



EXPERIENCES

TRAVEL RECOMMENDATIONS





Travel to understand a world where ancient cultures absorbed by a vast Inca empire, live on surrounded by colonial splendor and contemporary sophistication.

As this may be your first time in Peru, in order to fully capture its magic and mystique, you need to understand what to expect, we have prepared important information for your visit to Peru and how to organize for your journey. Please read this as you get ready for what will be one of the most amazing trips of your life.

LANGUAGE

The official languages are Spanish (80% of the population), Quechua (Andean and highland regions), and Aymara (in the Puno high plateau). It is possible to communicate in English with tourist service workers such as tour guides, travel agency employees and 3 to 5-star hotel staff.

CURRENCY / CREDIT CARDS / FOREIGN EXCHANGE

Peru's currency is the Sol (S/) or Soles (in plural). At the airport, try the Exchange House located on the first floor close to the national arrivals area. If at the end of your trip you still have some Soles you may change this back to US\$ at the airport also just before your international flight. If you need to get money from cash machines (ATM) you will find these on the second floor. One Sol is broken down into 100 centimos (cents). Bank notes currently circulating include 10, 20, 50, 100 and 200 Soles, while there are coins for 1, 2 and 5 Soles and 1, 5, 10, 20 and 50 cents.

Peru is typical of many South American countries that effectively operates a dual currency system where the American Dollar has purchasing power. Both the US Dollar and the Peruvian Sol are in circulation and although the government prefers people to use Soles, most sizeable purchases are made in dollars. The Sol is perfectly stable so you don't have to worry about inflation problems during your stay.

In the provinces, credit card facilities may be limited only to major establishments. Travelers' cheques may also be difficult to exchange, thus travelers are advised to have cash (in Soles) on hand as foreign currency exchange is limited. Automated Teller Machines (ATMs) are mostly available only in the main cities. To check currency conversion, go to www.xe.com/ucc/

COMMUNICATION / TELEPHONE / INTERNET

Within Peru, when making international calls, dial 00 + country code + city code + telephone number. For inter-city calls: 0 + city code + telephone number. Public telephones only accept coins. When calling from a cellphone to a local landline, dial 01 + telephone number; and for calling other cellphones just dial the number directly.

Peru is well connected to the Internet with connections in most hotels, numerous internet booths (cabinas de internet) in cities and towns and WiFi available in major hotels.



POSTAL SERVICE

Post offices are located throughout all regions of the country though stamps are not easily found in small and remote towns. For more information, go to: www.serpost.com.pe

SECURITY

It is important that you take common sense precautions when visiting Peru, just like in any major destination in the world, such as taking extra care with your belongings in public places or avoiding deserted places at night. The following are recommended as precautionary measures:

- Get a copy of your passport, airplane tickets and credit cards.
- Leave all your travel documents (passport, tickets, hotel vouchers etc) in the hotel safety deposit box and take only photocopies with you.
- Know the unsafe areas of the city/destination and avoid visiting them, especially at night. If you must exchange money, do so in banks, authorized money changers and exchange bureaus, or in your hotel. Avoid doing this in plain sight. It may not necessarily be an immediate threat to you, but you should always be watching out for pick pockets and thieves especially in crowded places such as busy avenues, airports, markets and tourist sites.
- Try to learn a few key phrases in Spanish before you go to help yourself get by.



ACCLIMATIZATION

Acclimatization is the process of the body adjusting to the decreased availability of oxygen at high altitudes. Considering varying altitudes of destinations in Peru, travelers must try to go first to the lower ones before ascending to higher altitude cities. It is a slow process that could take place over a couple of days. Given enough time, your body will adapt to the decrease in oxygen at a specific altitude.

ALTITUDE SICKNESS PREVENTION

Altitude sickness, also known as acute mountain sickness (AMS) or *soroche* is a pathological condition that is caused by acute exposure to low air pressure usually above 2,400 meters (approximately 8,000 feet). The main cause of altitude sickness is going too high too quickly.

Before your travel to a high altitude destination, avoid eating too much, especially on your arrival day. If you stay at a high altitude, rest. Limit any activity until you get used to the altitude. You can explore the area, but take it easy, especially on the first day. Drink plenty of water and avoid taking alcoholic beverages.

HEALTH / MEDICAL / TRAVELERS COMMON ILLNESS

To keep from getting gastrointestinal infections or avoiding travelers' diarrhea, we recommend you take care when eating raw or exotic foods. Drink bottled or boiled water and do not eat food/beverages from street vendors / hawkers. Doctors or medical assistance may be contacted through hotel reception. Hospitals and clinics provide adequate services, especially in Lima and the other main cities, and can contact health care insurance directly.

It is recommended to buy a travel insurance to provide you general coverage in case of emergency or medical expenses, trip cancellation/interruption, lost tickets, baggage damage, etc. This way, for any unforeseen event or circumstances, you have an insurance to fall back on.

VACCINATIONS AND / OR MEDICATIONS

Although no vaccinations are officially required, visitors are advised to take precautions, especially if traveling to Amazonian regions. Consult your doctor before traveling.

WATER

Drinkable water is limited in some areas. It is recommended to drink bottled water only and do not buy from street vendors or hawkers.

SMOKING

By law (Ley 25357), smoking is generally prohibited in enclosed public areas or inside buildings. Also it is not allowed inside vehicles or airplanes.



ELECTRICITY / VOLTAGE

The common voltage in the country is 220 volts. Most 4 and 5-star hotels have outlets equipped for 110 volts, (most electric devices have adjustable voltages from 110 to 240 v). Most sockets are found inside hotel bathrooms, while others, but not all, lend portable electric converters.

WEATHER

The Peruvian Coast is hot and sunny (northern area) or very humid (raw or damp, in Lima). When traveling to the Peruvian Andes, one should expect rain between November and March.

Temperatures drop dramatically at night, thus one should always prepare warm clothes or jackets.

The Peruvian Jungle is also hot, with a tropical climate, however certain times of the year, the jungle experiences "*friaje*" or cold front. It has daily temperatures averaging the 30°C and night temperatures could drop to cold 15°. For more accurate information, please advise check respective Peru destination weather forecast in: www.weather.com

LUGGAGE / BAGGAGE LIMIT

Please know the baggage limit, number of pieces and weight allowed by the airline to your destination. The baggage allowance of most domestic airlines is usually max. 23 kilos. In case of multiple destinations, it is advisable to travel light and bring only the essentials.

If you are going to Machu Picchu, please take note that train companies, Peru Rail and Inca Rail have imposed luggage limitation on the train to Machu Picchu Pueblo.

There is maximum hand-carried allowance of only 5 kilos /11 lbs. and measuring not more than 62 inches /157 cm (height, length & width) per passenger. Your heavier and bigger baggage may be left for storage at Peru Rail's Luggage Storage only in Ollantaytambo Train Station at US\$5.00 / day.

If you are going to Inkaterra Reserva Amazonica, Inkaterra Hacienda Concepcion, or Amazon Field Station byInkaterra due to weight and space limitations on the boat, passenger luggage is limited to 10 kg. (22 lbs.) per person.



SUGGESTED LUGGAGE

Know the weather forecast and the suggested packing list of your destination/s in order to prepare the required appropriate clothing, foot wear, accessories, toiletries and sanitary kit. The weather varies dramatically depending upon elevation and season. Comfortable clothing and hiking shoes is the rule and fancy clothes are not necessary, though proper attire may be suggested for evenings out or formal occasions when in Lima.

This list contains almost all items that could be useful during your trip to Peru. Some of the items listed below may not be necessary, depending on the destinations.

CLOTHING:

- Comfortable clothes
- Warm socks
- Layers of clothing to be prepared for hot days and cold nights
- Hiking boots or shoes
- Raincoat or jacket

LUGGAGE AND ACCESSORIES:

- Back pack or hand carry tote for day tours
- Sunglasses
- Walking stick (optional)

MEDICINE AND OTHER SANITARY ITEMS:

- Basic medicine or first aid kit (minor aches pills, band aids, cotton, alcohol)
- Sun screen lotion and lip balm
- Insect repellent
- Baby wipes/Wet tissues. Another option is to carry anti-bacterial gel.



SUGGESTED READINGS

For those who are interested in learning more about Peru, we have compiled a suggested reading list:

TRAVEL GUIDES

- Lonely Planet: www.lonelyplanet.com
- Frommer's: www.frommers.com

BOOKS – PERU

- MacQuarrie, Kim. The last day of the Incas.
- Cáceres Macedo, Justo. Prehispanic Cultures of Peru.
- Prescott, W.H. History of the Conquest of Peru.
- Nigel, Davies. The ancient Kingdoms of Peru.
- Man, Charles C. 1491: New Revelations of the Americas Before Columbus.
- Humphreys, Alastair. Thunder & Sunshine.

BOOKS – PERUVIAN COAST & ANDES

- 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.
- Jacobs, Michael. Andes.

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.

USEFUL LINKS

In addition to the information available on our website: www.inkaterra.com we have also selected a list of links that may be of interest:

DESTINATION INFORMATION:

On General Travel:

- Inter-knowledge: www.geographia.com/peru

On Peru:

- Peru Travel: <https://www.peru.travel/en>

Maps and Complementary Info:

- Online World Atlas: www.maps.com

Passport and Embassy Information:

- US State Department: www.travel.state.gov/passport/passport_1738.html
- List of Embassies in Washington: www.embassy.org/embassies/



EXPERIENCES

CONTACT INFORMATION

Main Office

LIMA:

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PUERTO MALDONADO

Inkaterra Reserva Amazónica

Rio Madre de Dios Km. 15 - Tambopata

Phone +51 82 57 3534

Amazon Field Station byInkaterra

Rio Madre De Dios Km17, Tambopata

Phone +51 82 57 3534

Inkaterra Hacienda Concepción

Rio Madre de Dios, Km 7 - Tambopata

Phone +51 82 57 3534

CUSCO

Inkaterra La Casona

Plaza Las Nazarenas 113

Phone +51 84 23 4010

Fax +51 84 23 4188

MACHU PICCHU

Inkaterra Machu Picchu Pueblo Hotel

Aguas Calientes, Machu Picchu

Phone +51 84 211 122

El Mapi byInkaterra

Pachacútec 109, Aguas Calientes

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URUBAMBA

Inkaterra Hacienda Urubamba

Urubamba

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