



## South-Peru

in and around the navel of the world

Tourcode: **SPE**

Groepsgrootte: **2-24**

Aantal dagen: **24**

## Reisbeschrijving

### Geometric lines in Nazca

You will spend day 4 in Ica, an idyllic oasis in the middle of the desert. A short drive the next day takes you to Nazca, a small desert town famous for the **Nazca lines**. From the viewing platform or even better, from a small plane, you can admire the views of the immense figures of different animals and geometric lines etched in the desert sand ages ago.

### Near the Misti Volcano

On day 6 you will take a comfortable royal class nightbus and head for the '**white city**' of Arequipa. The city is situated at the foot of the Misti volcano at an altitude of 2335 meters. The central 'Plaza de Armas' is Peru's most beautiful square and the baroque churches, cobble stoned streets and white washed walls represent Arequipa's typical colonial atmosphere. Really spectacular is the **Santa Catalina Monastery**, which is a city on its own. On day 7 and 8 you can explore the city.

### Condors at the Colca Canyon

On day 9 will enter the **Altiplano** and travel to **Cabanaconde**. Along the way you pass one of the world's deepest gorges, colourful Indian settlements and herds of vicuñas and other relatives of the llama and in the skies you will see the king of the Andes, the condor.

On day 10 you travel to **Chivay**, from which you can take an excursion to **Colca Canyon**, one of the world's deepest gorges.

On day 11 you will be well into the Altiplano and averaging about 3,800 meters above sea level. This is the most extensive area of high plateau on earth outside of Tibet. You reach the city of Puno, located at the edge of **Lake Titicaca**, the world's highest navigable lake.

### Stunning Lake Titicaca

On day 13 you will embark on a new adventure and one of the trip's highlights: an excursion on the stunning Lake Titicaca! You will visit the floating islands, home of the **Uros Indians**, who made these floating masterpieces out of reeds that grow naturally on the banks of Lake Titicaca. You will stop at **Amantani Island**, where you will stay overnight at a house of the local indigenous people. The following morning you will witness the magic that is sunrise over Lake Titicaca and later that day you arrive back in



Puno.

## Spectacular Machu Picchu

On day 15 you will enjoy the fantastic drive to **Cuzco**, passing barren Altiplano scenery. The ancient Inca empire seems to come alive in one of the world's most stunning colonial cities. Inca walls, colourful costumes, churches built on top of palaces and citadels lost in the Andean heights. Cuzco is truly the **archaeological capital** of the Americas. Not just in the city but also around Cuzco there are great Inca monuments to visit like the imposing ruins of Sacsayhuaman, the **Sacred Valley** and of course the citadel of **Machu Picchu**, one of the world's great monuments. With its bustling nightlife, Cuzco is also a great place to party or linger over a meal in a restaurant, watching the world go by. You may go rafting on a fantastic Andes river with many rapids, plunge into history by booking a city tour or visiting one of the many museums, shop around at the street markets and art galleries all over town or just sit people-watching from a lovely terrace. From Cuzco, you can take optionally the two day or four day trip along the **Inca trail** (bookable online at time of booking tour).

## Return to Lima

On day 20 you will travel by train to Aguas Calientes where you can pay an optional visit to **Machu Picchu** the following day . Undoubtedly, this '**Lost City of the Incas**' is South America's most enigmatic archaeological site. On day 21 you return to Cuzco where you will have another afternoon to enjoy the city. On day 22 you will take a flight back to Lima for your final night before your tour finishes on day 23 in Lima.

## Incatrail

*During this tour you have the option of booking a trip to the Incatrail (not sold separately). You will walk the old pathways of the Incas before you reach Macchu Picchu. There are a 2 day and a 4 day variant and both are possible. It is however strongly advisable to book this well in advance as we are unable to guarantee you if you book less than 3 months in advance. Before booking an Inca trail excursion please check real time availability <http://www.inca-trail.com.pe/dispo/index.php?lg=en>. Please note that the Inca Trail is not available during the month of February.*

Costs are **£125 for 2 days / 1 night and £150 for 4 days / 3 nights.**

## Routekaart





## Uitgebreide reisbeschrijving

### Welkom

#### Welcome to Shoestring!

Shoestring is looking forward to welcoming you on one of our unforgettable journeys. Be well prepared, get informed about your destination and make sure you know which vaccinations or other medication you require. During the trip, be flexible and don't feel obliged to always stay with the group. Your guide will advise and assist you, but remember that he or she will have a lot on their mind to ensure that everything runs smoothly. We hope you have a fantastic time in this beautiful destination.

#### Before you travel

If your trip is unexpectedly cancelled, we will let you know at least three weeks prior to departure. Cancellations are very rare though, so go ahead and prepare yourself for your trip.

## Moeilijkheidsgraad Informatie

### This holiday is classified as Category B

The difficulty of our travels varies greatly. Added to this is the fact that difficulty is a very personal perception. To give an impression of the difficulty of a particular holiday we have developed a classification system.

**Category A:** Light travel, possible for anyone. Short distances, good hotels, slow travelling speed.

**Category B:** Feasible for anyone who prepares for the trip. Sometimes longer distances, good hotels or camping facilities, some adventure nights, average travelling speed.

**Category C:** Feasible for anyone who prepares well and is flexible, but some parts of the journey are difficult, distances may be long or require a day's walk, there may be some basic facilities.

**Category D:** Reasonably difficult trip because of long travel distances, often primitive facilities or tents, long walks.

**Category E:** Difficult trip. The traveller knows him/herself and is well prepared, he or she realises that the holiday can be demanding.

Peru 'on a shoestring' is a Category B holiday. It can be made by any reasonably healthy



individual. In the summer the trip is considerably more difficult than during the rest of the year. A flexible and positive attitude is just as important as a good level of fitness.

## Nature of the trip

Peru is the country of the panoramic views, where the endless Altiplano plains abruptly change into the steep rising peaks of the Andes mountains. The mysterious Nazca Lines, old colonial buildings and impressive Inca constructions such as Machu Picchu bring the past alive. You will be amazed at the bizarre plant and animal life and enjoy the warmth of the friendly, colourful people in this fascinating country. Fit explorers can walk the famous Inca trail for two or four days.

## Wat is inclusief

Accommodation in hotels; transportation with (mini) bus only for transfers from hotel to hotel; domestic flights; train journey Aguas Calientes; entrance fees Colca Canyon and Lake Titicaca; boat excursion Lake Titicaca including meals; English speaking tour leader.

## Wat is exclusief

International flights; optional flight Nazca lines; Inca Trail and/or jungle extension (reservation should be done at time of booking tour); all meals; tips; visas; optional excursions; all entrance fees; airport transfers; booking fee; travel insurance.

## Let op

♦ You will generally travel with other UK clients. However, if less than 6 people book the tour on the UK website then your group may be combined with a Dutch, German, Italian or Spanish group. Your tour would still be conducted in English.

## Dag-tot-dag schema

	Vervoer	Route	Overnachting
1.		Lima	Lima
2.			
3.		Lima - Pisco - Ica	Ica
4.		Ica	Ica
5.		Ica - Nazca	Nazca
6.		Nazca - Arequipa (night bus)	Arequipa (optional flight Nasca Lines)
7.			
8.			
9.		Arequipa - Cabanaconde	Cabanaconde
10.		Cabanaconde - Chivay	Chivay
11.		Chivay - Puno	Puno
12.		Puno	Puno
13.		Puno - Uros - Amantani	Amantani
14.		Amantani - Puno	Puno
15.		Puno - Cuzco	Cuzco
16.			
17.			
18.		Cuzco	Cuzco



19.		Cuzco	Cuzco
20.		Cuzco - Aguas Calientes	Aguas Calientes
21.		Aguas Calientes-Cuzco	Cuzco
22.		Flight Cuzco - Lima	Lima
23.			

## Dag-tot-dag schema

### **Dag 1 - 2: Lima**

Arrive into the beautiful capital city of Peru, relax and acclimatise to your new surroundings. You will have two days to explore Lima at your leisure. The city centre around Plaza de Armas is full of beautiful old colonial buildings, palaces, churches and monasteries. In the monastery of San Francisco you can visit the catacombs. There are several markets and excellent museums, such as the Gold Museum and the Museum of Anthropology and Archaeology. The shopping streets brim with life and in the evening you could sample local cuisine in one of the many restaurants. Delicious dishes are Lomo Saltado and Ceviche.

### **Dag 3 - 4: Lima - Pisco – Ica**

In the morning you will take the bus to Pisco (some 3.5 hours driving). Pisco is a small fishing town near Paracas National Park. There's time to visit the Islas Ballestas, a paradise for sea lions, penguins, cormorants and gannets. Although you are not allowed to disembark you will see most of them. Curious sea lions swim around the boat while various sea birds fly overhead. On the return trip you will pass "Candelabro", a drawing of a candle etched in the rocks. The origin like that of the Nazca Lines, is unknown. Then you will go to Ica, a famous oasis surrounded by beautiful sandy dunes. In Ica you can opt the next morning to take a spectacular buggy ride and enjoy a beautiful sunset or go sandboarding, i.e. skiing the dunes on a waxed wooden board. In the oasis you can take a swim. You will stay overnight near the oasis in a hotel with a swimming pool.

### **Dag 5: Ica - Nazca**

Next day the trip continues to Nazca, famous for its intriguing Nazca Lines. The origins and purpose of the Nazca Lines remain a mystery. Some lines represent animals, among them a large 90-metre monkey and a 180-metre lizard. Others are geometric patterns, such as perfectly straight lines of several kilometres and gigantic triangles. Various theories have been developed about the function and background of these lines. The most plausible seems to be the theory by Dr Maria Reiche, a German mathematician who has spent a large part of her life studying the Nazca Lines. She thinks the drawings are part of an astronomical calendar. Just as amazing is the cemetery at Chauchilla, where sun-bleached Nazca skeletons guard their age-old resting place. If you want to fly across the Nazca Lines you can do so in the morning of Day 6, the weather permitting.

### **Dag 6 - 8: Nazca - Arequipa (night bus)**

Today you will have lots of time to take the optional flight across the famous Nazca Lines. In the afternoon you can sit and relax by the hotel swimming pool or book another optional excursion.



In the evening we will take the comfortable public night bus to Arequipa where you will arrive in the morning, after a journey along the coast and through the mountains.

Arequipa is a beautiful old colonial city at 2235 metres, surrounded by volcanoes. The most famous of them is El Misti (5822 m), which can be seen from Plaza de Armas. Although the city was founded by the Spanish Conquistadors there are still many remains from pre-Inca and Incan times to be found in and around Arequipa. Various daytrips can be taken. In Arequipa the beautiful Santa Catalina convent is worth a visit. For 400 years, nuns lived here in total isolation. It was only in 1970 that the convent was opened to the public. The convent is probably the most beautiful in the New World. The complex measures around 20,000 sq m and you can wander for hours through its picturesque alleyways. At the Museum of Sanctuaries Andinos you can visit the mummy of a young Inca girl called Juanita. She was sacrificed to the volcano to put it in a more favourable mood. The mummy has been preserved so well because it lay frozen under a layer of ice for all these years.

### **Dag 9: Arequipa – Cabanaconde**

Today you cross the Altiplano to Cabanaconde, where you will stay for the night. At the highest point of the journey you will have a fantastic view of the surrounding volcano peaks. You will see the pampas, where the vicuña, threatened with extinction, is grazing, and various kinds of llamas. You will pass through several small traditional Andean villages. This trip can be physically demanding because of the altitude, which rises as high as 4800 m.

### **Dag 10: Cabanaconde – Chivay**

Today is one of the highlights of the trip: visiting the "Cruz del Condor" offering a splendid view of Colca Canyon, one of the deepest gorges in the world. If you are lucky you will see the majestic condor floating on the thermals. You will also visit some surrounding villages and continue in the afternoon to the Indian village of Chivay, where you will stay the night. The entrance to Colca Canyon National Park is included in the holiday price.

### **Dag 11 - 12: Chivay - Puno**

In the morning you will be taken to Puno, where you are free to spend the day as you please. Puno lies on the banks of Lake Titicaca, the highest commercially navigable lake in the world (3820 m). You can visit the Sillustani Tombs here. In these towers the Colla people, a pre-Inca civilisation, buried their dead. Or you could visit Puno's colourful market or explore the town at your leisure. It is also possible to make an excursion to Tihuanacu, in Bolivia, where pre-Incan excavations can be seen.

### **Dag 13: Puno –Uros- Amantani**

Today you will take a boat trip to the floating Uros Islands. They are entirely made of reeds and when you tread on them it feels as if you are walking on the moon. You will spend the night at home with the Indians on the island of Amantani. The islanders settled here centuries ago to avoid surrendering to the Incas. The local traditional clothing is very colourful. Women wear several layers of skirts and beautifully embroidered blouses. Men knit their own woollen caps. They wear half-length black trousers, white shirts and woven cardigans. Bring sufficiently warm clothes but don't forget the suntan lotion either; lying on deck can get you burnt quite quickly.



## **Dag 14: Amantani –Puno**

This morning you will take the boat across enormous Lake Titicaca back to Puno. You are free in the afternoon to do whatever you wish.

## **Dag 15 - 19: Puno - Cuzco**

A beautifully scenic bus trip across Peru's Altiplano will take you to Cuzco in 8 to 9 hours. In Cuzco you can explore the royal seat of the mighty Inca kingdom. Cuzco is rich with monuments and surrounded by countless Inca ruins. In the language of the Incas, "cuzco" means "the navel of the world." At one time the city was the powerful and religious centre of the Incas and Cuzco still breathes the mystic air of those times. In 1533, Cuzco was conquered by the Spanish. They destroyed it and used the foundations of the Inca buildings as a base to build a new colonial city. Many of these foundations are still visible. It is worth paying 70 sol (GBP 11.50) to buy the special Cuzco Visitor Ticket that gives you access to almost all of the important monuments, churches and museums in the city and the most important ruins sites in the area.

Next to Plaza de Armas is the imposing Cathedral, linked to the churches of El Triunfo and Jesus María, which in turn are outshone by La Compañía church, diagonally across the street. The Qorikancha was once the most important and richest temple of the Inca kingdom. Over its foundations, Santo Domingo church was built, but you can still admire the beautiful masonry of the Inca temple. Outside the city there are interesting Inca ruins such as Tambo Machay (a water temple), Puca Pucara, Qenko and Sacsayhuaman which; once a powerful fortress and centre of religion, offers a great view of Cuzco. Colossal blocks of granite were hewn so as to fit together exactly. These four ruins can be visited in one journey on foot or on horseback. In the evening you can dine in one of the many lovely restaurants.

### **Inca trail**

For the real hikers, nature and culture lovers the 42 kilometre long Inca trail forms a true challenge. Do not take the ruggedness of this trek lightly, because there are no hotels, you sleep in two-person tents and the weather can change everyday. Moreover, the terrain is anything but flat. Are these reasons not to walk the Inca trail? No! But prepare yourself thoroughly, because the trek is tough, but thoroughly enchanting. It is best to walk the Inca trail between May and October, although there may be one or two showers. . Please note that during the month February the Inca Trail is always closed for maintenance.

In four days you will walk, from a height of 2000 m. along passes of 3900 and 4200 metres. You will cross bare plains and densely grown mountain cloud forest with beautiful bromelias and lianas. You will be accompanied by a local guide, who will stay with the group during the entire trek through a number of truly wonderful Inca ruins. Local porters carry the cooking equipment, tents, provisions for four days and fuel. You carry yourself a small backpack containing your needs for these four days and a sleeping bag.

In two days, you can walk a shorter version of the Inca trail. The two-day trek starts near the holy Urubamba River. By the end of the afternoon, you arrive at Machu Picchu, where you stay overnight in the village of Aguas Calientes at the foot of Machu Picchu. The following day you have plenty of time to visit the ruins, led by the guide. At the end of the afternoon, you return to Cuzco by train.

If you want to walk the Inca trail, indicate this on your booking form and book as early as



you can. The trek is extremely popular and if you book late, the odds are that there will not be a place left. When booking, give your precise name and passport number (your passport must be valid until 6 months after the tour!), because this information will be printed on the entrance tickets. Any error in these data automatically generates a penalty fee which we will have to charge you.

The Inca trail is always in high demand and only becomes fixed upon receiving our confirmation. It is however strongly advisable to book this well in advance as we are unable to guarantee you if you book less than 3 months in advance. Before booking an Inca trail excursion please check real time availability <http://www.inca-trail.com.pe/dispo/index.php?lg=en>. Please note that the Inca Trail is not available during the month of February.

The price per person for the four-day Inca trail is £150, - and for the two-day Inca trail £125 per person.

If you have booked the 4 day Inca trail, you will not stay overnight in Aguas Calientes (plus train trip) according to the standard programme. Obviously, all these costs are taken into account in the price of the Inca trail. Walking the Inca trail also means you have fewer or possibly no days off in Cuzco.

## **Dag 20: Cuzco - Aguas Calientes**

We travel by train to Aguas Calientes. The 4-hour train ride takes us through stunning scenery. The rest of the day, you are free to explore the village, take a walk or a break in the hot water springs.

## **Dag 21: Aguas Calientes-Cuzco**

Today, you may visit the world-reknowned lost Inca city of Machu Picchu, beautifully located on a plateau in the middle of freakish rock formations (the bus ride from Aguas Calientes to Machu Picchu is at your own expense and you will have to pay a 2-day entrance fee). Due to its unique location, the city was never discovered by the Spaniards and thus has remained relatively well preserved. It was only in 1911 that the American historian Hiram Bingham, who thought he had found the lost Inca city of Vilcabamba, discovered the ruins. Archaeologists believe it was once a religious Inca town, but its precise function is still unknown. You will have ample time to explore the whole complex of temples, terraces and holy places. The most famous photo of Machu Picchu was taken after a climb up to the Hut of the Caretaker of the Funeral Rock. If you prefer a completely different view of the ruins, a walk to the Inti Punku (Sun Gate) is highly recommended. From this point, people walking the Inca trail get their first glimpse of Machu Picchu. A steep climb of around an hour takes you to the top of the Huayna Picchu, where you will be again be rewarded with spectacular views. In the afternoon you return by train to Cuzco to spend the final two nights of the tour.

## **Dag 22 - 23: Flight Cuzco - Lima**

In the morning, we fly back to Lima for one final night before your tour finishes on day 23.

It is the last day of your tour but rather than being about 'Goodbye' your thought should be 'Go further'!



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## Landinformatie Peru

## Achtergrondinformatie

### Communications

Sorry, this information is not available at this moment. Please check back later.

### Cultural differences and habits

In Peru it is customary to start with a greeting and to inquire about someone's well-being. You will often hear "Buenos dias, como esta? ". On meeting and parting, men and women give a short kiss on the cheek to women, even if they hardly know each other. Indians do not kiss, but sometimes give a weak handshake. Politeness is highly appreciated. They have a different notion of privacy than we are used to and subsequently can get very close. They go through life well dressed and therefore do not expect tourists to be dressed scruffily. Shorts are not considered improper; nevertheless, in less touristy regions long trousers are more appropriate. Anyway, most of the time it will be too chilly for shorts. It is considered offensive to call someone of Indian descent Indian, Indigena is preferred.

### Food and drinks

**Food:** In Peru, the main meal of the day is lunch (almuerzo). Breakfast (desayuno) tends to be light, even though the majority of hotels and restaurants serve desayuno Americano as well. Generally, Peruvians eat their dinner (cena) late. When eating in small restaurants it is best to opt for a busy place, the food is fresh and appetising. Do be careful of the salads; they may be cleaned in tap water.

**Many local restaurants have a fixed menu (el menú) for around 3 dollars. For this, you get soup followed by a main dish, usually chicken or pork, with rice and vegetables. Each region has its own specialty. You will find Peru's well known local specialty in and around Cuzco: grilled guinea pig (cuy). Furthermore, you will come across alpacas not only into the wild on the Altiplano, but also in shops, as a woollen jersey; it could also turn up on your plate as a steak. You can find delicious cakes and snacks.**

**Drink:** Tap water is not suitable for consumption. Buy bottles of purified drinking water, available all over the country. Make sure the bottles have their original seals intact. Ice cubes are also a bad idea, as these contain tap water, especially at local restaurants or bars. 'Agua con gas' means water with gas and 'agua sin gas' means water without bubbles. **Té means tea as we know it, and mate means herb tea. You will frequently come across mate de coca, tea made of coca leaves. It is supposed to be good for altitude sickness and is very popular in the highlands. Generally, coffee is available but don't expect too much; usually it is Nescafe. Café con leche means coffee with milk (tasting more like milk with coffee!). Hot chocolate is popular, as are fresh fruit juices. Soft drinks**



such as coke are on sale everywhere. You can also try extremely sweet Inca Kola.

## Landscape

Peru offers a huge variety of cultural and geographical possibilities for the traveller. The first thing that comes to mind when thinking of Peru is Inca. The Inca civilization definitely is South-America's best-known and studied pre-Columbian culture. The landscape is scattered with Inca ruins and splendid examples are to be found in the surroundings of Cuzco.

Peru covers an area of 1.285.215 square kilometres; it is roughly five and a half times the area of Great Britain, the third largest country in South America. Peru borders Ecuador and Columbia to the North, Bolivia and Brazil to the East, Chile to the South and the Pacific Ocean to the West. Peru lies in the tropics, the equator is only a few kilometres distance north of Peru. Geographically, Peru can be divided into three regions: a dry coastal strip running along the country's entire length (the world's driest desert, the Atacama Desert, starts here), to the East the Andes and to the South East the Amazon rainforest. After the Himalayas the Andes is the largest mountain chain in the world, it cuts through Peru from north to south. Peru's highest peak is the Huascaràn (6768 m). Half of the Peruvian population lives in the Andes at an altitude between 3000 and 4000 metres above sea level.

## Population

Peru has around 28 million inhabitants. The population of Peru is mainly a mixture of Indians and "mestizos" (descendants of Indians and Spaniards). In addition, there are some important communities as Chinese and Africans. The official language in Peru is Spanish, but there are communities, where the inhabitants still speak Quechua and Aymara. Life expectancy is 60 years for men, and 65 years for women, 10 years less than in most Western countries.

In Peru, and especially in Cuzco and the Colca canyon, you may see Peruvian women wearing traditional, colourful clothing and large, bright hats. Those living around Lake Titicaca often wear home-knitted hats. In this region, the men knit clothes, while chatting with friends and walking the streets. The women weave colourful cloths to carry their children and purchases on their backs.

## Weather and climate

Climate: There are two seasons: a dry season, running from May through September and a rainy season, between October and April. Although, it is only in January that the real rain starts, January and February are the wettest months. As a rule, it showers in the evening. In the Andes, the weather tends to be unstable and unpredictable. In high altitude areas, it can be chilly. At night, temperatures may drop below freezing point. By day, temperatures are around 20 degrees.

Best time to visit: The best time to visit is from May through October. It's true that temperatures are lower during this period, however showers are sparse. In the mountain areas you should count on brief showers occurring throughout the year.

## Other background information

Peruvian architecture has two different styles: Spanish and Inca. Upon arrival in Peru,



you will be amazed by the very typical Spanish architecture of the splendid buildings around the Plaza de Armas, Lima's most prominent square. The large cathedral is worth a visit. The architecture in the central square of Cuzco also makes you feel like you are in Spain. One of this tour's highlights is a daytrip from Aguas Calientes to Machu Picchu where you will visit the ruins of an ancient Inca city. Notice the deliberate inclination of the walls to make them earthquake-proof. Also, you will see the ancient city's different sections, each one of them with different types of buildings. In the outer layers lived the 'common' folk, in the centre of town the high priests.

## Praktische informatie

### Arrival information

Take it easy for the first day in Peru. Take the time to recover from the flight, get used to the different climate, culture and country. Let it slowly work its magic on you. The more you can relax the more pleasure you will get out of Peru.

### Electricity

In Peru the electric energy is 220 volts but in many 4 and 5 star hotels you can find 110 volts too.

Power cuts occur now and then. In that case, hotels usually produce candles or oil lamps. A good torch is certainly useful, especially for evening walks. The abundance of holes, bumps and ditches in and along the roads can cause nasty falls if the streetlights suddenly go out.

### Health

The following health information is a general text that applies to all our travellers in South America. Those who pay some attention to hygiene and skincare do not usually run into health problems.

Food and drink: Temperatures in Peru can be extremely high and if you do not drink enough run the risk of getting dehydrated. This effect is magnified at high altitude. Tap water is unsuitable for human consumption. Generally, mineral water is available. When ordering a drink, ask the staff not to add ice cubes, as these are usually made of tap water that may contain germs. In small eating-places, it is better not to eat fruit or salads that have been skinned beforehand. Preferably, take your meals in busy restaurants. They are busy for good reason and the food is fresh. Clean your hands thoroughly before eating and keep your fingernails short.

Sunshine and heat: Sunburn, particularly at high altitudes, is a frequent cause of health problems. Sunburn and heat strokes are easier caught than you may think. You should therefore avoid the sun during the hottest hours of the day, always wear a hat (or carry an umbrella) and good sunglasses when you are walking, and use the recommended factor of suntan lotion. These are best brought from home. At high temperatures, the body's need for water increases very rapidly, as does its need for salt. Make sure you drink enough. Take it easy during the hottest hours of the day. Treat small scratches, wounds and insect bites before they become infected.



**Diarrhoea:** Next to sunburn, the most common health problem is diarrhoea. Travellers are often hit by it after they have been on holiday for only a few days. In most cases it is innocuous and caused by the change of diet, the heat or harmless bacteria, against which the body will soon develop its defences. The main risk is dehydration. It occurs when the body loses more fluid, salt and sugars than it receives. The result is a feeling of listlessness and weakness. It can be prevented by drinking a solution of water and ORS (Oral Rehydration Solution). It is sold in bags at the pharmacies and contains all the minerals and sugars that are evacuated with diarrhoea. Instead of this solution you can also take noncarbonated soft drinks or heavily salted broth. For many people, Coca Cola has a constipating effect in the first stages of diarrhoea. When the diarrhoea is accompanied by high fever and/or bloody defecation it is sensible to consult a physician. When the diarrhoea lasts for more than a few days without these symptoms or when you have to travel, you may take Imodium (or Diacure) a couple of times. It is an opiate that prevents bowel movement for a number of hours.

**Insect bites:** Mosquitoes are not a big problem here, however, they are found in some places. Insect repellents are effective, but do not expect miracles.

**Physicians, pharmacies and medication:** If you want to consult a physician, ask advice from the guesthouse/hotel staff or the travel guide.

**First-Aid Kit:** A good first-aid kit could consist of plasters, bandages, cotton wool, scissors, a thermometer, iodine, painkillers, malaria tablets, Oral Rehydration Solution bags, Imodium, sun cream, earplugs, and tweezers, insect repellent and an anti-itch cream or lotion. If you must regularly use prescription medicine, bring with you an exact description of the medicine in English (no brand names, just the essential ingredients, composition and dosage), bring twice the dosage necessary for the duration of the holiday and store in two separate places, so you have a back-up supply.

**Altitude sickness:** About half of the people who stay at heights above 3500 metres will suffer from altitude sickness to some degree. It is a reaction of the body to the decreasing oxygen content in the air. The danger is in the accumulation of fluid in the lungs or brain. Altitude sickness is potentially deadly. Be sure to be alert to the symptoms. Before giving a description of the symptoms, note that contracting the illness is not dependent on your physical fitness or routine when walking at altitude. Practised mountain hikers and even our bearers in Peru can contract it even after long exposure. People under thirty, those who have had altitude sickness before and people with a pulmonary or heart condition are at a greater risk. There is a wide range of symptoms with altitude sickness. The French Alpine Association works with a scoring system in order to assess the seriousness of the situation. Symptoms with one point are nausea, headache, insomnia, dizziness. Two points: vomiting, headache that does not react to aspirin. Three points: excessive fatigue, shortness of breath or tightness of chest without exertion, little or no urination. If you do not score more than three points you can keep on going up slowly, but it is better to go on climbing when the symptoms have disappeared completely. Between four and six points, must be careful and wait until the symptoms have disappeared, or even better descend a couple of hundred metres. More than six points means: there is a life-threatening situation at hand, descend immediately, the patient cannot stay at this altitude and certainly not sleep here. During this journey, we will reach a height of 4900 metres at most. This is not an altitude where one can expect great difficulties but it is necessary to be alert. Most travellers will experience a difference when exerting themselves. At a height of 4000 metres, climbing



two flights of stairs can even be a difficult task. The best thing is to take it easy and drink a cup of Coca Tea now and then.

Vaccinations: Below is the recommendation of the Health Authorities when this edition went to press. This information may change. Furthermore the question is what your personal needs are, which depends on earlier vaccinations, possible sensitivity for certain medicines, pregnancy, age etc. ALWAYS contact your General Practitioner or the Practice Nurse for advice. We at Shoestring cannot provide any further information by telephone. The complete overview for this journey is: DTP, hepatitis A, Typhoid and yellow fever. Plan ahead, some inoculations need time to achieve the desired effect. Compulsory vaccination for yellow fever in Peru. Recently, for travellers booking a time extension to the jungle in Peru a vaccination against yellow fever was made compulsory. You have to be able to prove this on arrival by showing a certificate or stamp.

Further advice to make your journey more pleasant: Allow your body and mind the time to steadily adjust to the new time zone and location. Avoid tension, do not draw up a plan immediately. In any event take it easy on the first day. Getting up early is a good habit; in warm countries, the morning temperature is usually the most agreeable. The people here are used to getting up early. If you adapt to their rhythm, you will make the most of your time.

## Info for people at home

Make sure that those at home know which country you are in and how long you are planning to stay away. You may fix a date when you will contact them again. Provide those picking you up from the airport with your flight times and numbers. Shoestring will not provide flight and/or travel information, accommodation names and telephone numbers to third parties. Any information on delays can be retrieved via the information number at the airport or Teletext, not via Shoestring.

## Luggage and clothing

On this trip we will stay in high places. Bring along warm clothing, such as a fleece sweater or jacket. By day, it will be mostly sunny, so thin, cotton clothes and shorts are indispensable items. However, please note that for this trip extra warm clothes are a must, especially in the summer season (May – October) when temperatures may drop at night as low as  $-15^{\circ}\text{C}$ . **Gloves, bonnet and / or a scarf should be part of your packing items!** Bringing too little clothing is better than bringing too much as you can buy anything you lack for next to nothing. An umbrella and a thin rain jacket might come in handy, the former protecting against both rain, and blazing sun. You need a good pair of worn-in hiking shoes, with good tread and a pair of flip-flops. Other important items are sunglasses, sun creams, toiletries, a first-aid kit, a hat/scarf, a (video) camera and sufficient film/videos and spare batteries, a torch, towel, a pen-knife, a lighter, an alarm clock, writing equipment, books, passport, sufficient travellers' cheques and money, copies of your passport and travel insurance, a list of the numbers of your travellers' cheques and receipt of purchase, your flight ticket, all relevant travel insurance details and emergency contact numbers and your holiday guide with the important addresses. We advise you bring along a weekend bag or backpack. A solid suitcase is inconvenient if you have to carry it yourself on and off trains etc. Also, bring along a small backpack or shoulder bag for hand luggage. A thin money belt, to be carried underneath your clothing, is also advised for storage of valuable documents. Take care to put some clean



clothes in your hand luggage, in case your main luggage arrives later than you. For example, the pill and your toothbrush should be in your hand luggage. Check that your luggage is not too heavy.

## Money and currency

The amount of spending money suggested, is the minimum required to pay for your meals, drinks, optional excursions, entrance fees, local airport taxes and tips. The amount you actually need of course depends on your own spending pattern; therefore souvenirs are not included. We suggest £125-£150 per week.

## Photography

Peru is an extremely photogenic country. Unfortunately, not everyone likes to be photographed. The photographing or (video) filming visitor should realize that they cannot intrude into people's lives without being asked. Always ask permission first and respect any possible objections. Frequently, locals ask money for a snapshot and you'll find out soon enough whether you are dealing with a 'professional'; if you do not want to pay for a picture, you will have to find another subject. It is possible to buy film on the spot, but generally only in large towns. Make sure the film is not past the use-by date and is not stored in overly warm conditions. It is advisable to buy sufficient film/video prior to the trip and not to forget spare batteries. It is possible to develop and print your photograph in various places. Generally, the quality is acceptable, but do not take this for granted. Avoid leaving film or camera behind in a locked car as the fast rising temperatures can damage film quickly.

## Safety

Theft does occur in the cities. A simple method to avoid pickpockets is to store money and important documents close to your body, ideally in a money belt. Have some pocket money ready, so you do not have to search for it in the middle of the street. Pay good attention to your possessions and to what is going on around you. Robberies tend to take place in the places you should avoid, such as dark alleys and dark deserted beaches. Stay away from people offering drugs and do not go along with 'plain-clothes policemen' who don't show proper identification. Your belongings will be reasonably safe in your hotel room, but do not leave valuables behind. If you use your common sense and stay alert, you shouldn't have any problems.

## Time difference

The time in Peru is GMT - 7 hours (6 hours behind BST).

## Tipping

The basic pay of hotel and restaurant staff that make life agreeable along the way by cooking, making the beds, etc. is meagre at best. You may not have a ready solution for the poverty affecting these countries, but the least you can do is give the individuals working for you a good tip. A 'tipping box' may be useful, to be administered in turns by



the passengers and in consultation with the guide. Also, while you are on the road, snacks etc. can be bought from this money.

The tour guide will expect a tip on completion of his/her services, assuming he/she has provided satisfactory service. Our guideline is approximately £10 per person for the entire tour.

## **Other practical information**

### Contact persons

In case of an emergency, it is important for us to have details of someone we can reach as a contact person back home on your behalf. You will have entered a name on the booking form. It is possible that this person is unavailable or on holiday during your trip. If so, enter a second person so that we are sure to be able to get in touch with somebody.

## **Adresgegevens**