

# PERU

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## PILGRIMAGE



## TRAVELLER INFORMATION PACKAGE

### HERE WE GO!

**Date:** June 10-20, 2019

**Duration:** 10 nights | 11 days

**Start City:** Lima

**End City:** Cuzco

**IMAGINE stepping back in time.** Join thousands of pilgrims from across the Andes on a pilgrimage that is relatively unheard of to the outside world. We'll trek to the base of a sacred mountain for the annual celebration of Qoyllur R'iti, the "Snow Star" festival. Traditional dancers, colourful costumes and music fill the air as we join in the ritual of giving offerings to the Spirit of the Mountain in order to manifest our dreams into reality.

**EXPLORE ancient Inca sites.** From the historic sanctuary of Machu Picchu to the majestic Ollantaytambo fortress, the circular terraces of Moray, the salt pools of Moras, and the colourful market town of Pisac. We'll explore ancient Inca sites that are some of the greatest artistic and architectural achievements in the world.

**EXPERIENCE traditional Andean culture.** Peru is an eclectic mix of Spanish and Indigenous cultures which we'll experience firsthand as we are welcomed into an Andean village that is home to women weavers and agriculturalists. We'll participate in ceremonies that deepen our insight into these traditional cultures as we give offerings to Pachamama (Mother Earth) and the Apus (Spirits of the Mountains).





## MEET THE LOCALS

On this journey we'll be accompanied by a local guide who will give us insight into Peruvian culture, wisdom and traditions. We'll participate in ceremonies with an authentic Andean shaman and enjoy a homestay with the friendly villagers of the Ccaccacollo community who will welcome us into their hearts and homes. On the Qoyllur R'iti pilgrimage, we'll also be joined by a professional chef and assistants who will support us on our journey.

## WITH DANIELLE WEISS



**Owner of Original Routes**, a boutique travel company that offers authentic experiences with a focus on Indigenous cultures and pilgrimages around the world. Danielle is passionate about exploring the rich natural and cultural diversity of this planet and creating experiences that offer insight into the wisdom, culture, traditions and ceremony of world Indigenous peoples. With over 20 years spent living, studying, working, travelling and exploring South America, the Peruvian Andes hold a special place in her heart.

"I created this journey to highlight what I love most about the Peruvian Andes. I believe in supporting community-based tourism initiatives and work with local partners who are committed to the protection and preservation of indigenous cultures. We'll stay in the village of Ccaccacollo, known for its women's weaving cooperative, a project I helped to develop over a decade ago. We'll visit ancient Inca sites, participate in traditional ceremonies, and join thousands on a pilgrimage to the Qoyllur R'iti festival, one of the most vibrant and authentic celebrations in South America. I look forward to sharing my love of Peru with you!"





# OUR ORIGINAL ROUTE

**June 10-20, 2019**

## **Day 1: Lima Arrival Day (June 10)**

Welcome to Lima, the capital city of Peru known as the City of Kings. Perched atop jagged cliffs that plunge into the Pacific Ocean, Lima is a bustling city known for its manicured parks, elegant boulevards, pre-Columbian art museums, vibrant nightlife, and culinary delights. During the day there are no planned activities so check into our boutique hotel in the heart of Miraflores and enjoy this time to explore the city. In the evening, we'll gather for our Welcome Meeting followed by dinner on the town.



## **Day 2: Cuzco (June 11) - Breakfast included**

A morning flight takes us to the heart of the Andes. Once the capital of the Inca Empire and now a UNESCO World Heritage Site, Cuzco is known for its archaeological remains and Spanish colonial architecture.

After lunch we'll go for an afternoon stroll along cobblestone streets to visit the colourful San Pedro market. Enjoy free time to explore the city streets or sip a coffee overlooking the central square. We'll have a briefing with our local guide and dinner on the town.

## **Day 3 & 4: Andean Village (June 12 & 13)**

2 Breakfast, 1 lunch & 2 dinner included



We'll begin our journey through the Sacred Valley with a visit to Sacsaywaman, one of the most astounding megalithic structures of the ancient world, followed by lunch at a community-owned restaurant. Over the next two days, we'll get a glimpse of daily life in Ccaccacollo, a traditional Andean village. Beginning with a Despacho ceremony, we'll ask for blessings on our journey and give offerings of gratitude to Pachamama (Mother Earth). We'll join in activities alongside our host families such as helping to prepare a traditional lunch, working on their agricultural plots of land, and visiting the school. We'll learn about ancient Inca weaving techniques and have an opportunity to purchase items directly from the women that make them.



### **Day 5: Sacred Valley (June 14)** – Breakfast included

Today we continue our journey through the Sacred Valley stopping at various Inca sites along the way. We'll visit Moray, a deep spiral of circular terraces used by the Incas as an agricultural laboratory to test the cultivation of crops at different altitudes in the Andes. Next we'll visit Maras, an ancient site with over 3,000 salt pools that are harvested by local families, similar to over 1,000 years ago. We'll make one final stop at Ollantaytambo, an ancient fortress built on the side of a mountain. After lunch we'll journey by train along the Urubamba River to the town of Aguas Calientes and end our day with a relaxing visit to the hot springs.



### **Day 6: Machu Picchu (June 15)** - Breakfast included

Today, we'll experience the magic of Machu Picchu, the ancient Inca citadel set amidst a dramatic landscape between the high Andes and the Amazon Basin. We'll learn about the historical, cultural, and spiritual importance as our guide leads us through this magnificent Inca site. Overnight in Aguas Calientes.

**Optional Hike:** If you wish to participate on an optional morning hike to the top of Wayna Picchu for a birds eye view of Machu Picchu and the unforgettable feeling of being on top of the world, please advise us at the time of booking as permits are limited.



### **Day 7: Pisac Market (June 16)** - Breakfast included

Today we'll travel back to Cuzco, stopping en route in Pisac, a colourful Andean market town. Enjoy free time to explore the market where local artisans sell everything from handcrafted jewelry, ceramics, paintings, alpaca sweaters, and people from the surrounding Quechua communities come to sell their produce. Overnight in Cuzco.





### **Day 8: Cuzco (June 17) - Breakfast included**

Spend a free day discovering more of Cuzco and the surrounding area. Stroll along cobblestone streets, visit the bohemian neighbourhood of San Blas, check out the famous 12-sided stone, visit museums, cathedrals, the Temple of the Sun, or take a cooking class.

If you're feeling adventurous, spend your day white water rafting, hike to the White Christ statue for a birds eye view of the city, ride a horse through the rolling countryside, or take a day trip to Rainbow Mountain.

### **Day 9 & 10: Qoyllur R'iti Festival (June 18 & 19)**

2 breakfast, 1 lunch & 1 dinner included



With an early morning departure, we'll drive 3 hours to the town of Mahuayani where we'll join pilgrims from across the Andes on a pilgrimage to the base of a sacred mountain to witness the festival of Qoyllur R'iti. We'll see a mix of Indigenous customs and Christianity and participate in traditional games and rituals to manifest our dreams into reality. The trek is 3-4hrs each way to the sanctuary (4700m / 15,420 ft) with plenty of time to rest along the way.

Dress warmly as we'll be camping at high altitude at the base of a glacier. A local guide and a chef will accompany us, and camping gear will be provided. Return to Cuzco on Day 10.

### **Day 11: Departure Day (June 20) - Breakfast Included**

Bon voyage! Today there are no planned activities and you are free to depart Cuzco at any time.

**Want to stay longer?** If you'd like to extend your stay in Peru, let us know. We can help you arrange a variety of trips including a journey to the Amazon.

**Please note that you are responsible for booking your return flight to Lima.** Additional post trip accommodation in Cuzco and/or Lima can be arranged at the time of booking.





## Qoyllur R'iti Pilgrimage

Ausangate is the highest peak in the Cuzco region and the site of Qoyllur R'iti festival. The pilgrimage is a 3-4 hour trek along an 8km winding mountain path. Together we'll hike alongside a steady stream of Pilgrims to the base of the glacier and the Sinakara Valley (4700 m/15,420 ft).

The festival lasts for three days with music, dancing, processions and elaborate costumes. With an eclectic mix of Andean culture and Christianity, we'll see stations of the cross along the path and makeshift stalls selling miniature houses, cars, wads of fake money, University degrees, marriage certificates etc. Pilgrims purchase these items as symbols of what they desire and believe that one must attend Qoyllur R'iti in order to manifest their dreams into reality.

Like stepping into a page of a National Geographic magazine, we'll be surrounded by a sea of pilgrims, dancers, musicians, costumes, food stalls, and tents. Expect an intensely cold evening with temperatures below freezing with likely very little sleep due to festivities that continue all day and throughout the night. For all these reasons, it is important to come prepared, mentally, physically, and by bringing clothes suitable for cold weather conditions.







## WAYNA PICCHU

**Optional Hike on Day 6.** Wayna Picchu (aka Huayna Picchu), meaning 'Young Peak' in Quechua, is the mountain located directly behind Machu Picchu.

For many trekkers, climbing Wayna Picchu is one of the highlights of their visit to Machu Picchu.

This extraordinary trail was carved into the side of the mountain during the Inca Empire and the bird's eye view from the peak make the climb worth the effort.

From a distance Wayna Picchu appears to be a technical climbing endeavour but is in fact just a steep hike with some sections that will require the use of both hands and feet. No technical skills or climbing gear are required. Highlights of the trail include a series of switchbacks, a narrow 8m rock tunnel, the famous death stairs, and sections that include railings and cables for support.

Anyone with a decent level of fitness can climb Wayna Picchu but if you are afraid of heights or susceptible to vertigo then this climb is probably not for you.

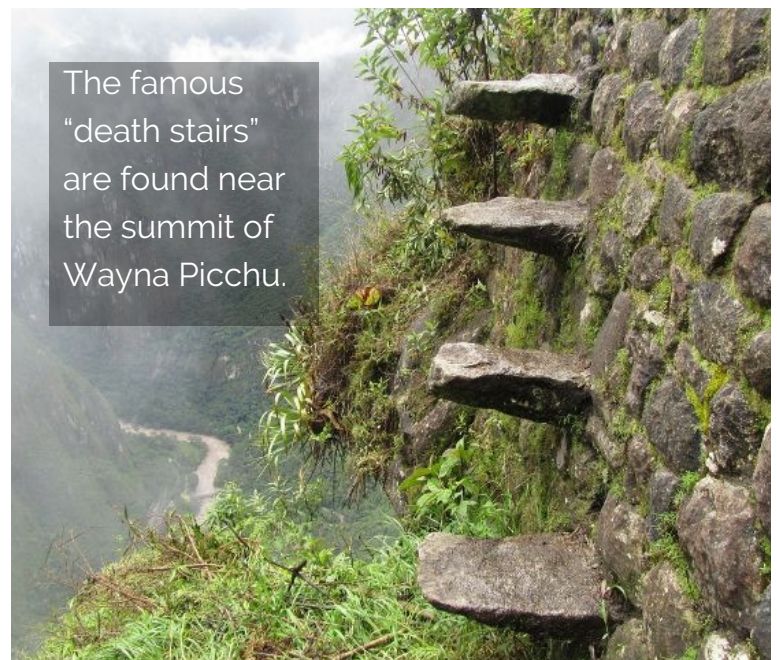
Hiking time is approx 1 hr each way and the total ascent is just over 360m (1,000 ft).

### IMPORTANT NOTE:

To climb Wayna Picchu, there are two daily departures with a limit of 200 permits for each.

If you would like to climb Wayna Picchu please let us know at the time of booking so that we can check permit availability and purchase one on your behalf.

If you choose not to climb Wayna Picchu or if permits are sold out, you will have more free time to explore Machu Picchu.



## WHAT'S INCLUDED

- ★ Meals: 10 breakfasts, 2 lunches, 3 dinners
- ★ Accommodation: Boutique Hotels (7 nights), Family Homestay (2 nights), Camping (1 night)
- ★ Transportation: Flight Lima to Cuzco (1 way), private bus or van, train
- ★ English Speaking Tour Leader & Local Guide
- ★ Sacred Valley Tour to Inca Sites: Moras, Moray, Ollantaytambo and Pisac market
- ★ Tourist Ticket for Inca Sites and Entrance fee to Machu Picchu
- ★ Family homestay in a traditional Andean village
- ★ Traditional coca leaf ceremony and offering to Mother Earth with an Andean Shaman
- ★ Guided tour of Machu Picchu
- ★ 2 day/ 1 night Qoyllur R'iti Pilgrimage

## CAMPING INCLUDES

- ★ 2 people per tent (3-season)
- ★ One foam sleeping pad per person
- ★ One duffel bag which can carry up to 15lbs/7kg of your personal belongings
- ★ Dining tent with tables and chairs
- ★ Toilet tent, plus toilet paper and hand sanitizer
- ★ Professional Chef
- ★ Horsemen and horses to carry tents, food, cooking equipment, duffle bags
- ★ 1 emergency horse every 6 people
- ★ Hot water in the morning and evening for washing
- ★ Boiled water to fill your water bottle in the morning and at night

## WHAT'S NOT INCLUDED

- ★ International Airfare
- ★ Domestic flight from Cuzco to Lima, approx \$150 (1 way)
- ★ For meals not included budget \$300USD
- ★ Airport transfers on arrival and departure day (budget \$25 in Lima and \$15 in Cuzco)
- ★ Tips for local guide, cook, assistants (budget \$150 USD)
- ★ Extra money for shopping, drinks etc.
- ★ Sleeping bag (can be rented locally if needed, \$35 USD)



## GROUP SIZE

Minimum 6 - Maximum 12. Plus a Tour Leader & Local Guide

## MEALS

**Included:** 10 breakfasts, 2 lunches, 3 dinners

**Budget:** \$300USD for meals not included

Peru is a foodies paradise and has won the title of "World's Leading Culinary Destination" for six consecutive years by the World Travel Awards.

Enjoying fresh local cuisine enriches the travelling experience and eating together enables us to enjoy each other's company although there is no obligation to do this. If you prefer to go out and explore on your own, you are welcome to do so.

Meals are not included in the price of the tour when there is a choice of eating options available. This is to give you maximum flexibility for your budget and allows you to decide where, what, and with whom to eat.

Meals will be in friendly, local restaurants. In the village of Ccaccacollo, our meals will be prepared by our host families. When camping, we'll have a professional chef to prepare our food.



## ACCOMMODATION

- ★ 7 nights boutique hotels
- ★ 2 nights family homestay. (This is an authentic Andean experience in basic accommodations. Please do not expect luxury.)
- ★ 1 night camping
- ★ All accommodations are double occupancy.

If you'd like to have your own room, a single supplement is available for an additional cost of \$530 USD. **Please note** that the single supplement does not apply to the family homestay or camping.



### LIMA HOTEL

#### Hotel Antigua Miraflores

<http://www.antiguamiraflores.com/>

**Address:** Ave. Grau 350, Miraflores, Lima

Tel # from **outside** Peru: (011 51 1) 201 2060

Tel # from **inside** Peru: (1) 201 2060

Additional nights are available if you wish to extend your stay before or after the tour.

\$128 USD per night (single occupancy)

\$146 USD per night (double occupancy)



### CUZCO HOTEL

#### Tierra Viva Cusco Plaza Hotel

<https://tierravivahoteles.com/tierra-viva-cusco-plaza/>

**Address:** Calle Suecia 345. Cusco, Peru.

Tel # from **outside** Peru:

(011 51 84) 245 858

Tel # from **inside** Peru:

(84) 245 858

Additional nights are available if you wish to extend your stay after the tour.

\$85 USD per night (single occupancy)

\$100 USD per night (double occupancy)



## TRANSPORTATION

### Flight, Private van/bus, Train

A one-way domestic flight from Lima to Cuzco is included. We'll also travel by private transport (van or bus depending on group size) for the majority of this trip. A scenic train ride will take us from the town of Ollantaytambo in the Sacred Valley to the town of Aguas Calientes at the base of Machu Picchu.

## DOMESTIC FLIGHTS

Our tour ends in Cuzco on June 20th and there are no scheduled activities for this day. This gives you the flexibility to stay in Peru longer or return to Lima when you wish. To book your flight from Cuzco back to Lima, there are a number of domestic airlines to choose from:

**LATAM** - [www.latam.com](http://www.latam.com)

**Star Peru** - [www.starperu.com/en/](http://www.starperu.com/en/)

**Avianca** - [www.avianca.com](http://www.avianca.com)

**Peruvian Airlines** - [www.peruvian.pe/pe/en](http://www.peruvian.pe/pe/en)

**LC Peru** - [www.lcperu.pe/en](http://www.lcperu.pe/en)

**Viva Air Peru** - [www.vivair.com/en-pe](http://www.vivair.com/en-pe)

## AIRPORT TAXI

Airport pick-up is not included in the cost of the tour, unless you have pre-booked a taxi in advance.

**Pre-booked Taxi** - If you pre-booked a taxi at the time of booking, a driver will be at the airport to meet you holding a sign with your name on it. Your arrival transfer will be arranged based on flight information that you provide in advance. If your flight schedule changes, please advise us immediately. See Emergency Contact details on page 12.

**Arranging a taxi on your own in Lima**- For a taxi from the Lima airport to our hotel in Miraflores budget \$25 USD (45 mins to 1 hour). Upon arrival in the Lima airport, you will find the official **Taxi Green** desk inside the airport after you exit customs. Make sure you have the hotel name and address with you as it is unlikely that your taxi driver will speak English.

## ARRIVAL INSTRUCTIONS

**Day 1 is an arrival day in Lima.** Most international flights arrive in Lima late in the evening which means you may want to book an additional pre-night in Lima on June 9th.

**Our group Welcome Meeting will be at 5pm** at our Lima hotel on Day 1, followed by dinner. In this meeting, you will meet fellow travellers, be asked to provide your health insurance details (Name of Company, Policy #, International Telephone Number) and you'll receive more information about our journey.

**If you arrive late**, we will leave a note for you at the hotel lobby with information about our departure time the following morning.

## ARRIVAL COMPLICATIONS

If for any reason you are unable to commence your trip as scheduled, please contact Danielle at the "Emergency Contact Info" below.

In the event that your arrival time had a last minute change or if you requested an airport pick-up and you do not connect with our driver within 30 minutes after you have exited the arrivals area, please take an airport taxi to our hotel. Be sure to have the hotel address handy.

## EMERGENCY CONTACT INFO

**Emergency Cell #:** Call Danielle at **604 202 2764**

**Email:** [danielle@originalroutes.com](mailto:danielle@originalroutes.com)

### Upon Arrival in Lima.

Should you wish to contact Danielle on Arrival Day, it is best to call her at our starting point hotel in Lima. (See "Arrival Hotel" on page 10 for phone number). Or contact her at the phone number/email noted above.

## COMMUNICATION

If you have an unlocked cell phone, SIM cards can be purchased in Peru for approx \$20 USD. They can be used to make local and international calls.

## WHATSAPP

If you download Whatsapp onto your phone, we can stay connected as a group throughout the journey and calls can be made to anyone anywhere in the world for free if they also have Whatsapp downloaded onto their phone. Also, with a Peruvian SIM card, some phone plans allow for calls to be made using Whatsapp for free when wifi is not available without using up any data.

## WEATHER IN PERU

In Peru there are two main seasons: a wet season and a dry one. Weather patterns vary greatly across this geographically diverse country – Amazon, highlands & coast. One generalization is that the temperature is usually colder in the higher altitudes and warmer along the coast and the Amazon. When travelling in the Andes, it is extremely difficult to predict the weather and it's not uncommon to experience all four seasons in one day. When travelling in Peru, layers are essential.

**June to August in the Andes** is the dry season and is considered to be the best time to visit Peru. Days are typically sunny, temperatures are cool, and rain is scarce. Daytime temperatures can reach a high of 20°C (68°F). Nights are cold and can reach lows of 0°C (32°F).



## RECOMMENDED PACKING LIST

In the Andes, we can experience all seasons in a day, ranging from sunny and hot, to rainy and cold. Bring a range of clothes that include summer clothing, base layers for warmth, and outer layers for the rain and cold weather.

During our pilgrimage expect it to be very cold at night as we will be camping at the base of a glacier. For this you will need to bring warm clothes including thermal shirts and long johns, a warm hat, gloves, scarf and a winter jacket. You may wish to bring your own sleeping bag and if not, you can rent one locally. You may also wish to bring a hot water bottle to put in your sleeping bag.

- Airline e-ticket (printed copy)
- Passport (with photocopy of important pages)
- Travel/health insurance (printed copy)
- Credit/debit cards
- Cash in USD (small denominations)
- Small daypack for day trips
- Windproof/waterproof jacket
- Warm winter jacket (for camping)
- Fleece or warm top
- Shirts/t-shirts/long sleeve shirts
- Long pants/hiking pants
- Thermal long sleeve shirt/long johns
- Warm hat/gloves/scarf
- Warm socks
- Sturdy walking shoes or hiking boots
- Sport sandals (optional)
- Flashlight or headlamp (important)
- Reading/writing material
- Camera (with extra batteries)
- Toiletries
- Sunblock
- Sun hat
- Sunglasses
- Swimwear
- Insect Repellent
- Watch or alarm clock
- Water bottle
- Hot water bottle (optional)
- Sleeping bag (optional)
- First-aid kit (lip salve, Aspirin, Band Aids, anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder, extra prescription drugs you may be taking)

## ELECTRICITY

Peru's electric voltage is 220 V and the standard frequency is 60 Hz.

Here is a useful website to determine if you need to bring an adapter to Peru:

<https://whatplug.info/from/usa/to/peru>

## LAUNDRY

All hotels offer laundry services for a charge, otherwise laundry services are available in the towns.

If you wish to do your own laundry, bring non-polluting/biodegradable soap to use in your hotel room. There are no laundry services in the Ccaccacollo community.

## INTERNET

Wifi is available in Lima, Cuzco and Aguas Calientes.

## PASSPORT

A valid passport (with a minimum 6 months validity) from the date of arrival is required for entry into Peru.

## PROOF OF TRAVEL

Upon arrival, you may be asked to show proof of a round trip ticket or onward travel to prove the length of your stay.

It's also a good idea to have a copy of important documents with you. You may also want to consider taking a picture or scan important documents in an email to yourself just to be safe.

## PERU VISA

**Note:** Canadians and Americans do not need a tourist visa in order to enter Peru for stays of under 183 days.

Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. **It's your responsibility to have the correct travel documentation.**

If you are required to have a visa you will need to get one before entering Peru, otherwise you will be refused entry. Processing fees and time frames depend on each country but can take two weeks or longer, so it is important to apply for it as early as possible.



## LEVEL OF FITNESS

An average level of fitness and mobility is required to undertake this journey. Travellers must be able to walk without the aid of another person, climb several flights of stairs, and carry their own luggage, at a minimum. The 2-day pilgrimage requires the ability to hike a minimum of 3-4 hours each day at high altitude carrying a day pack.

Travellers with pre-existing medical conditions must advise us on the registration form. This is to ensure that travellers have the necessary fitness and mobility to comfortably participate on this trip.

## HEALTH & IMMUNIZATIONS

It is important that you be up-to-date on routine vaccinations while traveling to any destination.

**Visit a travel clinic to get the most up-to-date info, ideally 4-6 weeks before the date of your departure.**

Centers for Disease Control and Prevention website:

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/peru>

Zika outbreaks have been reported in Peru. This virus is primarily a concern for those that are or are intending to be pregnant. For more info and to learn how to protect yourself, visit:

<http://wwwnc.cdc.gov/travel/notices/alert/zika-virus-peru>

## TRAVEL INSURANCE

**Medical insurance is mandatory.** You will be asked to provide a copy of your insurance details at the Welcome Meeting on Day 1 of this trip.

**Cancellation Insurance is optional but strongly recommended** in order to protect against cancellations fees and additional travel expenses that you may incur.

There are many insurance companies to choose from so please feel free to go with which ever company works best for you. Here are a few suggestions:

Travel Guard - [www.travelguard.com](http://www.travelguard.com)

Travel Insurance Services - <https://select.travelinsure.com>

World Nomads - [www.worldnomads.com](http://www.worldnomads.com) (up to age 65)

If you have travel insurance connected to your credit card, be sure to contact your bank for details of their participating insurer, the level of coverage, and an emergency contact phone number.

## ALTITUDE SICKNESS

Being at high altitudes may cause some travellers to feel ill and can affect even the healthiest people regardless of age, physical fitness, or gender.

During our trip, we will travel across a range of altitudes:

Lima - 154 m (505 ft)  
Cuzco - 3,399 m (11,152 ft)  
Machu Picchu - 2,430 m (7,972 ft)  
Wayna Picchu - 2,720 m (8,920 feet)  
Qoyllur Rit'i Pilgrimage - 4,700 m (15,420 ft)

At elevations of above 8,000 ft (2,438m) you are at risk of Acute Mountain Sickness (AMS), the mildest and most common form of the condition. For some people this may result in experiencing the following symptoms: headache, light headedness, dizziness, shortness of breath, nausea, insomnia, loss of appetite.

If these symptoms progress to more serious symptoms of High Altitude Pulmonary Edema (HAPE) and High Altitude Cerebral Edema (HACE) you may experience the additional symptoms of low grade fever, severe cough, severe headache, vomiting, and/or loss of consciousness in which case you will need to descend to a lower altitude immediately:

### Ways to treat high altitude sickness

- 1. Don't exert yourself** when you arrive in Cuzco. A leisurely stroll should be fine but don't exert yourself by going on a fast paced walk or hike.
- 2. Avoid alcohol.** The effects of alcohol are enhanced at high altitude and may exacerbate the effects of altitude sickness.
- 3. Drink lots of water.** This may not alleviate altitude sickness but sometimes it's hard to tell the difference between altitude sickness and dehydration and high elevations tend to be very dry, so you may need more water for proper hydration.
- 4. Acclimate at a lower altitude and ascend slowly.** We will be travelling through a range of altitudes. When hiking, walk slowly at a pace that you could walk at for days and rest as often as you need to.
- 5. Diamox Medication.** When visiting a travel clinic, your doctor may prescribe Diamox which is common for quickening acclimatization and shortening the duration of AMS. It is not suitable for everyone so please consult your travel clinic for details.
- 6. Drink Coca Tea.** Chewing coca leaves and drinking coca tea is practiced daily by people in the Andes. It acts as a mild stimulant to suppress hunger, thirst, pain, fatigue and is considered a sacred plant within Indigenous cultures. Although not scientifically proven, it is also believed by locals to combat altitude sickness. The coca leaf in its natural form is a harmless and mild stimulant comparable to coffee.



## SAFETY TIPS

Many national governments provide regularly updated travel advisory service on safety issues involved with international travel. You can check your government's advice for their latest travel information before departure.

- Leave your valuables at home.
- Secure your luggage with a lock.
- Use a neck wallet or money belt.
- Don't keep all your valuables in one place
- Carry photocopies of your passport, travel/health insurance, and emergency contact details.
- Never leave your luggage unattended in public areas.
- Give a copy of your travel itinerary to a friend or family member before you depart.

## DRINKING WATER

It's strongly recommended that you do not drink tap water in Peru. Always drink bottled water, even when brushing your teeth and rinsing your toothbrush.

If you bring your own water bottle, some hotels offer water stations where you'll be able to refill your water bottle for free. Better for the environment and better for you.

## IMPORTANT MONEY INFO

The currency in Peru is the **Peruvian Sol (PEN)**.

When travelling in Peru, do not rely solely on credit or debit cards as your only source of money. A combination of Peruvian Soles, US dollar cash and cards are best.

Many shops do not carry a lot of change so when paying with cash, it's best to have small bills on hand. Make sure all your notes are in reasonably good condition – the locals and banks aren't fond of torn, faded or marked up bills.

Travellers cheques are not recommended as they are difficult to change in country.

To see the most current exchange rate visit: [www.xe.com](http://www.xe.com)

## SPENDING MONEY

Each traveller is different and spending habits vary. Please consider your own spending habits when it comes to allowing for shopping, drinks, tips, optional activities, and any extras.

## TIPPING

Tipping is voluntary and a great way to express our appreciation for a job well done. In Latin America, it is customary to tip service providers.

Suggested budget for this trip: **\$150 USD**

Recommended range:

Local guides (\$10-\$15 USD per day)

Drivers (\$3-\$5 USD per day)

Professional chef (\$8-\$10)

Horsemen and/or Assistants (\$5-\$7 USD per day)

In restaurants, 10% is the typical tip and is sometimes included in your bill as a service charge.

## BUDGET

### Meals

Budget \$300 for meals not included.

This guideline estimates approx. \$30 per day, although meals will be included on some days.

A cheap meal is \$5-10 and an expensive meal is \$15-25. Beer, sodas and snacks are \$2-3.

You may want to budget more for alcoholic beverages, \$3-\$5 each.

### Tips

Suggested budget \$150

### Emergency Fund

An emergency stash of cash is optional but always a good idea – at least \$200 is recommended.

## OPTIONAL EXTRAS

### Single Supplement

If you prefer a private room with single occupancy for the duration of the tour (except during the family homestay): Add \$530 USD

### Extra Accommodation

To book extra hotel nights in Lima, before or after our tour:

\$128 USD per night (single occupancy)

\$146 USD per night (double occupancy)

To book extra hotel nights in Cuzco, before or after our tour:

\$85 USD per night (single occupancy)

\$100 USD per night (double occupancy)

### Airport Transfer

If you wish to be picked up at the airport upon arrival in Lima and transferred to our hotel:

\$35 USD (1-2 people). \$45 (3-4 people)



## PAYMENT DUE DATE

### **Initial Deposit Due Date: January 15, 2019**

A \$500 USD deposit is due at the time of booking. This deposit is used to confirm your spot with local hotels and operators and is non-refundable. This will confirm your place on the tour up to 75 days prior to the start date of the tour after which time the final full payment is due.

### **Final Payment Due Date: March 27, 2019**

Payment of the balance of the tour price is due 75 days before the departure date of the tour. If your booking is made less than 75 days prior to the departure date of the tour, the full amount is payable at the time of booking.

**Standard Tour Cost \$3,500 USD** per person, based on double-occupancy accommodation

If you'd like to add any of the optional extras noted below to your tour, there is a section on the Registration Form for you to indicate this. The additional cost must be included in the final payment of your tour.

## NOTE ABOUT THE ITINERARY

All information and itineraries are designed to be as informative as possible and are provided in good faith. Due to the temperament of Mother Nature and the Peruvian Government, itineraries may change and activities may be shifted, omitted or replaced without notice. Our goal is to give you the best possible tour with a safety first mentality. We also must comply with all rules set forth by the national and local governments no matter how convenient or inconvenient they may be. The good news is that changes in itinerary are a rare occurrence and we are very adept at dealing with the challenges of operating in Peru. You're in good hands!

## CANCELLATION POLICY

It is strongly recommended that you consider purchasing cancellation insurance as this will cover cancellation charges in certain circumstances.

**Cancellation by the Client:** Any cancellation by a Client must be made in writing and acknowledged by Original Routes. The date on which the request to cancel is received by Original Routes will determine the cancellation charge applicable.

**Cancellation received 75 days or more before departure:** Loss of \$500 non-refundable deposit. 100% refund of the remainder of the payment made by the Client to Original Routes.

**Cancellation 74-30 days before departure:** Loss of \$500 non-refundable deposit. 50% of the remainder of the payments made by the Client to Original Routes shall be refunded.

**Cancellation less than 30 days before departure:** Loss of \$500 non-refundable deposit. No further refund shall be payable to the client.

**Tour Confirmation:** In order to run each tour, a minimum number of passengers is needed. Confirmation that your tour has met its minimum will be available by 75 days prior to the date of departure.

Cancellation of the Tour by Original Routes: In the unlikely event that Original Routes cancels a tour after it has been confirmed to run, you are entitled to a full refund of all monies paid or any alternative tour offered by the Company. Original Routes is not responsible for any incidental expenses that the Client may have incurred as a result of the booking such as visa, vaccination, non-refundable flights or loss of enjoyment, etc. If the alternative trip chosen is of a lower value than that originally booked, then the Client is entitled to a refund of the price difference. If the alternative tour chosen is of a higher value than that originally booked, then the Client must pay the difference in price.

## USEFUL SPANISH PHRASES

### Greetings

Good morning – Buenos días  
Good afternoon – Buenas tardes  
Good evening – Buenas noches  
Hello – Hola  
How are you? – ¿Cómo estás?  
Good, thank you – Bien, gracias  
Nice to meet you – Mucho gusto  
Do you speak English? – ¿Habla inglés?  
Please – Por favor  
Thank you – Gracias

### Drinks

Water – agua  
Mineral water – agua con gas  
Coffee – café  
Coffee with milk – café con leche  
Tea – té  
Juice – jugo  
Orange juice – jugo de naranja  
Beer – cerveza  
Rum – ron

### A few phrases

Me llamo.... – My name is...  
I am Canadian – Soy Canadiense  
I am American – Soy de los Estados Unidos  
What is your name? – ¿Cómo te llamas?  
  
Where's the bathroom? – ¿Dónde está el baño?  
I need a taxi – Yo necesito un taxi  
What time is it? – ¿Qué hora es?  
I want – Yo quiero...  
I don't want – Yo no quiero...  
I would like – (polite) – Me gustaría...

Where is – ¿Dónde está...?  
How much does it cost – ¿Cuánto cuesta?  
Do you have? – ¿Tiene...?  
I have – Yo tengo...  
I don't have – Yo no tengo...  
I understand – Yo entiendo  
I don't understand – No entiendo  
Do you understand? – ¿Entiende?

I don't speak Spanish – No hablo Español  
I am vegetarian – Soy vegetariana  
The bill, please – La cuenta, por favor.



## Numbers

One - uno  
Two - dos  
Three - tres  
Four - cuatro  
Five - cinco  
Six - seis  
Seven - siete  
Eight - ocho  
Nine - nueve  
Ten - diez

Eleven - once  
Twelve - doce  
Thirteen - trece  
Fourteen - catorce  
Fifteen - diez y cinco  
Sixteen - diez y seis  
Seventeen - diez y siete  
Eighteen diez y ocho  
Nineteen - diez y nueve  
Twenty - veinte

Thirty - treinta  
Forty - cuarenta  
Fifty - cincuenta  
Sixty - sesenta  
Seventy - setenta  
Eighty - ochenta  
Ninety - noventa  
One hundred - cien  
One thousand - mil

## Food

Eggs - huevos  
Fried eggs - huevos fritos  
Scrambled eggs - huevos revueltos  
Bread - pan  
Butter - mantequilla  
Jam - mermelada  
Fruit - fruta  
Fruit salad - ensalada de frutas

Fish - pescado  
Chicken - pollo  
Beef - carne  
Lobster - langosta  
Shrimp - camaron  
Grilled - a la plancha  
Fried - frito  
Steamed - al vapor  
Salad - ensalada  
Rice - arroz  
French Fries - papas fritas

Salt - sal  
Pepper - pimienta  
Sugar - azúcar  
  
Dessert - postre  
Ice Cream - helado  
Chocolate - chocolaté



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*original*  
**routes**

Inward journeys . outward adventures