

Perú isn't just famed for rainforests, mountains and ruins –it was named the world's leading culinary destination (2015). Read and take this Inside Scoop with your travel documents. It's packed with tips to ease your path.

travel: delighting in the spirit of adventure • a vacation from home to explore places that are not your home • knowing life is different, knowing this is a joy of travel • enjoying the journey, not just the destination • a privilege best used with patience, humour and curiosity • fun • coming home with great tales •

Bucket List: Galapagos

Since you're going that way anyway, ask your counsellor about adding a getaway to the Galapagos Islands, perhaps taking a cruise on a luxury catamaran or boat, from budget to luxury, small group or large. Not just the penguins hop, you too can island hop; stay at hotels, do multiport tours or take that diving tour of a lifetime.

Your Counsellor

Our knowledge and experience help turn dreams into first-rate vacations. Ask your counsellor about any details, including:

- advance seats & upgrades
- cancellation/interruption and medical insurance
- airport transfers, side trips.

LeGrow's Travel

We Know Travel Best.™

A Maritime Travel Company

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Inside Scoop:



Know before you go: travel isn't just your destination, it's also the journey

Perú says it's the richest country in the world, reminding us, truly, that "being rich isn't about having the most," it's about experiencing unforgettable moments. Some tips:

- Have a passport www.cic.gc.ca/english/passport/index.asp that's valid for 6 months after your planned departure from Peru.
- While many in touristic areas speak English, the official language is Spanish; learn words and phrases, use a translation app and take LeGrow's Travel Inside Scoop: Spanish.
- Currency is Nuevo Sol coins and Soles bills: Either order cash in advance from your bank or (as exchanges at airports and hotels are more costly) change a small amount until you get to a bank. Canadian debit cards are generally accepted (be aware of withdrawal fees). US cash is accepted most places. Never exchange currency with anyone on the street (or flash cash around).
- Electric service is 220 volts/60Hz: take an adaptor and converter. For cell phone use, check with your provider!. Internet access in cities is reliable and affordable, available at hotels (don't be surprised if it's not available or fast as you'd like in more remote areas).
- The country has one time zone (Canada's Central zone) and does not observe Daylight Saving Time.
- Peru tourism advises that to counter any altitude sickness, "rest well during the first days avoiding physical strain; drink mate with coca leaves or take coca pills" or tea.

Above all, travel with a positive attitude—delays are all part of travelling. Indeed, a slower pace is guaranteed. Having patience and a spirit of adventure will carry you through any experience!

Do NOT Forget Insurance

We strongly recommend LeGrow's Travel cancellation/interruption and medical insurance. Insurance is an investment in your peace of mind. Being repatriated home costs the same as a healthy down payment on a home—if declined, you're responsible for all expenses.

Pack Strategically

The world is overrun with black bags so put coloured tape or ribbon on your luggage to spot it quickly. Put your name outside and inside and remove old tags. In your carry-on, pack valuables such as jewellery; over-the-counter and prescription drugs in original containers and documents on medical conditions.

Pack most liquids/lotions/gels in checked bags (inside plastic bags)—due to carry-on restrictions, the maximum size container is 100ml(3.4oz). All must fit in 1 clear/resealable plastic bag of no more than 1 litre (often available before airport security). You may take formula, food or milk for a child under 2 years old (0-24 months) who's travelling.

In carry-on, pack hand wipes, munchies (no fruit, meat or veg over any border). Also pack pens (for filling out forms). Items permitted in carry-on include: cell phones, laptops, canes, disposable razors and nail clippers. Items you can't take on include knives, corkscrews and sports gear. See www.catsa.gc.ca/home and check with your airline for carry-on and checked baggage restrictions/allowances.

Being There

Generally with **two seasons**, warm is mid-November to the end of March, mountains and jungles with a warmer rainy season (it rarely rains on the coast). April to November, it can be very humid, temperatures depending on altitude and part of the country from 5C/ 41F to 38C/100F. As anywhere, think layers, take sunscreen, hats and sturdy footwear. Don't buy street food and drink bottled water, (especially at high altitudes). Most visits include some days around the capital **Lima**, full of cultural treasures, gorgeous architecture and for foodies, **Gastronomy House** museum. An upscale district of Lima, **Miraflores** is a main tourist attraction, great for wandering around and shopping, with a lively nightlife. It leads to a hipper district, **Barranco**. Need help when there? See www.peru.travel/iperu.aspx.

Your Airline

Sign up online for your airline(s) email or text flight notifications as your flight could be delayed (the plane might be flying in). CATSA notes “*Travellers should arrive at the airport earlier than usual, exercise patience and contact their airline for further information on their flight(s).*” Airport staff are on duty some 3hrs prior to flights and check-in can close 1hr before. If late, you’re not entitled to board (or a refund). Unless booked ahead, seats are first-come first-served. Travellers likely have one or two stops which may mean “code-shares”—you have tickets for an airline that shares flights with another airline’s plane.

Arriving: Keep a separate photocopy or photo of your passport’s ID page. You need to fill out an arrival document, given to you on the plane and a customs declaration. Jorge Chávez International is the main airport, 17kms from Lima, Miraflores and Barranco, travel time from there 40mins to 2hrs depending on traffic. Book transfers ahead with your counsellor. The airport recommends Airport Express Lima for hotels and Miraflores (free wifi and USB chargers) as being “safer and cheaper” than taxis (Uber is banned at the airport).

Departing: International flights require you to be at the airport 3hrs prior; allot 30mins to get through security.



Get Packing Checklist and General Planning & Packing Tips

at www.legrowstravel.ca/inside-scoops

- ☐ Your sense of adventure & humour!

Be Aware

Photos are not allowed to be taken of airports, military and police stations. Legislation also forbids (and punishes) removal of wild flora or fauna species, live or dead, without proper authorization. Replicas of pre-Hispanic and colonial objects must have Ministry of Culture permission: receipts or documents from sellers that the item is not listed as National Cultural Patrimony are not valid.

 **Websites and emails in blue are hyperlinked; just click!**

Canadians: Emergency? Canada’s Embassy Calle Bolognesi 228, Miraflores, Lima 18, tel: 51(1)319-3200, lima@international.gc.ca, www.peru.gc.ca. Or contact Global Affairs (collect if needed) 613-996-8885, sos@international.gc.ca <http://travel.gc.ca/assistance/emergency-info>

Wherever I Hang My Hat (take one) That’s Home...

By now, you likely have some idea of the regions and towns you’ll visit such as **Lima**, perhaps the port town of Pisco on **the coast** south of Lima and **Cuzco**, well worth more than a brief visit before heading out on the **Inca Trail** and **Machu Picchu** ruins atop the **Andes Mountains**. More than 11,000ft above sea level, being deep in the Andes provides Cuzco with a gorgeous backdrop. From there, you can take a train to the town of **Aguas Calientes** or join a Machu Picchu tour for a few days. Making *The New York Times*’ list of 2018 suggested travel sites, **Amazonas’ Kuélap** predates the Incas, a key South America archaeological site a 9km hike from **Tingo Viejo**; new cable cars through the Andes meaning 4kms is covered in 20mins. Previously considered remote in the north near Ecuador, the region has become increasingly popular, with luxury hotels, adventure tours, visits to stunning waterfalls and more services in **Chachapoyas** city (2hr drive to Kuélap) and the town of **Cuispes** and the **Yumbilla Falls** (waterfall).

Getting Around

The regulation of **taxis** is considered informal with both registered and unregistered taxis and ride-sharing services (such as Uber which is not recommended). We always recommended using a registered taxi; agree on the price and in which currency (don’t fall for if the driver asks you to pay for parking). Small mototaxis are a fast and easy way to get around towns but again, negotiate the fare beforehand (also why tips are not expected for taxis and mototaxis). If you’re getting to the airports on your own, **ALWAYS** leave extra time as the traffic can be horrible; most taxis will drop you outside the airport grounds (or want extra money) but do not linger. While you can **rent a car**, driving can be a chore with the traffic and road conditions. You can buy **train tickets** to Machu Picchu and **Lake Titicaca** (between Bolivia and Peru) at the airport but discuss all in-country travel plans with your counsellor and book ahead when possible (also means less cash when you’re there).

Oohh the Food...the Pisco, the Chocolate...

Pisco, a type of brandy from fermented grape juice, is the national spirit that’s the base for refreshing drinks such as the Pisco Sour, Pisco Punch and Piscoña (with lime juice and sugar). As with appellations, there are five official Denomination of Origin areas (trivia: 8kgs of grapes = a regular bottle) and no additives may be added. Consider packing a bottle in your checked luggage as your alcohol allotment. Otherwise, with connections, buy duty free alcohol before your last flight into Canada. Know the limits and exemptions coming home, www.cbsa-asfc.gc.ca/travel-voyage/bgb-rmf-eng.html. (and don’t buy or accept anything suspect or that may be taken from you at customs: plants, drugs, endangered species parts). Another great find is Peruvian **chocolate**, especially the more unusual flavours: at Choco Museo stores, make your own chocolate bar, truffles or take a Chocolate & Beer Tour. For alpaca products, know there’s quality **alpaca** and semi-alpaca. **Sacha inchi** is the “Inca peanut,” a healthy nut from the rainforest and high Andes. **Food to try**; the delicious *causa (potato) rellena* or roll (with avocado, fish or ceviche), *lomo saltado* (stir-fry), *anticuchos* (grilled meat) and *pollo a la brasa* (spiced roast chicken). Seek a sweet, maybe reminding you of home? Look for *lucuma* (especially ice cream); it tastes a bit like maple syrup. **Tip:** Some regular travellers swear by two meals a day; a later big breakfast and early dinner (maybe some chocolate to tide them over). Peru’s aji de gallina chicken stew and vegetarian papa a la huancaína use aji pepper, noted by its distinctive yellow hue. **Terrific take-homes:** Spices always make a great gift and are a true souvenir (reminder).

The International Language of Courtesy

Most staff work long hours—a smile, patience and a kind word are always welcome. Some upscale restaurants add a 10% service charge: otherwise tip 10% in nuevo sol or soles (not US\$). Locals in traditional dress expect a tip if you take a selfie or picture of them; if you take tours, particularly hiking tours tip the guides, porters and cooks.

Our 24/7 Emergency Service

We constantly survey airlines, local tour companies and hotels to ensure they meet our customer service standards, so don’t let a problem ruin your holiday. Nearly all issues can be handled quickly on site—first seek help from the venue’s local staff. Otherwise, call our Emergency Travel Service at **1-888-551-1181**. Deposits are non-refundable and non-transferrable. Schedule changes can occur and airlines and tour operators have the right to change flight and/or tour times, alter, combine services or substitute accommodations. Your counsellor will work with you to ensure you receive information as soon as possible and ensure satisfaction. See your brochure and ticket terms and conditions.

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