

Active Ecuador & Peru - SEID

16 days: Quito to Cusco

What's Included

- Your G for Good Moment: Ccaccacollo Community and Women's Weaving Co-op visit, Ccaccacollo
- Your G for Good Moment: Parwa Community Restaurant the Sacred Valley, Lamay
- Your G for Good Moment: Handmade Biodegradable Soap Products
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your Discover Moment: Cusco
- Whitewater rafting excursion on the Jatunyaku River in the Amazon Jungle (full-day)
- Trekking in Llanganates NP
- Mountain bike excursion
- Sacred Valley guided tour
- Pottery making demonstration
- Inca Trail guided hike with cooks and porters (4 days)
- Internal flight
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 3rd, 2018 and onwards

Itinerary

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Inca Trail

Day 1 Quito

Arrive at any time.

Visitors arriving in Quito will likely feel the effects of the altitude. Symptoms include shortness of breath, headaches, general lethargy, and a reduced appetite. This is no cause for alarm; it is simply your body's way of coping with the altitude. It may take a little time to acclimatize, but before long you probably will not even notice it. Take it easy for the first day or two, and reduce alcohol and cigarette consumption to minimize the effects. Be sure to drink plenty of water and do not attempt too much in any given day.

Opt to pre-book the "Quito City Tour & Equator Line" activity on the checkout page ahead of time to include this optional on your tour.

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Optional Activities - Day 1

Quito City Tour and Equator

Quito

Enjoy a city tour of Quito. Visit the Old Town, a UNESCO World Heritage Site, with stops at the Basilica del Voto Nacional, La Compañía Church, San Francisco Square, Plaza Grande and the Panecillo, a towering statue of the virgin of Quito who looks out over a stunning view of the city. Drive 25km (16 mi) north of Quito to the Middle of the World, latitude 0°. Stand with one foot in each hemisphere.

Please note that this tour starts at 8 a.m.

Day 2 Quito/Tena

Travel by bus into the Amazon Basin and enjoy the incredible scenery en route to the jungle town of Tena. Watch as it changes from towering mountains to lush jungle, passing by waterfalls and deep river valleys.

Local Bus

Quito - Tena 6h 189km

Climb aboard, grab a seat, and enjoy the ride.

Meals included: Breakfast

Day 3 Tena

Navigate the wild Jatunyacu River in the surrounding lush cloud forest. The cool water and air make this an excellent change from the tropical Amazon climate. Return to Tena for the night.

Jatunyacu River Whitewater Rafting Excursion

Río Jatunyacu

Experience the thrill of whitewater rafting on a full-day excursion on River Jatunyacu, a wide and relatively calm waterway, with some large waves. Take on Class 3+ rapids, which include a good balance of rapids and open water. Give it a try, even if new to the sport – this experience is accessible for anyone without any previous rafting experience.

Meals included: Lunch

Day 4 Tena/Baños

Travel by bus to Baños, a town surrounded by lush cloud forest. Enjoy a free afternoon for optional activities like canyoning, ziplining, visiting local waterfalls, or exploring the town on foot.

The town is the perfect setting for outdoor pursuits, including horseback riding, canyoneering, hiking and rafting on the Patate River.

Opt to pre-book the "Baños Canyoning Adventure" or "Baños Ziplining Adventure Bundle" activity on the checkout page ahead of time to include this optional on your tour.

Local Bus

Tena - Baños 3h-4h

Climb aboard, grab a seat, and enjoy the ride.

Free Time

Baños Afternoon

Enjoy free time in Baños, a town famous for outdoor activities. Pick one of the many activities on offer, or simply relax in town.

Optional Activities - Day 4

Whitewater Rafting

Baños

30USD per person

Hit the rapids in the adrenaline capital of Ecuador. Choose a river that suits your experience level; there are a number with varying ranges of difficulty. Enjoy amazing Andean scenery and a fun-filled ride!

Mountain Biking

Baños

10USD per person

Hop on your bike and explore the amazing scenery surrounding Baños. Pass by mountains, rivers, waterfalls, and changing vegetation – depending on what path you take. Enjoy the cool wind on downhill stretches, but be sure to bring sunblock; the sun can be strong.

Hiking - Baños

Baños

Free

Head to the mountains for some amazing treks; Baños provides the perfect natural setting for outdoor adventure.

Horseback Riding - Baños

Baños

25USD per person

Hop in the saddle and explore Baños' beautiful countryside by horseback. Check out the unique vegetation in the region, and, perhaps, trot over to Tungurahua Volcano for amazing views.

Baños Canyoning Adventure

Baños

30USD per person

Jump, slide, rappel, swim and float around Cascadas de Chamana on this canyoning adventure, while enjoying the stunning scenery near Sangay National Park. Please keep in mind this is a level 4/5 physical activity. Good mobility and a strong fitness level are required for you to have an enjoyable experience.

Baños Ziplining Adventure Bundle

Baños

25USD per person

Buckle up your harness, put on your helmet, and prepare to launch. Glide along a zipline suspended 850m above the canyon below, dare to let go and reach top speeds as you zip past stunning scenery. Forget your fear as you cross Tibetan Suspension Bridge above Pastaza River. Rock climb up to a second zipline to finish off this adrenaline-filled adventure. Please keep in mind this is a level 3/5 physical activity. Good mobility, no fear of heights, and a strong fitness level are required for you to have an enjoyable experience.

Day 5 Baños/Llanganates National Park

Transfer by private vehicle to the start point of the trek into Llanganates National Park. Enjoy spectacular scenery of the Tunguragua Volcano while trekking into the park through lush cloud forest. Spend the night camping under the stars enjoying nature at its best.

Private Vehicle

Baños – Llanganates National Park

Settle in and scan the scenery from the convenience of a private vehicle.

Llanganates National Park Trek Day 1

Llanganates National Park 5h-6h 18km

Embark on an exhilarating trek in Llanganates National Park, famous for its amazing landscapes and storied mystery. Legend has it that the Inca General Ruminahui has a large sum of gold hidden somewhere in the Tungurahua mountain range. Start the hike at 3,200m (10,498 ft) above sea level and travel upwards to 3,800m (12,467 ft). See a variety of changes in vegetation while trekking to higher elevations. Expect stunning views of the Tungurahua Volcano and the Sangay Volcano (if visibility is good). Spend a night camping at a local trout farm in the National Park with the opportunity to catch and prepare fresh trout.

Meals included: Lunch | Dinner

Day 6 Llanganates National Park/Baños

Rise early and continue trekking in Llanganates National Park before returning to Baños in the afternoon. Opt to visit the local hot springs.

Continue trekking and return by foot to the entrance of Llanganates National Park to take a transfer back to Baños. Enjoy a delicious lunch waiting for you upon your return. Opt to visit local hot springs to relax and rest aching muscles.

Llanganates National Park Trek Day 2

Llanganates National Park 3h-4h 14km

Wake up and take in the amazing landscape of the Llanganates National Park from the comfort of your tents. Continue trekking after breakfast and enjoy the magnificent views while descending through this unique environment. Start at 3,800m (12,467 ft) and return to the entrance to the park.

Private Vehicle

Llanganates National Park – Baños 1h

Settle in and scan the scenery from the convenience of a private vehicle.

Optional Activities - Day 6

Hot Springs - Baños

Baños

20USD per person

Soak weary muscles in the thermal baths that Baños is famous for. Head to hot springs at the base of Tungurahua Volcano, which means "little hell" in Quichua, or try some of the baths fed by the melt waters of Tungurahua's glaciated flanks. Rise before the sun for an early soak – watching the sun peak over the mountains while relaxing in the warm waters is definitely worth the early start.

Meals included: Breakfast

Day 7 Baños/Cotopaxi

Depart early from Baños and travel by bus to a hacienda near Cotopaxi Volcano. Later, take part in a horseback riding or biking excursion.

Enjoy a free morning in Baños to explore the area on foot or take on one of the many optional activities that the region has to offer. After lunch, travel by public bus through spectacular Andean scenery arriving at a hacienda, near the base of Cotopaxi Volcano. Enjoy a choice between a biking excursion through Polilepys forest or horseback riding with views of the volcano.

Local Bus

Baños – Cotopaxi 2h30m

Climb aboard, grab a seat, and enjoy the ride.

Biking Excursion or Horseback Riding

Cotopaxi

Time to choose your own adventure! The choice is yours between biking through Polilepys forest or horseback riding to a volcano viewpoint. Take in amazing views of one of the world's highest active volcanoes, and keep an eye out for wildlife along the way.

Optional Activities - Day 7

Hot Springs - Baños

Baños

20USD per person

Soak weary muscles in the thermal baths that Baños is famous for. Head to hot springs at the base of Tungurahua Volcano, which means “little hell” in Quichua, or try some of the baths fed by the melt waters of Tungurahua's glaciated flanks. Rise before the sun for an early soak – watching the sun peak over the mountains while relaxing in the warm waters is definitely worth the early start.

Day 8 Cotopaxi/Quito

In the morning, head into Cotopaxi National Park for a guided tour and spectacular views. After lunch at Limpiopungo lake return to Quito for a final night in the city.

First thing in the morning, travel by private van into the national park to start the trek up to the refuge. Take in changing park scenery, and keep an eye out for wildlife along the way. Visit Limpiopungo lake for a boxed lunch. Enjoy lunch and catch your breath before transferring back to the capital city for a final night out on the town.

Private Vehicle

Cotopaxi – Cotopaxi National Park 1h

Settle in and scan the scenery from the convenience of a private vehicle.

Cotopaxi National Park Visit

Cotopaxi National Park

Visit Cotopaxi National Park, home to Cotopaxi Volcano, which stands at 5,897m (19,342 ft). The beautiful cone-shaped, snow-covered volcano is Ecuador's second highest peak and the highest active volcano in the world. Keep an eye out for park wildlife, including condors, foxes, deer, spectacled bears, and more. For those who want to hike, there are options available (weather permitting). Please ensure you have proper hiking shoes or boots, a waterproof/windproof jacket and warm hats and gloves. Hike is approximately 1.5 hours.

Private Vehicle

Cotopaxi National Park – Quito 3h-3h30m

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast | Lunch

Day 9 Quito/Lima

Explore Quito before flying to Lima in the evening.

Your transfer to the airport and your flight to Lima are included in this trip. Please note that this flight is unescorted and your transfer will be waiting for you at the Lima airport and will bring you to your hotel.

Private Vehicle

Quito – Mariscal Sucre International Airport 30m-1h

Settle in and scan the scenery from the convenience of a private vehicle.

Plane

Mariscal Sucre International Airport – Jorge Chávez International Airport

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Private Vehicle

Jorge Chávez International Airport – Lima 45m-1h

Settle in and scan the scenery from the convenience of a private vehicle.

Meet and Greet Hotel Welcome Meeting

On Day 1 of the tour, a G Adventures representative will meet you at the hotel to go over the details of the tour, providing a schedule, documentation/vouchers, and pick-up times for all included activities. The representative can also answer any questions about the tour or the general area.

Meals included: Breakfast

Day 10 Lima/Cusco

Hop on a flight to Cusco. Enjoy a free day of shopping and exploring the city. Choose to pre-book the Cusco Cooking Class. Opt for a city tour.

Take a transfer to the airport for the flight to Cusco. Spend the rest of the day relaxing and exploring this fascinating city, and getting used to the altitude.

Please note: if you pre-book the Cusco Cooking Class you will be picked up from your hotel at approx 12:30 and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. Return back to your hotel around 16:00.

Plane

Lima – Cusco 1h-1h30m

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Your Discover Moment

Cusco Full Day

There's plenty to see and do in Cusco, and we wanted to make sure that you had some time to take it all in. Feel free to relax or try optional activities like visiting Museo Inka, Museo de Historia Regional, and whitewater rafting. Your CEO has more ideas if you need them. Just ask!

Optional Activities - Day 10

Cusco City Tour

Cusco

45PEN per person

Enjoy a half-day tour of Cusco's main sights. Walk around the Plaza de Armas (main square) and explore this city steeped in one of the world's most alluring and ancient cultures. Visit Qenqo, Koricancha, the Cathedral, Puca Pucara, Tambomachay, and the archaeological site of Sacsaywaman.

Cusco Tourist Ticket

Cusco

130PEN per person

This ticket allows admission at 16 sights of the city of Cusco including many popular museums and cathedrals, the ticket also provides entrance to Sacsayhuaman Archaeological Park, and sights in the South Valley of Cusco and the Sacred Valley of the Incas.

Inka Museum

Cusco

10PEN per person

Get ready to explore the artifacts from the Inca Empire, including mummies, jewelry, skulls, and ceramics at this museum of archaeology.

Cusco Cooking Class

Cusco – Cuzco

Channel your inner chef and get a taste of Peruvian cuisine. Learn all about the essential ingredients, and try your hand at preparing unique Peruvian dishes with a local expert

Meals included: Breakfast

Day 11 Cusco/Ollantaytambo

Enjoy a full-day guided tour of the Sacred Valley. Stop at the G Adventures-supported women's weaving co-op before visiting a local pottery making community. Break for lunch at the G Adventures-supported Parwa Community Restaurant in Huchuy Qosco. After lunch, opt to head out on a hike to the Ollantaytambo storehouses and look out over the ruins. Or, wander around the cobblestone streets and visit a local Chicheria (corn beer bar).

Private Vehicle

Cusco – Ollantaytambo 1h45m Full Day 94km

Make stops along the way as you pass through this gorgeous valley – the elevation descends the whole way.

Your G for Good Moment: Ccaccaccollo Community and Women's Weaving Co-op visit

Visit the Ccaccaccollo community centre which G Adventures travellers' donations helped create in 2005, thereby enabling local women to sell traditional textiles to travellers. See local weaving and dyeing techniques used to create garments and souvenirs, and learn how the Planeterra weaving co-operative has impacted the community and those who visit it. This includes the purchase of alpacas to provide a steady supply of wool, looms, and sewing machines as well as several training courses on production, sales and small business management.

Cuyo Chico Pottery Making Demonstration

Pisac – Urubamba

In the rural village of Cuyo Chico in the Sacred Valley, a group of families joined together to create a small business based on their traditional adobe ceramic crafts. Using clay from their surroundings, they mold bowls, plates, and all manner of decorations. Learn about the ceramics process as well as the traditional adobe brick-making that forms the basis of houses throughout the valley, all while taking in a spectacular view of the Pisac Ruins. After the demonstration, peruse the items for sale directly from the artisans in their shop.

Your G for Good Moment: Parwa Community Restaurant the Sacred Valley

Contribute to sustainable tourism in Huchuy Qosqo, a small village of 65 families in the Sacred Valley, by eating at the Parwa Community Restaurant. Learn how the resident-run restaurant was kickstarted by G Adventures and the Multilateral Investment Fund, to become a successful farm-to-table program that boosts the local economy and several spin-off microenterprises.

Optional Activities - Day 11

Ollantaytambo Storehouse Ruins and Hike

Ollantaytambo 1h-1h30m

Get your blood flowing on a steep hike up to the Pinkuylluna Incan storehouses. Perched on the hill, these ruins provide excellent views of the Sacred Valley and the Ollantaytambo ruins below.

Meals included: Breakfast | Lunch

Day 12 Inca Trail

Depart Ollantaytambo by van to km 82 where the Inca Trail begins. Ease into the adventure with a straightforward day of hiking the meandering streams, stunning Andean scenery, and ancient Incan ruins.

Trek through beautiful scenery, with a variety of flora that changes with the seasons, passing several smaller ruin sites like Llactapata.

A crew of local porters, cooks, and guides will take care of all the details for the duration of the hike. Porters carry the majority of the gear so you'll only need to carry a small daypack with water, rain gear, snacks, a camera, etc.

Private Vehicle

Ollantaytambo – Inca Trail 45m

Settle in and scan the scenery from the convenience of a private vehicle.

Inca Trail Hike

Inca Trail KM 82 – Wayllabamba Camp 5h-6h 11km

Get your blood pumping on this first day of hiking the Inca trail. The trekking is fairly easy and serves as good training for the next few days. Pass rambling rivers and a small village, and enjoy scenic mountain views; it's just a taste of what's to come.

Your G for Good Moment: Handmade Biodegradable Soap Products

Enjoy G Adventures-supported handmade biodegradable soap products, for use on our treks. This G Adventures for Good project empowered local Cusqueña women to start their own business in order to reduce the environmental impact of treks in the region. Planeterra provided \$10,000 of seed funding for two young entrepreneurs to register their biodegradable products in order to sell them to the tourism industry. "Esencia Andina" is now a successful business that produces biodegradable soaps, detergents, and natural products for travellers, guides, porters, and cooks on our treks.

Meals included: Breakfast | Lunch | Dinner

Day 13 Inca Trail

Start early to climb the long steep path to Warmiwañusca, better known as Dead Woman's Pass. This is the highest point of the trek at 4,198m (13,769 ft). Most hikers reach camp by early afternoon, with ample time to rest and relax.

Inca Trail Hike

Wayllabamba Camp – Paqaymayo Camp 6h-7h 12km

Trek over progressively spectacular and steeper terrain on your way to Warmiwañusca (aka Dead Woman's Pass), the highest point of the trek at 4,198m (13,769ft). Be prepared to face strong Andean weather (blazing sun or cold winds) around the pass. Take the hike slow, and drink lots of water along the way – amazing views are waiting as a reward. Enjoy some ample time to rest and relax after reaching the camp; most campers arrive around early afternoon.

Meals included: Breakfast | Lunch | Dinner

Day 14 Inca Trail

Cross two more passes and ruins on today's trek. The first pass is Runquraqay at 3,950m (13,113 ft) where, on a clear day, hikers can catch a glimpse of the snow-capped Cordillera Vilcabamba. Hike through the cloud forest on a gentle climb to the second pass of the day, walking through original Incan constructions. The highest point of the pass is 3,700m (12,136 ft). On a clear day, enjoy the spectacular views of the Urubamba Valley. At 3,650m (11,972 ft), reach the ruins of Phuyupatamarca, the "town above the clouds." Camp here or go another 1.5 hrs to the Wiñay Wayna ruins ("forever young") located at 2,650m (8,694 ft).

Inca Trail Hike

Paqaymayo Camp – Wiñaywayna 9h 16km

Cross two passes and more ruins along the Inca Trail on the last full day of hiking. Traverse Runquraway at 3,950m (13,113 ft), and then reach the second pass at 3,700m (12,136 ft). Spot the gorgeous Cordillera Vilcabamba and the Urubamba Valley in the distance on a clear day. Camp at either the Phuyupatamarca ruins or the Wiñay Wayna ruins.

Meals included: Breakfast | Lunch | Dinner

Day 15 Machu Picchu/Cusco

The final day of the hike starts pre-dawn to reach the Sun Gate before sunrise. Catch the first views of the breathtaking ruins of Machu Picchu on a clear day. Hike down for a guided tour of the ruins, before your train back towards Cusco.

Inca Trail Hike

Wiñaywayna – Machu Picchu 2h-3h 6km

Wake around 03:30 to reach the Sun Gate as early as possible. Head to the checkpoint and join the lineup to wait for the gate to open. Catch the first views of the breathtaking ruins of Machu Picchu (fingers crossed for a clear day). Hike down to Machu Picchu (about 45 mins) for a 1.5 hr guided tour of the site, and free time to explore. Opt to visit the Inca Bridge (a 15-min walk one way) for no additional charge, if time allows.

Catch the bus outside the Machu Picchu gate after your visit for a 25-min downhill ride to Aguas Calientes. Eat and relax before the train ride back to Cusco this evening.

Machu Picchu Guided Tour

Machu Picchu 1h30m-2h Morning

Set off with the local guide to explore Machu Picchu, the Lost City of the Incas. Learn about the history and gain insights into this massive mountaintop citadel while wandering through ancient dwellings, stone temples and along sculpted terraces. Feel the energy of this 15th-century site, now both a UNESCO World Heritage site and voted one of the new Seven Wonders of the World in a worldwide internet poll.

Train

Aguas Calientes – Ollantaytambo 1h30m-1h45m 31km

Climb aboard, take a seat, and enjoy the ride.

Private Vehicle

Ollantaytambo – Cusco 1h30m-1h45m 60km

Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast

Day 16 Cusco

Depart at any time.

Optional Activities - Day 16

Cusco Tourist Ticket

Cusco

130PEN per person

This ticket allows admission at 16 sights of the city of Cusco including many popular museums and cathedrals, the ticket also provides entrance to Sacsayhuaman Archaeological Park, and sights in the South Valley of Cusco and the Sacred Valley of the Incas.

Cusco City Tour

Cusco

45PEN per person

Enjoy a half-day tour of Cusco's main sights. Walk around the Plaza de Armas (main square) and explore this city steeped in one of the world's most alluring and ancient cultures. Visit Qenqo, Koricancha, the Cathedral, Puca Pucara, Tambomachay, and the archaeological site of Sacsaywaman.

Inka Museum

Cusco

10PEN per person

Get ready to explore the artifacts from the Inca Empire, including mummies, jewelry, skulls, and ceramics at this museum of archaeology.

Meals included: Breakfast

What's Included

Your G for Good Moment: Ccaccaccollo Community and Women's Weaving Co-op visit, Ccaccaccollo

Your G for Good Moment: Parwa Community Restaurant the Sacred Valley, Lamay

Your G for Good Moment: Handmade Biodegradable Soap Products

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your Discover Moment: Cusco. Whitewater rafting excursion on the Jatunyaku River in the Amazon Jungle (full-day). Trekking in Llanganates NP. Mountain bike excursion. Sacred Valley guided tour. Pottery making demonstration. Inca Trail guided hike with cooks and porters (4 days). Internal flight. All transport between destinations and to/from included activities.

Highlights

Go whitewater rafting in the Amazon, marvel at an active volcano, soak in mountain hot springs, explore the trails around Cotopaxi Volcano by mountain bike, sample seafood in Lima, soak in the views and culture of the Sacred Valley, conquer the Inca Trail to Machu Picchu, learn ancient traditions at the G Adventures-supported Women's Weaving Co-op.

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. INCA TRAIL AND MACHU PICCHU REGULATIONS

The rules and regulations controlling the Inca Trail and Machu Picchu are continually changing. Before embarking on your adventure to Peru it is very important that you familiarize yourself with the Inca Trail booking policies and guidelines as described in a document available on our website, at the following URL address:

<http://www.gadventures.com//terms-conditions/inca-trail-booking-policies/>

2. MACHU PICCHU BY TRAIN- OPTIONAL

Please advise at time of booking if you do not wish to hike the Inca Trail. Instead, you will have 2 nights in Cusco, travel by train for a night in Aguas Calientes, and join the hikers for the tour of Machu Picchu.

3. INCA TRAIL MAINTENANCE

Portions of the Inca Trail will be closed for general maintenance during the month of February each year. Also, closures may occur at various times throughout the year due to inclement weather or other conditions beyond our control. During these periods, any tour affected will hike the Lares Trek.

4. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

5. EXTRAS

Looking to add to your experience? Check out our Extras! Specially designed for travellers with unique interests, Extras are optional add-ons to your G adventures trip that make your adventure more you-centric. Extras must be booked prior to departure, please see details in our optional activities field and ask you sales GCO.

6. In our continued effort to support the rights of the porters on the Inca Trail, we would like ensure that they never exceed the weight limit for their packs as set out by the Peruvian authorities. Porters are allowed to carry no more than 6kg of personal belongings per hiker (for all other Peru treks the limit is 8kg). That means that including your sleeping bag, toiletries, clothing, etc, you are allowed a total weight of 6kg for the hike which will be carried in a duffle bag provided by our local office. Any additional weight must then be carried by you in your day pack. To help achieve this goal we recommend that you carry travel sized toiletries, that you bring sport sandals that can be worn with socks (which are lighter than running/walking shoes) and that you limit electronics to those that you are willing to carry. Any additional baggage can be left in Cusco, but is advised that you bring anything of value (eg. money, passport, credit cards, camera, etc) with you on the trek.

If at the end of your trek you felt your trekking guide and support team did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline, we suggest each hiker contributes the following to a collective pool. We suggest a tipping amount of \$40 per person for the Inca Trail and \$35 per person for the Lares Trek.

7. All travellers are required to pay the tax on domestic flights in Peru. Foreign travellers are exempt from this, and proving you are indeed a foreign traveller can be done by providing us with your international ticket number (ITN). Travellers who do not submit international ticket numbers at least 30 days prior to Day 1 of their tour will be required to pay the domestic tax on all included flights.

Group Leader Description

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

Group Size Notes

Max 16, Avg 10.

Meals Included

11 breakfasts, 7 lunches, 4 dinners

Meals

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more

budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. While trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Public bus, private van, hiking, biking, rafting.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (11 nts), camping (4 nt)

Rooming and "My Own Room" Exceptions

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Nights 12-14: Inca Trail.

If you have chosen the Lares Trek/Cusco Stay you will have a single room/tent for nights 12-14.

(Please note that we are currently able to accommodate "My Own Tent" requests on the Inca Trail due to the limited number of travellers as well as to additional health and safety protocols, however this may change at any time. We will endeavour to continue providing this option for people however cannot always guarantee it.)

About Accommodation

Please note that hot water shortages and power outages can be fairly common in Peru (even in upgraded hotels and private homes). We appreciate your patience and understanding that these occurrences are outside of our control.

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

Joining Instructions

The Quito International Airport is approximately one hour outside of the city centre where your joining hotel is located. There are a number of routes the driver may take depending on time of day and traffic, however, the route often seems long and indirect. The easiest and cheapest way to get there is by organizing a taxi at the desk within the airport (approximately \$30 USD). Private transfers generally cost more as the cars will need to drive from Quito, to the airport, and return. Immediately after the customs and immigration area, as you head to the exits, you will find a taxi stand. We strongly recommend you pay for the car at set rates from the taxi stand and therefore won't need to worry about sorting out a ride outside the airport facilities, where the situation tends to get more chaotic with many drivers vying for few clients. The taxis outside the airport area do not belong to the Taxi Airport Union and may charge higher fares.

There is also a shuttle available with the bus company Aeroservicios. Aeroservicios charges 8 USD to board a bus which will take you from the new airport to the old airport. The buses are new, comfortable, and often include wifi. From the old airport, a taxi to get to your hotel would generally cost \$5 USD depending on the distance and location.

If you have paid in advance for an arrival transfer, a representative will be waiting at the airport to meet you holding a G Adventures sign with your name, directly in front of the arrivals section. There are often many people holding signs so we recommend to take some time to locate the rep with a G Adventures logo and sign with your name. If for any reason you are not met at the airport, please call our local support line at 0999 506 000. If you are unable to make contact for whatever reason, please make your

way to the joining point hotel via taxi and report the issue to a G Adventures representative at the welcome meeting.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

Excess luggage can be stored free of charge at the joining hotel during your tour if desired.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

G Adventures Office Lima, Peru.

During office hours (Weekdays, 9-6pm Local Time): +51 1 241 1650

After hours Emergency number: +51 99 758 2712 (WhatsApp Available)

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night. It's best to layer clothes rather than bring a heavy parka so that you can take layers off.

We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

Packing List

Available for Rent During Your Trek Briefing (Payment only by Credit Card):

- Camping mattress/sleep mat (45 soles)
- Sleeping bag (45 soles)
- Walking poles (15 soles each (30 per pair))

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Snow Boots
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, band-aids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test

Inca Trail:

- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Pack liners to waterproof bags
- Rain gear
- Sleeping bag (Also available for rent)
- Thermal base layer
- Travel pillow
- Walking poles, rubber-tipped (Also available for rent)
- Waterproof hiking boots

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer.

Please note for trekking rentals credit cards are the preferred method of payment.

Note: Tents, mattresses and sleeping bags are included as part of the Llanganates Trekking. Rubber boots and walking sticks are available for rent for \$5 USD per day.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available some may not accept all international credit or debit cards. You may need to try at more than one machine if the first does not accept your card. You should also check with your bank before leaving to ensure that your card works internationally. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollar cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds. Please bring USD banknotes in denominations smaller than 100, as they can be hard to exchange in Ecuador. 100 dollar bills of certain series (e.g. CB B2) can be especially hard to cash! CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent). As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Tippling

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

At the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

If at the end of your trek you felt your trekking guide and support team did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline, we suggest each hiker contributes the following to a collective pool.

Inca Trail:

Head guide: 10-15 USD

Assistant guide: 5-10 USD

Your trekking crew: 40 USD

Lares Trek:

Head guide: 10-15 USD

Assistant guide: 4-8 USD

Your trekking crew: 35 USD

Optional Activities

Quito

- Quito City Tour and Equator
- Teleférico (9USD per person)

Baños

- Whitewater Rafting (30USD per person)
- Mountain Biking (10USD per person)
- Hiking - Baños (Free)
- Horseback Riding - Baños (25USD per person)
- Baños Canyoning Adventure (30USD per person)
- Baños Ziplining Adventure Bundle (25USD per person)
- Hot Springs - Baños (20USD per person)

Cusco

- Cusco City Tour (45PEN per person)
- Inka Museum (10PEN per person)
- Cusco Tourist Ticket (130PEN per person)
- Cusco Cooking Class

Ollantaytambo

- Ollantaytambo Storehouse Ruins and Hike

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Please note your Adventure travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For

details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

Care should be taken when wandering around on your own in Quito as, some areas can be dangerous and pickpockets are daring. If ever in doubt, jump in a taxi as they are cheap and plentiful.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra Foundation - the non-profit partner of G Adventures

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.