



Panoramic Peru

Active Immerse Yourself Tour | 15 Days | Physical Level 3

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

On this thrilling journey through the wonders of Peru, you'll venture into the epic landscapes of Lake Titicaca, through the heart of the Inca Empire to Machu Picchu, and explore all that's in between.

- Admire Lima's colonial sights
- Enjoy a cooking demonstration
- 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 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. 'Panoramic Peru' 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.

- Many destinations on this tour are at altitude including Colca, Puno, Cusco and Machu Picchu. The highest point being at 4800 metres above sea level – 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, rest assured there will be comfort 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 15 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 13 in Lima. Please refer to your final itinerary for more specific meeting instructions pertaining to your departure.

Itinerary – Panoramic Peru

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: 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: Urubamba 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 excellent 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 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 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 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. 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 1 hour 30 minutes. From here, you will ascend 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 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 four hours of sightseeing, walking on uneven terrain. Return to the village of Machu Picchu for your overnight stay. 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

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 back to Cusco. This day is at altitude.

Day 7: Discover Cusco

Meals included: Breakfast

Home to an incredible Incan legacy Cusco has some of the richest heritage in South 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'.



Destination Information

Cusco – Home to an incredible Incan legacy, Cusco has some of the richest heritage in South 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 – 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.

Coricancha – Once one of Cusco's, and the whole Incan Empire's, most important temple, Coricancha'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.

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.

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 find wonderful textiles made by the island's men here. Tour the island with lunch afterwards, before transferring back to 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: Colca Canyon

Meals included: Breakfast, Lunch

Appreciate what Colca is famous for this morning at Condor Cross, approximately 50 minutes drive. Admire Colca Valley, one of the world's deepest canyons, and the huge condors gliding on the thermals. Head back to Chivay to visit several of the valley's villages, Pinchollo, Maca, Achoma and Yanque, as well as the Antahuilque and Choquetico scenic viewpoints as you then make your way towards Puno, on Lake Titicaca, approximately a 5 to 6 hour drive. This day is at altitude of 3030 metres.



Destination Information

Colca - Best known as one of the world's deepest canyons, the area offers breath taking scenery and is home to the giant Andean condor.

Day 11: Travel to Arequipa

Meals included: Breakfast, Lunch

After breakfast, depart Colca and travel to Arequipa, approximately 5 hours drive including stops. En route, pass the Pampa Cañahuas Reserve, spotting vicuñas as you go. Visit Vizcachani, the Toccra Pampas, and the Los Andes viewpoint, which gives you magnificent views over the volcanoes of the area. Enjoy lunch in Chivay before arriving at your hotel, a further 15-minute drive away. Opt to visit the local hot springs, or have the rest of the afternoon at leisure. This day is at altitude.

Destination Information

Arequipa – The city is the colonial-era capital of Peru's Arequipa Region and is surrounded by 3 dramatic volcanoes.

Day 12: Explore Arequipa

Meals included: Breakfast, Dinner

Peru's spectacularly situated second city is surrounded by volcanos 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. Today's sightseeing is about 1 hour 30 minutes on foot. Fly from Arequipa to Lima.

Days 13-15: Depart Lima for Australia

Meals included: Breakfast

This morning after breakfast you will be transferred to the airport for your flight to Australia, arriving 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. 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. 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

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.

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 the 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 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.

Clothing

On this tour, you will be travelling through various regions of Peru with quite diverse climates especially in Cuzco – Peru 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. A small back pack 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.

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 Local Guides. 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.

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 2-3 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.smartraveller.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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