TOUR CODE

11S

ADVENTURESABROAD

PERU & GALAPAGOS FAMILY TOUR

Machu Picchu & Darwin's Island

16 days

Updated 29/04/2013

Day 1 *Arrive in Lima*

Today we arrive in Lima, Peru.

This city has had wonderful restorations in recent years to the plazas, ornate facades, and wooden balconies for which the city is famous. Lima, named the 'City of Kings' by the Spanish Conquistadors, is the capital of Peru. Founded in 1535 by Francisco Pizarro, where the River Rimac meets the Pacific Ocean, this was the most important Spanish city during the colonial era with a population of about 100,000 inhabitants. Today the city is home to more than 7 million people.

Overnight in Lima (Miraflores). Meal plan: Dinner, if required.

Day 2 *Lima: City Tour*

This morning we start our tour with a visit to San Francisco's Church to visit the extensive catacombs that lie underneath. We then continue to the Plaza de Armas, the most important plaza in Lima. The oldest surviving part of the plaza is the impressive bronze fountain, which was erected in 1650. Surrounding the plaza is the exquisite Archbishop's Palace, the cathedral, and the Government Palace where handsomely uniformed presidential guards are on duty all day. We visit the cathedral where the great conquistador Francisco Pizarro's tomb lies.

After taking some free time for lunch in one of the many outdoor cafes, we head to the trendy area of Miraflores, where people love to stroll along the cliff tops overlooking beaches, and watch the sun setting on the Pacific Ocean. The best location is the new "Love Park" with its magnificent monument to lovers at its centre.

We then proceed to the Larco Museum, which showcases remarkable chronological galleries and an excellent overview on 3,000 years of development of Peruvian pre-Columbian history. Located in a unique vice-royal mansion of the 18th century built over a 7th century pre-Columbian pyramid, is surrounded by beautiful gardens. Features the finest gold and silver collection from ancient Peru and the famous erotic archaeological collection, one of the most visited Peruvian tourist attractions. For an unforgettable experience, Larco is one of the few museums in the world where visitors can also choose to enter the storage area with its 45,000 classified archaeological objects.

Overnight in Lima (Miraflores). Meal plan: Breakfast and dinner.

Day 3 *Lima - Cuzco - Urubamba Valley - Ollantaytambo - Yucay*

Early this morning we fly to Cuzco, located in a fertile valley at 3354 m (11,004 feet). This is the archaeological capital of the Americas and the ancient capital of the Inca Empire that, at its height, stretched from Colombia in the north, through Ecuador, Peru and Bolivia, and down to central Chile in the south. Although the empire already existed in the 12th century, it remained small until the mid-15th century. Over the next 100 years, it expanded massively but declined due to the civil war and the conquest by the Spanish conquistadors under Francisco Pizarro in 1533.

On arrival we will travel by road into the Urubamba Valley, or "Sacred Valley of the Incas," along one of the most scenic drives on our trip, to the Inca ruins of Ollantaytambo located on a spectacular ridge with deep valleys on either side. We can admire the carefully constructed and maintained farming terraces on the surrounding hillsides.

We continue to the town of Yucay on the bank of the Urubamba River (2300m / 7,590 ft). This is an attractive little town of particularly fertile lands whose name translated into Spanish means "deceit" or "bewitchment". According to legend, in the middle of the 15th century, the Inca Huayna Capac was captivated by the incomparable magnificence of Yucay's setting and decided to settle here.

Overnight in Yucay. Meal plan: Breakfast and dinner.

Day 4 *Yucay - Machu Picchu Area*

Today we take the early morning train from Urubamba to Aguas Calientes and Machu Picchu. The train journey to Machu Picchu is a highlight of any trip to the Andes; the scenery is simply spectacular, and the train allows you to enjoy it in comfort. The +/- 3 hour trip takes us through a changing landscape with wonderful vistas of the mountains and, deep in its dramatic canyon, the beautiful Urubamba River. Our early arrival from Urubamba ensures that we are at the site before the tourist throngs arrive on the train from Cuzco later in the morning.

Upon arrival at the Aguas Calientes train station, a bus will take us on the 6 km (4 mile) twisting journey up the mountainside to the site of Machu Picchu. Having already dropped our baggage at our hotel, we proceed immediately for a guided 3-hour walking tour of the ruins (please be prepared with all that you need for our tour). We will enter the site through the House of the Terrace Caretakers, which flank the agricultural sector. Once on the site, we will see, among other features: the Temple of the Sun, the Fountain Caretaker's House, the Royal Sector, and the puzzling Temple of the Three Windows. We will also see the Common District, the Sacred Rock, and the prison-like Temple of the Condor.

Machu Picchu, popularly known as the 'Lost City of the Incas,' is an ancient city of stone palaces, towers, temples and staircases. It is a very mysterious place, and to this day our knowledge of it remains sketchy. There are no records or artifacts on the site to indicate what any of the buildings were used for. Archaeologists have ascertained that the site was most likely a ceremonial centre and possibly used for administrative purposes for the populous region.

After our tour, you may choose to proceed to the hotel or remain on the site for some independent exploration (your ticket is good for the day), and return to the hotel on your own using the return portion of your bus ticket.

Overnight at Agua Calientes (near Machu Picchu). Meal plan: Breakfast and dinner.

Day 5 *Machu Picchu Area - Train to Cuzco*

A large part of the beauty of Machu Picchu is created by its setting on a mountain top surrounded by deep valleys. By staying for a second day to visit Machu Picchu, rather than visiting as a day trip from Cuzco, we are able to savour the atmosphere of this very special place.

In the early morning of our second day at Machu Picchu, most group members choose to take the bus back up to the site with the weather-dependent hope of seeing the mist-clad mountains greet the morning sun. Weather notwithstanding, the best thing about going up the second day is being there early when there are fewer people, allowing time to "soak it in," as well as the opportunity to climb Huayna Picchu and/or to the Sun Gate (approximate optional costs to revisit the site today: bus 12 USD round trip, and 40 USD site entrance, payable locally).

During our time at Machu Picchu, we will also include a visit to the Manuel Chavez Ballon Site Museum, which focuses on the "discovery", excavation, and history of Macchu Picchu. On display are historical photos, including photos of Hiram Bingham at Machu Picchu shortly after he came across the ruins, informative write-ups on the construction of Machu Picchu and the life of the Incas, and artifacts found at the site. Outside the museum is a very lush botanical garden running along the river; some plants are labeled and there are a few short trails. This is a nice shady area to rest on a hot day and is an easy 25 minute walk from Aguas Calientes down the road leading to Machu Picchu.

Later in the afternoon we board the direct nonstop VISTADOME train from Aguas Calientes to Cuzco. On route we will see the locals working their potato and grain fields, and see children at play near their adobe brick homes.

Overnight in Cuzco. Meal plan: Breakfast and dinner.

Day 6 *Cuzco Area*

This morning we visit some of the most important Inca sites in the Cuzco area.

Sacsayhuaman is an impressive complex which, like so many others of that time, had both a religious and military purpose. The fortress known as the 'storehouse of the sun' incorporates some of the largest stones ever used in a building. The zig-zag walls represent the teeth of the sacred puma and provide an excellent defensive structure. The stones fit so perfectly together without mortar that not even moss can grow in the cracks!

In the afternoon we return to Cuzco and enjoy a tour of the town. We visit Coricancha, the temple of the sun which was the most important location in the Inca empire. Entombed in the closed cloister of the Sto Domingo Church, these sacred walls were hidden from modern civilization until the colonial walls were brought down in 1950 by a powerful earthquake. We also visit the church of San Blas with its fabulously carved pulpit. Wandering the narrow streets of the San Blas artisan region we make our way to the cathedral which towers impressively over the Plaza Mayor. Inside we find precious paintings from the Cuzco School of Art, one of the most prolific of its era.

This Inca city was laid out around a great central square in the shape of a puma, the god of lightning. Today, stone walls built by the Incas line most of Cuzco's central streets and form the foundations of colonial and modern buildings. The Inca buildings were so well built that the Spaniards simply knocked down the upper parts of the Inca temples and palaces and built their churches and mansions on top of the Inca walls. Shortly after the Spanish conquest, the capital was moved to Lima on the coast. Thus Cuzco has retained a wonderful, untouched colonial atmosphere. The culture is also very much alive here, and is evident in the music, clothing and handicrafts of the people.

We have dinner at a local restaurant where we can try some typical Peruvian dishes.

Overnight in Cuzco. Meal plan: Breakfast and dinner.

Day 7 *Cuzco - Chinchero - Mountain Biking - Cuzco*

Early this morning we will transfer 45 minutes to Chinchero (28km from Cusco). This place is known for its textile work and communal organization. After this visit, we will continue our journey to Moray town (11,152ft) where we will start our mountain bike adventure.

After a safety briefing we will begin our cycle, enjoying lovely views of impressive Andean peaks, many cactus plants, and Andean villagers, until we reach the archaeological site of Moray.

This site is neither a city or a fortress, but an earthwork. After our guided visit of this special site we will enjoy a boxed lunch.

We mount up again and continue to the Salt Mines of Maras (9,840ft). Here we have impressive views of the snow-capped mountains of Chicon, Veronica and Salcantay. The Maras salt works is comprised of about 3,000 small pools on the slopes of the Qaqawinay mountain. People fill up or "irrigate" the pools during the dry season every three days, with salty water emanating from a natural spring located on the top of the complex. When the water evaporates the salt crytallizes and can be collected.

Finally we end our adventure in Pichingoto, where we will get into our private vehicle that will transfer us back to our hotel.

Overnight in Cuzco. Meal plan: Breakfast and dinner.

Day 8 *Cuzco, Peru - Quito, Ecuador*

Today we transfer to the airport for our flight to Quito (via Lima).

Quito (2788 m / 9,200 feet) is Ecuador's lovely capital city, nestled against Pichincha Volcano high in the Andes.

Overnight in Quito. Meal plan: Breakfast and dinner.

Day 9 *Quito: City Tour*

Today we tour old Spanish Colonial Quito, preserved by UNESCO as a World Heritage Site. As we enter the streets of Old Quito we step into the past, surrounded by centuries-old architecture. We stop at the commanding Legislative Palace, whose murals record Ecuador's history. We will see Quito's most beautiful religious buildings, including the cathedral, the Independence Plaza, San Francisco Church, and visit one of Quito's most impressive religious buildings, La Compania church, whose ornate facade and solid gold altars make it one of the most famous of South American churches. We visit the famous Panecillo Hill with its towering winged statue of the Virgin of the Apocalypse with views of north and south of Quito and the surrounding mountains.

This afternoon we travel 22 km (14 miles) north of Quito to the Equator line monument, known as the "middle of the world," where you can stand with one foot in the Northern and the other in the Southern Hemisphere. We also visit the excellent on-site ethnographic museum with exhibits pertaining to the many indigenous peoples of Ecuador.

PLEASE NOTE: Due to logistical reasons, this is a "floating day" that may occur at a different point of our programme.

Overnight in Quito. Meal plan: Breakfast and dinner.

Day 10 *Quito - Otavalo - Quito*

Today we have a day trip to the Otavalo Valley region.

In early years the Otavalo Valley was filled with farmers who raised crops in fertile lands where they lived. In the 14th century the Inca expansion reached north into the Otavalo area. The Caraquis who inhabited the area resisted the invaders. For 17 long years fierce fighting continued as the defiant Caraquis refused to be subjugated by the Incas. The Spanish arrived a few years after the Incas. They established a Hacienda system of workshops where Otavalenos were

forced to work 15 hour days weaving fabrics. Today this weaving tradition forms the basis of a lucrative industry that has allowed the Otavaleno indigenous peoples to join the world economy while retaining their traditional values and skills. During our time in the valley we will have a chance to visit with the local Otavalenos and see them working their craft. We visit a traditional home with adobe walls and visit with the owners who raise guinea pigs, a local delicacy.

Overnight in Quito. Meal plan: Breakfast and dinner.

Day 11 *Quito - The Galapagos / San Cristobal*

This morning we fly from Quito to San Cristobal Island and board our cruise vessel for our exploration of the unique and beautiful Galapagos Islands.*

An archipelago of 12 large and several hundred smaller volcanic islands occupying a 4800 sq km (3,000 sq mile) area about 1000 km (620 miles) west of Ecuador, the Galapagos Islands have become one of the world's premier adventure travel destinations. Over the course of your visit, you'll enjoy up-close views of unusual, specially-adapted animals, plants and terrains including sea lions, tortoises, iguanas, land and sea birds, volcanic landscapes, unusual cacti and vegetation. Little has changed about the islands since Charles Darwin's visit in 1835 to "this little world within itself" inspired his first theories of evolution. Nearly the entire archipelago is a natural sanctuary where you'll have thrilling encounters with some of the world's last completely untamed wildlife that has never learned to fear the presence of humans.

We will be navigating the Galapagos on board the M/V Galapagos Legend, a 110-passenger luxury expedition ship totally converted in December 2001. The M/V Galapagos Legend has all-new passenger accommodations with 1800 sq m of social areas and was built with marine certified materials qualifying with Safety of Life at Sea specifications. All cabins are booked in outside 'superior' class with plenty of space for luggage in the wardrobe closet (Junior Suite cabin upgrades available; view cabins on www.gogalapagos.com). Private bathrooms feature hot and cold water, shower, and a hair dryer. Also aboard, a highly trained crew, 24 hour physician, and naturalist multilingual guides. An auditorium for conferences, spacious social areas, dining room, 24 hour coffee bar, swimming pool and sun decks, observation platforms, cocktail bars, long distance calls, fully air-conditioned.

Upon arrival on San Cristobal, you will transfer to the ship, have lunch, and embark immediately for the Interpretation Center & Tijeretas Hill on San Cristobal (dry landing).

Dry landing in Puerto Baquerizo Moreno, capital of the Galapagos Islands. Passengers visit the Interpretation Center, an excellent place to learn about Natural History in the Galapagos. The Museum of Natural History displays information on the volcanic origins of the islands, their remoteness from the continent, ocean currents, climate, the arrival of the different species and their colonization, among other points of interest. The human history is also showcased, chronologically narrating the most significant events related to the discovery and colonization of the islands.

The Tijeretas Hill optional activity involves a high intensity walk amidst beautiful landscapes and a magnificent view at the foot of a frigatebird nesting colony.

Return to ship for passenger welcome and briefing; there is a presentation of the crew. At this time a safety drill is practiced.

Free time on board. After dinner a guide's briefing on next day activities in the auditorium.

PLEASE NOTE: You may visit www.gogalapagos.com for more information on the cruise and vessel. Most of our trips will be doing itinerary "D" -- exceptions are P29 & P30 in Sept/Oct 2013, and tour codes EQ, EP & PQ in early October 2013 only, when the cruise will do itinerary "B."

Overnight Galapagos cruise. Meal plan: Breakfast, lunch and dinner.

Day 12 *Galapagos Cruise / Gardner Bay, Gardner & Osborn islets (Española)*

Wet landing on a beautiful white coral sand beach guarded by a colony of sea lions. There are no trails, so we stay along the shore where we can spot Galapagos hawks, American Oystercatchers, Galapagos Ground Doves, Hood mockingbirds, Yellow Warblers, lava lizards, marine iguanas, and three species of Darwin's finches: a subspecies (Geospiza fuliginosa) of the Large Cactus Finch, which is similar to the large ground finch, the Small Ground Finch (Geospiza fuliginosa) and the Warbler Finch (Certhidea Olivacea), another endemic subspecies. Swimming and snorkeling offer a great variety of Galapagos marine wildlife: king angelfish, Creole fish, damsel fish, parrotfish, manta rays, and white-tipped reef sharks.

Return to ship; the crew will welcome you with canapes followed by lunch.

PM - Dry landing. An island of geological interest, we explore volcanic formations and a riveting wildlife: large sea lion colonies and seabirds including Espanola mockingbird, Nazca Boobies and the spectacular Red-billed Tropicbird. You will also encounter marine iguanas, lava lizards, and the colorful Sally Lightfoot Crabs.

A somewhat lengthy hike will bring you among Nazca and Blue-footed Boobies, right up to nesting grounds that sometimes overlap the trail. Other birding favorites include Galapagos Dove, Galapagos Hawk, Swallow-tailed Gulls and the world's largest colony of Waved Albatross, an unequivocal highlight during mating season (May-December). Admire the island’s dramatic backdrop, featuring the famous Soplador, a seaward blowhole that shoots water some 23 m (75 ft) in the air.

Return to ship; the crew will welcome you with canapes. Free time on board. Guides briefing on next day activities.

Overnight Galapagos cruise. Meal plan: Breakfast, lunch and dinner.

Day 13 *Galapagos Cruise / Post Office & Cormorant Point (Floreana)*

Wet landing. Located on the north side of Floreana, the bay is so-named because in 1793 Captain James Colnett installed a wooden barrel which served as an informal post office for sailors passing through, who would take letters with them to their destinations. Today, our visitors continue the tradition by placing unstamped postcards inside the barrel that should reach their
destinations for free. It can take weeks, months, even years, not arrive at all, or even arrive before you!

We may also encounter Darwin's finches, Yellow Warbler and lava lizards. Great snorkeling opportunities with Green Pacific Sea Turtles as well, this island is best known for its endemic vegetation: Scalesia villosa, Lecocarpus pinnatifidus, and Galapagos milkwort. Snorkelers can practice on the main beach among playful sea lions.

Return on board, the crew will welcome you with canapes. Lunch.

PM – Cormorant Point (Floreana). Wet landing on an olivine green sand beach. We hike from the black mangrove beds to a brackish lagoon, which usually holds one of the largest flamingo populations in the Galapagos. This island features some endemic plants such as Scalesia villosa, white and black mangrove, and holy stick. The trail continues to a beautiful white-sand beach, one of the most important nesting sites of Green Pacific Sea Turtles. It is important to avoid walking in the water due to the Sting Rays that may be hiding in the sand, which can be
dangerous if accidentally stepped on. From the beach one can spot sea turtles, Blue-footed Boobies plunging into the water, and small reef sharks floating along the shoreline in search of food.

This coral-sand beach marks the end of our trail, and we head back to the olivine beach we landed on to swim or snorkel amongst sea turtles, reef fish, sea lions and, on a good day, white-tipped reef sharks. A small colony of penguins resides on Floreana and can sometimes be observed as well.

Return on board, the crew will welcome you with canapes. Free time on board. Guides briefing on next day activities.

Overnight Galapagos cruise. Meal plan: Breakfast, lunch and dinner.

Day 14 *Galapagos Cruise / El Garrapatero & Charles Darwin Research Station (Santa Cruz)*

El Garrapatero is a wide bay with multiple sandy beaches. Behind the beach is an area with a fresh water lake where you can come across pink flamingos, herons, mockingbirds, White-cheeked Pintail ducks, sally lightfoot crabs, oystercatchers and occasionally marine iguanas can be found.

PM - Dry landing. We visit the Station where the Galapagos giant tortoise breeding program takes place and you will have the opportunity to meet Lonesome George, the last surviving specimen of his species and symbol of our efforts to preserve the fragile Galapagos environment. It is an excellent place for visitors to be photographed with them. Admire a prickly-pear cactus forest and
a variety Darwin's finches and other land birds. The Darwin Station also works providing environmental education to communities and schools within the islands, and to tourists visiting the Galapagos Islands. You will also have some free time to visit the town and shop for souvenirs.

Return to ship; the crew will welcome you with canapes. Free time on board. Guides briefing on next day activities in the auditorium.

Overnight Galapagos cruise. Meal plan: Breakfast, lunch and dinner.

Day 15 *Galapagos / Daphne - Quito*

We circumnavigate the islet of Daphne, an eroded tuff cone formation that was created by successive volcanic activity, for an opportunity to see Darwin's finches, Blue-footed Boobies, Nazca Boobies, Red-billed Tropicbirds, Swallow-tailed Gulls, Brown Noddies.

Return to the M/V Galapagos Legend, check out* and depart to the airport for our flight to Quito (via a stop in Guayaquil).

* PLEASE NOTE: As an exception to our general policy regarding the inclusion of tips in our tour pricing, gratuities for the ship's crew are NOT included in tour price. (We have found that trying to pre-pay tips on your behalf is not practical, for a number of reasons). Accordingly, we suggest that you allow approximately USD 90-100 total per passenger for satisfactory service.

Overnight in Quito. Meal plan: Breakfast, lunch and dinner.

Day 16 *Departure*

Departure from Quito.

BUEN VIAJE! Meal plan: Breakfast.