

PERU

Myths and Mountains

Journeys of a Lifetime

www.mythsandmountains.com

Climate:

Costal Desert - From the Peruvian-Ecuadorian border south to northern Chile, the west coast of South America has one of the Earth's driest climates. This is not a hot desert, however; average temperatures of the Costa range from 66° F (19° C) in winter to 72° F (22° C) in summer.

Mountains- Temperatures vary little seasonally, but there is a tremendous diurnal range (between daily highs and lows). In Cuzco at 11,152 feet of altitude, for example, the January average temperature is 52° F (11° C), and the July average 47° F (8° C). The diurnal range, however, is frequently more than 40° F (22° C) between the midday maximum and the predawn minimum.

Tropical Forests- Hot humid conditions characterize the climate of eastern Peru. Rainfall throughout the region is high, although it is somewhat heavier from December to March. There is little seasonal variation of temperatures, but the diurnal range again is relatively large. Daytime highs sometimes extend into the mid-90°s F (mid-30°s C), whereas at night temperatures may fall into the 60°s F (below 15° C).

Currency: The local currency is the Nuevo Sol. Keep in mind that crisp, new US dollars are crucial when trying to change money. Dollars that are written on or have frayed, torn edges are usually not accepted. The best exchange rate will be at the ATM, where no exchange transaction fee should occur and you receive the current rate of the day. Before departure, call your bank to determine locations of ATMs in the cities and towns throughout your itinerary, and be sure and ask if the ATM will have instructions in English. Nearly all should. Visa, MasterCard, American Express and Diner's Club cards are widely accepted. Go to <http://finance.yahoo.com/currency?u> for current exchange rates.

Visas: For U.S. and Canadian citizens, a valid passport is needed for entry into all South American countries.

Note: Many countries require that your passport be valid 6 months after travel. **Be sure to check your expiration date and renew your passport** if it expires within 6 months of travel!

VISA /IMMIGRATION CARD (TAM):

Citizens of most countries in the Americas and Western Europe do not require a visa to travel to Peru. When entering Peru you will be asked to fill out an immigration card. This piece of paper is **very important** since it has to be given to the migratory authority when leaving the country. Be sure you **carry this paper with your passport** during your stay in Peru as all hotels will ask you to present this paper in order to exonerate you from tax payments. We strongly recommend you to make a copy of both documents to avoid possible problems.

Departure Tax: \$31 plus domestic airport tax of \$5-\$8 depending on the airport.

Immunizations: *IMPORTANT* - you are **REQUIRED** to get a **yellow fever immunization** before entering the Tambopata Reserve in the Amazon. Once you receive the shot, you will be given a yellow inoculation card which you may need to show upon entry into the reserve. Please see your health care provider to have this immunization taken care of three to six months before you depart. Visit the CDC website for current updates.



<http://www.cdc.gov/Travel/destinationList.aspx#P>

Tipping Guideline: Drivers - \$5-\$8 pp per day
Mainland guides - \$10-\$20 pp per day
For trekking trips: Cooks - \$4 pp per day
Porters and other trekking staff - \$3 pp per day

Budget: You will need to analyze your spending habits and decide how much extra money to bring for alcoholic beverages, soft drinks, gratuities, souvenirs, and laundry. For a ten day trip, budget at least \$200 - \$300pp for additional expenses. A rule of thumb: take half the clothing and twice the money you thought you would need!

Dialing Code: 51

Time Zone: GMT/UTC -5

Electricity: 220V, 60 Hz

Weight Restrictions: Be mindful that the international weight restrictions are 20 kilos (44 lbs). Most likely your international flight will not check weight; however internal flights typically allow two bags and one carry-on, with the 20 kilo weight restriction for the two bags. Please check with us if you have any questions.

Additional Country Information: More country specific information can be found on our website. Go to the Travel Center page (<http://www.mythsandmountains.com/2000/travel/center.cfm>) and then scroll down to the bottom of the page. There you will find links to various websites from the CIA Factbook to travel films.

Spanish 101:

please - por favor
thank you - gracias
hello - hola
goodbye - adios
see you later - hasta luego
yes - si
no - no
I'm sorry - lo siento
excuse me - perdón
I don't understand - no entiendo
Do you speak English? - habla inglés?
I don't speak Spanish - no hablo español
Good afternoon - Buenas tardes
Good night - Buenas noches
How much is? - Cuanto es?
Good - bueno
bad - malo
car - coche
postcard - postal
map - mapa
menu - la carta
bill - la cuenta
waiter/waitress - camarero/camarrera
tomorrow - mañana
yesterday - ayer
today - hoy
I need - necesito
breakfast - desayuno
lunch - almuerzo
dinner - cena

aceite de oliva - olive oil
ajillo/ajo - garlic
arroz - rice
atún - tuna
champiñones - mushrooms
gambas - prawns
ensalada - salad
a la plancha - grilled
pollo - chicken
helado - ice cream
al horno - baked
huevo - egg
jamón - ham
mariscos - seafood
pan - bread
papas - potatoes
pavo - turkey
pescado - fish
pimiento - pepper
queso - cheese
sal - salt
salchicha - sausage
sopa - soup
tortilla - spanish omelette
tostada - toast
agua - water
agua sin gas - still water
agua con gas - fizzy water
bebida - drink
botella - bottle



Airport - aeropuerto
departure - salida
arrival - llegada
petrol - gasolina
chemist - farmacia
Doctor - medico

café con leche - coffee with milk
cortado - espresso with milk
café solo - black coffee
cerveza - beer
hielo - ice
leche - milk
té - tea
vino - wine
zumo - fruit juice
zumo de naranja - orange juice

RECOMMENDED READINGS

See the Longitude Books website: <http://www.longitudebooks.com/> for more book ideas.

Culture and History

- Andrews, Michael. The Flight of the Condor.
- Bernard, Carmen. The Incas: Empire of Blood and Gold.
- Bierhorst, John. The Mythology of South America.
- Bingham, Hiram. Lost City of the Incas: The Story of Machu Picchu and its Builders.
- Cumes, Carol & Valencia, Rómulo. Pachamama's Children.
- Dunning, J.S. South American Land Birds.
- Forsyth, Adrian; Miyata, Ken. Tropical Nature.
- Frost, Peter. Exploring Cuzco.
- Frost, Peter. Machu Picchu Historical Sanctuary.
- Harner, Micahael. The Jivaro
- Hemming, John. The Conquest of the Incas.
- Hyslop, John. The Inca Road System.
- Johan, Reinhart. The Nazca Lines.
- Lamb, Bruce. Wizard of the Upper Amazon.
- Llosa, Mario Vargas. The City and the Jackals (La Ciudad y los Perros).

- Lockhart, James. The Men of Cajamarca.
- Morrison, Tony. Pathways to the Gods: The Mystery of the Andes Lines.
- Moseley, Michael. The Incas and their Acestor.
- Matthiessen, Peter. The Cloud Forest.
- Matthiessen, Peter. At Play in the Fields of the Lord.
- O'Hanlon, Redmond. In Trouble Again.
- Parris, Matthew. Inca-kola: a traveller's tale of Peru
- Prescott, William H. The Conquest of Peru.
- Reinhart, Hohan.. Machu Picchu - The Sacred Center.
- Thompsen, Moritz. Farm on the River of Emeralds.
- Wright, Ronald. Cut Stones and Crossroads: a Journey into the Two World's of Peru
- Wright, Ronald. Quechua Phrasebook.
- Ziegler, Gary. Machu Picchu Abandoned.
- Ziegler, Gary. The Empire Strikes Back! Choquequirao, The Incas Last Secret.
- Ziegler, Gary. Puncuyoc, Sacred Inca Sanctuary.

Field Guides and Natural History

- Carter, David. Eyewitness Handbooks: Butterflies and Moths
- Dunning, John S. South American Birds: A Photographic Aid to Identification
- Hilty, Steven. Birds of Tropical America

"A mind that is stretched by a new
experience can never go back to its
old dimensions."
-Oliver Wendell Holmes

JUNGLE TRAVEL TIPS

WHAT TO BRING

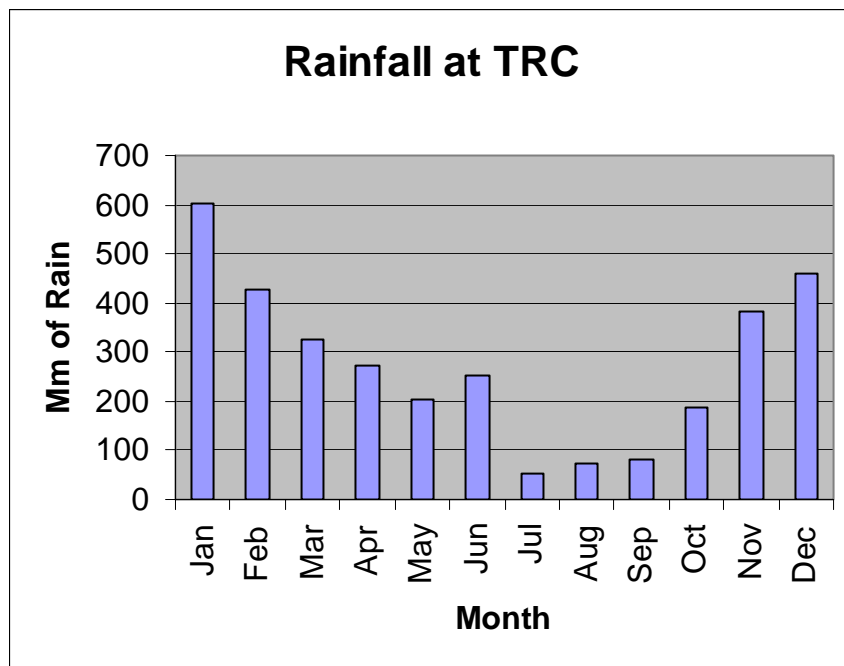
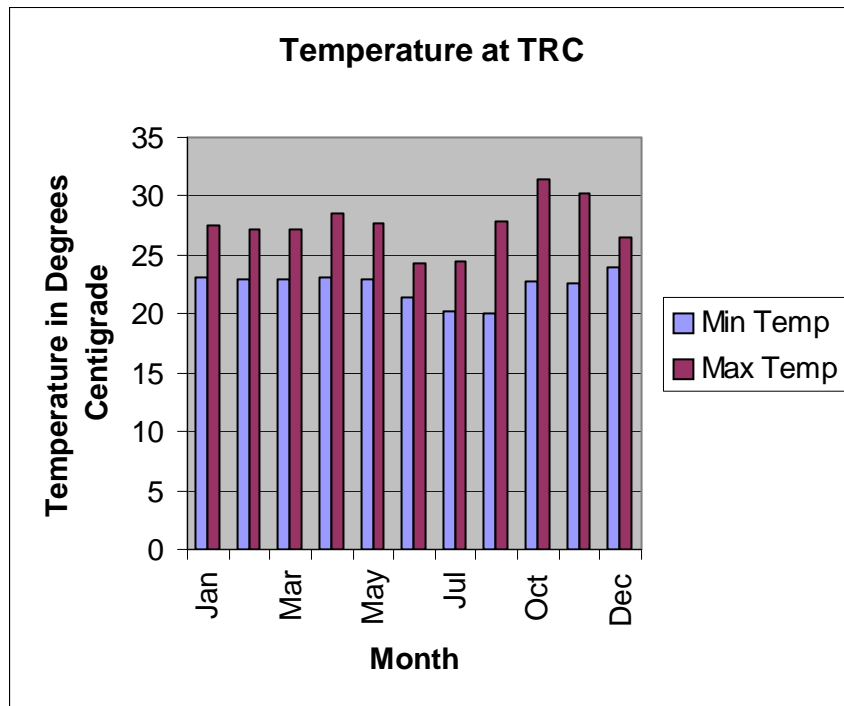
Good binoculars
 Camera gear
 Tight-weave, light colored, long cotton pants
 Long sleeved, tight-weave, light colored cotton shirts
 Ankle-high hiking boots and sneakers
 Flashlight with batteries
 Sun block
 Sunglasses
 Broad-brimmed hat
 Rain suit or poncho
 Insect repellent
 Small denomination bills
 Small daypack.

Luggage is hand-carried at various stages in the trip for long distance. We strongly recommend you limit your weight to 15 kilos (32 pounds a piece).

If you are visiting other destinations in Peru that require different kinds of clothing, you can always pack separate bags and safely leave them at our offices in Puerto Maldonado, or leave them at your hotel in Lima, on the first day so we won't be carrying them around uselessly. If you leave it in Puerto Maldonado, your bag will be waiting for you at the airport the day you leave.

WEATHER

The lowland rain forests lie far enough south of the Equator to provide a cooler, drier winter season between May and October. The general weather conditions are warm and humid. The average daytime high temperature is between 78° and 93° F (24° and 31°C) and the average nighttime low is between 66° and 78° F (20° and 24°C). Nevertheless between May and September, cold fronts from Argentina can sweep into southwestern Amazonia and push daytime highs down to 50° F (9° C) and the nighttime lows to 43° F (5° C). Thus, during that season always be potentially prepared for cold and drizzle. During the rainy months of November through April, always be prepared for heavy rain that can continue for hours or days. Around 80% of the annual average 3000 mm rainfall occurs during this season.



MEDICAL CONSIDERATIONS AND EMERGENCIES

YELLOW FEVER INOCULATIONS

Yellow fever inoculation is required for travel to the jungle.

LEISHMANIASIS

Leishmaniasis is present throughout the rain forests of southeastern Peru. It is a skin lesion caused by a protozoan transmitted by a certain kind of small biting fly. There is no vaccination against it but it is curable in every case. The selected cure, injections of pentavalent antimony (*Glucantime*), is uncomfortable. Leishmaniasis is also very easy to prevent by wearing long-sleeved shirts, pants, and repellent on exposed skin at all times, and sleeping under mosquito nets. If you are interested in receiving complete information on leishmaniasis contact us before your trip.

MALARIA

Malaria is present but extremely rare. If you wish to take medical precautions against malaria consult your physician or a specialist in tropical medicine.

GUESTS CODE OF CONDUCT AND SECURITY RECOMMENDATIONS

1. No smoking in the forest, nor in the boats (which carry gasoline).
2. No littering.
3. Do not harass wildlife - when sighting wildlife, follow your guides instructions.
4. No wildlife collection or manipulation, unless specifically authorized by Inrena. If you should come across hurt wildlife, leave it be. It is part of the natural processes of the wilderness.
5. Please separate your trash in the proper trash bins. All non-biodegradable trash is taken to Puerto Maldonado. Please take batteries back with you.
6. Please keep it quite. Our rooms are not sound proof and guests come to listen to the sounds of nature. If you should want to listen to music outside the bar area, use headphones.
7. The lodges are highly flammable. Do not leave candles unattended and locate the nearest extinguisher.
8. Never go swimming without a guide.
9. Stay on the trails and take to the trails only with a guide. If for some reason you are separated from your guide, you can return to the lodge using your map and the trail markers.
10. Always use life jackets on the boat, and wear light shoes that are easy to take off. Never have rubber boots on when in the boats.
11. Use rubber boots when heading to the forest or gardens at night. They reduce the risk of snake bites.
12. When taking people photos, ask first!