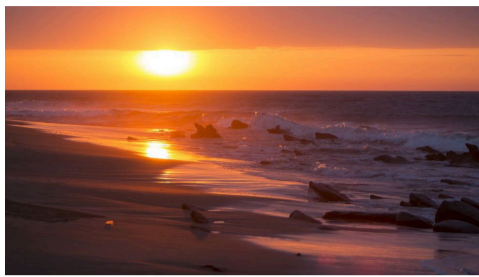




# SOUTH AMERICA OVERLAND, (LTVN)

Boa Vista to Cartagena 153 Days, departing 1st May 2022



## TRIP OVERVIEW

**Trip Style:** Overlanding

**Route:** Boa Vista to Cartagena

**Duration:** 153 Days

**Transport:** Overland Expedition Vehicle, Minibus, Boat, Ferry, Jeep, Private Bus, Local Bus, Canoe, Train

**Accommodation:** Basic Hotel 36 nights  
Camping 38 nights  
Guesthouse 6 nights  
Comfortable Hotel 43 nights  
Multishare Hostel 21 nights  
Wild Camp 3 nights  
Homestay 1 night  
Hammocks 2 nights

**Meals:** Breakfasts x 118, Lunches x 61, Dinners x 58

**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 - Boa Vista (1st May 2022)

Welcome to Boa Vista! today there is an important meeting at 18:00, please meet in the Hotel Reception. The rest of the day is yours to enjoy Boa Vista.

**Border Information** - If joining the trip in Boa Vista, you will fly into Boa Vista-Atlas Brasil Cantanhede International Airport (BVB)

Accommodation: Euzebios Hotel

## Day 2 - Rupununi (2nd May 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will start out early and head into Guyana, to the open Savannah region, where we will stay in a well equipped camp site and have an opportunity to take part in some optional activities, such as horse riding, hiking and canoeing.

## Day 3 - Rupununi (3rd May 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we have a free day for activities such as horse riding, hiking and further opportunities for spotting wildlife.

### Daily Activities

#### Included Activities

Head out for a guided hike on the Panorama Nature Trail

Included

## Day 4 - Iwokrama Forest (4th May 2022)

**Meals:** Breakfast, Lunch, Dinner

We will have a short drive into the heart of the Iwokrama Forest, a protected area of pristine rainforest. Along the way we will visit a local village. Keep your eyes peeled for any wildlife you may see from the road side such as red howler monkeys and toucans. This evening we will have time to walk in the canopy of the forest.

### Daily Activities

#### Included Activities

Visit the Amerindian Village of Surama

Included

## Day 5 - Iwokrama Forest (5th May 2022)

**Meals:** Breakfast, Lunch, Dinner

We will spend the day enjoying the peace and tranquility of the rainforest, we have time to explore and search out the amazing wildlife that lives in this area.

## Day 6 - Georgetown (6th May 2022)

**Meals:** Breakfast

Today is a big drive along the wonderfully undeveloped main road from the forest to Georgetown! The journey is primarily on a bumpy dirt road, which we will share with commuter minibuses and trucks, all winding their way through the rainforest. From the town of Linden, the tarmac starts and it's smooth driving for the final 120km to Georgetown! Be sure to keep a look out for wildlife, Jaguars have been known to cross the road right in front of the buses!

## Day 7 - Georgetown (7th May 2022)

Take a morning tour of the city, explore the old canals and great sea wall, visit incredible wooden cathedrals, the huge market and try to spot manatees swimming in the lake of the national park. Georgetown is a busy place and feels happily free from mass tourism. Be sure to take your camera!

### Daily Activities

#### Included Activities

Take a guided tour of Georgetown

Included

## Day 8 - Georgetown (8th May 2022)

Today we have a free day in the city.

Perhaps one of the greatest highlights of Guyana is the spectacularly remote and impressive Kaieteur Falls, one of the tallest single drop waterfalls in the world, and reachable only by light aircraft. Take a half day flight to the falls and then enjoy a walking tour to the Falls and search for the tiny golden rocket frogs, hiding in the tank bromeliads leaves, as well as an impressive variety of butterflies, you may also be lucky enough to spot the bright orange Guyana Cock of the Rocks.

### Daily Activities

#### Optional Activities

Fly to both Kaieteur and Orinduk Falls on this day tour

Price: 290 USD

Take a flight to the amazing Kaieteur Falls

Price: 190 USD

## Day 9 - Nieuw Nickerie (9th May 2022)

Today we will leave the bright lights of Georgetown behind us and cross the border into Suriname. We will follow the coastal road and then cross the river on a ferry. On arrival in Suriname we will head to the Bigi Pan, designated an 'Important Biodiversity Area' of Suriname and famous for its spectacular shore birds and in particular the Red Ibis.

### Daily Activities

#### Included Activities

Spend a night on the Bigi Pans, taking boat trips to explore the pans and see the extensive wildlife

Included

## Day 10 - Bigi Pan (10th May 2022)

**Meals:** Lunch, Dinner

Enjoy a day on the Bigi Pan.

## Day 11 - Paramaribo (11th May 2022)

**Meals:** Breakfast

Today we will head to the Capital of Paramaribo and enjoy time to explore Paramaribo's historic inner city and the Commewijne area. You can explore the historic centre on foot, visit Fort Zeelandia and the Suriname museum, and enjoy the fantastic architecture of Saint Peter and Paul Cathedral, one of the largest wooden buildings in the western hemisphere, or hire a bike and take a boat across the river to cycle the peaceful Commewijne Plantation Loop and visit the star shaped fort at Neiu Amsterdam. There are plenty of bars and restaurants to choose from.

### Daily Activities

#### Included Activities

Paramaribo City Tour

Included

#### Optional Activities

Take a sunset boat trip in search of dolphins tour includes snacks and drinks.

Boat trip: 28 EUR

Hire a bike from one of the nearby hostels, cross the river in a local ferry and explore the Commewijne plantation area.

Day Tour: 60 EUR

## Day 12 - Upper Suriname Area (12th May 2022)

**Meals:** Breakfast, Lunch, Dinner

This morning we leave the truck behind and set off for an unforgettable adventure into the interior of Suriname. We will travel by minibus for approximately 190km to the port at Atjoni, we then hop on a boat for a 1hr trip along the Suriname river, deep into the rainforest where we will stay for two nights on our own private island!

Be sure to pack light for this excursion, as we can only take a small bag each with us.

During our stay we can visit local villages, walk around the island in the hope of meeting some of its furry inhabitants and learn about the medicinal plants, try to spot Caiman on a night time canoe trip, take a dip in the river at the Ferullasi rapids - a natural jacuzzi, relax on the island by the pool, spot the kingfishers on the banks of the river and enjoy the tranquillity of the Amazon Rainforest.

We will stay in comfortable cabins and enjoy our own pool. All meals are provided during our visit, though you will need a small amount of money for drinks and tips for our local guide.

### Daily Activities

#### Included Activities

Spend 2 nights / 3 days on an all inclusive island retreat in the Suriname River surrounded by dense rainforest birdlife and opportunities to visit local communities.

Included

## Day 13 - Upper Suriname Area (13th May 2022)

**Meals:** Breakfast, Lunch, Dinner

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During our stay we can visit local villages, walk around the island in the hope of meeting some of its furry inhabitants and learn about the medicinal plants, try to spot Caiman on a night time canoe trip, take a dip in the river at the Ferulassi rapids - a natural Jacuzzi, and relax on the island by our pool, spot the kingfishers on the banks of the river and enjoy the tranquillity of the Amazon Rainforest.

## Day 14 - Paramaribo (14th May 2022)

**Meals:** Breakfast

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This morning is free for you to enjoy how you wish, walk, swim or relax and after lunch we will transfer back to Paramaribo.

## Day 15 - Paramaribo (15th May 2022)

We have one more day for exploration. Today is yours to spend as you wish; take a boat trip to Jordensavanne, take part in a Moengo Cultural experience, go walking in the Peperpot Nature reserve or Brownsberg Nature Park, learn the art of Surinamese cookery, or take part in one of the many day tours available.

### Daily Activities

#### Optional Activities

Visit the partly renovated plantation Peperpot and take a walk in the nature park

Tour: 60 EUR

Go on an off-roading 4x4 Adventure

City Tour: 134 EUR

Visit to a Maroon Village

Tour: 85 EUR

## Day 16 - St Laurent du Maroni (16th May 2022)

Today we say goodbye to Suriname and drive to the border, we will take the ferry across the Maroni River to Saint Laurent du Maroni in French Guiana.

**Border Information:** Exit Suriname at Albina, Enter French Guiana at Saint Laurent du Maroni

## Day 17 - Plage Les Hattes (17th May 2022)

**Meals:** Lunch, Dinner

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Today we have a free morning to explore the border town of Saint Laurent du Maroni, located on the Maroni River, with its interesting and dark history as an arrival point for prisoners during the 19th Century.

During Turtle Season (March to August) in the afternoon we will drive to the northern beach of Plage les Hattes, in the hope of spotting the Olive Ridley and Leaderback turtles. In the off season we can opt to spend an extra day in Saint Laurent du Maroni.

### Daily Activities

#### Optional Activities

This river tour will take you to the "Ile Portal" river island the Amerindian village of Biguiston and its polishing stones and finally to the Wacapou creek.

Tour: 55 EUR

Visit to a Hmong Village

Tour: 46 EUR

## Day 18 - Kourou (18th May 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will head out to the town of Kourou; the site of the European Space station and the starting point for boat trips around the former penal colony on Devil's Island, one of the infamous Iles du Salut, off the coast of French Guiana. The ordeal of Frenchman Henri Charriere, who spent 12 years here, would later inspire the book Papillon

## Day 19 - Cayenne (19th May 2022)

**Meals:** Breakfast

Today we will visit the European Space Centre near Kourou, en route to the capital city of Cayenne.

### Daily Activities

#### Included Activities

Visit the international Spaceport in Kourou

Included

## Day 20 - Cayenne (20th May 2022)

**Meals:** Breakfast

Today we have a half day city tour, followed by a free afternoon to enjoy the city, perhaps take a boat trip to the former penal colony on Devil's Island, one of the infamous Iles du Salut, off the coast of French Guiana. The ordeal of Frenchman Henri Charriere, who spent 12 years here, would later inspire the book Papillon.

### Daily Activities

#### Included Activities

Take a 3hr walking tour of Cayenne; climb up Cépénou hill to enjoy a panoramic view of the city; the visit will take you through numerous key spots of historical cultural or natural interest.

Included

#### Optional Activities

Take a boat trip to the Iles du Salut the Devils islands; explore the old church school and hospital of Ilhe Royale photograph the native wildlife and even take a dip in the convicts swimming pool!

Boat trip: 51 EUR

Take a 2-hour kayaking trip to the Iles Dupont; sea islets positioned less than a half-mile off the beach of Cayenne's Grand Hotel de Montabo. This site is perfect for the observation of sea turtles and dolphins.

Kayaking: 29 EUR

## Day 21 - Oyapoque (21st May 2022)

This morning we will depart Cayenne and begin our adventure across the furthest northern section of Brazil. This section of the trip requires some flexibility due to the departure timings of the Passenger boat and Truck Ferry, as well as the road conditions and weather. We will travel 780km in total over the next couple of days, staying in a basic hotel en route to the port in Macapa.

## Day 22 - Macapa (22nd May 2022)

**Meals:** Breakfast

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Overlanding towards the port town of Macapa

## Day 23 - Macapa (23rd May 2022)

**Meals:** Breakfast, Lunch, Dinner

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Overlanding towards the port town of Macapa

## Day 24 - Amazon River (24th May 2022)

**Meals:** Breakfast, Lunch, Dinner

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We hope to board the Amazon passenger boat this morning, sailing to the port of Belem - this crossing usually takes around 24hours. Be sure to bring some snacks, playing cards and a good book for the journey! Our meals are included on the ferry, but be prepared for a real local experience. There is usually a shop and a bar selling drinks and snacks on board.

The truck will depart on a separate ferry in the evening and takes around 36hours to arrive.

Whilst on board we sleep in hammocks on deck. It is possible to upgrade in advance to a cabin, please contact your Sales agent for further information.

## Day 25 - Belem (25th May 2022)

Welcome to Belem! Today there is an important group meeting at 18:00hrs please meet at the Hotel reception. The rest of the day is yours to enjoy Belem.

**Border information:** If you are starting your trip in Belem, enter Brazil at Val De Cans Air port (IATA code BEL)

## Day 26 - Belem (26th May 2022)

**Meals:** Breakfast

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Today is yours to enjoy the port town of Belem, one of the first Portuguese settlements. Explore the historic centre which houses various museums and cathedrals and be sure to visit the Ver-o-Peso Market, considered the largest in South America, with its stalls scattered with Amazonian fish, baskets of Acai, herbs and crafts.

### Daily Activities

#### Optional Activities

Visit Cidade Velha, home to most of Belem's museums with four plazas and a riverside location

Entrance: Free

Visit the iconic waterfront colonial Ver-o-Peso market

Entrance: Free

## Day 27 - Sao Luis (27th May 2022)

**Meals:** Breakfast

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Our first drive brings us to the UNESCO world heritage site of Sao Luis, the only city of Brazil to be founded by the French. Depending upon the ferry we may choose instead to spend the night in neighbouring Alcântara.

## Day 28 - Sao Luis (28th May 2022)

**Meals:** Breakfast

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Sao Luis is full of interesting museums, the historic centre houses beautiful, pastel coloured colonial mansions. You can take a boat trip to the more laid back town of Alcântara, you may spot the Scarlet ibis, or guarás on your way.

## Daily Activities

### Optional Activities

Set within an impressive mansion are exhibits of Sao Luis festivals - Carnaval Bumba Meu Boi and Divino Espirito Santo

Price: Free

Learn about Maranhos indigenous cultures at the Centro Perquisa de Historia Natural

Price: Free

## Day 29 - Barreirinhas (29th May 2022)

**Meals:** Breakfast

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Today we will drive to the town of Barreirinhas, gateway to the Lencois Maranhenses National Park.

## Day 30 - Barreirinhas (30th May 2022)

**Meals:** Breakfast

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Today we will head out in motor boats through the Preguica River, to the protected area of Pequenos Lencois, along the way, we will visit a small fishing village, take a short walk & enjoy the views of the dunes and the Preguicas River.

## Daily Activities

### Optional Activities

Quadbiking around the remote Caburé

Half hour: 60 BRL

## Day 31 - Barreirinhas (31st May 2022)

**Meals:** Breakfast

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Today we will enjoy another day in the Lencois Maranhenses NP. Seen from the sky, the meeting point of the Rio Parnaiba and the Atlantic Ocean looks like a giant puzzle, made up of 85 tiny islands.

## Daily Activities

### Included Activities

Guided visit to the stunning Lençóis Maranhenses National Park

Included



## Day 32 - Jericoacoara (1st June 2022)

**Meals:** Breakfast

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Today we drive to the laid back beach town of Jericoacoara, or 'Jeri' as it's affectionately known. Access to Jericoacoara is only by 4WD through unpaved tracks through the dunes, making it a wonderfully hard to reach place.

## Day 33 - Jericoacoara (2nd June 2022)

**Meals:** Breakfast

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Jericoacoara is a magical place to spend some time; wander the sandy lanes, enjoy the sunset with a caipirinha on the dunes whilst the locals practise their Capoeira, head out on a quad bike adventure to remote lagoons where you can take a dip, laze in a hammock and enjoy a seafood lunch. Jeri is also one of the prime spots for surfing, windsurfing and kite surfing!

### Daily Activities

#### Optional Activities

Enjoy a dunebuggy tour around the sand dunes

Trip: 350 BRL

Take quad bikes to the stunning Lagoa Azul and Lagoa Paraiso

Trip: 350 BRL

Try a capoeira class

90 min lesson: 35 BRL

Learn to kitesurf in Jericoacoara

Price: 160 USD

## Day 34 - Canoa Quebrada (3rd June 2022)

**Meals:** Breakfast

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Drive day to the pretty seaside town of Canoa Quebrada.

## Day 35 - Canoa Quebrada (4th June 2022)

**Meals:** Breakfast

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Huge pinkish sand dunes dominate the area of Canoa Quebrada, it's a fantastic spot to kick back and relax or for the more energetic, take an evening horseback ride along the beach or head out on a beach buggy. There's a laid back small town to explore too with lots of great cafes and bars.

### Daily Activities

#### Optional Activities

Take a beach buggy trip to Ponta Grossa

Activity per 4 pax: 240 BRL

Try your hand at kitesurfing

Activity: 300 BRL

## Day 36 - Praia da Pipa (5th June 2022)

Today we'll head south to the cool seaside town of Praia da Pipa.

## Day 37 - Olinda (6th June 2022)

**Meals:** Breakfast

We have a full day drive to the stunning colonial gem of Olinda, considered one of Brazil's most important historic sites.

## Day 38 - Olinda (7th June 2022)

**Meals:** Breakfast

Explore the beautiful town of Olinda, once known as 'small Lisbon' and the richest town in Brazil. Enjoy wandering the cobblestone streets, check out some of the exquisite churches and definitely make time for lunch at Alto de Se, to enjoy the views!

### Daily Activities

#### Optional Activities

See the sights and visit the imposing 16th-century Igreja da Se, located at Alto da Se (Cathedral Heights)

Entrance: Free

Go on a free walking tour of Olinda

Tips only: Free

## Day 39 - Aracaju (8th June 2022)

**Meals:** Breakfast

Today we head south along the coast, into the state of Bahia and to the town of Aracaju, where we can chill out in one of the town's seafront eateries, listen to some traditional forró music and enjoy the fresh crabs that the town is known for.

## Day 40 - Salvador (9th June 2022)

**Meals:** Breakfast

Today we complete the journey to the vibrant city of Salvador, known around the world for its Carnival festivities. Salvador is home to over 300 churches, the historic centre is recognised by UNESCO and full of interesting architecture, brightly coloured buildings and cobblestone streets. It's an excellent place to witness the African culture in music and dance and enjoy some delicious street food.

### Daily Activities

#### Included Activities

Visit the Tamar Turtle Conservation Project

Included

## Day 41 - Salvador (10th June 2022)

**Meals:** Breakfast

Welcome to Salvador! Today there is an important group meeting at 18:00hrs please meet at the Hotel reception. The rest of the day is yours to enjoy Salvador.

**Border information:** If you are joining your trip in Salvador, enter Brazil at Deputado Luís Eduardo Magalhães International Airport ([IATA](#): SSA)

We stay just by the old centre of Pelourinho in a lovely hotel.

## Day 42 - Salvador (11th June 2022)

**Meals:** Breakfast

Explore the energetic and vibrant city of Salvador, known around the world for its Carnival festivities. Salvador is home to over 300 churches, the historic centre is recognised by UNESCO and full of interesting architecture, brightly coloured buildings and cobblestone streets. It's an excellent place to witness the African culture in music and dance and enjoy some delicious street food.

### Daily Activities

#### Optional Activities

Watch a candomblé ceremony

Entrance: 70 USD

Take a guided tour of the city

Walking Tour: 40 BRL

Visit the Forte Santo Antonio da Barra, Brazil's oldest lighthouse, for panoramic views of the city

Price: Free

Visit a Capoeira school to watch the Brazilian martial art combining elements of dance acrobatics and music

Approx price: 25 BRL

## Day 43 - Itacare (12th June 2022)

**Meals:** Lunch, Dinner

We head south the beautiful beach town of Itacare, with its stunning Atlantic rainforest, laid back eco-friendly cafes and bars, and the opportunity to surf, relax and explore. This is our last view of the ocean before we head inland for the National Parks!

## Day 44 - Itacare (13th June 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we have a free day to explore the area, enjoy the beach, take part in some of the many adventure activities available here, or visit the stunning Peninsula de Marau, stopping off at Praia Taipus de Fora and Lagoa Azul.

### Daily Activities

#### Optional Activities

Take part in a range of adventure activities from horse riding, rafting, canyoning, mountain biking, kayaking and even off road adventures

Price: 50 USD

Head to the southern beaches for some surfing or chill out on the beach and relax

Price: Free

Take a day trip to explore the Peninsula de Marau with its gorgeous beaches, Camambu Bay's Nature Reserve and relaxed villages

Price: 75 USD

## Day 45 - Lencois (14th June 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we head to the fantastic town of Lencois, the gateway to Chapada da Diamantina National Park. We camp in Lencois giving you the opportunity to enjoy a variety of treks into the stunning scenery of the national park.

Approximate Driving Time - 9hrs / 515km

## Day 46 - Lencois (15th June 2022)

**Meals:** Breakfast

Today we can enjoy the Chapada Diamantina National Park; this is a real adventurer's paradise. It's possible to go hiking, stopping along the way for a dip in the river by waterfalls and rapids, go horse riding, kayaking or maybe mountain biking. There are even cave systems to explore. The Chapada is full of towering rock formations and vast plains, making it perfect for landscape photography.

## Daily Activities

### Included Activities

Head into the beautiful Chapada Diamantina National Park

Included

## Day 47 - Lencois (16th June 2022)

We have two full days to enjoy the Chapada Diamantina National Park; this is a real adventurer's paradise. It's possible to go hiking, stopping along the way for a dip in the river by waterfalls and rapids, go horse riding, kayaking or maybe mountain biking. There are even cave systems to explore. The Chapada is full of towering rock formations and vast plains, making it perfect for landscape photography.

## Daily Activities

### Optional Activities

Explore the stunning caves of the chapada and climb Morro do Pai Inácio for spectacular views of the region

Trek: 180 BRL

Full day hike through the Ribeirão Valley to the stunning Sossego waterfall

Trek: 90 BRL

## Day 48 - Central Brazil (17th June 2022)

**Meals:** Lunch, Dinner

Over the next two days we will travel overland across the central Brazilian countryside, towards the town of Alto Paraiso and the stunning Chapada dos Veadeiros National Park, bush camping en route.

## Day 49 - Alto Paraiso (18th June 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we complete our journey to the laid back town of Alto Paraiso, our base for exploring the Chapada Dos Veadeiros National Park.

## Day 50 - Alto Paraiso (19th June 2022)

**Meals:** Breakfast, Lunch, Dinner

We will have an included visit to the Vale da Lua or the Valley of the Moon, so called due to the rock formations giving it an appearance similar to the moon.

### Daily Activities

#### Included Activities

Explore the beautiful rock formations of Vale da Lua

Included

## Day 51 - Alto Paraiso (20th June 2022)

**Meals:** Breakfast, Lunch, Dinner

This area is perfect for hiking, horse and bike riding and of course swimming in natural pools and soaking up the parks atmosphere. It is said that due to the high amount of quartz in the ground, that this Chapada is glows from space!

### Daily Activities

#### Optional Activities

Try some of the adventure activities on offer around Alto Paraiso

Canyoning: 150 USD

Zip lining: 80 USD

## Day 52 - Brasilia (21st June 2022)

**Meals:** Breakfast

Today we arrive in the futuristic capital of Brasilia. We will enjoy a guided tour of this fascinating city, which was designed and built to be the Brazilian Government's headquarters in 1960. The city is designed to resemble a plane, and is a UNESCO heritage site, housing some incredible, futuristic style Cathedrals and Monuments.

### Daily Activities

### Included Activities

See the unique city plan and architecture of Brasilia on a guided tour

Included

## Day 53 - Tres Marias (22nd June 2022)

**Meals:** Lunch, Dinner

We have a full day drive through the Brazilian countryside. We will find a nice spot and camp for the night near Tres Marias.

## Day 54 - Ouro Preto (23rd June 2022)

**Meals:** Breakfast

Today is a full day drive to the beautiful colonial mining town of Ouro Preto where we will stay at a local Guesthouse. Ouro Preto is considered Brazil's most important historic site.

## Day 55 - Ouro Preto (24th June 2022)

Today we will have a half day guided tour of Ouro Preto, well known for its colonial architecture and the first Brazilian town to be considered a UNESCO world heritage site. In the afternoon enjoy some free time to explore the town, visit the museum or some of the stunning baroque churches. There are some fantastic cafes and restaurants in Ouro Preto. Don't forget your camera today, Ouro Preto is one of the most picturesque towns on our itinerary!

## Daily Activities

### Included Activities

Explore unique colonial Ouro Preto and its architectural heritage on a city tour

Included

### Optional Activities

Head underground into the gold mines of Ouro Preto

Entrance: 68 BRL

Guide: 30 BRL

Learn all about the failed uprising against the Portuguese in 1789 at the Museum of the Inconfidencia or visit the Mineralogy Museum to see some of the gems mined in the area

Entrance: 30 BRL

## Day 56 - Rio de Janeiro (25th June 2022)

Today we drive to the vibrant city of Rio de Janeiro, a highlight of any trip to Brazil!

Along the way we will stop at Petropolis, the cool hill-side hideaway for local Cariocas escaping the heat of Rio. We will have 2 hours to explore the Museu Imperial, the former Imperial Museum, wander the town or visit the Palacio de Cristal, the site where the last slaves of Petropolis were released.

## Day 57 - Rio de Janeiro (26th June 2022)

**Border information:** if you are joining in Rio de Janeiro, you will most likely enter Brazil at Rio de Janeiro Galeão International Airport (IATA code: RIO/GIG).

Welcome to the iconic Brazilian city of Rio de Janeiro! 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 Rio de Janeiro 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 Rio de Janeiro.

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

## Daily Activities

### Optional Activities

Visit the world famous statue Christ the Redeemer

Train and entrance: 83 BRL

Take a hike into the Tijuca Rainforest, one of the largest Urban Rainforests in the world.

Hike: 65 USD

Take a cable car up Pão de Açúcar (Sugarloaf Mountain)

Cable car (return ticket): 85 BRL

Take a brilliant free walking tour with an expert local guide around Lapa and Central Rio de Janeiro (or Copacabana and Ipanema on certain days)

Walking Tour: Free

Explore Brazilian flavours in a half day cooking class

Half day class: 75 USD

## Day 58 - Paraty (27th June 2022)

**Meals:** Breakfast

Today our journey begins with a short drive to the colonial town of Paraty on the Emerald Coast of the Atlantic!

## Day 59 - Paraty (28th June 2022)

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

## Daily Activities

### Included Activities

Boat trip out to islands and beaches

Included

## Day 60 - Paraty (29th June 2022)

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

## Daily Activities

### Optional Activities

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

Walking Tour: 35 USD

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

Walking Tour: 50 USD

Go for a scuba diving trip in the incredible oceans around Paraty

Diving trip: 250 BRL

Try your hand at stand-up paddle boarding by hiring a board from one of the many vendors at the Jabaquara beach in Paraty

Hire: 35 BRL

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

Kayaking: 80 BRL

## Day 61 - Brotas (30th June 2022)

**Meals:** Dinner

Today we will drive to the remote town of Brotas in southeastern Brazil. From our campsite here it's possible to take part in a whole host of water activities such as rafting.

## Day 62 - Brotas (1st July 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will have a free day to take part in adventure activities such as white water rafting and canyoning, or maybe just to relax by the pool.

## Daily Activities

### Optional Activities

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

Activity: 270 BRL

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

Activity: 150 BRL

Float down the Jacare on a fun tubing trip down the River Jacare near Brotas

Activity: 100 BRL

## Day 63 - Campo Grande (2nd July 2022)

Today we will start driving west towards the Southern Pantanal, and stay in a local Pousada close to the city of Campo Grande.



## Day 64 - Pantanal (3rd July 2022)

**Meals:** Breakfast, Lunch, Dinner

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Today we have an early start to meet our guide in Campo Grande, and then drive on to Brazil's amazing Southern Pantanal region, where we have a visit a local eco-tourism ranch (or 'fazenda').

### Daily Activities

#### Included Activities

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

Included

## Day 65 - Pantanal (4th July 2022)

**Meals:** Breakfast, Lunch, Dinner

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

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

## Day 66 - Bonito (5th July 2022)

**Meals:** Breakfast, Lunch, Dinner

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After our morning activities and one final lunch in our beautiful ranch, it is time to leave the Pantanal and drive to the Brazilian eco-tourism capital of Bonito.

In Bonito we will camp in the grounds of an excellent hostel with a pool and good facilities.

## Day 67 - Bonito (6th July 2022)

**Meals:** Breakfast, Lunch, Dinner

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Take part in a plethora of incredible optional activities here. You could go out on a world-class snorkelling trip, explore the nearby caves, or go abseiling down some of the largest waterfalls in the area, among many other possibilities!

### Daily Activities

#### Optional Activities

Head on an unforgettable trip to Abismo Anhumas an incredible day out where you abseil through a fissure into a colossal underground cavern and snorkel in the lake at the bottom

Abseiling and snorkelling (incl transport): 800 BRL

Abseiling and Scuba Diving (incl transport): 1,089 BRL

Hire a mountain bike in Bonito to freely explore the incredible countryside of Mato Grosso do Sul

Bike hire: 20 USD

Lobo Guara guided bike trip (half day): 98 USD

Visit the ethereal and other-worldly Blue Lake Cave near Bonito an underground lake with an incredibly vivid shade of blue

Guided visit (incl transport): 105 BRL

Abseil down the Boca da Onça waterfall (meaning 'Jaguar's Mouth') the largest waterfall in the state of Mato Grosso do Sul

Abseil: 499 BRL

Visit the phenomenal Buraco das Araras one of the world's largest sink-holes and a natural aviary of macaws and toucans

1hr visit: 75 BRL

Go on a stunning sunset horse ride around the beautiful countryside around Bonito

Riding: 80 BRL

Go rafting or tubing in the beautiful waters near Bonito

Tour incl transport: 150 BRL

Bonito Sucuri

Snorkelling trip and transport: 255 BRL

Visit the stunning São Miguel Caves near Bonito

Entrance: 50 BRL

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

Snorkelling trip and transport: 290 BRL

## Day 68 - Bonito (7th July 2022)

**Meals:** Breakfast, Lunch, Dinner

Enjoy another day in Bonito to relax or take part in activities.

## Day 69 - Foz do Iguacu (8th July 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we have a full drive day south to the city of Foz do Iguacu.

## Day 70 - Foz do Iguacu (9th July 2022)

**Meals:** Breakfast, Lunch, Dinner

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

## Daily Activities

### Included Activities

Discover the unbelievable Iguazu Falls from the Brazilian side

Included

#### Optional Activities

Take a short trip into Paraguay to experience the chaos of Ciudad del Este and pick up a bargain or two (price listed is for a return trip in a taxi)

Taxi to border: 140 BRL

Visit the colossal Itaipu Dam the second largest hydroelectric dam in the world

Special Tour: 68 BRL

Visit the Parque das Aves bird park near Foz do Iguacu a wonderful conservation project which provides an excellent home to over 1000 iconic birds from the region such as toucans macaws and eagles

Entrance: 36 BRL

Take an exhilarating speed boat ride around the base of the falls from the Brazilian side

Boat: 75 BRL

Take an unforgettable 10-minute helicopter flight over the Iguazu Falls enjoying a bird's eye view of one of the world's most incredible set of waterfalls

Price: 430 BRL

## Day 71 - Foz do Iguacu (10th July 2022)

**Meals:** Breakfast, Lunch, Dinner

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

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

## Daily Activities

#### Included Activities

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

Included

#### Optional Activities

Get a soaking on a boat trip to the Falls

Boat: 1,500 ARS

## Day 72 - Yapeyu (11th July 2022)

**Meals:** Breakfast, Lunch, Dinner

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

Today we cross the border into Argentina, and aim to reach the beautiful village of Yapeyú on the banks of the River Uruguay. Yapeyú is very famous amongst Argentines for being the birthplace of their national hero General Jose de San Martin, one of the liberators of South America from Spanish colonial rule.

## Day 73 - Buenos Aires (12th July 2022)

**Meals:** Breakfast, Lunch

Today we have a full day drive north through the provinces of Corrientes and Entre Rios to Buenos Aires, the wonderful capital of Argentina!

## Day 74 - Buenos Aires (13th July 2022)

**Meals:** Breakfast

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

### Daily Activities

#### Optional Activities

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

Tour: 85 USD

Watch a football game at La Bombonera

Entrance: 300 ARS

Enjoy a free city tour of Buenos Aires

Tour: Free

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

Entrance: Free

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

Entrance: Free

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

Show: 650 ARS

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

Lesson: 25 USD

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

Tour: 20 USD

## Day 75 - Buenos Aires (14th July 2022)

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

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

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

## Day 76 - Buenos Aires (15th July 2022)

**Meals:** Breakfast

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Today we have a free day to enjoy the sights of Buenos Aires, soak up the atmosphere of its streets, and discover its amazing culture, art, and music.

### Daily Activities

#### Optional Activities

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

Tour: 85 USD

Enjoy a free city tour of Buenos Aires

Tour: Free

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

Entrance: Free

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

Tour: 20 USD

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

Lesson: 25 USD

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

Show: 650 ARS

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

Price: 52 USD

## Day 77 - Cordoba (16th July 2022)

**Meals:** Breakfast

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Today we will have a full day drive to the lively university city of Córdoba.

## Day 78 - Estancia (17th July 2022)

**Meals:** Breakfast, Dinner

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Today we will have a free morning to explore Córdoba, before driving to a unique Anglo-Argentine Estancia after lunch, where we will stay for 3 nights.

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

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

At the Estancia we will camp with facilities in the grounds near the main house.

## Daily Activities

### Included Activities

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

Included

### Day 79 - Estancia (18th July 2022)

**Meals:** Breakfast, Lunch, Dinner

Full day at the Estancia.

### Day 80 - Estancia (19th July 2022)

**Meals:** Breakfast, Lunch, Dinner

Full day at the Estancia.

### Day 81 - Tafi Del Valle (20th July 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will drive north across the lush flat pampas and start climbing into the drier mountains, stopping near the town of Tafí del Valle, near the ancient ruins of the indigenous city of Quilmes.

### Day 82 - Cafayate (21st July 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will have an included visit to the Quilmes Ruins en route, then arrive in the serene town of Cafayate. This small, unassuming town is the centre of one of Argentina's principal wine producing regions, famous for the quality of its 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

### Included Activities

Visit the Quilmes ruins

Included

### Day 83 - Cafayate (22nd July 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will drive through the spectacular rock formations of the Quebrada de las Conchas, and reach our campsite in Cabra Corral, a small village south of Salta where we have the opportunity to go rafting or zip-lining!

## Daily Activities

### Optional Activities

Discover the bodegas and stock up on wine in Cafayate

Wine tasting: 150 ARS

## Day 84 - Salta (23rd July 2022)

**Meals:** Breakfast

Today we will have a short drive to the beautiful town of Salta, with a free afternoon to explore upon arrival.

### 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 85 - Salta (24th July 2022)

**Meals:** Breakfast

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

### Daily Activities

#### Optional Activities

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

The Bull circuit: 1,300 ARS

Rainforest Circuit: 900 ARS

Downhill Cuesta del Obispo: 2,000 ARS

Bike Rental (full day): 600 ARS

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

Return cable car: 200 ARS

Go trekking in and around Salta

Rainforest Trek: 1,100 ARS

Urban Trek: 700 ARS

## Day 86 - Purmamarca (25th July 2022)

**Meals:** Breakfast, Lunch, Dinner

Today we will have some more free time in Salta before heading up to the small village of Purmamarca, at the base of the aptly-named 'Hill of the Seven Colours'

In Purmamarca we will camp at a local campsite.

Estimated Drive Time - 3-4 hours.

## Day 87 - San Pedro de Atacama (26th July 2022)

**Meals:** Breakfast

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

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

## Day 88 - San Pedro de Atacama (27th July 2022)

**Meals:** Breakfast

Today we 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

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

Entrance: 35,000 CLP

Head out for an exciting sand-boarding excursion in the sand dunes of the Atacama Desert

Tour: 23,000 CLP

Observe the night skies at a Chilean observatory

Tour: 25,000 CLP

Visit the incredible salt plains of the Salar de Atacama and take a swim in the salty pools of Laguna Cejar

Entrance: 15,000 CLP

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

Entrance: 15,000 CLP

## Day 89 - Altiplano (28th July 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 Tour 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

#### Optional Activities

Experience the incredible El Tatio geysers in the mountains high above the Atacama Desert

Entrance: 10,000 CLP

### Day 90 - Uyuni (29th July 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 91 - Uyuni (30th July 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 92 - Potosi (31st July 2022)

**Meals:** Breakfast

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

This afternoon there will be a chance to visit the infamous silver mines of Cerro Rico near to the town.

## Daily Activities

#### Optional Activities

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

Tour incl camera fee: 60 BOB

Head down into the tunnels of the Potosi silver mine

Tour: 120 BOB

### Day 93 - La Paz (1st August 2022)

**Meals:** Breakfast

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

On the following day we will have a free day to independently explore the fascinating city and take part in some optional activities.

## Day 94 - La Paz (2nd August 2022)

**Meals:** Breakfast

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Today we have a free day to independently explore the fascinating city and take part in some optional activities

### 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

Enjoy some zip lining in Coroico

Price: 220 BOB

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

City tour: 150 BOB

## Day 95 - La Paz (3rd August 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 96 - Copacabana (4th August 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 97 - Isla del Sol (5th August 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 98 - Puno (6th August 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 99 - Cuzco (7th August 2022)

**Meals:** Breakfast

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

## Day 100 - Cuzco (8th August 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 101 - Inca Trail (9th August 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 102 - Inca Trail (10th August 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 103 - Inca Trail (11th August 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 104 - Inca Trail (12th August 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 105 - Cuzco (13th August 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 106 - Cuzco (14th August 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 107 - Raqchi (15th August 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 108 - Chivay (16th August 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 109 - Arequipa (17th August 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 110 - Arequipa (18th August 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 111 - Arequipa (19th August 2022)

**Meals:** Breakfast

Second free day to explore Arequipa.

## Day 112 - Puerto Inca (20th August 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 113 - Nazca (21st August 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 114 - Huacachina (22nd August 2022)

## Meals: Breakfast

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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 115 - Lima (23rd August 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 116 - Lima (24th August 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 117 - Huaraz (25th August 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 118 - Huaraz (26th August 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 119 - Huaraz (27th August 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 Huascarán 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 120 - Huanchaco (28th August 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 121 - Huanchaco (29th August 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 122 - Punta Sal (30th August 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 123 - Punta Sal (31st August 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 124 - Cuenca (1st September 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 125 - Cuenca (2nd September 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 126 - Chugchilán (3rd September 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 127 - Chugchilán (4th September 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 Chugchilán

Half day: 20 USD

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

Day Bike Hire: 20 USD

## Day 128 - Rio Verde (5th September 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 129 - Rio Verde (6th September 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 130 - Rio Verde (7th September 2022)

**Meals:** Breakfast, Lunch, Dinner

Second free day for optional activities.

## Day 131 - Ecuadorian Amazon (8th September 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 132 - Ecuadorian Amazon (9th September 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 133 - Ecuadorian Amazon (10th September 2022)

**Meals:** Breakfast, Lunch, Dinner

Second full day in the rainforest.

## Day 134 - Quito (11th September 2022)

**Meals:** Breakfast

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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 135 - Quito (12th September 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 136 - Otavalo (13th September 2022)

**Meals:** Breakfast, Lunch, Dinner

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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 137 - Ipiales (14th September 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 138 - Popayan (15th September 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 139 - Popayan (16th September 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 140 - Salento (17th September 2022)

**Meals:** Breakfast, Dinner

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

## Day 141 - Salento (18th September 2022)

**Meals:** Breakfast

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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 142 - Salento (19th September 2022)

**Meals:** Breakfast

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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 143 - Manizales (20th September 2022)

**Meals:** Breakfast, Lunch, Dinner

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

## Day 144 - Medellin (21st September 2022)

**Meals:** Breakfast, Lunch

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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 145 - Medellin (22nd September 2022)

**Meals:** Breakfast

Today we will have a guided tour of the city.

## Day 146 - Medellin (23rd September 2022)

**Meals:** Breakfast

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

## Day 147 - Lorica (24th September 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 148 - Northern Colombia (25th September 2022)

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

## Day 149 - Tayrona NP (26th September 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 150 - Tayrona NP (27th September 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 151 - Cartagena (28th September 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 152 - Cartagena (29th September 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 153 - Cartagena (30th September 2022)

**Meals:** Breakfast

**Border information:** if you are finishing in Cartagena, you will most likely exit Colombia at Cartagena Rafael Núñez International Airport (IATA code: CTG).

Today is the end day for passengers finishing their trip in Cartagena. 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.

If you are continuing on to Panama then your leader will assist you with airport transfers for your included flight. You will stay tonight in a comfortable hotel in either Panama City or Cartagena (depending on the flight times and availability).

Accommodation:

## ITINERARY DISCLAIMER

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

#### Drive Times

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

#### Accommodation and Meals Included

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

## Optional Activities

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

## EMERGENCY CONTACT INFORMATION

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

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

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

## A FEW RULES

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

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

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

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

## ISSUES ON THE TRIP

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

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

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

## IMPORTANT NOTES

### OVERLANDING LIFESTYLE

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

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

## SAFETY STANDARDS

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

## MEDICAL ASSISTANCE IN REMOTE AREAS

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

## VISAS, HEALTH, INSURANCE & MONEY

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

- Any visas needed for your trip
- Any vaccinations needed (please consult your GP or travel clinic)
- Organising your local payment (the kitty)
- Buying travel insurance (insurance is compulsory to be allowed to join our trips)

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

## ALTITUDE WARNING

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

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

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

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

## HIGH ALTIPLANO NOTE

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

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

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

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

### THE WILD ANDES TREK

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

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

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

## THE CLASSIC TREK

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

## THE TRAIN PACKAGE

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

## 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.



# THE GUIANAS

## GETTING AROUND

The road across the coastal strip from Cayenne to Georgetown is sealed. Border crossings will often involve a ferry crossing, so be prepared to wait a little while for the ferry to arrive and for customs to check everyone through. In the interior of Guyana there are very few sealed roads, and the main route to Brazil is on a very bumpy dirt track, which can become impassable during the rainy seasons. Travellers should be prepared for some bumpy journeys in this region!

## CURRENCIES AND MONEY MATTERS

French Guiana - Euro

Suriname - Surinamese Dollar - (1 USD = 8SRD)

Guyana - Guyanese Dollar - (1 USD = 200GYD)

Generally French Guiana is the most expensive of the three countries, followed by Suriname and then Guyana.

ATMs are available in Cayenne, Paramaribo and Georgetown and some smaller towns. Credit cards are only accepted in certain hotels, shops and restaurants. You should have local currency with you, especially in the interior of Guyana and Suriname. Cambios offer the best exchange rates. USD and Euros are easy to exchange and widely accepted as payment in major cities.

## CLIMATE

The climate in the Guianas is equatorial, meaning hot all year around, with an average temperature of 27.5°C. Humidity is generally high all year, but noticeably so during the rainy seasons. The coast is cooled by sea breezes, and feels much more comfortable, as are the areas of the rainforest near the rivers.

The wet season is November to January and May to July, our trips are designed to run during the dryer seasons, but please be aware that there is rain year round, therefore waterproofs are a must!

## CLOTHING

Long sleeves and collars are great for keeping off the sun and the mosquitoes. Comfortable, light clothing is recommended, as are comfortable walking shoes or boots and sandals. A sun hat and sunglasses are essential.

## LOCAL FOOD AND DRINKS

Food in Guianas has strong influences from around the world, leading to some unique creations. Influences from Europe, East India, China, Indonesia, Africa and Amerindian cuisine have fused together in this tiny corner of South America. Chicken, Fish and Meat are commonly on the menu, along with vegetables, rice and cassava. In French Guiana you should try the Bouillon d'aura - a blend of crab, smoked fish, chicken, vegetables and aurora fruit. In Guayana some great snacks include Foo-foo - plantains made into cakes and fried and Pepperport, an Amerindian meat stew with cassava and hot pepper sauce. In Paramaribo, try the Parbo beer and of course Guayana blends excellent local rums. Bottled water is recommended.

## TIPPING

Local Guides do not expect, but greatly appreciate a tip. In the interior it is recommended that any tips are given in local currency. For meals, 10% at hotels and restaurants is generally expected.

## LANGUAGES

Guyana is South America's only English speaking country. Dutch is the main language of Suriname and French in French Guiana. There are also a number of Amerindian communities who speak their own indigenous language.

## SAFETY

In general you will find the people of the Guianas to be very friendly, helpful and welcoming, many are interested to meet travellers. Whilst in any city, we recommend that you check with the reception of your hotel if there are areas to avoid after dark, and that you only take with you the money that you need for the day and leave valuables, spare cash cards and passports in the truck or hotel safe. There are some mosquitoes, we recommend that you use repellent and the mosquito net provided in hotels.

BRAZIL NOTES

FRENCH GUIANA NOTES

GUYANA NOTES

SURINAME NOTES

ARGENTINA NOTES

BOLIVIA NOTES

CHILE NOTES

PERU NOTES

ECUADOR NOTES

COLOMBIA NOTES

Please ensure you have an up to date version of these notes. **These notes were printed on the 21st June 2021**