



PERU FAMILY TOUR

ITINERARY



The Peru Family tour brings together the fun and adventure kids crave, the culture and history parents want, and the flexibility families need, in one of the most family-friendly countries on the planet!

This trip is especially designed for families with teenagers or primary school aged children. As well as all the sights of Cusco, Machu Picchu and the Amazon jungle, it features eased acclimatisation, visits to sites of special interest to children, interaction with local kids, and time to relax as a family. Guides, accommodations and restaurants are all selected for families.

Every day is flexible, every activity is optional, and every arrangement is taken care of, so all you have to do is relax and enjoy the most engaging, fun and exciting vacation your family will ever take!

LENGTH	12 days
GRADE	B Average of 4-5 hrs physical activity per day
START	Cusco, Peru at the accommodation or the airport. 1pm start
FINISH	Puerto Maldonado Airport, Peru. In time for your flight.
ACCOMMODATION	Jungle lodges, Hotels, Guesthouses
DEPARTURES	July 2018: 8 August 2018: 5
PRICE	Adult (in a group of 4 - 12 people) USD \$2,975.00 Single supplement USD \$300.00 Private family tour (additional price per person) USD \$300.00 *Children book at same rate as adults





ITINERARY

DAY 1 CUSCO

You'll be picked up from your Cusco accommodation at 1pm, eat a delicious lunch at a local favourite restaurant, then head for the tiny Inca town of Pisac in the stunning Sacred Valley.

Along the way we'll visit Cochahuasi, a private animal-rescue sanctuary where you can get close to flamingos, lynxes, pumas, tapirs, and condors. There's time before dinner to wander through the charming cobbled streets and squares of Pisac, or to simply rest: it's important to take it easy as you acclimatise to the altitude of the high Andes (3,300m or 10,800ft in Cusco, 2,900m or 9,500ft in Pisac).

Accommodation: Comfortable hotel in Pisac. Includes lunch and dinner.



DAY 2 EXPLORE PISAC

Pisac is home to two major tourist attractions. The first is the huge Inca fortress that bristles spectacularly on the mountain above the town. In the morning you'll explore the sprawling ruin, and enjoy the views of the high peaks around you and the verdant Sacred Valley of the Incas below.

In the afternoon there's time for shopping at Pisac's handicraft market – the biggest and most famous in the region. Pisac is also home to a great family attraction: a country club with kid and adult pools, a playground, miniature lake with fish, and lots of space to run around. This is another great option today as we ease into our Peru experience.

Accommodation: Comfortable hotel in Pisac. Includes breakfast, lunch and dinner.



DAY 3 EXPERIENCE PERUVIAN VILLAGE LIFE

You'll spend this very special day with families who lead a life that has barely changed in hundreds of years: subsistence farming in the village of Amaru.

In the morning you'll help the farmers in the fields, assisting them with whatever tasks they're doing on the day, which depends on the time of the year and could be anything from herding pigs to ploughing a field to helping with the harvest.

In the afternoon, the women of Amaru will show you how they make the traditional textiles they wear. You'll have the opportunity to participate in every stage of the process, from picking plants to make dyes to weaving on a loom!

Accommodation: Guesthouse in Amaru. Includes breakfast, lunch and dinner.



DAY 4 THROUGH THE SACRED VALLEY

After breakfast you'll wave goodbye to your new friends in Amaru and head down off the mountain into the Sacred Valley. For proficient bikers, there's the option to ride bikes from Amaru down to Pisac: it's a fun, curvy descent on an unpaved country road through beautiful mountain scenery.

Then you'll be driven through the sunny, fertile Sacred Valley – you'll need lots of photo stops! – to Ollantaytambo, the most charming of all Inca towns. From here you'll take a scenic train ride, that enchants children and adults alike, to Aguas Calientes, the town that nestles at the base of Machu Picchu mountain.

Accommodation: Hotel in Aguas Calientes. Includes breakfast, lunch and dinner.



DAY 5 MACHU PICCHU

An early start rewards you with sunrise at Machu Picchu – a peak moment for anyone. A spectacular stone city surrounded by incredibly steep, incredibly green mountains, Machu Picchu needs no introduction and is deservedly one of the new Seven Wonders of the World.

A guided tour is a necessary start to orient you in this massive site, then you'll have time to explore the ruin and some of the surrounding peaks, or relax and play on the beautiful lawned terraces, before you take the train back to Ollantaytambo.

Accommodation: Cosy family-run hotel, Ollantaytambo. Includes breakfast, lunch and dinner.



DAY 6 MORAY AND SALINERAS

Today you'll visit two unusual and fascinating Inca sites. First is Moray – three massive Inca amphitheatres of incredible engineering precision and stern, magnificent beauty. They are said to have been a crop laboratory but have a mysterious, other-worldly vibe that suggest a more mystical purpose to many.

Next is Salineras, the still-operational Inca salt factory – a surreal and beautiful patchwork of pools and paths that's one of our favourite sights in the Sacred Valley. If you like, you can ride quad bikes (also known as ATVs or four wheeled motorbikes) from one site to another today – it's a great way to enjoy the beautiful rolling countryside. Kids can drive their own, or be passengers with a grown-up – it's up to you.

Accommodation: Cosy family-run hotel, Ollantaytambo. Includes breakfast, lunch and dinner.



DAY 7 PADDLE ON LAKE PIURAY

This morning the adventure continues with stand-up paddleboarding – a fun, safe adventure that we recommend for even our smallest guests.

After a full briefing and warm-up, you'll spend the morning paddling on serene, stunning Lake Piuray. It's a lot of fun for kids, and a great way for parents to soak in the quiet majesty of the mountains all around you.

In the afternoon, there's time to explore the charming church and expansive mountain terraces of Chinchero before you head to Cusco for the night.

Accommodation: Comfortable hotel in Cusco. Includes breakfast, lunch and dinner.



DAY 8 EXPLORE CUSCO

Cusco is bursting at the seams with things to see and do: churches and temples, colonial architecture, stunning streetscapes, great cafés, mountain views, museums, musicians, markets, and crazy hole-in-the-wall shops selling everything from frogs and herbs for casting spells, to the world's most colourful candles!

If you feel like taking a family-friendly class today, learnign to make either chocolates or ceramics with local master artisans, this can be arranged.

There's also bushwalking in the countryside only minutes away, and plenty of outdoor activities on offer, so whatever you feel like doing today, we'll make it happen!

By this stage of the trip, your guide will be familiar with your family's interests and will be there with you to help you make the best of your time in this amazing town.

Accommodation: Comfortable hotel in Cusco. Includes breakfast, lunch and dinner.





DAY 9 TO THE AMAZON JUNGLE

Today you'll make the incredible journey – by car, plane, dugout canoe and walking a jungle trail (1.2km/.75 of a mile) – to virgin Amazon rainforest outside Puerto Maldonado.

The irrepressible life all around you, with buzzing insects, flocks of birds and monkeys, and plants growing so fast you can almost see it happening, lets you know immediately that you've come to a very different world. The feeling that you've stepped into another dimension is enhanced when you find yourself spending the evening spotting caimanes (freshwater crocodiles) from a boat on a jungle coaterway!

Accommodation: Remote jungle lodge. Includes breakfast, lunch and dinner.



DAY 10 GIANT RIVER OTTERS, MONKEYS, AND KAYAKING

This is an unforgettable day of family adventure, so you'll get started early (like everything else in the trip, this is optional – we find most teenagers prefer to sleep late!). Sunrise is a great time for spotting monkeys, birds and giant river otters, so you'll greet the dawn with them.

Then you'll paddle kayaks on a safe, calm section of the Madre de Dios River – a great, fun way to get some exercise and cool off from the jungle heat! Later you'll paddle on an oxbow lake, looking for troops of up to 200 monkeys on the lakeshore.

Accommodation: Remote jungle lodge. Includes breakfast, lunch and dinner.



DAY 11 PARROT LICK AND PIRANHA FISHING!

Today you'll hike through the jungle to visit a woodlick where big, clever, colourful guacamayo parrots congregate in search of nutrients they can't get anywhere else. Along the way there's a good chance you'll spot sloths and monkeys going about their morning business.

This afternoon you'll taste jungle living firsthand, when you go fishing for piranha! Pan-fried piranha is delicious, and eating your carnivorous catch as the sun sets over the Amazon Jungle is a dinner to remember. Tonight's optional night hike gives you a last opportunity to spot tapirs, caimanes, night monkeys and tarantulas.

Accommodation: Remote jungle lodge. Includes breakfast, lunch and dinner.



DAY 12 DEPARTURE DAY

Today you'll retrace your journey back to Puerto Maldonado airport. It's a good idea to book your flight out for the afternoon, so as not to have to get up too early!

Includes breakfast.



LIFE ON THE TRAIL

GRADE C

- Average of 4-5 hrs physical activity per day
- At times carrying small backpack of 4-5kgs
- Tracks generally in good condition
- Altitude gains of up to 600m on harder days
- No hiking experience necessary
- Reasonable standard of fitness required

The effects of being at altitude vary from person to person. Altitudes on this trip are significant but far from extreme. You will almost certainly notice shortness of breath when you arrive particularly when walking uphill – there's simply less oxygen!

Other typical effects are:

- Sleep disruption – strange dreams, insomnia
- Headache
- Light-headedness
- Stomach disruption (caused by slower digestion)
- Dehydration

These symptoms almost invariably disappear after a couple of days – that's why we recommend getting here a couple of days before the trip if you can, so you're acclimatised by the time you start exercising.

The best things you can do to acclimatise are:

- Keep hydrated
- Avoid alcohol (it dehydrates you)
- Eat lightly (digestion slows down at altitude)
- Don't push yourself physically too soon

About one percent of people are affected by the altitude, and experience severe headaches and nausea. Again, this generally fades within a few days.

GUIDES AND SAFETY

Over years guiding and managing small and large tour companies, Steve Wilson and Katy Shorthouse worked out that small is better when it comes to running great trips. You benefit with small groups, flexible itineraries, personalised service, and handpicked adventure guides who are the best in their field.

TRANSPORT

There are many international airlines with scheduled flights into Lima, Peru (the capital city). The international airport in Lima is known as the Jorge Chávez International Airport. International flights into Lima tend to arrive late in the day, and flights between Lima and Cusco mostly leave early in the morning.

FOOD

Food is one of the highlights of any trip to Peru – it's considered one of the world's greatest cuisines – and we'll eat in a range of places, from local holes in the wall to fancy theatre restaurants, to give you a taste of it all. Peruvian food tends to be carbohydrate heavy – rice and potatoes on the same plate is nothing unusual. There's also a lot of meat, but we're used to catering for vegetarians and will be eating at some vegetarian places. However, on trips where we go more off the beaten track (such as Santa Teresa, Lares Valley, Ccoyllor Ritty) vegetarians may face limited choices.

The plus side is the local produce: jumbo corn, football-sized avocados, tomatoes bursting with flavour – and of course, more than 200 kinds of potatoes! Lunch is the main meal of the day, and is huge.

Actually, most meals in Peru are pretty large – there is no way you'll go hungry on this trip!



It is not safe to drink tap water in Peru, not even to brush your teeth. You should always buy water – a 2.5 litre bottle costs less than NZ\$2. Water and other drinks are not included in your trip price. Nearly all meals are included in the trip price, but we leave a few up to you, to add to your experiences. On occasions where we're not including meals, we'll happily organise a group meal if requested.

Gluten free diet: The gluten free diet is not well known in Peru, and you will find yourself explaining it a lot! Having said that, Peru's diet is not as wheat-centric as ours; rice, potatoes and quinoa are great carbs and available everywhere. At all group meals, we'll eat in restaurants with gluten and your trip leader will always be there to help you communicate dietary needs.

ACCOMMODATION

In Cusco, Pisac, Ollantaytambo, and Aguas Calientes we stay in comfortable, family-friendly hotels. In Amaru we stay in a community guesthouse. In the Amazon, we stay in airy bungalows at a remote jungle lodge.

ADDITIONAL COSTS

- Tips for your guides
- Flights to start and from end of trip

PACKING LIST

WHAT TO TAKE

- 1 large or 2 medium pieces of luggage (e.g. backpack or suitcase. Please check your luggage allowance to avoid paying unwanted excess baggage fees)
- Day pack (for daily use, especially on the Inca Trail)
- Casual clothes (2 sets - t-shirts, long-sleeve shirts, trousers, shorts, for evenings)
- Hiking clothes (1 set - non-cotton shirt, light shorts, thick socks)
- Waterproof raincoat / windstopper
- Down / fleece jacket
- Socks (enough for a week)
- Underwear (enough for a week)
- Thermal underwear (great for layering on cooler mornings or evenings)
- Beanie (or buy one in Cusco, they're everywhere and make a good souvenir)
- Gloves (useful on colder nights)
- Sunhat and Sunglasses
- Sturdy, comfortable hiking shoes (for Machu Picchu etc. Please note, footwear with heels is not good for walking around Cusco's cobbled streets)
- Casual footwear (sandals, jandals or tevas)
- Travel towel
- Togs / swimsuit (for any swimming opportunities)
- Water bladder / water bottles (1.5 litre capacity minimum)
- Camera, memory cards, and batteries or charger (voltage is compatible but you'll need an adaptor for a two-pronged American plug)
- Head torch / headlamp (and a spare set of batteries)
- Alarm clock (only some accommodations provide them)
- Sunscreen (we recommend SPF 15 UVA/UVB. It's cheaper to buy outside of Peru)
- Insect repellent (for the jungle and Machu Picchu)
- Personal toiletries (toothbrush, toothpaste, soap, shampoo, conditioner, glasses/lenses, facecloth, shaving gear, hand sanitiser, antinflam cream, feminine hygiene products etc)
- Personal medications
- Personal first aid kit (for any essential items that you might need e.g. blister treatment. Your trip leader will carry a group first-aid kit but it's best to bring one of your own too)
- Plastic bags/stuff sacs, various sizes (handy for keeping dirty clothes separate etc)



BOOKING CONDITIONS

Price includes

- All accommodation (based on twin share. Single Supplement available for US\$300)
- All ground transport
- Flight from Cusco to Puerto Maldonado
- All activities specified in itinerary
- Dedicated guides: Cusco family specialist for days 1-8; jungle specialist days 9-12
- Entrance to all attractions specified in itinerary
- Extra permit to climb Huayna Picchu at Machu Picchu (if available at time of booking)
- All meals as specified in itinerary
- Drinking water with meals

Payment

For bookings four or more months in advance of the departure a deposit of US\$750 pp can be paid with the remainder due 65 days prior to your trip. For bookings within four months of the departure, full payment is required.

Cancellations

More than two months before trip start date - cancellation fee of US\$750 per person

Between one month and two months before trip start date - 50% refund of the total trip cost

Less than one month before trip start date - no refund

Travel Insurance

We strongly recommend that you have travel insurance. World Nomads Travel Insurance provides online quotes.

This trip is run in conjunction with another operator.