

Quito to La Paz: Amazon & Ancient Cultures - SEQL

35 days: Quito to La Paz

What's Included

- Your G for Good Moment: Shandia Biking & Community Experience, Shandia
- Your G for Good Moment: Shandia Community Lodge, Shandia
- Your G for Good Moment: Ccaccacollo Community and Women's Weaving Co-op visit, Ccaccacollo
- Your G for Good Moment: Handmade Biodegradable Soap Products
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your First Night Out Moment: Connect With New Friends
- Your Local Living Moment: Amazon Jungle Experience, Tena
- Your Discover Moment: Baños
- Your Discover Moment: Lima
- Your Foodie Moment: Huacachina Winery Visit, Huacachina
- Your Discover Moment: Cusco
- Your Foodie Moment: Sacred Valley Brewery, Ollantaytambo
- Your Big Night Out Moment: Cusco
- Your Local Living Moment: Lake Titicaca Homestay, Lake Titicaca
- Amazon Jungle excursion to a local community
- Beach time in Mancora
- Sunset sandboarding & dune buggies (Huacachina)
- Pachamanca-style dinner (Nazca)
- Colca Canyon excursion
- Guided tour of Machu Picchu
- Inca Trail hike with a local guide, cook, and porters (4 days)
- Lake Titicaca excursion
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 1st, 2020 and onwards

Itinerary

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Inca Trail

Day 1 Quito

Arrive at any time. Tonight, get to know your fellow travellers over a few drinks at a downtown bar. Say cheers with a local craft beer and get excited for the adventure of a lifetime.

Spend the first day of your trip wandering Ecuador's capital city. Meet the group in the evening at the hotel.

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Your First Night Out Moment: Connect With New Friends

Connect with new friends on your first night out in a new destination. Only available on 18-to-Thirtysomethings tours.

Optional Activities - Day 1

Quito City Tour and Equator

Quito

Enjoy a city tour of Quito. Visit the Old Town, a UNESCO World Heritage Site, with stops at the Basilica del Voto Nacional, La Compañía Church, San Francisco Square, Plaza Grande and the Panecillo, a towering statue of the virgin of Quito who looks out over a stunning view of the city. Drive 25km (16 mi) north of Quito to the Middle of the World, latitude 0°. Stand with one foot in each hemisphere.

Please note that this tour starts at 8 a.m.

Cotopaxi Volcano - Full Day Trip

Cotopaxi – Alausí

Enjoy a spectacular 2 hour drive to Cotopaxi Volcano National Park to see the highest active volcano in the world (5,897m/ 19,347 ft). Visit a museum in the park and hike around a lagoon at the bottom of the volcano to learn about the flora and fauna found at this altitude. Continue by car up the volcano to the parking lot, at over 4,500m/14,763 ft. Walk for an hour and a half to the refuge and after a short break, continue to the glacier (if the weather holds out). Return to Quito in the afternoon. **Park entrance fee is not included and is split among the number of travellers in the group**

Accommodation

Hotel Air Suites (or similar)

Hotel

Day 2 Quito/Tena

Travel overland to the jungle city of Tena, located on the edge of the Amazon. Hop into the back of a pickup truck and head to the local community of Pimpilala where you will stay in rustic wooden huts. Enjoy the hospitality of a Quichua family and experience life in the jungle first-hand.

Local Bus

Quito – Tena 6h 189km

Climb aboard, grab a seat, and enjoy the ride.

Your Local Living Moment: Amazon Jungle Experience

Learn about local traditional beliefs and customs on this cultural jungle experience in the Ecuadorian Amazon close to Napo River. Stay in rustic wooden huts with a local Quichua family as hosts near the community of Cando. They've introduced countless visitors to local living and a completely different way of doing things — one that may give you a different perspective on life.

Take part in a number of amazing activities. Hike through the rainforest, plunge into waterfalls, and learn the uses of tropical plants. Experience local tradition, and learn about Quichua history and culture.

Meals included: Breakfast | Lunch | Dinner

Day 3 Tena

Venture out on nature walks and become immersed in the jungle around you. Learn about uses of traditional plants, and the cultural beliefs and local traditions in the Amazon jungle. You can also choose to take a tour of an animal rescue and rehabilitation centre.

Your Local Living Moment: Amazon Jungle Experience

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Optional Activities - Day 3

Guided Waterfall Walk

Tena

Make your way through the jungle, learning more about the lush greenery and insects and animals that call it home. Walk to a series of waterfalls, suit up in a harness, and climb your way to the top for beautiful views.

AmaZOOnico Animal Rescue Centre Visit

Tena 2h-4h

25USD per person

Take a guided tour of amaZOOnico, a rescue and rehabilitation centre that rehabilitates, reintroduces, and cares for animals who are victims of illegal trafficking. See large cats and reptiles up close, and learn all about the important work of this sanctuary.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Cabanas Pimpilala (or similar)

Homestay

Day 4 Tena

Wake up and cycle to the nearby community of Shandia and discover the beauty of the Amazon with a member of the community as your guide. Learn about traditional uses of cacao by watching a chocolate-making demonstration, eat meals made of fresh local ingredients, and stay at the G Adventures-supported community lodge.

Your G for Good Moment: Shandia Biking & Community Experience

Cycle to the Indigenous Shandia community, a rural village surrounded by rivers and lush Amazonian landscapes. With the support of G Adventures and Planeterra, the community has developed new culturally immersive experiences led by the village's youth. Spend an hour and 45 minutes cycling from Pimpilala village to Shandia stopping along the way to take in the beauty of the Amazon. These cultural tours are seen by the community as a way to rescue their Indigenous culture and provide opportunities for the future. This provides an economic opportunity for youth who traditionally would have left the community to find work. Leave Shandia community knowing your visit is creating opportunities for a new generation in the community and contributing to the preservation of their culture.

Your G for Good Moment: Shandia Community Lodge

Stay overnight at the Shandia Indigenous lodge located in the Ecuadorian Amazon. With the support of G Adventures and Planeterra, the community has developed new culturally immersive tours led by the village's youth. The community lodge is seen by the community as a way to rescue their Indigenous culture and provide opportunities for the future. Watch a chocolate making demonstration and learn about their cultivation of cacao and their traditional agriculture practices. Meals of local ingredients grown in the village are prepared by women who were provided with culinary training through the project. Leave Shandia community knowing your visit is creating opportunities for a whole new generation of people in this community to improve their lives, and the lives of their children and grandchildren.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Shandia Lodge (or similar)

Homestay

Day 5 Tena/Baños

Travel to Baños and get your adrenaline pumping. Try out horseback riding, canyoning, hiking, mountain biking, or rafting in the surrounding mountains.

Pickup Truck

Tena 45m

Hop into the back and ride along to the next destination.

Local Bus

Tena - Baños 3h-4h

Climb aboard, grab a seat, and enjoy the ride.

Free Time

Baños Afternoon

Get out and explore Baños and its beautiful surroundings.

Optional Activities - Day 5

Mountain Biking

Baños

10USD per person

Hop on your bike and explore the amazing scenery surrounding Baños. Pass by mountains, rivers, waterfalls, and changing vegetation - depending on what path you take. Enjoy the cool wind on downhill stretches, but be sure to bring sunblock; the sun can be strong.

Hot Springs - Baños

Baños

20USD per person

Soak weary muscles in the thermal baths that Baños is famous for. Head to hot springs at the base of Tungurahua Volcano, which means “little hell” in Quichua, or try some of the baths fed by the melt waters of Tungurahua's glaciated flanks. Rise before the sun for an early soak – watching the sun peak over the mountains while relaxing in the warm waters is definitely worth the early start.

Horseback Riding - Baños

Baños

25USD per person

Hop in the saddle and explore Baños' beautiful countryside by horseback. Check out the unique vegetation in the region, and, perhaps, trot over to Tungurahua Volcano for amazing views.

Meals included: Breakfast

Accommodation

Hotel La Floresta (or similar)

Hotel

Day 6 Baños

The day is yours to explore what Baños has to offer. Check out the swing at the end of the world or relax in nearby hot springs.

Opt to pre-book the "Baños Canyoning Adventure" or "Baños Ziplining Adventure Bundle" activity on the checkout page ahead of time to include this optional on your tour.

Your Discover Moment

Baños Full Day

There's plenty to see and do in Baños, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like hiking, canyoneering, and relaxing in the hot springs. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Day 6

Mountain Biking

Baños

10USD per person

Hop on your bike and explore the amazing scenery surrounding Baños. Pass by mountains, rivers, waterfalls, and changing vegetation – depending on what path you take. Enjoy the cool wind on downhill stretches, but be sure to bring sunblock; the sun can be strong.

Hot Springs - Baños

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Horseback Riding - Baños

Baños

25USD per person

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Hiking - Baños

Baños

Free

Head to the mountains for some amazing treks; Baños provides the perfect natural setting for outdoor adventure.

Baños Canyoning Adventure

Baños

30USD per person

Jump, slide, rappel, swim and float around Cascadas de Chamana on this canyoning adventure, while enjoying the stunning scenery near Sangay National Park. Please keep in mind this is a level 4/5 physical activity. Good mobility and a strong fitness level are required for you to have an enjoyable experience.

Baños Ziplining Adventure Bundle

Baños

25USD per person

Buckle up your harness, put on your helmet, and prepare to launch. Glide along a zipline suspended 850m above the canyon below, dare to let go and reach top speeds as you zip past stunning scenery. Forget your fear as you cross Tibetan Suspension Bridge above Pastaza River. Rock climb up to a second

zipline to finish off this adrenaline-filled adventure. Please keep in mind this is a level 3/5 physical activity. Good mobility, no fear of heights, and a strong fitness level are required for you to have an enjoyable experience.

Accommodation

Hotel La Floresta (or similar)

Hotel

Day 7 Baños/Cuenca

Soak up the scenic views en route to the town of Cuenca, Ecuador's third largest town. Explore art galleries, museums, and admire its colonial architecture. Visit national parks, take walks in the breathtaking countryside, or check out the country's only Inca ruin site.

Local Bus

Baños – Riobamba 2h

Climb aboard, grab a seat, and enjoy the ride.

Local Bus

Riobamba – Cuenca 6h

Climb aboard, grab a seat, and enjoy the ride.

Accommodation

Hotel La Casona (or similar)

Hotel

Day 8 Cuenca

Choose your own adventure today. Wander through charming cobbled streets to discover the sights and sounds of Cuenca. From colourful homes with red-tiled roofs, to flower markets and picturesque plazas, the photo ops are endless in this town. (Prepare to have your camera roll filled with Cuenca!) Later, catch some z's on an overnight bus to Mancora.

Free Time

Cuenca Full Day

Enjoy free time to explore colonial Cuenca and its surroundings.

Overnight Bus

Cuenca – Mancora 7h-8h 345km

Curl up and catch a snooze en route to the next stop.

Border Crossing (Ecuador - Peru)

Huaquillas – Aguas Verdes

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Optional Activities - Day 8

Cajas National Park Visit

Cajas National Park 3h-6h

65USD per person

Head out for an excursion from Cuenca with a visit to Cajas National Park. Tour this natural outdoor playground that combines stunning scenery and wildlife with excellent areas for hiking. The terrain is quite stark, mostly above 4,000m (13,120 ft) in the páramo (grassy highlands), with many clear lakes. Try some of the variety of treks in the park's vast 28,000 ha, and keep an eye out for oncillas, wild llamas, pumas, and a wide variety of birds, including toucans!

Day Trip to Ingapirca Ruins

Cuenca

65USD per person

Visit the ruins of Ingapirca, a UNESCO World Heritage Site that is approximately an hour and a half drive north of Cuenca, through some of Ecuador's most beautiful countryside. Although it is a major Inca site, not a lot is known about its history.

Cuenca Mud Baths & Hot Springs

Cuenca

40USD per person

Slather volcanic muds on your face and body and relax in the natural hot springs.

Gualaceo and Chordeleg Day Trip

Cuenca

65USD per person

Explore the countryside near Cuenca, visit nearby towns well-known for handicrafts, weaving, and textiles. Learn about the weaving process and pick up a shawl, guitar, or straw hat directly from the people who make them.

Accommodation

El Gran Caiman Mancora (or similar)

Hotel

Day 9 Máncora

Wake up in the seaside town of Mancora, a village populated by fishermen and surfers. Chill out and breathe in the salty air.

Free Time

Máncora Full Day

Chill out in this Peruvian fishing village, head to the beach or give surfing a try.

Optional Activities - Day 9

Surfing

Máncora

Jump up on a board and catch a wave!

Accommodation

El Gran Caiman Mancora (or similar)

Hotel

Day 10 Máncora

A lazy beach day is just what the doctor ordered. Unless you want to or take a surf lesson or join a yoga class. Totally up to you as you enjoy a free day in Mancora.

Free Time

Máncora Full Day

Enjoy a free day to relax or get active.

Optional Activities - Day 10

Surfing

Máncora

Jump up on a board and catch a wave!

Accommodation

El Gran Caiman Mancora (or similar)

Hotel

Day 11 Máncora/Trujillo

Didn't get to do everything you wanted yesterday? No worries – more time in Mancora today. Later, relax and get some sleep on an overnight bus to Trujillo.

Free Time

Máncora Full Day

Get out and enjoy this beachside town.

Overnight Bus

Máncora – Trujillo 9h-10h

Curl up and catch a snooze en route to the next stop.

Optional Activities - Day 11

Horseback Riding

Máncora

Ride on a beautiful horse and get a new perspective on this area.

Surfing

Máncora

Jump up on a board and catch a wave!

Day 12 Trujillo

Bienvenidos a Trujillo! You can visit the impressive Chan Chan sandstone archaeological site today, snap a photo at the yellow colonial church, or head to Huanchaco for some more beach time.

Free Time

Trujillo

Get out and explore the city!

Optional Activities - Day 12

Chan Chan Ruins Visit

Trujillo

Hop in a taxi and travel to the ruins of Chan Chan, the capital of Peru's largest pre-Inca empire, located 5km (3.1 mi) away from the city of Trujillo. Abandoned in the 1470s after the Inca army overran the city, it is now approximately 5,000 acres of eroded adobe.

Accommodation

Hotel Orbegoso (or similar)

Hotel

Day 13 Trujillo/Lima

Enjoy another full day in Trujillo before boarding a night bus to Lima.

Free Time

Trujillo

Do as much or as little as you'd like before an overnight bus in the evening.

Overnight Bus

Trujillo - Lima 8h-9h

Curl up and catch a snooze en route to the next stop.

Optional Activities - Day 13

Chan Chan Ruins Visit

Trujillo

Hop in a taxi and travel to the ruins of Chan Chan, the capital of Peru's largest pre-Inca empire, located 5km (3.1 mi) away from the city of Trujillo. Abandoned in the 1470s after the Inca army overran the city, it is now approximately 5,000 acres of eroded adobe.

Day 14 Lima

Discover the lively city of Lima today. Visit the trendy Barranco neighbourhood with your CEO to get a taste of bohemian-cool, try some ceviche, or sip pisco sours after exploring the colourful mansions and palm-studded streets.

Barranco Neighbourhood Visit

Lima

Dubbed Lima's coolest neighbourhood, once full of summer homes for Lima's elite now an area full with art boutiques, trendy bars, converted mansions, and cool vibes.

Your Discover Moment

Lima Full Day

There's plenty to see and do in Lima, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like taking a cooking class, watching the Magic Circuit of Water and visiting the Lost Inca Citadel of Lima. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Day 14

Lima City Tour

Lima

40USD per person

Discover Lima's cultural and culinary highlights on this half-day guided tour. Visit the San Francisco Church and its impressive catacombs, walk around Plaza de Armas, and get to know some of Lima's lovely neighbourhoods. Stop to enjoy some authentic Peruvian tapas and be introduced to pisco sours during a demonstration and tasting before heading back to your hotel.

Lima Cooking Class (4hrs)

Lima

Get a taste of Peruvian cuisine, visit local markets, sample exotic fruit, select fresh ingredients, and try your hand at preparing unique Peruvian dishes influenced by China, Italy, West Africa, and Japan.

Full Day Lima Experience

Lima

150USD per person

Experience the highlights Lima along with its important eras in history such as, the Pre-Hispanic Oracle of Pachacamac. Enjoy lunch at a local restaurant in the bohemian district of Barranco and visit the colonial convent of San Francisco and its latest addition, the Magic Water Park.

Meals included: Breakfast

Accommodation

Hotel Gemina (or similar)

Hotel

Day 15 Lima

Enjoy the day exploring the city. Opt to pre-book the Lima Cooking Class and learn how to cook some classic Peruvian dishes using ingredients from the local market.

If you booked the Lima Cooking Class it does not include extra time in Lima and we highly recommend booking pre-trip accommodation. You will be picked up from your hotel at approx 10:00 (10:30 from Aug-Dec) and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. You will return back to your hotel around 13:00.

Free Time

Lima

Get out and get exploring!

Optional Activities - Day 15

Lima City Tour

Lima

40USD per person

Discover Lima's cultural and culinary highlights on this half-day guided tour. Visit the San Francisco Church and its impressive catacombs, walk around Plaza de Armas, and get to know some of Lima's lovely neighbourhoods. Stop to enjoy some authentic Peruvian tapas and be introduced to pisco sours during a demonstration and tasting before heading back to your hotel.

Lima Cooking Class (4hrs)

Lima

Get a taste of Peruvian cuisine, visit local markets, sample exotic fruit, select fresh ingredients, and try your hand at preparing unique Peruvian dishes influenced by China, Italy, West Africa, and Japan.

Full Day Lima Experience

Lima

150USD per person

Experience the highlights Lima along with its important eras in history such as, the Pre-Hispanic Oracle of Pachacamac. Enjoy lunch at a local restaurant in the bohemian district of Barranco and visit the colonial convent of San Francisco and its latest addition, the Magic Water Park.

Accommodation

Hotel Gemina (or similar)

Hotel

Day 16 Lima/Huacachina

Travel along Peru's breathtaking coast to the oasis of Huacachina where you can sandboard on the desert dunes while watching the sun go down.

Local Bus

Lima - Huacachina 5h-6h

Climb aboard, grab a seat, and enjoy the ride.

Sunset Sandboarding & Dune Buggies

Huacachina

Get your adrenaline pumping in a dune buggy on the desert dunes, ride the ups and downs in these desert mountains. Strap on a board and try out sandboarding, just like it sounds like snowboarding, but on sand. Enjoy the softer landings and the warmer temps. After, head back to the oasis of Huacachina through the stunning dunes and watch the sunset in the distance.

Meals included: Breakfast

Accommodation

Carola Lodge (or similar)

Hotel

Day 17 Huacachina/Nazca

Wake up and make the most of your time in Huacachina before your adventure continues on to Nazca. There is time in the morning for an optional excursion to the Ballestas Islands, home to a lively colony of sea lions, pelicans, and other varieties of birds. Later, catch a bus to Nazca. Stop along the way at a Pisco winery and try the country's national drink!

Your Foodie Moment: Huacachina Winery Visit

Learn about the wine and pisco production in the area and enjoy a tasting of different varieties, which are all available for purchase.

Private Vehicle

Huacachina - Nazca 2h30m-3h

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Dinner

Accommodation

San Marcelo City Hotel (or similar)

Hotel

Day 18 Nazca/Arequipa

Choose to soar over the iconic Nazca Lines today with a pre-bookable flight, or take a tour of the Nazca Desert Cemetery and Potter's Studio. Tonight, catch some z's on an overnight bus to Arequipa.

Free Time

Nazca Full Day

Enjoy some free time during the day.

Overnight Bus

Nazca - Arequipa 9h

Curl up and catch a snooze en route to the next stop.

Optional Activities - Day 18

Nazca Desert Cemetery and Potter's Studio Guided Tour

Nazca

80PEN per person

See remains of the Nazca culture during an included tour of the ancient Pre-Inca desert cemetery site of Chauchilla. Spot 1500-year-old mummies, bones, and pottery on the desert floor. The entire desert area was also once home to the ancient Paracas and the Nazca cultures, which preceded the Incas by more than half a millennium. Stop for a visit at an artisan's workshop, where modern masters create Nazca style pottery.

Flight over Nazca Lines

Nazca

Take to the skies for the best view of the enigmatic Nazca Lines, a series of patterns and pictures etched in the ground, crisscrossing a wide area of flat desert. Marvel at the lines measuring up to 10km (6 mi) in length, yet, remaining perfectly straight. See depictions of birds, insects, and animals only recognizable from the air. Decide for yourself the origin of the lines - who drew the lines, and why, remains a mystery. Current beliefs suggest that they may be part of complex agricultural calendar.

Please note that this activity does not include a tourist ticket fee of S/.47 PEN per person, payable directly by each traveller at the airport in Nazca.

Day 19 Arequipa

Welcome to Arequipa! Take the day to explore what is known as the 'white city.' If you're into history and architecture, visit the Santa Catalina Monastery, where you'll get a unique glimpse into a bygone way of life. For spicy food lovers, visiting one of the 'picanterías' is a must. Satisfy your craving with a variety of local regional foods: alpaca, shrimp, pork, lots of soups, and spicy sauces.

Free Time

Arequipa Full Day

Make the most of your time here.

Optional Activities - Day 19

Juanita Museum

Arequipa

60PEN per person

Visit the Museo Santuarios Andinos, also known as the Juanita Museum for the well-preserved mummy of a young Incan girl sacrificed to the Incan Gods in the 1500s. Juanita remained preserved on the top of Mt Ambato until quite recently, she was discovered in the mid-90s and was briefly displayed in the National Geographic headquarters in Washington, D.C.

Arequipa City Tour

Arequipa

Get out and explore "the white city" on this walking tour, stop at picturesque viewpoints to capture the surrounding volcanoes, marvel at the white volcanic sillar rock architecture, and visit one of the most stunning colonial buildings in the country, Santa Catalina Monastery.

Accommodation

Terra Mistica Casa Consuelo (or similar)

Hotel

Day 20 Arequipa/Colca Canyon

Enjoy a full-day tour of the spectacular Colca Valley and venture to the impressive Colca Canyon — one of the deepest canyons in the world — on an overnight excursion. With a little luck, you'll spot some unusual Andean animals such as vicuñas, and alpacas. Give your body some much needed relaxation by taking an optional dip in the the hot springs.

Private Vehicle

Arequipa – Colca Canyon 2h30m-3h

Settle in and scan the scenery from the convenience of a private vehicle.

Optional Activities - Day 20

Hot Springs

Chivay

15PEN per person

Soak your weary bones in steaming hot water pouring from the earth and relax.

Meals included: Breakfast

Accommodation

Vita Colca Hotel (or similar)

Hotel

Day 21 Colca Canyon/Arequipa

Get an early start to be on the look out for condors. Travel from Chivay town to a condor viewpoint to get a glimpse of these magnificent birds in the air. On the way back, stop in local villages, and see old terraces. Later, head out for a drink in the Calle Zela area – restaurant, bar, or club, there's something for everyone!

Private Vehicle

Colca Canyon – Arequipa 2h30m-3h

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast

Accommodation

Terra Mistica Casa Consuelo (or similar)

Hotel

Day 22 Arequipa/Cusco

Explore Arequipa – take a city tour if you want or check out a monastery or museum. Later, sit back and relax on an overnight bus to Cusco.

Free Time

Arequipa Full Day

Get out and explore more of this beautiful colonial city.

Overnight Bus

Arequipa – Cusco 10h

Curl up and catch a snooze en route to the next stop.

Optional Activities - Day 22

Santa Catalina Monastery Visit

Arequipa

60PEN per person

Visit this 16th-century monastery (over 20,000 sq m) for its beautiful architecture built in the Mudéjar style. Travel back in time wandering its small streets lined with colourful walls, and take some time to learn about its captivating history.

Juanita Museum

Arequipa

60PEN per person

Visit the Museo Santuarios Andinos, also known as the Juanita Museum for the well-preserved mummy of a young Incan girl sacrificed to the Incan Gods in the 1500s. Juanita remained preserved on the top of Mt Ambato until quite recently, she was discovered in the mid-90s and was briefly displayed in the National Geographic headquarters in Washington, D.C.

Arequipa City and Area Panoramic Bus Tour

Arequipa

20USD per person

Get to know "the White City" and the surrounding area on a panoramic bus tour. Stop at picturesque viewpoints to capture the surrounding volcanoes, marvel at the white volcanic sillar rock architecture, and fall in love with Arequipa's cityscapes.

Meals included: Breakfast

Day 23 Cusco

Explore the city on your own today or choose from a variety of activities that will help you discover the magic of Cusco. Wander the narrow cobblestone streets and plazas or choose to take a half-day tour of the city. Or, pre-book the Cusco cooking class if you want to learn to prepare delicious local specialties!

Please note: if you pre-book the Cusco Cooking Class you will be picked up from your hotel at approx 12:30 and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. Return back to your hotel around 16:00.

Your Discover Moment

Cusco Full Day

There's plenty to see and do in Cusco, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like visiting Museo Inka, Museo de Historia Regional, and whitewater rafting. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Day 23

La Merced Visit

Cusco

Enjoy a visit to this historic church and convent, first built in 1536 and rebuilt in 1675 (it was destroyed in the 1650 earthquake). Take in the wonderful architecture here, including Baroque Renaissance cloisters and beautiful wood carvings. There's also an ornate monstrance on display; made of gold and covered with gemstones, it's a must see.

Cusco City Tour

Cusco

45PEN per person

Enjoy a half-day tour of Cusco's main sights. Walk around the Plaza de Armas (main square) and explore this city steeped in one of the world's most alluring and ancient cultures. Visit Qenqo, Koricancha, the Cathedral, Puca Pucara, Tambomachay, and the archaeological site of Sacsaywaman.

Inka Museum

Cusco

10PEN per person

Get ready to explore the artifacts from the Inca Empire, including mummies, jewelry, skulls, and ceramics at this museum of archaeology.

Cusco Tourist Ticket

Cusco

130PEN per person

This ticket allows admission at 16 sights of the city of Cusco including many popular museums and cathedrals, the ticket also provides entrance to Sacsayhuaman Archaeological Park, and sights in the South Valley of Cusco and the Sacred Valley of the Incas.

Cusco Cooking Class

Cusco - Cuzco

Channel your inner chef and get a taste of Peruvian cuisine. Learn all about the essential ingredients, and try your hand at preparing unique Peruvian dishes with a local expert

Accommodation

Hostelworld Kokopelli Cusco (or similar)

Hostel

Day 24 Cusco

Today is another free day to explore all that Cusco has to offer. Feeling active? Take on the Rainbow Mountain trek or go mountain biking. Prefer to stay local? Take it easy with a visit to the Inka Museum and hit up some of the many great cafes, restaurants and bars.

To arrange the hike to the famed Rainbow Mountain, pre-book on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.

Please note: if you pre-book the Cusco Cooking Class you will be picked up from your hotel at approx 12:30 and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. Return back to your hotel around 16:00.

Free Time

Cusco

Make the most of your time in Cusco.

Optional Activities - Day 24

Inka Museum

Cusco

10PEN per person

Get ready to explore the artifacts from the Inca Empire, including mummies, jewelry, skulls, and ceramics at this museum of archaeology.

Cusco Cooking Class

Cusco – Cuzco

Channel your inner chef and get a taste of Peruvian cuisine. Learn all about the essential ingredients, and try your hand at preparing unique Peruvian dishes with a local expert

Cusco City Tour

Cusco

45PEN per person

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Cusco Tourist Ticket

Cusco

130PEN per person

This ticket allows admission at 16 sights of the city of Cusco including many popular museums and cathedrals, the ticket also provides entrance to Sacsayhuaman Archaeological Park, and sights in the South Valley of Cusco and the Sacred Valley of the Incas.

Rainbow Mountain Hike - Full-day Trip

Cusco 7km

Lookout over these colourful Andean mountains striped with maroon, turquoise, lavender, and gold. The sediment, elevation, and proximity to the ocean create a landscape that has to be seen to be believed. Get started early to drive around 2 hours to the starting point of this challenging, yet rewarding full-day hike. Reaching 5,029m (16,500 ft) this 14km hike is no walk in the park, but these unique mountains do not disappoint.

Meals included: Breakfast

Accommodation

Hostelworld Kokopelli Cusco (or similar)

Hostel

Day 25 Cusco/Ollantaytambo

Head into the Sacred Valley today to visit the G-Adventures supported women's weaving co-op in the Ccaccacollo community. Learn about weaving, and meet the adorable resident llamas. If you see a knitted item you like, buy it — a perfect keepsake from your journey. Stop and sample some craft beer at a brewery on your way to Ollantaytambo.

Private Vehicle

Cusco – Ollantaytambo 1h45m 94km

Settle in and scan the scenery from the convenience of a private vehicle.

Your G for Good Moment: Ccaccacollo Community and Women's Weaving Co-op visit

Visit the Ccaccacollo community centre which G Adventures travellers' donations helped create in 2005, thereby enabling local women to sell traditional textiles to travellers. See local weaving and dyeing techniques used to create garments and souvenirs, and learn how the Planeterra weaving co-operative has impacted the community and those who visit it. This includes the purchase of alpacas to provide a steady supply of wool, looms, and sewing machines as well as several training courses on production, sales and small business management.

Your Foodie Moment: Sacred Valley Brewery

Delight your tastebuds and sample high-quality beer with the breathtaking Sacred Valley as a backdrop. This craft brewery uses local ingredients to make award-winning brews and gives back to the surrounding communities. What's not to like?

Meals included: Breakfast

Accommodation

Las Orquideas Ollantaytambo (or similar)

Hotel

Day 26 Inca Trail

Depart Ollantaytambo by van to km 82 where your trek begins. Hike through beautiful scenery, with a variety of flora that changes with the seasons. You'll see several smaller ruin sites like Llactapata.

A crew of local porters, cooks, and guides will take care of all the details for the duration of the hike. Porters carry the majority of the gear so you'll only need to carry a small daypack with water, rain gear, snacks, a camera, etc.

Private Vehicle

Ollantaytambo – Inca Trail 45m

Settle in and scan the scenery from the convenience of a private vehicle.

Inca Trail Hike

Inca Trail KM 82 – Wayllabamba Camp 5h-6h 11km

Get your blood pumping on this first day of hiking the Inca trail. The trekking is fairly easy and serves as good training for the next few days. Pass rambling rivers and a small village, and enjoy scenic mountain views; it's just a taste of what's to come.

Your G for Good Moment: Handmade Biodegradable Soap Products

Enjoy G Adventures-supported handmade biodegradable soap products, for use on our treks. This G Adventures for Good project empowered local Cusqueña women to start their own business in order to reduce the environmental impact of treks in the region. Planeterra provided \$10,000 of seed funding for two young entrepreneurs to register their biodegradable products in order to sell them to the tourism industry. "Esencia Andina" is now a successful business that produces biodegradable soaps, detergents, and natural products for travellers, guides, porters, and cooks on our treks.

Meals included: Breakfast | Lunch | Dinner

Day 27 Inca Trail

Get an early start today to climb the long steep path to Warmiwañusca, known as Dead Woman's Pass. This is the highest point of the trek at 4,198m (13,769 ft). Most hikers reach camp by early afternoon, with some much needed R&R.

Inca Trail Hike

Wayllabamba Camp – Paqaymayo Camp 6h-7h 12km

Trek over progressively spectacular and steeper terrain on your way to Warmiwañusca (aka Dead Woman's Pass), the highest point of the trek at 4,198m (13,769ft). Be prepared to face strong Andean weather (blazing sun or cold winds) around the pass. Take the hike slow, and drink lots of water along the way – amazing views are waiting as a reward. Enjoy some ample time to rest and relax after reaching the camp; most campers arrive around early afternoon.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Paqaymayo Campsite (or similar)

Campground

Day 28 Inca Trail

Cross two more passes and ruins along the way. The first pass is Runkuraqay at 3,950m (13,113 ft) where, on a clear day, you can catch a glimpse of the snow-capped Cordillera Vilcabamba. Hike through cloud forest on the gentle climb to the second pass of the day, walking through original Incan constructions. The highest point of the pass is 3,700m (12,136 ft). On a clear day, enjoy the spectacular views of the Urubamba Valley.

At 3,650m (11,972 ft), reach the ruins of Phuyupatamarca, the "town above the clouds." Camp here or go another 1.5 hrs to the Wiñay Wayna ruins ("forever young") located at 2,650m (8,694 ft).

Inca Trail Hike

Paqaymayo Camp – Wiñaywayna 9h 16km

Cross two passes and more ruins along the Inca Trail on the last full day of hiking. Traverse Runkuraway at 3,950m (13,113 ft), and then reach the second pass at 3,700m (12,136 ft). Spot the gorgeous Cordillera Vilcabamba and the Urubamba Valley in the distance on a clear day. Camp at either the Phuyupatamarca ruins or the Wiñay Wayna ruins.

Meals included: Breakfast | Lunch | Dinner

Accommodation

Wiñaywanyna Campsite (or similar)

Campground

Day 29 Machu Picchu/Cusco

The final day of the hike starts pre-dawn to reach the Sun Gate before sunrise. Wake up around 03:30 and walk to the checkpoint. Catch the first views of the breathtaking ruins of Machu Picchu on a clear day. Hike down to Machu Picchu for a guided tour of the site. Catch the bus to Aguas Calientes before your train back to Cusco in the afternoon. Tonight, dance the night away at a popular night club.

Inca Trail Hike

Wiñaywayna – Machu Picchu 2h-3h 6km

Wake around 03:30 to reach the Sun Gate as early as possible. Head to the checkpoint and join the lineup to wait for the gate to open. Catch the first views of the breathtaking ruins of Machu Picchu (fingers crossed for a clear day). Hike down to Machu Picchu (about 45 mins) for a 1.5 hr guided tour of the site, and free time to explore. Opt to visit the Inca Bridge (a 15-min walk one way) for no additional charge, if time allows.

Catch the bus outside the Machu Picchu gate after your visit for a 25-min downhill ride to Aguas Calientes. Eat and relax before the train ride back to Cusco this evening.

Machu Picchu Guided Tour

Machu Picchu 1h30m-2h

Set off with the local guide to explore Machu Picchu, the Lost City of the Incas. Learn about the history and gain insights into this massive mountaintop citadel while wandering through ancient dwellings, stone temples and along sculpted terraces. Feel the energy of this 15th-century site, now both a UNESCO World Heritage site and voted one of the new Seven Wonders of the World in a worldwide internet poll.

Train

Aguas Calientes – Ollantaytambo 1h30m-1h45m 31km

Climb aboard, take a seat, and enjoy the ride.

Private Vehicle

Ollantaytambo – Cusco 1h30m-1h45m 60km

Settle in and scan the scenery from the convenience of a private vehicle.

Your Big Night Out Moment:

Whether it's a pub crawl, drink specials or a bonfire on the beach, celebrate late into the night with your new best friends.

Meals included: Breakfast

Accommodation

Hostelworld Kokopelli Cusco (or similar)

Hostel

Day 30 Cusco

Today is another free day to get the most out of Cusco and to do anything you may not have done yet. Continue to explore and be active or relax and watch the world go by from one of the many bars and restaurants on the main plaza.

Your Discover Moment

Cusco Full Day

There's plenty to see and do in Cusco, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like visiting Museo Inka, Museo de Historia Regional, and whitewater rafting. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Day 30

Inka Museum

Cusco

10PEN per person

Get ready to explore the artifacts from the Inca Empire, including mummies, jewelry, skulls, and ceramics at this museum of archaeology.

Cusco City Tour

Cusco

45PEN per person

Enjoy a half-day tour of Cusco's main sights. Walk around the Plaza de Armas (main square) and explore this city steeped in one of the world's most alluring and ancient cultures. Visit Qenqo, Koricancha, the Cathedral, Puca Pucara, Tambomachay, and the archaeological site of Sacsaywaman.

Cusco Tourist Ticket

Cusco

130PEN per person

This ticket allows admission at 16 sights of the city of Cusco including many popular museums and cathedrals, the ticket also provides entrance to Sacsayhuaman Archaeological Park, and sights in the South Valley of Cusco and the Sacred Valley of the Incas.

Meals included: Breakfast

Accommodation

Hostelworld Kokopelli Cusco (or similar)

Hostel

Day 31 Cusco/Puno

Sit back, relax, and soak in the impressive views as you travel by bus through the Altiplano on your way to Puno on Lake Titicaca.

Local Bus

Cusco – Puno 7h30m 389km

Climb aboard, grab a seat, and enjoy the ride.

Meals included: Breakfast

Accommodation

Hostal Milagros Inn (or similar)

Hostel

Day 32 Puno/Lake Titicaca

This morning, you will board a boat on Lake Titicaca and head to Taquile Island. Opt to have lunch in a local restaurant and shop in the afternoon at the local weaving cooperatives. Later, cruise to another village for an overnight homestay to live like a local on the shores of the lake. Learn more about rural life in the Peruvian highlands and create unforgettable memories with the family and fellow travellers.

Lake Titicaca Guided Boat Tour Day 1

Lake Titicaca

Board a boat on Lake Titicaca and head to Taquile Island for a delicious Peruvian lunch at a restaurant followed by some shopping at the local weaving cooperatives. (Taquileños are known for their fine handwoven textiles and clothing, men are taught how to knit around age five and they create the majority of the textiles.) After, enjoy an overnight stay with a host family and a chance to learn about life on the islands.

Your Local Living Moment: Lake Titicaca Homestay

Accommodation on the islands may be multi-share.

Meals included: Breakfast | Dinner

Accommodation

Luquina Homestay (or similar)

Homestay

Day 33 Lake Titicaca/Puno

Say goodbye to your homestay family and stop at the Uros Islands on your way back to Puno. If you want, you can check out the spectacular chullpas (funerary towers) of Sillustani, a pre-Inca archaeological site. Or kayak on Lake Titicaca.

Lake Titicaca Guided Boat Tour Day 2

Lake Titicaca

Spend the morning with the homestay families, then depart after lunch. Visit the floating islands of Uros on the way back, and learn about the unique lifestyle of the locals. Meet residents and learn how they built the islands with totora reeds, which are also used to make their homes, boats, crafts (and are also edible!).

Free Time

Puno Afternoon

Make the most of one last afternoon in Puno.

Optional Activities - Day 33

Sillustani Burial Towers Entrance

Puno

59PEN per person

Take a guided tour of the Sillustani burial towers known as "chullpas." Be awed by these fantastic ruins located outside Puno – their remarkable towers stretch up to 12m (39 ft) in height.

Lake Titicaca Kayaking

Lake Titicaca

Take to the waters of the highest navigable body of water in the world, Lake Titicaca, and paddle out to Laquina Island. Get a glimpse into local island life before heading back across the lake to Puno.

Meals included: Breakfast | Lunch

Accommodation

Hostal Milagros Inn (or similar)

Hostel

Day 34 Puno/La Paz

Today, enjoy a full-day drive around the picturesque lake and through the Altiplano to La Paz. Cross over into Bolivia and catch your breath before a night out in the highest city of the trip. Check out the area of Sopotachi for cool bohemian vibes.

Local Bus

Puno – Yunguyo 2h30m

Climb aboard, grab a seat, and enjoy the ride.

Border Crossing (Peru - Bolivia)

Desaguadero

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Local Bus

Copacabana – La Paz 3h

Climb aboard, grab a seat, and enjoy the ride.

Optional Activities - Day 34

Valley of the Moon Tour

La Paz

15USD per person

Tour the lunar landscape of the Valley of the Moon, observe the clay formations carved into the landscape by years of erosion.

Witches' Market Visit

La Paz

Learn more about the pre-Columbian Aymara beliefs at the Witches' Market. You can witness locals buying products such as dried frogs, potions, and talismans for use in rituals and offerings.

La Paz City Tour

La Paz

25-45USD per person

Explore the city on a guided tour. Check out stunning cathedrals, impressive museums, and lively markets, learning more about the history of this fascinating city. Look for majestic Mt Illimani in the background.

Meals included: Breakfast

Accommodation

Hotel Las Brisas (or similar)

Hotel

Day 35 La Paz

Depart at any time.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

Optional Activities - Day 35

Witches' Market Visit

La Paz

Learn more about the pre-Columbian Aymara beliefs at the Witches' Market. You can witness locals buying products such as dried frogs, potions, and talismans for use in rituals and offerings.

La Paz City Tour

La Paz

25-45USD per person

Explore the city on a guided tour. Check out stunning cathedrals, impressive museums, and lively markets, learning more about the history of this fascinating city. Look for majestic Mt Illimani in the background.

Valley of the Moon Tour

La Paz

15USD per person

Tour the lunar landscape of the Valley of the Moon, observe the clay formations carved into the landscape by years of erosion.

What's Included

Your G for Good Moment: Shandia Biking & Community Experience, Shandia
Your G for Good Moment: Shandia Community Lodge, Shandia
Your G for Good Moment: Ccaccaccollo Community and Women's Weaving Co-op visit, Ccaccaccollo
Your G for Good Moment: Handmade Biodegradable Soap Products
Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
Your First Night Out Moment: Connect With New Friends
Your Local Living Moment: Amazon Jungle Experience, Tena
Your Discover Moment: Baños
Your Discover Moment: Lima
Your Foodie Moment: Huacachina Winery Visit, Huacachina
Your Discover Moment: Cusco
Your Foodie Moment: Sacred Valley Brewery, Ollantaytambo
Your Big Night Out Moment: Cusco
Your Local Living Moment: Lake Titicaca Homestay, Lake Titicaca. Amazon Jungle excursion to a local community. Beach time in Mancora. Sunset sandboarding & dune buggies (Huacachina). Pachamanca-style dinner (Nazca). Colca Canyon excursion. Guided tour of Machu Picchu. Inca Trail hike with a local guide, cook, and porters (4 days). Lake Titicaca excursion. All transport between destinations and to/from included activities.

Highlights

Experience traditional life in a local community in the Amazon, witness colonial cities and volcanoes, Sandboard the dunes of Huacachina., spot condors at Colca Canyon, conquer the Inca Trail to Machu Picchu, settle in with the locals at a homestay on Lake Titicaca, Get adventurous in Baños, relax on the beach with free time in Mancora.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. INCA TRAIL REGULATIONS

The rules and regulations controlling the Inca Trail and Machu Picchu are continually changing. Before embarking on your adventure to Peru it is very important that you familiarize yourself with the Inca Trail booking policies and guidelines as described in a document available on our website, at the following URL [address](#).

2. MACHU PICCHU REGULATIONS

Current and correct passport details are required at time of confirmation. For more details please see the following [page](#). Please note that regulations have been implemented for all visitors to Machu Picchu which require that different circuits be followed within the site as a way to relieve crowding. The new circuit-based entrance tickets are available on a first come first serve basis. We will do all that is possible to get everyone traveling in a group on the same route, but be aware that it is possible that members of the same group might be visiting Machu Picchu on a different circuit and not be together during this visit. Rest assured that regardless of the circuit you will enjoy the beauty and grandeur of the site. Travellers completing the 4 day, 3 night Inca Trail will be on Circuit 5 upon reaching the site of Machu Picchu.

3. MACHU PICCHU BY TRAIN - OPTIONAL

Please advise at time of booking if you do not wish to hike the Inca Trail. Instead, you will have 2 nights in Cusco, travel by train for a night in Aguas Calientes, and join the hikers for the tour of Machu Picchu.

4. INCA TRAIL MAINTENANCE

Portions of the Inca Trail will be closed for general maintenance during the month of February each year. Also, closures may occur at various times throughout the year due to inclement weather or other conditions beyond our control. During these periods, any tour affected will hike the Lares Trek.

5. Combo Trip

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

6. PORTERS

In our continued effort to support the rights of the porters on the Inca Trail, we would like ensure that they never exceed the weight limit for their packs as set out by the Peruvian authorities. Porters are allowed to carry no more than 6kg of personal belongings per hiker (for all other Peru treks the limit is 7kg). That means that including your sleeping bag, toiletries, clothing, etc, you are allowed a total weight of 6kg for the hike which will be carried in a duffle bag provided by our local office. Any additional weight must then be carried by you in your day pack. To help achieve this goal we recommend that you carry travel sized toiletries, that you bring sport sandals that can be worn with socks (which are lighter than running/walking shoes) and that you limit electronics to those that you are willing to carry. Any additional baggage can be left in Cusco, but is advised that you bring anything of value (eg. money, passport, credit cards, camera, etc) with you on the trek.

If at the end of your trek you felt your trekking guide and support team did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, please see the Tipping section for guidelines.

7. All travellers are required to pay the tax on domestic flights in Peru. Foreign travellers are exempt from this, and proving you are indeed a foreign traveller can be done by providing us with your international ticket number (ITN). Travellers who do not submit international ticket numbers at least 30 days prior to Day 1 of their tour will be required to pay the domestic tax on all included flights.

8. YELLOW FEVER

It may be required to show a Yellow Fever certificate upon entering the country visited. Please check in with your local health expert for advice on Yellow Fever and other inoculations required for this area.

9. WET SEASON

Please be advised during the wet season (Jan - April) if there are periods of severe rain some of the campsites on the Inca Trail may become unusable. In the interest of your safety, there may be changes made locally to the trekking itinerary if the conditions of the campsites are assessed to be unsafe.

10. GROUP DYNAMICS

Please note, in most cases, the entire group will not be hiking the Inca Trail together. Members of the group may choose to hike the Lares Trek or spend additional time in Cusco and the Sacred Valley instead of hiking. If you have chosen the Lares Trek or Cusco Stay you may be paired with members of other G Adventures groups for the trek, transportation, and activities included.

11. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

12. Wifi

Please note that there will be no wifi and limited cellular service available for much of the trek.

Group Leader Description

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

Group Size Notes

Max 18, avg 14.

Meals Included

20 breakfasts, 7 lunches, 8 dinners

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Public bus, boat, truck, motorized canoe, train, hiking.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Simple hotels (19 nts), hostel (4 nts, multi-share), overnight buses (4 nts), camping (3 nts), homestay (3 nt), G Adventures-supported community lodge (1 nt).

Rooming and "My Own Room" Exceptions

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Nights 2-4: Amazon homestay, Nights 8, 11, 13 and 18: overnight buses, Nights 20-21: Colca Canyon, Night 22: overnight bus, Nights 25-27: Inca Trail. Night 32: Lake Titicaca homestay.

About Accommodation

Accommodation will be varied throughout your adventure. Some nights on this tour will be multi-share. This may involve 4-6 group members sharing a room. The majority of accommodation will have shared bathroom facilities.

Where we use multi-share hostels, rooming requests of any kind cannot be taken.

Please note that hot water shortages and power outages can be fairly common in Peru (even in upgraded hotels and private homes). We appreciate your patience and understanding that these occurrences are outside of our control. For private accommodation please see tours in our Classic Travel Style.

Joining Instructions

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

The Quito International Airport is approximately one hour outside of the city centre where your joining hotel is located. There are a number of routes the driver may take depending on time of day and traffic, however, the route often seems long and indirect. The easiest and cheapest way to get there is by organizing a taxi at the desk within the airport (approximately \$30 USD). Private transfers generally cost more as the cars will need to drive from Quito, to the airport, and return. Immediately after the customs and immigration area, as you head to the exits, you will find a taxi stand. We strongly recommend you pay for the car at set rates from the taxi stand and therefore won't need to worry about sorting out a ride outside the airport facilities, where the situation tends to get more chaotic with many drivers vying for few clients. The taxis outside the airport area do not belong to the Taxi Airport Union and may charge higher fares.

There is also a shuttle available with the bus company Aeroservicios. Aeroservicios charges 8 USD to board a bus which will take you from the new airport to the old airport. The buses are new, comfortable, and often include wifi. From the old airport, a taxi to get to your hotel would generally cost \$5 USD depending on the distance and location.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time)

From outside Peru: +51 1 241 1650

From inside Peru: 01 241 1650 or 241 1650 (from payphone within Peru)

After hours Emergency number: +51 99 758 2712 (WhatsApp Available)

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

Remember that although near the Equator, the higher altitude on some parts of the trip make for cool evenings and you will need a warm sweater or pullover. It's best to layer clothes rather than bring a heavy parka so that you can take layers off. This is especially true on the Inca Trail, at which time warmer clothing is essential.

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

Packing List

Amazon:

- Knee-length socks
- Loose-fitting, light coloured hiking pants
- Loose-fitting, light coloured long-sleeved shirts
- Pack liners to waterproof bags

Available for Rent During Your Trek Briefing (Payment only by Credit Card):

- Camping mattress/sleep mat (45 soles)
- Sleeping bag (45 soles)
- Walking poles (15 soles each (30 per pair))

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Snow Boots
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear

- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test

Inca Trail:

- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Pack liners to waterproof bags
- Rain gear
- Sleeping bag (Also available for rent)
- Thermal base layer
- Travel pillow
- Walking poles, rubber-tipped (Also available for rent)
- Waterproof hiking boots

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer.

Please note for trekking rentals credit cards are the preferred method of payment.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The currency in Bolivia is the Boliviano (BOB), in Peru the Nuevo Sol (PEN), and in Ecuador the US Dollar (USD).

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank.

You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies.

Do not rely on credit or debit cards as your only source of money, a combination of US dollar cash and cards is best. Please bear in mind that cost of living in the southern cone countries (Argentina, Brazil, Chile) is much higher than the rest of South America, and in the case of Argentina, more comparable with Europe. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend bringing travellers cheques as they are very difficult to change in country.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

USD \$28

Tipping

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

If at the end of your trek you felt your trekking guide and support team did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline, we suggest each hiker contributes the following to a collective pool.

Inca Trail:

Head guide: 15-30 USD

Assistant guide: 10-20 USD

Your trekking crew: 40 USD

Lares Trek:

Head guide: 15-30 USD

Assistant guide: 5-15 USD

Your trekking crew: 35 USD

Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

Optional Activities

Quito

- Quito City Tour and Equator

Cotopaxi

- Cotopaxi Volcano - Full Day Trip

Tena

- Guided Waterfall Walk
- AmaZOOnico Animal Rescue Centre Visit (25USD per person)

Baños

- Mountain Biking (10USD per person)
- Hot Springs - Baños (20USD per person)
- Horseback Riding - Baños (25USD per person)
- Hiking - Baños (Free)
- Baños Canyoning Adventure (30USD per person)
- Baños Ziplining Adventure Bundle (25USD per person)

Cajas National Park

- Cajas National Park Visit (65USD per person)

Cuenca

- Day Trip to Ingapirca Ruins (65USD per person)
- Cuenca Mud Baths & Hot Springs (40USD per person)
- Gualaceo and Chordeleg Day Trip (65USD per person)

Máncora

- Surfing
- Horseback Riding

Trujillo

- Chan Chan Ruins Visit

Lima

- Lima City Tour (40USD per person)
- Bike Miraflores and Barranco (35USD per person)
- Lima Cooking Class (4hrs)
- Full Day Lima Experience (150USD per person)
- Huacas and Larco Museum by Night (90USD per person)
- MALI & Peruvian Paso Horse with dinner (90USD per person)

Nazca

- Nazca Desert Cemetery and Potter's Studio Guided Tour (80PEN per person)
- Flight over Nazca Lines

Arequipa

- Juanita Museum (60PEN per person)
- Arequipa City Tour
- Santa Catalina Monastery Visit (60PEN per person)
- Arequipa City and Area Panoramic Bus Tour (20USD per person)

Chivay

- Hot Springs (15PEN per person)

Cusco

- La Merced Visit
- Cusco City Tour (45PEN per person)
- Inka Museum (10PEN per person)
- Cusco Tourist Ticket (130PEN per person)
- Cusco Cooking Class
- Rainbow Mountain Hike - Full-day Trip

Puno

- Sillustani Burial Towers Entrance (59PEN per person)

Lake Titicaca

- Lake Titicaca Kayaking

La Paz

- Valley of the Moon Tour (15USD per person)
- Witches' Market Visit
- La Paz City Tour (25-45USD per person)

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Please note your Adventure travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure.

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

About Quito: Please take care when wandering about the city on your own, as pick pockets and purse-snatchers are common, particularly in the Old Town. We recommend taking an escorted tour around the city. If you are going to explore on your own, be safe and leave your passport, credit cards, traveller's cheques and cash you don't need in the hotel's safety deposit box. Most Quiteños are honest and genuinely helpful and friendly, but be safe and enjoy the city!

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Care should be taken when wandering around on your own in central Lima as, some areas can be dangerous and pickpockets are daring.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra Foundation - the non-profit partner of G Adventures

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation - Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Minimum Age

Minimum age of 18 years for this trip.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.