



# Bucket List Travel

Is Exploring to the Ends of the Earth for You?

# TALK OBJECTIVES



- ✦ Define “ends of the earth”
- ✦ Examine factors common to these destinations
  - ✦ Cost
  - ✦ Distance
  - ✦ Physical demands
  - ✦ Dietary issues
  - ✦ Personal clarity on
    - ✦ fears
    - ✦ capabilities
    - ✦ discomforts
    - ✦ stress

# TALK OBJECTIVES



- ✦ Learn about
  - ✦ Travel operators
  - ✦ Online research resources
  - ✦ Your interests/what destinations offer
  - ✦ Time(s) of year differences and how to choose

# Where We'll Go



- ✦ Sub-Saharan Africa
- ✦ The Antarctic
- ✦ Patagonia
- ✦ Peruvian Upper Amazon
- ✦ Machu Picchu/The Sacred Valley/Cusco, Peru

**THERE ARE MORE BUT I PREFER TO DEAL WITH PLACES I'VE BEEN**



# “The Ends of the Earth”



- ✦ Defining “the ends of the earth”
  - ✦ Literally: the farthest reaches of the planet
  - ✦ Figuratively: do everything possible to achieve something
- ✦ Re: “Bucket List” Travel, is it both?

# What “Ends of the Earth” Look Like



The Great Migration: Serengeti National Park, Tanzania



# What “Ends of the Earth” Look Like



Antarctica

# What “Ends of the Earth Look Like



Torres del Paine National Park, Chilean Patagonia



# What “Ends of the Earth” Look Like



Peruvian Upper Amazon



Machu  
Picchu



Ollantaytambo Sacred Valley, Peru



Sacsayhuaman, Cusco, Peru

# Factors Common to “Bucket List” Destinations Cost

## ✦ **Cost Example: E. Africa Flight and Safari Tour(s)**

- ✦ Not really suitable “budget travel” operators
  - ✦ Do you want to “do it yourself” at our age?
- ✦ Long distance travel for short (3-4) day safaris to keep costs lower?
  - ✦ Flights long and expensive
    - ✦ July 2020 Economy Fare approx. \$1,000 round trip with 1 connection in Europe on BA, Air France, etc.
    - ✦ Flight 1 stop averaging 20 hrs. NY-Nairobi
    - ✦ Only non stop is on Kenya Airways
  - ✦ Time difference E. Africa +7 hours
  - ✦ Low priced camping safari average \$400 per person/day
  - ✦ Low priced lodge safari average \$500 per person/day
  - ✦ “Budget” safaris less available over best dates
  - ✦ More likely to want 2+ weeks
    - ✦ At “budget” price point approx. \$12,000 for 2 people incl. flight and camping safari



# Factors Common to “Bucket List” Destinations Cost

## ✦ **Cost: Travel Insurance**

### ✦ **2 kinds**

✦ **Cancellation:** if you have to cancel

✦ **Medical:** coverage on the trip

✦ Medicare has no coverage outside the U.S. so medical insurance a must

✦ Most operators offer insurance for purchase but **read the fine print**

✦ Is medical “primary” or “secondary?”

✦ Where will they cover evacuation to?

✦ Local medical care in remote areas generally unsuitable

✦ You want evacuation to home

✦ Usually the cancellation insurance is ok from operator

✦ Medical insurance cost is linked to \$ value of trip and age of traveler; private coverage from companies like Travelex or Travelpro can be as high as \$10,000 for 2 people for very expensive, luxury level trips

### ✦ **The best deals I’ve found are for:**

✦ Travel with Road Scholar since they include medical insurance but not cancellation which is approx. \$350-\$500 on average

✦ AIG Globehopper Senior which covers multiple trips per year at approx. \$450 per person but doesn’t cover every eventuality

# Factors Common to “Bucket List” Destinations

## Dietary Restrictions



- ✦ Diabetic, gluten free, dairy free, vegan, kosher, halal and other needs may or may not be available
  - ✦ Limited diet boring on long trip



# Factors Common to “Bucket List” Destinations Personal Clarity



- ✦ Are you comfortable...
  - ✦ Flying in small planes?
  - ✦ On boats?
- ✦ Do you suffer from...
  - ✦ Physical limitations that limit activity level?
  - ✦ Motion sickness?
  - ✦ Altitude sickness?
  - ✦ Allergies?
- ✦ Are you anxious...
  - ✦ Without consistent tech connectivity?
  - ✦ Around animals outside of zoos?



# SUB-SAHARAN AFRICA

E. Africa for the “Great Migration”  
S. Africa, Zambia, Zimbabwe, Botswana

# E. Africa: The Great Migration



Last major mammal migration left on earth  
2+million wildebeest, zebras  
Predators right behind

Essentially, the search for water

July-September prime time in Serengeti (Tanzania) and Masai Mara (Kenya)





## What You'll See

Private game reserves and national parks protect against poaching

The "Big Five": elephant, lion, rhinoceros, buffalo, leopard


Vast wildebeest and zebra herds

Well fed predators follow close behind





# South Africa, Zimbabwe, Zambia & Botswana



- ✦ South Africa offers varied experiences
  - ✦ Cape Town offers broad range of experiences
    - ✦ City with incredibly beautiful location and scenery
    - ✦ Visit Robben Island where Mandela spent 27 years
      - ✦ Guides are former political prisoners
    - ✦ If you love Napa Valley and the wine districts of France and Italy, you'll love the Cape Winelands
    - ✦ Never seen penguins except in a zoo?...visit Boulders Beach
- ✦ And...of course safari in game reserves and national parks
  - ✦ Kruger National Park
  - ✦ Sabi Sands Private Game Reserve
  - ✦ Kalahari Desert



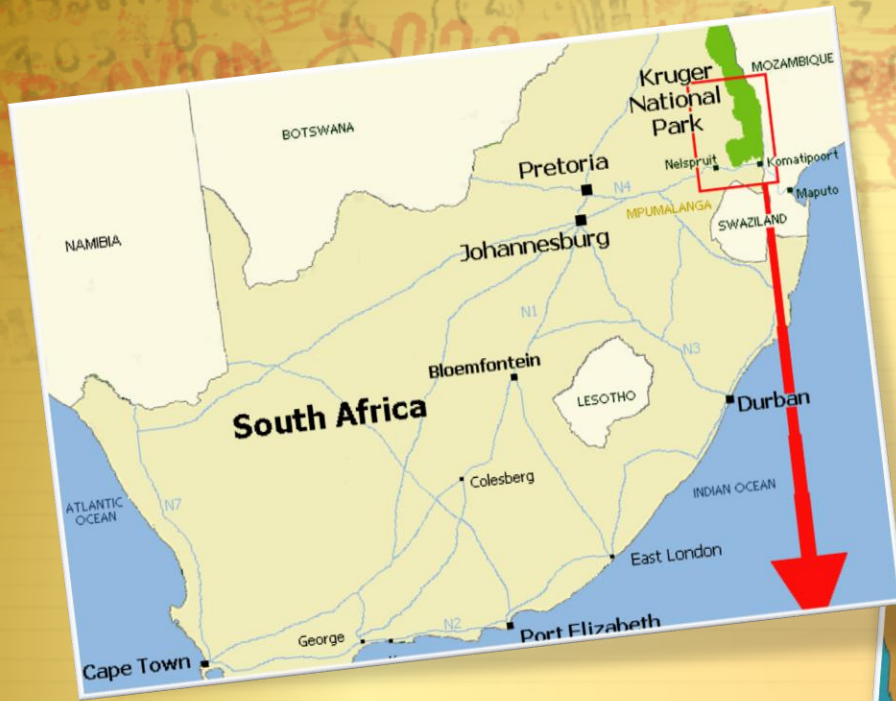
PAR AVION

*South Africa*

Cape Town  
Cape Winelands  
Robben Island  
Boulders Beach  
Penguins







PAR AVION

## *Safari in South Africa*

National Parks and  
Private Game Reserves  
Elephant back safaris in  
Kruger

Don't miss the meerkats  
in the Kalahari Desert





PAR AVION

## Realities of Safari Travel

**Can be physically challenging**

Bumpy roads

Climbing in/out of vehicles

May not be suitable if mobility issues

Long flight with discomforts of Economy

Small prop planes with bush  
takeoffs/landings



Is this for you?





Other immunizations/epidemics report

This space is provided to record immunizations/epidemics that are not required for entrance into one country but have been obtained by the traveler for personal health protection (include polio, measles, hepatitis, etc.)

Date	Vaccine/epidemic or immunization/prophylaxis	Dose	Physician's signature Signature & Initial
2/16/07	Tet/Diph	1.5ml	Wm Daniel [Signature]
2/16/07	Polio	1.5ml	Wm Daniel [Signature]
2/16/07	MMR	1.5ml	Wm Daniel [Signature]
2/16/07	Rabies #1	1ml	Wm Daniel [Signature]
2/16/07	Influenza	0.5ml	Wm Daniel [Signature]
2/16/07	Typhoid (oral)	oral	Wm Daniel [Signature]




## *Bureaucracy and Red Tape*

- Visas needed for most African countries
- Priced at +/- \$100 per
- More if use expediter
- Immunizations needed; Insurance doesn't cover
- Malaria medications need to be taken
- 6 weeks and 2 days

# What Will This Cost?

## Flights



### ✦ For E. Africa

- ✦ Nairobi is gateway city
- ✦ Can't fly direct from U.S.
- ✦ 20 hrs. +/-
- ✦ Through Europe via One World (BA) or Sky Team (Air France or KLM)
- ✦ Combine with Europe stopover in either or both direction(s) to shorten
- ✦ Lowest economy fare for 2020 is approx. \$1,000 r/t

### ✦ For southern Africa

- ✦ Johannesburg or Cape Town are gateways
- ✦ 20hrs. +/-
- ✦ Lowest economy fare for 2020 approx. \$1,200 r/t
- ✦ Have an interest in UAE? fly Emirates, Etihad or Qatar and have a look

**With higher priced tour operators, long distances covered by bush flights (\$1000-2,000) depending on exact itinerary**





*Be realistic about what "budget level" means and what matters to you*

Typical comfort level "camping" accommodations

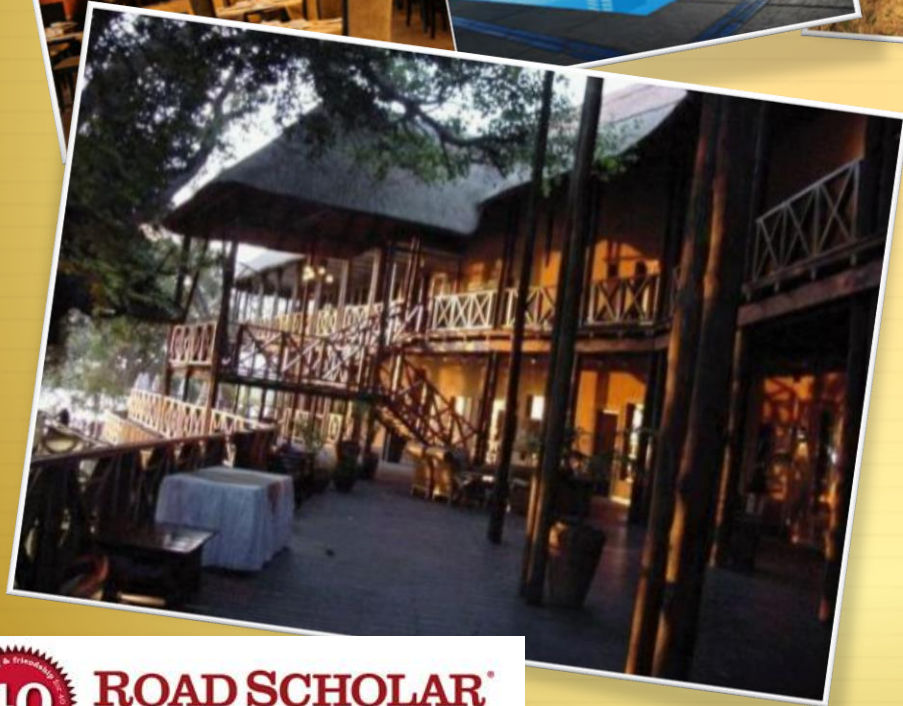
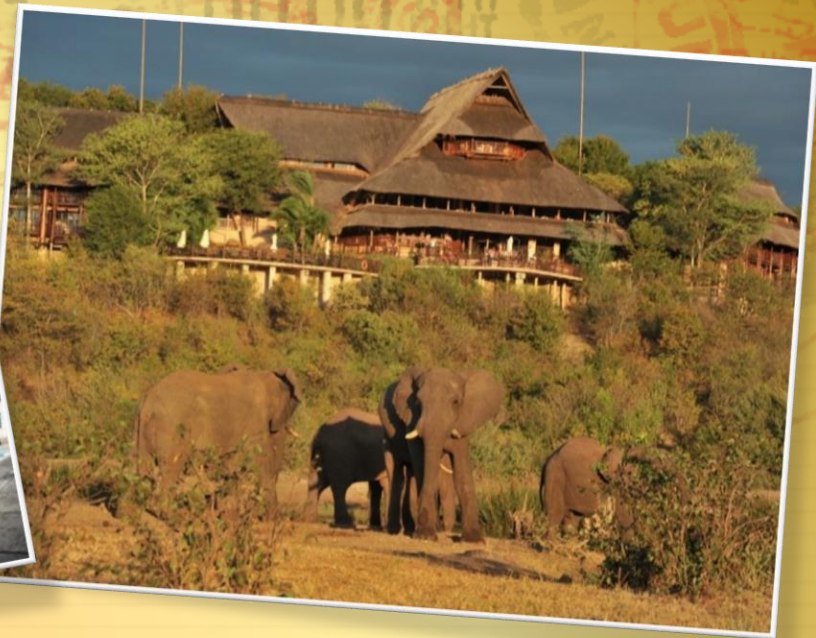
Tents already erected

Shower and toilet facilities shared

More permanent tents may be en suite (bath and shower private) or shared

**THE PARKS AND ANIMALS ARE THERE FOR EVERYONE...REGARDLESS OF BUDGET LEVEL!**





*Accommodations at Mid-Price  
Level Aren't Safari Camps But  
Can Be Great Value*

Chobe Marina Lodge  
Protea Hotels  
Victoria Falls Safari Lodge



**ROAD SCHOLAR®**

Road Scholar educational adventures are created by Elderhostel,  
the not-for-profit world leader in lifelong learning since 1975.





PAR AVION

## *Luxury Level Accommodations & Experiences*

Sussi & Chuma Lodge,  
Livingstone, Zimbabwe  
Helicopter over Victoria Falls  
included

Your room on a Victorian train for  
3 days on Rovos Rail

3 days on the Chobe River on a  
14 cabin houseboat

**BUT THE ANIMALS ARE THERE  
FOR EVERYONE!**



Abercrombie & Kent

# What Will This Cost?

## Safari Operator



- ✦ Not a “do it yourself” trip
  - ✦ Wild landscape and animals
  - ✦ Almost no paved roads
  - ✦ Driving and living in the bush
- ✦ Need to be clear about budget
- ✦ All safari operators include meals, accommodations, guided game drives, airport transfers on arrival and departure



# What Will This Cost?

## Safari Operator

- ✦ You should examine 3 operators at 3 different price points
  - ✦ Can range from low about \$4,000 to high of \$17,000+ for 10-12 days (without international air)
  - ✦ Depends on level of accommodations
    - ✦ Range is basic tent camping and most travel overland to luxury tented camps and lodges with bush flights between
- ✦ For mid-range, Road Scholar offers great value
- ✦ My experience is at the high end with Micato and Abercrombie & Kent
  - ✦ Micato is exceptional



**READ MANY TRIPADVISOR REVIEWS!**



# To Sum Up Africa



- ✦ Establish your budget
- ✦ Be realistic about what your budget buys
  - ✦ Taking people to this environment doesn't come cheap due to remoteness
  - ✦ Make sure to factor in medical insurance
- ✦ If you're thinking of taking your grandchildren they need to be at least 12
  - ✦ Attention span
  - ✦ Still have the wonder and curiosity of childhood
  - ✦ Don't have the qualities of "teenagers" yet...enough said!
- ✦ Be clear about:
  - ✦ Being so far away
  - ✦ Your level of mobility and strength
    - ✦ Climbing in and out of vehicles, small boats and planes
    - ✦ Long hours in vehicles on unpaved bush roads
  - ✦ Being close to nature
    - ✦ Wild animals at close range
    - ✦ Do you have the stomach for any stage of a kill?
  - ✦ Need for inoculations, malaria meds and other precautions



# ANTARCTICA & PATAGONIA



# Why Both?

- ✦ If you're going to Antarctica, you'll have to go to Patagonia anyway
  - ✦ Ships embark/disembark in Ushuaia, Argentina
  - ✦ Planes embark/disembark from Punta Arenas, Chile
- ✦ **BOTH ARE IN PATAGONIA**





# How Will You Get There?

- ✦ Gateway cities either Buenos Aires, Argentina or Santiago, Chile
  - ✦ Why not spend a few days at beginning or end?
- ✦ Both reached non-stop from JFK
  - ✦ Best routes and fares are on One World with AA/LAN
- ✦ Ushuaia, Argentina reached once with group



# Getting There/Back Details



✦ **Once in S. America, how you proceed is based on:**

## **Antarctica portion**

- ✦ All ship
- ✦ Flight then ship

## **Patagonia portion**

- ✦ Before or after Antarctica
- ✦ On your own
- ✦ On your own with pre-arranged guides
- ✦ Tour group
- ✦ Cruise

✦ Flights to/from S. America overnight in both directions

✦ About 8-10 hours to either gateway

✦ Little time difference

✦ Buenos Aires, Santiago and Ushuaia 1 hour later than Eastern Time

✦ Flights for Jan.-Feb., 2020 averaging about \$1,100 RT JFK-Buenos Aires in Economy



# How Much Time?

## **3 Antarctica itineraries**

- 22 days including Antarctica, S. Georgia and The Falklands
- 14 days Antarctic Peninsula only
- 6-14 days fly/sail Antarctic Peninsula
  - Flights dependent on weather
  - Shortest itineraries only reach S. Shetland Islands

## **Patagonia**

- Just Argentina, just Chile or both?
  - AR/Chile only as little as 3 days each
    - AR-stay in/near El Calafate and/or Ushuaia
    - Ch-visit Torres del Paine National Park
  - For both, allow at least 8 days since overland travel between them

## **My overall trip was 5 weeks**

- 4 days Buenos Aires
- 22 days Antarctic expedition
- 10 days Patagonia



# ANTARCTICA

**A Trip to the Bottom of the World**

**Only 20,000 people per year go**

**Do you want to be one of them?**



# 2 Itineraries

## Antarctic Peninsula Only



## Antarctica, S. Georgia and The Falklands



If you're going that far, S. Georgia is amazing and shouldn't be missed!

# What You'll See



Penguins and  
whales and  
icebergs and  
seals and albatross  
...oh my!





Go early and see...



Go later and see...



Many on our ship have gone several times!





# How You'll Get Around



On zodiacs with wet landings

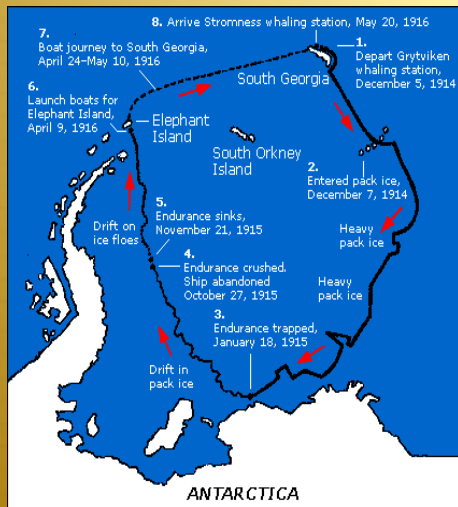
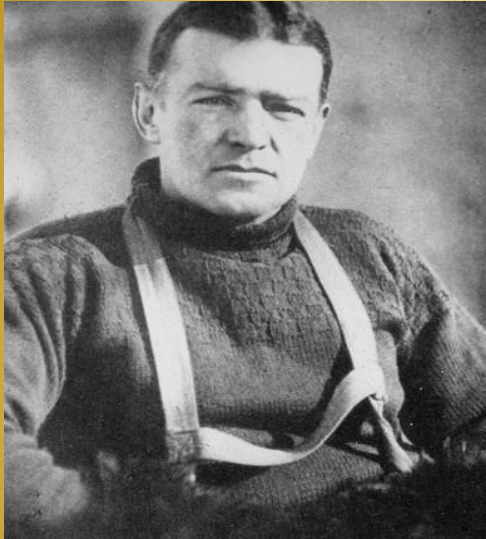


On foot during hikes



# 2014-17 When I Went

## 100<sup>th</sup> Anniversary of Ernest Shackleton's Voyage



*“For scientific discovery give me Scott; for speed and efficiency of travel give me Amundsen; but when disaster strikes and all hope is gone, get down on your knees and pray for Shackleton.” Sir Raymond Priestly, Antarctic Explorer and Geologist.*

Many itineraries continue to trace his route



# Facing the Facts...

## There is no budget way to do this

- ✦ The least luxurious ships will cost \$250-\$500 pp per day
- ✦ The best (per *Cruise Critic*) of these is Quark Expeditions ship *Orlov*
- ✦ Quark has numerous ships and itineraries including cruise only and fly/cruise
- ✦ Ships range from 100-200 passengers
- ✦ My experience is with *Lindblad/National Geographic*, Jan-Feb, 2015 on *The Orion* (100 passengers)
  - ✦ Cost was \$1,666 pp per day for 21 day itinerary
  - ✦ Cabin was next to the highest category
  - ✦ Everything about the trip was extraordinary
  - ✦ 10 Nat Geo naturalists onboard giving presentations and guiding landings

## Fly/sail itineraries range from a few days to 11 days depending on time on ship; many offered by Quark but other operators as well

- ✦ All carry the disclaimer that flight arrivals/departures are weather dependent and often disrupted cutting down on time
- ✦ Pricing for 8 days on the *Ocean Nova* (78 passengers) is \$1,375 pp per day double
- ✦ Ships with over 500 passengers cannot go into Antarctic waters
- ✦ Antarctic Treaty requires that no more than 100 people can go on land at a time during landings





# Facing More Facts


- ✦ The season is only about 4 months long
  - ✦ November/December-March/April  
(*our winter, their summer*)
- ✦ It's just not that cold and getting warmer!
  - ✦ Average 30-35 degrees



- ✦ Trips all book up very far in advance and sell out fast
  - ✦ I booked nearly 2 years in advance

- ✦ Most trips not geared to deal with children
  - ✦ Some specific Christmas vacation family trips but very few
  - ✦ Ships are expedition ships with no on board entertainment diversions
    - ✦ No television
    - ✦ Internet sporadic and expensive
- ✦ Only trip I've ever taken that requires medical form signed by doctor
  - ✦ There's no "there there"
  - ✦ A couple was removed from the trip I was on
  - ✦ Medical coverage critical to have and very expensive
    - ✦ My reality was nearly \$10,000

# It May Not Be For You If...



- ✦ You are prone to severe seasickness
  - ✦ There will be rough seas somewhere on this trip
  - ✦ Drake Passage is notoriously rough
    - ✦ We got lucky and it wasn't *but...*
    - ✦ Very rough seas for a day somewhere else!
  - ✦ Wise to wear Scopolamine patches all the time
- ✦ You have limited mobility which interferes with
  - ✦ Climbing in/out of small water craft
    - ✦ All landings are “wet”
  - ✦ Walking on irregular terrain
- ✦ The thought of 2-3 weeks onboard ship makes you crazy!
  - ✦ You might choose a fly/sail experience



# Sharing My Antarctica Experience



# I'M GOING BACK!

## DEC. 2010-FEB. 2021

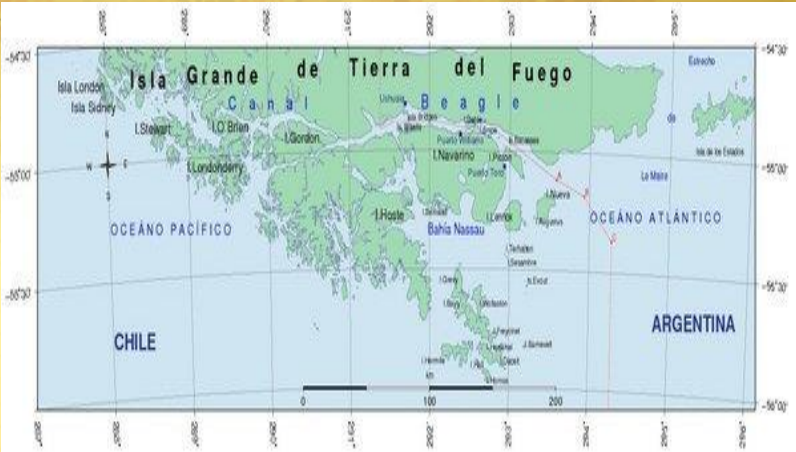


### **An Itinerary That's Never Been Done Before on a Brand New Nat Geo Ship**

- 34 Days on the Ship
- The Most Expensive Trip I Will Ever Take But I'm Hooked on Antarctica!
- We'll Spend Time in Australia and NZ Afterwards



# PATAGONIA





# Patagonia Facts



Southernmost tip of S. America

Shared by Argentina and Chile

Border perennially disputed

Divided by The Andes

Argentina

Arid steppes

Grasslands

Desert

Chile

Glacial fjords

Temperate rainforest

Time to visit is our winter, their summer

Dec.-Feb. is ideal which nicely coincides with "the season" in Antarctica

Shoulder months Nov. and March ok but a bit colder with more variable weather

My trip was in Feb.


Daytime 50-60

Nighttime 40-50

One constant is wind



# General Considerations for Patagonia



- ✦ Choosing to visit Patagonia akin to choosing to tour US National Parks
  - ✦ Destination is all about wonders of nature
  - ✦ You should enjoy the outdoors
- ✦ Need for mobility
  - ✦ Walking/hiking at “easy” level
  - ✦ You don’t need to be a serious trekker
  - ✦ Able to get on/off tour boats

# Ways to Visit

## ✦ **Antarctica operators offer extensions**

- ✦ expeditions.com (Lindblad/Nat Geo)
- ✦ polarcruises.com (numerous operators aggregated)

## ✦ **Fly/drive on your own**

- ✦ Rent a car in Ushuaia
- ✦ Roads can be challenging

## ✦ **Cruise Patagonia**

- ✦ Cruise in southern S. America with shore excursions in Patagonia
- ✦ Varied itineraries/length
  - ✦ 14+ days: B.A. to Santiago
  - ✦ 6 days: Chilean fjords and glaciers
  - ✦ Offer 3\*-5\* hotel levels for nights on land for varied pricing
  - ✦ Ability to customize
- ✦ Good option for less strenuous
- ✦ Fodors.com for cruises to Patagonia/southern S. America very comprehensive for all price ranges

## ✦ **Patagonia tour operators**

- ✦ High end \$1,000-\$1,200 +/- pp per day
  - ✦ A&K
  - ✦ Lindblad/Nat Geo
  - ✦ GeoEx
- ✦ Mid Price (Viator)
  - ✦ Comfort (\$250 pp and up per day)
  - ✦ Superior (\$300 pp and up per day)
  - ✦ Includes some meals
  - ✦ Viator is owned by TripAdvisor
    - ✦ I have experience arranging guides and transfers with them; very favorable
- ✦ Budget Level
  - ✦ \$150+/- pp per day
  - ✦ Geared to younger and/or exceptionally active people
    - ✦ Accommodations on “hostel” or basic inn/B&B level
    - ✦ Center on hiking and trekking
    - ✦ Long distances covered in vehicles over land



# Resources I've Discovered

## ✦ SA Luxury Expeditions *travel@saluxuryexpeditions.com*

- ✦ Used twice and highly recommend
  - ✦ 10 days in Patagonia winter 2015
  - ✦ 4 days in Lima summer 2015
- ✦ Have set itineraries and also will arrange custom
  - ✦ Don't totally depend on them or anyone
  - ✦ Do research and let them know what you like
- ✦ They arranged everything
  - ✦ Airport transfers
  - ✦ Hotels of my choosing
  - ✦ Impossible restaurant reservations
  - ✦ Experiences that they orchestrated based on our interests that took some doing

## ✦ Tours By Locals *toursbylocals.com*

- ✦ Directory of licensed private guides all over the world
  - ✦ Site easily facilitates communication, secure payment
  - ✦ Guide profiles include bio info and info about special qualifications, areas of expertise, etc.
  - ✦ Will do private and group and it doesn't cost per person but for time
    - ✦ ½ day about \$250+/-
    - ✦ Full day about \$500+/-
  - ✦ Sometimes they are guide/drivers and sometimes additional driver is needed depending on excursions which increases the price
- ✦ I have used them numerous times in numerous places
  - ✦ Guides and experiences have been incredible

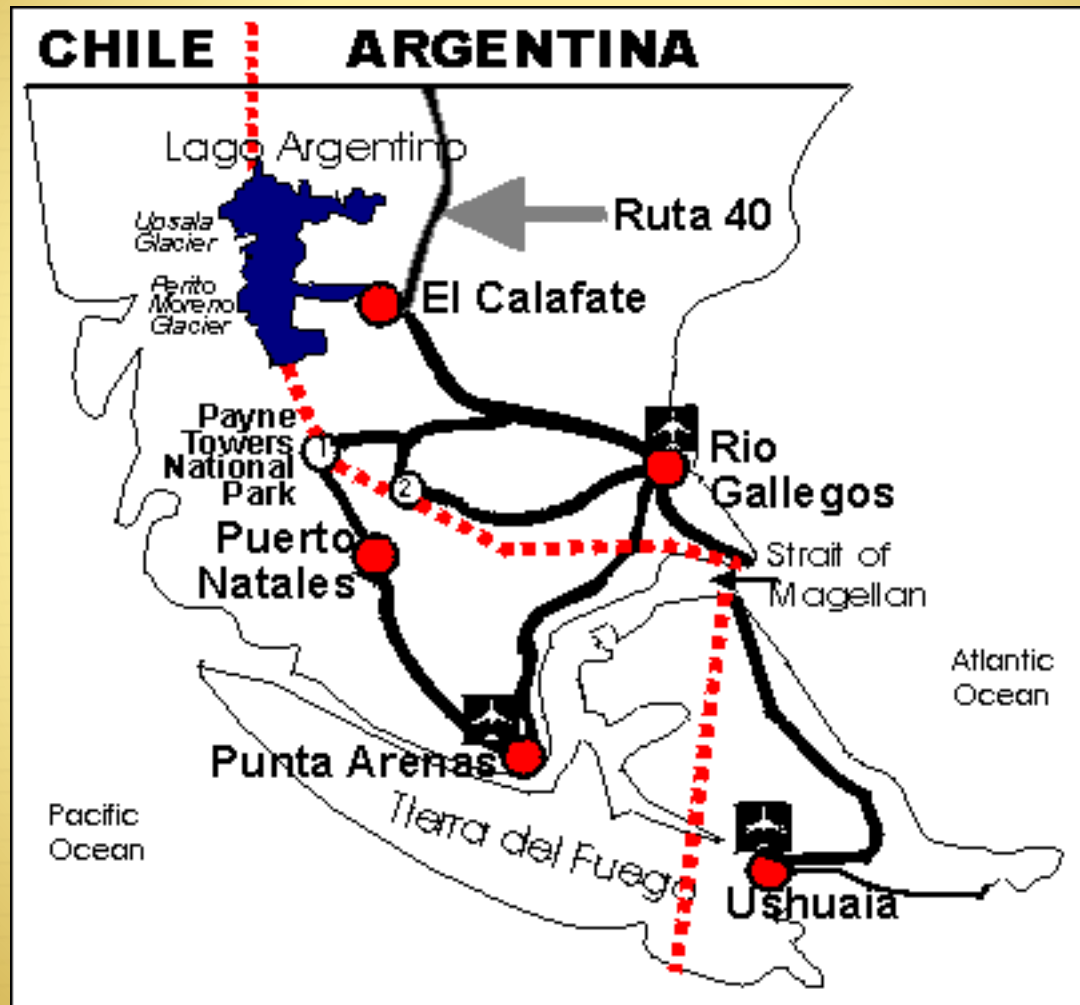
# Patagonia Red Tape



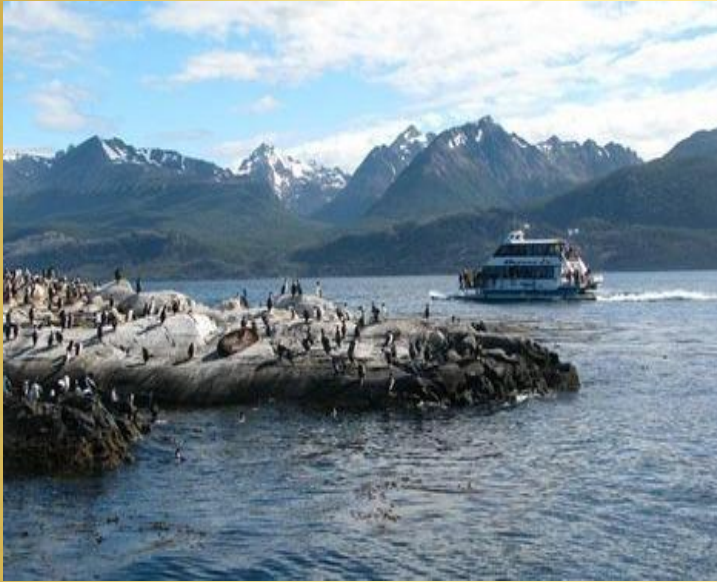
- ✦ Americans don't need visa for Argentina but used to pay Reciprocity Fee of \$160 which was suspended in 2016
- ✦ You are given a 90 day tourist card when you arrive
- ✦ **Have to retain #2 part of arrival document for when you leave**
- ✦ Americans need no visa for Chile
- ✦ You are given a 90 day tourist card when you arrive
- ✦ **You must retain it to submit when you leave**



# Flight Gateways to Patagonia



# What You'll See in Argentine Patagonia



Beagle Channel



Tierra del Fuego National Park



# What You'll See in Argentine Patagonia



Perito Moreno Glacier



By Platform



By Private Cruise

**EXPLORE  
IT!**



By Hiking Up A Glacier

# What You'll See/Do Chilean Patagonia



Torres Del Paine  
National Park



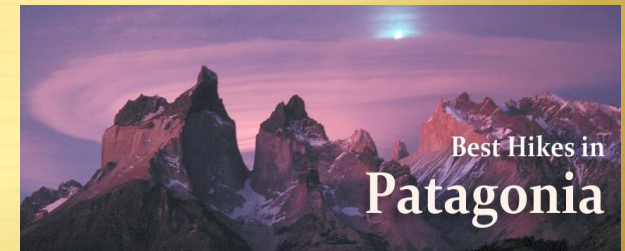
Sea kayaking



Fjords to Rival Scandinavia



Fishing in Well Stocked Lakes



Hiking and Trekking at All  
Fitness Levels



# The Wildlife of Patagonia



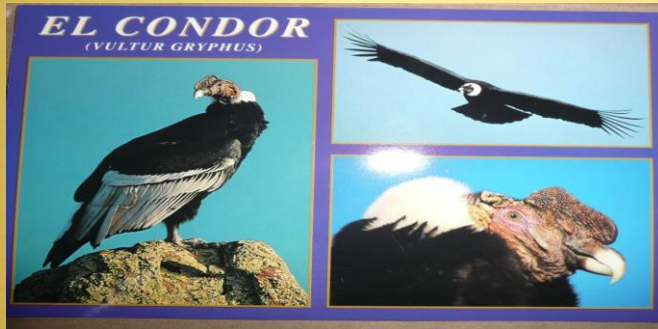
Guanaco



Crested Cara Cara



Puma



Condor



Macaroni Penguin



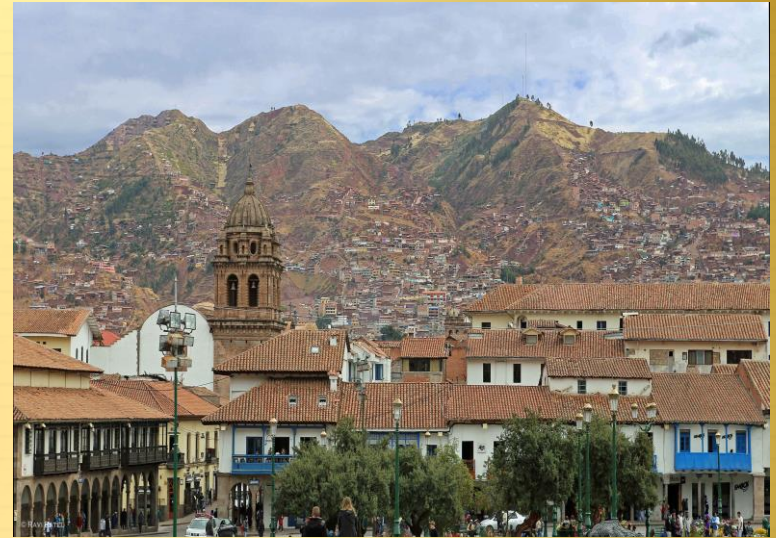
Orcas and Seals



Magellanic Penguin

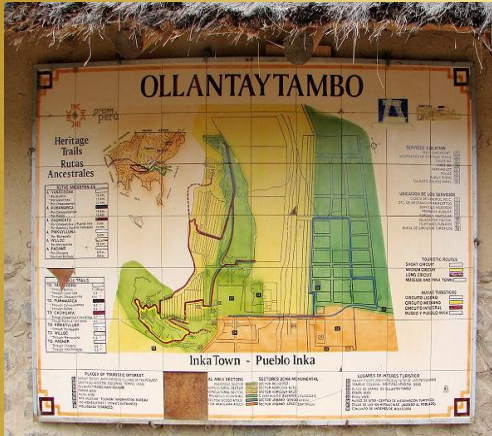


# Machu Picchu, Cusco and The Sacred Valley





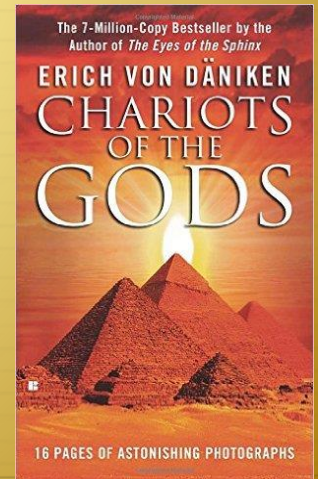
# Ollantaytambo: Highlight of The Sacred Valley



A complete Inca city  
No one can explain how it could have been built



**Does this explain it?????????**



# Why Should You Go?



- ✦ To learn about past civilizations of The Americas
  - ✦ We all learned this stuff in school
  - ✦ “Up close and personal” is amazing
- ✦ To see their seemingly impossible engineering feats
  - ✦ Cannot, even today, be definitively explained
- ✦ To visit an incredibly beautiful part of the world
- ✦ Get there before the tourist overrun gets much worse
  - ✦ It’s pretty bad already
- ✦ And lastly..,if you’re one to explore to the ends of the earth, **BECAUSE IT’S THERE!**



# Bone Up On History

- ✦ Inca Empire
- ✦ Spanish Conquistadors in S. America
- ✦ Hiram Bingham finding Machu Picchu



**WE ALL LEARNED THIS STUFF IN SCHOOL AND IT'S FASCINATING TO REVIEW TO PREPARE FOR THIS TRIP!**

# When Should You Go?

- ✦ Close to the equator so average temperatures year round are 50-85 and vary little
- ✦ Regardless of season, fog normal
- ✦ Rainiest season is January, February
  - ✦ Riskier since conditions can cause sites to be closed
  - ✦ Inca Trail is closed
- ✦ Less rainy, less crowded, November, April
  - ✦ If you don't mind rain, it's ok
  - ✦ Closings due to weather less likely
- ✦ Peak season is dry season, July, August
  - ✦ Nicest weather but peak crowds
  - ✦ Warm, dry days and cool nights
  - ✦ Tickets are now for timed visits not more than 4 hours
    - ✦ MUST have in advance
    - ✦ Tour operators take care of that for you
  - ✦ Crowds are heaviest late morning (10:30, 11) to later afternoon (3:30,4)
  - ✦ Since I visited, the rules for visiting are much more stringent due to overtourism



# How Do You Get There?



**IF YOU'RE NOT A HIKER**

## **FLIGHTS**

US to Lima, Peru  
Lima to Cusco

## **OVERLAND**

Cusco to/through Sacred Valley

## **BY TRAIN**

Sacred Valley to  
Machu Picchu

# How Do You Get There? Hiking The Inca Trail

**IF YOU ARE A HIKER**



Most common trek is 4 days all camping  
Cost: \$650+/-pp

**BUT BE CLEAR ABOUT WHAT YOU'RE GETTING INTO!**

[incatrailperu.com](http://incatrailperu.com) is an online resource for all **licensed** tour operators



# Hiking The Inca Trail



**THIS SHOULD GIVE YOU AN IDEA OF THE VARIED AND CHALLENGING TERRAIN**



# Factors to Consider Altitude



## ✦ Altitude matters

- ✦ Lima 5080 feet
  - ✦ Like going to Denver
- ✦ The Sacred Valley 9300+/- feet
- ✦ Machu Picchu 8040+/- feet
- ✦ Cusco 11,000+/- feet

## ✦ Acclimatization necessary

- ✦ Organized tours all build it in

## ✦ Process of acclimatization

- ✦ Leave Cusco immediately on airport arrival
- ✦ Go to Sacred Valley first
  - ✦ Stay 2 days
- ✦ Go to Machu Picchu next
  - ✦ Stay 2 days
- ✦ Stay in Cusco last since highest altitude



# Other Physical Factors to Consider



**EVERYWHERE YOU GO YOU ARE  
CLIMBING ON IRREGULAR  
SURFACES AT HIGH ALTITUDE**





# But People With Disabilities Can Go!



**VERY CHALLENGING? YES!  
IMPOSSIBLE? NO!**

[accessibletourism.org](http://accessibletourism.org)  
[disabledtravelperu.com](http://disabledtravelperu.com)



# What Will This Cost?

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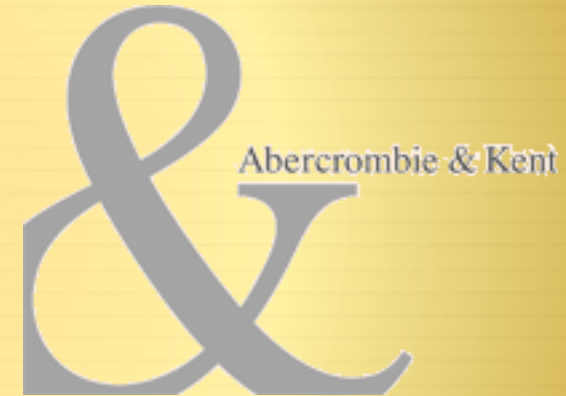
- ✦ International Flights
  - ✦ LAN nonstop to Lima from JFK, SFO, MIA, MCO (Orlando)
- ✦ Internal flights Lima-Cusco approx. \$350 rt
- ✦ Per day per person costs \$200-\$1,000 depending on star level of accommodations, inclusions, guides, etc.
- ✦ Differences when at budget level
  - ✦ Generally about 5 days so no time to acclimatize
  - ✦ Generally not all inclusive
    - ✦ Some meals on your own
    - ✦ Tips for local guides
  - ✦ Not traveling with group and accompanying guides
    - ✦ Local guides at the sites

# Online Resources for Customization: Budget Level

- [perutravelnow.com](http://perutravelnow.com)
- [feelperu.com](http://feelperu.com)
- [escapedtoperu.com](http://escapedtoperu.com)
- Tripadvisor reviews on all of them are favorable
- There are many more



# Resources at Higher Price Points



ALWAYS check on



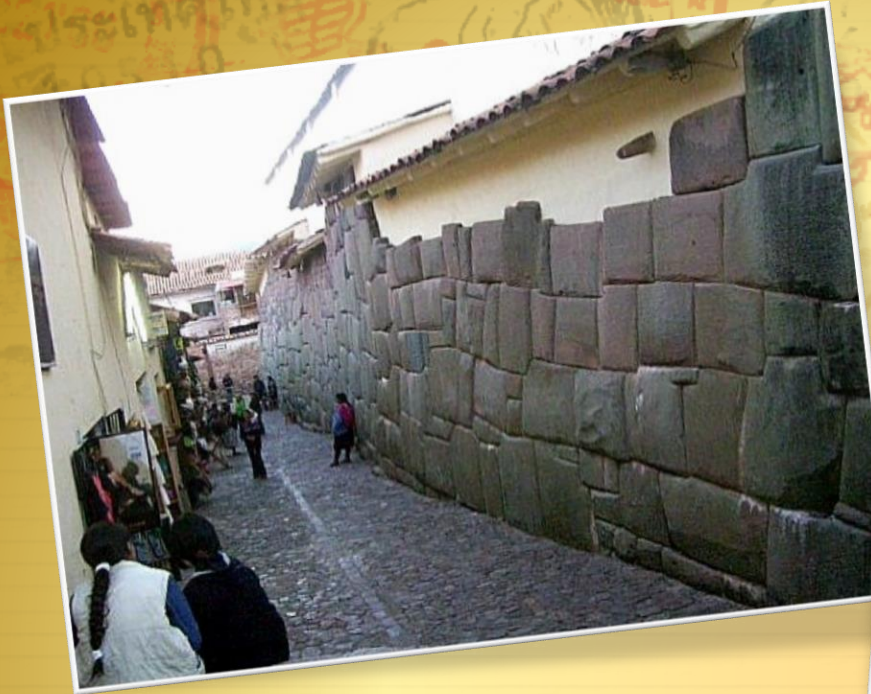
Offered in conjunction with several S. America cruises

# Cusco



- ✦ Best to visit last, once acclimatized
- ✦ Capital of the Inca Empire
- ✦ Capital city for the Spanish after Inca conquest
- ✦ Architecturally fascinating since an Inca-Spanish Colonial mix
- ✦ Provides a view of the Inca riches the Spanish appropriated





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## Cusco

Altitude 12,000 feet  
Inca-Spanish Colonial blend







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More of the Wonders of Peru

The Peruvian Upper Amazon





# A Combined Trip?



**GOT 2-3 WEEKS?**

# How You'll Get There



- ✦ Fly US-Lima
  - ✦ Use Lima as gateway for a week visiting Sacred Valley-Machu Picchu-Cusco
    - ✦ Fly Lima to Cusco
- ✦ Fly Cusco to Lima
  - ✦ Gateway for Peruvian Amazon trips
- ✦ Fly Lima to Iquitos
- ✦ Coach Iquitos to Nauta
  - ✦ Embarkation for Amazon boats



# When to Go?



- ✦ Two seasons, LOW WATER and HIGH WATER
- ✦ Low Water is June-October
- ✦ High Water is November to May
- ✦ Peak tourist season in July and August
- ✦ Advantages going in low water
  - ✦ Little or no rain to disrupt plans
  - ✦ Skiffs can get into narrow tributaries



*Different Season*

Different Experience





*How You'll Get Around*

On Water  
On Foot





*Here's what sightseeing looks  
like*

Skiffs holding 10 people each  
Hikes in the rainforest  
Shopping for crafts in the  
villages



# The Red Tape



- ✦ No visa required
- ✦ Tropical diseases and immunizations have to be dealt with
  - ✦ **There are no health requirements to re-enter the US but there is highly recommended...and, in my book, compulsory, precaution that must be taken**
- ✦ Boosters need to be up to date
  - ✦ Tetanus
  - ✦ Hepatitis A-B-C
  - ✦ Polio
- ✦ Immunizations
  - ✦ Yellow Fever
  - ✦ Typhoid
- ✦ Prevention medication
  - ✦ Doxycycline for malaria prevention



ALWAYS

DRINK bottled water  
USE sunscreen  
WEAR insect repellent





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## What You'll See

Animal and Bird Life  
Rainforest

Communities of "riberños"







PAR AVION

*A River That Teems With Life*

Arapaima  
Pink dolphins  
Caiman  
And yes...Piranha!







# Is This For You?



## ✦ Are you OK with:

- ✦ Heat and humidity
- ✦ Insects
- ✦ Hiking on irregular terrain
- ✦ Great food on the boat but limited choices
- ✦ Getting up really early
- ✦ Little or no connectivity

## ✦ The rewards

- ✦ Relaxing rhythm of remote location
- ✦ Incredible silence
- ✦ Learning about a way of life so far removed from ours
  - ✦ Not poverty
  - ✦ They have what they need but nothing more
- ✦ Seeing the need for sustainability first hand



# If Yes, How to Go About It

- ✦ **howtoperu.com** is an excellent resource
  - ✦ Info on budget level travel
  - ✦ For “the adventurous”
- ✦ **SAExpeditions (saexpeditions.com)**
  - ✦ They’ve arranged 2 trips for me and they’re wonderful
    - ✦ 4 days in Lima
    - ✦ 10 days in Patagonia
  - ✦ Person I dealt with is American woman who lives in Lima named Gina Allman
  - ✦ Their offices are in San Francisco
- ✦ They arrange private customized programs at range of price levels
  - ✦ Price level depends on accommodation level chosen
  - ✦ Excursions are included with accommodations
  - ✦ You are NOT part of a group traveling together
- ✦ **expeditions.com** (Lindblad/National Geographic) is who I traveled with
  - ✦ Itinerary was 10 days
    - ✦ Days 1 and 10 are travel days
    - ✦ Rest of trip is on **Delfin II**
    - ✦ 2 hotel nights at Lima Airport included for arrival day and night before departure
      - ✦ If your flights are nonstop, overnight JFK-Lima, hotel credits issued for anything not needed
  - ✦ Pricing is \$7,000-\$11,000 +/- depending on cabin choice
    - ✦ International and internal air are additional
  - ✦ You travel in a group of 20+/- people together for the entire trip plus
    - ✦ Expedition Leader and Assistant Expedition Leader
    - ✦ Nat Geo photographer
    - ✦ Excursion guides are Delfin II staff and they are excellent

# Additional Ways to Structure Trips

**Trips combining any/all of:**

**Machu Picchu**

**Cusco**

**Amazon**

**Galapagos**



**ANYTHING  
IS POSSIBLE!**



**Peru is Amazon rainforest**



# Summing It Up...



- ✦ Trips like these are very different from going to London, Paris or Rome
- ✦ But...
  - ✦ If you love the outdoors
  - ✦ If you like to be active on vacation
  - ✦ If you're ready to push **YOUR** envelope in places as different from home as they can be
  - ✦ If you have an adventurous spirit

**THESE ARE INCREDIBLE ADVENTURES YOU'LL NEVER FORGET!**