

# Footprint

## Adventures

the way to go.....



## Travel Itinerary



### Andes & Amazon

37/53 days

**Quito to La Paz or Santiago (or V. Versa)**  
**(Ecuador, Peru, Bolivia, Argentina, Chile)**

This action packed South America tour takes us through some of the most diverse landscapes on the continent. In Ecuador we explore the dense Amazon Jungle and can mountain-bike down spectacular volcanoes, through Peru we follow the footsteps of the Incas on the Inca Trail as we hike to the mysterious ruins of Macchu Picchu, while Bolivia provides us with the opportunity to overnight with local Indians and experience the vastness of the uninhabited Salt Flats of Uyuni, before our journey culminates in the cosmopolitan capital of Santiago de Chile.

Our "Andes & Amazon" South American tours can be joined in either Quito, La Paz or Santiago. For those beginning in Santiago the daily itinerary below should be followed in reverse. Should you wish to arrive a few days before the tour starts we can help you arrange accommodation.

**Day 1 - 6 (or days 48 - 53)** Starting our South America tour journey in **Quito**, we first visit the town of **Otavallo** famous for its colourful craft market. Heading east on narrow, tortuous roads to the steamy edge of the **Amazon basin** the town of **Tena** is our gateway into the **Amazon jungle**. Here accompanied by experienced guides, we **explore on foot this exotic environment**.

**Day 7 - 11 (43 - 47)** Further south, perched high in the mountains of Ecuador, lies the outdoors mecca of **Banos**. This spa town where Ecuadorians go to relax in the **thermal baths** is ideal to **hike or mountain bike the various trails** to one of the surrounding waterfalls or the impressive nearby rocky canyon. We hit the road again and drive south along the spine of the **Andes** towards Peru.

**Day 12 - 15 (39 - 42)** A days drive on the **Pan-American highway** brings us to the border with **Peru**. You will notice an amazing transition in one day, from the good farming country of highland Ecuador, through sub-tropical forest and immense banana plantations, to dry barren desert in Peru. We are rewarded with a couple of days **camping on the beach**. Our next stop are the **Chan Chan ruins**, imperial citadel of the pre-Inca Chimu kings which the Incas later conquered. It claims to be the largest mud brick city in the world.

**Day 16 - 21 (33 - 38)** Continuing with the Andes close to our left and the sea on our right, the capital city of **Lima** will be our next stop on the "Andes & Amazon" South America tour. After a couple of days in this busy metropolis our next stop is the **Ballestas Islands** in the **Paracas National Reserve**. By boat we visit the rare and exotic sea birds and mammals that inhabit these islands. We now make our way to one of the world's great archeological mysteries; **The Nazca Lines**. These huge figures and shapes, carved into the desert floor are best viewed from the air.

**Day 22 - 26 (28 - 32)** Still heading south we visit **Puerto Inca**, at this ancient Inca harbour we camp at the beach and enjoy our last night at sea level before beginning our climb back into the towering Andes. The next two nights are spent in **Arequipa** at 2325m, giving us time to acclimatise, and enjoy this beautiful

colonial city with its impressive **El Misti Volcano** in the background. Arequipa is also the gateway to one of the deepest canyons in the world. Twice as deep as the Grand Canyon, **Colca Canyon** is an awesome sight. Here, if you get up early, **Condors** can be seen circling lazily on the thermals rising from the canyon floor.

**Day 27 - 33 (21 - 27)** We now have to face one of the most arduous and punishing dirt roads on the tour, although we soon arrive at **Cuzco**. Widely considered to be the most interesting city in South America, Cuzco is surrounded by the **Sacred Valley of the Incas** and offers a wide range of activities to explore the region. We will base ourselves here for 6 days giving us enough time for the 2 or 4 day **Inca Trail trip**, which is regarded by many to be the highlight of their South America tour. As well as the tours to Machu Picchu, you're able to enjoy the architectural uniqueness of Cuzco and explore some of the colourful surrounding markets.

**Day 34 - 37 (17 - 20)** Bordering Peru and Bolivia at 3800m lies **Lake Titicaca**, the original place of the **Uros Indians** who have made their homes on **floating reed islands**. By boat we visit the floating islands during the day and then we go that one step beyond the average tourist and spend the night with one of the Indian families on the lesser known islands **Isla Amantani or Taquile**. Spending some time in these local communities will provide a unique opportunity to learn more about the traditional lifestyle of the Andean people and their customs. From here it's a days drive to the capital of **Bolivia - La Paz**. This is a great place to visit a '**pena**' club, **dedicated to Andean folk music**, and perhaps buy some souvenirs in one of the authentic markets such as the "witches market".

***For those on our 37 Day trip, La Paz is the final destination. Those on our 53 Day trip continue on towards Santiago.***

**Day 38 - 43 (11 - 16)** Leaving La Paz we enter real Bolivia, where the **Aymara and Quechua Indians** scrape a living from their small plots of land in the harsh climate and paved roads are virtually non-existent. A days drive brings us to **Potosi**. At over 4000m it is the highest city of its size in the world and 400 years ago it was the largest city in all the Americas. Vast amounts of silver were extracted from Potosi and shipped to Spain in years gone by. The adventurous will appreciate the opportunity to go down one of these mines where mining techniques have remained unchanged for centuries. Visiting the

ancient mint or having a tour around the **Casa Nacional de Moneda (National Money House)** also provides a good look into Potosi's and Bolivia's past. Leaving the bleak Altiplano we arrive at the shimmering white **Salt Flats of Uyuni**.

**Day 44 - 47 (7 - 10)** It is possible to venture out into the salt lakes for a 1 day excursion. With no roads and only vague tracks to follow it makes for an unforgettable experience. Our descent through the Andean passes is spectacular as we cross into **Argentina** towards the colonial city of **Salta** where we have a couple of free days.

**Day 48 - 53 (1 - 6)** Another border crossing brings us into **Chile** and to the oasis town of **San Pedro de Atacama**. This small but exciting place offers many activities and excursions into the surrounding regions. From here we can also visit the fantastic landscapes of the **Valley of the Moon** as well as stone age dwellings. After a week of desert scenery we rejoin the **Pacific Ocean and the Pan American Highway**. Near to **La Serena** we stay on a beach campsite and relax for a few days before our final drive into Chile's capital, **Santiago**. Our arrival here marks the end of our South American tour.

### **Pick up the lingo!**

South America is mostly Spanish speaking and knowing a few words will give you a unique opportunity to mingle with local people and get a real feel for the Latin American lifestyle.

Quito is the perfect place to spend a week or two brushing up your language skills before or after your South America tour. You will enjoy the benefits of one-to-one tuition and practising your Spanish while staying with your host family.

£220 per week includes:

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**£220 per week includes:**

- 20 hrs one-to-one tuition
- 7 nights accommodation with a local family
- 3 meals per day

- Laundry
- Airport pick up
- Cultural activities
- For more information request our detailed Dossier!

## What's Included

- 2 Days 2 Nights Jungle Excursion
- Chan Chan Ruins
- Puerto Inca
- Colca Canyon
- Inca Trail Trek to Machu Picchu (4 days trek including all meals on Inca Trail)
- Boat Tour on Lake Titicaca
- Overnight stay with local family on Lake Titicaca
- Uyuni Salt Flat\*
- Valley of the Moon Atacama Desert\*
- All transport on Expedition Truck
- All accommodation fees
- Camping and cooking equipment
- Meals prepared by group - 50% approx
- Services of 2 Crew

\* 52 day tour only

## What's NOT Included

- International Flights
- Airport Taxes and Transfers
- Travel Insurance
- Visas
- Drinks
- Meals while in Hotels
- Tips and Optional Excursions as listed

## Optional Excursions - Excursion Price (£) Price (\$)

- Canyoning in Banos £23.00 \$40.00
- Mountain Bike Hire/Banos (per day) £6.00 \$10.00
- Ballestas Island Boat trip £9.00 \$15.00
- Horse riding Banos £15.00 \$25.00
- Flight over Nazca Lines £23.00 \$40.00
- Chauchilla Cemetery £6.00 \$10.00
- Colca Canyon/Condor 1 day tour £23.00 \$40.00
- Sacred Valley tour in Cuzco £9.00 \$15.00
- Cuzco Museum Pass £6.00 \$10.00
- Gravity Assisted Mountain Biking £30.00 \$50.00
- Potosi Guided Mine Visit (52 day tour only) £6.00 \$10.00

- Uyuni Salt Flats 1 day trip (52 day tour only) £23.00 \$40.00

**Important:** Before you travel please check your **Tour Voucher** and **Arrival Information** for the latest joining instructions. This will be sent to you upon receipt of final payment.

**All itineraries are subject to change without prior notice.**

## South America - Essential Information

### Travelling Style

**CAMPING / OVERLAND TRUCK TRIP** - On our truck tours we stay in simple hotels, guesthouses or camp in both designated campsites, and desert or bush-camp using two person tents. We usually cook using gas stoves and take turns, so expect to cook about every 15 days or so. Driving days normally start around 8am and finish around 5pm with stops for lunch and buying of food, seeing local sights etc. We will not be travelling every day. The average group size is around 18 although our vehicles can carry a maximum of 23.

### Climate

In South America you will experience a wide range of conditions. From very cold temperatures and snow in the highlands and mountains of the Andes, to heavy rainfalls in the tropical jungle areas, to blazing sunshine on the coast, South America has it all.

### Spending Money and Local Payment

At the beginning of your trip the crew will collect the Local Payment in US Dollars Cash. For personal spending we suggest an average of \$150 per week. Personal spending requirements vary hugely depending on individuals. We cannot specify every cost, however, you need to allow for visas, drinks, occasional meals out, curios and local crafts, emails etc. Budget on optional side trips separately. Credit cards are only accepted in the main cities so you need to bring at least a third of your spending money in US Dollars cash and the rest in US Dollar Travellers Cheques.

### Health

**Vaccinations** - It is advisable to be vaccinated against Typhoid, Tetanus, Polio, Hepatitis A and Meningitis.

Consult your doctor about having Yellow Fever, Hepatitis B and Rabies shots. Malaria - The only areas we visit with a recognised malaria risk are the Amazon Jungle, The Pantanal and Iguazu Falls. You cannot be vaccinated against malaria but there are a number of preventative treatments. While some GPs are quite well-versed in tropical medicine and malarial prevention many are not! If you are not happy with the information your doctor has provided, contact a reputable travel clinic in your area or phone us and we can give you details of several clinics.

## Passport and Visas

At the time of printing, United Kingdom, Ireland and South Africa passport holders do not require visas for any of the countries we visit in South America. Australia, New Zealand, USA and Canada passport holders require a visa for Brazil only. Your passport must be valid for at least nine months from the start date of your trip and you will need one blank page for each country you intend to visit.

## Starting and Ending your Trip

Quito, Lima, La Paz, Santiago and Rio de Janeiro are the start and finish points of our tours in South America. We recommend arriving a couple of days before your trip starts in order to acclimatise and give yourself a free day. Most people also give themselves a few days at the end of their trips to experience the cities our trips finish in and chill out before travelling on to their final destinations. We can advise you of places to stay and on getting around these cities. We can also reserve accommodation in Rio during Carnival and New Year.

**Quito**, Only 25 kilometres south of the equator it would be easy to imagine a city basking in intense tropical heat. However, at a height of 2850m (9350ft) it has a climate more similar to spring in southern England. The city was founded by the Incas and is set in a hollow below a towering volcano and surrounded by mountains. The old quarter is characterised by steep, narrow, cobbled streets. The restaurants here are cheaper and more likely to serve local dishes. If you are lucky you will find one serving Cuy, one of the national dishes of baked guinea pig. Quito also has many museums and 16th and 17th century churches, which are well worth visiting.

**Lima**, Like Quito has a mild climate. It was at one time the chief city of Spanish South America. With an estimated 8 million people inhabiting Lima it has a vibrant and varied atmosphere and is a great place to spend a couple of days. There are quite a few interesting and informative museums as well as cathedrals and churches in the old colonial part of the city to visit.

**La Paz**, the highest capital in the world lies in a steep canyon. The view from the air as you fly in is dramatic, with snow covered Mt. Illimani at 6400m towering almost 3000m above the city. It has interesting markets selling local cuisine and ethnic crafts including jumpers and woollen garments made from Alpaca, llama and Vicuna wool. There are a number of festivals in La Paz and we try and time our visits to coincide with some of these.

**Santiago**, is essentially a modern city of 5 million people. A smart underground metro, well kept parks and cleanliness and efficiency are the things that strike a visitor on arrival. There are a number of very informative museums with pre-colonial and post-colonial history. Santiago is a pleasant and safe place to spend a few days.

**Rio de Janeiro** is visually, one of the most stunningly beautiful cities in the world. The Corcovado (hunchback) mountain and the Sugar Loaf dominate the skyline. This and the giant white sweep of Copacabana beach overlooking the azure Guanabara Bay, provide the 'cariocas', as Rio's citizens are known, with the setting for the explosive, frenetic sensuality of the annual 'carnival'.

## Carnivals and Festivals

Fiestas (festivals) are a fundamental part of life for most Latin Americans. Arriving in a city or village during one of these inevitably frenetic celebrations is an experience you will always remember. However be prepared for some serious partying and a hangover the size of the Amazon! There are too many fiestas to mention but where possible your tour leaders will always try and incorporate one during your trip. Among the most notable celebrations are News Years Eve on Copabana Beach and the annual 'carnaval' which takes place the weekend before Ash Wednesday in towns and villages across the continent. The biggest 'carnaval' is in Rio which we visit each year on our Kingdoms and Carnivals and Coast to Coast trips. The dates for 'carnaval' in the next three years are; 21 - 24 Feb 2004, 05 - 08 Feb 2005 and 25 - 28 Feb 2006.

## Local Customs

People in the countries we visit are usually extremely friendly and helpful. Most Latin Americans, if they can afford it, take pride in their clothes and appearance and it is appreciated if travellers make an effort to do like wise. Buying clothing locally can help you look less like a tourist. In the more remote Andean regions ask before photographing people as this may cause offense.

Average Day and Night Time Temperatures (°C)   Average Monthly Rainfall (Millimetres)												
Temp Day-Night (°C) Rainfall (mm)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
BUENOS AIRES, 25 metres (Argentina)	29-17	28-17	26-16	22-12	18-9	14-5	14-6	16-6	18-8	21-10	24-13	28-16
	29	21	109	89	76	61	56	61	79	86	84	99
LA PAZ, 3632 metres (Brazil)	16-6	16-6	17-6	17-5	17-4	16-1	17-1	17-1	17-2	18-3	18-4	18-5
	114	107	66	33	13	8	10	13	28	41	48	94
RIO, 15 metres (Brazil)	29-24	29-23	28-22	27-21	25-19	24-18	24-17	24-18	24-18	26-20	26-20	28-22
	125	122	130	107	99	53	41	43	66	79	104	137
QUITO, 2818 metres (Ecuador)	22-8	22-8	22-8	21-8	21-8	22-7	22-7	23-7	23-7	22-7	22-7	22-8
	99	112	142	175	137	43	20	31	69	112	97	79
SANTIAGO, 520 metres (Chile)	29-12	29-13	27-9	23-7	18-5	14-3	15-3	17-4	19-6	26-9	26-9	26-11
	3	3	5	13	64	84	76	56	31	15	8	5
LIMA, 137 metres (Peru)	28-19	31-19	28-19	27-17	26-16	20-14	19-14	19-13	20-14	26-16	26-16	26-17
	3	0	0	0	5	5	8	8	8	3	3	0
CUZCO, 3310 metres (Peru)	20-7	21-7	21-7	22-4	21-2	21-1	21-1	21-1	22-4	22-6	23-6	22-7
	163	150	109	51	15	5	5	10	25	66	76	137