



Visiting Peru With Kids

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Peru is a popular destination in South America. The country has a strong tourism infrastructure. It's a great place for an international family adventure and kids are welcome everywhere. Here are five key tips for visiting Peru with children:

Don't try to do too much

There are many sights and cities to visit, but I suggest limiting the itinerary to the big sites, especially on a first visit. A Lima - Cusco - Machu Picchu trip is a standard tourist itinerary and works well for family travelers. International flights go through Lima making it a good first or last stop. The Miraflores area of the city is a good place to stay, it's by the beach and filled with a lot of good shopping and dining. The city is worth exploring but first-time visitors should concentrate on Cusco and the Sacred Valley. I suggest a stay in the Sacred Valley, the cities of Urubamba or Ollantaytambo as an alternative to spending the full time available in Cusco.

Research with kids before the trip

The history of Peru is fascinating and kids should get some advance knowledge about the Inca people and the Spanish colonial period. There is an excellent PBS documentary called *Ghosts of Machu Picchu*, which can be viewed online. The fact that the original usage of the Machu Picchu site remains debated is a great discussion point for kids. Teaching kids some basic Spanish words and phrases can also be a great introduction to a foreign language.

Stay in a large, full-service hotel

Budget travel is important with kids, but spending more on a luxury or full-service

hotel can provide a lot of resources. Many large, four- and five-star properties even offer complete kids packages with local activities just for the little ones. The [Inkaterra Machu Picchu Pueblo Hotel](#) has a whole kids program, ranging from kid-friendly excursions to an explorer gift pack on check-in.

Consider a group tour

Peru is a popular destination for group tours and this is always an easier option for families. A well planned and executed group tour can be a pleasure, even with kids. My son went on a 12-day excursion called [Peruvian Legends](#) with Gate 1 Travel, taking him throughout the country. He had visited Peru as a solo traveler before and was very impressed with the thoroughness of the itinerary and the careful advance planning. Hotels, tours, meals, everything was included, for a price almost the same as assembling a similar journey himself. A group tour can allow parents to leave the logistics to someone else and simply enjoy the experience with their kids.

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