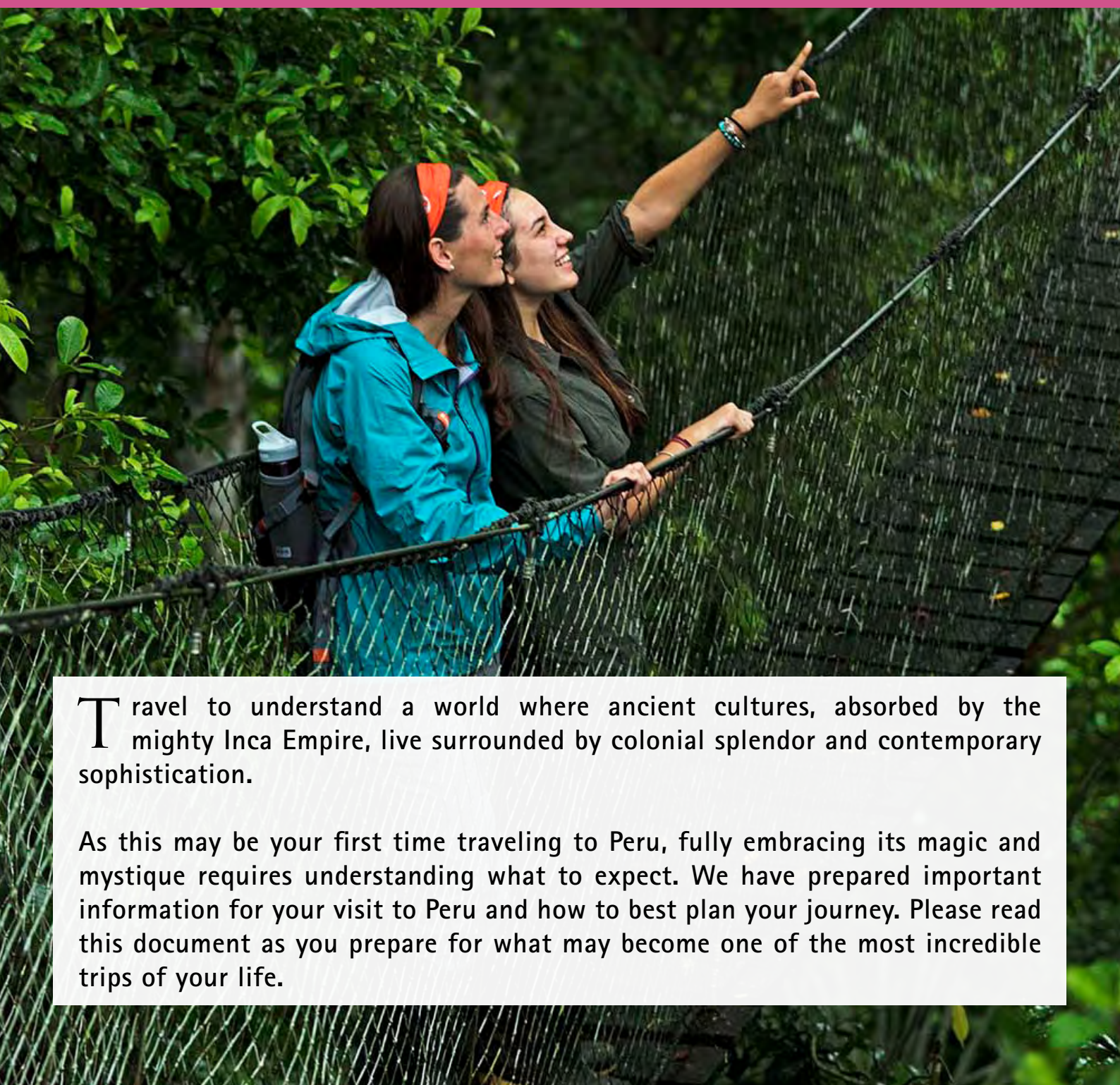


# TRAVEL RECOMMENDATIONS



Travel to understand a world where ancient cultures, absorbed by the mighty Inca Empire, live surrounded by colonial splendor and contemporary sophistication.

As this may be your first time traveling to Peru, fully embracing its magic and mystique requires understanding what to expect. We have prepared important information for your visit to Peru and how to best plan your journey. Please read this document as you prepare for what may become one of the most incredible trips of your life.

## LANGUAGE

In Peru, the official language is Spanish, spoken by the majority of the population. Quechua, widely used in the highlands and Andean regions, and Aymara, spoken in the Puno highlands, are also recognized as official languages. In Amazonian native communities, ancestral languages such as Ese'ejá, Matsigenka, and Harakbut, among others, are still preserved. For travelers, it is possible to communicate in English with tourism service providers, including guides, travel agencies, and staff at 3- to 5-star hotels, as well as lodges and excursion operators.

## CURRENCY / CREDIT CARDS / EXCHANGE RATE

Peru's official currency is the Sol (S/. or PEN), divided into 100 céntimos. Banknotes in circulation are 10, 20, 50, 100, and 200 soles, and coins include 1, 2, and 5 soles, as well as 10, 20, and 50 céntimos. While the US dollar is widely accepted in hotels (usually only for smaller amounts), restaurants, and stores in major cities, it is recommended to use soles.

The most commonly accepted credit cards are Visa, MasterCard, American Express, and Diners Club. However, not all businesses accept them—especially in rural areas—so we recommend carrying cash in soles. At Inkaterra, credit card payments are accepted.

Currency exchange houses, usually located in city centers and near ATMs, tend to offer better exchange rates than banks or hotels. At the airport, there is a currency exchange office on the first floor and ATMs on the second floor. If you still have soles at the end of your trip, you may exchange them back to dollars before your international flight. For updated exchange rates, visit [www.xe.com/ucc](http://www.xe.com/ucc).

## COMMUNICATION / TELEPHONE / WI-FI

When making international calls from Peru, dial:  
**00 + country code + city code + phone number.**

For national calls:  
**0 + city code + phone number.**

Most hotels in Peru offer internet access and Wi-Fi, making it easy to stay connected via WhatsApp.

All our **hotels in Cusco** provide Wi-Fi and good mobile data coverage. Our **Amazon lodges** have limited landline service and no mobile phone signal. Inkaterra Reserva Amazónica does not have internet access; at Hacienda Concepción & Amazon Field Station by Inkaterra Wi-Fi is limited. In case of emergencies, the guest services area can communicate with the city office via radio.



## ELECTRICITY / VOLTAGE

The standard voltage in Peru is 220 volts. Most 4- and 5-star hotels offer 110-volt outlets (most electronic devices are compatible with voltages ranging from 110 to 220 volts). Outlets are typically located in hotel bathrooms or near the beds, and some hotels (though not all) offer portable transformers (upon request).

If you need adapters or voltage converters, you can request them at the front desk. Below are the types of plugs you may encounter in Peru:



Plug  
type A



Plug  
type B



Plug  
type C

## SAFETY

We recommend taking care of your personal belongings, just as you would in any cosmopolitan area—especially in tourist zones and markets. Learning a few basic phrases in Spanish before your trip can help you appear as a more aware and confident traveler. We suggest the following safety precautions:

- Ensure your passport is valid for at least 6 months prior to travel.
- Make copies of your passport, hotel reservations and flight tickets.
- Store your original travel documents (passport, tickets, hotel reservations, etc.) in the hotel safe and carry only photocopies. **IMPORTANT:** Please note that the original passport or ID is required to enter the Machu Picchu citadel.
- Get informed about unsafe areas and avoid visiting them, especially at night.
- Exchange money only at banks, currency exchange offices, or at your hotel. Avoid doing so in public or visible areas.
- While there is no direct threat to travelers, remain alert for pickpockets, particularly in crowded places such as airports, markets, and tourist attractions.

## Machu Picchu, Cusco



## ACCLIMATIZATION

Acclimatization is the process by which the body adapts to the lower concentration of oxygen at high altitudes. Since Peru has regions at varying elevations, it is recommended to visit lower-altitude destinations first before ascending to higher ones. This process may take a few days, during which the body gradually adjusts to reduced oxygen levels, improving its ability to adapt.

## ALTITUDE SICKNESS PREVENTION

Altitude sickness, or soroche, is caused by the lower air pressure at elevations above 2,400 meters (8,000 feet). Cusco is located at 3,300 meters (10,800 feet). The main symptoms include headache, nausea, and dizziness, and they usually occur when ascending too quickly. To prevent altitude sickness, avoid overeating before travel, rest upon arrival, limit physical activity on the first day, avoid alcohol, and stay well hydrated.

## HEALTH AND PREVENTION DURING YOUR TRIP

To avoid health issues during your trip, be especially cautious with food and water. It is recommended to drink only bottled or boiled water and to avoid raw, exotic, or street vendor foods. If you require medical assistance, please contact the hotel reception. Hospitals and clinics in Lima and other major cities offer adequate services and can coordinate directly with your health or travel insurance provider.

While no vaccinations are required to enter Peru, it is strongly advisable to consult your doctor before traveling, especially if you plan to visit the Amazon. The U.S. Travel Advisory recommends yellow fever vaccination and preventive malaria medication for those traveling to the jungle. Please consult your physician before your trip. No cases of malaria or yellow fever have been reported at our hotels or lodges.

In the case of Machu Picchu, it is important to consider that the sanctuary features uneven paths, steep staircases, and significant elevation changes. Visitors are advised to be in good physical condition and take precautions regarding altitude sickness or other common discomforts in the area. The site is not accessible for wheelchair users or those with reduced mobility due to the terrain and structure of the location. Some excursions may also involve ascending to higher altitudes. We recommend consulting your physician before the trip and taking the necessary measures to ensure a safe and enjoyable experience.

For added peace of mind, we suggest purchasing travel insurance that covers medical emergencies, cancellations, lost luggage, or other unforeseen events.



## INFORMATION FOR SMOKERS

According to Peruvian law (Law 25357 and Law 32159), smoking tobacco and using vapes or electronic cigarettes is prohibited in enclosed public spaces, such as restaurants, bars, hotels, airports, train and bus stations, as well as inside public buildings and passenger transportation vehicles or airplanes.

## WEATHER AND RECOMMENDED PACKING

Weather in Peru varies by region:

**Coast:** Warm and sunny in the north, while Lima and the central coast are humid year-round.

**Andes:** Rainy season runs from November to March. Temperatures drop significantly at night, so warm clothing is recommended.

**Rainforest:** Hot and tropical, with daytime temperatures around 30°C (86°F). However, during the *friaje* (cold front), nighttime temperatures can drop to around 15°C (59°F).

For updated information, check the weather forecast at [espanol.weather.com](https://espanol.weather.com).

## SUGGESTED PACKING LIST

Weather in Peru varies depending on altitude and season, so it's recommended to check the forecast before traveling. We suggest bringing comfortable clothing and appropriate walking shoes. In Lima, a more elegant outfit may be suitable for certain occasions or restaurants. It is recommended to bring:

### Clothing

- Light, comfortable clothing for the day and warm layers for the evening.
- Walking shoes or boots
- Rain jacket or waterproof coat

### Accessories and Gear

- Daypack or small carry-on for excursions
- Hat or cap
- Sunglasses
- Walking stick (if needed)
- Binoculars and a water bottle

### Medications and Essentials

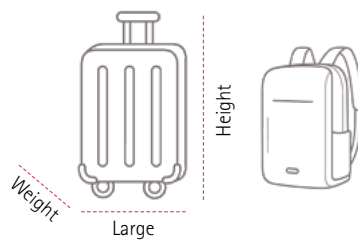
- Basic medicine or a small first-aid kit (pain relievers, adhesive bandages, cotton, alcohol)
- Sunscreen and lip balm
- Insect repellent
- Wet wipes or hand sanitizer

## LUGGAGE DIMENSIONS AND WEIGHT INFORMATION

Before traveling, check your airline's baggage restrictions regarding weight and number of pieces allowed. As a general reference, many airlines operating within Peru allow up to **23 kg (50 lbs)** for checked baggage and up to **10 kg (22 lbs)** for carry-on luggage. If your itinerary includes multiple destinations, we recommend packing light and bringing only the essentials for greater convenience.

### Train baggage limits to Machu Picchu

If you're traveling to Machu Picchu by train with **Peru Rail** or **Inca Rail**, please note that only one piece of hand luggage per passenger is allowed, with the following limits:

|                                     |                                                                                                                                                                         |
|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Maximum weight:</b>              | 8 kg (17 lbs)                                                                                                                                                           |
| <b>Maximum dimensions:</b>          | <p><b>Peru Rail:</b> Total of 157 cm (62 in), combining height + length + width</p> <p><b>Inca Rail:</b> Total of 118 cm (46 in), combining height + length + width</p> |
| <b>Hand luggage allow on board:</b> | <p>suitcase, backpack, bag, briefcase</p>                                          |

Due to these limitations, it is recommended to travel with light luggage containing only the essentials for greater comfort. Límites de equipaje en la Amazonía

### Baggage Limits to Amazon Lodges

If you are staying at **Inkaterra Reserva Amazónica**, **Inkaterra Hacienda Concepción**, or **Amazon Field Station by Inkaterra**, we recommend packing only the essentials in your carry-on for your stay. Due to space and weight restrictions on the boat, each guest is allowed a maximum of **10 kg (22 lbs)**.

If you need to store additional luggage, you may do so at our Puerto Maldonado office for a fee of **US\$35 per piece (up to 23 kg / 50 lbs)**.



Chincheros, Valle Sagrado de los Incas

## INFORMATIONAL MATERIAL

In addition to the information available on our website, [www.inkaterra.com](http://www.inkaterra.com), we have curated a selection of books and links that may be of interest:

### BOOKS – PERU

- MacQuarrie, Kim. *The Last Days of the Incas*
- Cáceres Macedo, Justo. *Prehispanic Cultures of Peru*
- Prescott, W.H. *History of the Conquest of Peru*
- Davies, Nigel. *The Ancient Kingdoms of Peru*

### BOOKS – ANDES AND PERUVIAN COAST

- Bingham, Hiram. *Lost City of the Incas*
- Wright, Ruth M. & Valencia Zegarra, Alfredo. *The Machu Picchu Guidebook: A Self-Guided Tour*
- Thomson, Hugh. *The White Rock: An Exploration of the Inca Heartland*

### BOOKS – PERUVIAN AMAZON

- Bright, Michael. *Andes to Amazon: A Guide to Wild South America*
- Blassi, Jordi. *Where the Andes Meet the Amazon*
- Herzog, Werner. *Conquest of the Useless: Reflections from the Making of Fitzcarraldo*

### LINKS

#### TRAVEL'S GUIDES:

[Official Portal of the Peru Brand](#)

[Lonely Planet](#)

[Frommer's](#)

[Inter-knowledge](#)

[Country Watch](#)



Tambopata, Madre de Dios

## ABOUT CUSCO:

[FROMMERS - Cusco Travel Guide](#)

[TRAVEL + LEISURE: How to Travel to Machu Picchu](#)

[JORDAN GASSNER – Cusco Travel Guide: A Complete look at a high altitude city](#)

[SALKANTAY TREKKING: Cusco Travel Guide: Tips and Recommendations for your Trip](#)

## ABOUT PUERTO MALDONADO:

[IZI PERU: Guía de Viaje completa de Puerto Maldonado](#)

[JORDAN GASSNER: Exploring Puerto Maldonado in the Amazon](#)

[THE GUARDIAN: Where Peru's wild things are](#)

## GASTRONOMIC AND LEISURE RECOMMENDATIONS

[Experience Perú: Gastronomy, Culture, and Style | Lima](#)

[Experience Perú: Gastronomy, Culture, and Style | Cusco](#)

[Experience Perú: Gastronomy, Culture, and Style | Valle Sagrado](#)

[Experience Perú: Gastronomy, Culture, and Style | Arequipa](#)

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EXPERIENCES

[www.inkaterra.com](http://www.inkaterra.com)