

Table of Contents

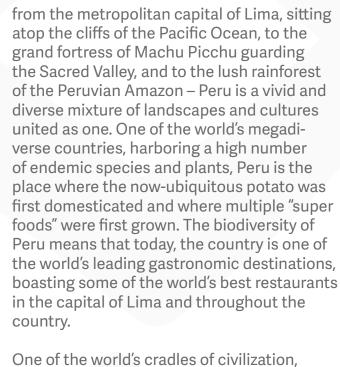
- 04 > INTRODUCTION
- 06 GETTING AROUND
- 07 MAP & THE AVANTI DIFFERENCE
- 08 ESSENTIAL TIPS
- 10 **TRAVEL THEMES**
- 14 OLIMA
- 16 > THE COAST: PARACAS & MANCORA
- 18 THE UNEXPLORED: TRUJILLO & CHICLAYO
- 19 > THE UNEXPLORED: CHACHAPOYAS & KUELAP
- 20 SACRED VALLEY
- 21 MISMINAY
- 22 MACHU PICCHU
- 24 OCUZCO
- 26 LAKE TITICACA
- 28 AREQUIPA & COLCA CANYON
- 30 > IQUITOS



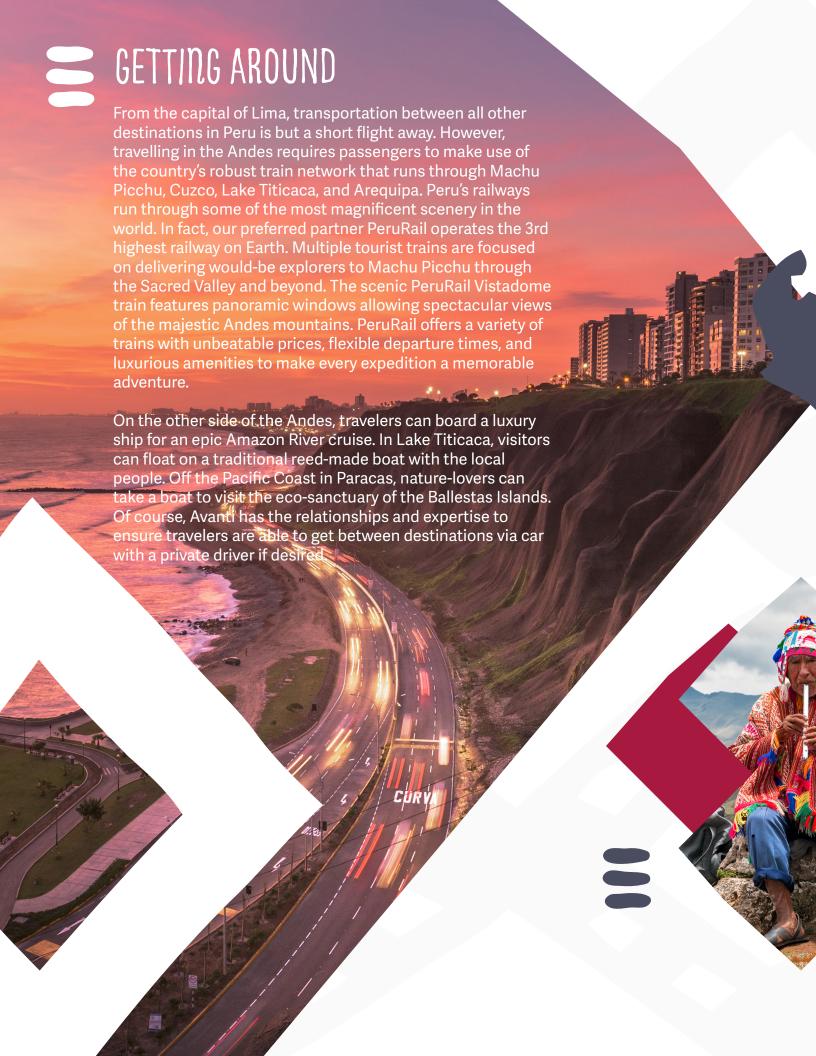


Introducing Peru

THE LAND OF GREAT CONTRASTS...



One of the world's cradles of civilization, Peru's history and tradition is vast. Home to the oldest known civilization in the Americas, the Norte Chico civilization in Caral, Peru's immense biodiversity and relative geographic isolation helped give rise to multiple cultures with their own languages throughout Peru's pre-Columbian history. From relaxing beach escapes to cultural excursions – Peru is a destination for every traveler.





WE MAKE IT EASY

Travelling to Peru can be challenging due to Machu Picchu regulations, complicated logistics, and any unexpected complications that can arise. Fortunately, with Avanti's and Condor's expertise combined, we can confidently handle any logistical challenges that might occur. Avanti is a onestop-shop for booking travel to Peru, selling air, hotels, rail, eco lodges, romantic cruises, and unforgettable experiences of all varities. Should an unfortunate circumstance arise, Avanti has 24/7 service to help your client's journey. For example, ensuring that a strict Machu Picchu itinerary is met. Avanti travelers are especially safe from misfortune as Condor offers a complimentary travel insurance policy that includes medical consultations, transfers, and luggage assistance.

From underexplored ruins in Chachapoyas to the beachside paradise of Máncora, Avanti and Condor provide travelers with unique Peruvian experiences that many other operators do not offer. In cooperation with Condor's Wings program, we offer community tourism projects designed to enhance and give back to the local communities of Peru while creating sustainable tourism practices. No matter what you want your Peruvian vacation to be, Avanti has the relationships and know-how to create your personalized, dream vacation.

Essential Tips

ALTITUDE SICKNESS

Known as "soroche" in Peru, altitude sickness can occur at heights 8,000 feet above sea level, which travelers are likely to reach if they plan on visiting Machu Picchu (7,972 ft), the Sacred Valley, Cuzco, Lake Titicaca, or just about anywhere in the Andes mountains. Symptoms include headaches, nausea, vomiting, dizziness, lethargy, poor sleep, and a loss of appetite. Give your body time to acclimate to the altitude, once altitude sickness has occurred wait 24 hours for your body to adjust. Do not drink alcohol, smoke, or take sleeping pills and drink plenty of water. A common drug, Acetazolmide (Diamox) can also help but it is impossible to predict if you'll get altitude sickness. However, people with a higher risk of experiencing altitude sickness are those with heart or lung problems

WHAT TO PACK

In a country as geographically diverse as Peru, it is important to pack according to the destinations and season of your visit. The Sacred Valley and Machu Picchu are both high in elevation so when planning to visit these locations, pack sunscreen and sunglasses but prepare clothing in layers, so that you can easily swap clothes depending on the current conditions, whether it be hot or cold. Visitors to the Sacred Valley will spend much of their time on foot so it is imperative to bring comfortable walking shoes, hiking shoes if you plan on hiking, and multi-purpose sandals. May through October is considered the dry season, December through March is the rainy season, while April and September are the transition months with mixed weather. This is important to keep in mind, as Machu Picchu sits on the edge of the Andes and the Amazon Rainforest and as such, the citadel may be rainy. Bring bug-spray for jungle environments, sunscreen for high elevations, and a versatile jacket. Trains to Machu Picchu have a luggage limit of 11 pounds, so you'll take an overnight bag to the citadel and meet up with the rest of your luggage upon your return to Cuzco or the Sacred Valley.



BEST ADD-ORS AFTER MACHU PICCHU

- 1 Colca Canyon & Arequipa
- 12 Lake Titicaca
- Nazca Lines
- 04 Puerto Maldonado Jungle Lodge

WHICH DESTINATION IS BEST FOR ME?

When people think of Peru, they likely think about the mighty Andes Mountains, the aweinspiring Sacred Valley, and the legendary ruins of Machu Picchu. However, there is so much of Peru hidden behind the famous landmarks. Whether it's a romantic beach escapade or luxurious river cruise, experiencing the culture and cuisine of cosmopolitan Lima, an adventurous mountain-biking trek through the Andes, exploring ruins of ancient civilizations in Chachapoyas and Trujillo, or taking a chocolate making class with the family – Peru's immense diversity, both in its people, culture, and landscape, makes it an ideal vacation for every type of traveler.





GIVE YOURSELF TIME

Peru is big, about twice the size of Texas, so travelling from destination to destination can take some time plus the mountainous terrain makes travel more arduous. 7 days (at least) is recommended if visiting Machu Picchu and Cuzco, as it is wise to acclimate to the altitude before beginning venturing to Machu Picchu. 8-14 days is the optimal time spent in Peru to see all the major locations at a relaxing pace.

WHY BOOK IN ADVANCE

Regulations have been put in place to protect the heritage and archaeology of Machu Picchu. Book early in advance to ensure entry tickets into Machu Picchu, as the ticket name and date can't be changed, trains to Machu Picchu can sell out, the hotels in the areas can fill up, and - if you are hiking - the Inca Trail and Huayna Picchu hikes require permits acquired in advance.



- 1 Visits will now be more strictly timed (at four hours in maximum duration).
- 12 No re-entry will be allowed without securing a second permit.
- \{\}\ \text{Visitors must enter with a guide on their} first visit.
- 10 different staggered starts determinded by ticket to spread out visitors throughout the day
- §§ Specifically timed starts for each hiking option
- **16** No single use plastics



HISTORY

Multiple civilizations were born in what is now known as Peru. The Lima people near Lima, the Inca in Cuzco, the Norte Chico, and many others. This was possible because of Peru's immense biodiversity and relative isolation between cultures, due to the boundaries of the Andes Mountains and Amazon Rainforest.

ARCHITECTURE

In Cuzco, once the political center of the Inca Empire, the Spanish conquistador Francisco Pizarro built a new city atop the ruins of the Inca capital. Cuzco's city center retains many buildings, plazas, and streets from its pre-colonial past, allowing the layers of Peru's history to peek through. Many of Cuzco's Inca ruins were converted by the Spanish into cathedrals and churches, retaining much of their fundamental architectural techniques while often updated with Spanish Colonial or baroque styles.





ART

For the Inca, finely woven textiles were the symbol of high status and were a precious commodity. Using vibrant colors, especially red and purple, Inca textiles were artfully crafted with abstract geometric designs. This is just one example of the rich tradition of arts and crafts that thrives in Peru to this day. From the pre-Columbian art housed at the Larco Museum, the contemporary Peruvian photography at the MATE Museum, street art in the Barranco District, and to the Cuzco School of Art (artists who incorporated geometric design and traditional Inca colorwork with Roman Catholic themes and images) - Peru's artistic heart still thrives and is a vital piece in the tapestry of art history.



Whether mountain biking in the Andes, sand boarding in the dunes of Southern Peru, or riverrafting through the white water of an Amazonian tributary – Peru is full of adventure.

RAINBOW MOUNTAIN

Just southeast of Cuzco, the famous Rainbow Mountains of Palccoyo are only a short drive away. Less crowded than the other Rainbow Mountain, the evocative colors lusciously draped on the mountains are certainly worth it. For adventurous travelers, this is a must-visit after Machu Picchu.

INCA TRAIL

The classic Inca Trail is a 4-day, 26-mile trek through the Sacred Valley, taking explorers through cloudforests, mountain peaks, and a plethora of Inca ruins along the way. Relive the journey of the Inca by ending the trail at the fortress of Machu Picchu.

Lima is called the gastronomic hub of South America and is home to 3 of the best restaurants in the world. Central, Maido, and Astrid y Gastón, made possible by Peru's megadiversity and thousands of years of Peruvian culinary history, tradition, and fusion. Integrating European, Asian, and West African cuisines with the already-present cuisines of the Inca, Peruvian food is known for using local ingredients and channeling its many influences to create unique dishes and drinks, such as ceviche, the pisco sour, and chifa (Peruvian-Chinese fusion). In Lima, combine food and soft adventure on a bike tour of Miraflores along the Pacific Coast, stopping periodically to sample some of Peru's best dishes.





Lina Modernism amongst heritage

The City of Kings, Lima is a sprawling metropolis of over 10 million people. A multitude of unique neighborhoods with their own local character give the city its cosmopolitan and diverse vibe, from the bustling downtown center of San Isidro to the bohemian Barranco District. The city's romantic and historic center is UNESCO protected and contains some of the city's most vivid and colorful colonial architecture, combining baroque with Moorish architectural styles. From the ornate buildings such as the Archbishop's Palace and the Governor's Palace (where Peru's president lives) to the over 1,600 balconies, the city's historic center is a piece of history come to life.







AC HOTEL LIMA MIRAFLORES

Located in the most popular tourist district of Lima, this new 5-star hotel is composed of 150 rooms, 75 of which have views of the Pacific Ocean. In addition to its breathtaking views, the AC Lima Miraflores also offers its guests a gastronomic experience at either of its two restaurants, Saladero and Insumo, which have been curated by the acclaimed Peruvian chef Rafael Piqueras.

CULINARY CAPITAL

ORCHARD VISIT & FARM TO TABLE LUNCH

Work alongside renowned Peruvian chef Palmiro Ocampo, known for his focus on sustainable gastronomy using local ingredients. Visit an organic orchard to learn about Peruvian biodiversity and harvest ingredients for lunch, prepared by Palmiro.

TASTES OF LIMA

Join a gastronomy tour and embark on an unforgettable culinary adventure, beginning with a journey to a typical Peruvian market. Discover an eye-opening variety of fruits, seafood, and of course, potatoes. Visit a restaurant and learn to craft 2 of Lima's delicious mainstays – ceviche and a Pisco sour, a match made in heaven.



BARRANCO

BOHEMIAN BARRANCO TOUR

In Lima's Barranco district, Peru's culture and character shine bright. Famous for its designer boutiques, handcrafted goods, and concerts. Tour this district and visit its many museums, from pre-Columbian art to contemporary.

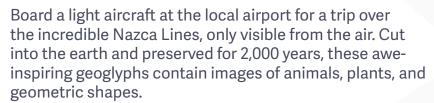
The Coast

PARACAS



This small town, nestled between the ocean and the desert, Paracas is the hub for visiting the mysterious Nazca Lines. From the city's brand-new airport, travelers will board a plane and view all the lines from the air above. Despite the seemingly inhospitable desert, grapes for wine and pisco are grown in Paracas using a complex drip irrigation system that accesses the water table, creating a surreal picture of lush vineyards surrounded by desert, visited by tourists and locals alike. Thrill-seekers will have a blast gliding through the huge sand dunes in a dune buggie. On the foggy Pacific, adventurous travelers can take a sea kayaking tour, or visit the wildlife sanctuary of the Ballestas Islands.





MYSTERIOUS NAZCA LINES AND BALLESTAS ISLANDS



PISCO DISTILLERY

Visit some of the major wineries where Peruvian Pisco is made, learning about the process and the facilities. After tasting some piscos, travel across the scenic desert to an oasis where another award-winning winery awaits.

SAND DUNE BUGGIES

Travel to the
California Desert
of Ica, with its huge
sand dunes ranging
from 16 to over 300
feet high! Hop in a
dune buggie, scale
the dunes, and enjoy
this thrilling desert
adventure.

BALLESTAS ISLANDS

The Ballestas Islands are Peru's largest coastal wildlife sanctuary, home to thousands of migratory birds, colonies of sea lions, and even tropical penguins! These rugged, desert islands have an austere, stark beauty to them unlike anything else.



The KiCHIC hotel brands itself as an experience unto itself. Inspired by traditional Peruvian architecture and Japanese philosophy, this 4-star hotel is a fusion of Peruvian heritage, Japanese ambience, and modern elegance.

The Unexplored

TRUJILLO AND CHICLAYO

Click to View!

TRUJILLO

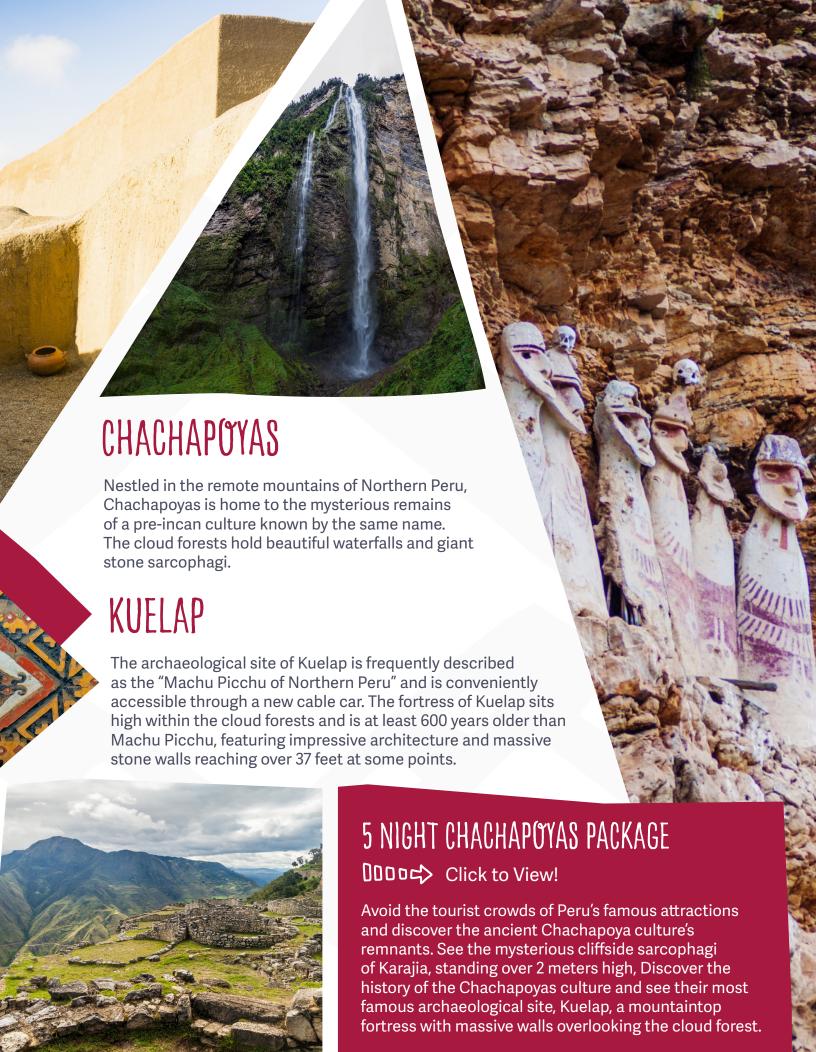
One of the first conquistador settlements in South America, the city of Trujillo de Nueva Castilla quickly developed a thriving economy. Trujillo is now the 3rd largest city in Peru, with an elegant and historic city center, replete with colorful colonial architecture and neoclassical churches. Before the Inca became the dominant empire in Peru, many civilizations grew and thrived within Peru's diverse landscape, including in the area surrounding Trujillo. In this part of the country, the Moche civilization built massive structures and eventually gave rise to the fledgling Chimu culture, who were subjugated by the Inca not long before the arrival of the Spanish. The Chimu capital of Chan Chan is easy day trip from Trujillo, a huge ruined city that predates the Inca and can be visited today.

CHICLAYO

In the northern Peruvian desert, the sunny town of Chiclayo is home to thriving markets, delicious local cuisine, and a ton of pre-Columbian history. In nearby Sipan, archaeologists discovered one of the largest tombs ever excavated, the burial site of the Lord of Sipan. Many of the relics discovered in the tombs can be found in The Lord of Sipan Royal Tomb Museum, offering a glimpse into the splendor of Peru's ancient Moche civilization. The archaeological site Tucume is home to a group of ancient pyramids that might just look like odd rock formations until viewed from above, while the Sican Museum houses replicas of the largest tombs discovered in South America. These two cities, Chiclayo and Trujillo, are a history-lover's dream, filled with pre-Columbian artifacts often ignored by tourists and overshadowed by the Inca.

CHICLAYO & TRUJILLO PACKAGE

Explore the ancient history of Chiclayo and Trujillo, beginning with a visit to the Museum of the Royal Tombs of Sipan, containing relics of the Moche culture. After, visit an imposing complex of 26 mud-brick pyramids that was the center of the Lambayque culture. Visit the magnificent burial platform of the Lord of Sipan – Huaca Rajada. In Trujillo, continue to the largest pyramid in South America before visiting the famous temples of the Sun and the Moon. Finally, visit the largest adobe city in the world – the ruins of Chan Chan.







MISMINAY DDDDC Click to View! DAY TRIP

Visit the traditional Andean community of Misminay, enjoying a lunch prepared by the women of the community and assist them in spinning, dyeing, and knitting the tapestries and textiles for which Andean communities are so famous for.

MOUNTAIN BIKING

For the adventurous type, what could be better than mountain biking in the epic Andes Mountains? First, travel to Misminay to assist with some of their daily tasks and then begin the mountain bike adventure. Bike through the archaeological complex of Moray and onwards to Maras, then enjoy a picnic lunch in Maras before exploring the nearby salt mines.

DINNER & STARGAZING

Learn how the Andean cosmovision accompanies and supports their agricultural practices. Then enjoy a dinner prepared with local produce and traditional techniques. Afterwards, observe the night sky and the vivid stars above, situated in an ideal location with an English-speaking guide who will help interpret any questions you may have.

OVERNIGHT STAY

Learn the traditional Andean way of life in the community of Misminay, inhabited by 100 families within the Sacred Valley. Share in the daily activities of the people who live here, gaining insight into their community. Immerse yourself in Peruvian culture while giving back to the local communities.

VOLUNTEERING

Guests at the Misminay community volunteer to give back to the locals. Whether it is helping build sanitary bathrooms, assisting in the gardens, or donating educational materials to the children - visitors to Misminay work with the local community to help protect the indigenous culture.







PERURAIL

PeruRail is celebrating its 20th anniversary offering fantastic train services to Peru's most iconic destinations, such as Machu Picchu on its PeruRail Sacred Valley, PeruRail Vistadome, and PeruRail Expedition trains, as well as its PeruRail Titicaca train service to Lake Titicaca in Puno. The PeruRail Vistadome train offers a different way to travel to Machu Picchu, making passengers feel as if they are somehow part of the nature that surrounds them with its panoramic windows. While enjoying the beauty of the route, you will indulge in atmospheric background music to accompany you through the journey. In addition, a helpful audio guide will enlighten you about the most relevant sites on the route. In the inbound journey, you will be delighted by an intimate experience with Andean culture through music and dances of the region. This is the only train with four departure stations: Poroy, San Pedro (Cuzco) Ollantaytambo and Urubamba (Sacred Valley).



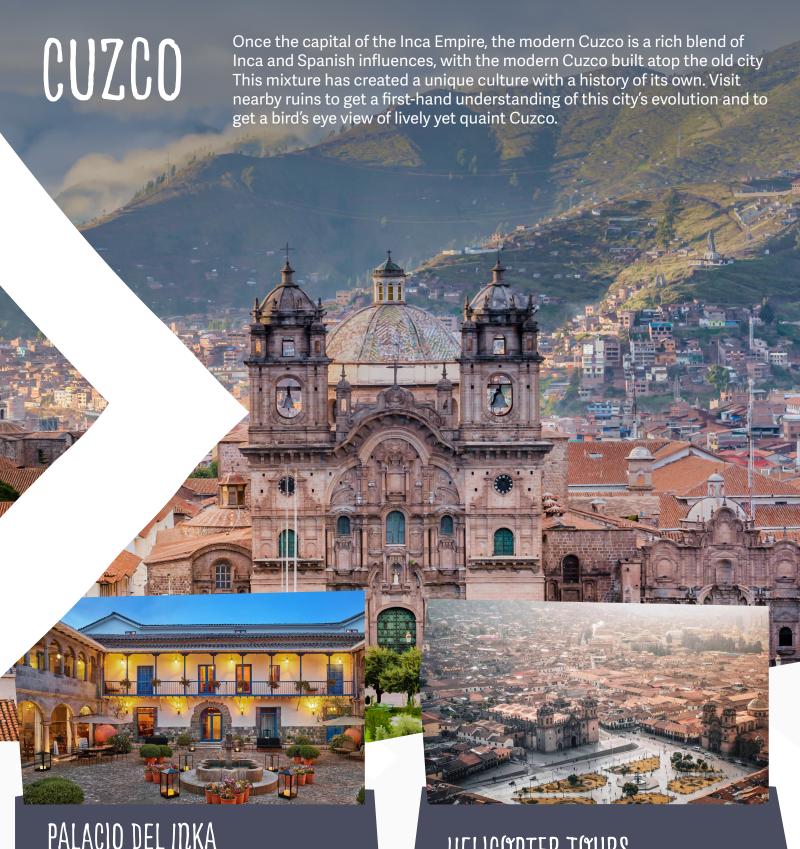
BELMOND HIRAM BINGHAM

Travel to Machu Picchu in elegance aboard the Belmond Hiram Bingham train. Even before boarding, passengers are greeted by a private performance of local dancers and champagne. Aboard the train, live music is played while locally-brewed beers, locally-grown wine, and Pisco sours are all included. Exquisite meals are served throughout the trip.



BELMOND SANCTUARY LODGE

Deep in the Sacred Valley, the Belmond Sanctuary Lodge is the only hotel adjacent to Machu Picchu, providing guests with convenient access and mountain-top views. With a restaurant serving delectable Peruvian cuisine and top-of-the-line décor, a stay at the Belmond Sanctuary Lodge is an unforgettable experience in a prime location.



PALACIO DEL INKA LUXURY COLLECTION

Just four blocks from Cuzco's main square, the Palacio del Inka Luxury Collection has beautifully decorated interiors infused with the Spanish colonial style, creating an authentic luxury hotel museum that maintains its old-world charm.

HELICOPTER TOURS

Get a condor's view of Cuzco high above in a helicopter tour of Cuzco and the Sacred Valley. See archaeological sites and the stunning natural landscapes that surrounds them, including the circular terraces of Moray, crystal-blue lagoons, and mighty snowcapped mountains.

BELMOND PALACIO NAZARENAS

This restored 17th-century palace offers luxury and history infused in one, with 24-hour butler service, Cuzco's first outdoor heated swimming pool, and a full spa.

OBSERVATORY TOUR

The Cuzco Planetarium is a cultural, astrological, and spiritual experience where visitors of all walks of life come to learn about their unique place within the universe. The night sky was vital to many pre-Columbian cultures, forming the basis of their cosmovision, or their way of seeing the world, the universe, and their place within. In this tour, learn about lncan astronomy and cosmovision through explanations of the southern sky with virtual sky renderings and direct observation.

SAN BLAS NEIGHBORHOOD

The bohemian neighborhood of San Blas is surrounded by Inca history, delicious coffee shops, and artisinal boutiques.

CHOCOLATE MAKING

In Cuzco, learn the production of chocolate from harvest of the cacao plant to the baking of the end-product. Of course, enjoy your freshly made treats after!

MAP MUSEUM

Enjoy the best of Peruvian gastronomy in the Museum of Pre-Columbian Art. Eat a splendid 7-course dinner within the fabulous Golden Room. Or, take a cooking class within the museum, introducing you to Peruvian cuisine and its history.





LAKE TITICACA

Called the "highest navigable lake in the world", various cultures have called Lake Titicaca home for a millennium. This turquoise-blue lake hides a wealth of unexplored history, as in the year 2000 a team of archaeologists found the ruins of an underwater temple thought to be between 1,000 and 1,500 years old. The lake has multiple artificial islands known as the Islas de los Uros, built entirely from the reeds that grow nearby and named after the indigenous people who still live on these islands. The nearby town of Puno is known as the folkloric capital of Peru, known for its old architecture and colorful textiles, and is a perfect home-base for excursions on or near Lake Titicaca.

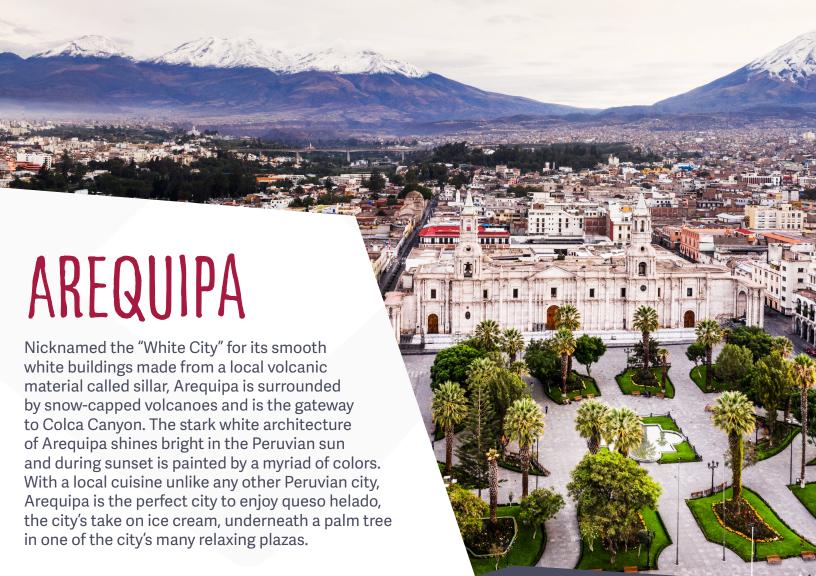
PERURAIL TITICACA TRAIN

The PeruRail Titicaca Train offers breathtaking day journeys between Cuzco and Puno, traversing the Peruvian Andes between the imperial city of the Incas and the shores of Lake Titicaca. The train carries passengers in elegant Pullman-style carriages, including luxurious dining cars and an Observation Bar Car, a dream for photographers keen to capture the quintessential panoramas. The route covered by the PeruRail Titicaca Train is considered to be one of the most beautiful in the world. At the start of the journey, you are welcomed with local musicians who will provide background music as you board the train. Once aboard, you will have the finest gourmet food and an indulgent afternoon tea.

COMMUNITY TOURISM TOUR

The southern side of Puno is home to the community of Luquina Chico, where guests can share a home with one of the families that live here. Share in their daily life, participate in the cultivation of crops, learn how the people here make their living, and humble yourself while staying in their home.









STONE CUTTING TOUR

Visit the white stone sillar quarries nearby Arequipa to learn about the city's history of masonry. Tour a working quarry and one that has been left untouched to get a full understanding of the work and craftsmanship that created the beloved Arequipa of today.

BELMOND ANDEAN EXPLORER

Board the Belmond Andean Explorer Train in Cuzco to begin your journey through Southern Peru. From Cuzco to Puno and on to Arequipa, this rail journey through the Peruvian Highlands comes with meals and makes periodic stops at nearby points of interest that are often overlooked by most tourists.



One of the world's deepest canyons, Colca Canyon is a breathtaking testament to the power of nature. Here, visitors can see the sadly endangered South American Condor up close in its natural habitat.

AREQUIPA & COLCA CANYON PACKAGE

Arrive in the "White City" of Arequipa, tour the city and enjoy its unique cuisine before making the trek to Colca Canyon. Board a bus for a scenic drive to Colca Canyon, going around the Chachani Volcano, and passing through multiple nature reserves where wild llamas and alpacas reside. Venture to the Window of Colca, the ceremonial beginning of Colca Canyon, and onwards to Chivay before reaching the Cruz del Condor Lookout. From here, spectacular views of one of the world's deepest canyons await and perhaps even the chance to see the mighty condor, the world's largest and most powerful bird.

DDDDC Click to View!



IQUITUS

Deep in the heart of the Amazon jungle, the Peruvian city of Iquitos - yes, the Amazon flows through Peru and arguably begins in the Peruvian Andes – sits at the bank of the mighty Amazon River. Known as the capital of the Peruvian Amazon, Iquitos is the largest city in the world unreachable by road – visitors can only arrive on boat or by plane. The city boomed during the 19th century and is now a tourist hub for Amazon adventurers. Soak in the city's unique history and culture, from the pre-Columbian cultures of the Amazon to the European businessmen who turned Iquitos into a boom town.

Of course, the main draw of Iquitos is one of the New Wonders of the World - The Amazon River and the vast Amazon Rainforest. Marvel at this ecosystem's immense biodiversity by visiting the nearby Pilpintuwasi Butterfly farm and the animal rescue center at La Isla de los Monos. Those who want to envelop themselves under the jungle canopy will want to stay at an eco-lodge, visiting nearby communities and discovering the wealth of species that exist here. Couples looking for a trip unlike any other will enjoy a romantic and exciting river cruise down the Amazon, discovering the unique secrets hidden by the rainforest while enjoying comfortable amenities on a river barge.





