NATIONAL GEOGRAPHIC
JOURNEYS
with G Adventures

Last Updated: February 5, 2025

Journeys: Machu Picchu and the Amazon - SPSNG

10 days: Lima to Cusco

What's Included

- Your Journeys Highlight Moment: Cusco Planetarium, Cusco
- Your Journeys Highlight Moment: Traditional Andean Experience, Urubamba
- Your G for Good Moment: Parque de la Papa (Potato Park), Pisac
- Your G for Good Moment: Parwa Community Restaurant the Sacred Valley, Lamay
- Your G for Good Moment: Handmade Biodegradable Soap Products
- Arrival transfer
- Three-day (2 nts) excursion to the G Adventures intimate rainforest lodge
- Sacred Valley tour
- Choice of four-day Inca Trail hike with local guide, cook, and porters or Cusco/Aguas Calientes stay with scenic train
- Guided tour of Machu Picchu
- Internal flights
- All transport between destinations and to/from included activities

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VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing May 20th, 2020 and onwards

Itinerary

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Inca Trail

Day 1 Lima

Arrive at any time. Arrival transfer is included.

Please note: if you booked the Lima Cooking Class it does not include extra time in Lima, and we highly recommend booking pre-trip accommodation. You will be picked up from your hotel at approx 10:00 am (10:30 from Aug-Dec) and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. Return back to your hotel around 13:00.

Also, hot water shortages and power outages can be fairly common in Peru (even in upgraded hotels and private homes). We appreciate your patience and understanding that these occurrences are outside of our control.

There are some very early morning starts on this trip to make the best use of our time and see as much as we can of Peru as we can.

Private Vehicle
Lima
Settle in and scan the scenery from the convenience of a private vehicle.

Arrival Day and Welcome Meeting
1h
The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. Check for the meeting time on the welcome note at the hotel. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Optional Activities - Day 1
Lima City Tour
Lima
40USD per person
Discover Lima's cultural and culinary highlights on this half-day guided tour. Visit the Santo Domingo Monastery, walk around Plaza de Armas, marvel at the Bodega y Quadra Museum, and get to know some of Lima's lovely neighbourhoods. Stop to enjoy some authentic Peruvian tapas and be introduced to Pisco Sours during a demonstration and tasting.

Lima Cooking Class (4hrs)
Lima
Get a taste of Peruvian cuisine, visit local markets, sample exotic fruit, select fresh ingredients, and try your hand at preparing unique Peruvian dishes influenced by China, Italy, West Africa, and Japan.

Please note that if you are travelling with a family there is no age restriction on this activity and the cooking class is acceptable for children.

Accommodation
Hotel Antigua Miraflores (or similar)
Hotel

Day 2 Lima/Tambopata

Fly to Puerto Maldonado and continue by motorized canoe to our comfortable lodge, situated near the Tambopata National Reserve in the Amazon rainforest. Spot local bird species along the lush shores of the Tambopata River en route to the lodge, and set off on an evening walk with a naturalist guide before dinner, keeping an eye out for some of the rainforest's nocturnal creatures.

After a brief stop in town to store large luggage, drive to the pier and travel by covered motorized boat to the jungle lodge.

En route, spot bird species typical of the local river and forest edge. The Tambopata Rainforest area holds the world record for the most bird sightings in one area.

Local community members make up the majority of lodge staff, including multilingual naturalist guides. Take the opportunity to learn about the area's rich flora and fauna and locals' extensive use of medicinal plants and other forest plant resources through traditional techniques for building, fishing, and hunting.

Enjoy a welcome drink and orientation. Before dinner, head out for a night walk around the lodge grounds.

The lodge itself combines native architectural style and materials with low-impact, eco-friendly technology. Rooms are simple but comfortable, with mosquito netting for individual beds, flush toilets, showers (with solar-heated hot water), and candles for lighting (no electricity).

Plane
Lima – Puerto Maldonado2h30m
Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Motorized Canoe
Puerto Maldonado – Tambopata2h-3h
Head by private vehicle to the lodge's office in Puerto Maldonado to store large luggage. From there, travel about 1 hr to reach the boat landing.

Wildlife-spotting Night Walk
Tambopata
Get the lowdown on local flora and fauna, and grab a flashlight to discover what's living around lodge grounds. Receive help from the talented, expert naturalist guide to locate heaps of hidden creatures! Keep an eye out for snakes, tarantulas, owls, and poison dart frogs, just to name a few.

Meals included: Breakfast | Lunch | Dinner
Accommodation
Tambopata Lodge (or similar)
Lodge

Day 3 Tambopata

Spend the day exploring the thriving ecosystems of the rainforest with our lodge’s naturalist guides. Scan the treetops for toucans, howler monkeys, and sloths, and glide along oxbow lakes on canoes for a chance to glimpse river otters, turtles, and, if we’re lucky, anacondas. After dinner, embark on a river tour by motorized canoe on the lookout for caimans, the smaller cousins of alligators, which are often found hiding near the muddy banks.

Head out early to catch the jungle at its wildest (and coolest). Walk slowly through the forest searching for wildlife before heading out on an oxbow lake by canoe.

Search for anaconda, the elusive giant river otter, or black caiman. Even if you don't spot these shy creatures, there are plenty of birds, interesting plants, and other animals about.

Jungle Excursions
Tambopata
Enjoy visits to oxbow lakes to learn about the jungle and its inhabitants. Be introduced to the area’s rich flora and fauna by expert naturalist guides, who can teach extensive uses for medicinal and other forest plant resources through traditional techniques. Be prepared to go early morning or evening to avoid the heat of midday. Enjoy a leisurely pace – the trip requires some walking, but nothing too strenuous.

Free Time
Tambopata
Spend time around the lodge or go further afield. Free time is yours to explore any way you want!

Caiman-Spotting Cruise
Tambopata
Head out after dark by motorized canoe to search for caimans on the river banks. Enjoy a lesson on caimans from the expert guide. Take advantage of the keen eyes of the expert naturalist guides – they are truly spectacular at spotting these elusive smaller cousins of alligators hiding on the muddy banks.

Meals included: Breakfast | Lunch | Dinner
Accommodation
Tambopata Lodge (or similar)
Lodge

Day 4 Tambopata/Cusco

Travel out of the jungle by boat and catch a flight from Puerto Maldonado to Cusco, soaring above the Andes into Peru’s Inca heartland. This evening, visit the Cusco Planetarium for a presentation on the skies of the Southern Hemisphere, and learn about the vital role that astronomy played in the lives of the ancient Inca. Weather permitting, peer through the planetarium's telescopes for a dazzling look at the stars.

Afternoon arrival into the Inca capital. Time for strolling around the plazas and markets. Admire the cobblestones streets, and visit some museums and Cathedral.

This adventure travels to high altitude, medically defined as anything over 8,000 ft (2,440m).

Motorized Canoe
Tambopata – Puerto Maldonado3h
Climb in and move swiftly through the water to the next stop.

Plane
Puerto Maldonado – Cusco1h-1h30m320km
Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Free Time
Cusco Afternoon
Take it easy this afternoon and acclimatize to the higher altitude.

Your Journeys Highlight Moment: Cusco Planetarium
Look to the night sky for a different view of the city. Explore the Cusco Planetarium surrounded by the serene nature of the Llaullipata Ecological Reserve. Enjoy a presentation on the southern sky, contemporary astronomy, and the ancient Incas’ relationship with the cosmos. Check out the on-site museum and use the telescopes to admire the stars (weather-permitting).

Meals included: Breakfast
Accommodation
Taypikala Hotel Cusco (or similar)
Hotel

Day 5 Cusco/Urubamba

Drive to the scenic Sacred Valley for a full day of exploration with a local guide. Tour the G Adventures–supported Parque de la Papa, or Potato Park, a rural Andean community working to preserve hundreds of varieties of native potato. During this exclusive experience, you'll walk through the park to learn about potato cultivation, traditional weaving, and the importance of both these practices to Andean culture. We'll also visit the fascinating Inca ruins of Ollantaytambo and Pisac, and enjoy a meal at the G Adventures–supported Parwa Community Restaurant in Huchuy Qosqo.

Private Vehicle
Cusco – Ollantaytambo1h45m94km
Times includes all stops and visits enroute through the Sacred Valley.

Your Journeys Highlight Moment: Traditional Andean Experience
In Peru's Sacred Valley of the Inca, six communities of approximately 6000 indigenous people are working together to preserve over 700 species of potato – a cornerstone of life here. As part of an experience exclusive to National Geographic Journeys travellers – and part of our G Adventures for Good program – visit this area, named "Parque de la Papa" ("Potato Park"), to learn about life in an Andean agricultural community. Walk through the park here with a local guide, dropping by the seed bank (which has direct ties to the Svalbard Global Seed Vault in Norway) and then head out to the fields to watch the planting or harvesting process, depending on the season. After, enjoy some of the delicious varieties of potato and visit the small stone hut where traditional weaving takes place. Learn about the natural dyeing process and witness alpaca wool strands being transformed into beautiful textiles through a centuries-old backstrap weaving style. Your visit to this special community means this local enterprise can continue earning an income that supports their development and conservation goals.

Your G for Good Moment: Parque de la Papa (Potato Park)
Parque de la Papa (meaning "Potato Park") serves two important purposes for the community of Pampallacta: the preservation of agricultural biodiversity and economic opportunity. National Geographic Journeys travellers visit the park to learn about life in a rural agricultural Andean community and take a tour of the seed conservation program, which is preserving heritage potato species. They also learn about traditional planting, harvesting and indigenous weaving practices. With G Adventures' support, the community is able to create jobs in the area and invest in local businesses, which helps the community preserve their culture.

Your G for Good Moment: Parwa Community Restaurant the Sacred Valley
Contribute to sustainable tourism in Huchuy Qosqo, a small village of 65 families in the Sacred Valley, by eating at the Parwa Community Restaurant. Learn how the resident-run restaurant was kickstarted by G Adventures and the Multilateral Investment Fund, to become a successful farm-to-table program that boosts the local economy and several spin-off microenterprises.

Pisac Ruins Guided Tour
Pisac
Tour the fascinating hilltop citadel of Pisac, an Incan ruin with plunging gorges, a ceremonial centre, and winding agriculture terracing that's still in use today. Be captivated by this truly amazing site sitting amid sweeping green valleys and mountain peaks. Explore the back of the site to see a pocketed cliff across Kitamayo Gorge, which once contained hundreds of Inca tombs.

Ollantaytambo Ruins Guided Tour
Ollantaytambo
Tour the town and fortress of Ollantaytambo with a local guide. Take a step back in time at this Inca archaeological site; it still shows signs of its former glory, including agricultural terraces, a Temple Hill, and storehouses. Learn how the area, overlooking the Urubamba River Valley, was an important stronghold during warfare between the Spanish and Incas.

Meals included: Breakfast | Lunch
Accommodation
Villa Urubamba (or similar)
Lodge

Day 6 Inca Trail

Set out on the iconic Inca Trail, departing Urubamba by van to the starting point of the trek. Immerse yourself in the enchanting Andean countryside, hiking along meandering streams and crossing remote mountain villages and ancient ruins as we get warmed up for the more challenging days ahead.

Trek through beautiful scenery, with a variety of flora that changes with the seasons, passing several smaller ruin sites like Llactapata.

A crew of local porters, cooks, and guides will take care of all the details for the duration of the hike. Porters carry the majority of the gear so you'll only need to carry a small daypack with water, rain gear, snacks, a camera, etc.

Private Vehicle
Ollantaytambo – Inca Trail45m
Settle in and scan the scenery from the convenience of a private vehicle.

Inca Trail Hike
Inca Trail KM 82 – Wayllabamba Camp5h-6h 11km
Get your blood pumping on this first day of hiking the Inca trail. The trekking is fairly easy and serves as good training for the next few days. Pass rambling rivers and a small village, and enjoy scenic mountain views; it's just a taste of what's to come.

Your G for Good Moment: Handmade Biodegradable Soap Products
Enjoy G Adventures-supported handmade biodegradable soap products, for use on our treks. This G Adventures for Good project empowered local Cusqueña women to start their own business in order to reduce the environmental impact of treks in the region. Planeterra provided $10,000 of seed funding for two young entrepreneurs to register their biodegradable products in order to sell them to the tourism industry. "Esencia Andina" is now a successful business that produces biodegradable soaps, detergents, and natural products for travellers, guides, porters, and cooks on our treks.

Meals included: Breakfast | Lunch | Dinner
Accommodation
Campsite Wayllabamba (or similar)
Campground

Day 7 Inca Trail

Today, we ascend the long, steep path to Warmiwañusca, better known as Dead Woman's Pass—the highest point on the Inca Trail, at 4,198 meters (13,769 feet). Enjoy stunning views of the Sacred Valley as you make your way up the rugged terrain, and aim to reach our camp by early afternoon. Rest and relax at camp the remainder of the day.

Inca Trail Hike
Wayllabamba Camp – Paqaymayo Camp6h-7h 12km
Trek over progressively spectacular and steeper terrain on your way to Warmiwañusca (aka Dead Woman's Pass), the highest point of the trek at 4,198m (13,769ft). Be prepared to face strong Andean weather (blazing sun or cold winds) around the pass. Take the hike slow, and drink lots of water along the way – amazing views are waiting as a reward. Enjoy some ample time to rest and relax after reaching the camp; most campers arrive around early afternoon.

Meals included: Breakfast | Lunch | Dinner
Accommodation
Pacaymayo Campsite (or similar)
Campground

Day 8 Inca Trail

Today we'll cross two spectacular passes. The first pass is Runquraqay at 3,950m (13,113 ft) where, on a clear day, one can catch a glimpse of the snowcapped peaks of the Cordillera Vilcabamba. Continue through cloud forest on a gentle climb to the second pass, and arrive at the misty Inca ruins of Phuyupatamarca at 3,650 meters (11,972 feet), known as "the city above the clouds." We will either camp here or settle at a further spot, near the beautiful terraces of the Wiñay Wayna ruins, at 2,650 meters (8,694 feet).

Inca Trail Hike
Paqaymayo Camp – Wiñaywayna9h 16km
Cross two passes and more ruins along the Inca Trail on the last full day of hiking. Traverse Runquraway at 3,950m (13,113 ft), and then reach the second pass at 3,700m (12,136 ft). Spot the gorgeous Cordillera Vilcabamba and the Urubamba Valley in the distance on a clear day. Camp at either the Phuyupatamarca ruins or the Wiñay Wayna ruins.

Meals included: Breakfast | Lunch | Dinner
Accommodation
Wiñaywanyna Campsite (or similar)
Campground

Day 9 Machu Picchu/Cusco

The final day of our hike begins before dawn. Reach the Sun Gate—the last checkpoint on the Inca Trail—in time to witness daybreak over Machu Picchu. This 15th-century Inca citadel was rediscovered by Hiram Bingham in 1911 and excavated with support from National Geographic. Hike down for a guided tour of

this breathtaking UNESCO World Heritage site before catching a bus to the frontier town of Aguas Calientes, where we'll have free time for lunch. Continue by train to Cusco.

Inca Trail Hike
Wiñaywayna – Machu Picchu2h-3h 6km
Wake around 03:30 to reach the Sun Gate as early as possible. Head to the checkpoint and join the lineup to wait for the gate to open. Catch the first views of the breathtaking ruins of Machu Picchu (fingers crossed for a clear day). Hike down to Machu Picchu (about 45 mins) for a 1.5 hr guided tour of the site, and free time to explore. Opt to visit the Inca Bridge (a 15-min walk one way) for no additional charge, if time allows.

Catch the bus outside the Machu Picchu gate after your visit for a 25-min downhill ride to Aguas Calientes. Eat and relax before the train ride back to Cusco this evening.

Machu Picchu Guided Tour
Machu Picchu1h30m-2h Morning
Set off with the local guide to explore Machu Picchu, the Lost City of the Incas. Learn about the history and gain insights into this massive mountaintop citadel while wandering through ancient dwellings, stone temples and along sculpted terraces. Feel the energy of this 15th-century site, now both a UNESCO World Heritage site and voted one of the new Seven Wonders of the World in a worldwide internet poll.

Train
Aguas Calientes – Ollantaytambo1h30m-1h45m31km
Climb aboard, take a seat, and enjoy the ride.

Private Vehicle
Ollantaytambo – Cusco1h30m-1h45m60km
Settle in and scan the scenery from the convenience of a private vehicle.

Meals included: Breakfast
Accommodation
Taypikala Hotel Cusco (or similar)
Hotel

Day 10 Cusco

Depart at any time.

Want more time to explore? G Adventures offers post-accommodation. Please request at time of booking.

Note: Return flight to Lima can be arranged if requested.

Departure Day
Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

Meals included: Breakfast

What's Included

Your Journeys Highlight Moment: Cusco Planetarium, Cusco
Your Journeys Highlight Moment: Traditional Andean Experience, Urubamba
Your G for Good Moment: Parque de la Papa (Potato Park), Pisac
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Your G for Good Moment: Handmade Biodegradable Soap Products. Arrival transfer. Three-day (2 nts) excursion to the G Adventures intimate rainforest lodge. Sacred Valley tour. Choice of four-day Inca Trail hike with local guide, cook, and porters or Cusco/Aguas Calientes stay with scenic train. Guided tour of Machu Picchu. Internal flights. All transport between destinations and to/from included activities.

Highlights

Spot wildlife at the exclusive G Lodge Amazon, explore the Incan city of Cusco, conquer the Inca Trail or enjoy the scenic train to Machu Picchu, meet local people at a G Adventures-supported community restaurant, explore the Cusco Planetarium

Dossier Disclaimer

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released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. INCA TRAIL REGULATIONS
The rules and regulations controlling the Inca Trail and Machu Picchu are continually changing. Before embarking on your adventure to Peru it is very important that you familiarize yourself with the Inca Trail booking policies and guidelines as described in a document available on our website, at the following URL address .

2. MACHU PICCHU REGULATIONS
Current and correct passport details are required at time of confirmation. For more details please see the following page . Please note that regulations have been implemented for all visitors to Machu Picchu which require that different circuits be followed within the site as a way to relieve crowding. The new circuit-based entrance tickets are available on a first come first serve basis. We will do all that is possible to get everyone traveling in a group on the same route, but be aware that it is possible that members of the same group might be visiting Machu Picchu on a different circuit and not be together during this visit. Rest assured that regardless of the circuit you will enjoy the beauty and grandeur of the site. Travellers completing the 4 day, 3 night Inca Trail will be on Circuit 5 upon reaching the site of Machu Picchu.

3. INCA TRAIL MAINTENANCE
Portions of the Inca Trail will be closed for general maintenance during the month of February each year. Also, closures may occur at various times throughout the year due to inclement weather or other conditions beyond our control. During these periods, any tour affected will hike the Lares Trek.

4. DOMESTIC FLIGHT - UPON REQUEST
A flight back to Lima can be arranged if requested at the time of booking.

5. COMBO TRIP
Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

6. MACHU PICCHU BY TRAIN - OPTIONAL
Please advise at time of booking if you do not wish to hike the Inca Trail. Instead, you will have 2 nights in Cusco, travel by train for a night in Aguas Calientes, and join the hikers for the tour of Machu Picchu. Also note that if you choose to take the train, the physical rating for this trip is only level 3.

7. EXTRAS
Looking to add to your experience? Check out our Extras! Specially designed for travellers with unique interests, Extras are optional add-ons to your G adventures trip that make your adventure more you-centric. Extras must be booked prior to departure, please see details in our optional activities field and ask your sales GCO or travel agent about booking.

8. In our continued effort 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 Peruvian authorities. Porters are allowed to carry no more than 6kg of personal belongings per hiker (for all other Peru treks the limit is 7kg). That means that including your sleeping bag, toiletries, clothing, etc, you are allowed a total weight of 6kg for the hike which will be carried in a duffle bag provided by our local office. Any additional weight must then be carried by you in your day pack. To help achieve this goal we recommend that you carry travel sized toiletries, that you bring sport sandals that can be worn with socks (which are lighter than running/walking shoes) and that you limit electronics to those that you are willing to carry. Any additional baggage can be left in Cusco, but is advised that you bring anything of value (eg. money, passport, credit cards, camera, etc) with you on the trek.

If at the end of your trek you felt your trekking guide and support team did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, please see the Tipping section for guidelines.

9. All travellers are required to pay the tax on domestic flights in Peru. Foreign travellers are exempt form this, and proving you are indeed a foreign traveller can be done by providing us with your international ticket number (ITN). Travellers who do not submit international ticket numbers at least 30 days prior to Day 1 of their tour will be required to pay the domestic tax on all included flights.

10. WET SEASON
Please be advised during the wet season (Jan - April) if there are periods of severe rain some of the campsites on the Inca Trail may become unusable. In the interest of your safety, there may be changes made locally to the trekking itinerary if the conditions of the campsites are assessed to be unsafe.

11. GROUP DYNAMICS
Please note, in most cases, the entire group will not be hiking the Inca Trail together. Members of the group may choose to hike the Lares Trek or spend additional time in Cusco and the Sacred Valley instead of hiking. If you have chosen the Lares Trek or Cusco Stay you may be paired with members of other G Adventures groups for the trek, transportation, and activities included.

12. ACCOMMODATION NOTE:
Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

13. Wifi
Please note that there will be no wifi and limited cellular service available for much of the trek.

Group Leader Description

All G Adventures group trips are accompanied by one of our group leaders, a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. 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.

Group Size Notes

Max 16, Avg 10

Meals Included

9 breakfasts, 6 lunches, 5 dinners

Meals

Eating is a big part of traveling. Travelling with G Adventures you 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 CEO will be able to suggest favourite restaurants during your trip. On truck trips in Africa, aboard the expedition ship Explorer or our Galapagos yachts, while trekking in remote regions etc. food is included, plentiful and made of fresh local ingredients. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Please note: Should you choose to take the train to Machu Picchu, on days 6 to 9, breakfast is the only meal included.

Transport

Private van, plane, train, boat, canoe, hiking, walking.

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels (4 nts), G Lodge Amazon (2 nts), Inca Trail camping or Cusco-stay hotel (3 nts).

Rooming and "My Own Room" Exceptions

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Nights 6-8: Inca Trail

About Accommodation

Should you choose to not hike and take the train to Machu Picchu, you will spend 2 nights in a Comfort hotel in Cusco and 1 night in a comfort hotel in Aguas Calientes.

Please note that hot water shortages and power outages can be fairly common in Peru (even in upgraded hotels). We appreciate your patience and understanding that these occurrences are outside of our control.

Joining Instructions

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Upon leaving the customs area, follow the signs to the exit gate. You will then see a row of airport transfer counters. Continue walking past the transfer counters to exit number 4 where you will find your transfer driver with a National Geographic Journeys sign board with your name on it.

If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don’t see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER
If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS
G Adventures Office Lima, Peru.
During office hours (Weekdays, 9-6pm Local Time): +51 1 241 1650 or 01 241 1650 (from mobile within Peru) or 241 1650 (from payphone within Peru)
After hours Emergency number: +51 99 758 2712, (WhatsApp Available)

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found here.

Toll-free, North America only: 1 888 800 4100
Calls from UK: 0344 272 0000
Calls from Germany: 0800 365 1000
Calls from Australia: 1 300 796 618
Calls from New Zealand: 0800 333 307
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

Finishing Point Instructions

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

What to Take

We recommend the use of a duffel bag or backpack (whichever you find easiest to carry). A good size daypack is also essential.

PLEASE NOTE that your luggage allowance for the jungle boat from Puerto Maldonado is 10 kg. Excess luggage can be safely stored in Puerto Maldonado - please talk to the local guide of you need this arranged.

Packing List

Amazon:
• Knee-length socks
• Loose-fitting, light coloured hiking pants
• Loose-fitting, light coloured long-sleeved shirts
• Pack liners to waterproof bags

Available for Rent During Your Trek Briefing (Payment only by Credit Card):
• Camping mattress/sleep mat (45 soles)
• Sleeping bag (45 soles)
• Walking poles (15 soles each (30 per pair))

Cold Weather:
• Long-sleeved shirts or sweater
• Scarf
• Warm gloves
• Warm hat
• Warm layers
• Warm waterproof jacket

Documents:
• Flight info (required) (Printouts of e-tickets may be required at the border)
• Insurance info (required) (With photocopies)
• Passport (required) (With photocopies)
• Vouchers and pre-departure information (required)
• Visas or vaccination certificates (With photocopies)

Essentials:
• Toiletries (required) (Shampoo, bodywash, soap, etc.)
• Binoculars (optional)
• Camera (With extra memory cards and batteries)
• Cash, credit and debit cards
• Day pack (Used for daily excursions or short overnights)
• Ear plugs
• First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
• Flashlight/torch (Headlamps are ideal)
• Fleece top/sweater
• Footwear
• Hat
• Locks for bags
• Long pants/jeans
• Moneybelt
• Outlet adapter
• Personal entertainment (Reading and writing materials, cards, music player, etc.)
• Reusable water bottle
• Shirts/t-shirts
• Sleepwear
• Small travel towel
• Sunglasses
• Swimwear
• Watch and alarm clock
• Waterproof backpack cover
• Windproof rain jacket

Health & Safety:
• Hand sanitizer (required)
• Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
• Pen (Please bring your own pen for filling out documents.)

Inca Trail:
• Hiking pants (Convertible/Zip-off and quick dry recommended)
• Pack liners to waterproof bags
• Rain gear
• Sleeping bag (Also available for rent)
• Thermal base layer
• Travel pillow
• Walking poles, rubber-tipped (Also available for rent)
• Waterproof hiking boots

Smart Dress:
• Smart outfit (For evenings out)

Warm Weather:
• Sandals/flip-flops
• Shorts/skirts (Longer shorts/skirts are recommended)
• Sturdy water shoes/sandals
• Sun hat/bandana
• Swimwear

Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer.

Please note for trekking rentals credit cards are the preferred method of payment.

For trips that include the Inca Trail, the duffel bags provided are NOT waterproof and you must bring bags or liners to protect your belongings from rain.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page here

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

The currency in Peru is the Nuevo Sol (PEN).

Credit cards and debit cards are very useful for cash advances. 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.

You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies.

Do not rely on credit or debit cards as your only source of money, a combination of US dollar cash and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

We do not recommend bringing travellers cheques as they are very difficult to change in country.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com

Emergency Fund

Please also make sure you have access to at least an additional USD $200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

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 an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. Recommendations for tipping drivers and local guides would range from $5-10 USD per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

If at the end of your trek you felt your trekking guide and support team did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline, we suggest each hiker contributes the following to a collective pool.

Inca Trail:
Head guide: 15-30 USD
Assistant guide: 10-20 USD
Your trekking crew: 40 USD

Lares Trek:
Head guide: 15-30 USD

Assistant guide: 5-15 USD
Your trekking crew: 35 USD

Also at the end of each trip if you felt your G Adventures CEO 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.

Optional Activities

Lima
- Lima City Tour (40USD per person)
- Lima Cooking Class (4hrs)

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Please note your Adventure 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. For details on how to best prepare and what to do in the unlikely event you are effected on your Adventure, please consult your physician.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. 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.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for Planeterra's monthly news to learn more about how to give back and support the people and places we love to visit.

Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

LGBTQ+ Safety

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our LGBTQ+ page for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.