

LIMA to LA PAZ (30 days) Peru & Bolivia Encompassed



COUNTRIES VISITED: BOLIVIA, PERU

INCLUDES

- All accommodation - simple hotels & guesthouses, 1 night camping in Ica Desert, 3 nights camping on Inca Trail & 2 nights basic on the Salt Flats
- All airport transfers
- Ballestas Islands Boat Tour
- Overnight Desert Camp & Barbeque
- Colca Canyon overnight tour
- Inca Trail Trek to Machu Picchu (4 day trek including all meals & guide)
- Entrance to Machu Picchu and guided tour of site
- Return train from Machu Picchu
- Boat trip on Lake Titicaca
- Overnight stay with Local Family on Lake Titicaca
- La Paz city tour
- Gold Museum - La Paz
- Moon Valley - La Paz
- Train from Oruro to Uyuni
- Orientation tour in La Paz, Potosi & Sucre
- 3 day Salt Flats and Altiplano 4x4 excursion, meals & guide

- Inca Huasi Island entrance
- Red Lagoon National Park entrance
- The Mint - Potosi
- Cretaceous Park Fee - Sucre
- Liberty House Museum - Sucre
- Textiles Museum - Sucre
- All transport (bus, train, overnight sleeper coach)
- Meals as per itinerary - approx. 45%
- Services of Oasis Tour Leader and local guides on Inca Trail

EXCLUDES

- Visas
- National Park entrance fees totalling approx. \$30 USD
- International Flights
- Meals not listed in the itinerary
- Travel Insurance
- Airport Taxes
- Drinks
- Optional Excursions as listed in the Pre-Departure Information
- Tips

TRIP ITINERARY

DAYS 1 LIMA

The capital of Peru, **Lima** is a city of contrasts. Here you'll encounter both abundant wealth and grinding poverty, modern skyscrapers next to some of the finest museums and historical monuments in Latin America. You will have a free day to explore its many museums, markets and colonial plazas. Visit the Old Town as well as the Miraflores district before watching the sunset over the Pacific Ocean at the end of the day. *(No Meals)*

Overnight: Hotel Buena Vista (or similar)

DAYS 2 LIMA TO BALLESTAS ISLANDS

Our first stop, south of Lima, is the **Ballestas Islands in the Paracas National Reserve**. Here we take a boat trip to view one of the most important marine reserves in the world with the highest concentration of rare and exotic sea birds and sea mammals. This will provide our first glimpse of the wonderful and varied South American wildlife so cameras at the ready! *(Breakfast)*

Overnight: Brisas de la Bahia (or similar)

DAYS 3 BALLESTAS ISLANDS TO ICA DESERT

An hours drive inland in the heart of the **Ica Desert** is Peru's main wine centre. Here we visit the **Tacama winery**, originally a Jesuit run Bodega it now produces export quality wines as well as Peru's national drink, Pisco. After our own tasting session we continue a few kilometres to the nearby **Oasis of Huacachina**. A palm fringed lake surrounded by impressive sand dunes, you can relax on the beach, go for a swim & then if its an adrenaline rush you're after head out with your Tour Leader on a custom made **dune buggy** & roar across the desert sands to the top of enormous dunes & then sand board down them - **imagine snowboarding but on sand instead!** Tonight, after an unforgettable desert sunset, we sit around the campfire while our guides cook up a storm, followed by a night sleeping out under the stars. *(Breakfast)*

Overnight: Desert camp

DAYS 4 ICA DESERT TO AREQUIPA

Travel to Peru is not complete without a trip to one of the world's greatest archaeological mysteries - **the Nazca Lines**. Only discovered 80 years ago from the air, these huge figures carved into the desert floor are best viewed by light aircraft. Thought to have been made by three different civilisations going back more than 2000 years, there are many contrasting theories about what they signify and why they are there, it is worthwhile asking local opinion - you may well be surprised with the replies! Also memorable is a visit to **Chauchilla Cemetery** with its well-preserved mummies. Leaving the Atacama Desert we begin to climb into the Andes mountain range on our overnight coach journey towards **Arequipa**. (*Breakfast*)

Overnight: Sleeper coach

DAYS 5 - 8 AREQUIPA - FREE DAYS

Arequipa - Four days are dedicated to exploring this beautiful colonial city and the spectacular surrounding area. Continuing as always with our theme of adventure travel, Peru offers many options to go white water rafting, cycling, trekking, horse riding as well as an included visit to the Colca Canyon, which at 900m is not only one of the deepest in the world but also the home of the majestic Condors. Here you can view the condors circling lazily in the thermals rising from the canyon floor. (*Breakfast x 4*)

Overnight Arequipa: Hotel la Casa de mi Abuela (or similar)

DAYS 9 AREQUIPA TO CUSCO

Our overnight coach journey across the Andes takes us to **Cusco**, the outdoors capital of Peru and our base for the next 7 days. A mecca for adventure travel, Peru's famous Inca Trail begins near this city. Although Cusco is today a colonial city most of its churches and museums are built on top of original Inca stonewalls which are clearly visible. We arrive early morning, giving you the option of doing a day tour of the beautiful **Urubamba or Sacred Valley of the Incas** where you'll find temples, terraces, local communities and markets before returning to Cusco for a good night's sleep before your **Inca Trail!** (*Breakfast*)

Overnight: Andean South Hotel (or similar)

DAYS 10 - 13 INCA TRAIL

We head out early from Cusco to the Urubamba Valley from where we begin our 4 day hike along the Inca Trail to **Machu Picchu**. This moderate to strenuous hike is a once in a lifetime experience and anyone with a good level of fitness will enjoy it. A stunning combination of awesome views, Inca ruins, magnificent mountains and exotic adventure. There are several treks which you can take in Machu Picchu. When permits are still available, we will organise the **Classic Trail** trek, but great alternative Inca Trail treks, like the **Lares** or **Salkantay** can be arranged when the Classic is not available or by your choice (must be pre-arranged at time of booking). These alternatives mean that you still get to visit Machu Picchu. Tours to Machu Picchu are absolutely unbelievable; a trip to this City in the Clouds is an ancient and awe-inspiring part of our South America travel tour. Besides seeing Machu Picchu, you are able to enjoy the architectural uniqueness of Cusco and explore some of the colourful surrounding markets. Please note that for all those visiting Machu Picchu there is now the option to buy a ticket to go up the summit next to Machu Picchu, Huayna Picchu. Tickets for this must be requested at the time of your booking with us, and payment made in advance in the UK. You will have the option to add the tickets to go up Huayna Picchu when you make your booking online, be sure to add them if you would like them.

Our route back to Cusco for all options is by train. (*Breakfast x 4, Lunch & Dinner x 3*).

Overnight: Inca Trail camping (three nights)

Overnight Cusco: Andean South Hotel (or similar)

DAYS 14 - 15 CUSCO

We have 2 free days in **Cusco** to relax and recover as well as explore more of the city and its museums and churches or look for local crafts from Alpaca woollen jumpers to Andean musical instruments and local jewellery. The adventurous can go white water rafting on the Urubamba or Apurimac River. (*Breakfast x 2*)

Overnight: Andean South Hotel (or similar)

DAYS 16 - 18 CUSCO TO PUNO

Bordering Peru and Bolivia at 3800m lies **Lake Titicaca** which will be one of the most memorable stops on your tour. Lake Titicaca is the original place of the **Uros Indians** who have made their homes on **floating reed islands**. By boat we visit the floating islands during the day and then we go that one step beyond the average and spend the night with one of the Indian families on the lesser known islands **Isla Amantani or Taquile**. Spending some time in these local communities is a definite highlight of travel to Peru and is almost like stepping back in time. This experience will provide a unique opportunity to learn more about the traditional lifestyle of the Andean people and their customs as well as supporting these families with some extra income.

On return from the Islands, you have the rest of the day to relax in Puno, on the shores of **Lake Titicaca**, and experience the rich Andean culture. (*Breakfast x 3, Lunch & Dinner x 1*)

Overnight Puno: Hotel Italia (or similar)

Overnight Lake Titicaca: Family homestay

DAYS 19 - 20 TITICACA TO LA PAZ

Our tour of Peru draws to a close this morning, as we leave for **Bolivia**. After crossing the border we continue onto the impressive city of **La Paz**, where the rest of the day is yours to explore. Bolivia is considered the most indigenous of all South American countries and this is clearly visible in La Paz. The capital is a hilly city full of markets and traditionally dressed people. (*Breakfast x 2*)

Overnight: Estralla Andina Hotel (or similar)

DAYS 21 LA PAZ

We take a tour of the city (approx. 4 hours). **La Paz** is like no other city you will have visited, with its stunning setting in a valley, surrounded by **6000m peaks!** The streets are narrow and winding, full of brightly dressed Andeans selling their wares. Our tour takes in the atmosphere and we'll learn a lot about Andean Culture; passing through interesting neighbourhoods we visit the main sights such as **Murillo Square** and Cathedral, Congress and Government Palace (built in 1800s), The **Incan Gold Museum**, **Valley of the Moon** and the famous **Witches Market**. Finally we drive to **Killi Killi lookout point** to enjoy a 360 degree view of the city.

We have the rest of the day at leisure to wander or find a Huari (local beer). (*Breakfast*)

Overnight: Estralla Andina Hotel (or similar)

DAYS 22 LA PAZ TO UYUNI

Depending on the departure time of our train (these do vary!) we should have a **free morning** to browse the local markets, find a café and watch street life go by or visit one of the museums.

We transfer to the bus station and travel on a comfortable local bus out of the chaos of La Paz south to the mining town of **Oruro** (journey time approx 3 hours). Upon arrival in Oruro we will then join the famous **high-altitude train** that crosses the altiplano as it makes its way to **Uyuni** (approx 7 hours). As we travel through the dry, unforgiving terrain we get a real sense of the scale and harshness of Bolivia, but also

rewarded by stunning views and occasional glimpses of the surprising wildlife with not only llamas and alpacas but also the odd flamingo to hopefully be seen. The trip is one of the world's most iconic railway journeys.

We arrive in Uyuni late at night and transfer straight to our hotel. (Breakfast)

Overnight: Tambo Aymara hotel (or similar)

DAYS 23 UYUNI TO SAN JUAN VILLAGE

Today marks the start of our three-day expedition to explore the Salt Flats and stunning **lakes, deserts and volcanoes**. The **Salar de Uyuni** is the world's largest salt flats and one of the most incredible natural sights to be found anywhere in Latin America, or even the whole world and this three-day tour allows us to fully explore them and the surrounding areas.

After breakfast we board our **4x4 Land Cruisers** and drive to the eerie but evocative **Train Cemetery**. Here lie old abandoned steam locomotives, pristinely preserved in the dry climate and dating back to Bolivia's booming gold and tin mining days.

Next we visit **Colchani village** and look at the traditional salt bagging process - you can even buy yourself a small ornament made of salt gathered from the Salar!

Once we get out on to the flats, you realise quite how vast the area is, and our guide will explain some of the weird and wonderful geological facts as we head out in to their heart to visit **Inca Huasi Island**.

We have time to walk to the top of the island, passing **giant cactus**, and enjoy the spectacular view of the beautiful **Tunupa Volcano (5300m)** and the 10,000 square kilometres of Salt Flats that now surround you! After lunch we head for **San Juan Village**, where we visit a Pre Inca Cemetery, a small museum and we stay overnight in basic accommodation. *(Breakfast, Lunch, Dinner)*

Overnight: Salt Flats Hostel (basic)(or similar)

DAYS 24 SAN JUAN VILLAGE TO WAYLLAJARA VILLAGE

We continue driving south on our way to the little Chiguana Salt Flat. Huge volcanoes as high as 5850m above sea level surround us as we take our time, stopping for photos at a lookout point and finally reaching **Canapa Lagoon at a height of 4130m**. From here we can see **pink flamingos, an unexpected and incongruous sight amongst the barren altiplano**, and many other species of bird.

Hedionda (Stinky) Lagoon is our next stop, although we may make it a quick one as it certainly lives up to its name, due to the high sulphur content!

Passing scenic lagoons, we drive up towards the amazing **Siloli Desert**, crossing altitudes of almost 4600m, to see the incredible natural rock formations eroded by the powerful winds.

We end our day at the **Red Lagoon**, a breathtaking 40 square kilometre area which has been declared a Wildlife Sanctuary and is home to three endemic species of Andean Flamingo. We stay close to the shores of the lagoon in **Wayllajara Village** in basic accommodation. *(Breakfast, Lunch, Dinner)*

Overnight: Wayllajara Village Hostel (basic)(or similar)

DAYS 25 WAYLLAJARA VILLAGE TO UYUNI

Today we have an early start to catch the first rays of sun on the **Sol de Manana Volcano Crater**. The route takes us to **almost 5000m above sea level** at one point! Beautiful steam geysers and colourful boiling volcanic mud pools await us at the top and we'll be staggered by the extraordinary power of the earth which has been partially harnessed to generate electricity.

We enjoy breakfast on the banks of **Challviri Lagoon** where those of us that want to can enjoy a hot

spring!

Passing through the barren volcanic environment of **Dali's Desert**, so-called as the landscapes are reminiscent of the famous artist's surreal works, we are presented with fantastic photo opportunities as we approach the southwest tip of Bolivia and at the foot of **Licancabur Volcano (5900m)**, where we also see the breathtaking **Green Lagoon**. From here we head back to Red Lagoon and take another route back to Uyuni via **Rock Valley**, stopping off in some small villages along the way.

We return to Uyuni in time for dinner, where there is the opportunity to visit the highest pizza restaurant in the world! (Breakfast and Lunch)

Overnight: Tambo Aymara hotel (or similar)

DAYS 26 UYUNI TO POTOSI

We leave behind Uyuni and its spectacular Salt Flats, and take the road to **Potosi**, enjoying the beautiful mountain views and bouncy gravel roads along the way! Potosi, at over 4,000m above sea level, is one of the highest cities in the world, and during the Spanish colonial period was a vital source of silver and other minerals for the whole empire. It is estimated that in the sixteenth century, 60% of all the silver mined in the whole world came from Potosi. Today it is a small, bustling Bolivian city, but its mining heritage and the continued importance of this industry to the area can be seen everywhere.

After checking in to our hotel, there is the option to visit the once famous **Silver Mines in Cerro Rico (Rich Mountain)** and step back in time to experience life as a miner in these harsh conditions. The tour is not for the faint hearted, and at times in the mine you can get extremely hot, dirty and feel very claustrophobic!

For those not visiting the mines, there are several other attractions worth visiting in Potosi, such as the **ancient Mint**, which tells the history of the silver mined here and shipped to Spain in Colonial times. There is almost a church on every block, some with very impressive interiors, but one to check out is **San Francisco** where you can view the city from the roof. (*Breakfast*)

Overnight: Hotel Tukos (or similar)

DAYS 27 POTOSI TO SUCRE

We have a morning of leisure to do some last minute exploring of Potosi, before we head to one of Bolivia's most beautiful cities, **Sucre**, via bus.

Sucre is known as '**The 4 Names City**' because of its long and varied history - Charkas (its Indian name), La plata (The Silver), Ciudad Blanca (White City) and Sucre (Sugar in French). The city, at a lower altitude of 2,800m above sea level, enjoys a warmer and greener climate than we have experienced so far in Bolivia, and we have a free afternoon to wander the city's charming streets. A popular highlight is **Liberty's House** where Bolivia was created a new free Republic in 1825. (*Breakfast*)

Overnight: Hotel Tukos (or similar)

DAYS 28 SUCRE TO LA PAZ

After breakfast we visit **The Cretaceous Park**, where we can see thousands of dinosaur footprints, including the world's biggest!

There is more free time to explore in the afternoon, and if colour and culture are your thing, why not **visit Asur, Bolivia's best Textile Museum**, where some of the most precious and colourful pre-Incan textiles are kept (some are at least 1500 years old).

In the late afternoon we transfer to the bus station and join our **Bus Cama** (bed bus) which will be our ride and accommodation to La Paz. (*Breakfast*)

(If you prefer there is an option to fly from Sucre to La Paz at additional cost, subject to availability).

Overnight: Sleeper Bus

DAYS 29 LA PAZ

We arrive back in La Paz in the morning and transfer to our hotel; the rest of the day is yours to further explore the city. Many travellers choose to take the new **cable car** up to **El Alto** and explore the markets and enjoy great views over the city, while some others will take a day tour to **Chacaltaya** to see the towering **Huayna Potosi** mountain. Outdoor lovers, La Paz is also a great base for **mountain-biking or hiking**. It is also possible to take a day trip west to Tiahuanaco, a pre-Colombian archaeological UNESCO World Heritage site. *(Breakfast)*

Overnight: Estrella Andina Hotel (or similar)

DAYS 30 LA PAZ

The tour ends after breakfast and your time is free until your included departure airport transfer. There is safe luggage storage at the hotel if your flight departs after the check-out time (12:00). La Paz is a great city for either staying around a bit longer, further travels in South America, or returning home. If you would like extra time in the city we can book post-trip accommodation for you. *(Breakfast)*

ESSENTIAL INFORMATION ABOUT YOUR TRIP

ARRIVAL & ACCOMMODATION

Trip Joining Point: Hostal El Patio - Lima

Start Time Day 1: 18:00

Address: Calle E. Diez Canseco 341, Miraflores, Lima

Telephone: +51 1 444 2107

Website: www.hostalelpatio.net

Email: reserva@hostalelpatio.net

All prices listed are approximate and subject to limited availability.

Room Type	Price	Description
Single en-suite	US\$45.00	Per Room
Standard Plus Double/Twin en-suite	US\$70.00	Per Room
Standard Plus Triple en-suite	US\$80.00	Per Room

The trip starts from Hostal El Patio at approximately 6pm on the evening of Day 1 of your trip.

Hostal El Patio is a friendly small family run hotel in the centre of the Miraflores district of Lima. Rooms vary in size, but most are twin or double rooms.

PRE-TRIP ACCOMMODATION:

We provide a free service for booking pre-trip accommodation and airport transfers. Just log in to [My Oasis Account](#) and select the accommodation / transfer required, or contact us direct. We will require your flight number, arrival time, and arrival date so please ensure this information is forwarded to us as soon as you have booked your flight. Please book this service as soon as you have booked your flight and no later than 6 weeks prior to departure, after which a late booking fee will apply. If you have booked through a travel agent you will not have an account allocated, so please contact your agent to request pre-trip accommodation and airport transfers.

Double, twin, and triple rooms will be provided subject to availability, where requested. However when not available we may need to book other rooming arrangements, and will fit these as closely as possible to your request. Those travelling solo will be put in shared rooms to reduce the costs to them, which may be twin/triple shares with other Oasis Overland travellers. Single rooms may be available in some cities for solo travellers, and we will arrange this for you on request, subject to availability.

If you are arriving early in the morning and you would like to check in immediately, you may have to reserve your room for the previous night to ensure direct check in, otherwise you may have to wait until normal check in times (usually 1pm to 2pm).

Accommodation costs for any additional nights are payable direct to the Hostal El Patio on arrival in Nuevo Sol or \$US.

AIRPORT TRANSFERS:

Airport Transfers are included in the cost of your adventure (provided you request these via the UK office or your account six weeks before your departure).

On arrival into Lima airport you will be met by a local representative from the Hostal El Patio who will take you to the group joining Hotel. The driver will have your name on a sign with 'Hostal El Patio'. Many flights into Lima arrive around midnight. If your flight arrives more than 2 hours late, or if for any reason (eg. problem with immigration or lost baggage) you are delayed by more than 2 hours before getting through to the arrivals hall, you may need to call the hotel to rearrange the transfer.

PRE-DEPARTURE MEETING

Day 1 of your trip is an arrivals day, there will be a pre-departure meeting in the starting hotel this evening, usually around 6:00pm. There will be a notice in reception advising the exact time and here your crew will explain how the day to day running of the trip works. Your Tour Leader will **collect your Local Payment** money as well as a photocopy of your **passport information page, insurance policy details** with policy number and confirmation that the duration will cover you for the entire trip and a **24-hour emergency assistance** telephone number. It is essential that you attend this meeting - please let the UK office or your tour leader know if you are unable to do so.

POST TRIP ACCOMMODATION AND AIRPORT TRANSFERS

Post-trip accommodation & airport transfers can be arranged with your tour leader during the trip or directly with the hotel on arrival. The return airport transfer is not included and is at your own expense. We regret these services cannot be arranged via the Oasis office before departure.

FLIGHT INFORMATION

Normally our trips start in the evening of day 1 with a pre-departure meeting (you will be given exact details on when and where to meet either on collection from the airport or it will be clearly noted in the reception of our joining hotel). Please check the start time of your trip in the Accommodation Information section and allow extra time for your arrival wherever possible.

We recommend allowing an extra day post trip for any itineraries that include an internal flight or a jungle option, to allow for flight delays. You may also wish to allow some extra time to explore your arrival and departure cities

There are many online flight search engines such as www.skyscanner.net or www.ebookers.co.uk, flights can also be booked direct with airline websites or through travel agencies. Please inform us of your flight details through your online account, as airport transfers can be arranged for various trips.

One way ticket: If you intend to travel on a one way ticket to meet up with one of our trips, without possessing an onward flight ticket - we recommend that you have a copy of your payment confirmation/receipt (that you will be sent at time of your balance payment) available at immigration to assist easy entry.

Departure Taxes: Please check with your Travel Agent or Airline if your flight ticket already includes a departure tax payment out of the country. If it does not - please budget for approx US\$30 to \$70 USD - to be paid in US\$ only.

PASSPORTS

Your passport must be valid for at least 6 months AFTER your trip finishes. This is a general requirement for all of the countries we travel to on our trips.

If you have dual nationality you can only use one passport for the entire trip. It is your responsibility to ensure you have all the relevant visas you require.

Please bring 2 photocopies of your passport details to give to your tour leader.

As a guideline, you will need at least 1 blank page per country in your passport, (for the 31 weeks Trans South America, you should allow at least 13 blank pages).

Inca Trail Trek - you will need to provide your passport details to apply for your Inca trail trekking permit, please enter these correctly on your booking form. If you are intending on renewing your passport then please let us know at the point of booking. In order to trek you will need to be in possession of both your passport and your permit - and the passport details have to match otherwise the permit issuing authorities will not let you trek.

VISAS

The information below is to be used only as a guide and may change without prior notice. It is advisable to contact the relevant embassy in plenty of time before the trip departs to check the current visa requirements. It is **your responsibility** to ensure you have all the relevant visas you require.

Visas must be paid for in USD cash ONLY.

On arrival to countries in South America, you will be given an 'Immigration card'. It is important that you keep this with your passport during your entire stay in the particular country as it is needed for departure. Failure to produce this immigration slip can result in a fine.

Transiting via the USA - Travellers who are flying to South America via the US will require either a US visa or for certain nationalities an Electronic System for Travel Authorization (ESTA) to take advantage of the visa waiver programme. These can be processed and paid for [here](#).

If you have travelled to Iran, Iraq, Sudan, Syria, Libya, Somalia or Yemen since March 2011 you will not qualify for the ESTA and must apply for a visa.

It is very important you establish your ESTA eligibility and have the correct documentation before departing, as if you do not have the right authorisation upon checking in at the airport you may not be permitted to travel.

For more information on other nationalities & visas checkout www.projectvisa.com

Peru

Passport Holders from UK, Ireland, Australia, New Zealand, USA, Canada and most EU countries will not require a visa to enter Peru.

Passport Holders from other countries, will need to check the current visa requirements with the relevant consulate, and whether you need to obtain the visa in advance.

Inca Trek - you will need to provide your passport details to apply for your Inca trekking permit, please enter these correctly on your booking form. If you are intending on renewing your passport then please let us know at the point of booking. In order to trek you will need to be in possession of both your passport and your permit - and the passport details have to match otherwise the permit issuing authorities will not let you trek.

Bolivia

Passport Holders from UK, Ireland, Australia, New Zealand, Canada and most EU countries will not require a visa to enter Bolivia.

American passport holders will require a visa to enter Bolivia, you can purchase these upon arrival for approximately US\$165. You will need one passport-sized photograph (3cm x 4cm), a colour photocopy of the passport information page, a copy of your yellow fever certificate, paper copy of your trip booking confirmation and a bank statement. For travellers joining one of our **Regional Explorers in Peru and Bolivia** you may wish to obtain this visa in advance.

Passport Holders from other countries, will need to check the current visa requirements with the relevant consulate, and whether you need to obtain the visa in advance.

VACCINATIONS AND HEALTH

It is possible that you may require some vaccinations for your trip, depending on the areas that you are visiting. As we are not medically trained, we are unable to give detailed advice on vaccination requirements, so please use the information below as a guide only. We have worked closely with **Nomad Travel Clinics** for many years and they offer Oasis travellers a **10% discount** on vaccinations, anti-malarial drugs, first aid items, clothing and equipment, just enter discount code OASIS1000 at www.nomadtravel.co.uk. Alternatively you can check out the [fit for travel website](#) for more travel health information or consult a reputable travel clinic or your GP for information and advice. We suggest that you allow at least 8 weeks to get all your vaccinations.

Yellow Fever - Being vaccinated against Yellow Fever and having a valid certificate and a photocopy is deemed compulsory in some countries we visit, especially at certain borders and are needed if you are entering from an infected country. You can view a list of countries requiring a certificate through the World Health organisation http://www.who.int/ith/ITH_country_list.pdf

Rabies - Vaccinations are regularly advised for many countries that we travel through - especially if time and money are not a deterrent.

Malaria - In some of the areas we visit there is a risk of contracting Malaria. You must be aware that whatever malaria prophylactics you are taking, they only offer partial protection. They must be coupled with your own physical efforts against being bitten - which is the best prevention. Malaria-carrying mosquitoes come out at sunset so from this time you should wear long sleeves and trousers. Exposed skin, especially ankles, should have insect repellent containing 'Deet' applied to them. Your crew will advise on where the worst affected areas are on the trip. There are a number of prophylactic malaria treatments on the market & requirements change. It is also wise to take a sample of whichever prophylactic you choose, a few weeks before you leave. This way you may determine early on if you have any adverse reactions so you can change the regimen if necessary. Please consult a reputable travel clinic or GP for advice. For more information visit www.nomadtravel.co.uk or www.fitfortravel.scot.nhs.uk

Medical advice should be taken particularly if you are visiting the jungle in either Ecuador or Peru, the Brazilian Pantanal or Iguazu Falls in either Argentina or Brazil as part of your trip.

Altitude sickness - This is caused by thin air (due to lack of oxygen) and can affect anyone arriving at high altitude (above 3000mtrs). The symptoms are headaches, dizziness, shortage of breath and possibly nausea. To avoid this or alleviate the symptoms make a point to acclimatize by arriving into a high altitude destination a few days early and make sure you do not over exert yourself, rest for a few hours, avoid drinking alcohol, smoking, large meals and drink plenty of water.

As we are travelling mostly by land (as opposed to flying into a high altitude location) we should acclimatise gradually, and so avoid 'soroche', mountain sickness.

Dengue - Unlike the malaria mosquito, which bites at night, the dengue carrying mosquito bites during the day. Some areas we travel to do have occasional outbreaks & it is therefore advised that you take care not to be bitten during the day as well as at night. There is no vaccine available.

Health - To join our trips you should be in good general health. Your medical insurance company must be told if you have any pre-existing medical condition / allergy or if you are on any regular medication, otherwise you may not be covered under your policies for these. Our crew will need to know of any medication or conditions you may have. For general health advice log onto www.nathnac.org/travel/

TRAVEL INSURANCE

It is a compulsory requirement that you have adequate travel insurance before you join any Oasis Trip & at the very least are insured for all necessary medical & repatriation costs incurred.

You will be asked to provide the following details in [My Oasis Account](#) if you have not already done so: travel insurance name, insurance policy number & insurance emergency telephone number. You will also be required to give a copy of your policy with this information to your Tour Leader on arrival with confirmation that the policy duration is sufficient to cover you for the entire duration of your trip. It is also wise to leave a copy of your insurance policy with a friend or relative for safe keeping.

We believe that your safety and holiday enjoyment are very important. It is a mistake to think that "it will never happen to me". It is also very important that you are covered for all the activities that you may wish to undertake while on our trip. It is extremely important that you check the full extent of your cover related to 24 hour Medical Emergency Assistance. In the event of you needing medical treatment you want to know that you have the best cover available to you. Your policy should include adequate Medical Emergency and Repatriation cover as well as Cancellation, Baggage and Personal Liability cover. You need to be aware of EXACTLY what activities your policy covers you for. Please note that skiing is not usually covered in most insurance policies.

We offer tailor made Overland Adventure Travel Insurance that covers most of the adventure and sporting activities on our trips.

For further information on the insurance we offer, the activities covered and costs, check out the [Travel Insurance](#) section of our website. You can purchase our insurance by logging into [My Oasis Account](#) and click 'Buy Insurance' or through the following [link](#).

MONEY, BUDGETS AND LP

Local Payment (LP)

LP is part of your overall trip payment and is the most cost effective and practical way to get hard currency to South America to pay for a variety of your day to day local costs (i.e. all meals prepared by the group, hostel/hotel fees, gas, and certain activities listed on the trip page) which cannot be pre-paid from the UK. It is a guaranteed amount, set before your trip departs, and unlike 'group kitty' systems we will not ask you to contribute more once the trip is underway.

Please note: Your LP is payable to your Tour Leader on the morning of departure in US\$ Dollars CASH ONLY. Make sure that all your notes are in good condition. Old, torn or marked notes are often refused by the banks and we will therefore be unable to accept them either. Please do not bring all of your Local Payment in US\$100 notes and also make sure that they are post 2013 and do not have a serial number

starting with CB.

How to bring your currency?

Past Oasis travellers have fed back that they have felt, as a general rule it is best to bring your money in a combination of cash US dollars, pre-paid travel currency cards and debit/credit cards.

Make sure that all your notes are in good condition. Old, torn or marked notes are often refused by the banks and shops. Please ensure your notes are dated post 2013 and do not have a serial number starting with CB. When buying US Dollars before you travel it is best to ask for clean notes with no tears or markings. It can be difficult using US\$100 bills in Ecuador, Peru and Bolivia so if possible, bring US\$50 bills for these countries. Some travellers worry about carrying so much cash with them, however all Oasis Overland trucks are equipped with an onboard safe for the security of your money and passport. Please also remember that Visas, where required, need to be paid for in US dollars cash only.

Spending Money

From past trips and traveller feedback US\$150 to US\$200 per week should cover costs such as some meals out (on average 50% of meals on the trip are supplied), soft drinks and beers, email & communications, souvenirs and other general spending. Personal spending habits & budgets differ greatly from person to person. Budget on visa costs and optional activities separately (see visa section above & optional excursions page) & allow extra for your Local Payment contribution. There is often a departure tax payable in the airport, so allow up to US\$50 for this.

Changing money

Change your money only at banks, hotels, airports or forex bureaus. It is illegal to change money on the street, as these people will normally be opportunistic thieves or undercover police. Your crew will advise you where & when you can change money & with what means. It is also a good idea to have a small CASH emergency fund, to allow for the unexpected.

Credit & Debit Cards

If you are intending using your credit or debit card, we suggest taking more than one card with you as you may find that your card is not accepted in the first ATM you try. For credit and debit cards Visa is best. Mastercard and American Express are generally not accepted throughout South America. We recommend that you inform your bank that you will be using your card abroad to avoid it being blocked.

Pre-Paid Travel Currency Cards

These cards are similar to normal Credit and Debit cards but they can be pre loaded with cash before you travel with a set amount allowing you to withdraw this cash using the card at normal ATMs. It is a more secure way to access cash on your trip, but again do not rely on these as your sole means of funds on a trip - (please refer to the ATM section). Several banks and companies now offer these cards, but be sure to look into the rates for withdrawing cash when making your decision. When using these cards abroad you will use them to withdraw the local currency from an ATM and not the currency that you loaded onto the card.

ATMs

These are available in most major cities along our route and allow you to withdraw local currency only. We discourage you from relying on your ATM card as a primary source of funds in case it is lost/stolen/ swallowed, or the machine isn't working. In some destinations we probably won't even see a bank or ATM for days on end. Even where do find them, they cannot always be relied upon - things change, and ATMs don't always work! Besides memorising your PIN, it is also important to be aware of your daily withdrawal limit and bank withdrawal costs.

Tipping

Tipping in South America is customary and often expected, and local attitudes towards tipping are

different to what we are used to in the West. It is often more than a reward for services well done but as wages are extremely low, it is an accepted means of supplementing an income. As a general rule, tipping around 10% of the total bill in restaurants is a good guide, and the same amounts usually apply for activities and excursions.

Because it can be difficult to know what to tip, and as it has such importance in some areas both economically and culturally, there may be times and activities for which your crew will make it clear what level of tipping is 'customary/expected'. They may also be quite enthusiastic or assertive in encouraging you to take account of these suggestions. This is motivated by the knowledge of how important tipping can be, and the offence or confusion that can be caused when local people are tipped poorly. In the end, tipping remains at the discretion of the individual, but our crew will continue to advise on normal rates, and we would ask you to carefully consider the economic or personal impact of being seen to 'under tip'. We know that many who travel with us are on a tight budget, but ask you to remember that those we work with locally may also face financial hardship, and also work very hard to try to give you unrivalled service/experiences.

As a very rough guide, we would suggest that you budget for an amount equal to 10% of the local payment for your trip, plus 10% of the cost of any of the listed optional excursions that you wish to do. The amounts you end up tipping may vary from a rigid 10%, but hopefully this will help you budget in general.

On the Inca Trail, your crew will advise you what the expected tipping amounts are before the trek. It may seem unusual to be asked to tip before receiving a service, but the tips are a crucial part of the income for the guides, cooks and porters, and it is important that this gets shared out equally and fairly between them, so you can expect your Oasis Tour Leader to take an active role in ensuring it is done in the correct manner. The tips are usually spread out by the Tour Leader and then given to the travellers to hand out on the last day of the trek.

In the past we have been asked by travellers about tipping your Oasis Crew. If you choose to do this, it would be budgeted separately from the above. Our guys work very hard at making your trip a great travel experience. Working overseas can often be challenging and they are pretty much on call for you 24 hours a day, so it's appreciated as a thank you for hard work and good service, but of course not mandatory. Our suggestion is to budget around US\$1, per person, per day.

CLIMATE

The climate in Peru, Bolivia and Ecuador is varied, from hot and humid in the Amazon Jungle, to cold nights at altitude on the Inca Trail. It is best to prepare for a variety of weather conditions, as it can be quite unpredictable!

Peru has three different climates: the coastal area is an arid desert climate, the Andes have a sub-tropical weather system and can vary according to the altitude, and the Amazon rainforest is tropical. Year-round, the coastal area gets hot during the day and cooler at night; rainfall is rare. During the winter months of April to November the coastline, including Lima, is usually covered by a near-permanent mist, though inland this burns off to allow the sun to break through and hotter conditions. In the Andes, during the European summer months of June to August it is generally warm and pleasant during the day and cold at night, again with little rain. November to April are the rainy season with tropical afternoon showers and higher temperatures. In the Amazon Jungle tropical showers are common on most days in the afternoon, and it is hot and humid year-round.

In Bolivia similar to Peru you will also experience the sub-tropical weather system which will vary according to the altitude, and the Amazon rainforest is tropical.

Quito in Ecuador enjoys a year-round spring-like climate. The Galapagos is generally dry and bright from June to December, with some afternoon shower being drawn from the south, while the months from January to May tend to be more tropical, with more cloud and heavier showers and generally warmer temperatures.

WHAT TO TAKE

The less you take the less you have to pack, wash & lug home & you can always pick up extras along the way. Most people make the mistake of bringing too much gear. Clothes washing or laundry facilities will be available at least once a week. You will be travelling in the heat & camping in the cold, so bring clothes for all climates; rough stuff is best. Pack according to season: use the climate guide above (remember, nights are cold in deserts and the mountains). Make sure that you bring your gear in a 70 - 90 L rucksack or holdall - suitcases are not suitable.

Equipment

- Sleeping Bag - 4 season bag, (can be hired locally where required - subject to availability, but most people prefer to bring their own) & sleep sheet
- Small day-pack or small bag to carry daily items
- Soft rucksack, holdall or suitcase
- Water bottle - for personal use - we recommend Water-to-Go (see below Responsible Travel)

Toiletries - Most available to buy on trip

- Soap, shampoo, toothbrush/paste, antibacterial hand wash, lip balm & moisturiser
- Sun block 35 + after sun, hat & sun glasses
- Tampons (can buy in most places)
- Contraception

Clothes

- One pair of trainers or boots
- Sandals/flip flops/jandals/thongs
- Underwear/socks
- T shirts/shirts
- Shorts/swimwear
- Jeans/trousers/jog pants/leggings
- Skirt or dress
- Sweat shirt/jumper
- Jacket/fleece & waterproof jacket

Personal Effects

- Camera with protective case, spare batteries, film/memory card
- Torch and spare batteries (head torch is best)
- Travel adaptor plug/charger (for cameras and mobile phone batteries)
- Money belt
- Personal stereo - iPod/MP3 etc
- Towel and/or sarong

Recommended Medical Kit List

- Antiseptic ointment/Antihistamine cream & tablets
- Nurofen or equivalent pain-killer
- Eye-drops/bath
- Anti-diarrhoea treatment
- A couple of bandages (elasticated & triangular)
- Medication for personal allergies/asthma etc
- Insect repellent containing Deet
- Re-hydration sachets/vitamin tablets
- Assorted plasters
- Some suitable antibiotics as recommended by your doctor for infected cuts or to treat severe dysentery

Please note that in the winter months (June-August) it can be very cold, especially at altitude, so we would recommend that you bring extra layers or be prepared to purchase some when you are in Peru & Bolivia.

We advise you to bring a small personal medical kit for general everyday use, as well as any personal over-the-counter medicines that you may wish to keep with you. Our Tour Leaders are familiar with the nearest pharmacies, doctors and hospitals throughout the trip if you need to seek medical attention. It will be your own responsibility to carry your medical kit on included excursions and optional activities as some local operators may not have medical kits to hand.

PHOTOGRAPHY AND ELECTRICAL EQUIPMENT

Cameras (incl. Digital & Video Cameras) - An easy to use 'point and press' will get you some good

photos. For memorable shots, it may be worthwhile investing in an SLR camera, but be sure to get some practice in before the trip! Most towns and cities have internet cafes where you can download onto CD/ internet sites - but don't rely on it.

Photography - Be aware of your surroundings when taking photographs and filming. Some locations will be sensitive or have local laws banning photography. For example it is usually forbidden to use cameras at borders or around government buildings, military installations, bridges and airports or to take photos of local officials. If you do take photos or film where it is not permitted you may find yourself being questioned by irate officials who may decide to confiscate your camera or instruct you to delete all the images/footage on your device. If in doubt ask for permission, or if there is no-one to ask use some common sense.

Drones - As the use of drones becomes more common, countries throughout the world are gradually updating their laws and restrictions on usage. The specific regulations will vary from one country to another, so do check the UK Foreign and Commonwealth Office advice for the latest information. As with cameras, use your common sense if you do use a drone and avoid operation in sensitive areas. If you plan to bring a drone on your trip with us please contact us first to ensure there will be a suitable place to store it while on your trip.

Electrical charging & power supply - It may be difficult to find a power source for charging at times, so a spare battery is a must. Log onto www.whatplug.net for information regarding the different electrical plugs and voltage used in each country.

CONTACTING HOME

The internet and WiFi are readily available in almost every town and city you will visit; most hotels and hostels will have free WiFi as will many bars and cafes. Do bear in mind that the connections can be unreliable and will not always be as fast as you are used to at home. If a lot of people try to use the internet at the same time the speed will be slower still, especially if trying to make Skype calls or upload photos/videos. During periods of the trip where we are camping, internet will be less common.

Some travellers choose to take an unlocked mobile phone with them and buy local SIM cards in each country, allowing them to use mobile data. If you particularly want or need regular internet access this may be a good option. Telephone calls can be expensive usually £1 to £5 for a three minute call.

Online Diaries - A great variety of free "travel blogs" are now available online, they are a good way of keeping relatives and friend up to date with what you are doing and a good place to upload photos, collecting messages as well as keeping a record for yourself.

RESPONSIBLE TRAVEL

Before you go

- Remove unnecessary packaging before you go - waste disposal facilities are often stretched or non-existent in the places we visit. To avoid unnecessary pollution of local water supplies take environmentally friendly toiletries with you.
- Why not invest in a wind-up or solar-powered torch or media player before you travel or at least rechargeable batteries.
- Learn some of the local language and read up on the local history/culture before you go. You'll get so much more out of your trip.
- Why not pack some pens/pencils exercise books in your rucksack and they can be donated to a local school or project while you're away. You can also purchase these items cheaply, locally which will help local businesses.
- Take a sturdy water bottle with you from home that you can re-use throughout your trip. We carry large quantities of purified water with us on our Expedition vehicles and it is much better for the environment if you drink this, rather than purchase bottled water along the way. (It also saves you money).
- Water-to-Go: Oasis Overland have partnered with Water-to-Go to help reduce the number of plastic water bottles consumed during a trip. Water-to-Go is a filtration system that eliminates over 99.9% of

all microbiological contaminants including viruses, bacteria, chemicals and heavy metals from any non-salt water source. Click here and enter the code OASIS15 to purchase your **Water-to-Go** products at 15% discount. Water-to-Go will then donate a further 15% to Oasis Overland Charity projects.

While you're travelling

From experience gained in running trips, we have developed our own practical and manageable environmental policy which all of our crew practice on the trips we operate, and they will share this information with you at the start of your trip. We welcome your input on this, plus any new ideas you may have, to improve our existing procedures. As a guide here's a few tips to bear in mind.

- Don't waste water. It is a scarce resource in many of the places our trips visit. On all our Ultimate and Overland Expeditions we carry large quantities of purified water with us. We encourage you to refill your own water bottles from this supply, rather than purchase bottled water along the way-much more environmentally friendly and saves you money.
- Never buy endangered species or endangered habitat products. Apart from the fact of it being illegal it also encourages the trade to continue.
- Look after and preserve the areas we visit. Be careful about stepping on coral reefs or trekking on undesignated tracks.
- Buy locally made crafts and products helping to support the local economy.
- Don't feel when bargaining that you have to get the cheapest price possible just for the sake of it. Pay what the item is worth to you & don't worry about what someone else has paid.
- Try the local food and drinks - this will help to support local farmers and food sellers. Sitting in a local cafe is also a great way to meet local people.
- Dispose of litter appropriately on your trip. This includes cigarette butts. Not only does litter look unsightly it can be lethal to wildlife.
- Where any toilet facilities exist, however unsavoury they might seem to you, they should be used. Where they do not, always bury your waste and make sure it is never near (at least 30m) a water source.
- When game viewing do not encourage your guides to get too close to the wildlife so that their natural behaviour is impeded.
- Respect local customs, traditions and beliefs of the people in the different regions that you travel through.
- Do not take photos of people, ritual events or special places unless you have asked first. Dress appropriately according to local codes and show respect around religious festivals.
- Recycling is almost non-existent in many of the areas and countries we visit - we do the best we can with limited resources & space on our vehicles.
- For books dedicated to travelling more responsibly & ethically see: www.tourismconcern.org.uk

Community Projects - Oasis are active in raising awareness and providing support to a number of projects and local schools where we believe we can make a positive difference. More information on the [projects we support](#).

SECURITY

The UK Foreign and Commonwealth Office (FCO) offer country-specific advice, regarding not only security but also entry regulations, local laws and customs and health. We strongly recommend all travellers visit the FCO website, or the equivalent in their home country, to familiarise themselves with local conditions and issues in the countries they plan to visit before committing to a trip with us. You can view their website [here](#).

If you have any questions at all about the safety or security of your trip, please do not hesitate to contact us and we will be happy to discuss your trip in more detail.

In cities - All major cities have their share of petty crime (just like our cities) and sensible precautions need to be taken. Wearing expensive looking jewellery or watches and carrying cameras will draw unnecessary attention to you. Leave valuables such as passports and excess money in your hotel safe (we recommend carrying a copy of your passport details page at all times). You may find a simple money

belt is more discreet than a bag. Always be aware of your surroundings and when approached by people you do not know, use your common sense. At night in cities it's best to use a taxi, rather than walking around the streets, single women in particular need to be careful and we would suggest that it is safer to be in a group.

Oasis does not take responsibility for clients' personal items and we advise you to not take items of value that are not essential for the journey.

ADDITIONAL INFORMATION

The Inca Trail

We INCLUDE the cost of trekking to Machu Picchu in ALL our trips that visit Peru.

We offer 3 routes - **Classic**, **Salkantay** and **Lares** - (subject to season and availability), all accompanied by knowledgeable guides and porters.

Our first choice trek is the Classic trail. As availability is limited we will move quickly after booking to obtain you a permit where possible. It is VERY important to note that as soon as we purchase your permit it is non-transferable, and non-refundable. Your permit will be linked to your passport details, so please make sure you enter these correctly at the time of booking. If you are intending renewing your passport then please let us know at the point of booking. In order to trek you will need to be in possession of both your passport and your permit - and the passport details have to match otherwise the permit issuing authorities will not let you trek. If you need any further clarification then please contact southamerica@oasisoverland.co.uk

When the Classic trail is not available, we will arrange the Lares trail at no extra charge (subject to minimum 2 people). If you wish to trek either the Lares or Salkantay by choice (or take the train option), you must let us know at the time of booking. An additional fee may be payable, but we will discuss this with you. All of the treks visit Machu Picchu for the day.

For more information about the treks including maps please click below for the three routes and treks: [Classic](#) [Lares](#) [Salkantay](#)

Tipping on the Inca Trail - Before you start your trek, your Oasis Tour Leader will advise you and other travellers of the suggested tipping amount for the guides, porters and cooks on the trek (this applies to the Classic, Lares and Salkantay treks). Tipping is a vital part of the income for the staff who work on the treks, and it is expected. It is not compulsory, but if you choose not to tip it will be viewed suspiciously and negatively by the local staff and as such we respectfully ask all our travellers trekking to pay the requested amount. We are advised by the local operators what the suggested tipping amount is for each trek, and you will be asked to contribute, before the trek departs. It is usually around US\$50 per person, which is then shared out amongst the guides, porters and cooks.

Porters - We can arrange a Porter to carry 5kgs of your equipment whilst on the Classic Inca trail, at the briefing the Guide will provide you with a duffle bag to pack your equipment into which will be available at camp each night, this is arranged on trip and will cost an additional \$30 paid locally to your tour leader. Lares and Salkantay treks

Train Only - For those who don't fancy trekking at all, there is the option of taking the train to the town of Aguas Calientes, at the base of Machu Picchu, staying overnight in a simple hotel, and heading up to nearby Machu Picchu the next day. This option gives you an extra two nights in Cusco, where we will provide accommodation. If you wish to take the train option you must state this at the time of booking.

Huayna Picchu - Some people like to climb the nearby summit of Huayna Picchu during their time at Machu Picchu. One of the main reasons for doing this would be for the view from the top of it over Machu Picchu. Because of its increasing popularity the local authorities have introduced a permit system to control numbers and collect funds from those wanting to do this. Permits can sell out a long time in advance, and you therefore need to request us to purchase you a permit urgently if you want to do this. You can request this by clicking the Huayna Picchu 'add-on' through your account. There are 400 permits available per day currently. Once requested your tickets cannot be refunded or exchanged, as it is

arranged with your specific name and passport details.

The ascent of Huayna Picchu is very steep in places and it can take about an hour to the top. It will be your responsibility to be at the entrance point at the right time, and should you be late then you will unfortunately forfeit your opportunity to go up. The climb is done on the same day that you are visiting the ruins at Machu Picchu, so reduces your time wandering around the ruins. Please bear in mind that to get up and down can take around three hours, and is very steep in places. It is not really for those who are unfit, or scared of heights. The path is pretty deteriorated in places so some light scrambling is required.

WHAT TO EXPECT

LIFE ON THE ROAD

Oasis Tour Leader

We have one Tour Leader on this trip whose duties are extensive & quite demanding. From organising accommodation, meals, travel arrangements, pre-booking some excursions and guides, to finding the best deals, socializing & making sure all runs as smoothly as possible. While your leader is experienced and knowledgeable about the regions that we travel through they are not tour guides as such. The diversity and extent of the history and cultures in this region is vast. In most historical areas we visit there are trained guides, who offer their services; they have spent many years, and have vast experience at particular sites.

Accommodation

We use a mixture of local hotels and guesthouses along the way using shared rooms (between 2 people of the same sex from your trip) unless you are a couple or you have requested a specific type of room. It must be remembered that the Hotels we use are an integral part of Peru & Bolivia and can suffer from common problems that can affect all levels of hotels such as, electrical failure, plumbing faults and other technical difficulties and hot water may occasionally be temperamental if a lot of people are using the showers at the same time. This is a possibility throughout all classes of hotels. On our **Family Trips** we use shared rooms, usually with parents in one room and children in another, though we can make amendments to this if requested. Large family and interconnected rooms are not very common in South America; most rooms are singles, twins or doubles.

During the four days Inca Trail hike we camp. Tents are provided and sleeping bags can be hired (see Inca Trail section for more information on the various hikes).

Transport

We use a mixture of public / local buses and trains, comfortable overnight sleeper coaches, private charter vehicles, boat and several internal flights (on some trips) between cities, allowing you more time to explore.

Meals

Most breakfasts are included whilst on tour plus many other meals on activities such as the Inca Trek and the Salar de Uyuni. Please check your itinerary for a day by day breakdown. We find that most people appreciate sampling the culinary tastes of South America and class this as one of their favourite pastimes. This is why we do not include every meal - allowing each person the chance to try out some of the local cuisine from markets, restaurants & cafes. At times your Tour Leader may organize a group meal - which is another good way to sample some of the local and international delicacies.

Vegetarians / Vegans / Coeliacs / Gluten & Lactose intolerance

Our Tour Leaders will always do their best to cater for any dietary requirement or intolerance whenever possible. However we do not cater for fussy eaters. It must be remembered that the variety of dishes

available may not be the same as available to meat eaters. If there is anything in particular you require in your diet or because of an allergy or would miss from home, it would be best to bring these with you, due to the high cost and scarcity of these specialised and often imported foods.

Remember when eating out in local restaurants & hotels that vegetarianism or food allergies / intolerances, are still not widely known about or understood by many local people. i.e Vegetarians or Vegans will often be offered fish or chicken in error. Most large towns and cities, or areas used to tourists, will often have more choice but please be aware that it will probably not be as varied as you are used to when eating out at home.

Distance and Time 'En Route'

Peru is a large country, and on this trip there is a lot of ground to cover. There are a few long drives, but the transport is clean, comfortable and safe, and we make sure that after a long drive we stay in the same place for a few days, for example in Arequipa and Cusco. We also make comfort stops and stop off at sites of interest along the way, where possible, so you don't feel too rushed, even on travel days.

Optional Excursions are paid for on the day and organised during your trip, so you can decide whilst travelling which activity you may want to do. Prices listed are only a guide and may be dependant on fluctuating exchange rates and minimum numbers. Please see below for more details.

OPTIONAL EXCURSIONS

PERU

Title	From Price
Nazca Lines Flight (weather permitting), from	US\$100
Dune Buggies & Sandboarding (combo)	US\$65
Colca Canyon - National Park entrance fee and guided overnight tour, from	US\$65
Chauchilla Cemetery - inc. guide	US\$7
Horse Riding, from	US\$20
White water rafting - Arequipa, from	US\$70
Sacred Valley Tour	US\$25
Museum entrances - Cuzco, from	US\$3
Guide & Staff Tips - Inca Trail treks	US\$50
Cuzco City Tour	US\$10
Cuzco Museum Day Pass	US\$20
Sacred Valley Tour	US\$25
Cusco City Tour	US\$10
Cusco Museum Day Pass	US\$20

BOLIVIA

Title	From Price
Potosi Guided Mine Visit	US\$20
Museum & Pre Inca Cemetery - Uyuni Salt Flats	US\$2
Gravity Assisted Mountain Biking, from	US\$115
Flight from Sucre to La Paz, from	US\$80

We feel that having optional excursions gives a greater degree of flexibility and independence to our group members; independence to decide how much your spending budget can afford; flexibility to decide when and what time of day or with whom to visit a particular site, rather than for example, with the whole group at a pre-ordained time. If you decide not to join a popular excursion, you will have free time to relax or wander off to a market, village or beach, depending on where we are.

You pay for the optional excursions to the local operator, ensuring the money stays with that operator in the local community and this ensures as well, that you are paying the true price for any optional excursions you want to do. This also applies to accommodation costs before and after the trip. Please note that the prices of optional excursions quoted are approximate as local prices can and do change. Please see the relevant trip page for the Optional excursions you can do on that trip and a list of prices.

Notes downloaded on: 28-10-2020

