

La Paz to Lima: Andes & Alpacas - JLM



Turkode 23232	Destinasjoner Bolivia - Peru	Turen starter 644672 https://rest.gadventures.com/places/La-Paz
Turen destinasjon 4837345 https://rest.gadventures.com/places/4837345Lima	Reisen er levert av 	o dager Fra : NOK 0

Oversikt

From the awe-inspiring archeological and cultural treasures of the Andean highlands to the Nazca Lines on Peru's enigmatic coast, this epic adventure explores the heart and soul of the Andes. Embrace Inca culture in Cusco, sail Lake Titicaca, and trek the Inca Trail to the majestic ruins of Machu Picchu. Interact with locals from the region's communities for an immersive experience that few get to know. With the services of a CEO (Chief Experience Officer), your accommodation and transport taken care of, this trip offers great value as it introduces the region's main sights while providing plenty of flexibility.



Reiserute

La Paz

Arrive at any time. Catch your breath before heading over to an English pub next to the hostel for a few cold ones with your fellow travellers. Get to know each other as you prepare for the adventure of a lifetime.

Today is an arrival day, so no activities are planned. Check into the hotel, relax, enjoy the city, and take some time to adjust to the altitude.

La Paz/Puno

Sit back, relax, and soak in the impressive views as you travel by bus through the Altiplano and cross the border into Peru. Arrive at Puno on the shores of stunning Lake Titicaca.

The drive around Lake Titicaca and through the Altiplano from La Paz to Peru is impressive.

Puno/Lake Titicaca

This morning, you will board a boat on Lake Titicaca and head to Taquile Island for lunch in a local restaurant. Shop in the afternoon at the local weaving cooperatives. Later, cruise to another village for an overnight homestay to live like a local on the shores of the lake. Learn more about rural life in the Peruvian highlands and create unforgettable memories with the family and fellow travellers.

In the morning, board a boat on Lake Titicaca. Head to Taquile Island for lunch in a local restaurant and the chance for some shopping in the local weaving cooperatives. After, cruise to another village for an overnight homestay on the shores of the lake (the homestay location can vary based on community availability). This experience provides an opportunity to learn more about rural life in the Peruvian highlands and to participate in local traditions. Eat with the family, learn some Quecha and Spanish language skills, try on traditional costumes, and help out with daily chores around the village.

Lake Titicaca/Puno

Say goodbye to your homestay family and stop at the Uros Islands on your way back to Puno. If you want, you can check out the spectacular chullpas (funerary towers) of Sillustani, a pre-Inca archaeological site. Or kayak on Lake Titicaca.

Leave the homestay families late morning, and visit the Uros Islands on the way back to Puno. A popular optional activity in Puno is a visit to the spectacular chullpas (funerary towers) of Sillustani, a pre-Inca archaeological site only a short drive away. Opt to pre-book the Lake Titicaca Kayaking on the checkout page to include this optional activity on your tour or ask your GCO or travel agent for assistance.

Puno/Cusco

Chill out on the bus as you cruise through the high, scenic Altiplano region. Settle in for the night and get some rest — there's lots to see and do in Cusco tomorrow.

Cusco

Explore the city on your own today or choose from a variety of activities that will help you discover the magic of Cusco. You can go horseback riding or whitewater rafting, or choose to take a half-day tour of the city. Or, pre-book the Cusco cooking class if you want to learn to prepare local specialties!

Cusco/Ollantaytambo

Head into the Sacred Valley today to visit the G-Adventures supported women's weaving co-op in the Ccaccacollo community. Learn about weaving, and meet the adorable resident llamas. If you see a knitted item you like, buy it — a perfect keepsake from your journey. Stop and sample some craft beer at a brewery on your way to Ollantaytambo.

Inca Trail

Depart Ollantaytambo by van to km 82 where your trek begins. Hike through beautiful scenery, with a variety of flora that changes with the seasons. You'll see several smaller ruin sites like Llactapata.

Machu Picchu/Cusco

The final day of the hike starts pre-dawn to reach the Sun Gate before sunrise. Wake up around 03:30 and walk to the checkpoint. Catch the first views of the breathtaking ruins of Machu Picchu on a clear day. Hike down to Machu Picchu for a guided tour of the site. Catch the bus to Aguas Calientes before your train back to Cusco in the afternoon. Tonight, dance the night away at a popular night club.

Cusco/Arequipa

Do as much or as little as you want today but enjoy it — it's your last day in Cusco. Get cozy on a bus for the night as you head to Arequipa.

Arequipa

Welcome to Arequipa! Take the day to explore what is known as the "white city." If you're into history and architecture, visit the Santa Catalina Monastery, where you'll get a unique glimpse into a bygone way of life. For spicy food lovers, visiting one of the 'picanterías' is a must. Satisfy your craving with a variety of local regional foods: alpaca, shrimp, pork, lots of soups, and spicy sauces.

Arequipa/Colca Canyon

Enjoy a full-day tour of the spectacular Colca Valley and venture to the impressive Colca Canyon — one of the deepest canyons in the world — on an overnight excursion. With a little luck, you'll spot Andean condors soaring over the majestic Andes. Keep a lookout for other unusual animals! Give your body some much needed relaxation by taking a dip in the the hot springs.

Colca Canyon/Arequipa

Get an early start to be on the look out for condors. Travel from Chivay town to a condor viewpoint to get a glimpse of these magnificent birds in the air. On the way back, stop in local villages, and see old terraces. Later, head out for a drink in the Calle Zela area – restaurant, bar, or club, there's something for everyone!

Arequipa/Nazca

Discover Arequipa today with the option to take a city tour, or visit the Santa Catalina Monastery if you haven't already. Later, board an overnight bus to catch up on

some sleep en route to your next destination.

Nazca

Wake up in Nazca — famous for one of the world's greatest archaeological mysteries, the Nazca Lines. Choose to take a flight for unparalleled views, or climb the viewing tower to get a glimpse if that's more your style. In the evening, enjoy a Pachamanca-style dinner with your fellow travellers.

Nazca/Huacachina

Travel further north to the oasis of Huacachina, stop at a Pisco winery on the way. Sandboard on the dunes around the oasis for an unforgettable sunset.

Huacachina/Lima

Travel back to Lima to enjoy your last night as a group. Celebrate and reminisce on your adventures together with some ceviche and a pisco sour.

Lima

Depart at any time.

Viktig Informasjon

Product Line Code

JLM

What's Included

Your G for Good Moment: Ccaccacollo Community and Women's Weaving Co-op visit, Ccaccacollo Your G for Good Moment: Handmade Biodegradable Soap Products Your Welcome Moment: Meet Your CEO and Group Your First Night Out Moment: Connect With New Friends Your Local Living Moment: Lake Titicaca Homestay, Lake Titicaca Your Discover Moment: Cusco Your Foodie Moment: Sacred Valley Brewery, Ollantaytambo Your Big Night Out Moment: Cusco Your Foodie Moment: Huacachina Winery Visit, Huacachina. Lake Titicaca excursion. Guided tour of Machu Picchu. Inca Trail hike with a local guide and cook (4 days). Colca Canyon excursion. Pachamanca-style dinner (Nazca). Sunset sandboarding & dune buggies (Huacachina). All transport between destinations and to/from included activities.

Highlights

Settle in with the locals at a homestay on Lake Titicaca, conquer the Inca Trail to Machu Picchu, spot condors at the Colca Canyon, sandboard the dunes of Huacachina, sample the seafood in Lima

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary. VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission. Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. INCA TRAIL AND MACHU PICCHU REGULATIONS The rules and regulations controlling the Inca Trail and Machu Picchu are continually changing. Before embarking on your adventure to Peru it is very important that you familiarize yourself with the Inca Trail booking policies and guidelines as described in a document available on our website, at the following URL address: <http://www.gadventures.com/terms-conditions/inca-trail-booking-policies/> 2. MACHU PICCHU BY TRAIN - OPTIONAL Please advise at time of booking if you do not wish to hike the Inca Trail. Instead, you will have 2 nights in Cusco, travel by train for a night in Aguas Calientes, and join the hikers for the tour of Machu Picchu. 3. INCA TRAIL MAINTENANCE Portions of the Inca Trail will be closed for general maintenance during the month of February each year. Also, closures may occur at various times throughout the year due to inclement weather or other conditions beyond our control. During these periods, any tour affected will hike

the Lares Trek. 4. Please note that Aerolineas Argentinas allows 1 piece of luggage that weighs up to 15kg on internal flights. For every extra kilo the airline will charge \$10 per kg at the time of check-in. 5. In our continued effort to support the rights of the porters on the Inca Trail, we would like ensure that they never exceed the weight limit for their packs as set out by the Peruvian authorities. Porters are allowed to carry no more than 6kg of personal belongings per hiker (for all other Peru treks the limit is 7kg). That means that including your sleeping bag, toiletries, clothing, etc, you are allowed a total weight of 6kg for the hike which will be carried in a duffle bag provided by our local office. Any additional weight must then be carried by you in your day pack. To help achieve this goal we recommend that you carry travel sized toiletries, that you bring sport sandals that can be worn with socks (which are lighter than running/walking shoes) and that you limit electronics to those that you are willing to carry. Any additional baggage can be left in Cusco, but is advised that you bring anything of value (eg. money, passport, credit cards, camera, etc) with you on the trek. If at the end of your trek you felt your trekking guide and support team did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, please see the Tipping section for guidelines. 6. YELLOW FEVER It may be required to show a Yellow Fever certificate upon entering the country visited. Please check in with your local health expert for advice on Yellow Fever and other inoculations required for this area. 7. WET SEASON Please be advised during the wet season (Jan - April) if there are periods of severe rain some of the campsites on the Inca Trail may become unusable. In the interest of your safety, there may be changes made locally to the trekking itinerary if the conditions of the campsites are assessed to be unsafe. 8. GROUP DYNAMICS Please note, in most cases, the entire group will not be hiking the Inca Trail together. Members of the group may choose to hike the Lares Trek or spend additional time in Cusco and the Sacred Valley instead of hiking. If you have chosen the Lares Trek or Cusco Stay you may be paired with members of other G Adventures groups for the trek, transportation, and activities included. 9. COMBO TRIP Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

Group Leader Description

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

Group Size Notes

Max 18, avg 14.

Meals Included

16 breakfasts, 3 lunches, 5 dinners

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Public bus, train, hiking.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Simple hotels (10 nts), hostel (4 nts, multi-share), overnight buses (2 nts), camping (3 nts), homestay (1 nt).

My Own Room Exceptions

Night 3: Lake Titicaca homestay, Nights 8-10: Inca Trail, Night 13: overnight bus, Nights 15-16: Colca Canyon, Night 17: overnight bus. If you have chosen the Lares Trek/Cusco Stay you will have a single room/tent for nights 8-10.

About Accommodation

Please note that hot water shortages and power outages can be fairly common in Latin America (even in upgraded hotels and private homes). We appreciate your patience and understanding that these occurrences are outside of our control. Multi-share Accommodation: Multi-share same-sex accommodation is used on this tour, as such, if you are travelling with someone of a different gender you will not be in the same room. For private accommodation please see tours in our Classic Travel Style.

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

Joining Instructions

El Alto International Airport is a spectacular drive from the centre of La Paz, where our joining hotel is located. The easiest way to get there is via taxi. You can pay for the car at set rates (approximately \$8 USD), from an official uniformed taxi driver. The trip takes approximately 30 minutes and is very scenic. The money exchange desk is open 9am to 7 pm. If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi. Please note

that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible. **AIRPORT TRANSFER** If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that: Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel. **EMERGENCY CONTACT NUMBERS** G Adventures Office Lima, Peru. During office hours (Weekdays, 9-6pm Local Time): +51 1 241 1650 or 01 241 1650 (from mobile within Peru) or 241 1650 (from payphone within Peru) After hours Emergency number: +51 99 758 2712. If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found here. Toll-free, North America only: 1 888 800 4100 Calls from UK: 0344 272 0000 Calls from Germany: 0800 365 1000 Calls from Australia: 1 300 796 618 Calls from New Zealand: 0800 333 307 Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night. We recommend using a backpack for your convenience, or a medium-sized suitcase if you prefer. A daypack is also essential for carrying everyday items. Space is limited on transportation, so there is a limit of one main piece of luggage per person. You will be responsible for carrying your own luggage.

Packing List

Available for Rent: • Camping mattress/sleep mat (45 soles) • Sleeping bag (45 soles) • Walking poles (15 soles each (30 per pair)) Cold Weather: • Long-sleeved shirts or sweater • Scarf • Warm gloves • Warm hat • Warm layers Documents: • Flight info (required) (Printouts of e-tickets may be required at the border) • Insurance info (required) (With photocopies) • Passport (required) (With photocopies) • Required visas or vaccination certificates (required) (With photocopies) • Vouchers and pre-departure information (required) Essentials: • Binoculars (optional) • Camera (With extra memory cards and batteries) • Cash, credit and debit cards • Day pack (Used for daily excursions or short overnights) • Ear plugs • First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking) • Flashlight/torch (Headlamps are ideal) • Fleece top/sweater • Footwear • Hat • Locks for bags • Long pants/jeans • Moneybelt • Outlet adapter • Personal entertainment (Reading and writing materials, cards, music player, etc.) • Reusable water bottle • Shirts/t-shirts • Sleepwear • Small travel towel • Sunglasses • Toiletries (Preferably biodegradable) • Watch and alarm clock • Waterproof backpack cover • Windproof rain jacket Health & Safety: • Face masks (required) • Hand sanitizer (required) • Pen (Please bring your own pen for filling out documents.) • Rubber gloves Inca Trail: • Hiking pants (Convertible/Zip-off and quick dry recommended) • Pack liners to waterproof bags • Rain gear • Sleeping bag (Also available for rent) • Thermal base layer • Travel pillow • Walking poles, rubber-tipped (Also available for rent) • Waterproof hiking boots Warm Weather: • Sandals/flip-flops • Shorts/skirts (Longer shorts/skirts are recommended) • Sun hat/bandana • Swimwear Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer. Please note for trekking rentals credit cards are the preferred method of payment.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. IT IS YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The currency in Peru is the Nuevo Sol (PEN), and in Bolivia, the Boliviano (BOB). Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money, a combination of US dollar cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds. We do not recommend bringing travellers cheques as they are very difficult to change in country. **CURRENCY EXCHANGE TIP:** Please be advised that slightly torn notes, notes that

have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent). As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Tipping

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from \$5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. If at the end of your trek you felt your trekking guide and support team did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline, we suggest each hiker contributes the following to a collective pool. Inca Trail: Head guide: 10-25 USD Assistant guide: 5-12 USD Your trekking crew: 40 USD Lares Trek: Head guide: 10-25 USD Assistant guide: 4-10 USD Your trekking crew: 35 USD Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

Optional Activities

La Paz - Witches' Market Visit - Valley of the Moon Tour (150BOB per person) - La Paz City Tour (90BOB per person) Puno - Sillustani Burial Towers Entrance (45PEN per person) Lake Titicaca - Lake Titicaca Kayaking Cusco - Horseback Riding (150PEN per person) - Cusco City Tour (45PEN per person) - Inka Museum (10PEN per person) - Cusco Tourist Ticket (130PEN per person) - Cusco Cooking Class - Rainbow Mountain Hike - Full-day Trip Urubamba - **Whitewater Rafting Urubamba (165PEN per person) Arequipa - Arequipa City Tour - Santa Catalina Monastery Visit (60PEN per person) - Arequipa City and Area Panoramic Bus Tour (20USD per person) Chivay - Hot Springs (15PEN per person) Nazca - Nazca Desert Cemetery and Potter's Studio Guided Tour (80PEN per person) - Flight over Nazca Lines - Pachamanca Lima - Lima City Tour (65-85USD per person) - Magic Circuit of Water and Tapas Night (68USD per person) Pachacamac - Pachacamac and Paso Horse Show (98USD per person)

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure. You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group. Please note your Adventure travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions. Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately. Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s). Swimming, including snorkeling, is always at your own risk. We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit: www.gadventures.com/travel-resources/safety/

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all

clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customerservice@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/ Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for Planeterra's monthly news to learn more about how to give back and support the people and places we love to visit.

Minimum Age

Minimum age of 18 years for this trip.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

Max Pax

18

Group Leader

Chief Experience Officer (CEO) throughout, specialist Inca Trail CEO on hike, local guides.

Travel Style

18-to-Thirtysomethings

Priser / Datoer

Ved skriftlig aksept av vårt tilbud bekrefter du/dere at våre betingelser er både lest og forstått og at evt kansellerings gebyrer kan tilkomme ved en evt. avbestilling av reisen

Tilgjengelige datoer	Pris (1 voksen)	Pris (1 barn)	Status reise
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Vi vil komme tilbake til deg med et tilbud på den forespurte reisen/pakken i løpet av 48 timer. Alle tilbud er uforpliktende og er vanligvis gyldige i 7 dager. Vi gjør oppmerksom på at reserverte tjenester kan bli kansellert innenfor disse 7 dagene og at pris kan endres inntil en endelig bestilling er mottatt.



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