

Peruvian Contrasts

Ref # PEPC

South America, Peru

Peru, traditional in all aspects, famous Inca sites: Cuzco, Sacred Valley, Machu Picchu, Titicaca Lake and typical landscapes from the North to the South: volcanic Cordillera, coastal desert but also the strange Nazca Lines.



TRIP SUMMARY

About Peru

Peru conjures up fascinating images: inaccessible Incan citadels, sparkling turquoise mountain lakes, deserts, volcanoes and virgin forests, colorful markets, exuberant celebrations, Baroque churches. Land of the Incas and the Cordilleras. Reality is even more extraordinary...

About the Adventure

This program offers a wide range of the highly contrasting mythical places of Peru: Nazca coastal desert, Arequipa, Titicaca Lake and its islands, the Altiplano. Cuzco and the Inca sites from the Sacred Valley to Machu Picchu. These are the highlights of this intense trip.

Itinerary

- **Day 1/** Arrival in Lima
- **Day 2/** Paracas peninsula and its ecological reserve
- **Day 3/** Ballestas Islands, flight over the Nazca Lines
- **Day 4/** Chauchilla cemetery (4,921 feet), Arequipa (7,710 feet), the white city
- **Day 5 to 7/** Hiking in the cañon del Colca, Puno route
- **Day 8/** Titicaca Lake, the Uros, Taquile and Amantani Islands
- **Day 9/** Cuzco via the paso Raya (14,176 feet) and the Viracocha temple
- **Day 10/** Tour of Cuzco and surroundings (Inca sites)
- **Day 11/** Sacred valley, salinas Maras
- **Day 12/** Ollantaytambo temples, train to Aguas Calientes
- **Day 13/** Machu Picchu, Cuzco
- **Day 14/** flight Lima-Cuzco, depart from Lima.

Highlights:

- In two weeks, the most beautiful traditional sites of Peru, including Machu Picchu.
- A scenic flight over the Nazca Lines included in the price.
- Comfort in all of our charming lodges.
- Travel possible all year round.



Level: 1 2 3 4 5 6

Duration: 14 days

Group size: 4 to 12 persons

Available Dates and Costs:

07/05/2009 - 07/18/2009 \$4060
07/04/2010 - 07/17/2010 \$4110

Services + :

Arrive Sooner - Stay Longer
Single Supplement

What's included:

- Meeting/assisting at the airport
- Experienced Mountain World Travel English speaking professional guide
- Lodging in mentioned hotels or similar, based on double occupancy
- Full board during the entire trip (from dinner Day 1 to breakfast Day 14), including mineral water
- Transportation with driver, private bus, boat
- Flight Lima - Cuzco round trip
- Flight over the Nazca Lines
- All mentioned visits in National Parks and monuments.

DETAILED ITINERARY

About Peru The Adventure

Lima, Cuzco and the Sacred Valley, Machu Pichu, the white Arequipa, Colca Canyon, Titicaca Lake... These mythical sites which bear the marks of the Inca civilization and the Spanish colonizers have the fame of this extraordinary country.

During this two week trip marked by intense startling contrasts in landscapes, colors and lifestyles of the inhabitants, we suggest that you visit all of these sites. Traveling in comfort, this two week trip is the best one around!



Itinerary

Day 1/ Arrival in Lima

Meeting/assisting at Lima airport.

Transfer to a 4 star hotel located in Miraflores ("chic" suburb of Lima)

Day 2/ Lima - Pisco - Paracas National Reserve

Departure for Pisco by private coach, via Cañete, along the Pacific coast up to this small town that gave its name to the famous Peruvian brandy. Visit the Paracas peninsula and its ecological reserve. Many birds (pink and white flamingos, condors, vultures, etc.), sea lions, and so on. Dinner, Hotel.

Day 3/ Pisco - Ballestas Islands - Nazca Lines flight overhead

Morning boat trip to the Ballestas Islands, national ecological reserve inhabited by large colonies of seals, sea lions, penguins and storm petrels, cormorants and other waterfowl. Until the early twentieth century, the islands were notorious for their utilization of guano, an excellent fertilizer already used by the Incas. We then visit the small town of Ica by bus, famous for its vineyards; we visit its museum, which gives an excellent overview of local civilizations, especially those of the Nazcas, Paracas, and Incas. Finally, we fly over the famous Nazca Lines, huge drawings of several hundred meter (even several mile) plots in the desert. Spectacular ... and enigmatic (approximately 30 minutes of flight). Nazca Hotel or nearby.

Lodging

It is varied, in charming hotels or lodges of high standard (in the middle of wilderness). Lodging is based on 4 star accommodations, sometimes 3 stars (or inns/lodges of similar standing) when there are no other options nearby.

Due to our goal of providing quality accommodations, we seek charming and reputable places located in the middle of the most beautiful landscapes, on the most beautiful view-points or close to the departure of the excursions. We choose those hotels and lodges, not only for the excellent price/quality ratio, but also for its cordiality and hospitality.

The names of accommodations (hotels, lodges, etc...) when they are indicated, are only indicative. Depending on availability, accommodations (hotels/Lodges, etc...) may be replaced by another equivalent type.

It is possible that accommodations may change without prior notice due to a number of factors.

Food and Beverages

Breakfasts and dinners at the accommodation's restaurant. Lunch taken on the way in the form of a picnic or in a restaurant depending on the day and circumstances.

Mineral water provided during transfer and in restaurant, along with the mate (tea or infusion at the end of the meal).

Luggage Tips

During the hikes, all of your belongings are dispatched between a back pack carried during the walk and a traveling bag with a lock. Each participant walks with a light back pack, carrying only the personal items necessary for the day or half day (water bottle, camera, protective clothing,



Day 4/ Nazca - Arequipa

A surprise trip to the Chauchilla cemetery (1,500 year old mummies from the Paracas civilization in the middle of the desert), then the Cantalloc pre-Inca aqueduct with its surprisingly maintained wells in the form of concentric circles and spirals. We continue our journey to Arequipa which we reach quite late. Overnight at the Hotel.

Note: the order of visits, overview flights and hikes on day 3 and 4 may vary depending on the dates.

Day 5/ Arequipa (7,710 feet) - The Colera - Chivay (11,975 feet)

Here we are in the Western Cordillera which has two characteristics. First, it is entirely volcanic and is a formidable set series of "over 20,000 footers" (Coropuna, 20,686 feet; Ampato, 20,629 feet; Chachani, 19,872 feet) with easy access. Secondly, it marks the boundary between the geographic coastal deserts and the Altiplano: on the one hand, an impressive gray desert which reaches the ocean (Arequipa niche (at 7,710 feet). On the other hand, the high plateau at 13,000 feet, accepts a meager vegetation, at least for half of the year, enabling the lives of shepherds and their llamas.

Morning:

Visit the center of the "White City." Many buildings (mostly churches) colonial Baroque style, built in white volcanic stone from the region. We will visit, in particular, the huge Santa Catalina convent, an extraordinary reconstitution in Andalusia style, a veritable city within a city. Unique!

Afternoon:

Our vehicle is progressing slowly toward the high plateau that dominates Arequipa. We leave the Chachani snowy peaks on our right and reach the Pampa Canahuas national reserve where we may find a few vicuñas and guanacos. Arriving at Canocota, at the edge of Río Colca, the elevation rises; therefore, we must take it slow! The famous Cañon del Colca is 3,000 feet deep and 60 miles long. At La Calera, we can enjoy the hot springs before continuing on to Chivay.

Hotel in Chivay.

Day 6/ Cañon del Colca

Depart very early from Chivay. After crossing several villages and after stopping at several watchtowers, we reach Cruz del Condor (the "cross of the Condor"), so named because of it being frequented by these large birds of the Andes. Our early morning rise enables us to arrive here at the time when the hot air of the canyon ascends making the presence of many of these birds highly probable. Observation and easy walk along the edge of the canyon on a beautiful balcony path, then a descent to Cabanaconde village. Back to our hotel in Chivay.

About 3 H 30 walk.

Day 7/ Chivay - Puno (12,467 feet)

Long beautiful bus trip (8 h) to Puno, crossing impressive desert landscapes, often very colorful. En route, visit Sillustani and its chullpas

etc). Transport is ensured by the vehicle of assistance and the logistic team during the excursions.

Staff

The guide

- an English-speaking professional Peruvian Mountain World Travel guide, hiking specialist, with excellent cultural knowledge

The local team

- A driver.

Transportation

- Domestic flights with a local airline company (Lan Peru, Taca....)
- For ground transportation, private air conditioned bus, with professional driver
- Boat on Titicaca Lake, a motorized dugout in Amazonia
- Train for Aguas Calientes (Machu Picchu).



(Inca tombs) at the edge of a beautiful lake. The city of Puno is located on the altiplano of Peru, on the edge of Titicaca Lake, the highest navigable lake in the world. A curious city, shaped as an amphitheater, with streets that descend from 13,100 feet down to 12,500 feet. Visit of Puno: the cathedral and the market (with the finest alpaca sweaters in Peru). Settle in at the hotel for two nights.

Day 8/ Titicaca Lake

Boat excursion on Titicaca Lake where we visit the floating islands of the Uros people, an ethnic group now disappeared, replaced by the Aymara fishermen population. Perhaps, we will have the opportunity to witness the construction of "balsas of totora", reed boats of Lake Titicaca fishermen? We reach the island of Taquile. Island tour on foot (because, of course, there is no road or motorized vehicles on these islands). The lake view is superb and the villages, welcoming. Back to Puno.

Day 9/ Puno - Raqchi - Cuzco (11,155 feet)

Departure by bus, direction Cusco. The trip takes about 8 hours, including stops and visits. Some notable points along the route:

- Ayaviri, a small town with its beautiful carved colonial church and the Plaza de Armas that retains its typical Andean trees (pisonay, q'euñua ...);
- The paso Raya (14,176 feet), culmination point and pass of the journey;
- Temple Viracocha to Raqchi, which we visit: it is the remains of a huge religious building of 300 feet long and 80 feet wide! Around the temple, an impressive maze of ruins.

Late day arrival in Cuzco. Settle in for two nights at a 4 star hotel.

Day 10/ Cusco

Early rise, short bus transfer to Tambomachay. Small trek back to Cusco. Along the way, we visit the Tambomachay fountains, the fortress of Pucapucara, Qenqo and the colossal Sacsayhuamán fortress. Around noon, return to the Plaza de Armas.

Afternoon spent touring downtown: The Beautiful Plaza de Armas (with the magnificent cathedral facades and the church of the Compañía), streets with foundations of Inca walls (calle Loreto, calle Hatum Rumiyoq), the San Blas neighborhood, the Santo Domingo convent (which houses the famous Temple of the Sun), museums (Museum of Contemporary Art, Regional Museum...) and other colonial buildings... depending on the mood and the group! Free evening and night at the hotel.

Day 11/ Sacred valley

Excursion in the Sacred Valley of the Incas, discovered at the foot of Pisac, the largest ensemble of cultivated terraces in the entire region. Direct descent from the ruins to the Plaza de Armas. Lunch at restaurant in Urubamba, and then the bus leads us to the famous Maras salt fields, whose white evaporation basins arrange themselves in the form of terraces along several hundred feet on the sides of the steep valley. On the road to



Ollantaytambo, visit of a village built on Incan ruins. We also visit the gigantic, monumental stone ruins which dominate the site. Short hike to visit a quarry from which extracted stones were used to build the fortress. How these stones were dragged for a certain number of miles and mounted to the site of the fortress remains an enigma. One night in a charming inn in Ollantaytambo.

Day 12/ Ollantaytambo Aguas Calientes

Visit the village built on the ruins of the Incas and the rest of the monumental ruins which dominate the site.

After lunch, take the train to Aguas Calientes charming auberge. Western Ambiance: rail road tracks run through the main street! It is pleasant to relax in the hot springs ...

Day 13/ Machu Picchu, Cusco

Morning rise in order to take the shuttle bus that leads us to the Machu Picchu site. Complete inspection of the site, discovered in 1911 by archaeologist Bingham. Around 11 am, until the arrival of the first "tourists" who left Cusco that morning, we climb up to Wayna Picchu, a famous mountain peak dominating the site (impressive trail seen from the bottom, count 2 hours round trip with our detour to the Temple of the Moon). Back by bus to Aguas Calientes and then by train to Ollantaytambo where another bus is waiting to take us back to Cusco (which we can normally reach by late afternoon). 4 star hotel.

Day 14/ Flight Cusco-Lima ... Home

Transfer to the airport, Cusco-Lima flight. Visit downtown Lima: the Plaza de Armas, the cathedral, the very interesting San Francisco monastery (church, cloister, catacombs) and the Plaza San Martín. Then back to the airport to check in for your return flight home.

Note: your international flight must take off after 5pm. If scheduled earlier, you have to spend one more night in Lima.

Itinerary Notes

The circuit combines tours, visits and a few short hikes on nice path ways. Nevertheless, the average elevation is rather high, therefore, it is fitting to take it slowly especially at the beginning (Arequipa and Colca del cañon)!

- The walking time schedules are given only as an estimate.
- For different reasons involving trip organization, daily schedules and planned altitude gains (ascent or descent) may be modified without any prior notice.

Additional Information

Although we are an experienced adventure travel company doing our best to respect the itinerary schedule as presented on this detailed itinerary, there is always the possibility that we may need to modify it for different reasons



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beyond our control. Please read theRegistration Conditions: Terms and Booking conditions - Limitations ofLiability.

IMPORTANT INFORMATION

Services +

Arrive Sooner - Stay Longer

Mountain World Travel circuits are provided with the following services:

- "Rendez-Vous" at the airport on Day 1, welcome and transfer to hotel
- Airport transfer on last day

For numerous reasons, one may want to arrive sooner for a trip or stay longer.

Perhaps, you wish to explore the city of arrival/departure more thoroughly, you may decide to arrive a day or two earlier and/or extend your trip after the tour and then return later.

Mountain World Travel is at your disposition for:

- helping you to book extra nights in any arrival or departure towns
- handling your airport-hotel transfer (private vehicle)

Extra nights

| Price/person/night, \$ | BB | Single |
|---|----|--------|
| Lima, 4 star hotel (Miraflores quartier), double occupancy room | 80 | 40 |

BB (Bed & Breakfast): night and breakfast

Double occupancy room: you have two people sharing a room (you must register together).

Single: supplement for a single room, which is mandatory if you register alone.

This service is subject to availability at the time of your reservation.

Airport transfer

Private transfer, one way: \$ 50 per person

You only need to specify your desired arrival/departure dates and the requested services at the time of your registration.

In the event that you do arrive sooner or stay longer, the meeting or separation with your group occurs at the arrival or departure hotel specified to you on your confirmation.

Single Supplement

Mountain World Travel trips are based on double occupancy rooms/double occupancy tents.

When you are booking a trip alone, you will share a room/tent with another person from the group (regrouping males together, and females together).

What's Not Included

- International flights in/out Lima
- All services mentioned in Services +/- extensions /options
- Personal medical & Travel Insurance
- All items not expressly mentioned in "What's included".

Extra Costs

- Airport taxes (to date 45 \$ per person) for domestic and international flights
- Drinks (except mineral water during meals)
- Personal expenses.
- Tips for guides and drivers
- All items not expressly mentioned in "What's included".

Equipment

Basic equipment

- A warm fleece hat
- A cap or a hat to protect from the sun
- Sun glasses (minimum index 3 or 4 for high mountain)
- Thermal top and bottom, short and long) underwear (fast drying).
- Fleece turtle neck top
- A warm fleece jacket (light weight/well insulated).
- A waterproof/breathable shell jacket (Gore-Tex).
- A pair of gloves
- A rain poncho
- Hiking shorts
- Lightweight hiking long pants
- A Camelback or a water bottle.

Shoes and technical material

- Hiking socks
- Light ventilated hiking shoes with a good traction on different type of terrain, for people with fragile ankles: waterproof ankle hiking boots and a sole offering good traction.
- A pair of telescopic walking poles

Luggage

However, for your convenience, on most of our destinations, you can choose to upgrade your lodging on all of the nights of your trip by choosing an individual room/tent.

Single Supplement (*): \$650 for the entire trip

* Subject to availability at the time of booking.

Air Travel

As airfare is NOT included in our adventures, please check if your trips "a guaranteed departure" before confirming your own airline travel arrangements. You can check your trip status at the Mountain World Travel website or contact the Mountain World Travel office at 1-970-544-WALK (1-970-544-9255) or at 1 888-MWT-TREK (698-8735).

Our preferred airlines to fly to Lima:

- Taca: flights from Chicago, Dallas, Los Angeles, New York, San Francisco...
 - American Airlines: flights from anywhere in the States through Los Angeles, Miami, New York
 - Delta: flights from anywhere in the States through Atlanta
 - United: in cooperation with Lan, flights from anywhere in the States
- Caution: on Day 14 of the trip, your international flight must take off after 5pm. If scheduled earlier, you will have to spend one more night in Lima.



Foreign-Entry Requirements

Formalities for US, Canada, Australia, NZ passport travelers: a valid passport; US citizens are admitted to Peru for up to 90 days. For US Citizens, please check with US Government Travel Entry Exit Requirements. For other nationalities, please contact the Peruvian embassy of your country.

Health and First Aid

Vaccines

No vaccine is obligatory. We advise you however, to be up date

- A back pack equipped with broad straps, with an adjustable anatomical back reinforcement, and a capacity of 7 to 9 gallons, for your daily belongings
- A soft travel bag, which can hold between 18 to 23 gallons that will be transported by the porter team or by vehicle during the day.

Miscellaneous

- A change of clothes.
- A pair of replacement shoe laces
- A dop-kit and a bath towel.
- Toilet paper.
- A pocket knife (not in carry on luggage).
- Some plastic bags to protect your belongings.
- A bathing suit.
- A small pocket anti-theft protection device, to always keep on yourself, along with your identity papers, money, certificate of insurance.

Some advice

During your flight your back pack should contain fragile and useful items that you might need while on the plane (camera, memory cards, jacket, books, magazines, medication, dop-kit etc).



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with traditional vaccinations: diphtheria, tetanus, polio, typhoid fever. Vaccination against hepatitis A and B recommended.

A treatment against Malaria is necessary as this trip is visiting Amazonia.

For more information visit the website of the US Department of Health

Dentist and doctor

Physical Examination prior to your departure is recommended.

Acclimatization and preventive treatment against altitude sickness

We conceive our routes by first taking into consideration the best means for "altitude acclimatization". However, it is preferable to consider, with your doctor, a preventive treatment against altitude sickness (Diamox) and to check your capacity to evolve in altitude (specific tests may be considered).

Please visit: <http://wwwn.cdc.gov/travel/yellowBookCh6-AltitudeIllness.aspx>

Physical Preparation

LEVEL 1

2 months prior: Hike 6 miles every weekend or on two consecutive days.

Pay attention to your lifestyle and your weight.

ABOUT PERU

Country

In Peru, country of Incas and Cordilleras

The Cordillera Blanca, the Cordillera Vilcanota, Lake Titicaca, the altiplano, the site of Machu Picchu ... All of these sites conjure up fascinating mythical images in the minds of travelers!

With a desert coastal strip, a great wall of snow-capped mountains, turquoise lakes, a chain of high volcanoes and a thick rainforest, Peru has much strength to excite hikers. Beyond these extraordinary landscapes, a trek in Peru is also the chance to meet the Andean civilization: the surprising remains of the Inca Empire, a civilization which flourished until the 16th century; the testimonies of numerous previous civilizations and the cultural richness of the many communities on the altiplano. So follow us on to the Incas' paths, frequented by the Peruvian people and their herds ever since the dawn of time. Soak in the legends of the "sons of Sun's" earth, its markets, its exuberant celebrations, its Andean music... so that the myth turns to reality!



Climate

The seasons are reversed compared to North America. Remember that when it is summer in the United States (July-August), you arrive to in winter in Peru!

- In the Sierra (mountainous), the dry season, from April to October (local winter), is the best time for altitude trekking. The view is unobstructed and the peaks are sunny, but if daytime temperatures only vary by a little, cold reigns at night, especially in June and July. Even though the months of April and May can still see some significant rainfall in the mountains, the weather is usually beautiful in the morning, with a superb view of the sparkling mountains. From April to July, the landscape is green and the alpine pastures covered with flowers.

- The coastal deserts can be visited throughout the year. However, the best time is between November and March, the local summer, because during the winter, Lima and the coastal regions are often drowned in a thick fog.

Temperatures

Average temperatures in main cities (day maximum/night minimum) in

Highlights

- The most complete range of travel: hikes to cultural expeditions.
- Original routes, even exclusive, thanks to our guide's very good knowledge of the field (more than 20 years of experience) and the knowledge of our suppliers, undisputed experts in their region.
- The best stages and varying, even when addressing the most visited sites
- The quality of accommodation for your comfort
- Unparalleled logistics throughout the trip (high quality and great variety of food and service during treks)
- Comprehensive, high quality security equipment, including a hyperbaric chamber for all trekking and expeditions.
- A team of mountain guides, tour guides and licensed guides to all historic site; all of whom are highly qualified and licensed.

Profile

- **Population** 28 million of habitants (49 % American Indians, 33 % Mulatto, and 12 % Creoles)
- **Surface** 496,222 square miles
- **Capital** Lima (almost 8 millions habitant)
- **Main Cities** Arequipa, Cuzco, Huaraz
- **Peaks** Huascarán (22,205 feet), Ausangate (20,945 feet)
- **Maqin lake Titicaca Lake**
- **Official Language** Espagnol and Quechua
- **Religion** Catholicism (almost 90 % of the population)
- **Political Status** Constitutional Republic
- **Time Shift**
<http://www.worldtimezone.com/utc/utc.html>



Fahrenheit degrees:

| | Jan | Feb | March | April | May | June |
|-----------------|-------|--------|-------|-------|-------|-------|
| Lima (coast) | 79/66 | 79/66 | 79/66 | 75/63 | 72/61 | 66/59 |
| Cusco (10,827f) | 66/45 | 66/45 | 66/43 | 66/41 | 66/37 | 66/34 |
| | July | August | Sept | Oct | Nov | Dec |
| Lima (coast) | 66/57 | 66/57 | 66/57 | 68/59 | 72/61 | 75/63 |
| Cusco (10,827f) | 66/34 | 68/36 | 68/41 | 70/43 | 70/43 | 68/45 |

Currencies

The currency is the Peruvian sol (PEN)

Exchange rate in 2007 (standard price): 1 € = 4 PEN approximately

What currencies to bring and where to exchange?

Take dollars which can easily be exchanged in the major cities. Credit card use is widespread and you can find ATMs in major cities (Lima, Arequipa, Cuzco, Puno ...). You can withdraw either SOL or US dollars (the dollar is accepted for all big transactions).

Travel Warnings

As an organizer of worldwide trips, Mountain World Travel is concerned for our guest's safety and security. We always keep ourselves up to date with current travel warnings and always consider the government safety advices, while organizing and preparing our different trips. Please double check on the official government website regarding each country's warnings.

US citizens, please check with:US department of State

Our Story

Since its inception, Mountain World Travel has a special relationship with Peru! Jef Tripart, a founding member, biologist and mountain guide demonstrates a longstanding passion for those Peruvian sites that are not very well frequented. It was in 1984 that the beautiful adventure actually began. Philippe Allibert conducts a first time French mountaineering expedition in Peru to climb Ausangate, which will later become a summit fetish for our team. A native from the heart of the Vilcanota mountain range, Cirilo-then aged 15-and his father Francisco-great friends of Herman Buhl, conqueror of the Nanga Parbat Mountain in Pakistan- were the muleteers accompanying the expedition. Since that day, our teams have been working together and a true friendship has been established. Many bonds of affection also exist between the Mountain World Travel guides and this Peruvian family.

From the outset, Cirilo and Francisco have been providing service on our trekking trips. And unlike many Peruvians who generally walk by means of

Respect of Customs and Habits

The Peruvian people, made up of Indians, Mulattos and Creoles, is a people with old traditions. The inhabitants of the Peruvian highlands are sometimes rather reserved initially; it is advisable to observe some discretion.

Some Advice

What are the risks of traveling to Peru?

Peru suffers from a bad reputation: it is said that robbery (against tourists in particular) is commonplace. This idea is excessive. The situation has improved more in recent years. The best way to avoid being robbed is not to show too much of your jewelry and other technological devices, not to leave valuables unattended in hotel rooms and to always be vigilant in frequented places (markets, tourist sites and so on.)

Advice from Yves Pelissier, head of travel in the Americas:

In Cuzco as in Arequipa, relatively safe cities, feel free to wander through the narrow streets which are full of treasures: Inca foundations, colonial churches not cited in the guides, beautiful patios and gardens which you can catch a glimpse of through a propped open door.

Are electrical plugs compatible with American equipment in Peru?

There are two types of plugs in Peru: ones similar to those in Europe and ones like those in the US (two vertical slits). In general, the voltage is 220 volts.

Can I bring home all of the souvenirs that I want?

Crafts in Peru are rich and abundant: weaving, wools, musical instruments, jewelry, minerals, and so on. Buy items

utility, they passionately love the mountains! With an extraordinary sense for guest service, they along with Mountain World Travel, created a local agency in Peru. Today, they work exclusively for us. Cirilo is undoubtedly one of the greatest connoisseurs of the southern Peruvian Cordilleras. He conveys his enthusiasm and knowledge to his guiding team, for which the Inca world has no secrets.

Responsible Approach

We involve ourselves in a responsible way in Peru on several levels:

- The funding of learning English for the Peruvian team in order to promote friendly exchanges with the trekkers and expand their professional opportunities.
- welcoming Bolivian guides on trekking trips in Peru to enable discussion with their colleagues regarding working methods and their different professional experiences.
- Improving our staff's working conditions (guides, porters, cooks and muleteers), through 650 pounds of hiking equipment donations (sleeping bags, backpacks, jackets, fleece, shoes) collected in 2005 through your generosity, which of our guides donation and the mountaineering equipment companies of Millet and Salomon.

Some Useful Words

The official languages in Peru are Spanish (spoken by a large majority of the population) and Quechua (the vernacular of the Inca Empire, spoken by the American Indians). By learning a few key words, you can earn the respect of your audience and facilitate your dealings with the Peruvian people. Do not hesitate to use the following terms in Spanish:

Hello, how are you? : ¿Buenos días, cómo está?

Very well, thank you: muy bien, gracias

Please: por favor

Thanks: gracias

Goodbye: Hasta Luego

Yes: sí-no: no

Excuse: perdoneme

No problem! : No se worries

You can ask your guide how to pronounce them; your voyage will only be richer by your attempting to speak the local language!

And smile, it is often the best means of having good contacts!

that you like as soon as you see them because each place has its specific craft and you are not guaranteed to find the same object even if you return later! On the other hand, do not rush on purchases in Lima because this is not the place where one finds the most beautiful souvenirs. We also remind you that it is forbidden to acquire the archeological pieces from the Peruvian cultural heritage (such as pre-Columbian artifacts). Even if you think you have made an acquisition in due and proper form, you do not have the guarantee of being able to export your purchase without the consent of the National Institute of Culture; and that only comes at the end of another very long process!

What should I put in my hand bag and carry on luggage?

While preparing your luggage, put anything that resembles a "cutting" item (scissors, file, crampons.....) or anything that could be regarded as potentially harmful to the aircraft security in your check on luggage. Note that lighters are prohibited in carry-on baggage and in check on luggage. Luggage should not be locked (no padlocks or combination closures, only certain approved locks are authorized) due to the fact that their contents could be searched by security personnel at any time.

Safeguarding the Environment

Peru presents three types of distinct landscapes. One being the Amazon rainforest (selva) which occupies more than 60% of the territory. The second being the coastal desert strips along the Pacific, representing only 10% of the territory but "housing" half of the population, in addition to Lima, the capital. And the third being the mountainous territory, the Sierra,



made up of several high Cordilleras, which include five peaks over 19,700 feet: Cordillera Blanca, Huayhuash, Vilcanota, and the Cordillera Vilcabamba, south west of Peru.

Do not leave your waste behind you: bring waste to the next hotel or camp (the local team sets up a trash collection each night). To do this, always think of bringing with you a small bag for your personal waste. Smokers: please, provide a pocket ashtray for your cigarette butts. In addition, bring the most polluting waste back to the USA (batteries, etc...) due to the fact that there is no way of eliminating these on the spot. Prefer to treat the water using tablets (type Micropur) rather than buying many plastic bottles of water that will only increase the amount of waste.

In the camps, use the toilet. In nature, if there is no danger of fire burn your toilet paper after use. Crossing cultivated land, picking crops (fruits, corn, etc.), frightening a farmer's cattle...all of these actions can potentially cause great loss; including the risk of him not being able to feed his family during the difficult months.

Respect their assets!

On the hills, animals that you encounter most often will come from the camel family: the llama, alpacas, guanacos and vicuna. The first two are domestic, the last two only are wild. Sometimes, by chance, you may come across viscaches, small agile long-tailed rodents living in the rocky terrain at higher elevation and some raptors, including the majestic condor. Traveling through the coastal desert along the Pacific, we may see penguins, seals, pink flamingos, pelicans, terns, endemic ducks and many other kinds of birds. We are counting on you not to try to approach these



animals too closely. The flora is reduced at higher elevations; therefore it needs to be respected: grasses, mosses and lichens, as well as some succulent plants (cacti)). The most common tree in the Andean valleys is the eucalyptus (introduced in South America after the arrival of the conquistadors). In some Cordilleras, up to over 14,700 feet, you can see quenuas (polylepis), trees with bark in sheets.

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- Specify the number of participants, last names and first names as written on passport, address, phone numbers and e-mail addresses... .
- Select any additional Extensions and/or "Services +"
- Sign up for travel insurance and cancellation insurance
- Agree to the booking conditions and the limitations of liability
- Bank routing number or credit card number necessary for 30% down payment for registration.
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- 90 days before departure, payment of the balance due

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In the 15 days preceding your trip, you will receive a convocation specifying:

- the place and time of the Rendez-vous
- the appointment with your guide.

We wish you a very happy trip on the trails of the world!

Questions, call custom Toll Free 1-888-MWT-TREK (1-888-698-8735)
E-mail: info@mountainworldtravel.com

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