



# **Mountains to the Lakes**

Country(ies): Bolivia, Peru

Tour type: Small Group

Transport: Local buses, sleeper bus & train

Group size: Min: 2 | Max: 14

Days: 21 days

Start Location: Lima, Peru

End Location: La Paz, Bolivia

Meals: Breakfasts - 20, Lunches - 4, Dinners - 4

#### **Highlights:**

Wildlife of the Ballestas Islands, Nazca Lines, condors of Colca Canyon, Inca ruins at Machu Picchu, colonial Cuzco, waters of Lake Titicaca, impressive La Paz



# **Itinerary**

## Day 1: Arrive into Lima. Transfer to hotel

Upon arrival our staff will meet you at the airport and transfer you to your hotel in Lima for the start of your trip.

**OVERNIGHT:** Lima hotel

**MEALS:** None

**EXTRAS:** Extra Day in Lima - pre-tour Single room supplement (PRSGML)

# Day 2: Lima, drive to Paracas National Reserve, Ballestas Island boat trip

Departing Lima, our tour begins with a trip south to the Ballestas Islands nestled in the Paracas National Reserve. We enjoy a boat ride here to view the incredible concentration of rare and exotic birds and sea mammals which make this one of the most important marine reserves in the world.

**OVERNIGHT:** Paracas hotel

**MEALS:** Breakfast

**EXTRAS:** 

## Day 3: Drive through the Ica Desert to the Oasis of Huacachina

This morning we make the short drive through the Ica Desert to the heart of Peru's wine region. Visiting the Tacama winery we have the chance to sample the local wine as well as the country's national drink, Pisco. We then head to the nearby Oasis of Huacachina - a palm fringed lake surrounded by sand dunes where we can relax on the beach and enjoy a swim before we take things up a notch with a thrill inducing dune buggy ride over the massive sand dunes. This evening enjoy the desert sunset as we make camp and sleep under the stars.

**OVERNIGHT:** Huacachina camping

**MEALS:** Breakfast

**EXTRAS:** 

## Day 4: Nazca Lines & Chauchilla Cemetery

Today we travel to one of South America's most mysterious sites as we visit the intriguing Nazca Lines. Believed to have been present for over 2,000 years these huge figures carved into the desert floor were only discovered 80 years ago from the air and as such there are many contrasting theories as to what they actually signify – feel free to ask the locals! Optional flights to view the Nazca Lines from the air are available locally for around USD 80-100, payable locally.

We then head to the Chauchilla Cemetery famous for its well-preserved mummies before saying goodbye to the Atacama Desert to begin our climb into the Andes towards Arequipa.

**OVERNIGHT:** Overnight coach to Arequipa

**MEALS:** Breakfast

**EXTRAS:** 

#### Day 5: Free day in Arequipa

After arriving in Arequipa this morning, the next few days are spent in and around the town and the nearby Colca Canyon. We include an overnight visit to the Colca Canyon, which at 900m is not only one of the deepest in the world but also the home of the majestic Condors. Here you can view the condors circling lazily in the thermals rising from the canyon floor. Some of the other activities available to arrange in this beautiful part of Peru include white water rafting, cycling, horse riding and trekking.

**OVERNIGHT:** Arequipa hotel

**MEALS:** Breakfast

**EXTRAS:** 

## Day 6: Arequipa and the Colca Canyon

Full day in and around Colca Canyon to enjoy optional activitis including white water rafting, cycling, horse riding and trekking.

**OVERNIGHT:** Arequipa hotel

**MEALS:** Breakfast

**EXTRAS:** 

## Day 7: Arequipa and the Colca Canyon

Full day in and around Colca Canyon to enjoy optional activities including white water rafting, cycling, horse riding and trekking.

**OVERNIGHT:** Arequipa hotel

**MEALS:** Breakfast

**EXTRAS:** 

## Day 8: Arequipa free day

You have another free day in Arequipa today with various options available before we head to the bus station for the overnight coach to Cusco.

**OVERNIGHT:** Overnight coach to Cusco

**MEALS:** Breakfast

**EXTRAS:** 

# Day 9: Arrive in Cuzco, Sacred Valley of the Incas option

An overnight coach journey carries us through the Andes to Cuzco - the adventure capital of Peru and starting point of the Inca trail. We will be based here for the next 7 days as we seek to explore the dramatic landscape and learn about the unique cultures that have existed here for thousands of years. Arriving early morning we have chance to tour the stunning Sacred Valley of the Incas, home to temples, terrace fields and bustling local markets before returning to Cuzco for a good night's sleep in preparation of our trek the next day.

**OVERNIGHT:** Cuzco hotel

**MEALS:** Breakfast

**EXTRAS:** 

#### Day 10: Begin Inca Trail, trek to Machu Picchu

We head out early from Cuzco to the Urubamba Valley from where we begin our 4-day trek along the Inca Trail to Machu Picchu. A stunning combination of panoramic views, Inca ruins and magnificent mountains make this one of the most exotic adventures in the world. Reaching over 4,200m in places the trail winds up through lush valleys and tiny, hospitable villages where we spend the nights. All guides and porters are included on the trek.

**OVERNIGHT:** Basic accommodation & camping

MEALS: Breakfast, Lunch, Dinner

**EXTRAS:** 

#### Day 11: Trek to Machu Picchu

Full day spent trekking along the Inca Trail to Machu Picchu.

**OVERNIGHT:** Basic accommodation & camping

MEALS: Breakfast, Lunch, Dinner

**EXTRAS:** 

## Day 12: Trek to Machu Picchu

Full day spent trekking along the Inca trail to Machu Picchu.

**OVERNIGHT:** Basic accommodation & camping

MEALS: Breakfast, Lunch, Dinner

**EXTRAS:** 

## Day 13: Trek to Machu Picchu, train to Cuzco

Today we complete our trek to Machu Picchu then we return to Cuzco by train.

**OVERNIGHT:** Cuzco hotel

**MEALS:** Breakfast

**EXTRAS:** 

## Day 14: Cuzco, free time

To help recover from our trek we have 2 free days in Cuzco. Feel free to explore more of the city and its museums and churches or look for local crafts from Alpaca woollen jumpers to Andean musical instruments and local jewellery. If you still have the energy you can arrange an adventurous white water rafting trip on either the Urubamba or Apurimac River.

**OVERNIGHT:** Cuzco hotel

**MEALS:** Breakfast

**EXTRAS:** 

#### Day 15: Cuzco, free time

Full day free to explore more of Cuzco or enjoy some of the many optional activities available.

**OVERNIGHT:** Cuzco hotel

**MEALS:** Breakfast

**EXTRAS:** 

## Day 16: Cuzco, drive to Lake Titicaca

Lying at 3,800m on the border between Peru and Bolivia, this morning we get our first glimpse of the deep blue waters that make up the extraordinary Lake Titicaca. Home to the Uros Indians who reside on unique floating reed islands we are fortunate enough to be able to visit these islands and spend the night with one of the Indian families on the lesser known islands of Isla Amantani or Taquile.

**OVERNIGHT:** Puno hotel

**MEALS:** Breakfast

**EXTRAS:** 

## Day 17: Islands of Lake Titicaca

Today we head out to one of the lesser known islands of Isla Amantani or Taquile to experience the life of Uros Indians. This unique culture is centre around the floating reed islands where we spend the night with one of the Indian families.

**OVERNIGHT:** Homestay

MEALS: Breakfast, Lunch, Dinner

EXTRAS:

## Day 18: Puno, free time

Today is free to relax in Puno, on the shores of Lake Titicaca.

**OVERNIGHT:** Puno hotel

**MEALS:** Breakfast

**EXTRAS:** 

#### Day 19: Lake Titicaca, travel to Bolivia

Bidding farewell to Peru, we cross the border into Bolivia and arrive at the picturesque lakeside village of Copacabana where we stop for the night.

**OVERNIGHT:** Copacabana hotel

**MEALS:** Breakfast

**EXTRAS:** 

#### Day 20: Drive to La Paz

We continue today onto the impressive capital city of La Paz, where the rest of the day and the whole of the following day are yours to explore the markets, museums and bustling streets at leisure.

**OVERNIGHT:** La Paz hotel

**MEALS:** Breakfast

**EXTRAS:** 

## Day 21: La Paz, transfer to airport for departure

Free time in La Paz then transfer to airport for departure.

**OVERNIGHT:** N/A **MEALS:** Breakfast

EXTRAS: Extra day in La Paz - post-tour

#### Included:

- Airport transfer on arrival in Lima
- Ballestas Islands boat tour
- Inca Trail Trek to Machu Picchu (4-day trek including all meals and guide)
- Entrance to Machu Picchu
- Return train from Machu Picchu
- All accommodation (small & simple hotels & guesthouses & 3 nights camping on Inca Trail)
- Meals as per itinerary
- Services of local tour guides and representatives plus Inca Trail trekking guide
- All local transport

#### **Excluded:**

Airport transfers from internal flights

- Optional excursions as listed in the pre-departure information
- International flights
- Meals not specified
- Travel insurance (mandatory, get quote here)
  Entrance fees to sites visited
- Airport taxes
- Drinks
- Visas
- Tips

# **Options**

Our tours are designed to include all that you need to enjoy a really special time in the destination you're visiting. However, we do also offer some extra options to complement the tour and add some additional sightseeing or activities, or some extra time at either end of the tour.

All accommodation based options (e.g. Single supplements, extra nights, cruise upgrades) should be booked and paid for in advance so that we can make the appropriate arrangements. Other options may either be booked and paid for in advance or while you are on the tour, though we recommend booking in advance to ensure there are no issues with availability.

Many options are priced the same throughout the year, but some may incur single or high season supplements - full details are given on the tour reservation form or on request.

## Single room supplement (PRSGML)

Min numbers: 1

The tour price is based on 2 people sharing twin/double rooms. This option books a single room in all the accommodation throughout the tour. If you are a single traveller and would be happy to share a room, let us know and we will see if we can pair you up with another single traveller of the same sex. If a room share is not available when you book then we will add the single room supplement to your booking and it will be payable with your balance payment unless we have arranged a room share for you by then. If a room share is arranged after you have paid the supplement then we will refund it to you. Room shares are arranged in order of booking.

Note: Single supplement prices may vary seasonally.

## Extra day in La Paz - post-tour

Min numbers: 1

This option adds an extra day to the end of your tour, staying in the same hotel as the main tour itself (subject to availability). Your airport departure transfer is still included. Prices shown are per person and based on two people sharing.

Note: Single room and peak season supplements apply.

## Extra day in La Paz - pre-tour

Min numbers: 1

This option adds an extra day to the start of your tour, staying in the same hotel as the main tour itself (subject to availability). Your airport arrival transfer is still included. Prices shown are per person and based on two people sharing.

**Note**: Single room and peak season supplements apply.

#### 1. Accommodation

We use good quality small & simple hotels & guesthouses on this tour. Tours visiting the Oasis of Huacachina and the Inca trail trek will also include four nights camping.

Accommodation is based on dorm, twin, triple or double en-suite rooms. We will endeavour to give all couples a private double room. Single travellers may choose to pay a single room supplement to guarantee themselves a single room throughout the tour. Alternatively, they may choose to share a room with one or two other travellers of the same sex. If there are no other single travellers available for you to pair up with at the time of your booking, then we will need to add the single supplement to your tour price, but will refund this or deduct it from your balance payment if we are able to pair you up later on.

Please be aware that hotels in Peru can suffer from common problems such as electrical failure, plumbing faults and other technical difficulties and hot water may occasionally be temperamental if a lot of people are using the showers at the same time. This is a possibility throughout all classes of hotels.

On the Classic Inca trail tents are provided and sleeping bags can be hired locally if you don't want to bring your own.

#### 2. Transfers

The tour includes a 24-hour airport meet & assist service in Lima & La Paz airports, your arrival and departure airport-hotel transfers and all other transfers.

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**Note:** Please <u>download an up-to-date copy</u> of these tour notes shortly before you travel as itineraries and information does change from time to time.