



Best of Peru & Colombia

Active Immerse Yourself Tour | 20 Days | Physical Level 3

Lima - Sacred valley - Machu Picchu - Cusco - Puno - Bogota - Cocora -
Cartagena

Discover South America's most exhilarating destinations! Immerse yourself in colourful culture and Incan wonders in enchanting Peru before enjoying colonial treasures and coffee in vibrant Colombia.

- Admire Lima's colonial sights
- Cruise on Lake Titicaca
- Marvel at the Incan citadel of Machu Picchu
- Visit the unique Salt Cathedral
- Delight in colonial Cartagena
- Relax on the beautiful beaches of Isla Del Encanto



Best of Peru & Colombia inclusions:

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- Meals as stated
- Touring with guides and entrance fees
- All transportation and transfers
- English speaking Local Guides

The only thing you may have to pay for are personal expenditure e.g. meals, drinks, optional excursions or shows, insurance of any kind, customary tipping, early check in or late checkout and other items not specified on the itinerary

South America Active Immerse Yourself Tours:

Active tours combine the key sights with more energetic pursuits such as hiking and cycling. This allows us to explore more and discover the destination in greater depth. These tours are designed to provide a wide range of activities to ensure a varied and culturally immersive experience. These tours include:

- Cycling or walking through classic sites
- Unique cultural experiences and encounters
- Off the beaten track destinations
- More evenings at leisure for independent exploration

Physical Level 3:

All our tours feature a physical rating to help you select the right holiday for you. To travel on any of our tours requires unaided mobility and the ability to stroll around the sights. 'Best of Peru and Colombia' is rated 3 on the physical level scale. A good level of fitness is required as you need to be comfortable walking for 2-3 hours and covering longer distances.

- On this tour you will be spending several nights at altitude – in Cusco at 3,400 metres, in Puno at 3,830 metres. You will also stop briefly at La Raya Pass between Cusco and Puno, which is 4,335 metres. – activity at these altitudes will be at an easy pace.
- You will be required, on several occasions, to climb on and off boats without assistance and sightseeing may be on steep or uneven ground.
- There will be several days of sightseeing on foot, and in some cases for an extended period of time.
- This tour includes some long days of travelling, notably Puno to Cusco is a 9 to 10 hour drive, rest assured there will be comfort and sight, seeing breaks throughout the journey.

Of course, our Local Guides will always endeavour to provide the highest level of service and assistance; however, they cannot be expected to cater for customers who are unfit to complete the itinerary.

Joining Your Tour

The tour is 20 days in duration including international flights. Travellers booked on 'Land Only, the price includes your arrival/departure airport transfers if arriving/departing on the start and conclusion date of your tour. Please advise your international flight times to reservations. Join the tour on Day 1 in Lima and end the tour on Day 18 in Bogota. Please refer to your final itinerary for more specific meeting instructions pertaining to your departure.

Itinerary – Best of Peru & Colombia

Days 1: Fly Australia to Lima

Meals included: Dinner

Fly to Lima, Peru's historical capital, arriving the same day due to crossing the International Date Line en route. On arrival, you will be welcomed at the airport by your Wendy Wu Tours representative and transferred to your hotel. The transfer time is approximately 1 hour 30 minutes. Tonight, enjoy your first taste of Peruvian cuisine at a local restaurant.

Destination Information

Lima – Sit overlooking the Pacific in Peru's central region, Lima is a huge city of 10 million people. It was founded by conquistador Francisco Pizarro in 1535 and became the capital of the Viceroyalty of Peru, and remained capital after the War of Independence gave Peruvians their freedom. The historic centre of the city is beautiful, and was declared a UNESCO World Heritage Site in 1988.

Day 2: Discover Lima

Meals included: Breakfast

Founded by conquistador Francisco Pizarro, and originally named the City of the Kings, Lima has plenty of heritage, which you'll begin exploring today. Start in the UNESCO World Heritage-listed historic centre to admire the colonial magnificence. Explore the 17th century San Francisco Monastery. Visit Casa Aliaga, a beautifully preserved colonial mansion, and finish the day at Huaca Pucilana archaeological centre.



Destination Information

San Francisco Monastery – The monastery complex, complete with church, monastery, library and catacombs, was completed in 1774 and is a prime example of Spanish Baroque architecture. Keep an eye out for Moorish designs in the central and two side naves of the church vaults.

Day 3: Travel to the Sacred Valley

Meals included: Breakfast, Dinner

Today fly from Lima to Cusco and travel to the Sacred Valley. On the way enjoy a cookery demonstration with local people in the village of Maras.

Day 4: Urubamba Valley

Meals included: Breakfast, Lunch

Today will be a full day of sightseeing, transfer an hour out of the Sacred Valley to the charming town of Pisac, where you'll visit the excellent market to both mingle with the locals and to browse the plentiful Peruvian handicrafts, then see fascinating terracing at the Pisac ruins. This afternoon, visit a typical Inca community at Ollantaytambo citadel. Above the town is an old Incan Fortress and an area of wonderfully preserved houses, both of which you can explore. This day is at altitude.



To book call **1300 727 998** or visit your local travel agent

Visit wendywutours.com.au

Destination Information

Pisac – Situated on the Willkanuta River, Pisac is a colonial village famous for its Incan ruins and its three times weekly market. The market takes up the Plaza de Armas and surrounding streets with stalls selling ceramic, jewellery and textiles.

Ollantaytambo – Ollantaytambo was once the royal estate of the Emperor Pachacuti and is the starting point for the famous Inca Trail. The Incan ruins here are huge, whilst the town itself is a prime example of an Incan city – it is still laid out as it was when it was built by Pachacuti in the 13th century.

Day 5: Machu Picchu

Meals included: Breakfast, Lunch, Dinner

From Ollantaytambo board the train that will take you through the mountainous landscapes to the small town of Aguas Calientes in 1 hour 30 minutes. From here you will ascend to the Incan citadel of Machu Picchu by shuttle bus, which takes about 30 minutes along winding roads. Long abandoned by the Inca, it came to international attention when it was stumbled upon by Hiram Bingham in 1911, and is considered one of the new 7 Wonders of the World. A guided tour will give you some insight into the Inca Empire. This includes up to 4 hours of sightseeing, walking on uneven terrain. This day is at altitude. *Please see **IMPORTANT INFORMATION ABOUT MACHU PICCHU** at the end of this document*

Destination Information

Machu Picchu – One of the world's great archaeological discoveries, Machu Picchu sits on a mountain ridge 2430 metres above the Sacred Valley. Built around 1450, it was abandoned about 100 years later, and left 'undiscovered' (the local people knew of it) until 1911 when it was brought to international attention. A classic example of Incan style, there are three main structures – the Temple of the Sun, the Inti Watana and the Room of Three Windows.

Day 6: Machu Picchu to Cusco

Meals included: Breakfast

Today, return to Machu Picchu through a new entrance, taking the same shuttle bus as yesterday, and enjoy some free time at Machu Picchu, exploring the complex as you wish. We recommend visiting the Intipunku, or 'Sun Gate', this is a steep climb and only recommended for people with a high fitness level. This afternoon, return to Aguas Calientes and take the train back to Ollantaytambo in 1 hour 30 minutes. Then, transfer 2 hours 30 minutes to Cusco. This day is at altitude.



Destination Information

Cusco – Home to an incredible Incan legacy, Cusco has some of the richest heritage in South America and is UNESCO World Heritage Site. Cathedrals and Inca temples overlook the narrow streets where alpaca knitwear can be bought for a fair price. For anyone interested in the Incan civilization, Cusco is the must-see destination.

Day 7: Sightseeing in Cusco

Meals included: Breakfast, Lunch

Home to an incredible legacy, Cusco has some of the richest heritage in South America and is a UNESCO World Heritage Site. Today's touring will include visits to the Plaza de Armas, once the heart of the Incan capital of Huacaypata; and Qoricancha, the temple of the sun. Head just out of town to the ruins of Sacsayhuaman and Puka Pukara, the 'Red Fortress'. Today will involve about 2 hours on foot, moving at a comfortable pace.

Qoricancha – Once one of Cusco's, and the whole Incan Empire's, most important temple, Qoricancha's walls were once covered in sheets of solid gold. Although the temple was demolished to make way for a colonial church, the Incan foundations remain and incorporates original Incan stonework.

Sacsayhuaman – Just north of Cusco, on top of a steep hill, some sections of the citadel of Sacsayhuama date from around 1100, whilst others are 13th Century. The complex stone walls are fascinating – huge boulders were carefully cut out and fitted tightly together without the use of mortar.

Plaza de Armas – The present-day Plaza de Armas was called Huacaypata and it was the heart of the Incan capital and is still the heart of the city today. The plaza is surrounded by colonial arcades, whilst the colonial cathedral and a number of other ornate churches stand imposingly around the edges. It is a vibrant and fascinating place to spend some time.

Day 8: Train to Puno

Meals included: Breakfast, Lunch

Depart Cusco and journey through amazing Andean landscapes to Lake Titicaca passing through some of the spectacular Peruvian highlands. The train has 4 dining cars, a car bar and an observatory car. Along the way you will enjoy a gourmet lunch prepared with exquisite Andean ingredients and there will be music and dance shows on board. On arrival to Puno transfer to your hotel at Lake Titicaca.

Destination Information

Puno – A beautiful and charming town located on the banks of Lake Titicaca. The town is home to traditional Andean architecture which spreads down from the sides of the hill to the banks of the lake.

Lake Titicaca – The largest lake in South America, it is surrounded by a slow pace of life where crops are still harvested by hand and vast plateaus stretch for miles.

Day 9: Lake Titicaca

Meals included: Breakfast, Lunch

This morning, you will be picked up from the port of Puno and taken to the floating islands of Uros on Lake Titicaca, approximately 20 minutes by boat. Spend around an hour here before continuing to the island of Taquile. Protected as a UNESCO World Heritage Site, once a stronghold of the Inca, you'll see wonderful textiles made by the island's men here. Tour the island with lunch afterwards, before transferring back to you Puno. Today's sightseeing is a full day. This day is at altitude.



Destination Information

Uros - The Uros are an ancient culture that inhabits a series of artificial islands built on the basis of reeds growing in the lake itself. These are constructed by weaving reed in the areas where it grows thicker and thus forming a natural layer.

Day 10: Fly to Bogota

Meals included: Breakfast, Dinner

Bid farewell to Peru and transfer 25 minutes to the airport, to fly to Bogota. The flight is approximately 3 hours 30 minutes. Colombia's capital, nestled at the foot of the Andean peak of Monserrate, is home to a delightful colonial old town full of museums and galleries. On arrival, you will be transferred to your hotel, approximately 1 hour 30 minutes where the rest of the afternoon is at leisure to start soaking up the local culture.

Destination Information

Bogota – Colombia's beating heart, Bogota has an engaging and vibrant capital. The cultural epicentre is La Candelaria, home to museums, galleries, historic old homes, churches and convents; nearly all of Bogota's traditional attractions are based here.

Day 11: Discover Bogota

Meals included: Breakfast, Lunch

Explore the sights of the city, starting in the historic centre at the Plaza de Bolivar where you can wander some of the surrounding streets to admire the impressive colonial architecture. Take a look at some of the most important buildings in the city before marveling at the exhibitions of the Gold Museum. After, ascend Monserrate, the symbol of the city, for excellent views and to visit the 17th century church at its peak. Within is a sacred shrine dedicated to El Señor Caído (the Fallen Lord). Your afternoon will be at leisure. Today's sightseeing involves 5 hours on foot.



Destination Information

Monserrate – Rising to over 3000 metres above sea level, Monserrate is the hill that looms over Bogota and has been considered sacred since pre-Colombian times.

Day 12: Bogota to Armenia

Meals included: Breakfast, Lunch, Dinner

This morning, you will be transferred through La Sabana de Bogota to the town of Zipaquirá, 2 hours drive. Tour one of Colombia's most unusual attractions; the Salt Cathedral of Zipaquirá, around 40 minutes on foot. Built 200 metres below ground in a salt mine and beautifully illuminated, this cavernous space is considered an outstanding example of modern Colombian architecture. This late afternoon, transfer to the airport, 2 hours drive, for your flight to Armenia. The flight is approximately 1 hour 30 minutes, and on arrival you will be transferred 1 to 2 hours to your hotel where your evening will then be at leisure.

Destination Information

Zipaquirá Salt Cathedral - Back in pre-Columbian times, salt around the area was the most important commodity and the 'salt cakes' were the only currency for trading. Over time, technology improved and the muiscas began to extract larger amounts of salt. As a result, an underground salt deposit was formed and it is where the Salt Cathedral was built.

Armenia – Was named the 'miracle city' for its high growth and urban development in a brief period. It is a familiar city surrounded by beautiful landscapes and interesting museums.

Day 13: Cocora Valley

Meals included: Breakfast, Lunch, Dinner

Wander through the beautiful landscapes of Cocora Valley, transferring 1 hour 30 minutes from your hotel. An eco-guide will introduce you to the Cocora Natural Reserve and lead you through the cloud forest, full of a diverse range of flora and fauna – keep an eye out for palma de cera, Colombia's national tree. Experience the ritual of the wax palm of Quindío, and get hands on with planting palm seedlings. Opt for additional activities or just wander freely until lunch. Then, transfer around 30 minutes in Jeep Willy's to the quaint town of Salento, where you will have a walking tour to see the typical paisa architecture and visit the workshops of craftsmen and artisans. Today's excursion involves 1 hour 30 minutes on foot. This day is at altitude at 2400 metres.


Destination Information

Cocora Valley – Located in the central cordillera of the Andean mountain, the valley is part of the Los Nevados National Park and is famous for its wax palms.

Day 14: Colombian Coffee

Meals included: Breakfast, Lunch

Transfer 1 hour 30 minutes to a hacienda. With a welcome cup of java in hand, learn all about the growing and processing of coffee. Enjoy an introductory talk, exercises in tasting and smelling coffee, and a tour of the factory. At the end of the tour, you'll not only have a greater appreciation for coffee but also a farewell brew to sip on. There is around 3 hours of activity, before being transferred 1 hour 30 minutes to the airport for your flight to Cartagena. The flight is approximately 1 hour 45 minutes. On arrival, transfer about 1 hour to your hotel for your evening at leisure.

Destination Information

Cartagena – Declared part of the UNESCO World Heritage in 1984, Cartagena encapsulates all the charm of Spanish colonial architecture, the republic period, and today.

Day 15: Explore Cartagena

Meals included: Breakfast, Lunch

Cartagena is Colombia's most popular destination. Vibrant and colourful, located on the Caribbean coast and home to a beautifully preserved UNESCO World Heritage-listed old town, it's easy to see why! This morning, venture 45 minutes to the neighbourhoods of Bocagrande and Manga. Wander the cobbled alleys of the old town visiting the House Museum of San Pedro Claver, and see the Castillo de San Felipe. Transfer back to your hotel for the afternoon at leisure. Today's touring will last around 4 hours.

Destination Information

Museum of San Pedro Claver – The museum houses information about San Pedro Claver, who was an advocate for the fair treatment of slaves in the 17th century, and archaeological finds from the area.

Day 16: Isla Del Encanto

Meals included: Breakfast, Lunch, Dinner

Spend a dreamy full day on Isla Del Encanto, one of the islands that make up the coral archipelago of Rosario. Transfer here 1 hour by speedboat. Here, you can relax on the beautiful beach or, for the more active, kayak or snorkel (at your own expense), to explore the beauty further. This evening, back in Cartagena, enjoy a farewell dinner.


Destination Information

Isla Del Encanto - Part of the Corales del Rosario National Park, Isla Del Encanto is a small slice of paradise off the coast of Cartagena.

Days 17: Cartagena to Bogota

Meals included: Breakfast

Spend the morning at leisure before boarding your flight to Bogota. On arrival transfer to the hotel and enjoy the evening at your own pace.

Days 18 - 20: Depart Bogota to Australia

Meals included: Breakfast

Today you will be transferred approximately 1 hour to the airport for your flight back to Australia, arriving home in 2 days due to crossing the International Date Line once again.

Bets of Peru & Colombia Travel Information

Visas

Australian passport holders currently do not require a visa to enter Peru and Colombia. Your passport needs to be valid for at least six months beyond your intended return date to Australia. Wendy Wu Tours does not provide a visa service for Worldwide tours. To stay up to date with the latest visa requirements visit www.smartraveller.gov.au.

Insurance

It is a condition of booking with us that you take out suitable travel insurance. You must provide us with the name of your insurer, policy number and their 24-hour emergency contact number when you book with us or as soon as possible thereafter. These details will be available to your local guides should they be required. Wendy Wu Tours will not be liable for any costs incurred by you due to your failure to take out suitable travel insurance from the date of booking.

Altitude

On this tour you will be spending several nights at altitude – in Cusco at 3,400 metres, in Puno at 3,830 metres. You will also stop briefly at La Raya Pass between Cusco and Puno, which is 4,335 metres, and Cocora Valley which is 2,400 metres. At these sort of altitudes, Altitude Sickness is a risk. Symptoms may include dizziness, fatigue, nausea and shortness of breath. It is recommended that travellers utilize their first day in high-altitude destinations to acclimatise. To help you acclimatise we have designed our tours to be at a slower pace with more convenience stops and more free time, during the first few days. Staying hydrated, eating light meals and following a very light schedule will all help. We recommend that any symptoms that are unusual should be brought to the attention of your guide. Your guide will be extremely well-trained in dealing with its effects – taking it easy and taking some time to acclimatise are the best ways to prevent and combat it. Serious cases, meaning that you must descend immediately, are rare. We have adapted the itinerary to make sure that your time at these heights is as relaxed and easy as possible.

There are no specific factors, such as age or fitness, that can cause you to suffer from. Altitude Sickness can affect anyone at any time and symptoms may vary. In some instances, a short spell on Oxygen can help enormously. Our guides are trained in this and in many hotels and coaches and restaurants oxygen is available. There is medication - that can help treat and prevent symptoms. Consult a doctor before taking any of these medications, before engaging in strenuous activity at high altitude and regarding any necessary vaccinations in plenty of time before travelling.

Eating in Peru & Colombia

Peruvian food incorporates dishes introduced by the indigenous population and from a wide variety of immigrant populations from Europe, Asia and Africa. The four traditional staples of the diet are corn, potatoes, legumes and grains such as quinoa. The diversity of climates and altitudes in Peru have a strong influence on what is eaten – close to the sea, ceviche containing fish is popular, whilst in the Andes, meat from indigenous animals such as alpacas and guinea pigs are eaten. A typical dish from this region is pachamanca, a variety of meats, herbs and vegetables slow cooked underground with heated stones. Savour the food in Lima, it is South America's gastronomic capital! Peru also has plenty of international cuisine options.

Colombian cuisine is extremely diverse and will vary depending on the region you're in. In some places, you'll find delicacies like cooked ants or guinea pigs, whilst in others, Colombians would never consider eating this. Along the coast, you'll find a great variety of seafood like fish and lobster, prepared with coconut milk sauces.

Breakfast is quite important in Colombia and will consist of plenty of juices made from all the fresh fruit available throughout Colombia – there are so many varieties that you most likely haven't heard of many yourself! A typical main meal is ajiaco, a chicken soup with a special herb guasca, partnered with arepa, a bread made from cornmeal, the traditional side dish to any meal.

Whilst we strongly recommend trying as many local dishes as possible, Peru and Colombia have a wide range of international foods available.

Important Information about Machu Picchu

You must provide full name, date of birth, nationality and passport number to us at time of booking. Visitors must bring their passport with them to be allowed entry to Machu Picchu and this must match the information provided to us in advance.

Hand luggage on board train to the citadel should not exceed 5kgs and measure no more than 40 cm x 35 cm x 20 cm. You will need to bring an overnight bag of this size for your one-night stay at Machu Picchu on day 8.

The following items are **not allowed** in – single use plastics, professional cameras (i.e. equipment that needs accessories for its use such as tripods) and cameras that have magnifying lenses exceeding 2kg; drones; selfie sticks; walking sticks without a rubber tip; aerosol sprays; high heeled shoes; sharp objects; banners or posters.

Accommodation

Your accommodation is selected for convenience of location, comfort or character, and can range from business hotels to rainforest lodges. Hotels are generally rated as local three to four-star standard, but please note that there is no international classification system for hotels and differences in facilities and quality may exist between Australia and South America. All group tour hotels have private bathroom facilities and air conditioning where needed. If you experience any difficulty, please speak to your Local Guide. Rest assured that all hotels used by Wendy Wu Tours are regularly inspected by our staff and our partners to ensure that standards meet your needs.

Transport

Coaches: Coaches with air conditioning are used on our group tours for city short excursions to the countryside and longer transfers between destinations. Roads in South America have generally been improved over recent years, but please be aware traffic and/or weather conditions may extend driving times. There may be sections of road where the surface may be comparatively bumpy but our drivers will do their utmost to lessen the impact.

Planes: Internal flights are based on economy class, with reputable airlines.

Clothing

On this tour, you will be travelling through various regions of Peru & Colombia with quite diverse climates especially in Cusco – Peru and Cartagena - Colombia where all four seasons can be experienced in one trip. It is recommended to bring lots of layers including the following: T Shirts made of breathable materials, hiking pants, with the option to turn into a short pant (rain pants optional), a fleece jacket for colder parts and the evenings and a waterproof jacket as shell layer or a light rain jacket, a scarf and hat, warm socks. The climate in Cartagena is tropical, humid and warm we recommend to, wear light weight breathable clothing. A small back pack that fits into your main hand luggage to carry your daily essentials.

Souvenirs

There are plenty of interesting bits and pieces to buy as souvenirs in Peru and Colombia, such as indigenous textiles, handicrafts and artworks, coffee and chocolate, carved wood and products made of alpaca wool, such as gloves, scarves and socks. There will be some opportunities during your tour to pick up souvenirs.

Group Size

Most of our groups consist of 10 travellers or more, there will usually be no more than 28 travellers in each group.

All our departures are guaranteed to operate with a minimum of 8 travellers booked (unless cancelled due to factors beyond our control). However, at our discretion we may operate departures with a smaller group size as we try to operate advertised departures wherever it is viable to do so.

Tipping Policy

Local tipping is customary in South & Central America. However, this can often lead to awkwardness in knowing when it is appropriate to tip and how much. For your convenience, with years of experience in providing the best customer service, Wendy Wu Tours operates a kitty system on your Group Tour so your Local Guide will look after this aspect of the trip for you. This ensures the amounts paid are reasonable for you and still fair to the local people. The suggested total amount is specified for each Group Tour and will be advised again on your final documentation. Tipping is paid in USD or other local currencies if specified. Any additional tipping you feel is appropriate is welcomed at your discretion.

After your booking

Once you have booked with Wendy Wu Tours, you will receive an email with your confirmation invoice, along with a link to our website where you can find your visa information (if applicable) and other important information. Your final documentation pack will be sent to you approximately 4 weeks prior to departure.

Itinerary changes

It is our intention to adhere to the day-to-day itinerary as printed; however, the order of events or sightseeing may change as we look to improve our tours or as local conditions dictate; in these circumstances we will make the best possible arrangements whilst maintaining the integrity of your trip.

Before You Leave

We recommend that you contact either your GP or Travelvax (1300 360 164) for advice on vaccinations and travel health. Travelvax has a comprehensive website that you may also find useful www.travelvax.com.au.

We strongly recommend registering your travel plans with www.smarttraveller.gov.au as in the event of an emergency, Australian Consular assistance will be more readily available. You can also access the Australian Government's travel advisory service for up to date information about your destination on the same website.

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