

14-DAY ADVENTURE

ULTIMATE PERU

Peru

Please note that permit availability in 2026 is already extremely limited. Please contact us before making your booking.

With over 12 years of experience providing memorable experiences on the ancient Incan trails, you are in safe hands with our experienced Peruvian team. Lead by our knowledgeable manager, Jose, our local staff are our priority and we ensure their welfare needs are aptly met, meaning they can focus their skills on making your trip a fantastic experience. When you trek with Kandoo Adventures, you may also rest in the knowledge that your trip is fully carbon offset as standard.

We have bundled all the best parts of Peru into one 'Ultimate' trip. Adventuring between the gentle shores of Lake Titicaca, the Classic Inca trail and the Amazon jungle, this is a culmination of Peru's highlights.

Squeezed between the mountains of Bolivia and Peru, Lake Titicaca is one of the most fascinating lakes in the world. Sitting at over 3800m, it is a sacred place for the Inca civilization and features the floating islands of Uros where long lost traditions are still prominent. From here, we take the train to Cuzco, ready to embark on the world renowned Inca trail.

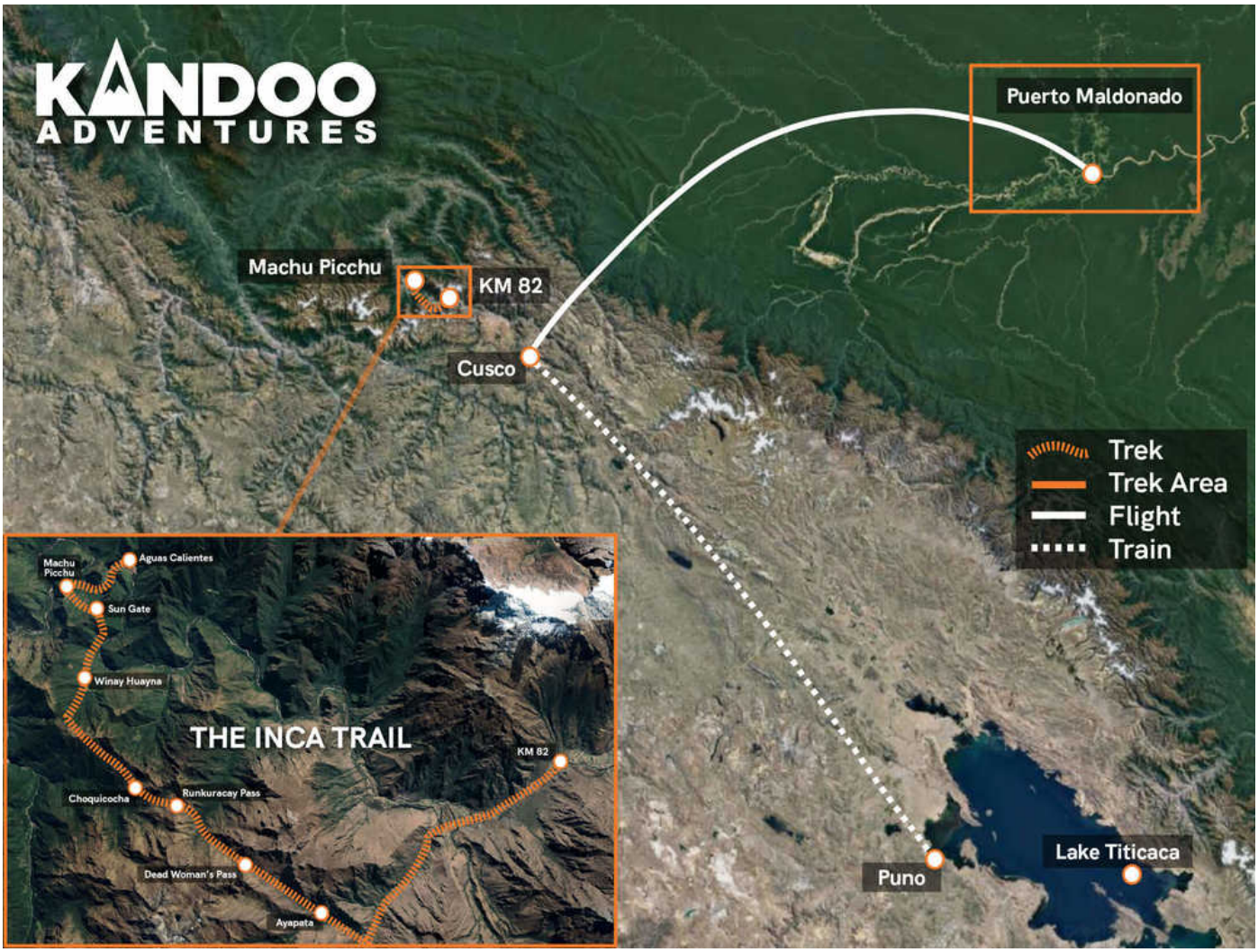
Starting at KM82, the trek to Machu Picchu provides the ultimate combination of mountain scenery and archaeological sites. Trekking for 4 days we cross our high point at Dead Woman's pass (4200m).

A short flight to Puerto Maldonado, we follow the river deep into the jungle where we wake to the sound of howler monkeys. Once you relax into its beauty, the Amazon will leave an indelible memory in of one of the world's unique places.

TRIP HIGHLIGHTS

- Immerse yourself in the ancient traditions followed by the inhabitants of Lake Titicaca

- Relax on board a scenic train ride through the Peruvian wilderness
- Trek along the world renowned Inca Trail to the famous site of Machu Pichhu
- Trip fully carbon offset as standard


KANDOO ADVENTURES
Puerto Maldonado
Machu Picchu
KM 82
Cusco
Trek
Trek Area
Flight
Train
Machu Picchu
Aguas Calientes
Sun Gate
Winay Huayna
THE INCA TRAIL
KM 82
Choquicocha
Runkuracay Pass
Dead Woman's Pass
Ayapata
Puno
Lake Titicaca

ITINERARY

DAY 1

ARRIVE IN JULIACA. TRANSFER TO PUNO

You will be met at Juliaca Airport and transferred to your hotel in Puno, a journey of roughly 50 minutes. The rest of the day will be free time in Puno.

Please be aware that Puno sits at 3,800m above sea level, so we recommend taking measures to combat altitude related symptoms today, especially if this is your first time at altitude; drink plenty, take the day slowly and if you plan to use Diamox then take some prior to your arrival into Puno. We deliberately start your trip nice and steady to allow you to acclimatise to the altitude.

Transport: **Private transfer**

Accommodation: **Hotel**

Meals included: **Breakfast**

DAY 2

ISLANDS OF UROS AND TAQUILE ISLAND

Your guide will pick you up from your hotel at 07:30am to be transferred to the port of Puno where you will board a motorboat and travel across the lake for about 40 minutes to visit the floating islands of Uros. Here a family will welcome you, invite you into their home and explain about their customs and way of life. You will then have time to make a short tour on the reed boats (Totora) around the islands.

You continue across the lake and after a 3-hour journey arrive at Taquile Island. There, a long gradually ascending path will take you to the village. It takes approximately 50 minutes to walk up to the village to visit the communal cooperative, where you can watch the islanders making traditional textiles and clothing. You have lunch at one of the local restaurants with magnificent views of the surrounding area. After some free time in the afternoon, your guide will take you for a hike to the highest point of the island to watch the sunset.

Transport: **Private transfer**

Accommodation: **Home Stay**

Meals included:
Breakfast / Lunch / Dinner

DAY 3

TAQUILE ISLAND AND RETURN TO PUNO

After breakfast you leave your host family and hike for around 2 hours to the far end of the island, passing through local communities and with some great views across the lake. Your trek will end at a quiet beach, where you have time to relax and have a swim. Lunch is taken at a restaurant overlooking the beach. You then return to Puno, a 3-hour return journey, and at approximately 4pm are transferred to your hotel for a free evening to relax or explore.

Transport: **Private transfer**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

DAY 4

TRAIN FROM PUNO – CUZCO

Rising early, you will head to Puno station to catch the 7:30am train to Cuzco. This 10-hour luxurious journey weaves it's way through extraordinary mountainous scenery. Experience a show of traditional culture; music, dancing and fashion on board as well as indulging in a 3-course gourmet meal. A day of relaxation and enjoying the views before arriving into Cuzco in the early evening. Check into your hotel then head into this ancient city for a light bite or evening meal.

Transport: **Train**
Accommodation: **Hotel**
Meals included: **Breakfast / Lunch**

DAY 5

ACCLIMATISATION IN CUZCO

To help your acclimatisation we will spend a day in Cuzco. In the morning your guide will collect you from your hotel to take you on a half day city walking tour. Cuzco was once the foremost city of the Inca empire, and is the continent's oldest continuously inhabited city. At the heart of the city is the Plaza de Armas. Colonial arcades surround the plaza, while alleyways leading away from the plaza are bordered by Inca walls. On the plaza's northeastern side is the imposing Cathedral, flanked by the churches of Jesus Maria and El Triunfo. On the southeastern edge is the ornate church of La Compania de Jesus.

You will have the afternoon free to rest or explore this beautiful city. This evening you will meet your Kandoo guide and have a full pre-trek briefing.

Max. altitude: **3400 m**
Accommodation: **Hotel**
Meals included: **Breakfast**

DAY 6

CUZCO TO KM 82 TO AYAPATA

We will leave Cuzco at 5:00 am by a private bus heading to the Sacred Valley of the Incas. We will make a short break in the beautiful town of Ollantaytambo for breakfast. The official beginning of the Inca Trail is called Km 82. Here we will meet our crew and register for our trek.

After crossing the Rio Urubamba we start the legendary Inca Trail. The first day of the trail is relatively easy and a good warm up for the following days. On the way we will pass a beautiful archaeological site called Llactapata before we reach Tarayoc. After that, we will continue our hike to Ayapata (3300m), the camping site where we will spend the night, passing Wayllabamba on route.

Hiking time: **6 - 7 hours**
Ascent: **580 m**
Descent: **400 m**
Max. altitude: **3400 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 7

AYAPATA TO CHOQUICOCHA

Leaving early in the morning, our trail first leads through the Valley of Llulluchapampa (3750m). The first 4 km trekking are steep and take approximately 2 hours. From Llulluchapampa, the path continues less steeply for another 2 hours until we reach the Warmihuañusca Pass (Dead Woman Pass), the first of three passes on the Inca Trail and the highest point of our trek at 4200m. This climb is the most difficult part of the Inca Trail. After a short break at the summit, we continue our hike down with a long and steep descent to the Pacamayo River where we will have lunch overlooking the cloud forest. After a well deserved break and feeling re-energised, we climb up to the oval-shaped ruin of Runkurakay, which is believed to have once been an Inca tambo or post house. From here we continue to ascend to the summit of our second pass, Runkurakay Pass at 3900m. From here you will be rewarded with spectacular views of the entire snow-capped Vilcabamba range, before another steep descent down to our campsite for the night.

Hiking time: **8 - 9 hours**
Ascent: **1620 m**
Descent: **1020 m**
Max. altitude: **4200 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 8

CHOQUICOCHA TO WINAY WAYNA

This morning we will climb up to our third pass, to Phuyupatamarka, an Inca ruin named “The Town in the Clouds” from where there are great views of the Urubamba river far below. From Phuyupatamarka, we continue to descend into a beautiful orchid-filled cloud forest, visiting the site of Intipata (Terraces of the Sun), before reaching our campsite at Wiñay Huayna. Arriving here by early afternoon we have plenty of time to explore the nearby ruins and have a lesson in cooking Lomo Saltado, a Peruvian specialty.

Hiking time: **8 - 9 hours**
Ascent: **80 m**
Descent: **1000 m**
Max. altitude: **3680 m**
Accommodation: **Camping**
Meals included:
Breakfast / Lunch / Dinner

DAY 9

WINAY WAYNA TO MACHU PICCHU. TRANSFER TO CUZCO

An early start is required today, and we will have breakfast on the go around 4:30 am so that we are ready to hit the trail. We say goodbye to our porters and set off on the final section of the Inca Trail to the famous Inti Punku (The Sun Gate) which will take around 2-3 hours. Weather permitting, from here you will enjoy your first views of Machu Picchu, the Lost City of the Incas. You will be given a guided tour of the site which will last for around 2½ to 3 hours. There is also an option to climb Huayna Picchu, the famous mountain behind the ruins, but you will need to book a permit in advance. In the afternoon, we will catch the train from Agua Calientes to Ollantaytambo, where you will be met by our driver who will transfer you to your hotel in Cuzco.

Hiking time: **2 - 3 hours**
Ascent: **750 m**
Max. altitude: **3400 m**
Accommodation: **Hotel**
Meals included: **Breakfast**

DAY 10

FREE DAY IN CUZCO

After an exhausting few days trekking, a free day in Cuzco can be spent souvenir shopping, sightseeing or reading your book.

Accommodation: **Hotel**
Meals included: **Breakfast**

DAY 11

FLY TO PUERTO MALDONADO

This morning after breakfast, a transfer will take you to the airport. Here you will hop on a plane and fly to Puerto Maldonado where you will be met by your naturalist guide and transferred to a dugout canoe for the trip up the Tambopata River to the Tambopata Eco Lodge. On the journey the vegetation changes from colonized deforested areas to virgin rainforest. A box-lunch is provided on board. On arrival you'll have a welcome drink and meet the rest of the staff. In the late afternoon you set off for an introductory walk into the "terra firma" forest behind the lodge, dominated by giant Brazil-nut and Dipteryx trees. After dinner there will be a night walk to find nocturnal animals, as about 50% of the animals in the rainforest are nocturnal.

Transport: **Flight**

Accommodation: **Lodge**

Meals included:
Breakfast / Lunch / Dinner

DAY 12

HIKE TO LAKE CONDENADO AND TRIP TO CLAY-LICK

After an early breakfast you and your guide will board the motorized canoe once again for the short journey to the trail head to begin a morning's exploration by foot and paddle canoe of the lake system of Condenado. This whole area is rich in bird and aquatic life and a family of giant otters lives in the vicinity of the lake. You will return to the lodge for lunch. After lunch you return to the canoe to continue the journey upstream, a further 2 hrs, to an area deep within the Tambopata National Reserve where the isolated macaw and parrot clay-lick "El Chuncho" is situated. This collpa is the second largest of the clay cliffs lining the Tambopata River in this area. After dinner you will go searching for animals such as capybaras, caimans, tapirs and jaguars by walking along the banks of the Tambopata River. Tonight you will camp on the beach near the collpa.

Accommodation: **Camping**

Meals included:
Breakfast / Lunch / Dinner

DAY 13

VISIT “EL CHUNCHO” AND RETURN TO LODGE

A pre-dawn start is needed to get to the clay-lick before the birds. They arrive in search of minerals and salts and the digestive properties of the clay particles themselves. On average several dozen macaws and smaller parrots visit the clay-lick daily, including scarlet, blue and yellow, red and green, and chestnut-fronted and blue-headed parrots. Following a late morning hike you will return down river to the lodge for lunch. The afternoon is for exploring the forest close to the lodge (with or without your guide), relaxing and bathing in the Gallucunca, a cool clear stream beside the lodge. At night you will go searching for caimans and other nocturnal animals by canoe along the Tambopata River.

Accommodation: **Lodge**

Meals included:
Breakfast / Lunch / Dinner

DAY 14

DEPARTURE FROM PUERTO MALDONADO

A dawn start is required for the canoe trip back to Puerto Maldonado, giving memorable views of the sunrise over the river. This gives you are last chance to look out for wildlife that are particularly active at this time. Howler monkeys are frequently heard, as they stakeout their territories. We say goodbye at the airport at Puerto Maldonado, where you can fly to your next destination in Peru, or back to Lima for your international connection. Please book your departure flight after 10am. This is to allow time to return along the river and transfer to the airport.

Meals included: **Breakfast**

PLEASE NOTE

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

If you are used to **multi-day hiking** with ascents and descents each day then the Inca trail is well within your ability. You need to bear in mind that even though the paths are generally good there are a huge number of steps to tackle. And you will be trekking at altitude which in itself is a challenge.

Cusco, at 3,400 metres, is already considerably higher than Machu Picchu. By staying there prior to your trek, you will give your body time to acclimatize to the Inca Trail altitude. The Inca Trail altitude varies greatly throughout the trek and your body will notice the differences, especially at the higher points.
The second day is the toughest on the Inca Trail as it is spent hiking up and over Dead Woman's Pass at 4,200 metres and Runkuracay pass at 3,900 metres. Your body will almost certainly feel the effects of the altitude here as the air is providing less oxygen than your body is used to. You do not spend long at this altitude and the rest of the day is spent descending down to 3,600 metres where you camp at Choquicocha.

Your time spent at Lake Titicaca and in the Amazon is not overly strenuous and is achievable by anybody with a **reasonable level of fitness** and a Kandoo attitude. Lake Titicaca sits at over 3500m above sea level and you should be prepared to feel the affects of the altitude even on an easy walk.

FOOD & DRINK

Lake Titicaca

Breakfasts are included at your hotel in Puno and your stay on Taquile Island will be full board. Whilst visiting the islands you will enjoy freshly cooked local cuisine with your hosts. The hotel in Puno will provide a range of international and Peruvian dishes for you to choose from.

On the trek

Staying well-fed on your trek is absolutely vital, especially when conditions are such that you might not want to eat or drink as much as you should. Because so many trekkers experience a loss of appetite at altitude, our head chef has developed special menu plans that are appealing, healthy, and filled with all the energy you need to make it to Machu Picchu. By default, our meals include fresh fruit and vegetables every day, as well as fresh meat and fish.

BREAKFAST

Breakfast is usually fairly hearty. Of course, you'll also have hot drinks, generally a choice of tea, coffee or hot chocolate. Let your guide know if you are still hungry, or even if you think you could 'pack in a few more bites'. Our cooks always try to provide more food than necessary to ensure everyone gets a good meal.

LUNCH

We stop for a hot lunch, freshly prepared by our cook.

AFTERNOON TEA

Afternoon Tea is served at the end of the days walking, once you get to camp. In addition to tea and other hot drinks, there are plenty of snacks to help restore some of the energy you've just burned off.

DINNER

Dinners are quite filling. They usually begin with a nice hearty soup, and then a main course with fresh vegetables, and plenty of rice, pasta or potatoes, followed by a yummy dessert.

DRINKING WATER

On the trek, we filter and boil all the water that we give to you for drinking. You may wish to bring purification tablets as an extra precaution but they are not essential. Every morning we will fill up your water bottles or hydration bladder with at least 2 litres of water.

COCA TEA

Coca tea is thought to help relieve the symptoms of altitude sickness. In Cuzco, all the hotels have dried leaves and hot water available throughout the day so you can make your own tea whenever you wish. On the trek we will take coca leaf tea bags for you.

Amazon Rainforest

Your Lodge accommodation is booked on a **full board basis**. The spacious and airy dinning room provides a buffet of Peruvian and international dishes to cater for all tastes. Breakfasts and dinners will be taken at the Lodge while a picnic lunch is provided for you to take out each day.

ACCOMMODATION

Hotels

Our pre- and post-trek accommodation is based in Cuzco, with an additional night in the Sacred Valley. Where your hotel basis is B&B, you can usually purchase snacks or meals at the hotel, which can be paid in Peruvian Sols, or often in US Dollars. Alternatively, there are plenty of restaurants in Cuzco within walking distance of your hotel. In Puno you will stay in a *comfortable hotel* in twin or double room with en-suite facilities.

Homestay

On Taquile Island you will stay with a **local family**. Private twin or double rooms are provided and there will be shared bathroom facilities.

Tambopata Eco Lodge

Accommodation is in comfortable twin or double rooms with private bathrooms. The rooms are best described as "cabins", set amongst extensive tropical gardens with walls formed of screens that keep the insects out but allow a welcome flow of fresh air in. The lodge is extremely remote being 68km from the nearest town and provides the perfect location for excursions into the jungle.

Camping

We use only the very best **high altitude mountain tents**, Eureka K-2 XT, to ensure you stay warm, dry and comfortable on your Inca Trail trek. Please bear in mind, these are proper mountain tents, designed to cope with extreme conditions so don't expect to be able to stand up and walk around inside!

Your meals will be taken in a separate mess tent where you will be able to sit comfortably, while you relax and chat to your team mates and enjoy the wholesome food that our cook has freshly prepared for you. Inside, you'll be pleased to find a table (of course) and a proper, comfortable chair. With a full 2 metres of headroom, even the tallest climbers will be able to stretch a bit, and move about without hunching over. They are fully waterproof, and regularly withstand the worst weather the Andes has to offer.

Toilets!

The hotels in we use in Peru all have western, flushing toilets. Whilst on the trek the toilet situation will be a little less luxurious. At camp each evening we will set up a **toilet tent**. This is a simple facility that provides a little privacy and comfort whilst on the trail. The toilet tent will contain a sit down toilet with a bag to collect waste. Whilst trekking, if you need to go you will have to find somewhere hidden, off the path and go wild. There's plenty of places to hide in the Peruvian forests!

TRANSPORT

Train

We will take both the Vistadome Express from Machu Picchu - Cuzco and Peru Rail Titicaca from Puno-Cuzco. These trains are beautifully furnished and have extensive windows to allow for panoramic views of the incredible scenery that you will be passing through. Don't be surprised if you are treated to a show of traditional culture whilst aboard these trains. On your Puno-Cuzco train, a gourmet three course meal is also included in your ticket.

Domestic flight

A one-way flight from Cuzco (CUZ) - Puerto Maldonado (PEM) is included in this trip. This flight is with LATAM Airlines and will get you to Puerto Maldonado by early afternoon. It operates a 23kg weight limit on baggage and you will need to take all your baggage with you as you will not be returning to Cuzco.

Vehicles

We insist on using a high standard of vehicle and driver for all of our transfers. In Peru it is not a legal requirement to have seatbelts fitted in the back of vehicles, and while we try to use vehicles that do have rear seatbelts fitted, this cannot always be guaranteed. If you are unhappy about any aspect of the vehicle or the standard of driving, please speak to the driver or our local office immediately.

LUGGAGE

Luggage allowance on flights: 23kg
Bag weight on trek: 7kg

Kandoo Adventures operates a **strict limit of 7kg** for your main equipment bag whilst on the trek. This limit includes your sleeping bag, even if it is rented from us. This is more than sufficient for your needs on the trek. Your bag will be weighed before you leave the hotel to start the trek and if it is overweight you will have to take items out and leave them at the hotel. It is much easier for our porters if you bring a lightweight holdall or duffle bag for them to carry, and not a large rucksack. You can hire one from us if required.

Any items you may require for your time in Lake Titicaca or the Amazon can be stored securely at your hotel in Cuzco whilst you are on the trek.

HOW DO I GET THERE?

There are two good ways to get to Juliaca from London. The first is to fly LATAM to Juliaca via Lima from Heathrow. The second is to fly British Airways or Iberia who offer flights from Gatwick or Heathrow to Juliaca via Madrid and Lima. If you are travelling from anywhere else in the UK you will need to fly via London. We recommend flying with LATAM as their planes have the capability to land in the foggy conditions that can affect Lima. Most flights from Europe land in the morning or midday, local time.

Trekkers starting off in North America will find options available with LATAM Airlines. They offer flights into Juliaca via Lima and Atlanta. In addition to existing security measures at international airports, passengers MAY be required to show that the electronic devices in their hand luggage are charged up. You may therefore be asked to turn on any electronic devices such as mobile phones, tablets, e-books and laptops in front of the security team and/or demonstrate the item's functionality. We recommend that any electronic devices that you are carrying in your hand luggage are fully charged before you travel. If you have any further questions then you should check with your departure airport.

You will need to book your departure flights from Puerto Maldonado airport (PEM) after 10am on the day of departure. This is to allow time to return along the river and transfer to the airport in daylight. All international flights from here are via Lima and almost all will use LATAM airlines for the flight between Puerto Maldonado and Lima. If your onwards journey is then to the UK, Iberia and British airways have direct flights from Lima to London and Manchester, stopping in Europe if you are returning to Scotland or other northern airports. If you are travelling back to the US, LATAM offer continued service from Lima to New York, LA, Atlanta and Florida, and Delta offer connecting flights from these locations to other airports around the country.

If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.

Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from your arrival in destination to drop off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

eC02 Flights Calculator

BUDGET & CHANGE

The local currency is the **Peruvian Sol** which can be purchased in advance of your trip. If you want to change money when you arrive we can take you to an ATM or foreign exchange bureau. When changing money, request small denominations (10's, 20's and 50's) as the larger notes can be hard to spend. If you withdraw money from an ATM, you are likely to receive 100 sol notes. Peru is generally still a cash society, particularly whilst you are travelling through the smaller villages and towns it is worth having enough cash with you for personal expenses. ATMs will also not be available in these areas so ensure you have exchanged enough money whilst in Cuzco, before leaving on your trek. If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

Peruvian Sol should be used for spending money and tipping your crew.

In Cuzco, the cost of public transport is around 22p (33 cents) for a one-way ticket. If you prefer to travel by taxi, starting price is about £1.10 (US$1.40) for a 1km ride. When eating out, a meal in a budget restaurant for 2 people is around £5 (US$7) or a mid range restaurant (for 2 people) will cost around £22 (US$28). For souvenirs to take home, we recommend budgeting around £40 (US$50) which should get you plenty of little gifts. If you wish to buy a big blanket or poncho then budgeting a little more would be worthwhile.

Our recommended guidance for spending budget in Peru would be between £80-100 ($100-125) on top of your tips, to give you ample souvenir and meals out spending money.

TIPS

We realize that tipping may not be a common practice in all countries but for Peru it is a standard practice that all operators support. Tips are always discretionary and if you are not happy with the service you have received you do not have to pay tips. Tips can be made in Peruvian Sol.

The decision on how much to tip should be determined by how well the team served you while you were on the trek. On this trip we provide you with recommendations for your team on the Inca Trail, however whilst on Lake Titicaca and in the Amazon it is up to you how much you wish to tip. As a rough guide $20 per day for your team will be plenty whilst in these places!

Recommended tips per trekker for the Inca Trail team:

Lead guide: $100
Assistant Guide: $60
Cook: $36
Assistant Cook: $27
Porters (amount per porter): $18

Different crew members will be with you for different stages of your trip to Peru:

- Your guide/s will be with you every day in Peru.
- Your cook/s and porters will be with you while you are on the trek itself (The number of porters will differ depending on group size. You will be given this information three weeks before departure)
- An assistant guide and cook will only be necessary for larger groups (You will be given this information three weeks before departure)

We say goodbye to our porters in Winay Wayna before we visit Machu Picchu. Any tips that you wish to give to the porters will need to be carried on the trek with you.

FORMALITIES & HEALTH

PASSPORT

Please double check that your passport is valid for 6 months beyond the date of arrival in Peru. We recommend that you take a photocopy of your passport and keep it separate from the original, and this will be useful if the original is lost while you are travelling.

VISA

Most visitors (including nationals from the UK, Europe, USA and Australia) do not require a visa to enter Peru, and will be granted a 183 day stay. You will need at least two blank visa pages in your passport. Certain nationalities not mentioned above must apply for a visa in advance, so check with your local Peruvian Embassy.

Chinese and Indian nationals may enter Peru without a visa if they have a UK, Canada, Australia, Schengen or US visa valid for a minimum of 6 months at the time of entry to Peru.

VACCINATIONS

The standard vaccinations required for Peru are diphtheria, tetanus, typhoid and hepatitis A, but you should always consult your doctor or travel clinic for the most up to date advice. Yellow Fever is recommended for some areas of Peru, which includes the Amazon basin.

INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. Most of our treks in Peru do not exceed 4700m with the exception of the Ausangate Trek which will reach 5200m. If you are only doing the Short Inca trail your trek will not exceed 3500m. Please ensure that your insurance policy covers you for trekking at these altitudes.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

HEALTH

Altitude Sickness

Altitude sickness, called soroche in Peru and also known as Acute Mountain Sickness (AMS) or hypobaropathy, is an illness caused by exposure to low air pressure, especially low partial pressure of oxygen, which many climbers experience at high altitudes. AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. Our routes have been designed to aid your acclimatisation wherever possible, but the following will also help your body adjust:

Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. There is no pressure on you to keep up with other members of your group.

Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day.

Diamox

There has been a lot of research on Diamox that shows that it has been reasonably well proven to be helpful in avoiding AMS by speeding up the acclimatisation process. In the UK it is a prescription drug which must be prescribed by a doctor, but some doctors are reluctant to prescribe it. The concern is that by taking Diamox, people believe that they are immune from AMS and can ignore the symptoms. In reality, although Diamox can help prevent the symptoms, should symptoms still develop it means that you are not acclimatising and you have to take notice. Diamox is taken before you start treking to prevent altitude sickness, not once you are on the mountain and symptoms have developed.

Malaria

There is no risk of malaria in Cuzco or on the Inca Trail due to the altitude. However, there is a risk of malaria in rural areas of Peru below 2,000m. This would include Tambopata National Park, so if you are planning an extension to the Amazon Rainforest, you need to plan anti-malarial medication for this part of your trip. In addition to taking medication, we would recommend you take every precaution to prevent mosquito bites by wearing long-sleeved trousers and shirts at dusk and dawn when the mosquitos are active, and by using a DEET based mosquito repellent. If you are planning on taking Diamox, please let your doctor know, as daily malaria tablets taken alongside Diamox can cause an upset stomach and nausea. A weekly malaria tablet may be a better option, but you would need to discuss this with your doctor.

Dehydration

You can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, and sweating, and may even suffer from diarrhoea. As a result, you will have to drink much more water than you normally would and you should drink at least 3 litres of fluids every day while climbing. Even when you do not feel thirsty you have to drink this amount as a minimum preferably more. Stay on the look-out for signs of dehydration in yourself and your fellow climbers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic.

EQUIPMENT & CLOTHING

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

- High quality mess and sleeping tents
- Comfortable insulated sleeping mat
- Table, chairs, cutlery and crockery
- Toilet tent- sit down toilet with a bag to collect waste

Eco lodge trail excursions:
Wellington boots are available in a selection of sizes for use.

CLOTHING TO BRING

HEADGEAR

- Warm beanie style hat – knitted or fleece
- Neck gaiter or scarf - comes in useful for keeping dust out and can double as a warm layer for your neck / face!
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Headlamp (plus extra batteries)

UPPER BODY

- Thermal or fleece base layer (x1)
- Long sleeve shirt/tshirt – light or medium weight, moisture wicking (x 1)
- Light long sleeve shirt - for the Amazon rainforest
- Short sleeved shirt/tshirt – lightweight, moisture wicking (x2)
- Fleece or soft shell jacket (x1)
- Insulated jacket – down or primaloft
- Lightweight water/windproof hard shell outer jacket
- Poncho – a cheap plastic poncho is the best way to cope with a sudden downpour
- Gloves – lightweight, fleece or quick drying fabric
- Swimsuit

LEGS

- Trekking shorts (x1)
- Trekking trousers – light or medium weight (x1) – convertible trousers work well
- Light, loose fitting long trousers - for the Amazon rainforest
- Waterproof hard shell trousers – ski pants work fine

FEET

- Trekking boots – mid weight with good ankle support
- Training shoe or similar – to wear around camp
- Mid-weight trekking socks (x3 pairs)
- Breathable, high-wicking liner socks (x2 pairs)

Tips whilst in the Amazon:

- When on trails we recommend that you cover up fully (long pants and long sleeves), use insect repellent and tuck pants into socks.
- Please use footwear at all times walking around the lodge complex.

EQUIPMENT TO BRING

- Small Rucksack or Daypack (25-30 litres) to carry water and personal items
- Lightweight duffle bag (approx 50 litres) – max weight when full should be 7kg. This weight restriction includes your sleeping bag, whether you brought one with you or rented one from us. Your duffle will be carried by a porter
- Sleeping bag (3 season or 0 Deg C) and compression sack
- Trekking poles with rubber tips
- Water bottle or hydration bag – must be able to carry 1.5-2L of water

OTHER ACCESSORIES

- Sunscreen high SPF
- Toiletries, **including toilet paper,** wet wipes and hand sanitiser – please carry all rubbish back off the trek
- Camera and spare batteries
- Personal medication and first aid kit
- Insect repellent – ideally contains DEET
- Personal snacks and energy bars – dried fruit and nuts are also a good source of energy
- Isotonic drink powder / energy drink powder to mix in with your water. This improves flavour and helps replace electrolytes
- Microfibre towel
- Ear plugs, if you are a light sleeper
- Pee bottle, if you prefer not leaving the tent at night
- Dry bag (only required if your main duffle bag is not waterproof)

Photography:
To protect your cameras etc. it is a good idea to bring a water casing, as you will be visiting the rainforest and be in and out of boats. Wrap them in plastic bags and only take them out when you are actually going to be using them.

GEAR RENTAL

Inca Trail:
If you've decided to rent gear for your Inca Trail trek, then below is a list of equipment available. Just let our team know what you'd like to hire at your Pre-Trek Briefing.
All payments are made locally in US Dollars (cash only):

North Face 0° Sleeping Bags $15 per trek
Trekking Poles $10 per trek
Duffle Bag $5 per trek

All items must be packed in your main equipment bag and must be returned before departing for Puerto Maldonado. Items should not be attached to the outside of your bag, as we are not responsible if items fall off when the bags are being carried on the trek. The sleeping bags weigh approximately 2kg each.

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.