

# Peru - Macaws & Machu Picchu

## Naturetrek Tour Itinerary

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### Outline itinerary

|                |                                         |                  |                                        |
|----------------|-----------------------------------------|------------------|----------------------------------------|
| <b>Day 1</b>   | <u>Fly Lima</u>                         | <b>Day 10/14</b> | <u>Inca Trail to Machu Picchu</u>      |
| <b>Day 2</b>   | <u>Islas Palomino/Pantanos de Villa</u> | <b>Day 15</b>    | <u>Machu Picchu and train to Cusco</u> |
| <b>Day 3/6</b> | <u>Tambopata rainforest</u>             | <b>Day 16</b>    | <u>Lima</u>                            |
| <b>Day 7</b>   | <u>To Cusco</u>                         | <b>Day 17</b>    | <u>Arrive UK</u>                       |
| <b>Day 8/9</b> | <u>Cusco &amp; Sacred Valley</u>        |                  |                                        |

### Departs

June, September, October

### Focus

Birds, mammals and culture

### Grading

Easy day walks only except fairly strenuous Inca Trail (Grade B+)

### Dates and Prices

See website (tour code PER04) or brochure

### Highlights

- Thousands of Humboldt Current seabirds and Southern Seals
- The world's biggest Macaw clay-lick
- A sprinkling of exciting mammals including an outside chance of Jaguar or Tapir
- A unique opportunity for serious birdwatching along the Inca Trail - no day trips and bus fumes
- Condor, Cock-of-the-Rock and Sunbittern among many other avian specialities
- Short historical tours of Lima, Cusco and Machu Picchu - we don't ignore the culture



Image courtesy of Jon Atkinson



Image courtesy of Peter Price



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**NB. Please note that the itinerary below offers our planned programme of excursions. However, adverse weather and other local considerations can necessitate some re-ordering of the programme during the course of the tour, though this will always be done to maximise best use of the time and weather conditions available.**

## Introduction

Peru: The most evocative of South American destinations and that which offers birdwatchers and aficionados of mountain scenery, lost worlds and ancient cultures the travel experience of a lifetime. The magnificent scenery of the high Andes, the ruined cities of the Incas and the great rainforests of Amazonia, images of condors sailing past icy peaks, packed masses of seabirds on guano islands, toucans and macaws eating ripened fruit in the rainforest canopy and the Archaeopteryx-like Hoatzin clambering through marshy swamps only enhance the dream of a visit to this fantastic country.

Thanks to its uniquely diverse topography and geography, harbouring wonderfully varied ecosystems, Peru has one of the world's richest avifaunas with over 1,800 species described.

During this holiday we will explore three of the highlights of southern Peru. The islands of Peru's most important marine nature reserve at Paracas, the richness of the Amazon Basin in Tambopata and, to finish, a stupendous hike along the ancient Inca Trail to Machu Picchu.



Brown Capuchin Monkey



Inca Terns



Blue and Yellow Macaws



Saffron-crowned Tanager

Images courtesy of Peter Price

## Day 1

## In Flight

We depart from London Heathrow\* on an early morning KLM scheduled flight to Amsterdam where we connect with a non-stop service to the Peruvian capital of Lima, arriving at Jorge Chávez International Airport during the evening. From here we will transfer across the city to the pleasant district of Miraflores and a comfortable hotel for the night.

\* Regional flights with KLM are also generally available from Bristol, Birmingham, Manchester, Newcastle and Norwich. Please state your preference upon booking.

## Day 2

## Palominos Islands & Pantanos de Villa

We will spend a portion of our first full day in Peru on a boat trip out to the Palominos Islands, a small archipelago that lies just a few miles offshore. While not as dramatic as the Ballestas Islands further south, the Palominos nevertheless support a very healthy population of Humboldt Current seabirds including Guanay Cormorants, Peruvian Boobies, Peruvian Pelicans and the strikingly attractive Inca Tern. Additionally, the Palominos are noted for their population of Southern Sea Lions and we are likely to enjoy some close encounters with these large and impressive marine mammals both in the water and hauled out on the rocks.



Peruvian Pelican

This exciting excursion will provide a great start to our action-packed trip.

Back on dry land, we'll have the opportunity to grab some lunch before driving south through Lima towards Pantanos de Villa marshes. This small wetland is very attractive to birds and a good selection of species should be present, including Great Grebe, Pied-billed Grebe, various ducks, herons and waders, Wren-like Rushbird, Many-coloured Rush-tyrant and Peruvian Red-breasted Meadowlark.

We overnight again at our comfortable hotel.

## Day 3

## Posada Amazonas, Tambopata

After an early morning transfer we will board a domestic flight bound for Puerto Maldonado in the Amazonian lowlands. Stepping from the plane we will be hit with a wall of hot, humid jungle air as we make our way to the baggage collection.

Founded at the turn of the century, Maldonado has been important as a rubber boom town, a logging centre and



Large-billed Tern

more recently as a centre for gold and oil prospectors. It is also important for jungle crops such as Brazil nuts and coffee.



The various commercial enterprises centred on Puerto Maldonado have made it the most important port and the capital of the department (county) of Madre de Dios. It is a fast-growing town with a busy frontier feel and a population of about 25,000, depending on the season. It will be interesting to experience this boom town atmosphere but we will try to pass through the town fairly quickly and down to the port on the Río Tambopata. The port is just upstream of the river's confluence with the great Rio Madre de Dios, south-eastern Peru's principal Amazon tributary.

The Tambopata-Candamo Reserved Zone encompasses most of the drainage basin of the Tambopata River and, at almost 1.5 million hectares, is one of the largest protected areas in the country. The zone was created in 1990. In 1996, the upper reaches, Bahuaja-Sonene, were elevated to National Park status. However, Tambopata has seen bitter battles between environmentalists and the multi-national petroleum companies throughout the nineties and until the future of the Amazon Rainforest as a whole becomes clearer, Tambopata is likely to continue to be a mini showcase of the conflicts affecting one of the most diverse and important ecosystems on earth.



Having boarded our covered motorised canoe we will head upstream and out into primary rainforest towards our accommodation for the night. As we pass the small villages and chacras (small farms) lining the banks of the river, we will be keeping an eye out for Spectacled Caiman on the sandy beaches and, if we are lucky, a family of Capybara, the world's largest rodent. Birds to look out for on the river journey include herons, vultures, Black Caracara, Great Black Hawk, Large-billed and Yellow-billed Terns, Black Skimmer, kingfishers,

macaws, parrots, White-throated Toucan, swallows and flycatchers.

The journey will last around two hours depending on the river level. After a welcome drink there should be time for some birdwatching or an introductory walk around the lodge trails before dusk. After a meal in the dining area we will retire to comfortable cabins with the sounds of the rainforest echoing all around us.

## Day 4

## Tambopata Research Centre

After a crack-of-dawn start and a loading of baggage we'll visit the Tres Chimbadas oxbow lake. This involves a short boat ride back on the Tambopata and a very enjoyable walk (look out for Squirrel and Brown Capuchin Monkeys) to the lake, where we board our wooden catamaran. Here our local guides will paddle us around quietly, looking out for Giant River Otters. We may be lucky enough to see the resident family fishing around the lake and possibly even hauled out onto some logs.



Capped Heron

Bird-wise we hope to enjoy good views of the bizarre looking Hoatzins, as well as Wattled Jacanas, the strange and difficult-to-see Sungrebe, White-throated Toucans, Green-and-rufous Kingfishers, Red-capped Cardinals, and several flyby parrots and macaws. Huge Black Caiman reside in the lake as do countless piranhas, which our guides may try to catch to show off their impressive teeth.

Next we again take to our motorised canoe and head upstream towards the headwaters of the Tambopata and the macaw clay lick, featured so brilliantly in the January 1994 edition of National Geographic Magazine.

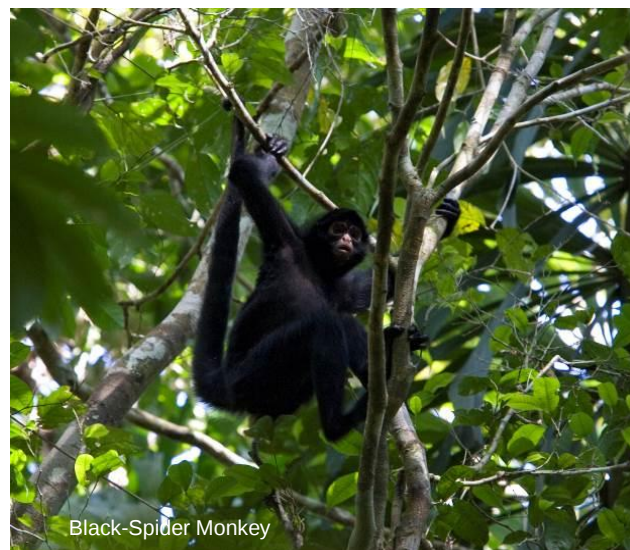
Three hours or so into the journey we pass the confluence of the River Malinowski after which we enter the National Park and see the last signs of human habitation. As the mud substrate is gradually replaced by rocks, the river becomes branched and the current moves more swiftly.



Hoatzin

We will start to look for Capped Heron, Orinoco Goose, Jabiru and increasing numbers of the big macaws flying overhead. We will stop occasionally on the beaches to look for the prints of caiman, Capybara and possibly even Tapir or Jaguar. The sun is hot and strong and the biting insects numerous but the area is stunningly remote and beautiful.

Eventually we shall catch a glimpse of the Andean foothills and arrive at the research station, which nestles in primary forest behind the clay cliff, in the early evening. The Tambopata clay lick only became known to western man in the late 1980's. Today, biologists have counted 18 major licks in south-eastern Peru and the region's native people report of at least 15 others. There are undoubtedly more yet to be discovered in the inaccessible regions of this steaming wilderness, arguably the most biologically diverse and intact rainforest in the world. Sixteen species of macaws inhabit tropical forests from central Mexico to northern Argentina, distinguished among the world's 340 parrot species by their long tails and huge beaks. Nine of the macaws are endangered or threatened and their intelligence ranks them among birds as chimpanzees rank amongst primates.



Black-Spider Monkey

Fortunately, this wilderness east of the Andes has in the past been too remote to have fallen under many of the pressures evident elsewhere in the Amazon. But as gold miners were pushing into tributaries of the Tambopata and the region's virgin stands of timber were luring commercial loggers, appreciation of the value of macaws as a magnet for eco-tourists contributed to Peru's mid-1990's proposal to create a 1.8 million-acre national park (Bahuaja-Sonene) in the Tambopata-Candamo Reserved Zone. Macaws – elegant, rambunctious, always captivating – have become Peru's rainforest ambassadors. After settling into our accommodation at the research centre, we will split into smaller groups to walk some of the rainforest trails which branch out behind the research station. (Usually we split into two groups, with the keener birders in one group with the Naturetrek tour leader and the more general interest/ecology/mammal spotters in a different group with the excellent local guides).

After dusk we will eat and settle down for the first of three nights at this wonderfully remote base.

## Day 5-6

## Tambopata Research Centre

Before dawn we arise with a tea or coffee and wait for the first rays of dawn. As the sun clears the tree line and strikes the clay cliff opposite, we will start to witness one of the world's most dazzling wildlife spectacles. Macaws mate for life and they will start to arrive in discreet pairs and small groups. We will expect to see Scarlet, Blue and Yellow, Red and Green and Chestnut-fronted Macaws, Yellow-headed, Blue-headed and Orange-cheeked Parrots and Dusky-headed, White-eyed and Cobalt-winged Parakeets. Before long, hundreds of macaws and parrots will be fighting and squawking over the choice spots to grab a beakful of clay, a vital but mysterious part of their diet. In a forest of maybe



Macaws at a clay lick

2,000 species of flowering or fruiting trees, plants and vines, it would appear that the birds have no lack of food. Why, then, are they also eating riverbank clay? It was found that the clay is high in salts and minerals that the birds may not get from their primarily vegetarian diet.



Blue and Yellow Macaws

More intriguing still, many of the commonly-eaten seeds contain toxic chemical compounds. It is likely that macaws take almost daily doses of clay to de-toxify themselves. Most years macaws eat less clay during May and June, at the start of the dry season, when many plants are flowering. By late July the licks are active again and the macaw crowds peak in August and September, the driest time of year. As food sources dwindle, macaws may have to fall back on more toxic seeds.

The birds will begin to disperse back into the forest from 8.00 a.m. onwards which will be our signal to eat some breakfast! During our two full days in the area of the lick we will make full use of the superb and varied trails branching out from the research station to search for monkeys and inner forest birds. The endangered Black Spider Monkey is present but will require some luck to find while Squirrel, Brown Capuchin, Dusky Titi and Red Howler Monkeys all present easier targets.

The birding is superb but immensely challenging. Tambopata is noted for the quality of the specialist antbird flocks. "Professional" antbirds are those species that make a living from following the huge army ant swarms over the forest floor, plucking fleeing invertebrates from the leading edge of the advancing ants. Over 500 species have been recorded in this area, making it one of the richest on the planet. The world 24-hour birding record was set nearby in Manu National Park by the late Ted Parker, a record only recently broken with the use of helicopters in eastern Africa! Flycatchers, antbirds, tanagers, woodpeckers, ovenbirds, barbets and motmots all abound. The time here will be a marvellous opportunity to bird the trails and learn about the rainforest ecosystem. On infrequent occasions over the years our groups have even been lucky enough to see a Jaguar on the Tambopata river!



Rainforest View

## Day 7

## Cusco

We will pack up early this morning and motor all the way back downstream to Puerto Maldonado in time for a quick bite to eat before boarding our flight to Cusco.

Cusco is the ancient hub of the South American travel network and, in this respect, is reminiscent of Kathmandu in Nepal. Both cities attract thousands of travellers who come not just to visit a unique destination but also to experience an age-old culture and a city steeped in history, tradition and legend.

Cusco is the archaeological capital of the Americas and the continent's oldest continually inhabited city. Massive Inca-built stone walls line most of Cusco's central streets and form the foundations of colonial and modern buildings. The streets are often stepped and narrow and thronged with Quechua-speaking descendants of the Incas. The city is the capital of its department and has a population of about 300,000. Set at an altitude of over 3,300 metres, we will take things very easily during our first day, eating lightly and avoiding alcohol, however tempting the Pisco Sour and Cusqueña (the local beer) may be!



Our flight is due to land in Cusco around mid-afternoon. After checking in at the hotel, there will be time for a quick wander around the colonial city to get our bearings before dinner.

Our comfortable and centrally-located hotel is in an ideal position, allowing easy access to restaurants, shops and the magnificent central plaza. After our city tour, we will be free either to relax in the hotel or try some of the varied restaurants (clay oven-fired pizza and spit-roasted chicken are specialities here!) and possibly listen to some live Andean music.

## Day 8

## Cusco

We have a rest day in Cusco today at leisure, gently acclimatizing and exploring this fascinating town.

## Day 9

## Huacarpay/Pisac

Today we head south from Cusco to the small village of Huacarpay and the associated lakes. The morning will be spent birding the area for Cinnamon, Speckled and Puna Teal, Andean Negrito, Yellow-winged Blackbird, a variety of ground-tyrants and chat-tyrants, Giant Hummingbird, Streak-fronted Thornbird, Cinereous Harrier, saltators, seedeaters and finches.



In the late morning we will continue down via the Huambutio road to Pisac and the Urubamba Valley. El Valle Sagrado, or the Sacred Valley as it is normally known, is 15 kilometres north of Cusco and, at 600

metres lower than the city, has a pleasant climate. The turbulent Urubamba is a favourite haunt of white water rafters. The Pisac ruins high above the

village are magnificent and a wonderful site for our picnic lunch. We found a fantastic gully here in September 2000 containing some excellent birds including the impressive Bearded Mountaineer hummingbird, a Peruvian endemic.

Arriving back in Cusco we should have time for a quick visit to the famous ruins of Saqsaywaman and the local shops containing a variety of fabrics and other handicrafts. Our attention will then firmly focus on a good nights' sleep for our trek to Machu Picchu which starts tomorrow.

Nb Today provides a good opportunity to spend some time in the city of Cusco for those who would prefer to do so and take time off from the planned birding activities.

## Day 10

## Chilca – Corihuayrachina

The Inca Trail to Machu Picchu is undoubtedly one of the world's great treks. The views of snow-capped mountains and high cloud forest are stupendous, while walking from one beautiful ruin to the next is a mystical and unforgettable experience.

During our 5 days of walking we will cover about 28 miles, starting at 8,400 feet and finishing at 7,860 feet. We will cross two high passes, with a maximum elevation of 13,776 feet. While trail conditions are generally good, and indeed the condition of centuries- old Inca paving stones

is astonishing, some steep trail sections require careful footing and good hiking boots. Porters will carry all our heavy gear whilst we shall only have to carry a daypack with camera, binoculars, waterproof etc. Cooks prepare all our meals and the porters will also be responsible for setting up and taking down the campsite.



Golden-collared Tanager



Bar-winged Cinclodes

Today, after breakfast in the hotel, we drive out of Cusco and across the high altitude Chinchero plateau. If it is a clear morning we will be treated to spellbinding views of the surrounding snow-capped peaks. En-route we must keep a look out for Mountain Caracaras and American Kestrels. Dropping down into the Sacred Valley we pass through Urubamba and continue to the small and bustling little town of Ollantaytambo where we have a chance to stock up with any last minute supplies before beginning the

trail. A little further on, at Km 82, we come to the end of the road and rendez-vous with our porters.

Hugging the wild Vilcanota river, our route takes us through a patchwork of farmsteads and dry rocky scrubland and past occasional small Incan ruins. On this initial stage we should be on "Torrent Duck Alert"

and with regular scans of the river below we hope to find our quarry loafing on boulders and leaping in and out of the foaming water with consummate ease and skill. Other birds as we continue along the trail might include Andean Swift, Bare-faced Ground Dove, Black Phoebe, White-winged Black Tyrant and White-capped Dipper, whilst we must also keep our eyes peeled skywards for Andean Condor cruising majestically along the crags high above. Towards the end of the afternoon, after a relatively leisurely and enjoyable walk, we arrive at 'Km 88' to find our tents already erected and the kettle on. We then have some time to settle in before enjoying an excellent dinner.

## Day 11

## Huayllabamba

After a cuppa at daybreak and an early breakfast, we descend to the nearby checkpoint and bridge. With the friendly formalities complete, we cross the river and continue to the impressive Inca terraces at Patallacta. Then we have a short sharp pull up over the old glacial moraine and up the beautiful Cusichaca River valley.

The scenery is superb throughout and a stream of good birds, including White-bellied Woodstar, Green-tailed Trainbearer, Sierran Elaenia, Rust-and-yellow Tanager, Black-backed Grosbeak, Golden-billed Saltator and others will keep us entertained. We normally eat lunch in a lovely streamside meadow with Rufous-breasted Chat-Tyrants, Spectacled Whitestarts and various hummingbirds, before walking on up to the small village of Huayllabamba. It's then all uphill but before long, in the late afternoon, we arrive at our well positioned campsite and settle in for our second night under canvas.



Tit-like Dacnis

## Day 12

## Warmiwanusqa Pass/Pacamayo

Up and away again shortly after first light for the most demanding day's walking of the tour, the trail takes us steadily upwards through some wonderful patches of Polylepis forest towards Llulluchapampa at just under 12,000 feet. Hummingbirds will be much in evidence and we will be looking for Shining and White-tufted Sunbeams, Great Sapphirewing, Violet-throated Starfrontlet, Tyrian Metaltail and Sword-billed Hummingbird. With luck we will also bump into some busy mixed species feeding flocks containing birds like Creamy-crested Spinetail, White-throated Tyrannulet, Tufted Tit-Tyrant, White-browed Conebill, Tit-like Dacnis, Chestnut-bellied Mountain Tanager, Cusco Brush Finch and Masked Flowerpiercer.

We stop for lunch just above Llulluchapampa in an area of open boulder-strewn grassland. A completely different suite of birds meet us here above the tree line and during a pleasant lunch break we hope to see Peruvian and Plumbeous Sierra Finches, D'Orbigny's Chat-Tyrant, Bar-winged Cinclodes, Cordilleran Canastero, Vilcabamba Tapaculo and possibly even Stripe-headed Antpitta. After lunch we begin the long, hard climb to the top of the infamous Dead Woman's Pass, the toughest stretch of the trail and the highest point at 4,200 metres. The pass offers views east to the Huaynay peaks and west into the rugged Vilcabamba Range. This stretch offers the chance of an Andean Condor circling the distant mountains.

After celebratory photos at the top we descend through paramo habitat down to our next campsite at Pacamayo, where the striking little Moustached Flowerpiercer is common. There will be some tired muscles after a long but hugely satisfying day.

## Day 13

## Sayaqmarka/Phuyopatamarca

After an early breakfast the path climbs steeply to the dramatically positioned ruins of Runcu Raccay where



Saffron-crowned Tanager

we can pause to admire some colourful orchids and the antics of a striking male Tit-like Dacnis which always seems to hang around here! Beyond Runcu Raccay the climb continues up to the the second pass. From here we descend to the ruins of Sayacamarca, with some good birding en route – look out for Unstreaked Tit-Tyrant and exquisite Golden-collared Tanagers in the bamboo. Below Sayacamarca the trail continues through some lovely patches of cloud forest which contains birds such as Amethyst-throated Sunangel, Marcapata Spinetail, Citrine Warbler, Black-capped Hemispingus and

Scarlet-bellied Mountain Tanagers.

We eat lunch in the tussock grass clearing at Chaquicocha and then continue through the afternoon along an impressive and largely level stretch of original Inca paving through yet more wonderful scenery and habitat. Shining Sunbeams zip around the vegetation and other interesting species might include Puna Thistletail and Crowned Chat-Tyrant. Towards the end of the afternoon, we reach the spectacular ridge-top campsite at Phuyupatamarca where we might enjoy a glorious sunset over jagged mountain peaks. Machu Picchu is within touching distance!

## Day 14

## Machu Picchu

With breakfast complete we bid farewell to our team of porters and negotiate the steep steps down through the bamboo to the precipitously positioned ruins of Phuyupatamarca. The trail continues to descend and as we lose altitude quickly and the morning advances, so the temperature rises. We will soon find ourselves walking through rich sub-tropical rainforest and the views across the steep, forested slopes and down to the rushing Urubamba River are superb.

Large mixed flocks are potentially on the menu today and we will be hoping to see Pearled



Torrent Duck

Treerunner, White-banded Tyrannulet, Superciliaried Hemispingus, Blue-capped Tanager, Chestnut-bellied Mountain Tanager, Plushcap and Bluish Flowerpiercer. On previous occasions we have even seen Grey-breasted Mountain Toucan along this section of the trail. After lunch in the environs of the old Trekker's Lodge and a brief look at the picturesque ruins of Winay Wayna, we set off on the last leg of the hike.

We are bound to be in high spirits as we emerge at the Gate of the Sun for our first view of Machu Picchu from high above the ruins. We stroll down the royal road and at last enter the Lost City of the Incas.

Machu Picchu is so well known from the numerous photographs and articles that feature this ancient Inca city that it seems almost unnecessary to describe its dramatic setting amongst the mountains. The ruins are perched on a narrow ridge high above the Urubamba River. Surrounded by precipitous slopes, one can easily appreciate why it remained undiscovered for so many years.

We will no doubt spend the late afternoon touring the ruins, admiring the view, taking photos and congratulating ourselves on the completion of the trek. Our accommodation for the night is at the Machu Picchu Pueblo Hotel in Aguas Calientes - the best hotel in the vicinity. The hotel has beautiful gardens with hummingbird feeders and Cock of the Rock also frequents the area! It will be nice to pamper ourselves for a night after four nights on the trail.

## Day 15

## Machu Picchu

We essentially have two choices this morning. Either ascend by bus to the ruins in the early morning with the local guide (a repeat visit to the ruins depends on availability and an additional payment will be necessary), or remain in the hotel to bird in the lovely gardens and along the Urubamba valley.

The birders will have an exciting morning looking for a plethora of hummingbirds and tanagers such as Chestnut-breasted Coronets, Collared Incas, Green-and-white Hummingbirds, Green Violet-ears and possibly even Booted Racquet-tail. Tanagers are well represented with Blue-necked, Saffron-crowned, Silver-backed, Hepatic and lots of Blue-grey coming regularly to the fruit on the bird tables. Walking the trails we might find Mitred Parakeets, Speckle-faced Parrots, White-throated Quail Dove, White-tipped Dove, Andean Cock-of-the-Rock., Golden-crowned Flycatcher, Streaked Xenops, Slaty-throated Redstart, Russet-crowned Warbler, Tropical Parula, Grey-breasted Wood-Wren, Thick-billed Euphonia and many more!

Later we will all rendez-vous at the hotel for a buffet lunch and, after some free time during which you can shop for handicrafts or make a repeat visit to the hummingbird feeders at the Pueblo hotel, we make our way to the train station and board our train for the journey back along the Urubamba Valley all the way to Cusco, arriving at gone 7pm.



## Day 16

Lima

We sadly depart Cusco early this morning for an hour's flight back over the Andes to Lima. After a tour of colonial Lima, we take lunch in our hotel in Miraflores, freshen up, visit the National Museum of Archaeology if time permits, and finally transfer to the airport to check in for our flight back to Europe.

## Day 17

UK

We will arrive back in the UK in the early evening.

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## Tour Grading

This is primarily a birdwatching tour but the diverse nature of the scenery and the historical and cultural interest, will make the tour suitable and enjoyable for a wide range of interests. The tour is comprised of easy short and half-day walks, except for the Inca Trail. To enjoy the hike you must enjoy walking and have a reasonable level of fitness. Each year international athletes race the local Quechua porters over the trail. The record time is under 3 hours! Most agencies in Cusco cover the trail in 3 or 4 days of walking. By increasing the time to five days we have given ourselves more time to enjoy the birds on the trail, as well as making the hike within reach of more people.

Overall the entire trip is a hugely rich and rewarding experience, but it is quite strenuous with not a great deal of relaxation time. The itinerary can be tailored on a private basis for small groups or families to create more free time – please contact us for details.

## Accommodation

A mixture of comfortable hotels and rainforest lodges. Cold water showers only in the Amazon (refreshing given the surrounding humidity!) at Tambopata Research Centre.

## Weather

July to October is a good time to watch large numbers of macaws on the Tambopata clay lick. The weather will be hot and humid with the possibility of a heavy shower at any time. The rainy season generally does not hit the rainforest until late October/early November. In the highlands we should enjoy bright and dry weather with chilly nights. Lima and the coastal areas are likely to be covered by the grey coastal mist, garúa, at this time of year. The garúa is caused by the cold Humboldt current from the south Pacific moving up the coast and causing what little moisture there is to condense.

## Clothing

Please inspect the separate clothing list, sent to you on booking, thoroughly.

## Included in the price

All accommodation and meals are included, except for evening meal on arrival in Lima and evening meals in Cusco and Ollantaytambo. You should allow approximately £50 for these. Tents, sleeping bags and roll mats (thermorests) for the Inca Trail section are included in the cost, as is a duffle bag for the Inca trail which the porters will carry. See pre-departure information for full details.

## Extra expenses

We do not include items of a personal nature: tipping of local guides (\$100 or so), telephone, laundry, drinks etc.

Should you wish to re-visit the ruins at Machu Picchu on day 15 it will be necessary for you to purchase an additional ticket and the bus fare up and down from Aguas Calientes for about \$55-\$60, depending on the exchange rate between the dollar and sol.

The amount of money to take on the holiday will depend on how much you like to drink, and what souvenirs you buy. \$400 is usually ample.

## How to book your place

In order to book your place on this holiday, please give us a call on 01962 733051 with a credit or debit card, book online at [www.naturetrek.co.uk](http://www.naturetrek.co.uk), or alternatively complete and post the booking form at the back of our main Naturetrek brochure, together with a deposit of 20% of the holiday cost plus any room supplements if required. If you do not have a copy of the brochure, please call us on 01962 733051 or request one via our website. Please stipulate any special requirements, for example extension requests or connecting/regional flights, at the time of booking.