

The Amazon & Inca Trail 11D/10N

Day 1: Arrival to Lima

Welcome to Peru! Our representative will meet and greet you at Peru's Jorge Chávez International airport named after the famous Peruvian aviator, famous for his amazing aeronautical feats flying at the most tremendous heights for the era. A model of his plane is displayed at the airport, I'm sure you'll agree, reaching 2700m and crossing the Alps in this plane is an accomplishment to be acknowledged!

Once safely and comfortably checked in at your hotel in Miraflores, you are free to rest or take a look around the Miraflores district of Lima. Miraflores is geared up for tourists and locals alike. Please be aware of your own safety and take the usual responsible precautions as in all international tourist zones. There are lots of things to do and discover depending on your preferences. Avenida Larco with its shops and cafes leads you down towards Larco Mar. This is a popular destination for shopping, dining, cinema and 10 pin bowling. Overlooking the Pacific Ocean feel relaxed to sit and take in the views of the surfers and paragliders whilst having a sun downer cocktail or coffee break.

If shopping isn't your thing Parque Kennedy is a lovely place in central Miraflores to take a seat and watch the world go by. There is usually an art or cultural exhibition going on, street food a plenty (try the fingerlicking sweet churros!!), or simply see how many resident cats you can count, rumour has it there are over 50!

Be mindful, tonight is all about resting to restore your energy for the unforgettable experience that awaits you.

Day 2: Lima Gastronomic Experience

We'll start the morning in a local market, shopping alongside families and sous chefs. We will sample fresh fruits and explore Peruvian produce. Peru is one of the world's most biodiverse countries and producer of an exotic array of jungle, highland and coastal foods. The local market will whet your appetite for the day.

From there, we'll walk in Lima's historic center, checking out the Plaza Mayor, Cathedral, the Archbishop's residence, the Presidential Palace and the bright-yellow Franciscan church, built in 1546, which was used as a cemetery in the colonial era.

Afterwards, we'll take a break to enjoy Peru's flagship dish: ceviche. These sublime fish and seafood cocktails, gently marinated in chilli and fresh lime juice, are a Lima staple. We'll also be tasting other mind-bogglingly delicious options like *Causa* (avocado and shrimp layered between mashed potato),

We culminate our gastronomic adventure with the lightest and crispest Picarones (fried dough), while every culture has a version, the Peruvian edition is special. Crafted from wheat flour that is dotted with anise and blended with sweet potatoes and pumpkin, they're then slathered with a liberal helping of molasses syrup. In other words, gratifyingly glorious sweetness, hot and fresh out of the fryer. The sort of thing that makes a doughnut look dour by comparison. Tonight we rest well after our busy city adventure for tomorrow we meet the Amazon!

Tambopata Jungle 5D/4N

Day 3: Arrival to Puerto Maldonado - Tambopata Research Center

This morning we will collect you from your hotel to assist you with your full travel luggage and take our private transportation to the airport. Please head straight to the domestics check-in desks front and centre of the airport. Please present your passport in order to enter the airport. Once you have your boarding cards and have checked in all luggage you are now free to head upstairs to the domestic departure lounge ready to take our flight from Lima to Puerto Maldonado, the jungle!

NB: Please ensure you regularly check the departure boards dotted around the airport and locate your gate with plenty of time to spare. This is important, flights are not usually announced in Lima airport and gate allocations often change and may not follow those written on your boarding ticket.

On arrival to Puerto Maldonado you will be met by a representative from Rainforest Expeditions with a sign with your name on it. They will take you to their office in the city where you can leave any extra luggage that you don't need to take to the lodge (like your trekking clothes for Machu Picchu and cold weather gear for Cusco, which we suggest you pack in a separate bag).

Transfer Pto Maldonado Headquarters to Tambopata River Port

Skirting Puerto Maldonado, we drive 20 kilometers to the Tambopata River Port, entering the Native Community of Infierno. The port is a communal business.

Transfer Boat - Tambopata River Port to Refugio Amazonas

The two and a half hour boat ride from the Tambopata Port to Refugio Amazonas will take us past the Community of Infierno and the Tambopata National Reserve's checkpoint and into the buffer zone of this 1.3 million hectare conservation unit. **Boxed Lunch**

Orientation

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

Caiman Search

We will be out at the river's edge at night, scanning the shores with headlamps and flashlights to catch the red gleams of reflection from caiman eyes.

Overnight at Refugio Amazonas

Day 4: Tambopata Research Center

Breakfast

Canopy Tower - A thirty minute walk from Refugio Amazonas leads to the 25 meter scaffolding canopy tower. A banistered staircase running through the middle provides safe access to the platforms above. The tower has been built upon high ground, therefore increasing your horizon of the continuous primary forest extending out towards the Tambopata National Reserve. From here views of mixed species canopy flocks as well as toucans, macaws and raptors are likely.

Transfer Boat - Refugio Amazonas to TRC

Four and half hours by boat from Refugio Amazonas, in the pristine heart of the reserve, lies the Tambopata Research Center. One and half hours into our boat journey, as we cross the confluence with the Malinowski River, we will leave the final traces of human habitation behind. Within the 700,000 hectare uninhabited nucleus of the reserve, sightings of capybara, caiman, geese, macaws and other large species will become more frequent. **Boxed Lunch**

Chuncho Clay Lick - Three hours from Refugio Amazonas, deep in the Tambopata National Reserve we will stop at the Chuncho claylick. After a brief walk (~5 minutes) we will have the chance to see dozens of large macaws feeding on the special sodium rich clays of the riverbank. The Chuncho claylick probably attracts more large macaws than any other claylick in the world and the sight of dozens of macaws taking flight is truly unforgettable. The details of our stopover will depend on the weather and the amount of macaw activity, as the birds don't visit the clay lick when it is raining.

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

Overlook Trail - A three to five kilometer hike will lead us to overlooks commanding magnificent views of the Tambopata winding its way into the lowlands. The forest on this trail, regenerating on old bamboo forest, is good for Howler Monkey and Dusky Titi Monkey. **Dinner**

Macaw Project Lectures - After dinner scientists will provide an in depth look at the biology of macaws, their feeding habits, the theories for clay lick use, their breeding and feeding ecology, population fluctuations and the threats to their conservation.

Overnight at Tambopata Research Center

Day 5: Tambopata Research Center

Macaw Clay Lick - On most clear mornings of the year dozens of large macaws and hundreds of parrots congregate on this large river bank in a raucous and colorful spectacle which inspired a National Geographic cover story. Discretely located fifty meters from the cliff, we will observe Green-winged, Scarlet and Blue-and-gold Macaws and several species of smaller parrots descend to ingest clay. Outings are at dawn when the lick is most active. **Breakfast**

Floodplain Trail - This five kilometer trail covers the prototypical rain forest with immense trees criss-crossed by creeks and ponds. Amongst the figs, ceibas and shihuahuacos we will look for

Squirrel, Brown Capuchin, and Spider Monkeys as well as peccaries. TRC is located within this habitat. **Lunch**

Pond Platform - Ten minutes upriver from the lodge is a tiny pond with a platform in the middle. It is a great place to spot waterfowl such as Muscovy duck, sunbittern and hoatzin along with the woodpeckers, oropendolas, flycatchers and parakeets that call this pond their home. **Dinner**

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

Overnight at Tambopata Research Center

Day 6: Tambopata Research Center

Macaw Clay Lick - On most clear mornings of the year dozens of large macaws and hundreds of parrots congregate on this large river bank in a raucous and colorful spectacle which inspired a National Geographic cover story. Discretely located fifty meters from the cliff, we will observe Green-winged, Scarlet and Blue-and-gold Macaws and several species of smaller parrots descend to ingest clay. Outings are at dawn when the lick is most active. **Breakfast**

Terra Firme Trail - An entirely different habitat characterized by smaller, thinner trees atop hills and slopes is covered by this five kilometer trail. Saddleback tamarins are frequently found here. As we walk near the limits of the swamp we will also keep our eyes open for rare tapir tracks. **Lunch**

Palm Swamp Trail - Growing on the remains of an oxbow lake and providing both arboreal as well as terrestrial mammals with fruits throughout the year, the aguaje palms are one of the most important food sources in the rainforest. Demand for these fruits and great conditions for planting rice, makes the palm swamp also one of the most threatened habitats. **Dinner**

Overnight at Tambopata Research Center

Day 7: Departure to Puerto Maldonado Airport

Breakfast

1. Transfer Boat - TRC to Tambopata River Port.
2. Transfer Tambopata River Port to Pto Maldonado Headquarters
3. Transfer Puerto Maldonado Headquarters to Airport

We retrace our river and road journey back to Puerto Maldonado, our office and the airport. Depending on airline schedules, this may require dawn departures.

NOTES

1. **Included** - Programmes based on double occupancy. Includes all meal, accommodations, and services, all river transportation, and transfer from and to the airport of Puerto Maldonado.

2. Not Included - International or domestic fares, airport departure taxes or visa fees, excess baggage charges, additional nights during the trip due to flight cancellations, alcoholic beverages or bottled water, snacks, insurance of any kind, laundry, phone calls or messages, reconfirmation of flights and items of personal nature.

Boat Transportation - Rainforest Expeditions boats are 20-foot long, roofed canoes. Outboard boat engine are 60hp 4 cycle, eco-friendly, low emission motors.

Transfer-in (From Puerto Maldonado to Lodge): we have two departures daily at 13:00 and 14:30

Transfer-out (Lodge to Puerto Maldonado): Early transfer Out about 5:00 AM in order to be on time for your flight Out that should depart after 13:00 hrs please be sure do not buy early fly out.

We reserve the right to change the order of activities.

Although not valid for the rainforest part of Peru, we recommend that all foreign travelers bring their original passports in order to avoid the payment of national taxes (IGV 18%) at Hotels.

Classic Inca Trail 4D/3N

DAY 8: Cusco-Huayllabamba

Early in the morning, we take the way leading from Cusco to Km82 (2750 mt/9130 ft), this is our checkpoint at the beginning of the trek. The trail follows the river valley for a while; this is a good training day before the second more challenging day.

Along the way we will pass Wilkaracay with its impressive view of Patallacta which are both important Inca remains. It is just the beginning of a holy trail full of sanctuaries.

Today, after about 6 Hours walking we will reach our first camping place at Huayllabamba (3000 mt/3840 ft). On reaching our camp for the evening we will be met by our trek team, the porters who will have already set up camp and our cook who will be preparing our evening meal.

Day Distance: 12 km / 7.3 ml

Approximate Walking time: 6 hrs

Meals: L, D + Snacks

DAY 9: Huayllabamba-Pacaymayo

Ever optimistic, with the sun shining we will follow the Inca trail ascending to Warmiwañuska ("Dead Woman's Pass").

This is our highest mountain pass (4200 mt/13776 ft).

A beautiful stone trail will then show us the way as we descend to our tents in the campsite at Pacaymayo (3580 mt/11740 ft).

Day Distance: 11km / 7 ml
Approximate Walking time: 8 to 9 hrs.
Meals: B, L, D + Snacks

Day 10: Pacaymayo-Phuyupatamarca

Waking up just in time to be served a hot drink, our tents pitched within the surroundings of the cloud forest.

After a good and healthy breakfast we continue along this ancient trail passing small marshes, continuing over the second mountain pass of the trek. It is the second highest point of the hike (3,900m/12,950ft). As we descend we will see how the vegetation becomes more abundant.

We have lunch at Chaquicocha (3500 mt/11,620 ft) a fine place for a break in the middle of the cloud forest. The last two hours of the day, are some of the most memorable and breathtaking scenic views of the Inca Trail. We reach our last campsite when the sun sets at Phuyupatamarca.

Day Distance: 12 km / 7.3 ml
Approximate Walking time: 8 to 9 hrs
Meals: B, L, D + Snacks

Day 11: Phuyupatamarca - Sungate (Inti Punku) – Machupicchu - Cusco

We begin the final leg of the trek to the lost city of Machupicchu. We descend for 3hrs, about 900m below from Phuyupatamarca.

On the way down there are a couple of Incan Archaeological sites: Intipata first, and then Wiñaywayna which is just 2 hrs before the Sungate ("Inti Punku").

Having taken time to enjoy the first sight of Machu Picchu; then we have to walk down to the complex for a full tour to understand this amazing and unique Citadel.

Later we take the bus down to be on time for the train back to Ollantaytambo & then from here our private transport will bring us back to Cusco.

Day Distance: 7.3 km / 4.5 ml
Approximate Walking time: 5 hrs
Meals: B, L + Snacks

You did it! Inca Trail accomplished! An unforgettable achievement and experience of a lifetime.

We will transport you to Cusco's airport for your return flight to Lima to make your connection for your onward or homeward journey. (Evening flight)

SERVICES INCLUDED:

- Briefing one day before the trek.
- Collection from your hotel in the morning of the trek departure.
- 3 nutritious meals per day (vegetarian options available).
- Snacks for every day of the hike.
- Drinking water along the trek.
- Bilingual guide (Assistant Guide for groups over 6 passengers).
- Chef (assistant chef for larger groups).
- Quadruple tents to be used by two people, allowing more comfort and more space to store backpacks.
- Porters (for equipment and personal items).
- Inflatable mattresses.
- Sleeping liner and pillow.
- First aid kit and oxygen bottle.
- Kitchen tent and dining tent with camp tables and chairs.
- Toilet tent.
- Duffel bags (up to 7Kg/15lbs per person). These are provided by your guide at your briefing (You need to give them back after the hike).
- Bus ticket from Machupicchu to Aguas Calientes.
- Lunch in Aguas Calientes.
- Entrance to Machu Picchu (if you want to visit the mountain of Huayna Picchu add USD15, please advise at booking).
- Train ticket to Ollantaytambo and transfer to Cusco.
- Bus ticket to go down to Aguas Calientes the day when we finish the KM 104 hike to Machupicchu.
- Round trip bus ticket to Machu Picchu from Aguas Calientes the day when we visit Machupicchu.
- Services as outlined in Jungle Tour.

SERVICES NOT INCLUDED:

- Meal not mentioned in the itinerary.
- International and domestic flights.
- Tips for guides and field staff.
- Hotels in Lima (these can be recommended and reserved as part of the booking and total package)