



Peru & Bolivia Epic Adventure

Day 1: Welcome to Lima!

Welcome to Lima, the City of Kings!

It's undoubtedly been a long journey to Peru so we've arranged for a private transfer directly to your hotel. Relax and recharge in your private room before meeting up with your guide and fellow Fencoxers for a dinner with a hearty Peruvian welcome! This isn't just your first taste of Peruvian cuisine, but quite possibly the start of your love affair with it – more about why tomorrow when you dive head first into Peru's lively capital!

Accommodation: Antigua Miraflores Boutique Hotel (or similar), Lima – Peru

Included: Dinner

Day 2: Lima, Peru

The flavours and ingredients of the Pacific Ocean, Andes Mountains and Amazon Rainforest combine to create the unique flavours of Peruvian cuisine – one of the most revered in the world. Today you'll explore this colourful country through your tastebuds.

Follow your guide's cue and get yourself immersed in the city's hubbub of a market filled with vendors' commotion, selling everything from peculiar fruits to whole tuna and aromatic spices like aji amarillo. Imagine if this was your weekly shop! After you've gathered together your medley of ingredients, head to a local home to learn how to make Peru's national dish, ceviche, from the best. Your teacher is a seasoned cook and you won't need to be a master chef, merely a lover of food!

End your epic foodie escapades with a walking tour along some of Lima's best street food stalls: the perfect mix of history and cuisine.

Accommodation: Antigua Miraflores Boutique Hotel (or similar), Lima – Peru

Included: Breakfast, Lunch, and Snack



Day 3: The Amazon Rainforest

Good-bye Lima, hello Amazon Rainforest. Not only are you switching scenery, you'll be switching climates when you take a short flight to Puerto Maldonado, the gateway of the Amazon Rainforest – getting there is an adventure in itself. You'll travel by plane, car and boat, cruising up the Tambopata river for two hours before reaching a remote eco-lodge. Waiting for you is your local, specialist guide who knows both the rainforest and river like the back of their hand.

Accommodation tonight is another big change of pace. It's cold showers, no WI-FI and limited electricity for the next few days. But oh! You'll relish in the refreshing feeling after a long walk through the humid jungle and you freshen up in your private room.

Accommodation: Cayman Lodge (or similar), Puerto Maldonado – Peru

Included: Breakfast, Lunch, and Dinner

Day 4: Sachavacayoc Lake

Burst out from under your mosquito net, because today is all about exploring the depths of the jungle – and it's bound to be unforgettable. By foot and canoe, you'll head for Sachavacayoc lake, where the Amazon Rainforest hides more than just precious creatures like tapirs and capybara from curious eyes. There's a bounty of medicinal plants hiding in plain sight. Learn about them with your guide while also keeping your eyes peeled for forest-dwelling scarlet macaws and morpho butterflies. Will you spot an anaconda from your boat?

Pull out the bug spray! There's a grand finale to your day of exploring the steamy bush – a night jungle expedition. You'll hear the jungle's nocturnals spring to life in a whole new way, as a symphony of tree frogs croak you to sleep.

Accommodation: Cayman Lodge (or similar), Puerto Maldonado – Peru

Included: Breakfast, Lunch, and Dinner

Day 5: Amazon Wildlife



Everything you've heard about early birds getting the worm is about to make sense. Your day starts at four in the morning but the predawn wakeup will be well worth it – you're off to the Chuncho clay lick, the largest macaw clay lick on earth. You'll arrive just before the parrots and macaws come down for breakfast. And then... it's showtime! Watch as the colourful birds flit about, eating clay and exchanging bird calls while you observe from your specially designated front row seat.

Once they fly off and get on with their day, it's time for you to get some breakfast too. Fuel up well because the rest of the day is for spotting monkeys, channelling your inner botanist amongst the local flora and taking a dip in the waterfalls after lunch.

Accommodation: Cayman Lodge (or similar), Puerto Maldonado – Peru

Included: Breakfast, Lunch, and Dinner

Day 6: Cusco

From steamy jungle to the airy highlands today – You've seen both the modern capital and lush Amazonian Peru, now it's time for the ancient capital, Cusco. It's just a 50-minute flight up and into the Andes from Puerto Maldonado. Be prepared though, you're about to experience a major shift in altitude as you fly from sea level to 3,400 metres in elevation.

Make sure to stay hydrated and your guide will be slowing down the pace for a while now, to give you time to acclimatise. Unpack, get comfy, and settle in a bit because you'll be based at this hotel for the next three nights.

Dinner this evening is at Mama Seledonia, a restaurant that supports young, single mothers and serves up some seriously yummy eats.

Accommodation: Hacienda Plaza Cusco (or similar), Cusco – Peru

Included: Breakfast, Dinner

So, What Exactly Is Coca?

Peru is famous for coca and you'll see it everywhere in the Andes region of South America as a remedy for everything from altitude sickness to asthma. Yes, this is technically the base ingredient for both Coca-Cola and cocaine, but it's so much more than its undeserved status as an illicit drug and sugary soda. Coca has been used medicinally for thousands of years



and is sacred to the Quechua people. Used in ceremonies and rituals, residue of the leaves has even been found on the lips of mummies, sacrificed long ago by the Incas. Locals typically roll the leaves into a ball and chew on them to release their restorative properties. All this to say, coca can be a wonderful aid to whatever ails you.

Day 7: History of the Incas

You've had only a taste of ancient Incan history so far, so now it's time for further investigation! However, it's not quite time for Machu Picchu yet. There are a bunch of places along the way for you to explore. Beginning with the outskirts of Cusco at Sacsayhuaman. Just how did the Incas carve these mammoth stones that fit so perfectly together? This almost impossibly fortified ceremonial centre looks as if it were created by a giant.

Finish off your first full day in Cusco by strolling the streets this afternoon on a guided tour. You're walking in the footsteps of thousands of years of history from the Coricancha Temple to the gruesome Spanish Conquest. The city will sing you its story through both European and Incan architecture and the craggy cobblestones that connect it all.

Accommodation: Hacienda Plaza Cusco (or similar), Cusco – Peru

Included: Breakfast, Dinner

Day 8: San Blas Neighborhood

It's day 8 already and it's been a whirlwind of a first week in Peru, so you've earned today's sleep in. Enjoying a peaceful breakfast at the hotel before regrouping this afternoon for a walking tour of the funky San Blas neighbourhood. These white-washed, terracotta-tiled buildings are home to an artisan community of galleries, studios and a creative restaurant scene.

We're sure you know the famous tune, "El Condor Pasa", originally composed by a Peruvian and decades later 'remade' by Simon and Garfunkel. Is it possible this evocative melody piqued your interest in this trip? We wouldn't blame you! The almost mystical instruments you're hearing are zampoña, a member of the lute family. You'll visit a local musician's home where you can play traditional Peruvian instruments and even try your hand at making these traditional panpipes.

Accommodation: Hacienda Plaza Cusco (or similar), Cusco – Peru



Included: Breakfast, Dinner

Day 9: Sacred Valley of the Incas

You'll be bouncing out of bed this morning because the time has finally come to journey into the Sacred Valley of the Incas. This also means you're a step closer to Machu Picchu. Peer up into the hills to see the terraced farms and sheer valley walls that protect the locals. This legendary part of Peru has been both a fertile farmland and creative haven for centuries. Today, you'll jump right into the locals' way of life, learning about their traditional Andean ways.

Afterwards, there's a special lunch in store to commemorate your arrival! Watch as searing stones are used to cook home-grown ingredients like guinea pig and potatoes, in preparation of an 8,000-year-old, traditional Pachamanca feast in your honour. Don't worry if you can't stomach eating these cute little guys – there'll be beef and chicken too!

Accommodation: Taypikala Sacred Valley Hotel (or similar), Yucay – Peru

Included: Breakfast, Lunch, and Dinner

Day 10: Aguas Calientes

All aboard the Inca Rail! Today you'll follow the winding Urubamba River to Ollantaytambo by car before taking the train to Aguas Calientes. This isn't just any railway but one of the most wow-inducing train journeys in the world! Watch as the Sacred Valley slips past your window before ascending high into the dense cloud forest.

On arrival in Aguas Calientes you'll need to brace yourself, because... it's just not as attractive. Unfortunately. It's a touristy hotspot. But, there's literally no way around it – it's the necessary through-route to the main gig. Your hotel on the other hand is rather beautiful! Gather together for lunch before spending the remainder of the day however you'd like. You might just want to zen out at the hotel so you can avoid the souvenir traps. Get some rest tonight, this is the eve of your pinnacle Peru moment – the final push to the mythic Machu Picchu.

Accommodation: Hatun Inti Boutique Hotel (or similar), Aguas Calientes – Peru

Included: Breakfast, Lunch



Day 11: Machu Picchu

You've seen it through a screen or maybe in a magazine, but today, it's the real deal. You're finally about to witness Machu Picchu – in the flesh! You'll arrive by shuttle bus, saving your energy for exploring the ruins themselves rather than climbing up the steps of the Inca Trail.

Visiting Machu Picchu is surreal. It's beautiful, but popular. We recommend finding a quiet space for yourself, closing your eyes and bringing yourself into the moment. You can just feel the magic out there. It's amazing to think that it remained here, high up on the Vilcabamba Mountains, quietly for hundreds of years before someone noticed it.

Your guide will teach you everything there is to know about the Lost City of the Incas. A final stop for a celebratory lunch back in Aguas Calientes, then head back to your old stomping grounds, Cusco.

Accommodation: Hotel Ruinas (or similar), Cusco – Peru

Included: Breakfast, Lunch, and Dinner

Day 12: Cusco

You're over halfway into this exciting trip through Peru and Bolivia and we think you've earned a free day! Take the time to reflect or venture back out onto the cobblestone streets. Your guide will give you a Boleto Turistico, a pass that gives you access to 16 museums and archaeological sites, if you haven't had your fill of Peruvian history. Whatever you decide to do, be sure to sleep in and get some much-needed rest. Tomorrow is a long drive deeper into the Andes!

Accommodation: Hotel Ruinas (or similar), Cusco – Peru

Included: Breakfast

Day 13: Lake Titicaca

We did mention you should be prepared for today. That's because it's an epic 10-hour road trip through the Andes. It may be arduous but we promise that the destination, and views, are well worth the journey. Your route will contour through the mountain peaks, all the while



punctuated with herds of alpaca and locals navigating on foot.

You'll break up the drive with lunch at a local restaurant, and before you know it, the gang will arrive at the shores of the stunning Lake Titicaca. You've made it to the highest altitude point of the trip at 3,800 metres. Spend the night, tucked beneath thick blankets in your host family's humble, mud-brick home. Catching some zzz's won't be difficult after your adventurous day!

Accommodation: Homestay with a Llachon Community (or similar), Lake Titicaca – Peru

Included: Breakfast, Lunch, and Dinner

Day 14: Puno, Peru

Bid your sweet host family farewell as you sail away on Lake Titicaca, however the local family experiences aren't over just yet! Drift along the serene waters as you head towards both the Floating Islands and Taquile Island for lunch with another family who lives in the centre of the lake.

The people of Taquile Island are skilled masters of the loom and they happen to be some of the friendliest people you could ever meet. Feel free to pick up one of their masterpieces as a gift or your very own memento. This evening you'll appreciate your more plush accommodation in the quiet town of Puno after a night of roughing it in last night's homestay. Believe it or not, just across the water is your next destination, Bolivia! Share your favourite memories with your Peruvian guide, because tomorrow, you'll be saying your sad goodbyes.

Accommodation: La Hacienda Plaza de Armas Hotel (or similar), Puno – Peru

Included: Breakfast, Lunch, and Dinner

Day 15: La Paz, Bolivia

Welcome to Bolivia!

After 15 days in Peru, it's time to see the Bolivian side of the Andes. Today you'll make your way to the highest capital city in the world, La Paz, sitting at almost 3,600 metres. It'll be another adventurous day of transportation as you navigate both customs and winding switchbacks. But the journey will be studded with interesting, and downright mysterious, stops along the way. At the border, you'll pass through customs on-foot. Don't fret this



formality – your Peruvian guide will be by your side until, voila! You're safely in the hands of your Bolivian guide and driver on the other side. Further down the road, the site of Tiwanaku is a head-scratcher. A once-great civilisation disappearing into thin air is enough to make anyone curious.

Accommodation: Rosario La Paz Hotel (or similar), La Paz – Bolivia

Included: Breakfast, Lunch, and Dinner

Day 16: Explore La Paz

Today is your introduction to the “Tibet of the Americas” through La Paz’s happily-jumbled streets. You should be well used to the altitude at this point but there’s no doubt that Bolivia will leave you breathless as you explore this city of two million with your trusty guide. Crouched within a volcanic crater, the city looks as if it’s cradled in the arms of gargantuan mountains.

A visit to the Valley of the Moon will wow you with its almost supernatural, lunar landscape. Once you’re back in the city, hop aboard the shiny new cable cars for a bird’s eye perspective. Next, explore the wild and wonderful Mercado de las Brujas – the Witches Market! It’s as if you’ve stepped into a wacky world of magic with llama foetuses and talismans side-by-side with a prismatic explosion of textiles in various shades of neon.

We’ve saved this afternoon up as a free one for you! Relax at the hotel or continue exploring this enchanting metropolis. You’ll have the opportunity to seek out a local dinner of your choice tonight. Bolivian cuisine is all things hearty, and your guide will be on hand to point you in the direction of one of their favourite restaurants.

Accommodation: Rosario La Paz Hotel (or similar), La Paz – Bolivia

Included: Breakfast, Dinner

A Bolivian Fashion Statement

Curious why Bolivian women have incorporated the stoic-looking bowler hat, aka ‘cholitas’, into their wardrobe? First brought to Bolivia by British rail workers, the bowler hat began to take root in Bolivian fashion some time in the 1920s. Legend has it that a shipment of strangely small bowler hats arrived one day. Rather than have them go to waste, sellers



began to market the woollen top hats to local women. The rest, as they say, is history! Today, you'll see many Bolivian ladies rocking these cholitas to compliment their traditional, colourful outfits.

Day 17: Uyuni

Day 17 begins with a short, domestic flight to the small town of Uyuni – your base for exploring this alien landscape!

The Salar was formed thousands of years ago as a result of lake waters slowly retracting, leaving behind huge deposits of salt and lithium, just beneath the surface.

As you gaze out at these salt flats, it does indeed seem as if you're on a different planet. It strikes you just how far from home you really are. All your worries, obligations and what-not, have no significance out here. And boy, does it feel good.

Jump into your 4WDs to navigate the barren Bolivian Altiplano. You'll make several stops that tell the story of the Salar, from a long-forgotten train cemetery to the process of making table salt. But the most impressive stop? Incahuasi Island, with 360-degree panoramic views and its surreal cacti forest, all of it surrounded by stark, white salt flats as far as the eye can see.

Dinner tonight will be held at your hotel, made entirely of salt! You could lick the walls to double check but trust us, it's 100 percent sodium chloride.

Accommodation: Luna Salada Hotel (or similar), Uyuni – Bolivia

Included: Breakfast, Lunch, and Dinner

Day 18: Tunupa Volcano

After a restful sleep beneath the salt (did you know salt is known to ease insomnia?), it's time to venture back out onto the arid Salar. We hope you brought your chapstick! Your guide will lead you through ancient caves where mummies have been resting for hundreds of years, perfectly preserved by the briny air. End the day with views of the salt flats from the base of Tunupa Volcano as you wave goodbye to this otherworldly landscape and the sun slips into the horizon.



Accommodation: Luna Salada Hotel (or similar), Uyuni – Bolivia

Included: Breakfast, Lunch, and Dinner

Day 19: La Paz

It's your last full day in Bolivia and you're headed back to the capital via a one-hour, early morning flight. Once in La Paz, drop your bags and enjoy your afternoon however you like. Walk the street markets and savour those peekaboo views of Mount Illimani, or just rest and reminisce on your time in South America. This is your last chance to grab souvenirs like singani, a local liquor or talismans to protect you on your journey home. Tonight you'll celebrate the end of this epic adventure with dinner and traditional dancing, elbow-to-elbow with your adventure-bonded friends.

Accommodation: Rosario La Paz Hotel (or similar), La Paz – Bolivia

Included: Breakfast, Dinner

Day 20: Farewell Friends!

It's time to pack up, say tearful goodbyes and watch Bolivia disappear out the plane window. Can you believe it's already been 20 memory-making days? Exchange info with your Fencox crew over one last breakfast .. For now it's, "Hasta Luego!"

Included: Breakfast