



ANDES, INCAS & AMAZON, (JTZ)

La Paz to Cartagena 59 Days, departing 3rd August 2022



TRIP OVERVIEW

Trip Style: Overlanding

Route: La Paz to Cartagena

Duration: 59 Days

Transport: Overland Expedition Vehicle, Private Bus, Train, Boat, Jeep

Accommodation: Comfortable Hotel 18 nights
Basic Hotel 12 nights
Wild Camp 2 nights
Homestay 1 night
Camping 9 nights
Multishare Hostel 12 nights
Guesthouse 2 nights
Hammocks 2 nights

Meals: Breakfasts x 47, Lunches x 22, Dinners x 20

Physical Challenge:



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

Lifestyle Challenge:



This trip has a bit of everything. Some areas that you travel through may be physically challenging; for example you may be at altitude some of the time and you may be camping for several nights. The pace of the trip can be tiring at times and some facilities will be basic. However there will also be plenty of time to relax and some comfortable accommodation.



DAILY ITINERARY

Day 1 - 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.

Accommodation: Estrella Andina Hostal A""

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 2 - 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 3 - 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 4 - 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 5 - 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 6 - 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 7 - 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 8 - 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 9 - 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 10 - 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 11 - 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 12 - 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 13 - 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 14 - 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 15 - 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 16 - 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 17 - Arequipa (19th August 2022)

Meals: Breakfast

Second free day to explore Arequipa.

Day 18 - 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 19 - 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 20 - Huacachina (22nd August 2022)

Meals: Breakfast

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

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

Daily Activities

Optional Activities

Visit to the Nazca Lines viewing tower

Entrance: 3 PEN

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

Dune buggy and sandboard: 20 USD

Day 21 - 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 22 - 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 23 - 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 24 - 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 25 - 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 Huascaran Peru's highest mountain

Trekking: 45 USD

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

Climbing: 30 USD

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

Horse riding: 27 USD

Day 26 - 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 27 - 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 28 - 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 29 - 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 30 - 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 31 - 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 32 - 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 33 - 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 Chugchilan

Half day: 20 USD

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

Day Bike Hire: 20 USD

Day 34 - 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 35 - 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 36 - Rio Verde (7th September 2022)

Meals: Breakfast, Lunch, Dinner

Second free day for optional activities.

Day 37 - 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 38 - 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 39 - Ecuadorian Amazon (10th September 2022)

Meals: Breakfast, Lunch, Dinner

Second full day in the rainforest.

Day 40 - Quito (11th September 2022)

Meals: Breakfast

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

Daily Activities

Optional Activities

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

Entrance: 4 USD

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

Entrance: 3 USD

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

Entrance: 2 USD

Day 41 - 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 42 - Otavalo (13th September 2022)

Meals: Breakfast, Lunch, Dinner

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

Daily Activities

Included Activities

Visit the equator at Mitad del Mundo

Included

Day 43 - 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 44 - 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 45 - 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 46 - Salento (17th September 2022)

Meals: Breakfast, Dinner

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

Day 47 - Salento (18th September 2022)

Meals: Breakfast

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

Daily Activities

Included Activities

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

Included

Day 48 - Salento (19th September 2022)

Meals: Breakfast

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

Daily Activities

Included Activities

Learn about Colombia Coffee and wander the plantation

Included

Day 49 - Manizales (20th September 2022)

Meals: Breakfast, Lunch, Dinner

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

Day 50 - Medellin (21st September 2022)

Meals: Breakfast, Lunch

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

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

Daily Activities

Optional Activities

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

Cable car ride: 1,750 COP

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

Entrance: Free

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

Entrance: 10,000 COP

Day 51 - Medellin (22nd September 2022)

Meals: Breakfast

Today we will have a guided tour of the city.

Day 52 - Medellin (23rd September 2022)

Meals: Breakfast

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

Day 53 - 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 54 - Northern Colombia (25th September 2022)

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

Day 55 - 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 56 - 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 57 - 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 58 - 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 59 - 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.

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. 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.

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

Wild Andes Trek	Classic Inca Trek	Train Package
Professional bi-lingual Guides	Professional bi-lingual Guides	Professional bi-lingual Guides
Guided tour of Sacsayhuaman, Ollantaytambo and Machu Picchu	Guided tour of Sacsayhuaman, Ollantaytambo and Machu Picchu	Guided tour of Sacsayhuaman, Ollantaytambo and Machu Picchu
All transport between Cuzco and Machu Picchu	All transport between Cuzco and Machu Picchu	All transport between Cuzco and Machu Picchu
Return Train from Ollantaytambo to Aguas Calientes	Return Train from Ollantaytambo to Aguas Calientes	Return Train from Ollantaytambo to Aguas Calientes
One night accommodation in Ollantaytambo	One night accommodation in Ollantaytambo	Three nights accommodation in Cuzco and one night accommodation in Ollantaytambo
Entrance to Machu Picchu	Entrance to Machu Picchu	Entrance to Machu Picchu
High quality double-occupancy tents, sleeping mat and camping equipment	High quality double-occupancy tents, sleeping mat and camping equipment	
Hot water in the morning for washing	Hot water in the morning for washing	
Drinking water throughout the trek	Drinking water throughout the trek	
Dining tent, kitchen tent, latrine tent	Dining tent, kitchen tent, latrine tent	
First Aid Kit and Oxygen	First Aid Kit and Oxygen	

Team of Camp staff, Porters and Cooks	Team of Camp staff, Porters and Cooks	
All camping meals (vegetarian and gluten free meals can be catered for)	All camping meals (vegetarian and gluten free meals can be catered for)	
Pack animals and emergency horse in case of injury		

BENEFITS OF THE WILD ANDES TREK

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

BENEFITS OF THE CLASSIC INCA TREK

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

TREKKING FITNESS

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

TREKKING - WHAT TO BRING

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

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

Some very useful things to bring:

- Daypack (less than 30 litres)
- Waterproof bag(s) to keep your stuff dry (bin liners or similar are fine)
- Warm sleeping bag (also available to rent from our local supplier)
- Sleeping bag liner (for extra insulation)
- Sleeping mat (only if you want extra insulation/padding as a mat will be provided)
- Walking stick (basic wooden sticks will be available to buy)
- Water bottle(s) with a total capacity of at least 2 litres

- Head torch or normal torch
- Small towel
- Camera (also charger, extra batteries and memory cards)
- Walking boots
- Light shoes or sandals (to allow your feet to relax and breathe during the evenings)
- Waterproofs
- Thermal underwear
- Warm socks
- Fleece or other warm sweater
- Woolly hat & gloves
- Sunglasses
- Sun hat
- Basic toiletries (lip salve, sun block, insect repellent, wet wipes, hand sanitizer, etc)
- Toilet paper + plastic bags to carry your used toilet paper with you (only needed during the trekking hours, at night a dug toilet with toilet paper will be provided)
- Basic medical kit (any personal medication, plasters, painkillers, etc)
- Pack of cards / book / game for evenings
- Money (for souvenirs, snacks, drinks, food, etc + tip for the guides and porters)
- PASSPORT + passport photocopy
- Cuzco Visitor's Ticket (this will be arranged for you by your tour leader)

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

RESPONSIBLE TREKKING

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

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

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

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

COMMUNITIES SUPPORTED

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

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

BOLIVIA 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 19th April 2021**