



AMANESER

POȚI FACE DIN VIAȚA TA UN RĂSĂRIT ETERN

## Short Travel Guide

### Weather

#### **November Mid April**

This is the wet season with most rain in January and February. It's usually clear and dry most mornings with outbursts of heavy rain in the afternoons. The daily temperatures are typically mild with only a small drop at night. The Coast (Lima, Nasca, Arequipa).

#### **December April**

This is summertime on the coast where the weather is hot and dry and ideal for swimming and getting a tan. Temperatures on average range from 25 35°C. There is little or no rain during these months.

#### **May November**

From May to November the temperature drops a bit and you'll find blankets of sea mist engulfing the coast from the south right up to about 200 km north of Lima. At this time of year only the northern beaches such as Mancora and Punta Sal are warm enough to provide pleasant swimming.

### WE RECOMMEND YOU TO:

- Use boots during treks and sneakers during long walks.
- Drinking lots of water on long excursions, especially at Lake Titikaka.
- Always take an umbrella or rain wear.

### WATER

The tap water in most of Peru is potable, but the chemical content varies from place to place. To avoid problems, we recommend that you always drink bottled water. Do not drink any tap water, even to brush your teeth. Do not eat any raw salads, raw fruits or raw vegetables. If you want to purify your water before drinking it, you can either bring a 220-volt heating coil for boiling water, or you can use water-purification tablets or a water purifier, which is available at any camping store. Or you can buy bottles of mineral water.



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### **VALUABLES**

Pickpockets abound in crowded areas and muggings in Cusco are on the rise. Therefore you are advised to leave all valuables in the hotel safe, including passport, credit cards, and other identifying papers. You are advised to leave valuable clothing, precious jewelry, valuable papers, and all unnecessary items at home and not take them to Peru.

### **HEALTH**

Because you are visiting Andean areas, take precautions to avoid altitude sickness if you are prone to it. During your first day move slowly and eat lightly, resting the first couple of hours. Drink lots of bottled water. We recommend that you get CELL FOOD from a health food store. This product, created by NASA, has components to produce oxygen in a liquid form. Please consult the CDC website for health information, and please keep in mind that we will not be visiting any tropical regions in Peru: <http://wwwn.cdc.gov/travel/destinationPeru.aspx>

### **ARRIVAL AND DEPARTURE**

At the airport in Lima, you will be met by our representative with a placard that has your name on it. You will be transported to your hotel. At the time of your departure, our representative will take you to the airport. However, this will not happen unless you have given us your detailed flight information.

### **BAGGAGE**

For your flights within Peru, the weight limit is 20 kilograms (44.1 pounds) or less. If you exceed this weight, you will have to pay a penalty. As you arrive in Lima, our representatives will add a kind of color cord to your bags for easy identification during the trip. Generally as you arrive at the hotels, you do not need to handle luggage from one place to another. You have to tell the porters of hotels to carry your luggage to your room. We recommend that all bags have your identification name in order to bring to your room or to the places you need.

### **CURRENCY EXCHANGE**

One U.S. dollar = approximately 2.80 PEN Peru Nuevo Sol (subject to fluctuation). You may experience difficulty in exchanging traveler's checks outside Lima or in exchanging currency other than U.S. Dollars. Please consider changing your money in Lima.



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## LAUNDRY

There are laundry services at the main towns, and the hotels are also doing this service. In Cusco, after returning from Machu Picchu, you can use laundry at the hotel or at the different houses in town. Of course the hotels are always more expensive.

## INTERNET

There is internet service all over the main towns and some little ones. There are internet cabins or internet cafés in many places, but if you prefer, you can bring your own laptop with all the accessories to plug in some of the hotels or even internet cafes with wireless. In nearly all the hotels you find some internet services. Some are charging US \$2 per hour, and others offer for free. In towns you pay US \$1 per hour.

## PHONE CALLS

There are call centers in all the towns where you can make international phone calls for about 1 to 5 dollars per minute. If you wish to use your cell phone, you can make arrangements with your phone carrier to make international calls while you are in Peru.

## REMEMBER TO BRING:

- Passport (and visa, if required from your country).
- Airplane tickets or E-Ticket page with confirmation number and/or ticket number.
- Camera and camcorder, and extra batteries, to photograph inter-dimensional lights or beings.
- Clothing for Winter (June to Sept.): Temperature can get down to below freezing.
- Clothing for temperatures listed in chart above. Please note low temperatures.
- Gloves, scarf.
- Warm jacket.
- Hiking shoes.
- Warm socks.
- Warm hat or cap.
- Swimming suit.
- Waterproof shoes or sandals for walking on gravel in lakes, streams, and hot springs.
- You can buy alpaca sweaters in Peru.
- Sunscreen.
- Sunhat.



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- Toilet paper for emergencies
- Antiseptic wipes for emergencies.
- Binoculars, if you enjoy them.
- Sunglasses, if needed.
- Seat cushion for rocky or wet ground, if you feel you need it.
- Towel for hot springs.
- Rain poncho or other rainwear (it may rain, even during dry season)
- Gifts for children, such as boxes of crayolas, boxes of pencils, toys, or clothing.
- A few crystals, sage, or sweetgrass, to give to Pacamama in ceremonies.
- Alarm clock.
- Do not bring expensive jewelry or perfume.
- Plastic bags for dirty and wet clothes.
- Flashlight and extra batteries.
- Backpack, fannypack, and secret pack for valuables.
- Prescriptions, vitamins, and medications.
- Wash kit, water bottle and water purifying tablets.
- Personal first aid kit.
- Immodium for diarrhea.
- May consider bringing oscillococcinum, aspirin, CO-Q10, E-mergen-C, L-Tyrosine, DMG.
- CELL FOOD: A product for high altitudes, created by NASA, that produces oxygen in a liquid form.  
( this is optional)
- PATIENCE, OPENING, NO EXPECTATIONS AND SO MUCH LOVE.

### **GIFTS FOR CHILDREN**

About the gifts, we recommend to bring colors, crayons, pens, notebooks, pencils, toys, clothes, or others, but not candies or chemical products. The quantity is never easy to say. For sure, children will love to receive more than one piece--at least two or more. There will be at least three or four places where we meet children from communities or little villages in the Lake Titikaka area.



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### NOTES ON WALKING/CLIMBING:

In **Lima** is flat and you don't need to walk there.

In the areas of **Cusco** you will walk just a little to be in the Inka temples. We will have our bus to take us in all the places that we need.

In the **Sacred Valley** is the same of the Cusco's area. Only in **Moray** and **Ollantaytambo** that you need to do a little climb.

In **Machu Picchu** you will climb just a little and we will do some stops in the way. In Lake Titikaka area there are some visits that involve walking:

\***Amantani Island**, from the port on the island we need to walk a distance of one mile to get to the houses where we will be lodged. The next morning, the ones who are ready will climb to the temples, which are one more mile far from the houses. In none of these place we are running; **we are walking and taking our time**. The difference altitude from the port to the temples in the next day is about 1000 feet. If some feels that can not make to the temples can wait in the lower part of the island.

\***Ajayu Marka Dimensional Door Way**, from the bus we will walk a few meters to the first stops, not big deal to walk. For the second part, we need to walk half a mile to get to the Dimensional Doorway. This is flat.

\***Sillustani, the Andean Taj Majal**, here we will do a walk of half a mile, some little climbing, but accessible.



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**Dear ones,**

**PACHAMAMA is preparing all the details for you to participate into this Magical Journey.**

**Breath into your heart and be alert to the signals into your dreams and meditations.**

**Remember that is a Journey into your heart and a celebration of your soul. We are waiting for you here in these sacred lands.**

**A hug of light from the sacred mountains,**

**PEACE AND LOVE FROM THE ANDES,**

**Mallku and Alanna**