

Choquequirao to Machu Picchu Trekking - SPCM

12 days: Cusco 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
- Sacred Valley and Ollantaytambo ruins guided tour
- Trek to Choquequirao ruins with local guide, cooks, and porters (8 days)
- Guided tour of Choquequirao archaeological site
- Aguas Calientes stay
- Guided tour of Machu Picchu
- 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 1st, 2017 - December 31st, 2017

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.

Day 1 Cusco

Arrive at any time.

Arrive early and spend some time exploring the city. Meet the group at the welcome meeting, check for the start time on the welcome note at the hotel.

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.

Arrival Day and Welcome Meeting with G Representative

The adventure begins today. Feel free to explore, but make sure you're back in time to meet the group. Your G Representative will review the details of your tour.

Day 2 Cusco

Enjoy a full-day guided tour of the Sacred Valley. Stop at the G Adventures-supported women's weaving co-op before exploring the Pisac ruins. Break for lunch at the G Adventures-supported Parwa community restaurant in Huchuy Qosco. Finish the day exploring the Ollantaytambo ruins with a local guide before heading back to Cusco for the night.

Travel through the stunning Sacred Valley of the Incas, visiting a G Adventures-supported women's weaving co-op. Meet the women and learn about the traditional weaving and dyeing practiced here. Opt to pick up some handmade souvenirs right from the source.

Take a guided tour of the impressive Pisac ruins, the colourful artisan market (on market days only) and a small indigenous village of Huchuy Qosco. Here, have lunch at the G Adventures-supported Parwa community restaurant. Learn about the project and eat a delicious buffet-style lunch, the proceeds from which go directly back to the remote community.

Continue on to the town of Ollantaytambo. Go on a guided tour of the large ruin site just adjacent to the town. Ollantaytambo is the first taste of what lies ahead in Machu Picchu. Head back to Cusco to spend the night.

Private Vehicle

Cusco – Ollantaytambo 1h45m/94km

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

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.

Pisac Ruins Guided Tour

Pisac

Tour the fascinating hilltop citadel of Pisac, an Incan ruin with plunging gorges, a ceremonial centre, and winding agriculture terracing that's still in use today. Be captivated by this truly amazing site sitting amid sweeping green valleys and mountain peaks. Explore the back of the site to see a pocketed cliff across Kitamayo Gorge, which once contained hundreds of Inca tombs.

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

Contribute to sustainable tourism in Huchuy Qosco, 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.

Ollantaytambo Ruins Guided Tour

Ollantaytambo

Tour the town and fortress of Ollantaytambo with a local guide. Take a step back in time at this Inca archaeological site; it still shows signs of its former glory, including agricultural terraces, a Temple Hill, and storehouses. Learn how the area, overlooking the Urubamba River Valley, was an important stronghold during warfare between the Spanish and Incas.

Private Vehicle

Ollantaytambo – Cusco 1h30m-1h45m/60km

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

Meals included: Breakfast | Lunch

Day 3 Cusco/Choquequirao Trek

Transfer to Cachora and embark on the hike to the lost Incan city of Choquequirao. Surrounded by breathtaking views of the Apurimac River and sweeping mountain scenery at every turn.

Even though the lost city of Choquequirao was discovered hundreds of years ago, it still feels as though you may be the first to discover it. The trek to this remote Incan city although challenging, is well worth the effort. Winding trails take you through the Apurimac River canyon with views of the snow-capped Salkantay mountains making a breathtaking backdrop.

Private Vehicle

Cusco – Cachora 5h

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

Choquequirao Full Trek - Day 1

Cachora – Chiquisca 5h30m-6h 10km

Embark on the first part of the hike, a scenic route with an incredible view of the Apurimac River. Camp for the night at Chiquisca (1,800m/5,900 ft).

Meals included: Breakfast | Lunch | Dinner

Day 4 Choquequirao Trek

Continue trekking through the Apurimac River canyon on the way to Marampata. Keep your eyes open for condors as you make your way up into the cloud forest to Choquequirao, where you'll camp for the night.

Choquequirao Full Trek - Day 2

Chiquisca – Choquequirao 8h 12km

Wake up early and begin the steep descent into the Apurimac River canyon, continue along to Playa Rosalinas and start the vertical climb following the switch back trail up to Marampata. After a stop for lunch, continue upwards to the stunning ruins of Choquequirao (3,000m/9,842 ft). When the sun swings around onto the mountain face, it can get warm during the climb. Today has a very early start to hike while it's cool. Make sure to dress in layers and prepare for a strenuous trekking day.

Meals included: Breakfast | Lunch | Dinner

Day 5 Choquequirao Trek

Explore the ancient ruins of Choquequirao, comparable only to Machu Picchu in its beauty, grandeur and architectural accomplishment.

Choquequirao Guided Tour

Choquequirao

Enjoy plenty of time to explore this Inca site fully. The 'other Machu Picchu,' Choquequirao is built at the top of an almost untouched mountain in the province of La Convención. Ancient stone walls protect its two-leveled palaces and temples, systems of fountains, canals and aqueducts that fed the fantastic terraces farmed by the Inca during the Pachacutec government (XV century).

Choquequirao Full Trek - Day 3

Choquequirao – Pinchiunuyoc 4h 6km

Throw that pack back on and leave Choquequirao behind. During the day trek to Pinchiunuyoc through beautiful mountain regions and spend the night at camp (2,400m/7,875 ft) relaxing beneath the stars.

Meals included: Breakfast | Lunch | Dinner

Day 6 Choquequirao Trek

Continue trekking past Choquequirao with the team of guides, herdsmen, and cooks through the Andes following Inca pathways.

Pass through local communities and stunning Andean vistas. Enjoy delicious meals prepared by the cooks along the way and after settling into camp, stretch out under the stars.

Choquequirao Full Trek - Day 4

Pinchiunuyoc – Maizal 7h 15km

Strike out from Pinchiunuyoc (2,400m/7,875 ft) to Rio Blanco, then trek on to the campsite of Maizal (3,000m/9,842 ft) for a well-deserved rest.

Meals included: Breakfast | Lunch | Dinner

Day 7 Choquequirao Trek

Continue upwards through the jungle towards the ancient Victoria Mines and visit the Coryhuayrachina ruins along the way.

Choquequirao Full Trek - Day 5

Maizal – Yanama 6h 16km

Today trek to the ancient Victoria Mines. Stop for lunch at Victoria Pass (4,125m/13,534 ft) to enjoy the incredible three hundred and sixty degree view of the Willkapampa mountain range. Continue on to the Coryhuayrachina ruins before resting for the night at Yanama (3,600m/11,810 ft).

Meals included: Breakfast | Lunch | Dinner

Day 8 Choquequirao Trek

Before descending to Totorá, enjoy the snow-capped mountains that surround the area.

Choquequirao Full Trek - Day 6

Yanama – Totorá 8h 19km

Cross mountain peaks and head for the highest point on the trek, the Yanama pass, the highest point reaching (4,660m/15,289 ft). Descend into the valley of Totorá (3,400m/11,155 ft) for the night.

Meals included: Breakfast | Lunch | Dinner

Day 9 Choquequirao Trek

Follow the trail down the slope of the Andes to the sub-tropical valley, camp for the night at La Playa.

Trekking into the valley the temperature will be noticeably warmer, enjoy the variety of flora and fauna. Pass by lush groves of tropical fruit, cocoa, and coffee.

Choquequirao Full Trek - Day 7

Totora – La Playa 7h 23km

Hike downhill through the Santa Theresa River Valley passing undulating landscapes along the way to La Playa, where the high altitude brush and cloud forest give way to tropical forest and jungle.

Meals included: Breakfast | Lunch | Dinner

Day 10 Choquequirao Trek

Head out on the last portion of the hike to Hidroelectrica train station and transfer by train to Aguas Calientes for the night.

Choquequirao Full Trek - Day 8

La Playa – Hidroelectrica Train Station 6h 12km

Leave La Playa behind and head upwards to Hidroelectrica train station to have lunch before taking the train to Aguas Calientes.

Local Train

Hidroelectrica Train Station – Aguas Calientes 11km

Climb aboard, take your seat, and get around like the locals do.

Meals included: Breakfast | Lunch

Day 11 Machu Picchu/Cusco

Enjoy a guided tour of Machu Picchu and opt to visit the Inca Bridge before returning to Cusco.

Rise early to take advantage of viewing Machu Picchu in the early morning light. This is the best time to view the 'Lost City of the Incas'. Join the local guide for a detailed interpretation of the site and Inca history without the pressure of other tour groups that arrive at midday.

Later in the afternoon return by train to Ollantaytambo and transfer by van to Cusco, arriving in the evening.

Local Bus

Aguas Calientes – Machu Picchu 15m

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

Machu Picchu Guided Tour

Machu Picchu

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.

Local Bus

Machu Picchu – Aguas Calientes 15m

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

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.

Optional Activities - Day 11

Inca Bridge Visit

Machu Picchu

Free

Use any leftover energy from your Machu Picchu hike to visit the Inca Bridge site nearby (thought by some to be a secret back entrance to Machu Picchu). Trek up to the bridge that's cleaving to a 579m (1,900 ft) cliff, and soak in amazing views of cloud forest along the way.

Meals included: Breakfast

Day 12 Cusco

Depart at any time.

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

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. Sacred Valley and Ollantaytambo ruins guided tour. Trek to Choquequirao ruins with local guide, cooks, and porters (8 days). Guided tour of Choquequirao archaeological site. Aguas Calientes stay. Guided tour of Machu Picchu. All transport between destinations and to/from included activities.

Highlights

Trek the strikingly beautiful Andes, Explore the fortress of Choquequirao, discover the spectacular Inca ruins of Machu Picchu

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.

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 8

Meals Included

11 breakfasts, 9 lunches, 7 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

Private van, hiking, train.

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 (4 nts), camping (7 nts).

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

Velasco Astete International Airport in Cusco, is approximately a 15-minute drive from the centre of the city, where our joining hotel is located. The easiest way to get there is via taxi. After retrieving your luggage you will see tourist information kiosks. You can arrange for an official taxi at one of these kiosks. The rates are set and will not 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.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

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.

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.

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 Local Operator (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 or 01 241 1650 (from mobile within Peru) or 241 1650 (from payphone within Peru)

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.

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:

- Camping mattress/sleep mat (90 soles)
- Sleeping bag (90 soles)
- Walking poles (30 soles each (60 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, bandaids/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

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: All other camping equipment for the trek is provided and included. Mules or alpacas will carry the gear, so you will only be responsible for carrying your daypack, containing what you require for the day. Each passenger is given a duffel bag by our local office, which can hold approximately 7 kg (15.5 lbs), including sleeping bags. The remainder of your luggage will be stored for you at the hotels in Cusco.

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

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.

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

The currency in Peru is the Nuevo Sol (PEN).

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank.

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.

We do not recommend bringing travellers cheques as they are very difficult to change in country.

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!

Tipping

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.

Recommendations for tipping drivers and local guides would range from \$5-\$10 USD per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

If at the end of your trek you felt your trekking guide and support team did an outstanding job, tipping is appreciated. You may do this individually, or your CEO will offer to collect the money and tip as a group.

Head guide: 10-25 USD

Assistant guide: 5-12 USD

Your trekking crew: 50 USD

Also 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.

Optional Activities

Machu Picchu
- Inca Bridge Visit (Free)

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 onset 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/

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.