

Overseas Adventure Travel[®]

THE LEADER IN PERSONALIZED SMALL GROUP ADVENTURES SINCE 1978

Your O.A.T. Adventure Travel Planning Guide[®]



Peru's Nazca Lines & Amazon Rain Forest

2025

Overseas Adventure Travel®

347 Congress Street, Boston, MA 02210

Dear Traveler,

I am thrilled that you are considering exploring the world with O.A.T. There are so many wonderful destinations to discover, and the itinerary described inside is a perfect way to fulfill a travel dream.

When you join us, you will slip seamlessly into local life as you explore off the beaten path in your small group. Like all our itineraries, this one is designed to give you an intimate understanding of your destination, not just a superficial view. You will get to know community leaders and try your hand at local trades during your *A Day in the Life* experience, share traditional fare and lively conversation during a Home-Hosted Visit, discuss the Controversial Topics impacting everyday life, and visit sites supported by Grand Circle Foundation. And if you choose to travel solo, you will enjoy all these cultural experiences at an unmatched value, with our FREE Single Supplements—just one of the reasons we continue to be the leader in solo travel.

To ensure you experience the true culture and feel supported every step of the way, we provide the services of a local Trip Experience Leader from the beginning of your adventure to the end. Along with introducing you to the history and culture of their homeland, these friendly experts will gladly help you out with any special requests to make your trip even more special. You can also rely on the seasoned team at our regional office, who are ready to help 24/7 in case any unexpected circumstances arise.

Plus, you can put your own personal stamp on your trip, like the **87% of our travelers who personalize their experience**. Perhaps you will choose to see more of your destination by adding an optional trip extension to your itinerary. You can also arrive a few days early to explore independently and get acclimated, customize your air itinerary, and more.

I hope you find this Travel Planning Guide helpful. If you have any further questions, do not hesitate to contact one of our Travel Counselors at **1-800-955-1925**.

Warm regards,



Harriet R. Lewis
Chair
Overseas Adventure Travel

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Palpa Lines

New! Peru's Nazca Lines & Amazon Rain Forest

Small Group Adventure

Peru: Lima, Paracas, Iquitos, Amazon Rain Forest Lodges

Small groups of no more than 16 travelers, guaranteed

12 days starting from \$4,495

including international airfare

Single Supplement: **FREE**

For departure dates & prices, visit www.oattravel.com/nla2025pricing

Venture far beyond the beaten path in Peru to two of this nation's most unique environments. Travel south to the deserts of Paracas, where you'll take to the sky for a bird's eye view of the legendary Nazca and Palpa lines, ancient geoglyphs whose purpose is now known only to their long-gone creators. And travel into the Amazon rain forest, where, from our accommodations in forest lodges, we'll get to know the flora, fauna, and indigenous communities that thrive in this remote environment.

IT'S INCLUDED

- 11 nights accommodation
- International airfare, airport transfers, government taxes, fees, and airline fuel surcharges unless you choose to make your own air arrangements
- All land transportation and 2 internal flights
- 26 meals—11 breakfast, 8 lunches, and 7 dinners
- 18 small group activities
- Services of a local O.A.T. Trip Experience Leader
- Gratuities for local guides, drivers, and luggage porters
- 5% Frequent Traveler Credit toward your next adventure

Prices are accurate as of the date of this publishing and are subject to change.



WHAT TO EXPECT

① ② ③ ④ ⑤ Moderate

Pacing: 5 locations in 11 days

Physical requirements: Travel over city streets, rugged paths, and unpaved roads; walk over rough, steep, and sometimes slippery trails without handrails; and climb many high and uneven stone steps at Inca ruins. Trails in the Amazon rain forest can be uneven, wet, muddy, or slippery.

Flight Time: Travel time will be 6-14 hours and will most likely have two connections

View all physical requirements at www.oattravel.com/nla

SOUTH AMERICA: THE O.A.T. DIFFERENCE

Unbeatable Value: Travel at the lowest price and per diems in the industry.

People-to-People Experiences: Experience what life on the banks of the Amazon is like during *A Day in the Life* of Indiana village, a remote riverside village that is located hours away from the nearest settlement. Plus get to know the indigenous Yagua and Maijuna people during visits to their rain forest communities.

O.A.T. Exclusives: Take in the legendary Nazca and Palpa lines during an aerial flight that will showcase both sets of ancient landmarks—a rare opportunity that most travelers miss. And stay in the heart of the rain forest with two 2-night stays in Amazon lodges, for unfettered access to the rich flora and fauna that make their home here.

ITINERARY SUMMARY

DAYS	DESTINATION
1	Fly to Lima, Peru
2	Lima
3-5	Paracas
6-7	Iquitos
8-11	Amazon Rain Forest
12	Return to U.S.

PERSONALIZE YOUR ADVENTURE

OPTIONAL EXTENSIONS

Colombia: Medellín & Colonial Cartagena

PRE-TRIP: 6 nights from **\$2,295**

Bolivia's Culture & Landscapes: La Paz to the Uyuni Salt Flats

POST-TRIP: 6 nights from **\$2,495**

ARRIVE EARLY

We recommend that you relax after a long flight or explore more in depth before your trip. Prices shown include accommodations and private airport transfer.

- Arrive early in **Medellín** before your Colombia: Medellín & Colonial Cartagena pre-trip extension from **\$130** per room, per night
- Arrive early in **Lima** before your main adventure from **\$140** per room, per night

Peru's Nazca Lines & Amazon Rain Forest

YOUR DETAILED ITINERARY

BEGIN YOUR ADVENTURE WITH AN OPTIONAL PRE-TRIP EXTENSION

6 nights in *Colombia: Medellín & Colonial Cartagena*

Day 1 Depart U.S. • Arrive Medellín, Colombia

Day 2 Discover Guatapé

Day 3 Explore Comuna 13

Day 4 Discover Plaza Botero & Antioquia Museum • Fly to Cartagena

Day 5 Explore Cartagena • Visit Getsemani

Day 6 Explore San Felipe Castle • Visit La Boquilla village

Day 7 Fly to Lima, Peru • Begin main trip

Day 1 Depart U.S. • Arrive Lima, Peru

- Destination: Lima
- Accommodations: José Antonio Deluxe or similar

Evening: Fly to Lima, Peru, arriving late in the evening or early morning. An O.A.T. representative will greet you at the airport and escort you to your hotel.

Day 2 Discover Huaca Pucllana

- Destination: Lima
- Included Meals: Breakfast, Lunch
- Accommodations: José Antonio Deluxe or similar

Breakfast: At the hotel.

Morning: Gather in the hotel with your Trip Experience Leader and fellow travelers—including those joining us from their optional *Colombia: Medellín & Colonial Cartagena* pre-trip extension, and those who arrived early in Lima before their

adventure—for a Welcome Briefing this morning, in which you'll be introduced to your small group, and receive an overview of the highlights of the adventure that you will be embarking on over the coming days.

Then, our Trip Experience Leader will guide us on an orientation walk through the neighborhood surrounding our hotel: the stylish Miraflores district, which is a cultural and artistic center full of small cafés, fine shops, and art galleries. Our walk will conclude at a local restaurant where we'll enjoy lunch together.

Lunch: We'll get to know each other a little better during an included Welcome Lunch at a local restaurant in Lima.

Afternoon: After lunch, we'll set off for a tour of Huaca Pucllana, an ancient pyramid located within the city that was built around 500 AD from adobe and red clay. A relic from a pre-Inca civilization, the monument was once used as a

burial site for nobility, but now houses features such as an on-site museum, workshop space, and a restaurant with a view of the ruins. The ancient treasure stands out against the modern development of the Miraflores district, a constant reminder of Lima's unique history.

We'll return to the hotel after touring the ruins, and enjoy the rest of the day free to explore independently. Your Trip Experience Leader can offer suggestions for discovery.

Dinner: On your own. Ask your Trip Experience Leader for restaurant recommendations.

Evening: Free to rest or continue exploring independently.

Day 3 Overland to Paracas

- Destination: Paracas
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Casa Andina Select Paracas or similar

Activity Note: Our overland transfer to Paracas will take about 5 hours, with stops along the way.

Breakfast: At the hotel.

Morning: We'll board our bus and transfer overland to Paracas, making stops along the way to break up our drive.

Lunch: At a local restaurant en route to Paracas.

Afternoon: We continue on to Paracas, arriving in the early afternoon. We'll stay in this beachfront town for the next three nights, using it as our home base for our explorations of the Nazca lines, the Ballestas Islands, and the dunes of the surrounding desert. After we check into our hotel, our Trip Experience Leader will take us on a short orientation walk of our neighborhood. We'll then have the rest of the afternoon to settle in or explore on your own.

Dinner: At the hotel.

Evening: Free to rest or explore independently.

Day 4 Nazca & Palpa Lines overflight • Pisco distillery visit

- Destination: Paracas
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Casa Andina Select Paracas or similar

Breakfast: At the hotel.

Morning: We'll drive to the Pisco Airport, where we'll board a small aircraft for an overflight tour of a UNESCO World Heritage Site: the Lines and Geoglyphs of Nazca and Palpa. We'll spend about an hour and a half in the air enjoying a bird's eye view of both of these mysterious ancient desert etchings, a rare opportunity that few travelers have the chance to experience.

Due to the size of the lines, an aerial vantage point is the only real way to appreciate the mysterious ancient geoglyphs of Nazca, which were etched into the desert ground sometime between 200 B.C. and 600 A.D. More than a thousand of these etchings—including geometric shapes and animals, such as monkeys, dogs, fish, birds, and spiders—can be seen over a span of over 170 square miles. We'll also view the geoglyphs of nearby Palpa, where many more shapes, including depictions of human figures, can be observed.

The original purpose of these 2,000-year-old artifacts has been lost to time, and is a subject of passionate debate among historians, archaeologists, and curious hobbyists. Some speculate that their purpose is tied to astronomy or cosmology, and that the region's ancient indigenous people used the markings to track the passage of the stars and the timing of the solstice. Others have opined that they might have been used for ritual burial or irrigation

channels; meanwhile some fringe theorists insist that such a feat could only have been accomplished by extraterrestrials (though this theory has gained little traction among more level-headed experts).

After viewing the lines, we'll land in Pisco and drive to the nearby city of Ica for lunch.

Lunch: At a local restaurant in Ica.

Afternoon: We'll drive to a nearby pisco factory to learn how Peru's most famous libation is made. During our visit, we'll tour the factory and have a chance to sample this heady brandy for ourselves—the key ingredient of the Pisco Sour cocktail, Peru's national drink. Then, we'll drive back to Paracas, where you'll enjoy some free time.

Dinner: At a local restaurant.

Evening: You have the freedom to spend the rest of your evening as you wish—perhaps you'll set out on an evening stroll to see Paracas by night.

Day 5 Ballestas Islands boat cruise • Paracas Dunes excursion

- Destination: Paracas
- Included Meals: Breakfast
- Accommodations: Casa Andina Select Paracas or similar

Breakfast: At the hotel.

Morning: We'll walk to the Paracas pier, where we'll meet a local guide and set out by boat for the Ballestas Islands. Located off the coast of Paracas, the Ballestas are locally known as the “poor man's Galápagos”—mainly due to the small, craggy archipelago's dense wildlife population—but don't let the nickname fool you. While visitors are not permitted to step on the islands themselves, touring by boat will allow us to take in the natural wonders found

here. Made up of eroded caves, arches, and rock formations, the Ballestas Islands is home to over 150 species of birds, including Humboldt penguins, boobies, pelicans, and cormorants. Feisty sea lions, red starfish, and other marine fauna dot the shores.

After our tour, we'll return to the hotel, where you'll have some free time to spend as you please.

Lunch: On your own in Paracas. Your Trip Experience Leader can recommend a café or restaurant.

Afternoon: We'll have a few hours after lunch to continue exploring independently before we head into the desert for a thrilling tour of the sprawling sands aboard small 4x4 dune buggies. Led by our Trip Experience Leader, we'll go off the beaten path—literally—as we navigate the dunes in our off-road vehicles, allowing for maximum exploration and discovery of this otherworldly environment so close to the coast.

After our buggy excursion, we'll return to our hotel, where the rest of the day is free to spend as you choose.

Dinner: On your own. Your Trip Experience Leader can recommend a restaurant.

Evening: The night is free to rest or explore Paracas independently.

Day 6 Fly to Iquitos

- Destination: Iquitos
- Included Meals: Breakfast, Dinner
- Accommodations: Double Tree by Hilton Hotel Iquitos or similar

Activity Note: Today's drive to Lima will take about 5 hours, including stops along the way.

Breakfast: At the hotel.

Morning: We'll check out of our hotel this morning and drive back to Lima, where we'll transfer to the airport for our flight to Iquitos, a lively port city in the northern part of Peru, and your gateway to discovery in the Amazon rain forest over the next few days.

Lunch: On your own at the airport in Lima.

Afternoon: Our flight to Iquitos will depart this afternoon. After we land, we'll transfer to our hotel and settle in to our rooms.

Dinner: We'll enjoy an included dinner together tonight.

Evening: The evening is free to rest or explore Iquitos on your own. Your Trip Experience Leader can offer suggestions for independent discovery.

Day 7 Discover Amazon Forever Biopark • Explore Iquitos

- Destination: Iquitos
- Included Meals: Breakfast
- Accommodations: Double Tree by Hilton Hotel Iquitos or similar

Breakfast: At the hotel.

Morning: We'll begin our day with a bus ride to the Amazon Forever Biopark, a nature conservation center dedicated to protecting the area's wetlands, white-sand forests, and the plants and animals that rely on this delicate ecosystem.

As we explore the park, we'll learn about the many threats that endanger the rain forests of the Amazon in the 21st century, and how environmentalists are fighting to protect them for the benefit of future generations. We'll also have the opportunity to observe some of the exotic species that live in this area, such as manatees, parrots, anacondas, and caimans (though since this is a wildlife preserve

designed to replicate the species' natural environment as much as possible, sightings are not guaranteed).

After our tour of the park, we'll drive back to Iquitos.

Lunch: On your own in Iquitos. Your Trip Experience Leader can recommend a café or restaurant.

Afternoon: We'll gather back together at the hotel early this afternoon with our Trip Experience Leader to set off on a walking tour of Iquitos. This is Peru's main river port, established in 1864 in the heart of rubber country on the Amazon's deep waters. Like any port, it has a hustle-bustle feel, yet it is not without its places of quiet and shaded retreats. And while Iquitos has seen many fortunes rise and fall, its isolation has remained constant: access to the city is by air or river only.

During our tour, we'll learn about how Iquitos changed dramatically during the rubber boom of the 19th and 20th centuries. Much of the architecture we'll see—including the Casa de Fierro, an imported iron house allegedly designed by Gustave Eiffel, better known for his eponymous tower in Paris—is a vestige of the era when European commercial barons held sway over life and culture here. As new technologies created an immense demand for rubber, these titans of industry suddenly found themselves keenly interested in this erstwhile backwater river town.

While the rubber boom brought huge amounts of wealth and a surging population into the city, not everybody profited from the new status quo. Foreign companies seeking to maximize their profits while remaining unburdened by humanistic scruples found a cheap source of labor in the local indigenous community; thousands of natives were set to work tapping rubber trees in harsh conditions for little

pay—sometimes none at all—in a pattern of brutal (sometimes lethal) exploitation whose effects can still be felt in Amazonian communities today.

After our tour, we'll have the rest of the day free to spend according to your own interests.

Dinner: On your own. Your Trip Experience Leader can recommend a restaurant.

Evening: The night is free to spend in Iquitos as you please.

Day 8 Explore Belén floating market • Rain forest trail walk • Evening boat ride

- Destination: Amazon Rain Forest
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Explorama Lodge

Activity Note: Today we will check in to the Explorama Lodge, the first of two rain forest lodges that we will be using as our base of exploration for our Amazon rain forest excursions. Please note that the amenities of the Explorama Lodge are comfortable but basic—there will be no air conditioning or hot water, and electricity will be unavailable between the hours of 8pm and 6am.

Breakfast: At the hotel.

Morning: We'll check out of our hotel this morning and begin our journey into the Amazonian rain forest as we make our way to our first lodge.

Along the way, we'll make a stop at Belén, a shanty town east of Iquitos. Here, thousands of people reside in huts built on rafts, which rise and fall with the river's tides. Belén's star attraction is its market, which takes place not in a town square but in the canoes and paddle boats that float down the shanty town's maze of waterways. Everything from fish and vegetables to cane liquor and jungle herbs is

for sale in this lively market. We'll take it all in during a walking tour with our Trip Experience Leader, who will help us seek out opportunities for people-to-people interaction.

After our tour, we'll drive to a nearby pier, where we'll board a boat that will take us down the Amazon River to the Explorama Lodge, where we'll stay for the next two nights. Our rain forest accommodations will be comfortable but rustic, and our Trip Experience Leader will brief us on what we can expect during our stay in this remote, isolated setting.

Lunch: At the lodge.

Afternoon: We'll enjoy our first guided tour of the rain forest today when we take a walk along one of the scenic nature trails in the wilderness around the lodge. Depending on local conditions, we might walk along the Bushmaster Trail, home to one of the most dense and diverse concentrations of trees in the world. Or, we might walk along the Lake Trail, a lowland region that is seasonally flooded when water levels are high. As we walk the trail, our guide will point out the native flora and fauna, and tell us about some of the medicinal uses that local people have found for the herbs and plants that thrive in this ecosystem.

After our walk, we'll return to the lodge where we'll have some time to rest or wander the lodge on our own before dinner.

Dinner: At the lodge.

Evening: Tonight, you might choose to join an elective boat ride to hear the nocturnal sounds of the Amazon rain forest. If the skies are clear, we might enjoy stunning views of the stars and constellations of the Southern Hemisphere.

Day 9 Visit Yagua indigenous community • Amazon boat excursion

- Destination: Amazon Rain Forest
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Explorama Lodge

Breakfast: At the lodge.

Morning: This morning, we'll head out to a nearby community of the Yagua people, an indigenous tribe that lives in this region of the Amazon rain forest. Over the centuries since Europeans arrived in South America, the Yagua have been hard-pressed to preserve their way of life, enduring diseases, slavery, raids, and colonial wars brought over from across the sea. Still, some 6,000 Yagua people make their home in communities scattered around the region, making them one of the Amazon's largest indigenous populations.

We'll meet members of the tribe, who will show us a few of their ancient traditions, including weaving, thatching, and the crafting of dyes and medicines from local plants. We'll also enjoy a blowgun demonstration, in which our hosts will show off their skills with this traditional weapon, used to hunt game and small animals for food. We'll have the chance to try the blowgun for ourselves, to see how our skills compare with the experts'. Later, we'll walk with our hosts into the forest to see a traditional *cocamera*, or ceremonial meeting house, and learn about its importance in their culture.

After we bid farewell to our indigenous hosts, we'll walk back to the lodge.

Lunch: At the lodge.

Afternoon: After lunch, we'll set off on a boat excursion down the Amazon, in search of the unique wildlife that makes its home in and along the river's dark and mysterious waters. One of the most iconic residents is the Amazon

river dolphin—also known as the pink dolphin, for reasons that will be obvious if we spot one—a toothed freshwater marine mammal that resides in these legendary waters. The river isn't the only place to spot memorable wildlife, however—keep your eyes on the cecropia trees along the water's edge, where we might be able to spot sloths hanging from the branches. As these sleepy creatures slumber for up to 18 hours a day, you may have to look closely to make a sighting.

We'll also get acquainted with another notorious resident of the Amazon when we try our hand at piranha fishing. These toothy fish may have a reputation as vicious predators (we do recommend keeping your hands inside the boat during your cruise), but as the region's indigenous people have discovered, turnabout is fair play—the succulent flesh of the piranha is a staple of the local diet, and we might see local fishers gathering their daily catch as we cruise.

After our cruise, we'll return to the lodge, where we'll have some free time before dinner.

Dinner: At the lodge.

Evening: The evening is free to rest or enjoy the lodge's amenities as you wish.

Day 10 Rain forest canopy walk • Indigenous Maijuna community visit

- Destination: Amazon Rain Forest
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Ceiba Tops

Early Morning: We'll rise early and board a small river boat around sunrise, while the jungle is still quiet. We'll ride to the Explornapo Lodge, located deep within the Peruvian Amazon.

Breakfast: At the Explornapo Lodge.

Morning: From the Explornapo Lodge, we'll meet a local guide—an elder of the indigenous Maijuna community with deep roots in the region—and set off for a hike to make our ascent to the tops of the giant trees. We'll discover the canopy walkway, a unique system of aerial platforms and cableways more than 1,500 feet long, the longest treetop walkway in the world. From high above the forest floor, we'll observe complex layers of tropical vegetation, and enjoy a rare panoramic view of the Amazon. We may also spot scarlet and blue macaws or the paradise tanager, and saki and titi monkeys may join us as we walk through their domain.

Lunch: At the Explornapo Lodge.

Afternoon: After lunch, we'll meet another member of the Maijuna community for a conversation about the tribe's camera trapping program. We'll learn how a series of cameras have been set up throughout the Maijuna-Kichwa Regional Conservation Area—a more than 1,500 square mile section of forest protected from logging, ranching, and other destructive activity—to monitor the welfare of the animal populations that have struggled to survive here in the industrial age. We'll learn about the program's successes and see some of its results, seeing up-close photographs of local fauna, which might include tapirs, giant anteaters, woolley monkeys, and other rain forest critters.

Then, we'll board a boat and depart the Explornapo Lodge bound for the Maijuna community of Sucusari, for further insights into this indigenous group's way of life. We'll be shown around the community by a local guide, and get an introduction to their stingless beehives, where special bees are bred and kept so that their precious honey—valued for its special taste and purported medicinal value—can be sold to bring much-needed

income into the community. We'll enjoy a taste of this honey as we chat with members of the tribe before we depart.

After saying our goodbyes, we'll continue our boat ride down the Amazon as we make our way to Ceiba Tops, the lodge where we'll spend the next two nights of our adventure. While we are still in an isolated and remote region of the Amazon, our accommodations here will feature modern amenities including round-the-clock electricity, air conditioning, and hot water. We'll settle in to our rooms, then enjoy a few hours of free time before dinner.

Dinner: At the lodge.

Evening: The night is free to rest or discover the lodge at leisure.

Day 11 *A Day in the Life of Indiana* village • Sunset boat ride • Caiman watching at night

- Destination: Amazon Rain Forest
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Ceiba Tops

Early Morning: Early risers can choose to awake before breakfast for an elective birdwatching excursion in the rain forest, for a glimpse of the rare avian creatures that can be found at this time of day.

Breakfast: At the lodge.

Morning: We'll depart for the nearby village of Indiana, located about a mile east of our lodge on the north bank of the Amazon River. Here, we'll spend ***A Day in the Life*** of this community for a glimpse of what it's like to live in this remote region of the rain forest. Indiana is heavily isolated from the rest of society; locals must travel for hours by canoe to reach the nearest populated area, with precious little access to medical care and the flow of mainstream commerce. As we explore

the village and meet the people who live here, we'll get a sense of the daily challenges that the residents face as they plant their roots in this tropical environment.

Our experience begins with a visit to the village market, where we'll browse the goods on display, including freshly caught fish from the Amazon, and mingle with local shoppers and merchants as they go about their daily business. We'll also have the opportunity to visit a local school (when in session), to meet the students and teachers, and hear about the difficulties involved in providing a quality education in such an isolated area. And, we'll stop by a community butterfly garden, where we'll pause to enjoy the sight of these colorful insects flitting about the tropical flora that has been planted here.

Lunch: We'll sit down with members of the community to share lunch together, for a taste of typical Peruvian Amazon cuisine, and opportunities for intimate conversation about daily life.

Afternoon: Our *A Day in the Life* experience continues after lunch as we visit a local garden, where a shaman from the community will join us for an explanation of how the plants here are used in the residents' daily lives. Since the village is cut off from most of society, its people have learned to make the most of the environment to suit their needs. As our shaman guide will show us, the plants that are grown here have medicinal and other useful qualities that Indiana's people rely on for their health and happiness.

We'll make our farewells and return to our lodge after visiting the garden, where we'll have some time to rest before enjoying a sunset boat ride. Enjoy a different point of view of this tropical setting as you watch the sun cast its

last glowing rays on the Amazon's legendary waters before disappearing behind the rain forest canopy.

Dinner: Reminisce about the highlights of your adventure during an included Farewell Dinner at the lodge.

Evening: You may choose to join your Trip Experience Leader on a walk to a nearby lake, where we'll keep an eye out for caimans. These scaly creatures are mostly nocturnal, and with a little luck, we'll get to see a glimpse of their nightly routines.

Day 12 Discover Monkey Island • Return to U.S.

- Included Meals: Breakfast, Lunch

Breakfast: At the lodge.

Morning: After breakfast, we'll ride along the Amazon by boat to visit Monkey Island, a rescue and rehabilitation center established to aid monkeys that have been orphaned, abandoned, or otherwise harmed by the illegal animal trade. During our tour here, we'll learn about the rescue center's mission, and meet some of the monkeys that are currently being treated before being released back into the wild. The monkeys are not kept in cages and are allowed to roam the facility freely; we may find that they are as curious to meet us as we are to interact with them.

We'll return by boat to the lodge at the conclusion of our visit.

Lunch: At the lodge.

Afternoon: We'll begin our journey back home after lunch. First, we'll ride by boat back to Iquitos, where we'll transfer to the airport for our flight to Lima, where you'll board your flight back to the U.S. If you've chosen to join us

on our *Bolivia's Culture & Landscapes: La Paz to the Uyuni Salt Flats* post-trip extension, you'll fly overnight to La Paz from Lima instead.

END YOUR ADVENTURE WITH AN OPTIONAL POST-TRIP EXTENSION

6 nights in *Bolivia's Culture & Landscapes: La Paz to the Uyuni Salt Flats*

Day 1 Fly to La Paz, Bolivia

Day 2 Arrive La Paz

Day 3 Explore La Paz

Day 4 Fly to Uyuni • Explore Pulacayo

Day 5 Discover the Uyuni Salt Flats

Day 6 Fly to La Paz • Explore the Valley of the Moon

Day 7 Discover Tiwanaku archaeological site

Day 8 Return to U.S.

PRE-TRIP

Colombia: Medellín & Colonial Cartagena

INCLUDED IN YOUR PRICE

- » Air transportation from Cartagena to Lima
- » 6 nights accommodation
- » 11 meals: 6 breakfasts, 3 lunches, and 2 dinners
- » 7 guided tours and cultural experiences
- » Services of our local Trip Experience Leader
- » Gratuities for local guides, drivers, and luggage porters
- » All transfers

PRE-TRIP EXTENSION ITINERARY

Travel to Medellín, a city that has blossomed after an economic and cultural rebirth, and meet the resilient Colombianos who are forging a bright path for this rich and welcoming country. Then, discover Cartagena, where you'll find Spanish, Indian, and African influences in the city's cultural tapestry.

Day 1 Depart U.S. • Arrive Medellín, Colombia

- Destination: Medellín
- Accommodations: Novotel Medellín El Tesoro or similar

Afternoon/Evening: Fly to Medellín today. Check your personal air itinerary for detailed information about the timing of your arrival. After you land, an O.A.T. representative will meet you at the airport and assist you with the drive to your hotel.

Day 2 Discover Guatapé

- Destination: Medellín
- Included Meals: Breakfast, Lunch
- Accommodations: Novotel Medellín El Tesoro or similar

Breakfast: At the hotel.

Morning: Gather at the hotel for a Welcome Briefing with your Trip Experience Leader and fellow travelers, where you'll introduce yourselves to each other, and receive a preview of the adventure that awaits you over the coming days.

Then, we'll drive east out of Medellín to Guatapé, hailed as "the most colorful town in Colombia." Along the way, we'll stop at a local shop for a taste of arepas—sandwiches made from ground maize flatbread and stuffed with cheese, meat, or other fillings that are popular throughout this region of South America.

When we arrive in Guatapé, we'll board *motochivas*—small, three-wheeled motorized taxis that are often decorated in brightly-colored patterns—for a tour of the town. As we zip along the streets, we'll take note of El Peñón (the Rock of Guatapé), a tall and bulbous granite rock that rises around 650 feet above the city skyline. As eye-catching as this natural wonder is, however, you

may find yourself equally entranced by the brightly colored homes that line the streets, each of which features its own unique *zócalo*, brightly-colored friezes that give every building's façade a unique character. We'll get to know the town a little better during a walking tour, at the end of which we'll meet a local artist who can tell us more about the process of creating the *zócalos* that make the town famous.

Lunch: At a local restaurant in Guatapé.

Afternoon: After lunch, we'll return to Medellín by motorcoach, where the remainder of the day is free to spend as you please.

Dinner: On your own. Your Trip Experience Leader can recommend a restaurant.

Evening: The evening is free to spend as you choose.

Day 3 Explore Comuna 13

- Destination: Medellín
- Included Meals: Breakfast, Lunch
- Accommodations: Novotel Medellín El Tesoro or similar

Breakfast: At the hotel.

Morning: After breakfast, we'll drive to set out for Comuna 13. Once considered one of the most dangerous *comunas* in the city, Comuna 13 is now a model example of Medellín's transformation. You'll get to see firsthand the thriving street art scene and innovative urban design that is quickly reshaping this neighborhood.

As we explore the district, we'll get a history lesson as we learn about Pablo Escobar, the infamous drug lord who was chiefly responsible for Comuna 13's erstwhile reputation as a lawless warzone, where gangs held more power than the government, and open warfare between cartels and the army were

commonplace. In the decades since Escobar's death, however, Comuna 13's residents have reclaimed their home, as we'll see for ourselves as we observe the district's colorful street art, and interact with some of its residents.

Lunch: At a local restaurant.

Afternoon: We'll drive back to our hotel, where we'll have the rest of the day free to explore Medellín independently. Your Trip Experience Leader can offer suggestions for discovery.

Dinner: On your own. Ask your Trip Experience Leader for recommendations.

Evening: The evening is free to rest or experience Medellín's nightlife at leisure.

Day 4 Discover Plaza Botero & Antioquia Museum • Fly to Cartagena

- Destination: Cartagena
- Included Meals: Breakfast, Dinner
- Accommodations: Hotel Bantu or similar

Breakfast: At the hotel.

Morning: Before we leave Medellín, we'll make one more stop to discover Plaza Botero. The plaza has an open-air collection of 23 sculptures by Medellín-born artist Fernando Botero, whose exaggerated figures have been shown in the world's greatest museums and galleries. We'll see more pieces from the artist—along with many others—when we head inside the Museum of Antioquia, one of Colombia's finest art museums, featuring works from Botero, as well as other legendary Colombian artists such as Pedro Nel Gómez. The pieces that have been curated here are meant to represent the spirit of Medellín, and we'll have an opportunity to appreciate them during our included visit.

After spending some time at the museum, we'll drive to the airport to check in for our flight to Cartagena, our next destination.

Lunch: On your own. Your Trip Experience Leader can recommend options.

Afternoon: Our plane will touch down in Cartagena in the mid-afternoon, where we'll transfer to our hotel and check in to our rooms. We'll join our Trip Experience Leader for a short orientation walk around our new neighborhood, then have some free time before dinner.

Dinner: At a local restaurant.

Evening: The night is free to rest or explore independently.

Day 5 Explore Cartagena • Visit Getsemani

- Destination: Cartagena
- Included Meals: Breakfast, Lunch
- Accommodations: Hotel Bantu or similar

Breakfast: At the hotel.

Morning: Today, we will discover Cartagena. Officially known as Cartagena de Indias—so named because Spanish explorers believed the port would become part of a spice trade route to India—Cartagena is one of South America's most colorful cities. Presiding over sandy beaches and sweeping ocean views, Cartagena still exudes both a colonial elegance and a tropical Caribbean flavor. From its inception, Cartagena's riches made it a tempting target for pirates, as well as British and French forces, and Spain spent lavishly on its fortifications, a large portion of which have survived the centuries.

Our walking tour will take us through the oldest section, the *Ciudad Amurallada*, or Walled City, which is encircled by twelve-foot stone walls and considered to be one of the best-preserved walled cities in the world—a distinction which

earned Cartagena recognition as a UNESCO World Heritage Site. We'll admire the grand architecture and elaborate courtyards in locations such as Las Bovedas ("the vaults"), a one-time munitions storehouse that now serves as a colorful marketplace; Heredia Theater, the city's magnificent opera house; and a number of charming plazas and squares, including San Diego Plaza, Bolivar Plaza, and Plaza de los Coches.

Then we'll head to Bocagrande, a neighborhood known for its scenic stretches of beaches and trendy restaurants. We'll enjoy a panoramic tour of the scenic Castillo Grande neighborhood, home to one of the area's stunning beaches, once we arrive.

Lunch: At a local restaurant.

Afternoon: We'll return to the hotel after lunch, where we'll have a few hours to spend on our own before our next excursion. Perhaps you'll stroll to Parque Fernandez de Madrid, which was the setting for much of the novel *Love in the Time of Cholera*, by noted Colombian author Gabriel García Márquez.

Later, we'll gather together with our Trip Experience Leader for a walking tour of the Getsemani neighborhood, the oldest part of the city, to delve into the local history. Our walking tour will conclude back at the hotel, where the rest of the day is free to spend as you wish.

Dinner: On your own. Your Trip Experience Leader can recommend a restaurant.

Evening: Enjoy a free evening to spend as you like.

Day 6 Explore San Felipe Castle • Visit La Boquilla village

- Destination: Cartagena
- Included Meals: Breakfast, Dinner
- Accommodations: Hotel Bantu or similar

Breakfast: At the hotel.

Morning: We'll board our private motorcoach and drive to San Felipe Castle, a commanding fortress built by the Spaniards to protect the city from pirates in the 17th century. During your guided tour of the castle, you'll explore the labyrinthine tunnels that run underground, and enjoy panoramic views of the city from atop the castle walls.

Next, our private motorcoach takes us to La Boquilla, a small fishing village near the beach. During our time here, we'll have the opportunity to interact with residents to get local perspectives of life by the sea. We'll also enjoy an interactive musical lesson as we learn the steps of *cumbia*, a traditional Colombian dance, and a demonstration of Latin American drums.

We'll drive back to our hotel after our village visit.

Lunch: On your own in Cartagena. Your Trip Experience Leader can recommend a café or restaurant.

Afternoon: Your afternoon is free to explore independently. Your Trip Experience Leader can recommend activities to satisfy your interests.

Dinner: At a local restaurant.

Evening: We'll walk back to our hotel where the rest of the evening is free to relax or explore independently.

Day 7 Fly to Lima, Peru • Begin main trip

- Destination: Lima
- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your flight to Lima, Peru, where you'll begin your New! *Peru's Nazca Lines & Amazon Rain Forest* adventure.

POST-TRIP

Bolivia's Culture & Landscapes: La Paz to the Uyuni Salt Flats

INCLUDED IN YOUR PRICE

- » Air transportation from Lima to La Paz
- » 6 nights accommodation
- » 16 meals: 7 breakfasts, 5 lunches, and 4 dinners
- » 8 guided tours and cultural experiences
- » Services of our local Trip Experience Leader
- » Gratuities for local guides, drivers, and luggage porters
- » All transfers

POST-TRIP EXTENSION ITINERARY

Immerse yourself in the beauty of Bolivia, from the historic streets of La Paz to the shimmering white expanse of the Uyuni Salt Flats. You'll also marvel at the lunar landscape of the Valley of the Moon, and behold Bolivia's oldest treasures when you visit the ancient city of Tiwanaku, pre-Inca ruins that have endured for millennia.

Day 1 Fly to La Paz, Bolivia

Evening: After checking out of our Amazon rain forest lodge at the end of our main adventure, we'll ride a boat to Iquitos where we'll board a night flight to Lima, followed by an overnight flight to La Paz, Bolivia.

Day 2 Arrive La Paz

- Destination: La Paz
- Included Meals: Breakfast, Dinner
- Accommodations: Camino Real or similar

Activity Note: Today's activities in La Paz take place at an altitude of about 12,000 feet. We recommend you stay hydrated and rest as needed while exploring at high altitudes.

Early Morning: Upon arrival in La Paz before dawn today, an O.A.T. representative meets you at the airport and assists with the transfer to the hotel.

Breakfast: At the hotel.

Morning: The remainder of the morning is yours to relax after your flight, as well as to begin adjusting to the altitude of La Paz, which—at around 12,000 feet above sea level—is one of the world's highest cities.

Lunch: On your own. Your Trip Experience Leader will be happy to point out options near your centrally-located hotel.

Afternoon: We'll convene with our Trip Experience Leader in the mid-afternoon for an orientation walk of La Paz's Zona Sur, or the southern district. While Sucre is the official capital city of Bolivia, La Paz is the country's second-largest city, and is often considered its de facto capital. This is a good opportunity to take in the Andes Mountains as we stroll past buildings that range from colonial cathedrals to the skyscrapers of the present day.

Dinner: At the hotel.

Evening: On your own. You may choose to retire in your room, or get a taste of La Paz's nightlife. Your Trip Experience Leader can offer discovery suggestions.

Day 3 Explore La Paz

- Destination: La Paz
- Included Meals: Breakfast, Lunch
- Accommodations: Camino Real or similar

Breakfast: At the hotel.

Morning: We'll drive to the Killi Killi mirador, a scenic viewpoint at the northern outskirts of La Paz that offers incredible city and mountain vistas. From here, we can appreciate the unique topography of La Paz—a mountain-ringed city shaped somewhat like a bowl, with brick buildings and workshops perched on the rim and a dense city center bustling below—as well as the rugged landscape of the Altiplano.

Next, we'll head to downtown La Paz where we'll enjoy a guided tour, starting out with the neighborhood of Murillo Plaza, the city's central square located in the old town district of the city. During Bolivia's tumultuous colonial era, the plaza was the setting of many violent struggles; in fact, the Government Palace, located on the square, was burned twice. Across the street, we'll see a statue dedicated to Gualberto Villarroel, a former Bolivian president whose tenure ended in 1946 when he was tossed from a balcony and hung from a lamppost. Today, however, the square is a peaceful gathering place for the city's residents, as we'll see during our tour. We'll also see the "Subway in the Sky," or the system of cable gondolas utilized by 100,000 citizens every day as a practical means of transportation.

Then, we'll visit some of the local *mercados* (markets), which are wonderful places to meet the people of La Paz—from well-dressed professionals to itinerant

street vendors and Andean women in their traditional garments of brightly colored multi-layered skirts and bowler hats. We'll also visit the Witches' Market, where indigenous people sell plants, potions, and talismans used in ancient *Aymara curandero* (healing) rituals, and *yatiri* (witch doctors) offer their fortune-telling services.

Lunch: At a local restaurant.

Afternoon: Free for your own discoveries. Ask your Trip Experience Leader for activity suggestions.

Dinner: On your own.

Evening: You may spend the night pursuing your own interests.

Day 4 Fly to Uyuni • Explore Pulacayo

- Destination: Uyuni
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Cristal Samaña Hotel or similar

Breakfast: We will have an early breakfast at the hotel before our transfer to the airport.

Morning: We'll drive to the airport for our morning flight to Uyuni. Settled as a trading outpost in the late 19th century, the city of Uyuni remains a transportation hub for railroads, but is best known as the gateway to the Uyuni Salt Flats. Sprawling across more than 4,000 square miles, these are the world's largest salt flats, and a critical breeding ground for South American flamingos.

After we land, we'll drive to Pulacayo, a one-time mining town that was abandoned in the 1950s and is now a ghost town with only a few hundred permanent residents. The town offers insights into the lives of 19th and 20th century miners, with buildings and equipment harking back to this era. Another

local attraction is a vintage steam train that was robbed by Butch Cassidy and the Sundance Kid—you can still see bullet holes on one of the rail cars.

Following our tour of Pulacayo, we'll return to Uyuni.

Lunch: At a local restaurant.

Afternoon: After lunch, we'll transfer to our hotel and check in, where we'll have a few hours free to settle in or explore independently before dinner.

Dinner: At a local restaurant.

Evening: The evening is free to rest or continue making independent discoveries.

Day 5 Discover the Uyuni Salt Flats

- Destination: Uyuni
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Cristal Samaña Hotel or similar

Breakfast: At the hotel.

Morning: Today, we will discover one of Bolivia's natural wonders—the salt flats of Uyuni, which, covering an area of more than 4,000 square miles, constitute the world's largest natural salt pan. The flats were formed when a prehistoric lake evaporated, leaving behind a bed of salt that is still harvested to this day. From a distance, the flats might appear as a snowy winter landscape; as we get closer, we'll see how the mineral fields are composed of hexagonal grids. At times, the flats are covered with a layer of still water, converting the landscape into a stunning natural mirror.

We'll see a portion of the flats during our tour today, starting at the salt factory of Colchani, a small town located at the edge of the flats. Here, we'll meet some local miners for insights into the harvesting process, and the role that

the flats play in the economy of Bolivia and the lives of its people. We'll also stop by Playa Blanca, a hotel made entirely out of salt. We won't be saying the night (in fact, the hotel is no longer open to overnight visitors), but we'll spend some time admiring its curious construction, and the salt sculptures inside.

Then, we'll head out to see the flats themselves, walking to Isla Incahuasi, a rocky outcrop covered in giant cacti that juts up from the salty landscape like an island. The island's elevation allows us a panoramic vantage point from which to take in the sheer expanse of the flats.

Lunch: We'll enjoy an included picnic lunch together at the salt flats.

Afternoon: After lunch, we'll drive back to our hotel, where you'll have a few hours free to rest or explore independently before dinner.

Dinner: At the hotel.

Evening: This evening, you can choose to return to the salt flats at sunset, for a breathtaking view of the sun casting its multi-hued shades over the blank white canvas of the flats.

Day 6 Fly to La Paz • Explore the Valley of the Moon

- Destination: La Paz
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Camino Real or similar

Breakfast: At the hotel.

Morning: We'll check out of our hotel and transfer to the airport for our flight to La Paz. Once we land, we'll drive to a restaurant for lunch.

Lunch: At a local restaurant in La Paz.

Afternoon: After lunch, we'll drive to the Valley of the Moon, a lunar setting of rock formations, caves, and gorges carved by eons of wind and floods. In fact, the landscape's here is so otherworldly that scientists chose this region to test drive a prototype Mars rover in 2013. We'll wander its rocky terrain, then return to our hotel in La Paz later in the afternoon.

Once we arrive back at our hotel, we'll have some free time for independent discovery before dinner.

Dinner: Join your fellow travelers for an included Farewell Dinner, and reminisce over the new memories you've made over the course of your adventure.

Evening: The evening is free to spend as you wish.

Day 7 Discover Tiwanaku archaeological site

- Destination: La Paz
- Included Meals: Breakfast, Lunch
- Accommodations: Camino Real or similar

Breakfast: At the hotel.

Morning: We'll depart La Paz and drive to the site of Bolivia's most important archaeological site: Tiwanaku, a ceremonial location just south of Lake Titicaca used by a pre-Inca civilization reaching back to 600 BC. The people of this ancient city were excellent artisans and left behind a series of mysterious monoliths, mostly in granite; as well as a pyramid, temple, and aqueducts. This was a well-planned city, seat of one of the Americas' most powerful and organized civilizations, and today it is designated a UNESCO World Heritage Site.

We'll begin our discoveries of Tiwanaku at the Pumapunku temple complex, the massive stone slabs of which provide a vantage point for looking out over the surrounding plains.

We'll explore the site's two museums, the Lytic Museum—which houses several large stone objects, including a monolith representing Pachamama, or Mother Earth—and the Ceramic Museum, home to the surviving art and artifacts of the lost culture of this ancient city. Then, we explore the monumental ruins of Tiwanaku itself.

After our tour, we'll drive to a local restaurant for lunch.

Lunch: At a local restaurant.

Afternoon: We'll return to our hotel in La Paz this afternoon, where you'll have the remainder of the day to make any final discoveries you wish to make on your own.

Dinner: On your own. Your Trip Experience Leader can recommend a restaurant.

Evening: The evening is free to prepare for your journey home tomorrow, or to enjoy last-minute explorations in La Paz.

Day 8 Return to U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the airport for your flight home.

TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

Your Passport

- Must be in good condition
- Must be valid for at least 6 months after your scheduled return to the U.S.
- Must have the required number of blank pages (details below)
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable

Need to Renew Your Passport?

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit the U.S. Department of State’s official website at **www.travel.state.gov** for information on obtaining a new passport or renewing your existing passport. The U.S. Department of State allows for passport renewal by mail or, for applicable citizens, renewal online. We advise you review the process and requirements for online passport renewal on the official website.

You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport.

Recommended Blank Pages

Please confirm that your passport has enough blank pages for this adventure.

- **Main trip:** You will need 1 blank passport page.
- **Colombia pre-trip extension:** You will need an additional passport page, for a total of 2.
- **Bolivia post-trip extension:** You will need an additional passport page, for a total of 2.
- **Both a pre- and a post-trip extension:** You will need 2 additional passport pages, for a total of 3.

We’ll be sending you a detailed Visa Packet with instructions, application forms, and fees about 100 days prior to your departure. In the meantime, we’re providing the information below as a guideline on what to expect. This information is for U.S. citizens only. All visas and fees are subject to change.

- **Peru: No visa needed.** For U.S. citizens, no visa is required for entry into Peru for stays of up to 90 days.
- **Colombia (pre-trip extension): No visa needed.** For U.S. citizens, no visa is required for entry into Colombia for stays of up to 90 days.

- **Bolivia (post trip extension): Visa needed.** U.S. citizens are required to have a tourist visa and a Yellow Fever Vaccination certificate (or waiver) when visiting Bolivia. We recommend you obtain the visa in advance, but it can be obtained onsite upon entry.

Traveling Without a U.S. Passport?

If you are not a U.S. citizen, or if your passport is from any country other than the U.S., it is your responsibility to check with your local consulate, embassy, or a visa services company about visa requirements. We recommend the services of PVS International, a national visa service located in Washington D.C.; they can be reached at **1-800-556-9990** or **www.pvsinternational.org**.

Traveling With a Minor?

Some governments may require certain documentation for minors to enter and depart the country or to obtain a visa (if applicable). For further detail on the required documentation, please contact your local embassy or consulate.

Emergency Photocopies of Key Documents

We recommend you carry color photocopies of key documents including the photo page of your passport plus any applicable visas, air itinerary, credit cards (front and back), and an alternative form of ID. Add emergency phone numbers like your credit card company and the number for your travel protection plan. Store copies separate from the originals.

If you plan to email this information to yourself, please keep in mind that email is not always secure; consider using password protection or encryption. Also email is not always available worldwide. As an alternative, you could load these documents onto a flash drive instead, which can do double-duty as a place to backup photos during your trip.

Overseas Taxes & Fees

This tour may have taxes and fees that cannot be included in your airline ticket price because you are required to pay them in person onsite. All taxes are subject to change without notice and can be paid in cash (either U.S. or local currency). If applicable, you will receive a list of these fees with your Final Documents.

Hotel Letter for Minors

Colombia in particular is very strict about traveling with minors if you are not their parent. Not only will you need documentation to enter the country, but also a permission letter from a parent for hotel stays. If you will be traveling with a minor who is not your child—such as a grandchild, niece/nephew, or ward—you must contact both us (so we can document your relationship to the minor in question) and the embassy of Colombia (to be advised on exactly what documents are need).

RIGORS, VACCINES & GENERAL HEALTH

Is This Adventure Right for You?

Please review the information below prior to departing on this adventure. We reserve the right for our Trip Experience Leaders to modify participation, or in some circumstances send travelers home, if their condition would adversely affect the health, safety, or enjoyment of themselves or of other travelers.

PACING

- 5 locations in 11 days
- International flights to Peru may arrive late in the evening or very early in the morning. Return flights to the U.S. may depart late at night.

PHYSICAL REQUIREMENTS

- Not appropriate for travelers using wheelchairs, walkers, or other mobility aids
- You must be able to walk 3 miles unassisted and participate in 6–8 hours of physical activities each day
- We reserve the right for Trip Experience Leaders to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience
- You may encounter animals on this trip. We make every effort to keep these encounters safe, however animals may behave unpredictably or dangerously at times. Please use caution when interacting with animals on this trip: Keep a safe distance, stay alert, and respect the animals

CLIMATE

- Lima is warmest between December–March, with daily highs of 80°F
- The Amazon Basin has a tropical climate with high temperatures and humidity and frequent rain year-round

TERRAIN & TRANSPORTATION

- Hike on uneven trails that can be wet, muddy, or slippery
- Agility and balance are required for embarking and disembarking small boats and canoes
- We recommend bringing a walking stick for hiking over surface roots and on muddy, steep terrain
- Travel by minibus, boat, and dune buggy
- Two 5-hour drives and 2 internal flights of 1.5 hours each

FLIGHT INFORMATION

- Travel time will be 6–14 hours and will most likely have two connections

ACCOMMODATIONS & FACILITIES

- Hotel rooms are smaller than those in the U.S. and offer simple amenities
- Rain forest lodges may feature limited access to electricity, hot water, air conditioning, and internet
- All accommodations feature private baths

Steps to Take Before Your Trip

Before you leave on this adventure, we recommend the following:

- Check with the CDC for their recommendations for the countries you'll be visiting. You can contact them online at www.cdc.gov/travel or by phone at **1-800-232-4636**.
- Have a medical checkup with your doctor at least 6 weeks before your trip.
- Pick up any necessary medications, both prescription and over-the-counter.
- Have a dental and/or eye checkup. (Recommended, but less urgent)

Vaccines Required for Bolivia

Yellow Fever Vaccination– Documentation Needed

The yellow fever requirements vary depending on if you are taking the post-trip extension to Bolivia.

- **Travelers who are going to Bolivia on the post trip extension must bring EITHER proof of a yellow fever vaccination OR an official vaccination waiver (doctor's letter).**
- The CDC does *not* recommend the yellow fever vaccination for any of the areas we travel to on the main trip.
- Travelers who are *not* taking the extension to Bolivia are also encouraged to bring one of these two documents, but it is a *suggestion* rather than a *requirement*.

While the CDC offers a wide range of vaccination and medication suggestions, there is one in particular that we'd like to draw your attention to—the yellow fever vaccine. For some countries, the yellow fever vaccination is a legal entry requirement, like a passport. For other countries, it is a health recommendation to protect you from getting sick. Please refer to the bulleted information below for country-specific requirements pertaining to the yellow fever vaccination. On this adventure, a yellow fever vaccination is a required for Bolivia. **Fortunately, Bolivia will accept an official doctor's waiver in place of the actual shot.**

You should discuss the vaccine with your doctor to see if he or she recommends it and if your health allows for it. (He or she can offer a suggestion tailored to your personal medical history.) We recommend that you research costs before making a decision as the yellow fever vaccination can be expensive and is not covered by most insurance plans. If you and your doctor decide the vaccination is right for you, then he or she will issue you a Yellow Fever Card, also called an International Certificate of Vaccination. This is your proof of vaccination; you should bring it with you on the trip.

If you and your doctor decide the vaccination isn't right for you, then have your doctor issue an official vaccination waiver. An official waiver is a letter that meets these requirements:

- It must be on business letterhead paper or on the Yellow Fever Card itself. (Some versions of the card have a space for this purpose.)
- It must be signed by a doctor.
- It must be stamped using the same stamp that the doctor uses on a Yellow Fever Card.
- It must state the reason for the waiver. (For example: "patient has compromised immune system" or "patient is at high risk for severe side effects".)

Remember, you may not be asked to show any documentation at all in Bolivia—it all depends on the local official. But if you are asked, you must be able to produce EITHER your Yellow Fever Card OR your waiver. In theory, the local officials should not ask you for any documentation because you will be arriving from a country that is not a yellow fever risk (the U.S.). However, our regional office reports that many Bolivian passport control officers ask anyway. Plus some airlines will ask to see this before they will let you board the plane to Bolivia.

***TIP:** We recommend that if you have received the vaccination, you have your Yellow Fever Card with you when traveling. If you cannot receive the vaccination for medical reasons, we suggest you bring with you a letter from your medical provider stating so. If any of the countries on this itinerary makes a last-minute change to its entry policy before you leave, having one of these documents with you could make all the difference.*

***NOTE:** The CDC website implies that if you travel to Peru first and then Ecuador you will need proof of yellow fever vaccination for Ecuador. But according to the Ecuadorian embassy, Peru is not considered a high-risk country, so it is not required.*

Medication Suggestions

- An antibiotic medication for gastrointestinal illness
- Prescription pain medication in the unlikely event of an injury in a remote location

Traveling with Medications

- **Pack medications in your carry-on bag** to avoid loss and to have them handy.

- **Keep medicines in their original, labeled containers** for a quicker security screen at the airport and a better experience if you get stopped by customs while overseas.
- **Bring copies of your prescriptions**, written using the generic drug name rather than a brand name to be prepared for any unforeseen loss of your medications.

We recommend checking with the State Department for medication restrictions by country: **travel.state.gov** (Go to “Find International Travel Information”, select “Country Information”, then enter the country into the search bar; if you don’t see any medications specifically mentioned under the “Health” section, then you can presume major U.S. brands should be OK).

IMPORTANT TIP: At time of writing, the State Department did not have any special warnings about American over-the-counter medications for Peru, but did have the following warning about bringing medicines back to the U.S.: “Travelers should be aware that some drugs and other products readily available over the counter or by prescription in Peru are illegal in the United States. The prescription sedative flunitrazepam (Rohypnol) is one such drug; others may come on the market at any time. Although coca-leaf tea is a popular beverage and folk remedy for altitude sickness in Peru, possession of these tea bags, which are sold in most Peruvian supermarkets, is illegal in the United States.”

Staying Healthy on Your Trip

Jet Lag Tips

- Start your trip well-rested.
- Begin a gradual transition to your new time zone before you leave or switch to your destination time zone when you get on the plane.
- Attempt to sleep and eat according to the new schedule.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying
- Stretch your legs, neck, and back periodically while seated on the plane.
- After arrival, avoid the temptation to nap.
- Don’t push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

Allergies

If you have any serious allergies or dietary restrictions, we advise you to notify us at least 30 days prior to your departure. Please call our Travel Counselors at **1-800-221-0814**, and we will communicate them to our regional office. Every effort will be made to accommodate you.

Water

- Tap water is not safe to drink.
- Bottled water or treated drinking water is readily available. Inspect each bottle before you buy it to make sure the cap is sealed properly. Carry a bottle in your day bag at all times.
- Bottled drinks and juices, and hot drinks that have been boiled, are safe to drink.
- Carry a bandanna to dry the tops of bottled drinks before and after opening.

Food

- We've carefully chosen the restaurants for your group meals.
- Your Trip Experience Leader can suggest restaurants for the meals you take on your own.
- Carry a handkerchief to dry any wet utensils or plates.
- Be very careful with food sold from vendors on the street, and with uncooked fruit and other foods. Fruit that you peel yourself is usually safe—avoid lettuce and other unpeeled produce.

Altitude Illness

During the main trip and on the optional Lake Titicaca extension, you will be staying overnight at more than 10,000 feet above sea level, and making day excursions to higher altitudes. You will probably feel some effects of altitude when you first arrive. Even if you've been to high elevations previously, you could have a different reaction this time. For most people, the symptoms are mild, and will pass in a day or so.

You should take it easy, avoid smoking and alcohol, and drink plenty of fluids and electrolytes. Some people take the high altitude medication starting when they arrive or one day before. Don't take sleeping medications, as they suppress respiration. The most common symptoms are lightheadedness, shortness of breath, headache, nausea, sleeplessness, and loss of appetite. If these are bothersome, you should start to take high altitude medication. Even though you may experience a decreased appetite, force yourself to eat soups and other light foods.

If these "normal" altitude symptoms become unmanageable, it is critical that you inform your Trip Experience Leader. Please let him or her know if you experience any of the following: serious difficulty breathing, mental confusion, a severe and unremitting headache, continued difficulty breathing after a period of rest, or poor physical coordination (ataxia).

MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

Top Three Tips

- **Carry a mix of different types of payments**, such as U.S. dollars and local currency, an ATM card, and a credit card.
- **Traveler's checks are not recommended.** They can be difficult to exchange and are rarely accepted in shops and restaurants.
- **U.S. dollars are readily accepted on this trip.** We suggest bringing a variety of small and large bills that are in good condition.

Local Currency

For current exchange rates, please refer to an online converter tool like www.xe.com/currencyconverter, your bank, or the financial section of your newspaper.

Peru: Peruvian Sol (S/)

U.S. dollars are commonly accepted in Peru, especially for large transactions or at businesses that cater to visitors. However, not every business will want U.S. dollars, and the ones that do accept them will want crisp bills in very good condition—bills that are worn, torn, or even folded might be rejected. Large U.S. bills (such as \$50 or \$100) command a better exchange rate, but small bills are more readily accepted for payment. For this reason, we recommend that you bring a mix of denominations in U.S. dollars. Previous travelers have recommended bringing a lot of \$1 bills for tipping (but not for exchanging). When paying in sols, know that it can be difficult for a shop to make change for a 100-sol bill on small purchases.

Bolivia: Boliviano (Bs)

Colombia: Peso (\$)

How to Exchange Money

In Peru, you'll sometimes pay in dollars and sometimes in local currency. Large U.S. bills (such as \$50 or \$100) command a better exchange rate, but small bills are more readily accepted for payment. Therefore we recommend that you bring a mix of denominations in U.S. dollars for this adventure—small bills for paying, plus a few large bills for exchanging.

There is no need to obtain local currency before your trip. In fact, your U.S. bank may not carry it. You can change money when you arrive at the airport, or at banks, most hotels, and money exchange offices. Torn, dirty, or taped U.S. bills may not be accepted for exchange or payment. If you would like to exchange money on your trip, the easiest way is to withdraw funds from a local ATM. The ATM will give you local money and your bank at home will convert that into U.S. dollars.

All exchange methods involve fees, which may be built into the conversion rate; ask beforehand.

ATMs

When using the ATM, keep in mind that it may only accept cards from local banks, and may not allow cash advances on credit cards; you might need to try more than one ATM or more than one card.

Many banks charge a fee of \$1–\$10 each time you use a foreign ATM. Others may charge you a percentage of the amount you withdraw. We recommend that you check with your bank before you depart.

Lastly, don't forget to memorize the actual digits of your card's PIN number (many keypads at foreign ATMs do not include letters on their keys—they only display numbers.)

In most countries, ATMs are widely available in major cities. If you are in a rural location, it will likely be harder to find an ATM.

Peru: ATMs are available in large cities and towns like Lima and Cuzco but are less likely to be found in more rural locations. For example, in the Amazon you may only see an ATM at the regional airport. We suggest that you bring cash for expected expenses while traveling in the rural areas.

Bolivia: ATMs are usually only available in larger cities, like La Paz. For rural and remote areas, plan to carry enough cash for your expected expenses, plus a small reserve, and then use your credit card as backup.

Colombia: Typically ATMs are widely available in the larger cities like Bogotá and Medellín, but may be hard to find in smaller towns or rural villages. Our Trip Experience Leaders suggest changing about \$100 per person into Colombian currency at the airport when you first arrive. They have found that some of the ATMs at the airport and near the hotels don't work with U.S. cards.

Credit & Debit Cards

While traveling, most countries and major cities will accept credit cards. Even if you don't plan on using a credit card during your trip, we still suggest that you bring one or two as a backup, especially if you are planning a large purchase (artwork, jewelry). We also suggest that you bring more than one brand of card (i.e. Visa, MasterCard, American Express) if possible, because not every shop will take every card. For example, although Discover and American Express cards are accepted in some countries outside the U.S., they are not widely adopted, so other brands will work at a much larger range of stores, restaurants, etc.

If you are visiting a country that does not commonly accept credit cards, they will be listed below.

Peru: Credit cards are more likely to be accepted large cities like Lima than in the countryside. Stores in Peru may charge you up to 8% for the use of a credit card.

Bolivia: Payment by credit card is limited to hotels and shops that caters to tourists; other than these exceptions, it is not common practice. Shops and businesses in Bolivia may charge you a small percentage of the purchase price as a fee for using your card.

Colombia: Credit and debits cards are widely accepted in Colombia, though you may still run into some smaller shops and restaurants that will not accept them.

Notify Card Providers of Upcoming Travel

Many credit card companies and banks have fraud alert departments that will freeze your card if they see suspicious charges—such as charges or withdrawals from another country. To avoid an accidental security block, it is a good idea to notify your credit card company and/or bank you will be using your cards abroad. You can do this by calling their customer service number a week or two before your departure. Some banks or credit card companies will also let you do this online.

You should also double-check what phone number you could call if you have a problem with a card while you are abroad. Don't assume you can use the 1-800 number printed on the back of your card—most 1 800 numbers don't work outside of the U.S.!

Tipping Guidelines

Of course, whether you tip, and how much, is always at your own discretion. But for those of you who have asked for tipping suggestions, we offer these guidelines:

- **O.A.T. Trip Experience Leader:** It is customary to express a personal “thank you” to your Trip Experience Leader at the end of your trip. As a guideline, many travelers give \$10–\$14 USD (or equivalent in local currency) per person for each day their Trip Experience Leader is with them. *Please note that these tips can only be in cash. If you are taking any of the optional extensions, your Trip Experience Leader during the extension(s) may not be the same as the one on your main trip.*
- **Housekeeping staff at hotels:** \$1–2 per room, per night
- **Waiters:** Your Trip Experience Leader will tip waiters for included meals. If you are dining on your own, bear in mind that it is common for restaurants in this region to add a service charge (usually of about 10%). If so, there is no need to tip but it is customary to add more if the service was good.
- **Taxi drivers:** If you are taking a taxi by yourself, keep in mind that tipping is not common practice, but many people simply let the driver keep the change by rounding up the fare to the next whole number.

Please Note: Your tour price includes gratuities on the main trip and optional extensions for local guides, drivers, and luggage porters that may assist you during the scheduled activities on your adventure. All tips are quoted in U.S. dollars; tips can be converted and paid in local currency or in U.S. dollars. Please do not use personal or traveler's checks for tips.

AIR, OPTIONAL TOURS & STAYING IN TOUCH

Land Only Travelers & Personalized Air

Quick Definitions

- **Land Only:** You will be booking your own international flights. Airport transfers are not included.
- **Air-Inclusive:** You booked international air with us. Airport transfers are included as long as you didn't customize your trip's dates (see next bullet).
- **Arrive Early or Stopover (select adventures only):** If you chose one of these Personalization options and purchased air through O.A.T, accommodations and airport transfers are included. However, if you chose one of our Personalization options, but did not purchase air through O.A.T., accommodations are included, but airport transfers are not. If you chose one of our Personalization options, and purchase air through O.A.T. but not the accommodations, the airport transfers are not included. We have included transfer options below.
- **Personalization on Your Own:** If you have not purchased air through O.A.T. and decided to arrive early, stay longer, or stop in a connecting city on your own, you are responsible for airport transfers and accommodations. For your convenience, a preliminary list of your included hotels is available on your My Planner at www.oattravel.com/myplanner under "My Reservations" to help you with selecting a hotel for your additional time.

Air Inclusive Travelers

If you have purchased international air with us, there are some points that may be helpful for you to know.

- **U.S. Departure:** If you are among a group of ten or more travelers who depart the U.S. from your international gateway city, it is our goal to have an O.A.T. Representative assist you at the U.S. airport with the check-in of your flight. Unless there are extenuating circumstances beyond our control, the Representative will be at the check-in counter three hours before your departure time. If you are flying domestically before your international flight, the representative will be stationed at the check-in counter for your departing international flight, not at the domestic arrival gate.
- **U.S. Return:** If you are among a group of ten or more travelers who return to the same U.S. gateway city, an O.A.T. Representative will meet you as you exit Customs and help you find taxis, buses, hotel accommodations, or connecting flights. Again, it is our goal to have our Representative waiting to assist your group. In rare instances, unforeseen circumstances may prevent this service.

- **Flying with a Travel Companion:** If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.
- **Selecting Your Seats:** If your airline allows pre-assigned seats, you will be able to select and view them directly from the airline's website after booking. Some airlines will not allow seat confirmation until your reservation is ticketed 45–30 days prior to departure, and/or they may charge a nominal fee. You may locate your itinerary on an airline's website utilizing the Record Locator Number found on the Air Itinerary in your My Planner.

When booking your international flights, please also note that there will be a day room provided on Day 11 of the base tour (Day 15 of the post trip) before you check out in the evening for your overnight flight back to the United States.

Airport Transfers Can Be Purchased

For eligible flights, airport transfers may be purchased separately as an optional add-on, subject to availability. To be eligible, your flight(s) must meet the following requirements:

- You must fly into or fly home from the same airport as O.A.T. travelers who purchased included airfare.
- Your flight(s) must arrive/depart on the same day that the group arrives or departs.
- If you are arriving early, you must have arranged the hotels through our Arrive Early personalization option

Airport transfers can be purchased up to 45 days prior to your departure; they are not available for purchase onsite. To learn more, or purchase airport transfers, please call our Travel Counselors at **1-800-221-0814**.

If you don't meet the requirements above, you'll need to make your own transfer arrangements. We suggest the Rome to Rio website as a handy resource: www.rome2rio.com

Optional Tours

Optional tours are additional add-on tours that allow you to personalize your adventure by tailoring it to your tastes and needs. And if you decide not to join an optional tour? Then you'll have free time to relax or explore on your own—it's about options, not obligations.

What You Need to Know

- All optional tours are subject to change and availability.

- Optional tours that are reserved with your Trip Experience Leader can be paid for using credit/debit cards only. We accept MasterCard, Visa, and Discover credit cards; we can also take MasterCard or Visa debit cards as long as the card allows you to sign for purchases. (You won't be able to enter a PIN.)
- To ensure that you are charged in U.S. dollars, your payment will be processed by our U.S. headquarters in Boston. This process can take up to three months, so we ask that you only use a card that will still be valid three months after your trip is over. The charge may appear on your credit card statement as being from Boston, MA or may be labeled as "OPT Boston".
- Your Trip Experience Leader will give you details on the optional tours while you're on the trip. But if you'd like to look over descriptions of them earlier, you can do so at any time by referring to your Day-to-Day Itinerary (available online by signing into My Planner at www.oattravel.com/myplanner).

Communicating with Home from Abroad

Cell Phones

If you want to use your cell phone on the trip, check with your phone provider to see if your phone and service will work outside of the U.S. It may turn out to be cheaper to rent an international phone or buy a SIM card onsite. If you want to use a local SIM, just make certain your phone can accept one.

Calling Apps

We recommend you use WhatsApp while abroad to communicate home and with your Trip Experience Leader while onsite. You will need a Wi-Fi connection if you do not have international coverage. Other calling options include smartphone apps such as Skype or FaceTime. You will need a Wi-Fi connection for these apps and the calls may count towards your phone plan's data allowance. Many smartphones—and some tablets or laptops—come with one of these apps pre-installed or you can download them for free from the appropriate apps store.

Calling Cards and 1-800 Numbers

When calling the U.S. from a foreign country, a prepaid calling card can be useful because it circumvents unexpected charges from the hotel. Calling cards purchased locally are typically the best (less expensive, more likely to work with the local phones, etc.).

One reminder: Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the country.

Internet

Internet access on this adventure will be mostly limited to computers in the hotel lobby or business center; most hotels in Peru do not offer WiFi in the rooms, and the ones that do charge for the service.

How to Call Overseas

When calling overseas from the U.S., dial 011 for international exchange, then the country code (indicated by a plus sign: +), and then the number. Note that foreign phone numbers may not have the same number of digits as U.S. numbers; even within a country the number of digits can vary depending on the city and if the phone is a land line or cell phone.

Peru: +51

Colombia: +57

Bolivia: +591

PACKING: WHAT TO BRING & LUGGAGE LIMITS

Luggage Limits

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on per person.
Weight restrictions	Up to 50 lbs for checked luggage and 15 lbs for carry-ons
Size Restrictions	Standard airline size: Checked luggage should not exceed 62 linear inches (length+width+depth) and carry-on should not exceed 45 linear inches.
Luggage Type	Duffel bag or soft-sided suitcase.
TRIP EXTENSION(S) LIMITS	
Same as the main trip.	
REMARKS/SUGGESTIONS	
<p>Luggage rules: Luggage rules and limits are set by governmental and airline policy. Enforcement of the rules may include spot checks or may be inconsistent. However one thing is the same across the board: If you are found to have oversized or overweight luggage, you will be subject to additional fees, to be assessed by—and paid to—the airline in question.</p>	

Don't Forget:

- **These luggage limits may change.** If the airline(s) notify us of any changes, we will include an update in your Final Documents booklet.
- It's a good idea to reconfirm baggage restrictions and fees directly with the airline a week or so prior to departure. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our website in the FAQ section.
- **Baggage fees are not included in your trip price;** they are payable directly to the airlines.
- The luggage limits above are based on your regional flights, which may be less than your international flights. Even if your international airline offers a larger weight limit, you will need to pack according to the lower restrictions.

Your Luggage

- **Checked luggage:** One duffel bag or suitcase. Look for one with heavy nylon fabric, wrap-around handles, built-in wheels, and a heavy-duty lockable zipper.
- *TIP: When traveling with a companion we recommend “cross-packing,” i.e., pack 2 outfits of your clothing in your companion’s luggage and vice-versa, in case one bag is delayed.*
- **Carry-on bag:** You are allowed one carry-on bag per person. We suggest a tote or small backpack that can be used as both a carry-on bag for your flight and to carry your daily necessities—water bottle, camera, etc—during driving excursions and walking trips. Consider a backpack or waistpack that keeps both hands free and distributes the pack’s weight onto your back or hips.
- **Locks:** For flights that originate in the U.S., you can either use a TSA-approved lock or leave your luggage unlocked. Outside of the U.S. we strongly recommend locking your luggage as a theft-prevention measure.

Clothing Suggestions: Functional Tips

As you will experience a wide range of temperatures and weather conditions, we suggest several layers of clothing. If you like to hand-wash your clothes, look for fabrics that will dry out overnight. You can buy clothing designed especially for travel, with features like wrinkle-resistant fabric or built-in sun protection.

- **Footwear:** You’ll be on your feet a lot during the trip, and walking over some rough and slippery surfaces. We recommend you wear sturdy walking shoes or similar supportive sports shoes that offer good traction. You may also want to bring river sandals or aqua socks. These are used when rafting on the Urubamba River. If you opt for sandals, choose a pair with a secure ankle strap, such as Tevas. For the Amazon we recommend that you bring “mud shoes,” a pair of old or very inexpensive sneakers. These are used in the Amazon area for hiking on trails that may be wet, muddy, or submerged.
- **Walking sticks:** Many past travelers have recommended bringing a folding walking stick or folding ski pole.
- **Camouflage colors:** If you are taking the optional *Amazon Rain Forest of Peru* extension, we recommend bringing earth-colored clothing (shades of greens, browns, and grays). These colors will camouflage your presence in the jungle and afford you a better opportunity to spot wildlife.
- **Rain gear:** You’ll want fairly good-quality rain gear for the optional *Amazon Rain Forest of Peru* extension.

Style Hints

Dress on our trip is functional and casual. You might want to bring one slightly dressier outfit for dining on your own at nicer restaurants, but that is totally up to you.

Suggested Packing Lists

We have included suggestions from Trip Experience Leaders and former travelers to help you pack. These packing lists are only jumping-off points—they offer recommendations based on experience, but not requirements. We recommend using www.weather.com and consulting the “Climate” chapter of this handbook.

And don’t forget a reusable water bottle—you’ll need it to take advantage of any refills we offer as we are working to eliminate single-use plastic bottles on all of our trips.

Recommended Clothing Checklist

- ☐ Shirts: A mixture of short and long-sleeved shirts in a breathable fabric (consider quick-drying fabric for the Amazon extension). Neutral and earth-toned colors are recommended.
- ☐ Trousers and/or jeans: Comfortable and loose fitting is best. Neutral and earth-toned colors are recommended.
- ☐ Walking shorts
- ☐ Shoes and socks: A pair of sturdy walking shoes or supportive sports shoes that offer good traction are key. A pair of sport sandals with secure ankle strap (such as Tevas or Merrell) may be useful. For the Amazon, a pair of “mud shoes” may be useful.
- ☐ Light wool or fleece sweater and/or a Polartec fleece jacket
- ☐ Light rain jacket/windbreaker with hood or poncho.
- ☐ Wide-brim sun hat or visor for sun protection
- ☐ Underwear
- ☐ Sleepwear
- ☐ Optional: Swimsuit

Essential Items

- ☐ Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, etc. Our hotels will provide the basics like soap and shampoo but usually not washcloths.
- ☐ Spare eyeglasses/contact lenses; sunglasses
- ☐ Sunscreen: SPF 15 or stronger

- ☐ Insect repellent with DEET (30%–35% strength)
- ☐ Light folding umbrella
- ☐ Moisturizer and sun-blocking lip balm
- ☐ Pocket-size tissues
- ☐ Moist towelettes and/or anti-bacterial “water-free” hand cleanser
- ☐ Electrical transformer & plug adapters
- ☐ Camera gear with extra batteries or battery charger

Medicines & First Aid Gear

- ☐ Your own prescription medicines
- ☐ Travel first aid kit: Band-Aids, headache and pain relief, laxatives and anti-diarrhea tablets, something for upset stomach. Maybe a cold remedy, moleskin foot pads, antibiotic cream, or allergy medication.
- ☐ An antibiotic medication for gastrointestinal illness
- ☐ Optional: A strong prescription pain medication for rare emergency purposes
- ☐ Optional: Altitude sickness medication
- ☐ Optional: Anti-malarial medication—discuss with your doctor first

Electricity Abroad

When traveling overseas, the voltage is usually different and the plugs might not be the same shape.

Voltage

Electricity in Peru is 220 volts. Most of the things a traveler will want to plug in—battery chargers, smartphones, tablets or computers—can run off both 110 and 220. But you should check the item or the owner’s guide first to confirm this before you plug it in. If you have something that needs 110 volts—like a shaver or a hairdryer—you can bring a transformer to change the current. (But transformers tend to burn out, so it might be better to leave whatever it is at home.)

Plugs

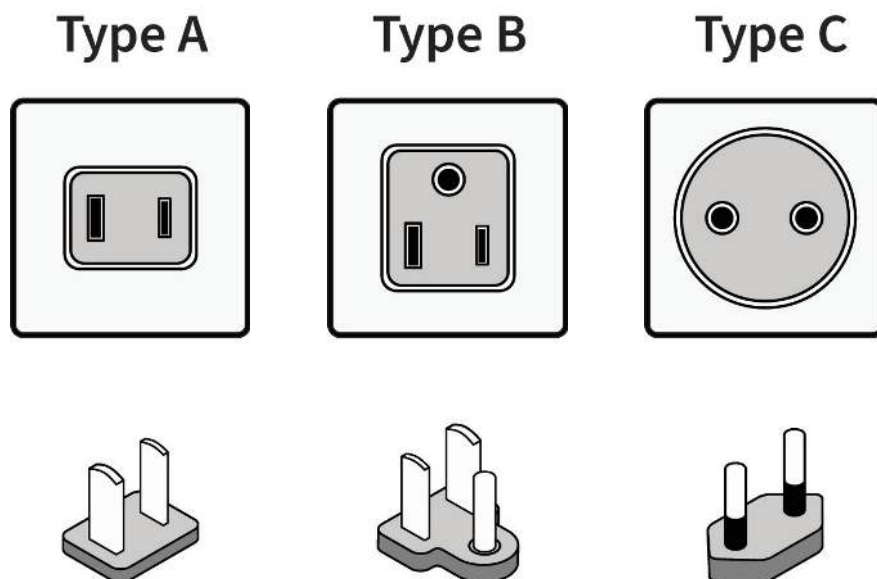
The shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built. To plug something from the U.S. into a local socket you'll need an adapter that fits between the plug and the socket. Although you are only traveling in one country on this trip, it may be easier to purchase an all-in-one, universal adapter/converter combo if you plan to do a lot of international travel in the future. Versatile and lightweight, these can usually be found at your local electronics goods or hardware stores. Sometimes you can buy them at large retailers too, like Target or Walmart. If you forget to bring an adapter, you might also find them for sale at the airport when you arrive at your destination.

Different plug shapes are named by letters of the alphabet. Standard U.S. plugs are Type A and Type B. Here is the list of plugs for the countries on this trip:

Peru: A, B, or C

Bolivia: A, B, and C

Colombia: A and B



Availability

A constant electricity supply cannot be guaranteed during overnight stays. In some places—like our jungle lodge during the Amazon extension—a generator may supply electricity for a limited period of time each day (for example, from 6pm-10pm), and lighting may not be as bright as you are used to. Travelers dependent on electricity supply (as in the case of those with sleep apnea) should consider a different adventure or ensure their apparatus has back-up battery power.

CLIMATE & AVERAGE TEMPERATURES

Lima, Peru: Lima is situated in one of the world's great deserts, and has a dry desert climate. The city has virtually no rainy days, with the very small annual precipitation coming in the form of the sea mist and occasional drizzle of the winter season, June to September. Only during the summer months of January through March is it warm and humid on the coast, with temperatures the rest of the year falling in the 60s and 70s.

Iquitos, Peru: Iquitos is the capital city of Peru's Maynas Province and Loreto Region. It is the largest metropolis in the Peruvian Amazon, east of the Andes, as well as the ninth-most populous city in Peru. Iquitos is the largest city in the world that cannot be reached by road that is not on an island; it is only accessible by river and air. The climate in Iquitos is hot, oppressive, and mostly cloudy. Over the course of the year, the temperature typically varies from 71°F to 89°F and is rarely below 67°F or above 94°F.

Medellin, Colombia: Medellin may be squarely in the tropics, but its elevation (almost 5,000 feet above sea level) offsets the tropical heat and gives the city a pleasant spring-like climate. Temperatures don't vary much throughout the year—the high is almost always in the 70s or 80s; the low is usually in the 60s. Rainfall is possible any day of the year, but is more common during spring (April and May) or fall (October and November).

Cartagena, Colombia: Cartagena sits on the Caribbean Sea, on the northern coast of Colombia. Most days are typically tropical—hot and humid days with highs in the upper 80s or 90s. However, because of the high humidity, it can often feel hotter. The dry season runs from December to April and the rainy season is between October and November.

La Paz, Bolivia: Bolivia's altitude keeps its climate fairly temperate, with temperatures in La Paz (the world's highest capital at 11,910 feet above sea level) seldom rising above the 50s. Evenings tend to be quite cold. Most days are bright and sunny here, but from November to March, Bolivia's summer months, rain showers are common in the afternoon.

Paracas, Peru: Paracas is considered a desert climate, with rare rains that only occur in the winter and mostly at the top of the highest hills. It is uncommon for temperatures to drop below the mid 60s, even during the coldest days in August. Paracas gets its name from the local fierce winds, the *paracas*, which are known to cause the occasional dust storms.

Climate Averages & Online Forecast

The following charts reflect the **average** climate as opposed to exact weather conditions. This means they serve only as general indicators of what can reasonably be expected. An extreme heat wave or cold snap could fall outside these ranges. As your departure approaches, we encourage you to use **www.weather.com** for a more accurate forecast of the locations you visit.

Average Daily High/Low Temperatures (°F), Humidity & Monthly Rainfall

MONTH	LIMA, PERU			IQUITOS, PERU		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	79 to 68	89 to 70	--	88 to 73	96 to 73	10.5
FEB	80 to 69	91 to 69	--	87 to 73	96 to 73	10
MAR	80 to 69	91 to 70	--	87 to 73	96 to 73	11.8
APR	76 to 66	92 to 72	--	87 to 73	96 to 75	11.9
MAY	72 to 63	92 to 75	--	86 to 73	96 to 75	10.5
JUN	69 to 61	89 to 76	0.1	85 to 72	96 to 76	8.2
JUL	67 to 60	89 to 76	0.2	85 to 71	96 to 73	6.4
AUG	66 to 60	90 to 77	0.1	87 to 72	96 to 72	6.5
SEP	67 to 59	90 to 76	0.1	88 to 72	96 to 72	7.5
OCT	69 to 61	89 to 74	0.1	88 to 72	95 to 73	9.1
NOV	72 to 63	87 to 72	--	88 to 73	95 to 74	9.8
DEC	76 to 66	88 to 70	--	88 to 73	95 to 75	10.2

MONTH	MEDELLIN, COLOMBIA			CARTAGENA, COLOMBIA		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	79 to 64	87 to 48	2.1	85 to 75	88 to 70	0.2
FEB	80 to 65	86 to 49	2.6	85 to 76	87 to 70	--
MAR	80 to 65	86 to 52	4.0	86 to 77	86 to 70	0.1
APR	79 to 65	88 to 58	7.1	86 to 78	86 to 73	1.0
MAY	79 to 65	88 to 60	7.6	87 to 79	87 to 76	3.8
JUN	80 to 65	87 to 51	5.4	87 to 79	88 to 75	4.2
JUL	80 to 64	86 to 45	4.7	87 to 79	88 to 74	3.4
AUG	80 to 64	86 to 48	5.5	87 to 79	88 to 76	4.7
SEP	79 to 64	88 to 56	6.2	87 to 78	89 to 77	5.2
OCT	78 to 64	89 to 64	8.0	86 to 78	89 to 78	8.8
NOV	78 to 64	89 to 62	5.8	86 to 78	90 to 77	5.3
DEC	78 to 64	89 to 58	3.3	86 to 76	90 to 73	1.3

MONTH	LA PAZ, BOLIVIA			UYUNI, BOLIVIA		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (avg)	Monthly Rainfall (inches)
JAN	55 to 39	92 to 63	5.1	60 to 38	48	3.9
FEB	56 to 39	92 to 60	4.1	60 to 37	52	2.9
MAR	56 to 38	92 to 58	2.8	60 to 35	48	1.7
APR	57 to 36	89 to 50	1.4	62 to 32	48	0.7
MAY	57 to 32	76 to 35	0.5	60 to 28	38	--
JUN	55 to 28	72 to 32	0.2	58 to 26	42	--
JUL	55 to 27	71 to 30	0.3	57 to 24	35	0.1
AUG	56 to 29	76 to 33	0.6	59 to 27	34	0.2
SEP	57 to 32	81 to 38	1.2	62 to 30	31	0.5
OCT	58 to 36	84 to 43	1.6	64 to 34	30	1.0
NOV	59 to 38	86 to 45	2.0	64 to 35	35	1.1
DEC	58 to 38	89 to 53	3.7	62 to 37	39	1.8

MONTH	PARACAS, PERU		
	Temp. High-Low	% Relative Humidity (avg)	Monthly Rainfall (inches)
JAN	83 to 67	81	0.1
FEB	85 to 68	80	0.1
MAR	84 to 68	79	--
APR	80 to 64	80	--
MAY	75 to 60	81	--
JUN	72 to 58	81	0.1
JUL	70 to 57	81	0.2
AUG	70 to 57	81	--
SEP	71 to 57	82	0.4
OCT	73 to 59	81	--
NOV	76 to 60	80	--
DEC	79 to 64	81	--

ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

O.A.T. Trip Experience Leaders: A World of Difference

During your adventure, you'll be accompanied by one of our local, Trip Experience Leaders. All are fluent in English and possess the skills, certification, and experience necessary to ensure an enriching adventure. As locals of the regions you'll explore with them, our Trip Experience Leaders provide the kind of firsthand knowledge and insight that make local history, culture, and wildlife come alive. Coupled with their unbridled enthusiasm, caring personalities, and ability to bring diverse groups of travelers together, our Trip Experience Leaders ensure that your experience with O.A.T. is one you'll remember for a lifetime.

Hotels & Land Only Travelers

If you have made your own international air arrangements, please note that on this adventure the first included hotel is on the night of Day 1 of your main trip (or Day 1 of your pre-trip extension, if you are taking one). Check-in times will vary, but tend to be after 2pm. The last included hotel is a day room in Lima on Day 11 of the main trip (or on Day 5 of the post-trip extension, if you are taking one). Day room accommodations are not overnight hotel rooms; typically in Peru you check out of a day room by 6pm on the same day you arrive.

Peruvian Culture

Peruvian culture is a fusion of Hispanic and native customs and traditions, inherited from indigenous Incas and Spanish conquistadors, along with African, Asian, and other European cultural influences. But if you had to name two cultural traits shared by almost all Peruvians regardless of their specific ancestry—it would be religion and family. In many parts of the country, generations of a family often live together with younger family members looking after the elderly and helping each other during difficult times.

The Quechua and Aymara, descendants of the Incas, are the two main native cultures of Peru. The indigenous languages of Quechua and Aymara are still spoken in many regions of Peru and represent two of the country's three official languages. The other is Spanish, which is the dominant language throughout Peru—although by incorporating many native terms, the Spanish spoken in Peru is distinct from the Spanish in other Latin American countries. Several “unofficial” languages such as Ashaninka and other native languages are also spoken in regions of Peru. About 25% of Peruvians speak Quechua, the language of the Great Inca Empire. While linguists consider it a very complex language, many Quechua words have made their way into the English language—they include coca, condor, guano, jerky, llama, poncho, puma, quinine, quinoa, and vicuña.

Peruvian culture is strongly intertwined with religion, and primary religion in Peru is Roman Catholicism. Like elsewhere in South America, the Roman Catholic faith was brought to Peru by the Spanish during the 16th century. While about 80% of today's Peruvians identify as Catholic, many still practice a faith that blends elements of Christianity with traditional beliefs and rituals

rooted in the time of the Incas. The blending of beliefs is most evident in religious festivals held throughout Peru, including Cuzco's annual *Inti Raymi* festival that honors *Inti*, Father Sun, and *Pachamama*, Mother Earth.

Peru is a large country that is geographically diverse—including regions divided by coastal desert, the towering mountains, and the lush Amazon rainforest. Because of this, many elements of Peruvian culture, especially those relating to dance, music, clothing, crafts, religion, and cuisine, will vary depending on the geographic location.

You will find all Peruvians welcoming and eager to share their history and Incan heritage with visitors. Few topics of discussion are off the table, although one should be careful not to make even the most innocent jokes about drugs or a Peruvian's mother. It's also advisable not to be overly enthusiastic about Chile, Peru's (mostly) friendly rival. And try not to refer to the United States as "America." Peruvians find it frustrating when we seem to imply that the term refers exclusively to us.

Expectations in Colombia

Colombia has long been a closed destination for Americans, and is slowly opening for American tourism. The most important things for you to pack are your sense of adventure, an open mind, and an understanding that service and standards will not be what you are used to. While the people are friendly and the country's beauty is vast, there will be some things that surprise you. There are few people in Colombia who speak English, including at hotels and restaurants. (Come prepared to practice your Spanish.) Many hotels were once private homes, so the rooms may be smaller, darker, or noisier than you expect. In some areas, hotels will have fans but not air-conditioning.

The locals will love to help you, but service is not up to American standards. The staff will be friendly, but, again, will most likely not speak English and may be slower than expected. Be prepared for a leisurely meal, and allow extra time if you have a specific request. Patience with this developing country is important. Our advice is: When in Colombia, do as Colombians do.

Taking Photographs

The etiquette of photographing people in most countries is about the same as it would be on the streets of your hometown. You need permission to take a close-up, but not for a crowd scene. Be especially polite if you want to photograph children or older women. If you want to shoot a great portrait, show interest in your subject and try to have a bit of social interaction first. Then use sign language to inquire if a picture is OK.

Please do not take photographs of military personnel, military compounds, or other official institutions/personnel (such as police). This may result in the confiscation of your camera.

In museums or at archaeological sites, there may be restrictions on using your flash. Please obey any signs or directions by staff; the no-flash rule protects the fragile artifacts and artwork from damage by repeated exposure to light. Occasionally, there may also be a small fee levied by the museum or site for the privilege of taking photos.

Safety & Security

As you travel, exercise the same caution and awareness that you would in a large American city. Don't be overly nervous or suspicious, but keep your eyes open. If you are venturing out after dark, go with one or two other people.

Carry a one-day supply of cash, and your passport, in a travel pouch. Don't leave valuables unattended in your hotel room. Most hotels will offer use of a hotel safe at the front desk or an electronic in-room safe (for which you can set your own personal number). Please utilize this.

Pickpockets may create a sudden distraction. In any sort of puzzling street situation, try to keep one hand on your wallet or money belt. If an encounter with a local turns out to be long and complicated and involves money or your valuables, be very careful.

Peruvian Cuisine

There is no question about Peru's status as the culinary jewel of South America. Along with offering authentic indigenous dishes that have been in existence for close to 70 centuries, Peruvian cuisine has embraced culinary techniques and flavors from Europe, Africa, and Asia to create dishes and flavors you won't experience anywhere else—as well as several world renowned restaurants and chefs in Lima.

One reason that Peru has grown into a culinary superpower is that few places on earth offer such a variety of indigenous ingredients. The extreme elevations and range of climate zones has enabled Peru to draw from a staggering variety of ingredients—including close to 4,000 varieties of **potatoes**, 650 varieties of **native fruit**, 2,000 species of **fish**, and more than 300 varieties of **chilies**, an essential ingredient in Peruvian cuisine. Chilies like the native **aji**, which is often puréed into sauces, have been cultivated in Peru for some 7,000 years. Popular dishes include:

- **Ceviche:** Raw fish and shellfish that is marinated in citrus juices, and flavored with cilantro, onions, salt, and peppers. The acid in the citrus “cooks” the fish a bit. Peru's Japanese community add their own twist called **tiradito**, in which the fish is sliced sushi-style, and marinated in soy, mirin, and puréed aji.
- **Lomo Saltado:** A fusion of Chinese techniques and Peruvian ingredients. Strips of beef are marinated in soy and other spices, then stir fried with aji, onions, and tomatoes. It's served with rice and french fries.
- **Pachamanca:** A Peruvian specialty based on meats like lamb, beef, pork and guinea pig which are seasoned with sprigs of rosemary and wrapped in banana leaves. The packets are cooked over hot stones and smothered with grass and earth for a smoky finish. Various vegetables also get tossed on the fire.
- **Tacu Tacu:** A tasty Peruvian comfort food made of seasoned rice and beans shaped into a loaf. It can be fried or baked till a crispy crust is formed; then simmered in a tomato and pepper sauce.
- **Pisco Sour:** The national cocktail made with a grape brandy called pisco, lime juice, bitters, and a froth of egg whites.

- **Chicha Morada:** A non-alcoholic based on purple corn kernels that are boiled with pineapple, quince, cinnamon, sugar and cloves. The mix is strained, chilled, and served with lemon or chopped fruit.
- **Mate de coca:** Traditional coca tea commonly used to treat altitude sickness.

Bolivian Cuisine

Bolivia grows over two hundred varieties of potatoes; therefore, you will find a potato in almost every dish. You will also find dishes with ingredients containing corn, quinoa, and beans. Here are some dishes to look for:

- **Salteñas:** Pastries filled with beef, pork, or chicken in a sweet and slightly spicy sauce with olives, raisins, and potatoes.
- **Tucumanas:** A fried pastry filled with beef, chicken, boiled eggs, potatoes, and vegetables.
- **Sandwich de Chola:** Great for lunch or a snack is this roasted pork sandwich with pickled vegetables and spices that is a popular street food in La Paz.
- **Sajta de pollo:** A popular dish consisting of boiled chicken cooked in a sauce with onions, tomatoes, peas, and yellow chiles, and flavored with parsley cumin, celery, pepper, and garlic.
- **Silpancho:** Breaded ground beef shaped into a large thin patty (the size of a plate) topped with rice, potatoes, onions, tomatoes, and a fried egg.
- **Plato Paceño:** This simple and traditional meal is from Bolivia's highlands. It is a thin steak, fried cheese, boiled corn, potatoes, and fava beans.
- **Trucha:** (trout) Found in Lake Titicaca is a common dish, often cooked in lemon juice, garlic, or tomato sauce.
- **Sopa de mani:** A peanut soup cooked with beef broth, vegetables, noodles or rice, and thinly sliced potato from the lowlands of the Bolivian Amazon.
- **Chairo:** A dehydrated potato soup with beef broth, vegetables, corn, and wheat from the Andean valleys.
- **Sopa de quinoa:** A quinoa soup with vegetables and potatoes found in the Andean Highlands.
- **Llajwa:** (pronounced yak-wa), A spicy salsa featuring tomatoes and onions made with a grinding stone and served as a condiment.

Colombian Cuisine

If you want to understand the national cuisine, **bandeja paisa** is essentially Colombia on a plate. This is a hearty platter filled with red beans, ripe plantain, white rice, pieces of **chicharrón** (crispy pork rinds), avocado, chorizo sausage, **carne en polvo** (a finely ground flank steak), and a fried egg. This traditional, filling meal would sustain workers all day. Other popular dishes include:

- **Sancocho:** A hearty soup that includes large pieces of chicken with chunks of corn on the cob, plantains, and herbs served with **salsa de hierbas**, a spicy cream and herb sauce.
- **Sancocho de pescado:** A delicious seafood chowder made from chunks of local fish simmered in coconut milk.
- **Aborrajados:** These are plantains that are stuffed with cheese and deep fried.
- **Carimañolas:** *These are yuca fritters and served as an appetizer.*
- **Arepas:** Similar to tortillas, these are fried corn flatbreads topped with anything from shredded beef to roasted goat to grilled seafood, cheese, fruits, veggies, and more.

Travel in South America

Part of the adventure of this trip is the possibility that things may change. Local influences may make it impossible for us to follow the planned itinerary exactly and the sequence of sites visited may change. Rest assured that we have considerable experience at responding to changing circumstances on the spot. Our goal is always to offer you the best travel experience and the most memorable explorations of this intriguing land.

Complex, multi-layered cultural traditions and stunning natural geography make South America a fascinating destination. To get the most enjoyment out of your trip, remember that many South American countries are still considered developing nations, and be aware that you may be approached to buy crafts or solicited by children to take photographs.

In restaurants, hotels, and at cultural sites, everything works according to a slower sense of time than what you are used to. It's best to wind down and adjust to the local pace and philosophy.

Regional Flights in South America

In South America, it is simply a fact of life that schedules for internal flights often change on short notice. When this happens, our air travel experts strive to get you on new flights as close to the original schedule as possible, but limited availability of seats may require us to use early-morning flights or change the day of the flight. If schedule changes make it necessary, we may have to rise before dawn on some days where early-morning wake-ups are not mentioned in your printed itinerary.

Lima in Brief

City Layout and Details

Lima, the capital of Peru, is an old Spanish city founded by Francisco Pizarro in 1535 and known as the City of Kings. The city is justly famous for its museums, galleries, and monuments all juxtaposed within a modern city.

Lima is situated halfway down Peru's desert coastline. The city looks out over the Pacific Ocean with the foothills of the Andes at its back. The main square of its historic center, with Spanish colonial mansions still intact, was recently declared a UNESCO World Cultural Heritage Site. Within Lima, Lima Centro is the historic heart of the city. The Spanish influence is still seen here in the many fine old buildings built in colonial style. Though it has seen earthquakes, fires, and neglect, there are still some wonderful sections in this old section of Lima, though it can also be crowded and chaotic. The heart of the Lima Centro is the Plaza de Armas, site of La Catedral (the Cathedral). Nearly all the colonial mansions and churches are within walking distance of the square. The city's best museums, such as Pueblo Libre and San Borja, are close to Lima Centro.

The San Isidro and Miraflores suburbs are exclusive residential and commercial neighborhoods near the coast. San Isidro has many of the city's best hotels, as well as its best shopping malls. Miraflores offers a grand variety of hotels, bars, and restaurants, as well as shopping outlets. A number of the city's finest hotels are along the *malecón* (boulevard) in Miraflores and close to its central park. Barranco is a quiet former seaside village now known as Lima's nightlife district. Here you will discover some of Lima's best restaurants, bars, and live-music spots, frequented by locals and visitors alike.

Perhaps because it is such an old city with many narrow twisting streets, Lima can be a bit challenging to get around in. Beyond the city center, Lima meanders off into a dizzying array of neighborhoods. San Isidro, Miraflores, and Barranco are among the best known and most welcoming of these suburban neighborhoods—all are along the coast and the circuit of urban beaches leading to what is called Costa Verde.

The main roads from the city center to the suburbs and back are Avenida Benavides (to Callao); Avenida Brasil (to Pueblo Libre); Avenida Arequipa, Avenida Tacna, and Avenida Garcilaso de la Vega (to San Isidro and Miraflores); Paseo de la República (also known as Vía Expresa) and Avenida Republica de Panamá (to Miraflores and Barranco); and Panamericana Sur highway south of Lima.

Post Office

Lima's main post office (*Central de Correos*) is located on the Plaza de Armas at Camaná 195 in central Lima. The Miraflores branch is at Petit Thouars 5201; the San Isidro branch is at Calle Las Palmeras 205.

Local Transportation

Buses: There are two types of buses within Lima: *micros* (large buses) and *combis* or *colectivos* (minibuses or vans). Both types of buses are usually crowded and sometimes have pickpockets aboard. They can be hailed at any place along the street without regard to bus stops, and are inexpensive. Routes and stops can be confusing unless you are familiar with Lima. If you choose to travel on these and you want to get off, shout “*baja*” (getting off) or “*esquina*” (at the corner). However, due to their tendency to be crowded and the prevalence of pickpockets aboard, we advise against traveling by bus if you can avoid it.

Taxis: Taxis hailed on the street are a quick way to get around in Lima. However, taxis are unregulated, which means anyone can become a taxi driver. This means no meters in the taxi, with the driver charging whatever he thinks he can get. So be aware of fares and prices to and from your destination and set a price before getting into the taxi. To avoid the less reliable taxis, call a registered company from your hotel or restaurant—especially at night. The fare may be higher but it is worth it.

Driving in the city: Lima can be a confusing, congested city with aggressive drivers. Unless you know your way around, driving yourself is not a good idea.

Shopping: What to Buy, Customs, Shipping & More

There may be scheduled visits to local shops during your adventure. There is no requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor’s terms of purchase. O.A.T. is not responsible for purchases you make on your trip or for the shipment of your purchases.

Returns

If you discover an issue with an item, you should contact the vendor directly and expect that any resolution will take longer than it would in the U.S. We recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop’s contact information. Keep in mind, local practice may vary from U.S. standards, so don’t assume that you have a certain number of days after the purchase to speak up or that you are guaranteed a refund.

Crafts & Souvenirs

Peru

Traditional souvenirs available in Lima and Cuzco include gold and silver jewelry, old and new weavings, ceramics, woolen clothing, hand-knitted alpaca sweaters, woven ponchos, rugs, coats, and blankets.

Bolivia

Bolivian handicrafts tend towards Andean-style weavings, pottery, and jewelry. Traditional games—often carved from wood—or woven baskets make nice handmade souvenirs. Also look for items made from alpaca wool.

Colombia

You can find many local crafts in Bogotá—even if you fall in love with a design from another region, you can find it here. Traditional *mochilas* (woven bags with indigenous textile designs) are both practical and typically Colombian. Hats like the *sombrero vueltiao*, which is made from cane fibers by the Zenu tribe, or *sombrero aguadeno* (a version of the Panama hat) are also popular. Lastly, if you are in the market for a high-end purchase, Colombia is known for gold and emerald jewelry.

U.S. Customs Regulations & Shipping Charges

For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, www.cbp.gov has the answers to the most frequently asked questions. Or you can call them at **1-877-227-5511**.

The top three points to know are:

- At time of writing, your personal duty-free allowance is \$800 for items brought with you. Items totaling more than \$800 are subject to duty fees.
- **Items shipped home are always subject to duty when received in the U.S.** Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the export duties—not door-to-door shipping or payment of the import duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need to arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
- It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins.

DEMOGRAPHICS & HISTORY

Peru

Facts, Figures & National Holidays

- **Area:** 496,225 square miles
- **Capital:** Lima
- **Languages:** Spanish and Quechua are the official languages; Aymara, and a large number of minor Amazonian languages are also spoken.
- **Location:** Peru is bordered by Bolivia, Brazil, Chile, Colombia, and Ecuador.
- **Geography:** Peru is the third-largest country in South America. Topped by towering Andean peaks, its landscape also includes a portion of the Amazon River Basin and an extension of Chile's Atacama Desert along the coast. Three of Peru's largest cities—Lima, Trujillo, and Chiclayo—are in the coastal desert region. The city of Iquitos (population 400,000) is the capital of Peru's Amazon region on the eastern slope of the Andes. It is accessible only by airplane and Amazon riverboat.
- **Population:** 34,662,929 (estimate)
- **Religions:** Roman Catholic 81.3%, Evangelical 12.5%, other 3.3%, unspecified or none 2.9%
- **Time zone:** Peru is on Peru Time, which is the same time zone as U.S. EST. When it is 6am in Washington D.C., it is 6am in Lima. Peru does not observe Daylight Savings, so during Daylight Savings, Peru Time is 1 hour behind EST.

National Holidays: Peru

In addition to the holidays listed below, Peru celebrates a number of national holidays that follow a lunar calendar, such as Easter . To find out if you will be traveling during these holidays, please visit **www.timeanddate.com/holidays**.

01/01 New Year's Day

05/01 Labor Day / May Day

06/29 St. Peter & St. Paul

07/28 Independence Day

07/29 Independence Day (Day 2)

08/30 Santa Rosa De Lima

10/08 Battle of Angamos

11/01 All Saints Day

12/08 Feast of the Immaculate Conception

12/25 Christmas Day

Peru: A Brief History

Although Peru is well known as the land of the Incas, its rich ancient history pre-dates the Inca Empire by thousands of years, with the earliest evidence of indigenous societies going back to the eighth millennium BC.

By 1200 BC, several groups had begun moving from the north into what is now Peru, including the Chavín, Chimú, Sechín, Nazca, and Tiahuanaco. The ruins of the Chimú city of Chanchan, built around 1000 AD, still exist today. Another legacy of these early peoples is the striking religious iconography of the Chavín, who portrayed animals, particularly the jaguar, in a distinctive and impressive style.

Around the 5th century BC, the Saliner and the Paracas came into the picture and made many artistic and technological advances, including kiln-fired ceramics and sophisticated weaving techniques. The Nazca, creators of the huge, cryptic Nazca Lines, were successors to the Paracas culture.

The Inca Empire had a surprisingly brief reign at the end of this long pre-colonial history. From the early 1400s until 1532, the Incas expanded their domain from the river valley around Cuzco to the whole region from northern Argentina to southern Colombia, including much of present-day Peru and Ecuador.

In its prime, the Incan capital at Cuzco was the richest city in all of the Americas, dominated by gold-plated temples. Though only fragments of Cuzco's Incan architecture remain, the ruins of an Incan ceremonial center at Machu Picchu have survived to astonish the world.

When Francisco Pizarro landed with his band of Spanish conquistadors in 1532, the Inca Empire was weakened by a dispute over succession to the throne. Pizzaro arranged a private meeting with the Inca ruler, Atahualpa, and assassinated him while the conquistadors sacked the city of Cuzco and took control, thus ending the Inca Empire. In 1535, Pizarro established a new capital city at Ciudad de los Reyes, now Lima, but was killed six years later by a rival conquistador.

For 200 years, Spanish officials ruled Peru using native intermediaries as go-between to deal with the indigenous population. In 1780, some 60,000 indigenous Peruvians rose up in revolt against Spanish rule. It was unsuccessful, as was another revolt in 1814. But in 1821, with the help of Jose de San Martin of Argentina and Simon Bolivar of Venezuela, Peru finally drove the Spanish military out and declared independence.

A series of Bolivar's lieutenants—known as the “marshals of Ayacucho”—governed Peru in the following decades, including Ramon Castilla, who presided over the adoption of a liberal constitution in 1860.

Since then, Peru's history has been a dramatic alternation between democratic and dictatorial governments, each of which has faced pressing social and economic issues. Opposition to dictatorship has played a prominent role in Peruvian politics since the 1920s, when Víctor Raúl Haya de la Torre founded the American Popular Revolutionary Alliance (APRA).

Peruvian democratic reformers have long advocated guaranteed civil liberties and improved living conditions for the nation's Native Americans. There have also been radical and violent opposition movements, including the Sendero Luminoso (Shining Path), whose leaders were captured in 1992.

Peru's next four heads of state were democratically elected presidents: Fernando Belaúnde Terry in 1980, Alan García Pérez in 1985, Alberto Fujimori in 1990, and Alejandro Toledo in 2001. In 2006, Alan Garcia Perez was elected for a second term and presided over a period of economic growth until 2011 when Ollanta Humala was elected. In December 2022, Dina Boluarte became the first female president in Peru's history.

Bolivia

Facts, Figures & National Holidays

- **Area:** 424,164 square miles
- **Capital:** Sucre
- **Languages:** Spanish, Quechua and Aymara are the official languages
- **Location:** In central South America, bordered by Argentina, Brazil, Chile, Paraguay, and Peru.
- **Geography:** Despite that it is a landlocked nation, Bolivia is home to an incredible diversity of ecological zones. The rugged Andes in the west surround an arid highland plateau, or altiplano. In the north lie the tropical lowland plains and rainforests that stretch into the Brazilian Amazon. Bolivia's capital, La Paz, is the highest capital city in the world at 11,910 feet above sea level. The city rests in a geological bowl-like formation, with many of its streets climbing to great heights. Bolivia shares Lake Titicaca, the highest navigable lake in the world at 12,507 feet, with Peru.
- **Population:** 11,428,245 (estimate)

- **Religions:** Roman Catholic 76.8%, Evangelical and Pentecostal 8.1%, Protestant 7.9%, other 1.7%, none 5.5%
- **Time zone:** Bolivia is 1 hour ahead of Eastern Time. When it is noon in New York, it is 1:00pm in Bolivia.

National Holidays: Bolivia

In addition to the holidays listed below, Bolivia celebrates a number of national holidays that follow a lunar calendar, such as Easter and Corpus Christi. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day

01/22 Plurinational State Foundation Day

05/01 Labor Day/May Day

06/21 Aymara New Year Day

06/22 Aymara New Year Day holiday

08/06 Independence Day

11/02 All Saints Day

12/25 Christmas Day

Bolivia: A Brief History

The earliest settlers of Bolivia were members of the Aymara tribe from Peru. By 1200 BCE, the Aymara founded a series of villages in western Bolivia, and for the next thousand years, they farmed the Lake Titicaca Basin, and traded with other tribes. By the 1st century CE, the village of Tiwanaku (or "Tiahuanaco") was advanced civilization, its prosperity based on an innovative system of artificially created ecosystems called suka kollus. These were earthen farm mounds built between canals stocked with fish. The canals irrigated the mounds, the crops fed the fish, and the fish waste fertilized the mounds. But around 1000 CE, some event—possibly drought—caused the system, and Tiwanaku, to collapse. Bolivia then broke into seven Aymara kingdoms.

In 1438, the Inca arrived and by the 1520s, they ruled most of present-day Bolivia. Their subjects had to perform mit'a, or public service labor, for a set number of days each year. When Spain invaded in 1532, the Incas fell quickly. During the colonial era, Spanish coffers were kept full by Bolivia's Potosi silver mines. To run them, Spain adopted the Inca mit'a labor practices. Now called "mita," this was no longer public service for few days, but slavery. Nearly six million mita workers died—under the mountain or from mercury exposure. Continual uprisings flared up.

As Spanish power waned during the Napoleonic wars of the early 19th century, independence came. The Bolivian republic was born in 1825, named for its leader, Simón Bolívar. When silver increased in value in the early 1900s, Bolivia gained wealth and stability—but only for the elite. A class system of dramatic extremes left indigenous people no choice but to work the mines. The National Revolutionary Movement promised change, but once it took over by force in 1952, leadership crumbled. Weak government, military coups, and crises marked the next decades, albeit with some economic improvements in the '90s under President Sanchez de Lozada.

A major problem in Bolivia was the drug trade. As silver mines closed, many indigenous people turned to coca farming. This ancient crop has cultural, medicinal, and household uses beyond being the source of cocaine. Under U.S. pressure to end coca production, Bolivian troops burned

crops and beat farmers. This galvanized cocaleros (growers), who resented the U.S., the world's largest cocaine consumer, for bullying Bolivian farmers instead of focusing on America's drug problems at home. They joined other grassroots groups to form the Movement for Socialism (MAS), described as "an indigenous-based political party that calls for the nationalization of industry, legalization of the coca leaf ... and fairer distribution of national resources."

Two events empowered MAS. In 2000, Bolivia privatized the Cochabamba Water Supply, and prices soared. Massive protests forced the government to retract. Outrage recurred three years later when the government tried to privatize gas reserves, and sell them to U.S. companies below market value. U.S.-backed president Sanchez de Lozada resigned. His most vocal critic, indigenous MAS leader (and former cocalero) Evo Morales, ran for president in 2006. When the U.S. ambassador declared that U.S. aid to Bolivia would be cut if MAS won, it infuriated voters and had the opposite effect: Morales won 53.7%, Bolivia's first absolute majority in 40 years.

Morales served three terms, and supporters cite his success in reducing poverty and driving indigenous initiatives. Critics on the right call him a narco-trafficker. Critics on the left attack him as a capitalist. Morales resigned in 2019 amidst charges of election fraud. Other accusations surfaced, including charges of statutory rape. He sought asylum in Mexico, but triumphantly returned to Bolivia in November 2020. He remains a popular, yet polarizing figure.

Colombia

Facts, Figures & National Holidays

- **Area:** 439,736 square miles
- **Capital:** Bogotá
- **Languages:** Spanish is the official language.
- **Ethnicity:** Mestizos (mix of European and Amerindian) 58%, White 20%, Afro-Colombian 21%, Amerindian 1%
- **Location:** Colombia is bordered by Brazil, Ecuador, Panama, Peru, Venezuela, the Pacific Ocean, and the Caribbean Sea.
- **Geography:** Colombia is the fourth largest country in South America—roughly the size of Texas and California combined. In the west, low peaks rise over the flat Pacific lowlands. Moving inward, these give way to the three mountain chains that run across the center of the country. Mountain peaks of up to 13,000 feet soar over these central regions. Moving further east, the countryside descends to grassy lowlands, and then to the coastal areas on the Caribbean Sea.
- **Population:** 46,736,728 (estimate)
- **Religions:** Roman Catholic 90%, other 10%
- **Time zone:** Colombia is in Eastern Standard Time. When it is 6am in Washington D.C., it is 6am in Bogotá

National Holidays: Colombia

In addition to the holidays listed below, Colombia celebrates a number of national holidays that follow a lunar calendar, such as Epiphany, Feast of the Sacred Heart, and Easter. To find out if you will be traveling during these holidays, please visit **www.timeanddate.com/holidays**.

01/01 New Year's Day

03/25 St. Joseph's Day

05/01 Labor Day/May Day

June Corpus Christi (moves each year)

07/20 Independence Day

08/07 Battle of Boyaca Day

10/12 Columbus Day (usually observed on closest Monday)

11/05 All Saint's Day

11/12 Independence of Cartagena

12/08 Feast of the Immaculate Conception

12/25 Christmas Day

Colombia: A Brief History

Among the cultures scattered in Colombia's Andean region before Europeans arrived were the Tayrona, Sinú, Muisca, Quimbaya, Tierradentro, and San Agustín, known for intricate goldwork, pottery, and rock paintings. The first recorded Spanish visit occurred when Alonso de Ojeda, an officer of Columbus' second voyage, stepped ashore in 1499. He sought the mythical land of El Dorado, and the Amerindians' gold made him think he'd found it. Several expeditions followed and short-lived settlements arose; the oldest, established in Santa Marta in 1525, still stands.

At first, local tribes tolerated the visitors, but they rebelled when it grew clear that the colonists meant to enslave them. They were no match for Spaniards' advanced weapons. Colonial towns prospered for 200 years, including the port of Cartagena (founded in 1533). It was a prosperity borne on the backs of enslaved Africans, who soon outnumbered indigenous people. Through the 18th century, there were sporadic rebellions, but the fight for independence gained strength when Napoleon abolished the Spanish monarchy. This divided Colombia, but a great liberator arose: Simón Bolívar of Venezuela, who defeated the Spanish at the Battle of Boyaca in 1819.

Colombia joined Venezuela and Ecuador to form the Republic of Gran Colombia, but it dissolved after ten years due to political differences. By 1849, these coalesced into two political parties. The Conservadores had centralist views, believed government should align with the Catholic Church, and favored a limited voting pool. The Liberales wanted a decentralized government, separation of church and state, and broad voting rights. This division set the tone for numerous wars until 1899. Colombia was relatively quiet from 1902–1947, but conflict between the Conservadores and Liberales boiled over in 1948 during "La Violencia," which killed 300,000. A 1953 coup by General Gustavo Rojas Pinilla did not result in reforms. In 1957, both parties united as the National Front, overturning the general and agreeing to share power for 16 years.

The National Front ended in 1974. Meanwhile, left-wing guerrillas were surfacing, such as the National Liberation Army (ELN), Revolutionary Armed Forces of Colombia (FARC), and the April 19 Movement (M19). They had complicated relations with the growing drug cartels in Medellín and Cali. Some guerillas used the drug trade to fund their activities, while others rejected the

cartels, going so far as to kidnap cartel members. Many cartels started death squads, ostensibly for protection. In reality, many death squads were paramilitary groups used to terrorize civilians into cooperating with the cartels. By 1990, violence threatened to paralyze the country.

By 1992, government control was strengthened by the death of Pablo Escobar, the head of the Medellín cartel. In the late 90s, conservative Andres Pastrana accused President Samper's campaign of being financed by drug money. He won the 1998 presidential election with a plan to combat drug trafficking, strengthen democracy, and improve Colombia's human rights record. Vowing to continue Pastrana's "Plan Colombia," right-wing hardliner Alvaro Uribe was elected president in 2002. Uribe had studied at Oxford and Harvard, and his father had been killed by FARC. For the first months of his presidency, the war grew intense. But a breakthrough occurred in 2003 with a peace treaty between the government and the right-wing paramilitary AUC. Uribe was re-elected in 2006, and succeeded by Juan Manuel Santos in 2010, who surprisingly began peace talks with FARC, signing an accord in 2016. Santos won the Nobel Peace Prize, and his administration improved human rights policies. Relations with Venezuela have fluctuated due to ideological differences. Still, Colombia has provided Venezuela with food and medicine to mitigate shortages as presidential control of Venezuela remains disputed.

RESOURCES

Suggested Reading

Peru

Making Machu Picchu: The Politics of Tourism in Twentieth-Century Peru by Mark Rice (2018, Nonfiction) This historical inquiry explores the development of Machu Picchu into a national symbol (and major tourist attraction) from its “discovery” by Hiram Bingham in 1911 to the present. A thoughtful look at nationalism, the indigenous experience, globalism, and the impact of tourism (pros and cons) on national identity.

Turn Right at Machu Picchu by Mark Adams (2012, History/Travel Narrative) The humorous and engaging tale of what happens when a modern-day adventurer tries to follow the steps of Hiram Bingham by re-creating the expedition that discovered Machu Picchu.

The Lost City of Z: A Tale of Deadly Obsessions in the Amazon by David Grann (2009, Biography/Memoir). This riveting, real-life adventure tale bounces between a biography of Colonel Percy Harrison Fawcett and the author’s own quest to find out what happened to the great explorer, who disappeared in the Brazilian Amazon in 1925. (Although set in the Brazilian Amazon, we’ve included this book because it gives a good sense of exploration in the mysterious Amazon forest).

Little Tiny Teeth by Aaron J. Elkins (2007, Mystery). When a forensics professor joins an Amazon riverboat expedition, he expects a vacation. But in a jungle full of predators, he realizes the humans may be the deadliest of all. (We promise, this won’t happen to you—well, it *probably* won’t ...)

Lima: A Cultural History by James Higgins (2005, History). An erudite guide to the cultural gems and literary history of Peru’s capital city. James Higgins, who specializes in Peruvian literature, covers the scope of the city’s history from its pre-Columbian museums, to its conquistador heritage, to its dynamic present.

Bolivia

Bolivar: American Liberator by Marie Arana (2013, Biography) The sweeping biography of Simon Bolivar, South America’s “El Libertador.” Bolivar was the brilliant military and political leader who is considered a founding father of six modern South American nations, and the writer of the Bolivian constitution.

The Fat Man from La Paz edited by Rosario Santos (2000, Anthology) These 20 short stories explore the past 50 years through the lens of poverty, love, fantasy, politics, mysticism, and all things Bolivian.

Valley of the Spirits: A Journey Into the Lost Realm of the Aymara by Alan L. Kolata (1996, Nonfiction) From 400–1100 CE, before the rise of the Aztecs or Incas, the Aymara people thrived along the shores of Lake Titicaca in a highly advanced city called Tiahuanaco (Tiwanaku). Their unique culture was based on a spiritual connection with nature, where time and space merge. While the Aymara power structure vanished, their ancestors still live here and Kolata describes their efforts to revive the irrigation and other technologies that once brought them glory.

City of Silver, A Mystery by Annamaria Alfieri (2011, Mystery) Set in the 17th century, a catholic nun tries to solve a complex mystery in the silver mining city of Potosi.

Colombia

One Hundred Years of Solitude (1967), ***Love in the Time of Cholera*** (1985), and ***Of Love and Other Demons*** (1994) by Gabriel Garcia Marquez (Literature) Reading anything by this Nobel Laureate will provide tremendous insight into Colombian life, along with lyrical passages that mix the real with the magical, and plenty of humor. *Years* is the sprawling tale of a family that founds a town and their subsequent relations with the inhabitants. *Cholera* is a sometimes-difficult tale about the complicated diseases that we call love and romance. And *Demons* is the tragic story of a girl who may have rabies and her romance with the priest who was hoping to cure her.

The War of Don Emmanuel's Nether Parts (1990), ***Señor Vivo and the Coca Lord*** (1991), and ***The Troublesome Offspring of Cardinal Guzman*** (1992) by Louis de Bernières. (Fiction) These three novels (“The Latin American Trilogy”) take place in an unnamed country, but were inspired by the author’s experiences in Colombia. Here, the stories of mystical indigenous deities, corrupt politicians, idealistic philosophers, hardened guerilla fighters, and lovestruck peasants are woven together in a web of magical realism and that is at once terrifying, hilarious, and affectionate.

The Sound of Things Falling by Juan Gabriel Vasquez (2011, Fiction) This tale charts the dissolution of a flawed professor, his marriage, and the entire city of Bogota as even law-abiding citizens become entrapped in the pervasive drug trade.

Colombia: A Comedy of Errors by Victoria Kellaway and Sergio J. Lievano (2014, Humor/History) Want to know about Colombian history? Everyday customs? Influential politicians? Pop culture? This book presents it all in incredible detail, and with a lighthearted humor and 160 illustrations.

Suggested Films & Videos

Peru

Asu Mare (2013, Comedy/Biopic) The story of the rise to fame of stand-up comedian Carlos Alcántara, who grew up fatherless and in a poor community in Lima and was a member of the popular Peruvian sitcom *Pataclaun*. Wildly successful, *Asu Mare* became the second biggest box office hit in Peru. Spanish with English subtitles.

Contracorriente (Undertow) (2009, Drama) A Peruvian fisherman loves his pregnant wife, but is haunted by the ghost of his drowned male lover. Winner of the 2010 World Cinema Audience Award at Sundance. (In Spanish with English subtitles, available on various streaming services.)

Jean-Michel Cousteau's Ocean Adventures: Return to the Amazon produced by PBS (2008, Documentary) In the 1980s, Jean-Michel accompanied his famous underwater filmmaker father, Jacques Cousteau, on an expedition down the Amazon River. Twenty-five years later, he returns with his children.

In Search of History: Lost City of the Incas produced by the History Channel (2005, Documentary) An informative overview of fabled Machu Picchu, including the story of its rediscovery in 1911.

The Ghosts of Machu Picchu (2005, Documentary) This PBS-production goes deep into the history of this legendary site, questioning why it was ever built and why it was abandoned.

Bolivia

Blackthorn (2011, Drama) Remember how at the end of *Butch Cassidy & the Sundance Kid*, the duo come to an uncertain end in their Bolivian hideout? This sequel picks up the story 20 years later, as Butch (Sam Shepard) embarks on an eventful journey through Bolivia to make his way back to the son he left behind in the States.

The Devil's Miner (2005, Documentary) In Potosi, workers at the notorious Cerro Rico mine worship the devil, el Tio, to beg his protection in his dangerous underground realm. This film depicts the harsh realities of life for two young miners forced to work in terrible conditions.

Our Brand is Crisis (2005, Documentary) A searing look at U.S. government interference in Latin American elections. In 2002, the Bolivian anti-imperialist candidate Evo Morales was defeated by the far less popular Gonzalo Sánchez de Lozada, thanks to a sleek U.S.-funded political marketing campaign engineered by the legendary consultant James Carville. Hollywood later offered a fictionalized (and far less damning) version of this story in a 2015 film of the same name, starring Sandra Bullock and Tommy Lee Jones.

Colombia

Love in the Time of Cholera (2007, Drama/Romance) A fanciful yet dramatic story about a 50-year love triangle, patience, magic, and (of course), cholera. Based on the masterful Garcia Marquez novel of the same name and starring Javier Bardem and Benjamin Bratt.

Maria Full of Grace (2004, Drama) A teenager becomes a drug mule to earn money for her family. This film deals with some difficult and controversial topics, but was acclaimed for its moving performances.

Embrace of the Serpent (2015, Docudrama) Two scientists search the Amazon for a sacred healing plant with the aid of Karamakate, a shaman and the last of his people. With its striking black and white cinematography and vivid portraits of Amazonian people, it was Colombia's first Oscar-nominated film.

Colombia: Wild Magic (2015, Documentary) A well-received wildlife documentary about the country's amazing biodiversity, with stunning wildlife and landscape shots.

Useful Websites

Overseas Adventure Travel

www.oattravel.com

Overseas Adventure Travel Frequently Asked Questions

www.oattravel.com/faq

International Health Information/CDC (Centers for Disease Control)

www.cdc.gov/travel

Electricity & Plugs

www.worldstandards.eu/electricity/plugs-and-sockets

Foreign Exchange Rates

www.xe.com/currencyconverter
www.oanda.com/converter/classic

ATM Locators

www.mastercard.com/atm
www.visa.com/atmlocator

World Weather

www.intellicast.com
www.weather.com
www.wunderground.com

Basic Travel Phrases (80 languages)

www.travlang.com/languages

Packing Tips

www.travelite.org

U.S. Customs & Border Protection

www.cbp.gov/travel

Transportation Security

Administration (TSA)

www.tsa.gov

National Passport Information Center

www.travel.state.gov

Holidays Worldwide

www.timeanddate.com/holidays

History & Culture

en.wikipedia.org

Useful Apps

Flight Stats

Track departures, arrivals, and flight status

LoungeBuddy

Get access to premium airport lounges around the world

Timeshifter

Personalized tips for avoiding jetlag, based on neuroscience and your own data

GoogleMaps

Maps and directions anywhere in the world

Triposo

City guides, walking maps, and more – and it works offline

Rome2rio

Where to go, what to see, and what to do in more than 160 countries

Flush or Sit or Squat

Find a clean toilet anywhere

Uber

Ride sharing around the world

Visa Plus and Mastercard Cirrus

ATM locations

Shows the location of the nearest ATM in your network

TunnelBear

Provides a secure VPN (virtual private network) that will encrypt your browsing data when you use a public WiFi network

What's App, Skype, or Signal

WiFi calling anywhere in the world

Duolingo, FLuentU, or Babbel

Learn dozens of foreign languages

Google Translate

Fast and simple translations

XE

Currency conversions

SizeGuide

Clothing and shoe sizes in all countries

Best Units Converter

Converts currency, mileage, weights, and many other units of measurement

Tourlina

For women only, it connects you with other female travelers

Happy Cow

Locate vegan and vegetarian eateries in 195 countries

Eatwith

Dine with locals all over the world

Meetup

Connects you with locals who share your interests

Skyview

Identifies constellations and heavenly bodies

Travello

Find travel friends on the road

ALIX for One

Created by and for women, it identifies solo-friendly dining spots in major international cities

TripWhistle

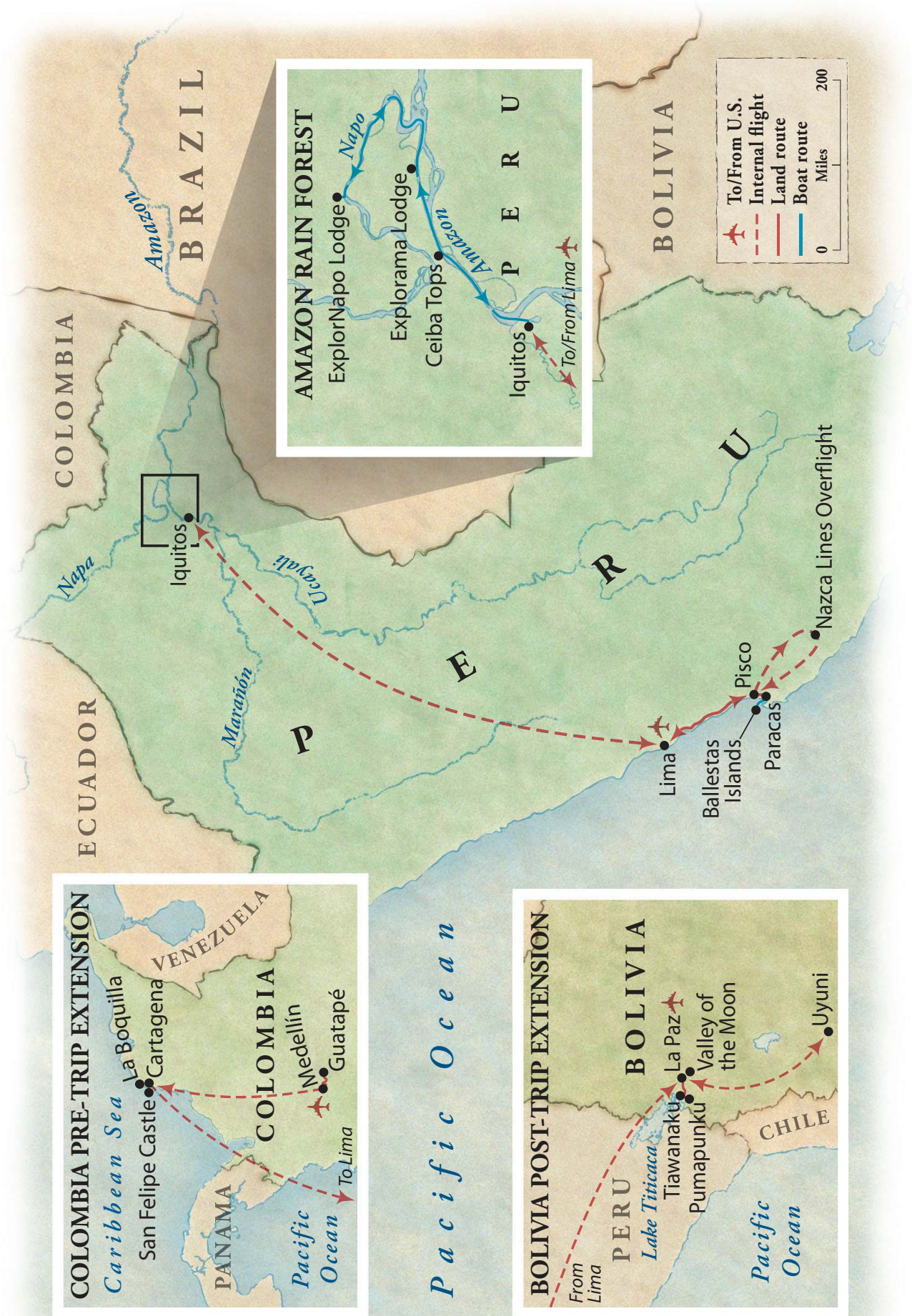
Maps your location and provides emergency numbers for police, medics, and more

GeoSure

Safely navigate neighborhoods around the world

Chirpey

For women only, connect with other women, find out what's safe, meet up, and more



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Submitted by Joy and Don Janke,
8-time travelers from Stevensville, MI



Submitted by Julia Schneider,
5-time traveler from Pinellas Park, FL



Submitted by Martin Schwartzman,
30-time traveler from Woodbury, NY



Submitted by Paul Stark, 17-time traveler
from Edina, MN



Submitted by David Fong, 16-time traveler
from Foster City, CA



Submitted by Steven dos Remedios,
23-time traveler from Oakland, CA



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