

Peru: Machu Picchu, Cuzco, and Lake Titicaca June 3 - June 13, 2017

YOUR ITINERARY

6/3/17
Saturday

Arrive In Lima

Defining the "Best" of Peru is a challenge. There's so much to experience: remarkable collections of Spanish-colonial art, world-renowned museums, unique and colorful Andean weaving, the ancient Incan ruins of Machu Picchu, the extraordinary city of Cusco (Cuzco) and nearby archeological sites, Koricancha (Temple of the Sun), and Titicaca, the world's highest navigable lake. However, AdventureWomen has managed to put together a special trip that includes all of the above, and more.

✦ **Arrival into Lima and Transfer to Hotel**

Upon arrival into Lima, you will be transferred to our luxury hotel. Get a good night's sleep before your exciting adventure begins tomorrow afternoon.

Accommodations: Four Points by Sheraton

6/4/17
Sunday

Lima

A Day of Art and History

✦ **Breakfast**

Breakfast is at the hotel this morning.

✦ **Morning at Leisure**

This morning is at leisure, to catch up on sleep and relax from your flights of yesterday and last night.

✦ **Lunch**

Lunch is on your own.

✦ **Meet for City Tour**

Meet at 1:30 - 2pm in the hotel lobby to begin your exciting adventure in the capital city of Lima.

✦ **First Stop: Larco Herrera Museum**

The first stop on your tour of Lima is the Larco Herrera Museum, founded in 1926. This museum showcases remarkable chronological galleries that provide an excellent overview on 3,000 years of development of Peruvian pre-Columbian history. A special museum curator will guide you on this visit, to help you understand Pre-Inca Peru, and begin giving the group a perspective on what you will see in Cuzco and Machu Picchu.

✦ **Next Stop: Nagib Ciurlizza's Private Collection**

Your next stop is the Nagib Ciurlizza's private collection. The Ciurlizza Art Collection is displayed in a spectacular triplex penthouse located in the San Isidro district, overlooking the golf course and the sea, with an unparalleled view of Lima. Pre-Columbian art pieces, Chinese and French porcelain, XVII century Spanish crystals, original masterpieces of Miro, Lam, Rodin, Klimt, Arp and Matisse, among many others are in this superb art collection. The Ciurlizza's themselves will be your hosts and guide you through the house, explaining the origin of the pieces while you enjoy drinks and appetizers.

✦ **Dinner**

Tonight's special Welcome Dinner is served at Huaca Pucllana Restaurant. The view of the 1,500-year-old, pre-Incan ruins is reason enough to visit this beautiful restaurant, but the food is a close second. Rough-hewn columns hold up the dining room's soaring ceiling, with a view of the huaca (ruins), which are spectacularly lighted at night. This sophisticated establishment serves a skillfully rendered array of contemporary Peruvian dishes.

Accommodations: Four Points by Sheraton

Meals Included: Breakfast, Dinner

6/5/17
Monday

Lima to Urubamba

Once the heart of the Inca Empire, the Sacred Valley is a feast of impressive ruins, gentle mountain slopes, rushing rivers, grazing llamas and alpaca, and enchanting farm towns. In short, it's the perfect introduction to the mysterious world of the Inca, whose stunning civilization thrived until the 16th century.

✦ **Breakfast**

Breakfast is at the hotel this morning.

✦ **Transfer to the Airport**

Transfer to the airport for your flight to Cuzco.

✦ **Flight to Cuzco**

Enjoy magnificent views of the rugged Andes Mountains during your one-hour flight.

✦ **Pick-up at the Airport**

You will be greeted at the airport by your drivers and guide, and begin your adventure to the Urubamba Sacred Valley. Visit Nilda Cañallaupa's National Geographic-sponsored native weaving project en route.

✦ **Nilda Callanuapa Weaving Project**

Textile production has profound historic and cultural significance in the Andes, and this project is part of a highly-successful National Geographic Society-supported initiative to rescue and revive this way of life. Women are the owners and drivers of this activity, and you will see how their gregarious processes of spinning, gathering and use of natural dyes, setting up of looms, and the creation of designs, are fundamental to the family and social bonds of these highland communities.

✦ **Picnic Lunch**

Enjoy a special gourmet picnic lunch in front of the beautiful Huaypo Lagoon.

✦ **Check-in and Free Afternoon**

Once checked-in, you have a free afternoon to enjoy this beautiful hotel and its facilities, including a swimming pool and spa!

✦ **Dinner**

Dinner is on your own tonight.

Accommodations: Aranwa Sacred Valley Hotel

Meals Included: Breakfast, Lunch

6/6/17
Tuesday

Urubamba

Full Day Visit to the Native Community of Cuyuni.

✦ **Breakfast**

Breakfast is at the hotel.

✦ **Visit the Native Community of Cuyuni**

To visit the native community of Cuyuni is to literally travel back in time. Here, natives are, in many ways, still living as they've been for centuries. The proud villagers will show you how they have managed to survive in such extremely adverse conditions: over 13,000 feet above sea level, where only wild grass grows naturally.

On this very special day, the community leaders will accompany the group as you learn not only about their daily lives and activities, but also about their ancestral traditions that date to pre-Inca times.

✦ **Lunch**

Lunch is provided by the hotel.

✦ **Dinner**

Dinner is on your own tonight.

Accommodations: Aranwa Sacred Valley Hotel

Meals Included: Breakfast, Lunch

6/7/17
Wednesday

Urubamba to Machu Picchu

Arriving at Machu Picchu, "Lost City of the Incas" is like stepping into a postcard! The intact maze of empty plazas, chambers and palaces connected by stairways carved out of solid stone makes one understand why it is considered among the Wonders of the World. Built precipitously high, it is surrounded by mountains covered in lush tropical vegetation. Terraced to the edge to provide for Inca domiciles, it stands today as a tribute to Incan ingenuity.

✦ **Breakfast**

Breakfast is at the hotel.

✦ **Train to Machu Picchu**

This morning is the beginning of a fantastic journey by train to Machu Picchu, "Lost City of the Incas." Travel by vistadome with first-class seats on the narrow gauge switchback train through the fertile valleys of the Andes and along the sacred Urubamba River.

✦ **Luggage Note for the Train**

You cannot bring ALL of your luggage on the train to Machu Picchu, so you will have to take your small, collapsible overnight bag OR your daypack with you on the train for the 2 overnights at Machu Picchu (no large suitcases on the train. See the "What to Bring" list also for specific weight/dimensions). You can leave your large suitcase at the hotel, and all suitcases will be transported to your hotel in Cuzco when you return from Machu Picchu.

✦ **Guided Tour**

Enjoy a guided tour of the famous ruins.

✦ **Lunch**

Lunch is provided today.

✦ **Option to Stay Longer at the Ruins**

After a guided tour of the ruins you can stay and linger among the mute stones while the sun drops toward the western rim of the jungle and the softening light dramatizes the exquisite architecture.

✦ **Dinner**

Dinner is at the hotel tonight.

Accommodations: Machu Picchu Pueblo Hotel

Meals Included: Breakfast, Lunch, Dinner

6/8/17
Thursday

Machu Picchu to Cuzco

Cuzco is acknowledged as the archeological capital of the new world. It is made up of an endless series of surprises spreading out to the horizon. It is the oldest continually-inhabited city in the western hemisphere and was the ancient capital of the Inca Empire.

✦ **Morning Exploration**

Continue to explore Machu Picchu this morning. The hotel has many excursions and activities to choose from (at no extra charge), and you can view them at this link: <http://www.inkaterra.com/en/machu-picchu/excursions>. Bus transportation and entrance fees are included today. One option is to catch an early morning bus to the ruins to watch the sunrise!

✦ **Breakfast**

Breakfast is at the hotel this morning.

✦ **Lunch**

Lunch is on your own.

✦ **Train to Cuzco**

Meet back at the Pueblo Hotel this afternoon before boarding the vistadome train for return to Cuzco.

✦ **Dinner**

Dinner is on your own tonight.

Accommodations: Libertador Palacio del Inka Luxury Collection

Meals Included: Breakfast

6/9/17
Friday

Cuzco

Cuzco is acknowledged as the archeological capital of the new world. It is made up of an endless series of surprises spreading out to the horizon. It is the oldest continually-inhabited city in the western hemisphere and was the ancient capital of the Inca Empire.

✦ **Breakfast**

Breakfast is at the hotel this morning.

✦ **Meet Your Local Expert Guide**

Roger Valencia was born in Cuzco to a typical, deeply rooted, middle-class Cuzqueno family. Named the best guide in Cuzco by Peru's Ministry of Tourism, Roger entered Cuzco's San Antonio Abad University to study Chemistry first and then Education, before realizing that his passion was Tourism, a field in which he earned both Bachelor and Masters degrees. Fluent in Spanish, Quechua, English, German, and Italian, Roger has climbed over 20 mountains that surpass 20,000ft in altitude. Due to his unparalleled knowledge of the Cuzco area and Andean history and culture, Roger has consulted for world-renowned entities such as USAID, Orient Express and the World Bank, and has hosted and guided royalty and political leaders such as England's Princess Anne, Spain's Prime Minister Jose María Aznar, and US Senator Harry Reid.

✦ **Enjoy a Walking Art Safari!**

In the lovely morning light of Cuzco, enjoy a walking Art Safari with your guide, Roger Valencia. Strolling through Inca streets, marvel at the flawless Incan stonework and imagine a time and place when the Incas once had a massive empire. Follow the history of the Cuzco School of Art, a local expression born of the combination of European motives and Andean indigenous aesthetics. You will come to understand this unique mix of art influences in the master paintings and arts housed in several museums and the city's impressive Cathedral. Upon return to the hotel, you'll have the privilege to view the archbishop's private collection of the Corpus Christi.

✦ **Free Afternoon**

After lunch on your own, the afternoon is at leisure to enjoy exploring the wonderful town of Cuzco.

✦ **Dinner**

Tonight's dinner is at Baco Restaurant, where you will enjoy delicious food, an interesting wine menu, a cozy non-pretentious setting, and the warm attention of their smiling all-Peruvian staff!

Accommodations: Libertador Palacio del Inka Luxury Collection

Meals Included: Breakfast, Dinner

6/10/17
Saturday

Cuzco to Puno

Heading southeast, begin your trip to Puno and Lake Titicaca.

✦ **Breakfast**

Breakfast is at the hotel this morning.

✦ **Travel by Coach Bus**

Bid goodbye to Cuzco and leave early for your all-day drive to Puno and the majestic shores of Lake Titicaca. The comfortable coach will take you past beautiful views of the Andes, and you'll stop throughout the day to explore interesting towns and villages.

✦ **First Stop: Andahuaylillas**

First stop is Andahuaylillas, a friendly, warm-weather town which is home to one of the most unique churches in the Andes, known as Peru's Sistine Chapel. It has dazzling and beautifully decorated murals and frescoes that cover its walls, baseboards, ceilings and façades.

✦ **Next Stop: Racchi**

Next stop is Racchi, one of the most important constructions of the Inca Empire, known for its extraordinary architecture. Cross the La Raya Pass at 14,222 feet above sea level, and see herds of vicuñas and llamas.

✦ **Lunch**

Lunch is provided en-route.

✦ **Last Stop: Pucará**

Your last stop is in the town of Pucará, known as the place where the Toritos (little bulls) of Pucará are made. The famous torito is believed to have magical and religious qualities among the inhabitants of the Andes as a symbol of procreation for the flocks, for happiness in marriage, fertility at home, and as protection. You may want to buy a few!!

✦ **Arrival into Puno and Transfer to Hotel**

Arrive in Puno around 4:30pm where you will be transferred to the hotel overlooking Lake Titicaca.

✦ **Dinner**

Dinner is on your own tonight.

Accommodations: Libertador Lake Titicaca

Meals Included: Breakfast, Lunch

6/11/17
Sunday

To Isla Suasi

Suasi is a home for nature lovers, where the magnificence of Lake Titicaca can be captured from every corner of the island. Perfect for the soul, Suasi brings an overwhelming sense of tranquility, relaxation and peace. It is, indeed, the perfect place to end your trip in Peru, a place in which to relax and to reflect on all the adventures and experiences that have made your journey through Peru unforgettable.

✦ **Breakfast**

Breakfast is provided at the hotel this morning.

✦ **Boat Ride to Isla Suasi**

Depart by boat to the remote Isla Suasi in the extreme northeastern part of Lake Titicaca.

✦ **Uros Floating Islands**

Stop on the way to explore the unique Uros floating islands (made from the totora reeds of Lake Titicaca).

✦ **Alsuno Weavers**

Visit the Alsuno community of weavers on Taquile Island.

✦ **Barbeque Lunch**

Arrive at the hotel, Isla Suasi, just in time for a barbecue lunch at 12:30pm.

✦ **Free Time**

After lunch, settle into your room and enjoy some free time.

✦ **Trek up to Suasi's High Point**

Trek up to Suasi's high point, Itapilluni Hill, to watch the sunset spread surreal colors across the high-altitude sky.

✦ **Dinner**

Enjoy dinner at the hotel this evening.

Accommodations: Isla Suasi Hotel

Meals Included: Breakfast, Lunch, Dinner

6/12/17
Monday

Day on Isla Suasi

Suasi is magical, and for many, a mystical place to disconnect from the world. Here you can spot rare vicuñas, go on quiet nature walks, and enjoy the remoteness and splendid vistas of the pristine blue expanse of Titicaca. It's also a place to explore Andean beliefs, customs and cultural traditions, natural habitat and the altiplano flora and fauna of the National Reserve of Titicaca.

✦ **Breakfast**

Breakfast is provided at the hotel this morning.

✦ **Full Day of Exploration or Relaxation**

This day on Suasi Island can be whatever you want it to be! Relaxation or exploration. Optional activities provided throughout the day, or simply sit back and relax.

✦ **Optional Cultural Walk**

This morning there is an optional visit by zodiac to the mainland and walk through the local community of Cambría, only 0.6 miles from the resort.

✦ **Lunch**

Lunch is provided this afternoon on the island.

✦ **Optional Hike on Suasi Island**

Follow a series of gentle island trails on a guided hike, observing native plants and animals. You may spot native bird species, including black cormorants and cinnamon teals, and creatures such as the rare wild vicuñas, or vizcachas, small, rabbit-like creatures.

✦ **Aymara Shaman Visit**

Explore Andean spirituality and the ancient belief systems of the Andean people with an Aymara shaman from the community of Cambría: take part in the ancient tradition of making offerings to Pacha Mama, or Mother Earth; chew coca leaves like the locals; and observe "Yaitiri" spiritual offerings, a ritual with ancient roots that in colonial times became fused with Christianity. Half the cost of the activity (which is included in the price of the trip) goes directly to benefit the local Cambría community.

✦ **Dinner**

Enjoy dinner at the hotel this evening.

Accommodations: Isla Suasi Hotel

Meals Included: Breakfast, Lunch, Dinner

6/13/17
Tuesday

Lake Suasi to Lima and Depart

Depart Lake Suasi, returning to Puno on the mainland where you will catch a flight to Lima in time to get on your international flight this evening.

✦ **Breakfast**

Breakfast is provided at the hotel this morning.

✦ **Free Time!**

After breakfast this morning there is free time to enjoy the resort.

✦ **Transfer by Boat to Puno**

Depart by boat with a box lunch to the mainland and Puno.

✦ **Boxed Lunch**

A boxed lunch is provided en route.

✦ **Flight from Puno to Lima**

Fly from Puno to Lima to connect with your international flight to Miami late this evening.

Meals Included: Breakfast, Lunch

ACCOMMODATIONS

Four Points by Sheraton

A top pick in Lima, the Four Points by Sheraton has chic decor and comfortable rooms with free high-speed Wi-Fi and nice views of Lima, located just 350 feet from Miraflores Kennedy Park.

Aranwa Sacred Valley Hotel

The Aranwa Sacred Valley Hotel is set on a sumptuous 17th century hacienda on the road to Macchu Picchu. Luxurious facilities include a swimming pool, a spa featuring alternative medicine treatments, and a museum. Rooms at the Aranwa Sacred Valley Hotel & Wellness have impeccable 5-star hotel décor with a colonial style. The wellness center provides a full spectrum of services ranging from essential oil treatments with native products, such as quinoa, to hydrotherapy and aromatherapy sessions.

Machu Picchu Pueblo Hotel

Located in the heart of Machu Picchu Historical Sanctuary, Inkaterra's boutique Machu Picchu Pueblo Hotel is an Andean Garden of Eden—one of the world's most appealing boutique hotels. A fusion of calmness, comfort, Andean style and architecture, its natural beauty spreads over 12 acres of low-rise cottages, plantations, and wild forest interspersed by stone pathways. Waterfalls and streams gently cascade through acres of orchids. Hummingbirds frolic in a private cloud-forest paradise, while you experience an authentic barefoot luxury hotel at the foot of Machu Picchu, within an idyllic enclave of whitewashed casitas.

Libertador Palacio del Inka Luxury Collection

A storied mansion dating back nearly five centuries, the Libertador Palacio del Inka stands in the historic center of Cuzco. Directly across from the Koricancha, it is a five-minute walk from the main square and less than a mile from an array of museums, markets, and restaurants. Uniting the past and present, Palacio del Inka Spa presents indigenous treatments and an indoor therapy pool. The exquisitely appointed guest rooms combine Peruvian art and handcrafted furnishings with contemporary amenities—from a signature Luxury Collection bed to state-of-the-art technology, including an LED TV, High Speed Internet Access, and an iPod docking station.

Libertador Lake Titicaca

Located on a private island, Libertador Lake Titicaca offers unforgettable sunrises and sunsets from any point in the hotel, and 360-degree views of the highest navigable lake in the world, Lake Titicaca.

Isla Suasi Hotel

This hotel is located on the only private and secluded island in massive Lake Titicaca, the world's highest navigable body of water. It is one of the most beautiful eco-hotels in Peru, a hidden jewel inside Lake Titicaca. A solar-powered ecolodge, the hotel features panoramic lake views from every room, is surrounded by terraced gardens and designed with native materials of stone, adobe, and thatched roofs. Its sophisticated design allows it to blend into the island. The lodge is totally committed to being green.

TRIP DETAILS

Included In Peru

- All ground transportation
- All hotel accommodations throughout the trip
- All meals as listed in the itinerary
- English-speaking guides throughout the trip
- Entrance Fees
- Tips for luggage porters and waiters
- One AdventureWomen Associate

Not Included In Peru

- *Domestic airfare
- *International airfare
- *Meals not specified in itinerary
- *Alcoholic beverages
- *Items of a personal nature
- *Optional tour of Lima on departure day
- *Tips for guides and bus drivers, and all restaurant gratuities (included and not included in itinerary).

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.



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Pre-departure Information

Peru: Machu Picchu, Cuzco, and Lake Titicaca

How To Register

Call the AdventureWomen office at (800) 804-8686 or (617) 544-9393 to determine space availability and register for this trip. We can complete your registration, including taking your credit card deposit over the phone. As a courtesy, we can hold your space for five days while you are making personal and travel arrangements.

If you prefer, you can register online by clicking "Sign Up for This Trip" on the Trip page.

Please be sure to read the AdventureWomen policies before registering!

Passports, Travel Documents, and Health Requirements

Citizens of the United States must possess a valid passport, which must be valid 6 months beyond your intended stay. No visas are required for travel in Peru. If you do not have a passport, GET IT SOON! When you get your passport, you should also get two extra photographs to take with you. You should always possess extra photos when traveling to use in case of an emergency.

No special vaccinations are required for travel to Peru. However, please consult your personal physician, local health department, travel clinic, or immunization center about any vaccinations you may need to update, or others that may be personally recommended for you based on your age, health, and past vaccination history. Hepatitis A and B are present everywhere in the world, so you should talk to your doctor about this.

You MUST have your own health insurance, and not have any physical problems or conditions that would be adversely affected by high altitude or the rigors of international travel.

Travelers with heart conditions or high blood pressure should check with their doctors before booking this trip. The altitude in Lima is 5,080 feet, and the altitude at Lake Titicaca (the highest lake

in the world) is 12,420 feet. We will be acclimatizing to the higher altitudes, little by little, as we progress through this trip, ending at the highest altitude.

Making Travel Arrangements to Peru

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393

email: info@adventurewomen.com

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 – 12 weeks prior to departure!

Please keep this in mind when making your travel plans.

What to Bring

Baggage Restrictions

Your luggage should consist of one medium-size suitcase or duffle bag and one small carry-on bag/backpack. Your suitcase must weigh NO MORE THAN 50 POUNDS. So TRAVEL LIGHT! You will also need to bring a small, collapsible overnight bag to take with you on the train for your overnight at Machu Picchu (no large suitcases on the train). OR, you can use your backpack for this, if it is large enough, to take on the train. Your overnight bag OR backpack can weigh no more than 11 pounds, and the dimensions of this can be no more than 62 inches (a combined length, height, and width).

Your carry-on bag, which can also be your daypack, should contain everything you cannot live without (all camera equipment, toiletries, prescription medication, anti-diarrhea medication, all money, important travel documents, passport, one change of clothing, swimsuit, etc.). Please visit www.tsa.gov/travel to read the airline regulations regarding what you can and cannot take in carry-on luggage.

Clothing and more

Select your clothing based on comfort. Clothes should be washable, cotton or the new fabrics (not synthetics like rayon), and loose fitting. Some of the new fabrics like Coolmax, supplex, and polypropylene are excellent.

Shorts and skirts are acceptable, as long as they are not short. You need to take clothing for both the cool of the higher altitudes in the evenings and the warmth during the daytime. During the day in the highlands, you might need a sweater, but a jacket/fleece is a must in the evening. It can get downright COLD! Daytime clothing should be lightweight, casual, and comfortable.

- A well broken-in, comfortable pair of lightweight hiking boots.
- One pair of sneakers or sport sandals for evenings and other walks.
- 2 long-sleeved shirts.
- 2 short-sleeved shirts and/or T-shirts.
- 2 pairs of shorts, or 2-3 pairs long pants that zip off for shorts.
- Underwear, socks, sleepwear.
- 1 skirt or nice slacks for dinners at the hotels/lodges. We are staying in hotels that are quite luxurious!
- A lightweight fleece or light jacket for cool evenings at high altitudes.
- Waterproof lightweight windbreaker (or poncho). If you tend to get cold, bring a rain jacket and rain pants.
- Wool cap and a pair of gloves.
- A lightweight day pack for carrying camera gear, hat, sunscreen, etc. (you can also use your day pack as your carry-on bag).
- Another packable and collapsible bag to take on the train to Machu Picchu that will fit two overnights of clothes, and supplies.
- Moneybelt or waistpack for money/passport.
- Washcloth (sometimes not supplied).
- 2-3 cotton bandanas (for uses too numerous to mention!)
- Toiletries, including Wash & Dries (or moist towelettes)
- Adequate quantity of sweat-resistant sunscreen with at least an SPF 15 rating or higher, and lip balm with SPF.
- Hand sanitizer.
- Bathing suit(s)
- Sunglasses with a neck strap
- A spare pair of glasses (if you wear glasses.)
- Lightweight, wide-brimmed hat (a must).
- Ziploc bags of various sizes.
- Earplugs. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drugstores, or www.earplugstore.com. Good to 22 Decibels!
- Travel alarm clock.
- Small flashlight.

- Water bottle
- Good pens and a notebook
- Small, lightweight binoculars (a MUST) for game viewing and birds. You will be very disappointed if you do not have a good pair of binoculars. Nikon or Minolta make fine, lightweight viewing binoculars. Try a general game viewing 7 X 28, or 8 X 20 binocular.
- Field Guides for Peru.

First Aid Kit

- Prescription drugs (with the labels on.)
- Systemic antibiotic (prescription.)
- Cloth, not plastic Band-aids; about 10 individually-wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for "new" flora.
- Immodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid (in leak-proof bottle.)
- Laxative tablets.
- Visine or similar eye drops.
- Tweezers.
- Benadryl cream for itchy bites.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Insect repellent with Deet.

Camera Equipment

Since photography is such a large part of this trip, we suggest you bring the following:

- Digital camera, LOTS of extra memory cards and batteries, battery charger, and adapter. You can charge your digital batteries at the hotels and lodges.
- If you are really into photography, a longer lens (up to 400 mm) for close-up photos.
- Most digital cameras have a built in converter so you only need to bring an adapter. Adapters can also be bought while in-country.

Money

The Sol(es) is the official currency of Peru (1 USD = 3.234 Peru Nuevos Soles, or PEN, as of April 15, 2016). Your cash should be no bigger than \$20-\$50 bills, and make sure that the bills are new, in flawless condition. Credit cards and bank cards can be used at ATM machines only in Lima and the larger cities.

Visa, MasterCard, and sometimes Am Ex are the most recognized credit cards in Peru. Please note that when using credit cards, merchants often charge you a transaction fee in order to cover their costs, so you may decide to use your credit cards only when absolutely necessary.

Carrying cash entitles you to get the top exchange rates quickly. The best currency for exchange is the U.S. dollar, although the euro is increasingly accepted.

Local Customs

On occasion, visitors accidentally violate local customs simply by failing to realize they exist. Here are a few things to remember:

- Speak softly, especially when speaking with the locals. To them, a loud voice is equated with rudeness.
- Dress modestly. Provocative clothing, while acceptable among North Americans, is considered immodest and inappropriate in Peru.
- Leave valuable jewelry at home. Do not wear lots of gold necklaces, bracelets, or earrings.
- Don't point. To point at someone with your finger is considered rude. (The Indians point with their chins.)
- Always ask permission to photograph people ("Por favor, Senora/Senor?").

Electricity

Electricity in Peru is 220 volts, alternating at 60 cycles per second. Outlets in Peru generally accept 2 types of plugs:



Flat blade plug



Two round pins

If your appliance plug has a different shape, you may need a plug adapter.

Depending on how much you plan to travel in the future, it may be worthwhile to get a combination voltage converter and plug adapter. You can buy adapters for under \$5. You can also wait and buy them in Peru.

Water

It is advisable to drink bottled water in Peru. You can also ask your guide(s) about drinking water in the hotels.

Last Minute Reminders

- Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.).
- Bring 2-3 extra passport size photos to use in emergencies.
- Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- Remove extra credit cards, driver's license, and personal items from wallet or purse.
- Make sure passport and airline tickets are valid and in the correct name.
- Check with airline to reconfirm reservations and departure time.

Some Extra Items to Add to your "What to Pack" List

We are always updating and adding items for all international trips. With over 32 years of experience flying around the world, we think these items help make your long airline flights much more comfortable and even more bearable:

- Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.
- Sleep mask /Comfort eye shade - Ultra lightweight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.
- Travel compression socks - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT).
- Noise canceling headphones - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.

Final Payment

Final Payment is due to AdventureWomen, LLC in a cash form (check, money order, or wire transfer) on or before **March 5, 2017**.

Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be **no smoking** by any participants on AdventureWomen vacations.

About Adventure Travel Today - Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are *adventure travel vacations*, and not "tours." We define "adventure travel" as travel in which one *actively participates*, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an *active, out of the ordinary vacation, and meet new friends*. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a *good-natured realist* and have a *sense of humor!* *Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist*, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. *Being on time is important*, and contributes to the congeniality, success and well being of both individuals and the group!

Thank you for choosing to travel with AdventureWomen! If you have any questions or concerns, please don't hesitate to call, write or email us.

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