



SWS Mountain Guides

P.O. Box 988

Mt. Shasta, Ca. 96067

mail@swsmtns.com

www.swsmountainguides.com

Phone: 888.797.6867 / Fax: 877.797.6867

Machu Picchu & Tambopata Amazon Rainforest Adventure Cusco & Puerto Maldonado, Peru



Cusco known as the center of the Incan Culture, your adventure begins with flight into the city of Incans, we will meet you at the airport and take you to your hotel. Spending the first day acclimating to the altitude while we explore the Sacred Valley and the sites in and around Cusco. We will then take the train to the quiet town of Agua Calientes for a two night/ three day visit to Machu Picchu and the surrounding environs on the banks of the Rio Urubamba, taking the train back to Cusco late in the afternoon for our final night in Cusco. Early morning flights take us to the jungle town of Puerto Maldonado, where we will board motorized canoes for the 3-4 hour ride up the Tambopata River to our wilderness lodge and our home in the jungle for the next 2 nights. We spend the next couple of days exploring the surrounding Amazon jungle with our local guide including night hikes, bird watching, and the local culture. Our final two nights will be up river another 2-3 hours to the Tambopata Research Center to get a glimpse at the pristine Amazon basin. We return back down river to Puerto Maldonado and flight back to Lima, Peru for the evening before our return flights back to the States. Come explore the sights and sounds of the High Andes of Machu Picchu to the pristine rainforest of the Amazon Basin on this exciting adventure tour in South America

Trip Information:

Dates: April 14th-29th, 2011 / October 6th-20th, 2011

Cost: \$2,995.00*

*Price subject to change until booking due to international exchange rates.

Level of Experience: All adventures are welcome! Easy to Moderate hiking and walking at altitude.

Physical Conditioning: Basic physical conditioning recommended, Plan to exercise at least 3 times a week for at least 20-30 minutes each session.

Acclimatization: Most adventures don't think they need as much time for acclimation as is scheduled during our adventures. We have found through experience that our schedule is optimum for walking at high altitudes to keep you both healthy and give you the best chance to enjoy your time and your adventure. Please give us a call if you have any questions.

Equipment - Please follow the enclosed equipment list. It is very important you bring everything on the list. If you have any questions please give our office a call.

General Precautions for International Travel: A complete package of Health Information for travel in South America will be sent upon receipt of your deposit or check the Health information link at: www.swsmtns.com/expeditionhealth.html Following the guidelines will increase the likelihood of keeping you healthy and happy while you are traveling. It is extremely important to maintain your health while on your adventure in Peru.

Immunizations: A recommended list of immunizations for South America will be sent in conjunction with our health information upon receipt of your deposit or check the Health information link at: www.swsmtns.com/expeditionhealth.html



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Local Public Health departments do offer inexpensive travel immunizations or check with your personal physician. If you need immunizations, please get them as soon as possible - some immunizations are given over a period of time. For your health and safety it is very important to have your immunizations up to date.

Passports and other Documentation: You are required to have a passport for travel in Peru and for entrance back into the United States. Please don't forget! Check the equipment list. Airport Exit Tax from Lima Peru is Approx. \$31.00 U.S. funds. (Not included in cost of trip).

Baggage Restrictions: Please check with your airline and point of departure for baggage restrictions. Generally you are able to check two bags not exceeding 50 lbs with one additional carry on not to exceed 40 lbs. The equipment on our list is under the weight and size restrictions for domestic airlines leaving from the U.S. However, please check with your airline or travel agent when making your airline reservations, to avoid excess baggage charges, which can be expensive. Additional note: Airlines are not currently charging for baggage on international departures.

Meeting Location: We will be meeting you and the group in Cusco Peru, you will be contacted at least **14 days** before your departure with the name and phone number of the Hotel in Cusco, Peru where you will be meeting your guide(s) with instruction on how to get from the airport to the Hotel. Depending on the arrival times of your flights, we may meet you at the airport, or we may have the hotel driver meet you at the airport, we will be in contact to discuss the options.

Deposits: A \$750 deposit is required for a reservation with the balance of payment due 90 days before departure. After receipt of your \$750 deposit and Trekking/Adventure Application Form you will be sent a complete course information package. Either the Director of SWS Mountain Guides or one of the guides leading the adventure will contact you to answer any questions you may have and to help you with your airline arrangements.

Refunds: A \$750.00 nonrefundable deposit is required with each reservation and the balance is due 90 days prior to the course. In the event you must cancel your reservation, between 90- 60 days before the course, a \$750.00 cancellation fee is required and the balance refunded. Between 60- 45 days prior to the course a 50% cancellation fee is required with the balance refunded. We are sorry, but NO REFUNDS can be made within 45 days prior to the course starting date.

Includes: Information support, Professional American guide(s), all ground transportation, all lodging, mules, horses, and porters (as needed), all meals outside cities, continental breakfasts while in cities at our hotel(s), entrance fees to parks, Jungle lodging fees, all meals while in Jungle, Jungle guides permits, safety equipment, group equipment (as needed).

Food & Beverages*: All meals are provided while in the Jungle, Continental breakfasts while in cities at our hotels (Cusco, Aguas Calientes and Lima). Clients are responsible for extra beverages and meals while in cities, extra beverages while in the Jungle, this includes: beer, soda, bottled water, designer water and alcohol. We will provide water filters for water, along with coffee, tea, and hot drinks. Most all dietary preferences can be accommodated, please make the office aware of any dietary restrictions in advance.

Not included: Airfare to and from Cusco, Peru, meals in cities except as noted, and beverages as noted above*, airport exit tax (Approx. \$30.00-\$40.00), Visa Fees (if required), laundry, and personal equipment.

Group size: Limited to 8 adventures members

Trip cancellation Insurance: It is recommended that you obtain trip cancellation insurance for your journey. You can find trip cancellation insurance on a link at our website: www.swsmtns.com on the reservations page or under travel form from the reservations link. Or check with your travel agent.



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Machu Picchu & Amazon Jungle Adventure Itinerary

Day 1: Arrive in Cusco, Peru, transport to hotel and settle in. Evening meeting with clients and guide.

Day 2: Buffet breakfast to get acquainted. We will spend a leisurely morning exploring the central area of Cusco, and then in the afternoon we embark on a city tour highlighting the incredible stonework of the Incas as well as the colonial history of the city. The tour culminates with a visit to Sacsayhuaman (pronounced saxy-woman), an incredible construction of enormous stones fit perfectly together in an impressive work of stonemasonry.

Day 3: This day will be devoted to the wonders of the Sacred Valley of the Incas. We will visit the ruins, as well as the local market at Pisac, and the town of Ollantaytambo, where the Incas made an impressive stand against the Spanish conquistadors in 1536. The town of Ollantaytambo retains much of its original architecture.

Day 4: Up early, for the train to Machu Picchu and Agua Calientes by mid-morning. We will get our first glimpse of this archeological treasure. We will spend the afternoon exploring the ruins on our own before returning to Aqua Calientes for the evening, perhaps relaxing in the local hot springs.

Day 5: We take the local shuttle to the ruins of Machu Picchu for a guided tour which lasts approximately 2 hours. Following this tour, we will have the rest of the day to explore the ruins at our leisure, possibly climbing Wayna Picchu (the peak overlooking the ruins) and exploring the Temple of the Moon, which contains some of the finest ancient stonework in the world. After completing our exploration of Machu Picchu, we will take the bus down to the town of Aguas Calientes for a leisurely dinner before retiring to our hotel.

Day 6: This day will be free for exploring the town of Aguas Calientes, hiking around the town or a return to the ruins of Machu Picchu (additional fee required to return to the ruins). For the adventurous, a 4-hour hike along an Inca road, scaling rock faces on vertical wood ladders leads to Putucusi, the peak on the other side of the river from Machu Picchu, offering spectacular views of the ancient city and a large repertoire of stories to tell about the hair-raising hike. In the afternoon we will return by train to Cusco.

Day 7: This is a free day in Cusco to recover from our Machu Picchu adventure and prepare for our journey to the rainforest tomorrow. Possible activities include a visit to the artisan market or a tour of museums in Cusco.

Day 8: Flight to Puerto Maldonado and beginning of rainforest tour. We will take a short flight from Cusco to Puerto Maldonado, where we will be met by a local guide for transport to our rainforest lodge (Refugio Amazonas). We will travel by bus to the town of Infierno, where we will board a motorized canoe for a 2- hour's ride up the river to our lodge. After settling in, we will visit a canopy tower, from which we will be able to view all the layers of the rainforest.

Day 9: After a restful night, we will continue our exploration of the rainforest with a visit to an oxbow lake. After hiking approximately 1 hours to the lake, we will take a leisurely canoe ride around the lake observing the wildlife with expert local guides. We will then return to the lodge for lunch, followed by further hiking, exploration and wildlife viewing

Day 10: Today's activities include a visit to a parakeet clay lick, and a tour of the Brazil Nut Trail, where we will learn about the sustainable harvest of Brazil nuts from the rainforest. After lunch, we will continue with further hiking and wildlife viewing activities.





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Day 11: After breakfast, we will return to the canoes for transport back to Puerto Maldonado for our return flight to Lima, Peru. We will return to our hotel, and spend our final night either relaxing or enjoying the varied nightlife in the city center of Lima, Peru.

Day 12: Transport to airport and return flight to the United States.

Note: This is a general itinerary and we will attempt to follow this approximate schedule. But due to the nature of international travel, weather conditions, and camp availability, please remember to be flexible. We will make decisions based on the best possible way to accomplish our goals and experience a successful adventure.

Additional Note on: Airline Scheduling and Planning: Please plan your flight so you arrive on first day of the course scheduled usually late in the evening (10:00 pm to midnight) On departure, schedule your flight for Last day of the adventure from Lima, Peru. Most flights leave Peru for the States in the early morning about 4:00 am to 8:00 am, but this can change check with you airlines and with us at SWS. Any questions give us a call at 1-888-797-6867

