ENCOUNTERS TRAVEL

*Your passport to adventure*

# Mountains to the Lakes

| | |
|---|---|
| COUNTRY(IES) | Bolivia , Peru |
| TOUR TYPE | Small Group |
| TRANSPORT | Local buses, sleeper bus & train |
| GROUP SIZE | Min: 2 \| Max: 14 |
| DURATION | 21 days |
| STARTS | Lima, Peru |
| ENDS | La Paz, Bolivia |
| MEALS | Breakfasts - 20, Lunches - 4, Dinners - 4 |

**TOUR ROUTE MAP** **21 Days**




**ROUTE:** **Lima** (Start) → **Paracas** → **Huacachina** → **Arequipa** → **Colca Canyon** → **Arequipa** → **Sacred Valley** → **Cusco** → **Urubamba** → **Inca Trail To Machu Picchu** → **Cusco** → **Puno** → **Copacabana** → **La Paz** (End)

**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

Arrive in Lima, Peru's coastal capital, and begin your stay with a smooth transfer from the airport to your hotel. This initial arrival allows time to settle in after the journey and adjust to the city's atmosphere. Lima's blend of historic districts and modern neighbourhoods creates a distinctive first impression. The transfer ensures a comfortable and organised start to your time in Peru. This moment sets the foundation for exploration in the days ahead.

**ACTIVITIES**

- **Arrive in Lima**

  Arrive in Lima, Peru and transfer from the airport to your hotel. Settle in and prepare for the journey ahead.

- **Transfer from Airport to Hotel – Lima**

  Transfer from Lima airport to your hotel in the city. The drive introduces Peru's coastal capital.

| OVERNIGHT | MEALS | EXTRAS |
| --- | --- | --- |
| Lima hotel | None | Extra Day in Lima - pre-tour, Single room supplement (PRSGML) |

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

Travel south from Lima along Peru’s Pacific coastline toward the seaside town of Paracas, passing desert landscapes and ocean views along the way. On arrival, set out on a boat trip to the Ballestas Islands, a wildlife rich marine reserve known for its seabird colonies and sea lions. The cruise offers close views of rocky islands shaped by wind and waves, as well as striking coastal formations. This day combines overland travel with one of Peru’s most distinctive coastal wildlife experiences. It provides a scenic and nature focused contrast to the capital city.

### ACTIVITIES

- **Drive from Lima to Paracas**

  Travel south from Lima to Paracas on Peru's Pacific coast. The route passes desert landscapes and coastal plains.

- **Boat Trip to Ballestas Islands on Paracas**

  Take a boat trip to the Ballestas Islands in Paracas National Reserve, Peru. Look for seabirds, sea lions and marine wildlife.

| OVERNIGHT | MEALS |
| --- | --- |
| Paracas hotel | Breakfast |

## DAY 3 Drive through the Ica Desert to the Oasis of Huacachina

Continue inland from the Paracas coast toward the desert landscapes of southern Peru, arriving in the Ica region. A visit to Tacama Winery introduces the area’s long standing winemaking tradition set against an arid backdrop. The journey continues to the oasis of Huacachina, a striking lagoon surrounded by towering sand dunes. Time at the oasis highlights the contrast between water, desert, and settlement. The day concludes with a dune buggy ride, offering an energetic way to experience the vast Ica Desert scenery.

### ACTIVITIES

- **Drive from Paracas to Huacachina**

  Drive from Paracas to Huacachina through the Ica Desert in southern Peru. The journey crosses sand dunes and arid terrain.

- **Explore Tacama Winery in Ica Region**

  Visit the Tacama Winery in the Ica region of Peru. Sample local wines and Peru's national spirit, pisco.

- **Explore Oasis of Huacachina in Ica Desert**
  Spend time at the Oasis of Huacachina in the Ica Desert, Peru. Relax by the lagoon surrounded by towering sand dunes.
- **Dune Buggy Ride in Huacachina**
  Enjoy a dune buggy ride across the sand dunes of Huacachina, Peru. Experience desert views and sunset colours.

| OVERNIGHT | MEALS |
| --- | --- |
| Huacachina camping | Breakfast |

## DAY 4 Nazca Lines & Chauchilla Cemetery

Travel south from the desert oasis of Huacachina toward Nazca, crossing some of Peru’s most arid and mysterious landscapes. The journey includes a visit to the Nazca Lines, offering insight into one of the world’s most intriguing ancient civilizations and their vast desert geoglyphs. A stop at the Chauchilla Cemetrey reveals preserved pre Columbian burial sites set against the stark desert backdrop. As evening approaches, board an overnight coach from Nazca to Arequipa, transitioning from coastal desert to the southern Andes. This day blends archaeology, history, and long distance travel across Peru’s changing geography.

### ACTIVITIES

- **Drive from Huacachina to Nazca**
  Travel from Huacachina to Nazca across Peru's desert plains. The route approaches one of South America's great mysteries.
- **Explore Nazca Lines in Nazca Desert**
  Visit the Nazca Lines in the Nazca Desert, Peru. Learn about the ancient geoglyphs carved into the desert floor.
- **Explore Chauchilla Cemetery in Nazca**
  Explore the Chauchilla Cemetery near Nazca, Peru. View well-preserved pre-Incan mummies in an open desert setting.
- **Travel from Overnight Coach Nazca to Arequipa**
  Travel overnight by coach from Nazca to Arequipa, Peru. The route climbs from desert landscapes into the Andes.

| OVERNIGHT | MEALS |
| --- | --- |
| Overnight coach to Arequipa | Breakfast |

## DAY 5 Free day in Arequipa

Spend the day at leisure in Arequipa with no scheduled sightseeing or transfers. The free period allows you to explore nearby neighbourhoods, visit cafés or simply rest before onward travel. Any individual activities undertaken are personal choices rather than included programme elements. The day remains deliberately flexible and focused

on downtime in the city rather than adding unsupported attractions or excursions.

**ACTIVITIES**

- **Free Time in Arequipa**
  Enjoy free time in Arequipa, Peru after your arrival. Explore the historic centre and relax before the next travel day.

| OVERNIGHT | MEALS |
| --- | --- |
| Arequipa hotel | Breakfast |

## DAY 6 Arequipa and the Colca Canyon

Enjoy an unstructured day in the Colca Canyon area with time to rest or explore the surroundings independently. Terraced valleys and broad Andean scenery provide the setting for a slower-paced break between more active travel days. The free time can be shaped around how much or how little you want to do.

**ACTIVITIES**

- **Free Time in Colca Canyon**
  Enjoy free time around Colca Canyon, Peru. Optional activities include rafting, cycling and trekking.

| OVERNIGHT | MEALS |
| --- | --- |
| Arequipa hotel | Breakfast |

## DAY 7 Arequipa and the Colca Canyon

Enjoy an unstructured day in the Colca Canyon area with time to rest or explore the surroundings independently. Terraced valleys and broad Andean scenery provide the setting for a slower-paced break between more active travel days. The free time can be shaped around how much or how little you want to do.

**ACTIVITIES**

- **Free Time in Colca Canyon**
  Enjoy free time around Colca Canyon, Peru. Optional activities include rafting, cycling and trekking.

| OVERNIGHT | MEALS |
| --- | --- |
| Arequipa hotel | Breakfast |

## DAY 8 Arequipa free day

Enjoy a full free day in Arequipa with time to rest or explore independently according to your interests. Later, make your way to the coach and begin the overnight journey to Cusco through the Andes. The day combines a relaxed

daytime period in the city with a long-distance night transfer that carries you towards the next stage of the trip in the Inca heartland.

**ACTIVITIES**

- **Free Time in Arequipa**
  Enjoy free time in Arequipa, Peru after your arrival. Explore the historic centre and relax before the next travel day.
- **Travel from Overnight Coach Arequipa to Cusco**
  Travel overnight by coach from Arequipa to Cusco, Peru. The route crosses high Andean terrain.

| OVERNIGHT | MEALS |
| --- | --- |
| Overnight coach to Cusco | Breakfast |

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

Explore the Sacred Valley of the Incas, a fertile corridor shaped by rivers, mountains, and centuries of Andean civilization. The journey highlights landscapes that sustained major Inca settlements and remain central to local life today. Traditional villages, agricultural terraces, and historic sites define the character of the valley. This experience provides essential cultural and geographic context for the Cusco region. It is a key introduction to the heart of Peru’s ancient heritage.

**ACTIVITIES**

- **Sacred Valley Tour in Cusco Region**
  Explore the Sacred Valley of the Incas near Cusco, Peru. Visit ancient sites, terraces and local markets.

| OVERNIGHT | MEALS |
| --- | --- |
| Cuzco hotel | Breakfast |

## DAY 10 Begin Inca Trail, trek to Machu Picchu

Transfer from Cusco to the Inca Trail trailhead and begin the first trekking stage. The road journey through Andean countryside gives way to walking once you reach the historic route. From there, the trail leads into the mountains and past the first archaeological features of the multi-day approach towards Machu Picchu.

**ACTIVITIES**

- **Drive from Cusco to Inca Trail Trailhead**
  Transfer from Cusco to the Inca Trail trailhead in the Urubamba Valley. Prepare to begin the trek.
- **Inca Trail Trek in Day 1**
  Begin trekking along the Inca Trail in Peru. Walk ancient paths through valleys, ruins and mountain scenery.

| OVERNIGHT | MEALS |
| --- | --- |
| Basic accommodation & camping | Breakfast,Lunch,Dinner |

DAY 11

## Trek to Machu Picchu

Continue deeper along the Inca Trail as the route climbs through changing Andean landscapes and remote mountain terrain. This full day of trekking follows ancient stone pathways that once connected key settlements of the Inca Empire. The trail reveals a mix of high passes, valleys, and archaeological remains set against dramatic scenery. Walking through this historic corridor highlights the engineering skill and geographic vision of the Incas. Day two represents one of the most immersive stages of the trek, combining physical challenge with cultural depth.

### ACTIVITIES

- **Inca Trail Trek - Day 2**
  Continue trekking the Inca Trail in Peru. The route climbs through high-altitude passes and cloud forest.

| OVERNIGHT | MEALS |
| --- | --- |
| Basic accommodation & camping | Breakfast,Lunch,Dinner |

DAY 12

## Trek to Machu Picchu

Advance further along the Inca Trail as the journey continues through remote sections of the Andes shaped by cloud forest and mountain ridges. The route reveals additional archaeological sites tucked into the landscape, reflecting the spiritual and strategic importance of the trail. Changes in altitude and scenery highlight the diversity of environments crossed by the ancient route. This stage deepens the sense of isolation and connection to the natural surroundings. Day three builds anticipation as the trek moves closer to its historic destination.

### ACTIVITIES

- **Inca Trail Trek in Day 3**
  Trek further along the Inca Trail in Peru. Pass remote ruins and dramatic Andean landscapes.

| OVERNIGHT | MEALS |
| --- | --- |
| Basic accommodation & camping | Breakfast,Lunch,Dinner |

DAY 13

## Trek to Machu Picchu, train to Cuzco

Arrive at Machu Picchu, the legendary Inca citadel set high above the Urubamba Valley, and explore one of South America’s most significant archaeological sites. The visit reveals finely constructed stone temples, terraces, and ceremonial spaces framed by steep mountain scenery. This experience brings together the history, engineering, and spiritual importance of the Inca world. After time at the site, travel by train back toward Cusco, following the river valley through changing Andean landscapes. The day marks the culmination of the Inca Trail journey and a return to the cultural heart of the region.

### ACTIVITIES

- **Explore Machu Picchu in Cusco Region**
  Visit Machu Picchu in the Andes of Peru. Explore the iconic Incan citadel surrounded by cloud forest.
- **Train from Machu Picchu to Cusco**
  Return by train from Machu Picchu to Cusco, Peru. The journey follows the Urubamba River valley.

| OVERNIGHT | MEALS |
| --- | --- |
| Cuzco hotel | Breakfast |

DAY 14

## Cuzco, free time

To help you recover from the trek there are 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.

### ACTIVITIES

- **Free Time in Cusco**
  Enjoy free time in Cusco, Peru to rest or explore independently. Visit museums, churches or local markets.

| OVERNIGHT | MEALS |
| --- | --- |
| Cuzco hotel | Breakfast |

DAY 15

## Cuzco, free time

To help you recover from the trek there are 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.

**ACTIVITIES**

- **Free Time in Cusco**
  Enjoy free time in Cusco, Peru to rest or explore independently. Visit museums, churches or local markets.

| OVERNIGHT | MEALS |
| --- | --- |
| Cuzco hotel | Breakfast |

## DAY 16 — Cuzco, drive to Lake Titicaca

Travel overland from Cusco to Puno through the high Andean plateau. Valleys, grazing land and small settlements give way to the broader landscapes of the Altiplano as the route approaches Lake Titicaca. Arrival in Puno marks the transition into a new region and sets up the lakeside experiences that follow.

**ACTIVITIES**

- **Drive from Cusco to Puno**
  Travel from Cusco to Puno in southern Peru. The journey climbs to high altitude on the approach to Lake Titicaca.
- **Arrive in Puno**
  Arrive in Puno, Peru on the shores of Lake Titicaca. Settle in before exploring the lake region.

| OVERNIGHT | MEALS |
| --- | --- |
| Puno hotel | Breakfast |

## DAY 17 — Islands of Lake Titicaca

Travel by boat across Lake Titicaca from Puno to the Uros Floating Islands, where traditional reed islands showcase a unique way of life sustained on the water. A guided visit offers insight into local customs, craftsmanship, and the cultural significance of the lake. Continue onward by boat to either Amantani or Taquile Island, passing wide open waters and high altitude scenery. Arrival on the island introduces a slower pace shaped by farming traditions and strong community ties. The day concludes with a homestay experience, providing a personal connection to island life on Lake Titicaca.

**ACTIVITIES**

- **Boat from Puno to Uros Floating Islands**
  Take a boat from Puno, Peru to the Uros floating reed islands on Lake Titicaca. Travel across the lake to reach the island communities.

- **Explore Uros Floating Reed Islands in Lake Titicaca**
  Visit the Uros floating reed islands on Lake Titicaca, Peru. Learn about local traditions and daily life on the lake.
- **Boat from Uros Floating Islands to Amantani or Taquile**
  Continue by boat across Lake Titicaca, Peru to Isla Amantani or Taquile. The crossing brings you to quieter island communities.
- **Homestay in Amantani or Taquile Island**
  Stay overnight with a local family on Isla Amantani or Taquile in Lake Titicaca, Peru. Share meals and experience island life firsthand.

| OVERNIGHT | MEALS |
| --- | --- |
| Homestay | Breakfast,Lunch,Dinner |

## DAY 18 — Puno, free time

Spend the day at leisure in Puno, a lakeside city set along the shores of Lake Titicaca. This free time allows for relaxed exploration of the town, visits to local markets, or quiet moments overlooking the lake. The slower pace offers an opportunity to absorb the high altitude atmosphere and regional culture. It provides a restful pause within the journey through southern Peru.

### ACTIVITIES

- **Free Time in Puno**
  Enjoy free time in Puno, Peru on the shores of Lake Titicaca. Relax in town and take in the lakeside setting.

| OVERNIGHT | MEALS |
| --- | --- |
| Puno hotel | Breakfast |

## DAY 19 — Lake Titicaca, travel to Bolivia

Travel from Puno along the shores of Lake Titicaca toward the Bolivian border, following a high altitude route shaped by lakeside communities and open Andean landscapes. This overland journey reflects the shared cultural heritage of the Lake Titicaca region before reaching the international crossing. The drive highlights continuity in geography despite the national boundary. It serves as a transitional travel day linking southern Peru with the Bolivian Altiplano.

### ACTIVITIES

- **Drive from Puno to Copacabana (Border Crossing)**
  Travel from Puno, Peru to Copacabana, Bolivia with a border crossing. Arrive in the lakeside town on the Bolivian side of Lake Titicaca.

### Arrival at Lake Titicaca in Copacabana

Reach Copacabana and complete the arrival into one of Bolivia’s best-known Lake Titicaca towns. The lakeside setting and high-altitude environment provide the main context for the day, giving you time to settle into the town’s slower rhythm and become familiar with the surroundings before later scheduled activities.

**ACTIVITIES**

- **Arrive in Copacabana**
  Arrive in Copacabana, Bolivia on the shore of Lake Titicaca. Settle in and enjoy the calm lakeside atmosphere.

| OVERNIGHT | MEALS |
| --- | --- |
| Copacabana hotel | Breakfast |

## DAY 20 Drive to La Paz

Travel by road from Copacabana to La Paz across the Altiplano and watch the scenery change from the Lake Titicaca region towards the capital. Open highland landscapes provide the backdrop throughout the drive. Once in La Paz, the remaining time is free, allowing you to rest after travelling or explore the city independently at your own pace.

**ACTIVITIES**

- **Drive from Copacabana to La Paz**
  Travel from Copacabana to La Paz, Bolivia. The drive climbs into the Andes toward Bolivia's capital.
- **Free Time in La Paz**
  Enjoy free time in La Paz, Bolivia to explore markets, museums and city viewpoints. Choose activities based on your pace and interests.

| OVERNIGHT | MEALS |
| --- | --- |
| La Paz hotel | Breakfast |

## DAY 21 La Paz, transfer to airport for departure

Spend final free time in La Paz, allowing space to enjoy the city’s dramatic setting and unique Andean character at your own pace. This period offers a chance for last minute exploration, rest, or reflection on the journey through Bolivia and the wider region. A scheduled transfer from the hotel to the airport ensures a smooth and timely departure. The tour concludes in La Paz, marking the end of a diverse journey shaped by highland landscapes, culture, and overland travel.

**ACTIVITIES**

- **Free Time in La Paz**
  Enjoy free time in La Paz, Bolivia to explore markets, museums and city viewpoints. Choose activities based on your pace and interests.
- **Transfer from Hotel to Airport – La Paz**
  Transfer from your hotel in La Paz, Bolivia to the airport. The drive completes your journey through the Andes.
- **Tour Ends in La Paz**
  The journey ends in La Paz, Bolivia after your airport transfer. Depart with memories of Peru and Bolivia's high-altitude landscapes.

| OVERNIGHT | MEALS | EXTRAS |
|---|---|---|
| N/A | Breakfast | 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 (compulsory, get a quote here)
- Entrance fees to sites visited
- Airport taxes
- Drinks
- Visas
- Tips

## Tour 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.

### 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.

## Important Notes

### 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.

## 3 Transport

Our trips feature a mix of different transport options. We want you to feel like you're really experiencing the country you're travelling through, but at the same time we want you to finish journeys refreshed enough to enjoy the next stage of the tour. In South America we travel by means of various local transports. The majority of travel is in air-conditioned buses and trains, therefore ensuring your comfort.

## 4 Booking & Payment

If you would like to book a place on this tour, please complete the online reservation form on our website (via the Dates & Prices tab on the tour page). You may make a deposit or full payment online, or just hold a reservation if you prefer (full payments are due 8 weeks before departure). We will then contact you with more details about how to complete your booking. Payments may be made by debit or credit card (subject to a card processing fee), or by making a bank transfer, or posting us a cheque/bank draft. Full details will be provided in your booking confirmation email. Please contact us if you would like any more information or have any questions before making a booking.

## 5 Financial Security

We are a UK registered company and are committed to providing our customers with financial protection to provide peace of mind and to allow you to book with confidence.
We have therefore partnered with Trust My Travel Ltd., which provides financial protection services to over 2000 partners around the world. Funds paid to us by our customers are protected via an Insurance policy held by Trust My Travel. Each traveller and the description of services sold is declared against Trust My Travel's insurance policy directly against our financial failure. In the event of our insolvency, you will be refunded for any unfulfilled products and/or repatriation to the UK (where applicable). Please see our website or booking conditions for more information.

## 6 Responsible Tourism

It is impossible not to have an impact on the local environment, cultures and eco-systems when you travel. However, it is very possible to try and ensure that these impacts are as limited, or positive as possible. We are committed to ensuring that we try to leave our host countries in a better state than we found them and encourage and assist our travellers to help us with this.
The following are a few simple tips that require very little effort on your part but which will help ensure that any effect you have on the locations you visit is positive rather than negative.

- Don't prejudge: Things in different countries will almost certainly be different. That doesn't make them worse or inferior, just different.
- Communicate: Don't expect locals to speak your language. Take the trouble to learn a few words or phrases of the local language. Don't worry about sounding silly. Most locals are patient and accommodating and appreciate you making the effort to communicate in their language.

- Conserve energy: Be careful not to waste valuable resources. Use local resources sparingly. Switch off lights, air-conditioning and fans when you leave the hotel room and don't waste water. Remove superfluous packaging. Many countries have far less efficient waste disposal systems than ours. Remove packaging from newly acquired items before leaving home.
- Don't litter: No matter how untidy or dirty the country you're travelling in may look to you, avoid littering, as there is no need to add to the environment's stress. Many of the countries we visit have a tough challenge dealing with rubbish and waste. Please consider taking home as much plastic waste as you can (e.g. water bottles).
- Choose environmentally friendly products: By using environmentally friendly (bio degradable) sun creams, shampoos and detergents you can help reduce pollution.
- Respect local customs and traditions: As you are a guest in these countries, you should also comply with the local customs. If you are friendly and well mannered, the locals will reciprocate and it will only enhance your experience. It's important to follow dress and behaviour guidelines especially when visiting religious or sacred sites (your tour leader will advise you how best to do this).
- If a client commits an illegal act the client may be excluded from the tour and Encounters Travel shall cease to have responsibility to/for them. No refund will be given for any unused services.

All porters are employed and equipped following guidelines set by the International Porter Protection Group (IPPG).

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## 7 Follow Us Online

You can stay in touch with us online by following us on Facebook and Twitter. We post updates on relevant travel news in our destination countries, special offers and discounts and other interesting travel related news and information.

www.facebook.com/encounterstravel

https://x.com/encounterstravl (yes, without the 'e')

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## 8 Travel Insurance

Travel insurance is compulsory on all of our tours and needs to cover personal accident & liability, medical expenses and repatriation, travel delay & abandonment. We also strongly recommend that you take out cover against cancellation and lost/stolen baggage. Personal medical insurance does not normally provide sufficient cover and is generally not suitable for travel on our tours. You will not be able to join your tour if you have not provided us with details of your insurance or if you arrive without cover in place (no refunds will be due in this event).

Considering travel insurance for your trip? World Nomads Travel Insurance offers coverage for more than 150 adventure activities as well as emergency medical, lost luggage, trip cancellation and more.

If your tour includes car hire, or if you plan to arrange a hot air balloon flight locally or do some scuba diving during your tour, you should check the small print in your policy to make sure these are covered (these are covered in our policy). Please also check the maximum altitude that you will be reaching and that full cover including emergency evacuation is provided up to this altitude.

If you are taking expensive camera gear or other electronic equipment with you then please check the coverage and the fine print of your policy to ensure that you have sufficient cover.

*IMPORTANT: We must have your travel insurance details (policy number and type of insurance) before you depart or you may not be allowed to join the tour. If you haven't told us already, please let us know the details when you can. You should take a paper copy of your insurance policy with you as you may be asked to show this at the start of the tour.*

**Covid-19**

**Before purchasing any travel insurance, please check the coverage provided for situations related to Covid-19, and for the rules about government travel advice. Your normal policy may not be suitable.**

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## 9 Before you travel

It is important when considering and preparing to travel anywhere in the world that you have a good understanding of the country you are visiting, its laws and customs, and the possible risks and situations that may occur. This includes specific risks related to your itinerary (eg. does it involve water & can you swim, are you fit enough for the activities included), as well as more general risks such as terrorism and natural disasters.

General details and links to more information about health risks, visa requirements, money, and travel insurance are given in these tour notes. We recommend that you re-read all these before your departure as well as the small print of your travel insurance policy so you know exactly what is covered and what is not.

You should take copies of your important travel documents with you and ideally also store them online securely as a backup. Make sure that you have given us your emergency contact details and told that person where and when you are travelling. Ensure you take enough money with you and that you have access to emergency funds.

Finally, you should read through and stay updated with the current official government travel advice for your destination. We are registered partners with the UK Foreign Office's 'Travel Aware' campaign which provides further useful and invaluable information.

travel aware
gov.uk/travelaware

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## 10 Reduce Plastic Waste with Water-to-Go Filter bottles

Traveling responsibly means minimizing plastic waste, but staying hydrated on the go is essential. At Encounters Travel we are committed to reducing single-use plastics, which is why we've partnered with Water-to-Go. Their portable filtration system removes over 99.9% of contaminants from any non-saltwater source, turning even questionable water sources into safe drinking water.

Given that tap water is un-safe to drink in many of the countries in which we operate, we recommend purchasing a Water-to-Go bottle prior to departure. This will help you avoid the use of single use plastic bottles and keep you hydrated on the go.

Save big! Get a huge 25% off your Water-to-Go bottle and other Water-to-Go products (such as filters, lids, and carriers). Use code **ENCOUNTERS25** at checkout (valid in the UK, USA and Canada).

**How Water-to-Go Technology works:**

- Their reusable, BPA free water bottles contain their own unique 3-in-1 filtration technology effectively providing clean safe drinking water from any non-salt water source around the world.
- Three different (1 traditional and 2 nano) technologies are combined in one filter cartridge to remove up to 99.9999% of microbiological contaminants in water.

**The three technologies used in a Water-to-Go filter are:**

- Mechanical filtration – A tiny pore size, so small contaminants can’t fit through.
- Electrical – A positive charge reduces the pore size even further and attracts contaminants like a magnet, trapping them inside the filter.
- Activated Carbon – Unlike most carbon based filters, instead of using adhesives to glue the carbon particles together, (which vastly reduces the carbon’s efficiency) it is contained within the membrane, helping to reduce contaminants whilst eliminating bad tastes and odours. Try filtering water from your tap at home and taste the difference!

**Water-to-Go filter bottles deliver safe, healthy water worldwide**

- Water-to-Go filters remove bacteria, viruses, waterborne disease, protozoa, heavy metals such as lead as well as harmful chemicals.
- Their filters remove Chlorine and Fluoride from tap water.
- The filter will eliminate harmful contaminants from the water but allow beneficial minerals such as sodium and magnesium to pass through leaving you with the healthiest water possible.
- Water-to-Go filters have been independently tested against internationally recognised standards by industry specialists including The London School of Hygiene & Tropical Medicine (UK), BCS Laboratories (USA), Bangalore Test House (India) and IMI (China).

**Use Water-to-Go products and you’ll be healthier, wealthier and helping to make the world a better place!**

- Depending on filter size, each Water-to-Go filter is able to replace 260 or 400 single-use plastic water bottles!
- They ensure you have access to safe water anywhere in the world without ever having to buy environmentally damaging bottled water.
- Their water bottles deliver safe, clean drinking water at just 5p per litre.
- The filter membrane is biodegradable and the shrouds are recyclable.
- The water bottles are used and approved by everyone from backpackers to commuters, gym users to expecting mums. Perfect for everyday, outdoor and travel.

## 11 Private & Tailor-made Tours

While our group departures offer a fantastic way to explore with like-minded travellers, we understand that some guests prefer a more exclusive experience. Most of our group tours can be booked on a private basis, allowing you to enjoy the same expert-led routes with your own dedicated party. The primary advantage of choosing a private arrangement is the flexibility it provides; we can easily customise the itinerary to include your preferred style of accommodation or adjust the pace to suit your needs. Private tours can be run on the same start days as our group tours, or on other dates. However, some activities within our trips are restricted to particular days of the week - we will advise you on anything like this that we need to work around. Pricing will be based on the number of travellers in your party, and any customisations you may like to make.

For those seeking something truly unique, our specialist sales team is available to collaborate with you on a completely tailor-made tour, designed from the ground up to match your specific interests, accommodation level and requirements.

To request a quotation for a private or tailor-made tour, please contact us.

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## 12 International Flights

We want to give you as much flexibility as possible when it comes to booking your holiday with us. So, to take account of people with varying travel plans, we don’t normally include international flights in the main tour price. We are however very happy to suggest flights to go with the tour. Please contact us with your preferred dates and departure airport and we’ll give you a selection of airlines, times and fares to choose from.

Your airport arrival & departure transfers are included on the first and last days of the tour.

We do also sometimes advertise flight inclusive packages from selected airports. Where these are shown on our website, prices are correct at the time of quoting, but are subject to continued availability of the fare used. Prices will be reconfirmed at the time of booking, and we will also provide the flight times and airline details before tickets are issued.

Flight inclusive prices are based on the cheapest Economy ticket class available which is generally non-refundable and non-changeable unless the flight is cancelled for reasons such as Covid-19, in which case the airlines are more flexible. More flexible ticket options, as well as Premium Economy and Business Class tickets are available on request for an additional supplement. Any changes made to flight inclusive bookings will be subject to the airline rules on your ticket.

N.B. ON TOURS THAT VISIT THE JUNGLE, FLIGHT TIMES FROM THE JUNGLE CAN BE SUBJECT TO CHANGE (PARTICULARLY DURING THE RAINY SEASON) SO MAKE SURE YOUR INTERNATIONAL FLIGHT BOOKINGS ALLOW AT LEAST ONE SPARE DAY AFTER THE JUNGLE EXCURSION HAS BEEN COMPLETED!

**Flight CO2 Emissions:**

Traveling by air is an amazing way to explore the world, but flights also contribute to carbon dioxide (CO2) emissions that impact the environment. By considering the airline's CO2 emissions when you choose your flight, you can help minimize your travel footprint.

When selecting your international flights and airline, we do therefore recommend that you try and also take into account the flight CO2 emissions. Some airlines and flight search websites (eg. Google Flights, Skyscanner) do

publish this information, so you can compare between your flight options and make an informed decision. Thankfully, many airlines are working towards sustainability efforts, and choosing a greener option allows you to contribute to positive change while still enjoying your incredible adventure.

## 13 Group Size/Tour Leaders/Guides

We are committed to being a small group operator, as we feel this gives everyone in the group the best chance to get to know their fellow travellers and to hear and make the most of their guide. So, our South America group departures are set to have a minimum of 2 and a maximum of 14 travellers.

In South America we provide fully trained, local English-speaking tour leaders to accompany all our Peru and Bolivia tours. These leaders will arrange your accommodation, meals, travel arrangements, as well as pre-booking some excursions and guides and helping you to find the best deals, socialise. Generally they are there to run the tirp and make sure everything goes as smoothly as possible. While they are experienced and knowledgeable about the country and places you're visiting and travelling through, they are not tour guides as such. In most historical areas visited there are specialist local guides available if you wish (your tour leader will assist in booking these). We also have some local representatives in towns and cities en-route who are also at your service. Additional guides may also be used for some of the trekking and jungle sections.

Note: Some of our tours in Peru and Bolivia work as different sections. So, it is possible that you may not be with the same entire group for the whole trip (for example, in Peru some travellers may start their trip in Cuzco, or head to the Amazon after the Inca Trek while some go on to Lake Titicaca. In Bolivia some people may finish the tour early and not continue on into the jungle for the final section.

## 14 Entrance Fees

The tour price includes entrance fees to all the tourist sites mentioned in the itinerary. You will need to cover the cost of entrance to any other extra sites that you may wish to visit.

## 15 Dates and Prices

We run regular small-group departures on this tour from April to November each year. All departures are guaranteed to run with a minimum of 2 travellers. Departure dates and prices are listed on our website and on a separate dates & prices sheet available on request.

## 16 Health and Vaccinations

You should ensure you are fully insured for medical emergencies including emergency evacuation and repatriation.

Recommended vaccinations and other health protection measures vary according to the country you are visiting and where you are travelling from. We recommend you contact your GP/medical practitioner or a travel clinic for current information on vaccinations needed for your destination. You should ensure that you are up to date with vaccines and boosters recommended for your normal life at home, including for example, vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions. In addition, additional courses or

boosters normally recommended for the countries in this region are:

Peru: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Not required. Please read the WHO guidance.
Bolivia: Additional vaccinations: Hepatitis A, Tetanus, Typhoid. Malaria map. Yellow Fever certificate: Required if entering from a country with risk of yellow fever and if transitting through an airport in one of those countries for more than 12 hours. Please read the WHO guidance.

**Malaria:** Vaccinations are not available against Malaria, which is a disease transmitted by mosquitoes that can be very serious and sometimes fatal. You should avoid mosquito bites by covering up bare skin with clothing such as long sleeves and long trousers and applying insect repellents to exposed skin. When necessary, sleep under a mosquito net. Mosquitoes are most active during and after sunset. You should consult with your GP/medical practitioner/travel clinic about the most appropriate malaria prophylactic medication to take for the regions you are visiting. In general malaria risk is present throughout the year in rural areas below 2000m. Risk is highest in the department of Loreto in the Amazon. Risk is variable in other areas below 2000m. Risk is low west of the Andes including Lima (with the exception of the district of Piura) and at altitude (including the Inca Trail, Cuzco, Machu Picchu and Lake Titicaca).

**Dengue Fever:** Unlike the malaria mosquito, which will bite around dawn, dusk and at night, the mosquito that carries dengue fever bites during the day. There are occasional outbreaks in some areas we visit and we therefore advise that you take precautions during the day to avoid being bitten as well as at night. No vaccine is available.

**Yellow Fever:** This disease is spread by infected mosquitoes that bite during the day. A Yellow Fever Certificate of vacinnation may be required as a condition of entry depending on which country you are arriving from, or that you have travelled or transitted through recently (including connecting flights with stopovers of over 12 hours). You can view this US CDC information about where the virus is present and follow the links to further information detailing which countries need you to have a Yellow Fever vaccination as part of their entry requirements. Please ensure you have this certificate with you and a photocopy to hand if necessary.

Please inform us of any pre-existing conditions such as diabetes or asthma and any prescription medicine you may be taking. We also need to know about any food allergies or physical disabilities that you may have.

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## 17 Passports and Visas

Passports should be valid for at least six months after your departure from the country. Please do not bring an almost full or almost expired passport; your passport should have at least 1 blank page for every country you are visiting on your trip. Please bring two photocopies of your passport with you to give to your tour leader at the start of your tour. Visa arrangements are the responsibility of the traveller, and requirements are subject to change by the local authorities.

**Peru:** Many nationalities (including UK, European, Australian, New Zealand, South Africa, USA) do not need to obtain a visa to enter Peru as long as your stay is for less than 6 months. Other nationalities should check with their local consulate or embassy.
**Bolivia:** Many nationalities (including UK, Australia, New Zealand, Canada) do not currently need to obtain a visa to enter Bolivia as long as your stay is for less than 3 months. US citizens can obtain a visa on arrival for 360 Bolivianos (approx. US$55) - a photocopy of your passport, a 3cm x 4cm passport photo, and the fee in local

currency will be required. South African citizens are recommended to obtain their visa in advance - the fee is 360 Bolivianos. Other nationalities should check with their local consulate. It is your responsibility to ensure that you have the appropriate visa to enter Bolivia if one is required.

On arrival you will be given an immigration card. You should keep this safe with your passport as you will need it again when you leave the country (a fine may be payable if you lose it).

If you are flying through the USA en-route to South America then before you travel you will need to obtain either a USA visa or an ESTA (electronic system for travel authorisation) if your country is part of the visa waiver program).

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## 18 Tipping

Tipping is common practice in Bolivia & Peru, as a sign of appreciation for services provided. You may therefore wish to tip your guide and driver at the end of the tour.  You should not feel obliged to tip any particular amount, and should consider your personal budget. We are often asked to provide a guide however, and can suggest that approx. £5 per person per day would be appropriate.

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## 19 What to take

**Luggage:** Whatever you're doing in Peru or Bolivia, you'll find that large rigid wheeled suitcases are cumbersome - you may be able to wheel them inside the airport and your hotel, but due to the condition of roads and pavements that's often about it. As most of our tours involve a degree of adventurous activity, we strongly advise you to bring a more practical bag for these i.e. a rucksack or holdall. These are easier for both your porters/ponies (if trekking), and yourself to carry around. Suitcases are OK if your tour does nothing but cultural sightseeing, but please aim to bring small or medium sized ones rather than very large. If you are trekking, or doing a lot of travel throughout the country, then as little as possible is the basic message. A rucksack or holdall (50-80 litre approx.) for your main luggage, and a daypack for you to use during the day should be plenty. While trekking your ponies will carry your main luggage, leaving you with just a daypack with things you'll need during the day. You can also leave some luggage locked safely in the pre-trek hotel if you wish. We recommend that couples plan to leave one main bag behind, and pool their remaining luggage in their other bag for the ponies to carry.

**Luggage limits:** Most international airlines allow 20-23kg per person of hold luggage. Domestic flights often have smaller allowances around 15kg. As airline rules vary we recommend that you take no more than 20kg of luggage if your tour just includes international flights, and no more than 15kg if there are any domestic flights included in your itinerary. Please ask us for details if you are unsure. Any excess baggage fees will be your responsibility to cover. Most airlines allow between 5kg and 10kg for hand luggage so we suggest that you take no more than 5kg unless you have confirmed that your airline(s) will allow more than this.

**Clothing & Climate:** Peru and Bolivia have a climate that ranges widely depending on where and when you visit. Nights will be cold in the deserts and mountains, and the weather may be hot during the day. It can get down to -15C in the Andes, and up to 47C and 90% humidity in the jungles. The rainy season in the Andes is mostly between November and April with heavy downpours once or twice a day with the remainder of the day mostly warm and sunny. You may be lucky and get no rain at all. The dry season runs from April to October and this is when you'll get the best mountain views. Generally expect it to be warm or hot during the day but very cold at night in the

mountains. In the deserts in Peru the hottest time of year is between October and May, but the nights can be cold all year round. The Amazon is very hot and humid with regular rains or showers all year round. Overall, you need to pack for all conditions, from cold to hot, and with at least a light raincoat in case of showers or heavier rains.

A large variety of relatively cheap trekking gear is available in Cuzco (fleeces, waterproofs etc.) and buying some here can save you carrying it with you, and support the local economy. However, you should definitely bring your own walking boots.

**What to bring:**

- Toiletries - Most available to buy on trip
- Sleeping Bag - 4 season bag, (these can be hired for the Inca Trail and in Bolivia, but most people prefer to bring their own) and a sleep sheet for comfort (especially if you plan to hire a sleeping bag)
- Small day-pack or small bag to carry daily items
- Soft rucksack or holdall (NOT a large rigid suitcase)
- Soap, shampoo, toothbrush/paste, antibacterial hand wash, lip balm & moisturiser
- Sun block (35+) and after sun, sun hat & sun glasses
- Tampons/pads (can buy in most places)
- Contraception

**Clothes & Personal Effects**

- One pair of trainers or boots, plus Sandals/flip flops/jandals/thongs
- Underwear/socks T shirts/shirts Shorts/swimwear
- Jeans/trousers/jog pants/leggings
- Skirt or dress
- Sweat shirt/jumper
- Jacket/fleece & waterproof jacket
- Camera with protective case, spare batteries, film/memory card
- Torch & spare batteries (head torch is best)
- Alarm clock
- Travel adaptor plug/charger (for cameras & mobile phone batteries)
- Money belt
- Towel &/or sarong

**Recommended Medical Kit List** (especially for longer or more out of the way tours)
We advise you to bring a small personal medical kit for general everyday use, as well as any personal over-the-counter medicines that you may wish to keep with you. Our guides are familiar with the nearest pharmacies, doctors and hospitals throughout the trip if you need to seek medical attention. It will be your own responsibility to carry your medical kit on included excursions and optional activities as some local operators may not have medical kits to hand.

- Antiseptic ointment/Antihistamine cream & tablets
- Nurofen or equivalent pain-killer
- Eye-drops/bath

- Anti-diarrhoea treatment
- A couple of bandages (elasticated & triangular)
- Medication for personal allergies/asthma etc
- Insect repellent containing Deet
- Re-hydration sachets/vitamin tablets
- Assorted plasters
- 1 - 2 Sterile syringes
- Some suitable antibiotics as recommended by your doctor for infected cuts or to treat severe dysentery

Please note that in the winter months (June-August) it can be very cold, especially at altitude, so we would reccommend that you bring extra layers or be prepared to purchase some when you are in Peru & Bolivia.

**Cameras and Electrical Equipment**

Any easy to use 'point and shoot' or even a smartphone with a good camera will get you some good photos. For more creative and higher standard shots its worth bringing an SLR camera, but do make sure you're familiar with it first. There are internet cafes in many towns and cities where you can download/upload your photos to online storage. However, we suggest you bring several memory cards in case this isn't possible. A padded camera case or bag and zip lock plastic bags are useful to protect your equipment, especially in the sandy deserts. Polarising filters are good for SLRs to prevent over-exposed looking photos. ard to find USB cable - to connect in internet cafes or for downloading We can recommend Clock Tower Cameras for second hand cameras and lenses.
Important: In Peru and Bolivia it is strictkly forbidden to take photos of any military installations or equipment. Border posts, bridgets and anywhere around airports are also sensitive so please avoid taking photos of any of these (or risk having your camera confiscated). We recommend asking first before taking photos of people, and if doing so, please act respectfully and with discretion.

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## 20 Voltage

Peru: Sockets are mainly two round or flat pronged and 220 volts (Type A,B,C).
Bolivia: Sockets are again mainly two round or flat pronged (Type A,C) but the voltage can range from 115, 220 or 230 volts.
Universal adaptors are available in most airport shops if you don’t have one already. Standard European adapters should work fine, though sometimes they may feel a little loose in the sockets. Most hotel rooms have electrical sockets where you can re-charge cameras, phones etc. Hair dryers are sometimes available on request from the hotel reception if not in your room already but cannot be guaranteed.
If you have US appliances (110 volts) you will need a voltage converter as well as a plug adapter.

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## 21 Time

The time in Peru is GMT minus 5 hours.

The time in Bolivia is GMT minus 4 hours.

Daylight saving adjustments are not applied.

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## 22 Trekking to Machu Picchu

**The Inca Trail:**

We INCLUDE the cost of trekking to Machu Picchu in ALL our trips that visit Peru. We offer 3 routes - Classic, Lares, and Salkantay - (subject to season and availability), all accompanied by knowledgeable guides and porters. Our first choice trek is the Classic trail. As availability is limited we will move quickly after booking to obtain you a permit where possible. It is VERY important to note that as soon as we purchase your permit it is non-transferable, and non-refundable. Your permit will be linked to your passport details, so please make sure you enter these correctly at the time of booking. If you are intending renewing your passport then please let us know at the point of booking. In order to trek you will need to be in possession of both your passport and your permit and the passport details have to match otherwise the permit issuing authorities will not let you trek. If you need any further clarification then please contact tours@encounterstravel.com. When the Classic trail is not available, we will arrange the Lares trail at no extra charge (subject to minimum 2 people). If you wish to trek either the Lares or Salkantay by choice (or take the train option), you must let us know at the time of booking. An additional fee may be payable, but we will discuss this with you. All of the treks visit Machu Picchu for the day.

**Train Only:**

For those who don't fancy trekking at all, there is the option of taking the train to the town of Aguas Calientes, at the base of Machu Picchu, staying overnight in a simple hotel, and heading up to nearby Machu Picchu the next day. This option gives you an extra two nights in Cusco, where we will provide accommodation. If you wish to take the train option you must state this at the time of booking.

**Huanapicchu:**

Some people like to climb the nearby summit of Huanapicchu during their time at Machu Picchu. One of the main reasons for doing this would be for the view from the top of it over Machu Picchu. Because of its increasing popularity the local authorities have introduced a permit system to control numbers and collect funds from those wanting to do this. Permits can sell out a long time in advance, and you therefore need to request us to purchase you a permit urgently if you want to do this. You can request this by clicking the Huanapicchu add-on through your account. There are 400 permits available per day currently. Once requested your tickets cannot be refunded or exchanged, as it is arranged with your specific name and passport details. The ascent of Huanapicchu is very steep in places and it can take about an hour to the top. It will be your responsibility to be at the entrance point at the right time, and should you be late then you will unfortunately forfeit your opportunity to go up. The climb is done on the same day that you are visiting the ruins at Machu Picchu, so reduces your time wandering around the ruins. Please bear in mind that to get up and down can take around three hours, and is very steep in places. It is not really for those who are unfit, or scared of heights. The path is pretty deteriorated in places so some light scrambling is required.