



Pre-Departure Information

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WELCOME!

We're delighted to welcome you on this adventure! This booklet is designed to guide you in the practical details for preparing for your trip. As you read, if any questions come to mind, feel free to give us a call or send us an email—we're here to help.

PLEASE SEND US

- Trip Application:** Complete, sign, and return your Trip Application form as soon as possible if you have not already done so.
- Medical Form:** Complete, sign, and return your Medical Form as soon as possible if you have not already done so.
- Air Schedule:** Please forward a copy of your email confirmation, which shows your exact flight arrival and departure times. Refer to the Arrival & Departure section of the Detailed Trip Itinerary for instructions. Please feel free to review your proposed schedule with Wilderness Travel before purchasing your tickets if you have any questions about the timing of your arrival and departure flights or would like to confirm we have the required minimum number of participants to operate the trip.

PLEASE CAREFULLY REVIEW

- Travel Documents & Medical Information:** Carefully review the Travel Documents and Medical Information sections of this booklet to familiarize yourself with Passport and Visa entry requirements for your destination, as well as any recommended inoculations.
- Optional Travel Insurance:** Review the Trip Cancellation & Transfer Fee Schedule included in the Detailed Itinerary. We recommend that all trip members purchase Travel Insurance.
- Final Documents:** Approximately three weeks before your trip, we will send you final departure documents, including hotel and local contact information and rendezvous instructions.

QUESTIONS?

Call: 1-800-368-2794, go to our **website** (www.wildernesstravel.com) or e-mail us at: info@wildernesstravel.com.

Travel Information

PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for six months after your date of exit from Peru. In addition, we recommend your passport have at least two completely blank visa pages for every country you will be visiting. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate visa pages. The service of adding pages for visas was discontinued as of January 1, 2016. You can request a new passport through **US Passport Services Office** (<http://travel.state.gov/passport>) or use a visa service agency, which can take care of your passport renewal and expedite the process, if needed. We recommend **Passport Visas Express** (<http://www.passportvisasexpress.com/?affId=2120>). Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry photocopies of your passport’s photo page and any acquired visa pages for your trip (if applicable) in case your passport is lost or as an additional piece of identification, as well as two extra passport photos.

VISAS

US citizens do not need a visa for Peru. A tourist card will be issued to you on the flight to Lima. Half of the card is collected upon your entry to the country, and you keep the other half to present upon your departure.

If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

MONEY

The unit of currency in Peru is the nuevo sol. We suggest you bring your funds in US cash. It is VERY IMPORTANT to bring new, crisp bills in good condition! Bills that are worn or even have a small tear in them are unusable. Visa, MasterCard, and American Express are widely accepted at major hotels and stores. Traveler's checks are not recommended as they can be difficult and time-consuming to cash. There are ATMs in the Lima airport. Before you travel, ask your bank if your PIN number will work in ATMs in the countries you are traveling in. Foreign ATMs do not accept PIN numbers longer than four digits, and they often don't have a zero button or won't accept PINs that start with zero.

If you plan to use your credit cards abroad, it is a good idea to call your credit card company before you depart and advise them that you will be using the card in the country or countries you are visiting. This will let them know that your card is not being used in a fraudulent way by someone else.

You will need to budget spending money for gratuities, any meals listed as “on your own” in the trip itinerary (approx. \$8-15 for lunches and \$15-25 for dinners), for international and domestic airport departure taxes, and for personal items such as beverages.

TIPPING

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward guides for outstanding service. A range of reference would be \$110-130 USD per trip member for the crew (drivers, cooks, camp assistants etc.) and \$120-160 USD per trip member for the Trip Leader. This should be in local currency, preferably in smaller denominations, and is a pooled tip; the Trip Leader will facilitate this. There is also an opportunity at the end of the trek to make a group donation to the porters of any equipment and clothing you don't want to bring home (socks, shirts, flashlights, etc.). They and their families really appreciate this. Clothing donations should not be intended to replace the cash tip. The Trip Leader takes care of gratuities for luggage handling, waiters at restaurants, and drivers who are with the group for only a short time.

SPECIAL DIETS

We will do our best to accommodate special dietary needs, however, please keep in mind that certain cultural differences or limitations due to logistics can make it extremely difficult and at times impossible to accommodate dietary restrictions. Please inform us at least eight weeks before your trip if you have a restricted diet. It is important to bring a flexible attitude and supplemental snacks.

COMMUNICATIONS

Telephone

The international dialing code for Peru is 51. Please contact your cell phone company for specific instructions for international use.

Email & Internet Access

Email access is available at our lodges. Some have one shared public computer while some feature Wi-Fi.

ELECTRICITY

Peru has 220-volt current. Plugs have two round pins or two flat-blade pins. Bring a converter and plug adapter kit for appliance use.

Medical Information

The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler's health information is available from the **Centers for Disease Control**. (<http://www.cdc.gov/travel/index.htm>)
Medical travel products are available from **Travel Health Medicine** (<http://www.travmed.com>) and from **Magellan's Travel Supplies**. (<http://www.magellans.com>)

INOCULATIONS

No inoculations are required for entry into Peru and Bolivia. Entry requirements and international health situations are subject to change; check with the Centers for Disease Control for updates. All shots should be entered on your International Health Card (yellow card), which is provided by the facility giving the shots. Keep it with your passport while traveling. This provides an important personal record for you to refer to when making future travel plans. We recommend you discuss the following with your physician:

Yellow Fever

A Yellow Fever shot is strongly recommended if you are traveling to the rainforest or if you plan to travel to Bolivia. For most travelers, a single dose of yellow fever vaccine provides long-lasting protection and a booster dose of the vaccine is not needed. However, some travelers may require a booster dose. Also, certain countries might require a booster dose of the vaccine; visit the CDC Travelers' Health link (<https://wwwnc.cdc.gov/travel/>) for information on specific country requirements. Have proof of the shot recorded in your International Health Card and carry the card with your passport. Health officials at borders often (but not always) request proof of the shot. For more information, refer to the CDC website at www.cdc.gov/travel/index.htm.

Please note: According to the CDC, people 60 years or older may be at increased risk for serious adverse events following vaccination, compared with younger persons. This is particularly true if they are receiving their first yellow fever vaccination. If you are over 60, please discuss this with your physician.

If you are advised to decline the vaccine, please get a written waiver from your physician or travel clinic in case you might need it during the visa application process.

Polio

People who have received the primary series of at least three doses of polio vaccine are considered fully immunized. People who are unsure of their status should receive the vaccine (three doses spaced at intervals).

Hepatitis

The vaccines HAVRIX and VAQTA (two injections, six to 18 months apart) give long-term protection against Hepatitis A and are worthwhile if you travel regularly to developing countries.

Tetanus Booster

It is very easy to get a small cut. A booster is strongly recommended (effective for 10 years).

Typhoid

The CDC recommends the shot or the oral vaccine, Vivotif Berna, a course of four capsules, one every other day for a week, with full effectiveness reached in a week. You may not be able to take the oral vaccine simultaneously with mefloquine (for malaria prevention).

MALARIA PREVENTION (FOR RAINFOREST EXTENSION ONLY)

Malaria is a serious but preventable disease spread by the bite of an infected mosquito. All travelers to the Amazon are urged to take antimalarial medications, available only by prescription. Please discuss antimalarial medication with your doctor, who will explain various antimalarials and their side effects and recommend a regimen for you. In addition to medication, a further precaution against malaria is to wear long sleeves and long pants at dusk. Thin clothing should be sprayed with insect repellent, especially around the elbows and ankles. Use repellent containing DEET.

If, after returning from your trip, you have a persistent fever with chills, muscle aches, and headache, report to your doctor the possibility of exposure to malaria.

For further malaria information, consult your doctor or the **CDC Malaria Hotline**(<http://www.cdc.gov/travel/malinfo.htm>): 888-232-3228.

STAYING HEALTHY

On the trek, our camp crew is well trained in hygienic practices. Our drinking water is filtered and is available each day at camp for filling your water bottles. A basin of washing water is put out before meals so you can wash your hands before eating. In hotels, don't brush your teeth with tap water; use bottled water. Don't use ice in your drinks unless you are sure it was made with treated water. When in doubt, ask your Trip Leader for guidelines.

ALTITUDE CONSIDERATIONS

Individuals vary widely in their ability to acclimatize. Since physical fitness does not confer any protection or facilitate acclimatization, it is impossible to predict how you will adapt to the altitude. The greatest protection is avoiding rapid ascents and allowing time for acclimatization. Acute Mountain Sickness (AMS) is not uncommon at the altitudes reached in the high Andes. Early symptoms of AMS include headaches, nausea, loss of appetite, sleeplessness, vomiting, dry cough, irregular breathing, shortness of breath, fatigue, and swelling of the ankles and eyelids.

It is not uncommon to experience some of these symptoms when you first arrive at high altitude and then have them decrease in severity within a few days. It is important that you inform your Trip Leader immediately of any symptoms or discomfort, however minor, so that he or she can help you monitor the situation. While acclimatizing, avoid pushing yourself too hard, however physically fit you may be or feel. Pace yourself comfortably, rest often. You may find that you hike more slowly than others in the group, or more slowly than you are used to.

Proper hydration is essential at high altitude. You need to drink much more fluid than you are used to. Try to drink even if you're not feeling thirsty. Avoid caffeine, which is a diuretic, and avoid alcohol, which is dehydrating. Cut down on salt. Your appetite will probably decrease, but it is still important to eat well (especially carbohydrates), even if you're not feeling well. Sleeping pills and narcotic painkillers (such as codeine) should not be used at altitude because they depress respiration.

Severe progressions of AMS are high-altitude pulmonary edema (HAPE) and high-altitude cerebral edema (HACE). Symptoms of HAPE include breathlessness that continues at rest, severe cough with watery or bloody sputum, and noisy, bubbling breath. Symptoms of HACE include extreme weariness, vomiting, severe headache, staggering walk, and changes in behavior. If any such symptoms develop, you must notify the Trip Leader immediately and descend to a lower altitude at once.

Diamox (Acetazolamide)

The prescription drug Diamox is now accepted as an effective prophylactic against the early symptoms of altitude sickness. Most people start taking it a day before going to altitude and continue until they feel they are comfortably acclimatized, although some decide to continue its use throughout their time at altitude. Consult with your physician for directions concerning proper usage and dosage. You can also read more about it at the Himalayan Rescue Associations website http://www.himalayanrescue.org/hra/altitude_sickness.php(http://www.himalayanrescue.org/hra/altitude_sickness.php). Please note: it is not effective in dealing with more serious symptoms of altitude sickness and it is important you keep your trip leader informed of any symptoms you are feeling.

Helpful Information

PHOTOGRAPHY

Camera Recommendations

With the many advances in digital technology, a simple compact digital camera or even your smartphone is capable of taking pictures suitable for the needs of most people. For higher quality images and the ability to use long lenses for closer wildlife pictures, a DSLR camera is well worthwhile, though heavier. Most digital cameras and phones have good video options, but you may want to consider a GoPro for a lightweight, waterproof option. Always practice ahead of time with new equipment and bring your manual with you. Camera equipment is available for rent from **Borrow Lenses** (<https://www.borrowlenses.com/discount/wildernesstravel>), with a 10% discount offered to Wilderness Travel clients. This is an especially good idea for renting large zoom lenses that you may need for just one trip.

Camera Accessories

We recommend bringing at least two large capacity memory cards or a small digital storage unit (or tablet) to back up your photos, freeing space on your memory cards. Don't forget to bring a battery charger and a backup battery so one is always charged and ready to use. For trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger or buying additional backup batteries, and check that you have the appropriate adapter for the electrical outlets in your destination.

Sharing Your Images

We would love for you to share photos from your trip, and with your permission, may even use your photos in our marketing materials or on our photo blog. We request that you send us a small sample of your best images. Please email your photos to wtphotoblog@gmail.com or tag us **@WildernessTravel** on social media.

Photography Etiquette

When taking pictures of local people, be aware of cultural considerations. Approaching people with a warm smile and using polite gestures or simple phrases to ask permission to photograph them usually works well. It is always recommended to engage people in conversation before asking to photograph them, but if people do not wish to have their photo taken, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which makes it harder for future travelers to have a meaningful personal interaction with local people. Please always heed your Trip Leader's guidelines for what is appropriate.

BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

ENVIRONMENTAL CONCERNS

We have instituted policies to reduce the impact our trekking groups have on the areas we visit:

Bathing and Washing

Please use biodegradable shampoo and soap. If for some reason this is not possible, rinse off your soap well away from streams and other water sources. You can use basins provided by our staff.

Toilet Facilities

There is a toilet tent for use at camp. On the trail, you will locate quiet spots for toilet purposes. Try to be at least 100 feet from any water source and bury or cover waste.

Garbage

Please carry a small plastic bag in your daypack to store your garbage throughout the day. Bring all tissues, wrappers, and other garbage with you to camp where the staff can bury or burn them. We ask that you carry your own non-burnable garbage, especially used batteries and plastic products, back home for proper disposal since there are limited facilities in Peru.

Packing List

THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- One other picture ID, such as a driver's license
- International Health Card ("Yellow Card") with proof of Yellow Fever inoculation within the last 10 years (if you are extending your trip to Bolivia or the Amazon)
- Expense money

WT GEAR STORE

To help you prepare for your next WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our **WT Gear Store** (<http://wildernesstravel.newheadings.com>).

LUGGAGE

- Duffel bag with small padlock (must be unlocked for travel). We recommend a minimum size of 30" x 15" and a maximum of 36" x 18." Your duffel will be cinched very tightly for loading on the pack animals, so it is essential that you have a sturdy duffel. Note: Wheeled duffels cannot be used because they are rigid and can't be securely strapped to the horses.
- Daypack, large enough for a fleece jacket, rain gear, water bottle, camera, and other items you want on the trail. It should be a shoulder pack (not a fanny pack) with a supporting waist belt. Packs with a capacity of 1500-2000 cubic inches are recommended. Try hiking with your pack before the trip to make sure it is comfortable.
- (Optional) Small roll-up duffel if you are an avid shopper.

WEIGHT LIMITS

On internal flights, you are allowed two checked bags with a total weight of 50 lbs., plus a small carry-on with a 17 lb. maximum.

NOTES ON CLOTHING

The clothing list below is provided as a guideline only. Dress on the trip is very informal, with the exception of two or three city dinners for which you may want to dress up a little (jackets are not required for men). Airline luggage service to Lima is reliable, but you should carry or wear your hiking boots on your flights to make sure they arrive with you. Laundry service is available at most of the hotels. There is no laundry service on the trek.

It is very important to have appropriate clothing for trekking. This is a high altitude trek and the temperatures can fall below freezing at night when we are in our higher altitude camps. Temperatures can drop quickly during the day if it is cloudy, and the winds can be strong, particularly as we cross passes. Prepare well with layers for all conditions. Even if you do not use each item listed, it's better to be prepared.

LAYERS

Fabrics

An insulating base layer (top and bottom) beneath your hiking clothes will keep you warm and comfortable. Capilene, fleece, and other synthetic fabrics are excellent, as are lightweight wool insulating layers by Patagonia, Icebreakers, and SmartWool. Cotton is not a good insulator, especially as a first layer next to the skin. Once it gets wet from perspiration, it stays wet and keeps you cold.

Shell Clothing

Shell clothing includes jackets and pants that protect from rain and wind. Gore-tex and equivalent fabrics are waterproof and breathable. Shell clothing should be roomy enough to fit over other layers of clothing.

CLOTHING

- Gore-Tex rain/wind shell jacket with hood. A poncho is not adequate raingear for a trek.
- Gore-Tex rain/wind pants (preferably with leg zippers so that they can be taken off without removing your boots)
- Down, fiberfill, or thick fleece jacket. Temperatures can be below freezing at night.
- Fleece sweater
- Hiking pants—jeans are not suitable for trekking because they are made of dense cotton. Convertible hiking pants with zip-off legs are a practical choice. Some women like wearing a mid-calf hiking skirt with thermal underwear underneath; a skirt also provides some privacy for toilet purposes on the trail.
- Lightweight cotton pants or jeans for city wear
- Sturdy hiking shorts
- Polypropylene, Capilene, or wool long underwear, bottoms and tops. Bring an additional set if you really feel the cold. You will appreciate it at camp and when you're sleeping.
- Long-sleeved shirts. Fleece or quick-drying "travel" fabrics like nylon.
- T-shirts. Synthetics are best for the trek; cotton will get soggy with perspiration.
- Shade hat with a wide brim
- Fleece hat for warmth
- Fleece mittens or gloves
- Fleece neck gaiter
- Medium to heavyweight hiking boots (see Hiking Boots section)
- Running shoes, Tevas, or other comfortable shoes for city wear
- Hiking socks. Thorlo hiking socks (moisture-wicking synthetic with padded toes and heels) are excellent, as are SmartWool.
- Casual socks for city wear
- Underwear; synthetics dry faster
- Sports bra for women (for trekking)
- Bathing suit (for hotel pools)
- Sleepwear (long underwear can double)
- Casual city/hotel attire

HIKING BOOTS

Your boots must be waterproof, warm, comfortable, and broken in! Please choose them carefully.

For this trip, you need medium- to heavyweight hiking boots designed for on- and off-trail hiking with multi-day hikes in mind. Lightweight boots don't offer the high degree of ankle support and foot protection you need. Full-grain leather is extremely water-resistant and durable and is preferable to split-grain leather or nylon. Remember that full-grain leather boots tend to be stiffer and will need a break-in period. If you are shopping for new boots, ask your store about boots with built-in Gore-Tex-type waterproof barriers that enhance water-resistance. If you have old full-grain leather boots, coat them with a silicon waterproofing material to increase their water resistance. Waterproofing materials wear off over time and need to be re-applied. Gore-Tex boots are considered waterproof for one year unless the membrane is punctured.

If you're buying a new pair of boots, make sure a qualified salesperson gives you proper guidance in determining fit. Don't buy any boots that you are not permitted to return after wearing for several hours around the house. Blisters caused by improperly fitted or insufficiently broken-in boots are the most common and painful problem normally encountered on hiking trips. Before you depart, you should be able to wear your boots for a full, active day with no discomfort. Even boots you have owned for years can sometimes produce blisters when you are doing this amount of hiking. Limber up feet and boots before departure, and bring a good supply of Second Skin. Be sure to wear moisture-wicking synthetic socks. If you feel a "hot spot" forming while you're hiking, stop right away and apply Second Skin or something similar.

Running shoes are not sufficient for the hiking conditions you'll encounter, although they are comfortable to change into at night.

EQUIPMENT

- Down or fiberfill sleeping bag rated to 0° F. You must have a very good, very warm bag suitable for the cold conditions of high altitude. Temperatures often drop to below freezing at night!
- Therm-a-Rest or Ensolite sleeping pad, full length
- Heavy-duty Hefty-type trash bags to line and protect your sleeping bag, duffel, and daypack (for protection from rain)
- Two sturdy reusable water bottles (preferably Nalgene), 1 qt. capacity. Wide-mouth bottles are easier to fill.
- Good quality sunglasses with case. Side shields are recommended for high altitude treks. A spare pair of sunglasses is invaluable.
- Personal toiletries, biodegradable soap
- Small, quick-drying washcloth or towel
- Strong flashlight or headlamp and extra batteries; cold temperatures are tough on batteries. Bring a spare bulb as well.
- Assorted plastic bags to organize items in your duffel and collect your garbage in during the day
- Toilet paper (Kleenex pocket packs are handy)

PERSONAL FIRST AID SUPPLIES

Every trip member should bring a small kit for personal use. Your own experience will influence your choices.

- Sunscreen SPF 30 or higher. Essential at high altitudes! We recommend mineral-based sunscreens with zinc oxide or titanium dioxide because they do not contain harsh chemicals that are harmful to the environment. Brands such as Honest Company, Badger, and Alba Botanica are found in most sporting goods stores and drugstores.
- Lip balm with sunscreen and/or zinc oxide
- Aspirin, ibuprofen, or Tylenol for muscle pain or headaches
- Topical antibiotic (such as Neosporin) for cuts, bites, or sores
- Insect repellent. Repellents with DEET are recommended. DEET content of about 30-35% is ideal (higher DEET content is not recommended). Wipe DEET off your hands before touching plastic surfaces (such as binoculars) because it can damage the plastic. Aerosol repellents are useful for spraying on clothes.
- Blister kit, Second Skin. Look for the new long-lasting gel-type bandages that you can apply directly on blisters, such as Band-Aid Advanced Healing Bandages, Curad Gel Multi-Day Bandages, or Band-Aid Advanced Healing Blister Cushions.
- Vaseline for nose/lips (for dry air at altitude)
- Anti-bacterial gel for hand washing
- Antihistamine such as Benadryl and cold remedy such as Sudafed
- Imodium for diarrhea. If you wish to bring an antibiotic for diarrhea prophylaxis, please consult your physician.
- Prescription medications properly labeled
- Optional—Diamox for altitude acclimatization. See the information on Diamox in the Medical Information section.

OPTIONAL ITEMS

- Converter/plug adapter for appliance use in hotels. Peru has 220-volt current; plugs have two round pins or two flat-blade pins.
- Collapsible walking stick or trekking poles. Hiking with a collapsible hiking pole, such as those by Leki and REI, helps to distribute your body weight, takes pressure off your knees, and improves your balance. Some hikers like using one pole, and others hike with two poles.
- Camera, spare batteries
- Money belt or neck pouch. Always carry your passport, credit cards, and cash with you in a money belt or neck pouch tucked down inside your shirt or blouse. Eagle Creek carries these products.
- Reading/writing material
- Bandannas; good for protecting your neck from the sun and for use as handkerchiefs
- Down booties
- Binoculars
- Travel clock

Reading List

ESSENTIAL READING

Insight Guide Peru

Insight Guides

2015, 368 PAGES

Panoramic in scope, this illustrated overview brings Peru to life in color photographs and vivid essays on history, archaeology and culture.

Touching the Void

Joe Simpson

2004, 218 PAGES

The harrowing tale of a climb gone badly wrong and Simpson's near miraculous survival in the Andes.

ALSO RECOMMENDED

Cloud Forest, A Chronicle of the South American Wilderness

Peter Matthiessen

1987, 280 PAGES

Matthiessen recounts with wit, insight and style his odyssey to the Amazon and Andes, including Machu Picchu and Tierra del Fuego.

Altitude Illness: Prevention and Treatment

Stephen Bezruchka

2005, 128 PAGES

Bezruchka, a mountaineer and M.D., includes case studies, frequently asked questions and simple methods of diagnosis and treatment in this indispensable pocket guide.

The Incas

Carmen Bernard

1994, 192 PAGES

Featuring archival drawings and photographs, a chronology and chapters on Atahualpa, the Conquistadors and Hiram Bingham, this handy book (previously published as *People of the Sun*) illuminates the daily life, monuments and history of the Incas.

Peru Map

Borch Maps

2014

A detailed laminated relief map of Peru at a scale of 1:1,750,000. This is a very clear, colorful map, which also features detailed insets of Lima and Cuzco and even a site plan of Machu Picchu.

A Sacred Landscape, The Search for Ancient Peru

Hugh Thomson

2008, 330 PAGES

Head-over-heels in love with the adventure, intrigue and bonhomie of archaeology, Hugh Thomson (The White Rock) explores Moche, Chavin, Nasca and other ancient civilizations of Peru. His tale is bracketed by an account of his discoveries with Gary Ziegler at Llactapata, a newly excavated observatory barely two miles from Machu Picchu.

Conquest of the Incas

John Hemming

1970, 641 PAGES

This classic prize-winning history of the Inca struggle against the Spanish invasion weaves wide-ranging, scholarly material into a gripping narrative.

Art of the Andes, from Chavin to Inca

Rebecca Stone-Miller

2012, 224 PAGES

This authoritative and concise illustrated survey of Andean art and architecture covers not only Machu Picchu and additional Inca monuments, but also Chan Chan, Nasca and other archaeological sites and cultures.

Eight Feet in the Andes

Dervla Murphy

2003, 274 PAGES

The indomitable Murphy treks 1,300 miles through the Andes (with a mule) on the trail of the conquistadors in this spirited account.

A Photographic Guide to the Birds of Peru

Clive Byers

2007, 144 PAGES

This handy shirt pocket guide samples 252 species of common and spectacular birds of Lima, Cuzco, Machu Picchu, Manu and other popular destinations. Each gets a large color photograph and description but, alas, no range map.

Birds of Peru

Dan Lane

2010, 668 PAGES

Gorgeously illustrated, this authoritative guide covers nearly 20 percent of the world's birds.

Peru, Travellers' Wildlife Guides

Les Beletsky

2004, 500 PAGES

Featuring 500 illustrations of the birds, amphibians, reptiles, mammals and insects of the Amazon, Andes and Pacific Coast.

Peru in Focus

Jane Holligan de Diaz-Limaco

2006, 95 PAGES

This slim guide focuses on the history of Peru, its cultural heritage and current political, environmental and economic challenges. With maps, photographs and some travel information.

The Discovery and Conquest of Peru

Pedro de Cieza de Leon

1999, 501 PAGES

A detailed account of the Spanish occupation of Peru, told by a seasoned Spanish chronicler who interviewed living witnesses years after the events involved. Perhaps the most thorough of the contemporary chronicles told from the point of view of the conquerors.

The Peru Reader, History, Culture, Politics

Orin Starn

2005, 524 PAGES

Lively and literate, this meaty anthology ranges from historical accounts to modern analysis.

Culture Smart! Peru

John Forrest

2012, 168 PAGES

A concise, well-illustrated and practical guide to local customs, etiquette and culture.

Lonely Planet Peru

Sara Benson

2013, 564 PAGES

An excellent practical guide to Peru geared for independent travelers.

Mountaineering, The Freedom of the Hills

The Mountaineers

2010, 592 PAGES

It's all here in this 50th anniversary edition of the essential mountaineering handbook, covering everything from choosing equipment and tying knots to basic rappelling techniques and planning an expedition. With more than half-a-million copies sold, this is the all-time bestselling mountaineering and climbing title.

Cloud Road

John Harrison

2010, 388 PAGES

A captivating account of a 1,500-mile journey along the Andes from Ecuador to Peru. Mostly on foot, either alone or with his girlfriend Elaine, sometimes by bus and, partly in the company of the obstreperous donkey Dapple, Harrison weaves a tale of the people he meets with history and lore.

Death in the Andes

Mario Vargas Llosa

2007, 278 PAGES

This politically charged novel details what happens when three peasants are "disappeared" by the Shining Path.

The Lost City

Henry Shukman

2009, 336 PAGES

An enthralling adventure story set in the Peruvian hinterlands, this novel follows a British ex-pat in search of the ruins of a long-hidden, ancient empire.

Yawar Fiesta

Jose Maria Arguedas

2002, 200 PAGES

A poetic novel of class and race relations in the Peruvian Andes in the first half of the 20th century. Arguedas, who learned Quechua from household servants as a child, was an impassioned advocate of cultural autonomy for indigenous peoples.

Through the Eyes of the Condor, An Aerial Vision of Latin America

Robert B. Haas

2007, 232 PAGES

This collection of stunning, oversized photographs, taken from above, shows the jungles and favellas, the reefs and ruins, wildlife and diverse landscapes of Latin America.

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