

PERU

A Lodge-to-Lodge Trek to Machu Picchu



October 13 - 23, 2019

PERU

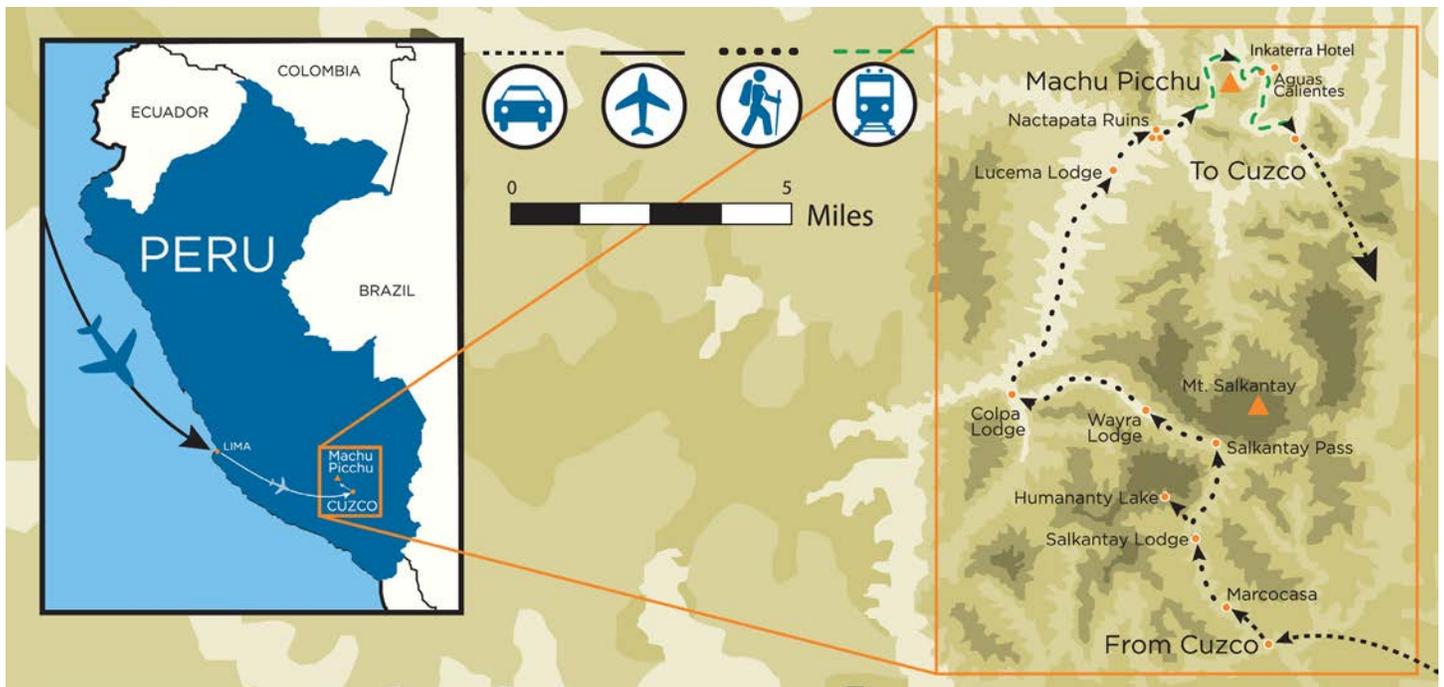
A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

TRIP HIGHLIGHTS

- ▶ Challenge yourself on the Salkantay hiking route in the high Andes of Peru among peaks that tower into the clouds
- ▶ Learn the history of the Incas and the cultural importance of Machu Picchu, the crown jewel of the ancient Incan empire
- ▶ Photograph Peruvian mountain landscapes with glistening glaciers and turquoise, glacial lakes
- ▶ Relax in luxurious lodges with gourmet meals, hot tubs, and goose-down comforters on every bed

TRIP ROUTE



PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

QUICK VIEW ITINERARY

- Day 1: Arrive in Cuzco, relax at your hotel
- Day 2: Explore archaeological sites in the Sacred Valley
- Day 3: Visit Tarawasi and Mollepata, hike the Camino Royal to your lodge
- Day 4: Hike to Lake Humantay, enjoy the view or kayak, soak in the outdoor jacuzzi
- Day 5: Cross the Salkantay Pass at 15,213 feet, have a hot lunch on the trail
- Day 6: Descend along the banks of the Salkantay River, arrive at your lodge by zipline
- Day 7: Hike in the Santa Teresa River Valley, visit an organic coffee plantation
- Day 8: Optional trek to the Llactapata Pass or visit to local hot springs
- Day 9: Explore the ruins of Machu Picchu, optional hike of Huayna Picchu
- Day 10: Leave Machu Picchu for Cuzco, explore on your own, farewell dinner
- Day 11: Experience Cuzco this morning, enjoy lunch, depart for the US

TRIP PRICE

Main Trip: \$5,990

Optional Single Accommodations: \$900 (non-trekking lodges only. All rooms on the trek are shared)

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

.....

your adventure in depth

DAY 1

Sunday
10/13/19

Arrive in Cuzco

Welcome to Peru and its legendary Land of the Inca! Sheltered by the soaring peaks of Los Andes, forgotten ruins lie in wait of discovery. Ancient whitewashed villages give a glimpse into mountain life as it has been lived for centuries. The seaside capital of Lima looks ahead into a bright future. Exhilarating, awesome, breathtaking, and unforgettable, Peru is an adventure destination like no other.

Pick-up and Transfer

Meet your group at the Cuzco airport at 3:00pm. You will be transferred to your beautiful hotel in the Sacred Valley.

If you'd like to come to Cuzco early, AdventureWomen would be happy to help you make hotel arrangements.

Welcome Dinner

Enjoy dinner as a group this evening, where you'll get to know your guide and fellow travelers.

Accommodations

Hacienda Urubamba

Meals Included

dinner

your adventure
in depth

DAY 2
Monday
10/14/19

Accommodations
Hacienda Urubamba
Meals Included
breakfast, lunch, dinner

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

Urubamba

Once the heart of the Inca Empire, the Sacred Valley is a feast of impressive ruins, gentle mountain slopes, rushing rivers, grazing llamas and alpaca, and enchanting farm towns. In short, it's the perfect introduction to the mysterious world of the Inca, whose stunning civilization thrived until the 16th century.

- Moray** Explore the archaeological site of Moray, an experimental agricultural station of the Inca in the shape of a circular terraced depression. For those interested in hiking, you can choose an easy downhill walk from the colonial town of Maras to the salt mines.
- Lunch** Enjoy lunch at a local restaurant.
- Pisac** After lunch, drive to the archaeological site of Pisac, a royal estate which lies atop a hill at the entrance of Sacred Valley. Explore the ruins of temples, military structures, and agricultural terraces.

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

.....

your adventure in depth

DAY 3

Tuesday
10/15/19

Urubamba to the Salkantay Route

Located one hour from Cuzco, Urubamba is the largest town in the Sacred Valley of the Incas. It is also located near a number of significant ruins of the Inca Empire, including Machu Picchu. The sparse remains of the Inca palace, Quispiguanca, are within the town.

Tarawasi and Mollepata

Depart for the mountains this morning. The first stop will be the Inca ruins of Tarawasi near the town of Limatambo. Spend some time there before heading to the mountain village of Mollepata for a delicious lunch.

Begin Your Trek

After a short drive on a winding mountain road, you'll arrive at Marcoccasa. Here you will begin your hike to Soraypampa along a picturesque path called the "Camino Real" (Royal Path), which is also a good opportunity to acclimatize to the higher altitude. As you round the final turn of the Camino Real, the Salkantay Lodge will come into view. Standing like a sentry behind the lodge is the glacier peak of Mt. Salkantay, among the most sacred in Inca mythology and the highest in the region at 20,600 ft.

Relax at Your Lodge

Settle in your room and relax for a few minutes before meeting your guide in the lounge for refreshments and a briefing of the tomorrow's activities.

Accommodations

Soray Lodge

Meals Included

breakfast, lunch, dinner

Trekking Time

3 hours

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

.....

your adventure
in depth

DAY 4

Wednesday
10/16/19

Salkantay Route

Humantay is a snow capped mountain, and right at the base of the mountain you'll find a stunning glacial lake. Enjoy the tranquility of being truly in the wilderness.

Hike to Lake Humantay

This morning, go on an acclimatization hike to Lake Humantay. Begin by hiking up the slopes that border the plateau behind the Salkantay Lodge. An hour and a half later, after making your way over the final hill, you will be stunned to see the turquoise water of the lake, made even more spectacular by the sight of the Humantay glacier looming behind it.

Here you will have a chance to relax, enjoy a snack, meditate in the tranquility of this magical spot, or admire a traditional offering to Mother Earth, getting an up-close view of the majestic glacier.

Lunch

Enjoy lunch at the lodge.

Relax at the Lodge

Spend the afternoon at leisure. Soak in the outdoor jacuzzi, enjoy a massage, or just relax!

Accommodations

Soray Lodge

Meals Included

breakfast, lunch, dinner

Trekking Time

4 hours

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

your adventure in depth

DAY 5

Thursday
10/17/19

Salkantay Route

The name Salkantay is from sallqa, a Quechua word meaning wild, uncivilized, savage, or invincible, and was recorded as early as 1583. The name is thus often translated as "Savage Mountain." Directly to the north of Salkantay lies Machu Picchu, which is at the end of a ridge that extends down from this mountain. Viewed from Machu Picchu's main sundial, the Southern Cross is above Salkantay's summit when at its highest point in the sky during the rainy season. The Incas associated this alignment with concepts of rain and fertility, and considered Salkantay to be one of the principal deities controlling weather and fertility in the region west of Cuzco.

Today's Trek Day three is the longest and most strenuous day, but arguably the most magical day of the trek. After an early start, hike up the Rio Blanco valley, circling Humantay Peak. As you gradually make your way up these mountain trails, you will encounter expansive plateaus dotted with boulders of varying sizes, the remnants of a valley that was once bisected by a fast-flowing river. The final and most challenging part of your ascent is conquering the mountain switchbacks that take you to the Salkantay Pass, the highest point on the trek at 15,213 feet. What follows is a dramatic descent through fields of giant boulders, often shrouded in fog.

Picnic Lunch and Descent Enjoy a hot picnic lunch before continuing your descent through rolling hills and marsh-like plateaus. Arrive at the Wayra Lodge this afternoon. Enjoy a spectacular view of the other side of Mount Humantay, reminding you of how far you've come!

Accommodations

Wayra Lodge

Meals Included

breakfast, lunch, dinner

Trekking Time

7 hours

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

your adventure in depth

DAY 6

Friday
10/18/19

Salkantay Route

A cloud forest is a generally tropical or subtropical, evergreen, montane, moist forest characterized by a persistent, frequent or seasonal low-level cloud cover, usually at the canopy level. Cloud forests often exhibit an abundance of mosses covering the ground and vegetation, in which case they are also referred to as mossy forests. Mossy forests usually develop on the saddles of mountains, where moisture introduced by settling clouds is more effectively retained.

Continue Your Descent

After a leisurely breakfast at the Wayra Lodge, continue the descent along the banks of the Salkantay River through increasingly verdant scenery. The warm air begins to rise from the edge of the jungle, accompanied by colorful butterflies and striking orchids. Today you will see more of the local people as the trail takes you past their simple homes and makeshift fences.

Lunch

Arrive at Colpa Lodge for a special lunch. Your Pachamanca lunch is a traditional Peruvian meal cooked in the earth by hot stones that create a natural underground oven.

Afternoon at Leisure

Relax this afternoon. Lounge in the sun or unwind in the outdoor jacuzzi while you take in the panoramic views of the green mountains surrounding you.

Accommodations

Colpa Lodge

Meals Included

breakfast, lunch, dinner

Trekking Time

4 hours

your adventure
in depth

DAY 7
Saturday
10/19/19

Accommodations
Lucma Lodge

Meals Included
breakfast, lunch, dinner

Trekking Time
6 hours

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

Salkantay Route

Peru is one of the top 20 coffee producers in the world. A coffee plant usually starts to produce flowers three to four years after it is planted, and the coffee cherries appear from these flowers. A coffee plant can first be harvested about five years after it is planted. The cherries are ready to pick when they turn from green to red, about eight months after the flowers bloom.

Hike in the River Valley

Today you will hike in the Santa Teresa River valley where you will hop over small streams fed by waterfalls descending from the glaciers and cross through fruit orchards. After breaking for a hot picnic lunch by the river, you will walk for an hour where you will meet a vehicle for a short drive to the beginning of the Lactapata Inca Trail, which leads you to your lodge.

Coffee Plantation

Visit a local organic coffee plantation. You will begin to notice a shift in the climate - the hot air and increased humidity signal that you are getting close to the edge of the Amazon.

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

your adventure
in depth

DAY 8

Sunday
10/20/19

Accommodations

Machu Picchu
Pueblo Hotel

Meals Included

breakfast, lunch, dinner

Trekking Time

5 hours

Salkantay Route to Machu Picchu

The roads of the Inca Empire once stretched from present-day Quito, Ecuador in the north all the way down to Santiago, Chile in the south. The extensive network of roads and trails covered roughly 14,000 miles and crossed 16,000-foot-high mountain passes, winding through the stunning scenery and breathtaking landscapes of the Andes. Since the Inca did not use the wheel, or horses until the arrival of the Spanish in the 16th century, these roads were traveled almost exclusively on foot and with pack animals such as llamas.

Optional Hike For those who have the energy, depart early this morning for an optional hike. During a two to three hour climb up a path mostly comprised of original Inca steps, you will get a sense of what hiking through the rainforest would be like. A lush treeline creates green canopies overhead and the constant sound of rushing water suggests that the river is still nearby. Your first milestone today will be the top of the peak, the last one before you reach the Aobamaba River valley that connects you to Machu Picchu. When you arrive at the ruins of Llactapata at the Llactapata Pass (8,974 feet), you will be delighted to see a distant southeast view of the “back” of the Machu Picchu ruins, a sight few travelers ever get a chance to admire. At this point you will also take a short break to explore Llactapata, and then have lunch a bit farther down the trail in a meadow with panoramic views. The final descent toward the roaring Aobamba River takes you through lush bamboo forests, as well as more fruit orchards and coffee plantations.

Hot Springs If your knees need a break, you can hike 30-45 minutes down to a vehicle and drive one hour to the Santa Teresa hot springs. Enjoy a picnic lunch at the springs and some relaxation time.

Take the Train Take a one-hour train ride to Aguas Calientes at the base of Machu Picchu.

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

.....

your adventure in depth

DAY 9

Monday
10/21/19

Machu Picchu

Arriving at Machu Picchu, “Lost City of the Incas” is like stepping into a postcard! The intact maze of empty plazas, chambers and palaces connected by stairways carved out of solid stone helps you understand why it is considered among the Wonders of the World. Built precipitously high, it is surrounded by mountains covered in lush tropical vegetation. Terraced to the edge to provide for Inca domiciles, it stands today as a tribute to Incan ingenuity.

Explore Machu Picchu

Begin your journey to Machu Picchu with a short and rollicking uphill bus ride. As you enter the “Sanctuary” (as locals refer to it), the morning sun rises over the iconic Sun Gate and washes the structures and terraces with resplendent light. Prepare to be awed by the imposing and skillful architecture of the Watchtower, the Temple of the Sun, and the royal Inca residences, among many others. Take a moment to quietly sit and listen to the wind or to meditate and absorb the mystical energy that envelops you. Your imagination will soar as you contemplate the history of Machu Picchu and its mysterious origins.

Huayna Picchu

You have the option to hike Huayna Picchu, the iconic towering mountain often seen in photographs, for dramatic views.

Afternoon Exploration

Lunch at Sanctuary Lodge by the entrance. In the afternoon when the crowds dissipate, explore on your own.

Accommodations

Machu Picchu
Pueblo Hotel

Meals Included

breakfast, lunch, dinner

Trekking Time

4 hours

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

.....

your adventure in depth

DAY 10

Tuesday
10/22/19

Machu Picchu to Cuzco

Founded in the 11th century and capital of the Inca Empire from the 13th century through the arrival of the Spanish in the mid 16th century, today's Cuzco is a delightful mix of Inca and Spanish architecture. Winding streets, red clay rooftops, tiny peaceful plazas and colorful shops invite exploration. Around the mostly whitewashed city you can still see the remains of Inca buildings and their foundations—many of which have proven to be stronger than buildings constructed in the present day. The stones in the old walls that line the winding alleyways are so closely fitted together, you couldn't even fit a sheet of paper between them!

Transfer to Cuzco

Take the train this morning from Aguas Calientes to Ollantaytambo. Drive back to Cuzco.

Nilda Callanuapa Weaving Project

Visit a weaving project led by a master weaver. Textile production has profound historic and cultural significance in the Andes, and this project is part of a highly-successful initiative to rescue and revive this way of life. Women are the owners and drivers of this activity, and you will see how their gregarious processes of spinning, gathering and use of natural dyes, setting up of looms, and the creation of designs, are fundamental to the family and social bonds of these highland communities.

Explore Cuzco

Explore Cuzco on your own this afternoon.

Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an incredible trip!

Accommodations

Palacio del Inca

Meals Included

breakfast, dinner

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

.....

your adventure
in depth

DAY 11

Wednesday
10/23/19

Cuzco and Depart

Enjoy one last morning in Cuzco before departing for the US.

Explore on Your Own

Explore Cuzco on your own this morning. Pick up some last minute souvenirs, or just walk around this unique town.

Lunch

Enjoy one last lunch as a group at a local restaurant.

Transfer to the Airport

Transfer to the airport mid-afternoon to catch your flights home.

Meals Included
breakfast, lunch

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

.....

Accommodation Details

Hacienda Urubamba

Hacienda Urubamba is a contemporary hacienda-style hotel in the Sacred Valley of the Incas. Immersed in the countryside in a gorgeous area, Hacienda Urubamba spans approximately 100 acres surrounded by imposing green mountains. All of the rooms feature breathtaking views of the valley, immersing you in open space, serenity, and relaxing solitude.

Mountain Lodges (Soray, Wayra, Colpa, and Lucma)

At the end of each day, in these intimate 6-room lodges, you will enjoy hot showers, fine gourmet meals, select wines, goose-down bedding, massages, outdoor jacuzzis, and highly personalized service from local staff. Each room is warmly presented with down comforters and amenities. The eco-minded architecture effortlessly mixes traditional heritage with contemporary design. Indulge in inventive menus, which provide a refreshing take on the region's most iconic dishes. All offerings are locally sourced - from organic coffee blends to healthy snacks.

Machu Picchu Pueblo Hotel

Located in the heart of Machu Picchu Historical Sanctuary, Inkaterra's boutique Machu Picchu Pueblo Hotel is an Andean Garden of Eden—one of the world's most appealing boutique hotels. A fusion of calmness, comfort, Andean style and architecture, its natural beauty spreads over 12 acres of low-rise cottages, plantations, and wild forest interspersed by stone pathways. Waterfalls and streams gently cascade through acres of orchids. Hummingbirds frolic in a private cloud-forest paradise, while you experience an authentic barefoot luxury hotel at the foot of Machu Picchu, within an idyllic enclave of whitewashed casitas.

Palacio del Inka

A storied mansion dating back nearly five centuries, Palacio del Inka stands in the historic center of Cuzco. Directly across from the Koricancha, it is a five-minute walk from the main square and less than a mile from an array of museums, markets, and restaurants.

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

.....

your adventure
in depth

Included/Not Included

Included:

- ▶ Hotel accommodations based on double occupancy
- ▶ Meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Fully-guided sightseeing as indicated in the itinerary
- ▶ Entrance fees
- ▶ English-speaking guides throughout the trip
- ▶ Drinking water
- ▶ One AdventureWomen Ambassador

Not Included:

- ▶ International airfare to and from Peru
- ▶ Domestic airfare
- ▶ Excess baggage charges
- ▶ Optional activities as listed in the itinerary
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages
- ▶ Fees for passports, visas, or immunizations
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

Activity Level:

Moderate

Active

High Energy

Challenging

We rate this trip as Challenging. Our Challenging adventures get your heart rate pumping, these are demanding yet deeply rewarding and designed for seasoned outdoor enthusiasts. You should be in excellent physical condition, and be able to hike up to 10 miles, in steeper, more rugged terrain.

We **strongly** recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Supplemental Trekking Release
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before July 15, 2019.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Peru, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history. You may want to ask your doctor about Diamox, which can help with the altitude.

For more health information, go to www.cdc.gov/travel and navigate to the page about Peru.

Money:

The currency of Peru is the Nuevo Sol. US dollars are accepted in some places in Peru. Credit cards are generally accepted in larger cities. ATMs will be available in larger cities as well.

Suggested Gratuities:

- ▶ Guides: \$5-10 per day
- ▶ Mule Handler: \$2-3 per day (optional)
- ▶ Transfer drivers: \$5 per transfer

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

Arrive: Arrive at the Cuzco Airport (CUZ) on October 13, 2019 in time for a 3:00pm transfer. Flights from Lima are frequently delayed, so if you are flying from Lima on the 13th, we recommend a morning flight.

Depart: Depart Cuzco (CUZ) on October 23, 2019 after 4:00pm.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

Packing Considerations: Peru has only two seasons: a dry season from April to October, and a wet season from December to March. The weather in the mountains can change quickly and you should be prepared for four seasons in one day. You should carry winter clothing and rain gear at all times. Expect temperatures ranging from 14° to 23°F at night and up to 68°F during the day.

Baggage note: You must bring a soft-sided duffel bag for this trip. No hard-frames or wheeled suitcases are permitted. For the trek, your luggage should weigh no more than 22lbs.

Clothing and Gear:

- Soft-sided duffel bag
- Daypack and rain cover
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- 4-5 pairs wool hiking socks
- 5-7 pairs underwear
- 1-2 lightweight long underwear tops
- 1-2 lightweight long underwear bottoms
- 2-3 short sleeve shirts (quick dry recommended) -
- 1-2 long sleeve shirts (quick dry recommended)
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sets of casual clothes for evenings
- 1 bathing suit
- 1 medium weight fleece sweater/jacket for cool evenings
- 1 heavy jacket (down or synthetic)
- 1 pair gaiters
- Waterproof jacket (Gore-Tex recommended)
- Waterproof pants (Gore-Tex recommended)
- Warm hat, gloves
- Hat for sun protection
- Comfortable shoes and/or sandals
- Sleepwear
- Telescopic trekking poles
- Large refillable water bottle

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2 passport photos in case your passport is lost or stolen
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

**pack your
bags!**

the fine print

Essentials Continued:

- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

PERU

A Lodge-to-Lodge Trek to Machu Picchu

October 13 - 23, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a