

Wonders and Mysteries of Peru

April 11 - 28, 2015

Lima • Pachacamac • Cusco • Sacsayhuaman
Machu Picchu • Aguas Calientes • Sacred Valley
Puno • Lake Titicaca • Colca Canyon • Arequipa
Paracas • Nazca Lines • Ballestas Islands



QUICK TIPS

LUGGAGE

You are allowed one checked bag. The maximum weight is 50 lb and the overall dimensions (length + width + height) cannot exceed 62". You are allowed two pieces of cabin baggage: one piece overall dimensions 45" weighing no more than 17 lb and a personal article such as a purse, camera case, laptop, etc. (See pages 3.2)

PASSPORT

Do not forget your passport. Ensure you know where it is at all times. Keep it in the hotel safe or carry it with you. Do not pack it in your suitcase. (See page 3.1)

WALKING

Tours at all the sites and within the cities will be walking tours. You could be walking on cobblestones, uneven pathways and there are stairs and inclines. Ensure you are in shape for the tour and do not forget a good comfortable pair of walking shoes. (See page 3.7)

HEALTH

Bring an ample supply of all your prescription medications. They should be in your carry-on luggage in their original, labelled containers.

It is a good idea to bring along your favourite remedies for colds, headaches, upset stomachs and diarrhea. A small first aid kit is also a good idea. (See pages 3.7 - 3.8)

DRINKING WATER

Tap water and ice cubes should be considered UNSAFE to consume. Bottled water is readily available to purchase. (See page 3.7)

MONEY

The currency is the Peruvian Nuevo Sol. US cash is widely accepted for purchases and can be changed for local currency at banks and most hotels. ATM's can be found in Lima, Arequipa, Puno and Cuzco to access local currency. Major credit cards are accepted in most hotels and many stores. **Travellers Cheques are not recommended.** (See pages 3.5 - 3.6)

WEATHER

The temperatures in Lima range from a high of around 25° C during the day to around 15° C at night. In the mountains they range from around 20° C during the day to around 5° C at night. You may experience rain. We recommend that you pack to dress in layers and bring a jacket. (See Chapter 2)

ELECTRICITY

In Peru the voltage is 220 and the plug type can be either the North American or European style.

ALTITUDE CONSIDERATIONS

Altitude sickness is a common problem for tourists, especially if you travel quickly from the coastal area to the high Andes. Symptoms are usually a headache or nausea. It is recommended that you drink plenty of water before you travel to your high altitude destination. Upon arrival, eat light meals and avoid strenuous activity until you are acclimatized to the high altitude. Coca tea is a natural remedy and is widely available at hotels in the Andes. Diamox can be taken to alleviate altitude sickness but you should consult with your doctor before you leave if you are considering this option.

Altitudes above sea level: Lima: sea level, Puno: 3827 m (12556 ft), Cuzco: 3400 m (11155 ft), Machu Picchu: 2430 m (7972 ft), Quito: 2800 m (9350 ft)



Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. Explore. Dream. Discover.



Mark Twain

Introduction

Welcome to the exciting world of travel that is Rostad Tours. We hope your experience will encourage you to become another one of our faithful travellers “who will not travel with anyone else but Rostad”.

If you are reading this, it must mean that your tour departure is getting very near! This booklet has been prepared to provide you with information that you may find useful before and during your tour. We also hope it will make a nice souvenir once you return home. The first section contains **Tour Information** such as flight times, hotels and a daily itinerary. Next is **Destination Information** covering the specific areas you will be visiting including language translations. The third Section is **General Travel Information** to help you decide what to bring with you. The last section describes what life is like **While on Tour** and how you can get the most out of your trip.

As much as we try, it is impossible to satisfy everyone’s idea of the perfect tour. With each tour we attempt to combine comprehensive sightseeing with adequate free time. We want you to have a variety of experiences at a pace that can be enjoyed by everyone. We do not typically use the fanciest or most expensive hotels, but rather those which offer good value for your money.

We feel one of the most important features of our tours is how well the group gets along while travelling together. This is due in large part to the care and attention you receive from your “Tour Hosts” who strive to make the tour as pleasant and care-free as possible. In order to enlist their help, we provide the opportunity for them to travel at a reduced rate.

Of course the enjoyment you receive from the tour will depend on your preparation for the trip as well as your willingness to adapt to customs which are different from your own. You must also be prepared to accept occasional delays and confusion as these will occur with even the best laid plans.

We welcome your ideas and criticism and urge you to send us your comments following the completion of the tour. That way we can keep improving our product by preserving the items which you feel are an important part of the tour and eliminating anything which is detrimental.

Have a great trip!



Tour Etiquette



ON-TOUR BEHAVIOUR

Showing respect and courtesy to fellow travellers during the tour will likely earn you the same in return, and will result in a positive experience for everyone.

BE ON TIME - EVERY TIME

One person can delay an entire group, and even though the reason may seem innocent enough ... buying candy, postcards or souvenirs, taking one more photo or haggling about a price ... the result is the same. The people who arrived on time, ready to go, have to sit and wait for the straggler. If the delay becomes too long, the remaining schedule for the day may be seriously compromised. Take note of the time to return to the coach at each stop, and stick to it.

GROUP PACE

Remember you are travelling as a group, so keep together. That means slow people need to speed up and fast walkers need to slow down.

SHARE THE VIEW

Please give everyone the opportunity to sit in the front seats of the coach during the tour.

CARRY-ON ADVICE

There is often limited storage space on the coach. It is important that everyone be prudent in the amount of carry-on items they bring onto the coach. One way to do this is to consider how comfortable you will be if the item(s) must remain on your lap or under your feet for the day!

ON-TOUR PROBLEMS

If an issue or concern should arise, please approach your Tour Host or Tour Director at the time, rather than allowing the situation to

escalate. Don't wait until the end of the tour to bring it up - we can't do anything to fix it once you are home!

RESPECT EYES, EARS AND NOSES

Dress for comfort, but respect local customs. Remember to turn down the volume a few notches when talking and respect the people around you. Speaking to others when the Tour Director is giving commentary should be avoided.

Be careful not to wear too much fragrance. Some people on the tour may be sensitive or allergic to scents and the chemicals used in them.

EMBARKING AND DISEMBARKING

Don't block the aisle when people are getting on and off the motor coach. When getting on the coach take your seat quickly, and then get settled after everyone has found a seat. Allow those who are ready, to get off the coach first. Collect the items you need quickly and then join the group.

THOUGHTS ON FOOD

It is tempting to take extra food from the breakfast buffet. However, making and packing lunches for later in the day is frowned upon by the hotels. It is also inconsiderate to the hotel guests who have not eaten breakfast.

THE RIGHT ATTITUDE

Lastly, remember that the standards and the customs you find while travelling are not wrong - they're just different. If you travel with the right attitude, you will have a richer, more authentic, and even eye-opening experience. Who knows? Your vacation may change the way you see the world.



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Wonders and Mysteries of Peru

SATURDAY, APRIL 11

Day 1 · Departure Day

Our excitement grows as this evening we meet our travelling companions at the airport. Our flight takes us to Lima, the "City of Kings" founded in 1535 by Pizarro and rebuilt in 1991. We arrive after midnight and are met by our guide then taken to our hotel for the night.

SUNDAY, APRIL 12 | BD

Day 2 · Free Morning - Pachacamac Tour

This morning we have time to sleep in and rest up from our flight. This afternoon we venture outside Lima and visit the archaeological site of Pachacamac which dates back before the Inca arrived. This was the most important pilgrimage centre in ancient Peru, and in its glory days Pachacamac attracted worshippers from all over. The site contains numerous pyramids, temples, large plazas, dwellings, and impressive remains of frescoes which decorate the adobe walls. This will be a great introduction to the tremendous history of the region. Tonight we will attend the Lima Magic Water Show, a spectacular display of water and lights.

Lima was founded on January 5, 1535. The city played a leading role in the history of the New World from 1542, when Charles V established the Viceroyalty of Peru there, until the 18th century when the creation of the Viceroyalties of New Granada and La Plata gradually put an end to the sovereignty of the oldest Spanish colony in South America. The historic centre of Lima bears witness to the architecture and urban development of a Spanish colonial town of great political, economic and cultural importance in Latin America.

The Pachacamac Temple was built by different leaders throughout the centuries and between the years AD 200 and 1450. The massive Temples of the Sun and the Moon are known to be the compound's most striking features. Built entirely of clay, an estimated 50 million sun-dried bricks were used in the construction of the Temple of the Sun alone. Excavations in the area continue to reveal further insights into the Moche and Huari cultures that spanned the period from AD 200 to 800.

MONDAY, APRIL 13 | BD

Day 3 · Lima Tour - Free Afternoon

This morning we enjoy a tour of colonial modern Lima. Included is a visit to the historical centre of Lima, declared a World Heritage Site (WHS) by UNESCO. We'll see the Cathedral, Main Square, Government Palace and City Hall. Then we'll visit the San Francisco Convent and its catacomb. This afternoon is free to relax and explore on our own. Tonight we enjoy a dinner and local folklore show that includes the marinera style of dancing, considered the national dance of Peru.

The **San Francisco Convent**, built in 1674, is considered the best example of the “Lima Baroque” style of architecture. The central nave is known for its beautiful ceiling, painted in a style called madejar (a blend of Moorish and Spanish designs). The convent’s library is world-renowned with an immense collection of antique texts. Catacombs below the monastery contain an ossuary and are said to be connected to other catacombs beneath the cathedral and other area churches.

TUESDAY, APRIL 14 | BD

Day 4 · To Cusco

Today is a travel day. After breakfast we transfer to the airport for a flight to Cusco, the fabled capital of the Incan Empire. We check into our hotel and the rest of the day is free to relax and acclimatize to the high altitude (3400 metres above sea level).

Cusco, the archaeological capital of Latin America, was the largest city and capital of the Inca Empire. The Spanish conquistadors invaded the city in 1533. Because of this, its current architecture is a fusion of Incan and Iberian styles. Its people maintain, with great pride, their customs and traditions. The city is at an altitude of around 3400 metres.

WEDNESDAY, APRIL 15 | BD

Day 5 · Cusco Tour - Sacsayhuaman

Our tour of Cusco (WHS) starts with a visit to the centuries-old civic square and the Cathedral Plaza de Armas, which houses a solid silver altar. Next we'll visit Santo Domingo, the 17th century church built on the original site of the Incan Temple of the Sun. There will be a stop at a panoramic viewpoint for pictures. We'll also visit the Incan fortress of Sacsayhuaman, overlooking Cusco, Qenko and Puka Pukara. Later tonight we savour a Peruvian dinner and folkloric show.

The **Cathedral** is located on the Plaza de Armas, and sits on the foundations of the Inca Viracocha’s palace. Started in 1550 it took 100 years to complete. The nave is supported by fourteen pillars and contains nearly 400 colonial paintings. Most noted are the Last Supper by Marcos Zapata showing Christ and the Apostles dining on guinea pig washed down with a glass of chichi, and a painting of the crucifixion attributed to Van Dyke. Legend says that when the Cathedral was built an Inca prince was walled up in one of the towers and that when the tower falls, the Inca will emerge to claim his birthright and free his people. Thousands of believers waited hopefully for the tower to collapse after the earthquake of 1950 but despite severe damage, it did not.

Santo Domingo Cathedral was built in the 17th century on the walls of the Koricancha Temple of the Sun. The uninspiring Baroque decoration of Santo Domingo makes a poor contrast to the superbly crafted Inca masonry – in fact much of the cloister has been gutted to reveal four of the original chambers of the great Inca Temple. The finest Inca stonework in existence today, is the curved wall beneath the west end of the church. None of the exquisite Inca treasures within the temple survived, as the conquistadors destroyed them.

Sacsayhuaman is a magnificent Inca fortress overlooking the city of Cusco. The origins are uncertain but the fortress is generally attributed to the period of Inca Pachacuti, the man who essentially founded the Inca Empire. The fortress played an important role in the final defeat of the Inca Empire by the Spanish. Pizarro’s party entered Cusco unopposed and lived there securely for more than two years before being caught unprepared by the rebellion of Manco Inca in 1536. Manco troops used the fortress as their base to attack the Spanish. After weeks under siege, the Spanish broke through the Inca defenses, scaled the walls of the fort, and eventually overwhelmed the natives.

THURSDAY, APRIL 16 | BLD

Day 6 · Misminay Village

Today we take a break from traditional tourism and embark on an intercultural experience off the beaten path. We travel 75 minutes from Cuzco to visit Misminay, a small Andean village. In this rural community we will have the opportunity to interact with the locals and learn about their way of life. Each person in the group will choose one activity that interests them: weaving, agriculture or ethnobotany (how local herbs are used to combat illness). After a warm greeting by the townsfolk, we will split into smaller groups according to our selection, then later we meet to enjoy a delicious brunch made using their local products.

FRIDAY, APRIL 17 | BLD

Day 7 · Machu Picchu

An adventure to remember as we take the Vistadome train through the Urubamba Valley to the town of Aguas Calientes, situated in the valley below the Lost City of the Incas, Machu Picchu (WHS). We are taken by bus up to the ruins where we have a guided tour of one of the most spectacular ancient cities in the world. This fabulous city features houses, temples, warehouses and a large central square; all connected by narrow roads and steps that are surrounded by terraces cut into the mountain side. After the tour we'll have some free time to enjoy this spiritual wonder. Lunch at the Machu Picchu Sanctuary Lodge will be included. We return to Aguas Calientes and our hotel for the night.

Machu Picchu lay hidden from the world in dense jungle covered mountains until 1911. The well preserved ruins of this "Lost City" seem to cling to the steep hillside and are surrounded by towering green mountains overlooking the Vilcanota River Valley. The site is divided into two sectors: the agricultural (terracing) and the urban, where there are main squares, temples, palaces, storehouses, workshops, stairways and water fountains. Its design is based on Cusco, with construction following the natural curves, dips and rises of the natural surroundings. The agricultural and urban sectors are divided by a dry ditch, the result of a geographic fault line.

SATURDAY, APRIL 18 | BD

Day 8 · Aguas Calientes - Cusco

This morning we have the opportunity to spend time in the colourful market town of Aguas Calientes. Or, for an additional cost, we can return to the Machu Picchu site to do more exploring on our own (must be booked in advance). In the afternoon we'll board the train and return to Cusco and our hotel for overnight.

SUNDAY, APRIL 19 | BLD

Day 9 · Sacred Valley

Today we have a full-day tour of the Valley of the Urubamba - the Sacred Valley of the Incas. Included is a visit to the village of Pisac, founded during colonial times. We will have time to interact with the local people as they barter their products including the artisans from the region who sell their woven alpaca wool blankets, ponchos, engraved gourds, antique reproductions and jewellery. After a buffet lunch at a local restaurant we visit Ollantaytambo, an inhabited Inca town with original Inca water channels and stone streets. We explore the impressive ruins of the fortress above Ollantaytambo, and then return to Cusco via the traditional market town of Chinchero.

The Sacred Valley of the Incas was a key area of settlement to the Incas. Its agreeable climate and fertile plains make a rare and fruitful combination for the high Andes. It was also the route to the jungle and therefore an area with access to the produce of the tropical lowlands. The Sacred Valley served as a buffer zone, protecting Cusco from invasions of the Antis, the fierce jungle tribes who from time to time raided the highlands. Today the valley remains a lush agricultural region supplying the city of Cusco with much of its produce, such as maize, fruit and vegetables.

Pisac is a picturesque Andean village, typical except for the huge, spreading pisonary tree that dominates the central square. Founded during the reign of Viceroy Francisco de Toledo, the town has both western and native features that make it an original and typical town of the region. Handicraft fairs are held every Thursday and Sunday and offer a variety of goods, the most important of which are the textiles and ceramic goods.

Ollantaytambo was the royal estate of Emperor Pachacuti who conquered the region, built the town and a ceremonial centre. At the time of the Spanish conquest of Peru it served as a stronghold for Manco Inca Yupanqui, leader of the Inca resistance. The Ollantaytambo Fortress on the outskirts of the old town has a forbidding air about it. Among the ruins, the most visually spectacular are the rising terrace walls which served as an integral means of defense. Many of the building foundations in the old town were built by the Inca and the majority of the Inca canchas, or blocks, are still intact.

MONDAY, APRIL 20 | BLD

Day 10 · Train Journey To Puno

After breakfast we are taken to the train station where we embark on a fabulous 10-hour train journey to Puno aboard the Andean Explorer. Meals are served at your table and there is an observation car where you can enjoy the stunning views of the high plateau of the Andes know as Altiplano. We'll have a stop at La Raya, the highest point of the journey at 4335 metres above sea level. We'll disembark in Puno, lying on the shores of Lake Titicaca, the highest navigable lake in the world at 3800 metres above sea level. Puno is also the folkloric capital of Peru.

La Raya, the highest pass on the route between Cuzco and Puno, is 4,335 metres above sea level. Beautiful landscapes await you, as well as the animals that are symbolic of the Andes; llamas, alpacas and vicunas. This is a region situated between two cultures, Quechua and Aymara, as well as a composite of two terrains; the dry and arid Altiplano and the more lush green Quechua valleys and rivers.

Puno is located on the shores of Lake Titicaca and has been named the “Folklore Capital of Peru” for its wealth of artistic and cultural expressions, particularly dance. Legend has it that Manco Capac, the first Inca, rose from the waters of Lake Titicaca, and under orders from the Sun God started the Inca Empire. In 1668, viceroy Conde de Lemos established San Juan Bautista de Puno, later San Carlos de Puno, as the capital of the province of Paucarcolla. The Spanish priests, in their eagerness to evangelize the natives, built the churches that still stand today.

Lake Titicaca, the highest navigable lake in the world, located between Peru and Bolivia, is one of the most fascinating lakes in the world. The lake is a sacred place for the Inca civilization. According to mythology, this is the place where the world was created, when the god Viracocha came down to the lake and created the sun, stars and the first people. Lake Titicaca has around 41 floating reed islands or Uros. The islands are populated by hard working people, who survive on fishing and tourism. Their handcrafts are wonderful and the people are very hospitable.

TUESDAY, APRIL 21 | BLD

Day 11 · Lake Titicaca Excursion

We enjoy a full day excursion to Lake Titicaca. We start with a visit to the floating islands of Uros, a group of islands made entirely of tortora reeds and home to a small community dating back to a pre-Inca culture. We continue to the island of Taquile where the inhabitants keep their ancient traditions alive. Wearing colourful typical dresses, they are skilled artisans who use techniques developed centuries ago. We'll have lunch on the island prepared by the local people. Later we will return to our hotel in Puno.

Taquile Island is a beautiful hilly island, used as a prison by the Spanish well into the beginning of the 20th century. The island became the property of the Taquile people in 1970. The Taquile are known for their discretion and very special, unusual culture. For example, different clothes are worn according to their social status; leaders wear black chullos (caps), married men red and singles red and white. The same applies to women. Taquile textiles, which reflect customs and beliefs, are colourful and exquisitely hand-woven. There are pre-Inca ruins on the highest part of the island and stone agricultural terraces on the hillsides.

WEDNESDAY, APRIL 22 | BLD

Day 12 · Puno - Colca Canyon

After breakfast we enjoy the wonderful scenery as we make our way by motorcoach to the Colca Canyon area, passing through the alitplano before descending into the canyon. Arrive at our hotel in the area where we can enjoy the hot springs (bring swimwear with you) and free time at leisure.

Colca Canyon is reportedly the deepest in the world. Portions of the canyon are habitable, with pre-Colombian terraced fields still used for agriculture. In addition to the awesome scenery, people come to see the Andean condors. In the canyon, visitors can see them at fairly close range as they float on the rising thermals and scan for carrion far below.

THURSDAY, APRIL 23 | BLD

Day 13 · Colca Canyon - Arequipa

An early morning as we start the ascent up to the Cruz del Condor where we will have a spectacular view of the canyon and, with luck, see the largest and most impressive bird of the Andes, the majestic condor. We will visit some of the villages of the canyon, all of which have beautiful, colonial-style churches. Inca terraces can be seen all along the valley, some of which are still in use. As we continue to Arequipa we view groups of wild alpacas, vicuñas and guanacos in their natural habitat. Upon arrival, we check-in to our hotel.

Cruz del Condor is a pass offering some of the most impressive views over the Colca Canyon. It is the perfect spot to watch the giant Andean condors gracefully rise from the canyon floor 1200 metres below on the rising thermals as the air warms. These enormous vultures, with their silver collar and a wingspan of nearly three metres, can be seen hunting in the morning and late afternoon.

Arequipa, the second largest city in Peru, is an example of the Spanish and Mestizo culture in Peru. It is nicknamed the “white city” because many buildings are built of sillar, a white stone quarried from the many volcanoes that surround the city. Embracing 468 years of history, examples of Spanish colonial architecture and many Catholic churches are scattered throughout the city centre.

FRIDAY, APRIL 24 | BD

Day 14 · Arequipa - Lima - Paracas

After breakfast, enjoy a short tour of the centre of the “white city” (WHS) including a visit to the 16th century Santa Catalina Convent, built entirely of volcanic lava. The Misti Volcano stands as a sentinel behind this colonial city. Then transfer to the airport to fly to Lima where a bus will meet us to take us on a scenic drive through the desert on the Pan American highway to Paracas. We stay three nights at a resort overlooking the beautiful Paracas Bay.

The Santa Catalina Convent was built over the ruins of the ancient Acllawasi, the “House of the Sun Virgins” or “House of the Chosen Girls”. In Incan times, the most beautiful and virtuous noblewomen in the region were chosen to live in the Acllawasi and be devoted to the cult of the Sun God. In 1601 Lucia Isabel Rivera de Padilla founded the Santa Catalina Convent after the one she had founded in Arequipa was destroyed by the Waynapuntina Volcano. The interior of the monastery is quite beautiful, with painted arches and an interesting chapel with baroque frescoes of Inca vegetation.

Paracas is a paradise of unrivalled beauty, with the wild and harsh surroundings of its National Reserve and untouched beaches and windswept dunes. Paracas peninsula is now a national park, as well as one of the largest marine reserves in the world. The main purpose of the reserve is to preserve the marine ecosystem and its historical heritage. One of the most spectacular views is that of the colony of pink flamingos. Perhaps one of the most famous historical sites is the Paracas candelabra, a geoglyph found on the northern face of the peninsula.

SATURDAY, APRIL 25 | BD

Day 15 · Nazca Lines - Wine-tasting

We start the day with a flight to see the Nazca Lines (WHS). Dating back to pre-Inca civilization, these mysterious lines representing animals and stylized plants were etched in the sandy soil between 500 BC and AD 500. Later we'll visit a local vineyard to experience the production of Pisco, Peru's signature drink (a type of grape brandy). We'll also discover some of the wines of Peru before returning to our hotel in Paracas. The rest of the day is free to relax.

The Nazca Lines are a series of ancient geoglyphs located in the Nazca Desert. The lines were made in the ground by removing the reddish pebbles that cover the desert and uncovering the whitish ground beneath. Hundreds are simple geometric designs, around seventy are designs of animals and others are shapes of trees and flowers. Due to the dry, windless and stable climate of the plateau and its isolation, the lines have been preserved. After planes started flying over the area in the 1930s and the lines were seen from the air, anthropologists started studying them, focusing on trying to understand how and why they were created.

SUNDAY, APRIL 26 | BD

Day 16 · Ballestas Islands

After breakfast we take a cruise to the Ballestas Islands. Home to thousands of sea birds and hundreds of playful sea lions, these islands are known as the "Galapagos of Peru". Penguins, pelicans, boobies, and cormorants are some of the birds usually seen and the sea lions will usually be tanning themselves on the rocks or swimming around our boat on the cruise. We return to the mainland and enjoy free time at the hotel.

The Ballestas Islands are named for their distinctive rock-arches, ballesta meaning an archer's bow. These rock formations are beautiful, augmented by the different colours of stone, including every shade from smoky grey, to sand, to scarlet. The islands are home to a great variety of wildlife. There are huge colonies of sea lions, and unusual marine birds such as the playful Humboldt's penguin, dignified cormorants, the clumsy looking Peruvian booby and the graceful Peruvian pelican. In the surrounding waters you may encounter dolphins and even whales.

MONDAY, APRIL 27 | BD

Day 17 · To Lima - Farewell Dinner

This morning we have some free time before departing for Lima. If time permits we'll visit the Larco Herrera Museum, an 18th century colonial-style museum that houses an impressive display of pre-Colombian art. Tonight we enjoy a farewell dinner to celebrate the success of our visit to Peru. Later this evening we are taken to the airport for our return flight.

TUESDAY, APRIL 28

Day 18 · Return Home

Today we arrive home with an abundance of souvenirs and memories. While we may be sad that our trip is over, we are excited about sharing our experiences with family and friends.

REPUBLIC OF PERU

Statistics

Population: 29,907,003.

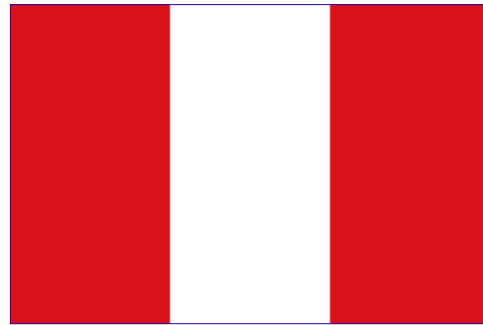
Languages: Spanish, Quechua, Aymara.

Predominant Religions: Christian (Roman Catholic).

Peru Time: Newfoundland - 1.5 hours, Atlantic -1 hour, Eastern 0, Central +1 hour, Mountain +2 hours, Pacific +3 hours.

Voltage Requirements: 220 volts.

Plug Type: North American or European type plugs. Do take adapter plugs. Peru is a confusion of U.S.-style flat-pin plugs and European-style round-pin plugs. It's best to be prepared for both.



Introduction

Peru is legendary as the home of the largest empire in the world; the sun-worshipping Incas. With charming Andean highland towns with colonial architecture, remote jungle lodges in the Amazon basin, soaring snowcapped mountains and volcanoes, a 3,200 kilometre coastline, and of course, Machu Picchu and the stunning legacies of the Incas, and other sophisticated pre-Columbian civilizations, Peru has much to offer its visitors. The contrast between old and new runs throughout the land, where poncho-clad Peruvians lead their llamas through modern cities, past Spanish cathedrals built on the foundations of ancient Inca ruins.

Geography

Peru can be divided into three distinct geographic regions: the coastal desert, where most of the major cities are located; the Andean Highlands, where mountain peaks soar above 6,000 metres; and the largely undeveloped Amazon jungle, with isolated villages and cities and a tremendous number of plant and animal species.

History

Before the Inca Empire, many civilizations flourished in Peru. The Moche culture (noted for exceptionally fine pottery), the Nazca culture (which made huge etchings in the desert), and the Chimú culture (with its large adobe cities) are but three examples. It is the Incas, however, whose civilization is best known—their empire, though short-lived, covered the South American Andes from modern-day Colombia to Chile.

Their lands were held together by an extensive network of roads, traversed by imperial messengers bearing quipus, or knotted-string messages. The empire was incredibly skillful in its use of dry masonry, irrigation and terraces. The city of Machu Picchu attests to the technical and aesthetic mastery of this Amerindian empire.

In 1532, the Spanish conquistador, Francisco Pizarro, arrived with a small but well-armed force, captured the emperor Atahualpa, and began the destruction of a civilization. Today, Peruvians are ambivalent about their past; pride in their Spanish and indigenous heritage is mixed with shame over the sometimes brutal actions of their forefathers.

After declaring independence from Spain in 1821, Peru enjoyed a short period of republican government, followed by nearly 160 years of “good” dictatorships, alternating with corrupt tyrannies, ineffectual democratic administrations and sheer anarchy. Sporadic attacks by guerrilla groups continued into the late 1990s, despite the arrest of most of the leaders of the “Shining Path”, the most violent group. Recent years have signaled a new era of stability, and while extreme poverty remains in parts of the country, the economy is growing at one of the fastest rates in Latin America.

Outsider Alejandro Toledo was elected president in 2001, following the ignominious flight of Alberto Fujimori. Toledo struggled with low approval ratings and strikes, despite pretty robust economic growth throughout his presidency. He was replaced in 2006, by former president Alan García, who led Peru to hyperinflation and foreign capital flight during his first term in the 1980s. Peruvians have accorded him a remarkable second chance, and, so far, he has presided over a rapidly expanding economy.

Shopping

Shop for alpaca-wool sweaters and rugs, gold, Inca walking sticks, miniature handmade statues, woven-straw items, ponchos, llama rugs, cotton and linen fabrics, blankets, silver, tapestries, wood and leather products, Andean oil paintings, silkscreen prints and pottery.

Shopping Hours:

Monday-Saturday 10:00 am-6:00 pm, with some stores open as late as 9:00 pm. Most of the malls and markets are open on Sunday

Dining

Peruvian cuisine is known, not only for its exquisite taste, but also for its variety and ability to incorporate the influences of different times and cultures.

The culinary history of Peruvian food dates back to the Incas and pre-Incas with its maize, potatoes and spices. It was influenced later by the arrival of the Spanish colonies, and throughout the years it incorporated the demands of different immigrants such as the Chinese, European, African and Japanese.

Peruvian dishes can be outstanding but are highly seasoned, and often hot and spicy. Lomo saltado is a hearty beef, vegetable and rice dish that seems to appear on every Peruvian menu. When in doubt, order it.

Peruvian wine is not considered to be as good as that from neighbouring countries, but you should give it a try. Tacama, Ocucaje and Vista Alegre are the best-known brands. Beer is usually a lager, and Cusqueña and Pilsen are considered to be the best brands.

Safety

Most visits to Peru are trouble-free, but you should take precautions and be alert at all times. Most crime consists of pickpocketing and purse snatching, so whenever possible don't take a bag and keep items such as wallets in your front pockets, preferably zipped. If you must take a bag, keep it close to you and don't leave it unattended. It is recommended that you don't go out alone late at night.

Health

In larger cities, there are adequate medical and dental facilities and private facilities are generally better equipped than public hospitals or clinics. Take along all prescription medicine needed for the trip.

If you fly into high-altitude areas (such as Cusco), allow some time for your body to adjust. You may experience altitude sickness (nausea, headaches, insomnia, dizziness, loss of appetite and general malaise), which can be serious. Drink plenty of liquids, avoid alcohol and smoking and see a doctor if symptoms seem extreme or persist.

Take plenty of water with you, wherever you go in the Andes. You can quickly become dehydrated at such high altitudes.

What to Wear

In Lima, and on the coast, temperatures vary little, and are balmy enough for a shirt or T-shirt and light pants during the day. At night, it's best to have a lightweight sweater or jacket for the coastal breezes. In the Andes, you should take precautions against both the plummeting temperatures at night, and the high UV radiation during the day (long-sleeved shirts protect against sunburn better than T-shirts; also wear a sunhat and strong sunscreen). Fleece is essential, as is a decent hat (wooly ones are available on every street corner). Don't forget a comfortable pair of walking shoes.

Internet Service

Internet cafes cater to tourists and locals in Peru, so you should have no problem finding one. Internet access is widely available, even in remote areas; although the farther you are from a big city the slower the connections. Costs are around 2 soles an hour, or less in major cities. Most hotels now provide Wi-Fi without a fee; however, some international chain hotels add a service charge. Some Internet cafes won't let laptop users connect directly to their networks, but most will. Wi-Fi is not common in public areas.

Money

US cash is widely accepted for purchases and can be changed for local currency at banks and most hotels. ATM's can be found in Lima, Arequipa, Puno and Cusco to access local currency. Major credit cards are accepted in most hotels and many stores. Travellers' cheques are not recommended.

Taxes

Value-added tax (VAT) in Peru is 19%.

Tipping

In most restaurants Peruvians leave a small 5% tip, though in fine dining restaurants a 10%-15% tip is becoming increasingly common.

Currency Exchange

Peruvian Nuevo Sol		
PEN	CAD	USD
5.00	2.00	1.62
10.00	4.40	3.23
20.00	8.08	6.46
30.00	12.12	9.69
40.00	16.16	12.93
50.00	20.20	16.16
60.00	24.24	19.39
75.00	30.30	24.24
90.00	36.36	29.08
100.00	40.40	32.32

Weather

There is no single climate in Peru. The deserts, jungles and mountains are each separately under the influence of different natural forces. Temperatures are fairly stable year-round; it's colder in the highlands and hotter in the lowlands. The rainy season is October-April in the mountains. On the desert coast, it almost never rains but can be interminably cloudy April-December, especially on the central and south coasts. Be sure to take a sweater (or something heavier) if you're going to Cusco and Machu Picchu.

Weather Averages		Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Lima	High C	26	27	26	25	22	20	19	19	19	20	22	24
	Low C	19	20	20	18	16	16	15	15	15	16	17	18
	Rain mm	1	0	0	0	0	1	1	2	1	0	0	0
Cusco	High C	19	19	19	20	20	19	19	20	20	21	21	21
	Low C	7	7	6	5	3	1	0	2	4	6	6	7
	Rain mm	160	133	108	44	9	2	4	8	22	47	79	120

Embassies in Peru

Canadian Embassy, Bolognesi 228, Miraflores, Lima 18. Phone 1-319-3200. <http://www.canadainternational.gc.ca/peru-perou>.

U.S. Embassy, Ave. de la Encalada 17, Urb. Monterrico Sur, Surco, Lima 33. Phone 1-434-3000. Fax 1-618-2397. <http://lima.usembassy.gov/contact.html>.

Interesting Facts

Lima's San Marcos University is one of the oldest in the New World, founded in 1551, 70 years before the Mayflower landed at Plymouth Rock.

Peru ranks among the highest in the world in biodiversity, boasting 84 of the 104 known life zones on the planet.

The traditional use of the coca leaf dates back at least 5,000 years. Chewing the coca leaf was once a privilege for Inca royalty. The Spaniards began to cultivate it and used it to stimulate their workers. Peru is one of the world's largest sources of coca leaves, and chewing coca leaves is an integral part of highland Andean society.

Additional Reading

Lost City of the Incas by Hiram Bingham. The discoverer of Machu Picchu tells his story.

Who Killed Palomino Molero? by Mario Vargas Llosa. A novel that chronicles the ills of modern-day Peru, set in the northern coastal town of Talera.

The Imperfect Spy—The Many Lives of Vladimiro Montesinos by Sally Bowen and Jane Holligan. Written by two British journalists based in Lima, this is an intriguing biography of one of Peru's most notorious and corrupt government officials who worked with President Fujimori in the 1990s.

The Conquest of the Incas by John Hemming. Regarded as the most compelling and convincing among modern accounts of the downfall of the Incas.

Peru Important Dates

200BC – AD700	The earth drawings known as the Nazca Lines are believed to be drawn by the native people.
1000	The Inca ethnic group migrates into the region of the Cuzco Valley
1438	After a decisive victory over the Chanca people, an Inca prince seized the throne in Peru, takes the name Pachacuti.
1440	Cuzco grows rapidly in power under Pachacuti
1463	The Chimu Empire in Peru is conquered by the Inca.
1500	It is believed that the construction of Machu Picchu was started around this time.
1525	The Inca emperor, Hauyn Capac dies in an epidemic of smallpox.
1532-33	The Spanish led by Francisco Pizarro defeat the Incas , their empire becomes part of the Vice-royalty of Peru.
1821	General Jose de San Martin captures Lima from Spanish and proclaims Peru independent.
1836-39	Peru and Bolivia join in short-lived confederation.
1866	Peruvian-Spanish war.
1879-83	Pacific War, Chile defeats Peru and Bolivia.
1941	Brief border war with Ecuador.
1945-88	Political unrest, with many governing parties and coups.
1980	Shining Path guerrillas begin armed struggle.
1988	Peru seeks help from International Monetary Fund. Shing Path guerrilla campaign intensifies.
1990	More than 3000 political murders reported, Alberto Fujimori elected, and inflation reaches 400%.
1998	Border agreement with Ecuador.
2000-2001	Scandals and fraud topples government.
2002	Hearings begin about alleged atrocities committed during civil war of 1980s and 1990s.
2004	Inauguration of major gas pipeline project connecting jungle gas field with Lima.
2005	Peru and US reach a free trade agreement.
2007	Earthquake hits coastal areas, killing hundreds and destroying churches and homes.
2011	Shining Path rebel Comrade Artemio - one of the original central committee - is captured.

Spanish Language Sheet

English	Spanish	English	Spanish
Basics		Dining	
Yes	Sí	Breakfast	el desayuno
No	No	Lunch	el almuerzo
Good	Bueno	Dinner	la cena
Bad	Malo	Cheers	Salud
Thank you	Gracias	Please bring the bill	La cuenta por favor
You're welcome	Con mucho gusto	Coffee	Café
Please	Por favor	Tea	Té
Excuse me	Con permiso	Juice	Jugo
Hello	Hola	Water	Agua
Goodbye	Adiós	Beer	Cerveza
Good morning	Buenos días	Wine	Vino
Good afternoon	Buenas tardes	Bread	Pan
Good evening	Buenas noches	Pork	cerdo
I do not understand	No entiendo	Beef	Carne de res
Do you speak ...	Habla usted...	Chicken	Pollo
English	inglés	Vegetable	Vegetales
What is your name?	Cómo se llama usted?	Fruit	Fruta
Nice to meet you	mMucho gusto	Rice	arroz
How are you?	Cómo está usted?	Dessert	el postre
Where is the bathroom?	Dónde está el baño?	Salt/Pepper	Sal/Pimienta
What time is it?	Qué hora es?		
Where is...?	Dónde está...?	Numbers	
Passport	el pasaporte	zero	cero
		one	uno
Days		two	dos
Monday	lunes	three	tres
Tuesday	martes	four	cuatro
Wednesday	miércoles	five	cinco
Thursday	jueves	six	seis
Friday	viernes	seven	siete
Saturday	sábado	eight	ocho
Sunday	domingo	nine	nueve
		ten	diez
Shopping		twenty	veinte
How much does this cost?	Cuánto cuesta?	thirty	treinta
What is this?	Qué es?	forty	cuarenta
OK, I'll take it	De acuerdo, me lo llevaré	fifty	cincuenta
I would like to buy ...	Quisiera comprar	sixty	sesenta
Do you accept credit cards?	Aceptan tarjetas de crédito?	seventy	setenta
Open	Abierto	eighty	ochenta
Closed	Cerrado	ninety	noventa
		one hundred	cien
		one thousand	mil
		one million	un millón

Bargaining for Beginners

Haggling for goods is a common practice in many countries around the world, and obtaining a decent price depends largely on your bargaining skills.

While bargaining is not the normal way for North Americans to purchase goods, with a little practice you'll get more comfortable dealing with shopkeepers. Although it may feel unusual to you, this method of shopping is actually quite fair. You do not pay more than you want and the shop owner will never sell for a loss. At the conclusion of the deal, everyone should be happy!

HERE ARE TEN BARGAINING TIPS YOU CAN TRY ON YOUR NEXT TRIP:

1. Know the market. Browse, examine goods and ask prices in several shops – at least three – to get a sense of the market before bargaining.
2. Don't show enthusiasm for the item you want – a poker face can pay off here. Look at several items. Don't ask prices right away, but when you do, ask the price of several items, whether you're interested in them or not. Act as though the item you really, really want is not a big deal.
3. Decide what you think a piece is worth to you. Many people are distressed to find that someone else bought a similar item for less. Don't worry about it! Sometimes you'll be the one getting the best price. If you decide what an item is worth to you and pay no more than that, how can you go wrong?
4. Unless you have discussed the payment method, any price arrived at is presumed to be payable in cash using the local currency. Banks charge shopkeepers anywhere from 2% to 6% to clear a credit card transaction, so, if you want to pay with a credit card, the shopkeeper may charge you a fee.
5. Let the shopkeeper quote the first price. If a shopkeeper asks "What will you pay?" you should ask again "What's the price?". The shopkeeper's price will be higher than what they expect you to pay. There's no fixed formula for making your counter-offer. It should be substantially less than you expect or want to pay, perhaps 30% - 50% of the shopkeeper's price (depending on how inflated that is). Don't be alarmed if the shop owner acts like you have insulted him by offering half of what he is asking – that's part of the act.
6. Don't haggle over pennies. If you're close to agreement on price, don't let a few cents get in the way of your satisfaction.
7. If you buy several items, get a discount. It's always easier to get a lower price if you buy several items.
8. Walk away. It's OK. If the seller isn't meeting your price, kindly reply with an, "It's OK, thank-you!" and start down the street. No need to start looking in other shops, because if your price was reasonable, you'll soon be chased by a grinning shopkeeper yelling, "OK, OK, OK!". If not, then you've learned that the price is firm, and you can return in an hour or another day and buy the item at that price, or you can look for it elsewhere, knowing the market better.
9. Don't feel obligated to buy unless you've agreed on a price. Shopping is a social custom and you should distrust any shopkeeper who insists you should buy "because they spent a long time with you" or "they have seven hungry children at home." You have no obligation whatsoever! However, if you offer a price and the shopkeeper agrees to it, you've made a verbal contract and you have an obligation to buy the item at the price agreed upon. Don't offer a price unless you're ready to buy the item at that price.
10. Have fun. Life is short. Don't take it too seriously. When the game is on, a shopkeeper can appear to get quite serious about the whole thing. They'll pout, they'll whine, they'll beg, they'll plead. They'll do anything to sucker you into paying more. That's the game! No matter what price you settle on, when the deal is done, the seller will always lighten up afterwards,



General Travel Information

Passports

Your passport is the only proof of citizenship and identity that is accepted in all countries. You and all family members must have a valid passport when travelling to a foreign country.



Some countries require your passport to be valid for at least three months and some at least six months after your intended return date. We will not accept responsibility if you are refused entry into a country due to a passport that will expire too soon.

Never pack your passport in your checked luggage. It should be carried with you at all times and never left unattended in your hotel room, hand luggage, or on the motor coach. You will need to show it when boarding flights and on arrival and departure from foreign countries. Hotels and cruise ships may be required to hold your passport overnight in certain countries to comply with local regulations.

We recommend that you take a photocopy of the pages in your passport that contain your picture and passport information. Keep this in another location such as your suitcase as it will be helpful in case of loss or theft.

Items We Provide

Accommodation List

Your accommodation list shows the name, address and phone number for the hotels that you will stay at during the tour. Leave a copy at home so that you can be reached in case of an emergency. Although we do not anticipate any changes, sometimes it becomes necessary to change hotels after this list has been printed due to circumstances beyond our control. We apologize for any confusion this may cause.

Flight Itinerary

Your flight itinerary indicates all the flights that we have booked on your behalf. On certain tours there may be flights within another country arranged by the local tour company that may not appear on your flight itinerary.

Airline Tickets

If you purchased airfare through Rostad Tours, your airline tickets will be included with your travel documents. Airline tickets have changed

from the old multi-coupon airline ticket to Electronic tickets or E-tickets. An Electronic ticket is an electronically issued passenger ticket, stored in the airline's computer system, which eliminates the need to carry a paper ticket.

The E-ticket shows your itinerary and the unique code assigned to your reservation, usually known as the booking reference number (RLOC, found on the bottom of the ticket). Normally you do not need to show this when checking in, just provide your passport and they will find your reservation from your name. However, please note that you must still travel with your E-ticket as it may be required for security, customs and immigration purposes. It is also very useful in the event that your reservation cannot be found in the airline's system. Yes, computer systems have glitches and sometimes make mistakes!

Name Tags

Please wear your name tag at all times so that you can be distinguished as a member of the group. This makes it easier for your guide to recognize you as part of the group and will help other tour members learn your name.

Passenger List

You have been provided with a list of fellow passengers. Rostad Tours does not give out addresses or telephone numbers of tour members for privacy reasons. These may be obtained from fellow passengers on an individual basis.

Country Information

This booklet includes valuable information about the countries you will be visiting including weather, currency, shopping and historical details. Take time to look through this information to enhance your travel experience.

Baggage Tags

Please be sure to attach the provided baggage tag to your suitcase. Your name will be printed on one side of the tag so that hotel porters can identify your suitcase. You can put your address on the other side of the tag but only expose the side with your name showing. You should also have an identification label with your name and address inside your suitcase in the event your tag becomes broken and your suitcase is lost.

Hand Luggage

You are responsible for carrying your hand luggage at all times, so it is wise to keep the size and weight to a minimum. While they may be handy at airports, “carry” bags with a pull-out handle and wheels are heavy to carry and do not fit into the overhead storage on motor coaches, so they are best avoided.

Make sure that you have identification on your hand luggage in case of loss or mix-up.

To speed up the screening process at the airport, follow these five packing tips:

- Place all liquids, aerosols and gels in a clear plastic 1 litre bag. Remember these must be in original containers of 100 ml or less. Only one bag per passenger.
- Pack your small electronic devices (smart phone, tablet, camera, MP3 player, batteries) in your carry-on baggage. Be ready to unpack your laptop before going through security.
- Pack and keep your medications in original containers in your carry-on for easy inspection.
- Avoid wearing large metal items (belt buckles, metal snaps, buttons and studs, etc).
- Dress comfortably with easy-to-remove outerwear, jackets, belts and ideally, slip-on shoes.

Cabin Baggage Allowance (Carry on)

1 piece – 23 cm X 40 cm X 55 cm (9 in X 15.5 in X 21.5 in) Max weight 8 kg (17 lb)

1 personal article such as a purse, camera case, laptop. 16 cm X 33 cm X 43 cm (6 in X 13 in X 17 in)

Note: Duty free items (i.e. alcohol, perfume, etc) should only be purchased at the last airport before your final destination. If you have a connecting flight you will have to pack it in your checked baggage.

Current baggage information can be found at www.catsa.gc.ca.

Please note that these rules are subject to change and vary depending on the airline.

Checked Luggage

Economy class passengers travelling on international long-haul flights are allowed to check in one piece of baggage free of charge with most airlines. The maximum weight per bag is usually 23 kg (50 pounds) and maximum linear dimension (total of length + width + height including handles and wheels) is 158 cm (62 inches) for these flights. This size limitation typically means that the largest suitcase permissible is 76 cm (30 inches) in length, however, we find that a 66 cm (26-inch) suitcase is the ideal size. Any larger and you may find it difficult to manage during the tour or run the risk of paying excess baggage fees to the airline for an overweight suitcase.

While portage of one suitcase per person is included at most hotels, there are times when you must be prepared to cope with your own luggage such as at airports and border crossings. Sometimes there may be luggage trolleys available but this cannot be guaranteed. It is wise to choose a suitcase and hand luggage that you can manage on your own. You will also be thankful for the smaller size when you need to manoeuvre your suitcase around your hotel room. A suitcase with wheels and a pull-out handle is convenient but be careful as larger ones can weigh 9 kg (20 pounds) empty!

We recommend you lock your suitcase. All personal belongings that you take with you are your own responsibility. We recommend the purchase of baggage and personal effects insurance to cover any theft, loss, or damage to your personal belongings.

If your itinerary includes any domestic or short-haul international flights, most airlines will allow only 20 kg (44 pounds) of baggage. Please check the Quick Tips at the front of this booklet for the current allowances for your trip.

The airlines will charge excess baggage fees for additional pieces and overweight or oversize baggage. Some airlines even charge for each kg you are over your weight allowance. Travelling light is highly recommended.

Note: You are limited to ONE suitcase per person on our coach tours due to limited storage capacity. An excess baggage fee of \$20 per day will be assessed for any additional pieces of luggage brought on our motor coach tours.

Please note that these rules are subject to change and vary depending on the airline.

Packing

The style of dress while touring is informal. The only exception is in churches, mosques and other religious establishments where ladies should not have bare shoulders or short skirts and men may not be allowed in wearing shorts. You can consider bringing along one outfit suitable for an evening out but this is not essential.

Helpful Hints

- Look at the temperature charts for each country to determine the approximate climate you will be experiencing.
- Make a list of items that you want to bring along. This list will help you organize your packing and will be invaluable if you happen to lose your luggage and need to make an accurate insurance claim.
- Most people are guilty of taking too much clothing on a trip. Concentrate on items that are comfortable, mix and match well, yet do not crease easily. Keep all your basic pieces in one colour scheme with two neutral colours (ie. navy and red). Choose an accent colour (ie. white). Don't bring along anything unless it coordinates with at least two other articles you are bringing. A good idea is to set aside everything you want to take on a trip and then go back the next day and put back half of the items. Think in terms of what you can do without, rather than what will be handy to have during the tour.
- If travelling as a couple, place some clothes for each person in both suitcases. Then you can still manage if one of your suitcases becomes lost.
- Hang clothes in the bathroom when you shower and wrinkles will fall out.
- Choose high quality natural fabrics and synthetic blends. Look for 'drip dry' and 'wash and wear'.
- Pack heavy items such as shoes, toiletries and blow dryer at the bottom of your suitcase against the wheeled side. Then when you are pulling your suitcase these items won't move around and wrinkle clothes. Place shoes in a protective bag.
- Fill any empty spaces with rolled up lingerie and socks to fill the bag.
- Fasten the straps and fill any empty spaces with the remaining smaller items or tissue paper as a firmly packed bag keeps clothes from sliding. Put several small items in a clear plastic bag to make access easier.

Items NOT to bring

- DO NOT bring any valuables on a trip. Any expensive jewellery or items of great sentimental value should be left at home.
- DO NOT take pressurized spray cans or butane appliances.
- DO NOT take breakable bottles, use plastic containers.

Ladies:

- 1 or 2 skirts (optional).
- 3 or 4 pairs of slacks, capris or shorts.
- 6 blouses or tops.
- 1 dress (for an evening out - optional).
- Sufficient lingerie including underwear, socks/nylons.
- 1 nightgown or pair of pyjamas.
- Sufficient toiletries.
- Purse with shoulder strap
- Inexpensive jewellery, scarves and accessories to liven up your two or three basic outfits.
- Sunhat or visor, sunglasses.
- 1 or 2 pairs of comfortable shoes (running shoes are good).
- 1 pair of dress shoes.
- 1 or 2 sweaters.
- 1 light coat.
- 1 raincoat and/or fold-up umbrella.
- Any belt(s) you require.
- 1 swimsuit.
- Washcloth (or j-cloth) - many hotels do not supply face cloths.
- Spare pair of eyeglasses and/or contacts.
- Set of earplugs.
- Address book, notebook or diary, pen.
- Camera and sufficient memory cards, batteries and charger.
- Hairdryer/curling iron.
- Soap and a small amount of laundry detergent.
- Sewing kit. *
- Travel alarm. *

Men:

- 4 pairs of pants (including one for dress).
- 4 or 5 sport shirts.
- 1 dress shirt (optional).
- Several pairs of socks and underwear.
- 1 pair of pyjamas.
- Sufficient toiletries.
- Sunhat or visor, sunglasses.
- 1 or 2 pairs of comfortable shoes (running shoes are good).
- 1 pair of dress shoes.
- 1 or 2 sweaters.
- 1 light coat.
- 1 raincoat and/or fold-up umbrella.
- Any belt(s) you require.
- 1 swimsuit.
- Washcloth (or j-cloth) - many hotels do not supply face cloths.
- Spare pair of eyeglasses and/or contacts.
- Set of earplugs.
- Address book, notebook or diary, pen.
- Camera and sufficient memory cards, batteries and charger.
- Shaver.
- Soap and a small amount of laundry detergent. *
- Sewing kit. *
- Travel alarm. *

* Share if a couple



Money Matters

While it is often said that you should take twice as much money as you think you need (and half as many clothes), we believe that the all-inclusive nature of our tours means you should need far less expense money than on other tours. Here are some general guidelines:

Type of Money to Carry

In most countries you will need to make the majority of your purchases using the local currency, although some vendors may accept cash in US dollars or euro. Further information can be found under each country. Please note that whatever way you decide to carry money (cash, credit card, bank card) the banks are going to take their cut. We recommend you plan to use a combination of the following options:

Local Currency

Bring along \$50.00 - \$100.00 in cash of each currency that you will encounter on the trip. This can be done at the main branch of most major banks (or your local branch may be able to order it for you). Then when you arrive in a country you will not need to worry about obtaining cash immediately as you will have enough money to buy incidentals until you can find a bank. It will also give you time to check around for the best exchange rate. The main drawback to carrying cash is that it cannot be replaced if lost or stolen. Please note that your bank will add a foreign currency exchange premium to the “official” exchange rate and that it is not possible to get money in advance for every country.

Credit Cards

Visa and MasterCard are widely accepted throughout the world at most hotels, tourist shops and large department stores. The advantage of using your credit card is that you do not need to handle as much foreign currency. You can also use your credit card for cash advances but you will be charged interest from the date that cash was obtained. Please note credit card companies will add a foreign currency exchange premium to the “official” exchange rate. **You should let your credit card company know you will be travelling.**

Bank Cards

Most countries have numerous bank machines (ATMs), but they may not always be available when you need them. Many are affiliated with the “Cirrus” or “Plus” banking systems so you should be able to withdraw local currency directly out of your savings or chequing account. Most foreign bank machines allow only a four-digit PIN (personal identification number or security code). If you have a five or six-digit PIN you can go into your local bank and change it to a four-digit PIN. When withdrawing money, be prepared to input the amount of cash you want in the local currency. Please be aware that your bank will likely charge you approximately \$2 - \$5 per transaction- so don't make several small withdrawals. They will also add a foreign currency exchange premium to the “official” exchange rate. **You should let your bank know you will be travelling.**

Travellers Cheques

Travellers cheques are not recommended. They are not accepted in many countries. There is usually a very high service fee and very poor exchange rates in the few places that will accept them.

How Much to Bring?

The amount of money to take along depends on the individual and the tour but here are some guidelines you should follow:

Meals

Check your itinerary to see what meals are not included. We normally try to include two meals each day but sometimes three meals are included and there could be a few days where only breakfast is included. Generally speaking, allow \$15-\$20 for lunch and \$25-\$40 for dinner. The actual amounts will vary depending on where you are, what kind of restaurant you choose, and your appetite. A lunch in a small town will be cheaper than in a big city such as London, Rome or Sydney. A meal enjoyed in a fancy restaurant will cost more than one bought in a “café”, “bistro” or “pub”. A three or four-course meal will cost more than a simple soup or sandwich. All of these factors will determine whether your meal costs \$5.00 or as much as \$50.00 per person.

Beverages

We suggest you budget \$5-\$15 per day for beverages with your lunches and dinner. If you like to enjoy a bottle of wine every night, better double or triple this amount!

Sightseeing

We like to keep you busy sightseeing while you are on tour. All the entrance fees during your city tours should be included so you will not have to pay for many “extras” along the way. Most tours will only

have one or two free afternoons where you might need to find something to do. Most passengers will take advantage of this time to fit in a little extra shopping, personal sightseeing, or rest up for the next day. In certain cities an optional tour may be offered that is of interest to you. For budget purposes allow for one to three options at \$40.00 - \$90.00 each.

Souvenirs

This is a personal decision but you might want to set a limit before you leave home. If you plan to use your credit card for the majority of your souvenirs you may not need to bring cash for these purchases.

Tips

Our tours include tips for guides, drivers, as well as hotel and restaurant staff. Tips are not included for optional excursions, extensions or services. In these cases we suggest you budget \$7.00 - \$15.00 per person per day.

Miscellaneous

You will need a little pocket money for each day to pay for things such as coffee, tea and soft drinks, snacks, post cards and stamps, extra memory card, etc. Allow for \$10.00 - \$20.00 per day.

Use the following table to calculate how much to take or just plan to withdraw from ATMs:

Meals:	
Beverages: \$5 - \$15 x _____ days =	
Sightseeing: \$50 - \$150	
Souvenirs: \$	
Misc: \$10 - \$20 x _____ days =	
Total:	

Health Matters

Your mental and physical health are important for the enjoyment of the tour by yourself and fellow tour members. Before leaving on any extended trip, you should always contact your doctor for a check-up and possibly even your dentist. This will help prevent any possible health complications while on tour.

Walking

During the course of the tour, you can expect a fair amount of unavoidable walking and stair climbing at airports, hotels, cathedrals, museums, etc. If you need assistance you are required to bring along a companion. You will also be getting on and off the motor coach several times each day. We recommend that you prepare for the trip by walking 2-3 kms and/or exercising on a daily basis, but be sure to discuss this with your doctor first.

Vaccinations

You will be notified if any vaccinations are required for your tour. Most countries do not have any vaccinations that are compulsory unless you are coming from an infected area. Your doctor or local health clinic might recommend certain vaccinations but be aware that sometimes these can cause complications. It's always a good idea to be up to date on vaccinations, such as hepatitis, tetanus, etc.

Medications

If you are on a daily medication, we suggest that you bring an ample supply in your carry-on luggage in their original, labelled containers. You should also keep an extra copy of the generic name of your prescription (brand names tend to vary) in another location such as your checked luggage. This will be helpful if you need to replace the prescription due to loss or theft.

It is a good idea to bring along your favourite remedy for colds, headaches, upset stomachs and diarrhea. Don't count on finding your brand in the stores while on tour. You may also want to bring along a small First Aid Kit with the following items:

- Large zip lock bag.
- Antiseptic pads.
- Antibiotic ointment.
- Adhesive tape.
- 4x4 gauze (can be cut smaller).

- Assorted bandaids.
- Moleskin (for blisters).
- Anti-diarrheal (i.e. Imodium).
- Antacid.
- Cold medication.
- Pain reliever.
- Insect repellent (with DEET 35% min).
- Sunscreen (minimum 15 SPF).
- Swiss Army knife.

Medical Treatment

If you are ill while on tour and would like to see a doctor you can ask your tour guide to help arrange for a consultation. Don't wait until your condition becomes so serious that you will require hospitalization. Medical attention can be very expensive, so it is wise to have insurance which will enable you to recover your expenses when you return home.

Water

The tap water in most countries is considered safe for drinking by the local people but not always for travellers. Look at the information supplied about each country and check with your tour guide to get current information.

In countries where the water is not considered fit for consumption, ask for your drinks without ice and stick to bottled water, coffee, tea, wine, beer or international soft drinks that have been bottled and sealed. In these countries you should also be careful about the food you eat. Do not eat fresh salads, raw vegetables or fruit (unless you peel it yourself). Do not eat watermelon – it contains mostly water. You should also be wary of ice cream and milk, as in some countries they may not be pasteurized.

Even though water is safe to drink it does not mean it will not affect your stomach. All water contains different forms of bacteria, even your tap water at home. When you travel to another country, the water will contain bacteria that are new to your stomach. If you often suffer from upset stomach, you may find the change of water will be enough to cause discomfort and stomach disorders. Keep your tap water consumption to a minimum by drinking bottled water, coffee, tea, soft drinks, wine or beer. Bottled water is widely available all over the world.

Special Diets

If you indicated on your information form that you need a special diet for medical reasons we will inform the airline in advance. We will also pass on any special diet requests to the hotels but we cannot guarantee that your request will be honoured. For best results we suggest you remind the tour guide, advise the hotel when you arrive and most importantly, be careful what you eat.

Traveller's Diarrhea

Diarrhea is the most common affliction of travellers, affecting 30% of those on a two week trip. If diarrhea does occur, it is important to maintain fluid, sugar and salt intake. Here is an easy recipe:

- 1 litre of water (boiled or bottled)
- 1/2 tsp salt
- 2 Tbsp sugar

Relieve symptoms by using Gravol (for nausea), Imodium, Pepto Bismol or Kaopectate.

If you have further concerns about traveller's diarrhea you may want to discuss the use of the vaccine Dukoral or other prescription alternatives with your doctor.

Post diarrhea treatment includes soft foods, poached eggs, plain toast or crackers for the first 24-48 hours. Avoid dairy products.

Insurance

We highly recommend that you have insurance which will cover at least the three most important items: cancellation penalties, medical fees, and baggage damage or loss.

You should always carry proof of insurance and their emergency contact numbers with you when travelling. Be sure to keep all receipts for any expenses which are covered by insurance such as doctor or hospital bills, luggage repair bills, etc. If you have something that becomes lost or damaged while on tour, obtain a written statement from the police, hotel manager, airline, cruise line or tour guide in order to validate your claim to the insurance company. When you return home, read your insurance policy and follow the procedures outlined to make your claim.

If you have purchased insurance through Rostad Tours, contact our office upon your return and

we will supply you with the necessary forms for making a claim.





Most insurance policies require that you contact the company within 24 hours of being hospitalized or receiving major emergency treatment. Check your policy, otherwise they may not cover expenses. Keep original receipts or other proof of payment and detailed medical documentation to submit with your claim.

Electricity

The electrical current varies throughout the world. In North America we use a 110/120 volt system. Other regions use 220/240 volts, so standard appliances will not work without the use of a converter. Some hotels will have special outlets with 110/120 voltage but these are usually just for electric razors. If you are bringing an electric appliance, check to see if it has a built-in converter that changes from 110/120 to 220/240. For example, laptops and most rechargeable batteries for cameras do not require a converter.

In addition to a converter, if you want to use an appliance you will also need a plug adaptor to fit into an electrical outlet.

These adaptors and converters are available in the luggage department of larger department stores or specialty stores. Be aware that converters come in dual or single wattages. Check your appliances to see what you require. You may also want to bring along a short extension cord if you need to be close to a mirror.

	Great Britain, Ireland, Hong Kong, Parts of Africa and the Caribbean
	Europe, Middle East and parts of Africa, Asia, South America, Tahiti, China and the Caribbean
	Australia, New Zealand, South Pacific Islands and parts of South America and China
	South Africa

Before Leaving

Helpful Hints

- Cancel all deliveries (mail, paper etc.).
- Throw out any perishable food.
- Have someone keep your mailbox free of mail and flyers.
- Unplug all electrical appliances not in use (TV, stereo, computer).
- Have someone look after your lawn and indoor plants.
- Your house should be checked every two or three days.
- Store important papers and jewellery in a safety deposit box.
- Install an inexpensive timer to turn lights on at dusk and off at midnight.
- Leave instructions on how to reach you and when you will be returning.



While on Tour Information

Airport Check-in

Please be at the airport no later than two hours before your flight so you can check-in, pass through security, and walk to your departure gate. Unless you have made prior arrangements to assemble in a specific location, you will usually meet the rest of your group at the departure gate prior to boarding your flight. If you are departing from a different city than the Tour Hosts, we will inform you where you will first meet them.

Ensure that your luggage is tagged to go to your final destination by the check-in agent. You do not want to have to claim and recheck it at any of your connection points. This may not be possible if your airline reservations are on two separate tickets.

Your seats on the plane have usually been assigned by the airline in advance so that the group is more or less together on the plane. Even with care

ful planning, this advance seat selection does not always go according to our instructions to the airline. Although the airline will try to match your requests, there never seem to be enough window or aisle seats to go around. As you are travelling together as a group, feel free to exchange seats amongst yourselves if mutually agreeable. Please verify your seat assignment at the check-in counter and ask them to change it for you if it is not satisfactory.

Web Check-in

If you are only flying on one airline, you may be able to check in on their website within 24 hours of your departure. When starting Web Check-in, please have the following identification in hand:

- The booking reference (the booking reference is found on the bottom of your e-ticket).
- Your passport and any other required travel documents.

During this process you have the ability to:

- select a seat.
- Print your boarding pass (for most cities).
- Check your baggage.
- Review and change your frequent flyer number.

If you have a connecting flight, you may be able to check-in for all your flights at the same time. However, online check-in becomes available only within the 24 hours prior to your final connecting flight's departure.

Even if you make use of web check-in, you should still plan to be at the airport two hours in advance in order to drop your luggage off and go through security. Please note that you will need to show your boarding pass, or electronic ticket/receipt and identification at the airport.

Flight Delays

If your flight is delayed or cancelled due to weather, mechanical reasons, strike, etc you should:

- Stay calm!!!
- Get in front of airline staff at the airport and insist they rebook you on confirmed flights to your destination. Be sure and let them know you are on a group tour and the dates are not flexible. Rostad Tours is unable to change your flights or routing.
- Within Canada, contact our office by phone (1-800-361-8687) or email (tours@rostad.com) once you know your flight times so we can notify our local agents. If after business hours, leave a message
- Take a taxi to the hotel if no one is at the airport to meet you when you arrive.
- Keep receipts for any expenses in case they are covered by insurance.

In-Flight Service

The new reality is that airlines do not usually include meals except on long haul international flights. On shorter flights there may be meals to purchase on board but selection will be limited.

Have a Comfortable Flight Stay Well While Flying

Pack a small bag which may include:

- Pain medication, just in case.
- Any required medication (properly labelled).
- Toothbrush and travel size toothpaste.
- Wet wipes/hand sanitizer/facial tissues.
- A great book or magazine to read.
- A tablet or computer chock full of your favourite tunes, podcasts or movies.
- Emergency snacks so you can munch whenever you choose.
- Ear plugs, just in case the person next to you is a constant talker, sniffer or snorer.
- Extra socks, underwear, T-shirt (in case your luggage is delayed).
- Compression stockings – for long flights.
- Pen and paper, to jot down notes, reminders, ideas.
- Travel pillow and blanket – for long haul flights.

Settle in for your flight by:

- Getting comfortable. Wear comfortable, loose fitting clothes.
- Loosen your belt.
- Take off or loosen your shoes.
- Have your reading material, music, water and snacks handy.
- Have your travel pillow and blanket handy.

What to eat/drink:

- Remember to stay hydrated. The cabin microclimate increases the rate of dehydration. It is recommended that you drink one litre of water for every five hours of flying.
- Don't drink a lot of alcohol, tea or coffee as these tend to dehydrate you even more.
- Don't eat too much.

While flying, it's not the air that makes us sick most of the time; it's contact with surfaces. To protect yourself and cut down on your chances of getting sick, try these tips:

- Keep your immune system strong. This is probably the most important thing you can do. Keep up your defenses with a healthy diet, regular exercise and plenty of sleep before boarding the plane. About a week before departure you may also want to load up on antioxidants, vitamins or products like Echinacea and ColdFX.
- Bring your own water and snacks. You are allowed to bring water and beverages onboard if you purchase them after you clear security. This could protect you from germs lurking in the ice cubes tray and cups used during beverage service. Don't eat snack items that are not completely sealed.
- Pack a travel pillow and blanket. Unless you are travelling on a long overseas flight, it's unlikely the blankets, pillows and other cushy accessories available in your overhead bins are cleaned and sanitized between flights.
- Carry disinfectant wipes. Even when you're using a hand sanitizer regularly throughout the trip, there will be times when you need a little more germ-fighting power. Carry a pack of disinfectant wipes so that you can wipe down the tray table, the arms of your seat and even sanitize your seatbelt buckle on the plane.
- Use a hand sanitizer after using the lavatory. The sink, taps and door handles in airplane bathrooms can be full of germs. Rinse your hands with soap and water if you must, but make sure you keep hands clean and bacteria-free by dousing them in sanitizer. Airport bathrooms are usually cleaner, but you may want to consider using a paper towel to turn the water tapes on and off (if they are not automatic) and sanitize your hands afterwards.

- Don't tamper with the seat pocket. Seat pockets don't get sanitized thoroughly between flights so avoid using them by bringing your own reading materials and keep them in your carry-on bag. If you read the magazine provided by the airline, be sure to sanitize your hands afterwards.

No one is invincible, and while it is impossible to protect yourself 100% against germs and viruses while travelling, these steps can significantly lower your risk of an illness.

Jet Lag

Other hints that may help reduce the effects of "jet lag":

- Walk around the plane whenever possible to get a little exercise and help reduce swelling. Do not do this during meal or beverage service as it will interfere with the flight attendants.
- Get as much sleep as possible, or at least rest your eyes.
- Try to adjust to the local time zone as quickly as possible. Fight the temptation to go straight to bed when you arrive. Most people find it easier in the long run to stay up until the normal local bedtime.

A popular new remedy for jet lag has to do with your diet in the days prior to your flight:

- 3 days prior - "Feast" (eat normally)
- 2 days prior - "Fast" (eat very light meals)
- 1 day prior - "Feast" (eat normally again)
- Departure day - "Fast" (eat very light)

Try it - it may just work for you!

Motor Coach Tours

Destination Arrival

If you are arriving on the same flight as your Tour Host you can simply follow their directions. If travelling on your own, when you arrive in another country you will first need to pass through passport control. Then you should locate the correct luggage carousel and collect your suitcase. You may want to use a luggage trolley in order to ease the transfer of your suitcase to the taxi stand or motor coach. Once you have your suitcase you should pass through customs – typically through the green "Nothing to Declare" channel. If your luggage does not arrive, you must make a claim at the lost baggage counter before leaving the arrivals area.

If there is supposed to be one of our representatives there to meet you, once you are through customs you should look for someone holding a sign with "Rostad Tours", your group name or possibly even your last name if you are arriving by yourself. If you arranged your own flights, you are usually responsible for finding your own way to the hotel or you can try to link up with the group if they are arriving at a similar time.

Motor Coach Procedures

The Tour Host will usually outline a seat rotation system so that everyone will get a fair chance to sit in all sections of the coach. Please do not lay claim to the front seats of the motor coach every day.

Although the coach driver is responsible for keeping the motor coach clean, please do not make his job more difficult by leaving pop cans, wrappers and other garbage on the floor. Please make use of the garbage cans provided.

We recommend that you check if the driver will be staying with the coach before leaving anything valuable on the coach. While your coach driver will always lock the doors, he cannot prevent someone from breaking a window to get in.

In many countries you are required to wear a seat belt while the coach is moving. You could be fined by local authorities if they discover you are not wearing a seat belt.

Smoking is not permitted on the motor coach. Enough stops will be made during the tour to allow people to smoke in the open air.

Hotel Procedures

Hotel rooms around the world are generally smaller than those found in North America. Single rooms tend to be even smaller and a triple room is usually no larger than a double - it just has an extra bed or sometimes a roll-away cot.

We have chosen our hotels to give you a combination of central and quiet locations. Some nights you will be staying in the city centre which is great for shopping but can be noisy due to traffic. Other hotels may be on the outskirts or in smaller towns where the access for shopping and night life is not as good but they should be quieter, providing the opportunity to sleep better.

Your tour guide will advise you of the procedures for check-in at each hotel. At certain hotels you may be required to provide passport details, sign a guest information form or provide a credit card for incidentals. Your suitcase will be taken from the motor coach to your room by hotel porters, but you are responsible for your hand luggage.

Your tour guide will inform you of the meal locations and times at each hotel. They will also tell you the departure time the next morning and when to have your suitcase ready if you are checking out of the hotel.

Please listen carefully and note down all the times.

Any complaints you have about your hotel room should be addressed to the hotel staff, your tour guide or your Tour Host as soon as possible. They will try to rectify any legitimate complaint. Remember it is impossible for anyone to remedy a problem if you don't tell them until the next day - or worse - when you get home.

Be sure that your room is locked at all times, even if you are occupying it. Any cash or valuable items should be left in the hotel safe or safety deposit boxes. If you use the hotel safety deposit boxes, remember to pick up your valuables before you check out of the hotel.

Gratuities for hotel staff are included in your tour price. However, it is proper to tip for additional special services provided by porters, maids, reception or dining room staff.

If you have any personal expenses at a hotel such as laundry, phone calls, or restaurant bills, remember to settle your account before departure. It is wise to do this the night before to avoid any last minute delays the next morning.

When departing from a hotel, look through all the drawers and closets in your room to make sure you have not left anything behind. Don't forget to look under the bed, behind doors and in the bathroom. Finally, leave your hotel key at the reception desk.

Daily Procedures

Please be punctual. Everyone wants to make the most of their time so it is unfair to keep the other tour members waiting.

Your tour was planned to give you a balance of sightseeing, shopping and free time with the emphasis on the sightseeing. Sometimes it becomes necessary to alter the itinerary due to weekends, public holidays, weather, or other operational hazards. Please try to consider all of the places included that were not in the brochure, rather than the one or two items which may be missed.

Also keep in mind that everyone has a different opinion on how a tour should operate. Some people like to arrive at the hotel at 4:00 pm so they can have a walk or a nap before dinner. Others want to get the most out of the day by sightseeing until 5:00 or 6:00 pm. You will likely experience both while on tour. A typical day that features a morning sightseeing tour will usually start with the bus leaving at 8:30 or 9:00 am, last for three hours and the rest of the day is free for your own personal interests. A full day tour will typically last until 4:00 or 5:00 pm with a break for lunch and a little shopping. Sometimes long travel days require a 7:30 or 8:00 am departure.

Be sure to keep up to the guide at all times. Getting lost can be very frightening and embarrassing. If you do get lost the best thing to do is to sit down and wait. The guide knows where to look for you if you stay in the area the group has been. If you start wandering around to look for the group you could end up anywhere and the guide will not know where to find you.

Meals

Breakfasts are usually served buffet-style so you will be able to go down for breakfast at a time best suited for your needs. Hotels typically start serving breakfast between 6:00 and 7:00 am. Please do not take food away from the breakfast room, it is not allowed and you will feel rather embarrassed if you get caught.

Group Lunches & Dinners

Meals may be table d'hôte which means that everyone will be served the same meal. Buffets are very common and provide a nice variety. Normally you can expect a three-course meal which consists of a starter (soup or appetizer), a main course and a dessert. Some hotels may include coffee or tea but beverages are usually not included with lunch or dinner so you will have to pay your waiter for coffee, tea, soft drinks, wine or beer.

Meals on your own

Use these meals to experiment with the local dishes. Some days you may be hungry and you will want to have a large meal but most of the time a lighter snack will be sufficient. You may want to bring some snacks from home for days you don't want the lunch option offered, or if you have specific dietary restrictions.

Laundry

Do not expect to find hotels with self-serve laundry facilities. You should consider bringing along a small amount of laundry detergent so that you can wash smaller items such as lingerie and socks yourself. Wash them at night when you arrive at a hotel where you are staying two nights and they should be dry by the next evening. Or, if you are staying more than one night at a hotel, you can hand in laundry first thing in the morning and it will be delivered back to you that evening for a fee.

You can also ask the hotel staff if there is a nearby self-serve laundromat but the savings are not always worth the time it will take. Although the hotel laundry prices can be expensive, think of what else you could be doing rather than watching your laundry go round and round...

Contacting Home

In today's connected world, many people bring along a laptop, notebook, tablet or cell phone to stay in contact with home. Most hotels have internet or Wi-Fi available, either free of charge or for a fee. Many of the larger hotels have a computer that guests can use. Please note that connection speeds vary greatly which can affect how quickly email messages download, especially if you are receiving or sending large files, such as pictures.

If you are taking your cell phone please check with your provider to ensure you can use your phone in the countries where you are travelling. Also check the requirements or extra charges that may apply.

The most expensive way to phone home is to call direct from your hotel room. Some hotels have a surcharge as high as 400% for phone calls. If you must call from the hotel, try calling collect. It may take longer to get through but the wait is usually worth it. The hotel may still charge you a fee but your bill back home will be charged at the local rates which are considerably cheaper. When calling Canada you will need to dial the following code before the 10 digit phone number:

Most Countries 001
Australia 0111

Israel, Russia and Cambodia have various exit codes. Please check before calling and dial the exit code and 1.

Phone cards, or calling cards, are another option. They are a prepaid method of making a long distance (domestic or international) call. You can purchase phone cards from your phone company, on the internet or once you arrive at your destination. If you are purchasing a card in advance, be sure to verify that it will work from the countries you are visiting.

Photography

Here are some practical hints regarding cameras and picture-taking:

- Carry spare batteries, battery charger and extra memory for your camera.
- If you are planning to buy a new camera for the trip, be sure to use it before you leave home. Bring the camera manual along in case you have any difficulties.
- For sharp pictures, hold the camera steady by keeping one elbow pressed lightly against your body.
- Add a feeling of depth to your pictures by creating a frame, surround the foreground with tree branches, an arch, etc.
- Make title pages for your album by photographing signs.
- Remember, it is sometimes better to buy professional postcards for some of the hard-to-get shots.
- Do not take pictures of any border crossing, military equipment or compound, police station, train station or airport without asking your guide if it is permissible to do so.
- Certain museums, palaces, churches and religious shrines may not allow picture taking - if in doubt, ask your guide. Some may not allow flash photography while others may charge a fee to take photos or use a video camera.
- As a common courtesy, if you wish to photograph someone you should ask their permission first (often a small tip will persuade them).
- A video camera can provide you with a great memento of the trip. Bring one that is automatic so that you don't miss the tour while you are busy fiddling with your camera.

Shopping

If you purchase anything while you are away, including CDs or DVDs, you do so at your own risk. Whether purchased from local shops or guides, Rostad Tours will not be responsible for anything that is defective, in the wrong language or format, does not arrive from a supplier or is refused by Canada Customs.

Walking

There will be walking involved during the course of any tour. It is not very interesting to just see things out the window of a motor coach and it is impossible to visit historical sites and museums without walking. There will inevitably be stairs and inclines to navigate so tour members are expected to be in reasonable physical condition or have someone along to assist them. Exercise care and attention when walking as there may be cobblestones and uneven pathways. When the coach stops in a parking lot or alongside the road, remember where you are and watch out for any traffic that may be in the vicinity. It is definitely recommended that you wear good walking shoes during the tour. It's a good idea to prepare for the trip by walking at least 2-3 kms every day.

Safety

Odds are very much in your favour that you will have a safe and incident-free trip. However, it is wise to take precautions so here are some hints to help you enjoy a safe trip:

- Never accept letters, packages or gifts from a stranger to take with you.
- Never agree to carry items onto a plane for anyone else.
- Report any suspicious unattended bags or parcels in airports.
- Pay attention to safety briefings at the beginning of flights and know the location of all exits.
- Keep a close eye on your hand luggage, purse, etc. when checking into a hotel. If the lobby is busy, thieves will often take advantage of the distractions.
- If you happen to lose one of the new modern hotel key-cards, be sure to ask reception to re-key the lock when you request a new card.
- Take one of the hotel brochures or business cards with you when you are out sightseeing or shopping. That way if you need to get back to the hotel you will have the information with you and can simply show the card to a taxi driver to return to the hotel.
- Look for information in your hotel room about fire safety and locate the nearest fire exit.
- Never prop your hotel room door open as anyone could walk in.
- Do not leave money and other valuables in your hotel room while you are out. Use the inroom safe.
- Beware of pickpockets. They often have an accomplice who will:
 - jostle you
 - ask you for directions or the time
 - point to something spilled on your clothing
 - or distract you by creating a disturbance.
- A child or even a woman carrying a baby can be a pickpocket. Beware of groups of vagrant children who create a distraction while picking your pocket.
- Be especially cautious of pickpockets in crowded subways, train stations, elevators, tourist sites, marketplaces and festivals.
- Never give a thief an easy opportunity. Make sure your purse is closed and in front of you at all times. Try to wear the shoulder strap of your purse or bag across your chest.
- Carry cash/wallets in your front pockets where it is harder for a thief to access it. You may want to carry cash in a different location than your credit cards.
- Don't wear fancy clothes or use expensive looking camera bags. They just attract attention.
- Try not to travel alone at night and don't use short cuts, narrow alleys or poorly lit streets.
- Avoid public demonstrations and other civil disturbances.
- If you are confronted, don't fight back. Give up your valuables. Your money and passport can be replaced, but you cannot.

Lost or Stolen Credit or Debit Cards and Money

Notify the company that issued any lost or stolen credit or debit cards as soon as possible to prevent further loss. If a joint transaction card is missing, inform the second cardholder at once. Obtain a police report; this is required to file an insurance claim for any stolen money and it may also be needed if a credit or debit card is used before you can cancel it.

Lost or Stolen Passport

Report the loss or theft to the nearest Government of Canada office abroad and to the local police. Locations can be found on this website: <http://travel.gc.ca/assistance/embassies>

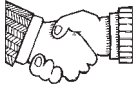
A replacement passport may be authorized if the following requirements are met. These include the submission of:

- A completed application form signed by your guarantor.
- Two identical passport photos.
- The appropriate fee.
- An accepted proof of Canadian citizenship.
- A complete Declaration concerning a lost, stolen, inaccessible, damaged or found Canadian travel document (PPTC 203).

Before the passport can be replaced, Canadian authorities will conduct an investigation into the circumstances of the loss or theft. This may lead to delays in processing the replacement passport.

Purchase Record

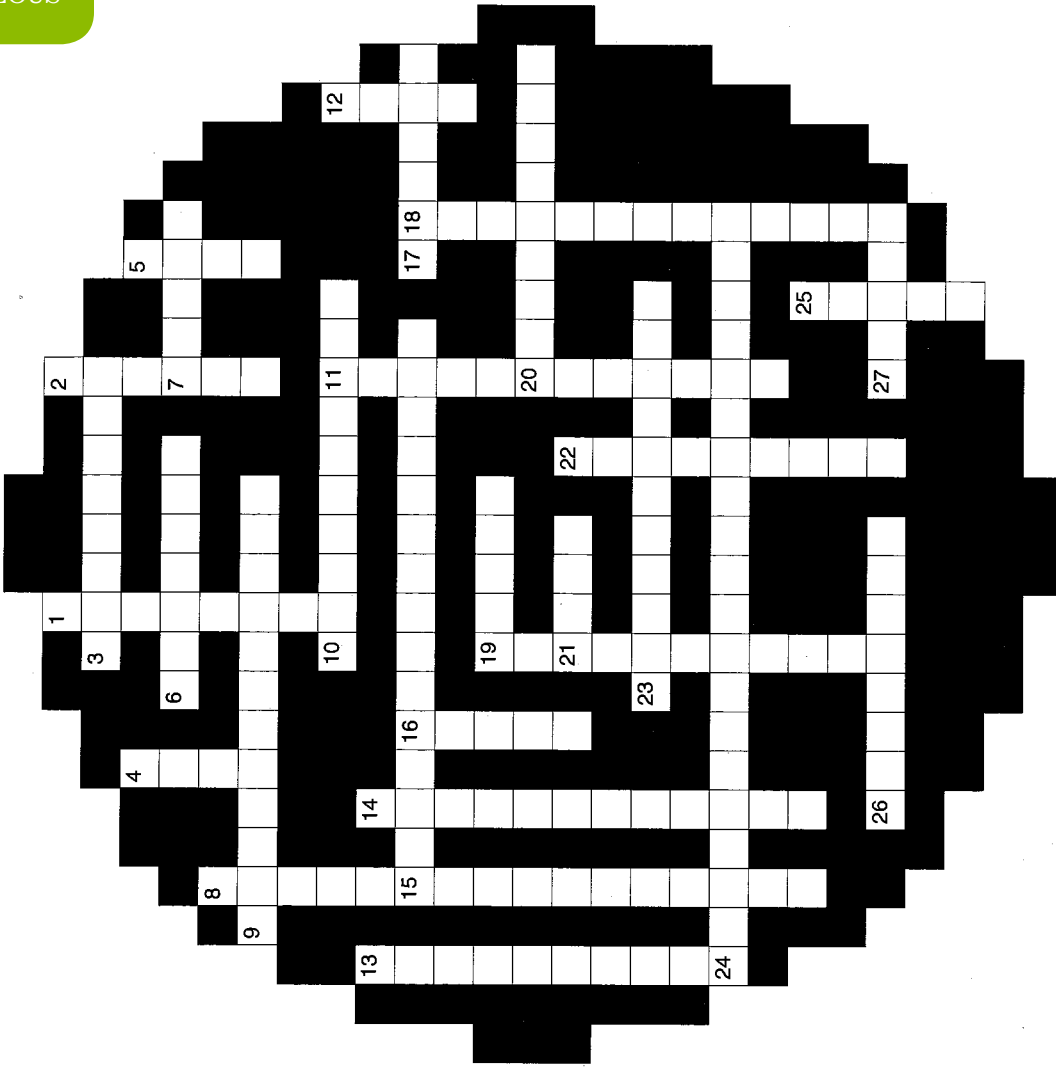
City of Purchase	Item	Cost in Local Currency	CAD or USD Equivalent



Friends to Remember

Name _____ Address _____ _____ Email _____	Name _____ Address _____ _____ Email _____
Name _____ Address _____ _____ Email _____	Name _____ Address _____ _____ Email _____
Name _____ Address _____ _____ Email _____	Name _____ Address _____ _____ Email _____
Name _____ Address _____ _____ Email _____	Name _____ Address _____ _____ Email _____
Name _____ Address _____ _____ Email _____	Name _____ Address _____ _____ Email _____
Name _____ Address _____ _____ Email _____	Name _____ Address _____ _____ Email _____

PERU



Across

3. Also known as the Sacred Valley of the Incas.
6. Tranquil island where time has stood still.
7. The principal mountain range of South America.
9. Built on the site of the Incan Temple of the Sun in Cusco.
10. Pre-Incan archaeological site and important ancient pilgrimage centre.
15. This event in the 16th century caused the toppling of the Incan Empire.
17. Large Andean bird of prey.
19. Capital and heart of the Incan Empire.
20. All aboard for a magnificent scenic ride.
21. The "City of Kings".
23. Legendary Lost City of the Incas.
24. This masterpiece of colonial architecture is built of volcanic lava.
26. Elegant Peruvian national dance.
27. Peruvian grape brandy.

Down

1. The "White City".
2. Mountain range between Cusco and Puno.
4. Folkloric capital of Peru.
5. Bordered by Ecuador, Columbia, Brazil, Bolivia, Chile and the Pacific Ocean.
8. Providing shelter for thousands of birds and marine life.
11. Towering over Arequipa like a sentinel.
12. Inhabited floating islands made from tortora reeds.
13. Ancient stylized etchings in the Peruvian desert.
14. High altitude navigable lake.
16. Sun worshipping Indian people of central Peru.
18. Town in the Sacred Valley with original stone streets.
19. One of the deepest places on earth.
22. Traditional and colourful small Andean market town.
25. Where artisans sell a full range of Andean crafts.

PERU

XGG
 OTZHOWSGW
 BFNSAWVLARAYA
 YSOMAWLPENGUINSUR
 RODNOCMTYRUPSSMJATC
 PFVEMTLI I ENVGAAAOVRUF
 IUYEUROSPLMTTNNCRVASB
 CSACREDVALLEYOFTHEINCAS
 AAGWASPINANAATROUHSAOLT
 XRCUFRUATTNVTBOADPCTILLNA
 SASACOMCSAOAPSLNOINABCEAP
 NKASTTAHICRBAALCMCIDMASRI
 DOUYCTRRAMARMLCAIICHOUCTOU
 XIPHAPHOECKTAAANSNHCMLAMQ
 ILAULETRARAZBCRTC GUNEONSRE
 AKAIWQRMSLIUEAAOOMABCYIOR
 EUMEHPEAUIPRPPYCFZOEOOSCA
 SPANISHCONQUESTOCKCORNLSW
 ENTTLOOWACAPLANBNABPFAK
 ANEEBCOOCSENUMVPELICANS
 LSCSRCWOHVWXBERQIEBOD
 KJIMARINERAXONUPNSDNS
 PTVLAAVACACITITEKAL
 YMMSENILACZANSRD
 SEDNAEHTUKYYS
 ITAQUILEM

AGUAS CALIENTES
 ALPACA WOOL
 ALTIPLANO
 AREQUIPA
 BALLESTAS ISLANDS
 BOOBIES
 CHINCHERO
 COLCA CANYON
 CONDOR
 CORMORANTS
 CUSCO
 GOVERNMENT PALACE
 INCAS
 LA RAYA
 LAKE TITICACA
 LARCO HERRERA MUSEUM
 LIMA
 MACHUPICCHU

MARINERA
 MISTI VOLCANO
 NAZCA LINES
 NAZCA LINES
 OLLANTAYTAMBO
 PACHACAMAC
 PARACAS BAY
 PELICANS
 PENGUINS
 PISAC
 PISCO
 PIZARRO
 PRE COLUMBIAN ART
 PUKA PUKARA
 PUNO
 QENKO
 SACRED VALLEY OF THE INCAS
 SACSAYHUAMAN

SAN FRANCISCO CONVENT
 SANTA CATALINA CONVENT
 SANTO DOMINGO
 SEA LIONS
 SPANISH CONQUEST
 TAQUILE
 THE ANDES
 THE WHITE CITY
 TORTORA REEDS
 UNESCO
 UROS
 URUBAMBA VALLEY
 VISTADOME

10 COMMANDMENTS FOR TOURISTS

- I THOU SHALT not expect to find things as they are at home, for thou hast left home to find things different.
- II THOU SHALT not take anything too seriously, for a carefree mind is the basis for a good vacation.
- III THOU SHALT not let other tour members get on thy nerves, for thou art paying good money to enjoy thyself.
- IV THOU SHALT not worry, for he that worrieth hath little joy and few things are fatal.
- V THOU SHALT not judge all the people of a country by the person with whom thou hast had a problem.
- VI THOU SHALT remember thy passport, so that thou knowest where it is at all times. A person without a passport is a person without a country.
- VII THOU SHALT practice patience. Those who can wait with a smile are blessed, for they shall surely enjoy themselves.
- VIII THOU SHALT learn to say “Thank You” in any language. Verily, it is worth more than gold.
- IX THOU SHALT, when in Rome, do something as the Romans do.
- X THOU SHALT always remember that thou art a guest in every land. He who treateth his host with respect shall be treated as an honoured guest.

-from an unknown author

PRAYER FOR TOURISTS

Heavenly Father, look down on us your humble, obedient tourist servants, who are doomed to travel this earth, taking photographs, sending emails, buying souvenirs and walking around in drip-dry underwear.

Give us this day, divine guidance in the selection of our hotels, that we may find our reservations honoured, our rooms made up and hot water running from the faucets.

We pray that there is WiFi in the rooms and that it is free.

Lead us, dear Lord, to good, inexpensive restaurants where the food is superb, the waiters friendly and the wine is included in the price. Give us the wisdom to tip correctly in currencies we do not understand. Forgive us for undertipping out of ignorance and overtipping out of fear.

Make the natives love us for what we are, and not for what we can contribute to their worldly goods.

Grant us the strength to visit the museums, cathedrals, palaces and castles listed as “musts” in the guidebooks. And if perchance we skip an historic monument to take a nap after lunch, have mercy on us, for our flesh is weak.

Dear God, keep our wives from shopping sprees and protect them from bargains they don't need or can't afford. Lead them not into temptation for they know not what they do!

Almighty Father, keep our husbands from looking at foreign women and comparing them to us. Save them from making fools of themselves in cafes and night clubs. Above all do not forgive them their trespasses for they know exactly what they do.

And when the voyage is over, grant us the favour of finding someone who will look at our pictures and listen to our stories, so our lives as tourists will not have been in vain.

- Art Buchwald

Wonders and Mysteries of Peru



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