



Lima, Cuzco, Machu Picchu and the Sacred Valley - Most Adventurous with Jungle Survival Training 17d/16n



Canoeing

Recently, following UNESCO recommendations, Peruvian authorities have placed restrictions on the visitation of Machu Picchu, the lost Incan ruins. Currently, no more than 2,500 people daily will be allowed to visit the ruins. While these new restrictions are great for the preservation of the ruins, they may cause some difficulties in your ability to visit them, so we recommend booking with plenty of notice.

This trip can be customized to fit your individual travel dates and any specific requests you may have. Your travel consultant will prepare a customized itinerary for you. We offer a choice of 3, 4, 5-star and deluxe hotels. The Deluxe option comes with the following Orient Express hotels: the Sanctuary Lodge in Machu Picchu, Monasterio in Cuzco and the Park Plaza in Lima. You may also choose to upgrade to the luxury Hiram Bingham train from Cuzco to Machu Picchu.

This tour includes airfare allowance from London (UK), on non-holiday dates. You do not need to fly via London; Yampu will fly you the most direct way to your city of destination. Depending on your travel dates and proximity of travel, we will quote you the most economical surcharge from your city or country of origin.

Pricing

Occupancy Type	3-Star	4-Star	5-Star	Deluxe
Double	£ 3835	£ 3907	£ 4341	£ 4640
Single	£ 4629	£ 5153	£ 5442	£ 6061

Prices shown above are per person, in Sterling (£).



Mountain Biking



Cayman

Itinerary

Day 1

Overnight flight to Lima.

Day 2

Upon arrival, transfer to your hotel. Afternoon tour of the Bay of Lima by bike, discovering the best spots of the city. We will show you amazing sights around the bay, starting with Barranco, the old and bohemian neighborhood of the city, and its mansions, bars and parks. We will also visit the neighborhood of Chorrillos with its old fishing pier, beaches, and promenade and the historic Morro Solar hill. Finally, we bike through the vibrant district of Miraflores with its amazing cliff edge sidewalks and parks overlooking the ocean. We will have a snack in a traditional old bar or cafe of the area. This tour also gives you the chance to have a glance of many old houses, colonial mansions and some of the best restaurants of this city, well known of its cuisine.

Note: check-in is normally after 2 pm. Early check-in may be granted subject to availability (not confirmed).

Day 3

Morning transfer to the airport to take the flight to Cuzco. Upon arrival in Cuzco, transfer to your hotel. In the afternoon, Private Cuzco Tour. We begin with a walking tour of Cuzco, visiting the Korikancha temple or Temple of the Sun, the Cathedral and its Art Museum and the artisan's quarter of San Blas. Visit Tambomachay, Puca Pucara, and Sacsahuaman Fortress, depart to the nearby water shrine of Tambomachay (the Inca Fountains), Puca Pucara (the Red Fortress), amphitheater of Kenko and finally the Sacsahuaman Fortress. After the tour of Sacsahuaman Fortress we will go horseback riding nearby. Return to your hotel.

Day 4

At 9am we leave for the Urubamba River in the Sacred Valley of the Incas (north of Cuzco), where our guide will give us an introductory chat on safety and equipment for our trip running the Urubamba. We will raft for around 2 ½ hours in rapids class II, III, IV+ and V, depending on which route we select. We could be in Ollantaytambo Class III (runs from May to December), Quiquijana Class III (December to May) and Chuquicahuana Class III, IV and V (December to May). For this last one, which is the hardest, we always have a safety guide in a kayak along with us. More information is available regarding rapid class.

Day 5

Beginning at 9:00 am, we will head towards Chincheros where we will have a briefing, then we will begin our adventure by bike, passing by Huaypo lagoon, and the archaeological site of Moray and the salt mines of Salineras. Finishing the trip in Urubamba, we will have lunch. Afternoon at leisure.

Day 6

Morning transfer to the train station. The train takes us through the Sacred Valley of the Incas up to the town of Aguas Calientes. From here, we will board a bus to the mountain-top citadel of Machu Picchu. We will then have a guided tour of the ruins. Machu Picchu, the Lost City of the Incas, was a flourishing ceremonial and agricultural site, probably the gateway to the jungle marshes of the Inca empire. The central buildings

were erected with the polished stone works of the Cuzco imperial style, though the site was probably occupied well before the Incas started their expansion. It was associated with the earth cult revolving around the coca leaf, which was a privilege of the Inca royal family and priests. You will have time to enjoy a light lunch or snack and return to your hotel at your leisure. In the evening, we will enjoy a wonderful dinner at the hotel or in the village of Aguas Calientes.

Note: Government regulations limit the number of visitors to Machu Picchu daily. Entrance is subject to availability. Please book with plenty of notice so we may confirm your entrance to the ruins for today and tomorrow.

Day 7

Our resident guide will pick you up at your hotel in the morning for a second visit to the Machu Picchu ruins. We will go on an early morning hike through the ruins up to the Inti Punku or Sungate to see a magnificent view of the citadel and watch the wonderful sunrise. Those who are most adventurous may want to do a hike to Huayna Picchu (which means Young Mountain). This hike is quite steep and sometimes exposed. The Incas trail, up the side of the Huayna Picchu, is built of temples and terraces on its top. It is said that the top of the mountain was the residence for the high priest and the local virgins. The trail itself forks to several points of interest. In the afternoon we will catch the train to Cuzco.

Note: Government regulations have restricted the amount of hikers on Huayna Picchu daily. If you are interested in this hike please notify your Yampu Travel Consultant at booking so we may confirm your entrance (subject to availability).

Day 8

Transfer to the airport to take the flight to Iquitos via Lima. Upon arrival, there will a reception and transfer to the pier. Depart Iquitos aboard a speed boat traveling south upriver until we reach the Tahuayo River, a small, winding tributary of the Amazon, arriving at the Tahuayo Rain Forest Jungle Lodge, located on the Tahuayo River, the lodge is rustic, yet comfortable. There will be afternoon and evening excursions.

Day 9

We will have guided excursions in and around the Tamshiyacu-Tahuayo Reserve. You should climb 100 feet by mechanical hoist into canopy of a large Ceiba tree. Maneuver along the via aerial zip-line cables while seated in an arborist's saddle. You control the pace as you travel atop four giant emergent trees with platforms along the way for rest or pictures. Also choose some long hikes to acclimate to the jungle, perhaps some canoing in flooded forest.

Day 10

After breakfast we will hike into the interior of the lowland rainforest populated with titi monkeys, monk sakis, and squirrel monkeys. Deep in the forest we will view a demonstration of a poison dart frog management project. This afternoon, we will take the boat to watch for birds cruising along the upper Tahuayo River. Over 500 species of birds have been recorded in the vicinity of the lodge, including parrots, macaws and toucans. We will depart by motorized boat to a high-tannic acid lake (safe to swim in) to swim with pink dolphins.

After lunch, we will hike into the interior of lowland rain forest with its populations of titi monkeys, monk sakis and squirrel monkeys to view a demonstration of a poison dart frog management project. After dinner, we will take a boat excursion to a lake to view a boat-billed heron (nocturnal bird) colony.

Day 11

Camping/jungle survival either at the far reaches of a trail grid, or into the terra firme forest of the Rio Blanco. We will start with how to select a site, taking into consideration soil and drainage aspects. We will learn how to look for sources of food and water. We will also learn how to construct fire and weapons. We will learn about medicinal plants, constructing a raft and fishing with our own weapons using ancient techniques.

Day 12

Day in the Rain forest learning and practicing our survival skills.

Day 13

Day in the Rain forest learning and practicing our survival skills.

Day 14

Day in the Rain forest learning survival skills. In the late afternoon we will return back to the main lodge and have an evening fiesta.

Day 15

There will be a morning excursion before taking the motorboat back to Iquitos. Upon arrival, transfer to the airport. Upon arrival in Lima, transfer to your hotel.

Day 16

We will be doing para-gliding tandem flights with an experienced instructor with you all the time. Do not miss the opportunity of flying like a bird in between buildings and taking the best pictures of Lima ever.

Day 17

Transfer to the airport to take the flight back home, or overlap with the add-on of your choice.

Price includes:

- Prices include round trip air transportation between Miami and Lima in economy class, air transportation between Lima to Cuzco, Cuzco to Iquitos via Lima and Iquitos to Lima, hotel accommodation including daily continental or buffet breakfast, all transfers between airports and hotels with assistance and baggage handling, guided tours in English including all entrance fees and meals where specified. Local airport taxes that are payable in the country of destination are not included. Taxes and security fees that can be paid at time of ticketing are already included in the quote (if airfare has been included in the quote).
- Professional English/Spanish speaking rafting guide. Lunch (meal, salad, sodas, tea, coffee, desert, fruits) Complete rafting equipment (helmet, life jacket, rain coat, paddle, wet suit, boat). Professional English speaking biking guide. Bicycle with front suspension, helmet, gloves and Lunch-Box.
- Note: Cost includes Expedition train for 3-star category, and Vistadome train for 4-star category and above. Expedition train features comfortable seats, fixed tables, backpack storage, panoramic windows as well as heating and air conditioning. Vistadome is ideal for travelers who want a personalized immersion of Andean culture with traditional dances and music along the way. This train features panoramic windows, leather seats, new table design as well as heating and air conditioning. Upgrades available from Expedition to Vistadome; please add \$46 per person.
- Deluxe service Hiram Bingham train features an observation wagon with a bar and two dining cars. In addition, this train includes a gourmet brunch on board, exclusive bus return to Machu Picchu, entrance to Machu Picchu as well as a guided tour. Afternoon tea in the Sanctuary Lodge, pre-dinner cocktails and a 4-course, a la carte dinner is also included. Does not operate on Sundays. Upgrades available from Vistadome to Hiram Bingham Deluxe; please add \$575 per person.
- Some aspects of the survival training covered:
 - 1. Construction of lean-to
 - How to select site, soil and drainage aspects
 - What woods to use to set up framework; how to use irapay palm (*Lepidocaryum tenue*) fronds to rainproof
 - 2. Construction of fire
 - Recognition of wood that will have hard, dry interior even when waterlogged by rainforest humidity; use of copal resin as fire starter
 - 3. Sources of pure water
 - Immature yarina (*Phytelephas macrocarpa*) fruits; puca huasca vine (*Doliocarpus dentatus*) and cano huasca vine (*Uncaria* spp.)
 - 4. Sources of food
 - Palm fruits; palm hearts from *Euterpe* and *Iriartea* genera; edible beetle grubs; legumes, especially from *Inga* genus; using barbasco (*Lonchocarpus* species) sap to stun fish; canabrava (*Gynerium sagittatum*) to build fish trap; tamshi vine (*Carludovica devergens*) to make animal snare
 - 5. Raft construction
 - Recognition of balsa wood, tied together with tamshi vine, oar from *remo caspii* (*Styrax acuminatum*)
 - 6. Mosquito repellent
 - Made from *Nasutitermes* termites
 - 7. Weapons
 - Fishing spear from *cumaceba* (*Cesalpinia echinata*); bow from *cashapona* (*Iriartea exorrhiza*), string from *chambira* (*Astrocaryum chambira*), arrowshafts from bamboo and arrowheads from *cumaceba*.
 - 8. Survival Medicines
 - Venomous snakebite—piripiri leaves (*Cyperus articulatus*)
 - Venomous insect—curarina bark (*Potalia amara*)
 - Fever—sanango root (*Sanango durum*)
 - Disinfectant—pichirina sap (*Vismia angusta*)
 - Field dressing—fiber inside bark of machimango (*Ceiba* species)
 - Antiparasitical—oje sap (*Ficus antihelmintica*)

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- Dysentery or gastrointestinal distress—hierba luisa leaves (*Cymbopogon citratus*)
 - From the recent (January 2009) National Geographic ratings, Amazonia Expedition
 - (Tamshiyacu-Tahuayo Lodge) are for the third year in a row the top rated Amazon company in Peru. We are one of only 12 companies in the entire world to get a perfect 100 score in client satisfaction: <http://atr.nationalgeographic.com/outfitters/outfitterDetail.action?id=108>

Amazonia Expeditions has an A+ rating from the Better Business Bureau. A member of the West Florida chapter of the Better Business bureau for 16 years, no complaint has ever been filed against Amazonia Expeditions.

Amazonia Expeditions has recently completed construction of the largest trail system in the Amazon. The trail system consists of 52 miles of trails over 1000 acres. Over 40 social groups of monkeys live on the trail system, representing 12 different species.

Amazonia Expeditions has the largest canopy zipline system in the Amazon.