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24 Day Galapagos & Peru Adventure

Lima

Quito

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TOUR ITINERARY



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DAY 1

Destination Quito

Meals included

Accommodation N/A

¡Bienvenidos! Welcome to Quito, Ecuador. Your adventure begins with a welcome meeting at 2 pm. Please look for a note in the hotel lobby or ask reception where it will take place. If you can't arrange a flight that will arrive in time, you may wish to arrive a day early so you're able to attend. We'll be happy to book additional accommodation for you (subject to availability). If you're going to be late, please inform the hotel reception. We'll be collecting your insurance details and next of kin information at this meeting, so please ensure you have all these details to provide to your leader.

Quito is one of the most attractive cities in South America, sitting at an altitude of 2,850 metres with a view of Volcan Pichincha on the horizon. On day 1 there is a city tour to show the beautiful Colonial style buildings and help you explore the nooks and crannies of cosy Old Town. We'll be back in Quito at the end of the trip, giving you a chance to further experience the city.

Notes: Due to the high altitude of many of places we visit, the air is thinner and some people can suffer altitude sickness, regardless of age, gender or fitness. Please see the 'Is This Trip Right For You?' and 'Health' sections in the trip notes for more information.

Optional Activities in Quito: Quito is an incredible city with loads to see and do. This trip doesn't include much time in Quito, so a few extra days to explore it is recommended. Great activities are available through our local office – just email quitodaytours@peakdmc.com before departing or, once you're in Quito, give our office a call +593 9 94014877 and they will happily assist you.

Urban Adventures: If you are interested in any of the Urban Adventures listed you will need to contact Urban Adventures directly. For more information on the activities mentioned below and contact information for Quito please visit: <http://www.urbanadventures.com/contact-us>

Otavallo Market, a full day tour of the biggest Indian market in South America in the northern town of Otavallo, full of local handicrafts to take home for your friends, and the Cotacachi leather market.

Cotopaxi Volcano, for something more active, head out to the 5,897 metre high Cotopaxi Volcano – drop by the National Park museum, then hike for around 2 hours and visit the picturesque Limpiopungo Lagoon.

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Quilotoa Lagoon, if you're into lagoons, maybe take a full day trip to the stunning Quilotoa Lagoon. Early in the morning, drive 3 hours south through the local communities and Andes views of the Avenue of Volcanoes. Then hike (2 hours return) to the beautiful Quilotoa volcano crater lagoon, before returning to Quito. Something more chill is a full day at the Papallacta Hot Springs – take a scenic drive, reaching heights of 4,150 metres, and then relax in springs with views to the towering Antisana Volcano.

Cloud Forest, maybe get in touch with the region's incredible nature with a shared services trip to the Cloud Forest – take a guided hike through a reserve on the edge of the Choco Bio-region, one of the most bio-diverse places in the world, and get acquainted with the exuberant vegetation, bird life, and the fascinating adaptations to life in this special environment.

Papallacta-Something more chill is a full day at the Papallacta Hot Springs – take a scenic drive, reaching heights of 4,150 metres, and then relax in springs with views to the towering Antisana Volcano.

Optional Activities Please note, the prices listed below include entrance fees, however these are paid separately by you during the tour. Some tours require a minimum of 2 passengers to operate. (Please note prices listed are subject to change) Quilotoa - Quilotoa Lagoon (Full day) - USD100 Quito - Papallacta Hot Springs (Full day) - USD70 Cotopaxi - National Park Hiking Tour - USD95 Urban Adventures: Quito Market Discovery - USD98 Urban Adventures: Quito Sweet & Culinary Experience - USD104 Urban Adventures: Condors and Culture in Otavalo - USD756 Urban Adventures: Quito Legends and Culture Tour - USD79

Meals Included There are no meals included on this day.

DAY 2

Destination	Quito ✈️ Isla San Cristobal
Meals included	
Accommodation	N/A

Catch an early morning transfer to Quito airport (approximately 45 minutes - 1 hour) for your flight to San Cristobal Island, Galapagos. The flight will take approximately 3.5 hrs including a stop in Guayaquil to pick up additional passengers (you will not need to disembark the plane). The departure time will be between 8.20 am and 10.30 am depending on flight schedules.

Please note that the Galapagos National Institute has introduced a Transit Control Card. This card has a cost of USD 20 and it must be purchased by every person travelling to the Galapagos Islands. You will need to purchase this card upon arrival to the domestic airport, prior to checking in to your Galapagos flight. Upon arrival you'll need to go through

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immigration and pay the Galapagos National Park entrance fee of USD 100 in cash, preferably in small bills.

Once the formalities have finished, transfer from the airport to the hotel (approximately 15 minutes). Soon after, travel to La Loberia where you'll put on snorkelling gear for the first time and go for a swim with sea lions, and maybe even some sea turtles! After an active afternoon, continue back to town, where tonight you may wish to head out with your travel friends and enjoy some of the fresh seafood available.

Accommodation Hotel (1 night)

Included Activities Isla San Cristobal- Snorkeling in La Loberia (1.5 Hours)

Optional Activities Wetsuit (shortsleeve) hire for 5 days - USD60

Meals Included There are no meals included on this day.

DAY 3

Destination	Isla San Cristobal [Boat] Isla Santa Fe [Boat] Isla Plaza Sur
Meals included	Breakfast, Lunch
Accommodation	N/A

Today begins with a short boat ride to Leon Dormido (approx 45 mins) or Isla Lobos, observing along the way the abundant marine life that Galapagos is renowned for. On the way we might be able to spot nesting frigates and blue-footed boobies and/or might swim/snorkel with playful young sea lions. Here we can snorkel keeping an eye out below for sea turtles, manta rays and maybe the odd harmless Galapagos shark, to name a few. This snorkeling is in open sea, on occasion the currents can be quite strong so it's particularly important you are a confident swimmer for this activity. If you have any concerns, please ensure you speak with your leader. Included lunch today is a packed box lunch on board the boat! Unfortunately it is against National Park rules to eat on the beach. Later head we will head to the interpretation Center. Learn about the history of the 'Enchanted Islands' and the conservation projects which seek to preserve the unique Galapagos wildlife. Next, make our way to Frigatebird Hill (Cerro Tijeretas), which is located two kilometres from the Interpretation Center, southwest of Isla San Cristobal. It's quite a climb to the top, but well worth the amazing views of the bay. From here you can also see Kicker Rock, an eroded volcanic formation protruding from the sea which has become an emblem of the island. We'll return to town in the late afternoon/early evening.

Accommodation Hotel (1 night)

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Included Activities San Cristobal - Excursion to Leon Dormido or Lobos Islands Isla San Cristobal - Interpretation Center (45 minutes) Isla San Cristobal - Cerro Tijeretas View Point (1 Hour)

Meals Included Breakfast Lunch

DAY 4

Destination	Isla San Cristoba [Boat] Isla Floreana [Boat] Isla Isabela
Meals included	Breakfast, Lunch
Accommodation	N/A

Take an early morning boat ride today towards Floreana Island, which should take about 2.5 hours. Along the way keep your eyes peeled for wildlife such as dolphins and whales. On arrival to the island, snorkel in the clear blue waters and then break for lunch. Afterwards venture to a black sand beach which belongs to the Witmers, decedents of some of the first settlers on the Galapagos. The town here, Puerto Velasco Ibarra, has about 150 residents and an intriguing history involving deaths, disappearances and murders. Later in the afternoon, wave goodbye to Floreana and continue to Isabela Island (approximately 2 hours) From Isabela Port it's a short transfer to the hotel where we will spend the night (approximately 15 minutes)

Accommodation Hotel (1 night)

Included Activities Floreana - Snorkeling

Meals Included Breakfast Lunch

Special Information Isabela Port Fee: Please note when you arrive at Isabela, you'll need to pay a port fee of USD 10

DAY 5

Destination	Isla Isabela
Meals included	Breakfast
Accommodation	N/A

Start your second day on Isla Isabela with a short bus ride (approximately 15 minutes) to the Giant Tortoise Breeding Center where you'll observe giant tortoises in all stages of development. The centre has almost a thousand giant tortoises training for life on their own. Afterwards we make our way to a brackish lagoon where we will be able to observe flamingos.

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In the afternoon after an informative visit, board a small pangas for Tintoreras or Shark Alley. On our way we will go along the coast line in the hope to spot blue-footed boobies and the famous Galapagos penguin who is home on the western part of the archipelago. On arrival, hop off for a short walk on this isolated islet and popular iguana nesting site that's home to hundreds of marine iguanas. Snorkel in a calm inlet with colourful fish and winding underground lava tubes. This area is frequented by green sea turtles that like to rest on the calm, sandy bottom.

Late afternoon, return to town in search of your own sandy resting spot and enjoy your first Isabela sunset, arguably the most beautiful of all the islands.

Accommodation Hotel (1 night)

Included Activities Isla Isabela -Tintoreras or Shark Alley (2.5 Hours) Isla Isabela - Flamingo lagoon visit (30 Minutes) Isla Isabela - Giant Tortoise Breeding Centre (1 Hour)

Meals Included Breakfast

DAY 6

Destination	Isla Isabela
Meals included	Breakfast, Lunch
Accommodation	N/A

Start your last day on Isla Isabela by heading towards the Sierra Negra Volcano (approximately 45 minutes by bus), one of the most active volcanoes in the Galapagos and the second largest crater in the world. Weather permitting, take a challenging hike of around 17 kilometres up the rocky mountain, which takes between five and six hours. After the hike, make your way back to town in the late afternoon for some free time to curl up with a book or venture down to the water for a relaxing swim before dinner. Unfortunately, recycling isn't available on Isabela, so please take your plastic rubbish with you.

Accommodation Hotel (1 night)

Included Activities Isla Isabela- Sierra Negra Volcano Hike (5-6 Hours)

Meals Included Breakfast Lunch

Special Information Sierra Negra Hike: Please ensure you wear comfortable walking shoes that offer good support.

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During the rainy season it can get quite muddy. There's an option to hire gumboots locally, should you wish to do so. During the hike it can get quite hot, there isn't much shade along the way so be sure to come prepared with your hat, sunscreen and plenty of water (we recommend 2 litres per person).

DAY 7

Destination	Isla Isabela [Boat] Isla Santa Cruz
Meals included	Breakfast
Accommodation	N/A

Today you will start the day with a kayak around Isabela before transferring by private speedboat to Isla Santa Cruz.

Once you arrive on Santa Cruz you will head to a restaurant that offers a typical Ecuadorian lunch package, simply referred to as 'Menu'. Usually this consists of a fresh juice, basic entrée (usually a soup) as well as a main meal. These lunch deals are very popular throughout Ecuador so it's a great way to eat like a local.

In the afternoon have free time to further explore the town or go on an optional excursion to the Charles Darwin Research Centre.

Accommodation Hotel (1 night)

Included Activities Kayaking - Isla Isabela

Optional Activities Isla Santa Cruz - Charles Darwin Research Centre (45 Minutes) - Free

Meals Included Breakfast

DAY 8

Destination	Isla Santa Cruz ➔ Quito
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Today you will start the day with a kayak around Isabela before transferring by private speedboat to Isla Santa Cruz.

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Once you arrive on Santa Cruz you will head to a restaurant that offers a typical Ecuadorian lunch package, simply referred to as 'Menu'. Usually this consists of a fresh juice, basic entrée (usually a soup) as well as a main meal. These lunch deals are very popular throughout Ecuador so it's a great way to eat like a local.

In the afternoon have free time to further explore the town or go on an optional excursion to the Charles Darwin Research Centre.

Accommodation Hotel (1 night)

Included Activities Kayaking - Isla Isabela

Optional Activities Isla Santa Cruz - Charles Darwin Research Centre (45 Minutes) - Free

Meals Included Breakfast

DAY 9

Destination	Quito ✈️ Lima
Meals included	Breakfast
Accommodation	N/A

We say goodbye to the Galapagos today and take a flight back to Quito (Please note the flight will make a stop in Guayaquil) You'll arrive back to Quito later afternoon. Perhaps head out for a group dinner with your travel pals!

Accommodation Hotel (1 night)

Meals Included Breakfast

DAY 10

Destination	Lima ✈️ Puerto Maldonado [Boat] Amazon Jungle
Meals included	
Accommodation	N/A

Say 'hasta luego' to Quito and board a flight today to Lima, where your journey into the Sacred Land of the Inca begins. With indigenous cultures dating back millennia, Peru is an indomitable land of Amazonian rainforests teeming with

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wildlife and soaring mountains harbouring secret cities. Your adventure continues with another meeting at 2 pm at your hotel in Lima, where you'll meet your tour leader and new travel group. After the formalities are out of the way, dive into life in Lima. Jump on public transport and head downtown for a guided walking tour of the city's historical centre and take in the ornate spectacle of the colonial mansions, palaces and churches that line the streets. Following the tour, you have the rest of the afternoon and evening to do as you please. You might want to visit the Museum of the Inquisition, where you can learn more about the brutal reality of Spanish colonialism in Peru to get some context for your trip. Or take a lighter approach and maybe do some wandering until night falls, then embark on an optional Lima Bites and Sights Tour. This guided exploration of the bohemian Barranco district will see you sampling the best local street food and Pisco cocktails. Ask your leader about the full range of optional activities available in Lima.

Accommodation Hotel (1 night)

Included Activities Lima - Leader-led walking tour

Optional Activities Lima - Museum of the Inquisition - Free Lima - Archaeological Museum - PEN15 Lima - Private Lima: Home Cooked Tour Urban Adventure (price from) - USD83 Lima Coast Biking Tour - Urban Adventures - USD52 Lima - Lima Discovery - Urban Adventures - USD37 Lima - Night Bites & Sights - Urban Adventures - USD68 Lima - Guided tour of San Francisco Monastery including The Catacombs - PEN20

Meals Included There are no meals included on this day.

Special Information As this is a combination trip, the travellers in your group and your group leader are likely to change today. There will be a welcome meeting this afternoon to discuss the next stage of your itinerary and meet travellers joining you. It's important that you attend the meeting as your new leader will be collecting insurance details and next of kin information. Ask reception or look for a note in the lobby for more information on where the meeting will take place.

This trip visits places that are at high altitude, and as a result some people can suffer from altitude sickness, regardless of age or physical health. Please see the 'Health' section of the Essential Trip Information for more important details on this.

DAY 11

Destination	Amazon Jungle
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Rise and shine for your journey into the wilds of the Peruvian Amazon. Take an early morning transfer to Lima airport,

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then board a three-hour flight to the frontier town of Puerto Maldonado. Upon your arrival, lodge staff will take you to their office in town. Pack a small duffle bag with clothing and other items needed for two days in the jungle, stow the rest of your luggage and then travel by private vehicle to the water. Here, board a motorised canoe and cruise deep into the jungle. The journey to your eco-lodge in the Madre de Dios region will take around three hours, and you'll be given a packed lunch on the way. Arrive and settle in to your thatched-roof lodge before a short orientation walk of the immediate area and a briefing. Spend the evening getting acquainted with the sights and smells of the jungle and fall asleep to the sounds of nature.

Accommodation Jungle Lodge (1 night)

Included Activities Amazon Jungle - Jungle activities

Meals Included Breakfast Lunch Dinner

Special Information ACCOMMODATION: We stay at two different lodges in the same area. The activities may vary slightly according to which lodge you are at. Depending on which lodge you are staying at, the included night excursion may be on the night of Day 1 or Day 2. As both of our lodges are in the same area of the jungle, you will see the same wildlife and your overall jungle experience will be the same in either lodge.

HEALTH/PHYSICAL: On Day 3 there is an 11-km jungle walk. At times the paths can get quite muddy and some people can find the trek a little exhausting, but the adventure is well worth it! Along the way there will be regular stops and you'll encounter magnificent fauna and flora in their natural habitat.

DAY 12

Destination	Amazon Jungle
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Get ready for an unforgettable day exploring the depths of the jungle! Set out on a half-day trek guided by local experts on the area's flora and fauna. Learn from your guides about the medicinal and practical uses for some of the plants that grow here, which indigenous people have been studying and using for thousands of years. On your walk, keep an eye out for rainbow coloured macaws and butterflies, and listen for the barking call of the peccaries and chattering of monkeys that call the jungle home. This part of the Amazon is also known to house capybaras, giant otters and jabirus, so keep your eyes peeled for these exotic creatures. Return to the lodge for lunch and some free time to relax. Once the sun goes down, venture out on a night walk in search of some of the jungle's nocturnal inhabitants.

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Accommodation Jungle Lodge (1 night)

Meals Included Breakfast Lunch Dinner

DAY 13

Destination	Amazon Jungle [Boat] Puerto Maldonado ✈️ Cusco
Meals included	Breakfast
Accommodation	N/A

Leave behind the natural wonders of the Amazon for the man-made wonders of Cusco today. Return to Puerto Maldonado to collect your luggage, then take a short 35-minute flight to the lofty city. If Lima is Peru's head, then Cusco is definitely the country's heart. Once you've spent some time acclimatising to the altitude of 3450 metres, head out on an orientation walk with your leader. See wonders of the ancient, colonial and contemporary variety on this stroll, including the Plaza de Armas (Main Square), the San Pedro Market, the 12 Angled Stone, Regocijo Square and San Blas Square. This tour will also include the most significant temple in the ancient Inca empire – Qoricancha. Despite being covered with a Baroque facade in the 17th century by the Spanish, the original Inca masonry has been uncovered in some areas. Wrap up your tour at the ChocoMuseo where you can sample hot chocolate made from local beans. The rest of the day is yours to enjoy as you wish. Maybe head out for dinner with your fellow travellers – your leader can recommend some good places to grab a meal. If you're feeling adventurous, why not try one of the many establishments serving up cuy, which you might know by the English name of guinea pig. Or perhaps head to Cafe Daria, a central pizzeria which also provides vocational training for young adults with intellectual and developmental disabilities.

Accommodation Hotel (1 night)

Included Activities Cusco - Orientation Walk Cusco - Chocolate Museum Visit & Hot Chocolate

Meals Included Breakfast

DAY 14

Destination	Cusco 🚌 Sacred Valley 🚌 Ollantaytambo
Meals included	Breakfast, Lunch
Accommodation	N/A

Hop on a private bus in the morning and travel through the lush terraces of the Sacred Valley to Ollantaytambo, one of

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the few places where the Inca defeated the Spanish. On the way, stop at a village and enjoy lunch and conversation in a community that still practices many Inca traditions. Why not head to the archaeological park that lies to the left side of the main square? If you're feeling energetic you can climb to the top of the squared terraces and gaze down over the valley. Just remember, if you have chosen to hike the Inca Trail to Machu Picchu you will begin your trek tomorrow, so don't push yourself. Tonight, perhaps enjoy a quinoa and alpaca stew at one of the many local restaurants.

Accommodation Hotel (1 night)

Included Activities Sacred Valley - Community visit & lunch

Optional Activities Ollantaytambo - Archeological site - PEN70

Meals Included Breakfast Lunch

DAY 15

Destination	Inca Trail or Quarry Trail or Train Option
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Depending on the travel arrangements you made before the trip, during the next four days you'll be doing one of the following: hiking the Classic Inca Trail, hiking the Inca Quarry Trail or staying in Cusco for another two days before taking the train to Aguas Calientes. While away from Cusco, the bulk of your luggage will be stored at your hotel. If you're hiking the Inca Trail or the Inca Quarry Trail, the evening before you leave Cusco you'll receive a small duffel bag to carry your clothes in during the trek (5 kg maximum).

Your team of porters will carry these bags for you, together with the food and equipment for the trail. Please note that you won't have access to these items until the end of each day, as the porters will always be ahead of the group. If you're travelling to Aguas Calientes by train, you'll be able to leave most of your luggage at the hotel in Cusco and only travel with the necessary items during the excursion by train.

Route 1 Classic Inca Trail: Today travel by minivan to the 82 kilometre marker and meet your crew of local porters, cook and guide. The first day includes uphill trekking to the campsite, which is at 3100 metres above sea level. On the way you'll see the Inca sites of Ollantaytambo, Huillca Raccay and Llapacata, as well as incredible views of snow-capped Veronica Peak. In the evening, unwind at the campsite with a nourishing meal.

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Route 2 Inca Quarry Trail: Make an early start today and drive to Choquequilla, a small ceremonial place where Inca worshipped the moon. Drive to the starting point of the trek, Rafq'a, and meet the horsemen who join us on the hike. After an hour's walk, reach the small community of Socma. Carry on to the Perolnyoc cascade lookout, an opportunity to stop for photos and a food break. Continue to the campsite, which is 3700 metres above sea level. You should reach the campsite around lunchtime. After lunch, set off to explore the Q'orimarca archaeological site, which once served as a checkpoint to the Inca.

Route 3 Train: After spending the night in the Ollantaytambo, leave around 9.30 am and take a short drive to the town of Pisac. Pisac is well known for its market. Here you'll have the opportunity to shop for souvenirs and perhaps try some local empanadas. Arrive back into Cusco in the afternoon, where your leader will take you to San Pedro Market in order to buy some things for a picnic tomorrow.

Accommodation Camping (with basic facilities) (1 night)

Meals Included Breakfast Lunch Dinner

Special Information The Classic Inca Trail is within the abilities of most fit people, but be prepared – it's 45 km long and often steep. Each day generally consists of seven hours of walking (uphill and downhill), with snacks and lunch stops. Trekking usually begins at 7 am (except the fourth morning) and you reach the campsite around 5 pm. Accommodation on the trek is camping (three nights). Double tents (twin-share) and foam camping mats are provided. Porters will set up the tents while the cook prepares meals.

The Inca Quarry Trail is also within the abilities of most reasonably fit people. It's 26 km long, the highest pass 4450 m above sea level. Throughout the trek, horses will carry your gear and camping equipment. The first two nights are spent camping and the third night at a simple hotel. Double tents (twin-share) and foam camping mats are provided. Porters will set up the tents while the cook prepares meals.

Lunch and dinner today are included for Inca or Inca Quarry Trail trekkers only.

DAY 16

Destination	Inca Trail or Quarry Trail or Train Option
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Route 1 Classic Inca Trail: This is the most challenging day of the trek as you ascend a long steep path (approximately five

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hours) to reach the highest point of the trail. Colloquially known as 'Dead Woman's Pass', Warmiwanusca sits at a height of 4200 metres above sea level, providing amazing views of the valley below. The group will then descend to the campsite in the Pacaymayo Valley at 3650 metres.

Route 2 Inca Quarry Trail: This is the most challenging and rewarding day of the hike. A three-hour walk takes us to the top of the first pass of Puccaqasa (approximately 4370 metres high). After enjoying picturesque views of the valley, it's a short walk before stopping for lunch. Afterwards, make the two-hour hike to Kuychicassa, the highest pass of the trek at 4450 metres. From here, descend to the sacred site the Inca called Intipunku (Sun Gate), with views of the Nevado Veronica mountain. Head to the campsite, only a stone's throw away at Choquetacarpo.

Route 3 Train: Today, take a taxi to Tambomachay, an archaeological site just outside of Cusco. From here you'll take a short downhill walk (between one and three hours) back to Cusco. On the way, stop to admire some of the archaeological sites, including Puka Pukara, Qinqu Quenqo and Saksaywaman. Arrive back in Cusco in the afternoon and enjoy some free time to go shopping, or perhaps visit Merida, Mendivil and Olave art galleries and workshops. Your tour leader will be able to give you some suggestions or point you in the right direction.

Accommodation Camping (with basic facilities) (1 night)

Meals Included Breakfast Lunch Dinner

Special Information MEALS: Included lunch and dinner on this day is for people trekking the Inca or Quarry Trail only.

DAY 17

Destination	Inca Trail or Quarry Trail or Train Option
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Route 1 Classic Inca Trail: Start the day with a climb through the Pacaymayo Valley to Runkuracay pass (3980 metres). Enjoy views of the snow-capped mountain of Cordillera Vilcabamba before descending for around two to three hours to the ruins of Sayacmarca. Continue over the trail's third pass to the ruins of Phuyupatamarca (3850 metres), also known as 'Town Above the Clouds'. Start the two-hour descent down the Inca steps to the final night's campsite by the Winay Wayna archaeological site.

Route 2 Inca Quarry Trail: Today's hike will all be downhill. The first stop is the incomplete Kachiqata quarry, where the Inca were intercepted by the Spanish. Around midday, come to the end of the trek. Explore the cobbled streets of

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Ollantaytambo before taking the short train journey to Aguas Calientes. This is where you'll meet up with the travellers in your group who didn't hike. Visiting the natural hot springs in town is a soothing way to spend the late afternoon. Spend the night in a comfortable hotel before tomorrow's visit to Machu Picchu.

Route 3 Train: After a drive to Ollantaytambo (about one-and-a-half hours), catch a train through the winding Urubamba Valley to Aguas Calientes (another one-and-a-half hours). The city is nestled in the cloud forest at the foot of Machu Picchu. For those who want a sneak peak, there is time to visit Machu Picchu independently before a guided tour tomorrow. Otherwise, you can while away the afternoon in the natural hot springs at Aguas Calientes.

Accommodation Camping (with basic facilities) (1 night)

Included Activities Machu Picchu - Entrance and guided tour

Meals Included Breakfast Lunch Dinner

Special Information MEALS: Included lunch and dinner on this day is for people trekking the Inca or Quarry Trail only.

DAY 18

Destination	Machu Picchu 🚗 Ollantaytambo 🚗 Cusco
Meals included	Breakfast
Accommodation	N/A

Route 1 Inca Trail: This is the final and most spectacular leg of the trek to Machu Picchu. The day starts before dawn with breakfast at 4 am. Say farewell to the porters as they descend to the train station and then begin hiking by 4.30 am. Once the final checkpoint opens at 5 am, begin the final leg of the trek. The walk to Intipunku (the Sun Gate) takes around two-and-a-half hours. Weather permitting, enjoy unforgettable views over the 'Lost City of the Inca' as you enter Machu Picchu through the Sun Gate.

Route 2 Inca Quarry Trail: Depending on weather conditions, take a bus at 5.30 am this morning along the winding road to Machu Picchu. The journey takes around 30 minutes. At Machu Picchu, join up with the travellers in your group who hiked the Classic Inca Trail. If skies are clear, enjoy a spectacular views over the ancient city from Intipunku (the Sun Gate), before going on a guided walk around the ruins.

Route 3 Train: Take an early bus up to Machu Picchu at 5.30 am. The city was built around AD1440 as a country retreat for

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Inca nobility, but there's evidence that the land had been a sacred Inca site for much longer. Take a guided tour around the ruins of temples, palaces and living quarters, and enjoy free time afterwards to wander around on your own before the group returns to Cusco.

For all 3 options: After taking advantage of the seemingly endless photo opportunities, it's time to return to Cusco for a well-deserved shower and a Pisco sour. Your evening is then free for the last night of your adventure.

Accommodation Hotel (1 night)

Meals Included Breakfast

Special Information REGULATIONS: According to Machu Picchu visiting regulations, all visitors must follow a pre-determined route within the site. This route must be followed in one direction only and once the guided visit commences exiting and re-entering the site is not permitted. Once the guided visit concludes, visitors must exit the site and personal exploration of Machu Picchu is not permitted.

SAFETY: Due to Intrepid's internal safety policy, our leaders are specifically prohibited from recommending or assisting with booking trips to the mountaintop ruins of Wayna Picchu.

DAY 19

Destination	Cusco
Meals included	Breakfast
Accommodation	N/A

Enjoy free time to relax, shop and explore more of Cusco's sights. Perhaps rest your weary legs at a cafe on Plaza de Armas or head to the San Pedro Market where you can find vegetables, meats, local cheeses, chocolates, herbal medicines and many local handicrafts. It's a great place to purchase some souvenirs or pick up ingredients for a picnic lunch. The market is also a place where many locals (and daring travellers) go to eat 'mystery soups'. Some may be just chicken; however, the most popular among the locals usually contain frog or offal. For those who can't get enough active adventure, why not try mountain biking in the hills that surround Cusco? If you've fallen in love with the Peru's national beverage, the Pisco sour, consider joining an Urban Adventure where you will learn to craft your own, a souvenir you can impress people with for years to come. Find out more at urbanadventures.com/cusco-tour-cusco-pisco-making, or ask your leader for details.

Accommodation Hotel (1 night)

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Optional Activities Cusco - Full Boleto Turistico Pass (access to 16 archaeological sites, transport & guides not included) - PEN135 Cusco - City tour - USD15 Cusco - Half Boleto Turistico Pass (access to selected archaeological sites, transport & guides not included) - PEN75 Cusco - Coricancha Temple entrance fee - PEN15 Cusco - Cathedral Entrance Fee - PEN25 Sacred Valley - Via Ferrata & Zipline - PEN265 Sacred Valley - Mountain Biking - USD120 Cusco - Pisco Making - Urban Adventures - USD51 Cusco - Stand Up Paddle Boarding - USD75 Cusco - Totem painting workshop - USD59 Rainbow Mountain Hike - USD97

Meals Included Breakfast

Special Information RAINBOW MOUNTAIN: Before your trip comes to an end, why not pay a visit to Instagram's most popular mountain - Rainbow mountain (or Vinicunca in Quechua, the local language). This activity involves climbing up to more than 5000 meters above sea level in one day, which can lead to life threatening altitude sickness. As such, our tour leaders are only able to assist you booking this activity at the end of your stay in Cusco (when you will be better acclimatised) and on our own operated departures where we have full control over the safety aspects of this activity (such as transport, oxygen, emergency horses, adequate first aid kits and experienced guides). The price indicated for is indicative only and the final price will depend on the total number of travellers taking this activity. Ultimately the price can range from as little as \$56 (with 16 travellers) to \$216 for 2 travellers. A minimum of 2 travellers is required to operate this activity. Your tour leader can assist with booking this on the ground.

DAY 20

Destination	Cusco  Puno
Meals included	Breakfast
Accommodation	N/A

Bid farewell to Cusco and travel by public transport through the dramatic scenery of the high altiplano to Puno. Located on the shores of vast and serene Lake Titicaca. At an altitude of 3800 metres, Lake Titicaca is the world's highest navigable lake. Along the way there will be stops to drop off and pick up passengers, which may affect travel times slightly, but the journey should take around six hours. The long drive is worth it for the first glimpse of immense Lake Titicaca, whose seemingly endless waters stretch into the horizon. Puno is a melting pot of indigenous Aymara and Quechuan culture and traditional Andean customs, and it wears its traditions on its sleeve. If you're lucky, your trip will coincide with one of the many cultural festivals here. Perhaps ask your leader where you can get the best grilled trout tonight, a local specialty.

Accommodation Hotel (1 night)

Optional Activities Puno - Sillustani archaeological site - USD10

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Meals Included Breakfast

DAY 21

Destination Puno [Boat] Lake Titicaca

Meals included Breakfast, Lunch, Dinner

Accommodation N/A

Embark on a tour of the lake by slow motor boat, stopping at the floating Uros Islands. Built by the Uros people to protect themselves from encroaching Inca forces hundreds of years ago, the islands are constructed from many layers of totora reeds that grow in the shallows of the lake. Feel the bizarre sponginess of the island underfoot and learn a little about the history of the communities that called them home. Then, get a closer look at contemporary life on the shores of the lake with a homestay in a local community. Help your host family with their daily activities, try out a few words in Quechua (most importantly 'solpayki' or thank you!) and perhaps join a local soccer game and make some friends on the makeshift pitch.

Accommodation Homestay (1 night)

Included Activities Lake Titicaca - Boat tour & Homestay

Meals Included Breakfast Lunch Dinner

Special Information ACCOMMODATION: Your homestay tonight is a mud brick house. Rooms have beds and many blankets, and there are shared drop-toilets but no showers.

DAY 22

Destination Lake Titicaca [Boat] Puno

Meals included Breakfast

Accommodation N/A

This morning after breakfast you'll board the motor boat again and cruise to Taquile Island (approximately 1 hour), which is known for the intricate, hand-knitted textiles the locals produce. Here, knitting is strictly a male domain, and women do the spinning. It's a great place to pick up some high quality, locally knitted goods. An approximately one-hour uphill trek brings you to the main area of the island, where you can shop for handicrafts and observe the symbolic clothing items worn by the local folk. After the visit, descend about 500 steps to the boat. Return to Puno, a journey that will take

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around three hours. Once back in Puno, perhaps gather a crew and find a local watering hole to enjoy a drink or two. By now you've probably had your fair share of Pisco sours, so maybe try a chilcano. While it also features a Pisco base, the cocktail is completed with ginger beer instead of egg whites.

Accommodation Hotel (1 night)

Meals Included Breakfast

Special Information Puno is the hometown of Kusimayo, a terrific local organisation supported by The Intrepid Foundation that works towards improving the living condition of children and adults affected by poverty and malnutrition in this part of the world.

Check out this short video to learn more about the project: vimeo.com/154422813 Visit The Intrepid Foundation's website if you'd like to learn more about how you can support this cause: theintrepidfoundation.org/projects/kusimayo

DAY 23

Destination	Puno 🚗 La Paz
Meals included	Breakfast
Accommodation	N/A

Trade the still waters and quiet villages of Lake Titicaca for the bustling highland city of La Paz. Travel by comfortable local bus to Desaguadero and cross the border into Bolivia. At the border you will say goodbye to your Peruvian leader and a Bolivian leader will take over for the last portion of your tour. After border formalities at the Peruvian migration office, cross the bridge to Bolivia, submit your passport at the Bolivian migration office, then board the bus again. Continue to La Paz, stopping en route for another document check. The journey to La Paz takes about 5 hours (don't forget that Bolivia's timezone is 1–2 hours ahead of Peru). Discover the colonial architecture and browse the markets on a walking tour, taking in the vibrant expressions of indigenous culture. According to a 2012 census, just over 40 percent of Bolivia's adult population are of indigenous origin, but discrimination stymied overt expressions of indigenous heritage until very recently. Aymara women wearing the traditional, distinctive bowler hat and long, layered skirts, for example, were banned from many public buildings until 2006. Over the last decade, grassroots activism and a shifting political landscape has created space for various indigenous cultures to live openly. After the walking tour, why not head to the Witches' Market in search of folkloric remedies, potions and totems – it's a great place to pick up a last-minute souvenir.

Accommodation Hotel (1 night)

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Optional Activities La Paz - Tiwanaku Archeological site (Shared service) - USD30

Meals Included Breakfast

DAY 24

Destination	La Paz
Meals included	Breakfast
Accommodation	N/A

Your trip comes to an end today after breakfast; there are no activities planned for the day. You are free to leave at any time after check-out. As there isn't a huge amount of time included in Bolivia on this itinerary, you may want to extend your stay by a few days. Speak to your travel agent or Intrepid representative at the time of booking and we can organise additional accommodation for you (subject to availability). If you do choose to stay on, consider visiting the Salt Flats in Uyuni – a true natural spectacle. Our Bolivian Salt Flats short break leaves from La Paz and lasts for three days, making it the perfect addition to your journey. Enter code GGAU on our website to view the full itinerary.

Optional Activities La Paz - To 3,600 Metres, and Beyond Urban Adventure - USD41 La Paz - Food With Altitude Urban Adventure - USD57

Meals Included Breakfast

Special Information COMBOS: Some departures of this trip are part of a combination trip. As such, some of your fellow travellers may be continuing on further into Bolivia today to start the second part of their trip – Explore Peru & Bolivia (GGSUC).

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Inclusions

WHAT'S INCLUDED

Small, personal group experience – no more than 16 people
Experienced Tour Leader throughout
Accommodation: Camping (with basic facilities) (3 nights), Homestay (1 night), Hotel (17 nights), Jungle Lodge (2 nights)
21 breakfasts, 11 lunches, 7 dinners
Transport: Plane, Speed boat, Canoe, Train, Private vehicle, Public bus
Explore Isla San Cristobal, Isla Floreana, Isla Isabela and Isla Santa Cruz in the Galapagos,
Choose to hike the Classic Inca Trail, Quarry Trail or stay behind in Cusco, Explore Lima, Stay two nights at an Eco Jungle Lodge in the Peruvian Amazon and Witness the Andean way of life in a homestay in Lake Titicaca

Fine Print

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OPTIONAL TOURS

- Quilotoa - Quilotoa Lagoon (Full day) (Day 1) - USD100
- Quito - Papallacta Hot Springs (Full day) (Day 1) - USD70
- Cotopaxi - National Park Hiking Tour (Day 1)- USD95
- Urban Adventures: Quito Market Discovery (Day 1) - USD98
- Urban Adventures: Quito Sweet & Culinary Experience (Day 1) - USD104
- Urban Adventures: Condors and Culture in Otavalo (Day 1) - USD756
- Urban Adventures: Quito Legends and Culture Tour (Day 1) - USD79
- Wetsuit (shortsleeve) hire for 5 days (Day 2) - USD60
- Isla Santa Cruz - Charles Darwin Research Centre (45 Minutes) (Day 7) - Free
- Lima - Museum of the Inquisition - Free
- Lima - Archaeological Museum - PEN15
- Lima - Private Lima: Home Cooked Tour Urban Adventure (price from) (Day 10) - USD83
- Lima Coast Biking Tour - Urban Adventures (Day 10) - USD52
- Lima - Lima Discovery - Urban Adventures (Day 10) - USD37
- Lima - Night Bites & Sights - Urban Adventures (Day 10) - USD68
- Lima - Guided tour of San Francisco Monastery including The Catacombs (Day 10) - PEN20
- Ollantaytambo - Archeological site (Day 14) - PEN70
- Cusco - Full Boleto Turistico Pass (access to 16 archaeological sites, transport & guides not included) (Day 19) - PEN135
- Cusco - City tour (Day 19) - USD15
- Cusco - Half Boleto Turistico Pass (access to selected archaeological sites, transport & guides not included) (Day 19) - PEN75
- Cusco - Coricancha Temple entrance fee (Day 19) - PEN15
- Cusco - Cathedral Entrance Fee (Day 19) - PEN25
- Sacred Valley - Via Ferrata & Zipline (Day 19) - PEN265
- Sacred Valley - Mountain Biking (Day 19) - USD120
- Cusco - Pisco Making - Urban Adventures (Day 19) - USD51
- Cusco - Stand Up Paddle Boarding (Day 19) - USD75
- Cusco - Totem painting workshop (Day 19) - USD59
- Rainbow Mountain Hike (Day 19) - USD97
- Puno - Sillustani archaeological site (Day 20) - USD10
- La Paz - Tiwanaku Archeological site (Shared service) (Day 23) - USD30
- La Paz - To 3,600 Metres, and Beyond Urban Adventure (Day 24) - USD41
- La Paz - Food With Altitude Urban Adventure (Day 24) - USD57

IMPORTANT INFORMATION

Accommodation

The accommodation listed is subject to change. Any changes will be of an equal or higher

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standard. Bedding configurations (double or twin) are requests only. All efforts will be made to meet your preferences, however, any changes are beyond our control.

Single Travellers

This trip is designed for shared accommodation and doesn't involve a compulsory single supplement. Single travellers share with people of the same gender in accommodation ranging from twin to multishare. This only applies to accommodation during the tour - pre-trip and post-trip accommodation will be booked on a single room basis.

Single Supplement

A single supplement is available for this trip for an extra AUD \$1325 in addition to the single person price. The Single Supplement excludes accommodation on Day 11 and Day 12 (Amazon Jungle) and Day 21 (Lake Titicaca homestay) where you will be in shared accommodation.

Triple Share

On Request

Children

Children must be 15 years old or over and share a room with parents at all times.

Galapagos Park, Transit Card & Isabela Port Fees A Galapagos Transit Card fee of USAUD \$20 is payable on departure from Quito Airport (or whichever airport in Ecuador you are flying to the Galapagos from). The Galapagos park fee (USAUD \$100) and Isabela Port fee (USAUD \$10) are payable upon arrival to the islands (cash only). These amounts are in addition to your trip payment.

Inca Trail Permits:

Inca Trail permits are sold on request basis only. Once deposit is paid and passport details provided, Intrepid will endeavour to secure a permit for you.

If Inca Trail permits are unavailable by the time you book, you can opt to hike the Inca Quarry Trail instead.

The Inca Trail closes in February to allow cleaning and restoration works. If the trek portion of your trip starts in February you will be automatically booked to hike the Inca Quarry Trail. <https://www.intrepidtravel.com/machu-picchu-peru/quarry-trail>

Should you choose not to hike at all, please let us know in writing at the time of booking so alternative arrangements can be made. Without this prior warning, local fees may apply.

Passport Information Required

Full passport details are required at the time of booking in order to purchase Entrance fees to

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important sites such as Machu Picchu. Delays to provide this information may result in booking fees or changes to your itinerary.

Tour Documentation

Final documentation will be provided approximately 30 days prior to travel.

EXCLUSIONS

Airfares
 Personal Expenses
 Travel Insurance
 Optional activities

HOW TO BOOK & PAYMENTS

Deposit & Payments

Book now and secure your package with only a AUD \$200 deposit per person.
 Pay a 2nd instalment of AUD \$1978 per person within 28 days.
 You will then be invoiced for final payment 90 days prior to departure.
 Booking Process

Select the purple 'Reserve Your Seat' tab to begin your booking (you must 'Sign Up' first by entering your email and creating a password)
 Then select the purple 'Book now' tab of the tour you have selected
 Select your Departure Date, Departure City, Number of Passengers, Room Configuration, any Upgrade Options, and enter any Special Requests
 Click the purple 'Proceed to Secure Checkout' tab
 Enter your credit card or PayPal details to secure your deposit/payment. You may also pay via BPAY (not available within 70 days of departure)
 Once your order is complete, you will be prompted to complete a Booking Form so that we can fulfil your booking
 Your booking is confirmed once your Booking Form is submitted and you can begin the countdown to your Inspiring Vacation!

HOTEL LIST

Camping (with basic facilities) (3 nights), Homestay (1 night), Hotel (17 nights), Jungle Lodge (2 nights)

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