



# FREQUENTLY ASKED QUESTIONS

## BEFORE YOU ARRIVE

### FLIGHT INFORMATION

To Peru (Lima): All international flights arrive via Lima's Jorge Chávez International Airport. If your flight arrives late at night (after the last flight to Cusco), or if you would like to spend a few days in Lima, we are happy to arrange a hotel for you. Please contact us for more information.

For flights to Cusco, we recommend the following airlines: LATAM, AVIANCA, Star Peru and Peruvian Airlines.

### ACCOMODATION IN CUSCO

In order to become accustomed to Cusco's altitude, (3400 meters / 11,000 feet), we always recommend our guests to arrive two or three days before beginning their tour. This also gives visitors plenty of time to explore the stunning historic city of Cusco. Please contact us for recommendations on suitable accommodations in Cusco, before and after your tour.

### INSURANCE

We recommend all our travelers have valid travel insurance, including coverage for adventure trekking in South America. Our own travel experts can assist you in finding the best insurance for your trip.

For the Salkantay Trek, all guests are required to provide valid proof of insurance that covers Adventure Travel Activities upon final payment.

### PHYSICAL CONDITION AND ALTITUDE

Traveling at higher altitude requires a good level of general fitness. Our published tour itineraries include the hours trekked each day and the approximate altitude. As preparation, we strongly recommend arriving in Cusco at least two or three days before the tour to acclimate to the higher altitude. You can find more information about traveling at higher altitude here:

<https://wwwnc.cdc.gov/travel/page/travel-to-high-altitudes>

Before beginning the Salkantay Trek, we expect our guests to be fully honest and aware of their own health and fitness levels. You will be asked to complete a Medical Disclosure Form as well as our Release of Liability and Assumption of All Risk Document.

## WEATHER AND CLIMATE

Cusco has two seasons: the dry and wet season. The dry season begins in April and lasts until October. Days are generally sunny at this time of year, while the nights can be cold. The average daytime temperature is between 10 and 15 degrees Celsius (50 to 60 Fahrenheit), while nighttime temperatures can drop to below zero (below 32 Fahrenheit).

The wet season is warmer with higher average precipitation and runs from November to March. Daytime temperatures range from 15 to 20 degrees Celsius (60 to 68 Fahrenheit), while nighttime temperatures are a little higher compared to the dry season. While temperatures in Cusco are far from tropical, when the sun shines temperatures can easily exceed 20 degrees Celsius (68 Fahrenheit). Whatever season you arrive, do not forget sun block as there is little wind during most of the year and the sun is very strong at this level of altitude.

## PASSPORT AND VISA

North Americans and citizens of most European countries can enter Peru without a visa and stay in the country for a maximum of 180 consecutive days. Citizens of Argentina, Bolivia, Brazil, Chile, Colombia, Ecuador, Paraguay, Uruguay and Venezuela may enter with a valid identity card.

Be sure to check with your government or at the Peruvian embassy in your country before you leave.

## CURRENCY

The currency in Peru is the Nuevo Sol. Although you can sometimes use U.S. Dollars in stores and restaurants in Cusco, it is not guaranteed. Therefore, it is advisable to always carry soles on you. You can exchange your money in many places including the airport, in banks, or in currency exchange companies. You can also use your credit/debit card at ATMs across the country (there is often a fee to use a foreign card at Peruvian banks to withdraw money).

## SPANISH LANGUAGE

You do not need to be fluent in Spanish to come to Peru, but it is good to learn some basic words and phrases, such as how to ask for directions, how to order in a restaurant, or how to ask for something in a store.

## AGE RESTRICTIONS

To travel independently on our tours you must be at least 18 years of age. There are no upper age limits, however, all travelers are required to fill out a medical questionnaire and consider their health before participating. Our tours are also available to children over the age of 7 who are accompanied by an adult.

## GUIDES

All of our guides are educated in the field of tourism and have also received first aid assistance and are fluent in English. We also have guides who offer tours in Spanish, German, French, Italian, and Portuguese. All guides have excellent knowledge about local flora and fauna as well as Peru's history, geography and culture.

## TRAVELLING COMPANIONS AND GROUP SIZES

Our tours appeal to a wide range of travelers who share a passion for travel, adventure and nature. We will be sure to conduct the tour in the same language chosen for each group. We require 4 persons minimum for our treks, indicated dates on web availability are open groups in which you are welcome to join. Each trekking tour group will have a maximum of 14 people. We maintain a ratio of 6 passengers to 1 guide and therefore, if there are 7 or more trekkers, there will be 2 guides accompanying the group.

During low season the groups are more likely to be small and during high season the groups will likely be full.

## WHILE IN PERU

### GETTING TO AND FROM CUSCO AIRPORT

The most common mode of transportation to and from the Alejandro Velasco Astete International Airport are taxis. Inside the airport near the baggage claim area, the official taxi company Llama Taxi can reserve a ride for you. These vehicles tend to be more modern than the unofficial taxis located outside the airport. A ride from the airport to the city center, Plaza de Armas or nearby hotels is around 45/55 soles (\$15 USD).

There is also an abundance of taxi drivers located right outside the baggage claim area that will be persistent in offering rides. A set price needs to be established before getting in as these rides are not metered. A ride to Plaza de Armas should be around 10/15 soles (\$4 USD), however, drivers will likely ask for 25/30 soles or more initially.

Many hotels may also offer private transportation services to and from the airport.

### TRANSPORTATION AND TRANSFER DURING TOURS

Transportation (car, bus or train) and transfers are included in the itinerary of our tours. On the first day, a member of the Peru Ecocamp's staff will pick you up from your accommodation in Cusco.

### TREKKING TRAILS

All the trekking routes we select are well maintained and safe. You will be guaranteed an authentic trekking experience with stunning and unspoiled scenery. Each day's trekking will be different, as we pass through a range of ecosystems.

### ALTITUDE SICKNESS AND ALTITUDE OF SALKANTAY TRAIL

Altitude sickness is fairly common for people who are not used to spending time at such a high altitude as Cusco (3399m/ 11,152 ft.). We recommend you take it very easy and drink plenty of water for at least two days before starting the Salkantay Trek. The highest point you will reach while hiking the Salkantay Trail is 4600m /15090 ft. at the Abra Salkantay Pass. You will sleep at 3,900m/ 12,792 ft. on the third night.

## DIFFICULTY OF THE SALKANTAY TRAIL

No significant trek across the Peruvian Andes is considered easy. However, the Salkantay Trek should not be seen as too daunting. Although the second day undeniably holds the biggest challenge- reaching 4,600m- it is balanced out by a gentler trek on day three. Each day is different and exciting and is a truly wonderful experience. We offer an exclusive route between days three and four that no other trekking company offers and end up at a peaceful camp far away from any other tourists.

You will be able to relax after each day trekking at the Ecocamps with hot showers and wood burning stoves and heaters so you can put your feet up at the end of day.

## DIETARY NEEDS AND FOOD AT THE ECOCAMPS

We will cater to all dietary needs, but please make these at the time of booking as our Ecocamps are very remote and we therefore need to prepare before your arrival in order to ensure you have everything you need.

The food at our Ecocamps is undeniably a highlight of the trip. Our wonderful chefs prepare nutritious meals appropriate for a trek through the mountains. The food is locally sourced, even coming from the organic gardens in some of our camps. The menu is Peruvian inspired and will be sure to include quinoa, hearty soups, sublime Lomo Saltado and many fresh fruits and vegetables

## SALKANTAY DURING THE RAINY SEASON

The trail is still completely safe during the rainy season. Due to the fact that you won't have to sleep in tents but will be accommodated in the spacious and warm domes, you may see it as a great opportunity to experience the trail when there are fewer tourists. You will be welcomed into each Ecocamp with a warm cup of tea or fresh juice come rain or shine! (Just don't forget a good rain jacket and waterproof hiking boots).

## MACHU PICCHU TOUR

You will have a guided tour of the ruins that lasts approximately 2-3 hours, after which you will have 2-3 hours more to spend on your own. You will have the option to climb Machu Picchu Mountain, Huayna Picchu or simply stroll around the Incan Citadel and explore. You can take the bus back down to Aguas Calientes any time you like after the guided tour.

## TIPPING AND EXTRA MONEY

At our Ecocamps, you can pay for extra services (relaxing massages, mountain bikes, horse riding, cooking classes, and alcoholic beverages) with your credit card. Tipping is appreciated by our local guides and staff, entirely at the individual guest's discretion.