

Overseas Adventure Travel[®]

THE LEADER IN CUSTOMIZED SMALL GROUP ADVENTURES SINCE 1978

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



Machu Picchu & the Galapagos

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 customize 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 & the Galápagos

Small Group Adventure

Peru: Lima, Sacred Valley, Machu Picchu, Cuzco | **Ecuador:** Quito, Equator Crossing, 3- or 4-night Galápagos Cruise

Small groups of no more than 16 travelers, guaranteed

17 days starting from \$6,495

including international airfare

Single Supplement: **FREE**

For departure dates & prices, visit www.oattravel.com/mpg2025pricing

Follow in the footsteps of the ancients as you explore the “Lost City of the Incas” ... discover Peruvian culture in the Sacred Valley ... cruise for four nights aboard a privately chartered **16-passenger Galápagos small ship** and witness the unique wildlife of the “Enchanted Isles.” Two of Latin America’s most important cultural and natural marvels await your discovery on this singular adventure: the legendary ruins of Machu Picchu and Ecuador’s Galápagos Islands.

IT’S INCLUDED

- 16 nights accommodation, including 3-4 nights aboard a privately chartered 16-passenger small ship
- International airfare, airport transfers, government taxes, fees, and airline fuel surcharges unless you choose to make your own air arrangements
- All land transportation and 5 internal flights
- 38 meals: 16 breakfasts, 12 lunches, and 10 dinners
- 21 guided tours and cultural experiences, including 2 days in Machu Picchu, Galápagos shore excursions, and all park fees
- Gratuities for local guides, drivers, ship crew, and luggage porters
- 5% Frequent Traveler Credit toward your next trip

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



WHAT TO EXPECT

①②③④⑤ Moderately Strenuous

Pacing: 6 locations in 17 days (9 days in Peru and 8 days in Ecuador) with one 1-night stay and a 3- or 4-night cruise aboard a Galápagos small ship. 1 international flight from Lima to Quito.

Physical requirements: You must be able to walk 3 miles unassisted and participate in 6-8 hours of physical activities each day. Days 4-12 are spent at altitudes above 8,000 feet.

Flight time: Travel time will be 9-14 hours and will most likely have two connections

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

PERU & THE GALÁPAGOS: THE O.A.T. DIFFERENCE

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

People-to-People Experiences: Spend two nights in Machu Picchu, giving you more time than any other travel company to explore the famous Inca city, and experience **A Day in the Life** of Urubamba village when you explore an open-air market, raise your glass at a local *chicheria* (bar), and visit a school supported in part by **Grand Circle Foundation**. Plus, venture to the home of a local family for a **Home-Hosted Lunch** in the Sacred Valley, and help prepare a typical Andean meal while getting to know your generous hosts.

O.A.T. Exclusives: Our 16-passenger Galápagos ship will anchor just off of each island we visit and a Zodiac will bring you ashore, saving time otherwise spent sailing to and from the mainland. Plus, throughout your adventure, learn about the **Controversial Topic** of coca leaves in Ecuador.

ITINERARY SUMMARY

DAYS	DESTINATION
1	Fly to Lima, Peru
2-3	Lima
4-5	Fly to Cuzco • Sacred Valley
6-7	Machu Picchu
8-9	Cuzco
10-12	Fly to Quito
13-16	Fly to Galápagos • Cruise Galápagos
17	Fly to Quito • Return to U.S.

CUSTOMIZE YOUR ADVENTURE

OPTIONAL EXTENSIONS

The Peruvian Amazon:
Treks, Cruises & Indigenous
Communities

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

Bolivia: La Paz & Lake Titicaca
POST-TRIP: 8 nights from **\$2,395**

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 **\$120** per room, per night

Machu Picchu & the Galápagos

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 • Optional Pachacamac Sanctuary & Dinner tour

Day 3 Fly to Iquitos • Riverboat down the Amazon • Afternoon & evening rain forest excursions

Day 4 Explore the Amazon • Morning and afternoon boat excursions

Day 5 Rain forest canopy walk • Botanical gardens

Day 6 Nature walk • Yagua village

Day 7 Boat excursion • Fly to Lima • Join main adventure

Day 1 Depart U.S. • Arrive Lima, Peru

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

Depart the U.S. today on an international flight to Lima, Peru, arriving late in the evening or early morning. An O.A.T. representative will greet you at the airport and assist with the transfer to your hotel.

Day 2 Lima • Local interaction

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

Breakfast: At the hotel.

Morning: At leisure. You are free to relax and enjoy the amenities of your conveniently-located hotel. Or venture out into the city for a *café con leche* (coffee with milk) and sightseeing.

You'll gather with your small group later this morning, including travelers who took our optional *The Peruvian Amazon: Treks, Cruises & Indigenous Communities* pre-trip extension, and those who arrived early in Lima before the main adventure, at a Welcome Briefing held at the hotel.

Then, we'll set off to explore Lima's Miraflores district on an orientation walk. This stylish, modern neighborhood is a cultural and artistic center full of small cafés, fine shops, and art galleries. We'll stroll through boulevards, plazas, and even the Miraflores *malecón* (boardwalk), a six-mile long walkway that stretches along the Pacific Ocean.

Lunch: At a local restaurant.

Afternoon: After lunch, we'll take a short walk to the Parque Kennedy, a park in central Lima named for American president John F. Kennedy in honor of the aid he gave Peru to promote democracy during his presidency. Here, you'll witness a slice of daily life in Peru.

Then, we'll return to our hotel, and the rest of the day is free to explore on your own.

Dinner: On your own.

Evening: Spend the evening as you prefer. You may choose to venture out on your own to experience the contrast of Lima's high-rises alongside colonial buildings and the way they're illuminated at night.

Day 3 Explore Lima • Fish market • Larco Museum

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

Breakfast: At the hotel.

Morning: Drive to the Chorrillos fish market, where we'll be met by a local guide and interact with local fishermen who make their living off of small-scale artisanal fishing operations in the wharf as they start their day. This market is a favorite among locals as the catch is fresh and includes fish that inhabit the waters immediately surrounding Lima. You'll learn about what life is like for these men who work adjacent to one of Lima's most wealthy areas (Miraflores), and have the opportunity to ask them questions.

Then, drive to the Larco Museum, known for its privately-owned collection of pre-Columbian artifacts and artwork, including thousands of ceramic objects. The museum is housed in

a former viceroy's mansion dating back to the 18th century, and is built on the site of a seventh-century temple. We'll browse a few highlights of the collection on a guided tour.

Next, drive to downtown Lima, where we'll begin a walking tour with our Trip Experience Leader. Together, we'll explore Lima's colonial streets and architecture—evidence of the city's Spanish heritage. We'll walk through the Historic Centre of Lima, where we can witness landmarks such as the Archbishop Palace, the Museum of Italian Art, and the House of Aliaga.

Lunch: Enjoy a Welcome Lunch at a local restaurant, and experience an authentic taste of Lima with your Trip Experience Leader and fellow travelers.

Afternoon: We'll walk towards Lima's historic central area in the company of our local Trip Experience Leader. We'll have opportunities to interact with vendors, city guards, and other locals to immerse ourselves into the flow of daily life in Lima.

After our tour, you'll have the option to either head back to hotel or venture to the vibrant neighborhoods of Miraflores and Barranco, residential and shopping districts of particular interest in Lima. Rub elbows with locals as they go about their daily routine, wander in and out of shops, and enjoy the lively, bustling environment here.

Dinner: On your own. Perhaps you'll opt to continue your quest for authentic Peruvian cuisine, such as *Lomo Saltado*, a classic hearty dish of stir-fry beef and potatoes. Or maybe you'll try a Pisco Sour, a South American favorite cocktail made from Pisco liquor, citrus juices, simple syrup, and in some cases, egg whites and Angostura bitters.

Evening: Rest up for tomorrow's adventures or continue exploring on your own. If you chose the latter, perhaps you'll head

back into Miraflores to enjoy live music with a *chilcano* (brandy cocktail) or *chicha morada* (purple corn-based cocktail) beverage in hand.

Day 4 Fly to Cuzco • Weaving demonstration • Controversial Topic: Coca leaves in Peru • The Sacred Valley

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

Activity Note: We'll spend the next six days at elevations above 9,000 feet. We recommend staying hydrated and eating light while at high altitude. Travelers may rest at the hotel if necessary.

Breakfast: At the hotel.

Morning: Drive to Lima's airport for your flight to Cuzco, arriving in the early afternoon. After we land, we'll drive to the Sacred Valley with stops along the way.

Lunch: We'll enjoy a boxed lunch en route to the Sacred Valley.

Afternoon: Drive to the mountain weaving village of Huayllarcocha, which—at an elevation of 12,500 feet—is a literal high point of our exploration of the Sacred Valley, and provides scenic views of the surrounding mountains.

This small village is known for its weaving industry, which is all done by hand by local women, who use plants and, in some cases, bugs, to produce the dye they use. We'll have an opportunity to chat with the weavers about life in the small village and ask questions about the process of designing and creating these vibrant garments. Then we'll observe a textile-making demonstration, seeing how the local women create complex patterns in colorful cloth as their ancestors have for centuries.

Next, en route to our hotel, we'll meet a local vendor of fruits, coffee, and coca leaves. This vendor will be our guest expert for a conversation about the **Controversial Topic** of coca leaves in Peru.

After our conversation, we'll continue driving to our hotel, where we'll check in and take an orientation walk around the area with our Trip Experience Leader.

Dinner: At the hotel.

Evening: Your evening is free to relax and enjoy the amenities at your hotel or explore Urubamba.

Day 5 Explore the Sacred Valley • Experience *A Day in the Life* of Urubamba village • Grand Circle Foundation: School Visit • Home-Hosted Lunch

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

Activity Note: We will spend the day at elevations above 9,000 feet. We recommend staying hydrated while at high altitude. If today's school visit falls on a weekend or holiday, school will not be in session, and an alternate activity may be arranged.

Breakfast: At the hotel.

Morning: Today we will experience ***A Day in the Life*** of Urubamba, a town of around 2,700 people and the largest community in the Sacred Valley. Our immersive cultural experience begins when we arrive at Arin School—supported in part by **Grand Circle Foundation**—where we'll meet the students (when school is in session) and spend time with their teachers to see what education is like in this part of rural Peru.

Grand Circle Foundation

Arin School

Total donated: **\$34,968**

Partner since: **2017**

Over the years, Grand Circle Foundation—along with the generous support of our travelers—has helped to provide a wide array of items for Arin School, including a sunshade for the playground as well as school uniforms. During our visit, we'll first be welcomed by the students with a short dance or song, followed by time to interact with the children. The students are between the ages of 6 and 11 years old, and although they learn Spanish in school, their native language is Quechua. Many of them come from impoverished circumstances and must walk one or even two hours to school; therefore, they are very fortunate to be getting an education here—especially because the government doesn't always provide adequate support. We'll learn more about the challenges these children face when we meet with the school principal, Flora Quispe. As we'll learn from Flora, child labor is common in this agricultural region, as parents are eager to receive help caring for crops. We'll have the opportunity to ask any questions we may have about this controversial matter before touring the school. Then, we'll join the students once again and enjoy time to play, practice English, or perhaps help them with homework.

We'll then depart for Urubamba's market, where the town's locals do their daily shopping and conduct their business. Here, we'll get a true local experience as our Trip Experience Leader gives us a few soles (local currency) and sends us off with an assignment—to shop for ingredients that we'll use later to prepare a meal when we meet a local family for a **Home-Hosted Lunch**.

As we navigate the market stalls, we'll see for ourselves the wide variety of goods on display in traditional Andean markets such as these. Most people in this region don't have a means of keeping their food cool, so we might see how locals determine the freshness of various products. We may also learn how certain herbs are used to naturally preserve food.

We'll then drive into town, where our **A Day in the Life** experience continues with a visit to a *chicheria*—a typical tavern specializing in *chicha*, a popular local alcoholic beverage made from fermented corn. *Chicherias* are popular among field laborers, serving as a meeting place between shifts. These establishments are plentiful, but unless you know where to look, you might miss them: they are typically located in a small adobe house adjacent to the owner's home. There is no official signage; rather, patrons know they're open when they see a bamboo stick with a red plastic bag planted in the ground. Our Trip Experience Leader will lead us to a *chicheria* where we'll sample this unique brew, and chat with any highland farmers or other locals who might have stopped in to take a break from their busy work day.

Lunch: Next, we'll visit the home of a local family in the Sacred Valley, where we'll enjoy a **Home-Hosted Lunch**. Typically, the families we visit will live in a rural, single family adobe brick home. Many of these families have their own gardens and even a space to keep rodents or poultry. Upon arrival, we'll get to know the family and join them in the kitchen, where we'll use the ingredients we bought at the market to help prepare a typical Andean meal. Our lunch will very much depend on the season, but it may consist of quinoa soup, black potato soup, corn tortillas, hot peppers, and perhaps even a taste of a local specialty—roasted guinea pig.

Afternoon: After we share lunch, we'll explore the family's property, and see what life is like in the Sacred Valley. We'll also have the opportunity to ask our hosts any questions we may have about country life in Peru. Following lunch, we'll say goodbye to our hosts and the rest of the day is free to explore on your own.

Dinner: At a local restaurant.

Evening: The night is free to settle in or explore Urubamba on your own. Take a walk through the quaint town, stop at one of the local cafés near your hotel, or ask your Trip Experience Leader for a recommendation based on your interests.

Day 6 Sacred Valley • Machu Picchu

- Destination: Machu Picchu
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: El Mapi Hotel or similar

Activity Note: Today's discoveries involve extensive walking on steep and uneven planes and an altitude of more than 7,000 feet. We recommend you stay hydrated and rest if necessary.

Breakfast: At the hotel.

Morning: Gather with your fellow travelers at your hotel to witness a traditional healing ceremony conducted by a *curandero*, an Andean medicine man. This ancient healing tradition has deep roots in Inca culture and is not simply a cure for illnesses, but also a prayer for good health and well-being with an offering to Pachamama, a deity associated with fertility and Mother Earth. We are likely to see coca leaves being used once again, as they play a major role in these exercises. We'll have the opportunity to ask the *curandero* questions, to better understand the ceremony's importance and the instruments he uses. We also may participate in a ceremony to thank Mother Earth for allowing us to visit the Sacred Valley.

Then, drive to the Ollantaytambo Station to catch a train to Aguas Calientes. The train ride offers views into the scenic gorge of the Urubamba River.

Lunch: A boxed lunch will be served aboard the train.

Afternoon: We'll disembark from our train in Aguas Calientes, often simply known as Machu Picchu town. Then, we'll drive to the storied ruins. Most travelers visit Machu Picchu on a day trip, which makes for a hectic pace and only limited time at this unique archaeological wonder. We can take a closer look, and have a more relaxed pace, during our overnight visit to Machu Picchu, an uncommon experience that O.A.T. is one of the few travel companies to offer. Enjoy the journey up the mountain as our driver skillfully navigates the hairpin switchback route up the steep hill to the ruins. (The return trip by bus takes the same amount of time; or if you prefer, you can walk downhill and along the valley floor for about two hours).

Our expert Trip Experience Leader gives us a complete and compelling look at the fabled "Lost City of the Incas," which was discovered in 1911 by Yale archaeologist (and later, U.S. Senator) Hiram Bingham. Subsequent discoveries (such as Bingham's later unearthing of the Inca Trail and the 1941 discovery of nearby Huayna Picchu) suggest that Machu Picchu was not simply a "lost city" but part of a whole "lost region." More than 172 tombs have been excavated, and in 2002 Peruvian archaeologists uncovered the first complete burial site, with a woman's skeleton, bronze pins, and a clay pot.

Here we can explore sites like the Ritual Baths, the Palace of the Princess, the Main Fountain, and the Temple of the Sun, quietly contemplating the achievements of this most fascinating and mysterious civilization. Today we will enjoy almost three hours to explore the

sprawling ancient civilization before driving back to Aguas Calientes—and we'll be back for another look tomorrow.

Dinner: At the hotel.

Evening: You can choose to retire to your hotel or continue to explore the town throughout the evening on your own.

Day 7 Second visit to Machu Picchu

- Destination: Machu Picchu
- Included Meals: Breakfast, Lunch
- Accommodations: El Mapi Hotel or similar

Activity Note: Today's discoveries involve extensive walking on steep and uneven planes and an altitude of more than 7,000 feet. We recommend you stay hydrated and rest if necessary.

Breakfast: At the hotel.

Morning: Today, we'll head back to Machu Picchu to further explore the site. Our overnight stay and second day of exploration allows you to take in this enigmatic site at your own pace and absorb the scenery as you hike. You can remain at the hotel if you wish, but most travelers appreciate this chance to see the ruins in a different light.

After a morning of archaeological wonder, we'll reconvene and drive back to Aguas Calientes.

Lunch: At a local restaurant.

Afternoon: The remainder of the day is free for you to make your own discoveries in Aguas Calientes. Perhaps you'll decide to walk the orchid trail tour, where you'll behold a surprising array of orchid species native to Peru or visit the traditional market to barter with the locals for fresh produce.

Dinner: On your own tonight. Your Trip Experience Leader will be happy to provide you with suggestions for regional cuisine that's in line with your preferences.

Evening: Enjoy free time tonight by relaxing at your hotel or joining up with your fellow travelers to further explore the town. Perhaps you'll get to know the locals or other visitors at a nearby café where you'll share appetizers, drinks, or laughs.

Day 8 Transfer to Cuzco • Ollantaytambo

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

Activity Note: We will spend the day at elevations above 11,000 feet. We recommend staying hydrated while at high altitude.

Breakfast: At the hotel.

Morning: Drive to the station and board a train for a ride through the Urubamba Gorge, alighting at Ollantaytambo station. From there, we'll split into smaller groups and drive to the massive Inca fortress of Ollantaytambo. This is one of the few places where the Spanish lost a battle during the conquest of Peru. In 1536, the army of the king Manco Inca held off a Spanish invasion company led by Hernando Pizarro. We can climb up the huge terraces guarding the ancient hilltop temple area.

Lunch: At a local restaurant.

Afternoon: Drive to our hotel in Cuzco and check in.

Dinner: On your own tonight. Perhaps you'll try a local favorite, *adobo*, a pork stew made with corn beer. Daring diners might like to try roasted *cuy* (guinea pig).

Evening: Tonight, you're free to make your own discoveries in Cuzco. You can catch a folk dance performance at the Centro Qosqo de Arte Nativo, or ask your Trip Experience Leader for suggestions.

Day 9 Cuzco • Qoricancha Sun Temple • San Blas walking tour

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

Activity Note: We will spend the day at elevations above 11,000 feet. We recommend staying hydrated while at high altitude.

Breakfast: At the hotel.

Morning: Start the day with a walk to 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 the sunlight streamed through the windows, the reflection off the precious metals was blinding. Upon arrival, we'll embark on a walking tour during which your Trip Experience Leader will enrich your experience with interesting trivia about the temple.

Then, enjoy a walking tour around downtown Cuzco, specifically the historic San Blas neighborhood. As we walk, we'll witness the artistic and architectural relics that tell the colonial history of this central Cuzco area. Tucked away to the northeast of the Plaza de Armas, San Blas owes its colonial architecture to the Spanish conquest, after which it was made a parish. These days, it's known as the *barrio de los artesanos* (artisans' quarter) and boasts plenty of nice cafés and views. These views are due to the fact that San Blas is at a higher elevation than the

Plaza de Armas, but the climb is worth the effort, especially if you take the ancient Inca road, *Hathunrumiyoc* (Quechua for "great stone street"). Keep an eye out for the famous 12-angled stone, set into some of the best-preserved Inca walls of Cuzco.

Then, you may choose to join an optional tour that begins with lunch at a local Cusco restaurant followed by a visit to Sacsayhuaman, an important Incan archaeological site located on a hilltop overlooking the city and adjacent valley. Shrouded in mystery, the Incas built Sacsayhuaman from huge stones, some weighing nearly 300 tons.

Lunch: On your own today, unless you are participating in the optional Sacsayhuaman tour.

Afternoon: You'll have the rest of the afternoon to yourself until dinnertime to make your own discoveries in Cuzco. Your Trip Experience Leader can provide recommendations, or you may choose to visit the Cuzco Cathedral or shop like a local at the San Pedro Market.

Before dinner, gather for a Farewell Briefing with your Trip Experience Leader and fellow travelers as you prepare for tomorrow, when you'll leave Peru behind and greet new experiences in Ecuador.

Dinner: Bid farewell to your Peruvian Trip Experience Leader this evening during an included Farewell Dinner at a local restaurant.

Evening: Relax at your hotel after dinner and finish up any last-minute packing for Ecuador, or head out for one last look at Cuzco.

Day 10 Cuzco • Fly to Quito, Ecuador

- Destination: Quito
- Included Meals: Breakfast
- Accommodations: NH Collection Quito Royal Hotel or similar

Activity Note: We will spend the day at elevations above 8,000–9,000 feet. We recommend staying hydrated while at high altitude. Travelers may rest at the hotel if necessary.

Breakfast: At the hotel.

Morning: Drive to the airport for our flight to Lima, followed by a connecting flight to Quito, Ecuador. You'll meet your Ecuadorian Trip Experience Leader at the airport, then transfer to your hotel and check in.

Lunch: Have lunch onboard your flight from Lima to Quito, or grab something to take onboard when we stop in the Lima international airport.

Afternoon: Settle into your Quito hotel or take a stroll around town to take in your surroundings.

Dinner: On your own tonight. Your Trip Experience Leader will be happy to provide you with suggestions for regional cuisine. Maybe you'll sample some traditional *hornado*, or fried pork.

Evening: Feel free to relax after today's travels or further explore Quito at your leisure. Perhaps you'll mingle with locals at a nearby café or bar, or take in one of the many scenic hilly views at night.

Day 11 Grand Circle Foundation visit: Sinamune Children's Orchestra • Visit Inti Nan & Equator Museums • Explore downtown Quito

- Destination: Quito
- Included Meals: Breakfast, Lunch
- Accommodations: NH Collection Quito Royal Hotel or similar

Activity Note: If the visit to the Sinamune School falls on a weekend or holiday, alternative activities will be planned as the school won't be open.

Breakfast: At the hotel.

Morning: Drive to Sinamune School, where we'll enjoy a moving musical performance by the Sinamune Disabled Children's Orchestra—supported in part by **Grand Circle Foundation**.

Grand Circle Foundation

Sinamune School

Total donated: **\$285,320**

Partner since: **2004**

Sinamune provides disabled people with the opportunity to hone their musical talents, while improving their cognitive and physical function. It also offers people with disabilities a space for community and kinship. Sinamune was founded in 1992 by Maestro Edgar Augusto Palacios and his wife Marcia, with the goal of rehabilitating people with special needs as well as integrating them into mainstream society. Over the years, Grand Circle Foundation—together with our generous travelers—has donated \$285,320 to Sinamune, funds which have helped refurbish the auditorium and also gone toward the purchase of musical instruments, scholarships, school uniforms, food stipends, and much more.

We'll sit down to hear a performance, which may only be instrumental or may also incorporate dance. Afterward, we'll meet some of the parents, teachers, and students, as well as ask any questions we may have. Perhaps you'll ask about the impact of music therapy on their lives. In the past, travelers have described bonding with the people here as meaningful and a highlight of their experience in Ecuador.

Learn more about the sites we support »

Next, drive to the Inti Nan Museum. Inti Nan is the Quechua phrase for "Path of the Sun," and the sun quite literally charts a path through the museum—it sits directly on the equator. Explore the museum's replicas of indigenous sun temples and other interesting artifacts.

Lunch: At a local restaurant.

Afternoon: The rest of the day is yours for independent exploration. Head back to the local craft market, further explore the area at your leisure, or relax with a book at your hotel.

Drive to downtown Quito, a UNESCO World Heritage Site. There, we'll enjoy a walking tour of Quito's colonial nucleus: Independence Plaza (Plaza de La Independencia), featuring a winged statue representing freedom. We'll also see the Presidential Palace from the outside, with its stalwart guards in traditional uniforms keeping watch. And we'll visit the most ornate church in Ecuador, Iglesia de la Compañía de Jesús. Construction of the Jesuit church began in 1605 and it would take another 160 years to complete. A masterpiece of Spanish Baroque architecture, Iglesia de la Compañía has a well-earned reputation as one of the most beautiful churches in the continent.

Dinner: On your own tonight. Perhaps you and your fellow travelers will gather to scour the area around your hotel for South American cuisine you have yet to try.

Evening: Tonight you may wish to retire early to our hotel and rest up to prepare for a very early wake-up call.

Day 12 Quito • Optional Termas de Papallacta Thermal Spa tour

- Destination: Quito
- Included Meals: Breakfast, Dinner
- Accommodations: NH Collection Quito Royal Hotel or similar

Breakfast: At the hotel.

Morning: Enjoy a free day to pursue individual interests in Quito. Or, you may wish to choose a full-day optional tour to Termas de Papallacta, a spa resort located high in the Andes adjacent to the Cayambe-Coca Ecological Reserve. At close to 11,000 feet above sea level, Papallacta is also Ecuador's highest town, and is renowned for the thermally-heated waters that pour from the ground by the subterranean activity of nearby Volcan Antisana. You can enjoy a relaxing soak in any of the eight pools located at the spa, whose therapeutic waters range in temperatures from a bath-like 86° F to a scalding 158° F. Other treatments ranging from mud wraps to massages are available at the spa, and you may wish to reserve a treatment of your choosing.

We'll also enjoy a nature hike to take in the stunning scenery of the surrounding cloud forest, which is home to an abundance of flora and fauna. Along with mosses, bromeliads, ferns, and orchids, more than 120 bird species can be found here, from mountain toucans and hooded mountain tanagers to dozens of types of hummingbirds. It is also possible to spot spectacled bears and the endangered Andean condor.

Lunch: Included at the spa in Papallacta for travelers on the optional tour. On your own for those remaining in Quito.

Afternoon: Travelers joining the optional tour will arrive back at the hotel in Quito by late afternoon. Later, all travelers will regroup for dinner together.

Dinner: At a local restaurant in Quito.

Evening: On your own.

Day 13 Quito • Fly to Galápagos • Embark Galápagos small ship

- Destination: The Galápagos Islands
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Galápagos Small Ship

Activity Note: From Day 13 to Day 17, you will enjoy a cruise through the pristine Galápagos archipelago. The following description is meant only as a general guide to the cruise itinerary that you are likely to follow. The selection and order of islands visited cannot be guaranteed due to the Galápagos' frequently variable weather, marine, and environmental conditions, and changes in airline schedules between the mainland and the Galápagos. This is a carefully managed park with fragile ecosystems. To safeguard them (and to ensure your own comfort), ship and park authorities have the prerogative to revise our course at a moment's notice. Typically, you'll have two shore excursions a day (one in the early morning and one in the afternoon) lasting about 1.5–2 hours each. Depending on the island, there may be a specific timeframe allotted for our visit. Your Trip Experience Leader will keep you informed of the schedule on a daily basis.

Breakfast: Before dawn, enjoy a complimentary coffee and light breakfast station set up for your convenience.

Today's Activities: After breakfast, we'll depart for the airport by bus, arriving before dawn. We have a very early morning flight from Quito via Guayaquil to the Galápagos—an enchanted

Pacific archipelago that straddles the equator some 600 miles west of Ecuador's coast, and a UNESCO World Heritage Site.

Upon landing, we drive to the dock, where we board our small ship. Our 16-passenger Galápagos small ships are chartered exclusively for our group. These vessels were custom built to maneuver easily among the islands, allowing for excellent views. They feature lounge areas, a bar, a sun deck, and a dining room serving local and international cuisine. The simply appointed cabins have twin beds, a window, and a private bath with shower. You can stow your gear in your cabin and orient yourself on deck. We'll stay onboard in simple yet comfortable cabins for the next four nights, roaming the archipelago with the services of our boat crew and our expert Trip Experience Leader, who is a certified Galápagos naturalist. You'll attend a safety drill, and then have the rest of the day to relax onboard.

During the summer and fall, the Humboldt Current moves through the Galápagos Islands, cooling sea and land temperatures, and creating a mist that covers the islands—locally known as *garua* (soft rain)—during the day. The Humboldt Current is strongest from July to October, delivering the choppy water that surrounds the islands.

Today's Meals: All meals will be served in the ship's dining room, with American and regional options available. The dining room atmosphere is relaxed, the dress code is smart casual, and you are free to sit at whichever table you please.

Day 14 Galápagos cruise

- Destination: The Galápagos Islands
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Galápagos Small Ship

Activity Note: The following description is meant only as a general guide to the cruise itinerary that you are likely to follow. Your Trip Experience Leader will keep you informed of the schedule on a daily basis.

Today's Activities: Today we continue our exploration of the Galápagos. Our Trip Experience Leader will give us daily briefings, including conservation techniques suggested by the Galápagos National Park. You will also have the opportunity to snorkel the surrounding waters.

He or she is a graduate of the elite certification program conducted at the Charles Darwin Research Station on Isla Santa Cruz by the Galápagos National Park Service. We file our Galápagos cruising itinerary with the conservation authorities of the Galápagos National Park. Park biologists periodically review it, and they have the authority to make changes to our plan to minimize our impact on the ecosystems of the islands. Our Trip Experience Leader also provides the park with information on species behavior, and we are proud to work in cooperation with Park officials in preserving the priceless natural wonders of the Galápagos.

During our cruise, we'll see unique wildlife and striking geological formations. We'll make numerous landings by Zodiac that involve wading ashore. Once on land, we'll walk with our Trip Experience Leader along trails that bring us close to the many unique species. Wildlife sightings are unpredictable, but you may see a wealth of unique species. When we are not viewing wildlife on shore, we can swim, sunbathe, and perhaps go snorkeling. We'll see

remote white-sand beaches, sparkling clear water, and volcanic landscapes of black and red rock.

During your free time aboard, you may choose to take a tour of the bridge and perhaps chat with our ship's captain, or, at night, enjoy star mapping with a view of the sky alongside your Trip Experience Leader and fellow travelers.

Today's Meals: All meals will be served in the ship's dining room. Your crew and Trip Experience Leader will inform you of precise start times.

Day 15 Galápagos cruise

- Destination: The Galápagos Islands
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Galápagos Small Ship

Activity Note: The following description is meant only as a general guide to the cruise itinerary that you are likely to follow. Your Trip Experience Leader will keep you informed of the schedule on a daily basis.

Today's Activities: Here is a preview of the islands you may call on during your Galápagos cruise. The islands visited depend on your ship's itinerary. You will also have an opportunity to snorkel the surrounding waters.

Santiago (James): Tidal pools reveal a profusion of octopi, starfishes, and other undersea life. Rare fur sea lions that were once on the verge of extinction cavort nearby, and we often spot oyster-catchers, blue herons, and yellow-crowned night herons.

Bartolome: One of the youngest islands, Bartolome displays a fantastic landscape of lava formations—including its famous signature, Pinnacle Rock. Penguins are often spotted on the shore.

Mosquera Beach: Mosquera Beach is a very small, white-sand islet, located between Baltra and Seymour. It is ideal for swimming and snorkeling, and sea lions often visit.

Rabida (Jervis): A reddish beach and steep volcanic slopes give this island a distinctive look.

Santa Cruz (Indifatigable): At the Charles Darwin Research Station, learn about pioneering ecological studies and the giant Galápagos tortoise-breeding program.

Isabela (Albemarle): The largest island of the Galápagos chain and the least visited, Isabela is known for its large population of land tortoises, and the flocks of flamingos that grace the lagoons and marshes at dusk.

Floreana (Charles): Like the other islands, Floreana has its coterie of remarkable creatures. But it's the human stories that will engage you here as your guide tells of the first inhabitant, a shipwrecked Irishman, and the quirky "post office" in a barrel, where sailors since 1793 have been leaving letters for delivery. This "post office" still operates today.

Santa Fe (Barrington): Hike through a forest of opuntia cactus where land iguana doze, and then snorkel in clear water with coral reefs, sting rays, sea turtles, and colorful schools of fish.

North Seymour: Here you'll find the largest colony of frigatebirds in the Galápagos and a major nesting site for the blue-footed booby, depending on the season. On the beach, sea lions ride the waves.

San Cristobal (Chatham): The town of Puerto Baquerizo Moreno on this island is the sleepy capital of the Galápagos province. Nearby is Lobos Island, home to pelicans, frigatebirds, and a sea lion colony.

Española (Hood Island): Sea lions, marine iguanas, and many kinds of birds are found here, including Darwin's finches, Hood mockingbirds, and blue-footed and masked boobies. Along the southern shore, cliffs rise up from the sea. From April to November, the waved albatross, which can spend years at sea without touching land, can be seen performing their unique, choreographed mating ritual.

During your free time aboard, you may participate in a *ceviche* making demonstration so you can make a South American favorite dish for your friends and family once you return home.

Today's Meals: All meals will be served in the ship's dining room. Your crew and Trip Experience Leader will inform you of precise start times.

Day 16 Galápagos cruise

- Destination: The Galápagos Islands
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Galápagos Small Ship

Activity Note: The following description is meant only as a general guide to the cruise itinerary that you are likely to follow. Your Trip Experience Leader will keep you informed of the schedule on a daily basis.

Today's Activities: We continue our exploration of the Galápagos. As we take in their seascapes, we can consider how they have impressed great American writers in two different centuries. Herman Melville blended knowledge of the islands, gained from his days as a sailor, with fiction in his 1854 novella *The Encantadas* or *Enchanted Isles*. More than 100 years later, Kurt Vonnegut's 1985 novel *Galápagos* drew inspiration from the author's own visit to the archipelago. Unique and remote, the Galápagos Islands will no doubt continue to influence creative artists for centuries to come.

During your free time aboard, you may reflect on your adventures from the last two days with a glass of wine in hand or learn about and witness plankton during once the sun goes down. You will also have the opportunity to snorkel the surrounding waters.

Today's Meals: All meals will be served in the ship's dining room. Your crew and Trip Experience Leader will inform you of precise start times. Tonight, we'll toast to the end of our voyage with a Farewell Dinner onboard.

Day 17 Disembark ship • Fly to Quito • Fly to U.S.

- Included Meals: Breakfast, Dinner
- Accommodations: Wyndham Hotel Quito or similar

Activity Note: Today, we will fly to Quito from the Galápagos. Depending on your ship and flight itinerary, you'll depart from either Baltra Island or San Cristobal Island. We do not recommend that travelers departing from San

Cristobal make their own international flight arrangements before 10pm, as flights from San Cristobal Island arrive in Quito around 6pm.

Breakfast: Included in the ship's dining room.

Morning: Disembark the ship and drive to the airport. If you are taking the post-trip extension to *Bolivia: La Paz & Lake Titicaca*, you will fly to La Paz.

Lunch: If we depart from Baltra, you'll have time to purchase a snack to bring onboard your flight. If we depart from San Cristobal, we will have time to eat lunch in town before our flight to Quito.

Afternoon: We'll touch down in Quito where we'll arrive at our hotel in the afternoon. We will have a day room available to you close to the airport before our flight home. Depending on the time of your flight, you may have a few hours free to rest, refresh, or pack.

Dinner: At the hotel.

Evening: Transfer to the airport for your overnight flight to the U.S.

END YOUR ADVENTURE WITH AN OPTIONAL POST-TRIP EXTENSION

8 nights in *Bolivia: La Paz & Lake Titicaca*

Day 1 Fly to La Paz, Bolivia

Day 2 Arrive La Paz

Day 3 La Cumbre Pass • Coca farm visit

Day 4 La Paz • Discover Tiwanaku • Overland to Lake Titicaca

Day 5 Copacabana • Cruise Lake Titicaca • Discover the Island of the Moon

Day 6 Copacabana • Island of the Sun

Day 7 Overland to La Paz • Valley of the Moon

Day 8 Explore La Paz

Day 9 Return to U.S.

OPTIONAL TOURS

During your trip you will be able to book optional tours directly with your Trip Experience Leader. He or she will ask you to confirm the payment for these tours by filling out a payment form. Optional tours can only be purchased with a credit or debit card. We accept Visa, MasterCard, and Discover credit cards. We also accept Visa and MasterCard debit cards, but it must be a debit card that allows you to sign for purchases.

In order to correctly process these charges, there can be a delay of 2–3 months from the date of your return for the charges to be posted to your account. Therefore we ask that you use a card that will not expire in the 2–3 months following your return.

Please note: *Optional tour prices are listed in U.S. dollar estimates determined at the time of publication and are subject to change. Optional tours may vary.*

Sacsayhuaman & Lunch

(Day 9 \$75 per person)

This optional tour begins with lunch at a local restaurant in Cusco. Then, we'll take a short drive to the surrounding hills to visit Sacsayhuaman, an important Incan archaeological site. Located on a hilltop overlooking the city and adjacent valley, the Incas built Sacsayhuaman 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.

You may also wish to participate in a nature hike in the surrounding cloud forest, which is home to a wealth of flora and fauna. Lunch is included at the restaurant at the spa. After lunch, we'll return to Quito, arriving at our hotel late this afternoon.

Termas de Papallacta Thermal Spa

(Day 12 \$115 per person)

This full-day optional tour departs the hotel after breakfast on a journey outside Quito to Termas de Papallacta, a spa resort located high in the Andes adjacent to the Cayambe–Coca Ecological Reserve. Here, we can enjoy use of the spa's eight thermally-heated pools with waters ranging in temperatures from 86° F to 158° F. You can also reserve any of the massages and other treatments available at the spa.

PRE-TRIP

The Peruvian Amazon: Treks, Cruises & Indigenous Communities

INCLUDED IN YOUR PRICE

- » Roundtrip air transportation from Iquitos to Lima
- » 6 nights accommodation
- » 16 meals: 6 breakfasts, 6 lunches, and 4 dinners
- » 13 guided tours and cultural experiences
- » Services of our local Trip Experience Leader
- » Gratuities for local guides, drivers, and luggage porters
- » All transfers

PRE-TRIP EXTENSION ITINERARY

Experience the beauty and natural diversity of the Peruvian Amazon up close. With an experienced naturalist guide revealing the secrets of the rain forest, discover tropical birds winging through the forest canopy, bromeliads blooming on ancient trees, and Yagua villagers gliding along the river in canoes.

Day 1 Depart U.S. • Arrive Lima, Peru

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

Afternoon/Evening: Depart the U.S. today on an international flight to Lima, Peru. An O.A.T. representative will greet you at the airport this evening and escort you to your hotel. Here, you will be joined by travelers who arrived early in Lima before their pre-trip extension.

Day 2 Explore Lima • Optional Pachacamac Sanctuary & Dinner tour

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

Activity Note: Luggage that you do not need during your stay in the Amazon can be stored at your Lima hotel for the duration of the

extension. If you plan on using this service, bring a separate bag (such as a lockable duffel) and please give the luggage to be stored to the hotel this evening.

Breakfast: At the hotel.

Morning: Enjoy some time this morning to spend as you please. You may want to relax with a cup of coffee, or take a stroll around the neighborhood surrounding our hotel in downtown Lima. Before lunch, we'll meet our local guide, who will help orient us to the area surrounding our hotel as we walk toward the restaurant where we'll share our meal.

Lunch: At a local restaurant.

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 in Miraflores before returning to the hotel.

Evening: At leisure—you may choose to turn in early at the hotel, or venture to the trendy Barranco district to enjoy the nightlife.

Day 3 Fly to Iquitos • Riverboat down the Amazon • Afternoon & evening rain forest excursions

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

Breakfast: At the hotel.

Morning: We rise very early this morning and drive to the airport for our flight to Iquitos, the northern part of Peru. Our local guide (who is also an expert naturalist) will meet us at the airport and accompany us throughout our Amazon adventure.

Lunch: A boxed lunch will be provided upon arrival in Iquitos for you to enjoy during our transfer to our hotel.

Afternoon: We transfer to the dock and board our boat bound for our lodge, and then head downriver on the legendary Amazon. The river is two miles wide here, 2,300 miles from the Atlantic. We leave the port city behind and travel into a forested area with a few riverfront farms and homes on our way to our remote rain forest lodge.

Later, we walk to the immense Ceiba (pronounced “SAY-bah”) tree for which the lodge is named. Ceiba trees are a unique natural wonder to behold. They grow up to 150 feet tall and can be hundreds of years old, with thick bases that spread out in woody folds known to house bats and their young. Their trunks are long and straight, and their branches reach almost horizontally, giving them an unusual appearance. These trees are indigenous to Mesoamerica, and in ancient times, the Mayan people worshipped them as representing 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 mystical status.

We’ll return to the lodge and have the chance to rest up before we reconvene for a night walk during which we’ll gaze at the southern sky and take in the sounds of the Amazon Rain Forest.

Dinner: At the lodge.

Evening: At leisure—you may choose to return to your room, or have a drink in the lodge lounge.

Day 4 Explore the Amazon • Morning and afternoon boat excursions

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

Early Morning: Early risers can choose to set off on a bird-watching excursion (weather permitting) for a glimpse of the colorful avian life that make their home in this lush Amazon setting.

Breakfast: At the lodge.

Morning: We’ll embark on a boat excursion, keeping our eyes peeled for an array of bird life or perhaps some sloths hanging in

cecropia trees along the water's edge. Then, we'll fish for piranha before making our way back to the lodge.

Lunch: At the lodge.

Afternoon: We'll take another boat ride to a local village down the river from our lodge. We'll have a chance to see how the people along the Amazon live and witness local people going about their daily lives.

We return back to our lodge by boat, where you'll have a few hours to relax and freshen up before dinner.

Dinner: At the lodge.

Evening: At leisure. You may choose to enjoy a nightcap at the bar, relax in a hammock and listen to the sounds of the rain forest, or retire to your room.

Day 5 Rain forest canopy walk • Botanical gardens

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

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

Breakfast: At Explornapo Lodge.

Morning: From the Explornapo Lodge, we'll set off for a hike to make our ascent to the tops of the giant trees. We'll discover the canopy walkway, a unique system of aerial platforms and cableways more than 1,500 feet long, the longest treetop walkway in the world. From high above the forest floor, we'll observe complex layers of tropical vegetation, and enjoy a rare panoramic view of the Amazon.

We may also spot scarlet and blue macaws or the paradise tanager, and saki and titi monkeys may join us as we walk through their domain.

Lunch: At the Explornapo Lodge.

Afternoon: 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 discoveries, we'll return by boat to our lodge.

Dinner: At the lodge.

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

Day 6 Nature walk • Yagua village

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

Early Morning: Early risers can choose to set off on a bird-watching excursion (weather permitting) for a glimpse of the colorful avian life that make their home in this lush Amazon setting.

Breakfast: At the lodge.

Morning: We'll walk with our local guide through the jungle to view water lilies floating serenely on the river. Along the way, we'll keep an eye out for the rare and colorful avian species that make their homes here.

Lunch: At the lodge.

Afternoon: Embark on a boat excursion 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. Take this opportunity to learn about

the local Yagua culture, including the effects of the arrival of Europeans to South America and the encroachment of the modern world.

Dinner: At the lodge.

Evening: On your own—you may want to spend the evening preparing for your return to Lima tomorrow.

Day 7 Boat excursion • Fly to Lima • Join main adventure

- Destination: Lima
- Included Meals: Breakfast, Lunch

Breakfast: At the lodge.

Morning: Board a local boat and travel down the Amazon, where we may see pink river dolphins swimming. After our tour, we'll return to the lodge.

Lunch: At the lodge.

Afternoon: We depart for the airport via boat and fly to Lima. Our Trip Experience Leader for our main trip will meet us at the airport upon our arrival and assist with the transfer to the hotel.

Dinner: On your own. Whether you're in the mood for more local fare or are hungry for a taste of home, your Trip Experience Leader will be happy to make recommendations.

Evening: At leisure—perhaps you'll take a stroll along El Malecon to gaze out over the seaside cliffs as the sun sets, or turn in early after a day of traveling. Or, rest up and get ready to join your group for your *Machu Picchu & the Galápagos* adventure, which begins tomorrow

OPTIONAL TOUR

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 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 visit Lima's iconic ruins of an ancient Peruvian pyramid, Huaca Pucllana, along with dinner at a local restaurant in Miraflores will be available at the same price.

POST-TRIP

Bolivia: La Paz & Lake Titicaca

INCLUDED IN YOUR PRICE

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

POST-TRIP EXTENSION ITINERARY

Immerse yourself in the sweep of time in Bolivia, from the historic streets of La Paz to the legendary shores of Lake Titicaca. Discover the descendants of the ancient Aymara people, get to know villagers who weave their boats from totora reeds, and behold Bolivia's oldest treasures when you visit pre-Inca ruins that have endured for millennia.

Day 1 Fly to La Paz, Bolivia

Evening: Fly to La Paz, Bolivia, from Quito. This flight is overnight and requires one layover.

Day 2 Arrive La Paz

- Destination: La Paz
- Included Meals: Breakfast, Dinner
- Accommodations: Hotel Rosario Del Sur or similar

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

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

Breakfast: At the hotel.

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

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

Afternoon: We'll convene in a meeting room in the hotel for a Welcome Briefing, where we'll get to know one another and learn what to expect in Bolivia. Then, we'll begin our explorations on an orientation walk of La Paz's Zona Sur, or the southern district. While Sucre is the official capital city of Bolivia, La Paz is the country's second-largest city, and is often considered its de facto capital. This is a good opportunity to take in the Andes Mountains as we stroll past buildings that range from colonial cathedrals to the skyscrapers of the present day.

Dinner: At the hotel.

Evening: On your own. You may choose to go for a stroll around the neighborhood, or retire to your room early after a day of travel and discoveries.

Day 3 La Cumbre Pass • Coca farm visit

- Destination: La Paz
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Hotel Rosario Del Sur or similar

Breakfast: At the hotel.

Morning: Drive to La Cumbre Pass, where we'll stop to take in the stunning mountain scenery all around us.

Next, we'll depart for the province of Nor Yungas, stopping along the way to witness rushing waterfalls and other landmarks. Once we arrive in town, we'll head to a nearby coca farm. During our time here, we'll have an in depth conversation about the controversial coca leaf and its role in Andean sacred religious ceremonies, and its nutritional and healing properties.

We'll then continue our drive to the scenic town of Yolosa.

Lunch: At a local restaurant

Afternoon: We'll head back to our hotel in La Paz, where you're free to explore for the remainder of the afternoon.

Dinner: At the hotel.

Evening: At leisure. Perhaps you'll choose to visit a nearby bar, or pack and prepare for our departure early tomorrow morning.

Day 4 La Paz • Discover Tiwanaku • Overland to Lake Titicaca

- Destination: Lake Titicaca
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Hotel Rosario del Lago or similar

Activity Note: Today's transfers to Tiwanaku and Lake Titicaca will take a total of five hours. Along the way, you'll have opportunities to stop for included tours and restroom breaks.

Breakfast: At the hotel.

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

We'll begin our discoveries of Tiwanaku at the Pumapunku temple complex, the massive stone slabs of which provide a vantage point for looking out over the surrounding plains. We'll explore the site's two museums, the Lytic Museum—which houses several large stone objects, including a monolith representing Pachamama, or Mother Earth—and the Ceramic Museum, home to the surviving art and artifacts of the lost culture of this ancient city. Then, we explore the monumental ruins of Tiwanaku itself.

Lunch: At a local restaurant.

Afternoon: Drive to the village of Copacabana (on the shore of Lake Titicaca), stopping at points of interest along the way. The name

Copacabana is thought to derive from the Aymara word for “view of the lake,” and it’s a fitting name—the views across the lake to the snow-draped peaks of the Andean range are magical, and it’s easy to see why this site has been considered a sacred place for centuries.

We’ll check in to our hotel later this afternoon. After settling in, you are welcome to join an optional hike to Calvario Hill to watch the sun set (if time allows).

Dinner: At the hotel.

Evening: On your own. Perhaps you’ll head out to the terrace to take in views of Lake Titicaca at night.

Day 5 Copacabana • Cruise Lake Titicaca • Discover the Island of the Moon

- Destination: Lake Titicaca
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Hotel Rosario del Lago or similar

Breakfast: At the hotel.

Morning: We’ll head to the lake to begin our boat ride. The highest navigable lake on Earth, at 12,580 feet, Lake Titicaca covers more than 3,800 square miles. Beyond its clear water, many islands, and the Andes Mountains that rise behind it, the lake holds a cherished place in Inca and pre-Inca history. According to Andean legend, a pair of gods rose from the waters of Lake Titicaca to found the Inca empire, and the Indian people who live in the small settlements around the lake believe that the Isla del Sol (Island of the Sun) and Isla de la Luna (Island of the Moon) are the sites of this mythic moment of creation.

We’ll delve into this ancient history today when our boat arrives at the Island of the Moon. This rocky landmass is the largest island in Lake Titicaca, and while it has no motor

vehicles or paved roads, it is home to a number of indigenous families who dwell amidst its patchwork of ancient agricultural terraces. We’ll enjoy views of the Island of the Sun as we hike to the top of the island. Next, we’ll visit local Incan ruins, including the Temple of the Virgins.

Lunch: A boxed lunch is included.

Afternoon: Return to Copacabana by boat. Upon arrival, we’ll head into the heart of Copacabana to explore its main square and basilica, as well as to mingle with locals at a nearby market. We’ll return to our hotel after our tour, and the remainder of the afternoon is yours to do as you please. Perhaps you’ll hike to the Station of the Cross to witness Titicaca from a different vantage point.

Dinner: At the hotel.

Evening: At leisure. You may choose to take advantage of your hotel’s proximity to the beach and enjoy a starlit stroll.

Day 6 Copacabana • Island of the Sun

- Destination: Copacabana
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Hotel Rosario del Lago or similar

Breakfast: At the hotel.

Morning: We’ll head to the lake again to begin our boat ride to the Island of the Sun. There, we visit the fabled Incan Fountain of Youth and discover the island’s many ruins.

Then, we’ll take a boat ride to our lunch spot for the day.

Lunch: At a local restaurant.

Afternoon: Ride to the ruins of Pillcocaina Temple, a centuries-old place of worship on the island. After a short tour, we'll return to Copacabana by boat. The remainder of the afternoon is free to explore.

Dinner: At the hotel.

Evening: On your own. Check with your Trip Experience Leader for activities.

Day 7 Overland to La Paz • Valley of the Moon

- Destination: La Paz
- Included Meals: Breakfast, Dinner
- Accommodations: Hotel Rosario Del Sur or similar

Breakfast: At the hotel.

Morning: We'll drive to La Paz, stopping along the way at a local workshop to learn about building reed boats, one of the oldest known types of boats that originate from this part of the world.

Lunch: On your own. Your Trip Experience Leader can provide suggestions.

Afternoon: We'll begin our tour of the Valley of the Moon, a rugged and fantastical landscape featuring deep gullies, oddly shaped outcroppings, and spindly stone spires, all formed by centuries of erosion.

Then, we drive back to La Paz. After checking in to our hotel, the remainder of the afternoon is yours. Check with your Trip Experience Leader for activity ideas.

Dinner: We'll gather for our Farewell Dinner at our hotel this evening.

Evening: At leisure—you may want to head to the hotel's bar for a nightcap, or return to your room to relax.

Day 8 Explore La Paz

- Destination: La Paz
- Included Meals: Breakfast, Lunch
- Accommodations: Hotel Rosario Del Sur or similar

Breakfast: At the hotel.

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

Next, we'll head to downtown La Paz where we'll enjoy a guided tour, starting out with the neighborhood of El Prado Avenue, Murillo Plaza, and San Francisco Church. We'll get an introduction to the city's history as we stroll past buildings that range from colonial cathedrals to the skyscrapers of the present day. And we'll also take in some of the city's striking settings as we walk, catching glimpses of the surrounding Andes Mountains, including the three snowcapped peaks of towering Illimani, the name of which comes from the indigenous Aymara people who lived here before the Incas, and whose descendants still dwell in Bolivia.

Then, we'll visit some of the local *mercados* (markets), which are wonderful places to meet the people of La Paz—from well-dressed professionals to itinerant street vendors and Andean women in their traditional garments of brightly colored multi-layered skirts and bowler hats. We'll also visit the Witches' Market, where indigenous people sell plants, potions, and talismans used in ancient *Aymara curandero* (healing) rituals, and *yatiri* (witch doctors) offer their fortune-telling services.

Lunch: At a local restaurant.

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

Dinner: On your own.

Evening: At leisure—you may want to take one final stroll through La Paz, or return to your room to prepare for your flight tomorrow.

Day 9 Return to U.S.

- Destination: Lima
- Included Meals: Breakfast

Activity Note: Most flights to the U.S. depart between 3am and 6am, necessitating a very early transfer to the airport from your hotel. A breakfast box will be provided by the hotel for anyone whose flight requires a pre-dawn transfer to the airport.

Breakfast: At the hotel.

Early Morning: We'll depart for the airport for our flight home.

YOUR GALÁPAGOS SMALL SHIP

Explore aboard a privately chartered, 16-passenger small ship

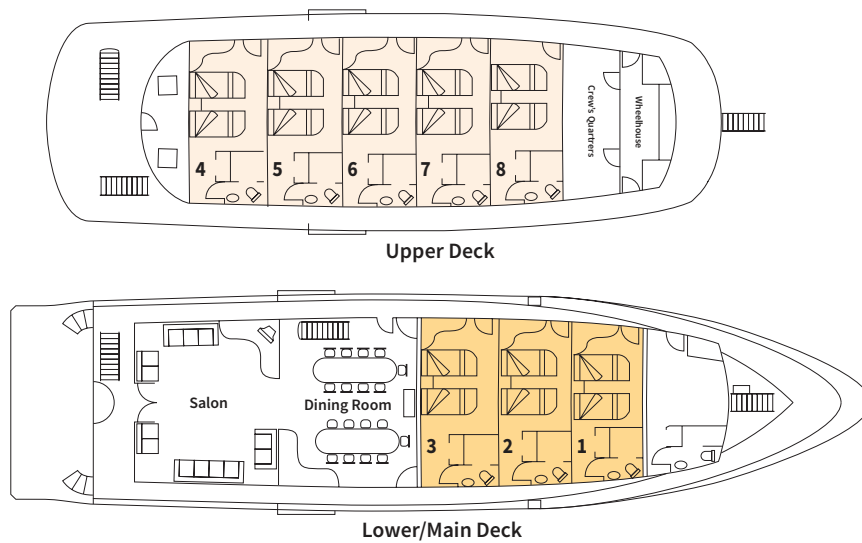
Cruise the Galápagos Islands aboard a 16-passenger small ship that can easily maneuver around the islands. From your spot on the Sun Deck or balcony, look out for the same wildlife that Charles Darwin studied. Enjoy up-close experiences with wildlife like ancient giant tortoises and blue-footed boobies during our daily Zodiac excursions or while using the available snorkeling equipment. And get to know your group of 8-16 (average of 13) fellow travelers while savoring a meal in the dining area or relaxing in the lounge areas.



SHIPBOARD FEATURES

- **Dining room:** Enjoy international cuisine on board, with beer and wine included during meals.
- **Indoor common areas:** Spend time getting to know your fellow travelers in the small lounge or dining area.
- **Outdoor common areas:** Take in the scenery and wildlife on the shore from the upper Sun Deck.
- **Zodiac crafts:** We will embark on Zodiacs from the ship for daily exploration of the islands.

GALÁPAGOS SMALL SHIP



Cabin Categories

- A** **Upper:** cabins on the highest passenger deck
- B** **Lower/Main:** cabins on the middle or bottom passenger deck

Registry: Guayaquil, Ecuador

Length: 100 ft.

Beam: 26 ft.

Draft: 7 ft.

Cabin size: 170 sq. ft.

Number of Cabins: 8

Passenger Capacity: 16

Entered Service: 2002

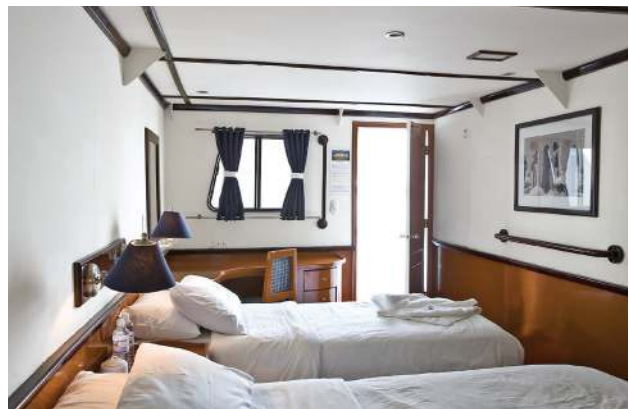
Ecuadorian crew: 10

Group Size: 16 travelers maximum, with 1 Trip Experience Leader

O.A.T. may use a different ship depending on the trip departure date. This deck plan is typical but ships may vary slightly in size and facilities.

CABIN FEATURES

- Average cabin size is 170 sq. ft.
- All cabins are outside-facing with windows
- In-cabin amenities: Two twin beds, small desk
- In-bathroom amenities: Private bath with freshwater shower



Cabin with two twin beds

TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

Your Passport

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

Need to Renew Your Passport?

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

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

Recommended Blank Pages

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

- **Main trip only:** If you are taking only the main trip, you will need 3 blank passport pages.
- **Pre-trip extension to Amazon of Peru:** No additional pages are needed for this extension.
- **Post-trip extension to La Paz & Lake Titicaca:** You will need an additional page, for a total of 4.

Visas Required

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

- **Ecuador and Peru : No visas needed.** For U.S. citizens, no visa is required for entry into Ecuador for stays of up to 90 days. A free tourist visa for Peru can be obtained upon arrival.
- **Bolivia (post-trip extension): Visa required.** U.S. citizens are required to have a tourist visa when visiting Bolivia. We recommend you obtain the visa in advance, but it can be obtained on-site upon entry.

Traveling Without a U.S. Passport?

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

Traveling With a Minor?

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

Travel Protection Required:

For new bookings starting 1/1/25, Overseas Adventure Travel requires all travelers purchase travel protection with Medical Evacuation coverage of at least \$200,000 and Medical Expense coverage of at least \$50,000, due to the remote nature of your adventure.

O.A.T. Travel Protection:

If you **purchase your Travel Protection Plan** through O.A.T., no further action will be needed, as the Medical Evacuation coverage and Medical Expense coverage meets these requirements.

Your Own Travel Protection:

If you purchase your own travel protection, we recommend you review the plan to ensure Medical Evacuation coverage of at least \$200,000 and Medical Expense coverage of at least \$50,000 is included. Once you confirm your plan meets the requirements, you will need to email the following information to **TravelCoverage@oattravel.com**:

- Traveler Name(s)
- Reservation Number
- Trip Protection Provider
- Policy Number
- Date of Purchase
- Copy of your Policy Documents

You can also contact our Travel Counselors at **1-800-221-0814** to review this policy. You will be required to provide proof of coverage by 60 days prior to departure at the latest.

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).

RIGORS, VACCINES & GENERAL HEALTH

Is This Adventure Right for You?

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

GROUP SIZE

- This adventure has a maximum group size of 16 travelers with local Trip Experience Leaders exclusive to O.A.T.

PACING

- 6 locations in 17 days (9 days in Peru and 8 days in Ecuador), with one 1-night stay and a 3- or 4-night cruise aboard a Galápagos small ship
- 2 internal flights in Peru and 2 internal flights in Ecuador, 1 international flight from Lima to Quito
- 2 pre-dawn departures; some early mornings
- Airport transfers in Lima and Quito can take up to 1.5 hours

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
- This trip takes you to remote places with no medical facilities nearby
- Days 4-12 are spent at altitudes above 8,000 feet
- 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

- 9 full days at altitudes between 7,000-11,000 feet (7 days in Peru & 2 in Ecuador)
- We strongly recommend that you discuss precautions for altitude sickness with a healthcare professional before you travel on this trip.

CLIMATE

- Daytime temperatures in Cuzco, Machu Picchu, and Quito range from 50°F–75°F. Temperatures can drop dramatically at night
- Daytime temperatures in the Galápagos range from 65°F–90°F; there is no shade during walks. Water temperature ranges from 70°F–78°F

TERRAIN & TRANSPORTATION

- Traveling on unpaved roads; walking on rough, steep, slippery trails that do not have handrails; climbing many high stone steps; wet landings via motorized Zodiac rafts; snorkeling excursions; and encounters with rough seas while cruising
- Agility and balance are required for embarking and disembarking small motor dinghies
- Travel by 20-passenger coach, train, 16-passenger small ship, and motorized Zodiacs rafts
- 2–4 hour drives, 2 1.5-hour rail journeys, 4 internal flights of 1.5–3 hours each, and 1 international flight from Lima to Quito of about 2.5 hours.

FLIGHT INFORMATION

- Travel time will be 9–14 hours and will most likely have two connections
- Internal flight to/from Galápagos has a stop-over in Guayaquil airport; travel time can take up to 8 hours

ACCOMMODATIONS & FACILITIES

- Hotel rooms are smaller than in the U.S. and offer simple amenities
- All accommodations feature private baths
- Small ships feature simple amenities

Steps to Take Before Your Trip

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

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

Vaccines Required

Yellow Fever Vaccination– Documentation May Be Needed for Ecuador

- Travelers entering Ecuador from another South American country (Peru, Bolivia, Colombia or Brazil) where they've stayed 10 days or more must show proof of a Yellow Fever vaccination, administered at least 10 days before entry. **Travelers 60 years or older are exempt from these requirements.**
- **You must bring EITHER proof of a yellow fever vaccination OR an official vaccination waiver (doctor's letter) if you are younger than 60 years old.**

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

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

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

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

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

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. Quito is at an altitude of over 9,000 feet and Cuzco at roughly 11,000 feet. At these altitudes, almost everyone feels some of the symptoms of Acute Mountain Sickness (AMS). These symptoms include headache, nausea, loss of appetite, trouble with sleep, and lack of energy.
- Motion sickness medication if you are prone to motion or seasickness as the waters in the Galapagos can be choppy.
- For travelers on the Amazon pre-trip extension: At time of writing, the CDC did recommend discussing anti-malaria medication with your doctor for the Amazon basin. These medications can have strong side effects, so be certain to ask your doctor first.

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.”

TIP: At time of writing, the State Department did not have any special warnings about American over-the-counter medications for altitude sickness, but did warn that although coca-leaf tea is a popular beverage and folk remedy for altitude sickness in the Andes Mountains, possession of these tea bags 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 daypack at all times (this is particularly important for the Galapagos because plastic water bottles are not allowed in order to preserve the delicate ecosystem)
- Bottled drinks and juices, and hot drinks that have been boiled, are safe to drink.
- Avoid drinks with ice in them.
- Carry a handkerchief to dry the tops of bottled drinks before and after opening.

Food

- We've carefully chosen the restaurants for your group meals.
- 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

Quito is at an altitude of over 9,000 feet and Cuzco at roughly 11,000 feet. 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.

The most common symptoms of altitude sickness are lightheadedness, shortness of breath, headache, nausea, sleeplessness, and loss of appetite. You should take it easy, avoid smoking and alcohol, and drink plenty of fluids. Some people take altitude sickness medication, starting when they arrive or one day before. Don't take sleeping medications, as they suppress respiration. 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 the leader 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).

Water Conditions in the Galápagos

Two different ocean currents impact the waters off the coast of the Galápagos—the Humboldt Current and the Panama Current. Generally speaking, when the colder Humboldt Current is dominant (July to November) the water is cooler and choppier; when the Panama Current is dominant (December to June) the water is warmer and calmer. The roughest seas usually occur from July through October, but choppy conditions can happen at any time of year. We recommend packing an anti-seasickness medicine whether or not you are prone to seasickness.

MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

Top Three Tips

- **Carry a mix of different types of payments**, such as local currency, an ATM card, and a credit card
- **Traveler's checks are not recommended** as they can be difficult to exchange and are rarely accepted in shops and restaurants.
- **U.S. dollars are accepted in Ecuador and many places in Peru**; bring a variety of denominations in good condition.

Local Currency

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

Peru: Peruvian Sol (S/)

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

Ecuador: U.S. Dollar (\$)

Bolivia: Boliviano (Bs)

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.

The official currency of Ecuador is the U.S. dollar so there is no need to exchange money.

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 will charge a set fee or a percentage fee each time you use a foreign ATM. We recommend that you check with your bank before you depart. 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. If you are visiting a country that has different expectation for ATMs, they will be listed below.

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.

Ecuador: ATMs are available in larger cities, such as Quito, but become harder to find in remote locations. We recommend that you bring enough cash to cover your expenses for your travel in more remote areas.

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

Credit & Debit Cards

While traveling, most countries and major cities will accept credit cards. We suggest that you bring one or two, 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, as not all are accepted around the world. 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.

Ecuador: Credit and debit cards are more likely to be accepted in cities like Quito. But even inside a large city like Quito, cards of any kind are more commonly accepted in the modern shops of the New Town district than in the “hole in the wall” places in the Old Town.

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

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.*
- **Hotel housekeepers:** \$1–\$2 per room, per day
- **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, ship crew, and luggage porters that may assist you during the scheduled activities on your adventure. All tips are quoted in U.S. dollars; tips can be converted and paid in local currency or in U.S. dollars. Please do not use personal or traveler's checks for tips.

AIR, OPTIONAL TOURS & STAYING IN TOUCH

Land Only Travelers & Customized 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 Customization options and purchased air through O.A.T, accommodations and airport transfers are included. However, if you chose one of our Customization options, but did not purchase air through O.A.T., accommodations are included, but airport transfers are not. If you chose one of our customization options, and purchase air through O.A.T. but not the accommodations, the airport transfers are not included. We have included transfer options below.
- **Customization on Your Own:** If you have not purchased air through O.A.T. and decided to arrive early, stay longer, or stop in a connecting city on your own, you are responsible for airport transfers and accommodations. For your convenience, a preliminary list of your included hotels is available on your My Planner at www.oattravel.com/myplanner under "My Reservations" to help you with selecting a hotel for your additional time.

Air Inclusive Travelers

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

- **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 the main trip will end on Day 17 for your overnight flight back to the United States.

Airport Transfers Can Be Purchased

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

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

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

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

Optional Tours

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

What You Need to Know

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

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 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 visit Lima’s iconic ruins of an ancient Peruvian pyramid, Huaca Pucllana, along with dinner at a local restaurant in Miraflores 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.). Our Trip Experience Leaders advise that for Ecuador an even less expensive and easier-to-use option is available. Instead of using a calling card, they suggest using the international phone service at a type of business known as a “Café Net or Internet”; these businesses can be found in cities all over Ecuador.

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

Very broadly speaking, WiFi is more common on this adventure in Peru than Ecuador, and at hotels, it is more common in public areas than in the rooms. Internet access is rare in Machu Picchu and not available at all when sailing in the Galapagos.

However, even in the hotels that do offer WiFi, the connections can be unpredictable—or incur a fee—so you may be better off leaving your device at home and relying on the hotels with a computer in the lobby or a business center. If you follow this plan, you should be able to check in on email at least two or three times during your adventure.

In Bolivia, Internet access will be mostly limited to computers in the hotel lobby or business center; most hotels 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

Bolivia: +591

Ecuador: +593

PACKING: WHAT TO BRING & LUGGAGE LIMITS

Luggage Limits

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on per person.
Weight restrictions	Up to 50 lbs for checked luggage and 15 lbs for carry-ons .
Size Restrictions	Standard airline size: Checked luggage should not exceed 62 linear inches (length+width+depth) and carry-on should not exceed 45 linear inches.
Luggage Type	Duffel bag or soft-sided suitcase.
TRIP EXTENSION(S) LIMITS	
Same as main trip.	
REMARKS/SUGGESTIONS	
<p>Luggage rules: Luggage rules and limits are set by governmental and airline policy. Enforcement of the rules may include spot checks or may be inconsistent. However one thing is the same across the board: If you are found to have oversized or overweight luggage, you will be subject to additional fees, to be assessed by—and paid to—the airline in question.</p> <p>Reminder to bring 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 and will want it for our four nights in the Galapagos. Some previous travelers have suggested re-purposing your carry-on for this use; others have packed an empty bag into their suitcase. For more details, see the “Your Luggage” section.</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 waist pack 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 the Sacred Valley, travel to Machu Picchu, stay for 2 nights, and then continue to Cuzco where you will retrieve your luggage.)
- You’ll also want the bag **for four nights in the Galapagos** because space on the ship is limited and there is typically not enough room for your checked luggage. You’ll be able to leave your suitcase or large duffel bag at the hotel in Quito to be picked up after you return. This will let you pare down and bring only what is necessary to the Galapagos.

TIP: Some previous travelers have suggested re-purposing your carry-on for this use; others have packed an empty bag into their suitcase.

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, our list suggests several layers of clothing. Most of your clothing can be made of cotton or cotton-synthetic blends. 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.

- **Rain gear:** You'll want fairly good-quality rain gear for Quito (on the main trip) and for your Amazon jungle visit (if you take the optional *Amazon Rain Forest of Peru* extension).
- **Footwear:** You'll be on your feet a lot during the trip, and walking over some rough and slippery surfaces. We recommend that you bring at least two pairs of shoes—one for walking and one for the wet landings/cruise in the Galapagos.
- **Camouflage colors:** Earth-colored clothing is best for landings on the Galapagos Islands. Avoid bright colors as these tend to alert wildlife and attract insects. (Even colorblind animals can see light and dark shades, so dull colors are better than brights.) Stick to khaki, tans, browns, and greens instead. If you want to bring an umbrella, a small folding one in a neutral color can protect from rain and provide for shade from the sun. Earth-colored clothing is also recommended for the *Amazon Rain Forest of Peru* pre-trip extension.
- **Snorkel gear:** Should you buy snorkel gear for this adventure? Probably not. Depending on your Galapagos ship, they may have basic gear like masks and fins for rent. In addition you may be able to rent a wetsuit onboard, depending on availability or in Quito. If you already own your own gear—or need special gear, like a prescription mask—we suggest you save space in your luggage. Of course, if you already own gear, you are welcome to bring it. For example, if you already own a wetsuit jacket or swim vest, that might be useful for lengthy swims or for the months of July–November, when the water off the coast of the Galapagos is cooler.
- **Walking sticks:** Many past travelers have recommended bringing a folding walking stick or folding ski pole. (On the *Amazon Rain Forest of Peru* pre-trip extension, our Amazon lodge supplies walking sticks for guests to use in the rainforest, but you may want one when exploring other sites.) 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. For the Galapagos, you are not allowed to bring your walking stick in your carry-on bag, so make sure to leave room for it in your checked luggage. Or ask your Trip Experience Leader about checking in your walking sticks as a group.
- **One-time laundry service:** About halfway through the trip you will have the option to have your laundry done at the hotel in Quito for a fee. (Your Trip Experience Leader will arrange this. Or if you prefer to use a local laundromat, your Trip Experience Leader can advise you of the closest one.)

Style Hints

Dress on our trip is functional and casual. Women might want to bring one casual dress and a pair of dressier sandals.

Recommended 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. Each travelers packing list may be different depending on the climate you are used to. We recommend using www.weather.com and consulting the “Climate” chapter of this handbook.

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

Recommended Clothing Checklist

- ☐ Shirts: A mixture of short and long-sleeved shirts (consider quick-drying fabric for the Amazon extension)
- ☐ Trousers and/or jeans: Comfortable and loose fitting is best.
- ☐ Walking shorts
- ☐ Shoes for walking: Trekking shoes are recommended as they offer better support and traction than sneakers, but sneakers are also an option. For socks, consider bringing a couple heavy pairs for walking and a couple pairs that can get wet for the Galapagos.
- ☐ Second pair of shoes for wet landings/cruise: During the cruise in the Galapagos, the shoes you wear on the islands will be rinsed by crew members before boarding the ship to avoid cross-contamination of the islands’ ecosystems. Therefore you may find it useful to bring a second pair of shoes to wear on the ship while the other pair is drying. A pair that you could use during wet landings—such as sports sandals, water shoes, or old tennis shoes—would be particularly useful. Previous travelers have suggested something with closed toes in case of rocks or gravel, but that is a personal preference.
- ☐ 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
- ☐ Swimsuit for activities and snorkeling in the Galapagos (our regional office recommends bringing two suits so that you have one to wear while the first is drying)
- ☐ Optional: Dress-casual outfit for dining out in larger cities

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)
- ☐ Water bottle or canteen (particularly for the Galapagos due to environmental policies)
- ☐ Light folding umbrella
- ☐ Moisturizer and sun-blocking lip balm
- ☐ Pocket-size tissues
- ☐ Moist towelettes and/or anti-bacterial “water-free” hand cleanser
- ☐ Flashlight, extra batteries/bulb (in some places on this adventure electricity is limited)
- ☐ A small, lockable duffel bag (with a luggage tag and a lock) for the train to Machu Picchu and nights aboard the ship. See luggage section for details.
- ☐ Electrical transformer & plug adapters
- ☐ Camera gear with extra batteries or battery charger
- ☐ Ziploc bags to protect camera from humidity
- ☐ Optional: trekking poles

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
- ☐ Motion sickness medication

- ☐ 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

Home-Hosted Visits

Many of our adventures feature a visit with a local family, often as part of the *A Day in the Life* experience. It is customary, though not necessary, to return your hosts' generosity with a small gift. If you do bring a gift, we recommend that you bring something the whole family can enjoy, or something that represents your region, state, or hometown. Get creative and keep it small—peach jelly from Georgia, maple sugar candy from New England, orange blossom soap from California; something that can be used or used up is best. When choosing a gift, be certain to consider the local culture as well. For example, we do not recommend alcohol in Muslim countries because it is forbidden in Islam, and your hosts may be religious. Not all O.A.T. adventures include a Home-Hosted Visit; please check your final itinerary before you depart.

Electricity Abroad

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

Voltage

Electricity in Peru and Bolivia is 220 volts. In Ecuador it is 110 volts (same as the U.S.). Most of the things a traveler will want to plug in—battery chargers, smart phones, 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.) Aboard the Galapagos ship, you'll find the electric supply to be the same as in the U.S., so you will not need an electric-current converter for the ship.

Plugs

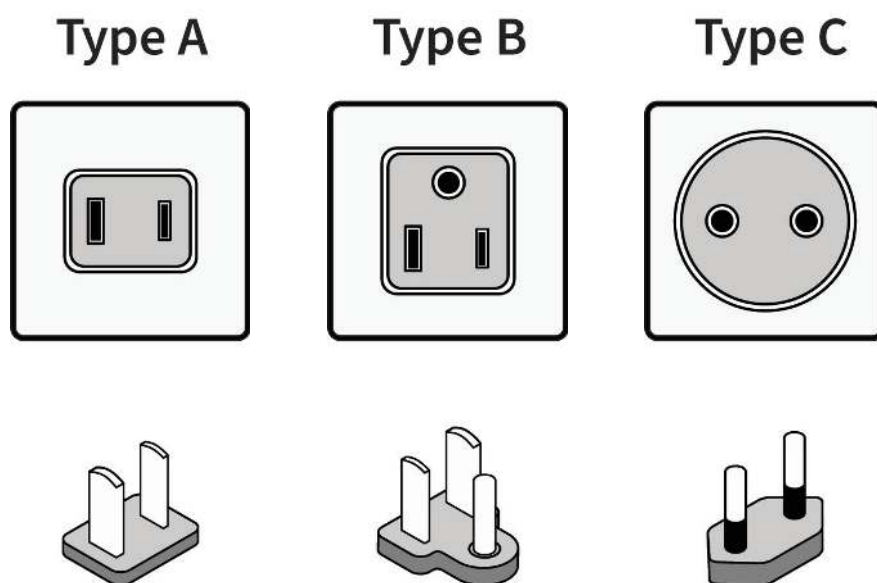
The shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built. To plug something from the U.S. into a local socket you'll need an adapter that fits between the plug and the socket. It may be easier to purchase an all-in-one, universal adapter/converter combo. 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

Ecuador: A and B

Bolivia: A, B, and C



Availability

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

CLIMATE & AVERAGE TEMPERATURES

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

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.

Quito and the Highlands, Ecuador: Quito, located in the Ecuadorian Andes, has a climate that is often described as one of "perpetual spring," with warm days and chilly nights and little variation of temperature around the year. Much of the rainfall in this mountainous region comes in the afternoon and evening as clouds build up over the mountains and thunderstorms develop.

The Galapagos, Ecuador: In the Galapagos Islands, temperatures are comfortably mild throughout the year. From December through June, high temperatures are in the mid-to-upper 80s. This is considered the rainy season, even though there are more hours of sunshine than rain during these months. (In the desert climate of the Galapagos the amount of rainfall is miniscule compared to the Amazon rainforest.) From July through November, high temperatures are in the upper 70s to low 80s. This cool dry season along the equator has its positive side. The temperature during the day is usually in the 70s with low humidity and quite comfortable, making the nature hikes you take even more pleasant.

Water conditions in the Galapagos: Two different ocean currents impact the waters off the coast of the Galapagos—the Humboldt Current and the Panama Current. Generally speaking, when the colder Humboldt Current is dominant (July to November) the water is cooler and choppier; when the Panama Current is dominant (December to June) the water is warmer and calmer. The roughest seas are usually from July through October, but choppy conditions can occur at any time of year. If you are prone to seasickness, you may want to pack an anti-seasickness medicine.

TIP: For those travelers who are looking forward to swimming or snorkeling in the Galapagos, please be prepared for water temperatures in the high 60s/low 70s and choppy conditions. For details on the availability of snorkel gear, please see "Functional Tips" under "Clothing Suggestions", or review the packing checklists.

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.

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

Climate Averages & Online Forecast

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

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

MONTH	LIMA, PERU			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	QUITO, ECUADOR			THE GALAPAGOS, ECUADOR		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)	Temp	% Relative Humidity (avg)	Monthly Rainfall (inches)
JAN	66 to 50	88 to 59	4.5	87 to 70	71	3.2
FEB	66 to 50	87 to 61	5.1	87 to 71	76	4.1
MAR	66 to 50	88 to 63	6.0	87 to 70	84	3.9
APR	66 to 51	89 to 67	6.9	87 to 70	77	2.4
MAY	66 to 51	88 to 64	4.9	87 to 69	66	4.7
JUN	67 to 49	80 to 55	1.9	85 to 67	60	2.1
JUL	67 to 49	75 to 50	0.8	80 to 66	42	0.8
AUG	67 to 49	73 to 49	1.0	84 to 65	38	0.5
SEP	68 to 49	79 to 56	3.1	81 to 66	44	0.8
OCT	67 to 49	85 to 64	5.0	84 to 66	57	1.1
NOV	67 to 49	86 to 63	4.3	85 to 67	61	1.4
DEC	66 to 50	87 to 62	4.1	86 to 69	65	0.9

MONTH	IQUITOS, PERU			LA PAZ, BOLIVIA		
	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)	Temp. High-Low	% Relative Humidity (am-pm)	Monthly Rainfall (inches)
JAN	88 to 73	96 to 73	10.5	55 to 39	92 to 63	5.1
FEB	87 to 73	96 to 73	10	56 to 39	92 to 60	4.1
MAR	87 to 73	96 to 73	11.8	56 to 38	92 to 58	2.8
APR	87 to 73	96 to 75	11.9	57 to 36	89 to 50	1.4
MAY	86 to 73	96 to 75	10.5	57 to 32	76 to 35	0.5
JUN	85 to 72	96 to 76	8.2	55 to 28	72 to 32	0.2
JUL	85 to 71	96 to 73	6.4	55 to 27	71 to 30	0.3
AUG	87 to 72	96 to 72	6.5	56 to 29	76 to 33	0.6
SEP	88 to 72	96 to 72	7.5	57 to 32	81 to 38	1.2
OCT	88 to 72	95 to 73	9.1	58 to 36	84 to 43	1.6
NOV	88 to 73	95 to 74	9.8	59 to 38	86 to 45	2.0
DEC	88 to 73	95 to 75	10.2	58 to 38	89 to 53	3.7

ABOARD YOUR SHIP: CABIN FEATURES, DINING & SERVICES ON BOARD

Galápagos small ship

Our 16-passenger Galápagos small ship is chartered exclusively for our O.A.T. group. The 100-foot-long ship can maneuver easily among the islands, allowing for excellent views of the island shores. It features lounge areas, bars, a sun deck, and a dining room serving local and international cuisine. The simply appointed cabins have twin beds, small desk, and a private bath with shower.

- Average cabin size is 170 sq. ft.
- All cabins are outside-facing
- In-cabin furnishings: Two twin beds, small desk, and a private bath with shower

O.A.T. uses different ships depending on the trip departure date. The information in this chapter is typical but ships may vary slightly in size and facilities.

Cabin Amenities

Small ship cabins are basic and comfortable but small compared to large cruise ships. Your cabin amenities include private bathroom with shower and in room air-conditioning.

Cabin Assignments

You will receive confirmation of your deck and/or cabin category upfront in writing; it will be on your invoice and online in My Planner at www.oattravel.com/myplanner. However, your cabin number may not be assigned until you arrive onboard the ship. (This is normal procedure for many small ships.) If there's no cabin number on your invoice or online, you can presume it will be assigned later and communicated to you when you board.

Dining

All meals are taken in a spacious window-lined dining room. The food onboard includes international food and typical local dishes. If you require a special diet please request this in advance by contacting one of our Travel Counselors. There is no room service on board. Dining times will vary according to the scheduled daily activities.

A selection of wine, beer, and other beverages will be available for purchase onboard your small ship. Because the Galápagos Islands are part of a national park with a very fragile ecosystem, alcohol is not produced locally and must be imported. This means that you will likely experience significantly higher prices than what you would typically find at home (ex. a \$10-15 bottle of wine in the U.S. may cost \$35-50 in the Galápagos). Some Galápagos ships may allow travelers to bring

a bottle of their own favorite wine or alcohol to enjoy at their table (please check with your Trip Experience Leader for your specific ship). Should you care to avail yourself of this service, there will be a corkage fee of approximately \$10–20 per bottle.

Many crew members do not speak English, so be ready to practice a few words in Spanish at dinner (with the help of your Trip Experience Leader).

Electricity

You'll find the electric supply onboard to be the same as in the U.S., so you will not need an electric-current converter for the ship. (But you may need one for hotels; see the section on electricity in the chapter on packing.)

Internet

Internet access is not available on the ship.

Laundry Services

There is no laundry service available on board.

Public Spaces

- **Dining room:** Enjoy international cuisine on board in a window-lined dining room.
- **Indoor common areas:** Spend time getting to know your fellow travelers in the small lounge or dining area.
- **Outdoor common areas:** Take in the scenery and wildlife on the shore from the upper sun deck.
- **Zodiac crafts:** We will embark on Zodiacs from the ship for daily exploration of the islands.

Shipboard Payments

Cash, in the form of U.S. dollars, and credit cards are accepted for purchases made on board. Personal checks are not accepted.

Smoking Policy

Smoking is prohibited on board, with the exception of one outdoor deck area reserved for smokers.

Wheelchairs

The ship is not built to accommodate wheelchairs.

Dress Code

There are no formal dinners on board; casual dress is encouraged.

ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

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

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

The Culture of South America

It's impossible to provide a facile generalization about the culture of an entire continent, especially one as diverse as South America. But it is safe to say that of all the different people who live in the nations visited on this adventure, a large majority can trace some portion of their heritage back to Spain. This includes those of strictly Spanish heritage and *mestizos* who claim mixed Amerindian and European or African blood. In keeping with the mostly Spanish dominant norms, here you will find a relaxed attitude about punctuality, but not one when it comes to fashion: in the large cities, people dress carefully, and well.

However, unlike their Spanish cousins, people here tend to be casual and informal. They are polite, but warm and friendly and not afraid to show emotion. They are also quite open, so don't be surprised (or offended) if people ask you personal questions about your family, your marital status, your career, or financial status. People in Colombia are thought to be more boisterous than their more reserved Peruvian and Ecuadorian neighbors. But you can put that to the test when the subject of soccer (*fútbol*) comes up, about which everyone seems to have very passionate opinions.

One other universal trait is the remarkably heavy emphasis on family, which includes extended family and close friends. All other groups, including workplaces, churches, and especially the government (which is usually eyed with skepticism or outright mistrust) pale in comparison to the role that family loyalty plays.

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.

For your return flight to the U.S., please note most flight schedules for South American airlines will depart from Quito very late in the evening (near midnight) on Day 17 of the main trip, and arrive in the U.S. early the following morning.

Taking Photographs

When taking photos of people in most countries, be polite and ask permission to take a close-up. In many countries, you should not be taking photos of children or older women without permission. 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.

Please obey any signs regarding photos at museum or sites; 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. Carry a one-day supply of cash, and your passport, in a travel pouch. Don't leave valuables unattended in your hotel room – use a room safe as needed. In any sort of puzzling street situation, try to keep one hand on your wallet or money belt.

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.

Ecuadorian Cuisine

Here, you can find a wide variety of fruit due to Ecuador's diverse climate and fertile soil. This fruit includes several types of bananas, passionfruit, and tree tomatoes. You will also find plenty of seafood options. Some dishes to look for are:

- **Mani:** A sauce based on peanuts and often served with fried seafood.
- **Hornado:** Ecuador's national dish. A whole, spit-roasted pig, usually served with salad, fried plantain or cheesy fried potato pancakes called *llapingachos*.
- **Cuy:** Or guinea pig. This dish can be found in the highlands of Ecuador (and Peru). It is a staple source of protein. Many families raise them (not as pets, but for food) and then grill or roast them with herbs till the skin is crispy. Many have compared the taste to that of suckling pig.
- **Fritada de chanco:** A piece of pork shoulder that's been boiled and then fried and served with a spicy red sauce. It is accompanied by *llapingachos* (potato pancakes), corn, and fava beans.
- **Ceviche:** Here, the seafood of choice is shrimp. It is usually served in its marinade, which includes tomato, and with a corn-nut *tostado* for crunch. If you are a vegetarian, try the veggie-based *ceviche* called *cevichocho* that is made with lupini beans. You can also find mango *ceviche*, mushroom *ceviche*, heart of palm *ceviche* and many others.
- **Humitas:** A great dish if you are looking for something on the go from a pushcart vendor. These are like *tamales*—steamed *masa* (corn meal) and corn kernels in a banana leaf. They are either salty or sweet and can also contain onions, cheese, or eggs. When you crave something crunchy, grab a bag of
- **Habitas:** If you are craving something crispy, *habitas* are it. They are crispy fried and salted fava beans
- **Dulce de leche:** A dessert that is a caramelized dairy confection.

- **Alfajores:** Flaky layers of dough filled with sweet cheese or gooey caramel or molasses.

Bolivian Cuisine

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

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

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.

Ecuador

Traditional souvenirs include jewelry and sculptures created from Tagua vegetable ivory (using the nut of the Tagua palm tree), ceramics, Tigua paintings, Panama hats, and items with images of Galapagos animals.

Bolivia

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

U.S. Customs Regulations & Shipping Charges

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

The top three points to know are:

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

DEMOGRAPHICS & HISTORY

Peru

Facts, Figures & National Holidays

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

National Holidays: Peru

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

01/01 New Year's Day

05/01 Labor Day / May Day

06/29 St. Peter & St. Paul

07/28 Independence Day

07/29 Independence Day (Day 2)

08/30 Santa Rosa De Lima

10/08 Battle of Angamos

11/01 All Saints Day

12/08 Feast of the Immaculate Conception

12/25 Christmas Day

Peru: A Brief History

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

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

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

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

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

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

For 200 years, Spanish officials ruled Peru using native intermediaries as go-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.

Ecuador

Facts, Figures & National Holidays

- **Area:** 109,484 square miles
- **Capital:** Quito
- **Languages:** Spanish is the official language; Quechua is also spoken.
- **Location:** Ecuador is bordered by Colombia and Peru.
- **Geography:** Ecuador is roughly the size of the state of Washington and straddles the equatorial line. Because of this geographical feature and combined with its different altitudes, Ecuador has a striking diversity of landscapes for a country of its size. Tropical rainforests in the Amazon Basin dominate its eastern section, the Oriente. The Eastern and Western Cordilleras of the Andes make up the Sierra region that bisects the country, topped by the towering peaks of Cotopaxi (19,347 feet) and Chimborazo (20,702 feet). The costa is the Pacific tropical coastal plain, which constitutes about one-quarter of the country. Ecuador and the Galapagos are known as the country of four worlds due to its diversity.
- **Population:** 17,684,536 (estimate)

- **Religions:** Roman Catholic (95%), Other (5%)
- **Time zone:** Ecuador is on Ecuador Time, which is the same time as U.S. EST. When it is 6am in Washington D.C., it is 6am in Quito. The Galapagos is 1 hour behind continental time (Ecuador time).

National Holidays: Ecuador

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

01/01 New Year's Day

05/01 Labor Day/May Day

05/24 The Battle of Pichincha

08/10 Independence Day

10/09 Independence of Guayaquil

11/02 All Soul's Day

11/03 Independence of Cuenca

12/6 Foundation of Quito

12/25 Christmas Day

Ecuador: A Brief History

There is archaeological evidence of settlements established by hunter-gatherer groups as early as 10,000 BCE along Ecuador's southern coast and in the central highlands. Agricultural societies that followed produced the famous Valdivia ceramics, the oldest pottery in the Western Hemisphere. These ancient peoples traded with others in Peru, Brazil, and the Amazon Basin, building a civilization sophisticated enough to construct large coastal cities by 500 BCE. These city dwellers worked metal and had navigational skills sufficient for them to trade with cultures as far away as the Maya in ancient Mexico.

The Inca ruler Tupac-Yupanqui invaded from the south in 1460 CE, but could not conquer the territories of three strong groups in Ecuador—the Canari, Caras, and Quitu. It fell to his son Huayna Capac to accomplish this in the next generation. The Incas brought their language, Quechua, to Ecuador, where it is still widely spoken. Huayna Capac celebrated by building the monumental city of Tomebamba, whose ruins near Cuenca remain impressive. This city in Ecuador became as important as Cuzco in Peru.

On his deathbed in 1526, Huayna Capac split the empire between his sons Atahualpa and Huascar. Atahualpa defeated Huascar in a civil war that weakened the empire just before the Spanish arrived—and just enough for them to overtake it. Francisco Pizarro conquered the Incas in 1532, and made his brother Gonzalo governor of Quito, Ecuador. A few years later, Francisco Pizarro was killed in a dispute with his former comrades. Gonzalo rebelled against Spain, but was left to rule Ecuador until Spanish forces finally showed up seven years later and killed him.

Spanish governors ruled Ecuador from Lima, Peru; and then from Bogotá in New Granada (now Colombia). Life for the colonists was prosperous, but for the indigenous and *mestizo* population, it was miserable. Impressed into servitude, they staged several failed rebellions. By the early 18th century, the Spanish were importing enslaved Africans from the Caribbean to work their sugar

and cocoa plantations. In 1822, Simon Bolivar's chief lieutenant, Antonio Jose de Sucre, brought an end to Spanish rule in the area, though it was not until 1830 that Ecuador gained autonomy. Following independence, civil war broke out between the conservatives of Quito and more liberal elements in Guayaquil, initiating a pattern of conflict that persists today.

Ecuador's 20th-century history has been a series of democratic and military regimes. Between 1930 and 1940, there were 17 duly elected presidents, but not one completed his term due to military coups. President José María Velasco Ibarra was elected five times between 1934 and 1972, and was ousted by the military before he could complete any of his terms. Throughout the 20th century, bananas were the country's most important export—until oil was discovered in 1967. This boosted the economy, but the wealth remained in the hands of a privileged few.

After years of staggering inflation, in 2000 then-president Mahaud dumped the national currency (the sucre) in favor of the US dollar. Dollarization did not hurt the wealthy, as they'd already invested in US dollars. But ordinary people struggled to convert their near-worthless sucres to dollars, amidst rigid austerity measures. In 2006, the social democrat economist Rafael Correa was elected president; he was re-elected twice, and had some success in delivering on his promises to reduce poverty, increase the GDP, and develop social programs. Accused of overreaching power, Correa chose not to seek a fourth term when the economy declined in 2015. He was succeeded in 2017 by his former vice president, Lenín Moreno. Moreno was expected to continue Correa's "21st century socialism," but has since moved more to the center.

Bolivia

Facts, Figures & National Holidays

- **Area:** 424,164 square miles
- **Capital:** Sucre
- **Languages:** Spanish, Quechua and Aymara are the official languages
- **Location:** In central South America, bordered by Argentina, Brazil, Chile, Paraguay, and Peru.
- **Geography:** Despite that it is a landlocked nation, Bolivia is home to an incredible diversity of ecological zones. The rugged Andes in the west surround an arid highland plateau, or altiplano. In the north lie the tropical lowland plains and rainforests that stretch into the Brazilian Amazon. Bolivia's capital, La Paz, is the highest capital city in the world at 11,910 feet above sea level. The city rests in a geological bowl-like formation, with many of its streets climbing to great heights. Bolivia shares Lake Titicaca, the highest navigable lake in the world at 12,507 feet, with Peru.
- **Population:** 11,428,245 (estimate)
- **Religions:** Roman Catholic 76.8%, Evangelical and Pentecostal 8.1%, Protestant 7.9%, other 1.7%, none 5.5%

- **Time zone:** Bolivia is 1 hour ahead of Eastern Time. When it is noon in New York, it is 1:00pm in Bolivia.

National Holidays: Bolivia

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

01/01 New Year's Day

01/22 Plurinational State Foundation Day

05/01 Labor Day/May Day

06/21 Aymara New Year Day

06/22 Aymara New Year Day holiday

08/06 Independence Day

11/02 All Saints Day

12/25 Christmas Day

Bolivia: A Brief History

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

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

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

A major problem in Bolivia was the drug trade. As silver mines closed, many indigenous people turned to coca farming. This ancient crop has cultural, medicinal, and household uses beyond being the source of cocaine. Under U.S. pressure to end coca production, Bolivian troops burned crops and beat farmers. This galvanized coccaleros (growers), who resented the U.S., the world's largest cocaine consumer, for bullying Bolivian farmers instead of focusing on America's drug

problems at home. They joined other grassroots groups to form the Movement for Socialism (MAS), described as “an indigenous-based political party that calls for the nationalization of industry, legalization of the coca leaf ... and fairer distribution of national resources.”

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

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

RESOURCES

Suggested Reading

General South America

1491: New Revelations of the Americas Before Columbus by Charles C. Mann (2006, History) Reveals the startlingly complex and sophisticated civilizations that existed in the Americas before they were “discovered”. What he describes is not remote villages in a pristine wilderness, but a series of populous, sophisticated societies stretching from South America, through Mexico, and up the U.S. Mississippi Valley.

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.

Ecuador

Voyage of the Beagle by Charles Darwin (1839, Natural History/Exploration). The adventurous account of a young scientist on a five-year sea voyage that changed his life—and our understanding of life on earth. First published in 1839, this book is still essential reading.

The Beak of the Finch: A Story of Evolution in Our Time by Jonathan Weiner (1994, Natural History) An accessible take on the ongoing debate over evolution that garnered the 1995 Pulitzer Prize.

Satan Came to Eden: A Survivor's Account of "The Galapagos Affair" by Dore Strauch (1936, Memoir) Perhaps Satan did not come to the Galapagos, but in 1929 the eccentric German doctor Frederick Ritter did, along with his mistress, the author. These naturists were soon joined by other, more prudish settlers who disapproved of their peculiar ways—and a mysterious, whip-wielding baroness and her two lovers. It was a bad mix, and the ensuing scandals and murder caused an international sensation in 1934. The mystery still reverberates today.

Traveller's Wildlife Guide: Ecuador and the Galapagos Islands by David L. Pearson and Les Beletsky (1987, Field Guide) A comprehensive, all-purpose field guide for your Galapagos cruise.

The Boy on the Back of the Turtle by Paul Quarrington (1997, Travel Narrative). Humorist, novelist, and family man on a quest, Quarrington offers an entertaining account of a Galapagos voyage in the company of his seven-year-old daughter and seventy-year-old father.

The Panama Hat Trail by Tom Miller (1986, Travel Narrative/History) Miller's entertaining and insightful social history of Ecuador revolves around its iconic hat and the story of its creation. It's a classic example of travel writing, and one of the best things written on Ecuador.

Bolivia

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

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

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

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

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.

Ecuador

Charles Darwin and the Tree of Life (2009, Documentary) This one-hour film explains Darwin's theory of evolution with panache. An extension of the "BBC Earth" series narrated by David Attenborough.

Master and Commander: The Far Side of the World (2003, Adventure). A seafaring adventure starring Russell Crowe. It's set during the Napoleonic Wars, when maritime battles determined the balance of power between England and France—even if those battles were off the coast of South America (as depicted in this movie). A few key scenes are set in the Galapagos.

Galapagos: The Islands that Changed the World (2007, TV Documentary). A beautifully shot documentary about the diversity of life in the islands, narrated by actress Tilda Swinton.

Bolivia

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

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

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

Useful Websites

Overseas Adventure Travel Frequently Asked Questions

www.oattravel.com/faq

International Health Information/CDC (Centers for Disease Control)

www.cdc.gov/travel

Electricity & Plugs

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

Foreign Exchange Rates

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

ATM Locators

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

World Weather

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

Basic Travel Phrases (80 languages)

www.travlang.com/languages

Packing Tips

www.travelite.org

U.S. Customs & Border Protection

www.cbp.gov/travel

Transportation Security Administration (TSA)

www.tsa.gov

National Passport Information Center

www.travel.state.gov

Holidays Worldwide

www.timeanddate.com/holidays

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 or Maps.me

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 or Bolt or Grab

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 or Skype or Signal

WiFi calling anywhere in the world

Duolingo or 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

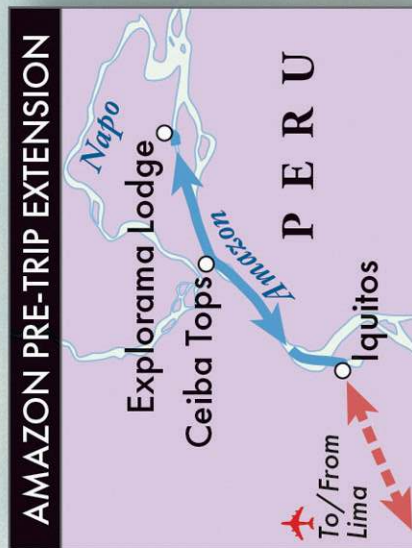
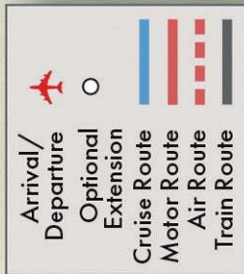
Maps your location and provides emergency numbers for police, medics, and more

GeoSure

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Chirpey

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



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



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23-time traveler from Oakland, CA



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