

FREQUENTLY ASKED QUESTIONS

- **What time should I arrive at the Lima airport on May 30th?** We'd like everyone to arrive in the afternoon/evening, ideally between 3-7pm. If you'll be arriving much later than 7pm, please let us know in advance.
- **What time will we return to the Lima airport on June 6th?** Our flight from Cusco to Lima on June 6th will arrive at the Lima airport around 8am. If you're flying out of Lima that day, give yourself at least a 3-hour cushion to catch your departing flight, just in case there are any delays.
- **What kind of physical shape do I need to be in to enjoy this trip?** We will be doing quite a bit of walking and some trekking at high altitudes:
 - *Machu Picchu Mountain - The summit is at 3,050 meters (10,000 feet) above sea level. The elevation gain from the Machu Picchu ruins to the summit is 652 meters (2,140 feet) and is mostly stair climbing. It is considered a moderate to challenging trek and it takes 3-4 hours to complete.*
 - *Rainbow Mountain - The 7km (4.3 miles) trek itself is not difficult or technical, however it is at VERY high altitude. The start of the trek is at 4,300 meters (14,200 feet) and the summit is at a whopping 5,200 meters (17,000 feet) above sea level.*
 - **The risk of altitude sickness is high. We will take all precautions to prevent and reduce that risk, but altitude affects everyone differently.**
- **What if I get altitude sickness?** We will be at high altitude (>10,000 feet) for the entire time we are in Peru (except arrival/departure in Lima). Your guides are knowledgeable about how to prevent/reduce the effects of high altitude and precautions will be taken. However, if you have a history of altitude sickness, you should talk to your doctor about altitude medication and consider foregoing the Rainbow Mountain excursion. For those who are very sensitive to altitude, unfortunately this trip might not be in your best interest. It's no fun to feel sick during the entire trip!
- **I want to extend my trip by arriving before May 30 or departing after June 6. Is that an option?** By all means, please do enjoy an extended stay in Peru or South America! Just let us know in advance and we'll plan accordingly.
- **What if I have to cancel the trip after I've already paid?** Unfortunately, we cannot refund any trip payments. Most of the trip has to be prepaid (flights, lodging, excursions) and therefore won't be able to be refunded. If we were able to find someone to fill your spot, we could discuss a partial refund.
- **How many people will be on my trip?** No more than 10, plus your two guides.
- **Are there age restrictions? Yes, 18 & older**
- **Do I get any free time?** Yes. On some days you will have the evening free and there is one full free day built into the itinerary. See the itinerary on the website for more details.
- **I have a special dietary requirement. Is that okay?** We will try our hardest to accommodate all dietary requirements. Please let us know in advance if you have special dietary needs or allergies.
- **Can I drink the water in Peru?** No, but we will provide drinkable water at the house. Please bring a reusable water bottle or camelback to fill up so you have drinkable water during our day trips and treks.

- **Can I opt out of certain activities?** Yes. If there are included or optional activities that you don't want to participate in, you can do your own thing instead. However, when trekking we will always abide by a buddy system. *Excursions are booked in advance, therefore non-participation in a paid excursion may not result in a refund.
- **Will the accommodations be shared or private?** All accommodations will be shared. There are some double beds and some single beds, but no private rooms.
- **Do I need travel insurance?** Yes, and we recommend that you buy a 'comprehensive' plan that includes travel at high altitudes. It should provide coverage against personal accident, medical expenses, emergency repatriation, personal liability, and death. We recommend WorldNomads or Travelex.
- **Do I need a visa to travel to Peru?** No, but your passport needs to be valid for 6 months after date of entry to the country.
- **Will WiFi be available?** All accommodations offer free WiFi. If you'll need constant internet access, we recommend you purchase an international service plan from your cell provider, a portable WiFi router, or buy a local SIM card upon arrival in Peru.
- **What is the currency & exchange rate?** 1 USD = 3.3 Peruvian soles (as of January 2020)
- **What is the best way to obtain soles** (Peruvian currency)? You can exchange a small amount (perhaps \$50-100) prior to departure at your local bank or exchange center. Or you can use your debit card at an ATM in the Lima airport upon arrival. We recommend you bring both a debit AND credit card just in case. And don't forget to let your bank and CC company know that you'll be traveling to Peru!
- **What kind of luggage should I bring?** To prevent overloading transfer vans and taxis, please keep luggage to a minimum of one suitcase (or backpacking-sized pack) and one backpack (which you WILL NEED for our overnight trip to Aguas Calientes). All travelers will be required to carry their own luggage.