JOURNEY
LATIN AMERICA



PRIVATE JOURNEYS WITH JOURNEY LATIN

VALUE PERU: SACRED VALLEY OF THE INCAS TO LAKE TITICACA

12 days from **£1,950pp**

PERU / CUSCO / SACRED VALLEY OF THE INCAS / MACHU PICCHU / LAKE TITICACA / LIMA / LAKE TITICACA – PERUVIAN SIDE



WITH OVER 40 YEARS EXPERIENCE, NO-ONE KNOWS LATIN AMERICA LIKE WE DO

EXPERIENCE SOMETHING EXTRAORDINARY

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

This economical holiday includes Peru's top sights and features visits to charitable projects and local communities. An excellent budget choice if you're interested in local community life.

DAY 1	**Arrive in Lima.**
DAY 2	**Fly to Cusco; guided tour of the city and Sacsayhuamán temple fortress.**
DAY 3	**Day at leisure in Cusco.**
DAY 4	**Guided exploration of the Sacred Valley of the Incas.**
DAY 5	**At leisure in the Sacred Valley.**
DAY 6	**By road and train to Machu Picchu, guided tour of the site.**
DAY 7	**Return by rail and road to Cusco.**
DAY 8	**Day at leisure in Cusco.**
DAY 9	**By coach to Puno on Lake Titicaca.**
DAY 10	**By boat to Taquile Island; overnight with a family at Luquina Chico.**
DAY 11	**Return to Puno.**
DAY 12	**Visit Sillustani ruins, fly to Lima and connect with international flight home.**

ITINERARY

This unusual private tour of Peru explores the Inca heartland in the Andes, and includes attractions in and around Cusco and Lake Titicaca. Fly up to the Andes from Lima and stay in historic Cusco, the former Inca capital and a treasure trove of Inca stonework and colonial architecture. Continue by road into the Sacred Valley of the Incas.

Next is a rail journey alongside the tempestuous Urubamba river through a narrow gorge leading to the Inca citadel of Machu Picchu, set on a mountain saddle above the valley. Finally travel to shimmering Lake Titicaca on the altiplano, visiting islands and local communities as well as the ruined artefacts of a long-gone pre-Columbian civilisation.

What makes this holiday special is its community focus: you are staying at two hotels set up to support a street children's charity established by a Dutchwoman, you visit indigenous communities on the Uros and Taquile Islands of Lake Titicaca and stay with a local family on the shores of the lake. This gives you the opportunity to engage with local people and learn about their lifestyle at first hand.

DAY 1

Arrive in Lima.

Walk the short distance from the terminal to your hotel.

DAY 2

Fly to Cusco; guided tour of the city and Sacsayhuamán temple fortress.



Return to the airport for the one hour flight to Cusco.

The name Cusco derives from the Quechua word for navel, indicating its location at the centre of the Inca Empire. 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, bars and cafés.

Today take a guided 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. The first conquistadores to see this temple fortress were awestruck; centuries later it is still an extraordinary and imposing sight.

DAY 3

Day at leisure in Cusco.

Day at leisure to explore Cusco.

If you are staying during the week then there is the opportunity to visit a charity set up by a Dutchwoman, Jolanda van den Berg, to fund the provision of daily hot meals, warm showers, medical/dental care, homework and sports lessons for 500 extremely disadvantaged children in Cusco. There is no charge and no request for money; donations are accepted from anyone who wishes to contribute to the project's continuing success.



DAY 4

Guided exploration of the Sacred Valley of the Incas.

A guided tour exploring the Sacred Valley of the Incas. The drive takes in several of the villages and temple fortresses that pepper the valley. You visit the artisan market in Pisaq village, dominated by the terraces and fortress high above. Continue along this picturesque, patchwork valley to the fortress/temple of Ollantaytambo. The snow-capped Andean cordillera forms a stunning backdrop. The village sits sitting strategically at the gateway to the Amazon basin.

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.



DAY 5

At leisure in the Sacred Valley.

At leisure in the Sacred Valley. You can go horse riding, biking or walking. Alternatively relax in the tranquil countryside.



DAY 6

By road and train to Machu Picchu, guided tour of the site.



Transfer by road to the station, before travelling for 90 minutes by train from Ollantaytambo to 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 village of Machu Picchu, dedicated to serving the many visitors with artisan markets, bars and restaurants.

The majestic ruined city, reclaimed from tropical cloud forest, is reached by bus 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 along one of the set trails, before heading back down to spend the night in Machu Picchu village.

DAY 7

Return by rail and road to Cusco.



In the morning there's an opportunity to return for an optional second visit to the site of Machu Picchu. Getting up early and taking the first buses up is well worth it… The site is virtually empty and the early morning mists swirl around the surrounding mountain tops. Alternatively, enjoy the thermal baths or walks in the village below. Later, return to Cusco by rail and road.

DAY 8

Day at leisure in Cusco.



At leisure in Cusco.

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 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 also on offer.

DAY 9

By coach to Puno on Lake Titicaca.



By public coach (tourist service) to Puno on the shores of Lake Titicaca.

The lonely road follows the fertile Urubamba valley, through fields of crops and livestock and adobe villages, up to a windswept grassy plain framed by jagged mountains. During the 9hr hour journey there are short stops at: Andahuaylillas, where the town's ornate, baroque 17th-century church has beautiful frescoes and an impressive gilded altar; Huaro, Raqchi, here the Temple to Viracocha is the largest roofed building ever built by the Incas: this is one of Peru's most stunning Inca sites; and Pucará, famous for its pre-Inca ruins and local pottery, where you visit the little museum.

There is a short stop at la Raya, with a backdrop of snow-capped peaks, and a buffet or three course lunch is served at Sicuani. There is an English-speaking guide, refreshments and a toilet on board.

DAY 10

By boat to Taquile Island; overnight with a family at Luquina Chico.



Take a boat trip to the remote and tranquil island of Taquile with its stunning views of Lake Titicaca. Around 1,500 Quechua-speaking indians continue to live in this remote community and many still wear the traditional hand-woven dress. The island, 7km long, is devoid of roads and vehicles, its terraced hills scattered with pre-Inca ruins.

Continue by boat to the indigenous village of Luquina Chico on the Chucuito Peninsula. This community-based tourism initiative has strict controls over visitor access and a visit allows you to spend time with locals and learn more about their way of life. During the afternoon, walk along the lakeshore and enjoy the scenery.

Overnight with a family in the village.

DAY 11

Return to Puno.



After breakfast with the family there is time to go for a walk or rent a sailboat before a restaurant lunch. In the afternoon, visit the floating Uros Islands, constructed and reconstructed from layers of tortora reeds by the Uros indians over several centuries. Today no pure-blooded Uros remain, but the islands are still home to several hundred inhabitants.

Although the islanders now earn a living mainly from tourism, their unique way of life continues to be totally 'interwoven' with the tortora reeds – their boats, houses and even the football pitch are all made from this material. Afterwards, return to Puno.

DAY 12

Visit Sillustani ruins, fly to Lima and connect with international flight home.

En route to Juliaca airport you will visit the ancient burial ground of Sillustani, 32 km from Puno. The site lies on top of a small hill overlooking Lake Uyamo, and is most notable for its chullpas – the funerary towers where the Aymara-speaking Colla people buried their nobility. Although not built by the Incas – the engineering involved in the construction is regarded as far more complex than that seen in much Inca construction – most date from the period of Inca occupation.

The most impressive of the towers, of which there were thousands, are 12m high and are scattered throughout the area. A closer look at those still standing reveals some interesting carvings of reptiles and mammals.

Transfer to airport for flight to Lima, connecting with international flight home.

INCLUDED EXCURSIONS

- Tour of the city of Cusco and Sacsayhuamán ruins
- Visit the Los Niños charity project
- Full day guided visit to the Sacred Valley of the Incas
- Guided tour of Machu Picchu
- Inca ruins and museums en route to Puno
- Sillustani ruins near Lake Titicaca

ESSENTIALS

Two flights (each approx 1hr); 1 scenic road journey (9-10hrs); 2 road and rail journeys.

On this tour we use good value budget hotels, they are generally small, friendly establishments, colonial or modern in style with well-equipped rooms, private bathroom and heating. The hotels in Cusco and Urubamba were set up to support a local street children's charity. Accommodation at a family home on Taquile Island is basic.

Breakfast daily; Lunch days 4, 6, 9, 10 & 11; Dinner on day 10.

We carefully select our local partners, some of whom we have worked with for over 25 years. Their English-speaking guides understand the expectations of our clients very well, and are consistently singled out for praise by clients on their return.

12 days, 11 nights: Lima 1; Cusco 2; Sacred Valley 2; Machu Picchu 1; Cusco 2, Puno 1, Lake Titicaca peninsula 1, Puno 1.

The unit of currency in Peru is the sol.

HOW TO TAKE IT

Cash machines are available in all major cities and towns, and so taking a debit or credit card with a PIN number is the most convenient way of withdrawing money while on your trip, and in most shops and restaurants you can also pay by card. However, since cards can get lost, damaged, withheld or blocked, and daily withdrawal limits may be low, you should not rely exclusively on a card to access funds.

We recommend that additionally you take a reasonable quantity of US dollars cash (no more than is covered by your insurance), which you can exchange into local currency, and possibly some travellers' cheques, though these are gradually falling out of use (American Express are the most widely accepted). Dollar bills should be in good condition, soiled or torn bills may be refused. You can take sterling, but the exchange rate is not always competitive or even available, restricting the number of places where you can change money.

DAILY SPEND

It is very difficult to give a guideline for essential expenses but a budget of around US$35 per day should cover the cost of meals not included in the holiday itinerary, drinks and the odd souvenir. Eat at the best restaurants and you will pay considerably more.

TIPPING

Tips are welcomed and local guides often rely on their tip as a significant proportion of their income.

Most service industry workers will expect a tip of some kind and so it is useful to have spare change for hotel porters, taxi drivers and the like. It is common to leave 10 – 12% in restaurants.

Tipping guidelines can be found in our Briefing Dossier.

INSURANCE

Travel insurance is essential.

Details of our recommended policy can be found on our Travel Insurance page.

AIRPORT TAXES

If you have purchased your flights through Journey Latin America, the international departure tax and taxes on internal flights are usually included in the ticket.

TRIP SUITABILITY

This holiday is suitable for all able-bodied, reasonably fit visitors, including families. Although there are some early starts,

there is also some time at leisure.

Lima is covered in a dull grey mist for much of the year, although the sun does break through between November and March. It almost never rains in Lima, and temperatures are moderate.

The rainy season in the Andes runs between November and March when there are showers most afternoons. The dry season is in June, July and August when the sun is strong during the day, but at night the temperature drops dramatically (from freezing point to 10°C). May, September and October are less predictable, with both rainy and sunny spells.

Your stays in Lake Titicaca (4,000m) the Sacred Valley (2,800-3,000m) and Cusco (3,400m), are at high altitude. Most people are only mildly affected and if you drink plenty of water and don't exert yourself or drink alcohol for the first couple of days, you'll probably be fine. Symptoms vary: most common are mild headaches, slight nausea and breathlessness. If you don't recover in a day or two speak to our representatives; in very rare instances it is necessary to descend to lower altitudes.

Please refer to our Briefing Dossier for further information.

For day-to-day wear you should go prepared to encounter all seasons. Both warm clothing and a sun hat are essential at altitude; a light fleece jacket and a waterproof/breathable outer shell make a good combination. Trousers, skirt or shorts made from light, quick-drying synthetic materials work well. If you plan to eat in smart restaurants, although clothing is not formal (no need for jacket and tie), something quite smart would be appropriate.

Strong, comfortable footwear is essential and you should bring insect repellant, sun block and sun glasses. Owing to luggage restrictions on the train to Machu Picchu, main luggage must be left in Cusco. You can take up to 10kgs per person on the train and an overnight holdall is recommended to separate your luggage for the night spent away from Cusco.

Please get in touch with the office before departure if you have any doubts. Good equipment is very important and hard to come by in South America.

Preventative vaccinations are recommended against the following: typhoid; polio; tetanus; hepatitis A. You should consult your GP for specific requirements.

You can also find helpful information on the Masta Travel Health website.

Holders of a full British passport do not require a visa, although passports must be valid for at least 6 months after the trip begins. Anyone with a different nationality should enquire with us or check with the relevant consulate.

If flying to the US, or via the US you will need to fill in your online ESTA application.

With economic accommodation and shared excursions, this trip is suitable for single travellers.

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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

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