

# **Ecuador ~ Galapagos Islands AND Peru ~ Machu Picchu**

Few Adventures combine two such notable world-wide bucket list attractions from two adjoining countries...

- the incomparable explosion of life in the Galapagos Islands of Ecuador.
- the stunning agricultural and architectural achievements of pre-Columbian, pre-modern Quechuan people, culminating in the masterpiece of human workmanship at Peru's Machu Picchu.

Travelers participating in both Ecuador and Peru will receive a credit not to exceed \$300, roughly the cost of the flight between Ecuador and Peru.

## **Ecuador ~ Galapagos Islands: Part 1**

May 29 - June 3, 2024 • 6 Days • \$4990

Part 1 is 6-days and offers an unforgettable cruise through the Galapagos Islands of Ecuador with two zodiac landings each day to fraternize with the locals (the critters).

We begin in the colonial Ecuadorian capital of Quito where equatorial latitudes blend with Andean altitudes to produce an appealing, perpetual springtime climate. From there we fly to the Galápagos Islands for 4 unforgettable days in one of nature's most delightful menageries. We are cruising on a ship we've used several times before, a small and intimate vessel with a maximum capacity of only 100 passengers!

## Peru ~ Machu Picchu: Part 2

June 3 - 11, 2024 • 9 Days • \$3690

Part 2 is a multi-faceted 9-day itinerary featuring the cultural and archeological wonders of the Quechua people (aka Incas) of Andean Peru and, of course, the highlight of Machu Picchu.

We begin and end in Lima but focus on the Andean wonderland around Cuzco, the Sacred Valley, and Machu Picchu. Our program provides access to classic, breathtaking panoramas of the Andes and some of the planet's most impressive and mysterious architecture—the massive, stone structures of the Incas! The otherworldly ruins of Machu Picchu are justifiably one of the top must-see sights on the planet, but they comprise only a fraction of the historical, cultural, and scenic connections we make in Peru!

[Contact Us](#)

[Tour Type: Classic Curated, High Adventure](#)

**Overview / Trip Details**

- [Ecuador](#)
- [Peru](#)

## Ecuador ~ Galapagos Island

### INCLUDING

- Airport to hotel transfer on first day
- Hotel to airport shuttle for Galapagos Islands flight
- Round-trip airfare from mainland Ecuador to the Galápagos Islands
- All land travel as outlined
- Superior-tourist class or better hotel accommodations for one night in Quito
- 4 nights aboard our 100-person capacity passenger ship in Standard Plus cabins
- 13 Meals: All breakfasts, 4 lunches, and 4 dinners as denoted (BLD)
- Welcome and Farewell cocktails
- 24 hour coffee station
- Snorkeling equipment
- Onboard briefings and lectures
- 9 walk routes
- Fees for walking credit if approved for those who collect IVV stamps (4 stamps requested)
- Migration Control Card
- Fuel surcharge
- Naturalist guides for all Galápagos Island activities
- WAI guide service throughout (2 guides)
- Tipping for group meals, local guides, and coach drivers (Note: the pooled tip for ship staff is not included)
- Pricing is based on double occupancy. A limited number of single cabins are available for between \$1300 and \$1900 (depending upon cabin category). Please email to

request more information [fun@walkingadventures.com](mailto:fun@walkingadventures.com).

- **Cabin upgrades:** Standard Plus cabins are included in the tour price. Upgrades are available to Junior Suite and Balcony Suite cabins. A limited number of cabins are available in each category. (see **Our Ship – M/V Galapagos Legend** below under **Before You Book**).
- To see a deck plan and more information about the *M/V Galapagos Legend*, click [here](#).



Balcony Suite Cabin



Junior Suite Cabin



Moon Deck Barbeque



Sky Deck



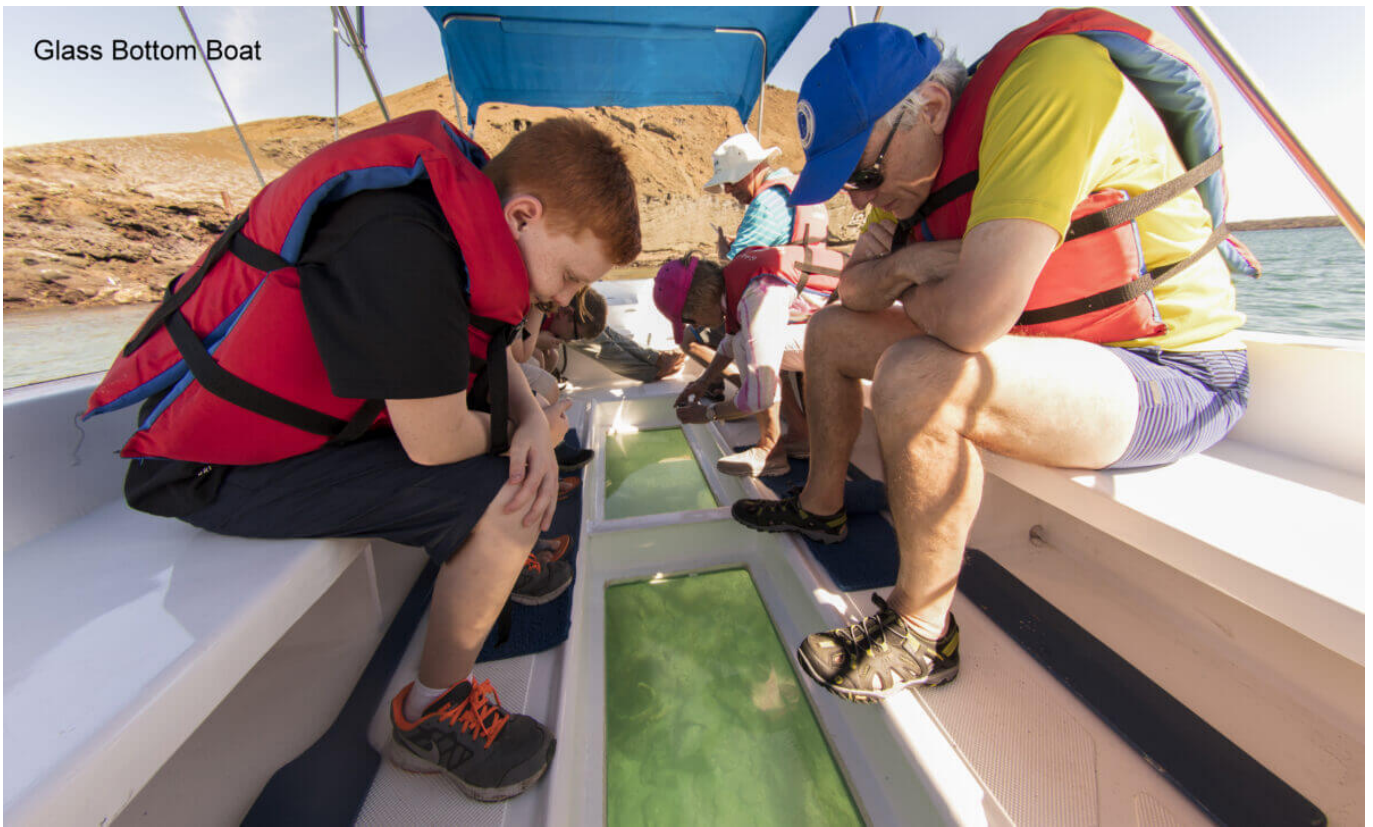
Jacuzzi on Earth Deck



Lonesome George Restaurant



Glass Bottom Boat



### **Activities & Visits to:**

- Galápagos National Park Entrance
- 8 shore excursions in the Galápagos Islands
- Galápagos Interpretation Centre (San Cristóbal Island)
- Museum of Natural History (San Cristóbal Island)
- Plus, more fun stops than we can list!

### **Optional Excursions:**

- Colonial Quito and Middle of the World Excursion (Day 1)

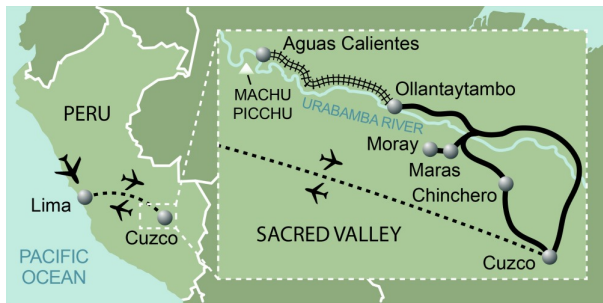
## **Peru ~ Machu Picchu**

### **INCLUDING**

- Airport to hotel group transfers on first and last day
- All land travel by motorcoach as outlined
- Roundtrip scenic train transport along the Urubamba River from Ollantaytambo to Aguas Calientes
- Superior tourist-class or better hotel accommodations in strategic locations to maximize free time
- 18 meals: all breakfasts, 6 lunches, and 4 dinners as listed (BLD)
- 8 Walks as outlined
- Fees for walking credit if approved for those who collect IVV stamps (4 stamps requested)
- Cultural & historical expertise of our local guide in Cuzco and Sacred Valley
- Local guides for full day and half day excursions in Lima
- WAI guide service throughout (2 WAI guides for total of 3 guides)







## Adventure Pace ~ Peru

**Tour Pace:** 1 2 3 4 5

**Walk Challenge:** 1 2 3 4 5

[About Adventure Pace](#)

How much Adventure do you want? Here are a few features to help gauge the following factors on each tour.

**Tour Pace:** On a scale of 1 (slowest pace) to 5 (fastest pace), we've rated the following factors: number of 1-night hotels; driving miles per day; fullness of schedule; mid-tour airline flights; high elevation setting; and average amount of walking per day.

**Walk Challenge:** This number represents an average walk difficulty rating for the tour using a scale of 1 (easiest) to 5 (hardest).

[Contact Us](#)

## Important Info



### Group Size

24 travelers maximum



## Accommodations

4 nights in Standard Plus or Junior Suite cabins aboard our small passenger ship in the Galapagos; all nights on the land package in Superior Tourist Class or better hotels



## Meals

Breakfasts included with a selection of lunches and dinners. Letters BLD indicate which meals are included.



## Airfare

Not included. Travelers on *Ecuador ~ Galapagos Islands* fly into Quito and home from Guayaquil, Ecuador. Those continuing to Peru for the full tour fly from Guayaquil to Lima, Peru. Travelers on *Peru ~ Machu Picchu* fly into and out of Lima. See *How is Airfare Arranged* below under *Before You Book* for more details.



## Transportation

Included. 30 to 40 seat air conditioned buses on land. The *M/V Galapagos Legend* is a 100 passenger for cruising the Galapagos Islands



## Traveler Age

Our travelers usually range from 50-75 years of age. All ages welcome!

## Your Guides

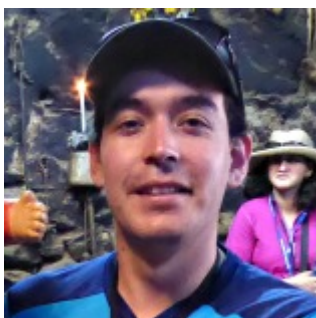


### **WAI guides ~ Scott and Ruth Burk**

Ruth and Scott have spent much of their free time over the last two decades exploring the world, while successfully instilling wanderlust in their two adult children.

Ruth now operates her own business as a writer consultant for high tech companies, and Scott recently retired from a career as an air traffic control manager for the Portland, Oregon airport.

Ruth co-led our last walking adventure in Ecuador and Peru and is thrilled to be returning to this magical slice of the equator and Andean South America with Scott and another inquisitive group of WAI walkers!



### **Peruvian Guide ~ Sergio Eduardo**

Sergio will be offering cultural and historical insights as our local guide in Peru. Sergio has been guiding since 2011, is one of the top guides in Cuzco, and was chosen to accompany the King of Belgium on his visit to Peru in 2017!

Sergio partnered with our Walking Adventures Guide Team in 2017 and 2019, and we requested his excellent services again for our upcoming 2024 tour.

## Itinerary

*Click on each day to reveal more details.*

### Ecuador ~ Galapagos Islands: Part 1

[Day 1-May 29: Arrive Quito, Ecuador](#)

*Walk #1: Optional Colonial Quito Walk - 3 km, rated 1A*

Quito Altitude: 9350 feet

Upon arrival at Quito's international airport late this evening, our airport hotel is less than a mile away and offers a free shuttle to get you quickly to the hotel. Due to late arrival times, the first official group activity is breakfast on the morning of May 30.

#### **Quito & the Middle of the World Optional Excursion**

*Travelers who arrive a day early, on May 28, are invited to join us for an optional 6-7 hour excursion to visit colonial Quito and the Center of the World complex.*

*The walk in Quito explores the vibrant historic district, declared a UNESCO World Cultural Heritage site in 1978. Chief among the picturesque reminders of the Spanish colonial period is the impressive Company of Jesus Church, a masterpiece of baroque architecture overlaid with gold.*

*Approximately 11 miles north of Quito is the Middle of the World Complex which holds the Equator Monument situated at 0°0'0" latitude. In the eighteenth century, the French Geodesic Expedition erected one of three pyramids, as landmarks, to commemorate their calculation of the middle of the Earth. The complex replicates the Spanish colonial architecture with a typical central plaza, a church, and bull-fighting ring. Also on site is the Museum of Ethnicity of the peoples in Ecuador. Approximate price: \$126*

[Day 2-May 30: Quito - San Cristóbal Island, Galápagos \(BLD\)](#)

*Walk #2: Frigatebird Hill Hike - 2 km, rated 2B*

We depart early this morning for a flight to the Galápagos Islands. Arriving just after noon, we are welcomed aboard the *M/V Galápagos Legend* for lunch and an introductory briefing. Strict regulations within the islands protect this amazing environment by requiring the use of dinghies (inflatable rafts) for all island landings.

This afternoon we visit San Cristobal Island by dry landing (stepping from the dinghy onto a dock or dry land). The Interpretation Centre and the Museum of Natural History provide an introduction to the Islands of the Galápagos. Afterwards, we stroll along a boardwalk to Cerro Tijeretas (Frigatebird Hill), an area teeming with life—Darwin’s finches, San Cristóbal mockingbirds, marine iguanas, sea lions, and both species of frigatebird—framed around a turquoise bay.

NOTE: Today’s ascent to Cerro Tijeretas is rocky with uneven footing. Walking sticks recommended.

*Walks in Galápagos: Walks in the Galápagos Islands differ from typical WAI walks. Walking is the natural way to see most of the islands (though in some cases, humans are not allowed ashore and we may only cruise the shorelines in our dinghies) so our mode of exploration of the islands will be mostly on foot. The islands are protected by Galápagos National Park, however, and licensed park naturalists will be our guides for all shore activities. As a result, WAI has no ability or authority to determine either where or how far we walk. Your WAI guide will record an estimate of the distances we walk, and we plan to apply for two IVV stamps for those of you who are tracking this part of the experience.*

### [Day 3-May 31: Española Island, Galápagos \(BLD\)](#)

Walk #3: Gardner Bay - 1-2 km, rated 1A

Walk #4: Suárez Point - 3 km, rated 1C

Gardner Bay is a wet landing (stepping from the dinghy into shallow water) on a beautiful white coral sand beach guarded by a colony of sea lions. Here, our guide leads us along the shore in search of nesting sea turtles, Galápagos hawks, American oystercatchers, Galápagos ground doves, Hood mockingbirds, yellow warblers, lava lizards, and marine iguanas, to name a few of the local species. After the walk, travelers have the option to snorkel: normally there is an option for snorkeling from the beach, deep water snorkeling, or possibly viewing the underwater world from a glass-bottom boat.

Following lunch aboard ship, the afternoon visit is likely to be a highlight of the trip! Suárez Point, on Española Island, is one of the most popular sites in the Galápagos due to its abundant contact with wildlife, especially the endemic waved albatross. After a dry landing, we are met by marine iguanas and sea lions, then enjoy close encounters with boobies, endemic lizards, and various species of birds, all oblivious to our presence. A feature of this walk is the ‘Soplador’, a seaward blowhole that shoots water some 23 metres (75 feet) in the air.

But the star of the walk is the waved albatross, of which Española Island has the world’s largest colony. With luck, mating season will have started, and we’ll witness one of the most intriguing courtship rituals of the animal world. NOTE: Footing on this walk is rocky and challenging, but the pace is slow with lots of stopping for wildlife connections and naturalist commentary. Walking sticks are advised.

## [Day 4-June 1: Floreana Island, Galápagos \(BLD\)](#)

*Walk #5: Post Office Bay Walk - 1 km, rated 1B*

*Walk #6: Cormorant Point - 2 km, rated 1B*

Floreana (wet landing) is one of the Galápagos' most famous islands due to its connection with past settlers. Post Office Bay earned its name in 1793 when Captain James Colnett installed a wooden barrel to serve as a de facto post office for sailors passing through. Outbound sailors left letters in the barrel and inbound crews delivered any addressed mail to towns in their home countries. While here, we may encounter Darwin's finches, yellow warblers, flamingos, and lava lizards. Snorkeling is offered this morning with the likelihood of interaction with playful sea lions and majestic green sea turtles.

Our afternoon shore excursion includes a possible encounter with the largest flamingo population in the Galápagos at Cormorant Point along with a visit to Devil's Crown, an almost completely submerged volcano offering one of the better snorkeling sites in the Galápagos.

Here, we swim with big schools of yellow-tailed surgeonfish, salemas and creolefish, and with luck may spot turtles, spotted eagle rays, parrotfish, and even hammerhead sharks! The jagged "crown" is a roosting area for boobies, noddies, tropicbirds, and frigates.

## [Day 5-June 2: Santa Cruz Island, Galápagos \(BLD\)](#)

*Walk #7: Dragon Hill Walk - 3 km, rated 1C*

*Walk #8: Point Bowditch - 1 km, rated 1B*

We visit Santa Cruz Island this morning with a dry landing at a lava dock where our first encounter is with marine iguanas blending in perfectly with the dark rock. We pass large prickly pear cacti to arrive at a long crescent-shaped beach with Dragon Hill looming in the distance. Our walk continues on a circular path past a shallow lake frequented by feeding flamingoes and a variety of wading birds. We continue inland on rocky terrain to dry, forested habitat where land iguanas nest and burrow.

The afternoon visit returns to Santa Cruz and a remote powdery beach framing turquoise inlets and salt pools. This is a special experience offering walking and snorkeling in areas only recently opened for human visitors at Point Bowditch!

## [Day 6-June 3: Galápagos - Guayaquil, Ecuador \(B\)](#)

*Walk #9: Santa Cruz Giant Tortoise Walk - 3 km, rated 1B*

This morning, a 30-minute bus ride takes us to the Santa Cruz Highlands Tortoise Reserve to walk with Galápagos giant tortoises. These enormous, slow-moving reptiles can weigh more than 500 pounds and live up to 200 years. The Santa Cruz highlands are also a birdwatchers paradise since nearly every land bird of Santa Cruz lives or migrates here.

Later this morning, we board a flight for Guayaquil, Ecuador, on the mainland. Travelers with ongoing flights to the USA this evening will likely layover at the Guayaquil airport. Travelers continuing for Part 2 of the Adventure in Peru will likewise board an evening flight to Lima.

Our time in the Galápagos Islands of Ecuador has been an unforgettable, one-of-a-kind experience we will cherish forever.

## Peru ~ Mystical Machu Picchu: Part 2

### [Day 1-June 3: Arrive in Lima, Peru](#)

You arrive today in Lima, capital of Peru. A representative of Walking Adventures will meet you as you exit customs and arrange transportation to our centrally-located hotel. Flights generally arrive late in the evening so the first group activity is breakfast tomorrow morning at the hotel.

### [Day 2-June 4: Activities in Lima \(BL\)](#)

After breakfast this morning, we leave for a fun and enlightening 2-part exploration of Lima. The first part of the day is devoted to an excursion full of the flavor and color of Peruvian gastronomy. We start with a visit to a local market to learn about the fresh local products that are the basis of Peruvian cuisine, with the possibility of tasting some seasonal fruits.

Then, with the help of the chef, we participate in a cooking class to learn the details and secrets of preparing the most representative dishes of Peru, using materials and ingredients selected from the market. These experiences of interaction and education are then complemented by a delicious lunch, the perfect closing to the great culinary adventure.

The afternoon experience takes us to the Pueblo Libre District and the Larco Museum, an eighteenth-century Viceregal mansion that houses more than 3,000 years of Peru's pre-Columbian history. The museum boasts a superb collection of gold and silver jewelry and worship paraphernalia that demonstrates the outstanding skill of ancient Peruvian gold and silversmiths.

This is a good opportunity to preview key elements of the Inca story we encounter together later in our Peruvian/Incan experience.

Back at our hotel, we spend time getting better acquainted and talking about adventures that lay ahead in the Sacred Valley at a Welcome Orientation before you enjoy dinner on your own in one of the many options within walking distance of our hotel.

### [Day 3-June 5: Lima - Ollantaytambo \(B-box lunch-D\)](#)

OLLANTAYTAMBO ELEVATION: 9,160 FEET

After breakfast, we return to the airport for an early-morning flight to Cuzco, 15th century capital of the powerful and far-ranging Inca Empire. Our objective is reaching the Sacred Valley's lower altitudes with stops en route to imbibe the stunning natural beauty of the Peruvian Andes.

The main event of the afternoon is a visit to a local agricultural center for an introduction to the four species of camelid present in the Andes, including the most familiar, the llama.

After a fun visit to a local Quechua market town, we finish the day in the Urubamba River valley in the endearing Inca/colonial village of Ollantaytambo, our home for the next three nights.

#### [Day 4-June 6: Activities from Ollantaytambo \(BLD\)](#)

*Walk #1: Moray Terraces & Maras Village to Salt Pans Walk - 5 km, rated 2B*

*ELEVATION: 11,090 feet*

After more breathtaking vistas on this morning's coach ride, our first activity is a visit to the circular farming terraces of the Incas at Moray. Here we learn about the surprisingly sophisticated, somewhat mysterious, innovations of Inca agricultural engineers who developed a myriad of specialized subspecies of corn, potatoes, and other agricultural products.

Nearby Maras is a charming indigenous community with a surprising and memorable lunch in a local setting.

After lunch, our walk of the day starts from Maras and offers breathtaking views of the Andes as we descend to a startling sight—a well-developed network of evaporating salt pans carved from the mountainside by villagers to exploit the natural salinity of a mountain spring.

We return to Ollantaytambo for dinner and perhaps an evening stroll through this interesting Quechuan town.

*NOTE: Walk lengths are shorter in the Andes, and the rarified air of high altitudes turns our focus more to the richness of the walking experiences than the distances covered.*

#### [Day 5-June 7: Activities from Ollantaytambo \(BL\)](#)

*Walk #2: Pumamarca Inca Agriculture Walk ~ 4 km, rated 2D*

*ELEVATION: 11,591 feet*

*Walk #3: Ollantaytambo Village Walk ~ 2 km, rated 1B*

*ELEVATION: 9327 feet*

*Walk #4: Challenge Walk: Ollantaytambo Inca Fortress Ruins ~ 1-2 km*

The first part of today's walk introduces us to the Pumamarca Inca ruins above



Ollantaytambo with magical vistas over the Urubamba Valley. A highlight of the walk is the advanced system of canals and hydraulics used to irrigate crops during the Inca period.

After a fun cultural lunch and a fascinating wander through the busy, colonial-era Ollantaytambo village, a challenge hike is offered up into the oversized stone masonry of the Ollantaytambo fortress ruins, where Spanish conquistadors suffered a rare defeat at the hands of de-fending Incas. The size of these dressed stones and the puzzle of how they were transported are primary conundrums for this part of the Inca story.

#### [Day 6-June 8: Ollantaytambo - Aguas Calientes \(BD\)](#)

AGUAS CALIENTES ELEVATION: 6,700 FEET

*Walk #5: Mystical Machu Picchu Walk ~ 3 km, rated 3B*

ELEVATION: 8022 feet

*Walk #6: Optional Huchuy Picchu Mountain Walk ~ 1 km, 2B*

We board the train early today, enjoying a spectacular riverside rail descent through the Andes to Aguas Calientes, staging point for our journey to Machu Picchu!

Late morning is devoted to Machu Picchu on an in-depth, 2 1/2 hour-long guided tour of the primary sites.

#### [Optional Huchuy Picchu Mountain Hike](#)

Access to Machu Picchu, one of South America's most visited attractions, is tightly controlled. Our official visit is 2.5 to 3 hours long, but after we exit, travelers with a desire for more of Machu Picchu are invited to return under a separately purchased pass for a short hike up Huchuy Picchu Mountain. The climb is relatively easy and under 1 km, but the vistas of the ruins are classic! Estimated price: \$75 per person

Using the Machu Picchu bus service, travelers return to Aguas Calientes to check into our hotel and enjoy wandering this colorful Andean village sprawled along the dramatic cascades of the Urubamba River. We'll see you back at the hotel for dinner later this evening.

#### [Day 7-June 9: Aguas Calientes - Cuzco \(BL\)](#)

*Walk #7: Chinchero Andean Village Walk ~ 2 km, rated 2B*

ELEVATION: 12,345 FEET

CUZCO ELEVATION: 11,150 FEET

The morning train returns us to Ollantaytambo for a different kind of Andean lunch experience, a memorable opportunity to sample a local specialty—cuy (guinea pig).

From Ollantaytambo, our coach takes us to the high-altitude Quechua town of Chinchero on market day. A textile shop here introduces us to traditional Inca weaving techniques, with a chance to meet the weavers themselves.

A high-altitude stroll then takes us through town to the dramatically-situated colonial-era church.

We finish the day in Cuzco, the continent's oldest continuously inhabited city, at our hotel located strategically just off the Plaza de Armas.

#### [Day 8-June 10: Activities in Cuzco \(BL\)](#)

*Walk #8: Colonial Cuzco Walk ~ 5 km, rated 1B*

ELEVATION: 11,150 feet

The Adventure continues with a relaxing walking tour of this former capital of the Inca Empire. The highlight is a visit to the Santo Domingo Church, built by conquering Spaniards atop the foundation of Qurikancha, the Inca Temple of the Sun. The wonder of Inca architecture with its massive, multi-surface boulders fit tightly together must be seen to be believed.

The San Pedro Market introduces us to how locals shop, and a visit to the impressive Cuzco Cathedral gives insight into the transition from Spanish to South American Catholicism.

Following the walk, the balance of the day is free to explore fascinating Cuzco. Dinner is on your own this evening, with many options to tempt you from the convenient location of our hotel.

#### [Day 9-June 11: Cuzco - Depart from Lima \(BD\)](#)

*Walk #9: Lima Miraflores Seacliff Walk ~ 3 km, rated 1A*

This morning we say farewell to Cuzco and the Andes. Upon arrival in Lima, Colonial Lima offers a few highlights to explore as well, which we take in on a guided tour by coach and on foot.

Later this afternoon, our last walk in Peru is an easy amble at sea level overlooking the Pacific Ocean, the proverbial "cakewalk" after the ensemble of high-altitude hikes we just finished.

Following dinner together, we make our final Peruvian drive, this time to the Lima airport for homeward flights departing later this evening.

Life back home is sure to be enriched by this Adventure in another hemisphere and, in many ways, another world.

# Before You Book

*Click on each heading for more details.*

## [How Do I Lock in My Place on This Adventure?](#)

To register, a non-refundable \$300 deposit is required to hold your spot. A final payment is due February 19, 2024 and is **non-refundable** after the due date. You will receive a prompt email from us 2 to 3 weeks in advance.

Travelers who have submitted a \$100 pre-registration deposit have only an additional \$200 due for the full registration deposit.

Additionally, if you are joining us for *Ecuador & the Galapagos Islands: Part 1*, special payment terms apply due to ship payment conditions. An additional **non-refundable** initial deposit of \$500 per person is required. WAI will charge your payment credit card (the one used to pay your initial \$300 per person deposits) for this deposit within 1 to 2 business days of your booking. An additional **non-refundable** deposit in the amount of \$800 is then due by November 15, 2023 for *Ecuador & the Galapagos Island*.

Once this tour has a viable number of participants, an “Adventure Advice” email will be sent with critical information on flight arrangements as well as important steps to take in the months before your trip. Please do not buy your airline tickets until you review this Adventure Advice email.

Please follow this link to read our full [General Tour Conditions](#).

## [What is a Classic Curated Tour?](#)

With help from in-country partners, local experts, and walking guides, these itineraries are hand-crafted to WAI specifications.

When planning Classic Curated Tours, our objective is to capture the essence of a destination—the history, culture, and natural wonders unique to that part of the world. We then build activities and walks that take us inside these characteristics.

These tours are educational, but they are also interactive and immersive; walking gets us off the bus and penetrates local cultures to not only see but touch, smell, and feel these special spaces.

Along the way, local walking guides amplify the experience by sharing insights into the magic of that particular location.

## [What is a High Adventure Tour?](#)

“High Adventure” is a tag we add to tours to warn travelers of possible additional challenges. These challenges could stem from a variety of sources including:

- A high percentage of 1-night hotels
- More time driving than usual or challenging traffic settings (e.g. India)
- Walks routes that are more challenging on average (e.g. Appalachian Trail, Swiss & French Alps)
- More walking per day than usual (e.g. Hiking the Camino de Santiago)
- Walks and/or travel at high altitude (e.g. Peru; Colorado)
- A greater number of mid-tour flights (e.g. Chile)
- Cultural factors that can be stressors (lack of public toilets; extra caution required regarding food and gastro-intestinal challenges - e.g. India, Hiking the Camino de Santiago)

In the case of Ecuador & Peru, the “high adventure” tag is earned due to high altitude (see How High is High? below for more details).

Travelers should read the itinerary and **Before You Book** sections carefully before committing to a High Adventure tour.

### [How High is High?](#)

#### Ecuador:

Most of Part 1 of the tour is obviously at sea level in the Galapagos Islands. We do start, however, in Quito, at 9,350 feet above sea level. This higher than usual altitude is somewhat mitigated by the shortness of our stay, 1 night for the standard tour, 2 nights for those arriving a day early.

#### Peru:

Cuzco, Peru sits at an elevation of over 11,000 feet (contrary to common belief, Machu Picchu is situated at a much lower elevation than Cuzco). From Lima, at sea level, we fly to Cuzco. To help with altitude acclimation, we drive directly from the Cuzco airport into the Sacred Valley, dropping from over 11,000 feet above sea level down to about 9,000 feet above sea level.

From the Sacred Valley, we continue by train down to about 6700 feet at Aguas Calientes (base town for Machu Picchu at about 8000 feet). We then return to Cuzco at the end of the program when most travelers have acclimated.

Though walks have been geared down both in distance and difficulty to allow for altitude, *altitude sickness* can be a serious ailment. Walkers will be reminded during this part of the trip to pace themselves and drink plenty of fluids, including the cocoa tea available in most Andean hotels and restaurants. In addition, you may wish to ask your doctor about the prescription drug Diamox which is sometimes used to treat altitude sickness.

#### Consider checking with your doctor:

It is important to pursue any concerns you have about altitude with your doctor. As always,

travelers are free to opt out of any activities. For most of us who live near sea level, acclimation to these altitudes is an important aspect of a successful visit to the Andes.

### Walk Ratings

We generally walk at a pace of 2 to 3 miles per hour. Many walks on this trip are oriented more towards education, and therefore take longer due to stops for guide commentary.

On WAI-led walks, we are generally not “strolling.” We are walking at a relaxed but steady pace. Your experience will be significantly affected by your level of physical fitness. If not walking regularly at home, we strongly recommend that you make a priority of “training” beforehand to both enjoy the trip and avoid medical issues due to overexertion. If you have questions about your ability to participate, please contact our office at [fun@walkingadventures.com](mailto:fun@walkingadventures.com).

We have adopted a walk difficulty rating system which contains a numeric indicator for trail incline and an alpha indicator for trail terrain. The explanation for this system is presented on the table below:

#### **INCLINE**

1. Minimal hills or stair climbing. Cumulative elevation gain: <200 feet.
2. Some moderate hills and stair climbing. Cumulative elevation gain: 200-1000 feet.
3. Some significant hill or stair climbing. Cumulative elevation gain: 1000-2000 feet.

#### **TERRAIN**

- A. Almost entirely on pavement.
- B. A significant part of the route is on well-groomed trails with very few obstacles.
- C. A significant part of the route is on somewhat difficult terrain (rocky / rooted paths or soft sand).
- D. A significant part of the route is on very difficult terrain.

Walks in Galápagos: Walks in the Galápagos Islands differ from typical WAI walks. Walking is the natural way to see most of the islands (though in some cases, humans are not allowed ashore and we may only cruise the shorelines in our dinghies) so our mode of exploration of the islands will be mostly on foot.

The islands are protected by Galápagos National Park, however, and licensed park naturalists will be our guides for all shore activities. As a result, WAI has no ability or authority to determine either where or how far we walk. Your WAI guide will record an estimate of the distances we walk, and we plan to apply for two IVV for those of you who are tracking this part of the experience.

Unlike WAI-led walks, these naturalist-led walks tend to be more strolling and talking than walking at a set pace.

## [Our Ship ~ M/V Galapagos Legend](#)

In the Galapagos Islands (Part 1) we cruise on the [M/V Galapagos Legend](#), a lovely vessel with a capacity of 100 guests. The *Legend* is perfect for exploring these enchanted islands, large enough to ride the Galapagos seas comfortably and small enough for a more intimate experience.

With four different decks (Sea, Earth, Sky, Moon), the Galapagos Legend offers a great variety of comfortable and spacious social areas without losing its sense of intimacy. Its spacious open decks allow you to admire the islands' flora and fauna, enjoy a BBQ at night, or take some sun at the pool and bar areas. Take advantage of its spacious inside auditorium for important conferences.

The *Legend* philosophy fosters an informal environment without strict etiquette.

### **Cabin Upgrades**

The Adventure price includes cabins in the Standard Plus category. Upgrades are available to Junior Suite and Balcony Suite categories. Space in all categories is limited. See pricing options below:

- Standard Plus: Included in tour price (Sea or Earth Deck)
  - port hole windows
  - average 118 square feet
  - available only in twin bed configuration — with 2 beds
- Junior Suite: \$375 per person upgrade (Earth Deck)
  - 2 panoramic windows per cabin
  - average 161 square feet
  - available with 2 twin beds or 1 matrimonial bed
- Balcony Suite: \$875 per person upgrade (Moon or Sky Deck)
  - panoramic windows
  - private balcony
  - complimentary bottle of champagne
  - average 237 square feet
  - available with 2 twin beds or 1 matrimonial bed

To see a deck plan and more information about the *M/V Galapagos Legend*, click [here](#).

### [How Is Airfare Arranged?](#)

#### [Ecuador ~ Galapagos Islands: Part 1](#)

The official start point is our airport hotel in Quito which offers a complimentary airport shuttle from Mariscal Sucre International Airport (airport code UIO). The official finish point is the José Joaquín de Olmedo International Airport in Guayaquil, Equator (airport code

GYE). Travelers will book flights home from Guayaquil (full tour travelers — see information below about connecting to Peru).

Flights to and from the Galapagos Islands are included in the tour price.

### Peru ~ Machu Picchu: Part 2

The official start point is the Jorge Chavez International Airport in Lima (airport code LIM). Airport transfers are included to our centrally located Lima hotel. The official finish point is the Lima airport.

Because schedules and pricing are not yet available, flights from Lima to Cuzco and back to Lima **are not included** in the tour price. A group flight will be offered through our Peruvian partners once pricing and schedules are available in August 2023. WAI will then notify travelers of their options to ensure that we are all on the same flight. Our partners project a price of approximately \$400 per person for this round trip flight.

### Full tour travelers

Travelers participating in both *Ecuador ~ Galapagos Islands* and *Peru ~ Machu Picchu* will receive assistance in booking the connecting flight between Guayaquil, Ecuador and Lima, Peru. When flight information become available, WAI will evaluate group flights versus individual flight options and help coordinate this flight so that all travelers arrive into Lima together. A credit of up to \$300 per person will be given to help offset the cost of this flight.

NOTE: In some cases, lower fares can be obtained by booking domestic flights in South American in conjunction with flights from North America. Check with your travel agent.

Details about flight arrangements and recommended travel agent contact information will be provided by email after you register for the Adventure. Please do not book your airfare prior to receiving these flight details from us!

We recommend that you contact Laura Pfahler, the travel agent we work with, to help book your flight arrangements.

Laura Pfahler: 503.434.6401 or [llp@wtpdx.com](mailto:llp@wtpdx.com)

### [Travel Insurance](#)

WAI believes strongly in the importance of travel insurance for financial and medical protection from any number of unforeseen circumstances that can arise before departure or during your Adventure. Many travel insurance providers are available for you to consider. Laura Pfahler and Sharon Mitchell of World Travel Inc. are travel agents who provides air travel and insurance services to many WAI travelers.

Laura Pfahler: 503-434-6401 or [llp@wtpdx.com](mailto:llp@wtpdx.com)

Sharon Mitchell: 971-261-2091 or [smitchell@wtpdx.com](mailto:smitchell@wtpdx.com)

Check out [Insurance Tips](#) from World Travel for a short introduction to travel insurance. (NOTE: WAI receives no commission or financial remuneration from World Travel Inc.).

Be aware that some travel insurance policies contain time-sensitive provisions (i.e. some benefits, such as coverage of pre-existing conditions, are available only if the policy is purchased within a certain number of days of the purchase of the travel package). In addition, remember that airfare is not covered by any travel insurance policy you may have purchased for the tour.

As always, do some shopping to ensure you are getting the best value. Using the [SquareMouth.com](#) website can be a good way to compare pricing.

Other options include:

- Allianz
- Betins
- Travel Guard
- Travel Insured International

WAI bears no responsibility for travel insurance benefits advertised by various credit card companies. If you are relying on this type of benefit for insurance, we advise you to verify coverage types and limits and that your purchase does in fact qualify you for this insurance.

*NOTE: We suggest purchasing from a reputable, well-established insurance company (avoid buying insurance from an unknown company found only online). Travelers interested in purchasing "cancel for any reason" insurance coverage should be careful to check pricing and terms BEFORE they register for a tour. Recent changes in the international travel landscape has caused changes in the policies of some insurance companies, and made the purchase of this particular type of policy even more time-sensitive.*

### [What if WAI Cancels the Tour](#)

Walking Adventures International reserves the right to cancel this tour departure with fewer than 12 participants, in which case registered participants will receive a 100% refund of payments received.

This refund policy contains one exclusion. Many suppliers require non-refundable deposits as a condition of booking services. Though it is rare, unforeseen circumstances can force us to cancel a tour. In cases where supplier's non-refundable policies are imposed, WAI attempts to retrieve as much of these deposits as possible but cannot guarantee a 100% refund. In cases where full refunds cannot be obtained for a cancelled tour, we will do our best to transfer unrefunded money as traveler credits to be applied to a future tour to that destination.

### [Wellness Policies for This Tour](#)



As of the date of this writing (May 22, 2023) Ecuador and Peru have dropped all COVID-19-related restrictions.

WAI has also relaxed our policies and currently requires no mitigation procedures ([WAI Wellness on Tour Policy](#)).

Our approach to wellness on tour has traditionally been to encourage travelers to:

- Focus on health before the tour so you start healthy.
- Pace yourself while on tour; travel is inherently stimulating and can produce adrenalin boosts that mask energy drain. Guard your energy reserves and consider the length of the trip and whether to opt out of some activities and/or walks.
- Be self-aware. If you feel yourself tiring or feel a bug coming on, take precautions to block it (e.g. extra rest, extra doses of vitamin C, etc).
- If you feel a bug coming on or if you take ill, distance yourself from others when possible.
- If you feel ill, isolate yourself towards the back of the bus and away from others

### [What Happens Next?](#)

Once a viable number of travelers have registered, an “Adventure Advice” email will be sent with critical information on flight arrangements as well as important steps to take in the months before your trip. Please do not buy your airline tickets until you review this Adventure Advice email.

For *Ecuador ~ Galapagos Islands*, a 2nd non-refundable deposit of \$800 is due on November 15, 2023. These travelers will receive a prompt email two to three weeks in advance.

For both *Ecuador ~ Galapagos Islands* and *Peru ~ Machu Picchu*, a final payment is due 100 days before departure (February 19, 2024) and is non-refundable after the due date. You will receive a prompt email from us two to three weeks in advance. Please see our [General Tour Conditions](#) for the full terms and conditions for participation in this Adventure.

Around 2 weeks before departure, you will receive a final email packet with details of the program, including hotel names and contact information, a list of fellow travelers, and a more detailed daily schedule.

We look forward to enjoying this fascinating region of South America with you, visiting two of the world’s great bucket list destinations!