

Trek del Condor

Ref # PETC

South America, Peru

These two Cordilleras of the Peruvian Andes in one single trip is a dream for anyone in love with beautiful mountains. Discovery of the Inca sites in Cusco, the sacred valley of Machu Picchu.



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

In the south, Vilcanota erects its beautiful glacial summits above the alpine pastures frequented by the llama and alpaca herders.

The sacred valley, with Machu Picchu, whistles with the Inca spirit and this completes the discovery of the south.

More in the north, the Cordillera Blanca closes in the hardest peaks, the highest and most celebrated of Peru, separated by the profound wild valleys.

The two most celebrated treks in Peru in one single trip.

Itinerary

- **Day 1/** Arrival in Lima
- **Day 2/** Flight to Cuzco, city sightseeing
- **Day 3/** Sacred Valley, salinas de Maras
- **Day 4/** Train to Aguas Calientes, Machu Picchu, Cuzco
- **Day 5/** Inca ruins (cuatro ruinas), transfer Tinki (12,795 feet)
- **Day 6/** Tinki - Upis (14,764 feet)
- **Day 7/** Upis - Paso Arapa (15,748 feet) - Jatunpucacocha, the "Big Red Lake" (15,092 feet)
- **Day 8/** Jatunpucacocha - Paso Apacheta (15,748 feet) - Paso Palomita

Highlights:

- Tour of Ausangate (Vilcanota) **and** the Cordillera Blanca (northern mountains) : the two most celebrated treks in Peru in one single trip.
- Passage by Lake Singrenacocha, the jewel of Vilcanota, along with its other numerous lakes and two cordilleras ; baths in hot water sources
- Discovery of the Inca sites in Cusco, the sacred valley of Machu Picchu.



Trekking

Level : 1 2 3 4 5 6 

Duration: 17 days

Group size: 4 to 12 persons

Available Dates and Costs:

06/12/2009 - 06/28/2009	\$3850
09/11/2009 - 09/27/2009	\$3850
06/13/2010 - 06/29/2010	\$3890
09/12/2010 - 09/28/2010	\$3890

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 17)
- All of the ground transportation transfers
- Flight Lima - Cuzco, round trip
- All of the collective camping and camping gear
- Services of the local team (cook, helpers, mules care)



MOUNTAIN WORLD TRAVEL

- (16,732 feet) - Finaya (15,092 feet)
- **Day 9/** Finaya - Jampa - Ticclacochoa (15,748 feet)
 - **Day 10/** Ticclacochoa Pass (16,732 feet)- Comercocha - Pacchanta (14,108 feet)
 - **Day 11/** Pacchanta - 2 passes (15,092 feet and 15,420 feet) - Laguna Singrenacochoa (14,108 feet)
 - **Day 12/** Singrenacochoa - Mallma (13,123 feet) - Cuzco
 - **Day 13/** Flight Cuzco - Lima, road to Huaraz
 - **Day 14/** Trek Cordillera Blanca - Laguna Llanganuco, Portachhuelo
 - **Day 15/** Laguna Peron - Huaraz
 - **Day 16/** Road to Lima
 - **Day 17/** Depart from Lima.

takers)

- All mentioned visits in National Parks and monuments.

DETAILED ITINERARY

About Peru The Adventure

In the north, the Cordillera Blanca beholds the more daring peaks, the highest and the most famous of Peru, separated by deep valleys, the quebradas (gully) virtually devoid of life, but rich of many lakes with beautiful colors. Their summits are the dream of many mountaineers. Among them, Huascar n, the culminating summit of Peru, and Alpamayo, regarded by many as the most beautiful mountain on Earth. Further south, Vilcanota rises its beautiful glacial peaks above mountain pastures frequented by herds of llamas and alpacas. The Lord of the area, known as Ausangate, culmination culminating summit of the mountain range and southern Peru, can be seen from the heights of Cuzco. Many lakes here, as well, including the Great Laguna Singrenacocha, one of the jewels of the Vilcanota. The combination of these two mountain ranges in a single journey is the dream of every lover of beautiful mountains. Your dream will come true during this trip when, after acclimating to altitude in your discovery or the Inca sites of Cuzco and then Machu Picchu, we successively trek the tour of Ausangate and then proceed on to trek the soaring peaks of Pisco, Chacaraju, Huandoy and Artesonjaru.

9 days of hiking plus 3 days at the discovery of the Sacred Valley and Machu Picchu. What a spectacle!!!



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 the 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 Compa a), the 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, the regional

Lodging

4 star hotel in Cuzco (3 nights) and Lima (2 nights).

Local lodge in Ollantaytambo (1 night).

Local lodge in Tinki (1 night), Caraz (1 night)

Hotel 4/3 stars in Huaraz (2 nights), the best available category in this small town.

Camping (6 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 tent" 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 treks:

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,

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 - salinas de Maras

Excursion in the Sacred Valley of the Incas, discovered at the foot of the 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 stone monumental 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. Overnight in the lodge.

Day 4/ Ollantaytambo - Aguas Calientes - Machu Picchu - Cuzco

Early rise to take the train to Aguas Calientes and the shuttle bus that brings 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.

Day 5/ Cuzco - quatro ruinas - Tinki (12,795 feet)

Early rise, short bus transfer to Tambomachay. Small trek back to Cuzco. 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.

After lunch, road for Tinki. Grandiose landscapes, crossing two passes (13,123 and 13,780 feet above sea level). Snack stop at Ocongate, capital of the northern slopes of the Cordillera Vilcanota. A few kilometers more to Tinki, where we settle in at a small lodge.

Day 6/ Tinki - Upis (14,764 feet)

First stage of our circuit around Ausangate. "Altiplano" landscape, a series of plateaus which butt up against the ice wall. Here, we meet for the first time, our "porters", their animals (horses, in fact) and a few pastors. At the camp, upstream from the village of Upis, restorative hot springs. Campsite in a grandiose area (great campsite is indeed a constant during the trek).

5 H walk - Ascent = 1,969 feet.

Day 7/ Upis - Paso Arapa (15,748 feet) - Jatunpucacocha, the "Big Red

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, 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 mules and the logistic team during the hikes.

Staff

The team

an English-speaking professional Peruvian Mountain World Travel guide, mountain hiking specialist. It is possible not to get the same guide for the South part (Ausangate, Sacred Valley) and the North side (Cordillera Blanca).

Local Team

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

Transportation

- Domestic flights with a local airline company (Lan Peru,



Lake" (15,092 feet)

Itinerary in Russian mountain.

First climb up to Arapa pass, situated at the foot of Ausangate's north spurs, and characterized by wind sand deposits that are reminiscent of the desert!

Crossing horizontally for an hour before a steep descent. The trail then follows the banks of a small lake before arriving at the spillway of Lake Jatunpucacocha. Another pass and arrival at the camp situated on the lakeside to which plunges the immense Southern glacier.

5 H walk - Ascent = 1,969 feet - Descent = 1,640 feet.

Day 8/ Jatunpucacocha - Paso Apacheta (15,748 feet) - Paso Palomita (16,732 feet) - Finaya (15,092 feet)

Along the southern side of Ausangate (gigantic glacier), we walk over a first pass at 15,748 feet, then descend onto the Ausangatecocha lake (15,190 feet) of turquoise color under the seracs (glacier ice fall). Long climb to the Palomita Pass (16,732 feet).

For those who have the "legs", an easy climb up a small hill that dominates this pass (altitude around 17,224 feet). The view is splendid.

Steep downhill to the next camp, situated near the location that we use as a base camp during our expedition to Ausangate. Camp located around 15,092 feet with many llamas, sheep and alpacas.

6 H walk - Ascent = 2,297 feet - Descent = 2,297 feet.

Day 9/ Finaya - Jampa - Ticclacocha (15,748 feet)

In this lost valley, we will have the opportunity to observe lots of animal life, domestic ones with llamas, and wild ones with a lot of waterfowl and colonies of viscaches (rodents similar to the chinchilla). The trail climbs quietly until up to the Jampa hamlet. We then continue on to Ticclacocha laguna. Camp site.

5 H walk - Ascent = 1,312 feet - Descent = 656 feet.

Day 10/ Ticclacocha Pass (16,732 feet)- Comercocha - Pacchanta (14,108 feet)

Easy ascent to the pass just above the laguna Ticclacocha, in a very high mountain atmosphere with... ambiance with nevados Puca Punta mountains just above our heads, sharp needles onto which cling a few glaciers. A horizontal path and then an easy descent to a set of beautiful lakes at the foot of the Northeastern face of Ausangate: lagunas Comercocha and Murococha (15,092 feet).

Can we continue on to Pacchanta for some rest by the hot springs pool (Yes!) Hot water. Tonight, it is "pachamanca", a culinary speciality prepared by our Peruvian friends. Camping.

4 H walk - Ascent = 820 feet - Descent = 2,461 feet

Day 11/ Pacchanta - 2 passes (15,092 and 15,420 feet) - Laguna Singrenacocha (14,108 feet)

Taca....)

- For Lima and Huaraz, in the south, ground transportation, private air conditioned bus, with professional driver

- Transfer Lima-Huaraz and return, very comfortable regular line bus, air conditioning, video, meals, etc.



Well rested? The program for the day, a long step towards the North East, through two mountain passes that allow us to walk along the sparkling Ccallangate chain of ice (20,013 feet).

Idyllic camp on one of the largest lakes in the sector, Singrenacocha....the colors....let them astonish you!

6 to 7 H walk - Ascent = 1,968 feet - Descent = 1,968 feet.

Day 12/ Singrenacocha - Mallma (13,123 feet) - Cuzco

The last 2 hours of the circuit between Singrenacocha and the village of Mallma. Just the time needed to join the track "Cuzco - Puerto Maldonado" where we await our bus..... loading, bid farewell to our mule takers and en route to Cuzco where we arrive in the late afternoon, after 5 to 6 hours of bus travel. Hotel. 2 H walk - Descent = 984 feet.

Day 13/ Cuzco - Lima - Huaraz

Flight Cuzco - Lima. Bus transfer-destination Huaraz, capital of the northern mountains. A long road along the Pacific coast, large desert zones and frequent fog. And then on to the ascent towards Conococha pass (at more than 4000 meters or 13, 123 feet) where we discover the Huayhuash Cordillera. Arrival in Huaraz, the Peruvian "Chamonix".
Hotel.

Day 14 / Cordillera Blanca : portachuelo de Llanganuco (15,627 feet)

By vehicle, we travel to the "callejon" of Huaylas (name given to the valley of Huaraz) : we successively pass by Carhuaz and then by the city of Yungay, buried in 1970 by an avalanche that began at the summital plateau of Huascarán. After, our vehicle heads towards the Llanganuco valley, situated between the summits of Huandoy and Huascarán. Switchback ascent to the portachuelo de Llanganuco. Here, we await one of the most beautiful views of the Cordillera: to the left, Huascarán ; to the right, separated from Huascarán by the profound slit of Llanganuco and it's emerald green lakes, the snowy summits of Huandoy, Pisco and the serrated ridge of the magnificent emerald lake surrounded by gigantic, impressive rock faces, « yosemitiques » ! Diverse hiking possibilities towards the base camp of snowy Pisco or at the foot of Chacaraju. We then join up with the « callejon » of Huaylas and Caraz. Night in a little hotel in Caraz.

3-5 H walk

Day 15/ Cordillera Blanca: laguna Parón (13,583 feet)

Climb by vehicle up to Paron village, on the side of the mountain. Walk to Paron Laguna, one of the most beautiful mountain lakes in the Cordillera (of which there are many) ! The lake is situated in a jewel box of high summits covered by glaciers, ice flutes (hanging snow attached to the steepest slopes) and to incredible corniched ridges: "nevados" Huandoy, the Gracilazo Pyramid, Artesonraju (most approaching or extending beyond 19,685 feet). Redescent and road to Huaraz. Hotel.



3-5 H walk.

Day 16/ Huaraz - Lima

Return to Lima via bus (a high end bus line), Laguna Conococha at 13,451 feet and descent towards the Pacific coast, often foggy at this time of the year. 4 star Hotel in Lima.

Day 17 / Depart from Lima

Depending on the time of your return flight home, possible free time for you to spend in Lima. An opportunity to discover some of the many museums, as well as the animated and colorful streets of Lima's center. Transfer to the airport for return flight home.

Itinerary Notes

- 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 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 flight 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.
- Gaiters
- Head lamp
- A pair of telescopic walking poles

Sleeping

- Sleeping bag (that will keep you warm from a temperature of 23° 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 (*): \$350 for the entire trip.

* Subject to availability at the time of booking.

Air Travel

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 11 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 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

to 32° F).

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**

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 4

3 months prior: Hike 10 to 12 miles every weekend or on two consecutive days OR if you are regularly committed, on an annual basis, to another sports activity that develops stamina (jogging, cycling or swimming) for a cumulative duration of 2 to 3 hours per week (without excessive shortness of breath or exceptional fatigue), 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,



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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

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

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



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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

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