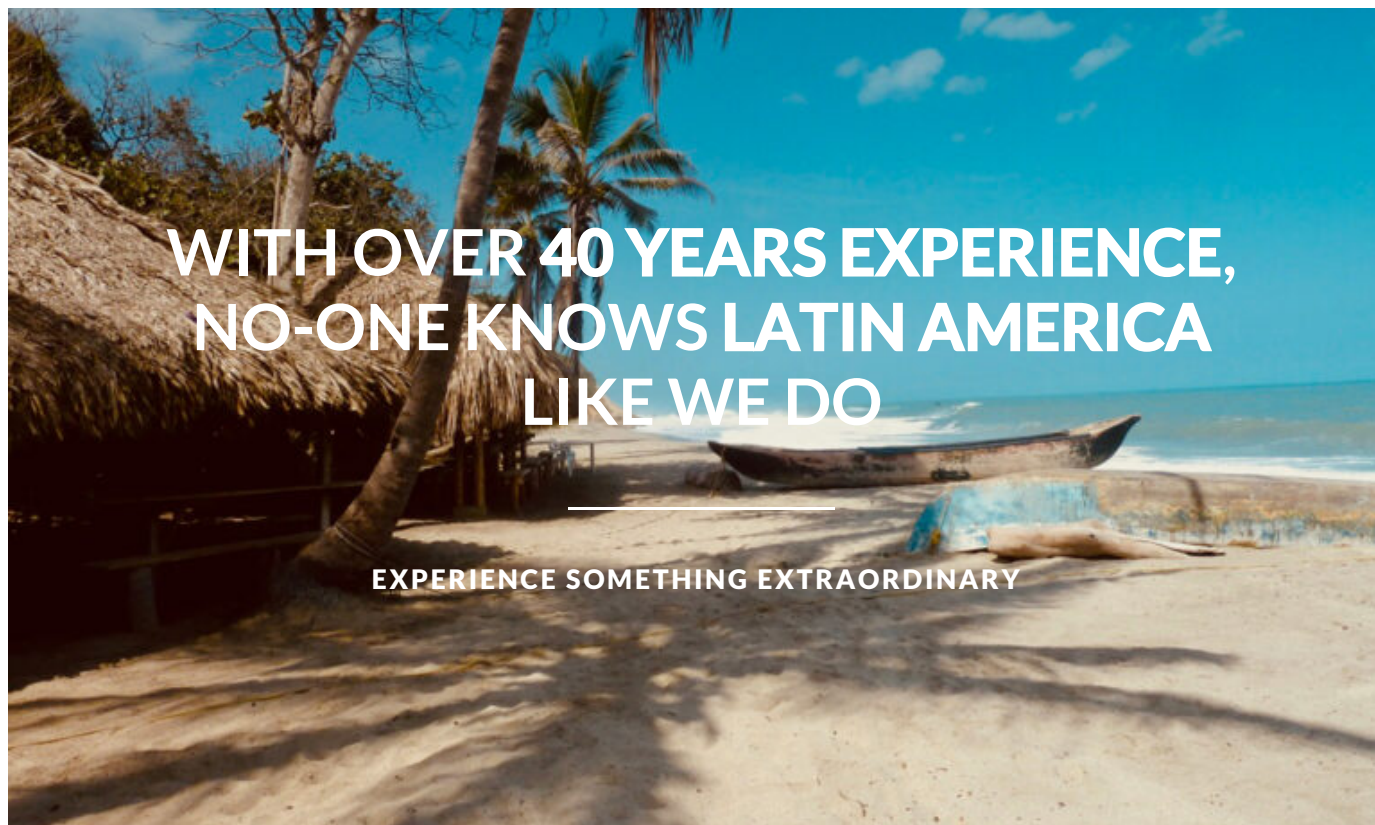


PRIVATE JOURNEYS WITH JOURNEY LATIN

## FROM PADDINGTON TO PERU

14 days from **£3,910pp**

**PERU / CUSCO / LIMA / MACHU PICCHU / SACRED VALLEY OF THE INCAS / NORTHERN PERU**



## WHY US

We are the UK's No.1 specialist in travel to Latin America and have been creating award-winning holidays to every corner of the region for over four decades; we pride ourselves on being the most knowledgeable people there are when it comes to travel to Central and South America and passionate about it too.

## OUR JOURNEY

As our name suggests, we are single-minded about Latin America. This is what sets us apart from other travel companies – and what allows us to offer you not just a holiday but the opportunity to experience something extraordinary on inspiring journeys throughout Mexico, Central and South America.

### WE LOVE LATIN AMERICA

A passion for the region runs through all we do

All our Consultants have lived or travelled extensively in Latin America

Up-to-the-minute knowledge underpinned by 40 years' experience

### TRAVEL WITH CONFIDENCE

Fully bonded and licensed

ATOL-protected

On your side when it matters

Book with confidence, knowing every penny is secure

### THE REAL LATIN AMERICA

Our insider knowledge helps you go beyond the guidebooks

We hand-pick hotels with character and the most rewarding excursions

Let us show you the Latin America we know and love



## OVERVIEW & OUTLINE ITINERARY

Inspired by Michael Bond's classic books and the hit movies, this 14-day family adventure is a unique opportunity to meet and learn about endangered spectacled bears in their natural environment, as well as exploring Cusco, the Sacred Valley and Machu Picchu.

<b>DAY 1</b>	Transfer to hotel in Miraflores
<b>DAY 2</b>	A unique day exploring the street life and markets of Lima
<b>DAY 3</b>	Fly to Chiclayo and transfer to your hotel
<b>DAY 4</b>	Full day guided excursion to Sipan and the Royal Tombs Museum
<b>DAY 5-6</b>	Transfer to Chaparri Eco-Lodge. Guided excursions from the lodge.
<b>DAY 7</b>	Return to Chiclayo for one night
<b>DAY 8</b>	Fly to Cusco via Lima and transfer to your hotel. Visit the Choco museum in the afternoon.
<b>DAY 9</b>	Walking city tour
<b>DAY 10</b>	Explore the Sacred Valley of the Incas. Overnight there
<b>DAY 11</b>	Walking tour around Huilloc and Pumamarca.
<b>DAY 12</b>	By train to Machu Picchu, guided tour. Overnight nearby.
<b>DAY 13</b>	Optional excursions or revisit of the ruins, before returning to Cusco.
<b>DAY 14</b>	Transfer to the airport and fly to Lima. Connect with you international flight home

## ITINERARY

The enchanting, loveable bear from 'darkest Peru' who ended up in Paddington station may not know much about his native land, but would no doubt enjoy this family holiday. Offering the chance to see real spectacled bears of Peru in their natural environment, the holiday also explores magnificent Inca ruins with a backdrop of snow-spangled Andean peaks in the Sacred Valley of the Incas and at Machu Picchu, further downstream, where the Urubamba river crashes towards the Amazon basin.

Spectacled bears, also known as Andean bears, are the only species of bear in Peru. A few thousand of this endangered species remain in the wild. This tour offers a unique experience to see these bears in the Chaparri Conservation Area on Peru's north coast.

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### DAY 1

#### Transfer to hotel in Miraflores

Arrive in Lima and transfer to your hotel in Miraflores.

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### DAY 2

#### A unique day exploring the street life and markets of Lima

Instead of being insulated in a tour operator's vehicle you get around by taxi and local bus. You'll head to the Pacific-side, arty quarter of Barranco, famed for its village-like atmosphere, its innovative restaurants and dawn-defying nightlife, brimming with live shows and bars with spirited bands. Walk through the streets lined with colonial houses and view the evocative The Bridge of Sighs.

Continue to the dock in Chorrillos on the water's edge, and visit a market laden with freshly-landed fish. In this so commercially oriented city visit a market selling a vast array of produce including exotic tropical fruits and over 50 varieties of potatoes. Afterwards you'll sample ceviche, perhaps Peru's most celebrated seafood dish, accompanied by Peru's trademark cocktail – pisco sour.

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### DAY 3

#### Fly to Chiclayo and transfer to your hotel

Fly to Chiclayo in Northern Peru and transfer to your hotel.  
Afternoon at leisure

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#### DAY 4

##### **Full day guided excursion to Sipán and the Royal Tombs Museum**

The history of this little visited region of Peru is no less rich in the vestiges and ruins of pre-Columbian culture than the Cusco area further south: indeed it is perhaps more mysterious, as little is known about the people who lived there. Today you have a guided tour of some of the findings.

Sipán is an extensive burial site of the Moche culture. Several royal tombs, filled with 1,700 year-old funeral offerings were uncovered containing pieces worked in precious metals, stone, pottery and textiles. The most startling discovery was of an entombed Moche leader, now known as the Lord of Sipán. Later an even older – by 200 years -tomb emerged. You'll visit a museum at the site with details of the excavation work and replicas of some of the finds. Also visit the Royal Tombs of Sipán Museum, a replica of the Moche pyramid under which the tombs were found, which exhibits the original pieces.

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#### DAY 5-6

##### **Transfer to Chaparri Eco-Lodge. Guided excursions from the lodge.**

Travel to Chaparri Reserve, a conservation area in the cloud forest not far from Chiclayo. Under the protection of the local community, this habitat is regenerating naturally, allowing threatened species to recover. The Chaparri Ecolodge, where you will spend two nights, is a charming, family-friendly place to stay where adobe cottages blend in with the landscape. This is a truly back to nature experience: there are no TVs or mobile phones allowed, just a soundtrack of birdsong and the theatre of hummingbirds fluttering at dawn.

Here you have an opportunity to see spectacled bears in their sanctuary enclosure, being prepared to return to their home in the wild, along with rehabilitated foxes, deer and condors. The place is alive with exotic birds too. There's a real cornucopia of wildlife to enjoy, a magical delight for both children and adults alike.

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#### DAY 7

##### **Return to Chiclayo for one night**

There's a further opportunity to explore the trails before you return to Chiclayo for the night

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## DAY 8

**Fly to Cusco via Lima and transfer to your hotel. Visit the Choco museum in the afternoon.**

Fly to Lima and then onwards to Cusco, high in the Andes, an exciting city where the well preserved traditional buildings of colonial Spain are jumbled up with the vestiges of the mighty Inca Empire, of which the city was the capital. It's another vivacious place, but smaller and more compact than Lima, with quite a homely feel. Many ladies still wear the traditional dress of a bunch of voluminous skirts and long black plaited hair, children play in the spacious squares, and there are many cafés and restaurants from which you can watch a life go by on the pavement outside.

In the afternoon you will visit the Chocolate Museum on one of the central plazas. Here you learn all about chocolate, cocoa being a product of Peru, where the beans come from and how they are processed to make fine chocolate. Here, you'll be able to have a go yourselves at making your own chocolate, embellished with nuts and coffee beans.

## DAY 9

**Walking city tour**

Set off on a guided walking tour around Cusco's atmospheric streets and alleyways. Stroll to the arty quarter of San Blas, with its narrow lanes, cosy square and handicraft shops. You'll visit the church of San Blas and a family-run workshop.

Down one of the narrow Inca streets is the famous 12-angled stone, fitting into the wall with amazing precision. You'll enter the Plaza de Armas (main square) and step inside the imposing cathedral. Afterwards, ogle at the magnificent Koricancha temple and move on to visit a traditional textiles museum, before heading for San Pedro foodstuffs market.

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## DAY 10

### Explore the Sacred Valley of the Incas. Overnight there

Today you set off over the lip of the bowl in which Cusco is set to enter the Sacred Valley of the Incas, run through by the Urubamba river. Firstly you call in at the artisan craft market in the main square of Písaq. A vast terraced complex of Inca buildings towers above, dwarfing the colonial village on the valley floor: you'll have the chance to clamber around the ruined temples, palaces and humbler homes.

As if this weren't exciting enough, you'll continue to the equally spectacular temple fortress at Ollantaytambo, defended fiercely by the Incas who fought a brave but losing battle against the Spanish, (who had horses...) Climbing up impossibly steep steps, you get a view of the rustic village below, with its Inca foundations on display, while in the other direction the valley plunges down towards the Amazon jungle. Spend the night in a charming hotel in the valley nearby.

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## DAY 11

### Walking tour around Huilloc and Pumamarca.

Today you have a guided hiking adventure which rewards you with spectacular Andean scenery, an insight into life in a traditional weaving community, and a visit to the small but well preserved Inca ruins of Pumamarca.

Later, drive to the Andean community of Huilloc and visit homes where you will observe the different traditional processes and techniques used in textile weaving. The culture and way of life here have changed little since Inca times. Afterwards, hike along the Patacancha river towards the village of Pallata to arrive at Pumamarca. Continue the hike back to Ollantaytambo along the top of Inca terraces.



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## DAY 12

**By train to Machu Picchu, guided tour. Overnight nearby.**

Today is really special: you'll be heading down the valley by road and rail to the ancient Incan citadel of Machu Picchu. The Urubamba river enters its narrow gorge between thickly-forested granite hills: there is room only for a single railway track, which hugs the right bank and passes through hamlets that are no more than collections of shacks beside the railway. Close to the foot of the mountain lies the bustling town of Machu Picchu, dedicated to serving the many visitors, with artisan markets, bars and restaurants.

The ruined city, reclaimed from tropical cloud forest, is reached by bus up a sinuous road, or on foot up a near vertical rocky path. The American explorer Hiram Bingham "discovered" it in 1911, by which time it was completely buried beneath jungle vegetation. It is the ruins' location, on a ridge spur amid forested peaks and above a roaring river canyon, which most stirs the imagination. Your guided tour will explain as much as is known about this mysterious place.

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## DAY 13

**Optional excursions or revisit of the ruins, before returning to Cusco.**

As a guest of Inkaterra, you will have the chance to take part in an included excursion into the nearby surrounds. Options usually include nature hikes and bird watching. Alternatively, you can choose to re-visit the ruins to see them in different light conditions (at additional cost and must be pre-booked).

Return to Cusco in the afternoon for your final night.

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## DAY 14

**Transfer to the airport and fly to Lima. Connect with your international flight home**

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## WHAT'S INCLUDED IN THE PRICE

Services of our team of experts in our London office

Services of Journey Latin America local representatives and guides

All land and air transport within Latin America

Accommodation as specified

Meals as specified

Excursions as specified, including entrance fees

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## INCLUDED EXCURSIONS

Guided tour of Lima's street life and markets

Sipan and Royal Tombs Museum, Chiclayo

Excursion from Chaparri Lodge

Choco Museum, Cusco

Cusco walking tour

Guided visit to Písaq market and ruins, Sacred Valley

Guided tour to Pumamarca and Huilloc

Guided tour of Machu Picchu

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## WHAT'S NOT INCLUDED IN THE PRICE

Tips and gratuities

Meals other than specified

International flights to Latin America

Airport taxes, when not included in the ticket

Optional excursions

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## ESSENTIALS

### TRANSPORT

Four flights (longest 1.30 hours, one connection); 3 scenic road journeys (2 – 3hrs); 2 rail journeys (1.5 and 3 hrs respectively).

### ACCOMMODATION

On this tour we use small, friendly hotels, colonial or modern in style with well-equipped rooms, private bathroom and heating.

### MEALS

Breakfast daily, lunch days 2,5,6,7,10,11; dinner days 5,6,7,12.

### GUIDES

We carefully select our local partners, some of whom we have worked with for over 25 years. Their English-speaking guides understand the expectations of our clients very well, and are consistently singled out for praise by the latter on their return.

### SUMMARY OF NIGHTS

14 days, 13 nights: Lima 2; Chiclayo 2; Chaparri Lodge 2; Chiclayo 1; Cusco 3; Sacred Valley 2; Machu Picchu 1.

### CURRENCY

The unit of currency in Peru is the sol.

### HOW TO TAKE IT

Cash machines are available in all major cities and towns, and so taking a debit or credit card with a PIN number is the most convenient way of withdrawing money while on your trip, and in most shops and restaurants you can also pay by card. However, since cards can get lost, damaged, withheld or blocked, you should not rely exclusively on a card to access funds. We recommend that additionally you take a reasonable quantity of US dollars cash (no more than is covered by your insurance), which you can exchange into local currency, and possibly some travellers' cheques, though these are gradually falling out of use (American Express are the most widely accepted). Dollar bills should be in good condition, soiled or torn bills may be refused. You can take sterling, but the exchange rate is not always competitive or even available, restricting the number of places where you can change money.

### DAILY SPEND

It is very difficult to give a guideline for essential expenses but a budget of around US\$45 per day should cover the cost of meals not included in the holiday itinerary, drinks and the odd souvenir. Eat at the best restaurants and you will pay considerably more.

### TIPPING

Tips are welcomed and local guides often rely on their tip as a significant proportion of their income.

Most service industry workers will expect a tip of some kind and so it is useful to have spare change for hotel porters, taxi drivers and the like. It is common to leave 10 – 12% in restaurants.

Tipping guidelines can be found in our Briefing Dossier.

### INSURANCE

Travel insurance is essential.

Details of our recommended policy can be found at Briefing Dossier.

### 0

If you have purchased your flights through Journey Latin America, the international departure tax is usually included in

the ticket.

## 0

This holiday is suitable for all able-bodied, reasonably fit visitors, including families. Although there are some early starts, there is also some time at leisure.

The streets in Cusco are cobbled, so make sure you have appropriate footwear.

## CLIMATE

The rainy season in the Andes runs between November and March when there are showers most afternoons.

The dry season is in June, July and August when the sun is strong during the day, but at night the temperature drops dramatically (from freezing point to 10°C). April, May, September and October are less predictable, with both rainy and sunny spells.

Lima is covered in a dull grey mist for much of the year, although the sun does break through between November and March. It almost never rains in Lima, and temperatures are moderate.

## ALTITUDE

Your stay in Cusco and the Sacred Valley is at high altitude (2,800-4,000m). A small minority of visitors may suffer temporarily from altitude sickness. Symptoms vary; most common are mild headaches, slight nausea and breathlessness. If you don't recover in a day or two speak to our representatives; in very rare instances it is necessary to descend to lower altitudes. Most people are unaffected and if you drink plenty of water and allow your body to acclimatise (don't exert yourself or drink an excess of alcohol) in the first couple of days after arrival, you will minimise your chances of exhibiting any symptoms.

Please refer to our Briefing Dossier for further information.

## 0

For day-to-day wear you should go prepared to encounter all seasons. Both warm clothing and a sun hat are essential at altitude; a light fleece jacket and a Gore-Tex (or similar) outer shell makes a good combination. Trousers, skirt or shorts made from light, quick-drying synthetic materials work well. If you plan to eat in smart restaurants, although clothing is not formal (no need for jacket and tie), something quite smart would be appropriate. Strong, comfortable footwear is essential and you should bring insect repellent, sun block and sun glasses. You should take swimwear for pools though most hotels don't have them.

Due to luggage restrictions on the train to Machu Picchu, arrangements will be made to transport the bulk of your baggage to Cusco. You can take up to 10kgs per person on the train and an overnight holdall is recommended to separate your luggage for the night spent away.

Please get in touch with the office before departure if you have any doubts. Good equipment is very important and hard to come by in South America.

## 0

Preventative vaccinations are recommended against the following: typhoid; polio; tetanus; hepatitis A. You should consult your GP for specific requirements.

You can also find helpful information on the Masta Travel Health website.

## VISAS

Holders of a full British passport do not require a visa, although passports must be valid for at least 6 months after the trip begins. Anyone with a different nationality should enquire with us or check with the relevant consulate.

If flying to the US, or via the US you will need to fill in your online ESTA application.

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### GET IN TOUCH WITH US...

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Our friendly, knowledgeable team of travel experts are always happy to chat about holiday ideas and share helpful advice. Give us a call today and begin planning your perfect trip to Latin America.

#### GIVE US A CALL

We'd love to chat

**0208 747 8315**

#### OPENING HOURS

Monday – Friday: 9am – 6pm

Saturday & Sunday: Closed

#### SEND US AN EMAIL

[tours@journeylatinamerica.com](mailto:tours@journeylatinamerica.com)