

GENERAL INFORMATION & RECOMMENDATIONS



MAP



COAST



THE ANDES



RAINFOREST



GENERAL

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# Ö A Tr COAST

The Peruvian coast is moderately rugged with many sandy beaches and cliffs, small bays, coves, peninsulas, deltas and mangroves in the north. The landscape is formed mainly by desert plains and slopes, which are interrupted by the presence of gorges and fertile valleys. The coast has a warm temperate climate, without extreme cold or heat, but with high humidity.



Climate is temperate - warm - humid. Average

temperature: 13 ° C / 30 ° C.



Minimum / maximum altitude 0 m.a.s.l / 500 m.a.s.l



# TP CLOTHING

In Lima and in general throughout the Coast, the hottest and sunniest months are between December and April, so only light and fresh clothes are needed. The months of June to August are the most humid and it is advisable to wear clothing that protects you from the cold, although it does not go to extremes, and from June to October there may be slight drizzles. As of October, it is advisable to use light clothing again, as the feeling of warmth begins and. While the end of the year approaches, summer begins again. Take into account that there may be some variations depending on where you are, especially on the central coast, the feeling of heat maintains throughout the year.



The Andes mountain range has different altitude levels. The northern Andes are lower and more humid, mountains in the central region are the highest and steepest and the ones in the south, also known as highlands, are dense. The landscape of the Peruvian highlands is characterised by the presence of high peaks, steep falls, valleys and plateaus. Due to its higher altitude, mountains with perpetual snow and glaciers can be seen here.



It has two seasons: summer, from April to October, with sunny days, cold nights and some rain, the ideal time to visit it; and winter, from November to March, with abundant rainfall.

### Depending on the altitude:

24 ° C / -3 ° C. During the day, the sun can warm up to 24 ° C and at night to -3 ° C.



### Minimum / maximum altitude:

500 m.a.s.l / 6,768 m.a.s.l

Cusco City: 3,400 m.a.s.l

Machu Picchu & Sacred Valley: 2,430 m.a.s.l

Arequipa: 2,335 m.a.s.l

Puno: 3.820 m.a.s.l



The temperature tends to vary in the Andes, and clothing must be in accordance. It is hot at noon, but it is quite cold at night and early morning. Therefore, it is advisable to wear clothes that can be easily put on and removed; such as sweaters, jackets, and long pants. For example, if you are in the city of Cusco and take an excursion to Machu Picchu, the journey will start at dawn with a cold atmosphere, but you will find high temperatures when reaching the citadel, mainly because of the altitude change. There is rain from December to March, and it is necessary to wear waterproof and warm clothes during the night.



# Ö△ T RAINFOREST

It is the most extensive region of the Peruvian territory, composed by the high jungle or mountain brow (above 700 masl) which is characterised by its cloud forests, and low jungle (below 700 masl), made up of Amazonian tropical forests. Similar to the Andes, the jungle has two well-marked seasons: the months of November to March, of abundant rain; and between April and October with less rainfall, the ideal time to travel because the rivers diminish their flow and the roads are easily passable.



Hot, humid climate with spontaneous rains. The temperature ranges between 17 ° C and 31 ° C.



LOW JUNGLE
Minimum / maximum
altitude
80 m.a.s.l / 700 m.a.s.l
HIGH JUNGLE
Minimum / maximum
altitude
700 m.a.s.l / 3,500 m.a.s.l



Due to the intense heat in the rainforest, it is important to bring light clothing, preferably cotton and light colours because dark tones attract the attention of insects. The weather in the jungle is hot and humid during the day, so most people wear shorts to feel fresh. If you are on a tour through the forest, it is advisable to wear long pants to avoid mosquito stings. You should take into account the rainy season, which runs from December to May. It is advised to pack protection such as a plastic cape or poncho. The dry season runs from June to November, and you can take bathing clothes with you.







# DOCUMENTATION

A tourist visa is not required for citizens of most countries in America and Western Europe. The citizens of Bolivia, Ecuador, Colombia, Venezuela, Brasil and Chile do not need a passport or visa to visit Peru. In these cases, the period of authorised stay is 90 days (extendable by immigration authorities). Consult with the Peruvian diplomatic representation in your country to obtain more information.



# LANGUAGE

Peru has two official languages: Spanish and Quechua. English is spoken in 4 and 5-star hotels and the main tourist shops.



## ELECTRICITY

Peru has a 220VAC / 60Hz current throughout its territory. Most hotels have a 110V outlet in the bathroom for the use of certain artefacts.



### **EXCHANGE RATE**

The Peruvian currency is the Sol. As in most cases, this is a decimal system (100 cents = 1 Sol). Coins = 10, 20 and 50 cents, 1, 2 and 5 soles; the existing bills are: 10, 20, 50, 100 and 200 soles. The exchange rate against the US dollar varies. Most hotels, restaurants and commercial establishments accept US dollars, but if you wish to exchange your money for local currency, we recommend that you do so at banks or ask at your hotel reception. Most hotels, restaurants and shops accept the most popular international credit cards (American Express, Diners Club, Mastercard and Visa).

#### WATER REFILL POINTS

As in many countries, plastic contamination is an issue for Peru's wonders. It is not allowed anymore to bring plastic water bottles into over 76 protected natural areas, which include for example Machu Picchu, Paracas reserve or Lake Titicaca!

#### If you have a reusable bottle, do not hesitate to bring it!

As it is not recommended to drink tap water, certain hotels offer a water refill service. Along the route, don't hesitate to ask your guide and hotel reception where you can refill your bottle. In the case of multi-day treks, boiled water is used to refill your water bottle everyday!

#### Some points of refill are:

#### LIMA

Casa Aliaga Larco Museum

#### ICA / PARACAS

Paracas Office (Buganvilla)

#### **PUNO / TITICACA**

Vista 1 vessel
Vista 2 vessel
Turismo Mer Puno Station

- SHOP
- ATTRACTION
- RESTAURANT

# CUSCO / SACRED VALLEY AGUAS CALIENTES

LimaTours Office in Aguas Calientes Yucay Live Museum

Miguelito Store CHINCHERO

Miguelito Store PISAC

Miguelito Store PISAC 1

Miguelito Store PISAC 2

Chuncho

For road trips of more than 4 hours for our private and shared services, there will be water containers on board to provide the refill service.

#### **RECOMMENDATIONS**

Bring the same document that you presented to the agency, given that train tickets and entrance to Machu Picchu will be issued with this information.

In all train services to Machu Picchu you can only take a carry-on bag (backpack, handbag or briefcase) with the following restrictions:



### **MAXIMUM WEIGHT**

Inca Rail - 8 kg - 17 lbs / Peru Rail - 5 kg - 11 lbs

Upon your return from Aguas Calientes, you will find your luggage at the chosen hotel.

For any queries related to early check-in, late check-out, purchase of optional services or a SIM card, please get in touch with your travel agent or ask your local guide once on site.

