

# Overseas Adventure Travel<sup>®</sup>

THE LEADER IN PERSONALIZED SMALL GROUP ADVENTURES SINCE 1978

Your O.A.T. Adventure Travel Planning Guide<sup>®</sup>



Peru: Machu Picchu & the Sacred Valley

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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Machu Picchu

## Peru: Machu Picchu & the Sacred Valley

Small Group Adventure

**Peru:** Lima, Sacred Valley, Machu Picchu, Cuzco

Small groups of no more than 16 travelers, guaranteed

**11 days starting from \$3,695**

including international airfare

Single Supplement: **FREE**

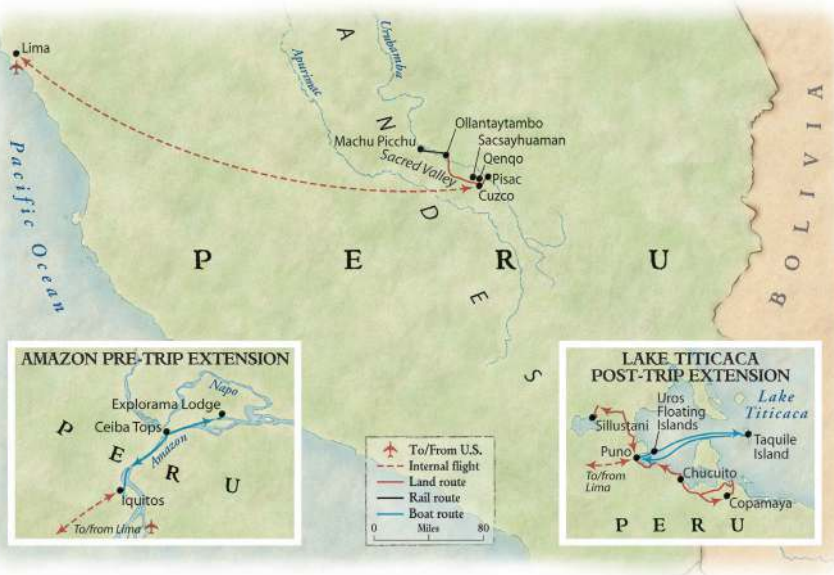
For departure dates & prices, visit [www.oattravel.com/rap2025pricing](http://www.oattravel.com/rap2025pricing)

Explore the handiwork of the Incas in Peru, from astronomical observatories in Machu Picchu, to limestone carvings at the ceremonial site of Qenqo. And the timeless streets of Cuzco bustle with traders and artisans, as they have since the 16th century. You'll experience Peru's diverse offerings throughout your adventure: rafting on the Urubamba River; meeting a *curandero* medicine man; and experiencing *A Day in the Life* of a Chinchero community.

### IT'S INCLUDED

- 10 nights accommodation and 1 day room
- 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
- 24 meals—10 breakfast, 9 lunches, and 5 dinners (including 1 Home-Hosted Lunch)
- 19 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.*



## ITINERARY SUMMARY

DAYS	DESTINATION
1	Fly to Lima, Peru
2-3	Lima
4-5	Fly to Cuzco • Sacred Valley
6-7	Train ride through the Sacred Valley • Machu Picchu
8-10	Machu Picchu • Return to Cuzco
11	Fly to Lima • Return to U.S.

## PERSONALIZE YOUR ADVENTURE

### OPTIONAL EXTENSIONS

The Peruvian Amazon:  
Treks, Cruises & Indigenous  
Communities

**PRE-TRIP:** 6 nights from **\$1,495**

Southern Peru: Lake Titicaca's  
Sacred Landscape & Highland  
Culture

**POST-TRIP:** 4 nights from **\$1,095**

### 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 **Lima** before your Amazon pre-trip extension or before your main adventure from **\$130** per room, per night

## WHAT TO EXPECT

①②③④⑤ Moderately Strenuous

**Pacing:** 4 locations in 10 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.

**Flight Time:** Travel time will be 6-14 hours and will most likely have one connection

View all physical requirements at [www.oattravel.com/rap](http://www.oattravel.com/rap)

## PERU: THE O.A.T. DIFFERENCE

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

**People-to-People Experiences:** Discover the multi-faceted culture of the Andean region from many perspectives, including when we break into even smaller groups for a **Home-Hosted Lunch** with an Urubamba family in their home.

**O.A.T. Exclusives:** Spend **A Day in the Life** of the mountaintop villages of Iskuchaca and Chinchero, where you'll enter the classrooms of a nearby **Grand Circle Foundation**-sponsored school to get to know the young students and meet weavers to learn about their timeworn craft. Throughout our journey, we will also participate in **Controversial Topics** such as the role of the coca leaf in local culture.

# Peru: Machu Picchu & the Sacred Valley

## YOUR DETAILED ITINERARY

### BEGIN YOUR ADVENTURE WITH AN OPTIONAL PRE-TRIP EXTENSION

#### 6 nights in *The Peruvian Amazon: Treks, Cruises & Indigenous Communities*

**Day 1** Depart U.S. • Arrive Lima, Peru

**Day 2** Explore Lima's Miraflores District  
• Optional Pachacamac Sanctuary & Dinner tour

**Day 3** Fly to Iquitos • Boat to lodge  
• Afternoon & evening rain forest excursions

**Day 4** Walk Bushmaster Trail • Visit Yagua village • Explore by boat

**Day 5** Visit Yanamono Clinic • Discover Ceiba tree

**Day 6** Rain forest canopy walk • Explore medicinal gardens

**Day 7** Birdwatching walk • Boat to Iquitos  
• Fly to Lima • Begin main trip

#### **Day 1** Depart U.S. • Arrive Lima, Peru

- Destination: Lima
- Accommodations: José Antonio Lima Hotel 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** Lima • Discover Miraflores district

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

**Breakfast:** At the hotel.

**Morning:** Free for your own discoveries—you may choose to relax at the hotel after yesterday's travels and get acquainted with

your Trip Experience Leader and fellow travelers—including those joining us from our optional pre-trip extension to *The Peruvian Amazon: Treks, Cruises & Indigenous Communities*, as well as those who arrived early in Lima.

Late this morning, we'll gather in the hotel lobby for a Welcome Briefing during which we will introduce ourselves and review our itinerary in more detail (including any changes that may need to occur).

**Lunch:** At a local restaurant.

**Afternoon:** Following lunch, we'll take an orientation walk through the boulevards and plazas around our hotel—situated in the stylish Miraflores district, which is a cultural and artistic center full of small cafés, fine shops,



and art galleries. Then we'll return to the hotel, and the rest of your afternoon is free for you to explore the city on your own.

**Dinner:** On your own—ask your Trip Experience Leader for local restaurant recommendations. You might like to try *ceviche*—Peru's national dish consisting of raw fish "cooked" in citrus juices.

**Evening:** You have the freedom to spend the rest of your evening as you wish—ask your Trip Experience Leader for recommendations.

### Day 3 Explore Colonial Lima

- Destination: Lima
- Included Meals: Breakfast, Dinner
- Accommodations: José Antonio Lima Hotel or similar

**Breakfast:** At the hotel.

**Morning:** Today we embark on a tour of Lima's colonial sites. Founded by the conquistadors in 1535, Lima became Spain's largest and wealthiest city in the New World. The city has a proud history, including the founding of one of the first universities in South America, the Universidad de San Marcos, in the middle of the 16th century. Today, Lima's historic city center is a UNESCO World Heritage Site.

We begin our day at a fish market, where a local guide will join us. Here, we'll have the chance to mingle with the fishermen and vendors, and browse the day's catch. Then, we'll drive to Lima's Larco Museum. The museum contains an impressive collection of ceramics, gold and silver items, and textiles from Peru's pre-Columbian history, all housed in a former mansion with lush gardens. After exploring the museum's highlights, art, and artifacts, we'll make our way to Lima's colonial downtown to admire its colonial streets and architecture—evidence of the city's Spanish heritage.

**Lunch:** On your own in Miraflores or in the bustling Barranco neighborhood. Perhaps you'll ask your Trip Experience Leader where to find *aji de gallina*, a chicken dish served with a spicy pepper sauce.

**Afternoon:** Free for your own discoveries in Barranco—ask your Trip Experience Leader for recommendations.

We'll return to the hotel around mid-afternoon to freshen up and relax prior to dinner.

**Dinner:** We gather for a Welcome Dinner at a local restaurant. Enjoy the opportunity to sample traditional Peruvian dishes as you celebrate the discoveries ahead with your fellow travelers.

**Evening:** You have the freedom to spend the rest of your evening as you wish.

### Day 4 Fly to Cuzco • Controversial Topic: Coca and commerce in Peru • Explore the Sacred Valley and Pisac Ruins

- Destination: Urubamba
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Villa Urubamba or similar

**Activity Note:** We rise early this morning for our flight to Cuzco. We will spend tonight and the next few nights at elevations above 9,000 feet. We recommend staying hydrated while at high altitude. Travelers may rest at the hotel if necessary.

**Early Morning:** We have an early wake-up call this morning in order to catch our flight to Cuzco.

**Breakfast:** At the hotel.

**Morning:** We'll check out of our hotel and make our way to the Lima airport, where we'll catch our morning flight to the mountain-ringed city of Cuzco. Situated at an elevation of 10,909 feet, this city was the capital of the Incan world and

is a UNESCO World Heritage Site. Upon arrival, we'll drive to the Sacred Valley of the Urubamba River, where the lower elevation eases our transition to the high altitudes of the Andes.

**Lunch:** Enjoy a boxed lunch during our drive through the Sacred Valley.

**Afternoon:** We continue our drive along a switchback road leading to the ancient upper city of Pisac. These mythic ruins are situated in a spectacular location atop a buttress ridge, with agricultural terraces—constructed by the ancient Inca people—curling around the hill in graceful curves, and gorges on either side. When we arrive, we'll take a short trek into the ancient city, where we explore its well-built stone dwellings and temples, and enjoy sweeping vistas both up- and downstream in the Urubamba Valley. Pisac's highly defensible site guarded both the Valley and a high jungle pass to the northeast.

After exploring the ruins, we'll make our way to meet a vendor of fruits, coffee, and coca leaves. Then, we'll head to the home of a local woman to talk about the **Controversial Topic** of coca leaves commerce in Peru, and the struggle to balance the plant's traditional role in society with its high value on the black market as a key ingredient in cocaine.

Coca has been a staple of Peruvian culture for millennia. Locals, especially in the Andean areas, use the leaves in religious rituals and also chew them to alleviate fatigue, postpone hunger, and prevent altitude sickness. We'll also have the opportunity to try some coca for ourselves to better understand why it is so central to life at high altitudes.

After our conversation concludes, we'll make our way to our hotel in Urubamba. Perched beside the Urubamba River under Chicón Mountain, Urubamba is located among some of the Sacred Valley's most iconic Incan

ruins—including, of course, Machu Picchu. It's also a historic hub of commerce in the region; vendors from all across the Sacred Valley come to the vibrant outdoor market here to sell coffee, cheese, produce, fruit, and even clothes and cookware.

**Dinner:** At the hotel.

**Evening:** You have the freedom to spend the rest of your evening as you wish—ask your Trip Experience Leader for recommendations.

### **Day 5 Raft the Urubamba River • Explore Ollantaytambo Inca Fortress • Home-Hosted Lunch**

- Destination: Urubamba
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Villa Urubamba or similar

**Breakfast:** At the hotel.

**Morning:** Our day begins with a drive to the splendid Inca ruins of Ollantaytambo. We'll walk amid the remains of this ancient fortress of gray and rose-colored granite, discover its ancient baths, and climb up the huge terraces guarding its hilltop temples. We'll also enjoy a chance to meet some of the local people who dwell in the traditional town nearby.

Then, our discoveries take an adventurous turn, as we make our way to the banks of the Urubamba River to embark on a float trip aboard inflatable rafts—an enjoyable way to experience the enchanting Andean landscape. It's little wonder that the Incas regarded the Urubamba Valley as sacred ground. Here their culture was born, and here they found a true life-source—the area's mild climate and fertile soil, which yielded an abundance of fruits and vegetables. As we float along the river, we'll observe the networks of terraces on either side, constructed entirely by hand, which transformed steep mountainsides into acres of



arable land that helped feed a civilization, and which remain in use today, centuries after their construction.

After our rafting excursion, it's time to whet our whistles at a local bar where you can sip *chicha*, a beer brewed from corn. The bar, or *chicheria*, is a family-owned favorite of the local farmers, so you may have a chance to make some new friends during our time here. You'll also have the chance to learn how *chicha* is fermented and distilled.

For our next cultural experience, we'll enjoy an intimate **Home-Hosted Lunch** with a local family.

**Lunch:** With the local family in their home, with the possibility of helping to prepare the meal. The appetizer we savor will depend on the season, ranging from traditional Andean quinoa soup or black potato soup, to stuffed peppers or corn tortillas. We will also sample a Peruvian staple: roasted guinea pig. We'll chat with our hosts about how this ancient dish is prepared, as well as chat about what day-to-day life looks like in Urubamba.

**Afternoon:** We'll bid farewell to our hosts after lunch and return to our hotel. Once there, you will have free time to rest after the day's activities, or make independent discoveries in the town.

**Dinner:** At a local *polleria* restaurant, where we will have the opportunity to taste one of Peru's most popular dishes, *pollo a la brasa* (roisserie-style chicken).

**Evening:** After returning to our hotel, you have the freedom to spend the rest of your evening as you wish.

## Day 6 Train ride through the Sacred Valley

### • First Visit to Machu Picchu

- Destination: Aguas Calientes
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Casa Andina Standard Machu Picchu or similar

**Activity Note:** Today's activities take place at elevations above 7,900 feet. We recommend staying hydrated while at high altitude. Travelers may rest at the hotel if necessary.

**Breakfast:** At the hotel.

**Morning:** Today, we set out on a spectacular train trip into the gorge of the Urubamba River and on to Machu Picchu, the legendary "Lost City of the Incas."

But first, we're in for a special treat when we get an up-close glimpse of a *curandero* ceremony, a healing ritual with Inca roots—performed by a *mestizo* medicine man—that draws on an assortment of ancient and modern substances and symbols, combined with coca leaves and the energy of the sacred mountains and Mother Earth.

Then, we'll make our way to the Ollantaytambo train station, where we'll catch our train to the next leg of our journey.

**Lunch:** Enjoy a boxed lunch on board the train.

**Afternoon:** Our scenic train ride through the Sacred Valley concludes in the village of Aguas Calientes. Upon arrival, we'll board a bus bound for Machu Picchu. Most travelers visit Machu Picchu on a day trip, which makes for a hectic pace and only limited time at this unique archaeological wonder; our overnight stay in Aguas Calientes allows us to explore at a more relaxed pace and return to continue our discoveries of this famous city the next morning.

Like Lima and Cuzco, Machu Picchu is also a UNESCO World Heritage Site. This ancient city was a place little known not only to foreigners, but also to the Inca people—only a select few were ever allowed to visit this mysterious sanctuary. Even though it was “discovered” by Hiram Bingham in 1911, Machu Picchu remained inaccessible until the 1940s, when the Inca Trail was found by an archaeological expedition.

Inching up to the edges of cliffs high above the Urubamba River—and seemingly floating among the clouds—the mystical stone city stretches boldly across a high ridge in the Andes Mountains. Much of the mystery surrounding Machu Picchu stems from the Inca’s remarkable engineering feats; without mortar, they somehow placed the stones so perfectly, and built underground foundations so strong, that when earthquakes hit, the stones simply “dance” and then fall right back into place. They are also so expertly arranged that the cracks between rocks can’t even be penetrated by a credit card.

Ensuing explorations uncovered relics indicating that the “Lost City of the Incas” may have been the religious center of Inca life. The temples and astronomical observatory are signs of the Incas’ devotion to their sun god. (The fact that nearly all the unearthed human remains are female also points to Machu Picchu as a site of religious sacrifice.)

As for the fate of Machu Picchu’s people, the theories are even more far-reaching (and theory is all we have, for the Incas left no written record). It is known that smallpox decimated the population in the early 16th century, but the remainder may have succumbed to drought or disease, been conquered by the Spanish, or simply abandoned the site.

We can consider this mystery as our own expedition alights on this mountaintop site this afternoon, as our expert Trip Experience Leader and a local assistant give us a complete and compelling look at this fabled “Lost City,” explaining the speculation surrounding Machu Picchu’s place in the Inca world. We’ll have ample time to explore, reflect, and ponder the enigma of this man-made wonder, both with our Trip Experience Leader and on our own.

Late this afternoon, we return to Aguas Calientes by bus and check in to our hotel.

**Dinner:** At a local restaurant.

**Evening:** After we return to our hotel, the evening is yours to do as you please.

## **Day 7 Second visit to Machu Picchu**

- Destination: Aguas Caliente
- Included Meals: Breakfast, Lunch
- Accommodations: Casa Andina Standard Machu Picchu or similar

**Breakfast:** At the hotel.

**Morning:** We’ll depart for our second visit to Machu Picchu after breakfast. You can remain at the hotel if you wish, but most travelers appreciate this second chance to see the ruins in a different light, well before other visitors arrive on the train from Cuzco later this morning.

Our group will reconvene prior to lunch and return to Aguas Calientes together.

**Lunch:** At a local restaurant.

**Afternoon:** Our small group will return to our hotel around mid-day. We’ll spend our second night in Aguas Calientes—a recently added feature—giving you ample time to rest after today’s hike, or explore more of the town.

**Dinner:** On your own—ask your Trip Experience Leader for local restaurant recommendations. Perhaps you'll sample *causa*, a mashed potato dish that is served a variety of ways with meat and vegetables.

**Evening:** You have the freedom to spend the rest of your evening as you wish.

## **Day 8 Train ride through the Sacred Valley**

### **• Explore colonial Cuzco**

- Destination: Cuzco
- Included Meals: Breakfast, Lunch
- Accommodations: José Antonio Cuzco Hotel

**Breakfast:** At the hotel.

**Morning:** We'll make our way to the Aguas Calientes train station for our return journey to Ollantaytambo through the spectacular Urubamba Gorge. Upon arrival, we'll board a bus bound for Cuzco.

**Lunch:** At a local restaurant.

**Afternoon:** We set out to explore Cuzco on a walking tour after lunch. Called "the navel of the world" by the Incas, Cuzco was laid out in the shape of a puma, a sacred beast in Inca lore. We'll visit the site of the Qoricancha Sun Temple, Cuzco's most important ceremonial structure during the Inca era. Historical records of the time note that its walls were once covered with 700 sheets of gold studded with emeralds and turquoise. When sunlight streamed through the windows, the reflection of light off the precious metals was blinding.

Then we'll stroll through the heart of the city at the Plaza de Armas. When the Spanish conquistadors arrived here, they often built atop Inca structures, leaving behind a blend of architectural styles. At the Plaza de Armas, you'll view the outside of the 17th-century cathedral that was built on the foundation of an Inca palace. This massive structure is one of

the significant colonial buildings in the city. See whether you agree with many that it is also one of the most beautiful churches in Latin America.

After our walking tour, we'll check in to our hotel. You'll have the rest of the afternoon free to make your own discoveries. You could return to the cathedral and go inside to view its many interior paintings and sculptures, as well as its collections of colonial art and religious relics. Alternatively, you might head for the San Blas neighborhood to see more of Cuzco's historic architecture and the shops of artisans along picturesque hilly, narrow lanes. Or take in the city's Inca Museum (*Museo Inka*), which is housed in a colonial mansion and known for its collection of Inca mummies.

**Dinner:** On your own—ask your Trip Experience Leader for local restaurant recommendations.

**Evening:** The evening is yours to do as you please.

## **Day 9 A Day in the Life of Izcuchaca & Chinchero villages • Grand Circle Foundation visit: Cruzpata School**

- Destination: Cuzco
- Included Meals: Breakfast, Lunch
- Accommodations: José Antonio Cuzco Hotel

**Activity Note:** Alternate activities may be arranged if today's school visit falls on a weekend or holiday, as school will not be in session.

**Breakfast:** At the hotel.

**Morning:** We begin a day filled with Peruvian cultural discoveries in Izcuchaca, a village in the Anta Province of Cuzco surrounded by farm fields. The first stop in our **A Day in the Life** experience is a local market.



Our Trip Experience Leader will take us through the market, pointing out the produce and other foodstuffs for sale and facilitating interactions with the stall owners and locals alike. The economy of Izcuchaca is largely based on agriculture and livestock, which we'll see during our market explorations. We'll also experience a traditional mode of transportation here, the *tuk-tuk* (moto-taxi), which will take us from the market to the main town square. We'll get to know our drivers, perhaps chatting with them about what it's like to be self-employed in the village.

Upon arrival in the square, we'll board our bus and head to a local elementary school (when in session), which is supported in part by donations from **Grand Circle Foundation**. On the way, we'll stop to meet local Izcuchaca shepherds and farmers for a glimpse at their daily lives.

### **Grand Circle Foundation**

#### **Cruzpata School**

Total donated: **\$105,309**

Partner since: **2014**

The children will welcome us warmly with a presentation on Peru's culture—including traditional songs and dances—followed by a conversation with their teachers and families and some free time with the children one-on-one.

Cruzpata School is attended by around 150 students from ages 6 to 11 from neighboring villages and communities. Many of the children come from farming families and speak only Quechua, the language of Peru's indigenous people. As such, teachers are multilingual, tutoring English to both Quechua-speaking and Spanish-speaking students and helping to preserve each student's family history and culture to the best of their ability. Since first partnering with the school in 2014, Grand Circle

Foundation has supported the purchase of new playground equipment, traditional dance costumes, new desks and chairs, and more.

During our visit, the children will walk us through the school; show us some of their books and learning materials; and perhaps even teach us a few Quechua phrases. We'll even get the chance to help teach the students a short math or English lesson. Many travelers find this chance to meet the children of Peru to be the emotional high point of their adventure.

After our school visit wraps up, we'll drive to the mountain weaving village of Chinchero, which—at an elevation of 12,500 feet—is a literal high point of our exploration of the Sacred Valley. Chinchero was also the site of a 16th-century Inca emperor's estate, as well as a resting place on the Inca Royal Road.

**Lunch:** Shared with the community in Chinchero. We may have the chance to help the community members prepare our traditional Andean meal.

**Afternoon:** After lunch, we'll head to the local weaving cooperative. Here we see how Peruvian weavers create complex patterns in colorful cloth as their ancestors have for centuries. The women who work there will show us how they clean and dye the wool, spin it into thread, and finally weave their many-hued threads on traditional looms. Feel free to ask any questions you have about the weaving process, and about the weavers' lives.

After returning to Cuzco late this afternoon, the balance of the day is yours.

**Dinner:** On your own. You might like to seek out a dish featuring quinoa, a fiber-rich grain that is native to Peru and used in everything from soups to salads.

**Evening:** You have the freedom to spend the rest of your evening as you wish—ask your Trip Experience Leader for recommendations.

## **Day 10 Southern Valley of Cuzco • Sacsayhuaman & Qenqo**

- Destination: Cuzco
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: José Antonio Cuzco Hotel

**Breakfast:** At the hotel.

**Morning:** Today we explore the valley south of Cuzco, beginning with a drive to Oropesa. This small town is known for special bread called *pan chuta*, made in loaves as big as a wheel and traditionally offered as a gift to the host when visiting a home in the Cuzco area. We'll visit a small bakery where we'll have the opportunity to sample this local specialty and ask the bakers questions about how it is made. Then, we continue on to Tipon, the site of ancient Inca waterworks. The maze of irrigation channels and ritual baths here is a marvel of ancient engineering—water continues to flow in them, 500 years after their construction.

**Lunch:** At a local restaurant.

**Afternoon:** We drive into the hills surrounding Cuzco to visit two important Inca sites. First, we'll explore the expansive Sacsayhuaman archaeological site on a hilltop overlooking the city and adjacent valley, which the Incas built from huge stones, some weighing nearly 300 tons. Massive stone terraces line the site, along with ruins of large structures whose origins are, like much of what the Incas left behind, shrouded in mystery. Then, we drive to the Inca ceremonial center of Qenqo, an ancient worship site that also displays impressive stonework. Archaeologists believe this was a significant site where ritualistic sacrifices and mummification took place.

Then we'll return to Cuzco, where you'll be free to pursue more discoveries independently.

**Dinner:** We'll enjoy a Farewell Dinner at a local restaurant. Savor typical Peruvian cuisine and toast to the memories you've made with your fellow travelers.

**Evening:** You have the freedom to spend your final evening in Peru as you wish. Perhaps you'll enjoy a final nightcap or prepare for tomorrow's flight.

## **Day 11 Cuzco • Fly to Lima • Return to U.S.**

- Included Meals: Breakfast, Lunch
- Accommodations: José Antonio Cuzco Hotel

**Activity Note:** You have a day room available until we leave Cuzco, but there is no overnight hotel stay tonight. Travelers taking the post-trip extension to Lake Titicaca will experience today's activities and included lunch on the final day of the post-trip.

**Breakfast:** At the hotel.

**Morning:** If you are taking the *Southern Peru: Lake Titicaca's Sacred Landscape & Highland Culture* post-trip extension, you will fly to Puno, Peru, after an early breakfast today.

Otherwise, enjoy a last morning to explore Cuzco at your own pace, with your hotel room remaining available until mid-afternoon. Perhaps you'll discover the cultural treasures of the Inka Museum or visit the Artisan's Market where you may find handmade jewelry, musical instruments, artwork, and more. Your Trip Experience Leader will be happy to offer suggestions.

**Lunch:** At a local restaurant.

**Afternoon:** We'll return to our hotel after lunch. Enjoy some time to relax or pack before we make our way to the airport for your flight to Lima, where you'll connect to your overnight flight back to the U.S.

## **END YOUR ADVENTURE WITH AN OPTIONAL POST-TRIP EXTENSION**

### **4 nights in *Southern Peru: Lake Titicaca's Sacred Landscape & Highland Culture***

**Day 1** Fly to Puno • Discover Sillustani

**Day 2** Explore Puno

**Day 3** Visit Copamaya village • Walk along Lake Titicaca • Visit Chucuito

**Day 4** Boat ride across Lake Titicaca • Visit Uros & Taquile Islands

**Day 5** Fly to Lima • Explore Lima's Barranco District • Return to U.S.



## PRE-TRIP

# The Peruvian Amazon: Treks, Cruises & Indigenous Communities

## INCLUDED IN YOUR PRICE

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- » Roundtrip air transportation from Lima and Iquitos
- » 6 nights accommodation
- » 16 meals—6 breakfasts, 6 lunches, and 4 dinners
- » 10 small group activities
- » Services of a local Naturalist Guide
- » Gratuities for local guides, drivers, and luggage porters
- » All transfers

## PRE-TRIP EXTENSION ITINERARY

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*The Amazon River. The very name conjures images of tremendous biological diversity: tropical birds winging through the forest ... bromeliads blooming on ancient trees ... Yagua villagers gliding along in dugout canoes. We'll navigate this region on foot and by boat, and discover its astonishing beauty and diversity up close.*

### Day 1 Depart U.S. • Arrive Lima, Peru

- Destination: Lima
- Accommodations: Best Western Plus Urban Larco or similar

**Afternoon/Evening:** Depart the U.S. today on an international flight to Lima, Peru. When you arrive late this evening (or very early tomorrow morning), an O.A.T. representative will greet you at the airport and assist with your transfer to the hotel.

### Day 2 Explore Lima's Miraflores District • Optional Pachacamac Sanctuary & Dinner tour

- Destination: Lima
- Included Meals: Breakfast, Lunch
- Accommodations: Best Western Plus Urban Larco or similar

**Breakfast:** At the hotel.

**Morning:** Free to relax after your late arrival last night, or to begin exploring on your own—ask your Trip Experience Leader for recommendations. Prior to lunch, we'll meet as a group for the first time in the hotel lobby and, led by a local guide, make our way to a restaurant together.

**Lunch:** At a local restaurant in Lima. This is a great opportunity to get to know your fellow travelers better, and to ask your local guide any questions you may have about Peru's capital city.

**Afternoon:** Join your local guide for a walk around the streets and main plaza of Lima's upscale Miraflores neighborhood. We'll visit Larco Avenue, the main commercial street lined with boutiques, cafés, and bars. We'll also stroll by Love Park, a manicured park overlooking the ocean with an iconic kissing statue. Then, you may choose to join an optional tour to Pachacamac Sanctuary, one of the most important archaeological sites on the Peruvian coast, featuring partially-restored temples and pyramids for four successive ancient Peruvian civilizations.

**Dinner:** On your own. Travelers on the optional tour to Pachacamac will have dinner at a local restaurant along the shoreline of the Costa Verde in Miraflores before returning to the hotel.

**Evening:** You have the freedom to spend the rest of your evening as you wish. Retire early after your flight, or continue getting to know your fellow travelers over a nightcap in the hotel bar.

### **Day 3 Fly to Iquitos • Boat to lodge • Afternoon & evening rain forest excursions**

- Destination: The Amazon
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Explorama Lodge or similar

**Activity Note:** We have an early wake-up call this morning for our flight to Iquitos.

**Breakfast:** At the hotel.

**Morning:** We rise early this morning and make our way to the Lima airport to catch a flight to Iquitos—a lively port city in the northern part of Peru. Upon arrival, we'll drive to pier, where we'll board a small boat and head downriver on the legendary Amazon. The river is two miles wide here, 2,300 miles from the Atlantic, and we travel along it for about 25 miles, into a forested area with a few riverfront farms and homes.

**Lunch:** We'll enjoy a boxed lunch aboard our boat.

**Afternoon:** We continue floating down the Amazon, admiring the luxuriant scenery as we make our way to our rain forest lodge.

Upon arrival, we'll receive a briefing to get oriented and then take a brief nature walk on the local Lake Trail with our Trip Experience Leader. You'll then have ample time to settle in and get acquainted with your jungle surroundings.

**Dinner:** We'll walk along covered pathways to the dining room for our first dinner in the rain forest.

**Evening:** If you'd like, you may join your Naturalist Guide on an open boat excursion on a small stream to hear night sounds, and see the many stars and constellations of the southern hemisphere if the skies are clear.

### **Day 4 Walk Bushmaster Trail • Visit Yagua village • Explore by boat**

- Destination: The Amazon
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Explorama Lodge or similar

**Breakfast:** At the lodge.

**Morning:** Our small group will gather for a walk along the Bushmaster Trail, through some of the most biologically diverse forest on Earth. As we walk, our local naturalist guide will talk to us about the local Yagua culture, including the effects of the arrival of Europeans to South America and the encroachment of the modern world. Then, we have the unique opportunity to visit the Yaguas, an indigenous jungle-dwelling tribe who will share insight into their way of life, and show us how to use their traditional blowgun.

**Lunch:** At the lodge.

**Afternoon:** We'll set out on a boat excursion from our lodge after lunch, where we may see freshwater dolphins swimming through the river, or sloths hanging in cecropia trees along the water's edge. Along the way we'll also see *ribereño* houses—thatched-roof cottages built on stilts—and local people going about their daily lives.

We return back to our lodge by boat around mid-afternoon, and you'll have time to relax and freshen up before dinner.

**Dinner:** At the lodge.

**Evening:** You have the freedom to spend the rest of your evening as you wish—ask your naturalist guide for recommendations.

## **Day 5 Visit Yanamono Clinic • Discover Ceiba tree**

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

**Breakfast:** At the lodge.

**Morning:** Following breakfast, we'll head to our next lodge by boat, stopping en route at the Yanamono Clinic, an Amazon medical center supported by Grand Circle Foundation. The

clinic was founded in 1990 after an American doctor visited the area and saw firsthand the lack of medical services for the local people; today, the clinic provides cost-effective and critically-needed care. We'll see the unique challenges doctors (and patients) face in the remote Amazon, and have a chance to questions of the staff.

After our visit concludes, we'll continue cruising gently towards our next lodge. You'll receive a brief welcome brief upon arrival.

**Lunch:** At the lodge.

**Afternoon:** Our small group will take a walk to the immense Ceiba tree for which the lodge is named. The Ceiba tree is a beautiful sight to behold; it can grow up to 150 feet in height and be hundreds of years old. Its base is thick and spreads out in woody folds that are known to house bats and their young. Its trunk is long and straight, and its branches reach almost horizontally, giving the tree an unusual appearance. Indigenous to Mesoamerica, the Ceiba was worshipped in ancient times by the Mayan people as a representation of the connection between Earth and the heavens. Even today, you may come across a lone Ceiba tree standing in a cleared field, untouched by the farmer's axe in homage to its mythological status.

We'll also take a boat excursion to the large river village of Indiana, where we'll keep our eyes peeled for the dolphins known to thrive in this area. Then, we return to our lodge and you'll have free time to do as you wish.

**Dinner:** At the lodge.

**Evening:** You have the freedom to spend the rest of your evening as you wish—perhaps you'll join your fellow travelers for a drink in the lodge's common area.



## Day 6 Rain forest canopy walk • Explore medicinal gardens

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

**Early Morning:** We'll rise early, when the jungle is still quiet, and board a small river boat bound for Explornapo Lodge, located deep within the Peruvian Amazon.

**Breakfast:** At Explornapo Lodge.

**Morning:** From the Explornapo Lodge, our naturalist guide leads us on a hike to the Amazon Conservatory for Tropical Studies (ACTS) to learn about ongoing scientific projects taking place there. Then, we ascend to the tops of the giant trees, to the center's 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 walk to a well-organized botanical garden that preserves more than 240 species of medicinal plants, and learn from a local practitioner about their use in

traditional remedies. We may also elect to join a boat excursion to fish for piranha, observe the giant Victoria Regina water lily (in season), spot more sloths, or canoe on a blackwater lake. After our explorations conclude, we'll return by boat to our lodge, where you're free to relax or take advantage of the lodge's amenities.

**Dinner:** At the lodge.

**Evening:** You have the freedom to spend the rest of your evening as you wish—ask your naturalist guide for recommendations.

## Day 7 Birdwatching walk • Boat to Iquitos • Fly to Lima • Begin main trip

- Destination: Lima
- Included Meals: Breakfast, Lunch

**Breakfast:** At the lodge.

**Morning:** We'll take a birdwatching walk through the jungle with our naturalist guide to search for the rare and colorful avian species that make their homes here. Along the way, we'll also view water lilies floating serenely on the river.

**Lunch:** At the lodge.

**Afternoon:** We'll check out of our lodge and cruise back upriver to Iquitos. When we arrive at the pier, we'll transfer to the Iquitos airport. From there, we fly to Lima to begin our *Peru: Machu Picchu & the Sacred Valley* adventure.

## OPTIONAL TOUR

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### Pachacamac Sanctuary & Dinner

(Day 2 \$99 per person)

Join us to discover Pachacamac, an ancient sanctuary and one of the most important archaeological sites on the Peruvian coast. Located about 18 miles south of Lima in the

valley of Rio Lurin, the site is named for the creator god Pacha Kamaq. The complex features a number of partially-restored pyramids and temples inhabited by four successive ancient Peruvian civilizations beginning with the Lima in about 200 AD, followed by the Wari

and Ychma. Finally, when the Inca Empire expanded to Peru's central coast in about 1470, they contributed the Temple of the Sun, building it atop the site's highest hill facing the ocean. After our visit, we'll enjoy dinner at a local restaurant along the shoreline of the Costa Verde in Miraflores before returning to our hotel.

***Please Note:*** *This optional tour is pre-sold only and must be reserved at least 30 days prior to departure. This optional tour is also not available on Mondays, when the site is closed. If Day 2 of your itinerary falls on a Monday, an alternate optional tour to Huaca Pucllana & Dinner will be available at the same price.*

## POST-TRIP

### Southern Peru: Lake Titicaca's Sacred Landscape & Highland Culture

#### INCLUDED IN YOUR PRICE

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- » Air transportation from Cuzco to Puno; and Puno to Lima
- » 4 nights accommodation and 1 day room
- » 13 meals—4 breakfasts, 5 lunches, and 4 dinners
- » 7 small group activities
- » Services of a local O.A.T. Trip Experience Leader
- » All transfers

#### POST-TRIP EXTENSION ITINERARY

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*Surrounded by majestic mountaintops and welcoming villages, the turquoise waters of Lake Titicaca have long been central to the cultural and spiritual lives of the Andean people. We'll explore the pre-Inca ruins along its shores, then discover its floating reed "islands" where the Uros Indians live today.*

##### **Day 1 Fly to Puno • Discover Sillustani**

- Destination: Puno
- Included Meals: Lunch, Dinner
- Accommodations: José Antonio Puno Hotel or similar

**Morning:** After concluding our *Peru: Machu Picchu & the Sacred Valley* main trip, we check out of our Cuzco hotel and drive to the airport for our flight to Puno via Lima.

Upon arrival, we'll drive to Sillustani, set on a peninsula in Lake Umayo.

**Lunch:** At a local restaurant.

**Afternoon:** We'll drive to the mysterious pre-Incan ruins called *chullpas*, or funeral towers, where the Colla tribe buried their elite class in massive carved tombs. This "city of the dead" consists of a group of cone-shaped towers overlooking Lake Umayo. The *chullpas* are made of enormous stones—bigger at the

top than at the bottom—and most date to the 15th century, at the time of Inca occupation. We may have a chance to meet some of the modern-day descendants of the Colla during our visit to this site.

Then, we'll drive to our hotel in Puno. You'll have some time to settle in and freshen up upon arrival.

**Dinner:** At the hotel.

**Evening:** You have the freedom to spend the rest of your evening as you wish. Perhaps you'll take an evening stroll to get to know Puno by night.



## Day 2 Explore Puno

- Destination: Puno
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: José Antonio Puno Hotel or similar

**Breakfast:** At the hotel.

**Morning:** Today we embark on a half-day city tour of Puno. A local guide will take us to the city's most interesting sites, including the Baroque cathedral, the Puno cemetery, and the crafts market. We'll conclude our tour in the Plaza de Armas.

**Lunch:** At a local restaurant.

**Afternoon:** The remainder of the afternoon is free for your own discoveries—ask your Trip Experience Leader for recommendations.

**Dinner:** At a local restaurant.

**Evening:** You have the freedom to spend the rest of your evening as you wish. You might like to join your fellow travelers for a nightcap in the hotel bar, or retire early to write in your travel journal.

## Day 3 Visit Copamaya village • Walk along Lake Titicaca • Visit Chucuito

- Destination: Puno
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: José Antonio Puno Hotel or similar

**Breakfast:** At the hotel.

**Morning:** Following breakfast, we'll drive to the agricultural community of Copamaya. During our time in this small village, you may have the opportunity to speak with some local residents about their professions and life in rural Peru.

**Lunch:** At a local restaurant.

**Afternoon:** Departing Copamaya, we'll make our way to Lake Titicaca. Here, we'll enjoy our first glimpse of the lake's legendary azure waters as we stroll along its northern shore. According to Andean legend, a pair of gods rose from its waters to found the Incan empire. Its size and elevation make the waters of the lake very cold with sizable waves.

Then, we'll set off toward our next destination: Chucuito, a small Aymara town just south of Puno. We'll explore the town's plaza, colonial churches, and Inca fertility temple, made of massive stones pointing up at the sun god. Then, we'll return to our hotel and you'll have a couple of hours of free time in Puno to do as you'd like.

**Dinner:** At a local restaurant.

**Evening:** You have the freedom to spend the rest of your evening as you wish—ask your Trip Experience Leader for recommendations.

## Day 4 Boat ride across Lake Titicaca • Visit Uros & Taquile Islands

- Destination: Puno
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: José Antonio Puno Hotel or similar

**Breakfast:** At the hotel.

**Morning:** Today we'll explore Lake Titicaca by private boat with a local guide. We'll begin the day's discoveries with a visit to the Uros Islands; here, the Uros Indians live on floating "islands" made of the reeds that grow in the lake's shallow waters. The Uros Indians are well-known for their totora reed boats, called *balsas*, which are primarily used for fishing and are sometimes affixed with sails, also made from reeds.

From there, we'll make our way to Taquile Island. Once part of the Inca Empire, this island was one of the last locations to fall to the Spanish during their conquest of Peru. At that time, the Spanish forbade traditional dress, and the islanders adopted the Spanish peasant dress that they are known for wearing today. They also maintained Inca weaving traditions, and their hand-woven traditional textiles are considered to be among the finest in Peru.

**Lunch:** At a family-owned restaurant on Taquile Island.

**Afternoon:** Following lunch, our small group will participate in a conversation about life on Taquile that touches on everything from the local mode of dress to social life on the island and regional governance.

At the conclusion of our conversation, we'll cruise back to our hotel in Puno, where you'll have time to relax after the day's activities.

**Dinner:** At the hotel.

**Evening:** You have the freedom to spend the rest of your evening as you wish. Enjoy a nightcap in the hotel lounge with fellow travelers, or seek out live music at a bar in Puno.

## **Day 5 Fly to Lima • Explore Lima's Barranco District • Return to U.S.**

- Destination: Puno
- Included Meals: Breakfast, Lunch
- Accommodations: Best Western Plus Urban Larco or similar

**Activity Note:** There is no overnight stay tonight; however, a day room in Lima is provided prior to your evening transfer to the airport.

**Breakfast:** We'll have a light breakfast at the hotel early this morning.

**Morning:** We'll transfer to the airport for our flight to Lima. Upon arrival, we'll make our way to our hotel, where you'll have a day room at your disposal.

**Lunch:** At a local restaurant in Lima.

**Afternoon:** We embark upon a panoramic bus tour of Lima's Barranco district after lunch. Home to many of Lima's artists, musicians, and designers, Barranco is considered to be both the most romantic and the most bohemian district in Lima. We'll take in its charming colonial architecture and flower-lined streets, and enjoy striking views of its unique topography, built around ravines and cliffs overlooking the Pacific Ocean.

We'll return to our hotel after our tour, and you'll have free time to relax or make any final discoveries in Lima on your own.

Early this evening, check out of the hotel and transfer to the airport for your overnight flight to the U.S.

# TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

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## 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 2 blank passport pages.
- **Peruvian Amazon pre-trip extension:** No additional pages are needed.
- **Southern Peru post-trip extension:** No additional pages are needed.

## No Visas Required

Travelers with a U.S. passport do not need any visas for this adventure, including the optional trip extensions.

## 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.



## RIGORS, VACCINES & GENERAL HEALTH

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### 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

- 4 locations in 10 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 between approximately 9pm and 2am.

#### 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

#### ALTITUDE

- 7 full days at altitudes between 7,000–12,000 feet

#### CLIMATE

- Temperatures in the Andes vary due to high altitudes; prepare for temperatures in the mid-60s during the day and as low as 35°F at night

#### TERRAIN & TRANSPORTATION

- 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
- Agility and balance are required for embarking and disembarking river rafts
- Travel by 24-passenger minibus, train, and river raft

- 1.5–3 hour drives; two 1.5-hour train rides, the second followed by a 2-hour drive; 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
- 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](http://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)

## **No Vaccines Required**

### **Yellow Fever: Suggested Only**

The CDC does *not* recommend a yellow fever vaccination for any of the areas we travel to on the main trip. However, travelers on optional extensions should note that the CDC does recommend the vaccination for the Amazon jungle and Lake Titicaca area, if your health allows. This is not a legal requirement for Peru, but a health recommendation.

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 (officially called an International Certificate of Vaccination).

**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 Peru makes a last-minute change to its entry policy before you leave, having one of these documents with you could make all the difference.*

## **Medication Suggestions**

- An antibiotic medication for gastrointestinal illness

- Prescription pain medication in the unlikely event of an injury in a remote location
- Altitude sickness medication: Cuzco is roughly 11,000 feet above sea level and Puno (on the Lake Titicaca extension) is at approximately 12,500 feet. At these altitudes, almost everyone feels some of the symptoms of Acute Mountain Sickness (AMS), including headache, nausea, loss of appetite, trouble sleeping, and lack of energy.
- For travelers on the Amazon pre-trip extension only: Anti-malaria medication is recommended but you should check with the CDC and your doctor first because these medications can have strong side effects.

## 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

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## 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](http://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.

## 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.

## 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.

## 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

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### 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](http://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](http://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](http://www.oattravel.com/myplanner)).

### **Optional Tours: Reserve Before You Go**

We strongly recommend that you reserve the following optional tours in advance. Unless otherwise noted, the deadline to do so is 45 days prior to your departure. Occasionally, space will be available for booking onsite, but this not guaranteed. Optional tours with O.A.T. can only be purchased with a credit card (Visa or MasterCard) or a debit card with credit card functionality. Because our headquarters are in Boston, charges may appear to be from Boston or might be labeled as "OPT Boston" (depending on your credit card company).

#### **Pachacamac Sanctuary & Dinner**

Join us to discover Pachacamac, an ancient sanctuary and one of the most important archaeological sites on the Peruvian coast. Located about 18 miles south of Lima in the valley of Rio Lurin, the site is named for the creator god Pacha Kamaq. The complex features a number of partially-restored pyramids and temples inhabited by four successive ancient Peruvian civilizations beginning with the Lima in about 200 AD, followed by the Wari and Ychma. Finally, when the Inca Empire expanded to Peru's central coast in about 1470, they contributed the Temple of the Sun, building it atop the site's highest hill facing the ocean. After our visit, we'll enjoy dinner at a local restaurant along the shoreline of the Costa Verde in Miraflores before returning to our hotel.

**Please Note:** This optional tour is pre-sold only and must be reserved at least 30 days prior to departure. This optional tour is also not available on Mondays, when the site is closed. If Day 2 of your itinerary falls on a Monday, an alternate optional tour to Huaca Pucllana & Dinner will be available at the same price.

This optional tour is offered during the *The Peruvian Amazon: Treks, Cruises & Indigenous Communities* trip extension. The cost is \$99 per person.

## **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**

## 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 <b>50 lbs for checked luggage</b> and <b>15 lbs for carry-ons</b>
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><b>Luggage rules:</b> 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> <p><b>Reminder to bring a small additional bag:</b> This small bag is a necessity for certain portions of your adventure. You will need it for the train trip to and from Machu Picchu because there is no space for your suitcase on the train. Since you'll only be without your suitcase for two nights, some previous travelers have suggested re-purposing your carry-on for this train trip. A waterproof bag is preferable, as is a bag that locks. For more details, see the "Your Luggage" section.</p> <p><b>Luggage storage during the Amazon extension:</b> If you are taking the Amazon pre-trip extension, it may be helpful for you to leave your "high altitude" gear behind at your Lima hotel and just take your "rainforest gear" on the extension. If you choose to take advantage of this service, please bring an extra bag that can be locked and left behind (consider using the same bag that you will use for Machu Picchu, noted above). You will be able to pick up this left luggage when you return to Lima for the beginning of the main trip.</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.
- **A small additional bag:** This small bag is a necessity for certain portions of your adventure. You will need it for the train trip to and from Machu Picchu because there is no space for your suitcase on the train. (You'll leave your suitcase or large duffel bag at the hotel in Sacred Valley, travel to Machu Picchu, stay for two nights, and then travel to Cuzco, where your luggage will be waiting for you.) Since you'll only be without your suitcase for two nights, some previous travelers have suggested re-purposing your carry-on for this train trip. A waterproof bag is preferable, as is a bag that locks.
- **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. (On the *Amazon Rain Forest of Peru* extension, our Amazon lodge supplies walking sticks for guests to use in the rain forest, but you may want one when exploring other sites.) This is very useful when exploring Inca ruins and jungle trails that don't have handrails. In Machu Picchu, walking sticks are technically not permitted. However, our Trip Experience Leaders are often able to negotiate with park employees to allow walking sticks with rubber tips (as they cause less damage to the ground of the ancient sites). Therefore, we suggest you bring this type of walking stick. If you do not bring a walking stick, you may be able to purchase one onsite.
- **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](http://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)
- ☐ Trousers and/or jeans: Comfortable and loose fitting is best.

- ☐ 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 extension, a pair of “mud shoes” may be useful. For socks, consider bringing a couple heavy pairs for hiking and a couple pairs that can get wet.
- ☐ 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, especially if you are taking the optional Amazon extension

### 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
- ☐ A small, lockable duffel bag (with a luggage tag and a lock) for the train to Machu Picchu. See luggage section for details.
- ☐ 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 for travelers on the pre-trip extension to the Amazon: Anti-malarial medication—discuss with your doctor first

## Optional Gear

- ☐ Travel alarm or travel watch with alarm
- ☐ Lightweight binoculars (essential if birding)
- ☐ Folding walking stick: This is highly recommended for this tour, as many ruins do not have handrails. Walking sticks are technically not allowed in Machu Picchu, but our Trip Experience Leaders are often able to negotiate with park employees to allow walking sticks with rubber tips. Therefore, we suggest you bring this type of walking stick. If you do not bring a walking stick, you may be able to purchase one onsite.
- ☐ Portable reading light: In some places, the lighting may not be as bright as you are used to.
- ☐ Hanging toiletry bag (with hook to hang on doorknob and pockets to organize items)
- ☐ Basic sewing kit
- ☐ Hand-wash laundry soap
- ☐ Hair dryer
- ☐ Travel journal/note pad and pens
- ☐ Reading materials
- ☐ Small gift for Home-Hosted visit
- ☐ Phrase book

 Inflatable seat cushion for bumpy roads

## **Electricity Abroad**

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

### **Voltage**

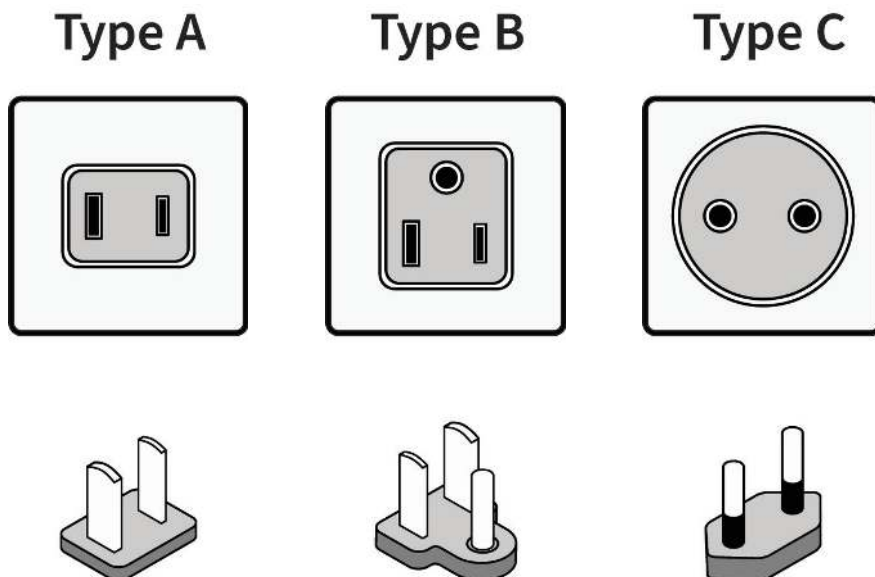
Electricity in Peru is 220 volts. Most of the things a traveler will want to plug in—battery chargers, smartphones, tablets or computers—can run off both 110 and 220. But you should check the item or the owner’s guide first to confirm this before you plug it in. If you have something that needs 110 volts—like 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



### 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

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**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.

**Cuzco, Peru:** Cuzco's high altitude, approximately 10,909 feet above sea level, results in a somewhat large range of daily temperatures. Considered a moderate climate, it is typically sunny and pleasant during the day but with evening temperatures that can be refreshingly chilly. During the winter months of June through August, nights can even bring frost at these heights. Interestingly, average daytime temperatures do not fluctuate greatly over the entire year, with the high thermometer readings staying in the 60s throughout all seasons. The summer months of December through March bring most of the rains, while May through September offer usually sunny, comfortably cool days with only occasional sudden showers.

**Machu Picchu, Peru:** You will travel to high altitudes with much cooler climates. Temperatures vary widely but typically you will experience mild, humid weather during the day and cold temperatures in the early morning and evening.

**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.

### 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](http://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			CUZCO, 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	--	64 to 45	79 to 53	5.9
FEB	80 to 69	91 to 69	--	64 to 46	80 to 53	5.9
MAR	80 to 69	91 to 70	--	64 to 46	80 to 51	3.8
APR	76 to 66	92 to 72	--	66 to 43	80 to 48	1.5
MAY	72 to 63	92 to 75	--	67 to 39	81 to 42	0.3
JUN	69 to 61	89 to 76	0.1	66 to 35	82 to 40	0.1
JUL	67 to 60	89 to 76	0.2	66 to 34	81 to 38	0.1
AUG	66 to 60	90 to 77	0.1	66 to 37	79 to 39	0.3
SEP	67 to 59	90 to 76	0.1	67 to 41	77 to 43	0.9
OCT	69 to 61	89 to 74	0.1	68 to 44	74 to 44	1.9
NOV	72 to 63	87 to 72	--	67 to 45	74 to 47	2.7
DEC	76 to 66	88 to 70	--	66 to 45	76 to 49	4.3

MONTH	MACHU PICCHU, PERU			IQUITOS, PERU		
	Temp. High-Low	% Relative Humidity (avg)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	77 to 55	62	5.4	88 to 73	96 to 73	10.5
FEB	77 to 55	65	5.6	87 to 73	96 to 73	10
MAR	77 to 55	62	5.9	87 to 73	96 to 73	11.8
APR	77 to 54	61	2.4	87 to 73	96 to 75	11.9
MAY	77 to 52	57	0.9	86 to 73	96 to 75	10.5
JUN	77 to 48	48	0.7	85 to 72	96 to 76	8.2
JUL	77 to 48	45	0.9	85 to 71	96 to 73	6.4
AUG	77 to 50	43	0.9	87 to 72	96 to 72	6.5
SEP	79 to 52	51	1.7	88 to 72	96 to 72	7.5
OCT	77 to 54	51	3	88 to 72	95 to 73	9.1
NOV	79 to 55	53	3.4	88 to 73	95 to 74	9.8
DEC	79 to 55	60	4.8	88 to 73	95 to 75	10.2

## ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

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### 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.

### **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.

## **Photography in Machu Picchu**

The use of professional cameras in Machu Picchu requires special permission by Peru's Ministry of Culture, so you will not be able to use a professional-grade camera or camcorder during our visit there. Your average camera – point-and-shoot or DSLR – is not considered professional-grade. However, lenses over 200 mm, tripods, and monopods are not allowed in Machu Picchu.

## **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.

## **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.

### 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](http://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

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### 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](http://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-betweens 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.

## RESOURCES

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### 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.

### 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.

## Useful Websites

### Overseas Adventure Travel

[www.oattravel.com](http://www.oattravel.com)

### Overseas Adventure Travel Frequently Asked Questions

[www.oattravel.com/faq](http://www.oattravel.com/faq)

### International Health Information/CDC (Centers for Disease Control)

[www.cdc.gov/travel](http://www.cdc.gov/travel)

### Electricity & Plugs

[www.worldstandards.eu/electricity/plugs-and-sockets](http://www.worldstandards.eu/electricity/plugs-and-sockets)

### Foreign Exchange Rates

[www.xe.com/currencyconverter](http://www.xe.com/currencyconverter)  
[www.oanda.com/converter/classic](http://www.oanda.com/converter/classic)

### ATM Locators

[www.mastercard.com/atm](http://www.mastercard.com/atm)  
[www.visa.com/atmlocator](http://www.visa.com/atmlocator)

### World Weather

[www.intellicast.com](http://www.intellicast.com)  
[www.weather.com](http://www.weather.com)  
[www.wunderground.com](http://www.wunderground.com)

### Basic Travel Phrases (80 languages)

[www.travlang.com/languages](http://www.travlang.com/languages)

### Packing Tips

[www.travelite.org](http://www.travelite.org)

### U.S. Customs & Border Protection

[www.cbp.gov/travel](http://www.cbp.gov/travel)

### Transportation Security Administration (TSA)

[www.tsa.gov](http://www.tsa.gov)

### National Passport Information Center

[www.travel.state.gov](http://www.travel.state.gov)

### Holidays Worldwide

[www.timeanddate.com/holidays](http://www.timeanddate.com/holidays)

### History & Culture

[en.wikipedia.org](http://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**

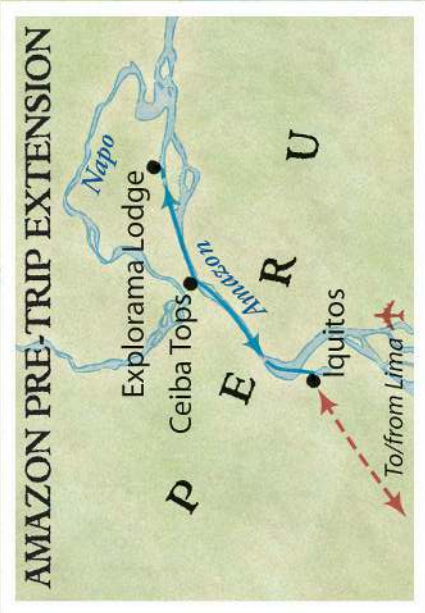
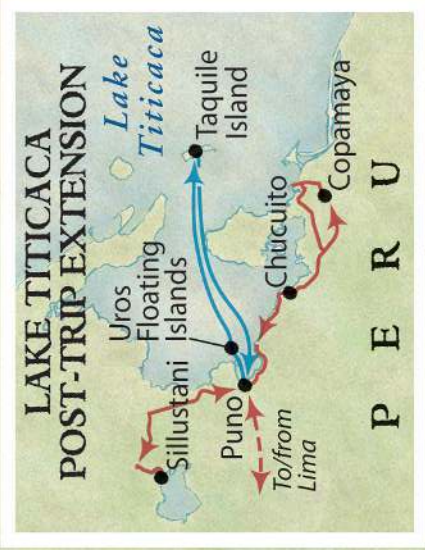
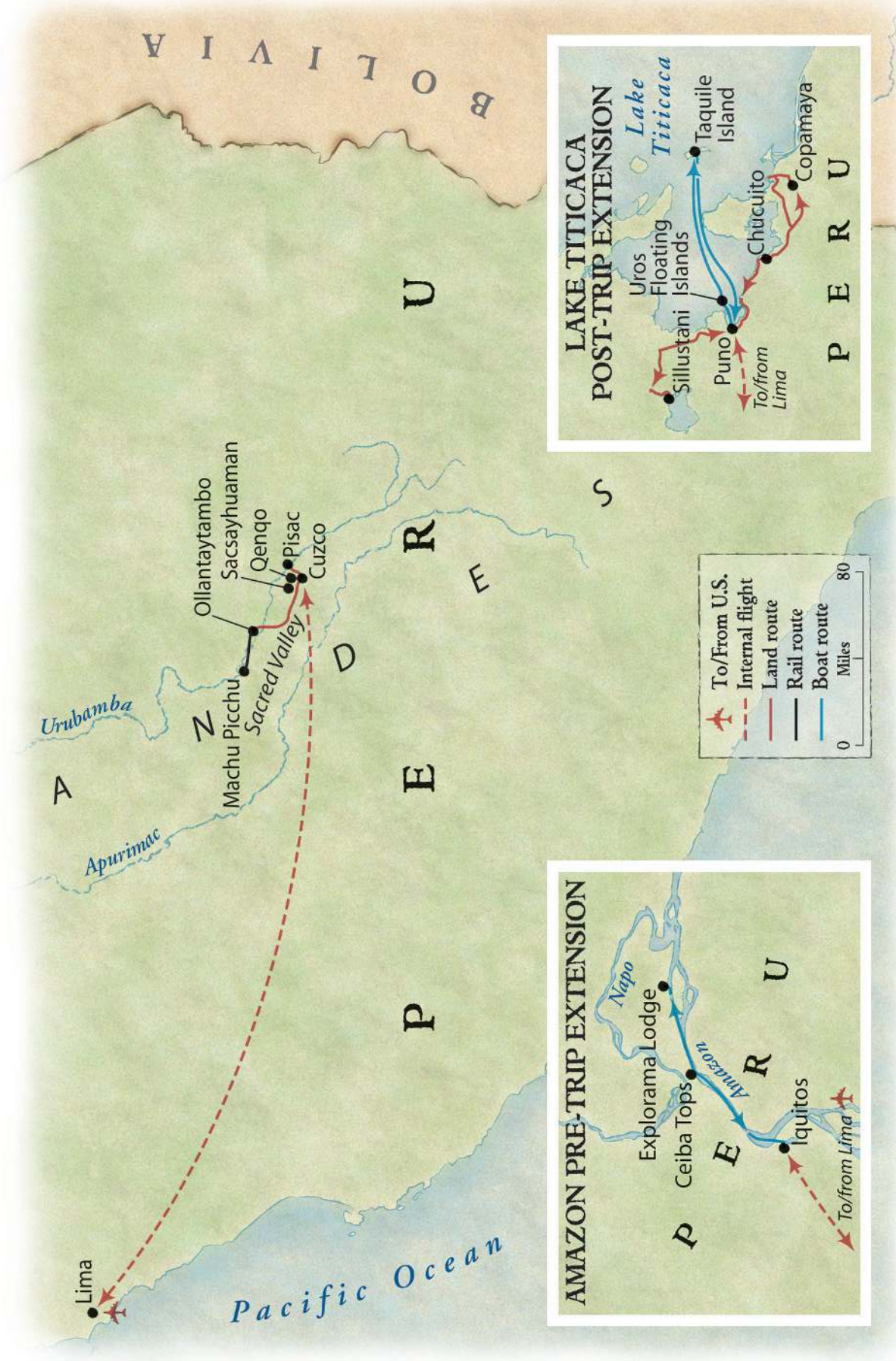
Maps your location and provides emergency numbers for police, medics, and more

### **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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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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