

Andes & Amazon Explorer
15 days/ 14 nights

An excellent sample of the magnificent Andes Mountains and the Amazon region in Peru. Discover the archaeological sites of Peru and Bolivia. Visit Lima and its famous gold museum, the Amazon region of Peru, reach in flora and fauna. Fly to Cuzco, the archaeological capital of South America. Admire the mysterious citadelle of Machu Picchu. Spectacular scenic bus or train ride along the Altiplano to the sacred Lake Titicaca. Visit the famous floating islands of the Uros Indians, Taquile Island where the men do the knitting. Admire the sunset on Sun Island and visit the Tiahuanacu Temple, cradle of the Andean Civilization. Continue to La Paz, the highest capital in the world.

Itinerary: (Mon & Sat are also good operational days)

Day 01 Arrive Lima
Sun

Late afternoon transfer to the airport for your flight to Lima via Quito. Late arrival in Lima and transfer to selected hotel. **(B)**

Lima is situated in the central western region of Peru between the sea and the western cordillera of the Andes. It is home to more than 6 million inhabitants and has been the nation's capital since the Spanish Conquest, having been founded in 1535 by Francisco Pizarro. From that period in history still survive old mansions, churches and convents as well as the bullring Plaza de Acho, the third most ancient in the world; likewise the original building of the University of San Marcos, the oldest in America.

Lima has grown and modernized; it has many excellent hotels and restaurants where one can savor both local and international dishes. It is important to note that Peruvian cooking is offering an abundance of varied and exquisite dishes. As regards to museums, the most outstanding are the Anthropological and Archaeological, the Larco Herrera, the Amano, and the Gold Collection. Neighbouring Lima, the port of Callao has been prepared for reception of tourists on cruises.

Day 02 Lima
Mon Morning City Tour/Gold Museum – Evening Dinner Show

Breakfast at your hotel. Tour of Colonial and Modern Lima. This half day tour visits both the colonial and modern sections of this "City of Kings." Colonial sites include the lovely Plaza de Armas with its cathedral and palace, and the exquisite Torre Tagle Palace modern day seat of the Ministry of Foreign Affairs. In modern Lima, drive along the exclusive residential areas of Miraflores and San Isidro. Afternoon at leisure to further explore the city. In the evening, we will enjoy a nice dinner at a tourist restaurant and a marvellous Peruvian folklore show. **(B,D)**

Day 03 Lima/Puerto Maldonado
Tue Morning flight to the jungle

Breakfast. morning transfer to the airport for your flight to Puerto Maldonado. Meet and assist at the airport and further transfer by boat to: **Posada Amazonas Lodge**

This rainforest adventure takes you to a community run eco-lodge in the heart of Peru's Amazon jungle. The south-eastern Amazonian Peru is a relatively undisturbed area with unrivalled opportunities for wildlife viewing and wilderness.

More than 1,300 bird species (including 32 parrot species - 10% of the world's total), 200 mammal species, 90 frog species, 1,200 butterfly species and 10,000 species of higher plants are protected within this reserve. Ese'eja Native Community lodge, Posada Amazonas is the newest and most comfortable Lodge in this area of Peru. The lodge was constructed combining traditional native architecture and materials (wood, palm fronds, wild cane and clay) with modern, low-impact, eco-lodge technology. The spacious rooms are en-suite, built from adobe and all rooms have hot water. Food is superb buffet meals.

Posada Amazonas is a comfortable yet unobtrusive 30 bedroom lodge owned jointly by Rainforest Expeditions and the Community of Infierno. Thanks to its accessibility, excellent wildlife observation opportunities, and comfortable accommodations, Posada Amazonas is the ideal short, economic, introductory nature tour to Amazonia's richest rain forests.

Highlights

You are accompanied by Ese'eja and English-speaking Peruvian naturalist guides in the rainforest and nearby oxbow lake. You can hope to see giant river otters and visit the active parrot and small macaw clay licks near the lodge. A 35-metre canopy tower provides easy access to the rain forest canopy. The guides also take you on an ethno-botanical walk to learn how forest resources are traditionally used by the Ese'eja, and to visit one of their small scale farms. Over the past few years seven active large eagle nesting sites have been found in the nearby forest, four of them belonging to harpy eagles. If one of these has a chick, you will be able to visit the site.

Sample Itinerary:

Please keep in mind the specific guided activities vary with the weather, season and what is happening in the field during your stay.



Upon arrival from Lima or Cuzco, reception and transfer to our office in Puerto Maldonado. Puerto Maldonado is situated at the confluence of the mighty Madre de Dios and Tambopata Rivers and is a bustling, booming tropical frontier town. Its principal activities are gold mining, Brazil nut collecting, timber extraction, agriculture and ecotourism. After a brief survey of the town we will drive thirty minutes to the Tambopata river port in the community of Infierno. We will board our boats for a one hour trip by motorized canoe to Posada Amazonas. Depending on the arrival time of the plane we will have a boxed lunch aboard the boats or have lunch upon arrival at Posada Amazonas. During our voyage we may see bird species typical of the river or forest edge such as: Black Skimmer, Pied Lapwing, Capped Heron, Jabiru Stork, Roadside Hawk, and several species of kingfishers, swallows and flycatchers. When we arrive at Posada Amazonas we will unpack



and unwind. Posada Amazonas is a comfortable yet unobtrusive 30 room lodge owned jointly by Rainforest Expeditions and the Local Community of Infierno. We will receive a short orientation and a complete briefing on the lodge and the Ecotourism Project before our afternoon activity : the canopy tower. In this activity, we will visit a 35 meter scaffolding tower that is 15 minutes walking from the lodge. The scaffolding tower is built so that you safely climb using the internal staircase with verandahs on each side, and rest in platforms present every 2 meters. From the top you not only get spectacular views of the river and the surrounding forest but also excellent opportunities to observe birds from the canopy including parrots, toucans and macaws. A video about the forest of Tambopata will be displayed after dinner. **(B,L,D)**



**Day 04 Posada Amazonas
Wed Lodge Activities**

We will be up at dawn for a visit to the Tres Chimbadas oxbow lake. After an early breakfast we depart, fifteen minutes from Posada Amazonas by boat and a 30 minute walk take us to the lake shore. From here we take a long, easy canoe ride around it. We will look for giant river otters, turtles, hoatzin, and wading birds. The giant river otters that are seen in Tres Chimbadas belong to a resident family of nine. We will return to the lodge's trails in time for a visit to a small parakeet clay lick. Dozens and sometimes hundreds of Blue Headed Parrots, Orange-Cheeked Parrots, Cobalt-winged parakeets, and sometimes even the rare Rock Parakeet congregate here on clear days to ingest clay. This congregation creates a riotous and colourful wildlife spectacle where the greens, oranges, reds and blues of the parrots dance around the bank as each individual parrot competes for their choice beakful of clay. At times, this spectacle lasts for hours. Then we will return to the lodge for lunch before embarking on our afternoon outing. In the afternoon we will visit the community's ethno-botanical center. From this little shop, the community has been registering the uses of medicinal plants from elders and planting, producing and distributing them for over ten years. We will hike the trails around the center with one of the residents who will explain to us the everyday uses of forest resources in medicine, construction, food and fiber. We will return to Posada Amazonas for dinner and overnight. After enjoying our popular happy hour and refurbishing your s spirits with ours, you will be up for an optional night walk to look for amphibians and insects. **(B,L,D)**



**Day 05 Lodge/Puerto Maldonado/Cuzco
Thu Late morning flight/Afternoon free/Evening Folklore/dinner show**

After an early breakfast we will return to Puerto Maldonado for your flight to Cuzco. Meet and assist at the airport and transfer to selected hotel. Rest of the day free to acclimatize to the altitude.



In the evening, Dinner/Show with Andean music and dances in the heart of Cusco offering creole, international and novo-andina cuisine. **(B,D)**

Welcome to Cusco, the ancient capital of the Inca Empire, a jewel of Inca and colonial architecture standing 3,330 meters (10,900 ft) above sea level in exceptionally beautiful Andean surroundings. Cuzco is often called the archaeological capital of the Americas and is the continent's oldest continuously inhabited city. Most of the tourists come here to see the most fascinating and accessible archaeological ruins on the continent.



Warning Altitude:

Cuzco is located approximately 3800Mts above sea level. This is something that anyone can suffer on first arriving at high altitude (anything over 3,000 metres). The cause is the thin air. The symptoms could be: Headache, loose bowels, shortage of breath, insomnia, dizziness and maybe even nausea. To combat this, it is advisable to rest for a few hours, avoid alcohol, smoking and big meals, just generally take things easy for at least the first 24 hours and drink plenty of water, as altitude sickness causes dehydration. This is particularly relevant to anyone flying from sea level to join one of our tours in Lima, Quito, Cuzco, Juliaca (Lake Titicaca) or La Paz. It can also affect some people when we travel to higher altitudes by land, so take things easy whenever possible.



**Day 06 Cuzco/Machu Picchu/Agua Calientes
Fri Overnight Train Exc to Machu Picchu**

Morning departure on one of the world's great train journeys over and through the Andes to Agua Calientes where shuttle buses take you up a 2000 foot serpentine road to the entrance of Machu Picchu, fabled Lost City of the Incas, never found by the Spanish Conquistadores and only rediscovered in 1911 by American archaeologist Hiram Bingham. Enjoy a guided tour of the ruins followed by lunch. Overnight in Agua Calientes at selected hotel. **(B,L)**

**Day 07 Agua Calientes/Cuzco
Sat Morning free/ Afternoon train to Yucay**

Breakfast. The morning is free to further explore this unique mountain citadelle or relax (Bus and entry fee not included on this day). In the afternoon return to Yucay by train. Overnight at selected hotel. **(B)**

**Day 08 Yucay/Pisac/Cuzco
Sun Full day Pisac Market & Ollantaytambo Fortress**

Breakfast. Drive through the fertile countryside to the colonial village of Pisac. During your visit to the bustling marketplace you will have the opportunity to bargain with the natives for many different types of Peruvian handicrafts and jewelry (This is the place to buy beautiful woven textiles and other handicrafts). After lunch the tour continues to the village of Ollantaytambo an ancient fortress, made up of temples and terraces, that towers the

valley majestically. Return to Yucay or Cusco for accommodation. **(B,L)**

Day 09 Cuzco
Mon Morning city tour

Morning tour is of the oldest continuously inhabited city in the western hemisphere. It includes not only the major landmarks of Cusco, the Cathedral, Santo Domingo Church and the Plaza de Armas, but also the nearby ruins of Kenko, Puca-pucara, Tambomachay and the Sacsayhuaman Fortress. Once the center of the Inca civilization, modern Cusco is a delightful combination of Inca and colonial architecture. Afternoon free. **(B)**

Day 10 Cuzco/Puno
Tue Overland Train or bus trip to Puno

Breakfast at your hotel. Train journey through the Peruvian Andes to Puno - Today one of South America's most extraordinary overland trips takes you by train to Puno passing through striking highland scenery and picturesque Andean villages. Upon your arrival in Puno, a host will meet and assist you in transferring to the selected hotel. **(B,L)**

Lake Titicaca, the highest navigable lake in the world, at 3,808 mt, approximately 8,100 sq.kms. in area, 194 km. long and having an average width of 65 km. At over 170 km long, it is also the largest lake in South America. Its altitude means the air is unusually clear and the azure waters particularly striking. Interesting boat trips can be made from Puno, the major port on the lake. The area is also known for its folk dances and huge herds of alpacas and llamas. In the parts of the lake where its depth is over 25 m. its waters are blue and in the shallower areas it is transparent and green in hue due to the presence of aquatic plants. It is home to extraordinary fauna such as: flamingoes, duck; fish such as "sucche", "capache" and trout which has found the Lake to be a great habitat.

As for flora, the 'totora' (a kind of cat-tail or red mace) abounds here and serves as a food both for people and cattle and as construction material for houses, rafts, etc. From the river port at Puno town interesting excursions may be made to the Uros islands. It is said that the inhabitants of these islands descend from one of the most ancient peoples of America. Their dwellings sit on the surface of Lake Titicaca.

Day 11 Puno
Wed Uros Floating Island/Taquile Island Full day

Breakfast. You will be picked up from your hotel in Puno around 6:40 AM, after 2 hours motorboat you will arrive at the Uros island. Fishermen and hunters inhabit the floating islands of the Uros. The residents of the Uros use the cattail, a type of rush, which grows in the lake, to create the conditions that ensure the islands stay afloat. The dense roots that the plants develop support the island. The roofs are waterproof and the houses are extremely humid because of the surrounding water. At present they speak Quechua and Aymara. Then we will visit the Taquile island, including lunch in the cooperative restaurant, there is also a cooperative shop on the plaza that sells exceptional woollen goods which are not cheap but of very fine quality. Taquile Island is famous for its craft production, particularly for its beautiful textiles. The island is narrow at about 1 Km. wide and 6 to 7 Km. long. The visit could be exhausting because of the 533 steps on the stone stairway to climb to get to the village and because of the altitude (13,000 ft above sea level). On Taquile there are numerous pre-Inca and Inca ruins as well as Inca terracing. We will return in Puno in the afternoon. **(B,L)**

Day 12 Puno/Sun Island
Thu Car and Boat trip to Sun island

Very early morning pick-up from your hotel for a visit to the famous Uros Indians Floating Islands. Continue to Copacabana. Then, by boat to Sun Island where, according to legend, the first Inca appeared. After exploring the island's Inca remains and majestic views of Lake Titicaca and surrounding Andean mountains, overnight at selected hotel. **(B,L,D)**

Day 13 Sun Island/Huatajata/La Paz
Fri Boat to Huatajata/Bus to La Paz

Continue by boat to Huatajata. Visit the Andean Roots Cultural Museum. Further bus/ or van trip to La Paz. Overnight at selected hotel. **(B,L)**

La Paz is the highest city in the world. Set like a jewel, flanked by the Andes, it is an unforgettable sight to those who visit. It is Bolivia's largest city and has a population of over a million, of which more than half are of Indian heritage. La Paz has a cool climate as it is situated 4000 meters above sea level. There are many hotels, restaurants and entertainment venues and colorful back streets and markets where one may learn about Quechua and Aymara culture which predefines the Bolivian way of life.

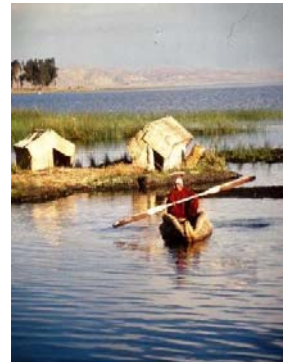
Day 14 La Paz
Sat Half day city tour

Morning half-day city tour of La Paz, visiting the area of the street markets, rich in handicrafts, weavings and witchcraft artifacts. Then the colonial part of the city, San Francisco church, Gold Museum, Murillo Square and the outdoor replica of the Tiahuanaco temple. Finally the modern area of the city and the Valley of the Moon. **(B)**

Day 15 Depart La Paz
Sun

Breakfast. Late morning transfer to the airport for your flight back home. **(B)**

End of Services.



Important:

- Airfares Lima/Puerto Maldonado/Cuzco not included in the price of this package and needed for this tour.
- Travel Projects can arrange above mentioned flight at extra cost.
- Please note that for the 4* & 5* star-rating options, we use lodges in Yucay/Sacred Valley/Machu Picchu and Sun Island.

Inclusions:

- All transfers airport/hotel/airport in SIB
- Sightseeing with bilingual guides and entry fees to sites as per program
- 15 Breakfasts (B), 8 lunches (L) and 7 dinners (D)
- Hotel Pick-up and Drop-offs transfers for excursions
- Hotel taxes

Andes & Amazon Explorer 15D/14N - Land Only

Prices per person in AU\$, Valid 2009 - Not valid during local public holidays, carnival and special events.

Package Name	Category	Single	Double	Triple
Andes & Amazon Explorer 15D/14N	Tourist	\$5,087	\$3,445	\$3,380
Andes & Amazon Explorer 15D/14N	T.Sup	\$6,328	\$4,177	\$4,167
Andes & Amazon Explorer 15D/14N	F.Class	\$8,253	\$5,323	\$5,375

All prices are as a guide only, please check with us for the latest prices. Please read our Terms & Conditions before booking. Prices in this table are for land and air. Please allow **AU\$633** p/pers. Plus taxes for airfares: Lima/Cuzco/Pto Maldonado/Cuzco.

Includes: (All services in Seat in Bus basis = SIB and hotels in Run of the House = ROH, unless otherwise specified)

Insurance: Travel insurance is compulsory for all tours. All clients MUST be insured to cover personal accident, medical expenses, cancellation, curtailment and repatriation. If you have not already arranged your insurance Travel Projects can do this for you.

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