



TRAVEL PLANNER

Peru—Dolce Tempo Journey in the Sacred Valley, Cusco & Machu Picchu



Easygoing Walking Tour • Premiere Hotels

YOUR TRIP AT A GLANCE

Thank you for taking the time to read through this important resource.

This Travel Planner contains detailed information about your Backroads itinerary, including what to expect while traveling, how to prepare for your active adventure and recommendations to support your travel plans before and after your trip.

We look forward to hosting you!



What to Know Before You Go

Detailed Itinerary & Daily Activities	4
Mileages/elevation, shuttles, on-your-own meals & more	
Where You'll Stay	8
Trip accommodation details	
Meet & Depart Info	9
Meeting your Trip Leaders, end-of-trip logistics & airport/transportation options	
Terrain Info & Getting Active Before Your Trip	11
More details about the landscapes you'll be exploring	
What to Expect	11
Leader gratuities, dinner attire, internet access & more	
Weather & Destination Details	14
Why it's great to pack layers & how to arrive prepared	
Travel Documents & More	17
Passport info, entry requirements & policy reminders	
Hotel Recommendations	19
Local hotels to consider for pre- or post-trip travel	
Extending Your Vacation	22
Traveling before or after your Backroads trip? Check out some nearby highlights	
Suggested Packing List	23
What to pack for your active adventure	

STRAIGHT TALK

We want to make sure you're on the right trip and that you have the best experience possible. Every Backroads trip is unique and this one is no exception.

Terrain & Trail Support

Our hikes through Peru's captivating, rugged terrain climb rocky and sometimes uneven paths, many of which are remote and do not intersect with roads. Vehicles will get us to and from the trail start and end points, but the nature of these trails is such that we often won't see our vans along the way. Ample trail support in the form of water, snacks and encouragement is provided by your Backroads Trip Leaders and local guides.

Hiking on Your Own

This trip has been designed to offer as many hiking options as possible. Since many of the trails are unmarked, we recommend that you hike in the company of a Backroads leader or one of our local support staff. On the few days when we're in national parks, regulations require you to hike accompanied by one of our certified park guides.

Air-Conditioning

Inkaterra Machu Picchu Pueblo Hotel is a Premiere Hotel. While it offers outstanding service and amenities, please note that it is not equipped with air-conditioning. Despite the region's generally temperate climate and cool nights, guestrooms can occasionally become warm during peak temperatures.

Day 1

Essential to Your Backroads Trip



Your passport information is required at the time of booking to secure train tickets; reservations can be kept on hold for up to three days while you collect this information. If your passport information changes between booking and traveling, please ensure you travel with both passports or a photocopy of your expired passport.

Meeting Time: 8:30 a.m.

Meeting Location: Belmond Hotel Monasterio (+51-84-604-000), located at Calle Plazoleta Nazarenas 337 in Cusco, Peru

Additional Details: Meet your Backroads Trip Leaders (the folks in Backroads apparel) in the hotel's central courtyard.

Since most of our activities take place between 8,000-12,000 feet above sea level, we highly recommend that you arrive in Cusco at least one full day before the trip starts to become better acclimated to the elevation; arriving any later may keep you from fully enjoying our planned activities.

Attire & Luggage: Please arrive dressed in your hiking clothes and bring your luggage and a daypack with your rain gear and anything else you may want for today's hike (your luggage will be transported to our first night's accommodations).

LATE TO THE TRIP START? See "Meet & Depart Information" for more information.

Shuttle to Maras Plateau 1½ Hours

Walking & Hiking Options:

3.2 Miles (200' elevation gain; 600' elevation loss)
6.7 Miles (300' gain; 1,800' loss)

¡Bienvenidos a Perú! After we meet in Cusco, you are whisked off in the shuttle to our first hiking adventure near the little town of Maras. Joined by an expert local guide, who will accompany us for much of our trip, we begin hiking through a rich agricultural valley spotted

with small pueblos. We are then welcomed into the home of our good friends to enjoy a traditional farm-to-table lunch—a meal to remember!

Afterward, we continue walking to the famous Inca salt pans (*salineras*). As you descend into the Urubamba Valley, feast your eyes upon the sight of this stunningly beautiful honeycomb of white-rimmed tiered pools. Fed by an underground spring, each salt-encrusted basin has been raked, scraped and harvested for centuries—these plots are passed down from generation to generation like family heirlooms.

We then shuttle to Sol y Luna Lodge & Spa, our hotel for the next two nights, located in the heart of the Sacred Valley midway between Cusco and Machu Picchu. Relax on the terrace of your private bungalow and admire views of the lush garden and surrounding mountains. Come evening, the hotel chef invites us to an exclusive pisco sour and cooking demonstration. Watch him prepare local delicacies and then sample the fare! *Lodging: Sol y Luna Lodge & Spa*



Day 2

Walking & Hiking Options:

1.2 Miles (200' elevation gain)

3.4 Miles (800')

Shuttle to Huilloc 30 Minutes

Cultural Visit in Huilloc 1½ Hours

Shuttle to Urubamba 1 Hour

The day begins with a quick drive to the outskirts of Ollantaytambo, a bustling town situated on the northern end of the Sacred Valley and home to the best surviving example of Inca city planning.

We start our hike along engineered Inca terraces and head into the town through its ancient gate. After a stroll along the narrow, well-worn cobblestone streets of Ollantaytambo, we leave town, follow a path that winds alongside the Patacancha River, and enjoy the sounds of rushing water and views of terraced mountainsides leading to our secluded picnic spot, where we savor market-fresh fare.

Following lunch, we shuttle to Huilloc, a small Quechua weaving community. Truly off the beaten path, Huilloc offers the rare opportunity to meet longtime local friends of Backroads, observe authentic rural Andean life and learn a bit about their unique mountain culture. (Please note that Backroads will donate supplies to the community on behalf of all our guests, and as a respectful gesture we allow the community to distribute the supplies after our visit.)

On the way back to the hotel feel free to join an optional visit to Pablo Seminario's ceramics workshop. Celebrated for his blend of pre-Inca and contemporary styles, Seminario's unique pieces can be found in museums worldwide, including the Field Museum in Chicago. If a little more downtime is what you're after, consider instead a spa treatment or just kicking back at the hotel. (Spa treatments are not included in the trip price. Advance reservations are recommended.)

Tonight, dinner is at your leisure, featuring "Neo-Andean" cuisine: a distinctive blend of Andean, Coastal Peruvian and international dishes. *Lodging: Sol y Luna Lodge & Spa*



Day 3

Ollantaytambo Archaeological Site Walk 1 Mile (100' elevation gain; 300' elevation loss)

Shuttle & Train to Aguas Calientes 2 Hours

A quick shuttle this morning brings us back to remarkable Ollantaytambo, where we start the day with an interpretive visit to the impressive Inca temple which looms above town. After we leave the site, we head to visit a local ecological farm where we learn about an alternative school and reforestation efforts. Following these explorations a traditional Andean meal awaits us for lunch, all cooked in a *pachamanca* or underground oven.

This afternoon we catch a train to Aguas Calientes, enjoying spectacular views and appreciating changes in vegetation as we lose altitude, descending into the jungle. When we arrive, a short walk through this bustling pedestrian-only town leads us to our serene retreat: Inkaterra Machu Picchu Pueblo Hotel, a carbon-neutral and green-friendly resort nestled into a verdant hillside above the roaring Urubamba River. Tonight dinner is at your leisure at the hotel. *Lodging: Inkaterra Machu Picchu Pueblo Hotel*

Day 4

Morning Nature Walk 1½ Hours

Shuttle to Machu Picchu 1 Hour Round-Trip

Afternoon Machu Picchu Guided Walk Half Day

Today after breakfast join us for a morning walk around the hotel grounds with a naturalist, learning about the local orchids, birds and on-site tea plantation. Or feel free to sleep in and have a leisurely morning: opt to pamper yourself with a morning spa treatment, shop for souvenirs at the artisan market just steps from our hotel or put your feet up poolside.

Late morning, we head up the zigzag road on the Machu Picchu shuttle bus. Then we're off on our afternoon guided walking tour of Machu Picchu. Walking through the ruins, learn about the history of this magnificent site. As you admire the intricate architecture, relish incredible views and explore highlights, a local expert provides insight into the astrological designs created by the sun-worshipping Inca, the exquisite stonework of the temples and other structures, plus the fascinating story of Machu Picchu's re-discovery.

Afterward, take one of the regularly scheduled buses back to Aguas Calientes to return to the hotel. Head into town tonight for dinner at a Machu Picchu favorite. *Lodging: Inkaterra Machu Picchu Pueblo Hotel*



Day 5

Train & Shuttle to Cusco 4 Hours

Cusco Walking Tour Half Day

This morning we board an early train for one last scenic ride through the Sacred Valley, passing awe-inspiring 18,600-foot Mount Veronica. Arriving in Ollantaytambo, we hop on a van for the remainder of our journey back to Cusco. Next, we head out on a stroll through the charming San Blas neighborhood to reach our lunch spot, Pachapapa, which is modeled after a typical open-air quinta, with wooden tables scattered around a large patio, and offers a menu with culinary influences from all over Peru.

Once the center of the pre-Columbian Inca Empire, Cusco was transformed by Spanish conquistadors in the 16th century. Today it's a fascinating blend of old and new. Inca and colonial architecture are juxtaposed throughout the town, and most residents speak two or three languages: Quechua, Spanish and sometimes English.

As we make our way along narrow streets flanked by centuries-old Inca walls, our local guide enhances our discovery of two of the most fascinating sites in town: Coricancha, one of Cusco's main Inca temples, now with a colonial church built atop it; and the main cathedral, a grand building filled with artwork blending Spanish and Andean influences. Stop for a moment and do some people-watching in the Plaza de Armas, the town's central square and a hub of activity for travelers and locals alike.

Late afternoon, if you have more energy to spend after the tour, explore shops in the heart of Cusco's historical center, in town just steps away from Belmond Hotel Monasterio, our intimate hotel set between walls of Inca stone. Guide yourself (with an audio guide or English-written signs) through the Museum of Pre-Columbian Art—a unique experience transporting back 3000 years, among ceramic, silver and gold pieces expressing the creative spirit of the women and men who preceded and gave rise to the Inca Empire. Entrance fees are taken care of; just tell staff you are with Backroads. If you prefer, go straight to the hotel to relax by the pool or enjoy the spa before hitting the cobblestoned streets later for dinner on

your own. Of course, your Backroads Trip Leaders are happy to recommend some of our favorites. *Lodging: Belmond Hotel Monasterio*

Day 6

Walking & Hiking Options:

2.9 Miles (200' elevation gain; 700' elevation loss)

8.2 Miles (600' gain; 1,800' loss)

8.6 Miles (600' gain; 2,200' loss)

Start the day with our hotel's bountiful breakfast. Fueled up and ready to go, we shuttle a short distance to the ceremonial site of Tambomachay, featuring aqueducts, fountains and terraces. We start our hike here, climbing gradually and passing through a Quechua village to reach the highest point of our trip (12,600 feet). The rest of today's route is mostly downhill, unveiling stunning views of Cusco Valley. We stop for a picnic lunch, then continue walking toward Saqsayhuamán. Overlooking Cusco, this extraordinary fortress of massive stone blocks was used for religious and military purposes and ranks as one of the most impressive sites in all of South America.

Back in Cusco, spend the rest of the afternoon relaxing at the hotel, browse shops for handicrafts or check out the action in the Plaza de Armas. This evening, we head to a fabulous Cusco restaurant to toast our memorable journey and share stories of the week's adventures over dinner. *Lodging: Belmond Hotel Monasterio*

Day 7

Market Discovery Walk in Cusco 2 Hours

Enjoy a leisurely morning relaxing over breakfast or join us for a walk to Cusco's central market, famous for exotic fruit drinks and an amazing array of local products, produce and artisan items. Our trip ends this morning at our Cusco hotel. Please see "Meet & Depart Information" for end-of-trip logistics.



KEEPING YOU UP TO DATE

We are always seeking opportunities to enhance this itinerary. We'll be certain to notify you of any important changes prior to departure; other changes may be communicated on trip by your leaders.

SHIFT GEARS

Our trips are designed to be flexible, giving you the freedom to experience the best of the region the way YOU want. Feel like you're ready to go, go, go? We can show you the way! Want some downtime or prefer to head out on your own? No problem!

Your Trip Leaders will make sure to tell you the best days to take time for yourself (if you want it) without feeling like you're missing out.

So feel free to shift gears and make it your day!

Where You'll Stay

Premiere Hotels



2 Nights

Sol y Luna Lodge & Spa

"An unpretentious but impeccably maintained lodge set in a wonderful garden surrounded by mountains," according to the *Hideaway Report*. A Relais & Châteaux member. (pool, spa) | Urubamba |

www.hotelsolyluna.com | +51-84-60-8930

2 Nights (Pictured)

Inkaterra Machu Picchu Pueblo Hotel

This hotel with Andean-style casitas is just minutes from the ruins of Machu Picchu. *Travel + Leisure* World's Best. (pool, spa) | Aguas Calientes |

www.inkaterra.com | +51-16-10-0400

2 Nights

Belmond Hotel Monasterio

"An outstanding property housed within a converted 16th-century monastery situated just a short stroll from the Plaza de Armas," says Andrew Harper. *Travel + Leisure* World's Best. | Cusco |

www.belmond.com | +51-84-60-4000

Meet & Depart Info

All prices are in US dollars and subject to change.

Meeting Time & Location

Meeting Time: 8:30 a.m.

Meeting Location: Belmond Hotel Monasterio (+51-84-604-000), located at Calle Plazoleta Nazarenas 337 in Cusco, Peru

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Attire & Luggage: Please arrive dressed in your hiking clothes and bring your luggage and a daypack with your rain gear and anything else you may want for today's hike (your luggage will be transported to our first night's accommodations).

Arriving Late to the Trip Start?

If you have a delay or emergency on the day your trip starts and need to contact Backroads, please email your Trip Leaders (you'll receive an email 48 hours prior to the trip start with their contact info) or call the Backroads office at 800-462-2848 (domestic) or 510-527-1555 (international).

If you're unable to meet the group in Cusco, please call Belmond Hotel Monasterio and leave a message for your leaders, letting them know when you plan to arrive.

Conclusion of the Trip

Trip End Time: 11 a.m.

Trip End Location: Belmond Hotel Monasterio (+51-84-604-000), located at Calle Plazoleta Nazarenas 337 in Cusco, Peru

Additional Details: If you plan to fly out of Cusco today,

we recommend you book your flight for no earlier than 1:30 p.m. Earlier flight times can be accommodated, though you may have to opt out of part or all of our morning activity.

Your Backroads leaders and the hotel staff can help you arrange a taxi to the airport to correspond with your flight time (not included in the trip price). Taxi service from the hotel to the Cusco airport costs about \$10; the hotel's private car service costs around \$30.

Flight Arrangements

This trip starts and ends in Cusco, Peru. We recommend that you fly into Jorge Chávez International Airport in Lima, Peru (airport code: LIM; www.lima-airport.com), then catch a 90-minute connecting flight to Alejandro Velasco Astete International Airport in Cusco (CUZ). You may need to purchase tickets for these flights separately. Airlines flying to Lima include American, LATAM, United, Copa, JetBlue and Delta. Airlines flying to Cusco include LATAM, Avianca, Star Peru and Peruvian Airlines.

Depending on your flight schedule, you may need to stay overnight in Lima before catching your connection to Cusco. We recommend booking a flight into Cusco that arrives prior to 10 a.m.; we've found that earlier flights are generally subject to fewer delays from afternoon weather in the mountains. We also recommend reconfirming your Lima-Cusco flight before you depart.

Please be aware that all passengers arriving in Lima, even those continuing on to a connecting flight (regardless of the airline), need to collect their baggage in Jorge Chávez International Airport and pass through customs. Luggage will not be automatically transferred to the domestic flight, even if the tags indicate a final destination other than Lima. If you are connecting to a flight elsewhere in Peru (such as Cusco) on the same day as your arrival in-country, **you'll need to pass through customs and then head to the Departures zone and re-check your luggage. This may require you to exit and re-enter the airport building.** For this reason, we strongly recommend you allow a connection time of at least **2½ hours** in Lima airport between any two flights.

For help arranging air transportation to and from your Backroads trip, please work with your own travel advisor, or you may work with our preferred travel

agency. Their professional expert travel advisors are ready to assist you with any of your travel needs. Please note that they are an independent travel agency and consulting and ticketing fees may apply, based on the services requested. Simply ask your Backroads Trip Consultant to connect you! You can also book directly with the airline or through a travel website.

When to Book Flights

Please note that trip start and end locations are subject to change and can vary by departure. **Do not schedule your flights until your reservation is confirmed.**

Departing Early or Extending your Stay in Peru

If you opt to depart early or stay in Peru beyond your Backroads trip, please be aware that you are responsible for coordinating your own transportation to connect with your departing flight. For assistance with making these arrangements, we recommend contacting Inkaterra Machu Picchu Pueblo Hotel's travel consultants:

- www.inkaterra.com
- **Email:** sales@inkaterra.com
- **From the US:** 866-242-2889 or 800-442-5042
- **From Canada:** 855-409-1456 or 800-442-5042
- **From Peru:** +51-1-610-0400

They can provide pre- or post-trip transport services, train tickets and activities in Cusco, Lima or Puerto Maldonado. (Please note that there is a flat per-person fee for any train ticket reservations and they quote custom activities and services depending upon the request.)

Ground Transportation in Cusco

Taxi service from the Cusco airport to our meeting location costs about \$10. Another option is to call the hotel for shuttle service when you arrive at the airport (approximately \$30).

PRICES & SCHEDULES

All prices and schedules were current at the time of printing, but are subject to change at any time.



Terrain Info & Getting Active Before Your Trip

Our walking activities allow you to leisurely explore local hidden gems and to get away from the crowds, experiencing the essence of your location on your own terms and at your own pace. Our easygoing daily routes typically include 2-3 hours of walking per day, approximately 2-7 miles. Your trip is fully supported with dedicated Trip Leaders, vans, meticulously selected routes and downloadable GPS files available for use on your own device.

NAVIGATION OPTIONS ON THIS TRIP

Downloadable GPS files available for use on your own device—log into your account at [Backroads.com](https://www.backroads.com) 2 weeks before your trip for more details.

Route & Terrain Notes

The terrain on this trip includes walking routes with a mix of village and archaeological site walks, Inca stone and trails and hard-packed dirt paths. Activities take place at elevations between 9,000 and 11,000 feet, which makes routes feel more challenging than the mileage may suggest.

What to Expect

Backroads On Trip App

Enjoy the convenience of your itinerary details in one place, including daily snapshots, routes, elevation profiles and more. We'll send you an email seven days before your trip starts with the link and code for your itinerary. We encourage you to download the app and the trip experience before you depart (your leaders can help you on trip if needed). Just search for "Backroads" in the Apple App Store or the Google Play Store.

Trip Leaders

Each of your Trip Leaders plays many roles during your vacation: guide, host, caretaker, naturalist, chef, historian, trouble-shooter, interpreter. These remarkable individuals have highly developed instincts for making people comfortable, for seamlessly handling the logistics of travel and for successfully navigating a wide range of unexpected situations. They're passionately committed to ensuring you enjoy an exceptional vacation—smooth, flexible and tailored to your needs. According to past guests, the caliber of our leaders is what sets Backroads apart from all other travel companies. With their knowledge, professionalism, enthusiasm and service ethic, they're the number-one reason people return to travel with us again and again. We look forward to having you meet them.

A Word about Gratuities

We think our leaders are unparalleled at what they do—you be the judge.

Gratuities for most services during your trip are included in the price, including all tips for local support staff (guides and drivers). While we've thought about including a Trip Leader tip as part of the overall trip cost, we acknowledge that gratuities are often customary as a way to recognize excellent service on a more personal level.

We offer specific Trip Leader tip recommendations because our guests have consistently asked for them.

Our recommended gratuity for this trip is \$230 per guest.

While cash gratuities are always preferred, PayPal is another available option. If you prefer to tip via the PayPal app or website, please note that your account must be set up prior to departing the US. At the beginning of the trip you'll receive a contact list with your leaders' email addresses, which also serve as their PayPal IDs. Regardless of the number of leaders on your trip, you can pay the full amount to any one of them. All gratuities are then divided among your leaders.

When traveling on your own in Peru, it is customary to tip the waiter an additional 5–10 percent, depending on the service and the quality of the meal.

Accommodations

All rooms have private baths. Single room availability is limited on this trip.

Cell Service & Internet Access

Cell phone and data service is limited in some of the locations we visit on this trip. Internet access is available at all of our hotels, although the connection may be slower than ideal.

Meals

Food is an important part of the Backroads experience. For lunch we look for the best way to capture the essence of the region. It may be a Backroads Grand Picnic, when your Trip Leaders prepare the freshest and healthiest local fare at a carefully chosen setting along the day's route; a boxed lunch; a packed lunch; a meal together at a favorite restaurant; or the opportunity to have lunch on your own.

Our dinners feature regional specialties, including "New Andean" cuisine, a distinctive blend of Andean, coastal Peruvian and international dishes.

All breakfasts, six lunches and five dinners are included in the trip price. One dinner is on your own.

Be aware that vegetarian/vegan, gluten-free, kosher and low-carb dishes are not always available. If you have special dietary requirements, please indicate them in your Backroads Account. Your Trip Consultant will pass on the information to your Trip Leaders. Alcoholic beverages at meals are not included in the trip price, unless otherwise noted.

Recommended Dinner Attire

Restaurants on this trip are casual. You'll feel comfortable wearing anything from jeans and T-shirts to slacks and dressier shirts.

Laundry

Laundry service is available at all the hotels on this trip. You will find it much more convenient to have a few items washed en route than to bring an excess amount of clothing. However, laundry service can be expensive so be sure to inquire about pricing.

Backpacks & Hiking Poles in Machu Picchu

Backpacks brought into Machu Picchu should be no larger than approximately 1,220 cubic inches (20 liters). Hiking poles are tolerated inside the sanctuary only for people with a physical need for them. These rules are subject to change per national park regulations.

Luggage Restrictions

Because of official baggage restrictions on the train to and from Machu Picchu, luggage on those days must be limited to 22 pounds per person. On the evening before departing for Machu Picchu, your Backroads Trip Leaders will provide you with a duffel bag to repack only what you need for your time there as well as a packing list suggesting what to take, which you can also find in your Backroads On Trip App. The rest of your luggage and belongings will be transferred to and stored at the Cusco hotel, where they will be waiting for you when you check in. If you have any questions about this special arrangement, your leaders will be happy to help you.

Lost Luggage

On any flight, there is the possibility of lost or delayed luggage. Backroads believes that it's a great idea to take a small carry-on bag with enough clothing and supplies to last a day or two. Also be sure to bring with you any personal gear you deem indispensable on the trip. This way, in the event of lost or delayed luggage you won't have to spend time replacing essential items and miss activities while you wait for your bags to catch up. Please note that Backroads does not assume responsibility for any luggage lost, delayed or damaged during your trip.

Holiday Travel Considerations

If your trip is over a holiday or during the holiday season, be prepared for higher costs, increased traffic, larger crowds and slower service in many areas—these are popular times to travel in the region. We do our best to avoid the crowds when possible, which means that activity logistics and transportation times may vary.

Security

When traveling, there is always a possibility of theft. While you're enjoying the sights, remember to stay alert and always be aware of your immediate surroundings, especially in crowded locations and tourist areas. The best rule of thumb is to carry only the cash you need for the day, along with a copy of your passport, on your person and leave the rest in a locked safe in your room. If no safe is available, it's a good idea to keep your cash and passport in a money belt worn under your clothes. For more safety tips, refer to the Country Specific Information page on the US State Department's website at travel.state.gov.

Trip Guest List

During the trip, leaders will distribute a guest list that includes the names and contact information of everyone on the trip. If you do not want your contact information to appear on the guest list, please inform your Trip Consultant at least 30 days prior to the trip start.

Spa Treatments

Spa treatments are not included in the trip price. Advance reservations are recommended. Also, be sure to review the spa's cancellation policy to avoid any unexpected charges on your credit card.

Restrooms in Peru

Rest assured, our hotels are fully equipped to meet all your restroom needs. It's the countryside that can pose a challenge—for the most part you will not see public restrooms on our adventures through rural areas. Toiletries will be available for use in the great outdoors—the most convenient and hygienic restroom available to us. Just think of the view and fresh air!



GUEST PHOTO CONTEST

**Enter to win up to
\$5,000 in Backroads
Trip Credit!**

**\$250 in Backroads Trip Credit awarded to
75+ honorable mentions**

For rules go to backroads.com/photo-contest



Weather & Destination Details

Climate

May to October is the dry season—and winter—in the Peruvian highlands, and days are generally pleasant and sunny. From November through April, Peru's rainy season, the area is wetter and greener. These months are still a great time to experience Peru, but please be prepared for showers and possible itinerary and route changes due to wet trail conditions.

No matter what time of year, in this area you can experience all four seasons in a single day, so bringing high-quality breathable rain gear is a must. Don't forget a hat with a brim for protection from the sun, cold and rain. June, July and August are the coldest months, but the elevation can still make the sun feel intense, and sunburns can happen more easily at high elevation. During these months we recommend light long-sleeved shirts, while a shade hat remains essential.

Cusco

Average:	Jan	Feb	Mar	Apr	May	Jun
High °F	68	69	70	71	70	69
Low °F	45	45	44	40	35	33
Precip. inches	6.6	5.4	4.4	1.8	0.4	0.1
Average:	Jul	Aug	Sep	Oct	Nov	Dec
High °F	70	70	71	72	73	71
Low °F	31	34	40	43	43	44
Precip. inches	0.2	0.3	0.9	1.9	3.2	4.9

Temperatures in this region are measured in degrees Celsius. Zero degrees Celsius is 32 degrees Fahrenheit. For a quick conversion, double the Celsius reading and add 30 to determine the approximate temperature in degrees Fahrenheit.

Time Zone

Peru time is the official time in Peru. Peru does not observe daylight saving time, so from March through the beginning of November, Peru time is one hour behind US eastern and the same as central time.

Phone Facts

Many US cell phones can operate internationally. Check with your service provider before leaving home for information about international calling and data plans, and on making and receiving international calls. If your cell phone is unlocked and operates using a SIM card, you may want to consider purchasing a SIM card from a local cell phone company. These should be readily available at airports and convenience stores, and typically come loaded with prepaid credit which can be used for domestic and international calls and data service. Rates will vary.

Alternatively, it may also be possible to rent a phone for use during your international travels. We recommend Cellhire, which offers a wide range of wireless rental options in more than 180 countries. Visit www.cellhire.com or call 877-244-7242 for details and reservations.

International Dialing Instructions

The international phone numbers in this Travel Planner are listed using the following format:

+51-#(#)-##-####

51 is Peru's country code, followed by an *area code* (84 in Cusco; 1 in Lima) and *local number*. Cell phone numbers are nine digits long and do not require an area code; these phone numbers always begin with 9.

To place an international call to Peru, dial + or the *international access code* of the country from which you're calling (e.g. 011 from the US) - 51 - *area code* - *local number*.

To place an international call from Peru, dial + or 00 (Peru's international access code) - *country code* of the country to which you're calling (e.g. 1 for the US) - *area code* - *local number*. For example, to call the US, dial 00 - 1 - *area code* - *local number*.

To place a call within Peru, drop the country code 51 and dial *area code* - *local number*.

For additional information on placing international phone calls, visit www.countrycallingcodes.com.

Money Matters

The standard unit of currency in Peru is the nuevo sol

(PEN). At the time of printing, 4.01 PEN = 1 USD. For the most up-to-date exchange rate, visit www.xe.com (Universal Currency Converter).

The best way to access cash is to use ATMs. Before you leave home, it's a good idea to verify with your bank that your card will work overseas and inquire whether or not your financial institution has a local partner bank that will waive ATM fees. Most international ATM keyboards have only numbers, so if your PIN contains letters, make note of the corresponding numbers. Additionally, most international ATMs only accept four-character PINs, so if yours is longer, arrange to have it changed before your trip.

If you need to exchange cash or traveler's checks, avoid exchange bureaus, which charge sky-high rates. The rates at banks are slightly better, but still expensive. It may also be possible to exchange cash and traveler's checks at airports, train stations, post offices and some tourist offices. If you do bring cash to exchange, be sure the bills are in perfect condition or they might not be accepted.

Credit cards are accepted in Cusco, at all our hotels and at some gift stores outside of Cusco. Visa is the most widely accepted credit card. A service charge is usually added to credit card purchases.

Electric Current

Peru's electricity runs on a 220-volt, 60-cycle current. All outlets are of the parallel two-pronged flat or round type. A plug adapter is necessary if you plan to bring appliances from home. You may also need a converter, but many newer appliances, such as computers and digital devices, are designed to work/charge over a wide range of voltage levels. Check the manufacturer's label on the back of your appliances to see what level of input they can handle.

Health Precautions

As country-specific entry requirements change, please see the latest information at www.backroads.com/why/regional-requirements. For travel to this region, we also highly recommend checking with your doctor regarding vaccinations for yellow fever, hepatitis and typhoid fever. It is also advisable to be sure that your diphtheria-tetanus vaccination is up to date.

There is no malaria risk in **highland Peru**. If you plan to spend time before or after your Backroads trip in other parts of South America, particularly in lowland jungle areas where malaria is more of a risk, you should ask your doctor whether you should consider taking preventive drugs. The Centers for Disease Control and Prevention (CDC) has also reported cases of other mosquito-borne illnesses, including dengue and Zika, in countries bordering **Peru**. To reduce the chance of mosquito bites, use a good insect repellent and cover bare skin at night. If you get sick within a year after your trip, you should let your doctor know that you have traveled to a foreign country.

The most common health risk for visitors is "traveler's diarrhea," which can be caused by bacteria, parasites or viruses transmitted through food or water. There are many over-the-counter remedies locally available to relieve upset stomachs, but it's a good idea to bring some with you from home.

Tap water is generally **not** safe to drink, so our hotels provide filtered or bottled water and ice made from filtered water. Purified water is also available in Backroads vehicles. Outside of our hotels it's best to avoid ice, since it may be made from unfiltered water.

It is usually risky to purchase food from street vendors unless the food has been cooked and is still hot. However, if you purchase fruit or vegetables from street vendors, we recommend that you buy products that you can peel or wash in purified water, and always wash your hands before eating. All foods served as part of the trip are prepared and washed with purified water.

Despite precautions taken at all our hotels and in all the Backroads food preparation, it is highly common for guests to experience one or more days of "discomfort" while in **Peru** due to unfamiliarity with local bacteria.

The combination of high altitude, warm temperatures and strenuous exercise greatly increases your body's need for fluids. It is extremely important to drink lots of liquids to protect yourself against heatstroke and dehydration. Drink as often as possible—don't wait until you are thirsty!

If you are taking any medications, be certain to bring enough to last throughout your trip.

For more specific and up-to-date information on

health precautions, consult your doctor, the consulate in your area or the CDC at wwwnc.cdc.gov/travel/destinations/list/ or 800-CDC-INFO (232-4636). For World Health Organization disease outbreak reports, visit www.who.int/emergencies/disease-outbreak-news. For general travel advisory information, visit the US State Department's website at travel.state.gov.

Elevation

The locations we visit on this trip are located between 7,000 and 13,000 feet above sea level. Expect to feel the effects of elevation! **Physical fitness, past experiences at more moderate elevations (like those of the American West) and past experiences on day trips to high elevations are NOT indications that you'll be immune to the effects of elevation during your time in the Andes.**

Here are some important considerations for being active at elevation:

- You're almost certain to experience some **effects**, such as shortness of breath, fatigue, headaches and uneasy sleep, upon arrival in Cusco. These symptoms generally clear up within a day or two as your body adjusts (though physical exertion is likely to feel more difficult than it does at home throughout your time in the Andes).
- The best **things you can do to help yourself acclimate** are arriving in Cusco early, getting plenty of sleep and avoiding dehydration during the adjustment period.
- The higher UV index at high elevation means extra need for **sun protection**. Measures such as wide-brimmed hats, sunscreen, sunglasses and protective clothing are highly recommended.
- It's extra important at elevation to **drink lots of liquids** to prevent heat stroke and dehydration. It's a good idea to consume at least two liters of water per day and to drink as often as possible—don't wait until you're thirsty!
- If you have **medical conditions** that could pose a problem at high elevation, consult a medical professional before your departure. Some of our

past guests have chosen to take prescription altitude sickness medication throughout their visit as a preventative measure, but these medications are not without side effects; ultimately this is an option you should discuss with your doctor. While severe altitude sickness is rare on our trips, rest assured that all of our hotels have supplementary oxygen on hand should it be needed, and local clinics, which are extremely well equipped to treat elevation-related illness, are always within reach.

- **Batteries** may not last as long in high-elevation regions. Replacements can be hard to find outside of Cusco; it's never a bad idea to bring spares.

RECOMMENDED READING



The more you know about your destination before you go, the more you'll appreciate all that you'll see when you get there. We've selected a few of our favorite books to help capture the essence of the region.

-*Lost City of the Incas*, Hiram Bingham

-*The Inca Trail: Cusco & Machu Picchu*, Alexander Stewart

-*Eight Feet in the Andes: Travels with a Mule in Unknown Peru*, Dervla Murphy

-*The Heights of Macchu Picchu*, Pablo Neruda



Travel Documents & More

Travel Documents

A valid passport is required for travel to Peru. A visa is not required for US citizens, provided you are staying in the country less than 90 days.

Note that some countries require your passport to be valid for a specified amount of time beyond your departure date (up to 6 months). Be sure to check the expiration date and physical condition of your passport and verify the travel document requirements with the consulates of the countries you are planning to visit during your trip. Passports issued to minors under the age of 16 are set to expire every 5 years. Check your expiration dates carefully!

To facilitate the processing of your train tickets, **please visit your Backroads account (go.backroads.com/res) to enter your passport information.**

The best way to ensure you have the most current information on entry requirements is to contact the Embassy of Peru in Washington, DC (202-833-9860; www.embassyofperu.org). You may also find helpful information on the US State Department's website: travel.state.gov.

IMPORTANT: Each time you renew your passport, you are issued a new passport number. Depending on the trip, some of our service providers (like hotels or airlines) may require current passport information for each guest, so if you renew your passport after booking your trip, please make sure to update us with the new information prior to your departure date.

We recommend that you make two photocopies of your airline ticket/e-ticket confirmation and your passport. Leave one set of copies at home with a friend or relative, and bring one set with you, keeping it separate from the original documents.

Travel Protection Plan

Backroads' travel protection plan, offered through our insurance partner, provides coverage for trip cancellation or interruption, trip delay, medical expenses and evacuation/repatriation, lost baggage and more. Given the active nature of our trips (and our

guests!) we know that the unexpected sometimes happens and we strongly recommend protecting your travel investment with our Travel Protection Plan. Our plan offers competitive pricing and excellent customer service and can be purchased up to 24 hours before your departure. If you're interested in purchasing the plan, give us a call at 800-462-2848.

Cancellations & Refunds

If you must cancel your reservation, a fee will be charged. Please review your trip invoice for cancellation policy details. **Exceptions to this policy cannot be made for any reason**, including those of weather or personal emergencies. There is no refund for joining a trip late or leaving early. Private rooms and staterooms, bike rentals and internal air charges are considered part of the trip price and are subject to cancellation fees. You are required to provide a signed *Release of Liability, Assumption of All Risks and Arbitration Agreement* and a completed *Personal Information Form* prior to your trip departure. If you fail to provide a signed release form, you will not be allowed to join the trip and will be subject to Backroads' cancellation policy.

On the rare occasions when Backroads must cancel a trip, all payments received to date will be refunded, which constitutes full settlement. Backroads is not responsible for expenses incurred in preparation for any cancelled trips, such as airline tickets or for costs incurred due to travel delays, flight cancellations or illness. For complete details on our cancellation policy, see www.backroads.com.

Transfers

With the exception of Private and Custom Trips, you may transfer from one trip to another without penalty, within the parameters of your trip's transfer policy. When transferring to a different date or trip, if the trip costs more than your original trip, you are responsible for the difference in cost. Please review your trip invoice for additional transfer policy details. After the allowable transfer date, our cancellation policy applies. Cancellation penalties will not be charged if you are able to fill the vacancy with another guest(s).

Itinerary Changes

If unforeseen circumstances require a change in the trip itinerary, Backroads will make every effort to select alternative accommodations of the same quality and to keep the activity modifications minimal.

On-Your-Own Activities

During the trip, there may be time for you to enjoy some of the region's favorite physical activities on your own. These activities may be a highlight for those who choose to do them, but due to liability and because they're not to everyone's liking, these activities are not included in the price of the trip. Backroads does not run these activities, is not responsible for their operation and makes no representation concerning that entity's liability insurance or the existence of any such insurance. Participation is at your own risk.

Electronics & Other Valuables

It is best to leave valuables at home. If you must bring valuables on the trip, please understand that they are 100 percent your responsibility, regardless of what anyone (including leaders) might tell you. Cash, jewelry and passports are especially important to keep in your possession. It's not safe to leave valuables in Backroads vans; while not common, break-ins do happen. You may choose to lock them in your room's safe, if one is available to you.

Although we will transport your valuables during your trip as a convenience, **we do not assume responsibility for any damage or loss.** This policy applies to personal electronics as well as other items, such as luggage, jewelry, and fragile and delicate accessories, whether purchased on the trip or otherwise.

After your trip ends, if you realize that you've accidentally left an item behind in Backroads' possession, we'll do our best to honor return requests. However, we're not able to guarantee returns based on leader availability limitations to find and send items (our leaders are on the go!) and possible shipping issues. If you've left an item at a hotel, please contact that hotel directly to make arrangements.



WORLD BICYCLE RELIEF®

Making a Positive Impact

We are delighted to support World Bicycle Relief's mission of providing bicycles to rural workers, students and healthcare providers worldwide, especially women. Our involvement with WBR complements our efforts to promote and improve biking in communities where our guests live and visit.

Visit worldbicyclerelief.org to learn more.



Hotel Recommendations

For help arranging hotel accommodations for before and after your Backroads trip, or an extension to your trip, please work with your own travel advisor, or you may work with our preferred travel agency. Their professional expert travel advisors are ready to assist you with any of your travel needs. Please note that they are an independent travel agency and consulting and ticketing fees may apply, based on the services requested. Simply ask your Backroads Trip Consultant to connect you! You can also book directly with the hotel or through a travel website.

Please note that Backroads does not block rooms and does not offer special rates for pre- and post-trip stays.

If you plan on extending your stay at our first night's hotel before the trip starts or our last night's hotel when the trip ends, let the hotel reservations agent know that you're traveling with Backroads—you may be able to avoid changing rooms. We recommend booking your rooms as early as possible, especially during peak travel season!

The following is a selection of recommended properties that span a range of prices, amenities and locations. Refer to the Hotel Room Rates guide for the starting double-occupancy rates, which were accurate at time of printing. Note that rates are subject to change and some hotels may require a minimum stay.

HOTEL ROOM RATES

IN US DOLLARS PER NIGHT

\$501 and up	★★★★★
\$301 to \$500	★★★★
\$201 to \$300	★★★
Up to \$200	★★

Cusco

Hotel map: bit.ly/CuscoPPH

Belmond Hotel Monasterio

The colonial Renaissance-style San Antonio Abad seminary, built more than 300 years ago, is an elegant member of Leading Hotels of the World. Ten minutes from the airport and two blocks from Plaza de Armas, the Monasterio is close to Cusco's most enticing cultural attractions. | Calle Plazoleta Nazarenas 337 | www.monasteriohotel.com | 800-237-1236 (from the US) or +51-84-60-4000 | 126 rooms & suites | Rates: ♦ ♦ ♦

Casa Cartagena

The all-suite Casa Cartagena is a fine choice: its prime location near the Plaza de Armas makes it an excellent base from which to discover Cusco, while its fine dining, Qoya spa and butler service render it an ideal retreat after a day of exploration. (spa) | Pumacurco 336 | www.casacartagena.com | +51-84-22-4356 | 16 suites | Rates: ♦ ♦ ♦ ♦

JW Marriott El Convento Cusco

Built right over ancient Inca ruins and around the courtyard of an Augustinian convent, this architecturally stunning hotel doubles as a museum of Peruvian history. (pool, spa) | Esquina de la Calle Ruinas 432 y San Agustín | www.marriott.com | +51-8-458-2200 | 153 rooms & suites | Rates: ♦ ♦ ♦

Libertador Palacio del Inka Hotel Cusco

Situated in the city center, across from the Coricancha (Temple of the Sun) and just four blocks from Cusco's cathedral and the main plaza, it's an ideal central base for your exploration of Cusco. *Travel + Leisure* World's Best. | Plazoleta Santo Domingo 259 | www.libertador.com.pe/en | 877-778-2281 (from the US) or +51-1-518-6500 | 254 rooms & suites | Rates: ♦ ♦ ♦

Casa Andina Premium Cusco

Situated just three blocks from central Plaza de Armas, this hotel is a welcoming place in which to unwind

with plenty of modern amenities and historic charm. | Plazoleta Limacpampa Chico 473 | www.casa-andina.com | 866-220-4434 (from the US) or +51-1-213-9718 | 93 rooms & suites | Rates: ♦ ♦

Costa del Sol Ramada Cusco

Former home of the Spanish Marquis of Picoaga, this 17th-century manor home, adorned with graceful stone archways, Spanish columns and serene courtyards, is situated mere steps from Plaza de Armas, Cusco's main square. | Santa Teresa 344 | www.costadelsolperu.com | +51-84-25-2330 | 77 rooms | Rates: ♦ ♦

Lima

Layovers in Lima: Depending on your flight schedule, you may have a long layover or need to stay overnight in Lima before catching your connecting flight to Cusco. If you'd like to leave the airport and explore the city during your layover, 24-hour secure luggage storage is available in the domestic terminal. Central Lima is a 20-minute taxi ride from the airport. (Note: You should only use official registered taxis; kiosks for registered taxis are located inside the terminal.) Most hotels listed in this section offer day-use rates for guests with long layovers.

Where to stay in Lima: Though central Lima has numerous hotels, most travelers head to the seaside suburbs of Miraflores and San Isidro, which have fewer sights but are generally safer and offer newer hotels. Both suburbs are a 20–30-minute taxi ride from the airport. With beaches and shopping close by, they're ideal for exploration.

Hotel map: bit.ly/LimaHotels

Belmond Miraflores Park (Miraflores district)

This Leading Hotels of the World member is tucked away in the park-filled Miraflores district, features ocean views and is designed to exceed your every expectation. *Travel + Leisure* World's Best. (pool, spa) | Avenida Malecón de la Reserva 1035 | www.miraflorespark.com | 800-237-1236 (from the US) or +51-1-610-4000 | 82 rooms | Rates: ♦ ♦ ♦ ♦

Country Club Lima Hotel (San Isidro district)

Built in 1927 in the distinguished San Isidro district, this refurbished five-star hotel is a national monument. A variety of leisure activities are available, from relaxing in the sauna to playing golf (with exclusive guest privileges) at the adjacent Lima Golf Club. (pool) | Los Eucaliptos 590 | www.countryclublimahotel.com | +51-1-611-9000 | 83 rooms & suites | Rates: ♦ ♦ ♦ ♦

Hotel B (Barranco district)

Located in the bohemian Barranco district, the hotel is only two blocks from the beach and the perfect destination for travelers looking for a deeper understanding of Lima's contemporary social, art and cultural scene. A Relais & Châteaux member. | Sáenz Peña 204 | www.hotelb.pe | 866-628-1777 (from the US) or +51-1-206-0800 | 17 rooms | Rates: ♦ ♦ ♦ ♦

Casa Andina Premium Miraflores

With a central location in the Miraflores district, just two blocks from Parque Central, the Casa Andina features 17 stories of rooms and suites with modern décor which include flat screen televisions and high-tech soundproofing. (pool) | Avenida La Paz 463 | www.casa-andina.com | 866-220-4434 (from the US) or +51-1-213-9718 | 148 rooms & suites | Rates: ♦ ♦ ♦

JW Marriott Hotel Lima (Miraflores district)

Plush guest rooms offer ocean views and provide a sanctuary from the bustling Miraflores district. Fun is only an elevator ride away: a casino, fitness center, sauna, outdoor pool, shops and two restaurants provide entertainment. (pool) | Malecón de la Reserva 615 | www.marriott.com | 800-228-9290 (from the US) or +51-1-217-7000 | 300 rooms & suites | Rates: ♦ ♦ ♦

Wyndham Costa del Sol (Lima Airport)

Situated just steps from the main terminal of Jorge Chávez International Airport, this hotel is a great choice for travelers focused on convenience. (pool, spa) | Avenida Elmer Faucett s/n | www.wyndham.com | 800-407-9832 (from the US) or +51-1-711-2000 | 192 rooms & suites | Rates: ♦ ♦

Tierra Viva Miraflores Larco

Within walking distance to the Pacific Ocean, in the heart of the Miraflores district, this hotel is ideally located for exploring Lima. | Calle Bolívar 176-180 | www.tierravivahoteles.com | 866-220-4434 (from the US) or +51-1-673-1003 | 44 rooms | Rates: ♦ ♦

Lima Recommended Restaurants

In 2023, Lima was the city with the highest number of restaurants in the World's 50 Best. If you weren't able to get a reservation at Central, voted number 1, or any of the three others on the list—Maido, Kjolle and Mayta—below is a selection of other excellent tables in Lima.

La Rosa Náutica: An incomparable location at the edge of the sea combines with five-star cuisine to produce a truly memorable dining experience. Located at the end of Pier 4, La Rosa Náutica serves Peruvian seafood specialties; the food is nearly as artful as the ornate architecture and those infinite views. Reservations are highly recommended. | Espigón 4 Circuito de Playas | www.larosanautica.com | +51-1-445-0149 or +51-1-447-0057.

Huaca Pucllana: For flavorful new Andean dishes and unique and impressive views, visit Huaca Pucllana, which faces the ruins of a 1,500-year-old Inca pyramid. By day, archaeologists toil at the site; by night, the area is quiet and beautifully illuminated. To cap off the evening, walk off your dinner with a tour of the excavation site. Reservations are highly recommended. | Avenida General Borgoña, Cuadra 8 | www.resthuacapucllana.com | +51-1-445-4042.

La Mar: An emblematic creation of Gastón Acurio, ambassador of Peruvian cuisine, La Mar cevichería takes pride in serving the freshest produce sourced daily straight from the Pacific Ocean. For this reason, it opens only from 12 noon to 5:30pm, at the latest. Its extensive menu offers an astonishing choice of ceviches and other fish and seafood dishes. This popular spot takes no reservations and we highly recommend getting there early to avoid standing in line. Closed Sundays and Mondays. | Avenida La Mar 770, Miraflores | www.lamarcebicheria.com

Wa Lok: Chifa is a unique Chinese-Peruvian fusion cuisine, born in Lima at the start of the 1920s and to this day, highly popular with locals. It is also the name

given to restaurants serving this cuisine. Opened over 30 years ago, Wa Lok remains one of Lima's most acclaimed chifas for the quality of its food as well as its respect for and promotion of culture. Unmissable for Asian food lovers. Reservations are highly recommended. | Avenida Angamos Oeste 700, Miraflores | www.walok.com.pe | +51-1-447-1325 or (WhatsApp) +51-984-123-645.

Osaka: Nikkei cuisine—the fusion developed by Peru's centuries-old Japanese diaspora—has long been a crucial part of Peru's culinary DNA. Some even say that until Japanese immigrants taught them better, Peruvians ate ceviche fully cooked! To try top-shelf nikkei cuisine at a venue where reservations can be found in a matter of days (as opposed to months at famed Maido), Osaka is our favorite. Everything from the service to the presentation to the suprising combinations of colors, flavors and aromas is truly remarkable. There are two locations; contact information follows for the more central Pardo & Aliaga location, though you could consider taking a taxi to the other location in the safe (but distant) suburb of El Polo. | Avenida Pardo y Aliaga 660, San Isidro | www.osakanikkei.com/en | +51-1-222-0405 or (WhatsApp) +51-958-798-721

Extending Your Vacation



Cusco

Cusco is a great place to start your Peruvian adventure, and it's small enough to explore entirely on foot. The city is packed with shops, restaurants and cafés. Take a coffee break on a café balcony overlooking the Plaza de Armas, visit artists' workshops in the colorful San Blas neighborhood and wander through the market. **Keep in mind that on your Backroads trip we'll be taking a guided tour of Cusco, visiting the Coricancha (Temple of the Sun), the main cathedral and the Church of San Blas.**

For excursions in and beyond Cusco before or after our Backroads trip, we suggest contacting **Inkaterra's travel consultants:**

- www.inkaterra.com
- Email: sales@inkaterra.com
- **From the US:** 866-242-2889 or 800-442-5042
- **From Canada:** 855-409-1456 or 800-442-5042
- **From Peru:** +51-1-610-0400

Suggested Packing List

LUGGAGE REMINDERS

Please limit your luggage to one medium-sized suitcase (we recommend 25"–28", *preferably* not hard case) and one small carry-on bag. Be sure to mark your luggage with your contact information. If you only have a hard case suitcase, that will work—no need to buy something new.

Also note that due to official baggage restrictions on the train to and from Machu Picchu, luggage on those days must be limited to 22 pounds per person. Your Backroads Trip Leaders will provide a duffel bag for you to use during this time, as well as a packing list.

Essential

Travel Items

- ☐ international travel documents (i.e., passport, visa, etc.)
- ☐ wallet (credit cards, bank cards, ID)
- ☐ cash for incidentals & leader gratuities
- ☐ toiletries (including sunscreen & lip ointment)
- ☐ medications & copies of prescriptions
- ☐ insect repellent
- ☐ list of important addresses & contact numbers

Active Clothing & Gear

- ☐ light hikers or boots (hiking boots are highly recommended if you like the added ankle support)
- ☐ hiking socks
- ☐ walking/hiking shorts and/or lightweight pants
- ☐ non-cotton base layers of varying weights
- ☐ lightweight hiking jacket or vest
- ☐ hat with brim, bandana or sweatband
- ☐ daypack (for water, rain gear, layers, camera,

snacks)

- ☐ sunglasses (with retention strap)
- ☐ swimsuit

Rain Gear & Cold Weather Clothing

In this part of the world you can experience all four seasons in a single day, so bringing high-quality breathable rain gear and waterproof hiking shoes is a must. **Bring warmer clothing if your trip is in June, July or August; it's been known to snow in the Cusco region during these months.**

- ☐ waterproof (breathable) rain jacket & pants
- ☐ waterproof/water-resistant warm gloves
- ☐ warm jacket (easy to pack)
- ☐ warm hat

Non-Active Clothing

- ☐ clothing & shoes for downtime & restaurants; extra long sleeve & cold weather layers in summer months (June–August)
- ☐ lightweight jacket (like fleece) or warm sweater; down or synthetic vest or jacket in summer months (June–August)

Backroads provides water bottles & hiking poles.

Optional

- ☐ camera & charger (**remember to enter our Guest Photo Contest!**)
- ☐ cell phone & charger (consider a battery pack for on-the-go charging)
- ☐ voltage converter/plug adapter (if applicable)
- ☐ CamelBak or similar hydration backpack
- ☐ guidebook and/or field guides
- ☐ notebook/travel journal & pens
- ☐ reading material
- ☐ earplugs and sleep mask