



Pre-Travel Information & Tips

We have selected the most important and useful information you should know before coming to Peru. Please read this article carefully, print it, and bring it with you.

Tourist Visas

Citizens from most countries in the Americas and Western Europe do not require visas to enter Peru. Bolivians, Ecuadorians, Brazilians, and Chileans may enter determined regions of the country just by presenting their national identification documents. The maximum authorized length of stay is 90 days. Information on Peruvian consulates and embassies abroad can be found at www.rree.gob.pe

Time (-5 hr GMT)

LIMA	12:00 h		London	17:00 h
New York	12:00 h		Berlin	18:00 h
Buenos Aires	14:00 h		Paris	18:00 h
Santiago	13:00 h		Tokyo	02:00 h (*)
México City	11:00 h		Sydney	03:00 h (*)

Languages

The official languages in Peru are Spanish (80% of the population), Quechua (Andean and highland regions), and Aymara (in the Puno high plateau). In addition, there are around 50 native languages. Most people who work in tourism or provide tourist services speak English.

Currency and forms of payment

The official currency of Peru is the Nuevo Sol (S/.). The U.S. Dollar is accepted at most stores, restaurants and hotels.

The average exchange rates for the Nuevo Soles are as follows:

USD	2.84
GBP	4.05
EUR	4.23
CAD	2.51
AUD	2.54

There are many exchange houses in the cities where you can exchange foreign currency (US Dollars and Euros). Always try and carry small bills / notes or coins with you as larger bills / notes can be hard to break at times. ATM's are really easy to find, so you do not need to worry about drawing out a large sum of money. In order to avoid any unnecessary stress, please inform your bank where you will be travelling to on what dates. Please check with your bank if they will charge you for withdrawing any money before travelling. The most widely accepted credit cards are: American Express, VISA, Diners Club and MasterCard. There are some limitations to using traveler's checks in Peru, so please check with establishments before arriving to use them. For more information:



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- **Visa** (01) 242-2975 | 108 - (001) 410 5819754 (from a land line)
- **Master Card** (01) 311-6000 | 108 - (001) 636 7227111 (from a land line)
- **American Express** (01) 221-8204 / 221-8207 | (001) 312 9353585 (reverse charges)
- **Diners Club** (01) 615-1111

Weather

The weather in Peru varies from region to region. Please see below of a short description of what you can expect in the different tourist areas:

Lima

Lima tends to be rather humid and warm all year round. For travelers staying in Lima, they should pack loose, cotton clothing if travelling during January through to March. Between March and April, travelers may need something warmer to wear at night. During December and April is the best time to visit Lima, as the weather is mild and the sun is out. It hardly ever rains in Lima, so travelers wanting to visit need not worry about the weather.

Cusco

This includes weather information about areas of Cusco as well as Sacred Valley and Machu Picchu. The rainy season is between November to March, thus the dry season is between April until October. However, do not be put off from coming to Cusco in the rainy season as it does not rain all day but usually for about an average of 3-4 hours per day and you will often get to see some sun. The average temperature fluctuates between 11°C and 13°C and during sunny days the temperature can reach up to 20°C. During the night in May, June and July, the temperatures can drop down to 7°C.

Puno

During the dry season between April to October, most of the days are sunny and warm, but the nights will get cold. During the rainy season, the days can be warm and have periods of rain but also periods of sunshine.

Arequipa

The weather in Arequipa is generally nice all year round. It is sunny during the day and is warm during the night. Even during the rainy of November to March, it hardly ever rains, thus is a good tourist destination all year round.

The Peruvian Amazon

All year round, the Peruvian Amazon has temperature between 15°C to 30°C, but rains heavily during the rainy season. During the rainy season, the Amazon features some heavy periods of rain but then may be dry for a few days before continuing the cycle. If you are going to the Peruvian Amazon during the rainy season, make sure you take waterproof clothes with you.

Nazca & Ica

In this area of Peru, there is nice weather all year around and hardly ever rains. Most of the days are warm and sunny and stay warm during the nights. During the winter, the nights can get a little chillier, so you may want to bring something warm.

North Peru

In this region of Peru, it is warm all year round (between 18°C to 28°C) and hardly ever rains. During the summer, it can reach temperatures of between 25°C to 35°C. We advise you to dress lightly for this region of Peru and make sure you take sun screen with you.

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Electricity

In general, most outlets in Peru use 220 volts. Most 4 and 5-star hotels have outlets equipped for 110 volts. Most outlets use two types of plugs, which are shown below:

Flat blade plug



Two round pins



Health care

Peru generally maintains good health care. There are enough hospitals and clinics that provide adequate services, especially in the main cities, such as Lima, Cusco and Arequipa.

Vaccination

A yellow fever vaccination is required for traveling to jungle cities, which must be administered at least 10 days before your trip in order for it to be effective. No other vaccinations are required.

Altitude sickness

To avoid altitude sickness or soroche, we suggest following the next steps:

- Do not exercise too much on the first day in high altitude areas
- Eat lightly during the first two days.
- Drink plenty of water and high energy drinks.
- If you have any heart, respiratory or pulmonary problems, please consult your doctor
- We highly recommend drinking lots of coca tea. The consumption of coca tea, as well as chewing the leaves, increases the absorption of oxygen in the blood.

What to eat and drink

To keep from getting gastrointestinal infections, we recommend you do not eat any raw foods, drink only bottled or boiled water and do not eat food from street vendors.

What to bring

Because of the diversity of weather of Peru and the diverse activities we always recommend that our passengers bring light clothes such as shirts, short pants, sandals and swim suits but also bring warm clothes, such as a warm jacket, raincoat (in the rainy season Nov to Mar) and comfortable shoes for hiking. Please see our weather information for details.

Other important things to bring are: Passport (with photocopies), travel insurance (with photocopies), airline tickets (with photocopies), USD cash and travelers' checks, credit or debit card, Cultural Immersion Itinerary and 'Pre-Travel' information, any entry visas or vaccination certificates required, camera and film, reading/writing materials, binoculars, sun protection cream, insect repellent, sun hat, sport sandals, sunglasses, watch or alarm clock, purification tablets or filter (optional), ear plugs, first-aid kit (should contain lip salve, Aspirin, Band Aids, charcoal tablets(carbon), anti-histamine, Imodium or similar tablets for mild cases of diarrhea, re-hydration powder(Gatorade), and any extra prescription drugs you may be taking).

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Information about the Inka trail, the Salkantay trek, or any other trekking excursions

If you are doing the Inca trail, the Salkantay trek or any other trekking excursion; it is important to bring:

Equipment

- Sleeping bag (can be rented locally for approx. \$10 USD)
- Cover for backpack
- Inner sheet for sleeping bag
- Basic first aid kit
- Refillable water bottle
- Hiking stick
- Small towel
- Wet wipes and pocket tissues
- Sunglasses
- Sun cream or block
- Lip balm
- Flash light
- Strong plastic bags to help keep gear dry
- Anti-inflammatory tablets (e.g. Ibuprofen)
- Camera

Clothes

- Fleece top
- Windproof/waterproof jacket
- Shirts / t-shirts
- Sun hat
- Pair of shorts
- Hiking / track pants
- Hiking boots/ sturdy walking shoes
- Light sandals (not for hiking)
- Wool hat
- Mitts or gloves (can be bought in **Cusco**)
- Socks
- Underwear
- Rain poncho
- Swim wear (hot thermal springs)

All other camping equipment for the trekking excursions is provided and included in the cost of the excursion. Porters carry the gear, so you will only be responsible for carrying your daypack. But please be aware there are weight limits on what the porters can carry, thus every passenger is limited to 7 kg (15.5 lbs), including sleeping bags. All other items may be stored in your hotel in Cusco.

Train to Machu Picchu

All passengers travelling on the train to Machu Picchu only have a limit of 7kgs (15.5 lbs), so please leave any unnecessary items in your hotel.

Internal Flights

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All domestic 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. All internal flight tickets are electronic so you will not receive any physical tickets. We will be able to provide you with your booking reference number and electronic ticket number. You will only need to present your passport at the airline counter in order to check in.

How to call

In order to dial from overseas, please dial 00 then 51(the Peru code) and then the city code: Lima 1, Cusco 84, Puno 51, Arequipa 54, and finally the phone number.

Dialing in Peru:

National calls (from city to city): Add zero before the city code.

Local calls (within the same city): Dial the number only.

Taking a Taxi

When taking a taxi in Peru, make sure you deal a good price before starting the service as the taxis here do not have metres. Another point is to make sure the taxi is an official one before getting in. When you are in Lima, ensure that you take a secure taxi, especially at night by either asking your hotel or restaurant to call you one. Some registered and reputable taxi companies in Lima include; Taxi Amigo - Tel. 01/349-0177, Taxi Móvil - Tel. 01/422-6890, Taxi Line - Tel. 01/330-2795) Taxi costs in Lima vary from 5 to 50 soles depending on the distance. A taxi from Miraflores to the City Centre should cost around 15 soles. For the other cities, please take taxis with phone numbers on top of the vehicles. In Arequipa, it is a good idea to phone a taxi rather than flag one, simply as it is the safest option. The price of a taxi in Cusco, Arequipa and Puno ranges from 3 to 5 soles.

Tipping

It is customary in Latin America to tip service providers. The amount depends entirely on personal preference, however here is an average guideline: waiters (10% - 15%), local tour guides (2 to 7 USD per day per person), drivers (2 to 5 USD p/d p/p), porters (2 to 5 USD p/d p/p). A number of the superior hotels include a 10% gratuity in the cost of your room.

Safety and Security

- We strongly recommend the use of a money belt while travelling.
- Always leave your passport and other important documentation at the safety deposit box in your hotel.
- Always pay attention when walking. Pick pockets are common in Peru.
- Always make sure your personal belongings stay close to you and are in sight.

Travel Insurance

We highly recommend you take out adequate travel insurance. We are partners with SQUAREMOUTH Travel Insurance, who offer good cover at competitive prices. To obtain a quotation, please visit:
<http://www.squaremouth.com/travel-insurance/index.pl?pid=20447>

Responsible and Sustainable Travel

We are a sustainable travel operation company that care about our environment and our local people. We are involved in a number of social projects within the communities, we give a percentage of our profits to our social projects, we hire local people for a number of services, we limit the size of our groups to minimize environmental and social impact and will endeavor to ensure that our traditions and environments are preserved.

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Here are some tips you should follow in order to help us to practice Responsible and Sustainable Tourism

- Learn a few words of the local language (Quechua)
- Try to leave as much excess packaging at home (film boxes, anything plastic) - so your hosts do not have to deal with your garbage
- Throw your garbage into bins and not onto the streets
- Please bring rechargeable batteries rather than disposable batteries. Batteries are incredibly toxic and may not be disposed of properly. If it is not possible to bring rechargeable batteries, we recommend that you take any used batteries back home with you for proper disposal
- Try to be conservative with resources such as water, food and energy, as you may be depriving local people of these very valuable resources or making a negative impact on their environment
- Please do not throw any toilet paper down the toilet. There is usually a basket/ bin located next to the toilet, where you can dispose of your toilet paper
- Please buy locally made crafts and other products, so that your money goes directly to the community
- Do not be tempted to buy souvenirs made from wild animal products
- Please ask before taking pictures, especially of people. People will usually ask you for some money. We recommend that you give something else instead of money such as a souvenir from your country (nice pencil, calculator, a toy, tooth brush etc.) By doing this, you will be putting in practice the Inka trade system - 'giving something and getting something'.
- Please do not give candies to children, as the dental hygiene in the Andes is not very good. Instead of candies bring tooth brushes, which is a perfect gift for Andean children.
- When you get back home please send us a feedback and let us know how you think we can reduce environmental impacts and increase benefits to our local communities.

Feedback

We would love to hear from you about your travel experience which is really important in helping us to improve our services. At the end of your trip we will send you a post travel feedback form. We would really appreciate it if you would spare some of your time to complete it and return back to us with a photo of your trip.

Helping Others

Every year we celebrate Christmas in a different Andean village. We go up into the highlands where the people are very poor and have very limited resources. Christmas is very special to us and should be for them too. On Christmas day we travel to an Andean village and give gifts and our time to families and children. There is usually only one school in these communities and the children who attend only have the opportunity to attend once or twice a week and even when they do so, they must walk long distances, which for some is for over 2 hours. As the communities are in very high altitudes, the families find it hard to grow any crops and thus find it hard to make a living. This is the reason we choose to celebrate Christmas with them.

We would like to welcome anyone who would like to help us brighten up the faces of this community. Please bring with you any second hand clothing, toys, school material (pencils, erasers, rulers, books etc.), or any other items that you would like to give to the children of the Peruvian Andean villages this Christmas.

Emergency contact:

If you need to contact us for any reason please call our local office in Cusco.

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Office Hours:

Mon to Fri: 10 am to 1pm & 4pm to 7pm local time (GMT -5).

Saturdays: 10am to 1pm

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