

# *BIG FIVE*

TOURS & EXPEDITIONS



# **REPUBLIC OF PERU**

## **TRAVEL GUIDE**

**(Includes the Amazon Jungle)**

The following general outline offers practical information, suggestions and answers to questions that are frequently asked. It is not intended to be the definitive guide for your trip.

*It is good to have an end to journey towards; but it is the journey that matters in the end. -- Ursula Le Guin*

## LIMA

### AVERAGE TEMPERATURE F

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
70.5	73.5	72	69.5	65	61.5	59.5	58.5	58.5	61	64.5	67.5

## CUZCO - MACHU PICCHU

### AVERAGE TEMPERATURE F

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
56	56.5	56.5	55.5	52.5	51	50	51	55.5	57.5	57	58

### WEATHER

Peru is divided into three distinct major regions: coast, mountains (sierra) and jungle (selva). A narrow desert takes up most of the coastal strip except for the northern end, which merges into equatorial tropical mangroves. Most of the country's major cities are located along the coastal stretch and inland into the more fertile valleys irrigated by rivers descending from the Andes. The weather throughout these regions varies greatly.

#### MOUNTAINS

**Mid April – October:** This period is the dry season, with hot, dry days 68°–77° F (20-25°C) and cold, dry nights, often hovering just above freezing, particularly in June and July. May is perhaps the best month with the countryside exceptionally lush, yet with superb views and fine weather. Peru's peak season runs from June to September.

**November - Mid April:** This is the wet season with most rain in January and February. It's usually clear and dry most mornings with heavy rains in the afternoons. Daily temperatures typically average 64°F (18°C) with only a small drop at night, 59° (15°C). The Inca Trail is much less crowded during this period and there's a more abundant fresh water supply, but travelers still need to be well equipped for rain. Some roads may become impassable.

#### COAST

**December - April** This is summertime on the coast where the weather is hot and dry, ideal for swimming and sunbathing. Temperatures on average range from 77°-- (°25 - 35°C).

**May - November** From May to November, temperatures drop slightly and sea mist engulfs the coast from the south right up to about 200 km north of Lima. Only northern beaches near Tumbes are warm enough to provide pleasant swimming.

#### JUNGLE

**April - October** This is the 'dry' season with daily temperatures averaging °°30-35°C. Cold fronts from the South Atlantic, however, are common when temperatures may drop to 59°F during the day and ° 13°C at night. This is the best time to experience the jungle regions, when mosquitoes are fewer and rivers are lower. It's also a good time to see nesting animals at close range, as they stay close to the rivers and are more easily seen.

**November - March** Wet season is hot and humid. Heavy rains happen anytime, even though it only rains for a few hours at a time. Wellington boots are a must though, as some of the jungle trails can become small rivers.

### FLIGHT TIMES & TIME ZONE

**Approximate Flight Times** (to Lima, Peru): From Los Angeles: 09.00 hours, New York: 09 hours, Miami: 05.15 hours.

**Time Zone:** Peru is five hours behind Greenwich Mean Time. Daylight Saving Time is not observed

### PASSPORTS / VISAS

**Passports:** For international travel, a U.S. passport valid for at least six months from date of departure, containing **at least two** blank pages is necessary.

**Visas:** U.S. and Canadian citizens do not require visas in advance. Citizens from other countries, consult the nearest Peru consulate.

**Important:** Please look at your passport prior to travel to insure that:

- 1) Your passport is valid for at least six months after the date of travel.
- 2) You have sufficient blank pages for visa stamps that will be added as you travel in and out of various countries.

**Please Note:** Pages reserved for amendments and endorsements cannot be used for visas.

**Important Note:** Visitors from any country must hold tickets and other documents for onward or return journeys. Immigration officers are very strict on this regulation. If passengers arrive without meeting this requirement, they must buy a ticket or they will be deported, at their own expense, on the first available flight.

Bring photocopies of your passport plus personal photos in case you lose or misplace your passport. Tourist cards will be provided on board the aircraft prior to landing. Be sure to keep the yellow copy, as it will be requested upon departure.

### AIRPORT FORMALITIES

Upon arrival in Lima or Iquitos, proceed through Customs and Immigration. After obtaining your luggage, exit the airport, and look for our representative who will be holding a sign identifying you or him/ her. Our representative will assist you with your luggage, and direct you to our transfer vehicle. Porterage at the airport and hotel is usually taken care of by us, but if you wish to tip, we suggest \$1.00 per bag. We recommend you change money at the airport, hotels, or local banks.

**Airport & Departure Taxes:** A local airport tax of approximately \$5.00 per person is charged for all domestic flights, which can be paid in either US or local currency. An International Airport Tax of \$28.00 per person is charged on international departures, which is payable in cash in US Dollars. **All taxes are correct at this time, but subject to change without notice.** Always ask for a receipt; it is mandatory. Be sure you have the exact change. Credit cards or travelers checks are not accepted.

## PERU CUSTOMS

You may bring items for personal use or gifts duty free as long total value of the gifts does not exceed \$300.

## U.S. CUSTOMS

Your personal exemption is currently \$800. There are also limits on the amount of alcoholic beverages, cigarettes, cigars, and other tobacco products you may include in your duty-free personal exemption. Regulations frequently change so please contact your nearest Customs office or write the U.S. Customs Service at Box 7407, Washington, DC 20044 You can also visit the *Customs & Border Protection* website at [www.customs.gov/xp/cgov/travel/](http://www.customs.gov/xp/cgov/travel/).

## LUGGAGE

Traveling light is always the first and best rule! We recommend passengers limit their luggage to one medium-sized soft bag per person or two small duffel bags. In this security conscious era, airline luggage restrictions may change without notice. Also, luggage limits vary depending on ticket class, plane size, destinations, etc. It is always best to confirm with airlines for specific limitations.

Generally speaking, from the US, economy class passengers are allowed to check in two (2) normal size pieces of luggage (each piece measuring no more than about 62 linear inches, which means length plus width plus height), and not exceeding 70 pounds per bag.

Scheduled flights from other countries and within foreign countries generally limit luggage to 44 pounds total, plus one carry-on personal item. Further restrictions apply for charter flights. We will advise you of those restrictions in your final documents.

Most airlines now allow only one carry-on bag in addition to one personal item such as a laptop or handbag. Most bags within the 22 x 14 x 9 (or, a total of 45 linear inches) size restriction will be considered legal carry-on size by major domestic U.S. airlines. Many US airlines check-in desks have sizing boxes within which your bag must fit. Obviously, no knives or cutting instruments are allowed in carry-on baggage.

**All luggage should have identification inside as well as secure baggage tags on the outside.** Please note that the *US National Transportation and Safety Board* now suggests that you do not lock your checked luggage. If a screener has to open your bag, the locks may have to be broken. This applies to flights within the US and international flights originating in the US. This, however, does not address other international travel issues. We suggest that you lock your luggage and bring a couple of spare locks in the event one or more are cut off. But the choice is up to each individual traveler to make.

## BANKING / CURRENCY

**Bank Hours:** Generally, 9:00 a.m. - 5:00 p.m. Monday through Friday. ATMs are situated throughout Lima and in other major cities.

**Currency:** Currency exchange may be made at airports, banks and hotels. The official currency in Peru is the Nuevo Sol (S/.), which is divided into 100 centimos. The currency includes coins for 5, 10, 20 and 50 centimos and 1, 2 and 5 sol coins. There are bills in the denomination of 10, 20, 50, 100 and 200 sols.

Please note that larger denominations can be difficult to change in rural areas; denominations of 10 or smaller are easily accepted everywhere.

US currency is also accepted in many areas, but change will be given in sol. If you plan on using US currency, be sure bills are not soiled, marked or torn as they will not be accepted for payment. You will find it difficult if not impossible to exchange bills if they are not in pristine condition Bring small denominations under 20.

Other currencies are only exchangeable in major cities and at a high commission. Money can be changed in banks, casas de cambio, first-class hotels or with street changers. Casas de cambio are usually the easiest places to change money. Street changers, who hang out near banks, **never** offer better rates than the best bank rate and have been known to cheat travelers. Rates vary from place to place but not significantly, unless you try to change money at a hotel that charges high commission.

**Credit Cards:** Visa, Diner's Club and MasterCard are accepted in larger cities, but an 8% commission is charged, unless you are using it for a cash withdrawal (in Peruvian currency) from a bank. ATMs (Visa and Plus system are most widely recognized) are a good way to get money in Peru. Do not plan on using credit cards in remote areas.

**Traveler's Checks:** Banks are the best place to exchange traveler's checks into new sols. They will also change TC's into dollars at 2-3% commission. American Express will sell traveler's checks, and give out emergency money, but only in Lima. Do not plan on using traveler's checks in remote areas.

**Personal Checks:** Personal checks are not accepted.

## HEALTH

Peru requires no vaccinations for anyone entering from any country; however, typhoid, polio, tetanus and hepatitis immunization are always recommended if not up to date. All vaccinations should be recorded on an International Health Certificate, available from your physician or health department.

As with every trip abroad, travelers should be in generally good health. Before you travel, make sure that you have adequate travel and medical insurance in the event of illness. Check with your insurance carrier to make sure you will be covered abroad.

**Yellow Fever Vaccination:** International Certificate of Vaccination for Yellow Fever required if arriving from an infected area. If you are traveling from country to country within South America, we do recommend a yellow fever inoculation. Peru recommends yellow fever vaccinations for those who intend visiting rural areas of the country. Always, however, consult your personal physician or local health department.

**Malaria:** Malaria exists in rural areas of Peru. Travelers who visit only Lima and vicinity; coastal areas south of Lima; or highland tourist centers (Cuzco, Machu Picchu, Lake Titicaca) are not at risk.

**Cholera:** Cholera is reported in areas of the country.

**Altitude Sickness:** Some people may develop altitude sickness, which can include dizziness, fatigue, shortness of

breath, nausea, insomnia and headaches. Unfortunately, there is no way to tell who will be hit by altitude sickness. Visitors to high-altitude Andean destinations such as Cusco (11,000 feet), Machu Picchu (8,000 feet), or Lake Titicaca (13,000 feet) should discuss the trip with their personal physician prior to departing the United States.

The best advice is to take it easy and limit physical activity for the first 36 to 48 hours after arrival in high altitudes. Ascend gradually, when possible. Eat lightly and drink plenty of fluids (bottled, carbonated beverages) the first day or so. Avoid alcohol, cigarettes and heavy foods. You'll want your respiratory system operating at full capacity, so avoid alcohol and any drugs that might interfere with your breathing, such as sleeping medications. Don't plan any strenuous treks until you've acclimatized for a few days. Drinking mate de coca (an infusion of coca leaves - and perfectly legal in Peru) may help.

Due to high altitudes, travelers with heart conditions or high blood pressure should check with their doctors before departure.

Also, don't forget to use sun block rated at least 15 SPF, because the risk of sunburn is greater at high altitudes.

**General Information:** If you are under medication, be sure to bring enough for the length of the trip. If you wear prescription glasses or contact lenses, it is advisable to bring an extra pair and cleaning fluid.

For more information, contact your physician, local or state health department, or U.S. Department of Health Center for Disease Control and Prevention's (CDC) International Traveler's Hotline, (404) 332-4559 or CDC Fax Information Service, (888) 232-3299. Visit [www.cdc.gov/travel/index.htm](http://www.cdc.gov/travel/index.htm).

## SAFETY

When visiting Peru or any country, common sense should be the guiding principle to minimize the risk of personal injury or property loss. Leave your best jewelry at home! Do not leave cash, traveler checks, airline tickets, etc. in an unattended room, even in a locked suitcase. Always leave these and other valuables in hotel safes. Be sure to guard your purse and wallet. Take only indispensable items in your backpack or fanny pack. Do not take your passport, airline tickets, or all your money on day trips. But *do carry identification with you at all times*. Take copies of your documents and only the amount of money you think you will need. Always keep them with you or leave them under the supervision of your guide or tour leader.

Safety begins when you pack. To avoid being a target, dress conservatively. Don't wear expensive looking jewelry. A flashy wardrobe or one that is too casual can mark you as a tourist. As much as possible, avoid the appearance of affluence.

Avoid handbags, fanny packs and outside pockets that are easy targets for thieves. Inside pockets and a sturdy shoulder bag with the strap worn across your chest are somewhat safer. One of the safest places to carry valuables is in a pouch or money belt worn under your clothing.

To avoid problems when passing through customs, keep medicines in their original, labeled containers. Bring copies of your prescriptions and the generic names for the drugs. If a medication is unusual or contains narcotics, carry a letter from your doctor attesting to your need to take the drug.

Pack an extra set of passport photos along with a photocopy of your passport information page to make replacement of your passport easier in the event it is lost or stolen.

Put your name, address and telephone numbers inside and outside of each piece of luggage. Use covered luggage tags

to avoid casual observation of your identity or nationality. If possible, lock your luggage.

**What To Bring And What Leave Behind:** Make two photocopies of your passport identification page, airline tickets, driver's license and the credit cards that you plan to bring with you. Leave one photocopy of this data with family or friends at home; pack the other in a place separate from where you carry your valuables.

Leave a copy of the serial numbers of your travelers' checks with a friend or relative at home. Carry your copy with you in a separate place and, as you cash the checks, cross them off the list.

Don't bring anything you would hate to lose such as unnecessary credit cards, Social Security card, library cards, and similar items you may routinely carry in your wallet.

Leave a copy of your itinerary with family or friends at home in case they need to contact you in an emergency.

Pamphlets addressing safety are available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, or at the Bureau of Consular Affairs' home page: <http://travel.state.gov>. Also, information on travel and security in Peru may be obtained from the Department of State by calling 1-888-407-4747 within the United States.

## HIKING THE INCA TRAIL

To follow the Inca's footsteps on the Inca Trail, the royal highway to Machu Picchu, is an unforgettable experience. Few other hikes in the world can offer the variety of breathtaking scenery from high sierra to tropical jungle. Probably no other hike will take you through so many well-preserved archeological sites. The trail is long and arduous, so carry only essentials, such as the items listed below.

- |  |   |
|--|---|
| <input type="checkbox"/> Backpack      | <input type="checkbox"/> Matches                  |
| <input type="checkbox"/> First-aid kit | <input type="checkbox"/> Plastic bags             |
| <input type="checkbox"/> Sleeping bag  | <input type="checkbox"/> Hiking boots             |
| <input type="checkbox"/> Camera/Film   | <input type="checkbox"/> Change of clothes        |
| <input type="checkbox"/> Hat           | <input type="checkbox"/> Rainwear                 |
| <input type="checkbox"/> Wash kit      | <input type="checkbox"/> Flashlight               |
| <input type="checkbox"/> Toilet paper  | <input type="checkbox"/> Water treatment solution |

## CLOTHING

The emphasis should be on comfort. It is best to dress accordingly. Sports clothes are suitable for day time. Clothes should be washable and loose-fitting. Cotton or cotton-synthetic combinations are preferable to pure synthetics which retain heat. A light nylon wind breaker may come in handy early mornings or late afternoons.

In major cities and in better restaurants, appropriate attire is required. In Lima, December to April at the warmest, sunniest months and it seldom rains. The wettest months are June through August. Lightweight clothes are needed from October to May. In the highlands such as Cuzco, Machu Picchu and Lake Titicaca, the driest months are June through October. Day temperatures range from the high 60's to low 70's F, and in the 30's and 40's F at night. Sweaters, jackets and long pants are necessary.

Rainwear is needed from November to March. In the lowlands, such as the jungle, the average temperature is 82°F. Rainfall is most intense from June to November. Clothing requirements are the same all year: light, tropical clothes, long pants and long sleeved shirts for jungle walks.

**Laundry:** can be done at the major hotels at the appropriate charges imposed by hotel. There are no laundry facilities in

remote areas.

## PHOTOGRAPHY

Consult your local camera store about how to take pictures where there's lots of glare. Also mention that you'll be at high altitudes, as well as in high humidity. (Take along a plastic bag if you're going to the Amazon region to keep moisture out of your camera).

**Equipment:** Bring cameras and lenses you are comfortable using. If you get new equipment before you go, do so as far in advance as possible. Shoot and develop at least a dozen rolls before departure to work out any problems.

**Lenses:** A combination of fixed and/or zoom lenses with focal lengths from 28 mm to 200 mm is a good for general travel photography, although you can take excellent photographs with only a 50 mm lens. A zoom lens in the 70 to 200 mm range will help you capture the sights. A macro lens is helpful for shooting close-ups, but a good set of extension tubes will work, too. A 2x converter is also handy as is a small cleaning kit and blower brush to keep equipment clean.

**Film:** We recommend that visitors bring plenty of film. You will undoubtedly shoot more pictures than you planned. *Film, even when available, is very expensive.* Even those not all that interested in photography will probably shoot one 36 exposure roll of film per day, and enthusiastic shooters will double or triple that amount. Be sure film is fresh and, when possible, keep it refrigerated. A film speed of ASA/ISO 64 is an excellent choice for color slide film. Use this speed when possible rather than higher speed films. There is a noticeable difference in quality that it is worth the extra effort to keep your camera steady at a somewhat slower shutter speed than you would otherwise use. For color prints, there are several good choices, including Kodak and Fuji films (ASA/ISO 100 & 200) for daylight photography, ASA/ISO 400 & 1000 are good for lower light and nighttime situations.

Recent news reports warn that new explosive detectors used in more than 100 US airports to scan checked baggage will ruin unprotected, unexposed film. This technology will eventually be in place at all airports worldwide. Experts suggest carrying film in carry-on luggage and placing film in safety, lead-lined bags to prevent x-ray damage.

**Batteries:** Put fresh photo-quality batteries in your camera and other electric equipment before you leave and bring at least two sets of spare batteries with you. Your camera will be useless without them, and batteries are expensive.

## FOOD & DRINK

Do not drink tap water anywhere in Peru. Do not use ice in your beverages. Always drink bottled mineral water and soft drinks (diet soft drinks are not always available).

**General Recommendations:** Try to avoid eating raw vegetables and salads, or any raw foods while traveling in the continent. (only in recommended restaurants and hotels you can do so if you wish) Always choose cooked food.

In Cuzco and other places of altitudes above 8,000 feet, we recommend that you only eat light foods the first day or two, and avoid alcohol. You may suffer some digestive problems, light dizziness or headache.

Sudden dietary changes, especially on the first day or two, may result in digestive problems, often leading to headache, nausea, vomiting and diarrhea. Please be careful.

**Local Cuisine:** Peruvian food is very good. It is cooked from fresh ingredients and is tasty and filling. The flavor is spicy and sweet and it varies by region. Meals usually consist of three to four courses and can be overwhelming.

Local dishes include succulent shellfish, exotic fruits, smoked Andean trout, hot pepper sauces, pisco sour cocktails, and herbal teas. Larger cities, such as Lima, offer a variety of restaurants such as International, Seafood, Grilled Meats and Chinese cuisine as well as native Peruvian fare.

Hotels and restaurants that cater to overseas travelers are quite careful to meet the high standards of hygiene and to provide food that suits the northern palate. This does not mean you will be perfectly safe from mild stomach problems. Use the same common sense you would in your own country, when it comes to food left standing for long periods at room temperature. Never eat food bought from vendors on the street, or fruits, unless you peel them yourself. Drinking bottled water or carbonated water is recommended at all times.

**If you are a vegetarian, allergic to any food or under a special diet, please let your travel agent know in advance, so that we can comply with your requirements.**

## ELECTRICITY

Throughout Peru, 220 Volts, 60 cycles AC. U.S.A. appliances require a universal travel adaptor.

Don't count on getting hot tap water, even in hotels that advertise they have it. Electricity, used to heat water, is sporadic in most medium-sized and small towns in Peru.

## SHOPPING

Shopping centers and other stores are found in the downtown and commercial areas. Shops are open from 10:00 AM to 7:00 or 8:00 PM, but may vary in some cities. Some shops close down from 1:00 pm to 3:00 pm in a modified siesta schedule. Some shops may be closed during official public holidays and festival time. Please ask our representative for recommended shopping streets and stores.

Shop for alpaca-wool sweaters and rugs, gold, Inca walking sticks, miniature handmade statues, woven-straw items, ponchos, llama rugs, cotton and linen fabrics, blankets, silver, tapestries, wood and leather products, Andean oil paintings, silkscreen prints and pottery. The gold- and silver-filigree work can be excellent. Along Jiron de la Union in Lima you'll find hundreds of shops filled with all the souvenirs a tourist could desire. There are also good shops in the deluxe hotels. **Be aware that no one can export artifacts or antiques. If you want to buy anything that looks remotely old, contact the Peruvian Institute of Culture to verify that you can take it home with you. Handicrafts made with the feathers of certain birds are also illegal.**

**Bartering:** Bargaining is the rule in markets, but hotel shops have fixed prices, so attempting to bargain will only offend. A highlight of your visit with the Indians will be the bartering of manufactured items for their colorful handicrafts. Popular items for you to bring include t-shirts, flashlight batteries, knives, safety pins, nail polish (and remover), needles and thread, lipstick and balloons for the children. Also, fishing hooks, nylon line, and lighters are very popular. Writing paper and pens and pencils are always very welcome. Note that since 9/11/02, items such as knives and fishhooks are no longer allowed in carry-on luggage.

## GUIDES / NATURALISTS

You will be accompanied by a professional, licensed English-speaking driver / guide and thoroughly acquainted with local attractions, routes and conditions. Where specified in your itinerary, a separate licensed courier / naturalist or photographer may accompany you.

## TIPPING

Big Five has included the basic hotel service / porter gratuities on every tour. Further tipping is not compulsory, nor fixed amounts. The following is only suggested if you wish to tip:

**Hotel Staff:** All hotel taxes and service charges have been included in the cost of your tour, so unless someone provides you with extra service like room service, you need not tip. Always check your bill first to see if a service charge has been automatically added. If not, it's customary to tip about 10%.

**Baggage Handling:** Handling of one piece of baggage is included in tour. This includes porter's tips at airports, hotels, lodges and camps. If you wish to give an extra gratuity to hotel or lodge porters, we suggest \$1.00 per bag, for all bags brought to your room.

**Taxis:** Taxi drivers do not require tips although, you may round off the fair for convenience.

**Driver / Guides:** The following is suggested, but not required: \$5 - \$10 per person, per day for services rendered by any licensed guide/naturalist

\$2 - \$4 per person, per day for services by a driver

\$5 - \$10 per person, per day, for entire crew (not guides) on any cruise vessel

**Tips To Drivers / Guides Are Not Included And Left Up To The Discretion Of The Client**

## SMOKING

We suggest that passengers refrain from smoking in public areas, sightseeing vehicles and when aboard any cruise vessel while in cabins, dining area or community areas. There are designated areas for smoking on cruise vessels. Please dispose of cigarette butts in the appropriate receptacles / ashtrays. Do not throw cigarette butts on the ground anywhere or overboard (when on a cruise vessel).

## INTRODUCTION TO PERU

Ancient Peru was the seat of several prominent Andean civilizations, most notably that of the Incas whose empire was captured by the Spanish conquistadores in 1533. Peruvian independence was declared in 1821, and remaining Spanish forces defeated in 1824. After a dozen years of military rule, Peru returned to democratic leadership in 1980, but experienced economic problems and the growth of a violent insurgency. President Alberto Fujimori's election in 1990 ushered in a decade that saw a dramatic turnaround in the economy and significant progress in curtailing guerrilla activity. Nevertheless, the president's increasing reliance on authoritarian measures and an economic slump in the late 1990s generated mounting dissatisfaction with his regime. Fujimori was reelected to a third term in the spring of 2000, but international pressure and corruption scandals caused him to resign in November of that year. A caretaker government oversaw new elections in the spring of 2001, which ushered in Alejandro Toledo as the new head of government.

(From CIA- *The World Factbook*)

## PUBLIC HOLIDAYS

Jan 1 .....	New Year's Day.
Apr 8 .....	Maundy Thursday (half day).
Apr 9 .....	Good Friday.
May 1 .....	Labor Day.
Jun 29 .....	St Peter's and St Paul's Day.
Jul 28-29 .....	Independence Day Celebrations.
Aug 30 .....	St Rosa of Lima Day.
Oct 8 .....	Angamos Battle.
Nov 1 .....	All Saints' Day.
Dec 8 .....	Immaculate Conception.
Dec 24 .....	Christmas Eve (half day).
Dec 25 .....	Christmas Day.

## LOCATION & GEOGRAPHY

The official name of the country is *Republic of Peru*. Situated on the eastern-central part of South America, it is bordered on the north by Ecuador and Colombia, on the east by Brazil and Bolivia, and on the south by Chile, and on the west by the Pacific Ocean. It has an area of approximately 714,008 square miles. Lima, the colonial center of Spanish power in the New World, is the focal point that draws the country into one land.

It has approximately 495,000 square miles on the Pacific Coast of north central South America. The country is divided by the Andes Mountains with the Pacific Ocean to the west and Amazon Basin to the east. Peru has a wide variety of climates. There are snow-capped peaks and fertile valleys, tropical rain forests and sun-stained deserts, clear mountain lakes and endless beaches.

Peru is divided into three distinctively major regions: desert, highlands and the Amazon.

The narrow desert takes up most of the coastal strip, except on the northern end that merges into equatorial tropical mangroves. The desert holds most of the country's major cities, located on the fertile valleys irrigated by rivers descending from the Andes. The Highlands or Sierra on the Andes Mountains ascent rapidly from the coast to heights of up to 20,000 feet above sea level (Huascarán peak). Most of the area is between 9,000 to 12,000 feet, with a rough but rewarding landscape of deep canyons and snowcapped mountains.

The Amazon basin lay east of the Andes and is covered by dense jungle and crossed by countless rivers and streams. Even though three fifths of Peru is jungle, only five percent of the population lives there.

## ECONOMY

Thanks to strong foreign investment and the cooperation between the government and the IMF and World Bank, growth was strong in 1994-97 and inflation was brought under control. In 1998, El Niño's impact on agriculture, the financial crisis in Asia, and instability in Brazilian markets undercut growth. And 1999 was another lean year for Peru, with the aftermath of El Niño and the Asian financial crisis working its way through the economy. Political instability resulting from the presidential election and FUJIMORI's subsequent departure from office limited growth in 2000. The downturn in the global economy further depressed growth in 2001. President TOLEDO, who assumed the presidency in July 2001, is working to reinvigorate the economy and reduce unemployment. Economic growth in 2002 is projected to be 3 to 3.5%.

## HISTORIC OVERVIEW

The Incas told the Spaniards that before they established their Tawantinsuyo Empire, the land was overrun by primitives constantly at war with one another. There were, in fact, many other civilized cultures dating back as far as 2000 B.C. The most accomplished of these were the Chavin-Sechin (c 900 - 200 B.C.), the Paracas-Nasca (c 200 B.C. - 500 A.D.), the Huari-Tiwanaku (c 750 B.C. - 1000 A.D.), and the Moche-Chimu (200 B.C. - 1400 A.D.)

It is generally accepted that the earliest settlers in Peru were related to people who had crossed the Bering Straits from Asia and drifted through the Americas from about 20,000 B.C. Theories of early migrations from across the Pacific and Atlantic have been rife since Thor Heyerdal's raft expeditions in 1947 and 1969-70. Human remains found in a cave in Lauricocha, near Huanuco, have a radio-carbon date of about 7500 B.C. But the earliest signs of village settlement in Peru, were found on the central coast at Pampa, dating from 2500 B.C. Between these two dates it is thought that people lived nomadically in small groups, mainly hunting and gathering but also cultivating some plants seasonally. Domestication of llamas, alpacas and guinea pigs also began at this time, particularly important for the highland people around the Titicaca basin.

The abundant wealth of marine life produced by the Humboldt Current, especially along the North Coast, boosted population growth and settlement in this area. Around 2000 B.C. climatic change dried up the *lomas* (fog meadows), and drove sea shoals into deeper water. People turned more to farming and began to spread inland along river valleys.

As sophisticated irrigation and canal systems were developed, farming productivity increased and communities had more time to devote to building and producing ceramics and textiles. The development of pottery also let to trade and cultural links with other communities. Distribution of land and water to the farmers was probably organized by a corporate authority, and this may have led to the later labor system developed by the Incas.

The earliest buildings constructed by organized group labor were *haucas*, adobe platform mounds, of some cult or sacred power dating from the second millennium BC onwards. Huaca Florida was the largest example of this period, near Rio Rimac, later replaced by Huaca Garagay as a major centre for the area. Many similar centres spread along the North coast, most notably Aspero and Piedra Paranda. During this period, however, much more advanced architecture was being built at Kotosh, in central Andes near Huanuco. Japanese archaeological excavations there in the 1960s revealed a temple with ornamental niches and friezes. Some of the earliest pottery was also found here, showing signs of influence from southern Ecuador and the tropical lowlands, adding weight to theories of Andean culture originating in the Amazon. Radiocarbon dates of some Kotosh remains are as early as 1850 B.C.

For the next 1000 years or so, up to c 900 B.C., communities grew and spread inland from the North coast and South along the North highlands. Around 900 B.C. a new era was marked by the rise of two important centers; Chavin de Huantar in the central Andes and Sechin Alto, inland from Casma on the North coast. The chief importance of Chauvin de Huantar was not so much in its advanced architecture as in the influence of its cult. The Chauvin cult was paralleled by the great advances made in this period in textile production and in some of the earliest examples of metallurgy. The origins of metallurgy have been attributed to some gold, silver and copper ornaments found in graves in Chonogoyape, near Chiclayo, which show Chavin-style features. But earlier evidence has been discovered in the Andahuaylas region, dating from 1800 - 1900 B.C.

Chavin hegemony broke up around 500 B.C., soon after which the Nasca culture began to bloom in southern Peru. This period, up to about 500 A.D., was a time of great social and cultural development. Sizable towns of 5-10,000 inhabitants grew on the South coast, populated by artisans, merchants, government administrators and religious officials.

Nasca origins are traced back to about the 2nd century B.C., to the Paracas Cavernas and Necropolis, on the coast in the national park near Pisco. Most of the archaeological evidence of the Nasca culture came from their desert cemeteries and little is known about the lives and social organization of the people, however, Alpaca hair found in the Nasca textiles, indicates that there must have been strong trade links with highland people.

Nasca's contemporaries on the North coast were the militaristic Moche who built up an empire whose traces stretch from Piura in the North to Casma, beyond Chimbote, in the South. The cause of the collapse of the Moche Empire around 600 - 700 A.D. is unknown, but it may have been started by a 30-year drought at the end of the 6th century, followed by one of the periodic El Nino flash floods (identified by meteorologists from ice thickness in the Andes) and finished by the encroaching forces of the Huari Empire. The decline of the Moche signaled a general tipping of the balance of power in Peru from the North coast to the South sierra.

The ascendant Huari-Tiwanaku movement, approximately 600-1000 A.D., combined the religious cult of Tiwanaku site in the Titicaca basin with the military dynamism of Huari, based in the central highlands. Until about 1440 A.D., the Huari-Tiwanaku had spread their empire and influence across much of South Peru, North Bolivia and Argentina.

The origins of the Inca Dynasty are shrouded in mythology and shaky evidence. The best known story reported by the Spanish chroniclers talks about Manco Capac and his sister rising out of Lake Titicaca, created by the Sun as divine founders of a chosen race. This was in approximately 1200 A.D. Over the next 300 years the small tribe grew to supremacy as leaders of the largest empire ever known in the Americas. At its peak, just before the Spanish Conquest, the Inca Empire stretched from the Rio Maule in central Chile, North to the present Ecuador-Columbia border, containing most of Ecuador, Peru, West Bolivia, North Chile and Northwest Argentina.

Peruvian history after the arrival of the Spaniards was not just a matter of Conquistadors versus Incas. In 1535, wishing to secure his communications with Spain, Francisco Pizarro founded Lima, near the ocean, as his capital. The same year Diego de Almagro set out to conquer Chile. Unsuccessful, he returned to Peru, quarreled with Pizarro, and in 1538, fought a pitched battle with Pizarro's men at the Salt Pits, near Cuzco. He was defeated and put to death. Pizarro, who had not been at the battle, was assassinated in his palace in Lima by Almagro's son 3 years later. For the next 27 years each succeeding representative of the Kingdom of Spain sought to subdue the Inca successor state of Vilcabamba, North of Cusco, and to unify the fierce Spanish factions. Francisco de Toledo (appointed 1568) solved both problems during his 14 years in office: Vilcabamba was crushed in 1572 and the last reigning Inca, Tupac Amaru, was put to death.

## PRINCIPAL REGIONS

**Arequipa:** Better known as the *White City*, where colonial buildings constructed with white volcanic stone have been beautifully preserved. A stay of two days is recommended to visit the Colonial mansions and churches as well as Santa Catalina Convent, Cayma, Yanahuara, and the Colca Canyon, the deepest canyon in the world, where majestic Andean

condors can be frequently seen carving lazy circles in the air.

**Chiclayo:** Home to the newest archeological Moche discovery, *The Tom of the Lord of Sipan*, is among the finest gold treasures ever unearthed in the Americas. Excavation for many other tombs believed to be equally rich is just beginning. A stay of two days is recommended to visit Sipan, Sican, and Tucume excavation sites and the Bruning Museum where many unearthed Moche treasures are exhibited.

**Cuzco:** Located at 11,150 feet above sea level, no visitor will want to miss Cuzco, the Inca Capital destroyed by the conquistadors who then built churches and mansions on the foundations of Incan temples and palaces. Giant fortresses such as Sacsayhuaman ring Cuzco as well as markets that include Pisac and Chincero in the Urubamba Valley. "The Archaeological Capital of the Americas" has amazing Inca architecture combined with beautiful colonial buildings. Several days are needed to visit the city and its surrounding Inca monuments of Sacsayhuaman, Pisac, Chincero, Tambo Machay, Ollantaytambo and many others. The entire area of Cuzco bears an exceptional wealth of Inca constructions being the most interesting and accessible those lying north of the city.

**Machu Picchu:** The legendary *Lost City of Macchu Picchu* is without a doubt, the most important tourist attraction in Peru and one of the world's most impressive archaeological sites. A 27-mile journey by rail from Ollanta Station travels over the Andes via a series of spectacular switchbacks through the Urubamba Valley to the semi-tropical jungle at the base of Machu Picchu. On arrival, small buses take travelers 2,350 feet to the entrance of the ruins at an altitude of 8,200 feet. Legend has it that Machu Picchu was a flourishing ceremonial and agricultural site, probably the gateway to the jungle marches of the Inca Empire. Machu Picchu is also one of the Inca's best kept secrets, since they did not leave written records and Spanish chronicles make no mention of the citadel, it remains a mystery. American Yale professor Hiram Bingham discovered the site in 1911.

The central buildings were erected using polished stone works of the Cuzco Imperial Style, although the site was probably occupied well before the Incas began their expansion. The site is closely associated with an earth cult revolving around the coca leaf, its use restricted only to the royal family and priests. Machu Picchu does not owe its reputation to colossal dimensions; no single building is more than three stories high, though some structures take advantage of the slope to build up complexes in tiers. Rather, it is beautifully proportioned in relation to an equally magnificent setting. It fits into the contours of its surroundings, at times appearing suspended in the mist, shrouded apparition of the past.

**Huaraz:** In the Cordillera Blanca, offers one of the most spectacular Andean scenery. The area, also known as Callejon de Huaylas, was the center of the ancient and powerful Chavin civilization, which left impressive constructions at Huantar. The Huascaran National Park is unique, home of the highest peak in Peru: Huascaran glacier (22,205 ft.) preferred area for mountain climbers worldwide.

**Iquitos- The Amazon Rain Forest:** Iquitos is a short distance from where the Ucayali and the Marañon rivers meet to form the mightiest of all rivers on the planet -- the Amazon. The city of Iquitos is the capital of Loreto, and is located on the northwestern Amazon plain. Loreto is the largest region of Peru, and covers 30% of the national land mass. The city has 250,000 inhabitants.

**Puno:** On the banks of Lake Titicaca, Uros Indians live on

artificial floating reed islands as they have for hundreds of years.

With lofty snow-capped peaks rising above distant shores, the vast blue lake at the dizzying altitude of 12,600 feet presents one of the most breathtaking panoramas of the Andes. Visits can be made to the Sillustani burial grounds, Taquile Island on Lake Titicaca, and the stone carved churches of Juli and Pomata.

**The Nazca Lines:** Spread out across the dry plains of the southern coastal desert, one of the greatest mysteries of mankind. These gigantic figures of stylized animals and geometric drawings made presumably by the ancient Nazcas, are only visible from the air. Two hours north of Nazca there is another place worth visiting: the Paracas National Reserve. This reserve is the first marine conservation center of the country. Boat trips to the Ballestas Islands are available for observation of the most prolific marine life in Peru, Humboldt penguins, flamingos, blue footed boobies, and even condors that dwell in the area along with hundreds of sea lions and many other sea mammals.

**Lima:** Lima, the capital of Peru, is located on the shores of the Pacific Ocean, in the middle of the country coastline. It has a population of 6 million. Lima is the gateway to visit Peru. Almost 80% of passenger arrivals into Peru come through Lima's Jorge Chavez International Airport.

Lima, the colonial center of Spanish power in the New World, is the focal point that draws the country into one land. The capital includes the historic Plaza de Armas, around which stand the cathedral with Pizarro's remains, the Presidential Palace, and the Archbishop's Palace. The capital also has beautiful churches, such as La Merced, San Augustin, and San Francisco, all with golden interiors. City museums are rich in pre-Columbian and colonial treasures.

**Trujillo:** Moche and Chimu cultures have left us extraordinary constructions such as the Huaca del Sol y de la Luna and Chan-Chan, the largest pre-Hispanic adobe city in the world. Located in the central Plaza in Trujillo are many well preserved colonial houses. The beaches of Huanchaco and Chicama are popular among surfers all over the world. It is said that this is the birthplace of surfing. Locals have used "reef horses" (caballitos de totora) since pre-Inca times to ride on the crest of the waves.

**Amazonia:** The Amazonia is the ecosystem of the Amazon River from the upper areas of the watershed in the Andes to the right rainforest that extends through the north part of South America in the countries of Venezuela, Columbia, Ecuador, Peru, Brazil, Bolivia, and Guyana. The Amazon River is over 4,000 miles long with more than 1,000 tributaries. One sixth of all the fresh water that flows on earth moves through the Amazon basin's system. This is greater than the next eight largest rivers combined and contains over 2,000 species of fish.

## DEALING WITH JET LAG

With the joys and adventures of international travel come certain unavoidable inconveniences such as occasional lost luggage or bouts of jet lag. In fact, studies reveal that as much as 90% of long distance travelers experience a degree of jet lag. Jet lag describes that out-of-sorts feeling associated with long flights, particularly those across time zones. Symptoms and severity vary but may include drowsiness, fatigue, irritability, difficulty concentrating, headaches, insomnia, and swelling of the extremities.

The number of time zones crossed affects the severity of jet lag. The internal body clock follows circadian rhythm,

which is controlled by the hypothalamus that processes nerve signals. That clock is designed for regular cycles of light and darkness. Depending on the number of time zones crossed, it may take several days for that rhythm to be restored. But that is not the only influence. Other factors include cabin pressure, stale air, lack of humidity, and your overall physical condition at the beginning of your trip.

Although jet lag cannot be completely avoided, there are some simple things you can do to help minimize its affects.

***Consider the following for your next scheduled trip.***

- Start your trip well rested with a good night's sleep prior to departure. Getting adequate rest before starting on your journey will help minimize the amount of catching up you'll have to do when you arrive at the destination. Once home, try to schedule a day of rest before returning to work.
- Drink plenty of fluids -- water and juices will help you to stay well hydrated. Seasoned travelers recommend that you carry a bottle of drinking water with you and drink eight ounces every hour.
- Avoid alcohol and caffeine just before and during flights. Both possess diuretic properties that promote dehydration. Alcohol also causes drowsiness and contributes to feeling sluggish.
- Once settled onboard, reset your watch to the time zone to which you are traveling. This small act helps you begin adjusting to your destination's local time.

- As much as possible, create a dark environment during flight. Studies have shown that bright lights strongly affect individuals' body clocks. If necessary, try eye shades and earplugs to help block distractions and convince your body that it is nighttime. Closing window shades and turning off overhead lights may also help. Sleep on the plane if your flight has an early morning arrival time.
- Wear loose-fitting clothing and comfortable shoes that will help in the event you experience mild swelling. Experienced travelers often bring lightweight slippers to wear during flights.
- Although not always feasible, look for opportunities to walk around while in flight. Do simple isometric exercises (contracting and relaxing as many muscle groups as possible) in your seat. These will improve circulation, help promote increased alertness, and reduce chances of swelling.
- If you arrive in the morning, plan to stay awake. If possible, wait until the local bedtime to sleep. Many people swear that this is key in determining how quickly they adapt to local conditions. You will sleep better and will be less likely to suffer insomnia than if you nap upon arrival.
- During extended stopovers, showers are sometimes available. If you have the opportunity, shower. Trans-Pacific pilots report that taking a shower in Hawaii helps them recover more quickly from the general effects of jet lag after the flight.

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**NOTES:**

## CLOTHING / PACKING CHECKLIST

Check the items below to be taken with you on your trip. Additional items may be added in the blank spaces provided. This is not intended as an all-inclusive list, but only as a suggested packing guide.

### CLOTHING - WOMEN

- Comfortable outfit for air travel
- Sandals or casual shoes
- Walking shoes or tennis shoes
- Rubber thongs (shower)
- Hat
- Windbreaker or jacket
- Pullover sweater or sweatshirt
- Long pants \*
- Shorts \*
- Socks
- Short sleeve shirts \*
- Long sleeve shirts \*
- T-shirts
- Pajamas
- Light-weight robe/cover-up
- Swim-suit/cover-up
- Casual slacks/skirt
- Blouses
- Belt(s)
- Underwear
- Scarves
- Costume Jewelry

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### CLOTHING - MEN

- Comfortable outfit for air travel
- Sandals or casual shoes
- Walking shoes or tennis shoes
- Rubber thongs (showers)
- Hat
- Windbreaker or jacket
- Pullover sweater or sweatshirt
- Long pants \*
- Shorts \*
- Socks
- Short sleeve shirts \*
- Long sleeve shirts \*
- T-Shirts
- Pajamas
- Light weight robe/cover-up
- Swim trunks
- Casual slacks
- Shirts
- Belt(s)
- Underwear
- Video Camera/Charger

### TOILETRIES

- Anti-malarial pills
- Vitamins
- Aspirin/Tylenol
- Motion sickness pills
- Short-acting sleeping pills
- Decongestant
- Antibiotic
- Lomotil / Pepto-Bismol
- Antacid
- Antibiotic ointment
- Insect repellent
- Sun screen/Sun block
- Lip balm
- Shampoo & Conditioner
- Prescription medications
- Band-Aids
- Deodorant
- Toothpaste & toothbrush
- Feminine Hygiene supplies
- Dental floss
- Mouthwash
- Hairbrush/comb
- Razor
- Q-Tips/cotton balls
- Nail clippers
- Nail file
- Tweezers
- Make-up
- Hand lotion

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### CAMERA EQUIPMENT

- Camera/Lenses
- Plenty of film
- Lead Protective Film Bags
- Camera bag
- Lens filters
- Cleaning Fluid/Tissues
- Lens Brush/Puffer
- Extra Batteries/Charger
- Flash & Flash batteries
- Zip-lock bags
- Camera instruction book
- Stick-on labels for film
- Blank video tapes

### SUNDRIES

- Passport
- International Certificate
- Vaccinations-Health Card
- Airline tickets/vouchers
- Money Pouch
- Credit Cards
- Travelers Checks
- Small calculator
- Sunglasses
- Prescription glasses
- Eyeglass case
- Small Alarm Clock
- Converter/plug set
- Binoculars
- Small flashlight
- Sewing kit
- Small scissors
- Kleenex
- Handi-wipes
- Zip-lock bags
- Travel clothes line
- Pillowcase for dirty clothes
- Small notebook or journal
- Pen
- Deck of cards
- Books/Magazines
- Address book for postcards
- Photocopy of passport and airline tickets
- Hard candy
- Bandana
- Extra sm., collapsible bag
- Neck pillow for airline travel

### OTHER

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**\*Clothing should be comfortable**

**NOTE:** One observation regarding Peru is the unavailability of toilet paper in almost all public places. Major hotels and most restaurants will have some, but do not be surprised to go into a public bathroom and find that toilet paper is either unavailable or available only for sale. Bring a roll with you, removing the cardboard core to make it easier to flatten.