Peru Travel Information

January 16-27, 2023

Golden Light Healing LLC

PLANNING YOUR FLIGHT & ARRIVAL IN PERU

Book your international roundtrip flight directly **to Cusco** **(CUZ)** from your departure airport leaving your home airport on **January 15th** and leaving Cusco on **January 27th**. You will depart from your home airport on **January 15th** and **ARRIVE in Cusco in the morning on January 16th**. Flights will arrive first in Lima, Peru, typically late in the evening on the 15th or very early morning of the 16th. When making your reservation, pick a flight to Cusco that will arrive in the early morning by 1000AM or earlier on January 16th.

When you arrive in Lima you will go through Customs/Immigration and gather your baggage even though your ticket says you go all the way to Cusco. You will have to check-in again with the airline that is flying you to Cusco for your flight and then board your plane to Cusco in the Domestic Concourse.

If you have a long layover in Lima, you may choose to spend the night at a local hotel close to the airport (on your own). Most people choose to stay overnight at the Lima airport as flights come into Lima in the late evening/early morning hours. The shops and restaurants in the Lima Airport stay open all night and there is also a place to receive wonderful chair massages at a reasonable price.

Rainbow Jaguar staff in Cusco will be facilitating all hotel/airport transfers for group arrivals into Cusco as scheduled in Tour Itinerary on January 16th. You will be picked up at the Cusco airport and as a group will be driven via coach bus to our accommodations at Rainbow Jaguar Healing Institute in Maras. At arrival in Cusco our staff people will be waiting for you with a Rainbow Jaguar or Golden Light Healing placard outside the airport exit. Make sure your luggage has a distinctive label, coloured yarn or ribbon for easy recognition at airports and hotels. There will be porters who will put the groups luggage on a dolly and take it to the bus. It is customary to tip $1-2/piece of luggage.

Occasionally, some flights will be delayed. EMAIL or IMessage if your flight is delayed; please **do not** text. Please understand that we will need to collect all the participants before the coach can leave the city and we cannot make separate trips to Maras.

Some participants like to go a day early on their own and stay in the village of Pisac to get acclimated to the altitude. For those wanting to go a day early, you willmake the same type of flight arrangement but leave on the 14th with arrival early morning on the 15th. A nice place we have stayed is Melissa Wasi, <https://www.melissa-wasi.com/habitaciones/>. You can contact them directly to reserve your room (~$100 for a double with breakfast). Taxis are available at the airport which can bring you to Pisac; be sure to negotiate the price before you take off. If there is a large group of you going early, I can have our Peru tour operator set up transportation and lodging for you. You are responsible for these additional costs. (Note: Dave and I will not be on this portion; this is on your own.)

Please note: In some instances, it may be cheaper to do a roundtrip flight from your home airport to Lima, Peru (LIM) and then book a regional flight from LIM to CUZ/from JUL using the same dates. Some of the regional airlines are: [www.Peruvian.pe/en](http://www.Peruvian.pe/en) , <https://www.latam.com/en_us/>, <https://www.vivaair.com/pe/en> and [www.starperu.com](http://www.starperu.com).

PASSPORT

A valid passport is required for entry into Peru, and a ninety-day visa is given to US citizens automatically upon entry. For US Citizens, you can go to the web site at http://www.travel.state.gov/passport for renewing your passport or go to your local post office to obtain one. **Make sure your passport is not due to expire within 60 days of your departure from Peru**. You will want to carry a second form of photo ID, such as a driver’s license, and have a photocopy of the personal data page of your passport. Your copy of your passport is the easiest way to prove your identity if you were to lose your passport. If you are traveling with a passport from a different country other than the USA, you can also check the requirements for each country by logging onto www.peru.embassyhomepage.com.

CONTACT NUMBERS

The phone numbers of Rainbow Jaguar’s Peru office is 011-51-984608063. E-mail rainbowjaguar@gmail.com. Ms Ita Choque is in charge of manning all operations and any requests should be addressed to her at the email or number above. Please advise your families that in case of emergency at home to use the above number.

FORMS

We will email you a **Travel Information Form** that will need to be sent to us at least 60-days prior to this trip with your Flight Itinerary, Emergency Contact and Dietary Needs.

HEALTH

We will be hiking at elevations of 9,000 - 14,000 ft. The altitude will challenge our bodies and it will be important that your condition in general be good for your enjoyment of the journey. We suggest that you begin an exercise regimen through walks, aerobics, hikes, cycling, etc. Good physical condition is no guarantee against altitude sickness. Symptoms vary from dizziness, headaches, sleeplessness, lack of appetite, and shortness of breath, to the more severe and dangerous symptoms of high altitude pulmonary or cerebral edema. Anyone with a history of lung or heart disease, other serious medical problems, or a history of severe reactions at high altitudes should not undertake such a journey. You may want to work with your healthcare provider about receiving altitude sickness pills or other medications if this is a concern for you.

CLIMATE

The high mountains where we will be traveling only have two seasons: rainy and dry. From November through March is the summer rainy season. Daytime temperatures fluctuate between 60-75 degrees and nighttime 40-50 degrees. Make sure you have enough warm layers and rain gear. In the mountain villages, the temperatures are considerably colder.

INSURANCE

We strongly recommend you purchase Traveler’s Insurance that covers the cost of both the flight and the trip. This is not just for trip cancellation or delays, but they typically offer Medical Insurance as most people’s health insurance DOES NOT cover you when you are out of the country. It can be very costly if you need medical care and do not have health insurance coverage.

MONEY

The Peruvian Sol has been stable for the past few years. The current exchange rate is roughly 3.24 Soles per 1 US Dollar. You can get soles ahead of time through your bank, get them at currency exchange kiosks in the airport in Lima or get them out of ATM machines at the airport and around the country (please check with your lender about fees when using ATM machines). **Be sure to contact your bank and credit card company before coming to the country to inform them that you will be traveling abroad and to make sure you have access to foreign ATMs**.

MEDICAL

No immunizations at time of writing are required for travel in Peru in the high mountains. It is your responsibility to check on what you may need or want by visiting the CDC web site for US government information and recommendations about traveling to Peru in the mountains and Cusco region., particularly related to the latest COVID requirements. <http://wwwnc.cdc.gov/travel/destinations/traveler/none/peru> If you take any prescription medicines, make sure to bring enough for your travels. Containers should be clearly labeled with prescription forms to avoid problems at customs.

PERSONAL HEALTH

It is important that you let Golden Light Healing LLC or Rainbow Jaguar LLC know of any medical problems, allergies, etc. you may have. Golden Light Healing LLC (GLH) or Rainbow Jaguar LLC (RJ) has the right to disqualify anyone at any time during the trip if GLH or RJ feels it is medically necessary. Refunds are not normally given under such circumstances. Golden Light Healing or Rainbow Jaguar assumes no liability regarding provision of medical care. You are responsible for your own personal health.

FOOD AND WATER

Most illnesses in journeys are caused by contamination of food or water. These are some precautions we suggest you observe:

* Use bottled water for drinking and brushing your teeth.
* Do not use ice cubes unless you know them to be safe.
* Do not drink from streams.
* Beware of uncooked food (including salads), and food from sidewalk vendors. This leaves freshly cooked food, preferably eaten while still hot, and fresh fruit that you peel yourself.
* Adequate fluid intake is important and easy to overlook, especially when hiking at high altitudes.
* It is fine to eat what you like at the places we will be staying at, as their hygiene and food preparation standards are very high.
* It not advisable to drink tap water, or to eat from street vendors, as our digestive systems are not used to the local food.
* Bottled water is available at markets and shops.
* We will try out best to meet dietary needs, however, please be aware this is a 3rd world country and if you have very strict needs your choices will be limited.

LUGGAGE

Many airlines have changed their luggage weight rules and the number of bags allowed. Check with your airline for their current regulations. Be sure to include in your carry-on an extra change of clothes, hiking shoes, and any other essentials you may need in case your luggage gets lost or delayed. Everything else should fit inside your main, checked suitcase/s. Also remember to leave some space in your main bag for souvenir purchases or bring along a large duffle bag which becomes your second carry-on bag on the way home.

CONTACTING HOME

Maras Tambo Healing Center where we will be staying the majority of the time has ***limited*** Wi-Fi service in the lobby. There will not be Wi-Fi in the villager’s homes. We ask that you not upload photos and videos due to their limited Wi-Fi capabilities. You can check with your mobile phone carrier about international plans. Cell phone reception is unreliable.

WHAT TO BRING

These are **suggested items** to consider:

* Reusable water bottle/s
* Backpack (you will use to carry your things for our day trips—does not have to be huge, but should be comfortable for an extended hike)
* Good Hiking boots or hiking shoes—be sure to wear them in well before the trip!
* Extra set of shoes or sandals for evening
* Sun-screen SPF 30 or higher & Lip balm.
* Bug Repellant
* Sun Hat and Sunglasses
* Warm thick socks & moisture wicking hiking socks
* Flashlight and extra Batteries or Head Lamp
* Camera, extra digital card & batteries or phone with camera
* Journal & pens
* Hair Dryer and 110-volt electric socket converter to 220-volt for South America or go natural!
* Personal hygiene products: toilet paper, hand wipes, shampoo, deodorant, toothpaste & brush, etc.
* First Aid kit or supplies
* Prescription Drugs and/or natural remedies (probiotics are a good choice to help with stomach issues)
* Emergen-C (electrolyte) packets & protein bars (granola bars), nuts, trail mix, etc. if you want snacks during the day. Many shops also have light snacks you can purchase.
* Layered clothing for day hiking. Zip-off, fast drying pants are great. Ideally you could wear all your clothes layers at once if needed (tank under button-down hiking shirt under fleece under rain gear.)
* Hiking pants—fast drying, roll-up or zip off work best.
* Short and Long-sleeved light weight shirts--moisture wicking are best
* Down vest and/or warm jacket for nighttime.
* Rain Gear (Breathable waterproof garment).
* Swimsuit & towel or shorts/top for glacial lagoon cleansing
* Pajamas
* Warm hat and gloves
* Long underwear for nighttime
* Hiking poles, particularly if you have knee or back issues
* Gifts for villager’s family and/or mountain school children
* Things people have found helpful for altitude have included: Beet Root Powder, Turmeric, Gingko Biloba, and/or altitude prescription from their physician.
* Extra duffle bag to bring home your purchases (optional J)

Pack what you feel you absolutely NEED… but LESS IS MORE!

TIPS

We like to collect tips as an Ayllu to gift to the hotel staff, guides, driver and porters to thank and honor their time and talents they have shared with us. We recommend $120-$150/person for the trip duration. These will be collected at the beginning of the trip to be given as a group and Jose Luis will give it out accordingly.

HEALING OPPORTUNITIES/COCOA LEAF READINGS

The shamans may be available on free evenings to do healing work, cocoa leaf readings or despacho ceremonies by individual request. If you choose to participate in one of these, you will pay the shaman directly. Recommended amounts: $20 coca leaf reading, soul retrieval/healing $30, despacho healing $40.