



# PROJECT DOSSIER

## *INCAS & ANDES*

LIMA to LA PAZ  
OR  
LA PAZ to LIMA  
26 days  
3,000 kms including 35 kms trekking  
(approx.)

## **Peru & Bolivia**



### **Itinerary Guideline**

#### **LIMA to LA PAZ**

- Day 1:** In Lima - gold museum, cathedrals & palaces in city of the Spanish viceroys.
- Days 2 & 3:** Drive south to Pisco & Bay of Pachacamal. By boat to the Ballestas Islands - Pacific marine birds, penguin & sea lions.
- Days 4 & 5:** The Peruvian desert to the Nazca Lines - 2,000 year old mystery of shapes & lines etched into the stone plain.
- Days 6:** Desert landscape, fishing towns & Pacific shores to Arequipa.
- Day 7:** In Arequipa - beautiful city of white volcanic stone beneath the snows of Volcan Misti.
- Days 8-12:** High desert and volcanoes, to the cliff walls and condors of Colca Canyon. The Altiplano plateau and Cuzco - royal capital of the Inca Empire, markets & colonial architecture.
- Days 13-16:** Hike the Inca Trail, hill forests and misty highlands to Machu Picchu - last mountain citadel of the great Incas.
- Days 17-19:** The Urubamba valley - fast rivers and steep terraced farmlands, to the great sites & fortress villages of the Incas, and return to Cuzco.

- Days 20 & 21:** Through the Andes & wild Altiplano 4,000m, llama pastures & Indian villages to Puno on the shores of Lake Titicaca.
- Days 22-24:** By boat onto the still waters of Titicaca to floating reed islands. Overnight on Amantani Island as guests in homes of Indian families. Drive round lake to Copacabana.
- Days 25 & 26:** Ferry across lake in Bolivia, dramatic cliff road descent into La Paz. Day spent exploring the unique, steep back streets & Indian markets of the old city.

#### **LA PAZ TO LIMA**

- Day 1:** In La Paz. Steep back streets & Indian markets of the old city.
- Day 2:** Cliff road from La Paz up to rim of Altiplano plateau & Lake Titicaca. Ferry across lake to Copacabana & Peru.
- Days 3-5:** Drive round lake to Puno. By boat onto the still waters of Titicaca to floating reed islands. Overnight on Amantani Island as guests in homes of Indian families.
- Days 6-8:** Through the Andes & wild Altiplano

4,000m, llama pastures & Indian villages to Cuzco - royal capital of the Inca Empire.

**Days 9-12:** Hike the Inca Trail, hill forests and misty highlands to Machu Picchu - last mountain citadel of the great Incas.

**Days 13-15:** The Urubamba valley - fast rivers and steep terraced farmlands, to the great sites & fortress villages of the Incas. Return to Cuzco.

**Days 16-19:** Altiplano plateau to the western slopes of the Andes. High desert and volcanoes, the cliff walls and condors of Colca Canyon, to Arequipa.

**Day 20:** In Arequipa - beautiful city of white volcanic stone beneath the snows of Volcan Misti.

**Days 21-22:** The Peruvian desert to the Nazca Lines - 2,000 year old mystery of shapes & lines etched into the stone plain.

**Days 23 & 24:** By boat to the Ballestas Islands - Pacific marine birds, penguin & sea lions. To Pisco & Lima - city of the Spanish viceroys.

**Day 25:** In Lima - gold museum, cathedrals & palaces.

**Day 26:** End arrangements, depart Lima.

## Highlights & Route

### PERU

Founded in 1536, Lima was the seat of the viceroys and Spanish colonial power throughout South America. Missionary zeal of the church is reflected in the Museum of the Inquisition, while the Gold Museum details the plunder of silver and gold from the Incas. Nowadays the gilded cathedrals and palaces vie for space among the modern skyscrapers and chic restaurants and bars. We drive south along the Pacific coast to the dry & desert landscape which is cut by occasional rivers from the Andes that water oases of pima cotton & wine grapes. By boat into the Bay of Paracas and the Ballestas Islands - marine reserves with the highest concentration of marine birds in the world. Cormorants, gannet, flamingos and pelican with penguin and sea-lion colonies are on the islands. From here we drive inland to Nazca. Here an ancient civilisation began around 200 BC and flourished for 800 years. This highly developed society left vast lines, geometric shapes and representations etched into the stony plains. Theories abound, none really explain. Pottery shards and broken scraps lie silent on the desert floor. (Optional small plane flight over the lines, approx. US\$ 50). From here we travel through the oases & fishing communities of the coastal desert

to Arequipa - city of white volcanic stone nestled at 2,380 m in a beautiful valley beneath Volcan Misti. The climate is refreshing, and we have time to explore the climbing alleys of the old San Lazaro district, the cafes and markets full of woollen goods, alpaca cloth & handworked leather. To the Colca Canyon. Wild and remote, this is the deepest in the Americas and its protective walls are sanctuary to the condor. This is a last retreat for these great birds among the high volcanoes, giant cacti and scattered Indian villages. We follow the Andes to Cuzco, ancient centre of the Inca Empire at 3,500 m in a natural hollow of the mountains. The population is still mostly Indian; the streets are lined with perfect Inca stonework - arches, entryways and walls of such solid construction that they were incorporated into both colonial and now modern architecture. Few places can match this remarkable town where 1,000 years of history opens at every turn. Leaving Cuzco, we travel through the Urubamba valley towards the starting point of the Inca Trail. (Optional half-day white water rafting on Urubamba River, approx. US\$ 30).

### Hike the Inca Trail to Machu Picchu.

**Day 1:** Drive to Chilca & meet porters. 4 hours walking to ruins of Llactapata.

**Day 2:** Approx. 6 hours walking. Hardest day, starting with an easy hike up to Huayllabamba from where trail climbs steeply through forested hills to top of pass at 4,200 m. Spectacular views. Descend to Pacamayo.

**Day 3:** Approx. 6 hours walking. Easier ascent to ruins of Runkuracay and Sayacmarca. Then easy going through patches of light jungle and open tracts of wild flowers and shrub. All around are the misty jungle shrouded mountains above the steep gorges of the Urubamba. Reach Winay-Wayna, well preserved ruins of an Inca village.

**Day 4:** 2 hours hike over steep paths and narrow bridges to stairway of the Sun Gate and Machu Picchu - lost city of the Incas. This their last and distant stronghold atop a high mountain was never discovered by the Conquistadors. It remained hidden and empty in the mists until traced in 1911 by the explorer Hiram Bingham. Descend to the Urubamba River - the lodge & hot springs at Aguas Calientes.

**Day 5:** By train along the winding banks of the Urubamba River, and a switchback ascent to Chilca.

Next the Inca sites, colossal stoneworks of the fortress at Sacsayhuaman, the mountain top temple and village at Pisac, Ollantaytambo in the Sacred Valley of the Incas before returning to Cuzco. Then into the high Andes & the treeless windswept Altiplano at 4,000m, with its scattered Indian settlements & farms & highland pastures of the llama & alpaca. From here to the deep blue waters of Lake Titicaca, legendary birthplace of the Sun God. By motorboat onto the lake, to the floating reed islands of the Uros and Aymara Indians, village settlements in perpetual drift across the waters. We stay overnight on Amantani Island as guests in the houses of Indian families. From Puno, famous for its llama and alpaca ponchos & wool goods, we drive along the lake's western shores to Copacabana before taking the ferryboat across the southern inlet to:

### **BOLIVIA**

To stunning canyon edge views down over the city of La Paz – the world's highest unofficial capital at 3,550 m. Dominated by the snow peaks of Mt Illimani, La Paz hangs to the lower canyon slopes below the Altiplano rim. The Spanish chose this site in 1548 for its protection from the bone chilling winds. Government, business and shopping areas cluster along the Choqueyapu River, vying with elegant residential districts for flat ground. Above, in the winding terraced streets of the old city, vendors sell spiced foods and fresh contraband, woodcarvings, alpaca rugs and devil masks, herbal potions and the bizarre ingredients of witchcraft's recipes.

### **PLEASE NOTE**

The above is intended as a guide only and to indicate a typical itinerary and its highlights. While our intention is to adhere to this, it should be understood that group interests and wishes together with the constraints of weather, road conditions and local restrictions can alter our exact route, its activities and timings.

### **GROUP SIZE**

18-24 max. including Encounter staff. Local guides will be employed at certain places of interest where their knowledge is advantageous to our visit.

### **PHYSICAL DEMANDS**

18 days spent at altitudes of 3,400-4,500m. Some effects of oxygen deprivation will be felt by all. The Hike of the Inca trail involves 4 days of moderately difficult walking at 3-4,000m through humid & forested mountain terrain.

### **THE LOCAL PAYMENT** (as in the brochure)

This is the payment made to the Project Leader at the point of departure. This payment must be made paid in US\$ dollars, either in cash notes or recognised Travellers Cheques. This payment completes the total inclusive price of the project. This amount will be utilised by the project Leader to cover a proportion but not all of the 'on the ground' running costs of this project. There are no hidden extra payments.

### **INCLUDED IN PROJECT COST**

Transport, camping equipment & supplies, food (except as noted under Meals Cooking & Food below), travellers hotels in Lima, Arequipa, & Cuzco & La Paz, local guides, communal porters on Inca Trail, entrance fees & activities as detailed from morning of Day 1 to morning of Day 26. There are no kitties or similar en route payment funds.

### **PROJECT COST DOES NOT COVER**

Local Payment, flights to/from Lima/La Paz, transfers to/from airports & airport taxes, meals in Lima, Arequipa, Cuzco & La Paz (see Meals, Cooking & Food below). Accommodation in Lima/La Paz before Day 1 and on Day 26. Vaccinations, visas, personal insurance, laundry, snacks, drinks, personal clothing/equipment & items of a personal nature. Porters for personal gear on Inca Trail. Some individual entry fees to museums and sights (minimal cost), optional small plane flight over Nazca Lines (approx. US\$50) or half day white water rafting on Urubamba River (approx. US\$30).

### **EQUIPMENT SUPPLIED**

Standard Encounter truck equipment including 2 person tents, campbeds, kitchen/dining tent, tables & stools, light, cooking equipment & utensils, mosquito nets, first aid kit etc. Lightweight tents & cooking equipment on Inca Trail.

### **WHAT YOU NEED TO BRING**

A sleeping bag (4 seasons), a medium-sized, easily portable bag or a backpack and a daypack. Personal clothing and strong footwear. Apart from cold weather gear, no specialised clothing or equipment is necessary. You probably already have most of what is needed. A complete suggested clothing list is included in our pre-departure information. A backpack or large daypack is needed for the hike of the Inca Trail.

### **TRANSPORT**

Encounter expedition truck, motorboat to Ballestas Islands, Inca Trail on foot (4 days), boat on Lake Titicaca.

### **ACCOMMODATION**

Travellers hotels on multi-share basis in Lima (1 night), Arequipa (1 night) Cuzco (4 nights), La Paz (1 night), simple lodge with dormitory style accommodation Aguas Calientes (1 night). Otherwise camping throughout. Open 'bush' camping with no facilities other than standard Encounter truck equipment. Basic camping on Inca Trail 3 nights, lodge at Aguas Calientes 4th night. Accommodation night 26 (Lima or La Paz) not included. Reservations at our Lima hotel (approx. US\$20 per night) before Day 1 may be made through Encounter, with payment by you directly to hotel on arrival. Reservations at our La Paz hotel (approx. US\$15 per night) before Day 1 may be made through Encounter, with payment by you directly to hotel on arrival.

### **MEALS, COOKING & FOOD**

Camp cooked breakfast & evening meals, picnic lunches. Project members involved in daily fresh food shopping & cooking. (Fresh vegetables, fruit, meat, eggs, bread, cereals, cheese, preserves, canned & dried goods). Meals on Inca Trail prepared by porters.

Meals in major centres - Lima, Arequipa, Cuzco & La Paz: Days spent in these cities relaxing or in individual sightseeing cannot easily revolve around group meals. So meals here are at your own expense. We suggest you allow US\$ 15 per day in these cities.

### **PASSPORTS & VISAS**

You will need a passport that is valid for not less than **6 months** after the end of the project, and which contains not less than **4 blank pages**. Visa requirements and costs vary according to your nationality, and even then are subject to sudden change. Any visas you may require should be obtained before your departure to South America. Encounter or your agent can advise you of up to date visa requirements applicable to you, and their costs. We can also help you in obtaining them.

### **INSURANCE**

You must have personal Travel Insurance to cover Adventure Travel and it must cover all the aspects described on page 60 of the brochure. Please bring a copy of your policy with you to the pre-departure meeting. If your policy does not cover this minimum level then Encounter will not accept responsibility for the consequences.

### **MEDICAL & VACCINATIONS**

All vaccination requirements and medical recommendations are detailed in the pre-departure information pack at the time of booking.

### **PERSONAL SPENDING MONEY**

You should allow approximately **US\$145 per week** to cover personal day to day expenditure en route - drinks, snacks, laundry, souvenirs, optional activities, some museum entry fees etc. Interesting collectibles and ethnic crafts are extremely tempting in South America and their costs are usually very reasonable. Apart from the above, Encounter has no hidden expenses, funds or kitties to surprise your spending money in South America.

**Optional activities:** Flight over Nazca Lines approx. US\$ 50, & half a day white water rafting on the Urubamba River approx. US\$ 30.

### **ARRIVING AT START OF THE PROJECT**

**From Lima:** There will be a pre-departure meeting at our Lima hotel at 1800 hrs on the evening before Day 1.

**From La Paz:** There will be a pre-departure meeting at our La Paz hotel at 1800 hrs on the evening before Day 1.

We strongly suggest that you arrive in Lima or La Paz at least the day before Day 1 to allow yourself time to rest & acclimatise after your intercontinental flights. There is plenty to see & do if you are arriving earlier. **In Lima:** Plaza de Armas & museums, Miraflores markets & shops, theatres & concerts, bullfights, football matches in the National Stadium. **In La Paz:** Mineral & Precious Metals museums (Inca artefacts, gold & silver), new city markets - handmade jewellery, textiles, musical instruments, antiques & local items, traditional music & dance at penas throughout city, golf at Mallasilla Club - world's highest course.

### **LEAVING AT END OF PROJECT**

Arrangements end in Lima or La Paz on the morning of Day 26. Any flight out could be taken on Day 26.

### **COMBINATIONS & CONNECTING PROJECTS**

If you want to experience all of Peru and Bolivia you can link this together with the 'Bolivia & the Amazonas' project from La Paz to the lakes & salt flats of the Bolivian Andes, into the upper

Amazon & the rivers of the Llanos de Mojos. Together they form the 'Peru & Bolivia' project.

**INTERESTING READING**

100 Years of Solitude (Gabriel Garcia Marquez), Cut Stones & Crossroads (Penguin Travel Collection), Streets With No Names (Atlantic Press). A full list of recommended reading in history, guidebooks and fiction is given in our pre-departure information.

**OTHER COSTS/EXPENSES**

Local Payment .....

Return flights.....

Visas.....

Vaccinations.....

Insurance.....

Personal Spending Money.....

**Total** \_\_\_\_\_

The information in this dossier has been compiled with care and is provided in good faith. However, it is subject to change, and does not form part of the contract between the client and Encounter Overland Ltd.