



Why not make the most of your stay in Peru and add-on a trip to Lake Titicaca, the Amazon rainforest, the Nazca Lines and Arequipa for the Colca Canyon. These can usually be placed either before or after the Inca Trail so contact us to discuss the most suitable itinerary for your trip.

Lake Titicaca Extension Itinerary

Day 1. After an early breakfast in Cusco, a fascinating 380 km train ride takes you across the high altiplano to Puno on the shores of Lake Titicaca, the highest navigable lake in the world, at an altitude of just under 4000 metres. Although nowadays this journey can be done faster by bus, adults and children alike will really enjoy the novelty and comfort of this world-famous train journey. You can dine on the train in a style reminiscent of the Orient and the scenery is truly marvellous! At any stops made en-route local artefacts and hand made crafts may be waved outside your window and many a bargain has been struck between vendor and souvenir hunter. You will arrive in Puno late in the evening. *Hostel, Puno. B.*

Day 2. A three hour boat journey across the lake takes you to Amantani Island, where you will stay for the night. On the way out you will visit the famous floating islands, built out of the local reeds, where the native Indians will be delighted if you buy a few souvenirs from them. On Amantani you will stay with a local family in a traditional house, where you will be given lunch, evening meal and breakfast the following day. This really is a wonderful experience, for you gain a genuine insight into family life on a remote island at 4000 metres. Being a traffic free island, the peace and tranquillity here is unforgettable, and it is a most wonderful experience to walk to the top of the island to watch the sun go down over this incredibly extensive high altitude lake. *Family houses, Amantani Island. B,L,D.*

Day 3. The following day you re-board the launch for the one-hour journey across to the neighbouring Taquile Island. Here the inhabitants wear distinctive costumes and the men can be seen doing the knitting while the women work in the fields! After lunch the launch takes you back to Puno. *Hostel, Puno. B, L.*

Day 4. Transfer to Juliaca airport for the flight to Lima. Depending on flight times this may either connect with your international flight to the UK or will allow you some free time in Lima between flights. You will arrive home the following day. *B.*

Cost: From £335 per person (based on twin share)

PRICE INCLUDES

- Domestic airfare.
- All accommodation based on double occupancy.



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- All scheduled land and river transportation.
- All transfers.
- All scheduled excursions with English-speaking guide.
- All entrance fees and island permits.
- Most meals as per the above itinerary.

NOT INCLUDED IN THE PRICE

- Domestic airport departure taxes.
- Drinks and meals not mentioned above.
- Insurance.
- Phone calls, radio calls.
- Items of a personal nature.

Amazon Extension Itinerary

Day 1.

Following your early morning flight to Puerto Maldonado from Cuzco or Lima, you will be met at the airport by your naturalist guide and transferred to a dugout canoe for the trip up the Tambopata River to the lodge. On the journey the vegetation changes from colonized deforested areas to virgin rain forest. A packed lunch is provided whilst on board. On arrival you'll have a welcome drink and meet the rest of the staff. In the late afternoon you set off for an introductory walk into the 'terra firme' forest behind the lodge, dominated by giant Brasil-nut and Dipteryx trees. Frequently seen mammals on this trail are Saddle-back Tamarins, Brown Capuchins, Agoutis, Pacas, Blue-Morpho butterflies, Trogons, Toucans and many other species of birds. *Lodge, L,D*

Day 2.

After an early breakfast you and your naturalist guide will board the motorized canoe once again for the short journey to the trail head to begin a mornings' exploration by foot and paddle canoe of the lake system of Condénado which is rich in bird and aquatic life. A family of Giant Otters live in the vicinity of the lake and are often observed. Birds abound especially Rufescent Tiger-herons, Great Egrets, Wattled Jacanas, Hoatzin, the noisy Donacobius and many others. Remember to bring your hat and sun cream for there is no shade out on the water! You will return to the lodge in time for lunch. The afternoon is free for exploring the forest close to the lodge (with or without your guide) or relaxing and bathing in the Gallocunca, a cool clear stream beside the lodge. After dark you will go searching for Caiman (alligators) and other nocturnal animals by motorized canoe along the Tambopata River. *Lodge, B,L,D*

Day 3. A number of different programmes can be followed on this day. These can be guided or unguided according to your preference and interests. You can either explore the trail system in more depth, going further a-field along trails that you have not visited before or return to the lake giving you more time to wander/paddle in your favourite areas. *Lodge, B,L,D*



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Day 4. A dawn start is required for the canoe trip back to Puerto Maldonado, giving memorable views of the sunrise over the river. Look out for the early morning wildlife, which is particularly active at this time. Howler Monkeys are frequently heard as they stake out their territories. Your guide will take care of you on arrival in Puerto Maldonado and will deal with all the necessities at the airport prior to your departure. You will then fly on to either Cusco or Lima depending on whether this is a pre or post tour extension. **B**

ADDITIONAL DAYS

Any number of extra days can be arranged at the lodge, in addition to the above-mentioned program. Full board is included during each of these days.

PRE-DEPARTURE INFORMATION – Amazon Extension only

WEATHER CONDITIONS

The lowland rain forests of Tambopata lie far enough south of the Equator to provide a cooler, drier winter season between May and October, which also happens to be the major season for international travel. Also, Tambopata lies close enough to the Andean foothills as to be influenced by the cooler, drier Andean weather. The general weather conditions, however, are warm and humid. In Tambopata the average daytime high temperature is between 82° and 93°F (25° and 31°C) and the average night time low is between 16° and 22°C. Nevertheless, between May and July, cold fronts from Argentina can sweep into south-western Amazonia and push daytime highs down to 9°C and the night time lows to 5°C. Thus, during this season always be potentially prepared for cold and drizzle. During the rainy months of November through to April, always be prepared for heavy rain that can continue for hours or days. Around 80% of the annual average 2000 mm rainfall occurs during this season. Regardless, this is much less than the 3000 mm annual average rainfall that occurs in areas nearer to the Equator.

WHAT TO BRING

We recommend that each visitor limit gear to good binoculars; camera gear (see below); tight-weave, light weight, light coloured, long cotton pants; long sleeved, tight-weave, light coloured cotton shirts; undergarments; a bathing suit; absorbent socks; ankle-high hiking boots; trainers; a small flashlights with batteries; a small toilet kit; a water bottle; sun block lotion; sunglasses; a secure, broad-brimmed hat; 100% waterproof, head-to-ankle rain suit; insect repellent; yellow fever inoculation certificate; small denomination bills and a small daypack.

PHOTOGRAPHY

If you are planning to bring your camera we recommend that you use film of 400 ASA or higher for the twilight world under the canopy. Normal 100 ASA can be used when out on the river or lakes. A maximum of a 300 mm lens is useful, though a 250 mm is probably adequate. Protect your equipment against moisture with waterproof cases.

TIPPING

Tipping guiding staff and lodge personnel, is acceptable, at your discretion, when you feel they have gone beyond their normal job requirements and should be compensated by you for it.



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MEDICAL INFORMATION

Yellow fever inoculation is required for travel to Tambopata; tetanus, typhoid and gamma globulin shots are recommended. It is necessary that you bring your yellow fever inoculation certificate to prove to the airport officials in Puerto Maldonado that you are vaccinated. For precautions against malaria consult your physician or a specialist in tropical medicine.

IMPORTANT

It is important that travellers or items brought by travellers that have had previous contact with pets be thoroughly disinfected so as to diminish the risk of infecting our hand-reared macaws with domestic bird diseases.

Each visitor must limit luggage to 15 kilos. If there is a need to bring extra luggage please consult us in advance. Since luggage could get wet, it should be waterproofed in advance. The reason for the luggage limit is so that we don't exceed our boats' capacity.

COMMUNICATIONS

Both Posada Amazonas and Tambopata Research Centre are in daily radio contact with our offices in Puerto Maldonado and Lima. We have short-wave radios at all four stations. From Lima and Puerto Maldonado we are able to communicate by fax, phone or via the Internet with the rest of the world.

PASSPORTS, MONEY, AIR TICKETS

You may need your passport upon arrival at Puerto Maldonado in the event authorities want to spot check tourist entries, as the local airport is officially an international airport. Upon arrival, a Rainforest Expeditions representative will collect your internal air tickets to confirm your return flights. Also, he will collect cash from you to pay for the airport tax upon departure from the Puerto Maldonado airport (usually from \$5-\$10). You should also take small change to purchase beverages, alcoholic drinks, and T-shirts or other souvenirs for sale at the lodge.

MEALS

We provide all meals during the trip. Meals consist of a buffet selection of soup or appetizers, main course, dessert, and coffee or tea. All fresh fruits and salads are thoroughly disinfected before serving by soaking in iodine solutions, which kill all micro-organisms. We also provide at all times unlimited amounts of boiled, cooled drinking water. If any visitor has special dietary requirements, we are happy to make individual arrangements, but please notify us early.

BEVERAGES

A fully stocked bar serving soft drinks, beer, bottled water, wine and spirits is available at extra cost. Complimentary fruit juices, coffee and tea are on constant supply throughout your stay.

Cost: From £395 per person (based on twin share)

PRICE INCLUDES

- Domestic airfares.
- All lodge accommodation based on double occupancy (mosquito net provided).



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- All scheduled land and river transportation.
- All transfers.
- All scheduled excursions with English-speaking guide.
- Full Board from Lunch on Day 1 to Breakfast on the day of departure.

NOT INCLUDED IN THE PRICE

- Domestic airport departure taxes.
- Additional nights during the trip due to flight cancellations.
- Park entry fee (payable locally)
- Drinks and meals not mentioned above.
- Insurance.
- Phone calls, radio calls
- Items of personal nature.

AREQUIPA AND COLCA CANYON EXTENSION

Visit the stunning city of Arequipa in southern Peru, the country's second largest city surrounded by snow-capped volcanoes and full of historic architecture and cultural highlights. It is also called 'Ciudad Blanca' or 'White City' due to the white volcanic ashlar stone used for building. It is ideally situated to visit the famous Colca Canyon, reportedly the deepest in the world and twice as deep as the Grand Canyon. Parts of it are still habitable with pre-Colombian terraced fields supporting agriculture and human life. It is the perfect spot from which to view the famed Andean Condors. Although dwindling in population, at the 'Cruz del Condor' viewpoint you can actually see these amazing creatures soar gracefully on the rising thermals at a fairly close range. Watching them is an unforgettable experience. A real contrast to Cusco and Lake Titicaca and a dramatic end or beginning to your visit to Peru.

Itinerary

Day 1

On arrival in Arequipa (from Puno (Juliaca), Lima or Cusco) you will be met by one of our staff and transferred to your hotel. In the afternoon you start your tour of the White City of Arequipa, departing from the hotel in private transport, to the Valle de Chilina from where you can appreciate the beautiful views of the city, and the volcanoes pre-Inca terraces. After this you visit the older suburbs of San Lorenzo and Yanahuara with their lookouts and church.

Continue your visit with the cathedral and Plaza de Armas. With its three joined arches, the complex of 'The Company of Jesus' is a beautiful example of Baroque Churrigueresco-Spanish art of the 17th century, together with its multi-coloured frescos of the dome of San Ignacio, called La Sixtina de America. Finish the tour with a visit to the Santa Catalina monastery, the beautiful and romantic city within a city, from the 16th century with the style of different Spanish cities of this time. The duration of this visit is approximately 1:30hrs. In the evening you have time to enjoy the city by yourselves and relax. **Hotel, Arequipa B**

Day 2

You will be picked up from your hotel at 8:00am - destination the Colca Canyon! On your journey you will see



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the volcanic chain (Chachani and Misti) and a panoramic view of the Arequipa Valley as you cross the Pampa Cañahuas to a height of 4,000 metres above sea level, the National Park of the Vicuña Reserve, llama and alpaca farms. During the trip you will visit the Colca Window (4,400m), descending into the La Pulpera valley (3,600m) and arrive at the village of Callalli, visiting its church and alpaca centre. From here you can see the beautiful enchanted castle rock formations. After your packed lunch, you continue en route visiting the village of Tuti, Canocota Canyon, seeing the pre-Inca colcas and small cities of the Tihuanaco culture. Arrive in Chivay about 4:00pm, check in to the hotel and after a brief rest, relax at the thermal and medicinal baths. **Overnight at Colca Lodge B L**

Day 3

At 7:00am you leave the hotel for Cruz del Condor (43km) admiring the impressive terraces and irrigation systems of the Collahua era and the lookouts of the Cruz del Condor and Tapay. A chance to observe the majestic flight of the condors. Returning to Chivay gives you the chance to view the Andes in all their splendour and antiquity, the Mysterious Lakes and Mismi Volcano where the Amazon River is born. Continuing onwards you see the hanging tombs high on the cliffs, the rock that is carved with a map of the agricultural terraces in the valley and pass the villages of Maca, and Yanque to arrive in Chivay. Leave Chivay at 1pm to return to Arequipa. Tour the areas of Chucura (4,800m) where you can observe the Cordillera de Chila and the beautiful chain of volcanoes, Patapampa and the Tocra Lagoons (many species of birds). Arrive back in Arequipa about 6:30pm. **Hotel, Arequipa, B**

Day 4

Transfer to the airport for your flight to Juliaca (Puno), Lima or Cusco. **B**

Cost: From £375 per person (based on twin share)

PRICE INCLUDES

- Domestic airfares.
- All hotel and lodge accommodations based on double occupancy.
- All transfers, by private transport
- All scheduled excursions with English-speaking guide.
- Permits to Colca Valley
- Visitors pass to the Santa Calalina Monastery
- Picnic lunch on Day 2 and all breakfasts

NOT INCLUDED IN THE PRICE

- Domestic airport departure taxes.
- Meals not mentioned above
- Drinks.
- Insurance.
- Phone calls, radio calls
- Items of personal nature.
- Tips



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NAZCA LINES EXTENSION

To stroll along the paths of a Pre - Inca culture, enjoy watching the sea lions as they frolic on the Ballestas Islands; to feel the roughness of the sand and the beating of the wind in Paracas National Park, to come face to face with the land of cotton, wine and Pisco Sours (the national spirit!) and to study the mysterious designs on the Nazca Lines all are part of a great adventure that will be a lifetime experience.

Itinerary

Day 1

You will be picked up from your hotel in Lima and transferred to the Bus station to board the bus to Pisco. Pisco is a very pleasant town with a grand square (Plaza de Armas). It is famous for its namesake the infamous Pisco Sour cocktail. Around this square you find many small shops, bars and restaurants and also some fine colonial buildings. In the afternoon you will visit the Paracas National Reserve. **Hotel, Pisco, B**

Day 2

You are picked up around 7.00am from your hotel and a bus will bring you to the port. There you will go on a speedboat for a 2 hour tour around the Ballestas Islands. You see a lot of birds like boobies, pelicans and sometimes penguins and sealions on the rocks who will swim around your boat. You will also see a giant figure etched into the hills, the so-called Candelabra which looks like a figure from the Nazca Lines.

After this tour the local guide will take you to Nazca via Ica. Desert and sea, dry golden dunes, crystal clear waters mysterious and enigmatic markings; all this is Ica, an oasis of contrasts and contradictory landscapes, with myths and legends which relate the rise and fall of peoples who persevered against the hostility of the desert to construct their towns and civilization. Ica, land of cotton, wine and pisco, a liquor with a pleasant, aromatic, grape bouquet, is full of history. Once in Ica you will visit the Museo Regional de Ica, a very interesting museum with beautiful well-preserved mummies, trepanned skulls and trophy heads, textiles and ceramics of the Nazca, Paracas and Inca cultures. Outside the museum you can see a reconstruction of the Nazca lines in miniature.

After this, for those who want more adventure you can visit Huacachina, 5km from Ica, a relaxing lagoon surrounded by huge sand dunes where you can go sandsurfing or just sit next to the water and rest in the sun. **Hotel, Ica, B**

Day 3

Enjoy a morning flight over the incredible Nazca Lines. In its desert plains, ancient Peruvians wove splendid robes of varied colours; mummified their dead with singular skill; and drew lines and gigantic figures in the desert as a homage to water or to interpret the messages of the Sun, the Moon and the Stars. You will be given full commentary on this amazing region and the various explanations as to how and why they came to be created – martian or man? After this unique experience you will visit the Cemetery of Chauchillas before taking the afternoon bus returning to Lima arriving by 19:00pm. **Hotel, Lima, B**

Cost: £375 per person (based on twin share)



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PRICE INCLUDES

- All hotel accommodations based on double occupancy.
- All transfers, by Royal Inca class bus
- All scheduled excursions with English-speaking guide.
- Permits to Nazca Lines
- Entry to Paracas National Reserve, Ballestas Islands and Chauchillas Cemetery
- All breakfasts
- Nazca Lines flight
- Ballestas Islands cruise

NOT INCLUDED IN THE PRICE

- Meals not mentioned above
 - Drinks.
 - Insurance.
 - Phone calls, radio calls
 - Items of personal nature.
 - Tips
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