

PERU TRAVEL ESSENTIALS





It is always important to have information on the country you will visit. Here you will find

*** BASIC INFORMATION :**

General information on Peru, language, religion, time zone, voltage requirement, health, telephone codes, internet, suggested book and audios and some precaution you must have.

*** PASSPORT & CURRENCY : -**

Here you will find information on Passports and Visa Requirements and also on the currency and exchange rate.

*** AIR TICKETS & INSURANCE**

Information where to get a good deal for air tickets and insurance

*** ALTITUDE SICKNESS : -**

More information about the SOROCHÉ and how to know if you have it.

*** CLIMATE AND EVENTS :**

Peru has a variety of climates according to the area you are due to its geography

*** USEFUL INFORMATION :**

Information on luggage, food, drinks, etc

*** RESPONSIBLE TOURISM :**

Suggestions on how to make your trip a great experience and luggage allowance



BASIC INFORMATION

OFFICIAL NAME:

Republic of Peru.

CAPITAL:

Lima.

COUNTRY POPULATION:

More than 28 millions.

RELIGIONS:

An important percentage of Peruvians are Christian (Roman Catholic).

TIME ZONE:

5 hours behind Greenwich Mean Time (-5 GMT). Daylight Saving Time is not observed.

Time Difference Web Site

<http://www.zeitverschiebung.net/en/difference/country/pe/city/3117735>

INKANATURA OFFICES

We have offices in the most important cities :

The main office or Headquarter is located in San Isidro, Lima

Other offices are located in Chiclayo , Cusco & Puerto Maldonado

We have strategic partners in other cities.

LANGUAGES:

Spanish is the official language of Peru; Quechua and Aymara are spoken in many highlands regions by indigenous groups. During your travels in Peru you will find that most people working in the travel industry (airlines, hotels, et cetera) speak English as a second language. You should find little trouble getting around most of the common tourist locations; however knowing a little Spanish goes a long way, particularly in dealing with clerks at kiosks and in stores. If you don't know any Spanish, it's a good idea to bring along a phrasebook.



VOLTAGE REQUIREMENTS:

220V is standard voltage in Peru, but most four- and five-star hotels also have 110V power available. Our system of rainforest lodges also uses 220V; keep this in mind when bringing recharging equipment.

HEALTH

For the latest health information and vaccine recommendations for Peru, contact your physician, travel clinic or visit the **Center for Disease Control website** <http://wwwnc.cdc.gov/travel>

TELEPHONE CODES:

- 51, country code;
- 1, city code for Lima;
- 84, city code for Cuzco.
- 54, city code for Arequipa
- 74, city code for Chiclayo

. ... if you need the code of any special city just write to us.

INTERNET

Most of the hotels have business center with easy and fast access to Internet. In the five stars you can find wireless Internet. Wherever you go, you will find an Internet café where you could check your email and surf the net.

PRECAUTIONS.

Do not buy tour or tickets through street vendors. Most of them are informal. In Peru you will find a big number of tour operators and travel agents. An important number works very well. We are a professional tour operator with offices in Lima, Cusco, Chiclayo and Puerto Maldonado and rainforest lodges in the richest rainforest of the country. If you are planning to visit The Machu Picchu Hike, Choquequirao , Tambopata, Manu area, Manu National Park, Chiclayo, Trujillo, Chachapoyas and Kuelap



If you need to contact us feel free to use our **TOLL FREE NUMBERS** (Call arrives in Lima, Peru that is -5 GMT) Please let it ring so that it is transferred to my mobile

COUNTRY	NUMBER
Australia	(1)-800-464-521

COUNTRY	NUMBER
Argentina	(54)-1159839424
COUNTRY	NUMBER
Brasil	(55)-113-958-2280
COUNTRY	NUMBER
Chile	(56)-22585-6962
COUNTRY	NUMBER
Colombia	(57)-2891-2772

COUNTRY	NUMBER
Mexico	(52)-55-2789-5389
COUNTRY	NUMBER
USA / Canada	(1)-888-870-7378
USA / Canada	(1)-877-607-8486

COUNTRY	NUMBER
Spain	(34)-911-51-667
COUNTRY	NUMBER
United Kingdom	0-808-234-8659
United Kingdom	0-800-098-8443



PASSPORT, VISA, AND CURRENCY

VISA REQUIREMENTS:

A passport and proof of onward passage are needed. Citizens from USA, United Kingdom, Canada, Australia and from many countries visiting Peru as tourists do not need a visa. However we recommend checking travel document requirements with your professional travel agent before departing. Your passport should be valid for at least six months after your date of arrival. Tourists may stay a maximum 90 days; longer stays require an extension from the Peruvian immigration authorities (Migraciones). Non-US citizens should contact the Peruvian Consulate in their country of residence to check visa requirements.

You can find a list of **PERUVIAN EMBASSIES**.

<http://www.rree.gob.pe/servicioalciudadano/Paginas/Embajadas.aspx>

INMIGRATION CARD

All visitors fill out and receive a copy of a tourist card. These short applications are provided on your flight to Peru or at border crossings. While traveling in Peru, keep your copy with your passport and present it to authorities when departing the country. The international departure tax (\$31.00) may be paid with dollars, its equivalent in soles or a combination of both.

CURRENCY AND MONEY EXCHANGE

Peruvian currency is known as SOL, written as (S/). It comes in bills of 10, 20, 50, 100, and 200 nuevo soles, and coins of 5, 10, 20, and 50 cents, 1 sol, and 5 soles. The latest exchange rates can be found at <http://www.xe.com/>. US dollars are welcome at many shops, restaurants and service stations at the current exchange rate. When changing U.S. dollars, use new or undamaged bills, as torn or heavily crinkled bills are not accepted.

Most establishments accept major credit cards, including Visa, Master Card, Diners Club and American Express, but there is often an additional charge; you may want to inquire about this before ordering or purchasing anything with a credit card. Although they may be exchanged at banks and hotels, the use of traveler's checks as a form of payment is not as common; ask if they are accepted before using them.

AIR TICKETS AND INSURANCE

AIR TICKETS :

For domestic flights, we suggest to contact Éxito Travel, a wholesaler based in United States. They are familiar with our operations and are used to book flights for our clients according to their respective itineraries. When booking your tickets, please provide them the information on your trip itinerary and they will do all the necessary bookings. If you book with a different agency this may lead to some logistic problems as it is important that the group travels together on the same planes.

All tickets issued in Peru are subject to 18% sales taxes but if you purchase the tickets through Exito Travel, no taxes are charged. You can make all the arrangement directly with them.

Contact vip@exitotravel.com
Always copy to cmguevara@inkanatura.com.pe

You give them the flights you need and they will give you a good deal for flights

INSURANCE :

Whether it is your trip, your health or your luggage, travel insurance is an essential item to pack. It will protect you from any unexpected loss and inconvenience resulting from an accident, sickness and weather conditions among others, and that may occur before or during your tour. Purchasing travel insurance is not only about minimizing your expenses or receiving the funds to recover; it is also about having the best professional assistance.

You can purchase Travel Insurance with any provider of your choice but we recommend [Squaremouth](#)

<http://www.squaremouth.com> <http://www.squaremouth.co.uk>

You can get a quote from them
<https://www.squaremouth.com/travel-insurance-quotes>

ALTITUDE SICKNESS (SOROCHE)

PART I: PREPARE YOURSELF FOR TRAVELLING TO HIGH ELEVATIONS

BASIC CONCEPTS

At high elevations, the amount of oxygen in the atmosphere, percentage-wise, is the same as at sea level. But when barometric pressures diminish, so does the pressure of oxygen present in tissues (thereby causing Hypoxia).

This physical phenomenon explains why the quantity of oxygen molecules per breath inhaled is lower at higher elevations than it is at sea level. Faced with this type of challenge, individuals evolve acclimatization procedures that engage most of their systems: respiratory, blood & circulatory, renal, and nervous. The evolved physiological mechanisms tend to normalize the amount of oxygen in their tissues.

For there to be normal activity, an adequate supply of oxygen must first be secured. Peripheral chemoreceptors, or nerve endings, serve as sensors of the amount of oxygen that enters into the bloodstream. Nerve endings swiftly react to changes of oxygen pressure in arterial blood, and inform the nervous centers that control breathing and cardiac cycles. This information brings about a progressive increase in pulmonary ventilation, which can be observed during the first few days at high elevations (3 to 5 days). This process is called "Ventilatory Acclimatization." Concentrations of Nor-adrenaline and Adrenaline in the blood increase. This brings about a rise in cardiac frequency, regardless of whether the individual is in repose or working out.

If the exposure to high altitudes is long enough, the first adaptation strategies - respiratory and cardiovascular adjustments - give way to less strenuous mechanisms - mainly an increased production of red blood cells - that improve the transport of oxygen from the environment into the tissues. Adaptive reactions to high elevations may cause certain disorders, however, either by the over-functioning or under-functioning of the mechanisms involved in the acclimatization to high elevations.

These disorders can and should be avoided, by following the recommendations set forth in the second part of this brochure. The time and quality of the acclimatization process varies from person to person. It has nothing to do with previous physical training, or the number of times a person has been in high elevations.



If you have to travel to elevations higher than 3,500 meters (11,480 feet) above sea level and have to stay there, it's very important to prevent the onset of two distinctive pathologies produced by high elevations: pulmonary edema or brain edema.

These pathologies can manifest themselves in people intolerant to high elevations - mainly the first week - but can be avoided by being aware of what their initial symptoms are, and stopping them from fully developing.

MEDICATION (Always better to ask your personal doctor)

ACETAZOLAMIDE (NC.DIAMOX)

1 tablet every 12 hours, 24 hours before the trip.

Half a tablet every 12 hours until the third day in high elevations

PARACETAMOL

1 tablet every 8 hours, in case of headache.

IBUPROFEN

1 400 mg pill before the trip and in case of headaches that don't lessen with Paracetamol, take one Ibuprofen every 12 hours after meals (it may produce stomach ache).

In case of continued altitude sickness, seek medical help. You must receive oxygen or be promptly removed to a lower elevation.

PART II: GENERAL RECOMMENDATIONS FOR PEOPLE TRAVELING TO HIGH ELEVATIONS

The day before your travel we recommend :

- Sleep well.
- Don't eat foods that are spicy and/or hard to digest.
- Don't drink alcoholic beverages.

THE DAY YOU ARRIVE:

- Refrain from strenuous physical activity.
- Drink at least one liter of water a day.
- Eat small quantities of food, preferably carbohydrates.
- Wear appropriate clothing to stay warm.
- Complete rest is recommended for people with altitude sickness scores higher than six points (see chart below).
- Don't take sleeping pills or tranquilizers.

THE SECOND TO THE FOURTH DAY AFTER YOUR ARRIVAL

- Refrain from strenuous physical activity.
- Drink plenty of liquids, commensurate to your physical activity.
- Don't eat foods that are hard to digest.
- Wear appropriate clothing to stay warm.
- Don't take sleeping pills or tranquilizers.

During your first four days in high elevations refrain from any strenuous physical activity.

If you feel like you are choking or are breathing noisily, your lips and/or ears turn purple or blue (cyanosis), you have a persistent cough and your sputum is foamy or pinkish in color, you may be developing a serious pulmonary edema caused by the high altitude. If that is the case, immediately seek medical help

You need oxygen or to be promptly removed to lower elevations.

If you feel fatigue or acute weakness, feel nauseous (sometimes vomiting explosively), and have a severe headache that pain relievers won't ease, you are probably developing a brain edema. If you don't have a headache, but feel extremely tired and have difficulty keeping your balance, you may also be developing a brain edema. Immediately seek medical help. You need oxygen or to be promptly removed to lower elevations.

Chart of Symptoms and Indications of Altitude Sickness (soroche)

Headache	1 point
Nausea or lack of appetite	1 point
Insomnia or difficulty sleeping	1 point
Dizziness–vertigo	1 point
Headache that pain relievers won't ease	2 points
Vomiting	2 points
Difficulty breathing when lying down	3 points
Extreme fatigue	3 points
Lessening volume of urine	3 points

Score	Intensity of Altitude Sickness
1 to 3	Light
4 to 6	Moderate
More than 6	Severe (complete rest is recommended)

Source : Pontificia Universidad Catolica del Peru

EVENTS & CLIMATE

EVENTS:

Most of the main holidays based around the Roman Catholic liturgical calendar. The most important are

- New Year (January 1st). Peruvians like to wait for the first second of the New Year. Many of them dance and celebrate until early in the morning.
- Carnival (February-March), which is particularly popular in the highlands
- Labor Day (May 01)
- Inti Raymi (24 June), In Cusco there is a big celebration
- Peru's Independence day (28 and 29 July)
- All Souls Day (1 November),
- Christmas 25 December: Peruvian celebrate specially at night

More information on regional celebrations can be seen in Promperu web site.

CLIMATE:

Peru has a variety of climates according the area:

Pacific Coast:

Peru's dry coast is a narrow ribbon of desert between the Pacific Ocean and the steep foothills of the Andes. It rarely rains here, except when the El Niño phenomenon takes place every five to six years. The ocean's cool Humboldt Current brings rich sea and shore life to Peru's coast.

Despite lying only 12 degrees from the Equator, the coast has two distinctive seasons: in the summer, from December to March, temperatures reach 80° F. In the winter, from May to October, temperatures may fall to the low 50s amidst high humidity. Winter is typically a season of foggy mists (known as garúa) and drizzle. At the northern tip of coast, temperatures may climb to the high 90s.



Amazon:

The Amazon watershed begins at the peaks of the Andes, but the rainforest area termed the eastern lowlands begins at an elevation of about 1200 feet and slopes down gently northeastward to 300-400 feet. The eastern lowlands are covered with dense tropical rainforest.

It is always hot and humid in the jungle regions, with two seasons. In the dry season from May to October, sunny days heat up to the high 80s, with occasional cold fronts bringing rain in the southern Peruvian Amazon. Daily rain showers characterize the rainy season from November to April; at this time it may be difficult to get around in the jungle.

The Andes:

Known as the backbone of South America, the Andes consist of two parallel ranges, the eastern and western cordilleras, extending from the northwest to the southeast, and comprise the second highest mountain range in the world. 160 miles inland from the Pacific, the Andes jut up to heights of 20,000 feet. Most of Peru's Andes lie between 9,840 feet to 13,120 feet, with peaks separated by deep canyons. The weather in the high sierra separates into two defined seasons: in summer, from May to October, days are sunny; nights are cold and rain scarce. Rainfall is abundant from December to March. Temperatures in the highlands fluctuate between 35° F and 68° F.

Information of the **climate of the main cities of Peru**

<https://weather.com/weather/today/l/PEXX0020:1:PE>

USEFUL INFORMATION

Food

Peruvian food is becoming world famous. It is excellent and varied. There are many regional specialties, too many to list here.

Seafood is a specialty in the coastal areas, especially the traditional “ceviche”, fish marinated in lemon juice and hot peppers.

Highland cuisine is based around corn and potatoes, there are many nutritious and tasty soups and the main delicacy is roasted guinea pig (“cuy”).

Jungle cuisine is almost famous using different local ingredients.

Drinks and soft drinks

The most famous drink is Pisco, a white grape brandy with a unique taste. Coca tea is made from an infusion of coca leaves and helps to ward off altitude sickness.

The most popular soft drink is the national institution of Inca Kola, a luminous yellow drink with dubious levels of additives. You will find the international sodas like Coca Cola, Pepsi, Fanta in most of the areas.

Internet

Most of the hotels have business center with easy and fast access to Internet. In the five stars you can find wireless Internet. Wherever you go, you will find an Internet café where you could check your email and surf the net.

Tipping

Tipping for good service is an accepted fact. Amounts are obviously discretionary.

If you have Peruvian currency left over at the end of your trip, you can exchange them for dollars at the airport or use them to pay for souvenirs in DUTY FREE shops.



RESPONSIBLE TOURISM

Please remember to dress respectfully. Please ask permission before taking photographs of Peru's indigenous people – it is discourteous not to and many may refuse you. Those who do pose will then ask for a tip, seems that US\$ 0.50 is the expected rate. Please bear in mind that children earning more by posing for tourists than their parents earn in a week are not going to want to go to school, please consider donating to a local charity or taking a gift such as pens.

Things to know about a Machu Picchu trips:

The train to Machu Picchu stops at other stations on its way to Machu Picchu itself (Machu Picchu Pueblo (Former Aguas Calientes), is the stop for Machu Picchu). Do not get off the train at the wrong station!

For the train returning from Machu Picchu remember to get off the train at the correct station, (usually Poroy) as this is where InkaNatura's representative will be waiting for you. Please check your itinerary carefully for which station this is. NOTE: Peru Rail, the company that manages the train from Cusco city to Machu Picchu (Former Aguas Calientes), sometimes changes timings and/or stations at the last minute so please double check with train staff if in doubt.

If spending one night at Machu Picchu, please be sure to check out of your hotel room in Cusco or the Sacred Valley. We do not reserve a hotel room in Cusco for you if you if you are staying in Machu Picchu (unless you specially ask for one to be reserved). You can safety leave excess baggage with your hotel so it really isn't required.

If spending at night at Machu Picchu, for the second day there, please check out of your room before going to Machu Picchu. The check out time at Machu Picchu hotels is at 9:00 am in most of the cases but you can leave your luggage and use common areas of course.



Luggage Allowance: Train to Machu Picchu

All train to and from Machu Picchu now have 5 kg. limit on baggage. You will need to take no more than an overnight bag. Excess baggage should be left at your hotel in Cusco for Collection upon return, remember to pack it up before you leave for Machu Picchu, hotel staff will not like to gather all your things together if you have left it unpacked, plus you might lose something. The hotels all have secure storage facilities and are very used to these arrangements.

Luggage Allowance: Jungle lodges in Tambopata

All jungle Lodges are reached by motorized canoe. They have a baggage limit of 10 Kg. per person. Excess baggage can be safely left with the jungle Lodge office at Puerto Maldonado airport. We strongly advise you arrange your baggage into that which you will take, and that you will leave at the airport before arriving, so as not to delay canoe departure for the jungle Lodge.

Luggage Allowance: Jungle lodges in Manu

All jungle Lodges are reached by motorized canoe. The flights have a baggage limit of 10 Kg. per person. Excess baggage can be kept in our offices in Puerto Maldonado.