



# PERU PILGRIMAGE

A Sacred Journey to Machu Picchu

# PERU PILGRIMAGE TOUR

## INFORMATION & WHAT TO BRING

Thanks again for registering for the **Peru Pilgrimage** tour with **Outer Travels Inner Journeys**. We sincerely hope it will be an incredible experience for you and everyone involved.

The purpose of this document is to provide you with the most important information you need to know before travelling to Peru. However, if you do have any additional questions then of course don't hesitate to contact us.

### *Arriving in Peru*

The tour begins in Cusco and we meet at the first hotel we will be staying in which is Hotel **Casona les Pleiades** in San Blas. We meet at 10am and please don't be late.

Feel free to book this hotel for any nights you stay in Cusco before the tour starts. [You can book here](#)

You could arrive in Cusco on the first day of the tour (if you fly no later than 7am), however if your schedule allows then we highly recommend that you arrive in Cusco at least 24 hours before the tour begins. Cusco is at high altitude 3300m (about 10,000 ft) and many people need a bit of time to acclimatise to the altitude. Mild altitude sickness is not uncommon at this altitude although rarely is it debilitating.

There are no flights included in this trip. If you are just doing the Peru Pilgrimage tour then you should book your international flights through to Cusco. This can easily be arranged on a flight aggregator site such as [expedia.com](https://www.expedia.com), [kayak.com](https://www.kayak.com) or [www.momondo.com](https://www.momondo.com)

If you are combining this tour with an ayahuasca retreat, then you should book your outgoing flight to Cusco, and your return flight should start in Iquitos. Again, this is easy to organise using the flight sites listed above.

Alternatively, you could book a return flight to Lima, the capital of Peru, and then book your domestic flights separately.

Also, if you are doing an ayahuasca retreat, you will need to fly from Cusco to Iquitos after the tour finishes. There are no direct flights between Cusco and Iquitos, and you need to change in Lima. We are happy to organise these flights for you at an additional cost of \$250, including 2 nights hotel in Iquitos before your retreat starts.

## Visas

Residents from all western countries do not need to apply for a visa to visit Peru. However, if you are not from Europe, North America or Australia then you may want to check with your nearest Peruvian Embassy.

If you're planning to stay in Peru for more than 30 days then you need to ask for a longer visa when you go through Peruvian immigration. You have a choice of 30 days, 90 days or 183 days (6 months). If you don't ask you will sometimes be given just 30 days.

**Hotels:** You may need to spend a night in Lima before flying to Cusco. If that's the case then we recommend staying in the district of **Miraflores** which is a clean, modern and safe district of Lima. There are many hostels and hotels worth staying at here. Check out [Trip Advisor](#) or [Hostel World](#) for best recommended places.

Miraflores is about a 30-40 minute taxi ride from the airport and I highly recommend that you ask your hotel to arrange a pick-up for you. Make sure you confirm the price with them before you arrive. The taxi should cost no more than 60 to 80 soles (about \$18-\$24), but often they try to charge you more and take advantage of the fact you probably don't know any better.

## Weather / Temperatures

Peru has 3 very distinct geographical regions which are the coastal deserts (which includes Lima), the Andes mountain range, and the Amazon rainforest. Each area has its own climate and seasonal changes. Here is what to expect:

**Lima:** It never rains in Lima, but for much of the year Lima is under a lot of cloud cover and can be quite cool sometimes but rarely very cold. Lima is usually warmest between November and March. The rest of the year is frequently cool because of heavy cloud cover, but warm sunny days are always a possibility all year round.

**Mountains:** The entire Peru Pilgrimage tour takes place in the mountains. The average daytime temperature in the mountains is fairly even all year round, which is about 20°C / 68°F give or take a few degrees. There are just two seasons in the mountains which is the dry season and the rainy season. The dry season

begins around April and lasts until around October. Between these months the days are usually clear, sunny and warm with little or no rain. November to March is the rainy season and the weather can be wildly unpredictable with regards to rain. However, very often the days are dry and sunny until about mid-afternoon when the rain usually arrives.

Night time in the mountains is cold all year round. The temperature drops quite dramatically once the sun disappears from view and so you will need to bring warm clothes for the evenings. The night time temperature can be anything from between around 0°C / 32°F and 10°C / 50°F

**Jungle:** One thing we can guarantee about the jungle is that it will always be hot and humid! Expect the temperature to be somewhere between 28°C / 82°F and 35°C / 95°F. It can also be quite wet (it is a rainforest after all). However, usually rain showers in the Amazon don't last long and pass over quickly. Rain is also common all year round, there's no dry season in the Amazon, but some months can have more rainfall than others.

## *Meals and Spending Money*

The only thing you will absolutely have to spend money on during the tour will be most of your lunches and evening meals. We will be recommending certain restaurants in various places but you are free to eat where you wish. The cost of eating out can vary quite dramatically in Peru particularly in and around Cusco. If you're on a tight budget then you can easily buy a reasonable meal at local Peruvian restaurants for about 10 soles (about \$3). Most of the restaurants we will be

recommending will be in the 20 – 40 soles price range (\$7 - \$15).

We recommend budgeting about \$15 to \$30 per day for food; however, if you're on a really tight budget you can easily eat for half that.

If you're vegan or vegetarian you'll be pleased to know that Peru is one of the most vegetarian friendly countries in South America (it is notoriously difficult to find good vegetarian food in many South American counties) and so you won't be short of options. Peruvian people generally aren't vegetarian, however, because Peru attracts a lot of spiritual/conscious tourists, who are often vegetarian, many of the restaurants want to cater for them.

If you love to buy interesting and/or unusual arts and crafts (either for yourself or as gifts) then you will be in paradise in Cusco and Pisac (where there's an amazing crafts market). No doubt many of you will spend money in this way, so be prepared!

## Currency / Cash / ATMs

The currency of Peru is Nuevo Soles (everyone just says 'soles' – pronounced 'so-lays'). If you're bringing US dollars to exchange when you arrive here make sure that all your notes are in perfect condition. Often if there's even the slightest little tear, they won't be accepted.

We do not recommend bringing travellers cheques or much cash into the country when you arrive. International ATMs are

everywhere in Peru, so our recommendation is that you just withdraw money as and when you need it.

## Languages

The main language of Peru is Spanish. Please be aware that very few Peruvians speak English, so it's always worth your while to learn at least a few basic phrases to help you get by particularly with regards to ordering food and doing shopping. There's a plethora of free and paid websites to help you learn, as well as books and audio courses that you can buy from most good book stores.

However, if you speak no Spanish at all and are not inclined to learn then don't worry. You'll get by just fine.

## Vaccinations

There are no compulsory vaccinations for visiting Peru. The 2 most commonly recommend vaccinations are Hepatitis A and Typhoid.

## Safety

On the whole, Peru is very safe country to travel around, particularly in all the locations we'll be visiting. But like anywhere in the world, incidents do sometimes happen. The most common type of crime against tourists is opportunistic theft. Don't ever leave bags or personal possessions out of sight in a public place because chances are it will disappear very quickly. Pick pockets are also common in some places, so don't leave anything

valuable in a pocket that could easily be reached. Money belts are a good idea for carrying cash around.

Don't walk around on your own late at night, particularly in Lima.

In Lima don't thumb random taxis in the street. All taxis at the airport are safe, otherwise ask your hotel to order a taxi if you need one.

Just use your common sense and you shouldn't have any problems.



# THINGS TO BRING

Here is a list of things to bring. It is mostly common sense and not everything is essential (and everything listed here you can buy in Peru should you forget anything or decide you need something later).

Also please note that this list includes some items and clothing for a jungle retreat. If you're only doing the Peru Pilgrimage tour then you won't need everything here.

Whatever you decide to bring just make sure that you are prepared for very hot and sunny weather, very cold evenings, and also wet rainy weather (if you're heading to the jungle).

**Socks & underwear** – at least 3 or 4 pairs of each. If you feel the cold very easily then you may want to bring warm underwear for the nights.

**T-Shirts / Short sleeved shirts** – at least 3. You will most likely want to wear short sleeved shirts in the jungle and the humidity means you have to change your clothes at least once and sometimes twice a day.

**Long sleeved shirts – cotton (or a high tech fabric that you know and like)** – At least 1.

**Long pants/trousers** - At least 2 pairs. You'll probably be wearing long pants most of the time in the mountains so a few pairs is definitely recommended. Make sure they're comfortable to walk in.

**Shorts** – Shorts are best for the jungle. Bring at least 2 pairs unless you hate the sight of your legs! Or girls you may want to wear skirts.

**Fleece jacket/shirt for layering** (1 or 2). Anything that keeps you warm in the evening will be a good thing!

**Sweaters** – Bring at least 1 sweater or buy when you get here. You can buy really nice alpaca sweaters quite cheap in Peru and they are popular with tourists.

**Hat with a good brim (buy in Peru if you wish)** – It is very easy to get sunburnt, particularly on your face, at high altitude and a good hat will help prevent this from happening.

**Sturdy sneakers and/or hiking boots (worn in)**. Try not to arrive with a brand new pair of walking shoes because blisters are no fun!

**Sandals / slip-ons** - Sandals are our footwear of choice in the jungle (not necessary in Cusco)

**Lightweight rain poncho** – In the jungle you will almost certainly experience some rain, and also in the mountains between November and March, so bring waterproofs. You can buy plastic rain ponchos very cheaply in Peru.

**Medium weight jacket**

**P.J.s or sleepclothes** – Not essential unless you feel the cold easily at night.

**Towel** – you will be provided with a towel in every place we stay, but it may be useful to bring a small travel towel.

**One small flashlight with extra batteries** – a flashlight is essential for the ayahuasca ceremonies (when you need the bathroom)

**A water bottle** - to carry water on outings

**Insect repellent** – Insects are rarely a problem in the mountains but they can be a pest in the jungle!

**Hand Sanitizer and/or personal antibacterial wipes**

**Books, a journal and pens** – I would definitely recommend bringing a journal to write about your experiences, particularly any lessons and insights gained during the ceremonies.

**Travel clock/watch** – You'll need to get up quite early on some mornings so make sure you have a clock / alarm clock.

**Sunglasses and case** – The sun can be very bright at high altitude

**Camera and charger** (must be compatible with 220 power- most are) or extra batteries, with extra film/cassettes or memory cards.

**Guidebook(s)**, Spanish/English Dictionary and reading material

**Toiletries** – including toothbrush & toothpaste, soap, deodorant, Shampoo & conditioner, Razors and shaving cream, cosmetics etc. I prefer that your soap and shampoo is organic and does not contain hazardous chemicals because they will be going into the environment when we get to Kapitari.

**Chapstick/lipstick with sun protection**

**Sunscreen** (enough to apply liberally twice a day in the highlands)

**Moisturizing cream** (for face and for body)

## LUGGAGE

Your choice of luggage is not hugely important, but keep in mind that we will be moving around quite a lot so you will be packing and unpacking quite frequently. So the ideal type of luggage is something that you can pack quickly and easily carry (or pull on wheels). You will never need to carry your luggage very far.

As well as your main luggage bring a good sized daypack to carry whatever you need during the day.

# ITINERARY

## DAY 1

We meet at 10am. After checking into the hotel we will begin a tour of Cusco, including the Qoricancha temple.

After the tour you should have some spare time to explore the city alone if you wish.

## DAY 2

In the morning we will explore the incredible Sacsayhuaman complex. We will return to Cusco for lunch and then you will have a free afternoon to explore Cusco.

## DAY 3

In the morning we will travel from Cusco to the town of Pisac in the sacred valley where we will spend 2 nights. After checking in to the hotel we will visit the Pisac ruin and then walk down to the town below. Pisac also has a great market for you to explore.

## DAY 4

Today is the Huachuma (San Pedro) ceremony.

## DAY 5

The morning is free time to relax and reflect on your ceremony yesterday. In the afternoon we will take a bus to Ollantaytambo at the other end of the sacred valley.

## DAY 6

In the morning we will explore the ruin at Ollantaytambo. In the afternoon we will take the train to Machu Picchu village.

## DAY 7

We will rise early at 4.45am to have an early breakfast and catch one of the first buses to Machu Picchu so that we can enter when it first opens around 6am. If we have a clear morning you will see a beautiful sunrise over Machu Picchu.

You will have the full day to explore the ruin.

## DAY 8

The morning is purely for relaxation. In the afternoon we will get a train back to Cusco and have a farewell dinner. We'll spend the night at same hotel we started.

## DAY 9

After breakfast the tour is over and you are free to leave.

If you are heading to Iquitos for an ayahuasca retreat then this is the day you will travel. We can arrange your flights for you if you wish.

# Peru Pilgrimage Check List

## Things to do before you arrive in Peru

- 1) Book your international flights to Peru. You can either book a return flight to Lima and then book your domestic flights separately, or you can book your flight all the way to Cusco, which is what we recommend.

We also recommend that you arrive in Cusco at least 1 day before the tour starts (or earlier) and leave 1 day after it finishes. Popular websites to book flights include <http://www.expedia.com/> and <http://www.kayak.com/>

- 2) If you're combining this tour with an ayahuasca retreat in Iquitos, then you must book your return flight to start in Iquitos, not Cusco.

You will also need to fly from Cusco to Iquitos (via Lima) after the tour finishes. If you would like us to arrange these flights for you then let us know. The cost is \$250 and we include 2 nights accommodation in Iquitos before your retreat starts.

- 3) Arrange VISAs with your local Peruvian Embassy if necessary (You do not need to do this if you're

European, North American or from Australia or New Zealand – everyone else should check).

- 4) If you need to spend a night or two in Lima before flying to Cusco then book your accommodation in Lima. You may also need to book a night or two in Cusco before the tour starts. We recommend you book into **Casona les Pleiades**, as this is the meeting place for the tour and where you will spend the first 2 nights of the tour.

You can book at

<http://www.booking.com/hotel/pe/casona-les-pleiades.en-gb.html>

- 5) If you're combining the tour with an ayahuasca retreat then book your hotel in Iquitos if you wish to stay any nights after the retreat finishes. We recommend Hotel La Casona - <http://www.booking.com/hotel/pe/la-casona.es.html>