

Colours of Peru

From the historical legacy of the Incan empire to a wealth of natural attractions this carefully paced tour takes in the best the country has to offer, with immersive cultural interest along the way.



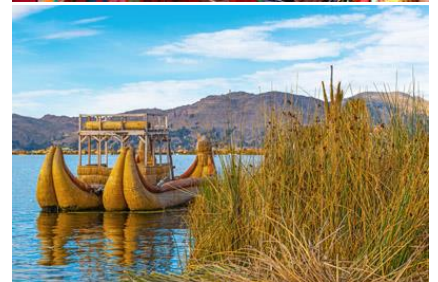
Group departures

See overleaf for departure dates

Holiday overview

Style	Tour
Accommodation	Hotels
Grade	Tour
Duration	15 days from London to London
Min/Max group size	5 / 12. Guaranteed to run for 5
Trip Leader	Local Leader Peru
Land only	Joining in Lima, Peru
Max altitude	Pata Pampa, 4,820m/15,814ft, on drive Puno to Chivay, Day 10.

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2023 Dates:

Fri 16 Jun - Sat 01 Jul

Fri 04 Aug - Sat 19 Aug

Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

Will the trip run?

This trip is guaranteed to run for 5 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

Insurance

We offer a travel insurance scheme - please contact us for details.

Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday. If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide



You will be accompanied throughout your trip by a local English-speaking guide. These leaders are very knowledgeable and extremely charming and friendly and in their company you will enjoy an insider's view of Peru.

Your trip highlights

- Acclimatise in the beautiful Sacred Valley, visiting spectacular Inca ruins at Pisac and Ollantaytambo
- Wander the city streets of historic Lima, colonial Cuzco and photogenic Arequipa, Peru's 'White City'
- Take one of the great train journeys of the world, from Cuzco to Lake Titicaca
- Tour the incomparable Inca ruins of Machu Picchu and search for condors in Colca Canyon
- Meet Titicaca's Huilloc weavers, experience life in a remote Quecha village, and learn to cook with a local family

At a glance itinerary

Day 1	Fly London to Lima.
Day 2	Lima sightseeing. Welcome dinner.
Day 3	Fly to Cuzco. Transfer to Sacred Valley, visit weavers of Ccacacollo town and explore Pisac Ruins.
Day 4	Visit Huilloc then on to Ollantaytambo Inca ruins. Train to Aguas Calientes (Machu Picchu Pueblo).
Day 5	Visit Machu Picchu. Descend to Aguas Calientes. Train to Sacred Valley and transfer to Cuzco.
Days 6-7	City tour of Cuzco. Visit Inca sites of Sacsayhuaman and Tambomachay, followed by folklore show and dinner. Day at leisure in Cuzco.
Day 8	Full day train ride from Cuzco to Titicaca.
Day 9	Boat trip on Lake Titicaca with visit to Uros Islands and Taquile Island.
Day 10	Drive to Chivay village across the high pampas. Visit hot springs.
Day 11	Morning in the Colca Canyon. Afternoon drive to Arequipa.
Day 12	Sightseeing in Arequipa and visit to market. Cooking class to prepare and eat traditional lunch with local family.
Days 13-14	Fly to Lima for two nights with Barranco sightseeing, pisco sour tasting and farewell dinner.
Days 15-16	Transfer to airport and fly home.

Trip summary

This is a tour designed to showcase Peru's cultural and natural attractions - Lima with its colonial architecture, fabulous museums and excellent restaurants, Cusco, the former Inca capital and home to many architectural marvels, the beautiful Sacred Valley of the Incas, stunning Lake Titicaca, the Colca Canyon famous for its condors, Arequipa, the lovely 'White City' and of course the icing on the cake, a visit to iconic Machu Picchu.

You begin your holiday with a day in Lima to explore the sights, enjoy some of the wonderful museums and learn about Peru's most famous drink - Pisco Sour. Next day you fly to Cuzco, but as Cuzco is at a high altitude you will descend immediately to the lush Sacred Valley to allow for more gradual acclimatisation at a lower elevation. Here you will visit Caccacollo town, to learn about indigenous textiles and agriculture, and explore the wonderful Inca ruins at Pisac.

A visit to Huilloc provides first-hand experience of life in a remote traditional Quechua community before you travel on to see the impressive ruins at Ollantaytambo, and then take the train along the valley to Aguas Calientes, from where you will explore Machu Picchu the following day.

Well acclimatised you return to Cuzco for a sightseeing tour of the colonial city centre and visit to the most important of the Inca ruins outside the city. There is also a full day at leisure in Cuzco - a chance to relax, shop or to explore this captivating city at your own pace.

Leaving Cuzco you take one of the world's great train journeys, a scenic full-day ride to Puno. From this lakeside town you head out onto the water on a boat ride to see some of the Lake Titicaca island communities. Then from Puno you make the exciting drive across the high altiplano to Colca Canyon, reputedly the second deepest canyon in the world, where you will soak up the magnificent views and search for condors, as well as visiting local villages and ruins.

After another scenic drive takes you to Arequipa, an attractive colonial city overlooked by El Misti volcano and boasting lovely architecture and good shopping opportunities. The city is also famous for its spicy food! Finally you will return to Lima for a little more sightseeing, a pisco sour tasting and a farewell meal to celebrate the completion of your epic Peruvian journey. Adiós!

Your trip itinerary

Day 1: Fly London to Lima

Today you will fly from London to Lima. On arrival there will be a group transfer to your hotel.

Overnight: Jose Antonio Hotel, Lima or Similar

Day 2: Lima sightseeing. Welcome dinner.

Lima is the capital city of the Republic of Peru and is located at sea level in the central coastal region of the country. Although, during the winter months, when you will be visiting, there is often a sea mist and the city can seem rather gloomy, there is lots to see in the city. The old colonial centre of town has picturesque churches and graceful colonial architecture.

Firstly today you will travel just a short distance from your hotel to visit an ancient ceremonial centre, Huaca Pucllana, a great adobe and clay pyramid built by a pre Inca civilization, the Lima Culture. Then you will drive into the centre of town to visit the main square, the Plaza de Armas, where you can see the Presidential Palace and the cathedral. You will also visit the Santo Domingo church and monastery which dates back to the 16th century and is one of Lima's most historic religious sites.

Last stop on today's tour is a visit Lima's famous Larco Herrera Museum, just one on Lima's many fine museums. Here you can learn something of the complexities of Peru's history and culture. You will pass through various galleries which span 3,000 years of pre-Columbian and pre-Incan art and culture, featuring especially a collection of amazing and distinctive Peruvian ceramics from the many cultures of Peru through the ages. After your tour of Lima, you will return to your hotel.

In the evening there will be a dinner to welcome you to Peru.

Overnight: Jose Antonio Hotel or Similar, Lima (Meals: B D)

Day 3: Fly to Cuzco. Transfer to Sacred Valley with visit to weavers of Ccaccacollo town and exploration of Pisac Ruins.

Today you fly to Cuzco where on arrival you will be met and transferred down to the Sacred Valley to check into your hotel in Urubamba. This valley is set at a lower altitude than Cuzco which will help with your initial acclimatisation, and enjoyment of the remainder of your time in Peru.

The Sacred Valley, known by the Incas as 'Vilcamayo', is a beautiful, fertile valley carved by the Urubamba River which flows from the high Andes all the way to the Amazon Jungle. High above the valley, snow peaks glisten in the sun while in the fertile fields below local people harvest crops such as maize, quinoa and many kinds of potato - this valley was once the breadbasket of the famous Inca Empire. Everywhere there is evidence of earlier Inca settlement with a host of terraces, walls, temples and burial towers in varying states of repair. And marking the opposite ends of the Sacred Valley stand the two remarkable Inca citadels of Pisac and Ollantaytambo.



En route to Urubamba you will visit Ccaccacollo, a small, picturesque town perched on the mountainside, overlooking the Sacred Valley. In this town you will see an important initiative to re-invigorate age old traditions in making textiles, an art and a way of life that was being lost. Here some 50 families subsist on agriculture and textiles, with women doing the weaving and the men in charge of the farms. Age-old weaving techniques passed down from mother to daughter. During your visit you will learn how various textiles are made - shearing the wool, spinning the wool, washing it with natural soap, and then collecting various plants and flowers to make natural dyes. Finally you will see the process of weaving textiles on traditional wooden looms to make blankets, ponchos and chullos, the traditional local hats. The women of Ccaccacollo are working to preserve their unique way of life for future generations.

After this enlightening visit you will drive to the town of Pisac, which lies at the eastern end of the valley. Here, situated above the town is found an extensive and impressive Inca hill top complex clinging to the mountain top. The citadel at Pisac was originally positioned on a major Inca route into the Sacred Valley and

controlled access to the eastern jungle. The ruins are set high above the valley floor and have tremendous views. Terraces, water ducts and steps are cut out of solid rock, and in the upper sector of the ruins, the main Intihuatana ('hitching post of the sun') is equal to any of the Inca structures at Machu Picchu. Above the temple lie still more ruins, mostly unexcavated, and among the higher crevices and rocky overhangs several ancient burial sites are hidden. Modern Pisac town dates back to colonial times and has an interesting artisan market where you can check out the local handicrafts and test your bartering skills. After your sightseeing you will continue along the valley to your hotel in Urubamba town.

Overnight: Sonesta Posada Del Inca Yucay or Similar, Urubamba (Meals: B L)

Day 4: Visit Huilloc village (40 minute drive) and then Ollantaytambo. Train to Aguas Calientes.

This morning you will drive up to Huilloc, a remote traditional village where you can catch a glimpse of the authentic culture of the valley's Quechua communities. You'll meet villagers and witness their day to day life, learn about their ancient traditions and see how they are dedicated to preserving them. The women of Huilloc have a rich tradition of weaving textiles which they still practice today by hand. The fabulous vivid textiles they produce bear images which date back to their ancestors - condors, cougars and Huallata birds. You will also have the opportunity to buy some of these textiles direct from the producer, should you wish to.



After lunch, shared with the villagers of Huilloc, you will drive back down into the Sacred Valley to visit Ollantaytambo an attractive little town located at the western end of the Sacred Valley. The town is built on top of original Inca foundations and is probably the best surviving example of Inca town planning. It is located at the foot of the spectacular ruins of an Inca fortress which protected the way to the lower Urubamba Valley. Here in 1536 the ruler Manco Inca managed to stem the tide of Spanish expansion. This victory was short-lived however when the Spanish returned with four times their previous force. Manco Inca retreated to his jungle stronghold in Vilcambamba and Ollantaytambo fell to the Spanish. The complex was still under construction at the time of the conquest and was never completed. The fortress and town represent some of the best of Inca architecture and construction, with fine examples of beautifully carved polygonal stones and monumental rocks. Large worked blocks, some weighing as much as 100 tons, were quarried from a site more than a thousand vertical feet above the valley floor using a technique of pecking with hammer stones, then moved down and across the Urubamba River, several kilometres, to the site. Inclined ramps were built to raise the blocks several hundred feet up hill to the construction area.

Later you will transfer to the station to take the train to Aguas Calientes. This beautiful two hour journey takes you down the valley alongside the rushing Urubamba River. You will then have a few hours to relax and explore the town and you might even like to try out the nearby hot springs there which give the town its name.

Overnight: Hatun Inti Boutique Hotel, Aguas Calientes (Meals: B L)

Day 5: Visit Machu Picchu. Train to Poroy in Sacred Valley and transfer to Cuzco.

After an early breakfast, you drive the short distance up the zigzag road to Machu Picchu to get there before the main crowds and also when the light is better for those all-important photos. Machu Picchu is a place that really lives up to expectations; the setting is breath-taking and the ruins themselves are sensational.

Machu Picchu for many years was lost to the jungle, until it was rediscovered in 1911 by the Yale professor Hiram Bingham. It was declared a UNESCO World Heritage Site in 1983 and one of the 'New Seven Wonders of the World' in 2007. You will have guided tour of the ruins taking in such points of interest as the Temple of the Sun, the Royal Tomb, the Sacred Plaza and Intihuatana - 'the hitching post of the sun', and then there is time to wander amongst the old Inca walls and just sit and take in the scale of the place. Eventually you catch the bus back down to Aguas Calientes to board the afternoon train back along the Urubamba Valley. You will alight from the train at Poroy and your waiting bus will speed you back to Cuzco and your friendly hotel.

Cuzco is a fascinating city. It was formerly the capital of the extensive Inca Empire which stretched from Ecuador through to Chile. Today there are still reminders of this Inca city with many foundations and walls of Inca buildings still visible, even when overlaid today by Spanish architecture. There are plenty of excellent little cafés on the main square and in nearby streets, some with balconies overlooking gardens, fountains and cobbled streets.

In the evening you may eat in one of the many fine restaurants in the area, where really excellent food from a wide range of national cuisines is available. You may find you have the added bonus of sitting alongside a finely worked Inca wall while you eat your dinner.

Overnight: Cost Del Sol Ramada or Similar, Cusco (Meals: B L)

Day 6: Cuzco city tour. Visit Inca sites of Sacsayhuaman and Tambomachay. Evening dinner with folklore show.

Today you will have a tour of the city of Cuzco and its surroundings. Originally the capital city of the Incas, Cuzco was conquered and became an important Spanish colonial city. Much fine Inca stonework has survived the ravages of centuries of earthquakes and Spanish colonialism. You will visit the attractive Plaza de Armas with its Baroque Cathedral and fine colonial buildings. In the cathedral you can see the works of the Cusco School of painters, including the famous Last Supper which features guinea pig on the menu, a traditional Peruvian delicacy! You will also visit one of the most important Inca buildings of Cuzco, the Koricancha, the Inca temple of the sun, now overlaid by the church of Santo Domingo. The Koricancha was perhaps the most impressive and sacred site in the Inca world. It featured fabulous stone work, the walls were covered with gold and there were life-size statues of plants and animals made out of pure gold and silver.



Later you will visit two of the most celebrated Inca sites in the hills above Cuzco. Firstly you will drive up to Sacsayhuaman, the most impressive of these sites, with its magnificent Inca walls built from huge rocks fitted together with such precision that not even a piece of paper will fit between them. The site was originally thought to be a fortress but more recent theories suggest a great temple to the Sun with evidence of an altar and seats cut into the rock. From Sacsayhuaman you can enjoy fantastic views over Cuzco. Not far from Sacsayhuaman lies the archeological complex of Tambo Machay which was an important ceremonial centre in Inca times celebrating the importance of water to the Incas. These ceremonial baths are still in excellent condition and comprise several water fountains on three different levels and a rock pool which is ingeniously filled via a hidden channel. This is a very beautiful and atmospheric spot.

In the evening you will visit the Tunapa Restaurant for dinner and a traditional dance show, featuring folk music and the accompaniment of Andean instruments such as the quena, charango, flute and zampoña.

Overnight: Cost Del Sol Ramada or Similar, Cusco (Meals: B)

Day 7: Day at leisure in Cuzco.

A full day in Cuzco for your own exploration and sightseeing, or to try out some of Cuzco's fantastic shopping opportunities.

Overnight: Cost Del Sol Ramada or Similar, Cusco (Meals: B)

Day 8: Scenic train ride to Lake Titicaca - 10½ hours.

Today you experience one of the great scenic train journeys of the world. An early morning transfer takes you to the railway station where you will be welcomed aboard your train by musicians. This is a luxury train with exceptional service - there is a comfortable dining car which serves excellent food, a bar, and an observation car at the end of the train with large glass windows and one open-air section.

The train travels through spectacular scenery on its leisurely journey to Puno. On first leaving Cuzco it is bucolic with farms, small villages and towns, then, as you climb higher the scenery becomes increasingly spectacular with views of snowy mountains and high altiplano scenery. The highest point of the journey is at La Raya (4,319m/14,170ft) where at around midday there should be the chance to get out for a leg stretch. A delicious lunch will be served once you are back on the train.

On arrival in Puno at around 18:00 you will be met and transferred to your hotel in Puno for a two night stay. Puno is considered the folklore capital of Peru and your hotel is right in the centre of town so well placed to find a good restaurant in the evening. The local trout here is very good.

Overnight: Hotel Jose Antonio or Similar, Puno (Meals: B L)

Day 9: Full day boat trip on Lake Titicaca - visit Uros Islands and Taquile Island.

After breakfast you will transfer to the port to board your motor boat for a full day cruise on Lake Titicaca. First you will visit the amazing floating islands of Uros. About 60 islands have been created using totora reeds, initially to provide protection from enemies. The inhabitants use the totora reed to make their homes, their furniture and their boats and today still make their living from the lake supplemented with sales of handicrafts to tourists. Your guide will be on hand to explain what you see - the history, traditions, and agricultural and weaving methods of these indigenous peoples.

After your visit to the Uros you will sail on for a further two hours to visit picturesque Taquile Island. This island is a traditional Quechua speaking community and is a unique place. The inhabitants here were in the past isolated from the mainland and are very independent minded with strong notions of community and family. They still have their own distinctive dress and traditions, including a weaving tradition that goes way back to pre-Inca Andean cultures. The most characteristic garments of Taquile are the 'chullo, a knitted hat with an earflap and 'the calendar waistband', which depicts the annual cycles connected to ritual and agricultural activities. You will have time to explore a little on your own to see some of the ancient agricultural terraces and ruins dating back to the pre-Inca times. You might also have time to climb to the top of the island where you will be rewarded by spectacular views of Lake Titicaca. Later you will make the return trip to Puno and back to your hotel.

Overnight: Casa Andina Premium Hotel or Similar, Puno (Meals: B L)

Day 10: Drive across the Altiplano to Chivay, 3,600m/12,00ft - 5 hours (with high point on drive of 4,820m/15,814ft). Optional visit to hot springs

Another early start as you leave Puno behind drive across the altiplano to the Colca Canyon. You pass through high Andean landscapes including the area known as "Lagunillas", famous for its lakes and associated migrant birds. Here you can see some of the typical wildlife of this high region including llamas and guanacos, a less well known American camelid, as well as flamingos and Andean ducks. You will cross Tocra, a high plain at more than 4,500 metres and the high point of the day's drive at Pata Pampa (literally high plain) at 4,820 metres. From this point you can see several volcanoes - Ampato, Sabancaya, Hualca-Hualca, Mismi (the source of the Amazon River), and the mountains of the Cordillera de Chila.



Approaching Chivay you start to get your first views of the Colca Canyon, and continue to Coporaque, a modern village located in the upper reaches of the Colca Canyon, where you take lunch at Casa de Mamayacchi Lodge. After lunch your guide will take you for a walk around Coporaque and its surroundings. The agricultural terraces on the steep hills here were built by the Aymara culture before the Incas conquered the area in the 14th century. The Colca Canyon is filled with such terraces which are still cultivated today. They create level land for farming, make irrigation possible and help to prevent soil erosion.

After your Coporaque walk you return to your vehicle and visit some natural hot springs, where if you wish you can enjoy a relaxing soak. The entrance fee needs to be paid locally. Finally you arrive at your hotel in Chivay, on the edge of the Colca Canyon.

Overnight: Hotel Aranwa Pueblito Encantado Del Colca (Meals: BLD)

Day 11: Visit Colca Canyon viewpoints and the villages of Pinchollo, Maca and Yanque. Drive to Arequipa.

Today you will spend time in the Colca Canyon. Firstly you head out early to Cruz del Condor Viewpoint which at 3,287m/10,784ft, offers fantastic views over the deepest part of the canyon where it is 3,400m deep. This is one of the best places to see Andean Condors and if you are lucky and conditions are favourable, you will see these majestic birds as they cruise the thermals out of the canyon. You will then have a walk along the canyon with further opportunities to spot condors before exploring further in the Colca Canyon. You will visit the

traditional village of Pinchollo and continue to another splendid viewpoint at Antahuilque, where you can see some wonderful 1,500-year-old terraces, constructed by the Collaguas, a culture flourishing well before the time of the Incas.

Your expedition continues with another lookout point at Choquetico, famous for its hanging tombs the 'tumbas colgantes' high in the cliffs above. You will also visit Maca, another traditional Andean community and finally the village of Yanque, with its old colonial church, one of the loveliest in the Canyon region.

After lunch you will drive to the attractive city of Arequipa, known as the White City.

Overnight: Casa Andina Select or Similar, Arequipa (Meals: B L)

Day 12: Sightseeing on foot in Arequipa. Market visit, cooking class and lunch with local family.

The lovely city of Arequipa was founded in 1540 and is overlooked by three imposing volcanoes. It has a fine Unesco World Heritage listed historic centre and many fine colonial era buildings, carved from white volcanic rock, giving the city its nickname 'the White City'. Its most famous building is the huge Santa Catalina Monastery which is like a city within a city, complete with fountains and cobbled streets.

In the morning you will explore the historic city centre on foot and then visit the San Camilo market to select cooking ingredients for lunch. From the market you will walk to a local family home for a cookery class using your ingredients and then for lunch enjoy eating the dishes that you have helped prepare.

Overnight: Casa Andina Select or Similar, Arequipa (Meals: B L)

Day 13: Fly to Lima. Transfer to hotel.

You will transfer to Arequipa Airport for the flight to Lima. On arrival you will be transferred to your hotel. You should have time for a stroll round Miraflores before dinner.

Overnight: Jose Antonio Hotel or Similar, Lima (Meals: B)

Day 14: Morning at leisure in Lima. Afternoon sightseeing in Barranco. Pisco sour tasting and farewell dinner.

This morning is free for more sightseeing or shopping in Lima. Your guide will be able to assist with ideas.

In the afternoon you will walk from your hotel to Barranco, a district which is considered to be the most romantic and bohemian in Lima. In an otherwise rather gloomy city, Barranco really stands out with its street art and bright, colourful buildings. The district has been home to some of Peru and Latin America's finest artists, musicians, designers and photographers and is also where you will find Lima's best bars and top quality restaurants.

Barranco has many old colonial mansions and some of Lima's most interesting museums are found here. You will visit some of the highlights such as the picturesque main plaza, the Barranco boardwalk and the famous 'Puente de los Suspiros' (Bridge of Sighs), which has been a meeting point for young lovers for decades and has inspired many famous Peruvian poets and singers. You will also visit the renowned MATE, museum home to the collections of Peruvian photographer Mario Testino, and the Pedro de Osma Art Museum.

In the evening you get to try an iconic Peruvian speciality, with a tasting of Pisco Sour, Peru's most famous drink. This will be prepared for you by an expert and you will taste three types of Pisco which have made this such a famous drink: Pure Pisco, blend Pisco and green must Pisco. After the tasting there will be a farewell dinner to celebrate the completion of your fabulous Peru journey.

Overnight: Jose Antonio Hotel or Similar, Lima (Meals: B D)



Day 15: Transfer to the airport. Depart for UK.

Today you will have some free time in Lima before a group transfer to the airport for your overnight flight home.

Overnight: Departure day (Meals: B)

Day 16: Arrive UK.

Our grading system

Colours of Peru is graded as a Tour, as described below.

Tours

Tours may include any of the following activities: sightseeing, visiting local villages, exploring temples, game viewing, birdwatching, husky sledding, mountain flights, city tours and dramatic journeys by road, rail, or river. Occasionally there will be short, gentle walks so that you can properly explore the cultural sites you are visiting.

Trip altitude

Important - please be aware that this trip involves travel at altitude. Whilst all our itineraries are carefully designed to optimise acclimatisation to high altitudes, participants on this trip are likely to experience some symptoms of being at altitude. The Dossier pack we provide when you book your holiday includes comprehensive advice on safe travel at altitude. If you require further information or advice on travel at altitude prior to booking please contact the office to speak to an experienced member of our team. Alternatively we recommend www.medex.org.uk as a good source of information.

What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

What's included:

- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive bookings)
- ✓ A local English-speaking leader
- ✓ Single, timed, group airport transfers for international flights on arrival and departure
- ✓ All sightseeing where specified
- ✓ Good standard hotel accommodation on a twin share basis.
- ✓ 14 breakfasts, 4 dinners, 8 lunches.
- ✓ Dinner and folklore show at Tunupa Restaurant in Cuzco
- ✓ All road transport by private vehicles
- ✓ Rail fares to/from Machu Picchu and Cuzco to Puno, Titicaca.
- ✓ Boat ride on Lake Titicaca
- ✓ Entry fees and tourist taxes
- ✓ Carbon offsetting with the Ecoan Tree Planting Project (for clients taking our flight inclusive option)
- ✓ A free Mountain Kingdoms Water-To-Go bottle.

Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

What's not included:

- ✗ Travel insurance
- ✗ Visa fees
- ✗ Dinners (apart from 4 included) and 6 lunches
- ✗ Optional trips
- ✗ Airport departure taxes (if applicable), excepting UK Departure Tax
- ✗ Tipping

Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

Our clients who are not given a free Mountain Kingdoms kit bag for their holiday (these are required for certain treks), will instead receive a free Mountain Kingdoms Water-to-Go bottle. These unique Water-to-Go bottles can also be purchased from us at a discounted rate.

For further information about our campaign visit [For further information about our campaign visit <https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>](https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign).

Your accommodation

We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.



Jose Antonio Hotel, Lima or Similar

Jose Antonio Hotel is a modern, four star hotel situated in the heart of the suburb of Miraflores, one of the liveliest areas of Lima and close to popular shopping streets. The hotel has comfortable rooms with all amenities and has a restaurant and free Wi-Fi.



Jose Antonio Hotel or Similar, Lima

Jose Antonio Hotel is a modern, four star hotel situated in the heart of the suburb of Miraflores, one of the liveliest areas of Lima and close to popular shopping streets. The hotel has comfortable rooms with all amenities and has a restaurant and free Wi-Fi.



Sonesta Posada Del Inca Yucay or Similar, Urubamba

Just five minutes from Urubamba, the Sonesta Posada is well situated for exploring the sights of the Sacred Valley. Styled as an Andean village the hotel sits beneath a mountain and has attractive gardens and outdoor seating areas. There are several dining options including a Peruvian restaurant, an Italian trattoria, a cafe and a bar. Good-sized rooms are decorated in keeping with the hotel exterior with stone, tile and wood finishes and they come complete with free Wi-Fi.



Hatun Inti Boutique Hotel, Aguas Calientes

This excellent modern hotel is close to the train station, market and hot springs in Aguas Calientes. It overlooks the rushing waters of the Urubamba River. It is a comfortable hotel with spacious rooms and very good bathrooms.



Cost Del Sol Ramada or Similar, Cusco

Situated in the historic centre of Cusco, the Costa del Sol is just a short walk from the city's prime attractions such as the Plaza de Armas and the cathedral as well as the many shops, bars and cafes of Cusco. The hotel is set in a colonial mansion retaining many original features but also offering modern comfort and convenience. A bar, patio, courtyard, restaurant and wine cellar provide plenty of places to relax and enjoy the local specialities whilst rooms come with minibars and free Wi-Fi.



Hotel Jose Antonio or Similar, Puno

Situated on the shores of Lake Titicaca all the guest rooms and communal areas enjoy eye-catching views of the lake. The style of the hotel is an attractive combination of contemporary and rustic with earthen tones and splashes of colour. The in-house restaurant serves both local and international dishes and the bar specialises in cocktails with a view. Rooms are large, bright and modern with minibars and free Wi-Fi.



Casa Andina Premium Hotel or Similar, Puno

Nestled on the shores of Lake Titicaca, the 4* Casa Andina Premium Hotel delivers very high levels of service, comfort and facilities. The hotel has a private pier and attractive gardens whilst the rooms offer lake or mountain views and stylish furnishings. Free wifi is available throughout and there is an excellent restaurant on site.



Hotel Aranwa Pueblito Encantado Del Colca

The Aranwa occupies an enviable location in the heart of the Colca Valley surrounded by beautiful river and mountain scenery. An old watermill stands at the entrance to the village-style hotel which has delightful gardens and a riverside setting. Outdoor amenities are first rate with a pool, waterfalls, fish farm and nearby thermal baths to enjoy whilst inside the hotel there is a spa, restaurant, board game room, library and bar.



Casa Andina Select or Similar, Arequipa

One of three Casa Andina hotels in Arequipa, the Select offers a high standard of accommodation in a central location - right in front of the main square. Along with great views of the city and surrounding snowcapped mountains the hotel offers a swimming pool, sauna, rooftop terrace and a restaurant that overlooks the plaza. Rooms are well-equipped with minibars, tea/coffee makers and free Wi-Fi.

Meal arrangements

14 breakfasts, 4 dinners and 8 lunches are included, including dinner and dance show at Tunupa Restaurant in Cuzco.

Flight arrangements

Flight inclusive from price

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

Flight upgrades and regional Airports

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

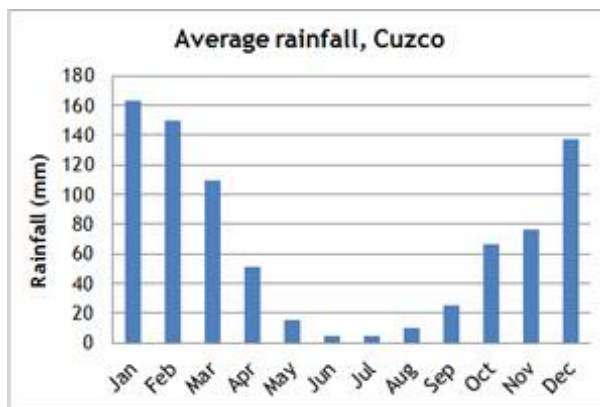
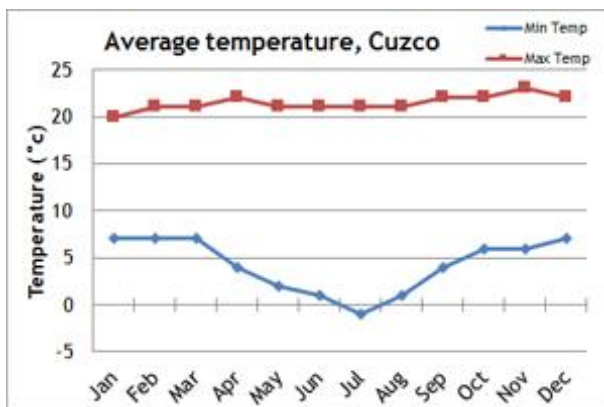
Further information

When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

The nature of adventure travel

Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

Climate information



Extensions

Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400. Alternatively, you can download a range of extension information sheets on our website, at www.mountainkingdoms.com.



Peru has so many attractions. There are numerous ways you can extend your holiday with Mountain Kingdoms.

Additional hotel nights

If you would like to stay longer in Lima we can book extra nights or upgrades from our selection of hotels. We can also arrange a personal sightseeing tour or other exciting activities.



Amazon jungle

For a complete contrast to your tour in the Andes why not visit the lush Amazon jungle? A short but spectacular flight will take you to the city of Puerto Maldonado from where you will travel down river to your jungle lodge. We offer a selection of lodges with a range of fantastic wildlife experiences. Stay for 2 or 3 nights or we can book an even longer, more adventurous 5 day expedition for you, to the Tambopata Research Centre.



Paracas and the Ballestas Island

Travel south from Lima, to the Paracas Peninsula, location of the ancient Paracas Culture famed for its fine textiles, and take a cruise out to the Ballestas islands - Peru's own 'Little Galapagos'.

Galapagos Islands

A cruise amongst the Galapagos Islands is an unforgettable experience and we can organise this for you from Peru. You can join a cruise that best matches your interests and budget. We work with a variety of different sizes of boat, with cruises typically of four to eight days duration.

Why book this holiday with Mountain Kingdoms?

- This is an extensive and inclusive tour taking in many of Peru's highlights including Cuzco, Machu Picchu, Lake Titicaca and Colca Canyon.
- Sightseeing in the Sacred Valley offers cultural interest and provides excellent acclimatisation, enhancing tour enjoyment.
- Opportunities to visit local people in small villages and learn about their culture and way of life.
- Some exciting train rides are included - always a very colourful event in Peru.
- Many opportunities to learn all about the fascinating Inca culture.
- Wildlife and bird viewing such as visit to Cruz del Condor and the drive over the high altiplano.
- The holiday is led by excellent English-speaking guides who are knowledgeable, well trained and great fun. They will be delighted to share their expert knowledge of the history, culture and nature of their home country.
- We use carefully chosen, well-located, comfortable hotels with good amenities.
- We encourage our clients to minimise their carbon footprint by 'Travelling Less & Staying Longer' - please talk to us if you'd like inspiration on how to extend your holiday.
- Our office team have extensive experience of travel throughout Peru and South America. We would be glad to talk to you about the detail of either this trip or any of the other tempting tours and treks we offer in this part of the world.
- Our maximum group size is 12 for this trip. This provides for a genuine small group travel experience and helps reduce the negative aspects often associated with larger trekking groups.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and other exciting activities.
- If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights Manager, April, for flight options, quotes and further information.
- As part of our commitment to 'Tourism Declares a Climate Emergency', we will be carbon-offsetting all international flights booked through us by donating funds to the Ecoan Tree Planting Project in Peru.
- If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

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Mountain Kingdoms - distinctly different

Truly independent

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

Value for money prices with an emphasis on quality

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

Complete financial security

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

No Surcharge Guarantee

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

Award winning Responsible Tourism

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at www.mountainkingdoms.com.

Genuine small group travel

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

Loyalty Discount

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

Booking your holiday - it couldn't be easier

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

Comprehensive information

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.



RESPONSIBLE TOURISM STATEMENT CLIMATE EMERGENCY PLAN



For over 33 years, Mountain Kingdoms has been offering people the chance to visit amazing places on this extraordinary planet. We now offer trips to all corners of the world, but we are conscious that inevitably our holidays have a detrimental impact on the world around us, and we want to do all we can to reduce our carbon emissions. We are a signatory to Tourism Declares a Climate Emergency, along with a growing number of like-minded, reputable tour operators. For more information, please visit www.tourismdeclares.com

From 2020 onwards, we will be focusing on how we can reduce the carbon emissions that our holidays produce, and how to counterbalance this carbon by supporting carbon offset measures. Here are some of our current and future plans to minimise the impact of our business as a whole:

Carbon Offsetting

Already doing:

- ✓ We have been offsetting carbon since 2007, but will be increasing our donations to the [Ecoan tree planting project](#) in Peru this year. This is with a trusted partner where the funds go directly to a project where the community plants trees on its own land.

Will do:

- ✓ We are working on making our carbon offsetting more accurate and targeted.
- ✓ In future, we will add to that a further estimate for carbon produced by hotels, local road travel, trains and internal flights to arrive at a carbon offset sum for each trip we operate.
- ✓ Carbon offsetting will be included in our holiday prices. For our Flight Inclusive holidays it will include the international flight and any emissions produced by inland travel and accommodation. Our Land Only prices will include the cost of offsetting emissions caused by inland travel and accommodation.

Reducing Carbon Emissions

Already doing:

- ✓ We already offer the majority of our customers a free filtered water bottle which means they can instantly cut down on their single-use plastic consumption. This will be an ongoing project.
- ✓ We already predominantly use locally owned hotels, but will continue to ensure that, where possible, we use these rather than multinational chains.
- ✓ We have joined the Tourism Declares a Climate Emergency initiative to stand alongside like-minded travel companies, to work together to initiate best practices to make tourism as sustainable as possible.

Will do:

- ✓ We will re-evaluate our flights to make sure we are using the most fuel efficient airlines with the youngest fleets and, where possible, direct flights for each trip.
- ✓ We will stop offering unnecessary optional flights – for example our Everest sightseeing trip.
- ✓ We will eliminate unnecessary staff flights wherever possible.
- ✓ We will look at minimising internal flights.
- ✓ We will be asking all our worldwide agents and suppliers to look at their own carbon footprint and encourage them to reduce it.
- ✓ We will promote our more low impact trips to give customers an informed choice.

As part of our wider commitment to Responsible Tourism, we will continue to support a number of charities with whom we have had a long standing relationship over many years. These include: Shiva Charity in Nepal (Ginette Harrison School), Simien Mountains Mobile Medical Service and Porter Welfare, as well as setting aside a sum for emergency disaster relief should the need arise.

