MercuryHolidays

SACRED PERU

Lima, Arequipa, Colca Canyon, Puno, Cusco & Machu Picchu

Travel into the heart of South America to experience misty volcanoes, llamas, alpacas, hanging ancient tombs; Machu Picchu, one of the New Seven Wonders of the World, all set amidst the backdrop of the spectacular Andes. Witness the White City of Arequipa and stunning frescoes and paintings in mystical Catholic churches. Journey to Lake Titicaca, the highest and largest navigable lake in the world and Colca Canyon, famed for its deep ravines, majestic condors and hot springs. Our spectacular tour of Peru will truly leave you in awe.

This document aims to give you all the information that you require for a smooth and comfortable trip to Peru. Please take the time to read this dossier to familiarise yourself with all the aspects of our tour. It includes important details such as flight details, insurance and visa requirements.

Your included meal guide:
B = Breakfast, L = Lunch, D = Dinner

DAY 1: UK to Lima
Depart London on your scheduled flight to Lima via Sao Paulo, Brazil.

DAY 2: Lima
On arrival in Lima, you will be met by your local representative and transferred to your hotel. The rest of the day is at leisure.

DAY 3: Lima to Arequipa B
Known as the 'City of the Kings', today's tour combines the culture of historic downtown Lima with the modern district of Miraflores. You will first visit the main square to see the Cathedral, Government Palace and City Hall. Next see one of the best preserved monasteries in Lima, the beautiful Santo Domingo Convent and then on to Miraflores, a bustling shopping area with stupendous views of the Pacific Ocean. Transfer to the airport for your flight to Arequipa to spend the night.

DAY 4: Arequipa B
With its large traditional square and colonial buildings, Peru's second largest city Arequipa has a very Spanish feel. Known as the 'Cuidad Blanca' (White City) and set against the backdrop of the misty volcano, Arequipa offers some truly wonderful cultural and historic sites including the Church of the Society of Jesus, the frescoes of America's Sistine Chapel at the San Ignacio Dome and the labyrinth Santa Catalina Convent. The tour ends with a relaxed walk around the local areas of Cayma and Yanahuara. The rest of the afternoon and evening are at leisure.

DAY 5: Arequipa & Colca Canyon B/L/D
Today the tour moves on to the open plains of the Pampa Canaguas and Salinas where you will see llamas, alpacas, and guanacos roaming in the wild. The wetlands are teeming with different species of birdlife, and Patapampa, a high point offers stunning vistas of volcanoes. After about a five hour drive you arrive at Chivay, your base for the night where dinner is included.

DAY 6: Colca Canyon to Puno B/L/D
An early start from Chivay sets you up for a spectacular scenic tour of the Colca Canyon with its terraced fields, hanging tombs and deep gorges, all culminating with a chance to see the majestic condors as they rise deep from within the canyon. You will then make your way back to the hotel and after lunch, commence your journey to Puno, arriving in the evening where dinner at your hotel is included.

DAY 7: Puno B/L
Today's highlight is a trip to Lake Titicaca, the highest and largest navigable lake on earth. The views from Taquile Island that, on a clear day, can stretch to Bolivia are stunning and well worth the hour or so walk to the top from the port. Have a 'coca tea' break half way up before lunch is taken in a simple restaurant that overlooks the lake. Later you will walk back down to the port and board a boat for a brief visit to one of the floating reed islands to visit a local family home. Overnight is in Puno.

DAY 8: Puno to Cusco B/L
This morning you will travel from Puno to Cusco and be able to appreciate the surrounding valleys' wonderful landscapes en route. The journey includes a stop at La Raya pass, 4,300 metres above sea level, from where you will be able to take in some amazing vistas of the Andean snow-capped mountains. You will also stop at the Raqchi ruins, known as the Temple of the God Wiracocha, and Andahuaylillas village where there is a beautiful church from the 17th century. Enjoy lunch at a local restaurant before arriving in Cusco and transferring to your hotel.

DAY 9: Cusco to The Sacred Valley B/L
Today the tour heads for Urubamba, the Sacred Valley of the Incas, where one of the highlights is a visit to the imposing Inca Fortress at Ollantaytambo. En route you will visit a camelid compound to see these unique animals at close quarters as well as the colourful Pisac market where local Indians display and sell their handmade artefacts. Lunch is in a comfortable restaurant then the journey continues to reach your hotel for an overnight stay in the valley.

DAY 10: The Sacred Valley to Cusco B/L
Machu Picchu is one of the New Seven Wonders of the World and this morning you will be taken to the station to board the train to start your adventure to this incredible site. The train will take you to the city of Aguas Calientes where you disembark and board a bus to the archaeological site. Constructed on a saddle between two Andean peaks, Machu Picchu was one of the greatest achievements of South American civilisation. After a guided tour of this 550 year old citadel, there is some free time for you to explore and absorb the awe-inspiring atmosphere. You will then descend back to Aguas Calientes for lunch, then catch the train back to Ollantaytambo and return to Cusco by coach.

DAY 11: Cusco B
This morning's city tour of Cusco will introduce you to this amazing colonial city built on the foundation of Inca palaces. Visit the 'Temple of the Sun' where you can appreciate the incredible masonry of the Incas, the Plaza de Armas and the Cathedral with its carved woodworks, altars and paintings. Later you will drive to the Inca fortress of Sacsayhuaman, then to the underground cave and temple of Kenko – one of the largest wak'as (holy places) in the region. Experience a panoramic view of Puca Pucara and, finally, stop at the living art workshop, 'Inka's Expression' to admire how the local artisans create wonderful silver pieces, paintings and wood carvings.

DAY 12: Cusco to Lima B
Transfer to the airport for your domestic flight to Lima. You will be met on arrival and transferred to your hotel where you will have the rest of the day at leisure.

DAY 13: Depart Lima to the UK or Extension B
Transfer to Lima airport for your return flight to the UK via Madrid, Spain, or continue to your chosen extension.

Hotel Information

Lima (2 nights): 3★ Hotel Casa Andina Classic Centro - Petit Thouars 5444, Lima 00000, Peru, Telephone Number: +51 1 4470263
Arequipa (2 nights): 3★ Hotel Casa Andina Classic Arequipa - Jerusalen 603, Seque 00000, Peru, Telephone Number: +51 54 202070
Colca Canyon (1 night): 3★ Hotel Casa Andina Classic Colca - Chivay, Peru, Telephone Number: +51 1 2139739
Puno (2 nights) 3★ La Hacienda Puno Plaza de Armas - Puno 419, Puno, Peru Telephone Number: +51 51 367340
Cusco (3 nights): 3★ Casa Andina Koricancha - Calle San Agustin 371, Cusco, Peru Telephone Number: +51 84 252633
Sacred Valley (1 night): 3★ San Agustin Urubamba Hotel - Carretera Vusco-pisac KM69 Urubamba 84, Peru, Telephone Number: +51 84 201443

All accommodation is 3★ and features an en suite bathroom, heating/air-conditioning and a TV. Mercury Holidays has visited and inspected all of the hotels to ensure that they meet the high standards of service which we require for our clients. If the hotels detailed are not available, alternatives will be used of a similar standard. Final confirmation of your hotels will be sent in a document approximately two weeks before you travel.

Meals

Breakfast is always western style & served in the hotel each morning. Lunch where stated will be taken in local Peruvian restaurants, with dinner where included at your hotel.

On your arrival

On your arrival in Lima you will be met by a representative from our local agent, Pure Peru, holding a sign displaying: "Mercury Holidays". The Mercury Holidays/Pure Peru representative will show you to your transfer vehicle. Your national guide will be on hand 24 hours a day should you have any queries. However, if you need to contact Pure Peru during your stay the details are:

Pure Peru
Jiron Martir Olaya 201
Office 601
Miraflores – Lima
Telephone Number: 0051-1-2417537 / 2417538
Email: customer-service@pure-peru.com
or
Urbanizacion La Florida
Calle Los Geranios F-6A
Wanchaq-Cuzco
Telephone Number: 0051-84-238899
Email: customer-service@pure-peru.com

Emergency contact information

Please find below the **emergency** contact details for Pure Peru
Mobile telephone numbers: 0051-995632971
0051-998754080

Visas

British passport holders are not currently required to obtain a visa in order to travel to Peru. Further advice should be sought from the applicable tourist authority for other nationalities and for general queries.
We strongly advise you to check your destinations' Tourist Board or Embassy for the most up to date guidelines regarding passport validity.

Insurance

You must obtain suitable travel insurance prior to departure. Mercury Holidays is partnered with Holiday Extras who offer insurance at the following prices, (worldwide, excluding USA).

Age in years	Up to 64	65-74	75-85
Up to 17 days cover	£42	£79	£135

For all persons 86 years and over, please contact us for insurance prices. Please ensure you provide us with the name of your insurer, policy number and their 24 hour emergency contact number as soon as possible. Mercury Holidays will not be liable for any costs incurred by you due to your failure to take out suitable travel insurance from the date of booking.

Health and Vaccinations

It is strongly recommended that you check the latest health recommendations for travel to Peru with your GP at least 4-6 weeks before travel. Any medicines you may need during your journey should be packed in your hand luggage. We suggest taking a few first aid supplies such as travel pills, dehydration powder, plasters, stomach settlers, antiseptic cream or aspirin. These products can be more expensive abroad and familiar brands are not always available.
If your visit is between April & September, you should also take mosquito repellent.

Altitude Sickness

Altitude sickness is a fairly common condition that can occur when you ascend to a high altitude (generally higher than 2,500 metres above sea level) quickly. The decrease in atmospheric pressure can make reathing more difficult as the body is not able to take in as much oxygen. Most cases are mild with symptoms that can include: headache, nausea, dizziness and exhaustion. Several of the places in Peru are located at high altitude (over 2,500 metres above sea level) including Puno, Lake Titicaca and Cusco. Therefore, you may find you experience some symptoms at this altitude. It is advised that at these high altitudes, you keep hydrated and avoid alcohol. If you do experience symptoms of altitude sickness during your tour, ensure you tell your guide immediately who will be able to advise the best thing for you to do. You can contact your GP before you travel for advice on medication for altitude sickness. It is not advisable to drink the tap water.

Physical Accessibility

This tour is accessible to most people with an average level of fitness and normal mobility. It involves full days of sightseeing, often on foot, and includes some climbing of stairs and getting on and off coaches and boats. **This tour is not suitable for anyone with walking difficulties.**

Group Size

The minimum number of travellers in your group will be 10, and a maximum will be 30. If in the unlikely event there are less than 10 passengers booked on your tour date then you may be asked to change to a different date. A full refund will be made available to your should this alternative not be suitable.

Tour Guides

A Tour Leader will be with you on your trip starting in Arequipa on Day 3, ending in Cusco on Day 12. Day 1, Day 2, Day 11 & Day 12 in Lima, transfers will be provided by a local English speaking guide.

Tipping

Tipping is a common practice in South America and it is customary to tip approx. USD$2-$4 per person per day which is split between the driver and the local guide. Tips can be given at the end of each day, or at the end of the tour. Tips are accepted in US dollars and local currencies.

Currency Exchange

The currency in Peru is the Nuevo Sol, the symbol is S/. We recommend that you exchange your currency before you leave the UK. US Dollars are widely accepted in Peru should you wish to keep an alternative currency on you. Cash machines are available in all the major cities to withdraw money in the local currency.

Personal Expenses

You will need to take some extra money with you to cover any lunches and dinners where these are not mentioned on your itinerary and personal purchases, such as souvenirs, laundry and extra drinks and snacks. Approximately £200-£400 per person will be sufficient for the duration of the tour, depending on how much of a bargain-hunter you are!

Itinerary changes

The order of events and sightseeing may vary according to local conditions or for operational purposes.The schedules of the domestic airlines in country are subject to frequent changes. For this reason, we have indicated approximate times only. Your local guide will inform you of any schedule changes as they are informed of them. Some road construction and/or weather conditions may lengthen the driving times. Our intention is to adhere to the day-to-day itinerary as printed; however order of events and sightseeing may vary according to local conditions.

What to Pack

- Warm clothes in case of cold weather
- Rain wear for rainy season
- Long-sleeved shirts and long trousers
- Insect repellant, personal toiletries & first aid kit
- Suncream & a hat with a big brim for sunny days
- Comfortable shoes such as trainers
- A pair of light boots and sandals
- A torch with batteries and binoculars
- Sunglasses and plastic bags
- Towel and swimsuit
- Ruck sack or light bag per person
- Anti-bacterial hand gel
- Medicine to arrest or prevent the so called 'Soroche' or altitude sickness, please seek medical advice
- An electric plug converter - three different plug sockets are used, so it is best to bring a multi adapter

Flight and Airport Information

Your flight is to Jorge Chavez International Airport in Lima with Avianca (AV) departing from London Heathrow Terminal 2.

Route	Depart	Arrive	Flight Duration	Flight Number
Heathrow-Bogota	22:40	04:05	11 hours 25 mins	AV121
Bogota-Lima	05:34	08:34	3 hours	AV131
Lima-Arequipa	19:20	20:50	1 hour 30 mins	AV817
Cusco-Lima	14:30	15:55	1 hour 25 mins	AV808
Lima-Bogota	17:45	20:38	2 hours 53 mins	AV024
Bogota-Heathrow	23:04	15:45	11 hours 25 mins	AV120

IMPORTANT: Please note that all flight times are subject to change. Final flight details will be confirmed on your e-ticket and final documentation which will be sent to you approximately 10 days before departure.

Baggage Allowance

Baggage allowance (per person): Each passenger is entitled to 23kg of hold luggage plus one item of hand luggage providing the exterior dimensions (height + length + width) do not exceed 115cm and 10kg in weight. Weight restrictions will be finalised on your e-ticket receipt. Should you wish to take additional luggage you will need to pay extra at check-in. Heathrow Airport advises that check-in should be three hours before your flight departure time.

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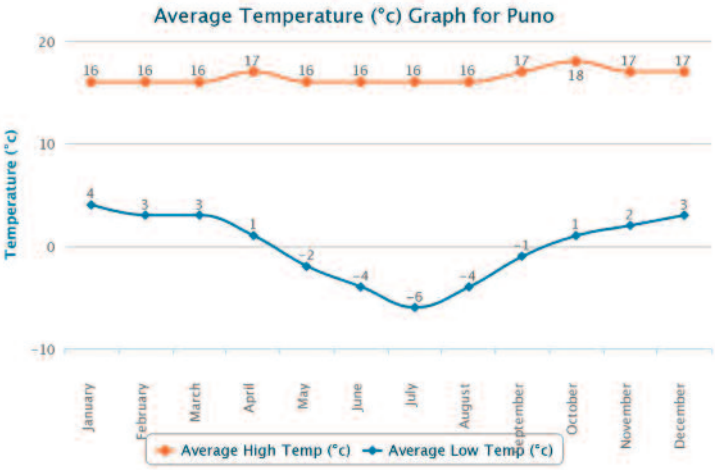
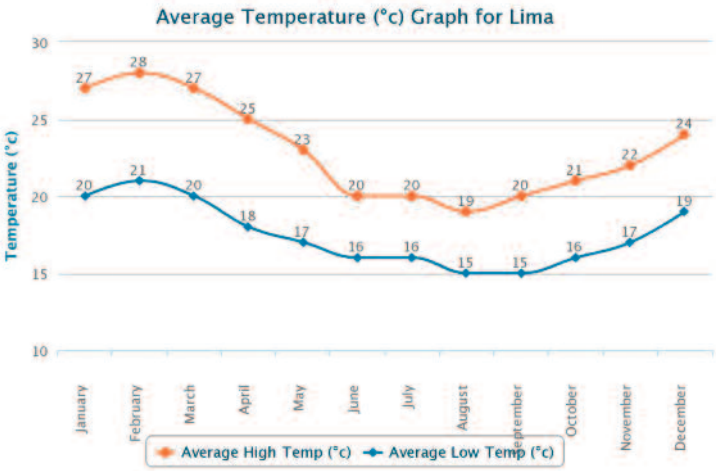
Airport Extras

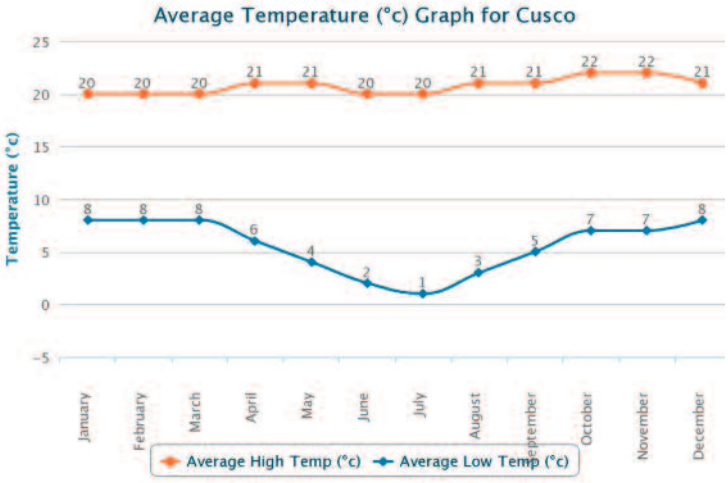
If you wish to arrange Airport car parking or accommodation at preferential rates, we recommend you book this in advance with Holiday Extras - Tel. 0871 360 2000, quoting HX313.

Weather and Climate

Weather can vary quite considerably throughout the year, so please familiarise yourself with the climate charts below.







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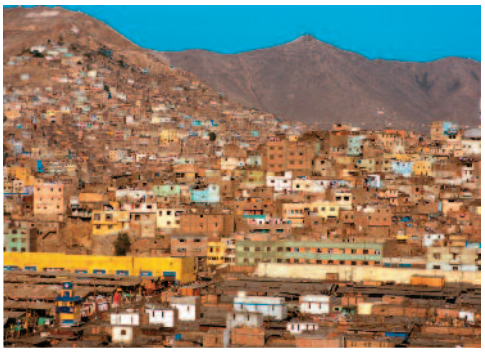
YOUR ADD-ON TO LIMA



2 nights in the capital city of Lima provides the perfect opportunity to explore the 'City of Kings', a UNESCO World Heritage Site.

Lima:

A UNESCO World Cultural Heritage Site, Lima offers rich history, great museums, temples and colonial mansions. Discover more of the city or venture out to the nearby, bohemian district of Barranco where daily life is more relaxed and take a stroll around the old colonial and republican houses. The beautiful area of Miraflores, known for its gardens, parks and beaches, is not to be missed.

Hotel Information

Your Lima stay will take place at the 3★ Casa Andina Classic Centro on Bed & Breakfast, unless otherwise stated at booking. All internal transfers are included. Contact: Petit Thouars 5444, Lima 00000, Peru Telephone Number: +51 1 4470263

Personal Expenses

You will need to take money with you to cover any lunches and dinners, as well as personal purchases, such as souvenirs, laundry, drinks and snacks.

Tour Guides

Your stay in Lima is not escorted by a tour guide.

Please note:

This add-on is to be taken on day 13 of the main Sacred Peru tour, extending your stay in Lima by 2 nights.

Flight Information

Route	Depart	Arrive	Flight Duration	Flight Number
Lima-Bogota	17:45	20:38	2 hours 53 mins	AV024
Bogota-London Heathrow	23:04	15:45	11 hours 25 mins	AV120

IMPORTANT: Flight times/numbers are for guidance only & are subject to change. All flights are operated by Avianca. Baggage allowance (per person): Each passenger is entitled to 23kg of hold luggage plus one item of hand luggage providing the exterior dimensions (height + length + width) do not exceed 115cm and 10kg in weight. Weight restrictions will be finalised on your e-ticket receipt. Should you wish to take additional luggage you will need to pay extra at check-in.

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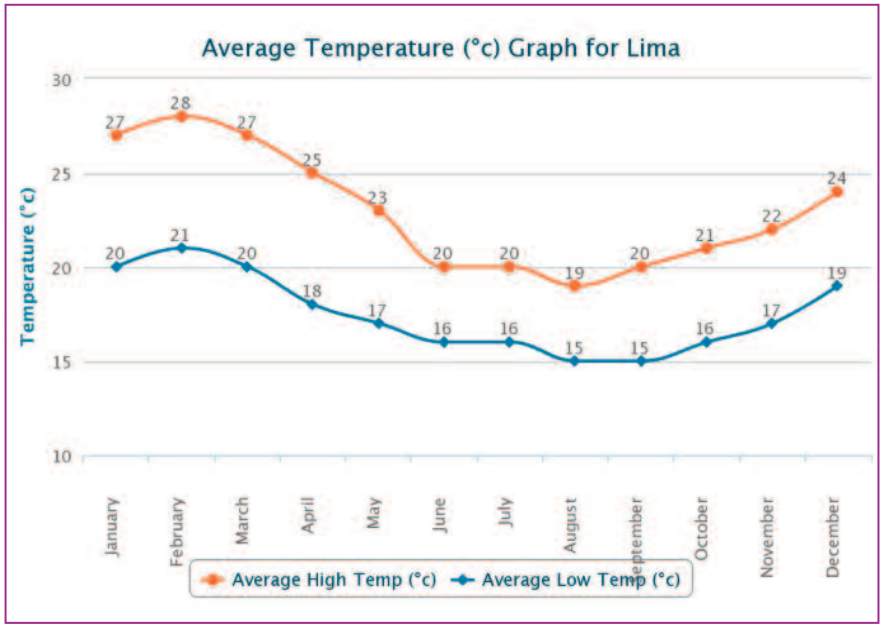

For any further enquiries or for more information call us on 0843 224 0723