

tour dossier for:

Andean Experience

20 nights / 21 days • Peru, Bolivia



The Facts

Dossier Last Updated: 28-03-2008

Tour Code: AEL

Duration 20 nights / 21 days

Joining City: Lima

Departure City: La Paz

Nearest International Airport (joining / departing): Lima / La Paz

This dossier is designed for this particular tour and should be read in conjunction with the country dossier(s), regional pre-departure booklet and optional excursions guides relevant to your itinerary. You will also receive a joining letter in advance of your journey with further information, while last minute updates may be posted in the Latest News section of our website. Please see tuacantravel.com for details.



What's Included

- Accommodation: 2 nights in hotels, 2 nights jungle lodge (triple share), 1 night with local Indians (very basic), 3 nights camping on the Inca Trail, 1 overnight bus, 2 nights basic cabins
- Meals: Meals on the Inca Trail, Amazon Jungle, Amantaní Island, Salar de Uyuni excursion
- Excursions: Ballestas Islands, Colca Canyon, Inca Trail trek, Machu Picchu, Sacred Valley tour, most site entrance fees in the Cuzco area and Sacred Valley, Amazon Jungle, Uros / Amantaní / Taquile Islands, Salar de Uyuni, Valley of the Moon, Laguna Colorada.
- Transport Local public bus, minibus, train, trekking, motorised canoe, 4WD, boat, on foot, 3 flights, taxi
- Group: Average 8 - 12; max 18
- Age: Recommended 18 - 60, although we do take older passengers provided they are fit and can harmonise with the group
- Staff: Tucan Travel tour leader, local guides and representatives

What's Excluded

- Local Payment
- International flights and departure tax
- Domestic flight taxes approx US\$5 each
- Tips on included excursions, visas, travel insurance, personal items, other tips, sleeping bag.
- Pre and post tour accommodation

- Airport transfers
- Spending money allow US\$25-30 per day to cover meals, snacks, drinks, limited souvenirs, laundry, tips and any extras

Optional Excursions - Please see our Optional Excursions Guide (available from www.tucantravel.com) for a comprehensive list of optional activities and excursions available on this tour.

Brief Overview

Experience the wonders of Peru and Bolivia on this fascinating trip through some of the world's most spectacular scenery. Travel through parched deserts, marvel at snowcapped mountains, trek through pristine rainforests and visit some of the oldest civilisations on earth. If you want to see the incredible diversity these countries offer then this is the trip for you.

This tour also operates in the reverse direction, click [here](#) for more dates

Itinerary

Day 1 to 4

Lima - Pisco Ballestas Islands - Huachachina Nazca

The tour begins in Lima, Peru's capital. Founded by Francisco Pizarro in 1535 and the capital of the conquistadors, Lima has many fine colonial buildings and some of the best museums in South America including the Gold Museum and the Museum of the Inquisition. The "City of the Kings" has much to offer visitors and most of the sights are within walking distance of our hotel including the city's two main squares the Plaza de Armas and Plaza San Martin, both of which have been recently restored to their former glory. The Plaza de Armas houses the Cathedral, Municipal Palace and Presidential Palace where the changing of the guard can be seen every day at 12 noon. There are also many markets in Lima, possibly the best being in the district of "La Marina". Leaving Lima, we travel down the coast to Pisco, from where the Peruvian national drink, the pisco sour gets its name. The following morning we move along the coast to neighbouring Paracas where we take a motorboat out to explore the Ballestas Islands. The islands are teeming with over 150 species of bird life (including penguins, cormorants, boobies and pelicans), are home to thousands of sea lions and boast some amazing rock formations. Although it is not possible to set foot on the islands, you will experience the magnificent sight and sounds of the thousands of sea lions and birds and maybe even spot seals and dolphins playing around the boat. Our boat trip also takes us past the mysterious Candelabra figure etched on the side of a mountain. Best viewed from the sea, many believe the Candelabra is linked to the Nazca Lines. Back on shore we head deep into the desert towards the Huacachina oasis where you have the chance to try your hand sand boarding down the enormous sand dunes, which is a lot of fun, but be careful, they are very steep! The brave can go for a dip in the murky lagoon which is said to have therapeutic properties. We continue to Nazca, an oasis town famous for the strange parallel lines and geometrical figures etched into the desert floor. Although there is a viewing tower, these strange designs can only be fully appreciated from the air. You can take a fascinating flight (optional) over the lines and shapes, which include a monkey, hummingbird, condor, spider and even a spaceman. The designs are thought to have been made by three different groups of people: the Paracas (900-200 BC), the Nazca (200BC-600AD) and then new migrants from Ayacucho around 630AD. You can also take optional tours to visit the underground aqueducts, gold mines and ceramic shops. We'll have a chance to visit the extraordinary Chauchilla Cemetery where you can see the ancient mummies which still have skin and hair intact. In the evening we travel by overnight bus to Arequipa.

Day 5 to 7

Arequipa Chivay (Colca Canyon)

We have a full free day to explore this beautiful colonial city. Arequipa has a lovely central plaza dominated by a large cathedral. There are some fantastic restaurants in Arequipa and it is possible to enjoy many Peruvian delicacies here. Besides the stimulating architecture, the main attraction is the Santa Catalina Convent, which is almost a city in itself with its maze of cobbled streets, cloisters and decorative buildings. Don't miss the nuns' café for excellent freshly baked treats! Next is Colca Canyon, said to be the deepest in the world. En-route we travel into the high, barren Andean landscape, passing through ghost towns destroyed by earthquakes while learning about the local fauna and flora of the region. After checking in to our hotel in Chivay, we can go for a walk to the entrance of the canyon. Later in the day possibly visit the nearby hot springs for a relaxing soak. Early the following morning we travel to the Condor's Cross in search of the

giant condors soaring out of the canyon on thermal currents. Afterwards we walk along the Canyon's edge and then stop for lunch on the way back to Arequipa where we spend one more night.

Day 8 to 12

Cuzco Inca Trail trek (or free time) Machu Picchu

After a short flight from Arequipa we arrive in legendary Cuzco, where your tour leader will take you on an orientation walking tour of this ancient Inca capital. Cuzco, which means 'navel of the earth' in the Inca language of Quechua, has a mostly indigenous population of around 300,000 and is centred around the Plaza de Armas, which is dominated by the Cathedral and La Compañía de Jesus Church and its cloistered arcades house many fine restaurants, bars and shops. Cuzco has amazing churches, colonial buildings and picturesque streets, many of which have Inca walls, arches and doorways. On a hill overlooking the city stands the ceremonial fortress of Sacsayhuaman, where some of the most spectacular Inca walls can be found, including a massive 130 ton stone. There are also many optional excursions and activities available such as white water rafting, horse riding, mountain biking, canoeing, jungle excursions, shopping (make sure you bargain!) and sightseeing. On the evening of Day 8, those who are trekking to Machu Picchu will have a briefing to prepare for the next few days and there will be an early departure the following morning. Please ask your agent or download our 'Inca Trail Information Sheet' or 'Lares Trek Sheet' for a day to day itinerary of your trek. The Lost City of Machu Picchu was originally completely self-contained, surrounded by agricultural terraces sufficient to feed the population, and watered by natural springs. Located high above the fast flowing Urubamba River, the cloud shrouded ruins have palaces, baths, temples, storage rooms and some 150 houses, all in a remarkable state of preservation that will simply take your breath away. The ruins were only discovered by the outside world in 1911, when American explorer Hiram Bingham found them while looking for another lost city called Vilcabamba. Due to their isolation many of the buildings are still quite intact and you can't help but admire Huayna Picchu (Young Mountain), which towers above the ruins. It is a hard climb to the top of the mountain (it takes about 50 minutes) but you are rewarded with spectacular views over the whole site.

Day 13 to 16

Sacred Valley Cuzco Amazon Jungle (or free time)

A full day is spent visiting the Sacred Valley of the Incas. Firstly we visit the Pisac ruins, perched on a hilltop with incredible views of the snow-capped mountains. We then go down to the famous traditional Indian market of the same name, which is full of colour and atmosphere. A great place for souvenirs! After lunch, we continue along the valley to the temple-fortress of Ollantaytambo with its enormous Inca terracing constructed on the side of a steep mountain. Return to Cuzco for the evening. Today we fly to the jungle community of Puerto Maldonado, our starting point to visit the Amazon rainforest. If you choose not to visit the Amazon Jungle you will have free time in Cuzco and a portion of your tour cost will be deducted (see brochure for prices). This bustling town has many thousands of motorcycles, busy markets and shops. Upon arrival we have a short tour of the town's medicinal markets. Our journey to the jungle lodge begins here, firstly by bus and then motorised canoe, a 30km journey along the river (approx 2 hours total, bus and canoe). The large canoes are very safe and lifejackets are supplied. Arriving at the inviting lodge at the river's edge you will be allocated a bungalow, all of which are built from rustic and typical materials from the area. Each room is sealed by meshed netting to stop mosquitoes and other insects from entering your room. All rooms have private en suite bathroom. Other facilities in this complex include a welcoming reception area with friendly staff (as well as some semi-wild animals, mostly parrots) dining room, bar facilities, a library and living room where you can relax. All excursions are led by local guides who specialise in biology and ecology, and all our jungle guides are English speaking. After a delicious lunch on the first day and settling into the lodge our jungle program begins, with an introductory walk in the jungle. You will have plenty of time to enjoy marvellous jungle landscapes and rich diversity of flora and fauna. It is possible to see a great variety of monkeys such as the 'maquisapa', the black and the white 'Martins', 'Leoncito de la Selva' (Little lions), 'Frailes' (Friars), 'Achuñis', 'Ronsocos' etc, as well as an array of birdlife. In the evenings it is often possible to enjoy the wonderful sunset, one of the most impressive sights of the forest (weather permitting). Tonight we will travel by canoe to spot caiman and other nocturnal wildlife along the rivers edge. The next day we will awake to the sounds of the jungle. After a typical jungle breakfast we will set off early to walk through the rainforest along specially adapted pathways with bridges to cross the marshes. Our guide will explain the medicinal plants and delicate ecological systems of the Amazon Jungle before arriving at a hidden oxbow lake. The lake has transparent waters surrounded by wide marshes and giant trees. We take a short canoe ride observing caiman, abundant bird life and the possibility to catch a glimpse of the rare giant otter. Afterwards we will enjoy the view of the lake and observe the parrots, guacamayos, toucans, camungos, shanshos, herons, turtles and caiman (alligators) from our viewing point. Then we will return to the lodge for a well deserved lunch. A short siesta to pass the heat of the day and then it's time to visit a farming family close by the lodge, to observe the local way of life of the Amazon people. This evening our guide will take us on a short night walk to listen to the sounds and sights of the jungle. On the final day in the jungle we return upriver to Puerto Maldonado for our flight back to Cuzco where you have the rest of the day free to further explore this fascinating ancient capital.

Day 17 to 19

Puno Uros, Amantani & Taquile Islands

Leaving Cuzco, we'll drive along roads abundant with herds of llamas, alpacas and vicuñas before reaching the Altiplano (high plain) where our journey takes us past hot mineral pools, snow capped mountains and through villages where the Indians sell food, fur hats and alpaca sweaters. At the highest point, the La Raya pass at 4,321 metres, you can see the research station for high altitude animals. The beautiful scenery is continual all the way to Puno on the shores of Lake Titicaca, which at 3,855 metres above sea level, is the highest navigable lake in the world. We'll arrive in time so you can visit the colourful market or you can visit the unique burial towers at Sillustani (optional). We visit the floating reed islands in the Bay of Puno to see the Uros Indian's way of life and ride in a traditional reed boat

before continuing our boat journey to the island of Amantaní. Here we enjoy the hospitality of the native Aymara/Quechua Indian families to sleep in their homes, we usually purchase gifts for the families at the port of Puno. The next morning we visit Taquile, where the men stand around knitting distinctive woollen hats while the women work the fields. You can buy some of these unique handicrafts in the local co-operative shops. After lunch we board our boat for the return journey to Puno.

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Day 20 to 21

La Paz

We travel across the scenic Altiplano following the shores of Lake Titicaca as we make our way towards Bolivia. After crossing the border we enjoy breathtaking views of the surrounding mountains as the road winds its way into La Paz, the highest capital city in the world at 3,636 metres. Built on a series of hills and considered one of the world's most beautiful cities, La Paz was established in the basin of a canyon with the snow-capped Mount Illimani in the background. Our hotel is very centrally located and is just around the corner from the city's colourful Indian street markets including the fascinating and suitably called "witches market" where bowler-hatted women in their flared skirts sell such items as dead cats and llamas fetuses said to ward off evil spirits. The main square, Plaza Murillo, is also within walking distance. The square still retains its colonial buildings including the Presidential Palace. We also check out the eerie Moon Valley with its strange rock formations shaped by the weather. La Paz is possibly the best place to experience a traditional peña show of Andean music and dance where local bands play time-honoured instruments such as zampoñas (pipes) and charangos (ukulele). There are also many optional excursions available from La Paz, you could take in the incredible views from Mount Chacaltaya and the world's highest ski resort at 5,221 metres. Another fantastic excursion is to Coroico, the gateway to the Bolivian jungle region and a great place to see sub-tropical vegetation and plants. En-route you will cross a 5,000 metre high pass before descending to 1,300 metres on narrow mountain roads bordered by sheer drops. The excursion to Coroico can also be done by mountain bike, as it is downhill nearly all the way and very exhilarating, but not for the fainthearted! Our tour concludes on day 21 in La Paz.

THE INCA TRAIL TREK (Or free time)

This tour allows time to complete the famous Inca Trail. Regulations regarding the Inca Trail are subject to frequent change (often without notice) by the Inca Trail Governing Body. It is therefore vital that you visit our website for details of how to book the trek and secure a permit. You may not be able to complete the trek if you do not read this information. We also offer an alternative 'Lares Trek' another 3 day trek which culminates with a visit to Machu Picchu. If you decide not to do either trek, a discount will be taken from your tour cost (see price box) and an overnight train trip to Machu Picchu is included instead. If choosing the Inca Trail or Lares Trek, your first choice MUST be decided on at the time of booking.

AMAZON JUNGLE (or free time)

This tour gives you the option to take a two-night excursion into the Amazon Jungle. If you choose not to visit the Amazon a discount will be taken from your tour price and you will have free time in Cuzco. See our brochure and tucantravel.com for prices.

Important note: the itinerary listed above is to be used as a guide only. Occasionally we may need to update this document and it may be different to the information printed in our current brochure. Tour leaders may need to make adjustments due to unforeseen circumstances during the tour. It is very important that you visit our website and review a copy of this dossier as close as possible to your departure date in case of changes that may affect your plans. Any last minute changes may also be posted in the Latest News section of our website.

Pre and Post Tour Accommodation

Very little time is spent in the starting and finishing cities and you will need to allow a few days at the beginning or end of your tour if you want to explore them further. For details of pre and post tour accommodation bookings (which should be made at the time of your tour booking) please refer to our current brochure.

About Adventure Tours

Adventure Tours travel by public transport when possible and so have a high degree of interaction with the local people. This hands-on style means that you will need to travel light (see below for details). Tucan Travel Adventure Tours will bring you into contact with cultures and experiences that contrast dramatically with those at home and therefore a sense of humour and patience is essential!

Don't forget that Tucan Travel also offers four other tour styles: Discovery Tours (Central and South America) where we travel by private and comfortable, custom-built vehicle staying in hotels; Overland Expeditions (in South America only), which usually have a high percentage of camping, travel by overland truck and suit travellers who love the great outdoors; Budget Expeditions (great value tours for 18 to 35s in South America) are flexible tours offering travellers optimum control over their budgets, travelling in our custom-built expedition vehicles, plus coaches and local transport, staying in pleasant hotels, hostels and campsites; Independent Travel offers personalised itineraries, stopovers and language schools with your choice of accommodation and flexible travel days.

Local Payment

The cost of all Tucan Travel tours includes a compulsory Local Payment which is in addition to the Tour Price paid to your booking agent. The Local Payment MUST be paid to your Tour Leader in full \$USD cash at the pre-departure meeting on the first day of your tour. The Local Payment is administered by Tour Leaders and no refunds can be made for any unused services or if you decide to leave the tour early.

Pre Departure Meeting

The address of your joining hotel can be found on your joining letter and tour voucher. On arrival you should look for a Tucan Travel information sheet on the hotel notice board where you will find details of the pre-departure meeting. The tour leader will normally hold the pre-departure meeting on the afternoon of Day 1 (assuming that all clients have arrived by then). Your tour leader will give a briefing about the tour, outline the plan for the next few days, answer any questions and collect your Local Payment in full in US\$ cash. Then there may be an option for everyone to go out for dinner and drinks to start to get to know one another.

Please note that you will need to bring the following important items to the pre departure meeting:

1. Passport (including any necessary visas) original document and a photocopy.
2. Vaccination certificates (e.g. Yellow Fever, if required)
3. Travel voucher
4. Travel insurance policy
5. Local Payment

Tour Personnel

Adventure Tours use a variety of different styles of leadership in order to maximize your enjoyment and experiences. On this tour you will have a combination of Tucan Travel tour leader, Tucan Travel guides, local guides and local reps. The Tucan Travel Tour leader accompanies your tour and Tucan Travel guides will escort you at times when your tour leader may not be available. Local guides will lead your included and optional excursions, and local reps are local businesspeople also responsible for occasional meet and greet and transfers.

Degree of Difficulty / Fitness

Adventure Tours suit people who are fit and active. Although no experience is required there are many walks between bus/train terminals and hotels and travellers must be able to carry their own luggage over various terrains as well as lift up luggage onto the tops of buses!

For information on the trek to Machu Picchu (difficulty, fitness etc) please ask your agent for our 'Inca Trail Information Sheet' or 'Lares Trek Sheet' or download a copy from our website.

There is fairly easy walking through the rainforest on the jungle excursion and moderately demanding uphill walking on Taquile and Amantaní islands (due to the altitude).

There is no hard walking involved in the Sacred Valley or Colca Canyon excursions, although sufferers of vertigo may find the walk through Pisac ruins and some sections of the canyon a little challenging. The maximum altitude this tour reaches is around 5,000 metres (the high pass between Uyuni and Laguna Colorada). Most people will suffer from some degree of altitude sickness at some point during the tour. We suggest that heavy smokers either cut down or stop completely for their time at altitude. The local coca tea is usually very helpful in combating altitude sickness, however if you are worried you should consult your doctor and possibly obtain some altitude sickness tablets prior to leaving home.

Pre-Departure Information

Once you have booked the tour (paid your deposit), your booking agent will provide you with a detailed pre-departure booklet with in-depth information to help you prepare. If you do not receive your pre-departure information shortly after booking your tour please consult your travel agent. After you have paid for your tour in full you will also receive from your travel agent: a local map and joining letter for your arrival city, your tour voucher and transfer voucher (if applicable).

Country Dossiers

This Tour Dossier is designed to be read in conjunction with our Country Dossiers which you can download from our website or obtain from your booking agent. The Country Dossiers contain essential information about visas, arrival transfers, spending money and costs, taxes and tips, climate, local food etc.

What you need to bring

A full list of suggested equipment can be found in the pre-departure booklet.

You will need a good warm sleeping bag for the trek to Machu Picchu. Adequate ones can be hired locally (for approx US\$12 for the Inca trail / Lares trek) but we take no responsibility for the standard and we therefore recommend that if possible you bring your own. (For a full Inca Trail / Lares Trek packing list please see the 'Inca Trail Information Sheet' or 'Lares Trek Sheet').

Thick blankets are supplied when on Amantaní Island (Lake Titicaca) but they have a tendency to be dusty, so you may also need a sleeping bag or sheet (they cannot be hired here). You will also need a sleeping bag for the Salar de Uyuni excursion. You should consider bringing a towel although a sarong may be a useful alternative and it is a good idea to bring a torch.

For the Salar de Uyuni section you will need sunblock, a sunhat and some warm clothing (e.g. fleece or lightweight windproof jacket which can be layered).

On Amantaní Island it is customary to buy a kilo of sugar or rice or some eggs to present to your host family. This should cost no more than US\$2-3 per person.

On Adventure Tours it is very important that you do not bring too much luggage as you will find it extremely difficult to get on/off buses and trains etc and there is a fair amount of walking to/from hotels. You are also likely to encounter many cobbled streets and dirt roads so luggage on wheels is totally unsuitable. Travellers who visit the Amazon jungle, Lake Titicaca and the Colca Canyon will require a small overnight bag (like a day bag) as you will spend a night away from your main luggage, and only need to take very minimal belongings on these trips.

You must be prepared to carry your own bags at all times. We therefore strongly urge you to limit your luggage to a maximum of 10-14 kgs. Please see the relevant Country Dossier and Pre Departure Information booklet for further information about luggage requirements and what to pack.

Transfers

In Lima we offer an arrival transfer service which can be booked for an additional charge (see our current brochure or contact our reservations team for prices). This service should be arranged when making your tour booking. Due to the late arrival and departure times of many flights in and out of Lima, we recommend that passengers travelling through Lima book an airport transfer through Tucan Travel, especially if travelling alone.

After exiting the customs hall you should look for our representative who will be displaying either a sign which has your name, Tucan Travel, or both. This representative will assist you with your luggage and transport you to our hotel in a private car. As this is a pre-paid service, you will simply need to present your transfer voucher to the representative. If you do not book a transfer and wish to arrange your own taxi, please refer to the Peru Country Dossier for detailed guidelines.

Accommodation

All hotels are chosen for their central locality, security, friendliness, cleanliness and ambiance. Although sometimes simple, you will find clean comfortable rooms with en-suite facilities (occasionally bathrooms may be shared but this is rare), and often a bar and restaurant are attached or close by. All rooms will be allocated on a share basis, usually in twins or triples (depending on the male/female ratios).

The Jungle Lodge: Each room has comfortable beds (multi-share triple rooms) with all bedding and towels, mosquito nets, candles or oil lamps, as well as a well equipped bathroom with cold (or tepid) running water, toilet and shower. There is no electricity at the lodge so please remember to charge your video and camera batteries in advance! All meals are prepared by a professional cook with fresh ingredients (fruit, vegetables, fish etc.). The bar also sells cold beers, mineral water and soft drinks.

Transport

On Adventure Tours our goal is to offer you as much variety as possible while meeting the local people. On this trip we will be using local public buses, mini buses, taxis, trains, various boats, motorised and dug-out canoes. There will also be some walking with your luggage between bus terminals and hotels. The tour also includes domestic flights and optional excursions may use other forms of transport, for example boats, horses and mountain bikes.

Meals

Meals are included on the jungle excursion, Amantaní Island, on the Inca Trail (see below for details). On the Inca Trail your cook and

porters will prepare three meals a day usually consisting of bread, eggs, tea and coffee for breakfast; guacamole, cheese, tomato, cold meat and rolls for lunch and a two or three course dinner usually accompanied by rice, pasta or potatoes. There is usually a constant supply of coca tea and coffee and meals will be supplemented by tea breaks with biscuits and fruit. At the jungle lodge you will experience delicious dishes typical of the region, such as the "juanitos" a dish served with rice, chicken and vegetables cooked in a banana leaf and a great variety of fish from the area, like the golden "dorado", maiden "doncella" and jumping "saltón" fish.

All other meals, extra snacks and drinks on the tour are at your own expense. Please see the relevant Country Dossier for more information about the local food.

Tour Highlights

- **Ballestas Islands** fantastic wildlife, sea lions, penguins and many sea birds
- **Huacachina** optional sand-boarding down the huge dunes
- **Nazca Lines** optional flight to see the mysterious desert designs.
- **Arequipa** Peru's second largest city with beautiful colonial architecture
- **Colca Canyon** the world's deepest canyon
- **City of Cuzco** enchanting former Inca capital with plenty to see and do
- **Inca Trail** Visit Machu Picchu on a 4-day trek (or on day trip by train)
- **Jungle Excursion** - visit to the Amazon Basin staying overnight in a jungle lodge
- **Andean Music** local bands playing pan-flutes, zampoñas and charangos will be in abundance throughout the tour
- **Sacred Valley of the Incas** A full day excursion into the picturesque valley
- **Lake Titicaca** overnight stay with the locals on the island of Amantani plus visit to floating reed islands of the Uros Indians.
- **City of La Paz** The world's highest capital city.

Day to Day Itinerary & Meals

Day 1 Arrive Lima (Peru)

Day 2 Bus to Pisco

Day 3 Morning to Ballestas Islands, afternoon to Huacachina & onto Nazca

Day 4 Morning Nazca Lines - Royal Class night bus to Arequipa

Day 5 Arequipa - free time

Day 6 Excursion to Colca Canyon

Day 7 Colca Canyon, pm back to Arequipa

Day 8 Fly to Cuzco - free day

Day 9 Inca Trail, LD

(or free time in Cuzco plus an included visit to Machu Picchu by train at a reduced tour price - see brochure or website for details).

Day 10 Inca Trail, BLD

Day 11 Inca Trail, BLD

Day 12 Machu Picchu, train to Cuzco, B

Day 13 Sacred Valley

Day 14 Fly to Puerto Maldonado, LD

(or free time in Cuzco see brochure or website for details)

Day 15 Amazon Jungle, BLD

Day 16 Fly back to Cuzco, free time, B

Day 17 Bus to Puno, optional visit to Sillustani

Day 18 Boat via Uros Islands to Amantani (overnight), LD

Day 19 Boat via Taquile back to Puno, B

Day 20 Bus to La Paz (Bolivia)

Day 21 Depart La Paz

(B Breakfast, L Lunch, D - Dinner included)

Please note the day to day itinerary above is given as a GUIDELINE ONLY.

Responsible Travel Tips

At Tucan Travel we are serious about our responsibility to care for the environment and people that we visit. Here are a few tips to help you to enjoy your tour while minimising your impact and enhancing your travelling experience. Learn more about our responsible travel policy at www.tucantravel.com.

1. Carbon offset your Tucan Travel tour and flights. Check out our website for details about how you can go about this www.tucantravel.com.
2. Bring your own metal water bottle. Fill up at restaurants or treat your own water on tour instead of buying lots of plastic bottles. Bear in mind that there may not be recycling facilities available at some destinations.

3. Cut out plastic – remove and recycle the packaging of new travel gear before you pack, and bring a light cotton or string bag for your shopping, so you can politely refuse plastic bags at shops and markets.
4. Bring a stack of pens and pencils and hand these out to children rather than offering sweets. Your alternative gifts will still be popular and the parents will thank you for saving their children's teeth – access to dental services may not be readily available there.
5. Learn a bit of the local language before you travel. Being able to say even a few words like hello, please and thank you will help you to connect with people in a positive way and really enhance your personal experience. Bring a phrase book on tour and keep practising to improve your confidence. You will also find some good language tips in the country dossier(s).

Feedback

At the end of your tour we would greatly appreciate it if you could take the time to complete a questionnaire about your experiences. The tour leader will give you a paper copy and an electronic version can be found on our website. We take feedback very seriously as it allows us to maintain and improve the very high standards we expect from our road crew, local operators, hoteliers, transportation and office staff, among others. We also use this information to improve our itineraries and optional excursions on offer. Thank you in advance for your help with this.

Subscribe to our e-newsletter

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Join our online communities

Make friends with fellow passengers in the Tucan Travel forums, and ask questions about any tour you like – we've got the answers! See Share your tour photos and videos on Youtube and Flickr, and keep in touch with group members on Facebook, Bebo and Myspace. There are many Tucan Travel communities out there waiting to welcome you, just a few clicks away.

Write a travel diary and get published on our website!

Share your experiences of life on tour and you may be rewarded! Get in touch with us for details through www.tucantravel.com.

We want your photos!

We've taken you to some of the most amazing places on earth – why not share that with the world? Send us high resolution colour photos of your adventures, and you could be published on our website or our brochure. Contact us through www.tucantravel.com.