

**ADVENTURE DOSSIER FOR:**

**“FAMILY ADVENTURE - PERU”**

CUSCO— RAFTING - RIDING – CANOEING – PISAC MARKET– BIKING - ROYAL INCA TRAIL TO MACHU PICCHU -CUSCO (9 DAYS)

Specifically designed for the needs of the modern adventurous family – education, plenty of activities and enough time to relax too, this trip will appeal to everyone from ten to eighty years old. The former Inca Capital and Spanish Colonial city of Cusco is our base for this great multi-activity adventure, a wonderful place full of culture, history and good restaurants. From Cusco we explore rarely visited ruins on horse back, raft and canoe the scenic, fun and safe Rio Urubamba and descend into the Sacred Valley of the Incas by mountain bike. We trek the famous one-day Royal Inca Trail to the lost city of the Incas, Machu Picchu. A final free day in Cusco and either, for those short on time, return home or else, join one of our fun extensions, either to overnight on an island in Lake Titicaca or explore the Amazon rainforest from a delightful Jungle lodge to make a perfect two week break.

This is designed to be flexible enough for the most demanding of teenagers looking for non-stop action, the younger more relaxed crowd looking to try some fun and stimulating sports, yet at the same time sufficiently relaxing that even the parents feel they have had a holiday.

**DETAILED ITINERARY**

**For those requiring Lima hotel, airport transfers and internal flight services within Peru, please contact us for best options and availability.**

**DAY 1: CUSCO**

On arrival from your spectacular flight along the Andes to Cusco, we transfer you to your hotel and start acclimatising to the rarefied air of this beautiful city (3326m). In the afternoon, we take a short walking tour of the centre of Cusco to familiarise you with the main sights, restaurants and a chance to stretch your legs and experience hiking at 3300m. At a convenient time you guide will arrange a full briefing for the days ahead.

**DAY 2: WHITEWATER RAFTING RIO URUBAMBA**

From Cusco we drive to the upper Urubamba, the sacred river of the Incas for some fun grade II-III rafting. Full instruction and safety talk is given so no previous experience is necessary. We return back to our hotel in Cusco. (B / L)

**DAY 3: HORSE RIDING ROUND LOCAL CUSCO RUINS**

From Cusco we explore the nearby Inca archaeological sites and local communities by horse back (or foot if preferred). Time and energy permitting we can choose between the impressive sites of Pucara, Tambo Machay, Q'enko and Sacsayhuaman. This is a fun adventure through beautiful countryside to acclimatise us further. Return to hotel in Cusco. (B / L)

**DAY 4: CANOEING AND PISAC ARTISAN MARKET**

A chance to do some 'white-water' yourself today with some inflatable canoeing on a scenic and fun stretch of the Rio Urubamba. We continue down the Sacred Valley of the Incas to the quaint town of Pisac and visit the extensive artisan market - Pisac is a shopper's dream. We overnight in a charming hotel / hacienda near Urubamba. (B / L / D)

### **DAY 5: MOUNTAIN BIKING**

A short transfer brings us to Chinchero plain for the start of probably the best one day mountain bike adventure in Peru. Largely downhill, we pass Lake Huaypo and enjoy great views of the Vilcanota mountain range. This fun dirt-road mountain-bike descent into the Sacred Valley suitable for all the family. The final descent on mule trails is through the spectacular working salt-pans of Maras. We have a constant support vehicle on hand for any weary/non-riders. We return to our hacienda where we can relax in the beautiful garden or visit the nearby town of Urubamba and the chance to shop for some top quality ceramics. (B/L/D)

### **DAY 6: ROYAL INCA TRAIL TO MACHU PICCHU**

We catch the early morning train from Ollantaytambo down the now raging Urubamba river to km 104. Here we start our hike along the Royal Inca Trail. Whilst walking all you need to carry is a daypack, your over-night luggage will be transferred to your hotel in Aguas Calientes to await your arrival. An initial hot ascent is replaced by satisfaction as you reach Wiñay Wayna, a beautiful Inca ruin full of swallows and orchids. A contour path through the fascinating cloud forest leads to Inti Puncu, the gateway of the Sun and our first glimpse of Machu Picchu. We pass through the ruins and catch a bus down to our hostel in the colourful town of Aguas Calientes. (B/L)

Should there no longer be permits available for the one-day Royal Inca trail to Machu Picchu, clients will simply remain on the train to Aguas Calientes, Check into the hotel and then there are a number of interesting options you can choose from with your guide. We can attempt the climb of Putucusi mountain for a spectacular view of Machu Picchu (not for the sacred of heights!), we can hike to Mandor waterfall or relax in the local hot springs and explore the fun town and market of Aguas Calientes, before meeting up with the rest of the group that afternoon. If clients wish to visit Machu Picchu on this day, that can be arranged locally, paying directly for the bus and entrance fee.

### **DAY 7: MACHU PICCHU**

We return first thing in the morning we have Machu Picchu virtually to ourselves for a full guided tour, with time afterwards to climb Huayna Picchu or else just wander through the ruins, soaking up the amazing atmosphere. We board the afternoon train back to the Sacred Valley of the Incas. Here our waiting bus whisks us back to Cusco and our hotel. Then if we have the energy: a celebration dinner in one of Cusco's excellent restaurants. (B/L)

### **DAY 8: CUSCO FREE DAY**

There is so much to see and do in Cusco that we dedicate a whole free day to doing just that. Whether your interest is exploring Inca ruins, visiting Colonial churches, bargain hunting in artisan markets or just relaxing over a cappuccino on a terrace overlooking the Plaza de Armas, Cusco has it all. (B).

### **DAY 9: CUSCO AND HOME OR JOIN AN EXTENSION**

We transfer back to Cusco airport in time for you internal and international connections or else join us for one our most excellent extensions.

## **EXTENSIONS:**

### **OPTION 1: TRAIN TO TITICACA AND OVERNIGHT ON AN ISLAND**

#### **DAY 9: ORIENT EXPRESS TRAIN TO TITICACA**

An early morning transfer from your hotel to the nearby train station where we board the luxury all-day train from Cusco across the high plains to Puno. This is one of the “Great Train journeys of the World” and the waiter service and entertainment is everything you expect of the ‘Orient Express’ service. On arrival in Puno, you are met at the train station and transferred to a modern, well-equipped 3\* Hotel conveniently located in the centre of Puno. This evening you are free to explore Puno (B/L)

PLEASE NOTE: The train only operates on Mon/Weds/Saturday and occasionally on Fridays, there is a luxury bus alternative on the other days. The bus is a very pleasant alternative with a tour guide, lunch and stopping at some extra ruins en route.

#### **DAY 10: LAKE TITICACA HOMESTAY ON AMANTANI ISLAND**

An absolutely unique experience today, as we board a fast cruise boat for the ride out onto Lake Titicaca. Forty minutes from Puno is a collection of floating islands made out of reeds. These are home to around 3000 Aymara-speaking Uros people, who make their living from fishing and from tourism. We will be able to disembark and walk around these small islands and meet the local people in their colourful traditional dress. The islands are man-made and reckoned to last up to 25 years. The basic reed huts that the people live in last generally less than a year. Totora reeds are the staple of this economy and are used to make everything from boats to house and even the islands themselves. We then continue our boat ride for a further couple of hours to the regular (non-floating) island of Amantani. Here, we will stay overnight as guests of one of the local families, in basic accommodation. Amantani has been farmed for countless generations and it has well preserved terraces where the local people grow Andean potatoes, green beans and barley. The island's twin peaks of Pachatata and Pachamama provide great hiking objectives, as well as spectacular views across the lake. It may also be possible to organise a fishing trip on the lake with the locals. (B,L,D)

#### **Day 11: RETURN TO PUNO**

Setting out to return to Puno, we will take the opportunity to visit the more prosperous Taquille Island, famous for its weaving and knitting - most of the knitting undertaken by the men. We enjoy a cultural visit to a less touristy part of the island and can enjoy a short hike and a chance to meet some of the weavers, as well as partaking of a traditional local lunch before re-embarking on our boat for the journey back to Puno. We will arrive back at Puno in the afternoon and check in at our hotel. (B,L)

#### **DAY 12: JULIACA AIRPORT AND HOME**

We will transfer to the airport at nearby Juliaca, in time to check in for your flight back to Lima Airport, in time to make your connection to your international flight or onward travel. If time permits, we will visit the interesting Silustani pre-Inca ruins en route. (B)

### **OPTION 2: AMAZONIAN RAINFOREST EXPERIENCE**

*The Tambopata National Reserve and the adjacent Bahuaje-Sonene National Park, is home to over 20,000 plant species, over 900 species of birds (more than all the species in the*

continental USA), 91 mammals, 1230 butterflies, 127 amphibians and reptiles, and much more. It is also a haven for the Amazon's largest, most spectacular and most endangered predators - the Jaguar, the Giant Otter, the Harpy Eagle and the Black Caiman. A visit to our well appointed jungle lodge in the excellent lowland rain forest of the Tambopata National Reserve is one of the best ways to see some of the world's best rain forest wildlife that is available in a short, economical stay. Six species of monkeys inhabit the surrounding forest, a family of Giant Otters are regularly seen fishing in a nearby ox-bow lake, a large flooded palm grove harbours hundreds of Red-Bellied macaws, and at nightfall Black Caimans, the rarest of the crocodilians, head out into the lake to fish. For 2007 we are offering a variety of Jungle lodge accommodation and two prices to suit all budgets. Please contact us to check availability and to give you the options.

### **DAY 9: CUSCO TO PUERTO MALDONADO TO JUNGLE LODGE**

A short flight from Cusco to Puerto Maldonado deep in the Amazon rainforest where you will be met by your expert resident guide and taken to the docks to board a motorized dugout canoe for the trip to your jungle lodge. You will be able to leave any excess luggage at their offices in Puerto Maldonado. On arrival at the lodge you can choose from a number of activities, from jungle hikes to canoe trips or simply take a siesta and enjoy the sounds of the jungle from your hammock. (B,L /D)

### **DAY 10 & 11: JUNGLE ACTIVITIES**

A variety of options to choose from, the jungle is usually alive very early in the morning so if you can get out pre-dawn and explore it is your best chance to see wildlife. Monkeys, birds, giant otters, ants galore and a chance to learn about the rainforest from your expert resident guides either on foot or by dugout canoe. There is plenty of time to have a siesta to avoid the hottest part of the day then take a canoe trip on a lake or explore more trails and catch a beautiful sunset over the Amazon basin. The evening can be free to relax or head out on foot in search of nocturnal mammals or by canoe in the hope of glimpsing the rare Black caimans that inhabit the lake. (B/L/D)

### **DAY 12: JUNGLE LODGE TO HOME**

After a dawn breakfast we return to Puerto Maldonado to catch your flight to Cusco or Lima and onto to your International connection. (B)

***WE PROVIDE:*** All airport transfers and transport in private vehicles. All horses and horse riding equipment including horse riding helmets. All rafting and canoeing equipment, professional English and Spanish-speaking guides, trained in first-aid, swift water rescue and C.P.R. Mountain bikes, gloves and helmets. Extensive first-aid kit including Oxygen. Entrances and a guided tour of Cusco Inca sites, Pisac market, Maras salt pans, km 104 Inca trail and Machu Picchu. Vistadome train and bus transfers to/from Machu Picchu.

**Extension 1:** Shared fast boat and private guide out on Lake Titicaca, all entrances and cultural activities on Uros, Amantani and Taquile island. Quality hotel in Lima, Cusco, Puno, hostals in Sacred Valley and Aguas Calientes and home stay on Lake Titicaca island of Amantani. All meals as indicated in the itinerary (B = Breakfast, L = Lunch, D = Dinner).

***Please Note:*** The price is based on family share accommodation. When this is not available twin or triple share accommodation is provided. Single supplements are available on request.

**NOT INCLUDED:** International flights, personal belongings, cycling shorts, mountain bike toe-clips, airport taxes (\$6 local, \$31 international), personal expenses, travel insurance and tips. . **Lima hotels, airport transfers, day rooms, tours and all internal flights are not included but can also be organised and quoted for on request.**

**WHAT TO BRING:** On this expedition we will be experiencing all extremes of Peruvian climate, from freezing Altiplano to extremely hot sunshine. During the day hopefully it will be generally sunny enough for shorts and T-shirts though having a fleece and rain gear handy is advisable. It will get cold especially in the evenings so bring a warm fleece jacket, a good waterproof and some warm clothes, gloves, scarf and woolly hat as well as one set of smarter clothes for Cusco. Good quality Alpaca jumpers are available in Cusco.

**General:**

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|--|--------------------------------------|
| - Comfortable clothes for travel       | - Smart clothes for evening meals    |
| - Sunglasses with attaching string     | - Peaked cap                         |
| - Water bottle                         | - Lip-balm                           |
| - Suntan lotion factor 15+ / after sun | - Sweater (available in Cusco)       |
| - Warm hat                             | - Socks / underwear                  |
| - Insect Repellent                     | - Neck / Head scarf                  |
| - Warm night-clothes                   | - Money belt                         |
| - Personal toilet kit                  | - Camera & film                      |
| - Book, notepaper & pen                | - Personal first aid kit to include: |
- painkillers, plasters, moleskin, antiseptic cream, after-bite, anti-diarrhoea tablets, throat lozenges, re-hydration salts & personal medication. (Amazonas Explorer carry an extensive first aid kit & Oxygen on all trips, but these are generally for emergencies only)

**Biking:** 24-speed, front-suspension mountain bikes, bike helmets & gloves are provided.

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| - T-shirt        | - Fleece jacket  |
| - Cycling shorts | - Suitable boots |

**Rafting/Canoeing:** Wet suits, splash jackets and wetsuit boots are provided.

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|---------------|---------------|
| - Thermal top | - Small Towel |
| - Swim suit   |               |

**Trekking:** Machu Picchu 's climate is sub-tropical, its location is often described as the 'eyebrow of the jungle'. Please come prepared for varied weather, the sun is usually very strong during the day, yet rain is always a potential hazard. The few, small biting sand-flies are easily deterred with insect repellent.

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|------------------------------|-------------------------------------|
| - Shorts / trekking trousers | - T-shirts                          |
| - Warm fleece                | - Good, well worn -in walking boots |
| - Rain-coat / poncho         | - Day-sack & rain-cover             |

**Titicaca:** This is a real test to pack for as extremely hot sunny days on the Lake suddenly become freezing cold nights as soon as the sun goes down. Bring plenty of sun tan lotion and some warm clothes for the night.

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| - long sleeved shirt                    | - long trousers                     |
| - Walking boots                         | - Change of evening clothes & shoes |
| - Raincoat / Poncho/Waterproof-trousers | - Strong flash-light & batteries    |
| - Fleece or Down jacket                 | - Binoculars                        |
| - Woolly hat, gloves and scarf          |                                     |

**Amazon rainforest:** The jungle is hot, sweaty and full of insects, to keep the strong sun and the biting bugs at bay we recommend you stay covered up at all times.

- Long sleeved light-weight shirts and trousers for day hikes

- Clean set of long sleeved, light weight shirt & trousers for evenings
  - Boots for walking in the day (Wellingtons in rainy season Nov-April)
  - Change of shoes or sandals and socks for evenings
  - Rain coat - Fleece jacket
  - Peaked hat - Sunglasses / lenses with retaining string
  - Binoculars - Camera & spare film
  - Water bottle - Head torch
  - Suntan lotion & After sun - Insect repellent & After-bite
  - Sun-hat with retaining string for boat rides
  - Personal toiletries and medication
- Your main luggage is often inaccessible during the day so please bring a small day-pack to carry your personal day gear in – i.e. water-bottle, camera, sun-block, insect repellent, light fleece and rain jacket.
  - Any excess gear may be stored in on the bus or in the hotels during activities.
  - New rules at Machu Picchu limit the number of visitors to Huayna Picchu to the first four hundred people before 10am. Please let your guide know early if you wish to climb this peak so they can plan ahead.
  - Inca trail regulations stipulate trekking-poles are only allowed with plastic protecting covers. This is to prevent trail damage. ‘Native’ tree walking sticks are also banned on the trail, this is to prevent de-forestation.
  - We have an extensive tipping document available – If you have not received this from your agent or have misplaced your document please ask your guide for a copy to be provided from the office.
  - We implement a ‘porter protection policy’ that ensures all porters are well treated, paid, insured, fed and looked after.
  - Most good quality sporting equipment is unavailable in Peru so if anyone wishes to donate any outdoor clothes, sleeping bags etc they will be gratefully received by any of our staff.
  - Amazonas Explorer is a member of [www.onepercentfortheplanet.org](http://www.onepercentfortheplanet.org). We support a local native-tree re-forestation program [www.ecoanperu.org](http://www.ecoanperu.org) and planted 13,000 trees in 2007 and 16,000 in 2008. We are dedicated to reducing our ‘foot-print’ by reducing waste, sourcing produce as locally as possible, recycling and discouraging the use of plastic bottles.
  - If you would like to give a donation to charity whilst in Peru, Amazonas Explorer recommends the Dental Project Peru, run by a past client of ours, Jacqui Nimmo who provides emergency dental treatment in the very poor Apurimac region. You can find out more about this excellent project and how to donate tax efficiently at [www.dentalprojectperu.org](http://www.dentalprojectperu.org)
  - On Lake Titicaca it may be nice to bring a small gift for your family you will be staying with. Fresh fruit, available in Puno, or pens, pencils, paper, post cards from home etc is all gratefully received.

### **RECOMMENDED READING**

The White Rock or Cochineal Red - Hugh Thomson	Paddington Bear - Michael Bond
Field guide to the birds of Machu Picchu - Barry Walker	Birds of Peru - Clive Byers
Neo-tropical companion - John C Kricher	Conquest of the Incas - John Hemmingway
Into the forests of the night - John Simpson	Touching the void - Joe Simson
Heart of the Amazon – Yossi Ghinsberg	Exploring Cusco - Peter Frost
Senor Vivo & the Coca Lord - Loius de Bernieres	Realm of the Incas – Max Milligan
Inca Kola – Matthew Paris	Inca Gold - Clive Cussler
The last days of the Incas - Kim MacQuarrie	The bridge of San Luis Rey - Thorton Wilder
Running the Amazon - Joe Kane.	
Manu or Where the Andes meets the Amazon – Kim MacQuarrie & Andre Bartschii	

**BOOKING CONDITIONS:** The purchase of Inca Trail permits is strictly controlled by the Peruvian Institute of Culture (INC). There are only 500 permits for guides, porters and trekkers per day. This has led to very competitive demand with permits often being sold out more than three months in advance.

With regard any trip that involves trekking the Inca Trail, we have therefore introduced the following booking conditions.

1: Space on the trip cannot be confirmed until:

A): Full client information (Full name, Passport number, Nationality and Date of Birth) are sent to us in order to purchase your Inca trail permit.

B): Amazonas Explorer has confirmed that an Inca Trail permit is available for the trip of your choice.

C) The USD \$200 non-refundable deposit has been paid.

2: Clients must bring with them the passport with which the permit was issued – ie **the passport number that was provided us with at time of booking – otherwise entry to the Inca Trail will not be permitted.**

3: Inca Trail, Machu Picchu and local ruins entrance fees for 2009 have not yet been confirmed and should there be a significant increase, Amazonas Explorer will not be able to assume this extra cost and the extra will have be passed onto the clients

4. If Inca Trail permits are sold out alternative activities in Aguas Calientes are offered. i.e hot-springs, Putacusi mountain climbing, a hike to Hiram Bingham's camp, waterfall and orchid park are offered.

**AND LASTLY PLEASE NOTE:** The “Family Adventure Peru” travels through a remote and rarely visited part of Peru and we believe our clients should be aware that the remoteness that makes this trip so very special could also cause certain problems. Thus, whilst Amazonas Explorer endeavours to minimise the chances of anything unexpected happening, it has to be noted that no itinerary can or should be rigidly adhered to. This is the very nature of Adventure Travel and we expect our clients to be prepared for delays and slight alterations in our programmed events.

Please note last minute international and internal flight changes, train times changes, also excess baggage charges are out of our control. In all cases we will advise you of any changes in the itinerary as early as possible. We have taken all these possibilities into account when planning this expedition and have allowed sufficient leeway to enable us to successfully run this exceptional trip.

The majority of dietary and medical requirements can be catered for, but we must be notified of these at the time of booking. Obtaining the correct vaccinations and visas required for Peru is the responsibility of the client's.

You should also be aware that adventure travel, in particular trekking, rainforest river travel and travelling in remote areas such as Southern Peru, does carry with it certain inherent risks that you, the client, will have to assume. You will have to take out adequate **travel insurance** to cover these risks and any costs incurred due to sickness, delayed flights and other factors out of Amazonas Explorer control.

A pre-departure meeting will be held on arrival: it is highly recommended you attend. All clients will be asked to sign a release and waiver form and must provide a photocopy of their travel insurance.

**In case of flight cancellation into and out of the jungle extension:**

1. If the flight Lima or Cusco to Puerto Maldonado is cancelled owing to bad weather or maintenance of the aircraft, then the guest loses the first night in the lodge. No refund can be given and the guest is responsible for the costs of the additional night in Lima or Cusco.

2. If the plane is cancelled Puerto Maldonado/Cusco or Lima the guests must pay for any additional costs incurred during this extra night and boat transportation.

*We look forward to seeing you in Peru.*

