

# 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 'Ciudad 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 Agustín 371, Cusco, Peru Telephone Number: +51 84 252633

**Sacred Valley (1 night):** 3+★ Hotel Hacienda del Valle - Sector Pucara S/n Yanahuara, Urubamba, Cusco, Peru. Telephone Number: +51 84 201408

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 you 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 repellent, 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.

### Itinerary changes

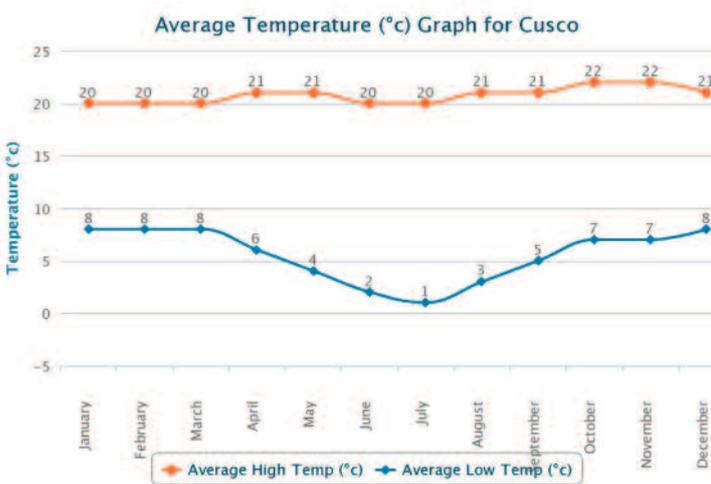
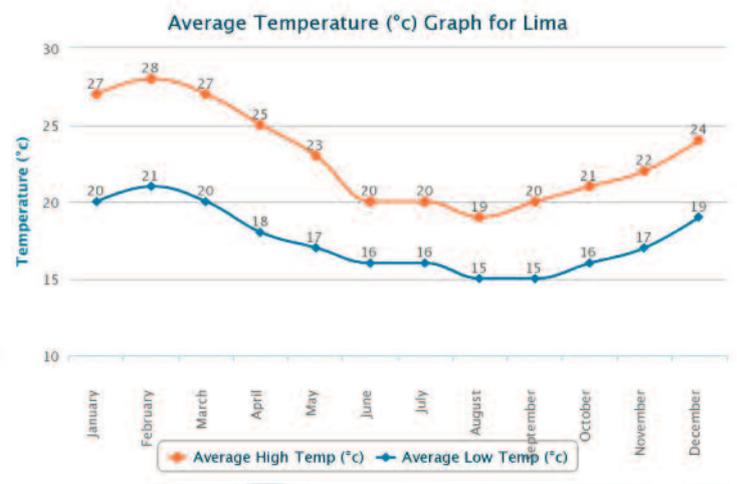
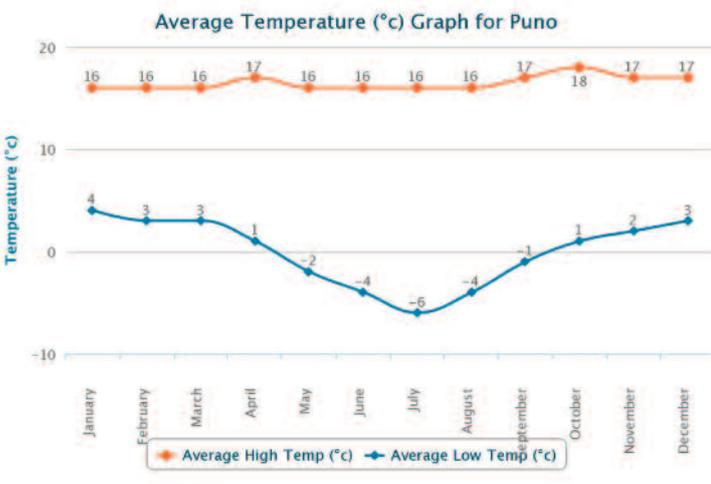
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### Airport Extras

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.



# YOUR AMAZON EXTENSION



*Delve deep into the mighty Amazon basin with this fantastic 4 night/5 day extension to witness the jungles rich flora and fauna.*

This document aims to give you all the information which you will require during your extension to the Amazon.

#### Your included meal guide:

B = Breakfast, D = Dinner

#### DAY 12: Cusco to the Amazon jungle B/D

Departing Cusco after breakfast, transfer to the airport for your flight to Puerto Maldonado. Here you will be welcomed by the friendly staff and transferred to the nearby wharf where you will board a motorised canoe. Journeying along the beautiful Madre de Dios River, marvel at the never-ending forests and abundant wildlife that is home to this area with some of the richest biodiversity in the world. Upon reaching your lodge and getting back onto dry land you will enjoy lunch before taking a stroll through someone the property's nature trails to learn about primary and secondary rainforests in the region. When dusk falls, an exciting twilight river excursion awaits you. A motorised canoe will again take you along the Madre de Dios River where your guide will explain about its ecosystem, Amazonian creeks, nocturnal animals inhabiting the area and the southern sky's stellar constellations. Return to the lodge for dinner and your overnight stay.

#### DAY 13: Amazon jungle B/D

This morning you will prepare for a long trek deep into the Tambopata National Reserve and towards the sparkling, palm-rimmed Lake Sandoval. Navigating across the tranquil, oxbow lake by

dugout canoe you may be able to spot one of the many species of wildlife that call the area home, such as the endangered giant river otters, macaws, red howler monkeys and one of the world's biggest fresh water scaled fish, the paiche. After returning to the lodge for lunch you will take a 20 minute canoe ride to a canopy walkway where you can cross the seven hanging bridges connecting the treetops at a height of 90 feet before to gain a birds-eye appreciation of the vast jungle. Descend to walk along the 650 foot wooden bridge over the swamps which are home to the legendary anaconda. This evening get ready to further explore the nocturnal activity of the Amazon rainforest with an excursion into the surrounding jungle areas where you will listen to the sounds of nature and observe the intriguing behaviour patterns of the wildlife found here.

#### DAY 14: Amazon jungle B/D

Rising early after daybreak, visit a native farm to learn local techniques of cultivation and even sample some of the products. Continuing on to the botanical gardens, discover the immense variety of medicinal plants considered part of the 'natural pharmacy' and used by the locals in the amazon region. This afternoon you will take a dugout canoe ride on the lake by your lodge to try your hand at the native 'catch and release' fishing technique whilst enjoying the beautiful scenery and wildlife.

#### DAY 15: Amazon jungle to Lima B

Today journey back to Puerto Maldonado by motorised canoe and transfer to the airport there to board your flight to Lima. On arrival you will be met and transferred your hotel to spend the evening.

#### DAY 16: Lima to UK B

After breakfast transfer to the airport to catch your flight back to the UK.

#### Hotel Information

**Amazon (3 nights): 3★ Hacienda Concepcion** - Rio Madre de Dios Km8, Puerto Maldonado 052, Peru. Contact number: +51 (0)1 610 0400

**Lima (1 night): 3★ Casa Andina Classic Centro** - Avenida Petit Thouars 5444, Miraflores 15074, Peru. Telephone Number: 0051 1 447 0263

If the hotels listed are unavailable alternatives will be used of a similar standard.

#### Tour guides

This is a fully escorted tour extension, meaning that you will be met on arrival by your national guide who will remain with you for the duration of your trip ensuring that you have first-hand knowledge at all times.

#### Please note:

**This add-on is to be taken on day 12 of the main Sacred Peru tour.**

#### Flight Information

Route	Depart	Arrive	Flight Duration	Flight Number
Cusco - Puerto Maldonado	09:50	10:45	55 minutes	AV809
Puerto Maldonado - Lima	11:15	14:05	2 hours 55 minutes	AV808
Lima - Bogota	17:45	20:38	2 hours 53 minutes	AV024
Bogota - Heathrow	23:04	14.45	11 hours 25 minutes	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.**