

# CENTRAL & SOUTH AMERICAN EXPLORER WITH CARNIVAL, (CMAR)

Mexico City to Rio de Janeiro 157 Days, departing 19th September 2022



## TRIP OVERVIEW

**Trip Style:** Overlanding

**Route:** Mexico City to Rio de Janeiro

**Duration:** 157 Days

**Transport:** US Style School Bus, Boat, Flight, Taxi, Overland Expedition Vehicle, Jeep, Private Bus, Train, Local Bus, Canoe, Metro

**Accommodation:** Comfortable Hotel 57 nights  
Camping 38 nights  
Basic Hotel 27 nights  
Multishare Hostel 24 nights  
Hammocks 2 nights  
Guesthouse 2 nights  
Homestay 1 night  
Wild Camp 5 nights

**Meals:** Breakfasts x 95, Lunches x 58, Dinners x 52

**Physical Challenge:** ● ● ● ● ○

The trip may include multi-day treks at high altitude, walking for 5-8 hours per day.

**Lifestyle Challenge:** ● ● ● ● ○

This is a fairly challenging trip; you may well be travelling at high altitudes, across deserts or through cold and windy or hot and steamy areas. The terrain and roads may be rough and the facilities can be very basic or non-existent. There may be some long drive days followed by wild camps, and physically and mentally it can be tough, but there will be some rest days and time to relax as well.



# DAILY ITINERARY

## Day 1 - Mexico City (19th September 2022)

**Border information:** if joining in Mexico City, you will most likely enter Mexico at Mexico City Benito Juárez International Airport (IATA code MEX).

There will be an important group meeting at 18:00 at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

The rest of the day is free to explore Mexico's incredible capital and to take part in some optional activities. Please note that many of the options listed below will only be possible for those with extra time in Mexico City before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Mexico City.

Accommodation: Marlowe Hotel A""

### Daily Activities

#### Optional Activities

Visit the beautiful Palacio de Bellas Artes and see it's immense murals by world-famous Mexican artists such as Diego Riviera

Entrance: 70 MXN

Freely explore the colossal Chapultepec Park one of the world's largest urban green spaces and a cultural hotspot where you can often see the pole-swinging 'Volador' dancers

Entrance: Free

See Mexico City's famous traditional mariachi bands in the evening around Garibaldi Square

Entrance: 150 MXN

Visit some of Mexico City's most important museums and galleries such as the old house of the iconic artist Frida Kahlo the former home of revolutionary Leon Trotsky and the Museo Dolores Olmedo art gallery

Entrance: 75 MXN

Get an unrivalled view over the centre of Mexico City from the observation deck of the stunning Revolution Monument

Entrance: Free

Explore the magnificent ancient Mesoamerican ruins of Teotihuacan near Mexico City

Entrance: 75 MXN

## Day 2 - Oaxaca (20th September 2022)

Today we head to the wonderful laid-back colonial town of Oaxaca, famous for its cuisine and indigenous cultures.

## Day 3 - Oaxaca (21st September 2022)

Today we will have an included guided visit of the ruined Zapotec city of Monte Alban, a UNESCO World Heritage Site. In the afternoon we will have free time to further explore the area's highlights.

### Daily Activities

#### Included Activities

Take a guided tour around the ruined Zapotec capital of Monte Alban near Oaxaca

Included

### Optional Activities

Visit the remarkably well-preserved Zapotec ruins of Mitla near to Oaxaca

Entrance: 64 MXN

Learn all about the history and cultures of Oaxaca at the incredible Museum of Cultures one of the best regional museums in Mexico

Entrance: 64 MXN

Visit the splendid Baroque Dominican church of Santo Domingo in Oaxaca's colonial centre

Entrance: 50 MXN

## Day 4 - San Cristobal de las Casas (22nd September 2022)

Today we have a full day drive to the stunning old colonial town of San Cristóbal de las Casas, one of Mexico's most beautiful towns. and well known as the heart of the indigenous Tzotzil Maya culture.

## Day 5 - San Cristobal de las Casas (23rd September 2022)

Today we will have a free day for exploration and to take part in some optional activities such as taking a tour to the fascinating Maya village of San Juan Chamula, or exploring the nearby Lagunas de Montebello National Park.

## Daily Activities

### Optional Activities

Learn all about the traditional medicines of the Mayan people at the award-winning Mayan Medicine Museum

Entrance: 20 MXN

See the incredible showcase of handwoven fabrics from throughout Central America at the Mayan World Textiles Centre

Entrance: 52 MXN

Head out on a mountain biking tour through the cloud forests and highlands surrounding San Cristóbal de las Casas

Entrance: 380 MXN

Explore the wonderful botanical gardens of Orchideas Moxviquil and discover its collection of over 400 species of native plants and orchids

Entrance: 30 MXN

Visit the atmospheric Tzotzil Mayan villages of San Juan Chamula and Zinacantan

Entrance: 200 MXN

## Day 6 - San Cristobal de las Casas (24th September 2022)

Today we will have an included boat trip down the phenomenal Sumidero Canyon, viewing its colossal cliffs from the base and searching for the resident wildlife.

## Daily Activities

### Included Activities

Head on a boat trip along the breathtaking Sumidero Canyon

Included

#### Optional Activities

Take a day trip to explore the idyllic national park of Lagunas de Montebello home to pine forests Mayan ruins and many beautiful lakes

Entrance: 250 MXN

Visit the fantastic cultural centre of Na Bolom, a non-profit organisation dedicated to the protection of the Lacandon Maya culture and the preservation of the Chiapas rain forest

Entrance: 40 MXN

## Day 7 - Frontera Corozal (25th September 2022)

**Meals:** Dinner

Today we will have a full day drive to the remote town of Frontera Corozal, on the Guatemalan border. En route, we may have time for an optional stop at the stunning waterfalls of Agua Azul.

### Daily Activities

#### Optional Activities

Visit the spectacular stepped waterfalls of Agua Azul between San Cristobal de las Casas and Palenque (if time allows)

Waterfalls & Entrance: 25 MXN

## Day 8 - Palenque (26th September 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will have an included guided visit to the remote ancient Mayan city of Yaxchilán, which is only accessible via a boat trip down the river. After our visit we will drive to the village of Palenque.

### Daily Activities

#### Included Activities

Take a boat trip out for a guided tour of the stunning and remote Mayan ruins at Yaxchilán

Included

## Day 9 - Palenque (27th September 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will have an included guided visit to the incredible Mayan ruins of Palenque, which rise out of the thick jungle surrounding them. In the afternoon we will have free time to go on a jungle tour, visit the on site museum, or travel to the nearby waterfall of Misol Ha.

### Daily Activities

#### Included Activities

Take a fascinating guided tour around the magnificent ruined city of Palenque deep in the Mexican jungle including time to freely explore the excellent on-site museum

Included

#### Optional Activities

Take a trip out to the beautiful waterfall of Misol Ha near Palenque (if time allows)

Entrance: 35 MXN

## Day 10 - Merida (28th September 2022)

**Meals:** Breakfast, Lunch

Today we will drive to the beautiful and artistic colonial town of Mérida, the capital of the Yucatan state.

## Day 11 - Tulum (29th September 2022)

**Meals:** Lunch, Dinner

Today we will have an early start to drive to the world-famous Mayan ruins of Chichen Itza, one of the New Seven Wonders of the World - we have an included guided tour around this spectacular site before continuing our drive to the stunning coastal village of Tulum.

### Daily Activities

#### Included Activities

Visit the spectacular Chichen Itza Mayan ruins on a guided tour one of the New Seven Wonders of the World centred around the world-famous pyramid of El Castillo

Included

#### Optional Activities

Take a swim in the stunning natural cenote of Ik Kil near the ruins of Chichen Itza

Entrance: 6 USD

## Day 12 - Tulum (30th September 2022)

**Meals:** Breakfast, Lunch, Dinner

This morning we visit the Tulum ruins, one of the last cities built by the Maya and one of the best preserved coastal Maya sites. We will have a free afternoon to explore the beaches or take part in some optional activities.

### Daily Activities

#### Included Activities

Explore the phenomenal cliff-top Maya-Toltec ruins at Tulum wonderfully located right on the Caribbean coast

Included

#### Optional Activities

Head out to explore some of the incredible cenotes (natural water-filled sinkholes) near Tulum

Entrance: 150 MXN

Take an introductory course in the exhilarating sport of kite surfing from the stunning beaches of Tulum

Course: 180 USD

Go on a scuba diving trip through the ocean reefs near Tulum or to some of the area's natural cenotes

Diving: 100 USD

Hire snorkel gear on the beautiful beaches of Tulum

Snorkel Hire: 10 USD

## Day 13 - Caye Caulker (1st October 2022)

**Meals:** Breakfast

**Border information:** Exit Mexico at Subteniente López, enter Belize at Santa Elena.

Today we will travel south across the border to Belize City, where we board a speed boat to the island paradise of Caye Caulker.

Please note that in Belize we will travel on local transport, as it is not permitted to use a foreign vehicle in Belize.

## Day 14 - Caye Caulker (2nd October 2022)

We will have two full days to explore and enjoy the many optional activities available here, such as snorkelling, diving or taking a scenic flight over the phenomenal Great Blue Hole.

### Daily Activities

#### Optional Activities

Take a scenic flight over the phenomenal natural Great Blue Hole off Caye Caulker

Flight: 260 USD

Head out on a fantastic scuba diving trip through the colossal coral reefs off the Caribbean island of Caye Caulker (there are many different options and sites available)

Marine reserve dive: 110 USD

Head out to the stunning coral reefs off Caye Caulker on a snorkelling trip

Price: 75 USD

## Day 15 - Caye Caulker (3rd October 2022)

Relax and enjoy the beach or head out on an activity on our second day on Caye Caulker.

### Daily Activities

#### Optional Activities

Go on a half-day fishing trip in the idyllic blue ocean near Caye Caulker

Half day: 250 USD

Hire sea kayaks to explore the deserted mangroves of Caye Caulker's North Island

Hire: 20 USD



## Day 16 - San Ignacio (4th October 2022)

Today we will head back to the mainland and rejoin our overland bus in Belize City. We then have a short drive to the village of San Ignacio, home to Belize's best archaeological sites and adventure activities!

## Day 17 - San Ignacio (5th October 2022)

We will have two full days to take part in the many optional activities available in San Ignacio, including trekking, caving, biking, and exploring the excellent Mayan ruins in the area.

### Daily Activities

#### Optional Activities

Take a full day tour to the remote ruins of the ancient Mayan capital of Caracol once twice the size of the modern Belize City

Entrance: 110 USD

Visit the Actun Tunichil Mukwal Cave a Mayan archaeological site that includes ceramics stoneware and skeletal remains such as the famous 'Crystal Maiden'

Entrance: 95 USD

Learn about local herbs and plants on a medicinal jungle trail en route to a release program for Green Iguanas near San Ignacio

Entrance: 12 BZD

Explore the ancient ruins of Xunantunich Belize's most-visited Mayan site and home to the mighty El Castillo pyramid

Entrance: 10 BZD

## Day 18 - San Ignacio (6th October 2022)

Today we enjoy a second free day for activities in and around San Ignacio.

### Daily Activities

#### Optional Activities

Rent mountain bikes and explore the area around San Ignacio

6hr bike ride: 20 USD

Visit the stunning ruins of Cahal Pech atop a hill overlooking the southern outskirts of San Ignacio

Entrance: 30 BZD

## Day 19 - Tikal (7th October 2022)

**Meals:** Dinner

**Border information:** Exit Belize at Benque Viejo del Carmen, enter Guatemala at Melchor de Mencos.

Today we will have a short drive across the Guatemalan border to the phenomenal Mayan ruins of Tikal, where we have an included guided tour.

### Daily Activities

## Included Activities

Enjoy a guided tour of the phenomenal Mayan ruins of Tikal one of the greatest ancient sites in the world

Included

## Day 20 - Poptun (8th October 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we have a short drive to the small town of Poptún, stopping in the colonial town of Flores en route. We will arrive at our fantastic eco-lodge near Poptún and have a free afternoon.

## Day 21 - Poptun (9th October 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will have free time to take part in the many optional activities offered at our eco lodge.

## Daily Activities

### Optional Activities

Trek out to the incredible River Cave near Poptún walking through the stunning Guatemalan rural landscape and exploring the underground rivers by candlelight

River Cave: 115 GTQ

Take a day tour out to the nearby Mayan ruins of Ixcun the comprehensive museum of Dolores and the beautiful waterfall of Mopan

Tour: 150 GTQ

Explore the incredible caves of Naj Tunich boasting the largest and most exceptional amount of Mayan cave inscriptions paintings and hieroglyphs in the world

Walks: 150 GTQ

Head out on a self-guided walk around our eco-lodge taking in fantastic views of the surrounding rural landscape

Walks: Free

## Day 22 - Rio Dulce (10th October 2022)

**Meals:** Breakfast, Lunch

Today we will have a short drive to Rio Dulce in Guatemala's beautiful central region. On arrival we will have a free afternoon to take part in some optional activities.

## Daily Activities

### Optional Activities

Take a kayak out to explore the beautiful waters around Rio Dulce at sunrise

Kayak rental: 125 GTQ

Explore deep into the Guatemalan rainforest on foot and trek on the canopy bridges near Rio Dulce



Rainforest trail: 125 GTQ

### Day 23 - Rio Dulce (11th October 2022)

Today we will have an included boat trip to the village of Livingston on the Caribbean coast, before returning to Rio Dulce.

#### Daily Activities

##### Included Activities

Enjoy a beautiful boat ride down the Rio Dulce to the Caribbean town of Livingston

Included

### Day 24 - San Andres Itzapa (12th October 2022)

Today we will drive day to San Andres Itzapa, a small village located in the mountains around Antigua. We will spend one night at the community centre of Manos Amigas, run by the Italian NGO 'Mani Amiche' in support of local women who have been abandoned and abused, and who are staying in the centre with their children.

In San Andres Itzapa we will stay in dormitories at the community centre (please note that there is no option to upgrade to private accommodation here).

#### Daily Activities

##### Included Activities

Spend a night at the Manos Amigas community project a centre which has been set up to support local women and their children

Included

### Day 25 - Panajachel (13th October 2022)

Today we will spend the morning at the Manos Amigas project before heading off on a short drive to Panajachel, situated on the shores of the beautiful Lake Atitlan.

### Day 26 - Panajachel (14th October 2022)

Today we will have free time to enjoy some optional activities such as a boat on the lake out to some of the small local villages along the shoreline. If possible, we will include a visit to the famous Chichicastenango Market during these days, depending on the weekday. *Please note that the market is only open on Thursdays and Sundays so you may not be able to visit during your trip.*

#### Daily Activities

##### Optional Activities

Visit the bewildering Mayan markets at Chichicastenango taking in the incredible sights smells and atmosphere (provided it is running while we are in the area)

Visit: Free

Take a tour through the spectacular highlands surrounding Lake Atitlan and Panajachel visiting picturesque villages and hot springs

Tour: 45 USD

Head out on a boat trip to visit the traditional Mayan villages dotted along the coast of Lake Atitlan

Private boat trip: 30 USD

## Day 27 - Antigua (15th October 2022)

Today we will have a short drive to the magnificent city of Antigua, a UNESCO World Heritage Site situated 60 kms from Guatemala City.

The rest of the day is free to explore the beautiful colonial city and its dramatic surroundings.

## Day 28 - Antigua (16th October 2022)

**Border information:** if joining in Antigua, you will most likely enter Guatemala at Guatemala City La Aurora International Airport (IATA code: GUA).

There will be an important group meeting at 18:00 at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

The rest of the day is free to explore the beautiful colonial city and its dramatic surroundings, and to take part in some optional activities. Please note that many of the options listed below will only be possible for those with extra time in Antigua before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Antigua.

## Daily Activities

### Optional Activities

Take a trek up to the famous active volcano of Pacaya near Antigua

Day trek: 59 USD

Visit the old Jesuit church of Santo Domingo an iconic building in Antigua and home to six fascinating museums

Visit: 48 GTQ

Visit the Choco Museum of Antigua learning all about the history of the culinary use of cocoa ever since the Mayan period

Entrance: 120 USD

Learn all about the culture and history of Antigua at some of its museums such as the Museum of Ancient Books and the Museum of Colonial Art

Visit: 30 GTQ

Take a tour of the nearby small village community of San Lorenzo and visit its schools and traditional handicrafts (only available on Tuesdays and Thursdays)

San Lorenzo Tour: 250 GTQ

Visit a traditional coffee plantation in the cool hills surrounding Antigua

Tour: 200 GTQ

## Day 29 - Cerro Verde NP (17th October 2022)

**Meals:** Lunch, Dinner

Today we will cross the border into El Salvador and drive to the stunning Cerro Verde National Park, where we will be surrounded by awe-inspiring volcanoes and countryside. In the morning we will take a guided trek up the nearby Santa Ana volcano (approximately 4 hours).

**Border information:** Exit Guatemala at Ciudad Pedro de Alvarado, enter El Salvador at La Hachadura.

## Daily Activities

### Included Activities

Visit the spectacular volcanic landscape of Cerro Verde National Park one of El Salvador's gems

Included

## Day 30 - Suchitoto (18th October 2022)

**Meals:** Breakfast, Lunch, Dinner

After our trek up the volcano, we will take a short drive to the beautiful town of Suchitoto, where we will have a free afternoon to explore the town, with its cobbled streets and whitewashed houses, and to learn about the incredible work of the community centre in which we stay.

In Suchitoto we will stay in dormitory rooms at the Centro Arte Para La Paz community centre, which runs many programs for the local communities to build cultural identity, unity, teaching skills, self-sufficiency, environmental equality and a culture of peace.

## Daily Activities

### Included Activities

Trek up to the summit of Santa Ana El Salvador's highest volcano in the heart of Cerro Verde National Park

Included

Spend the night at the wonderful community centre of Centro Arte Para La Paz in Suchitoto which runs many workshops and projects for the locals in the area

Included

## Day 31 - Suchitoto (19th October 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will have a day to explore Suchitoto, have a guided walking tour of the town, head out on a sunset boat trip or take a day trip to San Salvador.

## Daily Activities

### Optional Activities

Take a sunset boat trip in Suchitoto

Boat: 10 USD

Enjoy a walking tour of Suchitoto town

Tour: 10 USD

## Day 32 - Copan (20th October 2022)

**Meals:** Breakfast

**Border information:** Exit El Salvador at Anguiatú, enter Guatemala at Anguiatú. Exit Guatemala at El Florido, enter Honduras at El Florido.

Today we will have a full day drive to return to Guatemala and then onwards to Honduras, arriving at the small village of Copán.

## Day 33 - Copan (21st October 2022)

Today we will have an included guided visit to the spectacular Mayan ruins of Copán, followed by a free afternoon to explore some of the other highlights in the area.

### Daily Activities

#### Included Activities

Enjoy a guided tour of the magnificent ancient Mayan ruins of Copán

Included

#### Optional Activities

Visit the Copán Butterfly Gardens a serene garden bursting with tropical plants and dozens of moths and butterflies flitting about!

Entrance: 115 HNL

Visit the Macaw Mountain Bird Sanctuary in Copán home to many rescued birds such as macaws toucans and kingfishers

Entrance: 200 HNL

Visit the beautiful old Mayan stone carvings of Los Sapos with fantastic views over the town of Copán

Entrance: 30 HNL

## Day 34 - Roatan (22nd October 2022)

Today we will take a short drive to the town of San Pedro Sula and board a short local flight to Roatán, the largest of the famous tropical Bay Islands. On arrival we will transfer to the area of the West End Bay, where we base ourselves for our stay.

## Day 35 - Roatan (23rd October 2022)

Today we will enjoy some free time to take part in the wealth of optional activities available on Roatán, and of course to relax and swim on the stunning Caribbean beaches here!

### Daily Activities

#### Optional Activities

Head out scuba diving to the beautiful coral reefs off the coast of Roatán

Fun Dive: 50 USD

Go on a spectacular snorkelling trip around the highlights of Roatán such as the Blue Channel and St. Anthony's Key

Blue Channel: 30 USD

Rent sea kayaks to explore the magnificent Caribbean waters surrounding Roatán island

Kayak Hire: Free

Take an exciting zip lining course on Roatán island

Tour: 45 USD

Sail out on a deep sea fishing trip in the Caribbean waters near Roatán (price for the entire boat with a maximum occupancy of 4 passengers)

Fishing per boat: 90 USD

## Day 36 - Roatan (24th October 2022)

Relax on the beach or head out on some activities

### Daily Activities

#### Optional Activities

Head on an epic underwater expedition in a unique private submarine exploring the dark depths hundreds of metres under the surface of the ocean

300m dive: 500 USD

Head out on a guided tour of Roatán seeing some of the most beautiful spots on the island and learning all about its history

Tour: 65 USD

Go out horse riding across the stunning island of Roatán through its wonderful eco-system of cacti palms and orchids

Horse ride: 40 USD

## Day 37 - Lake Yojoa (25th October 2022)

**Meals:** Lunch, Dinner

Today we will start early to transfer back to Roatán's airport and catch our flight back to the mainland, rejoining our overland bus! We will then continue our journey east through Honduras to the beautiful countryside of Lake Yojoa.

## Day 38 - Somoto (26th October 2022)

**Meals:** Breakfast

Today we will cross the border into Nicaragua, we will then head to the Somoto Canyon and stay in cabins near a village community.

## Day 39 - Leon (27th October 2022)

This morning we will enjoy our canyon tour and then drive to the university town of León.

### Daily Activities

#### Included Activities

Take a half day tour of the Somoto Canyon, which includes walking, sightseeing, rock scrambling, wading, floating, swimming, boating, and jumping!

Included

## Day 40 - Leon (28th October 2022)

Today we will have free time to explore the town's wonderful colonial architecture or to take part in the many optional activities available here.

## Daily Activities

### Optional Activities

Head out on a horse riding trip in the stunning countryside near León including views of the impossibly-circular crater of El Hoyo volcano and the beautiful Asososca lagoon

Ride: 40 USD

Explore the stunning mangroves and wild sandy beaches of the Juan Venado Natural Reserve on a kayaking trip out of León

Trip: 35 USD

See the bizarre volcanic mud pools of San Jacinto near León

Trip: 18 USD

Visit León's many museums and galleries such as the world-class Ortiz-Gurdián art museum the Gallery of Heros and Martyrs and the Museum of Legends and Traditions

Entrance: 20 NIO

Head to the fantastic modern visitor centre at the world-famous Flor de Caña rum factory

Visit: 35 USD

Trek up the impressive active Telica volcano near León (please note that this is a fairly strenuous trek and you will need to be in good physical shape to participate - the trek usually takes about 6-7 hours)

Tour: 50 USD

Enjoy a fun and unique trip out to sand board down the ash slopes of the Cerro Negro volcano

Boarding: 30 USD

## Day 41 - Granada (29th October 2022)

Today we will take a short drive to Nicaragua's oldest city of Granada, a beautiful town which oozes with colonial charm! En route we will have an included visit to the traditional markets in the small town of Masaya, and witness the incredible active caldera of the nearby Masaya volcano (if its volcanic activity isn't too high).

## Daily Activities

### Included Activities

Explore the traditional markets in Masaya village, famous for its local handicrafts

Included

Visit the dramatic crater rim of the active Masaya volcano between León and Granada

Included

See a fascinating workshop in the village of San Juan de Oriente demonstrating various local pottery-making techniques

Included

## Day 42 - Granada (30th October 2022)



Today we will have free time to explore the historic streets of Granada's old town, or take part in some of the myriad of optional activities that are available here.

## Daily Activities

### Optional Activities

Visit the incredible San Francisco Convent and Museum in Granada, the oldest building in Central America dating from 1585

Entrance: 2 USD

Take a city tour around the spectacular buildings and atmospheric streets of the old colonial city of Granada

City Tour: 20 USD

Trek up the beautiful dormant volcano of Mombacho near to Granada exploring its rugged terrain and dwarf forests

Trek and Zip line: 55 USD

Learn about the cultivation of cocoa and its manufacture into chocolate at the Choco Museo in Granada

Chocolate workshop: 19 USD

Take a boat or kayak trip around the beautiful Isletas de Granada in search of the local birdlife and the magnificent views of the surrounding volcanoes

Short kayak trip: 25 USD

## Day 43 - Isla de Ometepe (31st October 2022)

This morning we drive to the small town of San Jorge on the shores of Lake Nicaragua, Central America's largest lake. Here we will board a ferry to the stunning volcanic island of Ometepe, where we base ourselves in the port village of Moyogalpa and enjoy free time to explore on arrival.

## Day 44 - Isla de Ometepe (1st November 2022)

Today we will have free time to explore and take part in optional activities such as the challenging trek to the summit of the Concepción volcano that dominates the island, or seeing some of the mysterious ancient petroglyphs that are dotted through the landscape.

## Daily Activities

### Optional Activities

Visit the mystical and serene emerald-green lagoon of Charco Verde

Price: 20 USD

Trek to the summit of the iconic Concepción volcano that dominates over the island of Ometepe (please note that this is a very strenuous trek that will only be possible for those with a high level of fitness and in good shape - the trek is over 1000m of ascent and descent on rugged terrain and will take between 9-12 hours).

Trek: 40 USD

Climb to the summit of the Madera volcano on Ometepe Island (please note that although this is an easier trek than up Concepción volcano it is still a very strenuous hike and you need to have a high level of fitness to complete it - the trek usually takes between 7-9 hours)

Trek: 42 USD

Learn about the fascinating history and geology of the island at the Ometepe Museum in Altagracia village

Entrance: 3 USD

Head on a guided walk around Ometepe and see some of the natural springs beaches and small villages on the island

Walks: 30 USD

Trek up to the stunning San Ramón waterfall in the forests near Madera volcano

Guided walk: 40 USD

## Day 45 - La Fortuna (2nd November 2022)

**Border information:** Exit Nicaragua at Penas Blancas, enter Costa Rica at Penas Blancas.

Today we will take an early morning ferry back to San Jorge and drive to La Fortuna in Costa Rica, a stunning town under the shadow of the mighty Arenal volcano.

## Day 46 - La Fortuna (3rd November 2022)

Today we will have a free day to take optional treks through the incredible surrounding volcanic landscapes or forest canopies, or get involved in many different adventure activities such as zip-lining, white-water rafting, and canyoning. La Fortuna is also famous for its outstanding hot springs, which we will have the opportunity to visit.

## Daily Activities

### Optional Activities

Explore the breathtaking forests and volcanic landscapes of La Fortuna on several mountain biking trails in the area

Biking: 75 USD

Visit the hanging bridge courses through the rainforest canopies near La Fortuna

Bridges: 67 USD

Take an intense canyoning trip into the rugged gorges of the jungles near Arenal including several waterfall abseils

Lost Canyon: 100 USD

Learn all about the intricacies of Costa Rican cuisine on a cooking class in La Fortuna

Class: 45 USD

Learn all about the plants animals traditions and agriculture of Costa Rica on a visit to the El Bosque Eco-Farm near La Fortuna

Farm: 45 USD

Explore the magnificent countryside and waterfalls around the Arenal volcano by horseback

Ride: 65 USD

Take a kayaking trip on Lake Arenal giving you the best views of the behemoth volcano of Arenal and an opportunity to spot many species of birds

Kayak: 65 USD

Take a fantastic white-water rafting trip on the Balsa or Sarapiquí rivers near La Fortuna some of the best rafting areas in Costa Rica

Raft: 89 USD

Head out for an evening at the spectacular volcanic hot springs complex of Baldi near La Fortuna

Springs: 34 USD

## Day 47 - Monteverde (4th November 2022)

Today we will leave our overland vehicle behind and transfer by taxi and boat into the dense cloud forests and coffee plantations of Monteverde, a stunning area offering an incredible diversity of flora and fauna.

## Day 48 - Monteverde (5th November 2022)

Today we will have an included walk on the trails of the Monteverde Cloud Forest National Reserve, followed by a free afternoon to visit some of the town's highlights or enjoy some adventurous activities such as canyoning or horse riding.

### Daily Activities

#### Included Activities

Take a guided trek to explore the stunning forest trails of the Monteverde Cloud Forest Reserve learning all about the fascinating and beautiful ecosystem there

Included

#### Optional Activities

Visit the Bat Jungle exhibition in Monteverde learning all about the various bat species of the area from an expert guide

Entrance: 10 USD

Explore the incredible cloud forests of Monteverde at the tree-top level on a 3km canopy bridge circuit

Bridge course: 30 USD

Visit the fantastic Butterfly Gardens of Monteverde and learn all about the abundant bug-life of Costa Rica's cloud forests

Entrance: 10 USD

Learn all about the cultivation and processing of the world-renowned coffee of Costa Rica at one of the many incredible coffee plantations near Monteverde

Coffe tour: 35 USD

Take a spectacular canyoning tour near Monteverde including abseiling down 6 different waterfalls!

Entrance: 50 USD

Fly above the cloud forests and valleys of Monteverde on an exhilarating zip-lining course

Zip line: 50 USD

Take an exhilarating off-road quad biking trip around the stunning countryside of Monteverde (driving licence required)

Quad bike tour: 70 USD

Explore the magnificent Monteverde Orchid Gardens home to over 400 species of orchids found in the region

Entrance: 10 USD

Head out to the cloud forests of the Santamarias Reserve to explore the area by night when much of the elusive local wildlife comes out

Walk: 23 USD

Learn about Costa Rica's spectacular amphibians at the Monteverde Frog Pond

Entrance: 13 USD

Explore the stunning forests and banana plantations of Monteverde on a horse riding trip

Riding: 35 USD

## Day 49 - Manuel Antonio NP (6th November 2022)

Today we will continue by taxi to the small town of Tilaran, where we will rejoin our overland vehicle and drive to the spectacular beaches of Manuel Antonio National Park on the Pacific coast.

## Day 50 - Manuel Antonio NP (7th November 2022)

Today we will have an included walk through some of the beautiful trails within park, learning all about its flora and fauna and immersing ourselves in the idyllic landscape. We will have free time in the afternoon to take part in some optional activities or relax on the wonderful beaches.

### Daily Activities

#### Included Activities

Take a guided walk through the stunning trails of Manuel Antonio National Park finishing at the world-class tropical beaches where you can swim and relax

Included

#### Optional Activities

Explore the rainforest canopy and its incredible wildlife and landscapes on a wonderful canopy bridge course near Manuel Antonio

Canopy: 30 USD

Explore the ocean on a catamaran sailing trip heading out in search of dolphins tropical fish and turtles and witnessing an unforgettable offshore sunset

Catamaran: 40 USD

Join a scuba diving trip to explore the reefs and underwater volcanic rock formations in the oceans near Manuel Antonio

Diving: 50 USD

Explore the stunning cattle ranches fruit plantations and palm trees of the countryside near Manuel Antonio on a horse riding trip

Horse riding: 30 USD

Head on an exhilarating guided jet ski trip on the Pacific Ocean near Manuel Antonio

Jet ski: 40 USD

Explore the mangroves of Manuel Antonio by boat or by kayak in search of rainbow boas crocodiles and various water birds

Boat trip: 20 USD

Take an exhilarating trip to the rainforests near Quepos to enjoy an incredible zip lining course

Zip line: 40 USD

Head out on a wonderful quad biking trip through the tropical countryside of Manuel Antonio and Quepos

Quad bike tour: 40 USD

Go on an incredible white-water rafting trip on the Naranjo and Savegre rivers near Manuel Antonio National Park

Rafting: 40 USD

Take a paddle-boarding lesson to explore the secluded beaches of Manuel Antonio National Park

Paddle boarding: 20 USD

Try your hand at surfing on a short lesson in Manuel Antonio National Park

Surfing: 10 USD

## Day 51 - Boquete (8th November 2022)

**Border information:** Exit Costa Rica at Paso Canoas, enter Panama at Paso Canoas.

Today we will drive across the Panama border into the Chiriqui highlands, arriving at the town of Boquete.

## Day 52 - Boquete (9th November 2022)

On Today we will have a free day to take part in some of the many optional outdoor activities which the town is famous for, including the opportunity to take the strenuous trek to the 3,478m summit of Volcán Barú, the highest point in Panama.

## Daily Activities

### Optional Activities

Trek up to the summit of Volcán Barú at 3478m the highest point in Panama - please note this is a strenuous trek and usually takes approximately 8-12 hours so you will need to be in decent physical condition to participate

Guided trek: 80 USD

Take a fascinating bird-watching trip into the Chiriqui Highlands one of the most abundant areas of birdlife in the Americas

Bird watching: 50 USD

Take a day trip out to Boca Brava on the Pacific coast where you can swim kayak snorkel and relax on some of the stunning beaches there

Day tour: 75 USD

Enjoy a fantastic short canyoning trip through the gorges of Gualaca near Boquete

Canyoning: 25 USD

Go on a half-day rock climbing trip to the basalt cliffs near Boquete one of Panama's best climbing destinations

Climbing: 45 USD

Head out on a tour of some of the fascinating coffee plantations around the Chiriqui Highlands near Boquete

Coffee Tour: 30 USD

Explore the spectacular Caldera Highlands around Boquete on horseback riding through rainforests and local farms and coffee plantations

Riding: 35 USD

Head out on a quad bike tour of the mountains, forests and coffee plantations near Boquete (driver's licence required)

Quad bike tour: 55 USD

Head out on an exhilarating white-water rafting expedition on the Chiriqui Viejo river near Boquete, one of the world's best rafting areas with 35 world-class runs to choose from

Rafting: 65 USD

Trek the famous Quetzal Trail through the cloud forests of the Chiriqui Highlands, or trek to various waterfalls in the rainforest

Quetzal Trek: 90 USD

Head on an excellent 12-line zip-lining course through the cloud forests near Boquete

Zip line: 65 USD

## Day 53 - Camino Real (10th November 2022)

**Meals:** Lunch, Dinner

Today we will continue to Chagres National Park and explore the Grandfather of the Panama Canal: the Camino Real, a cobble stoned road from the Caribbean to the Pacific through the rain forests of Panama, established as the transport route of gold and silver by Spanish conquistadors in the 16th Century. The Camino Real was rediscovered only recently, and we will visit and stay overnight at a community, which worked together with researcher Christian Strassnig to identify the original route of the Camino Real in the jungle.

At Alajuela Lake we take a dugout boat to observe remains of the Camino Real at the lakeshore, then we arrive at the community and we are warmly welcomed by the people who are inspired with perspective of sustainable development through community tourism. We have a typical Panamanian lunch and see then a presentation of authentic Panamanian folklore. In the morning we will undertake a hike on the Camino Real, see the original cobblestone and be fascinated by stories of the mule trains, gold and pirates.

### Daily Activities

#### Included Activities

Explore El Camino Real, the original route connecting the Pacific with the Caribbean

Included

## Day 54 - Panama City (11th November 2022)

**Meals:** Breakfast

After early morning coffee we can go for an optional bird-watching hike on a trail with plenty of tropical birds (free with local guides). At our return to the community we have a hearty breakfast. We will then take a hike on the trail. Afterwards it is time to say good-bye and we return by boat to our overland bus.

We will then drive to the Miraflores Visitor Centre at the world-famous Panama Canal, learning about its incredible role in shaping trade and world politics in the 20th century. After our included visit we will complete the drive to the capital, Panama City.

### Daily Activities

#### Included Activities

Visit the world-famous Panama Canal at the Miraflores Visitors' Centre, and learn all about the fascinating history of this controversial structure

Included

## Day 55 - Cartagena (12th November 2022)

Today there will be a flight from Panama City to Cartagena which will have been booked for you.



Upon arrival in Cartagena you will be taken to the joining hotel for the next leg of the trip.

## Daily Activities

### Included Activities

Panama City Flight

Included

## Day 56 - Cartagena (13th November 2022)

**Border Information:** if joining in Cartagena, you will most likely enter Colombia at Cartagena Rafael Núñez International Airport (IATA code: CTG).

There will be an important group meeting at 6:00pm at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

Please note that many of the options listed below will only be possible for those with extra time in Cartagena before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Cartagena.

If you are continuing on from Panama, then your leader will have assisted you with airport transfers for your included flight to arrive in time for the joining meeting.

## Day 57 - Cartagena (14th November 2022)

**Meals:** Breakfast

Today we will have a full day in the beautiful coastal colonial city of Cartagena.

In the morning we will have an included walking tour of the city, and then the afternoon will be free to explore the city further, enjoy the many optional activities on offer, or simply relax on the beach.

## Daily Activities

### Included Activities

Explore Cartagena on a guided walking tour

Included

### Optional Activities

Discover the brutal history of the Spanish Inquisition at their former headquarters in Cartagena the Palace of the Inquisition

Entrance: 15,000 COP

Guide: 10,000 COP

Days diving or snorkelling trip out to Islas del Rosario, Cartagena

Boat trip (speed boat): 70,000 COP

Learn all about Cartagena's naval tradition and history at the Naval Museum of the Caribbean

Entrance: 15,000 COP

## Day 58 - Tayrona NP (15th November 2022)

Today we have a short drive to the stunning Tayrona National Park.

In Tayrona we will sleep in Hammocks, no food is provided, but there are restaurants and cafes nearby by. There is an hour walk from where we park our truck to our campsite.

## Day 59 - Tayrona NP (16th November 2022)

Today we have an included walk in the National Park.

## Daily Activities

### Included Activities

Explore some of Tayrona National Park's scenic walking trails including a hike to the mysterious ancient ruins of Pueblito hidden in the jungles high above the coastline

Included

### Day 60 - Lorica (17th November 2022)

This morning we will walk back to our truck and leave Tayrona National park. We will head south for the pretty colonial town of Santa Cruz de Lorica on the Sinu River.

We will have a free day to relax and discover the historic centre, learn about the traditional Vueltiao hat or head to the coast and soak up the sun in San Bernardo del Viento.

### Day 61 - Lorica (18th November 2022)

We will have a free day to relax and discover the historic centre, learn about the traditional Vueltiao hat or head to the coast and soak up the sun in San Bernardo del Viento.

### Day 62 - Medellin (19th November 2022)

Today we have a full days drive to vibrant city of Medellin. the following morning we will have a guided walking tour of the city. We then have plenty of time to relax or take part in some of activities available here.

### Day 63 - Medellin (20th November 2022)

**Meals:** Breakfast

This morning we have an included half-day city tour of Medellin using our overlanding truck.

## Daily Activities

### Included Activities

Head out on a fascinating guided tour of Medellin and learn all about it's tumultuous past

Included

### Optional Activities

Take the pioneering Metroline cable car up to Santo Domingo to see a very different area of the city and the revitalising effect the Metroline has had on the communities there

Cable car ride: 1,750 COP

Visit the colossal Catedral Metropolitana in the city centre built using over a million bricks between 1875 and 1931

Entrance: Free

Head out and discover some of Medellín's vibrant and unusual nightlife at the Dulce Jesus Mio club

Entrance: 10,000 COP

### Day 64 - Medellin (21st November 2022)

**Meals:** Breakfast

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Free day to explore Medellin.

### Day 65 - Manizales (22nd November 2022)

**Meals:** Breakfast, Lunch, Dinner

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Today we will head into the heart of the coffee region to stay at a Hacienda near the town of Manizales.

### Day 66 - Salento (23rd November 2022)

**Meals:** Breakfast, Lunch

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Today we will continue our journey south to the small town of Salento, the gateway to the spectacular Valle de Cocora.

Salento will be our base to take a guided trek through the Cocora Valley to see the Quindio wax palm trees, the largest palms in the world and the national tree of Colombia and also to do a coffee plantation tour.

### Day 67 - Salento (24th November 2022)

**Meals:** Breakfast

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Today we will take a guided trek through the Cocora Valley to see the Quindio wax palm trees, the largest palms in the world and the national tree of Colombia.

## Daily Activities

### Included Activities

Head out on a half-day guided trek through the spectacular Cocora Valley and see the incredible 50m-tall Quindio wax palms the tallest palm trees in the world!

Included

### Day 68 - Salento (25th November 2022)

**Meals:** Breakfast

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Today we have time to explore the coffee plantation and learn about coffee.

## Daily Activities

### Included Activities

Learn about Colombia Coffee and wander the plantation

Included

### Day 69 - Popayan (26th November 2022)

**Meals:** Breakfast

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Today we will drive to the beautiful town and former colonial capital of Popayán.

On the following day we will have a free day to explore Popayán or take part in some excellent treks or other optional activities in the surrounding area.

### Day 70 - Popayan (27th November 2022)

**Meals:** Breakfast

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Today we will have a free day to explore Popayán or take part in some excellent treks or other optional activities in the surrounding area.

## Daily Activities

### Optional Activities

Relax in the volcanic thermal springs near the village of Coconuco dramatically set in a steep-sided valley

Thermal springs trip: 60,000 COP

Trek to the 4650m summit of the towering Puracé volcano near Popayán

Hike: 130,000 COP

## Day 71 - Ipiales (28th November 2022)

**Meals:** Breakfast

Today we will have a full day drive to the border town of Ipiales.

## Day 72 - Otavalo (29th November 2022)

**Meals:** Breakfast, Lunch, Dinner

We will leave Colombia behind today and cross the border into Ecuador, we will have time for an included visit to the beautiful Santuario de las Lajas, before heading to Otavalo.

**Border information:** Exit Colombia at Ipiales, enter Ecuador at Ipiales.

## Daily Activities

### Included Activities

Visit the jaw dropping Santuario Las Lajas on the outskirts of Ipiales

Included

## Day 73 - Quito (30th November 2022)

**Meals:** Breakfast

We will head south for the final leg of our journey to the bustling capital, Quito. En route into the city we will have an included visit to Mitad del Mundo, the monument that marks the Equator.

## Daily Activities

### Included Activities

Visit the equator at Mitad del Mundo

Included

## Day 74 - Quito (1st December 2022)

**Border Information:** if joining in Quito, you will most likely enter Ecuador at Quito Mariscal Sucre International Airport (IATA code: UIO).

There will be an important group meeting at 6:00pm at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

Please note that many of the options listed below will only be possible for those with extra time in Quito before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Quito.

**A note on altitude:** If you are joining in Quito, we strongly recommend arriving at least 24 hours before the trip begins to allow additional time to acclimatise.

## Daily Activities

### Optional Activities

Take a walk around Quito's incredible Botanical Gardens, which showcases all of Ecuador's various ecosystems and their flora

Entrance: 4 USD

Visit the Museo Mindalae, the extremely original project showcasing Ecuador's rich cultural diversity

Entrance: 3 USD

Visit the Museo Nacional del Banco Central showcasing the countrys largest collection of Ecuadorian art and housing an impressive gold collection

Entrance: 2 USD

## Day 75 - Ecuadorian Amazon (2nd December 2022)

**Meals:** Breakfast, Lunch, Dinner

Today our journey begins with a drive to a village on the edge of the Amazon basin, near the town of Tena, where we head to our lodge for an incredible 3-night stay.

Our lodge is a great example of eco-tourism, built and run by the local community and volunteers, who work to re-forest the reserve land at the lodge with native trees and medicinal plants. The lodge is set in secondary and primary rainforest, an area at risk of deforestation.

## Daily Activities

### Included Activities

Spend 3 nights at our fantastic Ecuadorian ecolodge taking in many activities such as boat trips on the Napo River visits to local communities and treks through the jungle to some spectacular waterfalls and bat caves!

Included

## Day 76 - Ecuadorian Amazon (3rd December 2022)

**Meals:** Breakfast, Lunch, Dinner

Over the next two days we will head into the Amazon jungle, enjoying rainforest treks exploring the nearby waterfalls and caves, and trips down the Napo River in motorised dugout canoes, hopefully spotting plenty of wildlife on the way. We will also see some ancient fossils and petroglyphs, and visit a local Quichua community.

## Day 77 - Ecuadorian Amazon (4th December 2022)

**Meals:** Breakfast, Lunch, Dinner

Second full day in the rainforest.

## Day 78 - Rio Verde (5th December 2022)

**Meals:** Breakfast, Lunch, Dinner

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Today we will drive through the highlands of Ecuador, arriving in Rio Verde near the famous Tungurahua volcano.

## Day 79 - Rio Verde (6th December 2022)

**Meals:** Breakfast, Lunch, Dinner

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We will have two full days of free time to take part in a range of optional activities in Rio Verde, such as white-water rafting, trekking, canyoning, cycling, and other options. We will also have the opportunity to visit the nearby town of Baños and its popular volcanic thermal springs.

### Daily Activities

#### Optional Activities

Head out for an exhilarating half-day canyoning trip through the gorges near Baños

Canyoning (half day): 25 USD

Take out some quad bikes on a tour around the winding trails near Baños

Quad biking: 36 USD

Go on an adrenaline-fuelled half-day rafting expedition on the Rio Pastaza near Banos one of the best rafting experiences in South America

Half day rafting: 25 USD

Go out on a half day rock climbing trip to the walls of natural lava rock just outside Banos

Half day rock climbing: 30 USD

Explore the stunning gorges forests and landscapes of the Baños area by foot

Machay waterfall entrance or Pailon del Diablo entrance: 2 USD

Take the famous zip-lining course through the Puntzan Canyon near Ba&ntilde

Zip line: 25 USD

Spend some time soaking in the hot springs

Entrance: 3 USD

## Day 80 - Rio Verde (7th December 2022)

**Meals:** Breakfast, Lunch, Dinner

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Second free day for optional activities.

## Day 81 - Chugchilán (8th December 2022)

**Meals:** Breakfast, Lunch, Dinner

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Today we will drive to the remote village of Chugchilán, via the spectacular highland scenery along the road of the 'Quilotoa Loop'.

## Day 82 - Chugchilán (9th December 2022)

**Meals:** Breakfast, Lunch, Dinner

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Today is a free day to enjoy optional activities such as mountain biking or horseback riding.

## Day 83 - Cuenca (10th December 2022)

**Meals:** Breakfast

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Today we will drive along the remainder of the Quilotoa Loop and then head south to the beautiful colonial town of Cuenca. We will pass through the stunning landscape of the Cajas National Park en route.

## Day 84 - Cuenca (11th December 2022)

**Meals:** Breakfast

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Today we will have a free day to explore the colonial city of Cuenca. The town is the birthplace of the famous Panama Hat, and we will have the opportunity today to visit one of the factories to learn about the manufacturing process.

### Daily Activities

#### Optional Activities

Visit some of the volcanic thermal baths near to the colonial town of Cuenca

Entrance: 20 USD

Take a day trip out of Cuenca to visit the site of the Ingapirca ruins the largest known Inca ruins in Ecuador

Day trip: 25 USD

Visit the Museo Pumapungo in Cuenca featuring an impressive range of artistic historical cultural and ethnological exhibits and most famously housing a collection of shrunken heads from the Shuar civilisation

Entrance: Free

Visit one of the many factories that produce the ever-stylish Panama Hats Cuenca's most famous export!

Entrance: Free

## Day 85 - Punta Sal (12th December 2022)

**Meals:** Breakfast, Lunch, Dinner

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**Border information:** Exit Ecuador at Huaquillas, enter Peru at Tumbes.

Today we will have a long drive day south, crossing the border into northern Peru.

## Day 86 - Punta Sal (13th December 2022)

**Meals:** Breakfast, Lunch, Dinner

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Today we have a full day to relax on the beach and enjoy some activities in and around the stunning coastal area of Punta Sal.

### Daily Activities

#### Optional Activities

Try your hand at surfing in the ideal waters of the Pacific Ocean near Punta Sal or Mancora

Surfing: 20 USD

Explore the coastlines of Punta Sal by foot or head out trekking through the nearby hills and farms of Canoas

Trekking: 10 USD

## Day 87 - Huanchaco (14th December 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will have a full day's drive to Huanchaco, near the city of Trujillo.

## Day 88 - Huanchaco (15th December 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will have an included guided trip to explore the enormous adobe ruins of Chan Chan and the world-famous Moche archaeological site of Huaca de la Luna (Pyramid of the Moon).

### Daily Activities

#### Included Activities

Guided tour of Moche Pyramids and the Chimu city of Chan Chan

Included

#### Optional Activities

Visit the fascinating Cassinelli Museum in Trujillo, a private collection of many exquisite examples of ancient pottery

Entrance: 15 PEN

## Day 89 - Huaraz (16th December 2022)

**Meals:** Breakfast

Today we will have a spectacular drive up the winding roads of the 'Casma Route' into the Cordillera Blanca section of the high Andes, reaching the mountain town of Huaraz.

## Day 90 - Huaraz (17th December 2022)

We have two days in the spectacular area of the Cordillera Blanca for exploration and optional activities such as visiting the incredible pre-Inca ruins of Chavín de Huantar or trekking and climbing to the nearby lakes and glaciers.

### Daily Activities

#### Optional Activities

Go canyoning in the waterfalls and gorges of the Huaraz region

Canyoning: 90 PEN

Explore the incredible ancient ruins of Chavín de Huantar the religious centre for the Chavín culture which flourished in the area from 1200BCE-500BCE

Tour, guide and entrance: 45 USD

Take a horse riding trip from Huaraz to the incredible viewpoints of the Cordillera Blanca

Horse riding: 27 USD

Trek out to the phenomenal turquoise glacier lake of Laguna 69 in the shadow of Huascaran Peru's highest mountain

Trekking: 45 USD

Learn all about the area's incredible pre-Inca civilisations at the Museo Regional de Ancash

Entrance: 15 PEN

### Day 91 - Huaraz (18th December 2022)

Enjoy a second free day in Huaraz

### Day 92 - Lima (19th December 2022)

Today we will have another full day's drive back to the coast via the 'Paramonga Route' and then on to the enormous Peruvian capital of Lima.

### Day 93 - Lima (20th December 2022)

**Border information:** if joining in Lima, you will most likely enter Peru at Lima Jorge Chavez International Airport (IATA code: LIM).

There will be an important group meeting at 6:00pm at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

Please note that many of the options listed below will only be possible for those with extra time in Lima before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Lima.

## Daily Activities

### Optional Activities

Visit the Gold Museum & Catacombs of Lima

Entrance: 40 PEN

Take a ceviche and pisco sour class at one of the top restaurants in Miraflores a lively district of Lima

Ceviche class: 40 USD

Explore the Rafael Larco Herrera Museum in Lima containing the largest private collection of pre-Colombian art in the world

Entrance: 30 PEN

### Day 94 - Huacachina (21st December 2022)

**Meals:** Breakfast

Today we will have a very early start to leave Lima before the rush hour, and drive 270kms south to Paracas. There we will board one of the local boats for an included trip to the Ballestas Islands to view its incredible array of resident wildlife and birds.

After lunch, we will continue south to arrive at the stunning desert oasis town of Huacachina, where we have the option to head out for an evening of sand boarding and dune bugging.

## Daily Activities

### Included Activities

Boat trip to see the seals & seabirds on the Ballestas Islands

Included

### Optional Activities

Dune bugging or boarding in the spectacular sand dunes of Peru Desert

Dune buggy and sandboard: 20 USD

## Day 95 - Nazca (22nd December 2022)

Today we continue south to the world-famous village of Nazca, the location of the mysterious Nazca Lines. On the drive, we will stop at a viewing platform to get a glimpse of some of these lines. The Nazca Lines are a series of figures, lines, and geometric shapes that were etched into the ground of the desert plateau over a thousand years ago by the ancient Nazca culture, and their purpose is still unknown to this day.

In the afternoon, we will have the opportunity to take an optional 30-minute flight over the Nazca Lines in a small aircraft - this is by far the best way of seeing the figures, and we use a local operator with an excellent safety record.

### Daily Activities

#### Optional Activities

Visit to the Nazca Lines viewing tower

Entrance: 3 PEN

Fly over the Nazca lines

Scenic flight (not incl 35 PEN airport tax): 120 USD

## Day 96 - Puerto Inca (23rd December 2022)

**Meals:** Breakfast, Lunch, Dinner

This morning we head south of Nazca, and have an included visit to the nearby ancient sites of the Chauchilla Cemetery and the Cahuachi Pyramid, thought to have once been the religious centre of the Nazca civilisation.

In the afternoon we will continue our drive to the coastal resort of Puerto Inca.

### Daily Activities

#### Included Activities

Visit the incredible ancient Nazca sites of the Chauchilla Cemetery

Included

## Day 97 - Arequipa (24th December 2022)

**Meals:** Breakfast, Lunch

Today we will start our drive inland, and head uphill to the beautiful 'White City' of Arequipa.

## Day 98 - Arequipa (25th December 2022)

**Meals:** Breakfast

Today we will have a free day to explore the colonial city of Arequipa, or for some optional activities in and around the city.

## Daily Activities

### Optional Activities

Take a fascinating cooking class in Arequipa learning how to create some iconic Peruvian cuisine and taking a tour of the nearby food markets

Class and market tour: 150 PEN

Explore the Museo Santuario Andinos

Entrance: 20 PEN

Take a 'Reality Tour' of Arequipa - a walking tour with an alternative focus on the daily lives of the local people and contemporary issues facing modern Peru

Tour cost for 1 pax (75 PEN per pax if 2 pax, 70 PEN per pax if 3 or more pax): 150 PEN

Guided tour of Arequipa's Santa Catalina convent

Entrance: 40 PEN

Head out for an exciting morning of white-water rafting on the Chili River near Arequipa

Rafting: 35 USD

## Day 99 - Chivay (26th December 2022)

**Meals:** Breakfast

We will have some more free time to explore Arequipa this morning, before continuing our drive to the highland town of Chivay after lunch.

## Day 100 - Chivay (27th December 2022)

**Meals:** Breakfast

This morning we will head out on a short drive to some of the best viewpoints along the spectacular Colca Canyon, one of the deepest canyons in the world! The canyon is famous for its resident condors, and we will spend a good amount of time at the viewpoints to give ourselves the best chance of spotting them. We will also visit a couple of local communities on the way back to Chivay.

We will have a free afternoon to explore Chivay, and possibly take an optional trip to the nearby hot springs.

## Daily Activities

### Included Activities

Guided trip to see Colca Canyon and Andean condors

Included

### Optional Activities

Visit the thermal springs in Chivay

Entrance: 15 PEN

## Day 101 - Raqchi (28th December 2022)

**Meals:** Breakfast, Dinner

Today we will drive through the stunning landscapes of the Peruvian highlands to the small village of Raqchi. Here we will stay at a homestay as guests of the local villagers in their traditional family homes. The houses are very clean and have basic facilities. This evening the villagers will invite us to take part in a traditional Quechua religious ceremony, and we'll have some lively music from some of the village's musicians.

## Daily Activities

### Included Activities

Quechua Indian homestay and community crafts project

Included

## Day 102 - Cuzco (29th December 2022)

**Meals:** Breakfast, Lunch

This morning we will visit the Inca ruins of the Temple of Wiracocha at Raqchi, and then see a pottery demonstration at a local artisan centre.

In the afternoon we will drive to the incredible historical city of Cuzco, the former Inca capital.

## Daily Activities

### Included Activities

Guided visit to the Raqchi ruins

Included

## Day 103 - Cuzco (30th December 2022)

**Border information:** if you are joining in Cuzco, you will most likely enter Peru at Cuzco Alejandro Velasco Astete International Airport (IATA code: CUZ).

There will be an important group meeting at 10:00am at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting. There will be a further meeting this evening for our Wild Andes and Classic Inca Trails, where we will have a full detailed briefing from our local trekking guides about the next few days!

The rest of today will be free to explore the wonderful city of Cuzco, discover its many historical gems, or to take part in number of optional activities near the city.

Please note that many of the options listed below will only be possible for those with extra time in Cuzco before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Cuzco.

**A note on altitude:** If you are joining in Cuzco, we strongly recommend arriving at least 24 hours before the trip begins to allow additional time to acclimatise.

## Day 104 - Inca Trail (31st December 2022)

**Meals:** Breakfast, Lunch, Dinner

These four days will be spent either trekking in the Andes, on our pioneering Wild Andes Trek, on the Classic Inca Trek or for those not wishing to hike, free time to explore and a guided tour of the Sacred Valley on our Train package.

### Option 1 - Wild Andes Trek

Leaving Cuzco early in the morning, we visit the ruined temples of Sacsayhuaman for a fascinating tour of the site. We then head on to Chinchero, a small Quechua-speaking village in the Sacred Valley. Here we will see a traditional weaving demonstration that has been unchanged for a thousand years, and explore their beautiful archaeological ruins. We will drive to a stunning viewpoint for a picnic lunch, and then visit the Quillarumiyoc temple (the Temple of the Moon).

We will start our trek from here in the afternoon, heading by foot to Zurite where we have a picturesque stay in a colonial house. Tonight we will enjoy a traditional dinner and get a taste of the local village lifestyle.

Approximate walking distance: 8km, Estimated time: 4hrs, Meals provided: Lunch and Dinner



## Option 2 - Classic Inca Trek

This morning we go for a guided tour of the Sacred Valley, followed by a visit to the market town of Pisac, where we will have an included lunch. We then head to Ollantaytambo, where we have free time to explore the impressive archeological site. Tonight we stay in a comfortable hotel.

Please note that we have the evening to ourselves in Ollantaytambo, our Guide will meet us in the morning. No Meals are included in Ollantaytambo.

There is no trekking today. Meals provided: Lunch,

## Option 3 - Train Package

You will leave Cuzco with your fellow passengers who will be trekking the Wild Andes Trek. You will visit the fortress of Sacsayhuaman, followed by a beautiful scenic drive over mountains and through valleys, via the ancient city of Pisac and on to the Sacred Valley of the Incas. After lunch you will head back to Cuzco where you will stay at our nice, centrally located hotel for a further 3 nights.

Meals included: Lunch

## Daily Activities

### Included Activities

Trekking Options:

Option 1 - Trek the Classic Inca Trail up the Royal Inca Road.

Option 2 - Hike unspoilt Inca Trails in remote stunning Andes scenery away from tourist treks on our exclusive Wild Andes trail.

Option 3 - Take a Sacred Valley Tour, visit Ollantaytambo and take the train to Machu Picchu without trekking.

PLEASE NOTE: YOU MUST ADVISE AT TIME OF BOOKING IF YOU WISH TO BOOK THE CLASSIC INCA TRAIL OR THE NON TREKKING OPTION, OTHERWISE YOU WILL AUTOMATICALLY BE PUT ON OUR WILD ANDES TREK.

Included

Visit the incredible remains of the Inca temple of Sacsayhuaman and the Sacred Valley on a guided tour

Included

## Day 105 - Inca Trail (1st January 2023)

**Meals:** Breakfast, Lunch, Dinner

### Option 1 - Wild Andes Trek

#### Zurite to Amaruwatana

After a hearty breakfast we leave Zurite and head towards Amaruwatana camp. The walk will take us through Qenteqentiyoc (the Hummingbird Temple), where we will visit and admire this Inca archaeological site. We will then follow the ancient path all the way to the top of our first pass at 4,400m, where we will have a dramatic view of both the Vilcabamba and Vilcanota mountain ranges. From here we start walking down on the way to our first camp in the Sambor Valley where we will spend the night camping.

Approximate walking time: 8hrs, Distance: 13kms, Meals provided: Breakfast, Lunch, Dinner

### Option 2 - Classic Inca Trek

#### Ollantaytambo to Wayllabamba

After breakfast, we catch a bus to Piscaycuscho and the start of the Classic Inca Trek - the railroad KM82 marker (at 2,700m altitude). Here we are joined by our crew of local porters and cooks. We will cross the bridge over the River Urubamba and following a trail along the left-hand shore of the river, enjoying stunning views of the snow-capped Mount Veronica (5,830m) and the Incan archaeological remains at Llactapata. Continuing through lush farmland and woodland, we gradually climb for approximately 5 hours to our first campsite at Wayllabamba (3,000m).

Approximate trekking time: 5-6hrs, Distance: 12kms, Meals provided: Breakfast, Lunch, Dinner, Snacks

### Option 3 - Train Package

Today is a free day to enjoy Cuzco, with its museums, churches, incredible colonial architecture, beautiful restaurants and a vast array of shops, selling textiles and handicrafts.

## Day 106 - Inca Trail (2nd January 2023)

**Meals:** Breakfast, Lunch, Dinner

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### Option 1 - Wild Andes Trek

#### Amaruwatana to Ancascocha

We have an early start this morning, trekking for approximately 2 hours to reach the top of our second pass at 4,700m. From here we have fantastic views of the rock formations below us, and if we're lucky we may spot Andean ibises, caracaras, eagles or foxes up here!

After descending for approximately 2 hours, we arrive at a stunning highland valley with a glacial river named Kenqo Mayu (meaning "Zig-zag River") flowing down it - which makes an idyllic stop for lunch!

After lunch we will continue trekking downhill following the ancient trail, which leads us to our campsite in the Ancascocha area.

Approximate trekking time: 6-7hrs, Distance: 10kms, Meals provided: Breakfast, Lunch, Dinner

### Option 2 - Classic Trek

#### Wayllabamba to Pacaymayo

This is the most challenging day of the trek as we ascend a long steep path (approximately 4 hours) through Andean cloud forest and highland puna to reach the highest point of our trek, Warmiwañusca (meaning "Dead Woman's Pass") at a height of 4,200m. During our ascent, we can appreciate the wide variety of plant, flower and bird species supported by this unique eco-climate. On reaching the pass, our challenge is rewarded by an astonishing panoramic view of the Vilcanota and Vilcabamba mountain ranges. From here we descend for 2 hours into the Pacaymayo Valley (3,650m altitude) and to our second campsite.

Approximate trekking time: 6-7hrs, Distance: 11kms, Meals provided: Breakfast, Lunch, Dinner, Snacks

### Option 3 - Train Package

Today is a free day for you to enjoy Cuzco, with its museums, churches, incredible colonial architecture, beautiful restaurants and a vast array of shops selling textiles and handicrafts.

## Day 107 - Inca Trail (3rd January 2023)

**Meals:** Breakfast, Lunch

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### Option 1 - Wild Andes Trek

#### Ancascocha to Ollantaytambo

Today we will descend the narrow Silque Canyon, allowing us to observe its tall granite walls which are populated by a large variety of orchids and bromeliads, filling the environment with magnificent colours when they bloom. After crossing many little bridges we will reach the Camicancha area, where we stop at a magnificent volcanic viewpoint looking towards the snow-capped Mt. Veronica.

From here it is only a short trek to Chilca, where our trail ends. We'll be picked up by our vehicle and head to Ollantaytambo, taking a well-earned shower and rest at our hotel.

In the afternoon we will have an included guided tour around the incredible archaeological site of Ollantaytambo and its world-famous Temple of the Sun. Please note that we have the evening to ourselves in Ollantaytambo, our Guide will meet us in the morning. No Meals are included in Ollantaytambo.

Approximate trekking time: 5hrs, Distance: 12kms, Meals provided: Breakfast, Lunch

### Option 2 - Classic Inca Trek

#### Pacaymayo to Wiñay Wayna

Today we follow ancient stone paths and steps to ascend the well-preserved Inca remains of Runkurakay, Sayacmarca, and Phuyupatamarca (the "Town above the Clouds") where we can appreciate the Incas' complex architectural style and reverence of natural geography and beauty. Heading down the Andean slope, we reach our final night's camp by the Wiñay Wayna (meaning "Forever Young") ruins, with panoramic views of the valley below.

Approximate walking time: 8hrs, Distance: 16kms, Meals provided: Breakfast, Lunch, Dinner, Snacks

### Option 3 - Train Package

After being picked up from your hotel in the morning you will be driven to the fortress city of Ollantaytambo and our hotel for the night, the Tunupa Lodge. Here you will rejoin the Wild Andes Trekkers and your tour leader who will be arriving from their trek this afternoon.

## Daily Activities

### Included Activities

Take a guided tour of the fantastic Inca temples at Ollantaytambo

Included

## Day 108 - Cuzco (4th January 2023)

**Meals:** Breakfast

### Option 1 - Wild Andes Trek

#### Ollantaytambo - Machu Picchu - Cuzco

Today we will have an early start to catch the train to the small town of Aguas Calientes. From there, we will take a bus up the winding mountainside to the legendary ruined city of Machu Picchu - one of the world's most iconic sights! We have a guided tour with our expert local guide and there will be plenty of free time to explore this magical place.

In the afternoon we will head back to Ollantaytambo and then on to Cuzco, where we return to our joining hotel at the end of a long but phenomenal day!

Meals provided: Breakfast

### Option 2 - Classic Trek

#### Wiñay Wayna to Machupicchu

Leaving Wiñay Wayna, we descend gradually further through the highland jungle to our destination - Intupunku (the "Sun Gate") leading into Machu Picchu. Arriving at daybreak, we catch our first breathtaking view of this historical wonder. As with the Wild Andes Trek, our local guide will show us the most important constructions as well as explain the history and the mythology of this magnificent place. There is also some free time to explore the ruins further at your own pace or just chill out and watch the hummingbirds or vizcachua. In the afternoon we head back down to Aguas Calientes and take the train back to Ollantaytambo and return to Cuzco for a well-deserved rest.

Approximate walking time: 2hrs, Distance: 4kms, Meals provided: Breakfast, Snacks

### Option 3 - Train Package

After an early breakfast and walk to the train station, your stunning 2 hour train ride to Aguas Calientes begins. The journey takes you through several different micro-climates, past Inca terraces, lookout posts, ancient river bank reinforcements and small towns. You will get a glimpse of different temples and the beautiful Mount Veronica (5,750m). Passing through 8 tunnels, the train journey finally comes to an end in the busy pueblo, Aguas Calientes. From here you take a local bus that winds up the mountainside for about 30 minutes until you arrive at the entrance to Machu Picchu (2,400m), the awe inspiring 'Lost City of the Incas'. The guide will take you around the immense, mystical ruins for about 2 hours to 2 hours 30 minutes, explaining the rich history of the ancient site. Afterwards, you will have time to explore on your own before returning down the mountain to Aguas Calientes.

In the afternoon you will catch a train from Aguas Calientes to Ollantaytambo and a private transfer will take you back to your hotel in Cuzco.

Meals provided: Breakfast

## Daily Activities

### Included Activities

Guided visit to the fabled Incan citadel of Machu Picchu

Included

## Day 109 - Cuzco (5th January 2023)

**Meals:** Breakfast

Today is a free day to relax after the treks, further explore the historical city of Cuzco, and take part in some optional activities around the city.

## Daily Activities

### Optional Activities

Take a Spanish class in the beautiful city of Cuzco (suitable for all levels)

1hr private Class: 20 USD

Visit the Cuzco Chocolate museum and take part in a workshop

Workshop: 70 PEN

Take part in a Peruvian cooking class in Cuzco learning how to make a variety of local dishes

Class: 79 USD

Explore Cuzco on a free walking tour

Tour: Free

## Day 110 - Puno (6th January 2023)

**Meals:** Breakfast

Today we will leave Cuzco and head through the highlands of Peru to the town of Puno, on the shores of Lake Titicaca.

## Day 111 - Isla del Sol (7th January 2023)

**Meals:** Breakfast, Lunch

**Border information:** Exit Peru at Yunguyo, enter Bolivia at Kasani.

This morning we will cross into Bolivia and head to the lakeside town of Copacabana, before boarding a boat to the stunning island of Isla del Sol.

## Daily Activities

### Included Activities

Stay overnight on Lake Titicaca's Isla del Sol and take a guided walk across the island

Included

## Day 112 - Copacabana (8th January 2023)

**Meals:** Breakfast

Today we will take an included day trip across Isla del Sol in Lake Titicaca, one of the holiest sites in ancient Inca mythology and supposedly the birthplace of the Sun God Inti. We will take a 14km walk across the length of the island, taking in the incredible and serene scenery and soaking up the calm atmosphere of the island (this walk can be skipped by anybody who does not want to do it).

We will return to Copacabana for the evening.

## Day 113 - La Paz (9th January 2023)

**Meals:** Breakfast

Today we will drive to the famous city of La Paz, Bolivia's seat of government and the highest administrative capital in the world!

## Day 114 - La Paz (10th January 2023)

**Border information:** if you are joining in La Paz, you will most likely enter Bolivia at La Paz El Alto International Airport (IATA code: LPB).

Welcome to La Paz, Bolivia's seat of government and the highest administrative capital in the world! There will be an important group meeting at 6:00pm at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

Please note that many of the options listed below will only be possible for those with extra time in La Paz before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring La Paz.

**A note on altitude:** If you are joining in La Paz, we strongly recommend arriving at least 24 hours before the trip begins to allow additional time to acclimatise.

## Day 115 - La Paz (11th January 2023)

**Meals:** Breakfast

Today we have a free day to enjoy La Paz.

### Daily Activities

#### Optional Activities

Take a trip out to the mountain resort of Chacaltaya and the other-worldly landscape of the Moon Valley near La Paz

Full day tour: 130 BOB

Downhill "gravity assisted" mountain biking from La Paz to Coroico

Full day tour (not incl 50 BOB road fee): 125 USD

Guided tour to explore Tiahuanacu Inca Ruins

Full day tour: 220 BOB

Take a guided tour of the main sights and viewpoints around La Paz

City tour: 150 BOB

Enjoy some zip lining in Coroico

Price: 220 BOB

## Day 116 - Potosi (12th January 2023)

**Meals:** Breakfast

Today we will leave La Paz behind and head to the colonial mining town of Potosí, the highest town in the world, and once famous for the area's abundance of silver!

## Day 117 - Uyuni (13th January 2023)

**Meals:** Breakfast

After some free time in Potosi, we will continue our journey to Uyuni, the gateway to the Salar de Uyuni salt flats.

In Uyuni we will stay in a friendly hotel, famous for serving the highest pizzas in the world!

### Daily Activities

## Optional Activities

Visit the the Casa de la Moneda museum in Potosí to learn all about its colonial past and the silver that once flowed from the area

Tour incl camera fee: 60 BOB

Head down into the tunnels of the Potosi silver mine

Tour: 120 BOB

## Day 118 - Uyuni (14th January 2023)

**Meals:** Breakfast, Lunch

Today we will venture out onto the salt flats of the Salar de Uyuni, spending a full day exploring this phenomenal location by jeep and on foot. En route we will explore the nearby train graveyard and the cactus-filled 'Fish Island', and take all the time we need to get plenty of perspective-bending photographs!

## Daily Activities

### Included Activities

Take jeeps out onto the dazzling Uyuni Salt Flats

Included

## Day 119 - Altiplano (15th January 2023)

**Meals:** Breakfast, Lunch, Dinner

Today we will head off across the wilds of the Altiplano, a surreal and desolate desert landscape that stretches all the way into Chile. We will make plenty of stop for photographs on the way and at the end of the day we aim to cross the border into Chile, making camp soon afterwards.

## Daily Activities

### Included Activities

Take the epic journey across the Altiplano - an incredible high-altitude adventure through a surreal desert landscape taking in bizarre rock formations and stunning lakes

Included

## Day 120 - San Pedro de Atacama (16th January 2023)

**Meals:** Breakfast, Lunch

Border information: Exit Bolivia and enter Chile at Ollague

After breakfast we will break camp, and drive through the stunning Reserva Nacional Alto Loa on the Chilean part of the Altiplano, stopping off en route for photographs. Afterwards descending down to San Pedro de Atacama.

Please note: The weather in this region can be unpredictable and has been known to close the road to the border. On these occasions we will take an alternate route across the Altiplano, crossing into either Chile or Argentina at a different border point. Your Tour Leaders will keep you informed of any changes that may be necessary.

## Day 121 - San Pedro de Atacama (17th January 2023)

**Meals:** Breakfast

Today we will have a free day to explore the incredible highlights of the Atacama desert surrounding San Pedro. In the evening we will take an included trip out to the extraordinary Moon Valley, where we will hopefully see an incredible sunset. At night we will also have the chance to go stargazing, in one of the world's premier regions for astronomy (please note that this is only possible when there is not a full moon).

## Daily Activities

### Included Activities

Explore the dramatic landscape of the Moon Valley

Included

### Optional Activities

Discover some of the interesting ancient ruins near San Pedro and the artifacts found in the area on an archaeological tour

Tour: 25,000 CLP

Hire a bike to explore the incredible deserts surrounding San Pedro de Atacama at your own pace

Half day: 5,000 CLP

Discover the incredible deserts of San Pedro on horseback

Riding: 13,500 CLP

Take a tour of the stunning Lagunas Altiplánicas backdropped by the incredible deserts and volcanic scenery of the region

Entrance: 35,000 CLP

Observe the night skies at a Chilean observatory

Tour: 25,000 CLP

## Day 122 - Purmamarca (18th January 2023)

**Meals:** Breakfast, Lunch, Dinner

**Border information:** Exit Chile at Paso Jama, enter Argentina at Paso Jama.

Today we will have a long drive day to cross the mighty Andes, cross the border into Argentina, and reach the beautiful village of Purmamarca next to the aptly-named 'Hill of Seven Colours'

## Day 123 - Salta (19th January 2023)

**Meals:** Breakfast

Today we will drive to the beautiful colonial city of Salta, where we will have time to freely explore on arrival.

## Day 124 - Salta (20th January 2023)

**Meals:** Breakfast

Today we will have a free day to explore the town of Salta, visit its many museums, or explore the beautiful surrounding hills on foot or by mountain bike. We will also have the chance to take the cable car to the viewpoint on San Bernardo Hill overlooking the town, taking in some of the incredible mountain scenery nearby.

## Daily Activities

### Optional Activities



Explore the beautiful mountains and forests near Salta on a mountain biking trip

The Bull circuit: 1,300 ARS

Rainforest Circuit: 900 ARS

Downhill Cuesta del Obispo: 2,000 ARS

Bike Rental (full day): 600 ARS

Take the cable car up to the top of San Bernardo Hill and take in the breathtaking views out over the city of Salta below

Return cable car: 200 ARS

Go trekking in and around Salta

Rainforest Trek: 1,100 ARS

Urban Trek: 700 ARS

## Day 125 - En route (21st January 2023)

**Meals:** Breakfast, Lunch, Dinner

Today we will have a short morning drive to a campsite in Cabra Corral, a small village south of Salta where we have the opportunity to go rafting or zip-lining!

Tonight we will continue our drive a short distance to wild camp in the stunning mountains nearby, or camp at the rafting base in Cabra Corral if preferred.

### Daily Activities

#### Optional Activities

Fly through the stunning valleys above the Juramento river on an exciting 4-cable zip-lining course

Zip line: 750 ARS

Get the adrenaline pumping with some white water rafting in Salta

Rafting: 950 ARS

Rafting & BBQ: 1,150 ARS

## Day 126 - Cafayate (22nd January 2023)

**Meals:** Breakfast, Lunch, Dinner

Today we will drive through the spectacular rock formations of the Quebrada de las Conchas, and reach the serene town of Cafayate.

This small unassuming town is the centre of one of Argentina's principal wine producing regions, famous for the quality of its Torrentes and Tannat wines! Over the next two days we will have the opportunity to go to a few of the vineyards nearby to see how the wine is made, and of course to try them!

### Daily Activities

#### Included Activities

Visit the impressive rock formations of 'El Amphiteatro' and 'La Garganta del Diablo' en route through the primeval landscape of the Quebrada de las Conchas

Included



## Day 127 - Cafayate (23rd January 2023)

**Meals:** Breakfast, Lunch, Dinner

Free day to explore Cafayate. This small unassuming town is the centre of one of Argentina's principal wine producing regions, famous for the quality of its Torrontes and Tannat wines! We will have the opportunity to go to a few of the vineyards nearby to see how the wine is made, and of course to try them!

### Daily Activities

#### Optional Activities

Discover the bodegas and stock up on wine in Cafayate

Wine tasting: 150 ARS

## Day 128 - Recreo (24th January 2023)

**Meals:** Breakfast, Lunch, Dinner

Today we will drive south over some more spectacular mountains and arrive in the lush flat pampas that Argentina is famous for. We will visit the ancient ruins of the indigenous city of Quilmes en route.

### Daily Activities

#### Included Activities

Visit the Quilmes ruins

Included

## Day 129 - Estancia (25th January 2023)

**Meals:** Breakfast, Lunch, Dinner

Today we drive to a unique Anglo-Argentine Estancia, where we will stay for 3 nights.

During our time at the Estancia, we will head out horseback riding, taste the excellent wines produced by their vineyards, be entertained by a local musician, learn some of the skills of the gauchos, and enjoy a traditional asado (Argentine BBQ). This is a magical experience in a beautiful and atmospheric location, and many people's highlight of the trip!

*Please note that some of these activities are subject to weather conditions. Please also note that there is a strict weight limit of 15 stone (210lbs) or 95kg to partake in the horse riding - if you should weigh more than this, then unfortunately you will not be able to participate in the horseback riding.*

### Daily Activities

#### Included Activities

Spend 3 unique days at an Anglo-Argentinian estancia to experience the Gaucho way of life

Included

## Day 130 - Estancia (26th January 2023)

**Meals:** Breakfast, Lunch, Dinner

Full day at the Estancia.

## Day 131 - Estancia (27th January 2023)

**Meals:** Breakfast, Lunch, Dinner

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Full day at the Estancia.

## Day 132 - Buenos Aires (28th January 2023)

**Meals:** Breakfast

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Today we will have a full day drive to the wonderful city of Buenos Aires, the capital of Argentina.

## Day 133 - Buenos Aires (29th January 2023)

**Meals:** Breakfast

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Today is a free day to explore the incredible city of Buenos Aires, soak up the atmosphere of its streets, and discover its amazing culture, art, and music.

### Daily Activities

#### Optional Activities

Learn all about the cuisine of Argentina on a food tour of Buenos Aires visiting several incredible local top-class eateries that you won't find in the guidebooks!

Tour: 85 USD

Enjoy a free city tour of Buenos Aires

Tour: Free

Visit the strangely beautiful cemetery of Recoleta the final resting place of many ex-presidents and Argentine icons most famously including the tomb of Eva Peron

Entrance: Free

See a different side to Buenos Aires on a tour of its incredible street art with some of the local artists

Tour: 20 USD

Try your hand at the art of tango dancing with a private lesson in Buenos Aires

Lesson: 25 USD

Head out to a tango show in Buenos Aires' oldest cafe the Gran Cafe Tortoni - seeing a slice of iconic Argentine culture in an ideal and intimate setting

Show: 650 ARS

Try some of Argentina's most delicious wines on a top-level wine tasting afternoon in Buenos Aires

Price: 52 USD

## Day 134 - Buenos Aires (30th January 2023)

**Border information:** if you are joining in Buenos Aires, you will most likely enter Argentina at Buenos Aires Ministro Pistarini International Airport, also known as Ezeiza Airport (IATA code: BUE/EZE).

Welcome to Buenos Aires, the wonderful capital of Argentina! There will be an important group meeting at 6:00pm at the joining hotel - please look out at the hotel reception for a note from your leader with more details about this important meeting.

Please note that many of the options listed below will only be possible for those with extra time in Buenos Aires before the start of your trip with us - please contact the Sales team if you would like to book pre-tour accommodation with us to have extra time exploring Buenos Aires.

In Buenos Aires we will stay in a centrally-located hotel.

## Day 135 - Buenos Aires (31st January 2023)

**Meals:** Breakfast

Today will be a free day to explore the incredible city of Buenos Aires, soak up the atmosphere of its streets, and discover its amazing culture, art, and music.

### Daily Activities

#### Optional Activities

Learn all about the cuisine of Argentina on a food tour of Buenos Aires visiting several incredible local top-class eateries that you won't find in the guidebooks!

Tour: 85 USD

Watch a football game at La Bombonera

Entrance: 300 ARS

Enjoy a free city tour of Buenos Aires

Tour: Free

Explore the beautiful area of Palermo Viejo see the incredible modern sculpture of Floralis Genérica and head out to the area's bars and restaurants at night

Entrance: Free

Visit the strangely beautiful cemetery of Recoleta the final resting place of many ex-presidents and Argentine icons most famously including the tomb of Eva Peron

Entrance: Free

Head out to a tango show in Buenos Aires' oldest cafe the Gran Cafe Tortoni - seeing a slice of iconic Argentine culture in an ideal and intimate setting

Show: 650 ARS

## Day 136 - Yapeyu (1st February 2023)

**Meals:** Breakfast, Lunch, Dinner

Today we have a full day drive north through the provinces of Entre Ríos and Corrientes, aiming to reach the beautiful village of Yapeyú on the banks of the River Uruguay. Yapeyú is very famous amongst Argentines for being the birthplace of their national hero General José de San Martín, one of the liberators of South America from Spanish colonial rule.

### Daily Activities

#### Optional Activities

Visit the remains of the house of José de San Martín, one of the main liberators of South America (if time allows)

Entrance: Free

## Day 137 - Foz do Iguacu (2nd February 2023)

**Meals:** Breakfast, Lunch, Dinner

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**Border information:** Exit Argentina at Tancredo Neves, enter Brazil at Tancredo Neves.

Today we cross the border into Brazil and drive to the city of Foz do Iguacu.

## Day 138 - Foz do Iguacu (3rd February 2023)

**Meals:** Breakfast, Lunch, Dinner

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Today we will visit the Brazilian side of the phenomenal Iguazu Falls, to get some incredible panoramic vistas of the mighty waterfalls. There is also plenty of time to visit the bird park, take a helicopter ride over the falls, see the incredible Itaipu Dam, or quickly stop into Paraguay to pick up some bargains in the nearby Ciudad del Este.

### Daily Activities

#### Included Activities

Discover the unbelievable Iguazu Falls from the Brazilian side

Included

## Day 139 - Foz do Iguacu (4th February 2023)

**Meals:** Breakfast, Lunch, Dinner

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Today we will take a day trip back into Argentina to see the incredible Iguazu Falls from the other side. This is well worth doing as the views are even more spectacular, and you'll be able to look right down into the mighty Garganta del Diablo (the largest waterfall here) from a gantry walkway viewing point). We will have a full day at the Argentine side of the falls, allowing us lots of time to freely explore the site, hike some nature trails, or perhaps take an exhilarating (and very wet) boat ride!

We will return to our base in Foz do Iguacu tonight.

### Daily Activities

#### Included Activities

Spend the day exploring the amazing Iguazu Falls from the Argentinian side

Included

#### Optional Activities

Get a soaking on a boat trip to the Falls

Boat: 1,500 ARS

## Day 140 - Bonito (5th February 2023)

**Meals:** Breakfast, Lunch, Dinner

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Today we have a full drive day north to the Brazilian eco-tourism capital of Bonito.

## Day 141 - Bonito (6th February 2023)

**Meals:** Breakfast, Lunch, Dinner

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We have two full days in Bonito to take part in the plethora of incredible optional activities here. You could go out on a world-class snorkelling trip, explore the nearby caves, or go abseiling down some of the largest waterfalls in the area, amongst many other possibilities!

## Daily Activities

### Optional Activities

Take an incredible snorkelling trip through the crystal clear waters of the Rio da Prata getting a phenomenal view of the fish and aquatic plants underwater

Snorkelling trip and transport: 290 BRL

### Day 142 - Bonito (7th February 2023)

**Meals:** Breakfast, Lunch, Dinner

Second free day for optional activities in Bonito.

### Day 143 - Pantanal (8th February 2023)

**Meals:** Breakfast, Lunch, Dinner

Today we have a short drive to Brazil's amazing Southern Pantanal region, where we have a visit a local eco-tourism ranch (or 'fazenda').

We will spend 2 nights here and have a fantastic package of included activities such as exploring the beautiful surrounding countryside on horseback, trips down the wildlife-abundant rivers in boats and canoes, and safaris on the ranch's trucks and on foot where we hope to spot capybaras, caimans, and (if we are very lucky) jaguars and ocelots. Our stay here is an incredible highlight!

In the Southern Pantanal we will stay in dorm accommodation in a well equipped lodge with all the meals and activities included.

## Daily Activities

### Included Activities

Spend 2 nights in the Pantanal, the world's largest tropical wetland area, exploring the flora and fauna with local guides

Included

### Day 144 - Pantanal (9th February 2023)

**Meals:** Breakfast, Lunch, Dinner

Full day in the Pantanal.

### Day 145 - Campo Grande (10th February 2023)

After our morning activities and one final lunch in our beautiful ranch, it is time to leave the Pantanal. We will start driving east towards Sao Paulo state, and wild camp or stay in a local pousada at the end of the day.

### Day 146 - Brotas (11th February 2023)

**Meals:** Breakfast, Lunch, Dinner

Today we will drive to the remote town of Brotas in southeastern Brazil.

### Day 147 - Brotas (12th February 2023)

**Meals:** Breakfast, Lunch, Dinner

Today is free to take part in optional adventure activities such as white water rafting or canyoning, or to simply relax by the pool!

## Daily Activities

### Optional Activities

Go on a half-day canyoning trip through the gorges of the Jacare River near Brotas

Activity: 270 BRL

Head out white-water rafting on the fast moving waters of the Jacare River (approximately Grade 3-4)

Activity: 150 BRL

## Day 148 - Paraty (13th February 2023)

**Meals:** Breakfast

Today we have a full day drive to the colonial town of Paraty on the Emerald Coast of the Atlantic!

## Day 149 - Paraty (14th February 2023)

Today we will have an included boat trip around the incredible islands and beaches off the coast.

## Daily Activities

### Included Activities

Boat trip out to islands and beaches

Included

### Optional Activities

Learn all about the fascinating history of Brazil and the Gold Trail on an excellent walking tour of the old colonial town of Paraty

Walking Tour: 35 USD

Enjoy some of the best and most scenic treks in the country on the coastal trails hills and 'tropical fjords' near Paraty

Walking Tour: 50 USD

Explore the ocean islands beaches and mangroves of Atlantic coast in a more serene and tranquil fashion on a sea kayaking expedition around the bay of Paraty

Kayaking: 80 BRL

## Day 150 - Paraty (15th February 2023)

Today we will have free time to explore the town, take a historical tour, walk along the stunning scenery of the coastline, head out snorkelling or diving, or simply relax on the idyllic beaches.

## Day 151 - Rio de Janeiro (16th February 2023)

This morning we will drive to the incredible Rio de Janeiro, one of the most beautifully situated cities in the world!

In Rio de Janeiro we will stay in a great hotel in the Flamengo district, close to the beach and the metro station.

## Daily Activities

### Optional Activities

Relax and explore the world famous beaches of Rio de Janeiro including Ipanema Arpoador and of course Copacabana

Entrance: Free

Visit the world famous statue Christ the Redeemer

Train and entrance: 83 BRL

## Day 152 - Rio de Janeiro (17th February 2023)

Welcome to Rio Carnival, the biggest party on the planet!

There will be an important meeting at 17:00 or 18:00, where you'll have a full briefing on how to make the most of your time in Rio and receive your tickets, maps, T-Shirt and souvenir booklet - please check the notice board in the reception area for other important information throughout the week.

After the meeting we have a table booked at a nearby buffet restaurant, so you can get to know some of your fellow travellers.

Our dedicated Carnival team will be on hand throughout the week for a few hours each day to provide any assistance you may need.

There's a whole host of additional optional activities that you may like to take part in, such as 'Join the Parade', prior early booking is essential!

If you are arriving early you may like to join a Market Tour or Jungle Tour.

In Rio de Janeiro we will stay in a great hotel in the Flamengo district, accommodation is in twin or double rooms. Our hotel is close to the beach and the metro station. Our hotel check-in is from 2pm, and staff will be on hand to give you assistance.

Border information: if you are joining in Rio de Janeiro, you will most likely enter Brazil at Rio de Janeiro Galeão International Airport.

## Day 153 - Rio de Janeiro (18th February 2023)

**Meals:** Breakfast

Today we will visit the most iconic sights of Rio; the immense statue of Christ the Redeemer standing at 710m on Corcovado mountain and the Pão de Açúcar (Sugarloaf Mountain). We will have some time to explore these sights in our own time, you may even choose to take a helicopter ride!. We will also aim to see some other important landmarks such as the Maracanã stadium, Escadaria Selarón and the Lapa Arches. We will travel by minibus. (NB today's tour is unguided but you will be accompanied by our crew).

This evening we will head out to Lapa for a night out in a samba club; Rio Scenarium, one of the City's greatest nightspots - it's an antiques warehouse, music venue, bar and restaurant all housed in a fantastic colonial mansion. There will be live samba music and DJ's on each floor. We will be hosting a beginners Samba Dance class in the late afternoon, why not sign up and learn some of the basic steps before hitting the town!

## Daily Activities

### Included Activities

Visit the world famous Christ the Redeemer statue & Sugar Loaf mountain on a City Tour

Included

Spend the night in Rio Scenarium, one of the best nightclubs in the city

Included

### Optional Activities

Perfect your Samba moves in a beginners Dance Class

Class: 29 USD

## Day 154 - Rio de Janeiro (19th February 2023)

**Meals:** Breakfast

This morning why not glitter up and join us at one of the local 'blocos' or street parties, there will be live music, dancing and plenty of opportunities to get to know Rio and it's people! Blocos are great fun, crowded, hot and lively! The local 'cariocas' will be all dressed up, so make sure you come dressed to impress!

In the evening it's time for the main event of the week - the parade in the Sambadrome. The top samba schools parade their fantastic floats and costumes and the party goes on well into the early hours of Monday morning. You'll be situated in Sector 11, close to the action.

### Daily Activities

#### Included Activities

Experience the close up view of the fantastic Samba parade from Sector 11 of the Sambadrome

Included

## Day 155 - Rio de Janeiro (20th February 2023)

**Meals:** Breakfast

This morning is free for you to recover from last night in the Sambadrome! It's a great chance to hit the beach, explore the city or simply have a lie in!

In the afternoon you may wish to join us for a walking tour of Copacabana and Ipanema beaches.

Tonight we have the chance to re-visit the Sambadrome, this time in Sector 5 in the centre of the parade runway, to see the last 7 of the elite Samba schools parading. You even have the option to don a costume and take part in the parade itself, dancing your way down the Sambadrome runway - a once in a lifetime experience!

It is important to pre-book these activities early.

### Daily Activities

#### Optional Activities

Second visit to the Sambadrome in the amazing Sector 5

Ticket: 467 USD

Today's Walking Tour will take you through two of the most famous neighbourhoods; Copacabana and Ipanema and finishing up with a picnic by the Rodrigo de Freitas Lagoon.

Tour: 25 USD

Relax and explore the world famous beaches of Rio de Janeiro including Ipanema Arpoador and of course Copacabana

Entrance: Free

## Day 156 - Rio de Janeiro (21st February 2023)

**Meals:** Breakfast



Today you have free time to enjoy the activities, sights and sounds of Rio! Join a bloco, hit the beach or ride the tram to Santa Teresa. Rio has so much to offer other than it's carnival festivities. We will be organising some fun water based activities such as kayaking and paddle boarding (prior booking is essential).

Tonight you have a free night to hit the town; head downtown and enjoy a Caipirinha under the iconic Lapa arches or join a bloco.

## Daily Activities

### Optional Activities

Explore the magnificent Botanical Gardens of Rio de Janeiro with over 54 hectares and 6500 species of plants and flowers

Entrance: 8 USD

## Day 157 - Rio de Janeiro (22nd February 2023)

**Meals:** Breakfast

Border information: if you are leaving in Rio de Janeiro, you will most likely exit Brazil at Rio de Janeiro Galeão International Airport.

The Carnival package finishes after breakfast today. Our hotel check-out is at 12pm.

If you would like to extend your visit, why not speak to your Sales representative about joining one of our overland trucks to Buenos Aires or Salvador and beyond?!

Accommodation:

## ITINERARY DISCLAIMER

The routes, activities and places visited described in these notes are intentions and are meant as a rough guide only. By their very nature, overland itineraries need to be flexible and the regions that we are travelling through are often unpredictable. We intend to follow the planned route but exact night stops and inclusions cannot be guaranteed and it sometimes happens that we decide to make a change to our planned itinerary. This may be for a variety of reasons; climatic, road or bureaucratic conditions may demand it. Changes to the itinerary may occur with little notice so please be prepared for modifications to your trip.

### Drive Times

Drive times are listed in the day-to-day itinerary. These are the approximate number of hours that the vehicle will be in motion, and does not include any time taken for coffee or lunch stops, border crossings, photo stops, activities en route, comfort breaks, shopping stops, toilet stops, etc. The times given are approximate estimates only and whilst given with the best of intentions, the drive times are heavily dependent on traffic, road conditions, weather, police roadblocks, and many other factors.

### Accommodation and Meals Included

The type of accommodation and included meals are listed for each day of the itinerary. These listings show our intention and on most departures the listings will be accurate. However due to the flexible nature of overland itineraries, climatic, bureaucratic or road conditions may demand changes to our listed intentions or groups may simply decide to amend the plans from time to time.

### Optional Activities

A selection of optional activities is listed in the day-to-day itinerary. This list is designed to be a helpful guide as to what is commonly available in each location, and is neither an exhaustive list, a guarantee that the activity is available, or an endorsement or recommendation. Certain activities may not be available on your particular visit and it may not be possible to do all the activities listed in the time available at each destination. It is recommended to give yourself extra time in your joining or ending city if you would like to participate in some optional activities there. Prices listed are for entrance only and do not include transport costs to and from the sites or local guides unless indicated. The prices are displayed according to our latest information and in the best faith, but prices do fluctuate due to exchange rates, season, numbers of participants, and simple increases from the operator, and therefore any prices listed are a guide only and cannot be guaranteed. If you partake in any optional activities, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with Dragoman. You may be required to sign/complete a waiver form or optional activity form for some optional activities. For more information around activity safety and insurance, please see the Essential Information document.

## EMERGENCY CONTACT INFORMATION

In the event of a real emergency once you have left your home country, please contact us on our out of office hours number. If you cannot get through on the phone, please leave a message with your name, reference number, contact details and a message with the help that you need and we will get back to you. Please bear in mind that real progress or action may not be possible until normal office hours, depending on the issue.

If your flight is delayed, please inform us as soon as you can and then make your way to the joining hotel as instructed in the Joining Point section of these notes.

**Out of hours Number: +44 (0) 7985 106564**

## A FEW RULES

We expect all group members to act respectfully towards our staff and other group members. Bullying will not be tolerated.

Engaging in commercial or exploitative sexual activities, committing acts of violence or threatening violence towards local people, other group members or any member of our staff is not allowed. Any customer engaging in such activities will be required to leave the trip immediately with no refund of the trip price.

You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited and conduct yourself in accordance with our responsible travel policy. Any customer found contravening such laws or regulations will be required to leave the trip immediately with no refund of the trip price.

Although we are aware that in some parts of the world taking, carrying or selling drugs, or carrying weapons may be legal, it is not acceptable for Dragoman customers and our tour leaders have the right to ask you to leave the trip immediately with no refund of the trip price if you are found to be engaging in such activities.

## ISSUES ON THE TRIP

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local partner straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader may not be able to resolve a situation to your satisfaction. If this is the case please contact our customer relations department on [customer-relations@dragoman.co.uk](mailto:customer-relations@dragoman.co.uk).

You may also choose to provide details in your feedback questionnaire which we ask you to complete at the end of your trip, but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

## IMPORTANT NOTES

### OVERLANDING LIFESTYLE

Dragoman was founded in 1981, and has had many years of experience of leading overland trips across 4 continents. Overlanding is all about sharing a great travelling experience with like-minded people. On your trip you'll travel in one of Dragoman's purpose-built iconic expedition vehicles on an off-the-beaten-track adventure along rugged roads, experiencing the sights, sounds and smells of the world up-close. Your journey will be overland, sometimes across vast distances, so some long days spent driving are inevitable - but these will be interspersed with breaks of a day or two at a destination or activity.

On an overland journey, you are more than just a passenger and everyone gets involved setting up camp - we supply the tent but it's up to you to pitch it! As part of your trip, you will be assigned a truck job which could be collecting firewood or water, luggage loading, organising food, stores, etc. Like all great adventures, the more you put in the more you'll get out! For more details of how an overlanding trip works, please see the Essential Information document.

### SAFETY STANDARDS

We run adventure journeys in off the beaten track areas, which often have poor infrastructure. You should expect that some of these areas do not adhere to 'Western' safety standards. For more information, please see the Essential Information document

### MEDICAL ASSISTANCE IN REMOTE AREAS

We will be travelling to areas in remote locations where medical assistance will not be available, and communications may be sparse. We do not carry satellite phones on our regular trips. Therefore, if you have a medical condition such as a heart condition that would put you at risk, we would suggest that this is not the trip for you. Also, please be aware that should an emergency occur, there is likely to be a considerable delay in accessing medical care, and by joining our trip you accept this risk.

### VISAS, HEALTH, INSURANCE & MONEY

Before you travel there are vital things to consider such as:

- Any visas needed for your trip
- Any vaccinations needed (please consult your GP or travel clinic)
- Organising your local payment (the kitty)

- Buying travel insurance (insurance is compulsory to be allowed to join our trips)

For more information on these topics, please see the Essential Information Document.

## ALTITUDE WARNING

### **Warning - this trip goes above 2800m.**

Please note that this trip spends time above 2800 metres/9200 feet where it is possible for travellers to experience some adverse effects on your health due to the altitude, potentially including Acute Mountain Sickness (AMS), High Altitude Cerebral Edema (HACE) and High Altitude Pulmonary Edema (HAPE). Because of this it is very important that you make yourself aware of the cause and effects of travelling at altitude and monitor your health during this trip.

For further information please [download our AMS information sheet](#) or refer to the following website: [www.high-altitude-medicine.com](http://www.high-altitude-medicine.com). If you are starting your trip in a destination above 2800m/9200ft we strongly advise reading this information prior to arrival. Your leader will also hand you a copy of the AMS information sheet during your trip as well as holding a short meeting prior to travelling to altitudes above 2800m/9200ft for the first time.

**Some travel insurance companies will stipulate a maximum altitude limit. Please ensure that you are covered and if necessary pay the additional premium of extended cover.**

## HIGH ALTIPLANO NOTE

Because of its nature, this itinerary may vary – occasionally the road conditions are too adverse during the rainy season (January-February) to make the crossing from Uyuni to Argentina, and we may have to change the route.

During the winter months in Argentina and Bolivia, we will spend a higher proportion of nights in hotels and less time camping. Kitty may be higher than expected and you should allow extra funds for this and personal funds for more meals out. There may well be snow and you should be aware that it can get very cold at night. Please ensure that you bring a decent sleeping bag and adequate clothes, including thermals.

We will also be travelling to very high altitudes (over 5,000m if you take the crossing from Uyuni to Argentina or vice versa), so please be aware of the effects of altitude sickness.

## THE WILD ANDES TREK, CLASSIC INCA TREK AND TRAIN PACKAGE - MORE INFORMATION

### THE WILD ANDES TREK

Dragoman first developed and launched their pioneering **Community Trek**, the **Tarpuy Yachay project**, in 2006 - a fantastic, award-winning alternative to the Classic Inca Trek, the project also helped several educational and sustainable development initiatives in the Andean villages of Quishuarani and Cuncani.

After almost a decade of this successful venture, we decided that our support could be better used in a new area. In 2013, Dragoman developed an exclusive, brand new Community Trek to take our passengers really off the beaten track, to enjoy pure, unspoilt Andean trails, explore remote Inca ruins, whilst at the same time finding new ways to 'give back' to the people of the area. We have done this by funding the release of alpaca herds, offering training to local people in animal husbandry and weaving to provide a source of income. Another aspect of this project has been reforestation, which is crucial for preventing landslides to protect the local area.

In 2016, we decided to rename our Community Trek "the **Wild Andes Trek**", because we feel it better represents the trek we run. However, nothing has changed but the name - Dragoman's firm commitment to genuine, responsible tourism continues as it always has, so rest assured that whilst you take to the mountains your money is supporting local people. The Wild Andes Trek follows the same route that we have been following since 2013, which boasts some of Peru's most spectacular and remote mountain scenery.

### THE CLASSIC TREK

Of course if you prefer, there is also the option to complete the Classic Inca Trek, so called, because the trek follows the old royal route to Machu Picchu. Over the course of four days you will trek over 40km through farmland, cloud forest and mountain scenery, the trek culminates on the final morning where you will rise early to trek to Intipunku, better known as the Sun Gate, where you will catch your first glimpse of Machu Picchu. Here we can take our time to watch the mist clear over the Citadel, and walk down to the site and have some time to enjoy it before we have our guided tour.

### THE TRAIN PACKAGE

For those of you who would prefer to take Machu Picchu at a gentler pace, we offer our non-trekking, Train Package. As part of this package you will enjoy a guided tour of Sacsayhuaman and the Sacred Valley, followed by 2 days to relax or explore Cuzco at your own pace. Finally you will transfer to Ollantaytambo where you will spend the night in a lovely hotel and have time to explore the fascinating and impressive fortress here. On your final morning you will take the train to Aguas Calientes, and then onwards to Machu Picchu for your tour and free time to explore.

## GENERAL

Whichever option you choose, you are sure to have an unforgettable experience at one of the most impressive and iconic World Heritage Sites.

The kitty has been budgeted to include the cost of the Classic Inca Trek as this is the most expensive option. This means that you will receive a small kitty refund if you do the Wild Andes Trek, and a substantial kitty refund if you do the Train Package.

All three trekking groups will return to Cuzco by train and private transfer. Please note that during high season or in the case of late bookings, some trekkers may be booked onto a later train. You will always have a Guide to accompany you back to Cuzco but you should be prepared for a later arrival.

PLEASE NOTE: You must tell us at the time of booking if you want to book the Classic Inca Trek or the Train Package. If you do not tell us this you will automatically be booked onto the Wild Andes Trek.

In order to book the relevant permits and tickets, it is vital that you provide the following information at the time of booking:

- Full name (EXACTLY as it appears in the passport you are travelling on)
- Date of Birth
- Gender
- Passport Number
- Passport Expiry Date

Please be sure that all the details are correct and are for the same passport on which you will travel to Peru - any changes made after your application is submitted may not be granted and will involve fees being charged to you. Changes to name and nationality after your application is submitted are absolutely not allowed, so please ensure no changes of this sort will be needed.

There is an overlap for the Inca treks. This means a group starting a trip in Lima or La Paz will do the Inca trek at the same time as a group starting their trip in Cuzco. This means there could be several groups on the Inca trek at the same time.

## INCLUSIONS

<b>Wild Andes Trek</b>	<b>Classic Inca Trek</b>	<b>Train Package</b>
Professional bi-lingual Guides	Professional bi-lingual Guides	Professional bi-lingual Guides
Guided tour of Sacsayhuaman, Ollantaytambo and Machu Picchu	Guided tour of Sacsayhuaman, Ollantaytambo and Machu Picchu	Guided tour of Sacsayhuaman, Ollantaytambo and Machu Picchu
All transport between Cuzco and Machu Picchu	All transport between Cuzco and Machu Picchu	All transport between Cuzco and Machu Picchu
Return Train from Ollantaytambo to Aguas Calientes	Return Train from Ollantaytambo to Aguas Calientes	Return Train from Ollantaytambo to Aguas Calientes
One night accommodation in Ollantaytambo	One night accommodation in Ollantaytambo	Three nights accommodation in Cuzco and one night accommodation in Ollantaytambo
Entrance to Machu Picchu	Entrance to Machu Picchu	Entrance to Machu Picchu
High quality double-occupancy tents, sleeping mat and camping equipment	High quality double-occupancy tents, sleeping mat and camping equipment	
Hot water in the morning for washing	Hot water in the morning for washing	
Drinking water throughout the trek	Drinking water throughout the trek	
Dining tent, kitchen tent, latrine tent	Dining tent, kitchen tent, latrine tent	
First Aid Kit and Oxygen	First Aid Kit and Oxygen	
Team of Camp staff, Porters and Cooks	Team of Camp staff, Porters and Cooks	
All camping meals (vegetarian and gluten free meals can be catered for)	All camping meals (vegetarian and gluten free meals can be catered for)	
Pack animals and emergency horse in case of injury		

## BENEFITS OF THE WILD ANDES TREK

- Protecting the environment - reducing the number of people travelling on the Classic route to minimise the impact on these ancient paths.
- Responsible Tourism - providing funding for reforestation of the area, to reduce landslides.
- Sustainable - providing funding to introduce Alpacas and training in animal husbandry and weaving to create a sustainable source of income from the animals
- Trekking virtually deserted routes, with no other tourists - so you are free to enjoy the surroundings without feeling rushed or crowded
- Arriving to Machu Picchu well rested and refreshed after a comfortable night in a hotel in Ollantaytambo - ready to get the most out of the visit to this unforgettable site. (NB we do not trek into Machu Picchu, we arrive by train and bus from Ollantaytambo)
- Time to explore the citadel of Machu Picchu, many group members chose to trek up to the Sun Gate to see the famous view, after their tour.



- Trekking a unique route in the Andes

## BENEFITS OF THE CLASSIC INCA TREK

- The original Royal route is still the most popular trek because of its history (trekking is limited to 500 people per day departing on the trek, which still can feel crowded at times)
- The Classic Trek is not quite as challenging as the Wild Andes Trek as the passes are not quite as high. That said, it is still a pretty tough and you will need to be reasonably fit.
- There are fantastic views of varied terrain from cloud forest to mountains.
- The Classic Trek culminates with a morning trek to the Sun Gate, where you will experience your first glimpse of Machu Picchu (this is the only trek to do this).

## TREKKING FITNESS

Trekking at altitude should not be undertaken lightly. Regardless of which trek you choose, you need to be in good health with good physical fitness to enjoy the experience. It is not about speed; trekking slowly is far better at altitude but you do need to have the stamina to keep going and altitude can have a negative impact on your general condition and physical performance. For your own safety you must accept that it is at the complete discretion of the professional trekking guides to decide if you are not fit enough to trek, whether it be before or during the trek. The Wild Andes Trek reaches 4,700 m in altitude when we cross one of the passes. The trail can be steep and rocky but has few steps. The Classic Inca Trek has lots of steps and the highest pass is Dead Woman's Pass at 4,200 m. If you are in any doubt about your suitability to trek please consult your local doctor. We recommend arriving in Cuzco at least 24 hours prior to your trip starting (if you are joining in Cuzco). It is also important that you inform your trekking guides and Tour Leaders of any pre-existing medical issues, as well as any medications you may be taking, especially medication for altitude sickness.

## TREKKING - WHAT TO BRING

Tents, sleeping mats and all food and drinking water during the trek are provided, as well as duffle bags for your personal gear that you don't need to access during the trekking hours (such as sleeping bags and extra clothes). On the Wild Andes Trek your duffle bag will be carried by pack animals and on the Classic Trek your duffle bag will be carried by porters. Please note that there is therefore a strict weight limit of 6 kgs per bag. You will have to carry your own daypack with any items you need during the day.

You will need to be prepared for 4 seasons' weather in one day. Basically it will be cold after dark and in the mornings. During the night you will need to layer up with thermals and warm socks. In the morning when you've walked for a little while you will warm up and gradually strip off. Think layers! Wild Andes trekkers, you should also bring a set of clean clothes for the night you will spend in Ollantaytambo where you have hot showers and the evening meal out in a restaurant.

Some very useful things to bring:

- Daypack (less than 30 litres)
- Waterproof bag(s) to keep your stuff dry (bin liners or similar are fine)
- Warm sleeping bag (also available to rent from our local supplier)
- Sleeping bag liner (for extra insulation)
- Sleeping mat (only if you want extra insulation/padding as a mat will be provided)
- Walking stick (basic wooden sticks will be available to buy)
- Water bottle(s) with a total capacity of at least 2 litres
- Head torch or normal torch
- Small towel
- Camera (also charger, extra batteries and memory cards)
- Walking boots
- Light shoes or sandals (to allow your feet to relax and breathe during the evenings)
- Waterproofs
- Thermal underwear
- Warm socks
- Fleece or other warm sweater
- Woolly hat & gloves
- Sunglasses
- Sun hat
- Basic toiletries (lip salve, sun block, insect repellent, wet wipes, hand sanitizer, etc)
- Toilet paper + plastic bags to carry your used toilet paper with you (only needed during the trekking hours, at night a dug toilet with toilet paper will be provided)
- Basic medical kit (any personal medication, plasters, painkillers, etc)

- Pack of cards / book / game for evenings
- Money (for souvenirs, snacks, drinks, food, etc + tip for the guides and porters)
- PASSPORT + passport photocopy
- Cuzco Visitor's Ticket (this will be arranged for you by your tour leader)

We recommend a tip of US\$20 for your guide and perhaps US\$30 for all the rest of the staff.

## RESPONSIBLE TREKKING

Frostbite, altitude sickness and even death can be the cost for the guides and trekking staff. Tourism Concern has a campaign aimed to put a stop to the abuse of trekking staff's human rights. Equally pack animals suffer abuse and mistreatment. Mountain trekking is exhilarating and challenging, but how could many of us do it without the assistance of trekking staff? Once they have started a trek, trekkers are often horrified by the reality of the working conditions for the staff.

The prices that tour operators charge for trekking does vary enormously, mainly due to the rates of pay and conditions that the trekking crew receive. It is easy to book a trip based purely on price, but in the case of trips involving Inca trails, this will probably be because the tour operator is using local suppliers without regard to the treatment of porters and guides.

In keeping with our Responsible Tourism Policies, Dragoman has a strict Suppliers' Policy, which also covers our trekking partners. We follow Tourism Concern's policies on trekking companies and the way that guides, porters or animals are looked after. We therefore use a local Cuzco-based trekking company called Andina Travel to run all our Inca trails trekking trips. They have an excellent trekking record and good, knowledgeable guides. They have been at the cutting edge of developing codes of responsible tourism practice and involving the local Quechuan communities in the development of their various treks. They supply us with evidence of their code of practice concerning their guides, staff and pack animals.

Please bear this in mind when deciding which travel company you will travel with. Remember many of the trekking organisations, as well as many overseas tour operators who use these suppliers, are happy to promote low cost trips, even if it is at the expense of the welfare of the guides and porters that they use.

## COMMUNITIES SUPPORTED

The communities that we support are remote Andean farming communities with traditions dating back to the Incas. They are primarily Quechua speaking, with some Spanish, and little contact with the general population. Their daily lives consist of potato cultivation, weaving, and the herding of llamas, alpacas, and sheep. Considered by the Peruvian government to be living in extreme poverty, they often face malnutrition, severely cold weather, poor hygienic conditions, and little medical or health assistance. Villagers live in thatched-roof stone huts and cook with firewood. Because of the disproportionate supply and demand of native trees and bush, there is a great need for an effective reforestation project in the area. Since 2006, Dragoman has worked with Ecoam (who helps us with our reforestation project) and thanks to the support from Dragoman and our passengers, the area we used to visit around Quishuarani, Cuncani and part of the mountain range of Lares has been declared a Private Landscape Reserve.

The fairly recent introduction of tourism to the region has brought some needed assistance and economic development to the communities, but there is still much more to do. Our local trekking operator working within the guidelines of sustainable tourism has met with the communities and discussed the pros and cons of tourism in the area. Together they have established still unofficial guidelines for trekking and tourism through the Cordillera such as: established campsites to avoid contamination of community areas, use of community animals and personnel on treks, training of community members through workshops on camp maintenance, hygiene, client service to enhance their economic viability, maintenance of camp trails, camp sites, and environmental conservation. Many agencies respect these guidelines, but because making things official often brings on unwanted government intervention, they are an informal agreement between the communities, agencies, and tourists.

## CARNIVAL NOTES

**Optional activities** - All optional activities need to be booked prior to arrival at Carnival and by 5th January 2019. This can be done by contacting Dragoman's sales team or your agent. More details can be found [here](#).

**Accommodation** - This is on a shared basis (twin or triple) with breakfast included daily but no other meals. All rooms are en-suite with air-conditioning, TV, fridge and safe. There is a single supplement available at an additional cost. Please enquire with your sales agent at the time of booking if you should wish to purchase the single supplement.

**Money changing** - Banks will be closed over most of Carnival but some money changers stay open although exchange rates are not always that good. Cash will give you the best exchange rates - usually USD, GBP and EUR are easily exchanged. Travellers Cheques are not generally accepted. American Express Office is open through Carnival for exchange. Cash machines are located nearby to the hotel but can run out of money, so plan in advance and be very aware of theft and fraud.

You may wish to consider bringing the following items with you to Rio Carnival:

- Binoculars to help see the detail of the parades at the Sambadrome
- A disposable raincoat (can also be bought in Rio)
- A compact camera
- A money belt

MEXICO NOTES

GUATEMALA NOTES

BELIZE NOTES

PANAMA NOTES

EL SALVADOR NOTES

HONDURAS NOTES

NICARAGUA NOTES

COSTA RICA NOTES

COLOMBIA NOTES

ECUADOR NOTES

PERU NOTES

BOLIVIA NOTES

ARGENTINA NOTES

CHILE NOTES

BRAZIL NOTES

Please ensure you have an up to date version of these notes. **These notes were printed on the 28th July 2021**