

Jungle – Quechuas & Aymaras – Best of Peru & Bolivia



Duration: 15 days / 14 Nights

Departure: Friday August 19, 2016

Price: US\$5,290 (internal airfare included), single supplement: \$1,290

Included:

All transfers & excursions mentioned in the program hosted by Felipe Soto & local experts in each location.

All (14) breakfasts + some lunches & some dinners

1 night in Lima – Hotel Crowne Plaza

3 nights in Amazon – Heliconia Lodge with full board (drinks not included)

1 night in Sacred Valley (Urubamba) – Hotel Casa Andina Private Collection

1 night in Sacred Valley (Ollantaytambo) – Hotel Pakaritampu

1 night in Machu Picchu Town – Hotel Sumaq Machu Picchu

3 nights in Cusco – Hotel Palacio Manco Capac

1 night in Puno – Hotel Casa Andina Private Collection

1 night in Isla del Sol – Hotel Posada del Inca Eco Lodge

2 nights in La Paz – Hotel Casa Grande

Train Vistadome Sacred Valley – Machu Picchu – Sacred Valley

Train Andean Explorer Cusco - Puno

Internal flights: Lima – Iquitos – Lima – Cusco

All park entrance fees

Not Included: Travel Insurance, meals & activities not mentioned in the program & gratuities.

If you suffer high blood pressure and/ or heart problems please check with your doctor before booking this tour.

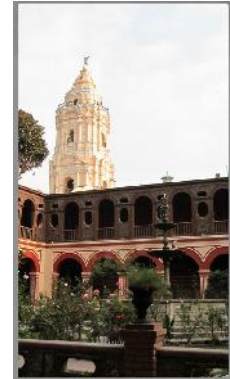
Tour Itinerary

Day 1 Lima (Fri, Aug 19):



Lima

Altitude	Sea level
Weather	Warm from November to April / fresh and humid from May to October
Temperature	76°-60°F / 25°-15C
Rainy season	Soft rain from June to October
Accessibility	Air - land - sea



Lima, the capital of Peru, is a great metropolis with multiple layers, which has majestically preserved the evidence of its glorious past despite the passage of time. It is an effervescent city in constant transformation, where the different expressions of the country's cultural diversity coexist perfectly.

Founded in 1535 by Francisco Pizarro, in colonial times it was considered the City of Kings, and UNESCO recently designated it as a World Heritage Site.

Located on the Pacific Ocean, it is the country's main port of entry and boasts a very significant travel, hotel and restaurant industry.

This itinerary considers your arrival in the morning. In case you need an extra night prior to this tour please contact us for assistance.

Arrival into Lima Airport where our representative will be waiting with a sign with your name to transfer you to our hotel. Free time until 2:00 pm when we will meet in the lobby of the hotel to begin a tour of the city's main avenues, boulevards, and squares. The tour will begin with an exploration of Colonial Lima. First, we will stop off at the Plaza de Armas (Main Square). We will get a chance to explore the square by foot and admire the exteriors of the Palacio de Gobierno (Government Palace), the Cathedral of Lima, and the Municipalidad (City Hall), all examples of Lima's still-present colonial architectural opulence. Afterwards, we will visit La Casa Aliaga, a colonial mansion that currently holds the distinction of being the oldest continuously inhabited private residence in the Southern Hemisphere.

Finally, we will leave behind Lima's Historical Center and begin our journey through the streets of modern Lima as we head toward the most traditional of the residential zones of the capital: San Isidro and Miraflores. In San Isidro, we will pass through the heart of the city's financial district and then enjoy a panoramic view of the Huaca Huillamarca Pyramid, an important pre-Inca and Incan ceremonial center and cemetery built out of adobe mud bricks. Soon afterwards, we will travel to the district of Miraflores, a perfect spot to enjoy wonderful views of the Pacific Ocean.

We will complete our tour of Lima with a visit to the Bohemian neighborhood of Barranco, a neighborhood called home by countless artists, photographers, and authors. Walk along peculiar streets lined with Republican houses, admire the splendid views, and visit the Puente de los Suspiros (Bridge of Sighs), witness to untold numbers of past and present romances, and source of inspiration for one of Peru's great composers, Chabuca Granda. Welcome dinner.

Dinner – Hotel Crowne Plaza

Day 2 Lima - Iquitos - Amazon River (Sat, Aug 20):

Transfer to airport for our flight to Iquitos (1 hour 40 minute flight)

We will be met and welcomed by the staff of Heliconia Lodge. A briefing about this segment of the trip about



what to expect during our stay, the do's and don'ts in the jungle and some essential tips will be carried out shortly. Soon after, we will transfer to the Iquitos pier, where we will board one of our speedboats to take us to the Heliconia Amazon River Lodge along the Amazon River. During the boat ride observe the convergence of the brown turbid waters of the Amazon River with the dark waters of the Nanay River. Enjoy the impressive jungle landscapes with the rustic small houses of the riverside towns. Then have a short stopover in Monkey Island, a family social enterprise focused on conserving and protecting

endangered monkey species in the Northern Amazon. The goal is to enlighten rainforest guests on the effort to reintegrate monkeys and their survival in the wild. See the monkeys free in this reserve, not in cages, their temporary stay here depends on their capability to adapt back to its jungle habitat. After a 90 minute boat ride arrive at the lodge. Taste your first Amazonian cuisine lunch. In the afternoon, begin your first excursion: set out to a jungle hike into the Yanamono primary rainforest reserve, for approximately two hours. We will see several flora species such as heliconia flowers, medicinal plants and giant trees. We will have the chance to sight several birds species such as the Turkey Vulture (*Cathartes Aura*), Black Fronted Nandou (Monasa-Atia), and with a little luck we will be able to view a family of small monkeys such as marmosets (*Saguinus fuscicollis*), the Titi (*Callicebus Molloch Molloch*) and the Squirrel monkey (*Saimiri Bolivense*). Return to the lodge for rest and relaxation and be enthralled by our first, must-not-miss Amazon Sunset. As the evening comes around, during high tide, take a boat ride along one of the Amazon River's tributaries for an exciting evening in the jungle, with no lights, perhaps just some jungle flora and fauna sparkling in the dark. If it is a clear night, we will see the bright magnificent moonlight, as well as observe the stars and constellations. Shortly, we will be back to the Lodge to rest and relax for an early wake up the next day.

Lunch & Dinner – Heliconia Lodge

Day 3 Amazon River (Sun, Aug 21):

Rise early for the Morning Bird Watching. In order to see the birds flocked together during their morning



feeding time, you will start very early going by boat to one of the several streams (best on high tide) to look out for a number of variety of birds. You will be looking out for birds such as the Tuki (Jacana Jacana), Ringed Kingfisher (*Ceryle-Torquata*), Black-Collared Hawk (*Busarellusnigricollis*), etc. Thereafter, we will return to the lodge, for a scrumptious and energizing breakfast. Take a little rest and then we will set off to a Native Fishing expedition unto one of the small tributaries of the Amazon River. Learn the local techniques of fishing and for the most daring we can try to fish for Piranhas. During this excursion we can also have the opportunity to look out for the Pink River Dolphin (*Inia Geoffrensis*). If you are lucky you have your catch cooked for lunch, when we return to the Lodge. After lunch, we will board the boat towards a lake in Yanamono island (best on high tide) where we will be able to glimpse the Giant Water Lily, the Victoria Regia, the "Queen of water lilies". Now renamed

Victoria Amazonica, these native flora in the shallow waters of the Amazon River basin are mostly found in oxbow lakes and bayous. We may see some flowers that are white as they bloom on the first night some that have turned pink on the second night after blooming. They can grow to 40 cm in diameter, and are pollinated by scarab beetles. Victoria Amazonica is well known for its huge circular leaves, which are often pictured with a small child sitting at the center of its leaf to display their size and strength. Then consider the Nature Night Hike. Go on an enchanting evening trek within the secure periphery of the Lodge and you will witness the entrancing transformation from



daytime to a night atmosphere. As you adjust to the dark environment you will appreciate the rainforest takes on a very different character and be aware of the existence and habits of nocturnal jungle animals. It's the best time to see stunning tree frogs, shy snakes, and other rainforest creatures that only come out at night. Discern a range of completely distinctive fauna from the day as you listen to magical sounds of insects, birds, jungle cats and night owls. Back to the Lodge for Dinner.

Breakfast, Lunch & Dinner – Heliconia Lodge

[Day 4 Amazon River \(Mon, Aug 22\):](#)

Wake up late or rise early — the choice is yours. Breakfast begins at 8:00 a.m., for those who want to avoid the heat, and enjoy nature at its fullest. After breakfast, we will visit a riverside town to see an indigenous tribe of the Yaguas community where you will have the opportunity to learn and see their way of life in the Amazon River. See their homes, school, church, shops and interact with the people, learn their techniques of fishing and farming. Observe their customs and tradition and get enlightened by their unaffected and austere way of living. Once at the lodge, you may rest and relax or enjoy a sunset cocktail at the bar (on your personal account). Dinner starts at 7:30 p.m. and a restful overnight at the Lodge

Breakfast, Lunch & Dinner – Heliconia Lodge

[Day 5 Amazon River - Iquitos - Cusco - Urubamba \(Tue, Aug 23\):](#)

Enjoy a full breakfast before departure then transfer to Iquitos City for our flight to Cusco (via Lima). Once we arrive to Cusco we will have a transfer to Urubamba.

Breakfast & Dinner – Hotel Casa Andina Private Collection Sacred Valley

[Day 6 Sacraed Valley \(Wed, Aug 24\):](#)

A day to enjoy this fertile valley, we will drive some miles along until we will reach Pisac, a beautiful place where Incan and Colonial influences have reached a perfect balance and created the unique way of life of the local inhabitants. We will get a chance to explore this quaint town, famous for its artisan markets where you can find extraordinarily fine jewelry and ceramic and textile craftwork. Then we will drive to enjoy our lunch at a local restaurant.

In the afternoon, we will visit one of the last remaining Incan towns, Ollantaytambo, which was once fiercely guarded by a massive fortress. Discover the large archeological complex of what used to serve as a wayside inn for royal delegations on long journeys. Surviving structures here include multiple walls and towers that were used to protect the citadel from possible invasions.

Breakfast, Lunch & Dinner – Hotel Pakaritampu

On our way to Machu Picchu we are only allowed to bring one backpack (or similar) + 1 carry on per person on the train, please pack wisely for the next two nights, don't forget your passport, money, camera, charger, sunglasses, mosquito repellent, water bottle and clothes for three days. Rest of the luggage will be stored at the hotel and be transferred to our hotel in Cusco.

Day 7 Machu Picchu (Thu, Aug 25):



After breakfast we will board the Vistadome Sacred Valley train (departs 7:05 am). Renovated carriages have beautiful panoramic windows to make the most of the spectacular scenery and allow for fantastic photo opportunities. Delicious snacks as well as hot and cold refreshments are served on the way. Arriving to Machu Picchu train station at 08:05 am, we will take the short ride bus to the entrance to the fabulous mountaintop ruins of Machu Picchu. Completed in approximately 1450 at the height of the Inca empire, Machu Picchu was abandoned less than 100 years later following the Spanish conquest of Peru. Today it is considered by many to be the new spiritual center of the world.

Our expert guide will walk with us through the main streets of these amazing ruins. Stroll through town squares and climb delicately carved stone stairways. There will be time to be alone and fully

embrace this magnificent wonder of the world, letting this once in a lifetime experience set in. Hiking the ruins is sure to work up an appetite so there will be a buffet lunch waiting for us at the Del Sanctuary Lodge.

Rest of afternoon free to walk around the Sanctuary, bus back to Machu Picchu town for our dinner & lodging.

Last bus to Machu Picchu town is at 5:00 pm.

Breakfast, Lunch & Dinner – Sumaq Machu Picchu Hotel

Day 8 Cusco (Fri, Aug 26)

Free morning to explore the town or re-enter the sanctuary (*park fee not included, we can book the early hike to Huayna Picchu in advance*). Be sure to be back at the hotel at 12:45 pm at the latest. We will board our train back to Ollantaytambo station where we will combine with our private van back to Cusco, transfer to hotel.

Rest of day free.

Breakfast – Hotel Palacio Manco Capaq

Day 9 Cusco (Sat, Aug 27)

Nestled in the Andes, Cusco is one of the most fascinating places in the Americas, which never fails to surprise visitors with its mystery-filled history. With its excellent hotels and restaurants, this city is full of amazing places to see.

A product of the fusion of Inca and Hispanic culture, Cusco has been declared a World Heritage Site. We can feel the magic of the impressive legacy of Inca culture, as we walk through its streets and its fascinating stone passages, as we visit its colonial mansions built over the remains of Inca structures, and as we explore its imposing fortresses and majestic citadels.

We will begin our tour as you enjoy the best view of the city of Cusco from atop Cerro Pukamoqo (Red Peak), a natural scenic overlook from which the outstretched arms of Cristo Blanco, a massive white statue of Christ, embrace the city in a benevolent gesture. We will then visit the nearby Fortaleza de Sacsayhuamán (Fortress of Sacsayhuamán), a colossal structure of enormous stones, carved and fitted together with incredible precision. As we return to the lower part of the city, we will stop off at the Mercado de San Pedro (Market of St. Peter), which being the city's main street market, will give you an opportunity to get to know the products of Cusco, overwhelming you with the sights, aromas, tastes, and colors of the region.



Just a few blocks away, you will discover one of the most impressive buildings of Incan Cusco: the Korikancha (the Golden Temple) - a temple dedicated to the worship of the Sun God, whose interior walls were said to have been covered in gold. We will complete the day with a stroll through the Cusco Plaza de Armas (Main Square), where we will visit the Cathedral and admire its exquisite vestibules and priceless paintings from the Cusco School of the 17th and 18th centuries.

Breakfast - Hotel Palacio Manco Capaq

[Day 10 Cusco to Puno \(Sun, Aug 28\)](#)

Free day in Cusco.

Breakfast - Hotel Palacio Manco Capaq

[Day 11 Cusco to Puno \(Mon, Aug 29\)](#)

Riding the Andean Explorer is a unique experience, a journey between mountains and clouds, and between mountains and highlands. Ten hour train journey, which ends at the majestic Lake Titicaca and in whose path, the traveler will see the changing landscapes among mountains, rolling plains, and the various weather of the area.



The Andean Explorer involves you in an exquisitely area decorated with subtle, delicate style of the great Pullman trains of the twenties. It includes dining cars and a car-bar. The Andean Explorer is one the most of luxurious and different way of travel

between Cuzco and Lake Titicaca.

Mentioned among The Best Journeys by Train of the World and one of the best two in South America (Society of International Railway Travelers)

Readers of The Guardian, The Observer and the Guardian Unlimited, selected The Andean Explorer as The Best Second Long Distance Tourism Destination.

Breakfast, Lunch & Dinner - Hotel Casa Andina Private Collection

[Day 12 Puno - Copacabana \(Bolivia\) \(Tue, Aug 30\)](#)

Overland journey from Puno to Juli, located at the shores of Lake Titicaca. Hydrofoil cruise to Moon Island, visit the Sun Virgins Temple "Iñak Uyu". Continue to Sun Island, to visit the Pilcocaina Sun Temple. Enjoy a Llama trek to the hotel. Lunch upon arrival; the afternoon is at leisure to explore the surroundings.

Breakfast, Lunch & Dinner – Posada del Inca Eco Lodge



[Day 13 Copacabana - La Paz \(Wed, Aug 31\)](#)

The morning is at leisure. Around noon visit the Inca "Grand Stairs" and the Sacred Fountain; taste the water believed to give eternal youth and happiness. Lunch at the Uma Kollu archaeological Restaurant; Visit the small handicraft market. Hydrofoil cruise to Copacabana and visit to the shrine and the Dark Indian Virgin. Overland journey to Huatajata, including Tiquina Strait crossing. On arrival, visit the Andean Roots Eco Village: The Altiplano Museum; Handicrafts village, the Mud Igloos and the mortuary towers of the Urus Chipayas. Meet the Limachi family, builders of the RA II and Tigris for epic expeditions across the Atlantic Ocean. Enjoy our elegant vicuñas, llamas, alpacas and the mythical Suri. Overland journey to your hotel in La Paz.

Breakfast, Lunch & Dinner – Hotel Casa Grande

[Day 14 La Paz \(Thu, Sep 01\)](#)

At 8 a.m. we'll pick you up from your hotel to visit the archaeological complex of Tiahuanaco, one of the most ancient civilizations of the Americas (approx. 1589 B.C.). During its golden age it served as the main ceremonial center and was also the cradle of Andean culture. We'll visit the Temple of Kalasasaya (Sun), the Gate of the Sun, the Semi-Subterranean Temple (Earth), the Akapana Pyramid and its museum, where you can see an impressive collection of objects and instruments from ancient civilizations. After this visit, we will return to the hotel. In the afternoon, we'll visit the famous Witches' Market, the colonial Church of San Francisco and the handicraft shops of Calle Sagarnaga. We'll continue our tour through the city of La Paz with Plaza Murillo, where the Government Palace, the Metropolitan Cathedral and the Parliament are located. We'll then move on to the well-known Jaen street, where the city's most important museums are located. From here we'll move on to the replica of the Tiahuanaco culture's semi-underground temple. At the end of this visit, we'll shift gears and go to the residential areas of Obrajes, Calacoto and La Florida. Our trip will end with a visit to the spectacular Valley of the Moon, where we'll go on a short walk to visit a pottery workshop and view a demonstration of this art. At night we will have our farewell dinner.

Breakfast, Lunch & Dinner – Hotel Casa Andina Private Collection

[Day 15 End \(Fri, Sep 02\)](#) Transfer to airport for your flight connecting back home.

Breakfast

Extra Information:

High Altitude Sickness

The town of Cusco lies at an average of 11,100 feet (3,400 m), and visitors often experience mild altitude sickness such as dizziness, lethargy and headaches. The local climate is extremely dry and mild, with daytime temperatures between 18–25 °C (64–77 °F) in the winter (June to August). Nighttime temperatures routinely drop below 0 °C (32 °F) and can reach as low as –10 °C (14 °F) in the winter.

At higher altitudes, the pressure of the air around you (barometric pressure) decreases so there is less oxygen in surrounding air. People can live comfortably at moderately high altitudes, but the body must make some adjustments, and this takes time. If you ascend to altitudes above 8,000 feet, you will be in danger of developing uncomfortable or dangerous symptoms from the change in altitude.

You can treat mild altitude sickness with rest and pain relievers. The drug acetazolamide can speed recovery. This drug balances your body chemistry and stimulates breathing.

If you have symptoms of altitude sickness, avoid alcohol, sleeping pills and narcotic pain medications. All of these can slow your breathing, which is extremely dangerous in low-oxygen conditions.

You can treat high-altitude cerebral edema with supplemental oxygen and the drug dexamethasone, which decreases brain swelling.

Information provided by Harvard Health Publications

Full report <http://www.drugs.com/health-guide/altitude-sickness.html>