



## Inca Trail

Ref # PEIT

### South America, Peru

A nine day combination adventure in Peru including: climbing three passes over 11,800 feet, trekking on the Inca Trail and the climax of reaching the Machu Picchu ruins by way of the Sun's door.



## 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

The Inca Empire: the capital, Cuzco, many ruins and the ambiance of the Sacred Valley, the superb Inca Trail trekking path and the royal road that reaches up to the Machu Picchu citadel.

### Itinerary

- **Day 1/** Arrival in Lima
- **Day 2/** Flight to Cuzco, city sightseeing
- **Day 3/** Sacred Valley, salinas de Maras
- **Day 4/** Ollantaytambo (Inca ruins), transfer Chilca, first camp
- **Day 5/** Camino del Inca: Chilca (9,022 feet) - Wayllabamba (9,678 feet)
- **Day 6/** Wayllabamba - Warmiwafusca pass (13,615 feet) - Pacay Mayo (11,680 feet)
- **Day 7/** Pacay Mayo - Runcuracay pass (12,795 feet) - Suyaqmarka - Phuyupatamarca - Wiñay Wayna (8,822 feet)
- **Day 8/** Wiñay Wayna - Inti Punku (8,399 feet) - Machu Picchu (7,874 feet) - Cuzco
- **Day 9/** Flight Cuzco - Lima, depart from Lima.

### Highlights:

- Hiking in the world of Inca history.
- Fabulous sites.
- Incredible landscapes.
- Arrival on foot at Machu Picchu through the Sun's door.
- Ascent to the eagle nest of Wayna Picchu.
- Very high quality accommodation (Lima, Cuzco).



### Trekking

Level: 1 2 3 4 5 6

**Duration:** 9 days

**Group size:** 4 to 12 persons

### Available Dates and Costs:

04/24/2009 - 05/02/2009	\$2540
07/25/2009 - 08/02/2009	\$2540
04/25/2010 - 05/03/2010	\$2590
07/24/2010 - 08/01/2010	\$2590

### 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, camps, based on double occupancy
- Full board during the entire trip (from dinner Day 1 to breakfast Day 9)
- Transportation with driver, private bus
- Flight Lima - Cuzco, round trip
- All of the collective camping and cooking gear
- Services of the local team (cook, helpers, porters)
- All mentioned visits in National Parks and monuments.



## DETAILED ITINERARY

### About Peru The Adventure

A preserved wilderness between mountain jungle and Puna grassland (another name for Altiplano), Inca sites connected by a path offering breathtaking views of the snowy peaks, 3 passes at more than 11,800 feet, arrival at Machu Picchu through the Sun's door. The most famous trek of the Americas remains an unforgettable experience!



### 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 - Cuzco (11,155 feet)

Transfer to the airport. Flight Lima-Cuzco (1 hour). Settle in at a 4 star hotel. Beware of altitude sickness: no haste! First, visit and discover this city classified as a UNESCO World Heritage site. Main visited sites at the heart of Cuzco: the Beautiful Plaza de Armas (with the magnificent facades of the cathedral and the church of the Compañía), the streets with foundations of Inca walls (Calle Loreto, Calle Hatun Rumiyoq), the San Blas neighborhood, the Santo Domingo convent, which houses the famous Temple of the Sun, museums (Museum of Contemporary Art, the regional museum ...) and other colonial buildings ... (depending on the remaining time and the mood of the group!) Dinner in a typical restaurant near the Plaza de Armas.

#### Day 3/ Sacred Valley - Maras saline - Urubamba

Transfer to the Sacred Valley. The bus leads us to the top entrance of the Pisac site. Complete inspection of the ruins (vast Inca site extremely well preserved with the most extensive set of land terraces on the entire region) and descent by foot to Pisac village with its small market on the Plaza de Armas (possibility of purchasing crafts).

A short transfer alongside the Chincon (glacial mountain) leads us above the "salt of Maras". While walking, we will discover this ensemble of salt marshes carved in terraces, dating back from Inca times. The trail descends quietly along these land terraces. An hour later, we catch our bus on the

### Lodging

4 star hotel in Cuzco (2 nights) and Lima (1 night).

Lodge in Urubamba (1 night).

Camping (4 nights).

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.

During treks in the mountains: nights under tents (mountain dome tent, 2 persons per tent), a toilet tent and a "mess" for meals and spending the evenings (tables and folding chairs).

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

#### When in town:

breakfast and evening meal taken at the restaurant.

#### During the trek:

lunches are usually in the form of a hearty picnic and or cold cooked meals. The dinners are prepared by the cook. Hearty and varied, they are made from foods purchased on the spot, including the meat in the villages.

Copious snacks for trekking, cereal bars, dried fruits, biscuits, cheese are also purchased locally. In Peru, you can now find a wide assortment of products, some very similar to those found in North America (chocolate bars, cereals,



banks of the Urubamba. Overnight at the hotel (or lodge) in Urubamba.  
3 to 5 H walk.

#### **Day 4/ Urubamba - Ollantaytambo - Chilca**

Short transfer to Ollantaytambo. Visit the beautiful and picturesque village that has not changed much since the fall of the Inca Empire. Visit of the magnificent Ollantaytambo fortress, which closes in the Sacred Valley of the Incas downstream. On the upper terrace, the temple is made up of extraordinary stones; some of which have remained in the same condition as when the site was resurrected, even throughout the collapse of the empire. In the early afternoon, last bus transfer through the Urubamba Valley to the town of Chilca. We set up tent on a vast grassy shoulder, not far from the famous railway line that leads to Aguas Calientes, at the foot of Machu Picchu.

#### **The Inca Trail**

##### **Day 5/ Start trek**

From our camp site, we cross a bridge over the Urubamba. For a duration of 3.5-4 hours, we will leisurely follow a trail on the left bank of the river. Beautiful views on the Urubamba Mountain range which throne above the right bank of the Urubamba. Our path crosses a small canyon and then climbs steeply only to get lost in fortress ruins that champion the site of Llactapata. Steep descent to the confluence of the Urubamba river and the Kusichaka Rio. As our backdrop, the Vilcabamba and Salcantay Cordillera. Hiking up along the river until Wayllabamba. Camp slightly upstream from the village.

6 H walk.

##### **Day 6/ Wayllabamba - Warmiwañusca Pass (13,615 feet) - Pacay Mayo (11,680 feet)**

The first four hours of this day will be devoted to the climb to Warmiwañusca pass through Llulluchapampa. We will experience changing landscapes between the rainforest at the beginning of the ascent and the arid landscape of the pass. Descent into a steep glen, partly paved. Camp at the bottom of the valley after hiking downhill for about an hour and a half.

5 H 30 at 6 H walk.

##### **Day 7/ Pacay Mayo - Runcuracay pass (12,795 feet) - Sayaqmarka - Phuyupatamarca - Wiñay Wayna (8,822 feet)**

A long day full of history, with the added bonus of a series of unique landscapes. First steep climb to the Runcuracay pass, and on our way, a stop at the fortress holding the same name. From this pass, if the visibility is good, you can see the distant mountains of Vilcabamba. The trail continues downhill and then becomes flat until Sayaqmarka (12,238 feet), another fortress whose ruins are testimony to the expertise of their Incan builders. Following the path which is paved almost all of the way, we reach Phuyupatamarca. Two remarkable points: a tunnel, hand cut in the rock and

etc....) We will also enjoy other products with more "local color" (eg excellent quinoa bars).

#### Beverages:

- Mineral water provided for travel and in the restaurants, along with mate (tea or infusion at the end of the meal).
- During the trekking, hot drinks provided with the opportunity to fill up your water bottles in the morning. You should also take tablets to treat the water and you can replenish your water at the sources or mountain brooks. Some evenings, you will also have a chance to taste other typical Peruvian drinks (the famous Pisco sour drink, Peruvian red wine ...)!

#### **Luggage Tips**

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, etc). Transport is ensured by the porters and the logistic team during the hikes.

#### **Staff**

##### The guide

an English-speaking professional Peruvian Mountain World Travel guide, hiking specialist, with excellent cultural knowledge certified for the Inca trail

##### Local Team

a driver, porters, cooks and helpers (their numbers dependent on our group's size).

#### **Transportation**

- Domestic flights with a local airline company (Lan Peru, Taca....)
- For ground transportation, private air conditioned bus, with professional driver.



a overhanging view of the Urubamba valley (in the background, the Urubamba Cordillera). At 11,811 feet, on a promontory overlooking the area, the site of Phuyupatamarca surprises by its magnitude. A long descent leads to the magnificent Inca site of Wiñay Wayna and its steep terraces. Camping site.

7 H walk.

#### **Day 8/ Wiñay Wayna - Inti Punku (8,399 feet) - Machu Picchu (7,874 feet) - Cuzco**

Early morning departure from Wiñay Wayna. The trail is primarily horizontal and then a final steep climb leads to Inti Punku (Gate of the Sun) while overlooking the site of Machu Picchu. Our strategy is to arrive precisely at Inti Punku for the rise of the star of the day (1 H 30 walk). 30 minutes more following a path down and we are at the site keeper's gate. Site Tour (Royal Ward, Astronomical Observatory, temples and prisons, artisan's district, etc.). Then climbing to the Wayna Picchu (8,858 feet) eagle nest. As seen from the bottom, one can hardly imagine a designed pathway which allows an "almost" easy ascent. Back to the Urubamba valley, at kilometer 112 station. Back to Cusco by train (or train + bus), evening arrival. Hotel.

#### **Day 9/ Flight Cusco - Lima.... home**

Transfer to the airport, Cusco-Lima flight. Visit downtown Lima, capital of Peru: 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**

We always walk on paths well marked. During the 4 days of trekking, 4 to 7 hour walking stages, maximum altitude reached: 13,615 feet.

Access to the Inca Trail (Day 5 to Day 8) is highly regulated: there is a quota of persons per day which can not be exceeded and no advance reservation is possible. Reservations are made only from the name and passport number of the person who is signing up.

Therefore, we advise you to register as soon as possible, at least months before the date of departure (particularly for departures from June to September). It should be noted that August is often full, in April!

During the Inca Trail trek (Day 5 to Day 8), luggage will be carried by porters and the number of carriers from each group is limited. Because these carriers also transport our group's materials and supplies, we limit the weight of your luggage to 13 pounds per person. You will be issued a bag to hold only those items of yours necessary during the trekking and the rest will be taken care of by our provider. You will reconvene with your luggage when you reach Cuzco on Day 8.



Using ski poles is prohibited on the Inca trail, unless they contain bits of plastic or rubber covering the tip. This prevents the degradation of the Inca pavement.

- 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**

When you register, your registration is tentative. It can be confirmed only after we have transmitted the data from your passport to the Peruvian authorities. In return, we will receive a confirmation of your spot on the Inca trail. If you sign up when we have already reached our quota, we will keep you informed and offer you a replacement program.

If you change your passport between the moment when you passed on your data to us and the time of your entry onto the Inca Trail, it is essential that you show a photocopy of your old passport (or the original, if you still have it) at the entrance of the Inca Trail or access will be denied by the authorities.

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 beyond our control. Please read the Registration Conditions: Terms and Booking conditions - Limitations of Liability.

## 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 hotels 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 at restaurant)
- 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
- Waterproof ankle hiking boots and a sole offering good traction.
- Head lamp
- A pair of telescopic walking poles

##### Sleeping

- Sleeping bag (that will keep you warm from a temperature of 23° F to 32° F).

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 (\*): \$160 for the entire trip (\*\*)

\* Subject to availability at the time of booking.

\*\* Hotels and lodges only (Day 1, 2, 3, 8).

### 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 9 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

### Luggage

- 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.

- Duct tape.

- 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).



**MOUNTAIN  
WORLD TRAVEL**

No vaccine is obligatory. We advise you however, to be up date 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 3**

2 months prior: Hike 9 to 10 miles every weekend or on two consecutive days OR if you are regularly committed, on an annual basis, to another sports activity for a cumulative duration of 1 hour to 1 hour 30 minutes per week, you should be up to speed.

## 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.

## HOW TO BOOK

To realize your dreams, we offer several ways to book your future trip:

**From the website: [www.mountainworldtravel.com](http://www.mountainworldtravel.com)**

On the internet, discover our destinations and make your choice, book and pay your trip on line. Prepare for departure

### Advantages

- A fast reservation 24 h/24 and 7/7.
- A payment 100% protected.

### To register yourselves:

- Select your trip
- Click on "Book a Trip".
- Check for availability
- 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.
- Money orders also accepted.
- You will automatically receive an invoice with an acknowledgment of your payment, which will be charged after validation of your file by an adventure travel adviser
- 90 days before departure, payment of the balance due

### By e-mail: [info@mountainworldtravel.com](mailto:info@mountainworldtravel.com)

and one of our adventure travel advisers will respond to you and will guide you through the booking process

### By calling or faxing us at:

Toll Free Number 1-888-MWT-TREK (1-888-698-8735)

### Advantages

Our travel advisers will be happy to answer all of your questions;

- will insure you that this trip is sure to go;
- will give you all of the explanations that you need,
- will check availability of your desired individual lodging, extensions, extra services etc
- will insure you of the cost
- will book your space



**MOUNTAIN  
WORLD TRAVEL**

### **By postal mail:**

Mountain World Travel  
PO BOX 1264  
ASPEN COLORADO 81612 – USA

Ready to pack your bags? Nothing simpler than registering by mail:

- you just have to send us your booking form,
- accompanied by your 30% down payment.

You will receive:

- the confirmation of your registration;
- the invoice; the formalities file (obtaining visa if necessary, etc...)
- and 90 days before the departure, we ask for you to pay the remaining balance of your trip.

### **Ready ? Go !**

Last minute preparations before our Rendez-vous at the airport: To get ready, consult the detailed itinerary, in particular the necessary medical and administrative formalities and the list of necessary equipment. Don't forget to stay in shape!

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](mailto:info@mountainworldtravel.com)

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