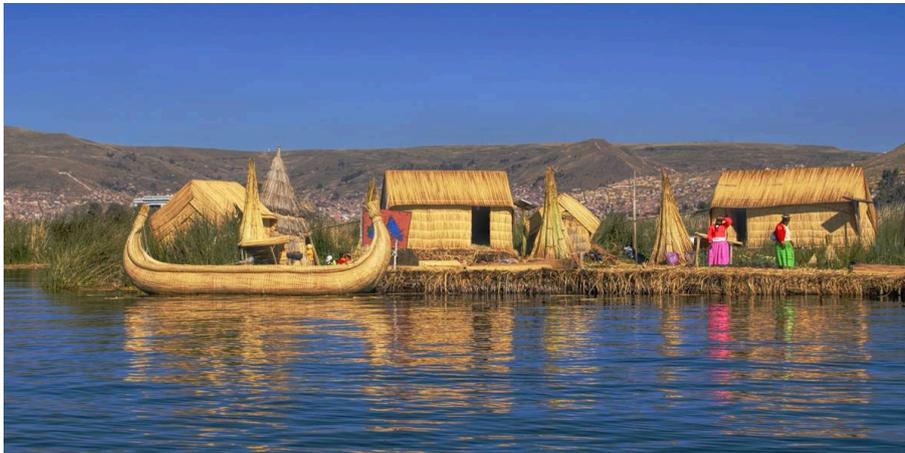


# Best of Peru & Bolivia

## 15 days | Lima to La Paz



Discover the wonders of Peru and Bolivia on this 15 day private tour which starts in Lima and ends in lofty La Paz. Marvel at the legendary Machu Picchu – the Lost City of the Incas, meet the islanders on beautiful Lake Titicaca, explore the shimmering white plains of the Uyuni salt flats and more!

### HIGHLIGHTS AND INCLUSIONS

#### Trip Highlights

- Lima – discover the stunning “City of Kings” on your guided tour, gaze out over the Pacific Ocean and explore the cultural heritage of the Larco Museum
- Sacred Valley – barter with local tradespeople at the Pisac markets and travel back in time down the ancient streets of Ollantaytambo
- Machu Picchu – travel into the clouds and experience the “Lost City” of the Incas
- Cusco – explore the ancient city with a guided tour and taste some delicious traditional Peruvian cuisine
- Lake Titicaca – meet the indigenous Uros peoples on floating reed islands

on the highest navigable lake in the world

- Copacabana – visit the Basilica of Copacabana and take a hydrofoil out to Sun and Moon Island on Lake Titicaca
- La Paz – stare down at the sprawling city from your cable car ride and explore the mysterious Witch Doctors market
- Sucre – enjoy a guided tour of the city and visit the House of Liberty, where Bolivia’s independence was signed
- Potosi – visit the city’s Casa de la Moneda (Royal Mint)
- Uyuni – marvel at the largest salt flats on Earth surrounded by the towering Andes Mountains

#### What’s Included

- 14 breakfasts, 7 lunches and 4 dinners
- 14 nights standard accommodation (superior and deluxe available on request)
- Airport arrival and departure transfers on days 1 and 15
- 3 domestic economy flights: Lima – Cusco, La Paz – Sucre and Uyuni – La Paz
- Services of local English-speaking specialist guides

- Full day Uros and Taquile Island tour (shared speedboat)
- Full day Hydrofoil from Puno to La Paz (shared excursion)
- Bus from Cusco to Puno and Sucre to Potosi
- Return Inca Rail train to Machu Picchu
- Half-day guided tour of Lima, full-day excursion to the Sacred Valley, guided tour of Machu Picchu, half-day guided tour of Cusco, half-day guided tour of La Paz, half-day guided tour of Sucre and full-day excursion to the Uyuni salt flats.
- Entrance fees
- Cusco culinary tour

#### What’s Not Included

- International flights and visas
- Laundry, drinks and items of a personal nature
- Tipping – an entirely personal gesture

### DETAILED ITINERARY

#### Day 1 : Lima

Bienvenido a Peru! Welcome to Peru and the beginning of your Latin American adventure. On arrival at Lima International Airport you’ll be met by our representative and transferred to your hotel. Your first evening can then

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# Best of Peru & Bolivia

be spent at leisure, perhaps exploring the vibrant nightlife of Peru's capital city. **Overnight - Lima**

## Day 2 : Lima sightseeing



Discover Lima – the “City of Kings”, with your half-day guided tour. Take in highlights of the city including the Government Palace, the historical city centre and the ancient cathedral – constructed in the seventeenth century. You'll also explore the Religious Art Museum (closed on Sundays) before moving on to the San Francisco Monastery and its underground crypts, the Catacombs.

The tour continues with a visit through the residential Districts of San Isidro and Miraflores, passing the Huaca Pucllana, an ancient administrative centre of Lima. Next see El Olivar Park, and El Parque del Amor (Peruvian Love Park), where you can enjoy stunning cliff top views over the Pacific Ocean, and down the coast to the port of Callao. Finally, visit the Larco Museum, which holds the best private collection of pre-Columbian art in the country, including an exhibition of erotic pre-Columbian art. You'll have the rest of the day to explore Lima as you please. Why not return to the Love Park where you can enjoy a romantic view over the cliff tops as the sun sets before you? **Overnight - Lima (B)**

## Day 3 : Lima to the Sacred Valley

Lima – Cusco – Sacred Valley. You'll be transferred to Lima International Airport and will fly to Cusco, before being transferred to your hotel. Enjoy the rest of today at leisure, taking some

time to relax and adapt to the altitude. **Overnight - Sacred Valley (B)**

## Day 4 : Sacred Valley



Today, visit the famous Inti Watana ruins at Pisac on a full-day guided tour of the Sacred Valley. Explore highlights including the Temple of the Sun and an inti watana – a volcanic ritual stone which was used by the Incas to define the changing of the seasons. Experience the Pisac markets and practice your bartering skills as you explore the colourful textile and souvenir stalls.

Your final visit will be to the Inca fortress and citadel of Ollantaytambo, the “Live Inca Town”. As well as a military base, Ollantaytambo was used for agricultural and religious purposes and local inhabitants still live according to the customs of their ancestors. You'll feel transported back in time as you walk the stone streets and discover highlights of the town including the Temple of the Sun. **Overnight - Sacred Valley (B, L)**

## Day 5 : Machu Picchu



Sacred Valley – Aguas Calientes. Today you'll explore Peru's most famous site, the “Lost City” of the Incas, Machu Picchu. Reach the town of Aguas

Calientes by train before taking a bus to the ancient citadel, situated 3,400 metres above sea level. Enjoy the striking jungle surroundings which hid Machu Picchu from the invading Spanish and indeed from humanity until its rediscovery in 1911. Your guided tour of Machu Picchu will take in sites including the Main Plaza, the Sacred Sun Dial and the Royal Quarters. Enjoy lunch at the luxurious Sanctuary Lodge which overlooks Huayna Picchu Mountain, before returning by bus to Aguas Calientes. **Overnight - Aguas Calientes (B, L, D)**

## Day 6 : Free time in Aguas Calientes

Aguas Calientes – Cusco. This morning you'll have some free time should you wish to return to the ancient citadel (optional second entrance fee to Machu Picchu is not included in the tour cost), or if you're feeling up for a challenge you may decide to climb the Huayna Picchu (additional cost required) which will take you higher into the mountains for an unrivalled view of Machu Picchu (no guide service).

Return to Cusco by train and spend the evening exploring the ancient city, perhaps taking a wander down the ancient Hatunrumiyoc Street, one of the best-preserved original Inca roads in the city. **Overnight - Cusco (B)**

## Day 7 : Cusco sightseeing



Cusco is home to some of Peru's finest architecture and today's half-day guided tour will take in some of the city's most impressive sites. Discover the beautiful Plaza de Armas – the former heart of the Incan Empire, and

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the beautiful Santo Domingo church. You'll also pay a visit to the renaissance style cathedral, constructed in the seventeenth century. The afternoon is free to explore Cusco at leisure. Why not visit the ancient Inca site of Sacsayhuaman, located a 45-minute walk from the city centre? In the evening you'll be treated to a Culinary Experience, with a visit to San Pedro Market and a unique insight into Peruvian cuisine. Create delicious traditional gourmet dishes with help from a local chef and enjoy your meal with views over the spectacular ancient city. **Overnight - Cusco** (B, D)

### Day 8 : Puno and Lake Titicaca

Cusco - Puno. Today you'll say goodbye to Cusco and take a bus to the city of Puno, passing numerous sights along the way - including the rippling Wacarpay Lake. The bus will stop at the town of Andahuaylillas, and the historical sites of Checacupe and Raqchi, a spectacular Inca sanctuary. Pass through Abra La Raya where you can see herds of vicunas and llamas, before visiting the town of Pucara, known for its crafts, pottery and the famous Pucara Bulls.

On arrival in Puno you'll be transferred to your hotel on the shores of the magnificent Lake Titicaca, the highest navigable lake in the world. Enjoy your evening taking in the beauty of the region. **Overnight - Lake Titicaca** (B, L)

### Day 9 : Lake Titicaca by boat

Today will begin with an exciting motorboat excursion to the island of Taquile. The island is inhabited by traditional Quechua-speaking natives who have developed their own unique social systems that have been passed down through generations.

The boat trip will continue to the Chucuito peninsula where you'll visit the rural community of Luquina, before a trip to the incredible floating reed islands of the Uros. These indigenous

peoples have built their own islands, boats, and homes using "Totora" reeds, a species found only in South America. **Overnight - Puno** (B, L)

### Day 10 : Copacabana & Sun Island

Puno - Copacabana - La Paz. Say your goodbyes to Peru and travel overland to the town of Copacabana in Bolivia, on the shores of Lake Titicaca. Visit the Dark Indian Virgin in the town's Basilica before boarding a hydrofoil to mystical Moon Island where you will see the ruins of the Sun Virgins Temple. Continue on to Sun Island, which is believed to be the cradle of the Inca Empire.

Return by hydrofoil to Copacabana and travel by road to experience the Andean Roots Eco Village in Huatajata, a charming museum on the culture and history of the local area. Continue your journey to the Bolivian legislative capital, La Paz by road, taking in the scenic views of the Andes. **Overnight - La Paz** (B, L)

### Day 11 : La Paz sightseeing

After spending the morning at leisure enjoy an afternoon guided tour of the main sites and attractions in La Paz, including the Indian Market and the spooky Witch Doctor's Market. As you explore the city, take time to enjoy the panoramic surroundings, and the view of the "Illimani" mountain. Later, take a cable car ride over the city, enjoying an impressive birds-eye view over La Paz. **Overnight - La Paz** (B)

### Day 12 : Sucre sightseeing

La Paz - Sucre. Transfer to La Paz Airport for your flight to Sucre, the constitutional capital of Bolivia. In the afternoon enjoy a tour of the city that includes the Recoleta, home to the picturesque Plaza de Anzurez. You'll also visit the House of Liberty, the building where Simon Bolivar signed the Independence of Bolivia from the

Spanish Empire in 1825. **Overnight - Sucre** (B)

### Day 13 : Potosi and Uyuni

Sucre - Potosi - Uyuni. This morning embark on an overland journey to the city of Potosi, the source of silver in the colonial era and according to UNESCO, "The Historical and Cultural Legacy of Mankind". Visit the city's Casa de la Moneda (Royal Mint) and see the wooden machinery used to produce silver coins for Spain during the colonial period. You'll then continue to the city of Uyuni and your hotel.

Please note: while we reserve the best hotels available in the Uyuni region, they are basic with limited facilities. During the rainy season (Dec to Mar) please also note that the salt flats and the red and green lagoons can become flooded and some areas may be inaccessible. **Overnight - Uyuni** (B, L, D)

### Day 14 : Uyuni Salt Flats



Today you'll visit the Uyuni salt flats, the largest of its kind on Earth at 12,000 square kilometres. The vast expanse of the flats offers a view unlike any other, with the Bolivian Andes as the backdrop and a stunning silence over the salt plains. You have the opportunity to photograph this incredible scenery. Visit the 'island' of Incawasi, an oasis of algae, fossils and giant cacti. Some of these cacti are over 100 hundred years old and will tower above you at 12 metres high. **Overnight - Uyuni** (B, L, D)

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## Day 15 : Uyuni to La Paz

Uyuni - La Paz. Today signals the end of your Latin American journey. Transfer to Uyuni Airport for your flight back to La Paz where arrangements end.

(B)

### BEFORE YOU GO

#### Tipping

Tipping is an essential part of the culture. Tipping is an entirely personal gesture and the amount you tip is up to you, but as a guideline we would suggest the following:

Guide / transferman: USD 5 - 10 per guest per day

Driver: USD 2 - 5 per guest per day

Restaurant Tips: 10% of the total check

### Bolivia Country Guide

#### Bolivia - Fact File

Official Name: Republic of Bolivia

Capital: La Paz (administrative), Sucre (judicial)

Population: 8.4 million

Total Area: 1.1 million square kilometres

Official Language: Spanish, Quechua and Aymara

Religions: Roman Catholic 95%

Voltage: 110 volts in La Paz and 220 volts in the rest of the country

Dialling Code: +591

Time Difference: GMT/UTC -4

Airport Departure Tax: US\$25

#### Bolivia - Visas

Citizens of the EU, Canada and Australasia do not need a visa to enter Bolivia. Entry is granted on production of a passport valid for more than six months, a return air/bus ticket and proof of funds to support yourself for the duration of the stay. Many other nationals, including US and South African citizens do require visas. For the latest information on your specific visa requirements you should contact the local Bolivian Embassy or Consulate well in advance of your planned date of travel.

Bolivia entry/exit requirements: Your passport must contain a Bolivia entry stamp, without this you'll have to pay a fine when you leave the country. If you enter Bolivia overland ensure that your passport is stamped on both sides of the border, with an exit stamp from the country you are leaving and an entry stamp on the Bolivian side.

#### Bolivia - Climate

Nicknamed the 'Tibet of the Americas', landlocked Bolivia is the highest and most isolated country in the Americas. With elevations ranging from sea level to over 6,880 metres, the Bolivian landscape offers a mind blowing array of complex ecosystems and stunning scenery. It is basically divided into three regions: Altiplano (a plateau at an average of 4,000 metres above sea level, 800 kilometres long and about 130 kilometres wide); the yungas (a series of forested and well-watered valleys); and the llanos (the Amazon-Chaco lowlands). Because of the wide range of elevations and topography, there are many different climatic patterns. The overall temperatures are probably cooler than most people expect. Even in the humid forest regions of the north, frosts are not unheard of. Bolivia's unprotected expanses contribute to variable weather conditions and the two climatic 'poles' are Puerto Suarez for its stifling, humid heat, and Uyuni for its near-Arctic cold and icy winds.

There's no time that is perfect for the entire country, but December to March is when most of the rain falls. La Paz is always cool to cold at night, so be prepared with sweaters and windbreakers. La Paz can get quite warm during the day but sometimes mists swirl through the streets and the city can be literally wrapped in the clouds. Throughout the country, night temperatures drop dramatically, and on the high Altiplano, when a cloud passes over the sun, the temperature plunges noticeably. In Cochabamba, Sucre and Tarija, winter is the time of

clear, beautiful skies and optimum temperatures. The lowlands experience hot sunny days and an occasional shower to cool off and settle the dust.

Visit [www.worldclimate.com](http://www.worldclimate.com) to get an idea of what the weather will be like on your tour.

#### Bolivia - Money Important

In Latin America you will have problems changing the US\$100 CB B2 2001 series notes and it is important you do not to bring them. In some countries banks won't even take them. The serial number is located in the top left hand corner and bottom right hand corner on the side with the President's face. This serial number starts with CB and then a few more numbers and then directly under that B2. At the bottom of the note near the signature of the Treasurer it says which series of notes it is and it is there that it says 2001 series.

#### Local currency

The monetary unit in Bolivia is the boliviano (often referred to as the Peso), which is divided into 100 centavos. For up-to-date exchange rates with your own currency visit [www.xe.com](http://www.xe.com).

#### Changing money, credit cards & ATMs

We recommend that you bring cash in US dollars only. There is no restriction on the amount of foreign currency that you may bring into Bolivia, however very large sums should be declared on arrival.

There is often a general lack of small change and we recommend maintaining a supply of small denomination notes and coins - you may sometimes be offered sweets, cigarettes or even razor blades as change!

There are ATMs in the city where you can get money out 24hrs a day.

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# Best of Peru & Bolivia

## Bolivia – Local Transport

Most of La Paz is easy to visit on foot, although the high altitude can take its toll, especially when walking up hill. There are various types of buses and minibuses which are very cheap but you will need to know which routes to use (ask at the hotel reception for assistance). There are also fixed route taxis “trufis” which are “colectivos” (meaning other people will be on-board). You can tell these taxis apart by their red number plates. We recommend the use of taxis at night as they are fairly cheap and much safer than walking. It is not common, however, for taxis to have meters so you will need to barter for a good price. In other Bolivian towns and cities walking is basically the best and cheapest way to see the sights.

## Bolivia – Food & Drink

### Food

In Bolivia the basic diet focuses around chicken, beef or seafood, mostly with french fries or rice (or both) and possibly a little salad. The Bolivian national dish is the parillada, a mixed grill with everything meaty including offal and intestines. Sajta de pollo is hot spicy chicken with onion, fresh potatoes plus dehydrated potatoes called chuno, lomo ala pimiento is a pepper steak popular with travellers, fricase is juicy pork with chuno, silpancho is bread-crumbed meat with fried eggs, rice and banana, saice is a dish of mince meat with spicy sauce and potatoes, rice, onions and tomatoes and milanesa is beef or chicken breaded and fried like a schnitzel. For a simple fish, you should ask for pescado which can be grilled, pan fried with breadcrumbs apanado or served with a sauce. Trout trucha is especially good from Lake Titicaca. Typical snacks include empanadas, pasties filled with cheese, humitas (maize pies), pucacapas (spicy cheese pies) and saltenas (meat or chicken pasties which you can get super spicy or mild). Much of Bolivia’s food is not too hot

and spicy but you will find a bowl of aji (which is a chilli or hot pepper sauce) on most tables which can be added to spice things up.

In most of the larger cities and towns you will find an array of international cuisine. There are pizzerias on every corner and Chinese (chifas) food is very common. A cheap, filling 3 course lunch (normally called a comida del dia) can often be had for about US\$1.50.

### Vegetarians

If you are a strict vegetarian you may experience a distinct lack of variety in the food available, especially in small towns. You might find that you are eating a lot of omelettes and other egg dishes. Our tour leaders will do their best to provide interesting vegetarian alternatives when arranging group meals in the campsite, but your patience and understanding is requested.

### Drink

You should be wary of drinking the local tap water. Bottled water and carbonated soft drinks are widely available and are generally safe to drink. Plastic sachets of flavoured chocolate and strawberry milk are also available.

Imported beers and spirits are available but usually at a high price. If you are happy to drink the local spirits then there is an array of rums and singani (distilled grapes). Imported Chilean and Argentine wine can sometimes also be found cheaply. A bottle of rum could be as little as US\$5 in a local shop and quite often the mixer to go with it (Coke) is more expensive. There are various brands of beers including Pacena, Ducal and El Inca (dark sweet stout).

## Peru Country Guide

### Peru – Fact File

- Official Name: Republic of Peru
- Capital: Lima

- Population: 30 million
- Total Area: 1.285 million square kilometres (twice the size of France)
- Official Language: Spanish, Quechua and Aymara also spoken in places
- Religions: Roman Catholic 90%
- Voltage: 220 volts. Sockets are a mixture of the European, two-pronged round variety and US flat-pin.
- Dialling Code: +51
- Time Difference: GMT/UTC -5. For other time differences please visit [www.timeanddate.com](http://www.timeanddate.com)
- Airport Departure Tax: US\$31

## Peru – Visas

Currently, EU, US, Canadian, Australian and New Zealand citizens can enter Peru without a visa for up to 90 days (on arrival ask for 90 days as the standard issued is 30 days). As this situation changes periodically, we advise you check with your local Peruvian embassy prior to departure. All tourists will be presenting with a tourist card to enter Peru, which will be issued to you by your airline before landing and will be stamped by an official upon arrival where you will also be asked to present a return ticket or proof of funds for your stay and return ticket. This must always be kept with you throughout your stay in South America (as per Peruvian law, everyone must carry some form of ID at all times) – especially when travelling outside of main towns and cities. You must also retain this card for when you exit Peru (this is a big deal, if you lose it, you can't leave & must go through all sorts of bureaucracy – which takes days). Take a copy or a digital photograph copy.

## Peru – Climate

Peru is split into three main zones – the coast, the mountains and the jungle, all boasting different climates. From the driest hottest desert in the Americas, to the Andean peaks, to the lowland Amazon Jungle, each zone offers different seasons.

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It rarely rains along the coast; however, the capital does experience a substantial amount of smog, coastal fogs and even drizzle, particularly between the months of May and November.

The mountains and the jungle regions can be divided into wet season between November and April and dry season between May and October. During dry season there can be some showers however it is not as heavy or as frequent. Rainy season normally means a few downpours a day rather than continuous rain.

## Peru - Money

### Local currency

The monetary unit in Peru is the Nuevo Sol. For up-to-date exchange rates with your own currency visit [www.xe.com](http://www.xe.com).

### Changing money, credit cards & ATMs

US dollars are used and accepted for payment in Peru, especially in tourist areas however we recommend you always carry some local currency where you can as you are more likely to get preferable exchange rates. There is no restriction on the amount of foreign currency you can bring into Peru however large sums must be declared on arrival. We recommend keeping a small supply of small denomination notes and coins as there is usually a lack of small change.

Traveller cheques are also better exchanged in US dollars. Banks will usually accept and exchange traveller's cheques however it can be trickier and a much slower process than when in Lima.

We recommend you change enough money to get through the first few days of your trip – especially over a weekend. Please note you can change cash at the Cambio or withdraw money from an ATMs in the capital (as well as Arequipa, Cuzco and Puno) where ATMs are open 24 hours a day.

### Important

Please note that ATMs in Peru do not always automatically release your credit or debit card at the time when you receive your money. Please be aware that you sometimes must push a button to request your card to be returned. Many ATMs in main towns have instructions in English.

## Peru - Local Transport

We recommend using local taxis for your journeys in Peru, especially outside of main cities. Taxis do not usually have meters, so the fare must be agreed with the driver beforehand. Be sure to ask the hotel reception or your tour leader for a rough guide of the price so when you start your negotiation with the drivers you know how much the fare should be. It also helps if you speak some Spanish to help you however please expect to pay more than the locals do.

Local buses are also available and cheap to use however you really do need to speak reasonable Spanish to get by. There are also bus stops, especially in the capital where tourists are recommended to avoid.

## Peru - Food & Drink

Peruvian cuisine is known for its hot and spicy nature which comes from the classic mix of garlic and hot pepper that we have come to celebrate abroad. Due to the diversity of the Peruvian landscapes, the country enjoys a wide variety of fruits and vegetables.

The basic diet focuses around chicken, beef or seafood, (however be prepared to see some exotic meats such as guinea pig on offer) accompanied by rice, chips and salad. Specialities along the coastal regions include 'Cerviche', raw fish marinated in lemon juice, with onion and hot chillies. Another local speciality is 'Cuy', roasted guinea pig served whole and accompanied with yucca and potatoes.

In the highlands, diets focus on potatoes and vegetables, with the country producing over 2000 kinds of cultivated and indigenous potatoes there is an array of variety. 'Causa', a dish made from yellow potatoes, lemons, eggs, sweet potato, cheese and onion sauce. 'Tamales' boiled corn dumplings wrapped in banana leaves and filled with meat are another local favourite.

In most larger cities and towns, you will find an array of restaurants offering international cuisine. Chifas (Chinese restaurants) are very common in Peru, as well as Italian pizzerias, Japanese and Indian restaurants have begun to open however we also recommend trying the 'menu del dia' in local restaurants for a cheap authentic meal.

### Vegetarians

If you are a strict vegetarian you may experience a distinct lack of variety in the food available, especially in small towns. However vegetarian alternatives are becoming more popular. Our tour leaders will do their best to provide interesting vegetarian alternatives for included meals, but your patience and understanding is requested.

### Drink

Please note that drinks will be at your own expense throughout the duration of the tour. Most hotels we use will either have a bar onsite or within walking distance. Imported spirits and beers are available but at a higher price. There are also local drinks available including 'Pisco' clear brandy distilled from grapes.

'Inca Kola' is the country's soft drink of choice, so popular that MacDonaldis had to allow it to be sold in Peruvian branches due to exceptionally high demand.

You should be wary of drinking the local tap water. Bottled water, carbonated

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soft drinks and fruit juices are widely available and much safer.

## Peru - Bugs

If your tour includes a visit to the jungle region, we advise that you prepare yourself to encounter an array of wildlife including insects and bugs etc. Most creepy crawlies are harmless and will not cause problems at all. If you do find any in your room, it doesn't mean that the room is unclean, just that you are in the jungle and its completely normal – if anything it's part of the jungle experience. If you do not like creepy crawlies we recommend plenty of repellent spray and coils to place in your room.

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