

# BIG FIVE<sup>®</sup>

TOURS & EXPEDITIONS

*Enriching Lives Through Distinctive Journeys*

## Destination Information Guide

# PERU



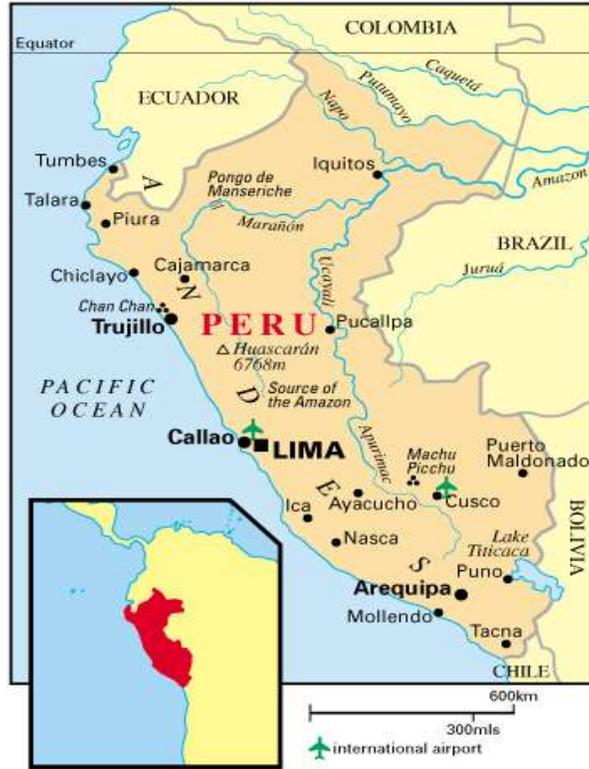
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# Welcome to the World of Big Five!

*The following general outline offers practical information, suggestions and answers to some frequently asked questions. It is not intended to be the definitive guide for your trip*

Big Five Tours & Expeditions is pleased to welcome you on this exciting adventure. We take great care to insure that your travel dreams and expectations are well met. Our distinctive journeys allow you to experience the finest aspects each destination has to offer. We also aim to provide you with a deeper understanding of and appreciation for the places you'll visit and the people you'll meet.



**Lima, Peru** Elevation: 43 feet Latitude: 12 00S Longitude: 077 07W

### Average High Temperature

Years on Record: 21

YEAR	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.	
°F	73	79	80	80	76	72	69	67	66	67	69	72	76

### Average Low Temperature

Years on Record: 21

YEAR	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.	
°F	64	68	69	69	66	63	61	60	60	59	61	63	66

**Cuzco, Peru** Elevation: 11150 feet Latitude: 13 33S Longitude: 071 59W

### Average High Temperature

Years on Record: 21

YEAR	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
°F	66	64	64	65	66	67	66	66	67	68	67	66

### Average Low Temperature

Years on Record: 21

YEAR	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
°F	42	45	46	46	43	39	35	34	37	41	44	45

## WEATHER

The country is divided in three main natural regions: the Coastal Zone, an arid and hilly region situated between the Pacific shore and the Andes; the Highlands consisting of two parallel ranges with peaks rising over 20,000 feet and valleys wedged into them, where the majority of Peru's population lives; and the Eastern lowlands, a dense tropical rainforest. Peru's climate is mild, warm and damp, with an average year-round temperature of 27C during the day. Peru experiences two very distinct seasons, wet and dry-terms that are more relevant than "summer" and "winter." Peru's high season for travel coincides with the driest months: May through September, with the most visitors in July and August. May and September are particularly fine months to visit much of Peru. Visitors are advised to dress according to season.

## TIME ZONES

Peru is in the same zone as U.S. EST, which is 5 hours behind GMT (Greenwich Mean Time). Peru does not observe daylight saving time.

## PASSPORTS & VISAS

**PASSPORTS:** For international travel, U.S. and Canadian passports must be valid for at least six months from date of departure, and contain at least 3 blank pages.

**VISAS:** Many countries require travelers to obtain visas prior to arrival.

**U.S. residents:** Big Five Tours & Expeditions has appointed Trivisa to process required visas. You will find the necessary forms from Trivisa's website at: [www.trivisa.com](http://www.trivisa.com). Please use account code JP1551, and follow directions. **Canadian residents:** please contact the nearest consulate.

**Important:** Even if you do not need a visa prior to departure, please check your passport well in advance of departure to insure:

- 1) It is valid for at least six months after the date of travel.
- 2) You have sufficient blank pages for visa/entry stamps that will be added as you travel in and out of various countries.

**Please note: pages reserved for amendments and endorsements cannot be used for visas.**

**Note:** Travel with photocopies of all important documents in a safe place in the event your passport or other documents are lost or stolen. Also, it's a good idea to have an extra passport photo with you. As a tourist, you will need to produce your passport when

checking into hotels, changing money or travelers' checks and to prove your identity when requested by authorities.

**Important: Even if you do not need a visa prior to departure, please check your passport well in advance of departure to insure:**

- 1) It is valid for at least six months after the date of travel.
- 2) You have sufficient blank pages for visa/entry stamps that will be added as you travel in and out of various countries.

*Please note: Pages reserved for amendments and endorsements cannot be used for visas.*

## AIRPORT FORMALITIES

Keep the International Embarkation/ Disembarkation Card you receive on arrival as it must be returned when leaving the country. If you do not have it, you may be assessed a fine.

**Airport Departure Tax:** Currently, all passengers must pay a departure tax of \$33.00 for international flights and \$8.72 for domestic flights. Tax must be paid in cash before boarding. **All fees are subject to change without notice.**

## PERU CUSTOMS

**Duty Free:** The following items may be imported by visitors over 18 years of age into Peru without incurring customs duty: 400 cigarettes or 50 cigars or 250g of tobacco; alcoholic beverages not exceeding 2.5l; a reasonable amount of perfume for personal use; gifts or new articles for personal use up to a value of US\$300; 2kg of processed food.

**Prohibited:** The export of artistic or cultural articles is prohibited. The import of raw ham from Italy and Portugal is prohibited.

**Note:** If importing sausages, salami, ham or cheese, a sanitary certificate from the manufacturer is required.

## U.S. CUSTOMS

Returning U.S. residents are allowed to bring back \$800 worth of merchandise duty-free. There are limits on some items. For more information you can write U.S. Customs Service at Box 7407, Washington, DC 20044, or check the Customs and Border Protection homepage at [www.customs.gov/xp/cgov/home.xml](http://www.customs.gov/xp/cgov/home.xml).

## HEALTH

International travelers should be in generally good health. Talk with your personal physician about any shots or boosters recommended depending on your personal health profile and your itinerary. Tetanus and polio vaccines should be up to date. Be prepared to take precautions against sunburn with sunscreen and lip balm. At the time of this writing, no inoculations are required for entry into Peru.

**US residents:** Check the latest regulations with your local health office or the Centers for Disease Control and Prevention hotline for international travelers at 1-877-FYI-TRIP (1-877-394-8747); fax: 1-888-CDC-FAXX (1-888-232-3299), or their main telephone number in Atlanta, 404-332-4559. Or, visit the CDC Internet home page at <http://www.cdc.gov>.

**Canadian residents:** Check the latest regulations with your local health office or the Public Health Agency of Canada visit the PHAC Internet home page at <http://www.phac-aspc.gc.ca/index-eng.php>.

**Yellow Fever:** Yellow fever inoculation is required if one of the following applies:

- If you are coming from any area other than the United States, Europe, or Canada.
- If you are traveling between countries, and one of those countries have areas where Yellow Fever can be found.

Yellow fever may be required for traveler visiting the jungle regions. Travelers arriving from non-endemic zones should note that vaccination is strongly recommended for travel to areas within the Amazon Basin. Check with your local public health department.

**Malaria:** is prevalent in northern parts of Peru and in Iquitos (Amazon) particularly, where there is risk of flooding during the Peruvian summer months of November to April. Insect bites may be a problem in the jungle and the highlands. Insect repellent and long layers for the evening are recommended.

**Cholera:** A cholera vaccination certificate is not required for entry to Peru.

**Typhoid:** Immunization against typhoid is recommended. A polio vaccination certificate is required for children aged between three months and six years old.

**Other risks:** Hepatitis A occurs, and hepatitis B and D are a risk in the Amazon Basin. Dengue fever outbreaks are common in the Amazon Basin. In April 2005, there were reported cases of dengue fever in the northern outskirts of Lima, isolated parts of the jungle provinces of Loreto, San Martin and Ucayali and in the northern coastal area between Tumbes and La

Libertad. Rabies is present. For those at high risk, vaccination before arrival should be considered. If you are bitten, seek medical advice without delay.

**Altitude sickness:** can be a problem if visiting areas such as Cuzco (11,150 feet) and Lake Titicaca (13,000 ft). Visitors should take time to acclimatize and avoid doing too much strenuous exercise on the first day. Signs of altitude sickness include shortness of breath, racing pulse, headache, loss of appetite, extreme fatigue and nausea. Most symptoms develop the first day at high altitude, though, occasionally, travelers have delayed reactions. The best advice is to rest on your first day in the highlands. Drink plenty of liquids, including the local remedy, coca-leaf tea. Avoid alcohol and heavy foods. Talk to your physician about your risks and possible remedies.

**Please note:** If you are on medication, be sure to bring enough for the duration of the trip. Prescription medicines should always be carried in their original containers in your hand luggage. If you wear contact lenses or glasses, we suggest you bring an extra pair and cleaning fluid.

## Health insurance is essential for any foreign travel.

*Check the latest regulations with your local health office or the Centers for Disease Control and Prevention hotline for international travelers at 1-877-FYI-TRIP (1-877-394-8747); fax: 1-888-CDC-FAXX (1-888-232-3299), or their main telephone number in Atlanta, 404-332-4559. To receive these documents, call 404-332-4565 and follow the prompts. You can also get information on the CDC's website at [www.cdc.gov/travel](http://www.cdc.gov/travel).*

## CLOTHING

*For general clothing information, please review the **Travel Handbook** in your pre-departure materials. See pre-departure information for general packing check list.*

Insect bites may be a problem in the jungle and the highlands. Insect repellent and long layers for the evening are recommended. For higher altitudes, mid-weight fleece or wool sweater, fleece pants or tights, mid-weight thermal underwear tops and bottom, synthetic or wool, hiking pants, hiking shorts, long-sleeve shirts, T-shirts, underwear and casual socks, hiking socks, liner socks, swimsuit, sun hat, bandana, wool or fleece gloves, rain poncho. For those considering hiking a part of the Inca trail, sturdy hiking boots are a must.

## LUGGAGE

For general baggage information, please review the *Travel Handbook* in your pre-departure materials.

In this security conscious era, airline luggage restrictions may change without notice. Also, luggage limits vary depending on ticket class, plane size, destinations, etc. It is always best to confirm with airlines for specific limitations.

Scheduled flights from other countries and within foreign countries generally limit luggage to 44 pounds total, plus one carry-on personal item. Further restrictions may apply for charter flights. This will vary according to destination. We will advise you of those restrictions in your final documents.

## PERURAIL EMBARKATION POLICIES

All passengers must show up at the station at least 30 minutes prior to departure. Each passenger (traveling alone or in groups) must board the train, showing a ticket and proof of identification (copy or original).

**Carry-on baggage allowance per passenger may take aboard PERURAIL:**

***1 bag or backpack 05kg/11lb; 62 inches/157cm (length + height + width). Baggage that exceed the measures will not be allowed***

Please pack light. Baggage that exceed the measurements will not be allowed, but we will try our best to storage extra luggage whenever possible.

Passengers doing the Inca Trail can apply to our Exceptional Flexibility Policy for Luggage on Board, when showing their UGM permission. All luggage which exceeds the dimensions described above, can be transported on a luggage car available at: Up to 10Kg/22 lbs NO CHARGE; from 11 kg/24 lbs US\$1.80 (including tax) per excess kilogram/pound.

- BLOCKING EXITS ON THE TRAIN IS PROHIBITED BY LAW.
- YOUR SUPPORT WILL BE APPRECIATED TO GUARANTEE SAFETY AND PUNCTUAL OPERATIONS.
- PERURAIL IS NOT LIABLE FOR ANY LOSSES THAT RESULT FROM FAILURE TO OBEY ALL REGULATIONS.
- ALL THE ABOVE REGULATIONS ARE RELATED TO THE SAFE OPERATION OF THE TRAINS AND INSURANCE REQUIREMENTS.

## MONEY

**Currency:** Peru's official currency is the Nuevo Sol (S/), divided in 100 cents. Coins come in 5, 10, 20 and 50 cents and S/. Banknotes are in denominations of 10, 20, 50, 100 and 200. US dollars are welcome at most shops, restaurant and service stations at the current exchange rate. **Credit cards:** Most establishments accept major credit cards, including Visa, Master Card, Diners and American Express. ATMs are now generally regarded as one of the best ways to obtain money in Peru. *No matter where you travel, when using a credit card, make sure you are charged the right amount for your purchase.*

**Traveler's checks:** The use of traveler's checks may be restricted.

**NOTE: Do not change money with street changers.**

## COMMUNICATION

**Language:** Peru has two official languages: Spanish and Quechua. English is spoken at four and five star hotels and main tourist shops. Aymara is spoken in some areas of the region of Lake Titicaca. Many other dialects exist in the jungle regions.

Mobile phones can be rented in Lima and the main cities. Coverage is sporadic.

Roaming agreements exist with some international mobile phone companies.

Public Internet booths and Internet cafes are widely available in cities and most towns.

## ELECTRICITY

The electric voltage in Peru is 220 volts, 60 cycles. In most hotel bathrooms there is an electrical outlet with 110 volts for electric shavers but not to be used for irons or hairdryers.

## FOOD & DRINK

**\*Please note that new conservation restrictions have been put in place at Machu Picchu sanctuary regarding plastic bottles. Effective immediately, PLASTIC BOTTLES, including water bottles, may not be brought into the sanctuary area. Only GLASS containers will be allowed.**

**Do not drink tap water.** Drink only bottled water, which is widely available. Do not drink tap water, even in major hotels. ***Agua con gas is carbonated; agua sin gas is plain.*** All water should be regarded as being potentially contaminated. All water used for drinking, brushing teeth, cleaning contacts, or making ice should first be boiled or otherwise sterilized. Even filtered water in more remote areas should be avoided and bottled mineral water should be drunk instead. Avoid dairy products, which are likely to have been made

from unboiled milk. Only eat well-cooked meat and fish, preferably freshly prepared and served hot. Pork, salad and mayonnaise may carry increased risk. Vegetables should be cooked and fruit peeled.

Peruvian cuisine offers a wide range of typical dishes from the coast, highlands and jungle regions. Always ask if dishes are spiced. You may want to try Peru's world-renowned pisco sour cocktail made with pisco, a grape brandy that is the Peruvian national drink. Chicha morada is a nonalcoholic beverage prepared with purple corn. Chicha de jora is a fermented drink made from yellow corn, and Masato is a beer made from yucca, this drink is typical of the Amazon region.

**Note:** If you have food allergies or are on a special/restricted diet, please notify your travel agent or our office in advance, so that we may try to comply with your needs. Also, please advise your travel agent or our office if you have any mobility restrictions, so that we may inform our representatives accordingly. They will strive to accommodate you to the best of their ability.

### **TIPPING**

Tipping should be done at your discretion and as a reward for good or exceptional service.

For general tipping guidelines please refer to:

**[www.cntraveler.com/travel-tips/travel-etiquette/2008/12/Etiquette-101-Tipping-Guide](http://www.cntraveler.com/travel-tips/travel-etiquette/2008/12/Etiquette-101-Tipping-Guide)**

### **SHOPPING**

Peru is one of the top shopping destinations in Latin American, with some of the finest and best-priced crafts anywhere. Most shops, malls and handicrafts markets are open every day (including holidays) from 10am to 8 pm. Bargaining for prices is acceptable in most establishments.

### **CUSTOMS IN PERU**

Shaking hands is the customary form of greeting. Visitors should follow normal social courtesies and the atmosphere is generally informal. A small gift from a

company or home country is sufficient. Dress is usually informal, although for some business meetings and social occasions men wear a jacket and tie. Life is conducted at a leisurely pace.

### **OVERVIEW OF PERU**

Peru inevitably evokes images of Machu Picchu and the fabulous Inca Empire, but the country has many archaeological sites that are a legacy of even more ancient times. Great civilizations bequeathed a legacy of their art, customs and rituals, their wisdom and skills. The Inca Empire was a recent arrival in the Andes during the pre-Hispanic era, and the history of the Incas barely accounts for a century within the 20,000 years of human occupation of Peruvian territory.

Long before the Incas, the Chavín civilization (1500-400 BC) achieved considerable prowess in architecture, engineering and agriculture in the northern highlands. Along the north coast, the Moche civilization (200 BC-700 AD) is famous for its realistic pottery (portraits carved into pots and gourds) and its pyramid-shaped temples. The same area was later controlled by the Chimú kingdom (900-1450 AD), who built Chan Chan, an immense mud-brick citadel featuring 12-meter-high walls and superb architectural work. To the south, the Nazca people (200 BC-900 AD) etched an impressive series of figures etched into the desert floor known as the Nazca Lines, while graves belonging to the Paracas culture (800 BC-600 AD) have unearthed superb weavings which point to the magical and religious vision that governed the lives of this ancient civilization.

Centuries later, the Incas (1300-1500 AD) were to make Cuzco the center of their empire, building major constructions such as Sacsayhuaman, Pisac and Koricancha. It is here that myth and history merge, where the Inca roads, the towns, people and traditions are a living example of the Andean spirit, sacred and monumental.

## SUGGESTED READING LIST

Many comprehensive and readily available guides produced by Lonely Planet, Fodor, Insight, The Rough Guide, etc., many books relating this destination. Here are a few selections we thought might interest you from Barnes and Noble.

### **PERU**

**by Mario Polia**

From the awe-inspiring ruins of Machu Picchu to the bustling metropolis of Cuzco—the country's capital—from dense subequatorial rainforests to the snowy peaks of the Andes Mountains, this volume transports readers to a land with a tumultuous history and deeply rooted spiritual legacy. Armchair travelers explore ancient archaeological sites deep in the jungle, travel on the highest railway line in the world, and admire the meticulous construction of mysterious cities built of stone. With its accessible text and vibrant photographs, this book provides an excellent introduction to the fascinating country of Peru.

### **ANCIENT KINGDOMS OF PERU**

**by Nigel Davies**

As recently as 1987, robbers discovered by far the most spectacular vestiges of the Moche people, who ruled much of Peru for the first six centuries of the Christian era. This find - a royal burial chamber shoulder-deep in gold and silver ornaments and carvings studded with jewels - has provided many powerful insights into their way of life as Nigel Davies shows. Patterns representing a condor, a killer whale and even an 80-metre monkey, visible only from the air, are etched into a bare expanse of desert at Nazca. Davies analyses and assesses the latest scholarly theories surrounding one of the world's great enigmas. He then turns to the key power centers of the 'middle period' in Huari and Tiahuanaco, the great coastal civilization of Chimor (the first for which we have written accounts), and its eventual defeat by the Incas in around 1470. Alongside the often biased conquistador chronicles, archaeology can now illuminate the Inca imperial cult, their methods of agriculture, road-building, and town-planning.

### **EXCAVATION**

**by James Rollins**

The South American Jungle Guards Many Secrets... and a remarkable site nestled between two towering Andean peaks, hidden from human eyes for thousands years. Dig Deeper... through layers of rock and mystery, through centuries of dark, forgotten legends. Into Ancient Catacombs... where ingenious traps have been laid to ensnare the careless and unsuspecting; where earth-shattering discoveries—wealth beyond imagining—could be the reward for those with the courage to face the terrible unknown. Something is Waiting... here where the perilous journey ends, in the cold,

shrouded heart of a breathtaking necropolis; something created by Man, yet not humanly possible.

### **INCAS AND THEIR ANCESTORS: THE ARCHAEOLOGY OF PERU**

**by Michael E. Moseley**

Described as "magnificent" and a "masterly study" on its first publication, *The Incas and their Ancestors* quickly established itself as the best general introduction to the cultures and civilizations of ancient Peru. Now this classic text has been fully updated for the revised edition. New discoveries over the last decade are integrated throughout. The occupation of Peru's desert coast can now be traced back to 12,000 BC and ensuing maritime adaptations are examined in early littoral societies that mummified their dead and others that were mound builders. The spread of Andean agriculture is related to fresh data on climate, and protracted drought is identified as a recurrent contributor to the rise and fall of civilizations in the Cordillera. The results of recent excavations enliven understanding of coastal Moche and Nazca societies and the ancient highland states of Huari and Tiwanaku. Architectural models accompanying burials provide fresh interpretations of the palaces of imperial Chan Chan, while the origins of the Incas are given new clarity by a spate of modern research on America's largest native empire.

### **IN GOLDEN BLOOD**

**by Stephen Woodworth**

Natalie Lindstrom has a gift: the power to speak to the dead, to solve crimes by interviewing murder victims. But now Natalie wants to escape. Escape from the voices that fill her head. Escape from the organization that has used her as a crime-solving tool...and now wants to recruit her daughter. So Natalie takes a job as far from crime and punishment as she can get: with an archaeologist in the mountains of Peru. Her job: to find a trove of priceless artifacts—by channeling those who lived and died at an ancient Incan site. But in the towering Andes, Natalie enters a 500-year-old storm of betrayal, murder, greed, and rage—and she cannot silence the voices of the dead. The slaughtered reach out to her. The slaughterers boast of their crimes. Alone, cut off from her family, Natalie faces a chilling realization: every truth she uncovers is leading her one step closer to a terror beyond imagining.

## **PERU READER: HISTORY, CULTURE, POLITICS**

**by Orin Starn (Editor), Robin Kirk (Editor), Carlos I. Degregori (Editor)**

Sixteenth-century Spanish soldiers described it as a land filled with gold and silver, a land of untold wealth. To the Europeans who heard these stories it was a place of tantalizing mystery that mirrored dreams and desires unsatisfied by the Old World. Nineteenth-century travelers wrote of soaring Andean peaks plunging into luxuriant Amazonian canyons of orchids, pythons, and jaguars. Early twentieth-century adventurer Hiram Bingham told of the raging rivers and the wild jungles he traversed on his way to "discover" the "Lost City of the Incas," Machu Picchu. The richest treasures, the bloodiest conquest, the most poignant ballads, the most violent revolutionaries—all have been attributed to Peru. Unparalleled in its scope, comprehensive, and written for the traveler and specialist alike, *The Peru Reader* offers a deeper understanding of the country that lies behind these images. Beginning with extensive historical material on topics ranging from Peru's extraordinary pre-Columbian civilizations, through the Spanish conquest, to colonial and postcolonial rule, it weaves together a vast array of essays, folklore, historical documents, poetry, songs, short stories, autobiographical accounts, and photographs about this largest of the Andean nations. Works by contemporary Peruvian intellectuals and politicians, many translated for the first time, are presented here. The voices of the country's often silenced underclass—peasants, street vendors, maids, Amazonian Indians, African-Peruvians—will also be found in this richly textured anthology. Blending together with the best of Western journalism and scholarship, these voices also address matters of contemporary Peruvian culture and politics such as the Maoist insurgency of the Shining Path, the cocaine economy, and the ongoing struggle for dignity and justice in a multicultural nation where Andean, African, Amazonian, and European traditions meet. Unique among books on Latin America, intellectually ambitious, but with appeal to a wide readership, *The Peru Reader* provides an in-depth look at the history and cultural complexity of this Latin American nation.

## **ANDEAN AWAKENING: AN INCAN GUIDE TO MYSTIC PERU**

**by Jorge Luis Delgado, MaryAnn Male**

It is an extraordinary time to be alive, as a long-foretold alignment of the Earth with the axis of the Milky Way galaxy announces a new dawn. In Peru, descendants of the Inca call this time the Pachakuti, 'the return of the light' after 500 years of darkness. Peru is said to be the "morning of the new sun" - the portal through which rays of the new light will begin to awaken humanity to a new consciousness. In this illustrated guidebook, Peru's premiere spiritual tour guide, Jorge Delgado, takes the reader on a trip of discovery through the most powerful and mystical places on earth - Machu Picchu, the Sacred Valley, Lake Titicaca and the magical Inca doorway of Aramu Muru. Jorge Delgado was born in a small Andean village in Peru. In "Andean Awakening" Delgado opens the door to his mystical homeland as he describes his own journey of awakening and packs his personal narrative with fascinating details about Peru, its history, culture, mythos and magic. Delgado is our personal Quechua - a bridge person who helps others to cross from one state of conscious to another. Delgado bridges readers to the spiritual power of the Andes, of Peru and legend of the Inca - the return of the children of the light.