

Peru Guided Walking Holiday

Tour Style: Worldwide Multi-Centre

Destination: Peru

Trip code: LPWHW

Trip Walking Grade: 2



HOLIDAY OVERVIEW

Discover fascinating Inca heritage amidst the imposing landscapes of the Andes. Explore the colonial city of Arequipa with its famous Santa Catalina Convent then journey through the mountains to the Colca Canyon. Twice as deep as the Grand Canyon, this is home to condors; with a wingspan of around 3 metres these birds are perfectly designed to soar on the thermals rising from the canyon walls. The rim of the canyon winds past traditional Peruvian villages which give a fascinating insight into local culture. Ancient trails through the Sacred Valley lead you to the fortress of Ollantaytambo – a wonderful example of intricate Inca stonework. More Inca secrets await discovery following a trek to the Sun Gate, with stunning views over the awe-inspiring Machu Picchu – the sprawling ruins of an Inca citadel.

WHAT'S INCLUDED

- 12 nights' accommodation in en-suite rooms
- Full board from dinner on arrival to breakfast on departure
- All internal flights
- A full programme of guided walks, led by an expert local guide and experienced tour conductor
- Sightseeing, entrance fees and travel in private air conditioned coach/minivan
- Tips

HOLIDAYS HIGHLIGHTS

- Lovely character lodges and hotels in great locations
- Time to explore Machu Picchu once the crowds have gone
- Plenty of time in Cusco to see the Inca capital at leisure as well as the surrounding sights
- Walks with first class guides, discovering the scenery, culture and rich history of the Andes
- Option to extend your stay with Amazon Jungle lodge.

TRIP SUITABILITY

This trip is graded Activity Level 2.

A mixture of part day walks and full day hikes ranging from 2-8 miles (3-13km), mostly on historic trails past Inca ruins, small villages and in timeless valleys.



ITINERARY

Day 1: Outward Flight

Arrival in Lima (1 night). Group transfer to hotel.

Day 2: Arequipa

Fly to the attractive colonial city of Arequipa (1 night). Admire views of the spectacular volcanoes that surround the city. An afternoon's walking tour explores the charming Santa Catalina Monastery, and visits the "Ice Maiden" – Juanita.

Day 3 - 4: Colca Canyon

Driving out of Arequipa we enjoy spectacular views of the mountains surrounding the city before climbing high into the Andes and descending into the Colca Canyon (2 nights).

The next day we have an early morning drive to Cruz del Condor, in search of one of the world's largest birds. Afterwards we take a walk along the canyon rim or to nearby ruins, experiencing local culture and admiring the local weavings as we wander through the villages.

Day 5 - 6: Lake Titicaca

We head to Puno (2 nights) and the shores of Lake Titicaca. En route we enjoy a walk to the fascinating pre-Inca burial chambers at Silustani. Our drive takes us through the high Andes, passing stunning lakes, herds of the wild vicuña, accompanied by far-reaching vistas.

The following day we take a boat trip across Titicaca's sapphire waters to the famous floating reed islands of Uros and Taquile, for a walk traversing the island.

Day 7: Cusco

Today we board the bus from Puno to Cusco (2 nights). Cutting across the Peruvian Altiplano, through high plains, rich with llama herds, and passing time-forgotten mountain villages. We'll make several stops along the way, including Abra La Raya, Raqchi, Andahuaylillas and includes a buffet lunch stop. On arrival at the ancient Inca city of Cusco, we transfer to our hotel, before stretching our legs with an exploration of the city's spectacular Plaza de Armas.

Day 8: Cusco

First we visit the impressive site of Sacsayhuaman. Huge stone ramparts surround a beautiful grass amphitheatre. Once the scene of fierce battles it now hosts the recreation of traditional Inca ceremonies such as Inti Raymi and Warachikuy.

Next is the Inca water temple of Tambomachay lying at 3700m (12,000 feet) and the Red fort of Puca Pucara.

Our hike today starts about ten kilometres out of Cusco as we cut across country from Puca pucara following a river that used to be a major water supply for the Incas who canalised it with their usual amazing precision stonework which we can still glimpse in places. We hike through an impressive eucalyptus forest and following an Inca trail through a beautiful queuña native forest past where the river goes through natural tunnel.

We emerge beside recently restored Inca terraces that signal the start of the impressive Inkilltambo ruins (formally known as Inca Carcel). These ruins have only started to be studied and it is thought up to 95% of it is still to be explored.

We'll have our lunch nearby and explore these ruins and then continue along an Inca trail passing some interesting remains of colonial kilns.

Depending on energy levels and time permitting we can either hike out to Cusco city or from here, a short drive brings us back to Cusco and the end of our tour.

Day 9 - 10: Sacred Valley

Head into the Inca heartland of the Sacred Valley (2 nights), our first stop is the picturesque Andean village of Pisac. Afterwards, a short journey brings us to Urubamba for lunch. In the afternoon, we visit the Inca fortress town of Ollantaytambo.

The Maras–Moray walk combines big views, local farming techniques, Inca ruins, ancient towns and astounding salt pans. We begin with the plains of Chinchero, before reaching the Inca ruins of Moray, where we explore these fascinating ruins. Mule trails then take us to the ancient town of Maras from where we descend into the Sacred Valley of the Incas. En route, are some of the most astounding salt pans covering the hillside.

Day 11 - 12: Inca Trail & Machu Picchu

Travel by train to Chachabamba to enjoy a "taste" of the Inca trail. Our route, the Royal Inca Trail, was the ceremonial path of the royal Incas en route to the sacred site of Machu Picchu. Pass picturesque ruins surrounded by wild orchids at Winay Wayna, and continue through cloud forest on a trail to the Sun Gate, for our first glimpse of the ancient city of Machu Picchu. We relax tonight in Machu Picchu Town (1 night).

The next day we explore the Lost City of the Incas – Machu Picchu. An extensive tour of the ruins introduces us to its fascinating history. For those with extra energy, there's the chance to climb Huayna Picchu for superb vistas, before returning to Cusco (1 night) for our final evening.

Day 13: Return Journey

Some last minute shopping or sightseeing in Cusco before flying to Lima and our flight home.

ACCOMMODATION

Wyndham Costa Del Sol, Lima - Peru

In Lima we stay at the Wyndham Costa del Sol. This modern hotel is well equipped with a spa, pool and hot tub.

Hotel Maison D'Elise, Arequipa - Peru

Moving on to the white-walled colonial city of Arequipa our accommodation is at the Hotel Maison D'Elise. The 43 comfortable rooms offer air-conditioning, TV, safe and mini bar.

Colca Lodge, Colca Canyon - Peru

Stay at the relaxing haven of the Colca Lodge. Unwind in the private thermal springs and take in your natural surroundings and stunning panoramic views. There's also an eco-spa where you can indulge in a massage, spa pool and sauna.

Casa Andina, Puno - Peru

To the shores of Lake Titicaca and Puno, where we stay at the Casa Andina. Rooms open to balconies with lake or garden views and feature television, wireless internet and safe. The restaurant serves delicious local specialties and dishes made from local lake fish.

Quinta San Blas, Cusco - Peru

In Cusco stay at the Quinta San Blas (3 nights); this converted Republican house is set in the quaint neighbourhood of San Blas. It has all the amenities without detracting from its ancient history. It is well located near the Bohemian San Blas Piazza and three blocks from the main Plaza de Armas. We spend 2 nights here to start with, then return to Cusco after our travels, for a further night.

Boutique Hotel Lizey Wasi, Sacred Valley - Peru

Our base in the Sacred Valley is a delightful Andean-style hacienda lodge located in Urubamba town. With a friendly restaurant and bar, the hotel is set in a side street, a short walk from the centre of Urubamba. Once inside the grounds, you find yourselves in a peaceful oasis, with delightful gardens, stunning mountain views and it is a perfect place to relax.

El Mapi, Machu Picchu - Peru

At Machu Picchu we stay at El Mapi, a contemporary and comfortable hotel in Machu Picchu Town, formerly known as Aguas Calientes, in the valley below the ruins.

USEFUL HOLIDAY INFORMATION

Weather & Seasonality

Peru has very distinct climate zones between the coastal plain, the highlands and the Amazon basin. The holiday departures are planned for when the weather is generally at its best in the mountains, generally from March/April to October when the days are usually dry, clear and warm, with perhaps the occasional cloudy and rainy day. Temperatures drop considerably in the evenings and at night due to the altitude, so taking layered clothing is essential. During this season Lima and the coastal plain, where we spend a short amount of time, is often enveloped in a fine mist.

Joining Instructions (With Flights)

For those travelling on our HF Holidays' group flight, please proceed to the arrivals hall once you have passed through passport control, customs and baggage reclaim, when you arrive at your destination. Your leader or local leader will assemble the group in the arrivals hall. Look out for the HF Holidays' sign.

Joining Instructions (Without Flights)

If you are arriving ahead of the group, and are meeting them at the first hotel, please leave a message at the hotel reception for the HF Holidays' leader or local leader, detailing your room number, and a mobile telephone number if possible. The leader will contact you once the group arrives. If you are arriving after the group, a message will be left for you at the hotel reception, welcoming you and giving details of the time and place to meet the group. If your flight arrives before the group flight and you would like to join the transfer to the first hotel, please contact our Abroad Administration team on (0)20 8732 1261. They will have a list of the relevant transfer costs.

What To Bring

Suggested Kit List

As you'll be carrying your own luggage at airports and between your transport and hotels we recommend you try to keep your luggage to a minimum. These items are a general suggestion of what to pack for an active outdoor and walking holiday; depending on your destination, you may need more of some things and less – or none! – of others. You'll know best what you prefer to wear when out walking or while taking part in other outdoor activities.

- Walking boots (worn in), with good ankle support and spare bootlaces
- Walking socks
- Walking sandals
- Lightweight fleece, waterproof trousers and jacket
- Shorts and short-sleeved t-shirts
- Long trousers and long-sleeved light coloured shirts with collars to protect from the sun.

Your clothing should ideally be pre-treated with insect repellent and in-built sun protection (available from specialist clothing stores such as Rohan, Cotswold Outdoor).

- Warm fleece, scarf/buff hat and gloves
- Torch
- Comfortable clothes and shoes for evenings and sightseeing

- Sun protection – sun hat, sunglasses, high factor sunscreen and lip protection
- Water bottle – at least 2-litre capacity
- Lightweight survival bag
- Small/medium rucksack (30 litre) and a liner or cover to keep contents dry
- Insect repellent
- Universal travel plug

Personal first aid kit including: personal medication, tissues, plasters, blister kit, painkillers, antiseptic wipes, Imodium, rehydration sachets

Essential Equipment

- Passport (and copies)
- booking confirmation
- insurance cover note
- HF Holidays' registration form

Please ensure you have access to emergency funds should you need them; carrying a credit card is probably the most convenient method.

Optional Equipment

- walking ('approach') trainers
- trekking poles
- camera
- umbrella
- binoculars

Please note that your HF Holidays' leader reserves the right to refuse to take any guest on a walk should they consider that a lack of suitable clothing/footwear may affect safety.

Safety On Your Holiday

Insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We have negotiated special holiday insurance and full details of this cover can be found in our brochure or at www.hfholidays.co.uk. There is no extra charge for pre-existing illnesses.

If you would like to purchase insurance from us, please call us on 020 8732 1220 or email holidayservices@hfholidays.co.uk.

For more information about healthcare abroad and its costs, please visit: www.dh.gov.uk/travellers.

If you are arranging your own travel insurance, please ensure it is adequate for your specific itinerary.

Generally, this should include cover for walking at altitudes over 2,000m - the highest point on the harder walks may go up to 2,700m.

Once you have made your booking, you will receive a pre-holiday questionnaire where we ask for details of next of kin and insurance details. You must complete and return this to us - we need to have this from you at least 10 weeks before travel.

Please also inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders have to consider both group and individual safety at all times.

Whilst out with the group, we respectfully request that you:

- Please listen to any safety instructions from the leader
- Keep group members in view, especially if weather or visibility is poor
- Please stay where you are if you become separated from the group. The leader will retrace their steps to find you

Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List).

In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services on 911. Please then call our emergency number (sent in your final dispatch) and let us know there is a problem.

Dietary Requirements

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs.

If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

Vaccinations & Health

Before booking, you should check with your doctor to see if any health precautions are needed. The following websites provide a wealth of information on travelling and health: www.fitfortravel.nhs.uk

www.traveldoctor.co.uk

Vaccines: Diphtheria, Hepatitis A, Typhoid & Tetanus vaccinations are recommended. Malaria, Rabies and Yellow Fever are sometimes recommended too. Altitude sickness is also a risk, our itinerary is planned to help reduce this.

Travelling in Peru does not carry major health risks, provided simple precautions are followed.

The tour has been devised to ensure that acclimatisation to altitude takes place gradually, so that by the time you go on your hikes in the Cusco region you should be well acclimatised. To reduce any symptoms of altitude sickness, you should drink at least 2 litres of water per day.

Passports & Visas

Passports

A full passport is required.

A full passport valid for a minimum period of 6 months from the date of entry will be required to enter Peru.

As part of the booking process, we will require advance passport information from you in the form of a copy of your passport photo page.

New regulations for Inca Trail permits requires this information to make bookings. Without this information, including its late submission to HF Holidays, no booking for this element of the holiday can be made for you.

Therefore, we will require a copy of the photo page of your passport a minimum of 50 days prior to the departure of your tour. Please ensure the copy sent to us is of the passport you will travel with to Peru. This copy can be:

- A scanned copy, emailed to kellybarnes@hfholidays.co.uk – this method is preferred where possible
- A colour photocopy posted to Shereena Heaven, HF Holidays Ltd, Catalyst House, 720 Centennial Park, Centennial Avenue, Elstree, Borehamwood, WD6 3SY.

Visas

No visa is required by British citizens with full right of residence in the UK. Other nationals should check with their nearest Peruvian embassy for details of entry requirements.

Visitors are issued with a tourist card on arrival. Keep this safely as you will need to present it on your departure.

Useful Information

Altitude sickness is also a risk. Our itinerary is planned to help reduce this. The tour has been devised to ensure that acclimatisation to altitude takes place gradually, so that by the time you go on your hikes in the Cusco region you should be well acclimatised. To reduce any symptoms of altitude sickness, you should drink at least 2 litres of water per day

You cannot use tap water for drinking water but you can clean your teeth with the tap water

Luggage

Luggage Allowance

There is a luggage restriction of 25lbs/10kg for the journey to the extension accommodation. Please only take a smaller bag suitable for a four-night stay; your main luggage will be taken to San José with the group and kept securely at the hotel for you to pick up on your return.

Please check details of your airline's baggage allowance, as shown on your e-ticket. Remember to also check any connecting flights you may have booked.

Lost Or Damaged Luggage

If your bag or its contents are damaged or lost while in the airline's care, this should be reported to the baggage service agents at the airport on arrival. They will assess the damage; in some cases, the airline may decide to settle your claim immediately.

You will be given a reference to quote to your insurance company if an immediate settlement is not possible - in many cases, baggage claims can only be accepted in writing. A baggage claim form must be obtained from the airport.

Local Currency

The unit of currency in Peru is the Nuevo Sol (S/). US Dollars are the easiest currency to change and usually offer the best rate. Please ensure that you have access to emergency funds, a credit card being the most convenient. Traveller's cheques are not advised.

Your budget will depend on your own spending habits – you will need some money for drinks and any souvenirs you may wish to buy, but US\$ 200 may be enough.

Local Time

GMT/UTC -5 hours

Electricity

220V, 2 pin plugs, either flat or round pins

ATM Availability

Visa cards are the most widely accepted by ATM's

Suggested Reading & Maps

Lonely Planet, Peru, 2016 Hiram Bingham,

Lost City of the Incas, 1950 Trailblazer Guides- The Inca Trail Cusco & Machu Picchu www.trailblazer-guides.com

Although you won't need them, if you'd like any maps of the destination, you can obtain some in advance from The Map Shop: www.themapshop.co.uk

Tipping

Tips have been included in your holiday price for key services such as local guides/ driver/restaurants. Any additional tips are at your own discretion

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £20 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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