

# MEXICO, CENTRAL AMERICA & PATAGONIA, (CMU)

Ushuaia to Mexico City 156 Days, departing 22nd December 2021



## TRIP OVERVIEW

**Trip Style:** Overlanding

**Route:** Ushuaia to Mexico City

**Duration:** 156 Days

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

**Accommodation:** Comfortable Hotel 49 nights  
Wild Camp 5 nights  
Camping 35 nights  
Multishare Hostel 31 nights  
Basic Hotel 30 nights  
Homestay 1 night  
Guesthouse 2 nights  
Hammocks 2 nights

**Meals:** Breakfasts x 90, Lunches x 55, Dinners x 51

**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 - Ushuaia (22nd December 2021)

Welcome to the incredible port town of Ushuaia, the southernmost city 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 meeting.

Important note from September 2018 departures: The full W-Walk is now included in this tour. If you wish to remain at our base camp, please inform us at time of booking so that we can arrange your meals and guides.

If you arrive early to Ushuaia, there are options such as a visit to the hauntingly beautiful Tierra del Fuego National Park, boat trips to see the scenery and wildlife of the Beagle Channel, or heading out horse riding along the coast. Please note that many of the options listed below will only be possible for those with extra time in Ushuaia 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 Ushuaia.

In Ushuaia we stay in a comfortable Hotel just out of town. There are regular shuttles into town from here.

**Border information:** if you are starting in Ushuaia, you will most likely enter Argentina at Ushuaia Malvinas Argentinas International Airport (IATA code: USH).

Accommodation: Hotel Tolkeyen A'''

## Daily Activities

### Optional Activities

Beagle channel boat trips

4 hours: 2,040 ARS

Delve into Ushuaia's past and learn about it's maritime tradition and former prison colony at the Maritime Museum

Entrance: 400 ARS

Learn all about Tierra del Fuego's history and nature at the Museum of the End of the World in Ushuaia

Entrance: 300 ARS

Explore Tierra del Fuego National Park on a day tour from Ushuaia

4 hour guided tour: 1,450 ARS

Take a journey along the Rio Pipo on the Train to the End of the World. Once built by prisoners at Ushuaia's old penal colony

Train trip: 44 USD

## Day 2 - Tierra Del Fuego (23rd December 2021)

**Meals:** Breakfast, Lunch, Dinner

**Border information:** Exit Argentina at San Sebastian, enter Chile at San Sebastian.

We start our journey with a full day drive across to the Chilean side of the island of Tierra del Fuego, and a ferry crossing onto the mainland.

## Day 3 - Torres Del Paine NP (24th December 2021)

**Meals:** Breakfast, Dinner

Today we will drive to the world-famous Torres del Paine National Park. This is one of the most outstanding areas of natural beauty in the world and a main highlight of the trip for many of our passengers and leaders!

Tonight we will camp at Camping Pehoe, a stunning campsite inside the National Park with incredible views of Los Cuernos mountains, which we will refer to as our 'base campsite'.

## Daily Activities

### Included Activities

4 days in the rugged Torres del Paine National Park, trekking the W walk with a local guide

Included

### Day 4 - Torres Del Paine NP (25th December 2021)

**Meals:** Breakfast, Lunch, Dinner

From September 2018, the full W-Walk will be included as part of your trip Kitty.

Embark on the full W-Walk with a local guide. Places at the campsites are limited by the National Park, so we book them in advance of your trip. We will be trekking the W-Walk from West to East, to enjoy the spectacular views.

This morning we will wake early and transfer by truck for the morning Catamaran, to cross Lago Pehoe. We will then set up camp at Paine Grande, before continuing on our hike towards the look out for Glacier Grey. The walk returns by the same route.

### Day 5 - Torres Del Paine NP (26th December 2021)

**Meals:** Breakfast, Lunch, Dinner

Today we depart from our camp at Paine Grande and hike into the stunning French Valley. In the afternoon, we will make our way to Camp Cuernos.

### Day 6 - Torres Del Paine NP (27th December 2021)

**Meals:** Breakfast, Lunch, Dinner

Today we have a slightly easier day, we will hike from Camping Cuernos along the edge of Lago Nodenskjold, around Almirante Nieto and stay just outside Valley Ascencio. We will arrive an Camp Central after approximately 5 hours hiking.

### Day 7 - Torres Del Paine NP (28th December 2021)

**Meals:** Breakfast, Lunch, Dinner

This is our final day of the W-Walk and the most spectacular. The day begins with a steady climb from our camp site up Rio Asencio. Be prepared for the final hour which is a relatively steep scramble up to the Tarn and Mirador Las Torres, with great views of the iconic Towers.

Our hike today is approximately 8 hours for the return trip (20km) and we will stay the night at Camp Central again.

### Day 8 - El Calafate (29th December 2021)

**Meals:** Breakfast

**Border information:** Exit Chile at Cerro Castillo, enter Argentina at Cerro Castillo.

Today we leave Torres del Paine behind us and head across the border to the town of El Calafate, the gateway to the Perito Moreno Glacier.

### Day 9 - El Calafate (30th December 2021)

Today we will head out on an included full day guided visit to view the stunning Perito Moreno Glacier, one of the most spectacular sights in Patagonia.

## Daily Activities

### Included Activities

Guided full day trip to the Perito Moreno Glacier

Included

### Optional Activities

Learn all about glaciers at the fantastic modern Glaciarium Museum in El Calafate and visit its cool ice bar in the basement!

Entrance to museum and ice bar: 600 ARS

Explore the Perito Moreno glacier on an incredible full day expedition trekking through the forests and onto the glacier itself using crampons (please note that this is an alternative to the regular tour as there will not be enough time for both - however you will stop at the main viewpoint on your way back to El Calafate at the end of the excursion)

Full day : 9,300 ARS

Boat trip beneath the Perito Moreno Glacier

1 hour: 1,000 ARS

## Day 10 - El Chalten (31st December 2021)

Today we have a short drive across the Patagonian steppe to the tiny town of El Chaltén, situated in Los Glaciares National Park and famous for its incredible mountains, glaciers and world-class trekking opportunities.

## Day 11 - El Chalten (1st January 2022)

Enjoy the stunning Los Glaciares National Park and the incredible scenery of the nearby Mt. Fitz Roy. There are lots of trekking and walking opportunities here, as well as boat trips, horse riding and many other fantastic options.

## Daily Activities

### Optional Activities

Go Ice Trekking on the Cagliero Glacier

Full day: 205 USD

Enjoy a spectacular kayaking trip down the Rio de las Vueltas taking in some incredible views of the surrounding mountains

Min 2 passengers: 150 USD

Visit the majestic Lago del Desierto, a remote and serene lake surrounded by stunning forests and mountains

Full day cycling tour: 500 USD

Horse riding and trekking around El Chalten

2 hours ride inc transfer: 60 ARS

Head on a rock-climbing course in the magnificent landscapes surrounding El Chalten

Full day course: 163 USD

Take a boat out onto the stunning Viedma Lake and get up close to the Viedma Glacier to see its impressive facade.

2.5hr boat trip: 1,100 ARS

Trek around the walking trails of Los Glaciares National Park taking in the marvellous vistas of the Fitz Roy mountain range

Full day: Free

## Day 12 - Argentinian Patagonia (2nd January 2022)

**Meals:** Lunch, Dinner

Today we will have a full day drive north along the famous Ruta 40 (Route 40). Please note that the road from here all the way to Futaleufú is rough and mostly unpaved meaning that the going is slow.

## Day 13 - Cerro Castillo NR (3rd January 2022)

**Meals:** Breakfast, Lunch, Dinner

**Border information:** Exit Argentina at Ingeniero Pallavecini, enter Chile at Puerto Ingeniero Ibáñez.

Today we will drive across the border into the magnificent scenery of the Chilean Carretera Austral, probably one of the most stunning areas in South America. We will arrive in the beautiful mountains of the Cerro Castillo National Reserve.

### Daily Activities

#### Included Activities

Enjoy a traditional Chilean BBQ

Included

## Day 14 - Cerro Castillo NR (4th January 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we have a free day to hike to the stunning turquoise waters of Laguna Cerro Castillo or to go horse riding.

### Daily Activities

#### Optional Activities

Explore the beautiful mountain scenery of Cerro Castillo on a horse riding trip

2hr 15min ride: 18,000 CLP

Hike to the stunning Laguna Cerro Castillo

NP entrance: 10,000 CLP

## Day 15 - Puyuhuapi (5th January 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we drive through the Chilean fjords to Queluat National Park, where we can take a short walk in the enchanted forest to see the spectacular Hanging Glacier.

### Daily Activities

#### Included Activities

Visit the stunning Queulat National Park and take a trek through the 'Enchanted Forest' to view the magnificent Hanging Glacier

Included

## Day 16 - Futaleufu (6th January 2022)

**Meals:** Breakfast, Lunch

Today we continue to the rafting mecca of Futaleufú.

### Daily Activities

#### Optional Activities

Head out for an exhilarating rafting or kayaking trip on the Grade 5 white water rapids near Futaleufú (if time allows)

2-6 hours. 5 pax minimum: 65,000 CLP

## Day 17 - Bariloche (7th January 2022)

**Border information:** Exit Chile at Rio Futaleufú, enter Argentina at Rio Futaleufú.

Today we continue our journey to the picturesque town of Bariloche in Argentina's Lake District.

## Day 18 - Bariloche (8th January 2022)

Today will be a free day to enjoy the beautiful mountain town of Bariloche and the stunning surrounding lakes, mountains and forests. We have the options to explore the area by foot, mountain bike, kayak or boat.

### Daily Activities

#### Optional Activities

Hire mountain bikes to explore the forests and hills surrounding Lake Nahuel Huapi and Bariloche

Full day hire, including helmet: 900 ARS

Discover the incredible scenery of the Nahuel Huapi Lake and the Victoria Islands on a boat trip from Bariloche

Full day trip: 1,800 ARS

Visit the interesting Fenoglio Chocolate Museum in Bariloche and learn all about the towns tradition of chocolate making

Entrance: 200 ARS

Horse riding around Bariloche

Half day riding: 1,750 ARS

Explore the nearby Lago Gutierrez and take in its amazing views from the water on a half-day tandem kayaking trip

1/2 day: 790 ARS

## Day 19 - Pucon (9th January 2022)

**Border information:** Exit Argentina at Mamuil Malal, enter Chile at Mamuil Malal.

Today we will drive through the scenic Ruta de los Siete Lagos (Seven Lakes Route) to the beautiful Lake District of Chile and the lakeside town of Pucón.

## Day 20 - Pucon (10th January 2022)

We will have a free day in Pucón to enjoy a range of optional activities, including a sunrise expedition to climb the Villarica volcano which looms over Pucón, heading out horse riding through the surrounding forests, or an evening visit to the nearby natural hot springs.

## Daily Activities

### Optional Activities

Explore the spectacular Lake District near Pucón by mountain bike

Full day hire : 10,000 CLP

Take part in a fantastic canyoning expedition through the gorges of the Chilean Lake District near Pucón

Canyoning tour: 25,000 CLP

Horseriding or hikes around Pucon

Horse riding (3hrs): 35,000 CLP

Head on an exciting white-water rafting trip on the rapids of the Trancura River near Pucón

Rafting : 25,000 CLP

Relax in the soothing waters of the Pozones natural hot springs

Entrance : 12,000 CLP

Learn all about Pucón and the history of its people on a free walking tour of the town

Tips only : Free

Trek up the snowcapped volcano Mt Villarica

Chairlift : 10,000 CLP

Tour: 95,000 CLP

## Day 21 - Buchupureo (11th January 2022)

**Meals:** Lunch, Dinner

Today we will leave the Chilean Lake District behind and head for the coast to the laid back farming village of Buchupureo, where we can relax by the beach.

## Day 22 - Santiago (12th January 2022)

**Meals:** Breakfast, Lunch

Today we have a leisurely breakfast, before heading into the wine region where we will make a stop at a vineyard for a wine tour and tasting. In the afternoon we continue our journey to the cosmopolitan Chilean capital of Santiago.

## Daily Activities

### Included Activities

Whet your palette during wine tasting at a vineyard in San Javier

Included

## Day 23 - Santiago (13th January 2022)

Border information: if you are joining in Santiago, you will most likely enter Chile at Santiago Arturo Merino Benítez International Airport (IATA code: SCL).

Welcome to Santiago, the cosmopolitan Chilean capital! 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.

## Daily Activities

### Optional Activities

Discover all of Santiago's sights on a hop-on/hop-off bus around the city

Tour: 21,000 CLP

Santiago Museums

Entrance : 3,500 CLP

Take in the breathtaking vista of the city skyline backdropped by the mighty Andes from the viewpoints at Cerro San Cristobal or Cerro San Lucia

Cable car: 2,500 CLP

## Day 24 - Santiago (14th January 2022)

**Meals:** Breakfast

Today is a free day to explore the cosmopolitan Chilean capital.

## Daily Activities

### Optional Activities

Learn more about Santiago and its history on a free walking tour of the centre from a knowledgeable local guide

Tour: Free

## Day 25 - Mendoza (15th January 2022)

**Meals:** Breakfast

**Border information:**

Exit Chile at Paso Cristo Redentor, enter Argentina at Los Libertadores.

Today we will drive over the stunning Cristo Redentor pass in the high Andes, passing Aconcagua (the highest mountain in the Southern Hemisphere) and heading to the Argentine wine capital of Mendoza, nestled in the dry flats underneath the shadows of the largest mountains of the Andes.

Mendoza is the centre of Argentine wine production, and one of the nine 'Wine Capitals of the World' - it is especially famous for its Malbec, grown at some of the highest-altitude vineyards to be found in the world.

## Day 26 - Mendoza (16th January 2022)

**Meals:** Breakfast

Today we will have a free day to explore the incredible region, head out on various adventure activities, or of course take a tour of some of the many wineries in the region.

## Daily Activities

### Optional Activities

Take a mountain biking trip through the dramatic landscapes of the Andean foothills near Mendoza

Biking: 1,000 ARS



#### Mendoza Climbing

Half Day Climbing: 1,200 ARS

Full day climbing: 2,100 ARS

Go for a horse ride through the arid foothills west of Mendoza

Full Day Riding: 1,400 ARS

White water rafting on the Mendoza River

Full Day Rafting: 1,750 ARS

Half Day Rafting: 700 ARS

#### Mendoza Trekking

Half Day Trek: 500 ARS

Half day trek with abseil: 700 ARS

Explore the vineyards of the Mendoza and Maipu region either on an organised tour or by cycling between the bodegas

Bike tour: 950 ARS

### Day 27 - Cordoba (17th January 2022)

**Meals:** Breakfast

Today we have a full days drive to the bustling city of Cordoba.

### Day 28 - Estancia (18th January 2022)

**Meals:** Breakfast, Dinner

Today we will have a leisurely start to the day, with time to explore Cordoba. After lunch we will complete our drive to the Estancia.

## Daily Activities

### Included Activities

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

Included

### Day 29 - Estancia (19th January 2022)

**Meals:** Breakfast, Lunch, Dinner

Today and tomorrow we will head out horseback riding. This is a magical experience in a beautiful 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.

### Day 30 - Estancia (20th January 2022)

**Meals:** Breakfast, Lunch, Dinner

Full day at the Estancia.

## Day 31 - Tafi Del Valle (21st January 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will drive north across the lush flat pampas and start climbing into the drier mountains.

## Day 32 - Cafayate (22nd January 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will have an included visit to the ancient ruins of the indigenous city of Quilmes en route, then arrive in the serene town of Cafayate.

### Daily Activities

#### Included Activities

Visit the Quilmes ruins

Included

## Day 33 - Cafayate (23rd January 2022)

**Meals:** Breakfast, Lunch, Dinner

Free day to explore Cafayate. This small unassuming town is the centre of one of Argentinas'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 34 - Salta (24th January 2022)

**Meals:** Breakfast

Today we will drive through the spectacular rock formations of the Quebrada de las Conchas, and reach the beautiful colonial town of Salta.

### 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 35 - Salta (25th January 2022)

**Meals:** Breakfast

Today we will have a free day to explore 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, or take the famous 'Train to the Clouds' through 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

Salta Museums

Entrance per museum approx: 40 ARS

Go trekking in and around Salta

Rainforest Trek: 1,100 ARS

Urban Trek: 700 ARS

## Day 36 - San Pedro de Atacama (26th January 2022)

**Meals:** Breakfast

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

Today we will have a drive day to cross the mighty Andes, cross the border into Chile, and then descend all the way into the Atacama desert.

## Day 37 - San Pedro de Atacama (27th January 2022)

**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

Observe the night skies at a Chilean observatory

Tour: 25,000 CLP

Relax in the blissful natural volcanic hot springs of Puritama in the hills above San Pedro

Entrance: 15,000 CLP

## Day 38 - Altiplano (28th January 2022)

**Meals:** Breakfast, Lunch, Dinner

We will depart San Pedro de Atacama early today to drive to the world's highest Geyser field, at 4300m above sea level, the El Tatio Geysers are an impressive sight first thing in the morning. After time to explore, we will continue our journey into the Reserva Nacional Alto Loa, we will have plenty of opportunities for photographs along the way on this scenic drive.

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 trip leaders will keep you informed of any changes that may be necessary.

### 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 39 - Uyuni (29th January 2022)

**Meals:** Breakfast, Lunch

Border information: Exit Chile and enter Bolivia at Ollague  
After breakfast we will break camp and cross the border into Bolivia. We will take our time to enjoy the views on the way to the town of Uyuni, the gateway to the incredible salt flats of the Salar de Uyuni.

## Day 40 - Uyuni (30th January 2022)

**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 41 - La Paz (31st January 2022)

**Meals:** Breakfast

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

## Day 42 - La Paz (1st February 2022)

**Meals:** Breakfast

---

Today we will have a free day to make the most of the extraordinary city of La Paz, explore the witches market or take a mountain biking trip down the World's Most Dangerous Road.

## Day 43 - La Paz (2nd February 2022)

**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.

### 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

Discover Bolivia's history art and culture in some of La Paz's many museums such as the San Francisco Museum and the Museum of Ethnography

Entrance: 20 BOB

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

## Day 44 - Copacabana (3rd February 2022)

**Meals:** Breakfast

---

Today we will head to the beautiful town of Copacabana on the shores of Lake Titicaca, where we will have some time to explore.

## Day 45 - Isla del Sol (4th February 2022)

**Meals:** Breakfast, Lunch

---

Today we will take an included day trip to 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).

## Daily Activities

### Included Activities

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

Included

### Day 46 - Puno (5th February 2022)

**Meals:** Breakfast

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

Today we will take a boat back to Copacabana, and then cross the border into Peru and head to the lakeside town of Puno.

### Day 47 - Cuzco (6th February 2022)

**Meals:** Breakfast

Today we will leave Puno and head through the highlands of Peru to the former Inca capital of Cuzco.

### Day 48 - Cuzco (7th February 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.

**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 49 - Inca Trail (8th February 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 a 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.

### 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 50 - Inca Trail (9th February 2022)

**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 51 - Inca Trail (10th February 2022)

**Meals:** Breakfast, Lunch, Dinner

### 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 52 - Inca Trail (11th February 2022)**

**Meals:** Breakfast

### **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.

### **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 53 - Cuzco (12th February 2022)**



**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 54 - Cuzco (13th February 2022)

**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 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

Visit one of Cuzco's excellent museums

Entrance : 22 PEN

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

1hr private Class: 20 USD

## Day 55 - Raqchi (14th February 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will drive south 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 afternoon we will visit the Inca ruins of the Temple of Wiracocha at Raqchi, and then see a pottery demonstration at a local artisan centre. 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

Guided visit to the Raqchi ruins

Included

## Day 56 - Chivay (15th February 2022)

**Meals:** Breakfast

Today we will drive through the stunning landscapes of the Peruvian highlands to the small town of Chivay, where we can have an optional trip to the nearby hot springs in the evening.

### Daily Activities

#### Optional Activities

Visit the thermal springs in Chivay

Entrance: 15 PEN

## Day 57 - Arequipa (16th February 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.

After lunch in Chivay, we will drive to the beautiful 'White City' of Arequipa.

## Daily Activities

### Included Activities

Guided trip to see Colca Canyon and Andean condors

Included

## Day 58 - Arequipa (17th February 2022)

**Meals:** Breakfast

For the next two days we will enjoy free time to independently explore the colonial city of Arequipa, or to take part in 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 Santuarios Andinos

Entrance: 20 PEN

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

Rafting: 35 USD

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

## Day 59 - Arequipa (18th February 2022)

**Meals:** Breakfast

Second free day to explore Arequipa.

## Day 60 - Puerto Inca (19th February 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will continue our drive and head all the way downhill to the Pacific coastal resort of Puerto Inca.

## Day 61 - Nazca (20th February 2022)

**Meals:** Breakfast, Lunch

This morning we head north to the world-famous village of Nazca, the location of the mysterious Nazca Lines. We will 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 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. 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.

## Daily Activities

### Included Activities

Visit the incredible ancient Nazca sites of the Chauchilla Cemetery

Included

### Optional Activities

Fly over the Nazca lines

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

## Day 62 - Huacachina (21st February 2022)

**Meals:** Breakfast

Today we continue north, stopping at a viewing platform to get a glimpse of some of the Nazca Lines.

We will 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

### Optional Activities

Visit to the Nazca Lines viewing tower

Entrance: 3 PEN

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

Dune buggy and sandboard: 20 USD

## Day 63 - Lima (22nd February 2022)

Today we will drive the short distance to Paracas and 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 north to arrive at the chaotic Peruvian capital of Lima.

## Daily Activities

### Included Activities

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

Included

## Day 64 - Lima (23rd February 2022)

**Border information:** if joining in Lima, you will most likely enter Peru at Lima Jorge Chávez 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

Head out to the Brisas del Titicaca Peruvian folklore show, which showcases various dances from all regions of Peru (if time allows)

Entrance: 60 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 bohemian areas of Barranco and Miraflores on a cycling tour of Lima

Cycle tour: 50 USD

Visit the Gold Museum & Catacombs of Lima

Entrance: 40 PEN

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

Entrance: 30 PEN

Enjoy a walking tour of Lima

Walking Tour: 35 USD

## Day 65 - Huaraz (24th February 2022)

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

## Day 66 - Huaraz (25th February 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 Huántar 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

## Day 67 - Huaraz (26th February 2022)

Second free day for optional activities and exploration in Huaraz.

## Daily Activities

### Optional Activities

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

Trekking: 45 USD

Enjoy a half-day rock climbing excursion followed by a rejuvenating dip in the nearby thermal springs

Climbing: 30 USD

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

Horse riding: 27 USD

## Day 68 - Huanchaco (27th February 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will have a full day's drive down the stunning 'Casma Route' to the Pacific coast and on to Huanchaco, near the city of Trujillo.

## Day 69 - Huanchaco (28th February 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

## Day 70 - Punta Sal (1st March 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will have a full day's drive along the coast of northern Peru.

We will stay at a friendly local campsite just outside of Punta Sal, on a beautiful and serene beach on the shore of the Pacific Ocean.

## Day 71 - Punta Sal (2nd March 2022)

**Meals:** Breakfast, Lunch, Dinner

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

## Day 72 - Cuenca (3rd March 2022)

**Meals:** Breakfast

---

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

Today we will have a long drive day north, crossing the border into southern Ecuador and arriving at the beautiful colonial town of Cuenca.

## Day 73 - Cuenca (4th March 2022)

**Meals:** Breakfast

---

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

Explore the historic city of Cuenca

Explore the city: Free

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

Entrance: Free

Head out of Cuenca to explore the highlands and lagoons of the nearby Cajas National Park

Entrance: 10 USD

## Day 74 - Chugchilán (5th March 2022)

**Meals:** Breakfast, Lunch, Dinner

---

Today we will drive to the remote village of Chugchilán, via the stunning landscape of the Cajas National Park en route and the spectacular highland scenery along the road of the 'Quilotoa Loop'.

## Day 75 - Chugchilán (6th March 2022)

**Meals:** Breakfast, Lunch, Dinner

---

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

### Daily Activities

#### Optional Activities

Head out on a horse riding trip through the stunning hills of Chugchilan

Half day: 20 USD

Hire mountain bikes to explore the area of Chugchilan and Quilotoa (possible alternative to trekking, when available)

Day Bike Hire: 20 USD

## Day 76 - Rio Verde (7th March 2022)

**Meals:** Breakfast, Lunch, Dinner

---

Today we will drive along the remainder of the Quilotoa Loop and head north to the village of Rio Verde near the famous Tungurahua volcano.

## Day 77 - Rio Verde (8th March 2022)

**Meals:** Breakfast, Lunch, Dinner

We will have two full days of free time for a range of 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

Head out on a horse riding trip through the beautiful volcanic landscapes surrounding Baños

Horse riding: 40 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

Spend some time soaking in the hot springs

Entrance: 3 USD

## Day 78 - Rio Verde (9th March 2022)

**Meals:** Breakfast, Lunch, Dinner

Second free day for optional activities.

## Day 79 - Ecuadorian Amazon (10th March 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 80 - Ecuadorian Amazon (11th March 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 81 - Ecuadorian Amazon (12th March 2022)

**Meals:** Breakfast, Lunch, Dinner

---

Second full day in the rainforest.

## Day 82 - Quito (13th March 2022)

**Meals:** Breakfast

---

Today we will drive back up into the highlands and arrive at the Ecuadorian capital, Quito.

### 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 83 - Quito (14th March 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

Visit one of the countless art galleries in Quito such as La Casa de la Cultura Ecuatoriana

Entrance: Free

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

Entrance: 2 USD

Freely explore the stunning historical Old Town of Quito, and wander its ancient streets marvelling at the outstanding architecture and wonderful atmosphere

Price: Free

## Day 84 - Otavalo (15th March 2022)

**Meals:** Breakfast, Lunch, Dinner

Today our journey begins with a short drive to Mitad del Mundo, the monument that marks the Equator. After this we will continue north to the charming town of Otavlo.

### Daily Activities

#### Included Activities

Visit the equator at Mitad del Mundo

Included

## Day 85 - Ipiales (16th March 2022)

**Meals:** Breakfast

Today we will leave Ecuador behind and travel into Colombia. We will have an included visit to the Santuario de las Lajas en route to our hotel in Ipiales.

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

### Daily Activities

#### Included Activities

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

Included

## Day 86 - Popayan (17th March 2022)

**Meals:** Breakfast

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 87 - Popayan (18th March 2022)

**Meals:** Breakfast

---

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 88 - Salento (19th March 2022)

**Meals:** Breakfast, Dinner

---

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

## Day 89 - Salento (20th March 2022)

**Meals:** Breakfast

---

Today we will have 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 90 - Salento (21st March 2022)

**Meals:** Breakfast

---

Today we will have a tour of the coffee plantation and learn about the cultivation of coffee.

## Daily Activities

### Included Activities

Learn about Colombia Coffee and wander the plantation

Included

## Day 91 - Manizales (22nd March 2022)

**Meals:** Breakfast, Lunch, Dinner

---

Today we have a short drive to our Hacienda in the heart of the coffee region.

## Day 92 - Medellin (23rd March 2022)

**Meals:** Breakfast, Lunch

---

Today we will drive to the vibrant city of Medellin, where we will spend 3 nights.

On our first full day in Medellin we will have a guided walking tour of the city, and our second day will be free time to independently explore the town, its parks, churches, and museums.

### Daily Activities

#### 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 93 - Medellin (24th March 2022)

**Meals:** Breakfast

---

Today we will have a guided tour of the city.

## Day 94 - Medellin (25th March 2022)

**Meals:** Breakfast

---

Today is free time to independently explore the town, its parks, churches, and museums.

## Day 95 - Lorica (26th March 2022)

**Meals:** Breakfast

---

Today we have a drive north to the beautiful, colonial town of Santa Cruz de Lorica.

The following day we have a free day to explore the historic centre, learn about the traditional hats that are made in the region or head to the coast for a final beach sunset at San Bernardo del Viento.

## Day 96 - Northern Colombia (27th March 2022)

Today we will start the journey north towards Tayrona National Park, staying en route in a local Guesthouse.

## Day 97 - Tayrona NP (28th March 2022)

Today we arrive in Tayrona, one of the most popular National Parks in Colombia. Leaving our main luggage stored on the truck, we take a day-pack/night-bag and go on a moderate walk in to the park to where we will stay. Mules to carry your luggage can be hired at an extra cost.

## Day 98 - Tayrona NP (29th March 2022)

Today we will go for a guided trek in the National park and in the afternoon there is time to do some snorkelling or just relax on the beautiful beaches.

### 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 99 - Cartagena (30th March 2022)

We will have some more free time in Tayrona National Park in the morning, before we walk back to the park entrance and complete our epic journey with a drive to the beautiful coastal colonial city of Cartagena.

In Cartagena we will stay in a comfortable hotel just outside the historical centre.

## Day 100 - Cartagena (31st March 2022)

**Meals:** Breakfast

Today 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

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

Entrance: 15,000 COP

## Day 101 - Panama City (1st April 2022)

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

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

## Day 102 - Panama City (2nd April 2022)

**Border information:** if you are starting in Panama City, you will most likely enter Panama at Panama City Tocumen International Airport (IATA code: PTY).

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.

Until the meeting, the day is free to explore the bustling Panamanian capital. Please note that many of the options listed below will only be possible for those with extra time in Panama 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 Panama City.

If you are continuing on from Cartagena today then your leader in Colombia will assist you with transport to the airport for your included flight to arrive in Panama in time for the joining meeting.

## Daily Activities

### Optional Activities

Visit Panama City's Museum of Contemporary Art, one of the best collections of works by local artists in Panama

Entrance: 5 USD

See the Panama Canal Museum in the city centre, featuring excellent exhibits about the famous waterway

Entrance and Audio tour: 10 USD

Visit the phenomenal Biodiversity Museum in Panama City, a striking and iconic building containing a wonderful celebration of the flora and fauna of Panama

Entrance: 22 USD

## Day 103 - Camino Real (3rd April 2022)

**Meals:** Lunch, Dinner

Today we will 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.

We will then 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 the remains of the Camino Real at the lakeshore, before heading to our Community stay to enjoy a typical Panamanian lunch and see then a presentation of authentic folklore. We will then hike some of the Camino Real, see the original cobblestone and be fascinated by stories of the mule trains, gold and pirates.

## 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

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

Included

## Day 104 - Boquete (4th April 2022)

**Meals:** Breakfast

After early morning coffee we can go for an optional birdwatching hike on a trail with plenty of tropical birds, followed by a hearty breakfast. Afterwards we will drive up into the Chiriqui highlands, arriving at the town of Boquete.

## Day 105 - Boquete (5th April 2022)

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

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

Coffee Tour: 30 USD

Take a dip in the excellent Caldera hot springs near Boquete

Entrance: 3 USD

Freely explore the beautiful gardens and parks around Boquete and its surroundings

Entrance: Free

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

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

Zip line: 65 USD

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

Riding: 35 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 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

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

Canyoning: 25 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

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

Quad bike tour: 55 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

## Day 106 - Manuel Antonio NP (6th April 2022)

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

Today we will drive across the border into Costa Rica, and arrive at the spectacular beaches of Manuel Antonio National Park on the Pacific coast.

## Day 107 - Manuel Antonio NP (7th April 2022)

Today we will have an included guided 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

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

Quad bike tour: 40 USD

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

Zip line: 40 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

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

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

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

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

Canopy: 30 USD

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

Diving: 50 USD

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



Surfing: 10 USD

## Day 108 - Monteverde (8th April 2022)

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

## Day 109 - Monteverde (9th April 2022)

Today we will have an included guided 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

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

Bridge course: 30 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

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

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

Entrance: 50 USD

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

Riding: 35 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

Coffee tour: 35 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 about Costa Rica's spectacular amphibians at the Monteverde Frog Pond

Entrance: 13 USD

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

Entrance: 10 USD

## Day 110 - La Fortuna (10th April 2022)

Today we will continue by taxi and boat to La Fortuna, a stunning town under the shadow of the mighty Arenal volcano.

## Day 111 - La Fortuna (11th April 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

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

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

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

Springs: 34 USD

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

Biking: 75 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 stunning countryside and lush forests of the Arenal region by foot where there are many excellent guided trekking options

Trek : 85 USD

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

Bridges: 67 USD

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

Ride: 65 USD

Head out on an incredible zip lining course in the rainforests surrounding La Fortuna

Zip Line: 55 USD

## Day 112 - Isla de Ometepe (12th April 2022)

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

This morning we drive across the Nicaraguan border and 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 113 - Isla de Ometepe (13th April 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

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

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

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

Entrance: 3 USD

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

Price: 20 USD

## Day 114 - Granada (14th April 2022)

Today we will take the ferry back to San Jorge to rejoin our overland vehicle and take a short drive to Nicaragua's oldest city of Granada, a beautiful town which oozes with colonial charm! We will have free time to explore the city upon arrival.

## Day 115 - Granada (15th April 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 116 - Leon (16th April 2022)

Today we drive to the university town of León. 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

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

Included

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

Included

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

Included

## Day 117 - Leon (17th April 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

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

Boarding: 30 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

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

See the bizarre volcanic mud pools of San Jacinto near León

Trip: 18 USD

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

Visit: 35 USD

Visit the ancient ruins of León Viejo the original settlement built by the Spanish before the town was moved in 1610

Tour: 35 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

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

## Day 118 - Somoto (18th April 2022)

This morning we will drive to the Somoto Canyon, where we will have an included Canyon tour, or village tour if you prefer.

### 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 119 - Lake Yojoa (19th April 2022)

**Meals:** Lunch, Dinner

**Border information:** Exit Nicaragua at Las Manos, enter Honduras at Las Manos.

Today we will have a a full day's drive across the border into Honduras and to the beautiful countryside of Lake Yojoa.

## Day 120 - Roatan (20th April 2022)

**Meals:** Breakfast

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 121 - Roatan (21st April 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

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

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 122 - Roatan (22nd April 2022)

Relax on the beach or head out on some activities on our second full day on Roatan.

## Day 123 - Copan (23rd April 2022)

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 west through Honduras, arriving at the small village of Copán.

## Day 124 - Copan (24th April 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 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

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

Entrance: 115 HNL

## Day 125 - Suchitoto (25th April 2022)

**Meals:** Lunch, Dinner

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

Today we will have a full day drive into Guatemala and then through to El Salvador, arriving at the beautiful town of Suchitoto.

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.

## Day 126 - Suchitoto (26th April 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will have the chance to explore the town with its cobbled streets and whitewashed houses.

### Daily Activities

#### Included Activities

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

#### Optional Activities

Take a sunset boat trip in Suchitoto

Boat: 10 USD

Enjoy a walking tour of Suchitoto town

Tour: 10 USD

## Day 127 - Cerro Verde NP (27th April 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will drive to the stunning Cerro Verde National Park, where we will be surrounded by awe-inspiring volcanoes and countryside. In the afternoon we will take a guided hike up the Santa Ana Volcano.

### 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

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

Included

## Day 128 - Antigua (28th April 2022)

**Meals:** Breakfast

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

Today we will cross the Guatemalan border to arrive in the stunning colonial city of Antigua. The rest of the day is free to explore the beautiful colonial city and its dramatic surroundings.

## Day 129 - Antigua (29th April 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

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

Visit a traditional coffee plantation in the cool hills surrounding Antigua

Tour: 200 GTQ

Participate in a local handicrafts workshop in a village near Antigua learning traditional weaving cooking or woodworking skills

Visit: 200 GTQ

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 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

Head on a challenging trek up the Fuego or Acatenango volcanoes near Antigua (please note that both these treks are very strenuous and only those in excellent physical shape will be able to participate)

Fuego day trek: 65 USD



## Day 130 - Panajachel (30th April 2022)

Today we will head to Panajachel, situated on the shores of the beautiful Lake Atitlan.

## Day 131 - Panajachel (1st May 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

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

Private boat trip: 30 USD

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

Tour: 45 USD

## Day 132 - San Andres Itzapa (2nd May 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 133 - Rio Dulce (3rd May 2022)

Today we will drive north to Rio Dulce in Guatemala's beautiful central region.

## Day 134 - Rio Dulce (4th May 2022)

Today we will have an included boat trip to the village of Livingston on the Caribbean coast.

### Daily Activities

#### Included Activities

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

Included

#### 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 135 - Poptun (5th May 2022)

**Meals:** Lunch, Dinner

Today we have a free morning to enjoy some optional activities in Rio Dulce, before heading on a short drive to our eco-lodge near Poptún.

### Day 136 - Poptun (6th May 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we 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 137 - Tikal (7th May 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we have a short drive to the phenomenal Mayan ruins of Tikal, where we have an included guided tour. We will likely stop briefly in the colonial town of Flores en route.

## 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 138 - San Ignacio (8th May 2022)

**Meals:** Breakfast, Lunch

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

Today we have a short drive in local transport across the border into Belize and on to the village of San Ignacio, home to the country's best archaeological sites and adventure activities!

Please note that in Belize we will travel in local transport, as we are not permitted to use a foreign vehicle. The bus will follow us to our destination.

## Day 139 - San Ignacio (9th May 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

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

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 140 - San Ignacio (10th May 2022)

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

## Day 141 - Caye Caulker (11th May 2022)

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

## Day 142 - Caye Caulker (12th May 2022)

We will have two full days of free time 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

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

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

Half day: 250 USD

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

Flight: 260 USD

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

Hire: 20 USD

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

Price: 75 USD

## Day 143 - Caye Caulker (13th May 2022)

Relax on the beach or head out for an activity on our second free day on Caye Caulker.

## Day 144 - Tulum (14th May 2022)

**Meals:** Dinner

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

Today we will head back to the mainland, Before continuing our drive to the stunning coastal village of Tulum.

## Day 145 - Tulum (15th May 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

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

Diving: 100 USD

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

Course: 180 USD

Hire snorkel gear on the beautiful beaches of Tulum

Snorkel Hire: 10 USD

## Day 146 - Merida (16th May 2022)

**Meals:** Breakfast

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 beautiful and artistic colonial town of Mérida, the capital of the Yucatan state.

### 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 147 - Palenque (17th May 2022)

**Meals:** Lunch, Dinner

Today we will have a full day drive to the village of Palenque.

## Day 148 - Palenque (18th May 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 149 - Frontera Corozal (19th May 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will have a drive to the remote town of Frontera Corozal, on the Guatemalan border. In the afternoon 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.

### Daily Activities

#### Included Activities

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

Included

## Day 150 - San Cristobal de las Casas (20th May 2022)

**Meals:** Breakfast

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. 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 151 - San Cristobal de las Casas (21st May 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

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

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

Entrance: 20 MXN

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

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

Entrance: 200 MXN

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

Entrance: 52 MXN

Walking tour of San Cristobal de las Casas

Entrance: 10 MXN

## Day 152 - San Cristobal de las Casas (22nd May 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

## Day 153 - Oaxaca (23rd May 2022)

Today we have a full day drive to the wonderful laid-back colonial town of Oaxaca, famous for its cuisine and indigenous cultures.

## Day 154 - Oaxaca (24th May 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

See the incredible Tree of Tule which with a circumference of 42 metres has the widest trunk in the world

Entrance: Free

## Day 155 - Mexico City (25th May 2022)

Today we will have a full day drive to Mexico's incredible bustling capital of Mexico City.

## Day 156 - Mexico City (26th May 2022)

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

Today is the end day for passengers finishing their trip in Mexico City. Please note there is no accommodation included on the trip tonight - please contact your sales agent if you are interested in booking extra nights of accommodation in order to fully explore and take part in some of the optional activities listed below.

Accommodation:

## Daily Activities

### Optional Activities

Visit the beautiful Palacio de Bellas Artes and see its immense murals by world-famous Mexican artists such as Diego Rivera

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



## 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.

## PATAGONIA NOTES

This trip will be travelling to the southernmost point of South America, and you should expect extreme weather conditions. It can be bitterly cold and very windy with heavy rain at any time of the year, even during the summer. The weather changes extremely fast so you should expect four seasons' weather in one day. Therefore please remember to prepare accordingly - this is a tough trip and should not be taken lightly.

We suggest you take plenty of good quality warm, waterproof and windproof clothing and use the layering system to keep warm. As you will spend a number of nights camping, we recommend you bring a good camping mat, a good quality 4 season sleeping bag, a sleeping bag liner and a small pillow to keep comfortable.

Patagonia's peak season is the summer (Mid November to February). The days are long, typically temperatures are around 20°C during the day, dropping to 8°C at night, though whilst generally warm in the summer, it can often be very windy, with rain. If you are travelling during the peak season be aware that activities and camp sites sell out fast and you will be sharing the trails with a greater number of fellow trekkers. Please note that due to the popularity of the region, we also find that prices can increase significantly during high season.

In the shoulder season the days are much colder, but often clearer and brighter, with fewer people on the trails, though be aware that some activities may not have opened fully. Springtime (October to November) brings the colourful spring blooms. March to May is the best time to see the autumn foliage and makes for stunning photographs. If you choose to travel at this time, be sure to pack a good down jacket and a 4 season sleeping bag and liner, as the nights can be very cold. During the shoulder season there is an option to upgrade into basic cabins or hostels at some of the campsites that we stay in along the way. Please budget an extra USD10-15 per night for such upgrades.

## THE W WALK

We include the full 4 day W walk in Torres del Paine NP as standard in our kitty. This includes transfers to the start and finish points, camping equipment, full board and the services of an English speaking local guide throughout the trip.

The W walk involves 4 days of trekking and 3 overnight stays away from the truck. Your tents will be set up at pre-booked campsites at Paine Grande, Los Cuernos and Las Torres, and meals included. It is important to bear in mind that you will have to carry your own personal effects for the duration of the trek, e.g. sleeping mat, sleeping bag, clothes, toiletries, snacks, water, etc. Some days of the W walk can be shortened for those wishing to trek slightly shorter distances, for example on Day 2 it is possible to trek to the first view point and return to Paine Grande via the same route, reducing the trek by half. It is possible to hire porters for the W walk at a cost of CLP150,000 per porter. Their maximum load is 15kg. We recommend that you put your bag into a waterproof liner or dry sack before giving it to a porter. In high season (mid November to mid March) we recommended contacting your travel consultant to book your porter in advance.

For anyone who wishes to stay at our base camp, this can be arranged in advance through your travel consultant. This package will include camping and full board at our base camp at Camping Pehoe, as well as the opportunity to join the W walkers for guided single day hikes to Glacier Grey and the Las Torres viewpoint. Transfers will be provided your crew in the truck.

Please note that the price is the same whether you choose to stay at the base camp, or take part in the full W walk; however in order for us to make arrangements for meal provisions, you must tell us in advance if you will not be trekking the W walk.

## 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. Our 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.

ARGENTINA NOTES

CHILE NOTES

BOLIVIA NOTES

PERU NOTES

ECUADOR NOTES

COLOMBIA NOTES

PANAMA NOTES

GUATEMALA NOTES

COSTA RICA NOTES

NICARAGUA NOTES

HONDURAS NOTES

EL SALVADOR NOTES

MEXICO NOTES

BELIZE NOTES

Please ensure you have an up to date version of these notes. **These notes were printed on the 25th February 2021**