

Optional pre-trip
ADVENTURE IN THE AMAZON
Oct 4-9, 2008
\$985

Our optional pre-trip takes us deep into the Amazon rainforest. We'll walk along jungle paths and cruise rivers and lakes, learning about the flora and fauna of this area rich in wildlife. Our local guide will show us many birds including toucans, hoatzin and macaws --perhaps a harpy eagle. We will watch for giant river otters, capybara, peccaries and other wildlife.

PAGE 01 OCT 04 USA-LIMA

Fly from your city to Lima, arriving late in the day. You are met at the airport and transferred to your hotel.

HOTEL POSADA DEL INCA SAN ISIDRO (meals in flight)

DAY 02 OCT 05 LIMA-PTO MALDONADO-REFUGIO AMAZONAS

We have an early morning flight to Puerto Maldonado; we are met by our Rainforest Expeditions (RFE) representative and drive to their Puerto Maldonado headquarters. RFE has won awards internationally for their ecotourism efforts and partnership with local indigenous people to solve problems of biodiversity loss and poverty in the developing world. While enjoying our first taste of the rainforest in their garden, we'll give them any luggage we don't need for our short stay in the rainforest. They will put it in their safe room until our return. (The boat and cargo must be kept as light as possible.) Loading our small bags into the comfortable truck, we then drive 20 km. to the Tambopata River Port, entering the native community of Infierno; the port is a local community enterprise.

Our simple but comfortable wood boat is 20' long, with a roof and 55 hp outboard motors. During the 4 hr. boat ride, past lush vegetation and small villages, we have a box lunch. Upon arrival, the lodge manager will welcome us and give us an orientation pertinent to our stay. Dinner will be at the lodge, after which we'll go with our knowledgeable guide to the river's edge and scan the shores with headlamps and flashlights to catch the red gleams of the caimans' eyes.

Nightly presentations on a variety of fascinating aspects of life in a tropical rainforest will be given by Kitty Coley.

REFUGIO AMAZONAS

DAY 03 Oct 06 REFUGIO AMAZONAS

After a very early breakfast, we hike at dawn on a 2 hr. trek to the Sachavacayoc Lake. We'll cruise around the lake in a catamaran, searching for the resident family of five giant river otters (seen by about 30% of lake visitors) and other wildlife such as caiman, hoatzin and horned screamers; the otters are most active. We'll then take the 2 hr. hike back to the lodge for lunch. For those not wanting to do the long trek, another lodge guide can take them to the Condenado Lake, a thirty minute hike from the lodge.

After lunch at the lodge, a short walk takes us to a farm run by the charismatic Don Manuel from the neighboring community; he grows a variety of known and unknown Amazon crops--almost every plant and tree we'll see serves a culinary and/or medicinal purpose. We'll also visit a beautiful old growth patch of Brazil Nut forest that

has been harvested for decades (if not centuries), where we'll experience the nut gatherers' camp and see a demonstration of the rain forest's only sustainable harvested product, from collection through transportation to drying.

Dinner at the lodge is followed by a night walk, when most mammals are active, but rarely seen. Much easier to find are frogs with shapes and sounds as bizarre as their natural histories, recounted to us by our guide.

REFUGIO AMAZONAS BLD

DAY 04 OCT 07 REFUGIO AMAZONAS

After breakfast, a 15 minute boat ride and sixty minute walk takes us to a parakeet lick. From a blind, you will see parakeets, such as Dusky headed and Cobalt winged, descend on most clear days to ingest the clay on the bank. We visit the lick at dawn, when parrots are most active, or midmorning or early afternoon when they are also active, depending on the weather. A twenty minute walk from the lodge is a peccary clay lick; these wild rain forest pigs show up in herds of from five to twenty individuals to eat clay in the late morning. Chances of spotting them are around 15% but well worth the short hike. Other wildlife also shows up, including deer, guan and parakeets.

After lunch at the lodge, we take a thirty minute walk to the 25 meter scaffolding canopy tower. A bannistered staircase running through the middle provides safe access to the platforms above. The tower has been built upon high ground, thereby increasing your horizon of the continuous primary forest extending out towards the Tambopata National

Reserve. From here, views of mixed species canopy flocks as well as toucans, macaws and raptors are likely.

REFUGIO AMAZONAS BLD

DAY 05 OCT 08 REFUGIO AMAZONAS-PTO MALDONADO-CUZCO

We board our boat, after breakfast, for the return trip, retracing our river and road journey back to Pto Maldonado, retrieve our left luggage and transfer to the airport. Depending on airline schedules, this may require dawn departures from the lodge. We'll fly back to Cuzco and transfer to our hotel. The rest of the day is free to rest, as the altitude is quite high, (11,500') and we need to take it easy. We may want to take a stroll through this charming city later in the day. Dinner is on our own at one of the many delicious restaurants. Our local representative can give us recommendations.

HOTEL CASA ANDINA B

DAY 06 OCT 09 CUZCO-SACRED VALLEY

We are transferred to the airport where we meet up with the main group coming from Lima, board our private bus, and drive down into the Sacred Valley (see Day 02 of main trip below) to continue the itinerary described.

Accommodations and Food :

We stay at a classic, comfortable lodge designed around indigenous architecture using local materials. It is relaxed and welcoming with private bathrooms and ambient temperature showers, extremely comfortable after a day in the heat. there is no hot water to be found (not hot). The local cuisine is simple but quite delicious.

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The Inca city of Machu Picchu lay hidden from the world in dense, jungle covered mountains until "re-discovered" by the American historian, Hiram Bingham, in 1911. This 'Lost City' is one of the world's archaeological jewels and a must see for all world travelers. The forest clad mountains and deep gorges of the "Sacred Valley of the Incas" is the setting for our modern day exploration and unforgettable, once in a lifetime adventure.

EXPLORING THE PERUVIAN ANDES AND MACHU PICCHU

October 8-15, 2008

DAY 1 OCT 08 USA-LIMA

We fly from our home city to connect with flight to Lima, arriving late in the day. We are met at the airport and transferred to our hotel.

HOTEL POSADA DEL INCA SAN ISIDRO meals in flight

DAY 2 OCT 09 LIMA-CUZCO-SACRED VALLEY

We fly out early this morning to Cuzco. Upon arrival, we transfer to a hotel for breakfast before we board our private bus and drive down to the Urubamba River Valley, the Sacred Valley of the Incas. The Urubamba Valley undoubtedly was a key area of settlement to the Incas. Its agreeable climate and fertile plains make a rare and fruitful combination for the high Andes. The road we take from Cuzco will head north, over a pass and for 33 km before reaching Pisaq, a picturesque Andean village famous for its indigenous market where you can find varied and colorful handicrafts from the region. We will have opportunities for photos, shopping and absorbing this memorable experience, the first of many.

During lunch at a local restaurant, we'll have our first taste of authentic Peruvian cuisine. We'll then take the bus to the ruins of Pisaq for an afternoon hike. The ruins are located on the top of a mountain 2 1/2 miles away from town and are surrounded by impressive Inca terraces that are still being used for farming to this date. After a tour of the site, those wishing to hike the spectacular walk down, approximately 1 hour, can do so. At the village we will gather again and drive to our hotel for dinner.

HOTEL WILLKA T'IKA GARDEN GUESTHOUSE BLD

DAY 3 OCT 10 MORAY-MORAS-OLLANTAYTAMBO

After an early breakfast, our bus takes us to the archaeological site of Moray. After a scenic drive off the main road we reach the mysterious circular terraces of Moray. This unique place is thought to have been used by the Incas for experimental agriculture to acclimatize plants from a lower altitude environment to higher lands. After a guided tour of the site, we will travel by bus for about 20 minutes to the trail head from where we will hike for about 1 hour to reach and visit the Salt Pans of Maras. Here, a salt water spring feeds numerous small pools; later the water will evaporate with the sun and leave salt deposits that are then shoveled into sacks to be sold in the markets. The salt is used as a preservative for foods in the jungle, for animal consumption and also for human consumption.

We will hike for approximately 40 minutes down through this spectacular and surreal landscape into the Sacred Valley. After crossing the Urubamba River by way of a small bridge, we will arrive at the Hacienda Marcabamba where a BBQ lunch will be

waiting for us. In the afternoon, we'll take a 20 minute drive to the Inca village of Ollantaytambo, a fortress and town that served as the first defense for Cusco against incursions from the jungle tribes to the north. The Inca temple/fortress is located above the town. To reach the temple, we must climb 200 steps through fortified terracing called Pumatallis and hike for approximately 1 hour. The unfinished Temple of the Sun features massive carved stones. The views of the village, valley below, and Andean mountain range from the Temple are especially stunning. Our hotel is only a 15 minute ride away. Kitty has arranged for an interesting presentation before dinner.

HOTEL WILLKA T'IIKA GARDEN GUESTHOUSE BLD

DAY 4 OCT 11 SACRED VALLEY-MACHU PICCHU

Early morning , we leave our charming hotel and board the train to Machu Picchu, passing through beautiful countryside, Following the rushing river which parallels the train tracks; ancient Incan ruins dot the hillsides. We arrive at the town of Aguas Calientes. Leaving our luggage at our hotel, we take the bus up winding mountain roads to magnificent Machu Picchu, located at 8500', where we'll spend the morning exploring the complex. Machu Picchu was rediscovered by Hiram Bingham in 1911, and was unknown to the Spaniards. Its reason for existence remains under debate. Some maintain that it was built and populated by the family of one Inca ruler, Pachacuteq; others argue that Machu Picchu was a strategic center for maintaining a reliable supply of coca leaves for the priests and royals of Cuzco. Bingham himself theorized that the city existed primarily for strategic defensive purposes. Still other findings suggest that Machu Picchu was a university town where the children of the leaders of other Andean cultures conquered by the Incas were taken to be educated.

After exploring the lofty maze of empty plazas, temples, chambers, and dwellings with our guide, we'll enjoy a buffet lunch at the Sanctuary Lodge, located right at the ruins. This afternoon you may want to continue exploring with our guide, or join Kitty on a 2 hour hike to the Sun Gate or Intipunku. The Sun Gate, marks the entrance to Machu Pichu for Inca runners or modern hikers following the Inca Trail. You may descend Machu Pichu at your leisure to explore the town of Aguas Calientes and its large market before meeting at our hotel where we'll enjoy another presentation by Kitty before dinner.

HOTEL ORQUIDEAS B;L,D

DAY 5 OCT 12 MACHU PICCHU-CUZCO

This morning we can enjoy a nature walk towards Mandor Valley to observe birds and fauna living in this higher elevation cloud forest, birds such as spectacularly colored tanagers, numerous ornate hummingbirds or the national bird of Peru, the flamboyant Cock of the Rock. Or you may choose to return to Machu Picchu early to hike Wayna Pichu. Wayna Picchu ("Young Peak") is a mountain at the ruins around which the Urubamba River bends and is the peak in the background of most photos of Machu Pichu. It rises over Machu Picchu (8000' above sea level). The Incas built a trail up the side of Wayna Picchu to access the temples and terraces built on its top. The peak of Huayna Picchu is about 9000 feet above sea level, and is a strenuous one hour climb to its summit. The view from the top, on clear days, of Machu Pichu and the surrounding terrain are astounding. Others may choose to do the more gentle hike to the Sungate or further explore the ruins on their own. We bus down the mountain to our hotel and lunch.

We catch the train for our return to Cuzco at 3:15 p.m. The journey takes approximately 3 hours; we descend at Poroy Station and are driven approximately 20 minutes to our hotel, where dinner awaits us. Depending upon our arrival time, Kitty may give us a final presentation.

HOTEL CASA ANDINA PLAZA BLD

DAY 6 OCT 13 CUZCO

After breakfast we'll take our bus just outside of Cuzco to visit important archaeological sites: Q'enko, a large limestone rock covered in carvings and Sacsayhuaman, the most impressive site near Cuzco . The immense walls of this complex are made up of huge stones distributed in a zigzag pattern in three platforms. These platforms are connected by flights of stairs and doorways also in stone; one of these is 29ft tall and 15ft wide and weighs more than 100 tons. The largest stone block found in Sacsayhuaman stands 27.88ft high and weighs 361 tons. 20,000 men were employed for the construction of the complex and it took approximately 50 years to complete. [Those wishing to hike down from Sacsayhuaman with Kitty can do so, and meet up with those who choose to return to Cuzco by bus at a restaurant near the main square.](#)

After lunch, we'll have a guided tour of this charming city, including the church of Santo Domingo, the Cathedral and Plazas de Armas, or you may want to spend the time exploring or shopping on your own. Cusco is the heart of Tahuantinsuyo, Peru's pre-Colombian Empire. Located at 11,200ft. above sea level, Cuzco today is the oldest continuously inhabited city in South America, a fascinating and colorful paradox of the past and the present. Dinner is on our own. Our guide is available for restaurant suggestions.

HOTEL CASA ANDINA PLAZA

B,L

DAY 07 OCT 14 CUZCO-LIMA

Our morning flight takes us back to Lima where we'll have an orientation tour of the city. Lunch is on our own, with some free time this afternoon, before we gather for our farewell dinner. It will be at the Huaca Pucllana Restaurant, with beautiful views overlooking 5th century ruins. [The site was begun](#) in 400 AD, nine centuries before the Incas began building Machu Picchu

HOTEL CASA ANDINA PLAZA

B,D

DAY 8 OCT 15 LIMA-USA

We transfer to the airport for our morning flight back to the U.S., where we connect to flights to our home cities. We take with us new friendships and incredible memories.

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Accommodations :

We stay at clean and comfortable hotels. Most are locally owned and operated, with three-star ratings and private baths. We

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ADVENTURE IN THE AMAZON INCLUDES:

- Kitty Coley as naturalist tour leader
- Evening presentations on fascinating aspects of life in tropical rainforests
- 3 night/4 day rainforest excursion
- Accommodations and meals as noted
- Flight Lima-Pto Maldonado-Cuzco-Lima
- Lima airport departure tax
- Airport transfers
- English speaking local guides

- Hotel and restaurant taxes & service charges
- Local airport taxes
- Tips for guides and drivers

EXPLORING THE PERUVIAN ANDES AND MACHU PICCHU *INCLUDES:*

- Kitty Coley as naturalist tour leader
 - Natural history presentations on the Andes and its fauna by Kitty Coley
 - Accommodations as noted, all with private bathrooms
 - Meals as noted
 - Private bus for in-country travel with bottled water on bus
 - Flight Lima-Cuzco-Lima
 - Airport transfers
 - Round trip train to Machu Picchu
 - English speaking local guides with expertise in Inca culture and area hiking
 - Hotel and restaurant taxes and service charges
 - Two days of entrance fees to Machu Pichu and bus fares to and from Aguas Calientes
 - Baggage handling-Local airport taxes
 - International airport tax at departure from Lima to USA
 - Tips for guides and drivers
-

THE TWO TRIPS *DO NOT INCLUDE:*

- Meals not noted in itinerary
- Beverages with meals
- Items of a personal nature (i.e. laundry, beverages, telephone calls, etc)
- International airfare

PRICING:

ADVENTURE IN THE RAINFOREST

\$ 985 per person in double accommodations; Minimum 4 PEOPLE
Single supplement \$195

EXPLORING THE PERUVIAN ANDES AND MACHU PICCHU

\$3428 Per person in double accommodations; Minimum 11 PEOPLE
Single supplement \$435

Trip Difficulty :

Although this trip does not include mountain climbing it is vigorous due to altitude. Travelers should be in good physical condition. Most days are spent at moderately high altitude (7,000-15,000 ft) and the trek includes a number of steep ascents and descents. To fully enjoy this trip and avoid altitude sickness, you should be in good physical condition. This trip is not recommended for those with asthma or breathing problems.

We do recommend arriving at least 1 day prior to the trip start to avoid travel related delays and to be fully rested for the start of your adventure. We can arrange your hotel and transfers for an additional charge.

Travel Insurance :

Although there are several good travel insurance companies, we recommend purchase of insurance through Travel Insured International; see the reservation form for more information. **If coverage is purchased within 14 days of your initial trip deposit, the 'Pre-existing Conditions Exclusion' is waived** (certain exclusions apply; varies by insurance provider).

10/04/07