JOURNEY
LATIN AMERICA



CLASSIC GROUP TOURS

# PELICANO: ESSENTIAL PERU

14 days from **£4,378pp**

**PERU / LIMA / AREQUIPA AND COLCA CANYON / LAKE TITICACA / LAKE TITICACA – PERUVIAN SIDE / CUSCO / SACRED VALLEY OF THE INCAS / MACHU PICCHU**




## WHY US

We are the UK's No.1 specialist in travel to Latin America and have been creating award-winning holidays to every corner of the region for over four decades; we pride ourselves on being the most knowledgeable people there are when it comes to travel to Central and South America and passionate about it too.

## OUR JOURNEY

As our name suggests, we are single-minded about Latin America. This is what sets us apart from other travel companies – and what allows us to offer you not just a holiday but the opportunity to experience something extraordinary on inspiring journeys throughout Mexico, Central and South America.

### WE LOVE LATIN AMERICA

- A passion for the region runs through all we do
- All our Consultants have lived or travelled extensively in Latin America
- Up-to-the-minute knowledge underpinned by 40 years' experience

### TRAVEL WITH CONFIDENCE

- Fully bonded and licensed
- ATOL-protected
- On your side when it matters
- Book with confidence, knowing every penny is secure

### THE REAL LATIN AMERICA

- Our insider knowledge helps you go beyond the guidebooks
- We hand-pick hotels with character and the most rewarding excursions
- Let us show you the Latin America we know and love

# OVERVIEW & OUTLINE ITINERARY

Visit Peru's top highlights on this classic escorted small group tour, including Colca Canyon, Lake Titicaca, Cusco and Machu Picchu. Travel in comfort throughout in mountainous landscapes of never ending variety.

| | |
|---|---|
| | UK clients depart, arriving Lima, Peru, the same day. |
| DAY 1 | Overnight in the capital. |
| DAY 2 | Walking tour of the historic centre; fly to Arequipa. |
| DAY 3 | At leisure in colonial Arequipa. |
| DAY 4 | By road through the Andes to Colca Canyon. |
| DAY 5 | Condor spotting excursion; visit traditional villages. |
| DAY 6 | By road to the shores of Lake Titicaca. |
| DAY 7 | Excursion by boat to the Uros Islands. |
| DAY 8 | Journey over the altiplano to Cusco. |
| DAY 9 | City tour of Cusco and Inca fortress of Sacsayhuamán. |
| DAY 10 | Excursion to the Sacred Valley of the Incas; overnight. |
| DAY 11 | By train to Machu Picchu; guided tour of the ruins. |
| DAY 12 | Optional re-entry to Machu Picchu; return to Cusco. |
| DAY 13 | Day at leisure in Cusco; optional excursions. |
| DAY 14 | Fly to Lima and depart on international flight or extension. |
| | UK clients arrive home the following day. |

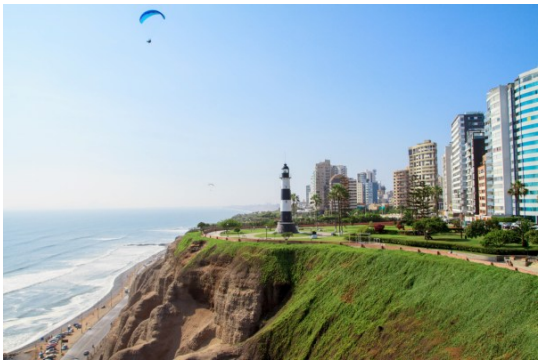
# ITINERARY

This is a fascinating small group tour through southern Peru, heartland of the Inca Empire, where plunging canyons and soaring mountains form a spectacular backdrop to ruined temples and fortresses and indigenous markets awash with bold colour.

Stand on the rim of the Colca Canyon as condors soar alongside you and tread a cautious foot on to the floating reed islands on the icy waters of Lake Titicaca. The journey to Cusco is a superb opportunity to drink in the contrasts of the Andean scenery as you descend slowly from the llama-dotted frosted highland prairies to a landscape of small holdings with kitchen gardens and eucalyptus groves on the other side of the watershed.

The adventure continues amid the intricate stonework and cobbled streets of Cusco, the Inca's imperial city, and at the Lost City of Machu Picchu, set on a ridge spur between forested peaks above the River Urubamba, roaring through a tropical canyon.

**UK clients depart, arriving Lima, Peru, the same day.**



## DAY 1

**Overnight in the capital.**

Those passengers arriving on an international flight will be met at the airport by the tour leader or a local representative who will escort you to the hotel. The scenes from your window on the half-hour drive to the hotel through Lima encapsulate the invigorating bustle of a modern-day Latin American capital.

Lima, the City of Kings, was once the capital of Spanish America, and the vestiges of its glorious past can still be seen in the faded grandeur of the colonial churches and traditional wooden balconies in the city centre. The explosive growth of the last 50 years, so typical of capital cities in the developing world, has transformed Lima into a dynamic and chaotic low-rise city of over 10 million people. In crowded streets, throngs of traffic race out towards Miraflores, a modern middle-class suburb on the coast, where your hotel is located.

### DAY 2

**Walking tour of the historic centre; fly to Arequipa.**



You have a walking tour of the colonial centre, including the Plaza de Armas with its monumental cathedral and the government palace.

Take an afternoon flight to the southern colonial university city of Arequipa (1 hour). The squat buildings, constructed from a white-grey volcanic stone called sillar, are striking against a rich blue sky and give the city a somewhat Middle Eastern aspect.

### DAY 3

**At leisure in colonial Arequipa.**



Today we will explore the city. Stroll through its flowery plazas and shady lanes, visiting some of the most striking architectural masterpieces of the Spanish legacy.

A highlight is the visit to the (now mostly uninhabited) Santa Catalina Convent, a timeless, peaceful enclave, its walls painted in pastel hues, where its shady nooks and crannies are dotted with flowering potted plants. Wander through the tiny cobbled courtyards where orange trees flourish, peeking into the vacant nuns' cells.

We will also visit the Museo Santuarios Andinos, a fascinating little museum which houses the remains of several Inca mummies recently recovered from the tops of surrounding volcanoes and mountains. They have been superbly preserved by the freezing conditions, many were thought to have been sacrificed as offerings to the mountain gods over 500 years ago.

As part of our exploration we include lunch so that you can sample some Arequipenan food in a local restaurant.

## DAY 4

**By road through the Andes to Colca Canyon.**



Arequipa lies at the foot of the slopes of the conical El Misti volcano, and also visible are the jagged formations of the Chachani Volcano and the long ridge of Picchu Picchu. On the road to the Colca Canyon you'll get a closer look at this magnificent scenery.

The road crosses a desolate high plain and passes through a vicuña reserve. The vicuña is a smaller, more delicate relative of the llama, whose fine wool is literally worth more than its weight in gold. You may also come across vizcachas, alpacas, llamas and flamingos all feeding from the scrub. The climb continues around the cavernous crater of an extinct volcano and over a high pass before emerging onto the rim of the valley. From here you can look out over the vast network of ancient, intricately terraced fields and tiny villages. After descending into the canyon submerge yourself in the warm, healing waters of the hot springs.

## DAY 5

**Condor spotting excursion; visit traditional villages.**



After an early start travel by road along the canyon's rim, with terraced fields of traditional Andean crops such as potatoes, quinoa and kiwicha fringing the road up to the Cruz del Condor. Here you stand on a bluff looking into the deepest part of this colossal canyon, where patch-worked colours spread across the valley like a quilt and watch as graceful condors soar effortlessly skyward from inaccessible crags and rocky ledges.

Along the way to the viewpoint you stop at a number of small villages where the women still wear hats and bright embroidered dresses of incredible intricacy. If you choose, there is the option to follow a couple of the ancient footpaths which link traditional villages such as Coporaque and Ichupampa. Walk along the paths of ancient aqueducts, with spellbinding views down on to the canyon floor, and through terraced fields.

## DAY 6

**By road to the shores of Lake Titicaca.**



A 6 hour private road journey leads across the Andes to Puno, 3,805m up on the chilly altiplano, and on the shores of glimmering Lake Titicaca. The scenery along the way is windswept and desolate and the vastness of the landscape is laid out under a bright Andean sky. The occasional stop alongside small highland lakes may give you the chance to spot flamingos feeding in the mineral-rich waters.

The vast, indigo Lake Titicaca – almost an inland sea – sits on the Peruvian-Bolivian border, and the fish-laden waters and surrounding fertile soil are the lifeblood of subsistence farming communities clustered in scores of adobe villages along the water's edge. Legend has it that this mystical spot is the birthplace of Inca civilisation: the progeny of the Sun God sprung from its depths to found the empire in Cusco.

## DAY 7

**Excursion by boat to the Uros Islands.**



Today you set out on the lake aboard a motor boat to visit the Uros Islands: gliding over the deep glacial waters on a sunny day is a definite highlight. You alight on the floating islands, constructed entirely from the lake's tortora reeds – the same material used to build their canoes – and the ground moves almost imperceptibly beneath your feet. During severe storms, the islands may break up into smaller islets. Once devoted to fishing, the inhabitants now earn their living mainly through selling handicrafts to tourists and, while this is a unique experience, it has the air of a living museum.

In the afternoon, there's an opportunity to take an optional excursion to the Chullpas at Sillustani, towering stone tombs said to be the burial site of the ancient Hatun Colla chiefs. The towers are on the treeless shores of a lonely highland lake; the landscape, while unremittingly bleak, is spellbinding.

## DAY 8

**Journey over the altiplano to Cusco.**



A luxurious all-day train journey takes you from Puno to Cusco (10 hours) along one of the most scenic routes on the continent. First you cross the highland altiplano, a vast, windswept plain of bog and moor, where bowler-hatted indigenous women tend herds of llamas and alpacas, punctuated by the occasional market town. As the snow-dusted mountains close in, the train climbs to the high pass at La Raya (4,200m), and from here the scenery changes dramatically as you race down through the increasingly fertile pocket-sized fields of corn and potatoes to Cusco.

The name Cusco derives from the Quechua word for navel, indicating its location at the centre of the Inca Empire, which reached its zenith at the same time as England was fighting the Wars of the Roses. Today its many impressive original Inca walls display extraordinary craftsmanship, while the bustling squares are dotted with ornate baroque colonial churches. It's a vivacious city, where shoeshine boys and postcard sellers jostle for your attention in cobbled streets lined with handicraft shops and cafés. In the evening, the town centre fills with people flocking to the many restaurants and bars.

## DAY 9

**City tour of Cusco and Inca fortress of Sacsayhuamán.**



Today an experienced guide gives you a tour of the city. You visit Q'oricancha, once the principal Inca Sun Temple, with extraordinarily intricate stonework, and then explore the colossal zigzag walls of Sacsayhuamán, brooding on a hillside above Cusco. In 1536 a desperate and defining three-day battle was fought between the Spaniards and the Incas around this fortress. The first conquistadors to see it were awestruck, and centuries later it is still an extraordinary and imposing sight.

There is also free time to explore Cusco; to wander through its cobbled streets bracketed by impressive Inca walls, to explore its colourful, bustling markets and splendid churches, and to stop at some of the many excellent cafés. The air is thin at this altitude, and the streets are steep, so take your time.

## DAY 10

**Excursion to the Sacred Valley of the Incas; overnight.**



Today, head out from Cusco over the high plains and descend to explore the fertile Sacred Valley of the Incas. Once the bread-basket of the Inca Empire, it was heavily populated in imperial times and scores of archaeological sites remain, where well-preserved ruins bear witness to the highly developed society that the Incas created. The drive passes through or close to several of the villages and temple fortresses that pepper the valley.

The Pisac complex, set high above and visible from the eponymous colonial village you will visit, is built on terraces carved into the steep hillsides. The engineering and preservation are unrivalled. From the flat valley floor this intricate hillside rises up like a green staircase to the heavens.

Continue along this picturesque, patchwork valley to the temple of Ollantaytambo. The snow-frosted Andean cordillera forms a stunning backdrop. Ollantaytambo, sitting strategically at the gateway to the Amazon basin, was never captured by the Spanish conquistadors, but the inhabitants decided that the settlement was too vulnerable and would eventually fail, and so they abandoned it. The fortress, the colonial grid plan and the Inca foundations are still intact and there are wonderful views down over the sloping hillsides and into the fertile valley. You spend the night in the tranquil valley.

## DAY 11

**By train to Machu Picchu; guided tour of the ruins.**



Travelling for just 2 hours by train from Ollantaytambo, you reach the ruins of Machu Picchu. As the river Urubamba enters its narrow gorge between thickly-forested granite hills, there is room only for a single track, which hugs the right bank and passes through hamlets that are no more than a collection of shacks beside the railway. Close to the foot of the mountain on a saddle of which the citadel was built is the bustling village of Machu Picchu (formerly known as Aguas Calientes), dedicated to serving the many visitors with artisan markets, bars and restaurants.

The majestic ruined city, reclaimed from tropical cloud forest, is reached by minibus up a sinuous road, or on foot up a near vertical rocky path. The American explorer Hiram Bingham discovered it in 1911, by which time it was completely buried beneath jungle vegetation. It is perhaps the ruins' location, on a ridge spur amid forested peaks and above a roaring river canyon, that most ignites the imagination. You will have a guided tour of the ruins.

*Fancy hiking some of the Inca Trail without interrupting your tour? We can organise for you to walk the mini Inca Trail on this day, but still, have a guided tour of the ruins and stay with the group in the evening. Please ask us for more details.*

## DAY 12

**Optional re-entry to Machu Picchu; return to Cusco.**



You have the optional opportunity to revisit the ruins, rail schedules permitting. There is also the chance for the more challenging hike to Huayna Picchu, the conical peak which juts out behind the ruins for wonderful views over the site. There's also the option of the slightly easier climb of Machu Picchu Mountain. If you think you'd like to re-visit the site or do one of the climbs please enquire with the office, as spaces are limited and it's necessary to pre-book.

You may prefer to relax and wander the narrow vehicle-free streets of Machu Picchu village, lined with souvenir shops and cafés. You return to Cusco on the afternoon train, arriving in the late afternoon.

### DAY 13

**Day at leisure in Cusco; optional excursions.**



Cusco is a compact city, easy to explore on foot independently. You are at leisure to discover the colourful markets, the many churches and museums, and to wander the attractive narrow streets.

There are a number of optional excursions in the surrounding region, including a trip to Maras and Moray, about an hour's drive from Cusco, should you wish to venture outside of the city. Moray is a system of ancient agricultural irrigation paths which now form circular depressions in the earth, with wonderful views into the Sacred Valley and in the shadow of the snowy peak of Mount Veronica. From here it is a short walk to the salt pans at Maras, circular pans of glistening white carved into the mountainside. Feeling you'd like to be active? White-water rafting, cycling and horse riding are on offer.

### DAY 14

**Fly to Lima and depart on international flight or extension.**

**UK clients arrive home the following day.**

## INCLUDED EXCURSIONS

- Lima: walking tour
- Arequipa: tour including Santa Catalina and Juanita
- Colca Canyon: condor spotting
- Lake Titicaca: boat excursion to the Uros Islands
- full day luxury train from Puno to Cusco
- Cusco: city tour and nearby Inca ruins
- Sacred Valley: tour of the Sacred Valley of the Incas
- Machu Picchu: guided tour of the ruins

# ESSENTIALS

To find out more about how our group tours including group sizes, solo travellers and why to choose us. Please click **here**.

On this tour, you'll be accompanied from start to finish by one of **our exceptional Journey Latin America tour leaders**. From the moment you land in Latin America until the day the tour ends they will deal with all the practicalities, expertly adapting to the circumstances and individual needs of the group. Rather than different guides in different cities, your leader will get to know the group and keep you informed and entertained as you go.

## SUMMARY OF NIGHTS

14 days, 13 nights: Lima 1; Arequipa 2; Colca Canyon 2; Puno 2; Cusco 2; Sacred Valley 1; Machu Picchu 1; Cusco 2.

## ACCOMMODATION

The Pelicano is one of our Elevated Tours.

Settle into stylish hotels picked for their character, setting and service. That might be a luxurious city hotel, or somewhere with a setting you won't forget, a former estancia on the Patagonian steppe or a lodge at the foot of Machu Picchu. This is our most memorable style, where the hotel becomes part of the journey itself.

- Lima: Souma
- Arequipa: Costa del Sol Wyndham
- Colca Canyon: Colca Lodge
- Puno: GHL Lago Titicaca
- Cusco: Palacio del Inka
- Sacred Valley: Inkaterra Hacienda Urubamba
- Machu Picchu: Inkaterra Machu Picchu

On extremely rare occasions these hotels can change due to an unforeseen circumstance, however please speak to one of our consultants who can provide full details for each departure if you have any doubts. Address and contact details will be sent out with your final documents.

## TRANSPORT

2 flights (1 hour each), 2 road journeys both operated privately for the group. 3 rail journeys.

## MEALS

Breakfast daily, 5 lunches and 3 dinners.

## OPTIONAL EXCURSIONS

On this tour the price includes excursions in all the places you visit as per the itinerary. There will however likely be some free time when you may choose to take part in an optional excursion. These are booked locally through your tour leader once you are in Latin America, however we are more than happy to advise you of what is on offer in advance of your holiday so you can best plan the excursions that suit you.

On all tours that visit Cusco we offer the chance to hike the mini Inca Trail as well as revisit Machu Picchu on the morning after the first visit. Time permitting, we may also be able to offer the climb up Huayna Picchu. If you are interested in any of these optional excursions, please speak to your travel expert in advance to arrange.

## TRAVELLING ALONE

There is no extra cost for single travellers who are willing to share a room. You will be accommodated with another same-sex member of the group who is also travelling solo. For single travellers who wish to have their own room there are a limited number of single rooms available, which carry a surcharge.

## TRIP SUITABILITY

There are some early mornings and a couple of long days of travel on this trip, though all land journeys are very scenic. The countryside walks are optional, some more strenuous than others, and you can discuss with your tour leader which are

suitable for you around Machu Picchu and in the Colca Canyon. The streets in Cusco are cobbled and steep and you must be cautious at altitude.

## ALTITUDE

Your stays in the Colca Canyon, Lake Titicaca area, Cusco and the Sacred Valley are at high altitude (2,800-4,000m). A small minority of visitors may suffer temporarily from altitude sickness. Symptoms vary; most common are mild headaches, slight nausea and breathlessness. If you don't recover in a day or two speak to your tour leader; in very rare instances it is necessary to descend to lower altitudes. Most people are unaffected and if you drink plenty of water and allow your body to acclimatise (don't exert yourself or drink alcohol) in the first couple of days after arrival, you will minimise your chances of suffering any symptoms.

Please refer to our Briefing Dossier for further information.

## CLIMATE

The coast and Arequipa have a moderate climate year round whilst the rainy season in the Andes runs between November and April when there are showers most afternoons. At altitude the sun can be strong in the day but temperature can drop significantly at night. We run this tour year round.

A comprehensive overview of the weather in all the regions you are visiting can be found in our Destination pages. Our Travel Experts can answer your questions on climate and further details will be sent with your confirmation documents.

## CLOTHING, EQUIPMENT AND LUGGAGE

For day-to-day wear you should go prepared to encounter all seasons and should pack for warm days and cool nights. A daypack is essential for carrying rainwear, snacks, books/tablet and a water bottle as are comfortable walking shoes. Bring a hat with a visor, sunglasses and sun block.

Due to luggage restrictions on the train to Machu Picchu, you will leave the bulk of your baggage in the Cusco hotel, which will be waiting for you on your return. You can take up to 5kgs per person on the train. An overnight holdall/rucksack is recommended to separate your luggage for the time spent away.

## MONEY

Please see the Country Info tab on this holiday for our latest currency information and advice about how to take your spending money. Tipping in Latin America is almost always done using cash. It is customary to tip tour leaders, local guides, drivers, boat crews and other service providers such as restaurant staff and porters. Full tipping guidelines are sent with your confirmation documents as is advice on local costs.

## HEALTH, ENTRY REQUIREMENTS AND INSURANCE

For health information on travelling to Peru including recommended vaccinations, please see https://travelhealthpro.org.uk/

Holders of a full British passport do not require a visa, although passports should be valid for at least 6 months after the trip begins. Other nationalities should enquire with us or check with the consulates.

Travel insurance is essential. Details of our recommended policy can be found on the Travel insurance website.

Our full briefing dossier contains more information on vaccinations, visas and insurance and will be provided with your final travel documents or can be requested from your travel consultant at any time

JOURNEY
LATIN AMERICA

CLASSIC GROUP TOURS

# PELICANO: ESSENTIAL PERU

14 days from **£4,378pp**

**PERU / LIMA / AREQUIPA AND COLCA CANYON / LAKE TITICACA / LAKE TITICACA – PERUVIAN SIDE / CUSCO / SACRED VALLEY OF THE INCAS / MACHU PICCHU**

## GET IN TOUCH WITH US...

Our friendly, knowledgeable team of travel experts are always happy to chat about holiday ideas and share helpful advice. Give us a call today and begin planning your perfect trip to Latin America.

**0208 747 8315**

**OPENING HOURS**

Monday – Friday: 9am – 6pm
Saturday & Sunday: Closed

**SEND US AN EMAIL**

**tours@journeylatinamerica.com**