



Best of South America





Best of South America

Lima - Tambopata National Reserve - Cusco - Puno - Iguazu Falls - Rio de Janeiro

20 Days / 19 Nights

Option 2 - without trekking

06 February 2020 - 25 February 2020



Introduction

Accommodation	Destination	Start	End	Duration
Hotel Jose Antonio	Lima	6 Feb	7 Feb	1 Night
Posada Amazonas Eco-Lodge	Tambopata National Reserve	7 Feb	9 Feb	2 Nights
Hilton Garden Inn Cusco	Cusco	9 Feb	16 Feb	7 Nights
Hotel Jose Antonio	Puno	16 Feb	18 Feb	2 Nights
Hotel Jose Antonio	Lima	18 Feb	19 Feb	1 Night
Bella Italia Hotel	Iguazu Falls	19 Feb	21 Feb	2 Nights
Americas Copacabana Hotel	Rio de Janeiro	21 Feb	24 Feb	3 Nights
Overnight Travel		24 Feb	25 Feb	1 Night

Day 1: Hotel Jose Antonio, Lima (Thu, 6 February)

Lima

Peru's capital is a fantastic city to tour, dotted with a multitude of cultural sites and beautifully preserved architecture. Founded by the conquistador Francisco Pizarro in 1535, Lima was first named 'City of Kings' – a biblical reference to the 'Three Wise Men of the East' – before its name was changed by the Spanish colonialists. The most significant historical buildings are located around the Plaza Mayor, the most notable being the Government Palace, where one can still observe the changing of the guard performed by the Húsares de Junín. The beautiful Cathedral and the various small palaces and colonial balconies also play also their part in the beauty of the city. Another highlight is the famed Larco Herrera Museum, documenting the millennial cultures that preceded the Inca civilization and containing a priceless collection of pre-Columbian artifacts, including some of South America's finest pre-Inca erotic pottery.

Day Itinerary

LIMA (D)

On arrival at the Airport, you will be met and transferred to your hotel. Rest of the day at leisure.

Overnight at hotel in Lima.

Overnight: Hotel Jose Antonio

Set in the exclusive district of Miraflores, Hotel Jose Antonio offers modern accommodation in air-conditioned rooms 20-minutes away from downtown Lima. The rooms all feature fully stocked mini bars, cable TV, DVD players, international dialling phones, and in-room safes.

The hotel has a restaurant on the premises that serves exquisite Peruvian and international dishes. There is also a cosy bar where guests can unwind with a drink. The hotel features free Wi-Fi throughout the premises. Free parking is available and can be reserved in advance.

The Larcomar Shopping Mall and Playa Waikiki Beach are both within walking distance from the hotel.



Day 2: Posada Amazonas Eco-Lodge, Tambopata National Reserve (Fri, 7 February)

Tambopata National Reserve

Spanning vast areas of savanna and rainforest, the Tambopata National Reserve rests in the Amazon Basin of southeast Peru, and is known for its spectacular displays of wildlife and variety of fun outdoor activities. Perhaps the most famous drawcard of the area is the mass of rainbow-coloured macaws which feed on the salted walls of the reserve's lakes in their thousands. Home to more species of birds and butterflies than any place of similar size on earth as well as monkeys, otters, jaguars and tapirs, the rainforest provides the ultimate adventure for hikers hoping to see animals. A selection of guided tours are on offer, giving visitors the chance to meander along canopy walkways or explore the jungle by night. Don't miss the opportunity to cruise along the exquisite rivers and lakes in small motorised boats or canoes.

Day Itinerary

LIMA / PUERTO MALDONADO / LODGE

After breakfast, you will be transferred to Lima airport for taking flight to Puerto Maldonado.

On arrival at the Airport, you will be met and transfer to Tambopata River Port. While enjoying your first taste of the forest in our gardens you will be asked to pack only the necessary gear for your next few days, and leave the rest at safe deposit. This helps keeping the boats and cargo light. Skirting Puerto Maldonado, you will drive 20 kilometers to the Tambopata River Port, entering the Native Community of Infierno. The port is a communal business. After having boxed Lunch, you will take boat for Posada Amazonas. The forty five minute boat ride from the Tambopata Port to Posada Amazonas will take us into the Community's Primary Forest Private Reserve.

Upon arrival, the lodge manager will welcome you and brief you with important navigation and security tips.

Canopy Tower - A twenty minute walk from Posada Amazonas leads to the 30 meter scaffolding canopy tower. A bannistered staircase running through the middle provides safe access to the platforms above. From a top you

obtain spectacular views of the vast expanses of standing forest cut by the Tambopata River winding through the middle. Now and then toucans, parrots or macaws are seen flying against the horizon, or mixed species canopy flocks land in the treetop next to you.

Dinner and overnight at lodge.

Overnight: Posada Amazonas Eco-Lodge

Posada Amazonas is a rainforest lodge perfect for a taste of the Amazon's natural wonders. Just a 45-minute boat ride from the town of Puerto Maldonado, this spacious lodge offers an excellent combination of convenience and comfort with outstanding opportunities to see Amazonian wildlife.

This airy lodge was built from traditional materials such as wood, palm fronds, and clay. Accommodation at Posada Amazonas Eco-Lodge consists of 30 rooms: 18 classic and 12 superior rooms. Each room has a private bathroom, as well as a common area for dining.

Featured at the Posada Amazonas Eco-Lodge is a wellness and holistic center offering massages and aromatherapy. There's also a canopy tower giving spectacular views of the vast expanses of forest as well as the Tambopata River. Visitors can go paddle around Tres Chimbadas on a catamaran, visit an ethnobotanical trail, go kayaking, mountain biking or canopy climbing.



Day 3: Posada Amazonas Eco-Lodge, Tambopata National Reserve (Sat, 8 February)

Day Itinerary

LODGE (B / L / D)

After breakfast, proceed to Tres Chimbadas Oxbow Lake

Tres Chimbadas is thirty minutes by boat and forty five minutes hiking from Posada Amazonas. Once there you will paddle around the lake in a catamaran, searching for the resident family of nine giant river otters (seen by 60% of our lake visitors) and other lakeside wildlife such as caiman, hoatzin and horned screamers. Otters are most active from dawn to eight or nine AM.

Parrot Clay Lick - This clay lick is only a twenty minute walk from Posada Amazonas. From a blind located about twenty meters away you will see dozens of parrots and parakeets descend on most clear mornings to ingest the clay on a river bank. Species such as Mealy and Yellow-headed Amazon, Blue-headed Parrot and Dusky headed Parakeet descend at this clay lick. The clay lick is active at dawn, during the late mornings and mid-afternoons.

After lunch, proceed on Ethnobotanical Tour. A twenty minute boat drive downriver leads you to a trail designed by the staff of the Centro Ñape. The Centro Ñape is a communal organization that produces medicines out of forest plants and administers them to patients who choose their little clinic. They have produced a trail which explains the different medicinal (and other) uses of selected plants.

Night walk - You will have the option of hiking out at night, when most of the mammals are active but rarely seen. Much easier to find are frogs with shapes and sounds as bizarre as their natural histories.

Dinner and overnight at lodge.

Day 4: Hilton Garden Inn Cusco, Cusco (Sun, 9 February)

Cusco

Once called the 'Navel of the World' by the Incas, Cuzco remains a city that blends colonial Spanish charm with older, more austere remains of pre-Columbian glory – one can still see the foundations of Inca structures on many of its city streets today. Cuzco's most important landmarks include sites from both Inca and colonial times, such as the Korikancha (the ancient Temple of the Sun), the Inca street of Loreto with its 12-cornered stones, the cathedral, the Museum of Colonial Art, the archaeological park of Saqsaywaman (the fortress-temple), the nearby funerary shrines of Kenqo, and the water-worship site of Tambomachay.

Day Itinerary

JUNGLE LODGE / PUERTO MALDONADO/ CUSCO (B / D)

After breakfast, you will be transferred by Boat from lodge to Tambopata River Port and then to Pto Maldonado Headquarters. From there you will be transferred to airport for taking flight to Cusco,

On arrival at Cusco airport, you will be met and transferred to your hotel.

Dinner and overnight at hotel in Cusco.

Overnight: Hilton Garden Inn Cusco

Explore the ancient neighbourhood of Santa Ana from the Hilton Garden Inn Cusco hotel. Admire the natural beauty, local architecture and vibrant culture outside this modern hotel. Walk into our welcoming lobby with plenty of natural light, colonial courtyard and two fireplaces. Settle down for the night in one of our inviting rooms and suites. With the option for one or two beds, a sofa bed and plenty of space, we make your stay comfortable. Watch shows on the 42- inch LCD HDTV and stay connected with complimentary WiFi.



Day 5: Hilton Garden Inn Cusco, Cusco (Mon, 10 February)

Day Itinerary

CUSCO (B / L / D)

This morning, you will continue the trip toward the **Sacred Valley** and soon reach **Pisac**, a beautiful place where Incan and Colonial influences have reached a perfect balance and created the unique way of life of the local inhabitants. You will get a chance to explore this quaint town, famous for its artisan markets where you can find extraordinarily fine jewelry and ceramic and textile craftwork.

Afterwards, you will visit one of the last remaining Incan towns, **Ollantaytambo**, which was once fiercely guarded by a massive fortress. You will discover the large archaeological complex of what used to serve as a wayside inn for royal delegations on long journeys. Surviving structures here include multiple walls and towers that were used to protect the citadel from possible invasions.

Lunch and dinner at local restaurant.

Overnight at hotel in Cusco.

Day 6: Hilton Garden Inn Cusco, Cusco (Tue, 11 February)

Day Itinerary

CUSCO (B)

After breakfast proceed on a full day visit to Chinchero, Maras, Moray & lunch at La Casa de Barro restaurant.

This morning, you will continue your trip toward **Chinchero** village, with an altitude 12,375 feet above sea level (3,772 meters), famous for the extraordinary beauty and quality of its textiles, and for its Sunday fair, where local people dress in traditional colorful outfits and travel down from their villages to trade their goods.

You will head towards the **Salt Pans of Maras**. The sight of this still-operating salt mine, in use since Incan times, will amaze you the stark white of the steeply descending salt pans juxtaposed against the green of the surrounding mountain slopes.

The journey will continue on until you reach the **archaeological site of Moray**. Used as an agricultural testing ground, the site's system of circular terraces descends 490 feet (150 m) from where you will stand, serving as a perfect testament to the level of advancement achieved by the Incas, who excelled at building masterful constructions in harmony with nature.

Overnight at hotel in Cusco.

Day 7: Hilton Garden Inn Cusco, Cusco (Wed, 12 February)

Day Itinerary

CUSCO (B)

After breakfast, proceed on a half day walking tour through the Andean Terraces of Yucay

Enjoy a delightful hike through the **Andean terraces of Yucay** and see the **area's different petroglyphs**.

You will be pick you up from your hotel at the scheduled time and then drive to the Plaza Posada Yucay, the trailhead for our hike through centuries-old irrigation canals and walled crop terraces, passing farmers going about their daily activities using the same traditional techniques to farm their ancestral lands, all the while enjoying amazing scenery of majestic mountainsides and snowcapped peaks.

Yucay's ancient, wide terraces and aqueducts are not simply a picturesque setting for a hike, but an opportunity to explore the fascinating mysteries of well-preserved remains of Inca ingenuity.

Overnight at hotel in Cusco.

Day 8: Hilton Garden Inn Cusco, Cusco (Thu, 13 February)

Day Itinerary

CUSCO MACHU PICCHU (B/L)

After breakfast, **visit to the Historic Sanctuary of Machu Picchu & lunch at Tinkuy restaurant**

This day, you will visit the **Santuario Histórico de Machu Picchu** (Historic Sanctuary of Machu Picchu). Aboard a comfortable train (Vistadome service), you will depart to the Aguas Calientes train Station, enjoying a spectacular view along the way. Upon arrival, you will board a bus that will take you to the entrance gate of the Machu Picchu citadel.

Rediscovered by Hiram Bingham more than a century ago, Machu Picchu is considered one of the Seven Wonders of the World. Its architectural beauty, spectacular natural landscapes and the energy held in its enigmatic structures will take your breath away.

Follow in the footsteps of the ancient Incas as you explore this magical citadel along with the tour guide.

Lunch at Tinkuy restaurant – Sanctuary Lodge

Overnight in Machu Picchu town (Aguas Calientes).

Day 9: Hilton Garden Inn Cusco, Cusco (Fri, 14 February)

Day Itinerary

MACHU PICCHU / CUSCO (B)

After breakfast, second chance to re visit the citadel or day at leisure

At the scheduled time, you will be assisted to take the return train (Vistadome service). Upon the arrival at the station, your private transfer service will be waiting to take you back to your hotel.

Overnight at hotel in Cusco.

Day 10: Hilton Garden Inn Cusco, Cusco (Sat, 15 February)

Day Itinerary

CUSCO (B / L / D)

After breakfast you will begin the exploration to the **nearby ruins**: the fortress of **Sacsayhuaman**, a colossal structure of enormous stones, carved and fitted together with incredible precision; **Qenqo**, the religious center. You will enjoy a panoramic view of **Puca-Pucara**, the red fortress and then you will visit **Tambomachay** with their water fountains.

Afterwards, your tour continues in the Imperial City, where you will stroll through the **Main Square** and discover the **Cathedral** and admire its exquisite vestibules and priceless paintings from the Cusco School of the 17th and 18th centuries.

You will continue with a visit to one of the most impressive buildings of Incan Cusco: the **Qoricancha (the Golden Temple)** - a temple dedicated to the worship of the Sun God, whose interior walls were said to have been covered in gold.

Lunch and dinner at local restaurants.

Overnight at hotel in Cusco.

Day 11: Hotel Jose Antonio, Puno (Sun, 16 February)

Puno

Set on the shores of glistening Lake Titicaca, this large city is dubbed the 'folklore capital' of Peru, well known for its traditional music and dance, and is also an important region for agricultural and livestock farming, particularly llamas and alpacas. Highlights of this city include visits to the historical Church of San Pedro, the Sistine Chapel of the Americas, and a stroll along the boardwalk at the shoreline of Lake Titicaca. If you have the energy, it is well worth taking a climb up the 700 steps that lead to the Kuntur Wasi viewpoint, which is presided over by a massive metal condor sculpture and offers breathtaking vistas across the city and Lake Titicaca beyond.

Day Itinerary

CUSCO / PUNO (B / L / D)

After breakfast, you will begin your journey to Puno stopping along the way to visit important archaeological and cultural sites like San Pedro Church in Andahuaylillas, also known as the Sistine Chapel of America, Raqchi, La Raya (highest point of the route at a height of over 4.335 meters above the sea level) and Pukará. On the way you will have lunch at local restaurant.

Dinner and overnight at hotel in Puno.

Overnight: Hotel Jose Antonio

Hotel Jose Antonio is located in front of the Lake Titicaca and ten minutes from the centre of Puno. All rooms come with standard amenities including double glazing windows, hair dryer, heater, air conditioning, safe deposit box, fully stocked mini bar, cable TV, Wi-Fi and telephone. Facilities and services include laundry, fax, gift shop, heater, money exchange, 24 hour medical attention, internet access, room service, conference rooms, business centre, restaurant, bar, swimming pool and tour assistance.



Day 12: Hotel Jose Antonio, Puno (Mon, 17 February)

Day Itinerary

PUNO (B / L / D)

After breakfast, you will board a boat and sail through the largest lake in South America and the highest navigable lake in the world! You will visit the Uros Floating Islands and meet some members of this traditional community.

Return to Puno for lunch.

Dinner and overnight at hotel in Puno.

Day 13: Hotel Jose Antonio, Lima (Tue, 18 February)

Day Itinerary

PUNO / LIMA (B / L / D)

After breakfast, you will be transferred to Puno airport for taking flight to Lima.

On arrival at the airport, you will be met and transferred to your hotel.

Rest of the time at leisure.

Dinner and overnight at hotel in Lima.

Overnight: Hotel Jose Antonio

Set in the exclusive district of Miraflores, Hotel Jose Antonio offers modern accommodation in air-conditioned rooms 20-minutes away from downtown Lima. The rooms all feature fully stocked mini bars, cable TV, DVD players, international dialling phones, and in-room safes.

The hotel has a restaurant on the premises that serves exquisite Peruvian and international dishes. There is also a cosy bar where guests can unwind with a drink. The hotel features free Wi-Fi throughout the premises. Free parking is available and can be reserved in advance.

The Larcomar Shopping Mall and Playa Waikiki Beach are both within walking distance from the hotel.



Day 14: Bella Italia Hotel, Iguazu Falls (Wed, 19 February)

Iguazu Falls

It is said that the former first lady of America, Eleanor Roosevelt, exclaimed her 'pity' for her country's Niagara Falls when she first encountered the beauty of Iguazu Falls. This magnificent waterfall marks the confluence of the Iguazu River in Argentina and the Parana River in Brazil, and the meeting of the two countries is marked by stone pillars rising from the water. Roughly half the combined volume of both rivers thunders into the Devil's Throat, a U-shaped cataract that delivers a torrential deluge of water into the wide basin below.

Day Itinerary

Buenos Aires - Iguassu Falls

Early morning get ready for your flight to Iguassu Falls.

On arrival at the airport, you will be transferred to your hotel. Rest of the day is at leisure.

Overnight at hotel in Iguassu.

Overnight: Bella Italia Hotel

The Bella Italia Hotel is located near the largest shopping mall in the city, restaurants and allows for easy access to all major attractions of Foz do Iguazu. All of the rooms are decorated in a typical contemporary Italian style with carefully chosen ceramics, artworks and fabrics. It has 3 suites and 132 luxury rooms stylishly designed to offer maximum comfort and equipped with air conditioning, cable TV, telephone, mini bar fridge, individual safe, internet and private bathroom with a hair-dryer.

With over 170 menu items, the La Bella Tavola Restaurant and the Colosseo Bar provide guests with multiple options of Italian cuisine.

Bella Italia Hotel strives to meet all customer needs and expectations with professionalism and excellence.



Day 15: Bella Italia Hotel, Iguazu Falls (Thu, 20 February)

Day Itinerary

Iguassu to Argentina Falls – (B)

After breakfast, get ready to see the argentine side of Iguassu Falls.

Taller than Niagara Falls and twice as wide, the 275 cascades along the horseshoe-shaped span of Iguazu are a UNESCO World Heritage site and are one of the New Seven Wonders of the World. Spend a day exploring Iguazu – the name means “great waters” in Old Tupi – from both the Brazilian and Argentine sides.

After being picked up at your hotel, head towards the Brazilian border to the astonishing and thunderous cascades of the Iguazu Falls. Begin on the Argentine side, and walk along trails or ride a scenic train from the visitor’s centre to the base of the falls, where the crashing waters send a misty veil into the air. Listen as your guide recounts the natural history and geology of the area and watch the explosive tumble of water over the edge of the Parana plateau, then cross over to the Brazilian side of the falls.

From here, observe the Garganta del Diablo, or "devil’s throat", where 14 falls crash down over 107 metres (350 feet) into the basin below. Rainbows form in the thick mist over the river. For a closer view, trek through the subtropical forest and keep your eyes peeled for raccoon-like coatis in the woods. Alternatively, take a vertigo-inducing walk out over the frothy chutes of water at Salto Union before your return trip to Puerto Iguazu.

Overnight at Hotel in Iguassu.

Day 16: Americas Copacabana Hotel, Rio de Janeiro (Fri, 21 February)

Rio de Janeiro

Brazil's second-largest city and one of the world's most popular tourism destinations, Rio de Janeiro is renowned for its beautiful beaches, vibrant culture, the iconic Sugar Loaf Mountain and the massive, majestic statue of Christ atop the Corcovado peak. The highlight of Rio's social calendar is Carnival, in the weeks leading up to Lent, when the city becomes a riot of colour, music and festivities, with thousands of costumed revellers parading through the street in what the locals call the 'Greatest Show on Earth'.

Day Itinerary

Iguassu to Rio

Early morning get ready to transfer for your flight to Rio.

On arrival at the airport, you will be met and transferred to your hotel.

Overnight at hotel in Rio.

Overnight: Americas Copacabana Hotel

Americas Copacabana Hotel is located a few blocks from Copacabana beach and the subway station in Rio de Janeiro, Brazil. Accommodation options include standard, superior, luxury and deluxe rooms. Each room is equipped with an LED TV, a hairdryer, a minibar, an electronic safe, air conditioning and free internet access. Other amenities include a restaurant, a lobby bar and a pool bar.



Day 17: Americas Copacabana Hotel, Rio de Janeiro (Sat, 22 February)

Day Itinerary

Rio (B,L)

After Breakfast, get ready for your full day trip of Rio.

Two of the most famous sights in Rio de Janeiro are at your fingertips on this day-long tour. Sugar Loaf and Corcovado Mountains, including the impressive Christ Redeemer statue overlooking the city should definitely be at the top of your list, and Gray Line Rio de Janeiro is the perfect guide for your day. First thing in the morning, you will be picked up from your hotel and taken through downtown Rio for a panoramic tour. See the Sambrodome, stop at

the Metropolitan Cathedral and discover the Cinelandia Square and its wealth of historical buildings. The Municipal Theater, National Library, and National Museum of Fine Arts are all on your way as well as you head toward toward the Urca neighborhood, home of Sugar Loaf Mountain.

Ride the iconic cable cars all the way up the mountain, stopping at Urca Hill and its vantage point overlooking Guanabara Bay and its islands, the Rio-Niteroi bridge and Corcovado mountain. Finish your ascent to the top of Sugar Loaf, enjoying gorgeous views of the Copacabana beach and Santa Cruz Fortress.

Enjoy a lunch at a barbecue house before you head over to the base of Corcovado Mountain via the Cosme Vello Train. Ride through the lush and dense Tijuca rainforest to the towering Christ Redeemer statue. Standing guard over the city of Rio, the statue has a fascinating history—your knowledgeable hometown guide will share all the secrets with you before you head back to your hotel.

Overnight at hotel in Rio.

Day 18: Americas Copacabana Hotel, Rio de Janeiro (Sun, 23 February)

Day Itinerary

Rio – (B)

After breakfast, get ready for Rainforest Jeep tour.

Become an adventurer and escape to the lush vegetation of the Tijuca Rainforest. Join us and delve deep into natural wildlife on a thrilling 4x4 and then take a hands on approach with an exciting hike beneath the canopy.

HIGHLIGHTS:

- * **Escape the city and explore a lush, green rainforest**
- * **Relax and cruise around in a fun 4x4**
- * **Get up close to nature in an exciting hike around the jungle**

Start your wildlife adventure in a thrilling 4x4 open top drive through the world's largest urban Rainforest, Tijuca. Situated within the grounds of the city, this green luscious jungle is home to hundreds of species of plants and animals. Feel the radical contrast between the concrete world of Rio with the beaming with life and natural backdrop that is this wonderful, piece of paradise. Whilst cruising through, look out for the iconic sensations such as the Monkey and Taunay Waterfalls, feel them as the refreshing mist sprays you, cooling you down as you continue exploring. Stop off at secret points that reveal surreal views of Rio and all the surroundings at Vista Chinesa. No trip to the rainforest would be complete without an impressive hiking trail, underneath the never-ending green canopy. Really understand this fascinating eco-system by delving straight into it and exploring firsthand. Breathe in and relax in this magical world so different to that of the city, and admire all the various plants, animals, butterflies and birds that you encounter along the way. This truly is the best form of escapism and leaves you relax, carefree and a craving for more!

Overnight at hotel in Rio.

Day 19: Overnight Travel (Mon, 24 February)

Day Itinerary

Rio –(B)

After leisurely breakfast, in the evening you will be transferred to the airport for taking flight back home to London with many memories to share.

Transport

Flight Information

Date	Flight	Airline	Departure Airport	Time	Arrival Airport	Time	Class	Ref
6 Feb	Scheduled		Heathrow International Airport [LHR]		Jorge Chavez International Airport [LIM]			
7 Feb	Scheduled		Jorge Chavez International Airport [LIM]		Padre Aldamiz International Airport [PEM]			
9 Feb	Scheduled		Padre Aldamiz International Airport [PEM]		Alejandro Velasco Astete International Airport [CUZ]			
18 Feb	Scheduled		Alejandro Velasco Astete International Airport [CUZ]		Jorge Chavez International Airport [LIM]			
19 Feb	Scheduled		Jorge Chavez International Airport [LIM]		Foz do Iguacu International Airport Cataracts [IGU]			
21 Feb	Scheduled		Foz do Iguacu International Airport Cataracts [IGU]		Galeão International Airport [GIG]			
24 Feb	Scheduled		Galeão International Airport [GIG]		Heathrow International Airport [LHR]			

Transfers

Date	Company	Pick Up	Drop Off	Time	Vehicle
6 Feb		Jorge Chavez International Airport [LIM]	Hotel Jose Antonio		Guided Transfer
7 Feb		Hotel Jose Antonio	Jorge Chavez International Airport [LIM]		Guided Transfer
7 Feb		Padre Aldamiz International Airport [PEM]	Posada Amazonas Eco-Lodge		Guided Transfer
9 Feb		Posada Amazonas Eco-Lodge	Padre Aldamiz International Airport [PEM]		Guided Transfer

9 Feb	Alejandro Velasco Astete International Airport [CUZ]	Hilton Garden Inn Cusco	Guided Transfer
16 Feb	Hilton Garden Inn Cusco	Hotel Jose Antonio	Guided Transfer
18 Feb	Hotel Jose Antonio	Alejandro Velasco Astete International Airport [CUZ]	Guided Transfer
18 Feb	Jorge Chavez International Airport [LIM]	Hotel Jose Antonio	Guided Transfer
19 Feb	Hotel Jose Antonio	Jorge Chavez International Airport [LIM]	Guided Transfer
19 Feb	Foz do Iguazu International Airport Cataracts [IGU]	Bella Italia Hotel	Guided Transfer
21 Feb	Bella Italia Hotel	Foz do Iguazu International Airport Cataracts [IGU]	Guided Transfer
21 Feb	Galeão International Airport [GIG]	Americas Copacabana Hotel	Guided Transfer
24 Feb	Americas Copacabana Hotel	Galeão International Airport [GIG]	Guided Transfer

Urgent Contact Numbers

Company Name	Telephone	Email Address	Contact Person
Citibond Travel London Ltd	0207 290 0601	tours@citibond.co.uk	Nisha Shah & Pankti Shah

Service Provider Directory

Service Provider	Ref. Number	Telephone	Address
Americas Copacabana Hotel		+55 21 3445-9666	Rua Barata Ribeiro, 550 Copacabana, Rio de Janeiro, CEP 22040-001.
Bella Italia Hotel		+55 45 3521-5000	
Hilton Garden Inn Cusco		+51 84 580130	
Hotel Jose Antonio			Av. 28 de Julio Nº 398 Miraflores Peru
Hotel Jose Antonio		+51 51 640000	Carr Puno Desaguadero, Puno, Peru

Posada Amazonas Eco-
Lodge

River Infierno Native Community, Puerto
Maldonado, Peru

Travel Information



Peru is most famous for the sacred archaeological site of Machu Picchu – visited each year by scores of intrepid hikers who brave the Inca Trail’s arduous slopes to explore the age-old ruins. But the country’s attractions extend far beyond the mystical allure of this legendary location, and include palm-fringed beaches, quaint Andean villages and archaeological treasures that predate Machu Picchu by hundreds of years – all imbued with the nation’s rich melange of indigenous and colonial cultures. Equally enticing are the exotic reaches of Peru’s Amazon rainforest, Lima’s superb eateries, exquisite architecture and effervescent nightlife, the glittering, mountain-ringed waters of Lake Titicaca, and the vibrant city of Cusco, referred to by the Incas as ‘the centre of the world’.

Banking and Currency

Currency

Nuevo (new) Sol (PEN; symbol S/.) = 100 céntimos. Nuevo Sol notes are in denominations of S/200, 100, 50, 20 and 10. Coins are in denominations of S/.5, 2 and 1, and 50, 20, 10, 5 and 1 céntimos.

Note: US Dollars are also in use and accepted for payment, particularly in tourist areas. While effectively interchangeable, it is best to use local currency wherever possible, and it is always good for tourists to have some local currency in small denominations, to pay for buses, taxis and goods in some small establishments.

There are no restrictions on the import or export of local or foreign currency, but amounts exceeding US\$10,000 must be declared.

Only a few bureau de change in Lima and Cusco will exchange currencies other than US Dollars. Outside Lima, it is virtually impossible. US Dollars can be exchanged everywhere and banks, hotels and many shops also readily accept US Dollars (although very old, torn or damaged notes are usually rejected). It is not recommended to exchange money from street vendors.

Banking

Banking hours: Mon-Fri 0900-1800, Sat 0900-1300 (may vary during the summer).

All major credit cards are accepted, but usage may be limited outside of Lima and tourist areas. Visa and MasterCard are the most commonly accepted. It is also sensible to carry some cash rather than relying only on cards.

ATMs are now generally regarded as one of the best ways to obtain money in Peru. They are found almost everywhere, including in small towns, although when travelling in remote places it is best to have some cash just in case the nearby ATMs are not working or have run out of money. In bigger cities, use ATMs inside banks for greater security, especially at night.

Banks will exchange traveller’s cheques although it can be a slow process outside Lima. The ability to use traveller’s cheques is also quite limited in some areas so you should check whether or not they will be accepted in the area you

are visiting prior to travel. The use of ATMs is generally preferable, but if you do decide to bring traveller's cheques, the best currency to bring them in is US Dollars.

Travel, Transport and Getting Around

LAN (LP) (www.lan.com), Taca Perú (T0) (www.taca.com) and LC Perú (W4) (www.lcperu.pe) handle virtually all domestic air traffic. Routes link Lima to Andahuaylas, Arequipa, Ayacucho, Cajamarca, Chiclayo, Cusco, Huánuco, Iquitos, Juliaca-Puno, Piura, Pucallpa, Puerto Maldonado, Tacna, Tarapoto, Trujillo, Tumbes and other cities. Flights to Huaraz are occasionally offered. For information on internal flights, contact the Peruvian Corporation of Airports (Corpac) (www.corpac.gob.pe).

When travelling around Peru, you have to make a decision: time or money? The bus from Lima to Cusco can take over 24 hours instead of a flight of about 1 hour 30 minutes, but it will be a fraction of the price. If taking a shorter trip to Peru, flights will leave you a lot more time at your destination.

You can book in advance from outside the country, or a few days in advance through local tour operators for not much more money. Some flights (of lower prices, and particularly with LAN) are for Peruvians only – if you purchase them be prepared to pay a fine. Domestic flight schedules are often subject to last minute change – try to confirm that your flight is leaving at the time stated on your ticket before you head to the airport.

International car hire firms have offices in all the major cities and bigger airports. You must be at least 25 to hire a car in Peru, and will need to present your passport, driving licence from your country, credit card as a guarantee and sometimes a cash deposit. The minimum driving age is 18. Seatbelts should be worn both in the front and back of a car, and also on coaches (though most people don't bother). Theoretically, the speed limit is 100kph (62mph) on the highways and 35kph (22mph) in urban areas, but few Peruvians follow these laws. You can drive for six months on a UK driving licence and up to a year on an International Driving Licence. All foreign vehicles must have documentation from their own national automobile association or you can obtain it on the Peruvian border before entering the country. Always carry your driving licence, a copy of your passport and, if the vehicle is hired, a copy of the rental contract.

Main roads in Peru are, at least, reasonably paved; others can range from extraordinarily bumpy to impassable after landslides. Landslides are frequent in the mountains during the rainy season (December to March), making for slow travel and closed roads. Take care driving on the mountain roads, which are narrow, windy and above all high up. Local drivers who know the roads well go like the clappers, but if you try it you may well go off a cliff. The well-maintained Pan-American Highway runs down the length of Peru's coast, with intersecting highways running east into the mountains.

Many unlicensed taxi companies operate in Peru and visitors are advised to avoid these. They usually have a red and white taxi sign on the windscreen. Licensed yellow taxis are the only cabs allowed in downtown Lima. Taxis do not have meters and you should agree fares before departure (they are relatively inexpensive). Extensive and safe taxi services are available by telephone in main cities. Hotels and hostels will book them for you. Taxi fares increase by 35 to 50% after midnight and on holidays. Drivers do not expect tips.

Taking the bus is the travel method of choice in Peru; buses go in almost every direction. You can book yourself onto everything from a bus with seats that recline until fully horizontal and hostesses to bring you dinner, to a squashed-in place in the back of a pick-up truck, depending on your budget.

The crème de la crème of coach company in Peru is Cruz del Sur (tel: (01) 311 5050; www.cruzdelsur.com.pe). It's the most expensive, but you'll get a nice meal and a good night's sleep. Other coach companies are Flores (tel: (01) 332 1212; www.floreshnos.net), Linea (tel: (01) 424 0836; www.transporteslinea.com.pe) and MovilTours (tel: (01) 716 8000; www.moviltours.com.pe). Otherwise just turn up at a bus station or ask around.

Public transport in Lima is provided by conventional buses and by minibuses (combis), though they are overcrowded, sometimes dangerous and not particularly useful for tourists. These operate from 06h00 to 00h00 on established routes; wherever possible, try to avoid using bus travel late at night. Lima has a clean, efficient metro system which links nine districts, and allows travel between Miraflores and Lima centre.

Peru Rail (tel: (01) 517 1884; www.perurail.com) runs comfortable tourist trains between Puno and Cusco and between Cusco and Machu Picchu. Ferrocarril Central Andino (tel: (01) 226 6363; www.ferrocarrilcentral.com.pe or www.rrdc.com/op_peru_fcca.html) runs a twice-monthly tourist service on renovated trains between Lima and Huáncayo. This spectacular route is the second highest railway in the world (the highest being in Tibet).

Food, Drink and Cuisine Advice

Drink only bottled water, and take purification tablets in case bottled water is unavailable. Pasteurised milk is widely available, but if you are staying in mountain towns you will also find that unpasteurised milk is often sold in shops, served in plastic bags. Avoid dairy products that are likely to have been made from unboiled milk.

Only eat well-cooked meat and fish. You will find that there is plenty of street food available in stores and at markets, and you should try to ensure that what you buy has been heated properly and not been left out. In particular, you will find lots of ceviche, a cold seafood dish made using raw fish, which is practically the national dish. It is heavily acidic, which must kill some bacteria; nevertheless be aware that unless the fish is very fresh the potential for food poisoning is high. Vegetables should be cooked and fruit peeled.

Climate and Weather

The weather in Peru varies according to area – the changes in altitude are so extreme that the climate goes from freezing snow in the mountains to boiling sun on the coast. Likewise, the coast covers such a large stretch of longitude that the temperature changes dramatically as you head further south.

On the coast winter lasts from June to September. The weather tends to be overcast and slightly damp at this time, but rarely very cold. It hardly ever rains in Lima nor most of the coast, except for Tumbes and Piura, which have tropical climates.

During June to September, the mountainous areas are often sunny during the day but cold at night. This is high tourist season and the best time to visit most regions. Rainy season in the Andes starts in September and peaks between January and March, and this is a dreadful and occasionally dangerous time to be hiking.

Heavy rains in the mountains and jungle last from December to April. It is rainy and hot for most of the year, but between March and September there are occasional cold surges which might require a jumper.

Clothing and Dress Recommendations

For travel in Peru, a variety of clothes are necessary. You will need very lightweight clothes for summer on the coast, and thermals, hats, gloves and ski jackets for winter up in the mountains. It can become freezing at night at altitude and remain hot and sticky through the nights in the jungle. Waterproof clothing is thoroughly recommended for the rainy season, because the heavens open very suddenly, and then it pours.

If you are travelling to the jungle you'll need something protective and waterproof for your feet. For any mountain hiking you'll need proper, supportive boots. If you're spending time along the coast you'll need sandals or flip-flops.

Electricity and Plug Standards

Electricity in Peru is 220 Volts and 60 Hertz (cycles per second). If you want to use a 110-volt appliance in Peru, you'll need to buy a voltage converter. But always check before spending money on an converter, as many modern laptops and digital cameras can safely take both 110 and 220 volts (they are dual voltage).

Many of Peru's top-end hotels have outlets for 110-volt appliances. They should be clearly labeled as such, but always check if you're unsure.

There are two types of electrical outlets in Peru. One accepts two-pronged plugs with flat, parallel blades, while the other takes plugs with two round prongs. Many Peruvian electrical outlets are designed to accept both types.

If your appliance has a different plug attachment (such as a three-pronged UK plug), you'll need to buy an adapter. Universal plug adapters are inexpensive and easy to carry around. It's a good idea to buy one before you go to Peru (most major airports have a store selling plug adapters).



Vast, vibrant and magnetic, Brazil is a melting pot of cultures, ethnicities, rituals and religions – a product of its patchwork past of local traditions, colonial rule and influx of immigrants. It is South America's largest country, with a landmass comparable to that of the United States, and a mosaic of ecosystems that supports the largest array of flora and fauna on the planet. The Brazilian people are typically warm and friendly, while the country's natural diversity lends itself to myriad travel experiences, from idyllic coastal holidays and riotous Carnival celebrations, to stopovers in the dynamic cities of Sao Paulo and Rio de Janeiro, and not to mention, adventure-filled forays into the Amazon jungle.

Banking and Currency

Currency

Brazil's currency unit is the real (plural = reais) and is made up of 100 centavos. The real is issued in denominations of 1 real (1 real notes have been discontinued but the coin is everywhere), 2 reais, 5 reais, 10 reais, 20 reais, 50 reais and 100 reais. Prices are written in reais using the symbol R\$. Centavos are issued in denominations of 5 centavos, 10 centavos, 25 centavos and 50 centavos. It's best to carry nothing larger than 10 or 20 reais bank notes. This will make it easier to make small purchases as well as easier for small vendors, stores and restaurants to provide you with change.

You will have no need for any reais until you have fully exited Brazilian immigration and customs so avoid exchanging money at your departure airport in North America or Europe. Money exchanges at departure airports outside Brazil usually provide a very poor exchange rate. Wait. The international airports in both São Paulo (Guarulhos International Airport) and Rio de Janeiro (Antonio Carlos Jobim International Airport) have several bank operated, money exchange booths just outside the immigration and customs area. Both cities also have money exchange offices throughout the city and some hotels offer currency exchange.

While it is relatively easy to exchange any currency for reais in both São Paulo and Rio de Janeiro, in smaller cities it can sometimes become a time consuming and costly endeavor.

Banking

Banking hours are from 10:00 am to 4:00 pm, Monday through Friday. Some HSBC branches open from 9:00 am to 6:00 pm.

ATM Machines of banks are generally open from 6:00 am to 10:00 pm (although it is common for the locks on the doors to be not operational). Note that not all ATM machines accept international credit cards. The machines that do accept international credit cards will have the symbol(s) of the types of international cards it accepts. Banks that typically have ATM machines that accept international credit cards are HSBC, Citibank and Banco do Brasil.

Generally, ATM machines that accept international credit cards are readily found in large cities. However, if travelling outside the city or to remote areas, it will be much more difficult to find an ATM machine. So plan ahead.

Foreign currencies can be exchanged in shops with signs showing "Cambio". The exchange rates given for exchanging cash are generally better than those from withdrawing cash from a credit card from an ATM machine (especially with all of the little fees most card companies charge these days).

Be advised that you may encounter difficulties trying to get cash on a weekend. Several foreigners (from Canada and the USA) have encountered problems getting cash from ATM's after "normal" banking hours on a Friday.

Travel, Transport and Getting Around

Brazil has one of the largest internal air networks in the world, and there are air services between all Brazilian cities. With such great distances between many of the most popular destinations, flying can be a worthwhile option, saving considerable time and money. Internal flights in Brazil are possible with the shuttle service between São Paulo and Rio de Janeiro, a regular service from São Paulo to Brasília and a shuttle service from Brasília to Belo Horizonte.

At weekends and main holiday times (i.e. Christmas and Carnival) it is advisable to book seats as the services are much used. Panrotas (www.panrotas.com.br) gives all timetables and fares for internal air travel. Gol (www.voegol.com.br) and TAM Airlines (www.tam.com.br) operate the largest number of domestic routes. Airport transfers are available between all major centres.

Always re-confirm flights (at least once); delays and over-bookings do happen. If you change any flights on your airpass be sure to cancel the original booking otherwise the airline may consider it a 'no-show' and cancel all your other flights.

Air passes for domestic flights are available on both TAM and Gol, with similar prices, ranging from US\$532 for four flights (Gol), up to US\$1,384 for nine flights (TAM). Air passes can be purchased only outside of Brazil and in advance of international departure. For more details, contact the airlines.

International car hire companies operate from major airports and main city centres; the most common are Avis and Hertz. The main Brazilian companies include Interlocadora and Localiza. Drivers are generally required to be at least 21 years old.

All major cities have a plentiful supply of taxis, particularly recommended late at night. Official taxis, such as the distinctive yellow-and-blue Rio taxis, are the most reliable; mini-cabs, with pre-paid tickets, are also available at international airports. Taxis are metered and passengers should insist that the meter is turned on: the day-time rate is shown by a little flag marked 1 on top of the meter. The higher rate - after 8.00pm, on Sundays and bank holidays - is shown by a flag marked 2. Outside of cities and main tourist sites, taxis may not have meters, in which case agree on the fare in advance. Tipping taxi drivers is not normal practice.

Brazil is not a bicycle-friendly country on the whole; only a few cities, such as Rio de Janeiro and Curitiba, have dedicated bicycle lanes. In view of the vast distances, heavy traffic and aggressive driving practices, cycling around the country is not recommended for most visitors.

Long distance coach travel is a great way to get around Brazil, with an excellent network of inter-city routes offered by hundreds of different companies. Fares are economical and coaches are safe and comfortable, with all the usual modern facilities. Luxury overnight services (leitos) connect the major cities and popular destinations such as Foz do Iguaçu. There are no nationwide companies, but all cities have a central bus station (rodoviária), where you can book your journey in advance with a choice of operators.

Passenger rail connections in Brazil are virtually non-existent, apart from a few inner-city commuter lines in São Paulo and Rio de Janeiro. A few scenic tourist lines still run, notably the Serra Verde Express operating services from Curitiba to Morretes in Paraná, and from Campo Grande to Miranda in the Pantanal.

Ferries serve most coastal ports. One company, Barcas S/A, operates ferries between Rio de Janeiro and Niterói, and between Angra dos Reis and Ilha Grande. The daily commuter ferry to and from Niterói is very popular, offering amazing views of Guanabara Bay, and much quicker than the long and often traffic-clogged road route.

River transport is the most efficient method of travel in the Amazon Delta. The main hub is Manaus, with ferries going eastwards along the Rio Amazonas, to Belém and Santarém, or upriver from Manaus on the Rio Solimões towards the Colombian border at Tabatinga. Many different companies offer regular departures from Manaus, operating out of the main port, Estação Hidroviária near to the Mercado Municipal.

Food, Drink and Cuisine Advice

Brazil's cuisine is as varied as its geography and culture. While there are some very unique dishes of regional origin, there are many dishes that were brought by overseas immigrants and have been adapted to local tastes through the generations.

Brazil's national dish is feijoada, a hearty stew made of black beans and pork cuts (ears, knuckles, chops, sausage and pieces of beef (usually dried)). It's served with rice, garnished with collard greens and sliced oranges. It's usually not served in restaurants, but the ones that do typically offer it twice a week (usually on Wednesdays and Saturdays). A typical mistake made by tourists is to eat too much feijoada shortly after arriving. This is a heavy dish, and you need to get used to it before you eat it. Even Brazilians usually eat it parsimoniously. While you are at it, try the caipirinha, Brazil's signature drink made of wedged limes, sugar and cachaça.

Tap water in Brazilian cities such as Rio and São Paulo is generally safe to drink, but it tastes awful. In remote areas, tap water may be suspect. Many hotels and guesthouses filter their water – be sure to inquire about the status where you're staying. Vigorous boiling for one minute is the most effective means of water purification, though you can also use a water filter, ultraviolet light (such as a steripen) or iodine pills.

Climate and Weather

Due to its balmy tropical and subtropical climate, Brazil is an all-year-round destination. The Brazilian winter lasts for only three months from June to August. From December to February it's summer. The temperature varies within a year with monthly averages in winter between 13 and 18 degrees Celsius (55 and 64 degrees Fahrenheit). During the summer, temperatures can reach 30 to 40 degrees Celsius (86 to 104 degrees Fahrenheit) in Rio de Janeiro and into the regions in the south, but accompanied by frequent showers and a rather heavy humidity.

Clothing and Dress Recommendations

The clothing style in Brazil is generally casual and comfortable; more formal in cities such as São Paulo. Brazilians are proud of their bodies, they like to wear fitted clothing and show a little skin. São Paulo is an urban and cosmopolitan city; people like to dress up a little more, if you're having a touristy day and visiting museum and cultural places etc. dress with a casual feel, think jeans, shorts and t-shirts/tunics.

Rio is also very casual, but with a cool edge, a lot of the locals go from the beach to lunch or for drinks, so carry a light dress or shorts and a t-shirt to cover up, bikinis are for the beach only. If you're seen walking around in one, even on the boardwalk, you'll definitely be pegged as a tourist.

Brazil is a huge country with different climates. During the summer it's pretty much hot and humid everywhere. A main travel essential for Brazil would definitely be sunscreen, sunglasses and a broad sun hat. .

For shoes, stick to flat shoes such as sandals, flip flops or comfortable walking shoes as you'll likely be walking a lot.

During the winter it can get quite cool in the south of Brazil. In Florianopolis it can drop as cold as 2-3°C. The south is probably best to avoid in the winter unless your plan on visiting the wineries in Bento Gonçalves, Rio de Grande do Sul.

Electricity and Plug Standards

From city to city, voltage varies from 110-220v. It's not uncommon to arrive in a city to find out that the voltage is 110v and then to travel 1 hour north just to learn that it's 220v in that particular city. Despite the difference in voltage, the outlets look the same. Make sure to check the voltage used in each city that you visit.

Electricity in Brazil is extremely unstable in some parts and can send surges to your electronic equipment that destroys its charger or transformer. The solution to this is to protect your electrical equipment by running them through a voltage regulator. They are fairly cheaply and easily available in most parts of the country

Brazilian plugs and sockets typically come as two flat pins or two round pins, the latter is being standardised for new appliances but variations do occur. Most chargers for phones, laptops etc already have a built in power adaptor so don't worry too much about the different voltage in different cities. It's things like hairdryers where you might want an power converter/ adaptor..
