

Panoramic Peru

Flexible Tour | 15 Days | Physical Level 2

Lima – Sacred Valley - Machu Picchu – Cusco – Puno – Colca - Arequipa



On this thrilling journey through the wonders of Peru, you'll experience the very best the country has to offer; from Lake Titicaca through the heart of the Inca Empire to the captivating Machu Picchu.

- Admire Lima's colonial sights
- Enjoy a cooking demonstration with a local family
- Spot majestic condors at Colca Canyon
- Meet the locals living on Lake Titicaca
- Explore the beautiful Sacred Valley
- Marvel at the Incan citadel of Machu Picchu



Panoramic Peru inclusions:

- Return international economy flights, taxes and current fuel surcharges (unless a land only option is selected)
- All accommodation
- Meals as stated
- Touring with National Escorts and entrance fees
- All transportation and transfers
- English speaking Local Guides
- Specialist advice from our experienced travel consultants
- Safe and secure with AFTA, ATAS and CATO

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

Latin America Tours:

Latin America tours are run in similar fashion to other Wendy Wu Tours in that you have a national escort travelling with the group for the entirety of the trip. Due to the distances covered and the specific guiding expertise needed for each individual place visited, you will also be accompanied by our dedicated and professional local guides, whose unparalleled knowledge will turn your holiday into an unforgettable experience.

The cost of your tour includes most meals, however on occasion you will have the opportunity for some free time around meal times to experience the local restaurants for yourself. At these times meals will be at your own expense. The meals which are included in your tour are clearly stated on each individual day of the itinerary below.

Our Latin America tours are designed for those who wish to see the iconic sites and magnificent treasures of this continent on an excellent value group tour whilst travelling with like-minded people. We are sure you will have a wonderful time - prepare to be immersed in the authentic charm of the countries you will visit.

Physical Level 2:

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. 'Panoramic Peru' is rated 2 on the physical level scale. A reasonable level of fitness is required but it's more about spending time on your feet rather than covering large distances. You'll be getting on and off coaches and boats, walking around the sights and climbing some steps.

- There will be sightseeing on foot for both short and extended periods of time. Cusco sits at 3,400 metres above sea level – activity at these altitudes will be a an easy pace.
- Sightseeing will involve climbing quite a number of steps, often without handrails

Of course, our National Escorts and 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. If you require any more information about the pace of our tours, please contact our reservations team who will be happy to answer your questions.

Itinerary – Panoramic Peru

Day 1: Lima

Meals included: Dinner

Fly to Lima, Peru's historical capital, arriving the same day due to crossing the International Date Line. 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 a pisco tasting, Peru's national beverage.

Destination Information

Lima – Sitting 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, remaining as 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: Lima

Meals included: Breakfast

Originally named the City of the Kings, Lima is rich in heritage, which you'll see for yourself 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: Lima to Sacred Valley

Meals included: Breakfast, Lunch

Fly to Cusco and transfer to the Urubamba Valley. Also known as the Sacred Valley, it is home to Incan citadels and beautiful landscapes. Beginning in the charming town of Pisac, visit the colourful market to both mingle with the locals and to browse the plentiful Peruvian handicrafts, then see fascinating terracing at the Pisac ruins. Later, meet a typical Inca community at Ollantaytambo. The town has some wonderfully-preserved Incan houses, whilst above it there is an old Incan fortress, both of which you can explore. Travel 20 minutes to your hotel for the night. Today's sightseeing is around 8 hours in total. This day is at altitude.

Destination Information

Pisac – Situated on the Willkanuta River, Pisac is a colonial village famous for its Incan ruins and its triweekly 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 4: Huilloc Community

Meals included: Breakfast, Lunch

Spend the day in the remote village of Huilloc, approximately 40 minutes' transfer from your hotel, where you'll catch a glimpse of the authentic culture of the valley's Quechua communities. You'll be able to interact with the villagers, share lunch with them and witness their day to day life. The women of Huilloc have a rich tradition of weaving which they still practice by hand today. The textiles they produce bear the same images as those of their ancestors; condors, cougars and Huallata birds, and can be purchased here. You'll also enjoy a cooking demonstration of a typical Quechua dish before enjoying lunch with the locals. This day is at altitude.



Destination Information

Huilloc - This is a community of 200 families and a total of 1,500 inhabitants. The principal activity of the men is farming, and in the dry season they work as porters on the Inca Trail. The women preserve their unique and ancient tradition of weaving fabric of the highest quality, which they sell to travellers visiting their community.

Day 5: Train to Machu Picchu

Meals included: Breakfast, Lunch, Dinner

From Ollantaytambo board the panoramic Vistadome train to travel through the mountainous landscapes to the small town of Aguas Calientes in approximately 1 hour and 40 minutes. From here, you will hop on the bus to the magnificent Machu Picchu. Long abandoned by the Inca, it came to international attention when it was stumbled upon by Hiram Bingham in 1911. It is now considered one of the new 7 Wonders of the World. A guided tour will provide you with some insight into the Inca Empire. This includes up to four hours of sightseeing with walking on uneven terrain. Return to the village of Aguas Calientes (also known as Machu Picchu Pueblo) for your overnight stay. This day is at altitude. *Please see **IMPORTANT INFORMATION ABOUT MACHU PICCHU** in 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

Meals included: Breakfast

Enjoy the morning at leisure or choose one of these optional tours: take a challenging hike up to Huayna Picchu, a viewpoint overlooking Machu Picchu; visit Aguas Calientes' thermal baths for a relaxing soak; or a second entrance to Machu Picchu for further explorations - perhaps even venturing up to the Intipunku or *Sun Gate*. This afternoon, return to Aguas Calientes and take a 3 and a half hour train to Poroy. Then, transfer 2 hours by road to Cusco. This day is at altitude.

Day 7: Discover Cusco

Meals included: Breakfast, Dinner

Home to an incredible Incan legacy, Cusco has some of the richest heritage in Latin America and is a UNESCO World Heritage Site. The tour 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'. This day is at altitude. In the afternoon, you will have the option to take part in a chocolate-making tour, followed by a Peruvian dinner and folklore dance show.



Destination Information

Cusco – Home to an incredible Incan legacy, Cusco has some of the richest heritage in Latin America and is a 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.

Plaza de Armas – Huacaypata as it was known was the heart of the Incan capital and remains so today. The plaza is surrounded by colonial arcades, whilst the colonial cathedral and several other ornate churches stand imposingly around the edges. It is a vibrant and fascinating place to spend some time.

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 Sacsayhuaman 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.

Day 8: Train to Puno

Meals included: Breakfast, Lunch

Today take a train from Cusco to Puno. Journey through amazing Andean landscapes to Puno on the shores of Lake Titicaca, passing through the spectacular Peruvian highlands. The train has 4 dining cars, a bar car and an observation 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. Arrive at your hotel this evening.

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 Latin 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 25 minutes by boat. Visiting two of these floating islands, your guide will explain to you the history of the area. You will also have the opportunity to speak with some of the residents, which will help you to understand their way of life and gain a cultural insight into this fascinating place. After, you will continue to the island of Taquile. Protected as a UNESCO World Heritage Site and once a stronghold of the Inca, you'll find wonderful textiles made by the island's men here. You will tour the island and enjoy lunch before transferring back to Puno. Today's sightseeing is a full day. This day is at altitude (3,820m).



Destination Information

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

Day 10: Colca Canyon

Meals included: Breakfast, Lunch

Today travel to Colca, approximately a 5 to 6 hour drive, passing through Lagunillas and Tocra along the way. Keep your eyes peeled for flamingos, Andean ducks and llamas. Reach Pata Pampa at 4,820 metres altitude, where you can admire the volcanoes Ampato, Sabancaya, Hualca-Hualca and Mismi (the source of the Amazon River), as well as views of the Cordillera de Chila. Once in Chivay, enjoy the view of the terraces of the Colca Valley before time to bathe in the natural hot springs. This day is at altitude.



Destination Information

Colca - Best known as one of the world's deepest canyons at nearly 11,000 feet (twice as deep as the Grand Canyon), the area offers breath taking scenery and is home to the giant Andean condor. It is Peru's third most visited destination and is surrounded by stunning Andean peaks.

Day 11: Travel to Arequipa

Meals included: Breakfast, Lunch

After an early breakfast, depart Colca and travel to Arequipa, approximately 5 hours' drive including stops. En route, stop at Condor Cross for a picturesque view of the canyon, and hopefully a few sightings of the native condors gliding on the thermals. Enjoy a short walk here with your guide. Hopping back in the bus, you'll also visit the villages of Maca; an Andean community that experienced an earthquake in 1991, and Yanque; a settlement that contains arguably the most beautiful church in the valley. This day is at altitude.



Destination Information

Arequipa – Known as ‘The White City’ due to many of its buildings being constructed from sillar (smooth white volcanic stone), Arequipa is the colonial-era capital of the region. The city stands at 2300 metres above sea level and is overlooked by the dormant Misti Volcano.

Day 12: Explore Arequipa

Meals included: Breakfast, Lunch, Dinner

Peru’s spectacularly situated second city is surrounded by volcanoes and boasts some beautiful colonial architecture. Start to explore the city at the Carmen Alto viewpoint before visiting Yanahuara Quarter and admiring the UNESCO-listed Plaza de Armas and the Monastery of Santa Catalina. Continue on to the San Camilo market to buy ingredients with which you’ll cook a traditional dish with a local family and then dine together. Today’s sightseeing is about 1 hour 30 minutes on foot. Fly from Arequipa to Lima this afternoon, with a farewell dinner in Lima.

**Days 13-15: Depart Lima for Australia**

Meals included: Breakfast

Fly from Peru to Australia. Arrive home in 2 days due to crossing the International Date Line once again.

Panoramic Peru Travel Information

Visas

Australian passport holders currently do not require a visa to enter Peru. You will need a minimum of 6 months validity from your return date on your passport to travel. Keep up to date with the latest visa requirements, 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. 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. All the hotels that we have selected to use on our programmes provide oxygen free of charge, please ask to use this. 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

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 Latin America's gastronomic capital! Peru also has plenty of international cuisine options.

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

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 Peru. All group tour hotels have private bathroom facilities and air conditioning where needed. If you experience any difficulty, please speak to your National Escort. 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.

Clothing

On this tour, you will be travelling through various regions of Peru with quite diverse climates especially in Cuzco, where all four seasons can be experienced in one day. It is recommended to bring lots of layers including the following: T Shirts made of breathable materials, hiking trousers (with the option to turn into shorts), a fleece jacket for colder parts and the evenings, a waterproof Jacket as shell layer or a light rain jacket, a scarf and hat and warm socks. A small backpack that fits into your main hand luggage to carry your daily essentials should also be taken.

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 Peru 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. Within Latin America flights are often changed multiple times before departure, both timings and flight numbers. The utmost care will be taken to ensure that your final documents will have the latest information, however your local guide will confirm this in destination. Boarding passes can be collected directly at the airport. The flights booked as part of your itinerary will always reflect the best timings to suit the touring itinerary, with direct flights wherever possible, however due to limited schedules some flights may require a fairly early departure or late arrival

Souvenirs

There are plenty of interesting bits and pieces to buy as souvenirs in Peru, 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, particularly when you visit Pisac market.

Group Size

Most of our groups consist of 10 travellers or more and will be accompanied by a National Escort. There will usually be no more than 20 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

Tipping while on holiday is common in most parts of the world and Latin America is no exception. We will provide suggested tipping amounts with your final documents for your convenience, however tipping is entirely at your own discretion.

Luggage

All travelers are limited to two items of luggage each, a suitcase with a maximum weight of 20kg and one piece of hand luggage with a maximum weight of five kilograms. It is essential that your luggage is lockable. Please note that authorities will only allow bottles onto the aircraft if they have been checked in as main baggage. Bottles in hand luggage may be confiscated. Please note luggage restrictions apply when travelling to Machu Picchu by Rail, please refer to the information listed under **IMPORTANT INFORMATION ABOUT MACHU PICCHU** in this document.

Climate

Peru's climate is heavily influenced by its geography. The desert coast is very hot between December and March and cooler and misty from April to November. In the Andes, the seasons are more recognizable with a rainy season from December to March, and a dry period from June to September.

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 2 weeks prior to departure.



Itinerary changes

It is our intention is 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.

Optional Activities

Please note that any optional activities offered and booked in destination are not recommended or organised by Wendy Wu Tours and therefore should be undertaken at the customers' own risk. You may also be required to sign a waiver form before any of these such activities.

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