor about the drug, its side-effects and a prescription. Please note that while we endeavour to assist all our clients in achieving their goals, there may be times when your leader decides to delay or stop your ascent based on your overall condition, or the onset of AMS.

If you are not taking out Grand American Adventures insurance, make sure that your policy covers you up to the maximum altitude on this trip.

GUARANTEED DEPARTURES

All departure dates for this trip are 100% guaranteed, so once you've booked and paid your deposit you're going. Please check our website for our latest range of departure dates for this trip.

TOUR ITINERARIES

Although each tour follows an itinerary, there is a certain amount of flexibility and from time to time our tour leader may suggest changes. This may be due to road conditions, weather or a visit to a special attraction or event that happens to be in progress. Flexibility is key and often a side diversion will be a highlight of the tour. Hikes and optional activities cannot be guaranteed and may vary depending on ability, group interest, local weather conditions and time of year.

All details are provided in good faith. Due to the nature of travel, this information can change and should therefore be taken as an indication only and not as a contractual obligation on the part of Grand American Adventures. If you have any questions, please contact us.

Please ensure that you download an up-to-date copy of this dossier before you depart to ensure you have the most up-to-date information. Our itineraries are occasionally amended in response to customer feedback or for operational reasons.

This dossier is valid for all tours departing in 2017. Itineraries may be subject to change with the publication of our 2018/19 brochure in Autumn 2017, at which point revised 2018 dossiers will be made available.

★ CUSTOMER FEEDBACK

"Amazing experience taking every ounce of energy and determination. The porters and support staff were inspiring. A real sense of achievement when reaching the Sun Gate and the view over Machu Picchu unforgettable." - **Jackie Weighill**

Please see our website for more customer reviews from independent reviewer Feefo.

★ BEFORE YOU DEPART

FLIGHT ARRANGEMENTS

We recommend you book your flight to arrive into the departure city at least one day prior to your tour's departure; this will allow you time to acclimatise and opportunities for sightseeing.

For anyone leaving from the UK we would be pleased to book your flight in conjunction with your tour. Please contact us for competitive prices on flights departing from most UK airports.

Please note that all international and domestic flights are your own responsibility. We are unable to delay a tour, or finish a tour early due to your flight times. In the event you must leave the tour early for your return flight, you need to inform us at least two weeks before your tour's departure, in addition it will be your responsibility to organize your own transportation to the airport.



TRAVEL INSURANCE

It is a condition of joining any of our tours that you must be insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue service). You will be asked to provide details of your insurance policy, including insurer, policy number and phone number before embarking on the trip. You must have adequate travel insurance, and if you are joining a trip which goes to high altitude, you must check that you are covered up to the maximum altitude of the trip.

We offer an insurance policy that is designed specifically to cover the potential risks on our tours - particularly the many optional activities offered. If you do not take our policy, you must ensure that the policy you do take offers an equivalent level of protection and covers you for the activities involved - be aware that some policies do not include, or restrict, coverage for this type of travel. There may be cheaper policies available, but this does not mean it may be better value - we strongly advise you check fully what will and won't be covered. Any claims concerning matters for which you are insured must be directed to your insurers.

Please note: We can only offer cover for passengers residing within the European Union. For those outside the EU we recommend Journeyman Services who have a tailored policy for Grand American Adventures clients. Visit www.journeyman-services.com.

PASSPORTS AND VISAS

You will need a valid passport with six months validity following the end of your trip, together with the necessary visa(s) for the country/countries you are visiting. For Peru, visas are not required by UK citizens, Western European nationals, Americans, Canadians, Australians, New Zealanders, South Africans and most other nationalities. If you are in any doubt please contact the nearest Peruvian Embassy. Visa regulations can change without notice: please check the current regulations in good time to obtain a visa if one is required. Please note it is your responsibility to ensure you have valid passport and the correct visas for your tour.

VISA AND RULES FOR ENTRY TO THE USA

If you are flying via the United States in transit you are required to obtain an ESTA. Travellers from the EU and certain countries are eligible to travel to the USA under the Visa Waiver Program. All eligible travellers who wish to travel under the Visa Waiver Program must apply for an ESTA (Electronic System for Travel Authorisation) before travelling to the USA. At the time of compilation there is a US\$14 fee for the electronic visa (ESTA). The ESTA will be valid for a period of two years, or until a person's passport expires. You should apply for an ESTA at least 72 hours before you travel, and we recommend you carry your ESTA approval with you. All travellers wishing to enter the US under the Visa Waiver Program will need to hold a passport with an integrated chip (an ePassport). New rules exclude from the VWP most people who have travelled to Iran, Iraq, Sudan or Syria since 1 March 2011, and those who have dual nationality of these countries. This means that existing ESTAs could be revoked, and you will instead need to apply for a visa from the nearest US Embassy or Consulate.

You can apply for an ESTA at: <https://esta.cbp.dhs.gov>.

Passengers that have not applied for and received travel authorisation via ESTA prior to travel may be denied boarding, experience delayed processing or be denied admission at the US port of entry. However, neither possession of a visa nor meeting the basic requirements for travelling visa-free on the VWP, guarantees admission to the United States. As with most countries, the final determination of admissibility is made by immigration officials at the port of entry.

Important reminder: If you are refused boarding or denied admission at the US port of entry you will still be subject to our cancellation charges in accordance with the terms of our contract with you.

HEALTH REQUIREMENTS

If you have any medical conditions, take prescribed medicines, or have a condition that will affect your participation in the tour, you must inform Grand American Adventures or your travel agent at the time of booking. Please be aware we may require a doctor's note prior to travel for some conditions. This information is essential in case of emergency. All of our vehicles carry a basic first-aid kit, but for everyday use you should bring your own medical supplies, such as pain relievers, antibiotic cream and upset stomach relievers, in addition to sunscreen and insect repellent.

VACCINATIONS

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. There are no mandatory vaccination requirements for this trip. Recommended vaccinations for this trip are: Polio, Tetanus, Typhoid, Hepatitis A.

Zika fever is a mosquito-borne viral disease and a known risk in places visited on this trip. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. For the rainforest extension, although the risk is not great, we advise you to take anti-malarial precautions and strongly recommend that you obtain a Yellow Fever vaccination.

You should be aware that Dengue Fever is present in the Amazon region - this is a non-preventable disease caused by daytime biting mosquitoes. You should always apply insect repellent and wear long-sleeved shirts and trousers while in the rainforest to avoid being bitten.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your Medical Professional or a Travel Health Clinic at least eight weeks prior to departure for up-to-date information.

★ WHAT YOU NEED FOR YOUR TOUR

SPENDING MONEY

Currency Information

The national currency of Peru is the Peruvian Nuevo Sol (PEN), with an exchange rate of 4.8 to the UK£ and 3.2 to the US\$.

Exchange rates are correct at the time of publication.

If you are taking cash to Peru, US Dollars are the best currency to take, as they can easily be changed into local currency at all bureaux de change and attract the best exchange rates. Sterling and Euros are becoming increasingly easier to change, especially in the larger towns and cities, but they are not accepted everywhere and rates are usually lower than for the Dollar. Torn, damaged or marked foreign bills are usually refused in Peru.

Although most places will only accept the Sol rather than Dollars or other major currencies, we recommend keeping the bulk of your money in Dollars and exchanging as you go so you are not left with excess Soles at the end of your trip. It is a good idea to change a small amount into Soles at the counters in the baggage hall whilst waiting for your luggage at the airport. Change is often in short supply, especially in more remote places, so try to break up large notes at the earliest opportunity, and when changing money ask for small denomination banknotes where possible.

Although it is possible to obtain Peruvian Soles before you travel, you should carefully check the exchange rates as they can be lower than changing money locally.

ATM availability/Credit Card Acceptance/Travellers cheques

ATMs are available in the larger cities and towns and are particularly recommended since they often allow you to withdraw either Dollars or Soles and exchange rates are generally good. Most international credit and debit cards are accepted, but you should inform your bank you are travelling to Peru and check if your card will work in the local ATMs. There are several ATMs in Aguas Calientes, but they do sometimes run out of cash so it is a good idea to take your spending money for Machu Picchu with you on the trek itself.

Credit card acceptance is increasing, but generally they can be used only at the large (and more expensive) restaurants and shops. You should check with your card provider to ensure your card can be used in Peru.

US Dollar traveller's cheques are fairly widely accepted, and offer greater security in case of loss or theft, but they generally attract exchange rates up to 15% lower than for Dollars cash.

Extra Expenses and Spending Money

Food, drinks and similar incidentals can vary in price enormously in Peru and are relatively expensive compared to other developing nations. Allow about US\$10-15 per meal not included to eat at tourist class restaurants. Cheaper food is abundant at small local cafes, although sanitary conditions at these places cannot be guaranteed.

Bottled water and soft drinks are readily available for around US\$1-2 each.

Peruvian domestic airport taxes are generally included in the price of your flight ticket if departing from Cusco or Lima airports, and there is usually no need to pay these locally. If you are departing from other airports (e.g. Juliaca, Puerto Maldonado or Arequipa) these taxes are payable locally and we recommend keeping a small amount of cash handy for these taxes (currently around US\$6 per flight).

PERUVIAN PASSPORT OR IDENTITY CARD HOLDERS

Please note that the cost of Exodus holidays in Peru is based on the assumption that you do not hold a Peruvian passport or resident's card. If you are officially resident in Peru or are a Peruvian passport holder, you will be liable to an additional 18% tax on the majority of services, and this extra sum will be payable locally to our local partner. Other nationalities are exempt from this tax. Please notify us at the time of booking if you are legally resident in Peru or hold a Peruvian passport so that we can advise you of the total cost of these taxes.

PRE-PAID CURRENCY CARDS

It is personal preference as to how you take your money and it's recommended to take some cash with you for arrival. Grand American Adventures recommend FairFX prepaid credit cards, as these can be a cost effective and safe way to take funds overseas. Please ask one of our sales consultants or visit www.fairfx.com/grandamericanadventures to find out how to receive a FREE currency card, worth a retail value of £9.95.

TIPPING

Our local staff are paid well and fairly for their work with. However, tipping is an optional but very much customary practice in Peru and forms part of the Peruvian service culture. To show appreciation to the leader and local

guide, a tip of around US\$3 per day from each group member is sufficient, although you may wish to give more if travelling in a small group due to the additional attention provided by the guide to each group member. Drivers and other local staff may be given closer to US\$1 each in tips per day. You may want to form and manage a 'tip kitty' with the other members of the group to facilitate tips. By definition, gratuities are not something we can include in the tour cost.

For the Inca Trail trek, we suggest you take along between US\$45- US\$55 in local currency for this purpose. On the final trek morning, trekkers distribute pooled funds among guide(s), kitchen crew and porters. Suggested distribution per trekker, allocate: guide US\$7, assistant guide US\$4, cook US\$3, assistant cook US\$2, chief porter US\$2. You will have approx. two porters assisting you, and we suggest allocating US\$15 for each porter. Porters also appreciate receiving donations of old clothes that are in good condition, including children's clothes.

Please note the figures suggested above are based on an average group size of 10-16 people, and if you are in a smaller group you may wish to contribute more to show your appreciation for the more personalised service you reserve on the trek.

LUGGAGE ALLOWANCE

Each passenger will be allowed one bag, backpack or suitcase (20kg maximum). A small daypack and camera may also be carried in our vehicle.

At time of writing the standard weight limit for hold baggage on the recommended international carrier for this trip is 23kg. We recommend packing only one piece of checked baggage.

Internal flights in the destination country are subject to a weight limit of 20kg.

As advice about luggage allowances for both hand and hold luggage is subject to change, we suggest you check with your airline prior to your departure.

BAGGAGE ON THE INCA TRAIL

All luggage for the Inca Trail should be packed in a soft kitbag or duffel bag (measuring approximately 70cms x 30cms). Our local partners provide a duffel bag prior to arrival for this purpose. Please arrange with your sales consultant for this to be posted to you. Please note that any normal baggage can be used for this trip, but soft kitbags will need to be used for the trekking section since porters cannot carry hard suitcases or bags with wheels etc.

TEMPERATURE AND WEATHER

Peru's diverse geography results in a very varied climate. The coastal desert including Lima, is generally dry but cloudy through most of the year. The exception is January to March when the skies are clear and the temperatures rise. In Cusco and the Andes, April to November is the dry



season; during these months the sky is generally bright and clear with strong sunshine in the mornings, sometimes clouding over as the day progresses. In the Andes, however, anything is possible at any time of year, including cloud rolling up from the Amazon basin, rain or even snow, and rapid and unexpected changes! During the dry season temperatures at night can dip to around the freezing mark (and sometimes below!), particularly around Lake Titicaca.

Aguas Calientes and Machu Picchu are in the Cloud Forest and as such attract large amounts of precipitation all year as clouds move up from the Amazon basin. Rain here can be heavy, but is seldom prolonged.

Whilst the Amazon Rainforest is generally warm and humid, it can be subject to drops in temperature caused by cold fronts pushing in from the south, especially in June and July. This can send temperatures dropping into single figures, and if taking the rainforest extension we recommend that you take some warm clothing with you to the lodge in case of sudden changes in the weather.

HIGH / LOW TEMPERATURES IN CELSIUS (°C)

		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Cusco	HIGH	18	18	19	19	19	19	19	19	20	21	21	21
	LOW	6	6	6	5	2	2	2	2	4	5	6	6
Machu Picchu	HIGH	20	20	20	21	21	20	20	21	21	22	22	21
	LOW	8	8	8	6	4	2	1	3	5	7	7	8

C / F Conversions: -10°C = 14°F 0°C = 32°F 10°C = 50°F 20°C = 68°F
30°C = 86°F 40°C = 104°F

PACKING TIPS

CLOTHING

Please keep in mind that our dress tends to be informal. It is advised that you take a practical selection of clothes for both warm and cool climates to suit the season. Please see the temperature guide showing the highs and lows that can be expected in key locations that your tour visits. However please remember that this is just a guide and you may encounter a wide variety of temperatures en route due to altitude and unforeseen weather conditions - so it's best to be prepared!

Besides your essential clothing, here's a checklist of other items you should take:

- Warm sweater / fleece
- Casual 'evening out' clothes
- 3 or 4 season sleeping bag / liner
- Hiking shoes / boots
- Comfortable day shoes
- Sandals or flip-flops
- Warm hat / gloves
- Swim wear
- Sun hat / sunglasses
- Camera / binoculars
- Small flashlight / torch
- Sunscreen / insect repellent (20% DEET)
- Travel power adaptor (optional)
- Toiletries / personal medicine
- A 3 or 4 seasons sleeping bag
- Several layers of clothing to cope with varying temperatures during the trek
- Waterproof jacket and over trousers
- Sunglasses

- 2 x 1 litre water bottles (ideally metal or reusable Nalgene due to trail restrictions)
- Daypack (between 25 and 35 litres should be sufficient for trekking days)
- A lightweight quick-drying towel

The build up of used plastic bottles is an issue the world over, particularly in countries where they cannot yet be readily recycled. Whilst we must stay hydrated, it is also vital not to add to the waste problem. We ask that you try not to buy bottled mineral water and use a re-fillable bottle instead; boiled and filtered water is provided on the trek and elsewhere your leader will purchase large water containers for you to refill your bottle from for a nominal charge. Please note airlines have various rules on what can be carried in your luggage - if in doubt check with your airline before travelling.

SLEEPING BAGS

Grand American Adventures provides (in Cusco) a sleeping mat for the duration of the trek. This should be returned to the leader at the end of the trek. The mats do not count towards your personal weight allowance on the trek.

Sleeping bags and liners can be hired locally, please speak to your tour leader, these weigh approx. 1.8kg and form part of your personal weight allowance on trek however, you are welcome to bring your own. We cannot guarantee the cleanliness of condition of any rented bag, this is unfortunately out of our control.

INCA TRAIL WEIGHT RESTRICTION

There are strict regulations regarding luggage on the Inca Trail. These regulations are strictly enforced and were created to reduce environmental damage to the Inca Trail and to comply with porters work laws.

Porterage for up to 7kg of personal gear is allowed on the Inca Trail trek. This is inclusive of your sleeping bag, which usually weights approx. 1.8kg. Your sleeping mat however does not count towards your personal weight limit. If your packed duffel bag exceeds the allowed weight, you will have to transfer excess items from your duffel bag to your daypack.

The above weight restrictions do not apply to the alternative Moonstone Trek as porterage is by horses/mules. Nevertheless, on the Moonstone trek please try to keep your duffel bag to a maximum of about 10kg (give or take a couple of kg) so as not to overload the animals.

Optional items:

We strongly recommend taking trekking poles for the Inca Trail, as the number of steps can be hard on the knees, but please note that due to recent environmental legislation poles must have a plastic tip or protector fitted on the end. You can hire hiking poles for US\$8 per pole in Cusco.

We also recommend: A small sewing kit (with safety pins), cold water detergent or laundry soap (biodegradable), a personal music player / books, swimwear for hot springs.

We strongly recommend storing electronics (cameras etc.) in a sealed waterproof bag to prevent damage during rain.

FOOTWEAR

We recommend walking shoes/boots, as comfortable shoes with good ankle support will make all walking more enjoyable. If you intend to hike the Inca Trail or Moonstone Trail, we recommend bringing thick socks and any foot treatment medicines you require.



BATTERY CHARGING

Many of our travellers bring mobile phones, music devices and cameras that require frequent battery charging during a tour. For hotel tours your hotel room will have an electrical outlet (just remember your international adaptor!) You may want to consider bringing extra batteries to avoid missing out on that amazing photograph. Please note there are no camera charging facilities whilst on the Inca Trail.

KEEPING IN TOUCH

Please check with your network provider as to whether your mobile phone will work in Latin America. Grand American Adventures has partnered with e-kit to provide some of the cheapest ways to keep in touch with family and friends while on tour. E-kit can provide international calling cards, pre-paid SIMs or international mobile handsets. Grand American Adventures customers are eligible for a free USA 4G SIM card with 50Mb free data when you top up with \$20, see www.grandamericanadventures.com/sim for more details.

EMERGENCY OUT OF HOURS ASSISTANCE

In the event of an emergency or if you wish to report a problem on tour please do not hesitate to call our toll free* 24-hour emergency contact number. Remember, if we don't know about it we won't be able to do anything about it.

Phone number for family to contact you in case of emergency:

Emergency 24 hour duty office number is: **+44 844 326 7041**

★ JOINING YOUR TOUR

TOUR AND ACCOMMODATION VOUCHERS

A tour voucher will be emailed to you once your balance has been paid in full. Vouchers for any hotel nights you have booked before or after your tour as well as any additional day tours will also be sent to you. You can print off the PDF vouchers or download to your smartphone. For those without email access your vouchers will be posted. Please make sure that these vouchers are correct.

PRE/POST TOUR HOTELS

Grand American Adventures tours begin and end at our gateway hotels, which are conveniently located in the departure and arrival cities. We offer you the option to book additional hotel nights before or after your tour however, they should be booked prior to departure with our reservations team. See below for joining and end hotel details.

Please note some hotels may take a debit or credit card as a deposit at check in. They may also take an amount to cover incidentals. Funds can be held until check out at which time the amount actually incurred will be charged. Please clarify with the hotel when you check out that all deposits will be refunded as promptly as possible.

JOINING POINT

The joining point hotel will be emailed to you approximately two-three weeks prior to departure. Please note we cannot confirm the name and address of the hotel prior to this point.

Transfer: The journey from Cusco airport to the hotel is included as long as you make us aware of your flight arrival information outside of one month before departure. Please note you will need to look for an 'Exodus' sign at the airport, not Grand American Adventures.

ARRIVAL COMPLICATIONS

Sometimes the unexpected can happen; your plane may be delayed or you may even miss it! If you have missed your tour departure, first check with the hotel to see if your tour leader has left you a message. If not, call the relevant emergency number and speak to our staff who will be happy to help you catch up with the group. Please note that you are responsible for any extra travelling expenses incurred due to you missing your tour's departure, so please be on time.

FINISHING POINT

Your tour finishes after breakfast on day nine at the same hotel in Cusco where you began your tour. The finishing point hotel will be emailed to you approximately two-three weeks prior to departure. Please note we cannot confirm the name and address of the hotel prior to this point.

★ ABOUT OUR TOURS

TRANSPORTATION

A variety of transport is used during this tour and vehicle types may vary depending on group size: travel is by bus and by train. Airport transfers are by private car or mini-bus. All main road journeys are by private mini-bus or coach with heating/air-conditioning.

We travel by train (with Peru Rail) between Ollantaytambo and Aguas Calientes (the town below Machu Picchu) in Expedition Class. Seating is four seats to a table and the carriages have panoramic windows and there is air conditioning/heating. On day seven (for the guided tour of Machu Picchu) we take the public bus for the short journey between Aguas Calientes and Machu Picchu - this is the only transport option available on this route as private vehicles are not permitted. Queues can be very long first thing in the morning, especially during the peak summer months.



ACCOMMODATION

Hotel accommodation will be in clean, comfortable hotels or lodges with en-suite bathroom facilities, chosen for their friendly atmosphere and proximity to the highlights of the region. You will be roomed with a fellow passenger of the same sex on a twin share basis (two people per room) unless you are travelling as a couple.

All of our Cusco hotels are small and locally-owned with en suite bathrooms and breakfast facilities. All are located within walking distance of the central Plaza de Armas. Most hotels have a safety deposit box in the room but if not, there will be one at reception.

Please note that central heating is very rare in Peru, even in good standard hotels. Most hotels provide plug in heaters and spare blankets. Additionally, whilst all of the hotels have a hot water supply, it can be temperamental when there is high demand. A railway line runs straight through the centre of Aguas Calientes and whilst we try to allocate rooms away from it whenever possible, the trains might be heard from some rooms. The Inca Trail (and Moonstone trek) is on a full-service camping basis with full portage, meaning that our camp staff will erect and dismantle the tents for you, cook, and do all of the camp chores for you. You need only carry your day pack. There is a separate dining tent for meal times, as well as a toilet tent for use both in camp and during lunch stops. On the Inca Trail we stay in organised campsites which are administered by the Regional Cultural Directorate, whilst on the Moonstone Trek we use wild campsites.

OPTIONAL SOLO SLEEPER

The accommodation on our tours is based on twin-share, so if you're travelling on your own, you'll share a room or tent with a fellow passenger of the same sex. However, if you would prefer your own space we offer a Solo Sleeper option where you can have your own tent and room for an additional fee.

On this tour, we are able to provide the option of pre-booking a single tent or room for every night of the tour. Please note that the number of single tents and rooms options we can offer per tour is limited, so it's best to book early if you would like this option. Please see our website or call us for the Solo Sleeper option cost.

ELECTRICITY

All hotels have electrical sockets in the room - most will take both 2-pin US flat or European round plugs. There are no charging facilities available on the Inca Trail, and we recommend you take spare batteries for the duration of the trek and the visit to Machu Picchu.

SECURITY

No matter where you find yourself in the world, you need to look after your valuables. In general, the safest place for items such as passports, flight tickets and cash is on your person or in a hotel safe where available, and do not leave valuables in the vehicle. When in doubt consult your tour leader.

Safety in Cusco

Cusco is home to around half a million inhabitants and as such incidents of street crime are not uncommon. Most of our hotels in Cusco are centrally located within the tourist quarter of the old town. As in other cities, this area can be a target for crime. Your trip leader will give you advice about the best practices to avoid becoming a victim, but we strongly recommend being careful by acting in the following way:

- Buy your own drinks and keep them in sight at all times.
- Do not travel on foot after dark - always take a taxi no matter how

short the distance. After dinner, ask the restaurant to reserve a taxi and take a business card of your hotel to indicate the address to the driver.

- Take only the registered taxis that have a TAXI sign on top of the roof.
- Travel in groups wherever possible (women especially).
- Carry only enough money with you for that day or evening and a copy of your passport (not the original). Do not wear expensive jewellery. Leave valuables, your camera and passport in the safe of the hotel wherever possible.
- In case people want your belongings, do not resist - just give them what they ask for.

MEALS

Peruvian cuisine has developed a reputation for its flavours and originality and it's well worth trying out a few of the local delicacies. Amongst these are ceviche (a spicy dish of seafood or fish marinated in lime juice), lomo saltado (a Peruvian take on a beef stir fry) and various hearty soups such as the delicious quinoa soup. Other dishes include roasted cuy (guinea pig), alpaca steak, and to drink, the national beverage: Pisco Sour.

All breakfasts, four lunches and three dinners are included in the price of the tour. The tap water in Peru is not safe to drink; boiled and filtered drinking water is provided on the trek and elsewhere your leader will buy large water containers for you to refill your bottle from for a nominal charge.

Hotel breakfasts are normally simple buffet style affairs, usually including bread/toast and jam, cereal, sometimes eggs or a cooked dish, sometimes fruit, tea/coffee and fruit juice. Regrettably we cannot guarantee that wheat/gluten free products will be available for breakfast in all locations - if you have an intolerance you may wish to bring your own breakfast food. Where lunch and dinner is not included in Cuzco/Aguas Calientes we'll visit a variety of cafes and restaurants.

During the Inca Trail (or Moonstone Trek) hearty breakfasts are served and good quality cooked lunches and dinners are provided, and usually consist of soup or a starter, a main course with meat/fish and some form of carbohydrates, followed by a dessert. Some snacks between meals are also provided. Bed tea/coffee is brought to your tent each morning and juice or hot drinks are provided with all meals during the trek.

YOUR TOUR LEADER

Your tour leader will take care of all the planning and organisation throughout your tour, taking you from A to B and making sure everything runs smoothly. Your tour leader is there to make sure you get the most out of your tour; organising activities, providing information and answering any questions you may have as well as sorting out any queries or problems you may encounter. If you have any particular interests or things you would like to do on your tour, then please let your tour leader know at the beginning of the tour and they will do their best to help you. We will also use specialist tour guides in certain locations, to provide in depth information.

THE GROUP

The maximum group size is 16 passengers. Passengers come from a range of countries worldwide (average of four nationalities per group) and many will be solo travellers. You will find you have many things in common with your fellow travellers, including a passion for discovery.

Grand American Adventures tours are designed for adults over 16 years old (anyone under 18 must be accompanied by a guardian 18+). While most passengers are aged 25-55, every year we get many people both above and below this age range. All travellers over the age of 70 will be requested to complete a self-declaration of fitness form prior to travel.

Our tours are a unique holiday experience and much of your enjoyment will come from the team spirit of your group and the fun you'll have together, as well as from the local setting. We cannot stress strongly enough the importance of bringing a positive attitude with you on tour; a sure guarantee to enjoying each and every moment, even in the adversity of the odd rainstorm!

Grand American Adventures travellers will join our trusted sister company for this tour.

RESPONSIBLE AND SUSTAINABLE TRAVEL

We are committed to offering low impact tours that benefit the places and communities we visit as well as our travellers. It is important for us all to be aware of the delicate balance that exists in the variety of natural wonders you will visit. National Parks and monuments, archaeological sites and other sensitive areas should and must be treated with respect.

We are proud supporters of Bay Area Wilderness Training (www.bawt.org) a charity based in Oakland California which works to connect disadvantaged children in the local urban area with the great outdoors. Their work helps to provide these young people with life changing experiences which they can apply to everyday life. Everyone booking with Grand American Adventures has the option to donate £1/\$1/€1 to support this well-deserved charity and we will match this donation.

Whenever possible, we use local accommodation and activity providers. We also shop locally for groceries, eat in small family-run restaurants and visit local shops whenever possible. This all brings economic benefit to the local communities that we visit.

Responsible Tourism on the Inca Trail...

This tour visits to the UNESCO World Heritage Sites of Cusco and Machu Picchu with investment into local businesses and services providers.

The tour is led by one of our fully trained local guides to ensure money is reinvested back into the economy and provides training and jobs for younger people.

We also endeavour to eat our meals in locally owned, family-run restaurants, which let passengers experience local flavour. Throughout the trip we utilize established local suppliers for activities that help support local business and keep money in the community. There are also opportunities for clients to support local communities at local markets and shops.

Whilst on the Inca Trail we only use local and experienced Peruvians porters to assist with luggage, camping equipment and food. This money helps feed into the pockets of local families and communities.

Your local tour leader will be able to direct you to local eateries throughout the trip, helping you discover real local fare at real local prices (and probably helping you learn some Spanish at the same time). All travellers are encouraged to explore with the group and on their own, learn a few words of the language and interact with the locals as much as possible.

Local guides are employed to help explain as much as possible about the cultural differences and the historically significant places that we visit. This also allows us to appreciate the importance of preserving and respecting these sites and to help us minimise the impact of our visits.

There are plenty of opportunities to support local merchants in the markets and stalls that we pass along the way. We can purchase traditional handicrafts from local artisans and learn more about the importance of preserving these crafts.

★ AFTER YOUR TOUR

FEEDBACK AND REVIEWS

We want to hear about your experience and stories from the road, so please feel free to e-mail us any comments, feedback or reviews whilst you are on tour or when you return home to:

comments@grandamericanadventures.com.

We value your feedback and tour reviews, which help us in developing and improving our programme. It's input and suggestions from travellers like you that has helped make Grand American Adventures what it is today.

WE WANT YOUR PHOTOS!

We can always use your holiday snaps and short videos to better depict and promote all the fascinating places we visit. Whether it's stunning scenery or spotting some amazing wildlife there's no better way to share your Grand American Adventure. So if you want to send over a couple of your best shots (max 10MB) please e-mail them to **comments@grandamericanadventures.com.** You know what they say, a picture's worth a thousand words!



★ HOW TO BOOK

Contact us by telephone, email or via our website to check availability for the tour you are interested in. We can normally hold a seat on 'option' for up to three days to allow you time to finalise your travel arrangements. In order to secure your place we require a deposit (full payment within eight weeks of travel) and an agreement from you to our terms and conditions. Check availability early to avoid disappointment: **www.grandamericanadventures.com**

FURTHER QUESTIONS

Please contact our UK Sales team on:

Tel: +44 (0)208 682 8921

Fax: +44 (0)208 675 0551

Enquiries: **info@grandamericanadventures.com**

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