

PERU & BOLIVIA

DETAILED ITINERARY

Aug 31/25



Machu Picchu

Journey to Land of the Inca, where we explore two incredible and mysterious countries of South America - Peru and Bolivia. Beginning our adventure in Lima, we travel north to Trujillo, Chan Chan and the Pyramids of the Sun and the Moon.

We fly above the desert region to the north of Peru, where we travel the hidden Moche route and discover tales about a young powerful queen, The Lady of Cao. We explore the Museum of the Lord of Sipan; its discovery is comparable to the discovery of King Tutankhamun's tomb in Egypt. We'll enjoy our first taste of the Peruvian Andes with a visit to the Chachapoyas, also known as the 'people of the clouds' and 'warriors of the cloud', who built the northern Machu Picchu Kuelap. Flying into the Amazon to the Tambopata National Reserve we'll see a clay lick with hundreds of colorful birds. We'll hike around the Oxbow lakes to see the wildlife and

FACTS & HIGHLIGHTS

- 25 land days • Maximum 16 travelers • Start in Lima, Peru and finish in La Paz, Bolivia • All meals included • Includes 8 internal flights • 8 Days at sea level, 17 days in the Andes from 5,900 ft. to 12,500 ft. • Moche route with the Lady of Cao and the Lord of Sipan. • Kuelap - the hidden northern Machu Picchu. • In the Amazon - the Tambopata National Reserve with El Gato clay lick. • Machu Picchu with the option of a one day Inca Trail hike, or by train. (Additional costs are applicable for train option only)
- Palccoyo Rainbow Mountain with a short day hike.
- Lake Titicaca. • Salt Flats of Uyuni in Bolivia.

DEPARTURE DATES & PRICE

Oct 07 - Oct 31, 2026	-	\$11295 USD
Oct 06 - Oct 30, 2027	-	\$11995 USD

Activity Level: 3

Comfort Level: 12 days over 9,000 feet. Some rough/winding roads and long drives. Temperature ranges from cool to hot and humid.

ACCOMMODATIONS

Comfortable hotels/lodges with private washrooms. Features 1 night homestay with limited facilities on Taquile Island.

ELDERTREKS



SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS

learn about the properties of the Amazon forest. The itinerary is set up in order to help us acclimatize to the inevitable high altitude of the Sacred Valley, and to enjoy the majestic Machu Picchu with an (optional) day hike along the Inca Trail (or train ride for those who prefer not to hike - additional costs are applicable.) We will have two opportunities to visit Machu Picchu, as well as the enchanting town of Cusco. On the route to Lake Titicaca we will drive up to the most colorful mountain range in the Andes, the Rainbow Mountain range. We will have a short day hike 'on the top the world' before moving on to Lake Titicaca, and then follow the shoreline all the way to La Paz, Bolivia. We will end our journey on the high plateau, where we will enjoy the marvellous sunset on the Uyuni Salt Flats.

In this comprehensive itinerary of Peru and Bolivia we have included 8 domestic flights - many of which offer us incredible views of the Peruvian and Bolivian Andes.

ElderTreks' Peru adventure is easily one of the most comprehensive journeys to this diverse Andean paradise and includes multiple UNESCO sites.

Combines with...

Galapagos voyages.



DAY 1 ARRIVAL IN LIMA

Upon arrival at Lima airport, we will transfer to our hotel in time to relax before our welcome dinner.

Overnight in Lima (sea level).

DAY 2 LIMA CITY TOUR

We will have a relaxing morning and briefing from our Tour Leader, followed by a walk to a local restaurant in Miraflores for lunch. After lunch we will visit the Larco Herrera museum, which will give



Lima's Cathedral.

Uyuni Salt Flats





us a great introduction to Peru before the Incas. It has an exquisite collection of portrait pottery, an outstanding display of gold, silver and precious stones of the Andean world, whose beauty and durability make these adornments and artifacts an almost divine value. We will then explore downtown Lima, which is a UNESCO site, with a walking tour where we will see the beautiful San Francis of Assisi convent, with unique catacombs. We will also see the colonial main square with its unique and charming balconies and where the Government Palace is located.

Overnight in Lima (sea level).

DAY 3 FLIGHT TO TRUJILLO, CHAN CHAN AND THE PYRAMIDS OF THE SUN AND THE MOON.

Today we take a flight to the artistic city of Trujillo, with its unique architecture and designation by UNESCO, it is known as the City of the Eternal Spring. We will explore Chan Chan, one of the largest mud brick cities in the world, which once housed over 50,000 people within 10 square miles, and was an archeological site built by the Chimu civilization.

After lunch we will explore the Pyramids of the Sun and the Moon which was the home to the ancient Moche military, and also the political and spiritual capital. The sides were built with thousands of adobe bricks with over 100 different markings. The fully decorated walls, colored with bright red, sky blue, white and yellow, include murals depicting a deity known as Ayapayec from 1800 years ago.

Overnight in Trujillo (sea level).

DAY 4 ARCHEOLOGICAL COMPLEX OF EL BRUJO, TO CHICLAYO

After a one hour drive along the Pan-American highway we will stop at the El Brujo Archaeological Complex and enjoy a walk to explore the pyramids. Magical religious beliefs are expressed in the Sacrifice Wall, a 30-meter high great pyramid with exquisitely decorated walls. The most famous image is that of the “Decapitator”, a motif which is repeated countless times on Moche pottery. The Cao Museum is also situated at this complex, and it houses the intact, mummified body of the female Moche culture ruler: The Lady of Cao.

Taquile Island



Sacsayhuaman





Continuing our drive towards north, we will stop at the little town of Pacasmayo, a traditional small fishing port where we can stretch our legs. Our drive continues along the desert, through traditional small seldom-visited villages and through fertile valleys covered with sugarcane, pima cotton and rice. We arrive at the town of Chiclayo, known as the friendship capital of Peru and gateway to nearby archeological sites.

Overnight in Chiclayo (sea level).

DAY 5 NATIVE HEALER'S MARKET, ROYAL TOMBS OF SIPÁN MUSEUM AND VALLEY OF THE PYRAMIDS

We will start today by exploring a lively native healer's market, where healers and shamans come to purchase their medicinal plants and tools which they use to bridge the visible and the invisible world. Peruvians strongly believe in the art of healing, and the spiritual life that must be healthy in order to be of sound mental health.

Afterwards, we visit the Lord of Sipán, the most remarkable Peruvian archaeological find of the 20th century. The discovery of the intact tomb of the Lord of Sipán in 1987 has been compared to the discovery of King Tut's in Egypt. The Lord of Sipán was an ancient Mochica ruler from the 3rd century, whose discovery proved far-reaching for world archeology, as his tomb was the first royal burial site found intact in South America, and belonging to a Peruvian civilization prior to the Inca Empire.

After lunch we will visit Peru's mythical archaeological Valley of the Pyramids, with its 26 major adobe brick pyramids that served a variety of functions and still stand with dramatic evidence of a sophisticated society long before the Incas. This evening we will fly to Lima and overnight at an airport hotel.

Overnight in Lima.



DAY 6 FLY FROM LIMA TO CHACHAPOYAS

We leave behind the Peruvian desert coast and have our first taste of the Peruvian Andes as we fly from Lima to Chachapoyas, also called 'The Warriors of Clouds.' The town is a nature lovers paradise and also the gateway to archaeological sites.

Overnight in Chachapoyas (8,100 ft/2500 metres above sea level).

DAY 7 THE FORTRESS OF KUÉLAP

We travel beside the Uctubamba River to the town of El Nuevo Tingo where we will enjoy a short cable car ride. We then visit one of the most important archaeological complexes in the region of Chachapoyas, the Kuélap Fortress, built in the 6th century AD and discovered in 1843. The Kuélap Fortress is distinguished by its monumental character and the complexity of its location. The fortress allows a glimpse into the history of Chachapoyas and of a society that reached a cultural splendor long before the Inca Empire. Kuélap is, without a doubt, the most admirable testimony to the northeastern Andes of Peru, with its stone walls of up to 20 meters high that served to protect more than

500 circular houses. Many of them are decorated with zigzag and rhomboid friezes, distributed over seven hectares.

Overnight in Cocachimba (5,900ft. above sea level).

DAY 8 TO CHACHAPOYAS, FLY TO LIMA

We make our way back to Chachapoyas to catch our return flight to Lima.

Overnight in Lima (sea level).

DAY 9 FLY TO THE AMAZON RAINFOREST & RIVER JOURNEY TO TAMBOPATA NATIONAL RESERVE

Today we will take a flight to Puerto Maldonado. Upon arrival we first transfer by both bus and boat towards Tambopata National Reserve. The vegetation will change from colonized deforested areas to virgin rainforest. We will have time to settle in at the Ecolodge, and this afternoon our naturalist guide will invite you to explore the trails in the surrounding forest. Frequently seen fauna on these trails include saddle-back tamarinds,



brown capuchins, agoutis, blue-morpho butterflies, trogons, toucans and many other bird species. After dinner we will take a night walk in search of nocturnal rainforest species.

Overnight in Tambopata National Reserve (sea level).

DAY 10 EL GATO BIRD AND MAMMAL CLAY LICKS

After an early breakfast, we will board a launch for the 9-kilometer boat ride upriver to the trailhead. We will spend an hour walking this trail, with plenty of time to observe Amazon flora and fauna along the way. At the clay lick, we will await the arrival of the white-lipped peccaries that tend to gather here to feed on mineral deposits. Moving on through the forest, we will continue to the El Gato macaw lick, where in the early morning groups of scarlet and red-and-green macaws often gather to feed on clay deposits. After plenty of time to observe birds, we will return to the river via another forest trail and take the launch back to the lodge in time for lunch. On the trails, it is possible to see howler, capuchin and squirrel monkeys. After lunch, we can choose from a number of options, including:

Exploring the trails around the Ecolodge.

Visiting a nearby forest farm.

Swimming in a stream that flows close to the lodge.

Relaxing and enjoying the facilities of the Ecolodge.

In the evening, we will meet in the bar for a brief talk given by our guides about the fascinating nocturnal creature, the caiman. We will then return to the river in search of caiman and other nocturnal fauna, using flashlights to spot their shining eyes as they hunt along the river banks.

Overnight in Tambopata National Reserve (sea level).

DAY 11 EXPLORING WETLANDS OF LAKE SACHAVACAYOC

Today, we will venture much further into the forest to visit the wetland ecosystem around Lake Sachavacayoc. After a short trip downriver by boat, we will access this lake via a long, fascinating forest trail, crossing streams and marshy ground via raised wooden walkways and bridges. Among the tree species seen on this trail are the capirona, strangler fig, and palo santo, as well as bamboo, and several varieties of palm tree. The forests around





this beautiful Oxbow lake teem with birdlife, and the waters are home to black caiman and the magnificent green anaconda. Visitors to this lake may also be fortunate enough to spot the rare Amazon giant river otter. The lake comes to life as we paddle across the water for around an hour, before heading back to the river via a different trail, with our naturalist guide on the lookout for interesting species. Capuchin and squirrel monkeys are commonly seen on these trails. Back at the Ecolodge in the later afternoon, we will have time to relax in a hammock or take a refreshing dip in nearby Gallocunca stream.

Overnight in Tambopata National Reserve (sea level).



DAY 12 MORNING RIVER CRUISE, FLY TO CUSCO, AND SACRED VALLEY

Our fourth and last day in the Amazon forest begins with a morning river cruise back to Puerto Maldonado to catch our flight to Cusco. Early morning is an excellent time of day for wildlife observation, just as the forest awakens. Our naturalist guide will point out rainforest fauna from our boat as we bid farewell to Peru's tropical forests.

Upon our arrival in Cusco airport, we will transfer to the Sacred Valley with a short stop in Pisac, to adjust to the altitude. The town of Pisac is best known for its classic Inca ruins, perched on a hill top. The western site is a gorge with a vertical wall that houses Inca burial sites on its sheer face. The eastern site has a very fertile valley, along with well-preserved Inca farming terraces with their hanging stairs, and way up on the crest of the mountain are "Inca "condos" surrounded by awesome views.

Overnight in Urubamba (9500ft/2896meters above sea level).



DAY 13 HIKE AT CHINCHERO, TEXTILE CENTER AND OLLANTAYTAMBO RUINS

Today we drive up to Chinchero, near the picturesque Lake Piuray where we will have a short 2.5 - 3.5 mile hike along an Inca trail that leads to a unique Inca palace. We finish our hike at the textile center where we will meet the local weavers and explore the colorful and striking aspects of weaving in Chinchero. We can learn about textiles by putting our hands on the back-strap loom at any stage of the weaving process.

Our next stop is the Ollantaytambo Ruins where we will walk through the marvels of this superbly preserved Inca town named in honor of an Inca warrior called Ollantay. The unique Sun Temple of Ollantaytambo was built with pink granite boulders. Each weigh 50 tons and is an exquisite example of Inca stonework.

Overnight in Urubamba (9500ft/2896meters above sea level).

DAY 14 OPTIONAL HIKE BY INCA TRAIL TO MACHU PICCHU (OR BY TRAIN)

The train follows the dramatic Urubamba River with its striking scenery of white granite cliffs cloaked by the cloud forest full of thousands of orchids, ferns, and bromeliads.

Today we have a choice to hike 7 miles/11.km of the one-day classic Inca Trail, where our train will drop us in Chachabamba at 7,100 ft./2,148m to start the hike. In the cloud forest, passing through the exceptional ruins of Winay Huayna, we will climb 2,000ft/600mts, within 6 miles/9.5Km up to the Sun Gate Pass at 9,000ft./2,750mt. This is truly one of the world's most thrilling viewpoints and the only way to see Machu Picchu in its full glory. From the

Sun Gate Pass we will descend 1 mile/ 1.6km down to Machu Picchu, for our classic pictures from the guard house.

If you choose to go by train all the way to Machu Picchu, you will stay in the train and continue to the end of the train ride and climb by shuttle bus up to Machu Picchu for a guided tour. You will follow circuits 3 and 4 and enjoy the majestic Machu Picchu at a very slow pace. These options are not included in the tour price and are an additional cost for the extra Machu Picchu permit and services of a local guide.

If you choose not to do the 7 miles/11.km of the one-day classic Inca Trail or circuits 3 and 4, you will disembark the train at Aguas Calientes, and be taken to the hotel where you will then have the afternoon free to explore the town on your own.

Overnight in Machu Picchu (6700feet/2,042 meters above sea level).



DAY 15 MORNING TO EXPLORE MACHU PICCHU, RETURN TO CUSCO.

We return to Machu Picchu to explore, following circuits 1 and 2. Machu Picchu is the only major Inca site to escape 400 years of looting and destruction by the Spanish conquistadors. It was certainly not an ordinary Inca settlement, for it sat in an inaccessible location high above the Urubamba gorge and had exquisite engineering and architecture. Was it a spiritual and pilgrimage center located within a sacred geography? Or perhaps a royal retreat for the king, Inca Pachacutec? Or maybe the biggest or the first agricultural research center built by the Incas? Whatever its purpose may have been, you will have a chance to explore every corner of beautiful Machu Picchu. This afternoon we travel back to Cusco Overnight in Cusco (11,000 feet/3,300 metres above sea level).

DAY 16 WALKING TOUR OF CUSCO CITY AND SACSAYHUAMAN

We start the day exploring Sacsayhuaman, an Inca fortress of 400ft/120mt situated above the city of Cusco. The site was built with massive boulders, some of which weigh more than 100 tons. The Spaniards did not believe that such monolithic stones could be moved by human beings and they attributed Sacsayhuaman's construction to the mythical Cyclops. Thus, this type of architecture is known as the "Cyclopean Inca Style".

From here we descend to Cusco, a cosmopolitan city with over 480,000 inhabitants, located on the eastern side of the Andes at almost 11000ft. above sea level, Cusco is one of the oldest continuously inhabited cities, with a complex history, woven with significant events and legends. An urban center created by the Incas, the conquering Spaniards built

Baroque churches and palaces over the ancient city, leaving its foundation intact. Much of its highly crafted early stone architecture is preserved in the ground floors of colonial and modern structures.

The city of Cusco provides a unique testimony to the urban and architectural achievements of the 12th, 13th, 14th and 15th centuries, when Cusco was the home and residence of gods and the spiritual and political capital of the Inca Empire. From the air, one can see the city was built in the shape of a puma. It was perfectly defined, distributed and organized with religious and government buildings, along with the exclusive abodes of members of the royal families. Colonial monuments such as Cusco Cathedral, still in use today, is now an art gallery containing 17th-century canvasses of the Cusco School of Painting, highlighted by The Last Supper with a guinea pig.

This afternoon, we'll drive to Cusipata, where we can relax and get ready for an early start the next morning. On route we will visit Andahuayllas (the Sistine Chapel of the Andes.) The paved road winds along the Vilcanota River.

Overnight in Cusipata (11,000 feet/3,300 metres above sea level).

DAY 17 TO PALCCOYO RAINBOW MOUNTAIN, THE PERUVIAN ANDES

Today we journey to Palccoyo, an impressive site located in the Vilcanota Mountain Range just south of Cusco. It's a high-altitude hike, whose apex culminates at around 5000 m (16,000 ft).

The hike begins on a scenic stone path that stretches for about 1.4 km (a little less than 1 mile) and takes approximately 45 minutes up to an hour to traverse. Along the way, we'll pass two viewpoints, each one offering a slightly different view of the entire

shimmering Rainbow Mountain Range. The colorful mountains set against the stone forests make for a spectacular, almost surreal, setting.

Once you arrive at the main viewpoint you'll be able to view the entire Vilcanota Mountain Range, with the snow-capped, majestic Ausangate glacier rising to the north. This glacier is one of the three most important Apus (sacred peaks) in Incan culture. From this viewpoint, you have the option of hiking up to the elevated rock forest, past impressive rock formations and enjoy panoramic views of the Rainbow Mountains and Vilcanota Mountain Range. The terrain of vibrant colors is formed by striated layers of minerals, which give the land a striped appearance. If you do choose to hike up to the stone forest, with its stunning rock formations, we'll return by way of another path to complete the circuit. Round-trip, this hike covers approximately 3.3 km (2.1 mi). After the hike, we'll enjoy a delicious boxed lunch and take a few minutes to snap some more photos of the incredible landscape. Overnight in Puno (12,700ft/3900 metres above sea level).

DAY 18 DRIVE TO LAKE TITICACA, BOAT RIDE TO TAQUILE ISLAND

This morning we board a launch for a cruise to Taquile Island. We visit the floating reed island communities of the Uros Indians on the way. Taquile's rocky, terraced slopes rise steeply from the waters in the center of the lake.

Visiting Taquile Island, with its stunning views of the Royal Range in Bolivia, is like going back in time. The Taquileños are known for their fine handwoven textiles and clothing, which are regarded as among the highest quality in Peru. Knitting is exclusively done by males, starting at age of eight. Women exclusively spin yarn and weave. Their textiles are protected by UNESCO.

This evening we'll stay overnight in a local guesthouse.

Overnight on Taquile Island. (12,421ft/3,860m above sea level).

DAY 19 MORNING TO EXPLORE TAQUILE ISLAND, BOAT TOUR OF UROS.

We explore the island with a walk and learn that tourism here is strictly controlled by the island elders to maintain the island's culture. They are also responsible for ensuring that trails are in excellent condition, because on the island the only way to move around is on foot. The island is covered with sandstone terraces built long before the Incas and they are still in use by the islanders.

After an early lunch we will take our boat once again for a ride on the highest navigable lake in the world. Our first stop will be on the floating islands of the Uros. This community is something surreal and incredible. The Uros people live on artificial islands made of reeds (totora). Despite outside influences, they have maintained their traditional culture.

Overnight in Puno/Lake Titicaca (12,520ft/3,870m. above sea level).

DAY 20 DRIVE TO LA PAZ, BOLIVIA VIA COPACABANA

We will enjoy a scenic drive along the southern tip of Lake Titicaca until we reach the Peru-Bolivia border at Kasani. From there we have a short drive to the small town of Copacabana in Bolivia, which is known as a Bolivian spiritual place. After lunch we will have a tour of the sanctuary dedicated to the Virgin of Copacabana, and later continue our drive to La Paz. Overnight in La Paz (11,800ft/3,625m above sea level).

DAY 21 CITY TOUR OF LA PAZ, BOLIVIA

On our walking tour of downtown La Paz we will visit the Ethnographic Museum, Murillo Square and the colorful markets. La Paz is considered to be the highest capital in the world at 3,660mt./12,000ft. Throughout the narrow and congested streets, the Aymara, in their captivating traditional dress, can be seen working hard at the bustling markets, selling beautiful handmade products, fresh local produce as well as a variety of potions, medicinal plants, spells

and spiritual advice. In contrast to this traditional lifestyle is a cosmopolitan vibe, with modern cafes, clubs, bars and restaurants lining the city's streets. We will take a cable car to explore a portion of the city, which is the best way to get around when we consider that the city buildings are literally built on the canyon walls and the city itself spans a 600mt./2,000 ft.

Overnight in La Paz (11,800ft./ 3625mts above sea level).

DAY 22 FLY TO UYUNI SALT FLATS

In the morning we will take a flight down to the Uyuni Salt Flats. Upon arrival we will board our 4-wheel drive vehicles to explore the old train cemetery and the small city of Uyuni. We continue along the high plateau with a chance to see vicuñas, which is the smallest member of the Andean camels. Related to llamas, alpacas, and guanacos, vicuñas are considered to have the finest, strongest and most resilient fiber. After lunch we will check in to our hotel which is made entirely with salt bricks. After a well earned rest, we will drive into the salt flats in search of sections covered with water to enjoy the sunset.

Overnight on the shores of the salt flats (12,025ft/3,666mt above sea level).

DAY 23 UYUNI SALT FLATS AND INCA WASI

This morning we will board our 4-wheel drive vehicles to spend the day on the salt flats, first visiting Colchani where local farmers extract the salt to sell their product.

Today will be incredible as we witness the blinding white endless scenery in the biggest salt flats in the world, covering more than 10,000 square kilometers. There is no place else like it on Earth. The level surface is used to calibrate the altimeters on board satel-

lites. On a still day, the thin layer of water covering the salt forms a great mirror reflecting the sky, and beneath the shiny expanse is a brine rich in lithium salts that have huge commercial potential. According to the latest report by the US Geological Survey, Salar of Uyuni contains 9 million tons of lithium - more than a quarter of the world's known resources.

When weather and water let us visit, we will drive as far as the Island of Inca Wasi, a natural island entirely composed of petrified coral from millions of years ago. Inca Wasi was once one of the largest coral reefs before the tectonic plates pushed them to where they are located now.

A picnic lunch in the middle of the salt flats will feel like eating in another world due the thick crust of salt extending to the horizon, covered by quilted, polygonal patterns of salt rising from the ground.

Overnight on the shores of the salt flats (12,025ft/3,666mt above sea level).

DAY 24 FLIGHT TO LA PAZ

We will have a scenic flight back to La Paz. There may be free time for to explore independently more of this Andean city before our farewell dinner in the evening.

Overnight in La Paz at (10,500ft/3,200mt above sea level).

DAY 25 DEPARTURE

We transfer to the airport for our international flights home. Overnight in La Paz (11,800ft./ 3625mts above sea level).



QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

Each group is limited to 16 participants. Small groups are an important ingredient in adventure travel. They allow for more interaction and more personalized service throughout the itinerary.

2. WHAT IS INCLUDED IN THE TOUR PRICE?

All accommodations throughout; all meals, starting with dinner on day 1 and finishing with breakfast on departure day (i.e. the last day of the ElderTreks tour); bottled drinking water throughout the trip; all internal transportation; airport transfers on day 1 and departure day (i.e. the last day of the ElderTreks tour); all day trips and entrance fees as outlined in the itinerary; tips for hotels (portage), national guide, bus driver, restaurants and spot guides; services of a trip leader.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

International flights, (note arrive Lima, depart from La Paz) tips to ElderTreks tour leader, alcoholic drinks, visas and travel insurance.

4. ARE THESE “EDUCATIONAL” TOURS?

Yes, in the broadest sense of the word, “educational”. We visit churches and historical sites and have talks and discussions on many aspects of history, culture and nature. We believe that it is equally educational to meet local people on a non-commercial basis, visit their homes and even try to learn a few words in the native language. Sometimes the most “educational” moments are spent walking through an old quarter of a city.

5. HOW DO WE TRAVEL DURING THE TOUR?

All local transportation is included in the land price of the trip. We use minivans or buses for road travel, motorized boats, eight domestic flights, and a train to Machu Picchu.

6. WHAT ARE OUR ACCOMMODATIONS LIKE?

We always stay in good accommodations — hotels, guest-houses and lodges, where rooms have a private bath or shower. The accommodations have been chosen on the basis of location, atmosphere and local charm. Please note that we have one night in a native homestay on Taquile Island with shared facilities and basic accommodations.

7. WHAT ABOUT THE WEATHER?

The spring and fall provide ideal times to visit Peru. Both spring and fall provide the beauty of snow-capped peaks along with fields of wild flowers and warm daytime temperatures. Evening temperatures can be quite chilly.

8. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$500 USD (plus insurance if you require it) is due at time of booking and will reserve your place on the tour. Payment of the full land cost is due 120 days before departure. Cancellation charges are applicable and are outlined in the “Terms and Conditions” section of our brochure.

9. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is not required for this adventure but is recommended. ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

**Please note those travelers with pre-existing medical conditions must take out travel insurance at the time of deposit*

10. WHAT SHOULD I TAKE ON THE TOUR?

There is a detailed “What to Take” list in our Trip Kit, which we will send to you after you have booked the trip.

11. WHAT MEALS ARE INCLUDED?

All meals during the itinerary are included, starting with dinner on day 1 and finishing with breakfast on departure day. We eat a variety of local foods prepared in a wide range of settings. In many cases, we simply order a number of dishes and share, allowing you to sample new foods and decide what you enjoy best.

12. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries — not group flights. Stop over en route, come in a few days early, or extend your stay. Call us for a customized itinerary.

13. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the trip, please do not hesitate to contact our office for additional information. A Trip Kit containing further details on the destination will be sent to you once you have booked the trip.

Machu Picchu.

