



Detailed Trip Notes

SOUTH AMERICAN PANORAMA

17 August – 5 September 2010

Trip Duration - 20 Days

Grade 2 – Adventure Touring

Activity – 3 day rainforest stay, Adventure touring

Accommodation – 17 nights hotels and 2 nights lodges

Welcome to World Expeditions

Thank you for inquiring about our South American Panorama Trip. At World Expeditions we are passionate about giving our clients the best chance to experience some of the remarkable cultures and wilderness regions of this very special part of the world. We are committed to making sure that our range of unique itineraries are well researched, affordable & tailored for the enjoyment of our small groups. These philosophies have been with us since 1975 when we began operating adventure holidays. We also put great effort into making sure that wherever we go we show a true respect for the local cultures and their environment. In Peru and Bolivia we have worked with our tour staff for more than 20 years and have always managed to benefit from a tremendously good relationship that is reciprocal in every sense. We pay our staff well over award wages and provide them and their families with insurance and medical support. For the last two decades we have set up many help projects in the local villages where our staff live.

The Trip

This journey has been specifically devised for the **active non-trekker who is seeking more than just a tour**. We share the South America we know best as our experienced local guides introduce you to the cultural and geographic highlights of their homeland. After wandering the former Spanish capital of Lima we head to our comfortable lodge deep in the Amazon jungle to enjoy gentle walks and canoe trips. In Cusco we immerse ourselves in the colourful markets before gaining insights into the legendary Inca culture in the Sacred Valley. We continue onto the remarkable ruins of Machu Picchu, perched spectacularly above the Urubamba River. We cross the altiplano on the magnificent "Orient Express" train to Lake Titicaca where we take small boats to the reed islands of the Uros Indians before heading to the Bolivian capital of La Paz with visits to the markets and local 'penas' – the live music clubs. This outstanding journey continues to Buenos Aires and concludes in

dramatic fashion with a side-trip to the beautiful Iguazu Falls.

Why travel with World Expeditions?

Our South American operations are directed by Andreas Holland who has lived and worked in South America for over 25 years. His staff are dedicated to providing you with the very best travel experience. This trip offers exceptional value for money, using good quality, centrally located hotels, the best internal flights with the best airlines, private transportation in vehicles that are driven by our drivers and maintained by recognized mechanics, many meals, all your entrance fees and permit fees, expert leadership and much more. Compare our prices and all our inclusions and we feel that few trips can compare in terms of value for money. In addition responsible travel is important to us. Our company was 'Highly Commended' for Best in a Mountain Environment in the Responsible travel awards. Our policies for porter protection and porter care are second to none, and we are proud

to be involved with many local projects supporting the porters and their families. Given our local knowledge, experience and excellent leadership, we are quite sure that this trip will be the trip of a lifetime.

Trip Highlights

- Spectacular mountain flight across Andes to the **Amazon Rainforest**
- The splendor of **Cusco** with its churches, cathedrals, plazas, markets and cultural heritage
- Explore the beautiful **Sacred Valley**
- Visit **Machu Picchu** on two occasions and at the best times of day
- Tourist train to/from Machu Picchu
- Classic railway journey on the 'Orient Express' train across the vast Bolivian altiplano to Lake Titicaca
- Sightseeing in **La Paz**
- Sightseeing and Tango Show in **Buenos Aires** – the 'Paris' of South America
- Experience one of the world's most magnificent waterfalls at **Iguazu Falls**

Itinerary at a Glance

DAY 1 Join Lima
DAY 2 In Lima, tour Spanish colonial city
DAY 3/4 Fly to Puerto Maldonado, transfer to jungle lodge
DAY 5 Fly to Cusco
DAY 6 Visit Chinchero, attend Sunday Market
DAY 7 To Sacred Valley of the Incas
DAY 8 To Machu Picchu
DAY 9 At Machu Picchu, afternoon return to Cusco
DAYS 10/11 In Cusco, city tour
DAYS 12/13 Train to Puno, wander shores and islands of Lake Titicaca
DAY 14 Drive to Copacabana (Bolivia)
DAY 15 Drive to La Paz
DAY 16 In La Paz
DAY 17 Fly to Buenos Aires
DAY 18 In Buenos Aires
DAY 19 Fly to Iguazu Falls
DAY 20 Fly to Buenos Aires where trip concludes

South American Panorama

Important Note:

This cost does NOT INCLUDE any international or domestic airfares except the flights Lima to Puerto Maldonado and Puerto Maldonado to Cusco. If you are booking your flights independently of World Expeditions, it is important to contact our offices so that we can advise you of the 'group flights within South America' that you will need to book as part of your international flight booking.

South American Panorama

Your tour cost includes:

- During the trip your accommodation has been chosen for local flavour, central location and cleanliness. The majority of hotels are 3-4 star.
- Meals are as indicated in the itinerary below (19 breakfasts, 3 lunches, 2 dinners) (B = Breakfast, L = Lunch, D = Dinner)
- Internal flights with LAN Peru, the best airline in Peru, between Lima & Puerto Maldonado and Puerto Maldonado & Cusco approx US\$290
- Transport: Ticket on 'Orient Express' train from Cusco to Puno, all private group transfers between airports and hotels etc. throughout and all group transport between Cusco and La Paz.
- Tours: All guide fees and entrance costs are included on all sections mentioned in the trip itineraries (**including**: the **Machu Picchu National Park** entry)
- Professional leader/guide

No local payments policy: Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

South American Panorama

Your tour cost does not include:

- Cost of laundry, soft drinks and alcoholic beverages

- International flights including the flight on day 17, La Paz, Bolivia to Buenos Aires, Argentina.
- Internal flights between Iguazu Falls and Buenos Aires
- Airport taxes
- Travel Insurance
- Visas
- Medical treatment
- Excess baggage costs

Fast Facts

- **Visas are exempt** for Argentina, Peru & Bolivia for passport holders from Australia, New Zealand, Canada, United States & United Kingdom. All other nationalities should check with your nearest embassy or consulate.
- There are statutory vaccinations required for travel to South America. Please contact your doctor or travellers medical centre for advice.
- Private group options are available, please ask for details.
- A single supplement is available for this trip - please ask for current costs. Note that single supplements are not compulsory - we will match you with another group member of the same gender.
- The 'South American Panorama' trip is escorted by specially trained local leaders.
- A comprehensive gear list is provided in the pre-departure information provided on booking.
- Group size – Minimum 4, Maximum 16

South American Panorama Detailed Itinerary

Pre tour

- Flights ex-Sydney go via Santiago, Chile before arriving to Lima, Peru. There is the option to stop over in Santiago for 1 or more nights and the option of including a sightseeing tour and also airport to hotel return transfers. Details provided on request.

DAY 1 Arrive Lima 17AUG

You will be met at the airport and transferred to the group hotel where you are free to rest or just wander around Miraflores, the area of Lima where our hotel is located. Some of Lima's best

galleries, shops and restaurants are found in this area. Founded by Francisco Pizarro in 1535, Lima is the oldest capital in South America, with a superb combination of Spanish Colonial and 19th century European architecture.

DAY 2 Lima city tour 18AUG

Today you will be taken on a guided tour of the city. Founded by Francisco Pizarro in 1535, it features a superb combination of Spanish colonial and 19th-century European architecture. We'll also visit the famous Gold Museum – containing the world's largest private collection of gold and silver artefacts. B

NOTE: please be sure to repack your luggage for the jungle. See the Clothing and Equipment List in your Pre-Departure Notes.

DAY 3 Fly to Puerto Maldonado – Amazon Jungle Lodge 19AUG

We transfer to the airport for the flight to Puerto Maldonado in south-eastern Peru near the border with Bolivia. Transfer to boat and on foot to our jungle lodge set deep in the heart of the Amazon rainforest. We spend 2 nights in our comfortable but basic lodge that was originally built as a base for naturalists. The rainforest surrounding the lodge is a nature lover's paradise. The lodge has comfortable twin share rooms - some with private facilities - others with shared bathrooms - it is quite definitely the most comfortable and well-appointed lodge in this jungle area. BLD

Day 4 Amazon Jungle Lodge 20AUG

Day walks in jungle and canoe journeys on the local waterways - there is a particularly abundant birdlife - including aninga, hoatzin, horned screamers, raptors, plovers, terns, macaws, parrots, kingfishers and toucans. It is likely that you will see monkeys and possibly troops of spider & howler and the possibility of seeing large caiman. Overnight in the lodge. BLD

PLEASE NOTE: it is important to be aware that the programs may vary according to flight schedules, weather, river height, group sizes, etc and participants should be aware there is no guarantee of seeing specific animals or birds and in general you may not see much wildlife since the rainforest provides such good camouflage for its inhabitants - but you

will have a good chance to experience true rainforest first hand.

DAY 5 Fly to Cusco 21AUG

Early morning departure after breakfast for the downriver trip to Puerto Maldonado and the short flight back to Cusco 11,200' (3,400m), arriving there around midday. You'll be met by your guide and transferred from Cusco airport to our hotel for a short initial briefing and then a few hours of rest, essential to initiate successful acclimatisation. B

DAY 6 Cusco & Chinchero 22AUG

After breakfast we drive for one hour to the Sunday Market at the town of Chinchero 3750m (12,300ft). Once the agricultural centre of the empire and still renowned for its traditional weavings. B

DAY 7 Sacred Valley of the Incas 23AUG

The following morning we drive (2 hours) from Cusco into the Sacred Valley of the Incas for lunch. During our time in the valley we visit some of the enthralling citadels, fortresses and temple ruins, including the site at Ollantaytambo. The valley follows the course of the famous Urubamba River, one of the main tributaries of the Amazon. We'll also be able to visit some of the small markets in the valley so you'll have the opportunity to do some 'tourist shopping', selecting from a variety of expertly made craft work, including alpaca sweaters and hats, ceramics, weavings and traditional Andean instruments. The evening is spent at our hotel in the heart of the valley. B

DAY 8 To Machu Picchu 24AUG

From our hotel, we drive to the railway station at Ollantaytambo where we take an early morning train to Machu Picchu. Today we start early to thoroughly explore these remarkable and truly enigmatic ruins. After a professionally led tour of the site we're free to wander around the rest of the amazing sights. We then take a late afternoon bus down to Aguas Calientes, where we spend the night. B

DAY 9 Machu Picchu. Return Cusco 25AUG

Without a doubt the best time to view Machu Picchu is at dawn before the crowds arrive on the train. We drive up to the ruins in time for the opening and savour the views and the

atmosphere as the light changes as the sun rises. We have the rest of the morning to explore the ruins at our own pace and perhaps walk up the famous Inca Trail to the 'Gateway of The Sun' (Inti Punku) for the best view of Machu Picchu. During the afternoon we descend from Machu Picchu to Aguas Calientes railway station, and embark on the afternoon train which slowly winds its way through the Andean countryside to Ollantaytambo where we transfer to our vehicle for the drive back to our hotel in Cusco. B

DAY 10 After breakfast we take a tour of Cusco and nearby ruins 26AUG

Every alleyway we enter or corner we turn brings another surprise or enigma in the form of the superbly constructed Inca walls or the more architecturally extravagant colonial churches and palaces. The city, once capital of the extensive Inca Empire, has seen many changes since Francisco Pizarro's men took the city with such apparent ease in November 1533. We also take a short drive to visit the monolithic walls of Sacsayhuaman, spectacularly set above the city. In the afternoon you may have time to explore some of the central parts of the city and a chance to look at some of the great varieties of local craft work on sale in open air stalls and shop. B

DAY 11 Cusco - free day 27AUG

A good day to relax, do your washing and perhaps a chance to do some 'tourist shopping', selecting from a great variety of expertly made craft work - including alpaca sweaters and hats, ceramics, weavings and traditional Andean instruments. In the evening we prepare for the next stage of our journey through the Andes. B

DAY 12 Train to Puno & Lake Titicaca 28AUG

We depart early in the morning for the 8 to 10 hour long railway journey to Puno set on the shores of Lake Titicaca at 12,530' (3,820m). The journey has been described as one of the last remaining classic train journeys of the world. (It was one of the featured sections of the BBC series "Great Railway Journeys of the World"). These days the train belongs to the Orient Express Company and it is a luxurious ride, with just 2 stops along the way, in La Raya, the highest point between Cusco and Puno 14,200' (4,330m) and Juliaca, before Puno. From the comfortable carriages, one of which has been

converted into a glass lounge, we watch the Andean scenes flash by. BL

DAY 13 Lake Titicaca-Uros Islands 29AUG

Puno is a typical high Andean town, set on the shores of the lake and located on the great altiplano that stretches all the way to La Paz. There will be an opportunity to cruise Lake Titicaca – the highest navigable lake in the world – and visit some of the unique floating ‘tortora’ reed islands of the Uros Indians. We’ll also visit the impressively built pre-Inca burial towers or ‘chulpas’ at Sillustani near Lake Umayo, an hour’s drive from Puno. B

DAY 14 Drive Puno to Copacabana 30AUG

Today we drive around the lake and across the border into Bolivia to the town of Copacabana – beautifully situated on the lake’s shores. We overnight here and have an opportunity to savour the delicious Lake Titicaca trout. B

DAY 15 Drive to La Paz 31AUG

After breakfast we take a four-hour drive across the immense altiplano to Bolivia’s capital city, La Paz – at 3800m (12,800ft), this is the world’s highest capital city. B

DAY 16 In La Paz 01SEP

We take a morning walking tour of this fascinating city, visiting its many local and tourist markets and one of its museums. The afternoon is free for you to explore the city centre on your own. B

DAY 17 Fly to Buenos Aires (Argentina) 02SEP

In the morning we transfer to La Paz Airport set high up on the altiplano. We fly to Buenos Aires and are met and transferred to our city centre hotel. B

DAY 18 In Buenos Aires 03SEP

This morning we will take a tour of Buenos Aires taking in a walk in the Recoleta area where we visit the Cemetery where Eva Peron is buried. In the afternoon you are free to enjoy BA and you may choose to visit La Boca, take a cruise on the Rio Plata or visit one of the cities museums. This evening for a real treat we shall enjoy a Tango show for dinner and an authentic performance. Return to hotel. B

DAY 19 Fly to Iguazu Falls 04SEP

Today we leave early for the domestic airport to take a flight north to Iguazu Falls, set in lush rainforest on the border of Argentina and Brazil. Though they are not the highest or largest falls in the world, they are without a doubt one of the most spectacular. The area contains more than twenty-five different cataracts – some small, some absolutely massive. The largest of all is the Boca or Garganta del Diablo (Devil’s Throat). The remainder of the day is yours to explore both sides of the falls, or just simply relax and soak up the atmosphere. Overnight at Iguazu at the Sheraton Internacional, the best located hotel on the Argentine side of the Falls. B

Note: Brazilian Side of the Falls

Some nationalities including Australians require a pre-organised visa to visit Brazil. This must be organised prior to departing Australia. Allow approximately 10 days for processing of visa.

You can book a side trip to Brazil side of falls from your hotel.

DAY 20 Fly to Buenos Aires 05SEP

Your morning will include a tour of the falls, from the Argentinian side. In the afternoon you will be transferred to the airport for your flight back to Buenos Aires, where your trip concludes. B

PLEASE NOTE: It is essential that participants are aware that we may be affected by changes in air and train schedules, something which is not unusual in South America.

Peru, Bolivia and Argentina are ‘developing’ nations and the vagaries of travel sometimes mean that itineraries have to change. With an open mind and flexible approach you will be assured of a great adventure!

Suggested Extensions

We have a range of South America options including short customised itineraries and group departures. Ask us for details.

- Galapagos Cruise
- Colca Canyon & Arequipa
- Nazca and Ballestas Islands
- Atacama Desert
- Rio de Janeiro

Refer to our website www.worldexpeditions.com for more details.

A Typical Day

Touring Routine:

Depending on the itinerary for the day, you will either be travelling or sightseeing. Local experts generally fill the mornings with tours to the local sites. After lunch, further sightseeing will take place or there will be leisure time for you to read, relax at the hotel or explore.

Accommodation:

During the trip your accommodation has been chosen for local flavour, central location and cleanliness. The majority of hotels are 3-4 star..

Leaders:

During the trip you will be accompanied by a number of different guides and staff. In Buenos Aires, Iguazu Falls and Lima you will be met at the airport and transferred to your hotel and if included, also have a city or museum tour (as specified in main itinerary). These services are carried out by local representatives and city guides (Please note in these places you will not be accompanied by your main guide - so all your meals and free time will be on your own) In Peru you will have 2 different guides; one in the jungle and your main guide will meet you in Cusco and be with you for the majority of the trip from day 5 to day 17.

Trip Grading

This trip is graded as Adventure Touring. Although there is no commitment to extended walking on this journey we nonetheless want to keep the 'accent on the active'. We therefore advise that any physical training you complete before undertaking the trip will be to good effect. Although the day walks are optional there is no shortage of advantages of packing as much into your time in South America as possible. Whether you are exploring the jungle, Cusco or Machu Picchu, the fitter you are the more this will enhance your experience. Much of this trip takes place at altitudes in excess of 3000m in the Andes. Upon booking we shall send you much more information about altitude and how to cope with it.

Country Information

Peru

Peru - has a population of 28 million, made up of pure-blooded Indians (biggest group are the Quechuas, whose forebears were the "Incas")

and Mestizos, who are a mixture of Indian and European backgrounds. More than half the population lives in the largest cities, namely Lima, Arequipa and Trujillo. Peru has an area of 1,300,000 square kms, and is located on the Pacific coast of South America.

Its capital, Lima, located 12š south of the equator, was the capital of Spanish South America from its founding in 1535 until the early 19th Century. The old central part of the city with its impressive commercial section, whose architecture was greatly influenced by the English, contrasts sharply with the more modern office blocks, shopping centres and suburbs and especially the ever expanding shanty towns or "pueblos juvenes" where the poorer country cousins, who move to the city to try and find work and live. Official languages are Spanish and Quechua.

Geographically, Peru is made up of the three distinct regions. Firstly the arid coastal strip, mainly desert and up to 60 kms wide. Down the centre of the country runs the great range of snow peaks and highlands that make up part of the immensely long chain of mountains known as the Andes, running from Colombia in the north all the way to the southern tip of Chile. The third region is the jungle - from the "eyebrow of the jungle" in the Andean foothills to the pristine jungles of the great Amazon rain forest.

The coastal area is the economic heartland of Peru, and the coastal waters with the cold Humboldt Current running north up the coast contain some of the richest fishing grounds in the world. The highlands or "sierra" contain more than a third of the population - mostly the Quechua- or Aymara-speaking Indians engaged mainly in pastoral farming. This is a high, very often lush and fertile land of gentle slopes and valleys surrounded by the high peaks of the Cordilleras Vilcabamba, Vilcanota and Blanca.

Cusco, once the capital of the great Inca Empire, stands at 3400 metres (11,200') in the heart of the southern sierra. It is remarkable for the perfect stonework of its Inca ruins, its many beautiful colonial churches and palaces, and of course the world-renowned ruins of the lost city of the Incas at Machu Picchu.

Bolivia

Bolivia is a small landlocked country, much of which is made up of gaunt mountain ranges and the high, harsh and tough – but beautiful – altiplano. The central western part of the country, the most densely inhabited region, contains the capital of La Paz.

This fascinating city, home to a mostly Indian population, is stunningly located – in a great deep 'bowl' set several hundred metres below the level of the surrounding altiplano. This odd location was chosen by the city's Spanish founding fathers in 1548 to avoid the cold winters suffered above on the plateau. The streets of the city slope steeply in places, and the Indian population lives on the terraced sides of the 'bowl', above the business, shopping and wealthier residential districts.

Lake Titicaca, which forms part of the border between South America, is also in this region. This is a huge inland sea – at 3800m (12,500ft) it is the highest navigable waterway in the world.

Argentina

Argentina's population of around 40 million was formerly boosted by European immigrants, mostly from Spain and Italy, who arrived in large numbers at the beginning of the century. With an area of 2,807,500sqkm, Argentina is the second-largest country in South America after Brazil. The official language is Spanish (Castellano).

Geographically, Argentina is made up of four main areas: the Andes, the North, the Pampas, and Patagonia. The Argentine republic is a triangle, which rests on the Andes to the west and the tropical jungle in the north, narrowing down to a finishing point beyond the strait that links the Atlantic and Pacific Oceans in Tierra Del Fuego.

Its capital, Buenos Aires, has a population of approximately 13 million and is a very sophisticated city. Parts of the city will remind you of Paris, while some of the gardens resemble the severe Victorian English style and, to the south, colonial patios evoke the old Lima. Even though it embraces all these styles, Buenos Aires has a personality of its own that totally captures newcomers.

Climate

Temperatures in the area around Lima are warm during the day (20–25C) and cool (5C) at night. In the highlands of both Peru and Bolivia, where the trips take place, daytime temperature will be in the range of 10–25C, falling as low as -5C at night. Temperatures in Buenos Aires vary from 15–22C during the day and go down to a minimum of 7–12C at night. The wet season in Peru and Bolivia is from November to March.

Adventure Travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant of travel agent.

Responsible Travel

South America's environment is extremely fragile especially in the highlands. The rapidly increasing population puts immeasurable pressure on these countries' environment and resources and it is our responsibility as visitors to minimise the impact of our presence.

It has always been our motto that "we take only photographs and leave only footprints"; therefore we are keenly aware of the ecology of the areas we visit and try and limit our effect on them.

World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our *Responsible Travel Guidebook*. This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from www.worldexpeditions.com

Slide Shows

World Expeditions invites you to attend our inspiring adventure travel slide shows. These special evenings are designed to inform and

entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers.

Ask our staff for a slide show schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

Trip Availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join this departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as the Train Journey from Ollantaytambo to Machu Picchu and return to Cusco. The demand for these services is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability at your earliest convenience.

How do you book?

This trip is operated by World Expeditions

There are 8 places (of the total 16 places) on this trip reserved for A Rendezvous for Singles clients and therefore this trip is not exclusive to A Rendezvous for Singles. The trip may also confirm more than eight clients from A Rendezvous for Singles subject to demand and availability. Likewise, fewer than eight A Rendezvous for Singles clients may book this trip. If this number falls under four persons you will be advised, although it's unlikely to be the case given strong enquiry levels.

Other travellers may book from other channels and they are not guaranteed to be single nor within the age range promoted by A Rendezvous for Singles. However, everyone in the group **will have the holiday spirit** and generally this trip appeals mostly to persons of around 40 to 59 years age range.

You will need to complete the booking form on the A Rendezvous for Singles website:

<http://www.arendezvous.com.au/holidays/samerica10/index.asp>

Alternatively, you call them for more information on **1300 653 692** or email holidays@arendezvous.com.au.

Once you complete submit a booking form with A Rendezvous for Singles they will send you a booking reply and subject to availability, a booking confirmation that includes a Deposit Payment Form which must be completed if you want to secure your place on the holiday. The non-refundable deposit is \$400. The Deposit Payment Form will include the details of the deposit and where to return the form.

Important Note: These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

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