

Amazon Riverboat Adventure

Trip Code: ARB

Version: ARB Amazon Riverboat Adventure



WILDLIFE



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Explore Peru's largest National Park, the Pacaya-Samiria
- Spot pink river dolphin in the Amazon River
- Fish for piranha and have a paddle in a dugout canoe
- Visit a Manatee rescue centre

AT A GLANCE

- 6 days Amazon river discovery
- Join at Lima

ACCOMMODATIONS & MEALS

- 8 Breakfasts
- 6 Lunches
- 6 Dinners
- 2 nights Hotel
- 6 nights Riverboat

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

The adventure holiday takes us on a journey down the Amazon River on the riverboat the Amatista. We board our vessel in Iquitos, in the heart of the Amazon. This is the largest city in the world inaccessible by road and has beautiful colonial churches and architecture. Our Riverboat will be our home for the next 6 nights as we experience the Amazon in style. Led by an Amazon Reserve naturalist guide, our cruise will include daily excursions by motorized skiff designed to reveal the exotic wildlife that calls the rainforest home, with any luck we'll spot sloths, toucans or pink dolphins. And, with two full days for exploration in Pacaya-Samiria National Reserve, we have the chance to experience the jungle up close. We also include 2 night time excursions to see the nocturnal animals.

In addition to our rainforest explorations, another important feature of the holiday will be our visits to the homes of deep forest settlers. We will visit and learn what their lives are like, living on the edge of this vast trackless forest. A walk through their gardens is always interesting and we marvel at their survival skills, which permit them to continue living in the complex tropical forest environment. All deep forest settlers collect plants for medicines and we will talk with them and a shaman about which plants they collect and their uses. We also have the opportunity to fish for piranhas, a staple fish for food here on the river. We explore the Choroyacu Creek where we paddle in a dugout canoe through the mangroves. We certainly gain a rare glimpse of how life "on the river" is lived and experience the magic of the Amazon on this once-in-a-lifetime riverboat adventure.

Is this holiday for you?

This is principally a touring, sightseeing and wildlife viewing holiday. There'll be some light walking and hiking, suitable for most fitness levels. All cabins are en-suite, with twin or double beds. Whilst on deck or during excursions, you need to be prepared for hot and humid temperatures. Wildlife excursions on the small skiff boats will be taken in the early morning when the temperatures are cooler and the wildlife is more active. Breakfast is onboard on our return from these morning excursions. All excursions are included, but you do not need to participate in them all. During the heat of the day you will be onboard in the shade. Presentations, lectures and videos will be shown during this time.

Itinerary

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DAY 1

Meet at the group hotel in Lima. Transfers from Lima Airport are provided.

Arrive at Lima Airport. Complementary airport to hotel transfers (45-60mins) are included for all flight times. At 6pm we meet the group and our representative at the hotel for a briefing.



Accommodation
Hotel

DAY 2

Fly to Iquitos. Manatee rescue centre visit. Welcome onboard the Amatista Riverboat.

The day begins very early to catch our flight (3hrs) to Iquitos. On arrival we have an orientation tour. We explore the unique architecture of this town, which is a 19th-century vestige of the era when European commercial barons held sway over life and culture. We discover quiet places and shaded retreats amid the hustle and bustle of daily life in this jungle port city. After lunch we visit the Amazonian Manatee Rescue Centre. This organization focuses on rescuing orphaned manatees that have been victims of poaching. The centre helps to rehabilitate and reintroduce these very rare and endangered mammals back into the Amazon Basin. See some manatees and have the opportunity to feed these amazing and lovable animals – be sure to bring your camera! We then transfer to our Amazon River boat, the Amatista, our privately chartered home for the next seven days. Once on board the ship, we can relax and soak in the natural beauty of the wild rainforest. We step out on deck to watch the riverbanks go by, and keep eyes peeled for wildlife such as gray and pink dolphins. The ship casts off and wends its way to the confluence of the Marañon and Ucayali Rivers. It is generally (but not universally!) considered that the Amazon River begins here, at least in name. Over the next five days, we explore the wonders of the Amazon Rainforest. Expert guides will lead jungle walks, give lectures, and point out unique species of bird and marine life as you explore the smaller tributaries of the river.

Meals: **B L D**



Accommodation
Riverboat

DAY 3**Boat excursion along Amazon and tributaries, walk along shores of Ucayali River.**

Over the course of the next few days, the skiff and land excursions will be in the morning and late afternoon, when wildlife is at its liveliest. During the hotter hours of midday, expedition staff will present enthralling lectures on everything from the history and culture of the region to the Amazon's prolific flora and fauna. There will be plenty of time to relax and enjoy the comfort of Amatista's observation deck. This morning we have an excursion by motorized skiff down the Amazon and some of its tributaries to see the wonders of the rainforest. Keep an eye out for monkeys, sloths, and a variety of birds while exploring. In the afternoon we walk along the banks of the Ucayali River to explore the Yucuruchi region of the Amazon, and to have the opportunity to see the Victoria Regia water lily - a gigantic aquatic plant with leaves that measure up to 3m in diameter. Keep a watch out for the Amazon River dolphin, giant otter, and the Amazonian manatee, which all make their home in Ucayali's waters.

Meals: **B L D**



Accommodation
Riverboat

DAY 4**Morning excursion into the Pacaya-Samiria National Reserve. Afternoon visit to local shaman.**

Rise early to visit the Pacaya-Samiria National Reserve. Peru's largest national park and home to more than 200 bird species and 10 primate species. We have the chance to view cocoi and striated herons, macaws, squirrel and woolly monkeys, caimans, and sloths. Follow a route that crosses the tributary waters of the Mara on. Along the way, the guides will point out the interesting wildlife species that inhabit the riverbanks, and unusual fish and vegetation that can be found in the river. Once back on board, we have breakfast followed by a presentation on the life, history, and culture of the Amazon's main tribes. We then have free time and can take a snooze if we wish. After lunch, we listen to an introductory discussion about shamanism to help understand the traditions of the people living in the rainforest. Shamanism is practiced around the globe, and is universally distinguished by a trance state called shamanic ecstasy. In these "out of body" travels, the shaman enlists denizens of the spirit world to help him with a variety of duties, from healing the sick to assisting a deceased person's soul into the afterworld - all the while, the shaman remains conscious. We gain rare insight into the complexities of this phenomenon when we meet an actual practicing shaman in a river village. He'll introduce the group to his spiritual healing craft and talk about rainforest plants that indigenous peoples have, for untold centuries, held to possess curative properties.

Meals: **B L D**



Accommodation
Riverboat

DAY 5**Morning excursion, lunch with local Indian family. Night time boat wildlife excursion.**

Our continuation of exploring the Amazon starts this morning with an early excursion to watch the rainforest world wake up. We might be able to spot iguanas, river turtles, cormorants, or wattled jacana, and gain insight into another side of the jungle. After breakfast and some time onboard we visit the home of a local Indian family. Here we share conversation over a midday meal, and are introduced to their culture and way of life. This is an unforgettable experience and we gain a little insight into a new and different world of the local people of the Amazon. The afternoon is onboard and we can relax and prepare for our night time boat ride in the wild! We watch the Amazon become a different domain at night. We need to be on the lookout for bats, capybaras, black caimans, poison frogs, and a vast number of other species. See if our torches will reflect the 'red eye shine' of the black caiman or show the glowing yellow eyes of a jaguar!

Meals: **B L D**



Accommodation
Riverboat

DAY 6**Piranha fishing, explore the mangroves in a dugout canoe and swim. Night wildlife excursion.**

We rise early and set out to explore the impressive biodiversity and unusual ecosystem of the Pacaya Samiria National Reserve. We find a quiet spot to enjoy a picnic breakfast, followed by a trip to explore Choroyacu. We start with a ride up the Nahuapa River for a spot of piranha fishing! Cast your line to see if you can catch "the most ferocious fish in the world" (to quote Teddy Roosevelt) - the piranha. Piranhas aren't terribly selective about what they eat, making piranha fishing fairly easy. They are a dietary staple for many of the Amazon rainforest's indigenous people, and, while fearsome, piranhas are also esteemed as some of the best eating fish in South America. After our fishing trip we visit Choroyacu Creek have a paddle in a dugout canoe to and explore this scenic area with the locals. After the excursion, we return to the riverboat to relax and opt to enjoy some presentations and videos. This afternoon we can sit on deck and watch the jungle as we float by. This evening, after dinner, we have another chance to witness the nocturnal life of the rainforest. We venture out again in the small boats onto the Marañon River with our torches/flashlights.

Meals: **B L D**



Accommodation
Riverboat

DAY 7**Stop at the Sapisapi River to maybe see turtles, and visit the town of Nauta, return to Iquitos.**

During the day, the ship returns to its home port of Iquitos. Before docking, there are a few more unique experiences to look forward to. In the morning, we call on the town of Nauta, where the Ucayali and the Marañon - the major headstreams of the Amazon - join together. Here we can have a ride in the local motorcars and browse the local market. We can try some bargaining and pick up some souvenirs. We visit the Sapisapi River, which is known for its turtles. On arrival at Iquitos we stay onboard and during the evening we have a celebratory farewell dinner and party, complete with live music.

Meals: **B L D**



Accommodation
Riverboat

DAY 8**Disembark and fly back from Iquitos to Lima. Free afternoon to explore the capital of Peru.**

We disembark the Amatista at Iquitos and transfer to the airport for the flight back to Lima (3hrs). On arrival in Lima we will be met and transferred to the hotel. We have the afternoon free to explore this town. On our last night we can enjoy a Pisco Sour or try maybe try some Peruvian ceviche.

Meals: **B**



Accommodation
Hotel

DAY 9**Departure day.**

Your holiday ends after breakfast. Depending on flight times there maybe time for some further exploration or tours of Lima.

Meals: **B**

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Machu Picchu and Cusco Extension

The ruins of Machu Picchu, rediscovered in 1911, after 500 years under dense vegetation, are one of the man-made wonders of the world. This itinerary also includes time for sightseeing in and around this former Inca capital of Cusco, which is renowned for the wealth of its Inca stonework and for its extravagant Spanish Colonial architecture. We then take the scenic train to Machu Picchu for a full day guided sightseeing tour of this incredible Inca city before returning to Cusco for a final evening.

4 days from
US\$880 per person



Galapagos Islands Cruise

Situated over 600 miles from the mainland of South America, the remote archipelago of the Galapagos Islands needs little introduction. The Galapagos Islands are considered to the crown jewels of the natural world, achieving near mythological status following visits by Charles Darwin. It was on his second visit aboard HMS Beagle in 1835 that Darwin's scientific studies introduced the world to the theory of evolution. The islands teem with life, much of which seem totally unphased and perhaps curious of visitors. Of the thirteen major islands, on five have any form of human habitation. The environmental footprint is kept to an absolute minimum, allowing you, the visitor, a chance to explore the incredible biodiversity of these famous islands untouched by human development. Expect close encounters with blue-footed boobies, frigate birds, albatross, giant tortoises, seals, turtles and dinosaur-like lizards amongst many, many other examples.

7 days from
US\$5,105 per person



Lake Titicaca by Bus

Forming part of the border between Peru and Bolivia, this sacred lake of the Incas at an elevation of 3830 metres was where the god Viracocha rose and created the sun, moon, stars and the first people. It is the largest navigable lake in the world. There are several islands in the lake including the 'floating' Uros Islands which are man-made from reeds and are home to a pre-Incan people who live a simple traditional life. We travel by comfortable tour bus across the altiplano from Cusco to Puno, on the shores of Lake Titicaca.

4 days from
¥9,223,372,036,854,776,000 per person



Lake Titicaca by Train

Forming part of the border between Peru and Bolivia, this sacred lake of the Incas at an elevation of 3830 metres was where the god Viracocha rose and created the sun, moon, stars and the first people. It is the largest navigable lake in the world. There are several islands in the lake including the 'floating' Uros Islands which are man-made from reeds and are home to a pre-Incan people who live a simple traditional life. We travel by luxury train across the altiplano from Cusco to Puno, on the shores of Lake Titicaca. Note: Train operates on Wednesdays, Fridays and Sundays only.

4 days from

£9,223,372,036,854,776,000 per person

Holiday Information

What's Included

- Lima Airport to/from group hotel transfers
- All accommodation as described
- Internal return flights between Lima and Iquitos
- Launches and land excursions as described with our expert naturalist team
- Meals as detailed in the Meal Plan
- 2 Certified Amazon Reserve naturalist guide and support staff aboard the Amazon riverboat
- Lecture and guidance programs during the Riverboat experience

What's not Included

- Travel insurance
- Tips for staff
- Lima airport transfers (except as described)
- Some meals as detailed in the Meal Plan
- Airport departure taxes if applicable
- Cost of optional excursions - mainly in Lima
- Miscellaneous expenses - drinks and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the group hotel in Lima. Airport transfers to the hotel are included for all clients arriving into Lima Airport.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

8 breakfasts, 6 lunches, 6 dinners are included. 1 lunch and 2 dinners whilst in Lima are not included. Allow USD50-80 for these meals. Unlimited bottled water is included onboard. Other soft and alcoholic drinks are extra.

Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Whilst in Lima there is a wide variety of dining options available and you will be able to choose traditional Peruvian dishes or more international cuisine. Whilst onboard the riverboat the food is regional and provides a unique (and delicious) window into local culture!

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this trip the group will spend 1 night at a hotel in Lima at the start and 1 at the end of the holiday. You will then spend 6 nights onboard the Amatista. Cabins on board all have exterior view windows with air conditioning and private/ensuite bathrooms. Also please note that they are set up as twins but can be converted into a double bed if requested. The cabins are on two different decks the 'Main Deck' and the 'Upper Deck'. They are the same spec cabins, but if you have a preference to which deck you wish to be on please inform us on booking (of course depends on availability). On board, you will have an opportunity to do one laundry drop off free of charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap. Single cabins are possible - please contact the office for prices and availability.

Please note that hot water shortages and power outages can be fairly common in Peru. We appreciate your patience and understanding that these occurrences are outside of our control.

Additional hotel nights in Lima are also available.

Internal flights

All local flights are included in the cost. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Group Leader & Support Staff

A carefully chosen team will lead our voyage. They are chosen not only for their local knowledge and wealth of experience but also for their great love of the Amazon. With formal lectures, as well as informal briefings and discussions, your naturalists will cover all aspects of the voyage including ornithology, rainforest biology, geography, history and the environment. Officers and crew, all highly experienced in varying types of navigation, man the ship.

Spending Money

Approximately £200-250 (or equivalent in US dollars, Euros etc) should be allowed for miscellaneous expenses such as non included meals, tips and beers, soft drinks etc. It is not necessary to obtain local currency prior to departure. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Lima. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Lima using your debit or credit card.

OPTIONAL ACTIVITIES

When in Lima you may wish to participate in an optional activities. Please note that these can only be booked and paid for locally. Please either book them with the representative or at the hotel desk on arrival. All prices are subject to change without notice.

Lima City Tour \$39 (minimum 2): Tour colonial and contemporary Lima. - Approx 3 Hrs

Pachacamac \$50 (minimum 2): Visit the Lost Inca Citadel of Lima. - Approx 3 Hrs

Larco Museum \$51 (minimum 2): This museum contains the best quality gold and silver collection. - Approx 3 Hrs

Culinary Tour \$72: Visit a local market. Learn how to make Ceviche and Pisco Sours like the experts. - Approx 3 Hrs

Ballestas Islands with Huacachina from \$220 (minimum 2): Enjoy wildlife and history, have lunch in a winery and visit the Huacachina Oasis. - Full day. An extra night in Lima is usually required for this activity.

City Contrasts \$55 (minimum 2): Visit the other face of Lima, the shanty towns or Pueblos Jovenes. - Approx 3 Hrs

Lima at Night \$70 (minimum 2): Visit the Magic Circuit of Water, walk through the centre of Lima and savour an included dinner. - Approx 3 Hrs

Palomina Islands \$75 (minimum 2): Visit the port area of Lima. Spot wildlife and swim with the sea lions. - Approx 5 Hrs

Guidance on Tipping

We recommend tipping \$15 per day or \$90 in total for time spent on the boat. There will be two envelopes left by the staff; one, for guides and one for crew. The recommended breakdown is 50% for the naturalist staff and 50% for the crew. This is only a suggestion as we understand that tipping is a personal choice.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline. Please note that you should be able to carry your own luggage.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Group Members

For this holiday the minimum age is 12 yrs. The holiday will be conducted in English. Generally on these trips there will be a mix of nationalities but it is not possible to guarantee this.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Peru

UK and USA passport holders do not require a visa for short stays. When passing through immigration you will need to request a copy of your TAM Migration form. You will need to retain this document and keep it safe, as you will be asked to produce it before you depart Peru.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD\$21 and you should apply for it at <https://esta.cbp.dhs.gov/esta/>. With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Cuba, Iran, Syria or North Korea since March 2011* you will have to apply for a visa rather than the Visa Waiver Programme (* a full and up to date list of countries can be found on the US government website [here](#).)

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

All citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD\$7 and you should apply for it at <http://www.cic.gc.ca/english/visit/eta-start.asp>

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

VACCINATIONS

You should contact your doctor or travel clinic to check whether you specific require any vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella), along with hepatitis A and typhoid. Malarial prophylaxis are required. There is risk of yellow fever and you must carry a current vaccination certificate. On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

Currency

The unit of currency in Peru is the Nuevos Soles.

Climate

A unique feature of the rainforest surrounding Iquitos is that it has neither a rainy nor dry season. It does have a high water period from December through May, which is caused by the melting of snow during the Andean summer and from the rainy season in the upper jungle. The low water period begins in June and ends with the rising waters in November. The warm and humid climate remains relatively constant throughout the year, giving this area its botanical category of 'Everwet Tropical Forest'. Normal day-time highs are 32° C and night-time lows are 23° C.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. Please restrict your baggage to one main bag and a small daypack. Dress on board is informal.

You must bring the following items:

- Walking boots/sturdy shoes

- Casual shoes / Trainers or similar for onboard
- Flip flops/sandals
- Socks
- Knee-length socks (to be used with rubber boots)
- Waterproof jacket & trousers
- Loose-fitting, light coloured long-sleeved shirts
- Loose-fitting, light coloured trekking trousers
- Underwear
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper/sweater
- Sunhat
- Scarf and/or buff
- Sunglasses
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries (inc soap)
- Antibacterial handwash

- Small towel
- Selection of dry bags (to keep rucksack contents dry)
- Small daypack with optional waterproof cover
- Bug repellent with DEET
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, and plasters. Glucose tablets and multi-vitamin tablets are also a good idea.

◆ **The following items are optional:**

- Rain poncho (useful for rain in the heat)
- Rubber boots (Wellington boots)*
- Ear plugs
- Shorts
- Swimwear
- Travel clothes
- Camera (in a dry bag)
- Binoculars
- Powerful handheld torch for nocturnal wildlife viewing
- Pen-knife (remember to pack sharp objects in hold baggage)
- Repair kit – (eg. needle, thread, duct tape)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

*Rubber boots / Wellington boots - Complimentary waterproof boots are supplied for the following sizes:

- Men's USA size 8-14 / UK size 7 to 13½ / Europe 41 to 48½
- Women's USA size 3 to 9 / UK size 1 to 6½ / Europe 33 to 40
-

If you have a different shoe size to these you can bring your own rubber boots.

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[-> Find out more](#)

Land Only Information

The dates shown are for the LAND ONLY itinerary, joining in Lima, Peru. Airport transfers are provided on the first and last day of the itinerary.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Lima. Outbound flights will depart the UK usually in the evening, arriving into Lima in the morning of Day 1. Return flights will usually depart Lima in the morning of the last day of the itinerary, arriving in the UK in the morning of the following day.

Why Choose KE

Why KE

This holiday can be the perfect extension to a Peru trekking holiday, or just as an Amazon experience on its own. With many departures to choose from you are bound to find a date to suit you.

Please Note This document was downloaded on 18/05/2024 and the trip is subject to change