

## CONDORS TO CARNIVAL - 49 DAYS

### HIGHLIGHTS

- Rio de Janeiro - carnival capital
- Iguassu Falls
- Animals of the Pantanal wetlands
- Silver mining town Potosi
- Curitiba - lively Brazilian city • Paratay - heritage site
- Beaches and jungle of Bonito
- Santa Cruz - Bolivia's 2nd largest city
- Sucre and La Paz - Bolivia's capitals
- Salar de Uyuni - Salt lakes and blue and red lagoons
- Lake Titicaca - Lituquina & Taquile Island
- Vibrant Cuzco and the ruins in and about the city
- The Inca Trail • Nazca lines
- Colca Canyon - home of the Andean condor
- Arequipa - Peru's beautiful 'White City'
- Puerto Inca - beaches and flora and fauna
- Lima - Peru's capital

### INCLUSIONS

- 23 nights simple hotels
- 18 nights camping,
- 5 nights multi-share rooms/hammocks,
- 2 nights homestay
- 37 breakfasts, 25 lunches, 24 dinners
- All relevant transportation
- All touring as specified
- English speaking tour leader to provide information and assistance in booking optional activities and accommodation

**Please note:** departure tax of US \$32 not included

### TOUR MAP



### GO GUIDE

Your guide to on the ground...

#### VISA REQUIREMENTS

UK, Australia, New Zealand, Canada and USA passport holders don't require a visa for Peru and Bolivia for a stay of less than 90 days. SA passport holders do not require a visa for Peru for a stay less than 90 days, but DO require one for Bolivia. UK, SA and New Zealand passport holders do not require visas for Brazil, but Australia Canada, USA do and visa fees apply - please check with your local embassy.

This info can change regularly and at short notice, so we recommend that you check with each embassy individually. Visa procurement is your responsibility and not that of GOBUS. Visas cost money so be sure to budget for them! Please ensure that you have at least one blank page per visa and that your passport is valid for at least six months from the end date of your trip. Visas are your responsibility. Don't forget to check!

#### TIME

Bolivia is 4hrs behind GMT, Peru 5hrs. There are 3 time zones in Brazil. The time in most of Brazil visited by foreign tourists is three hours behind GMT.

#### VOLTAGE

Plug types and voltages vary so you will need a universal adapter. Check [www.kropla.com/](http://www.kropla.com/) electric2 for more info.

#### INSURANCE

Travel insurance is compulsory on our trips and you will not be allowed to travel without it. Please ask a member of our reservations team if you would like us to book this for you. Please ensure that your

insurance covers you for trekking at altitude and any optional activities you may like to do.

### MONEY

Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Latin America. Check with your bank. If purchasing products or services on a credit card a fee of 5%-10% usually applies. A combination of US dollar cash, travellers cheques (for emergencies only) and cards is best, although you will usually be charged a high commission fee or given a less-favourable exchange rate for travellers cheques.

Please note that only local currency can be withdrawn from bank machines in Brazil. When bringing USD banknotes, they should be in denominations smaller than 100,

**CURRENCY EXCHANGE TIP:** Slightly torn, faded or heavily marked notes may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than US \$100 (or equivalent) as they can be hard to exchange or to break into smaller denominations. 100 dollar bills of certain series (e.g. CB B2) can be especially hard to cash!

#### TIPPING

It is customary in Latin America to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is an expected - though not compulsory - component of your tour program and is of considerable significance to the people who will take care of you during your travels.

Recommendations for tipping local guides range from US \$5-10 per day depending on the quality and length of the service; ask your tour leader for specific recommendations based on the circumstances and culture.

Also at the end of each trip if you felt your Tour Leader and driver/cook did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$20-25 USD per person, per week can be used.

#### EXTRAS

- Allow US \$550 for meals not included.
- Please also make sure you have access to at least an additional US \$200 (or equivalent) as an 'emergency' fund, to be used if circumstances outside our control (eg. a natural disaster) require a change to our planned route. This is a rare occurrence!
- See the end of this goguide for optional activities

### GOOD ADVICE

- Take a money belt
- Prepare for the Inca trail by training before you go
- Bring a small daypack for your day-to-day needs.
- Bring a first aid kit
- Bring a travel pillow for camping
- Keep a photocopy of your passport data pages and your yellow fever certificate
- Bring cutlery and bowl/plate for the days you would like to cook for yourself

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# FREESTYLE ADVENTURE

# GO GUIDE

## CONDORS TO CARNIVAL: ITINERARY

### JOINING INSTRUCTIONS

Galeao International Airport is a 30 to 45 minute drive from our joining hotel. There are many private taxi companies with booths inside the building where you can pay a set rate for a taxi to Copacabana (approximately US \$25), thus avoiding the confusion outside the airport. There is also an airport bus, called 'Real' (approximately US \$3) which will drop you off at the place of your choice along the route. The closest point to the Santa Clara is at the corner of Barata Ribeiro and the street Figueiredo Magalhaes. From here to the hotel is quite close. You can flag down one of the many official yellow taxis in the street to get the rest of the way to the hotel (approximately US \$3). There is a money exchange in the Banco do Brazil on the 3rd floor of the international arrivals area, which is open 24 hours.

Your leader will contact you at the hotel on Day 1 and make sure you are settled comfortably. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning. Your Tour Leader will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip.

### DAY 1: RIO DE JANEIRO

Welcome to Rio! "God made the world in six days, the seventh he devoted to Rio," so say the Cariocas, residents of this beautiful city. This is a densely packed city of over 9 million inhabitants, whose economic foundations lie in the cultivation of sugar cane and in gold mining. Referred to as a "cidade maravilhosa" (Marvellous City), few cities enjoy such a dramatic setting as Rio. Brilliant, white beaches at Copacabana and Ipanema, deep blue waters of the Atlantic, the luminescent green of Guanabara Bay, the bare blue slopes of the Sugar Loaf combine to make Rio unique. Standing over it all, atop Corcovado, is the huge statue of Christ the Redeemer, the best place from which to appreciate the city.

Although the Portuguese first sailed and entered the bay, it was the French who first established a settlement in the area, logging Brazil wood along the coast. Their first permanent settlement lasted a brief five years, when they were attacked and driven from the area by the encroaching Portuguese. A series of skirmishes ensued, with the Tomiao people allied with the French against the Portuguese.

In 1567 the Portuguese began construction of a fortified town to repel any invaders, naming it Sao Sebastiao do Rio de Janeiro. Amassing wealth with the gold rush of Minas Gerais, in the early 18th century Rio became Brazil's most important city and a great temptation to the French who, in 1710, waged war against the Portuguese and held the city for a sizeable gold ransom. Again in the 19th century, under threat of Napoleon's invasion, what remained of the Portuguese monarchy fled to Brazil where they set up court in grand style; many of today's older structures date from this period.

The gold rush was followed by a coffee boom in the mid-1800s and the wealth generated led to the city's initial modernization. Replacing Salvador de Bahia as the colonial capital in 1763, the city remained the capital until 1960, when it was replaced by Brasilia.

The city is a magnet for tourists who come to walk the beaches of Ipanema and Copacabana, and generally partake in the Carioca zest for life. Many ascend the Sugarloaf Mountain (Pao do Açucar), whose image is nearly synonymous with Rio and Carnival. Modern Rio is perhaps best known for the contrasting images offered by the favelhas (shanty towns), and the glitz and glamour preferred by the Samba schools and their Carnival celebrations.

Today is an arrival day so why not enjoy the numerous optional activities available, such as visiting one of the many attractions such as the Corcovado (now one of the new 7 wonders of the world), Sugarloaf, and fantastic beaches. From the top of the Pao do Açucar (Sugar Loaf), reached by cable car, superb panoramic views of the city and area unfold. Head to some of the famous beaches, and prepare yourself for an experience unlike anything else on Earth.

### DAYS 2 - 8: CURITIBA & BEACHES

From Rio we head south along the Atlantic coast to Paraty an architectural gem famous for its churches. Located in the Bay of Paraty there are endless hidden beaches and an optional boat ride is a great way to explore some of them.

A young, well-managed and vibrant city, Curitiba is the capital of the State of Paraná. It was once a major thoroughfare for Gauchos (the Brazilian equivalent of the cowboy) and their cattle; today its modern economy is centred on coffee culture. The city has a large university student population, and it is a youthful, energetic place, that retains its historic buildings. A handful of streets have been closed to cars and there are many parks, gardens and wide boulevards.

### DAYS 7 - 9: IGUASSU FALLS

Our next stop is the majestic Iguassu Falls. Spend two full days experiencing the views and splendour of the falls from both the Argentinian and Brazilian sides. Sit back and soak in the stunning beauty and raw power that is Iguassu, or take a boat tour directly into the spray of the falls. There are 275 individual falls in all, spread over a 3-km (almost 2 mile) area. Some are over 80m (2642 ft) in height, making these cataracts both wider than Victoria Falls and higher than Niagara! UNESCO declared the region an International Heritage Area in 1986. The best time of the year to view the falls is from August to November, as during rainy season flooding often prevents closer viewing from the catwalks.

### DAYS 10 - 11: BEACHES AND JUNGLE

After a long day's travel we arrive in Bonito, an outdoor lover's dream. Some of the many options here include snorkelling down the Rio de la Prata, swimming in crystal-clear lagoons or visiting macaw nesting spots. Bonito, as the name ("beautiful") implies, is a great place for nature lovers. Just outside the Pantanal

area, this is water and jungle country with abundant colourful fish in the area's crystalline rivers. Explore nearby underwater caves and waterfalls, go rafting or snorkelling, or simply spend a lazy day by the river.

### DAYS 12 - 14: THE PANTANAL

Our northbound journey continues as we head to the world-famous and biologically diverse Pantanal. Less well known outside of Brazil and South America, the Pantanal, a largely flat, wetland area about half the size of France, is still one of the best places in the continent for observing wildlife. This vast alluvial plain, seasonally flooded by the Paraguay River from October to March, is all that remains from an ancient inland sea which began to dry out 65 million years ago. Today it is an area rich in bird life such as macaws and Jabiru storks. With luck and appropriate weather we may spot cute capivara (capybara), howler monkeys, caiman, giant river otters, anacondas, anteaters and gauchos also known as the Brazilian cowboy.

The area is sparsely populated and what few roads exist are in poor condition. Most people use small airplanes, 4-wheel-drive vehicles and motorized canoes to get around, so expect some rough travel and more rustic accommodation while visiting the area. The area's Transpantaneira, an elevated dirt road, which extends 145km's (91 miles) from outside Pocone to Porto Jofre, becomes an island during the wet season. We take a two-day wildlife excursion to fully appreciate the area's beauty and bounty.

Unfortunately, as in other areas, poachers continue to do damage, and official government resources to protect the zone are scarce. This, combined with corrupt officials and a lack of commitment on the part of the government, have resulted in widespread poaching; latest estimates indicate that anywhere from half a million to two million animals are killed annually in the Pantanal.

### DAYS 15 - 17: CORUMBA & CHOCCHI

We travel to the quiet border town of Corumbá, giving us the chance to rest up before starting our journey into Brazil. We then stop for a couple of nights camping near the small town of San José de Chiquitos. A little more than half of the distance between Santa Cruz and the Brazilian border, this popular travel stop is known for its Jesuit Mission and as a gateway to the area's two stunning National Parks.

### DAYS 18 - 19: SANTA CRUZ

We continue on to Santa Cruz, located close to the Cordillera Oriental foothills. Once a backwater frontier town, it has now grown into Bolivia's second largest city. Spend a free day here exploring the city's sights, relax by the banks of the Pirai river or chill out with the sloths hanging from their trees in the Plaza 24 de Setiembre or take an optional excursion outside of the city - maybe opt for a spot of trekking, before getting ready to head east into Brazil.

### DAYS 20 - 22: SUCRE

Our next stop is Bolivia's White City, the country's

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official capital, Sucre. Before the conquest, military religious and political leaders of the local indigenous population made their homes on the present day city site. Later, the city became the headquarters for the Spanish Royal Court, which by the late 1700s ruled over colonial Paraguay, parts of Peru, Argentina, Chile, and most of Bolivia. In 1825, in the wake of the Latin American independence movement, the city was renamed Sucre after Simon Bolivar's second-in-command, General Antonio Jose de Sucre.

The city's fine museums, colonial buildings and ties to the independence movement make it a city of great historical interest. Optional activities include visiting an old tin baron's mansion, a textile cooperative, mountain biking, hiking or we can even visit some ancient dinosaur tracks!

### DAY 23: SILVER MINING TOWN

Relatively close by is Potosí, declared the UNESCO World Heritage site in 1987 in recognition of its tragic history as a silver mining centre during the time of Spanish colonization. Working conditions for miners were appalling, and the indigenous population was decimated. African slaves were brought in to replace the native workers, and it is estimated that as many as eight million indigenous people and Africans died in the mines during the first three centuries of Spanish colonial rule. Though sometimes distressing and uncomfortable because of the harsh working conditions, the optional trip underground into the mines of today is an experience that should not be missed.

### DAYS 24 - 27: THE SALT LAKES

We travel to Uyuni and spend the next three days exploring the stunning landscapes between the Salar de Uyuni and Chile's Atacama Desert by four-wheel-drive vehicle. Piercing blue skies contrast with blinding white salt as you drive across the flat lakebed. The area's unusual landscape of mountains, active volcanoes, and geysers is like nowhere on earth.

Despite its isolation and challenging climate (cold and blustery most of the year), Uyuni has earned the nickname of Hija Predilecta de Bolivia (Bolivia's Favourite Daughter). Most of its hardy residents are either public sector workers or salt miners in the dried out lake-beds, with tour operators a close third. The main attraction in town is the Train Cemetery, a collection of rusting railway relics just southwest of the present train station.

Uyuni is the starting point for our 3-night excursion through the spectacular Salar de Uyuni. Twice submerged by a large high-altitude lake, the salt flats now cover a total area of over 12000 square km (7440 square miles) and today serve as one of the country's main salt mining centres.

We absorb stunning views of the salt-encrusted lakebed surrounded by golden-hued mountains, snow-capped peaks and see an endless azure horizon

that will forever engrave itself in your memory. The tour takes us through Laguna Colorada (4278 m/14,031 ft), a large red lagoon whose colour is the result of algae & plankton growth in the mineral-rich waters, and Laguna Verde (5000 m/16400 ft), a lake that owes its striking blue-green colour to high concentrations of lead, sulphur, copper and other minerals.

The numerous geysers, boiling mud pools, thermal baths and Licancabúr volcano (5960 m/19549 ft), which looms just behind the lagoon, are clear evidence of the region's volcanic activity. Surprisingly, both wildlife and flora manage to survive and even thrive in the desolate landscape, including vizcachas (of the rodent family), flamingos (3 varieties), and assorted varieties of cacti.

We return to Uyuni to spend the night before embarking on our journey to La Paz

### DAYS 28 - 29: LA PAZ

Welcome to La Paz, the highest capital city in the world. Although Sucre is the official capital, La Paz is the Bolivian centre of commerce, finance and industry, and the de facto capital. This is a busy modern city, with its centre at the base of a canyon 5 km (3 miles) wide and sprawling impromptu housing all the way up the surrounding hillsides. The city is at nearly 4000 m (13,120 ft) above sea level, so visitors should be prepared for cool evenings and mornings. You've free time to explore and highlights include visits to museums, and excursions to Tiahuanaco ruins (cradle of Inca civilisation), the world's highest ski resort and the incredible Valley of the Moon named for its crater like formations.

Check out the Mercado de Hechicería (Witches' Market), where Paceños and visitors may purchase potions and incantations made from all sorts of herbs, seeds, and secret ingredients to remedy any number of illnesses (real or imagined) and protect from evil spirits. There is also a thriving black market and a Carnaval market, where locals purchase carnival costumes. You'll also find a wealth of shops selling all sorts of handicrafts, mainly alpaca wool products, silver jewellery, woven textiles and leather goods.

### DAYS 30 - 32: LAKE TITICACA

We travel from La Paz around the shore of Lake Titicaca to the Lluqina Peninsula where we will spend two nights in a small, local community, mostly unaffected by tourism. Unlike the neighbouring islands the communities of Lluqina have only recently started to accept visitors and have a less commercial and more authentic feel. We will stay with a local family and get a true feel of life on the shores of Lake Titicaca.

After our homestay we will visit Lake Titicaca itself, the largest lake in the world above 2000m, and the views from Taquile Island are stunning. The people of Taquile Island's unique culture, style of dress and lifestyle make for a memorable visit. The men of

the community do all the knitting, as this is strictly a male domain, while the women do the spinning. High quality, locally knitted goods are available for purchase at various cooperatives on the island.

After Taquile Island we pass the floating islands of the Uros people. The Uros began their unusual floating existence centuries ago in an effort to isolate themselves from the Colla and Inca tribes. Sadly, the Uros language has died out, and today they speak Aymara due to intermarriage with Aymara-speakers. Today about 300 families live on the islands, however their numbers are slowly declining.

The Totora reeds that grow in the shallows of the lake are used for making everything from the islands themselves to the model boats that the islanders sell. The reeds are also used to build their boats, which if constructed well will last up to 6 months.

### DAYS 33 - 36: CUZCO

Next we head to the buzzing city of Cuzco. It is the perfect base for optional explorations of the city and area as well as a range of outdoor activities. We spend the next few days relaxing and exploring this fascinating city, while taking time to acclimatize to the higher altitude before our trek.

The city attracts thousands of travellers who come not just to visit a unique destination but also to experience an age-old culture very different from their 20th century way of life. It is steeped in history, tradition and legend. There are a myriad of very old and grand churches dotted around the city and several interesting ruins in and around Cuzco. While most ruins are just outside of the city, the main ruin within is that of the Coricancha, once the Inca Empire's richest temple. This ruin forms the base of the colonial church of Santo Domingo. During Inca times this temple was literally covered with gold, but within months of the arrival of the first conquistadors this incredible wealth had all been melted down. It is left to the individual imagination to envision the magnificence of the original structure.

Whilst exploring, why not visit the Archaeological Museum, which also houses a small art museum, the Regional History Museum and the Religious Art Museum?

Next we check out Ollantaytambo which is a major Inca ruin site and your first taste of what lies ahead on the Inca Trail. It is admired for its huge steep terraces guarding the Inca Fortress and for being one of the few places where the Spanish lost a major battle during the conquest. We spend the night in this small town before heading out for the start of the hike the next morning.

### DAYS 37 - 40: THE INCA TRAIL

A trip to Peru is not complete without a visit to the Inca ruins. For those interested in a challenging but worthwhile hike, the Inca Trail is exceptional, however you must be prepared for it! It is a 40-km

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(25 mile) hike, with 3 high passes to be crossed, one of which reaches an elevation of 4200m (13776 ft). The trail is often steep, and it may rain even during the dry season. The temperatures at night may fall below zero, so it is important to come well prepared.

Our local crew of porters, cook and guide will look after us well for the duration of the hike. Walking the trail that linked this ancient empire will supply you with breathtaking views at every step, as we move from high plateau areas to dense cloud forest. Depending on the season, you may see a great variety of flora, including miniature and large orchids, and fiery rhododendron bushes.

You will be passing smaller ruin sites the first of which is Llactapata. The second day you will climb the long steep path to Warmiwañusca, or Dead Woman's Pass. At 4198 m (13769 ft) above sea level, this pass is the highest point of the trek. The second pass of the hike is at 3998 m (13113 ft) where on clear days, we enjoy superb views of the snow-capped Cordillera Vilcabamba. The trail goes through some beautiful cloud forest on the gentle climb to the third pass, where you will walk through a causeway and a tunnel, both original Inca constructions. The highest point of the third pass is at 3700m (12136 ft). You'll be rewarded by devastatingly beautiful views of the Urubamba Valley below (on clear days). Soon you will reach the serene looking ruins of Phuyupatamarca, or the 'Town above the Clouds', at about 3650 m (11972 ft) above sea level. We camp for the final night close to Wiñay Wayna (Forever Young) ruins, a grandiose terraced hillside site, with panoramic views of the valley below and just a short hike from Machu Picchu.

On the final day of the hike we climb the steps to the Sun Gate overlooking the peaks that surround Machu Picchu. There is no way to describe the feeling of the first views of Machu Picchu, as the mist rises off the mountains early in the morning and the famous ruin appears in front of you. We have the better part of the day to explore the site. In the afternoon, we have the chance to soak in the hot springs of Aguas Calientes before taking the train back to Cuzco.

Machu Picchu is both the best and the least known of the Inca ruins. It is not mentioned in any of the chronicles of the Spanish conquistadors and archaeologists today can do no more than speculate on its function. Machu Picchu was known for centuries by the local Quechua farmers in the area. It was not until the American historian Hiram Bingham, in search of Villcabamba, was led to the site by an 11 year old boy on July 24, 1911, that the rest of the world became aware of its existence. At that time it was covered in thick vegetation. Bingham and his team returned in 1912 and 1915 to clear the growth. Over the years, a lot of work has been done on excavating and studying the site. Despite these efforts, many unanswered questions remain.

NOTE: If you have always dreamed of trekking the Inca Trail be warned – the numbers are strictly controlled and the trail is periodically closed due to maintenance

and/or inclement weather. So please book early!

If the Inca Trail is unavailable we will offer the Lares Trek as an alternative. With its breathtaking passes, glacial lakes and hot springs, this less crowded option, which also ends with a full day's visit to Machu Picchu, is thought to be more spectacular and has more to offer than the Inca Trail (includes 2 nights camping, 1 night hotel – Aguas Calientes & comprehensive tour of Machu Picchu).

### DONT FANCY THE TREK?

If you'd rather set your weary head upon a comfy pillow than spend 2-3 days hiking either Trail, then why not spend those days in the relative comfort of a Cuzco Hotel? On the day before the group reaches Machu Picchu, you will travel by train to Aguas Calientes and overnight. The next morning we take the bus to the Machu Picchu entrance and rendezvous with the hikers at the ruins (includes 2 nights Cuzco, 1 night Aguas Calientes & comprehensive tour of Machu Picchu).

Please specify either preference when making your reservation.

### DAY 41 - 42: COLCA CANYON

The Colca Valley is an area of stunning natural beauty. Our excursion to the Colca Canyon involves a remarkable drive through Inca and pre-Inca terracing, we will see huge volcanoes towering above us. The Canyon itself is a spectacular sight, more than twice as deep as the Grand Canyon in the States. Once at the Canyon we will look for the king of the Andes, the mighty Andean Condor, as well as seeing a variety of birdlife, including the giant humming bird, eagles and alpacas, llamas and vicuñas,

### DAYS 43 - 44: THE WHITE CITY

Peru's second largest city after Lima and hailed as the most beautiful, Arequipa, maintains a traditional colonial style and more laid back pace in comparison with the capital. Arequipa is built from a pearly white volcanic rock called sillar, the older buildings dazzle in the sun, thus the nickname, "the White City." The main plaza with its cafés and nearby cathedral is a top draw for visitors and the friendly locals make the city a great place for visitors.

Why not take an optional visit to the Convent of Santa Catalina, which offers a brief respite from the outside world and a unique view into a by-gone way of life.

In the evening you can explore and sample the yummy cuisine in the many restaurants (try an alpaca steak - low in fat and calories and very tender!), check out some of the nightlife (and do like the locals by tasting some Pisco sour) or just take a wander round the streets and squares. The city looks particularly beautiful at night when the Cathedral and other monuments are lit up.

### DAY 45: PUERTO INCA

This beautiful sea shore location along one of the most important archeological sites off the Peruvian coast between Nazca and Copiapo is also called "Quebrada de la Vacca". Our campsite is located by

the beautiful beach and we can enjoy swimming and sunbathing on the warm sands, or try to spot some of the fabulous flora and fauna, including a variety of birds, adorable sea lions and cute penguins, before perhaps trying some of the tasty seafood available and then settling down to a night under a blanket of stars.

### DAY 46 - 47: THE NAZCA LINES

Huacachina is literally an oasis in the middle of the desert. Surrounded by some of the world's highest sand dunes sandboarding has become this area's claim to fame. Whether you are an avid snowboarder looking for something new or trying it for the first time you are sure to enjoy this optional activity.

Close by are the mysterious Nazca Lines, consisting of patterns and pictures etched in the ground, crisscrossing an area of flat desert. Some of the lines measure up to 10 km (32 miles) in length, and yet remain perfectly straight. The depictions of birds, insects and animals are only recognizable from the air. Who drew the lines, and why, is something about which modern archaeologists can only theorise. From the ground we can make out very little and the best view is from a light aircraft, which can easily be arranged.

Remains of the Nazca culture are still visible during our tour of an ancient desert cemetery site, which also includes a visit to a pottery workshop.

### DAYS 48 - 49: LIMA

Welcome to Lima, Peru's capital city! To get a feel for colonial Lima, take a cab to the Plaza de Armas and watch the changing of the Palace Guard in the afternoon. Walk around the streets surrounding the Jirón de la Unión for great examples of Spanish-colonial architecture and to experience life in a large South American city. There are many fine museums in and around the city, including the Museo Rafael Larco Herrera, which houses an equally impressive collection of pottery, mummies and textiles from the Paracas and Nazca cultures. An optional city tour visits many of the cities highlights.

The more affluent coastal districts of Miraflores, Barranco and San Isidro offer good nightlife and cafés. The Limeños are friendly and the city's many interesting museums, churches, markets, restaurants and nightlife will surely entice you. Seafood lovers should be sure and try a ceviche, for which Lima is well known.

Day 49 heralds the end of a trip of a lifetime. We hope you had a great time!

NOTE: Please be aware that as this is a trip that combines other tours, the leader, group members and/or vehicle may change throughout the trip.

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## CONDORS TO CARNIVAL: INFO

### STYLE OF TRIP

When considering one of our South American expeditions, it is important to be aware that this choice of holiday is designed for people who have an adventurous spirit and understand that in developing countries things do not always run to plan. South America is a huge continent and so there will be some long days of travelling, but with the stunning scenery you won't be bored! To allow you to have total freedom and flexibility to explore, we've included just the basics. Travel around on anything that moves, be it bus, train, ferry or good old foot power. You will experience life like a local by staying in remote or rustic guesthouses, and in cities and towns it will be hotels. Expect your multi-shared room or campsite to be simple and clean, with the occasional cold shower and sporadic electricity. Our overland trips require some participation so expect a real hands-on experience as you set up camp, help out at meal times and team up with your fellow travellers as you cross rivers, plains, plateaus and mountain passes. This is South America, expect the unexpected!

### TOUR LEADER AND STAFF

The trip is accompanied by one of our tour leaders and at least one driver/cook. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

### MEALS

Eating is a big part of travelling. You will experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your group leader will be able to suggest favourite restaurants during your trip. The amount of meals included as per the inclusions on page one. We recommend you allow approx US \$550 dollars for your other meals.

### HEALTH

You should consult your doctor for up-to-date medical travel information well before departure. Please note this trip travels to high altitude. This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age.

We recommend that you carry a First Aid kit as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities. We reserve the right to exclude any traveller from all or part of a trip without refund if

in the reasonable opinion of our group leader they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Proof of the yellow fever vaccine is often asked for upon entry to the Pantanal region. Please make sure you have this for this trip.

### SECURITY

The best advice is to stay alert. Don't bring any unnecessary, expensive jewellery with you. Keep an eye on your belongings at all times, listen to the advice of your tour leader and consider bringing a money belt. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions. We also recommend you photocopy all of your travel document and keep them separately from the originals.

### CLIMATE AND THINGS TO BRING

Most people automatically assume that the weather is hot in South America, but because of the higher altitude in the Andes, the temperature can feel quite cold, especially at night. We recommend the use of a duffel bag or backpack, whichever is easiest for you to carry. A good size daypack is also essential.

Remember that although near the Equator, the higher altitude on some parts of the trip make for cool evenings and you will need a warm sweater or pullover and you should also think about bringing a warm hat, gloves, water/windproof jackets and thermal underwear. It's best to layer clothes rather than bring a heavy parka so that you can take layers off. This is especially true on the Inca Trail, at which time warmer clothing is essential. You will need a sleeping bag for camping. You will also need a very warm sleeping bag for sub-zero temperatures to be used on Salt Flats in Bolivia  
**(NOTE: the latter possible to rent locally for US \$5-10)**

### RECOMMENDED FOR THE INCA TRAIL

- Inner sheet (for sleeping bag)
- Rain poncho
- Strong plastic bags to help keep gear dry
- Sleeping bag (this can also be hired locally for approximately US \$15)
- Mattress (a foam mattress is included as part of the hike; self inflating type mattresses are available for hire)
- Anti-inflammatory tablets (e.g. Ibuprofen)

All other camping equipment is provided for the Inca Trail excursion. Porters carry the camping gear, food, and a portion of your personal belongings. All you will need to carry is a day-pack, containing waterproof jacket, fleece top, camera, water bottle, snacks, sunscreen, and hat during the hike.

To support the rights of the porters on the Inca Trail we would like ensure that they never exceed the weight limit for their packs as set out by the National Institute of Culture in Peru. Porters are allowed to carry no more than 6kg of personal belongings per hiker. That means that including your sleeping bag, toiletries, clothing, etc... you are allowed a total weight of 6KG for the hike. Any additional weight must then be carried by you in your day pack.

### OPTIONAL ACTIVITIES

Prices in US dollars. To be booked and paid for locally.

#### Rio de Janeiro:

- Corcovado \$20
- Sugar loaf \$20
- Football game \$10-\$25
- Hang gliding \$120
- Samba show \$50+

#### Illa Grande:

- Boat trip \$25
- Snorkeling gear \$5

#### Iguassu Falls:

- Bird park \$10
- Jungle & Falls excursion \$40
- Boat ride, various tours \$20-\$50

#### Bonito:

- Snorkelling - Rio da Prata \$50-65
- Blue Lagoon Cave entrance fee \$12-15
- Waterfalls tour \$25-30 • Rafting \$40
- Abismo (rappel and snorkel) \$250

#### Sucre:

- Dinosaur Footprints tour \$5
- Hiking \$25-35
- Mountain biking \$18-35

#### Potosi:

- Silver Mine Tour \$10
- Casa de la Moneda \$3

#### La Paz:

- Chacaltaya tour \$15
- City tour \$15
- Mountain biking \$45-\$60
- Tiwanaku ruins \$10-15

#### Puno:

- Sillustani archaeological site \$12

#### Cuzco:

- Boleto Turistico (tourist ticket) \$14-25
- City tour \$7
- Horseback riding around ruins (with guide) \$25 - \$35
- Horseback riding around ruins (without guide) \$12
- Whitewater rafting \$25
- Mountain biking \$35
- Inca Museum \$2 entrance
- Quad biking \$80

#### Arequipa:

- Santa Catalina Museum \$4 entrance
- Juanita Museum \$3

#### Nazca:

- Flight over the Nazca Lines \$50

#### Huacachina:

- Sandbuggy and sandboarding \$13

#### Pisco:

- Ballestas Island tour \$11

#### Lima:

- City tour \$25 (\$45 with Gold Museum)
- San Francisco Church and catacombs \$2.50
- Museum of the Nation \$3 entrance
- Museum of the Inquisition \$3 entrance

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68 north end road, west kensington, london, W14 9EP • 020 7471 6400 • info@thegobus.com • www.thegobus.com

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