Costa Rica: Pure Life!

Discover volcanoes, primeval forests and dream beaches by hiking

We hike through the cloud forest by day and by night, searching for the Aztec bird of the gods. In between we marvel at the blue sky of the Rio Celeste – and keep meeting fisherwomen and other energetic women.

Costa Rica is a Central American country with a rugged geography, including tropical forests and coastlines on the Caribbean and Pacific. Although its capital, San José, is home to cultural institutions, such as the Pre-Columbian Gold Museum, Costa Rica is known for its beaches, volcanoes, and biodiversity. Approximately a quarter of its area corresponds to protected forests, full of fauna, such as the spider monkey and the quetzals.

OVERVIEW

- Irazu Volcano
- Nicoya Peninsula: mangrove forests and fishing village
- Dream beaches Sámara, Carillo and Cahuita
- Monteverde Cloud Forest Region and Santa Elena Preserve
- Arenal Volcano and thermal springs
- Today we arrive in our European homeland and should give ourselves some time to settle in and acclimatize.

- 16 Days/ 15 Nights
- January to December
- Moderate

Difficulty Condition
More Info

Travel Program

Day 1: Arrive in San Jose

Today our journey in Costa Rica begins. Our guide will be waiting for us at the airport and will take us to our hotel in San José. There we have the rest of the day to get to know the city better. How about a trip to the Escalante district? There have been numerous, colorful and inviting restaurants and bars for a few years. This is also a great place to enjoy your first cocktail!

- **Journey time:** 30-45 min.

Overnight
Hotel

Flight
Arrival to Costa Rica.

Driving
1 hour aprox.

Hiking
1 hour aprox

Meals
-/-/-

Day 2: Irazú Volcano - Prussia Park - San José

Today we drive to the “vegetable garden” of Costa Rica on the slopes of the Irazú volcano. Potatoes are still grown here at an altitude of 3,000 m! In the indigenous language, the volcano is called Iaratzu – rumbling mountain – and at 3,432 m is the highest and most active volcano in Costa Rica. On a clear day you can see both seas at the summit, the Caribbean Sea and the Pacific. Following a serpentine road we wind our way up into the treeless páramo vegetation of the national park. Arrived at the starting point, we take a walk in the lunar landscape on the edge of the turquoise shimmering sulfur lagoon of the 1,050 m wide and 300 m deep main crater. Then we go on a hike in the mixed forest of Parque Prussia, which is also part of the national park. Pines, eucalyptus and other trees tower high above our heads. The park also provides habitat for numerous different bird species, we might spot some of the more than 40 different species. We will have lunch in Cartago, the capital of the province of the same name (optional) where the first Spanish settlement in Costa Rica was founded in 1563. Afterwards we will return to San José where we will end the evening with a meal together.

Overnight
Hotel

Driving
3 hours aprox.

Hiking
3 hours aprox

Meals
B/L/-

Day 3: Gulf of Nicoya - Isla Chira - Mangroves - Monte Alto

The day starts early this morning. Via the highlands of Puriscal – characterized by coffee, tobacco and sugar cultivation – it goes down to the lowlands on the Pacific to Puntarenas, the old sea resort and Pacific port of the country. This is where a very special experience begins: we cross the Gulf of Nicoya and dock on the Isla de Chira. The world seems to have stood still on this fishing island. We get off the bus at Playa del Muerto beach and enjoy the silence of the mangrove forests. At low tide we walk along the beach to Montero to Lodge La Amistad and at high tide we hike along trails along the road. We then visit the women’s project Damas de Chira, which brought sustainable tourism and environmental awareness to the island. After lunch, continue to Palito Port, Starting point for a boat trip through the San Pablo mangrove forest, which is home to countless herons, pelicans, white-tailed eagles, frigate birds, pink spoonbills and many other animals. With a bit of luck you can also see a crocodile. Back on the Nicoya Peninsula, we continue to Hojancha in the nearby Monte Alto Forest Reserve. Here a citizens’ initiative protects existing forest stands and reforests the surrounding mountain slopes in order to secure the water supply of the place and the biodiversity of the Rio Nosara. Dinner and overnight in a beautiful lodge in the middle of the forest. It is possible to sleep under mosquito nets in the semi-open “rancho” – a very special one offers the pink spoonbill and many other animals. With a bit of luck you can also see a crocodile. Back on the Nicoya Peninsula, we continue to Hojancha in the nearby Monte Alto Forest Reserve. Here a citizens’ initiative protects existing forest stands and reforests the surrounding mountain slopes in order to secure the water supply of the place and the biodiversity of the Rio Nosara. Dinner and overnight in a beautiful lodge in the middle of the forest. It is possible to sleep under mosquito nets in the semi-open “rancho” – a very special one offers the pink spoonbill and many other animals. With a bit of luck you can also see a crocodile. Back

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nature experience!

Overnight
Hotel

Driving
3 hours aprox.

Hiking
3 hours aprox

Meals
B/L/-

Day 4: Monte Alto Forest Reserve, orchids and nature conservation

After a bird concert at dawn – howler monkeys often wake you up – we enjoy a typical breakfast with "Gallo Pinto" in the middle of the forest. Then our guide brings us closer to the biodiversity of the forest reserve and we get to know the diverse orchid species of the Nicoya Peninsula on the orchid trail. At a visual presentation at the end of the morning, we receive information about the history of the citizens' initiative, which is supported by the German tropical association Tropica Verde. We also receive information on environmental protection initiatives. Together with the surrounding schools, the local farmers and the university in Nicoya, environmental education takes place with the aim of raising the awareness of the local population. In the afternoon we hike to the "Ceiba" (Capuk tree) halfway to the highest point of the reserve, the Mirador (viewpoint). If you want, you can continue hiking to the highest point, from where we have a view of the entire area. We also have the opportunity later to track down and observe the animals in the reserve on our own – just like the next morning before breakfast. We might also spot a group of howler monkeys along the way, high up in the treetops, their howling getting louder the closer we get to them. We also have the opportunity later to track down and observe the animals in the reserve on our own – just like the next morning before breakfast. We might also spot a group of howler monkeys along the way, high up in the treetops, their howling getting louder the closer we get to them. We also have the opportunity later to track down and observe the animals in the reserve on our own – just like the next morning before breakfast. We might also spot a group of howler monkeys along the way, high up in the treetops, their howling getting louder the closer we get to them.

Overnight
Hotel

Driving
3 hours aprox.

Hiking

5 hours aprox

Meals
B/L/-

Day 5: Dream beaches in Carillo and Sámara

After breakfast we leave Hojancha towards the Pacific: Vamos a la Playa!

We drive past the Camaronal wildlife sanctuary, along rolling hills covered with palm trees and extensive teak plantations. On the way there is a fantastic view over the bay of Carillo. In Sámara we move into our hotel, which is only a few minutes' walk from the palm beach of the town and can already imagine how we will organize the next one and a half days individually. The beach invites you to go for a walk and, when the weather is nice, to breathe in the sun's rays and the fresh pinch. The beach bars and cafés on the beautiful Pacific coast also invite you to enjoy life – Pura Vida!

Overnight
Hotel

Driving
3 hours aprox.

Hiking
5 hours aprox

Meals
B/L/-

Day 6: Discovery day in Sámara: beach, boat tours, turtles

Today's day can be arranged individually according to your mood: you can swim in the bay of Sámara, take a walk on the beach or enjoy a cocktail. Optionally, you can book a guided boat tour on the Pacific Ocean to watch dolphins (with a bit of luck you can also see turtles and whales), a kayak trip to Chora Island for snorkeling, canoeing and biking, horseback riding, paragliding or a canopy tour. At night, turtles can be seen at Camaronal Wildlife Sanctuary, a beautiful natural beach. Once a month there are also numerous turtles in Ostional, the second most important turtle beach in the world.

Overnight
Hotel

Driving
3 hours aprox.

Hiking
5 hours aprox

Meals
B/L/-

Day 7: Nicoya - Cloud Forest Monteverde - Night hike in the children's rainforest

We leave the Pacific coast and drive past the second oldest colonial church in the country, which can currently only be admired from the outside due to renovation work. Then continue back to the mainland via the Tempisque Bridge in Palo Verde National Park. In Limonal we stop to stretch our legs and watch the scarlet and blue macaws high in the treetops. We continue via the former gold mining town of Las Juntas de Abangares along cattle pastures and coffee plantations to the central Cordillera and Monteverde. The cloud forest region of Monteverde is the cradle of the country's ecotourism and boasts tremendous biodiversity. Wafts of fog swirl around the dense jungle, creating a mystical atmosphere amidst this complex ecosystem full of colors and smells!

Overnight
Camping

Driving
3 hours aprox.

Hiking
5 hours aprox

Meals
B/L/D

Day 8: Santa Elena Cloud Forest Reserve

Today is entirely dedicated to the cloud forest, we walk through the primary and secondary forests of the Santa Elena Reserve. With a bit of luck you can see the bird of the gods of the Aztecs, the quetzal. This bird was hunted in pre-Columbian times for its magnificent plumage, which served as a headdress for the priests. However, because he was worshiped as a deity, he was not killed, only captured and released. Killing a quetzal was punishable by death. Many myths surround this magnificent animal. Monteverde is the country's first private sanctuary – founded by the American Quakers who settled here, who wanted to secure the water supply for their dairy industry.

After lunch together, the rest of the day's program is freely available to us. We can choose one of the other hiking trails in the reserve. A visit to the various facilities in Santa Elena is also recommended. In the butterfly garden, for example, numerous different insects await us in addition to the fluttering creatures that can be found in the different layers of vegetation in Costa Rica. The frog garden and the serpentarium are also recommended. If you want to make your free afternoon a little more adventurous, you can go on a canopy tour.

Overnight
Camping

Hiking
5 hours aprox

Meals
B/L/D

Day 9: Arenal Lake and Volcano - Lava Fields Hike - La Fortuna - Hot Springs

Early in the morning we drive along a panoramic road of the Cordillera through coffee plantations and cattle pastures to Tilarán and on to the large Arenal reservoir. During the trip we have a view over the entire lake and in the distance we can already guess the volcano. Continue through lush tropical

vegetation to the active Arenal Volcano. The dam wall offers a unique view of the volcano's lava fields. The vegetation that is offered to us here only emerged after the historic 1968 eruption. It is amazing to see how nature is taking back this once destroyed habitat and filling it with life. We hike on the "Silencio Trail" to the cooled lava rocks. We then continue to the lodge at La Fortuna, which is east of the volcano. The afternoon is free and the small town invites you to stroll. In the evening we visit the hot thermal springs in Arenal Paradise together, which invite you to relax.

Overnight
Hotel

Driving
3 hours aprox.

Hiking
5 hours aprox

Meals
B/L/-

Day 10: Rio Celeste

Today's day trip takes us into the rainforest in Tenorio National Park and to the light blue shimmering Rio Celeste. The sky-blue river owes its name to the light, almost turquoise-blue, slightly milky color that results from a natural chemical reaction at the confluence of two rivers that have completely different chemical properties and whose reaction produces the coloration. This place is called Dyer's Square and is hidden in the middle of the dense rainforest. We then return to La Fortuna where the afternoon is at leisure.

Overnight

Hotel

Driving
3 hours aprox.

Hiking
5 hours aprox

Meals
B/L/-

Day 11: Sarapiquí – Pozo Azul

Strengthened by breakfast, we start our onward journey towards the Caribbean coast, but before that we go to the Pozo Azul recreation area in the Sarapiqui Valley. There you have the opportunity to learn more about organic production in Costa Rica and to taste different delicacies. 80% of the processed products are produced regionally. We move into our accommodation, lace up our hiking boots and hike to a small waterfall.

In the evening a little surprise awaits us accompanied by salsa rhythms.

Overnight
Hotel

Driving
3 hours aprox.

Hiking
5 hours aprox

Meals
B/L/-

Day 12: Sarapiqui-Cahuita

Today we begin our onward journey to Cahuita. The path leads us past numerous pineapple and banana plantations. We are slowly approaching the small fishing village where we can get to know the delicious and rich Caribbean cuisine!

In the afternoon we have some free time to go to the beach. There is a relaxed atmosphere here that invites you to relax. In the evening we can let ourselves be spoiled in one of the numerous restaurants. How about a freshly caught, grilled fish in a Caribbean sauce.

Overnight
Hotel

Driving
3 hours aprox.

Hiking
5 hours aprox

Meals
B/L/-

Day 13: Cahuita National Park

This morning we hike through the Cahuita National Park along beautiful Caribbean beaches, where we can observe capuchin monkeys, howler monkeys, sloths and many other animals. Afterwards, the palm beach invites you to bury your feet in the sand and let your soul dangle.

The afternoon can be designed freely: If visibility is good, it is a good idea to go on a snorkeling tour at the national park reef. With a bit of luck, there are numerous sea creatures to discover, including fluorescent fish species, rays, turtles and much more. A trip to the nearby sloth hospital is also highly recommended. A small boat tour through green aquatic plant carpets is also included here.

Overnight
Hotel

Driving
3 hours aprox.

Hiking
5 hours aprox

Meals
B/L/-

Day 14: Return to San Jose

We still have some time in the morning to say goodbye to the Caribbean coast and start our return journey to San José. We cross the second largest national park in the country, Braulio Carillo, which extends over 450 square kilometers. The national park was established in the 1970s and provides habitat for a wide variety of animals and plants. It can happen that saying goodbye to the green heart of Costa Rica is difficult.

In San José there is still some time in the evening to walk along the Alter Zoll cultural center to the old Caribbean train station in the parliament quarter or to see the National Theater, a replica of the Paris Opera.

If you want to stay a few more days on the beach, you can extend your stay in Cahuita, Puerto Viejo or Bocas del Toro in Panamá. More information on this on request.

Overnight
Hotel

Driving
1 hour aprox.

Hiking
1 hour aprox

Flight
Go back home by plane.

Meals
B/-/-

Day 15: Goodbye, Costa Rica!

Today it is time to say goodbye to Costa Rica. We will be taken to the airport for our flight back to Europe.

Overnight
Hotel

Driving
1 hour aprox.

Hiking
1 hour aprox

Flight
Go back home by plane.

Meals
B/-/-

Day 16: Hello Europe - welcome home!

Today we arrive in our European homeland and should give ourselves some time to settle in and

acclimatize.

Overnight
Hotel

Driving
1 hour aprox.

Hiking
1 hour aprox

Flight
Go back home by plane.

Meals
-/-/-

Included meals: B=breakfast; **L**=lunch; **D**=dinner

What's Included

Services included in the prices:

- Scheduled flight with Iberia. Departure airports Frankfurt, Düsseldorf, Berlin-Tegel and Hamburg. Vienna and Munich with a surcharge (price on request, recommended value: €100 – €200 per person). In the case of short-term inquiries less than 2 months before the start of the trip, the flight is usually associated with a surcharge. ATTENTION: Appointment in February without a flight!
- 13 nights in small hotels, 2 nights in a simple jungle lodge (on a double room basis*) and 1 night in a hacienda (simple huts including private bathroom) with daily breakfast
- Half board on the 2nd, 7th, 8th, 9th, 13th & 14th day, full board on the 3rd & 4th day *
- German-speaking or English-speaking, qualified tour guide
- Entrance fees for visit/sightseeing program
- All transfers by private minibus or boat
- Costa Rica travel guide & other travel information
- The departure tax of $29 is already included in the flight price
- Certificate for supporting the “Monte Alto” reforestation project
- 50% single room surcharge for half a double room booking if no other participant(s) can be found

* *Double rooms on these two days cannot be guaranteed.*

Not included:

- from 4 people small group surcharge per person 150€
- 4-8 people English-speaking tour guide, from 8 people German-speaking tour guide
- Meals not included in the daily program
- Expenses of a personal nature such as drinks, souvenirs, tips
- Additional costs in case of illness, mountain rescue, change of route due to force majeure
- Individual excursions and visits outside the program
- Single supplements
- Tips around 80 USD
- insurances

- vaccinations

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- Salkantay Trekking Adventure
- Short Inca Trail to Machu Picchu
- Lares Trek to Machu Picchu
- Vilcabamba Trekking
- Climb Volcano Chachani
- Visit Salar de Uyuni
- Bolivian Highlands
- Climb Huayna Potosi
- Visit Isla del Sol Sun Island
- Climb Volcano Sajama
- Climb Cotopaxi & Chimborazo:
- Climb Volcano Ojos del Salado
- Visit Torres del Paine
- Climb Mount Aconcagua
- Visit Iguazu Falls & Rio
- Climb Mount Orizaba
- Visit Rainforests and Volcanoes
- Climb Volcano Tolima

Accordion #1
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut elit tellus, luctus nec ullamcorper mattis, pulvinar dapibus leo.
Accordion #2
Lorem ipsum dolor sit amet, consectetur adipiscing elit. Ut elit tellus, luctus nec ullamcorper mattis,

pulvinar dapibus leo.

What to Bring

What to Bring or take fo Day Hiking and Technical Equipment for Climbing Expedition

This equipment list is compiled to provide you with adequate help when choosing your equipment for a climb. Most items are required. Please consider each of them and make sure you understand the function and exclusive use for mountaineering, before substituting or removing items from this list. Please note that this list has been carefully annotated by the organizer. Remember that mountaineering, climbing or mountain expeditions tours is an extreme, risky sport, therefore everything related to it is of great attention.

Equipment Trekking

Hiking backpack for hiking 50 to 60 liters

Light gloves for hiking or (Optional Mittens waterproof)

Medium weight socks

Sleeping bag (-15º to 20ºC)

Small daypack for one day hiking 30 liters

Weather-appropriate clothing (think moisture-wicking and layers)

Hiking boots or shoes

Medium weight parka with fibber fill or down

Rain poncho (or rain gear)

Long-sleeved shirts

Fleece or Wool sweater and/or trousers

Lightweight pants

Cotton short-sleeved shirts or t-shirts

Water bottle for hiking or trekking

Strong waterproof duffel bag

Flashlight with spare batteries and bulb

Towel for personal hygiene each participantFirst-aid kit

Regular and long underwear

Knife or multi-tool

Light cap and wool hat

Sunglasses with UV certification, Sun block, lips

The rest of the list Essentials as appropriate for your hike

Grooming and personal hygiene kit

One Hiking Buff per person

See More

Equipment Mountain

3 Locking carabiners, we recommended per person

We recommend 2 ice screws for each client

1 Daisy Chain (Life Line) per each person

2 Ice axes (per person) technical, we recommended GRIVEL company

1 ATC descender (Rappel), this is very necessary for technical mountains

2 Cords for prusik, very important (Size Cord 6 mm x 10 m. long)

Gloves(Good gloves) for expeditions over 6000meters

Harness for climbing

Sleeping pad / Mattress, we recommend with air or inflatable mattress

Crampons, we recommended GRIVEL company

Walking sticks – Trekking Poles (optional), a pair per person, we recommended GRIVEL company

Down Jacket for expedition

Very important to have personal clothing such as pants and jacket with GOROTEX certification

First aid kit, for high mountains, because we as guides cannot medicate clients

Backpack Capacity 60 liters, it is better to have a bigger backpack to go comfortably to the high camps, because here you have to carry all your personal things

Gaiters or Leggings, now modern boots already have built-in (Incorporated), but better to have an extra pair

See More

Dressing appropriately for the mountains can make the difference between a pleasant trip and a really uncomfortable one. Clothing must provide the right degree of temperature, perspiration and be well ventilated. Preferably cotton clothing should be avoided, as in humid conditions they absorb body heat.

In general, the weather conditions in in the Andes of South America can vary from day to day and even throughout the day. Therefore, clothing must be versatile.

Please do not hesitate to contact us with any questions you may have regarding the necessary equipment.

→ If you need to rent mountain equipment click here:

Prices & Dates

FROM/TO

PRICE (USD)

TRAVEL STATUS

01 DEC 2027 / 16 DEC 2027

$ 3650

Join Now

FROM/TO

PRICE (USD)

TRAVEL STATUS

01 JAN 2027 / 16 JAN 2027

$ 3650

Join Now

FROM/TO

PRICE (USD)

TRAVEL STATUS

01 FEB 2027/ 16 FEB 2027

$ 3650

Join Now

FROM/TO

PRICE (USD)

TRAVEL STATUS

01 MAR 2027 / 16 MAR 2027

$ 3650

Join Now

- Single Supplement (I want my own room and tent) – $000 on request.

Please note: Insurance for emergency evacuation is required for this trip. Call for more details.

» Additional dates available upon request
» Rates may vary from July 26th to 31th for the national holidays

Prices (per person):

1 PAX	2 PAX	4 PAX	6 PAX	8 PAX	10 PAX	12 PAX	14 PAX
7300 USD	3650 USD	3550 USD	3450 USD	3350 USD	3250 USD	3150 USD	3050 USD

Deposit for reservations: — USD (– EUR) ✓ Full payment 40 days before. No refund if you cancel less than 30 days!

Places: *Available
Trip-code: Number ►CRI-
Duration: 16 days
Participants: Minimal: 4 Maximal: 12
Members: We don't have an open group to join – We can open a new group – Contact us!
Country / Location: Costa Rica
Mountain Guide: Eric Albino Lliuya
Other dates / additional info: Contact us!

3% early bird discount when booking 6 months prior to departure 2027

Legend Booking-information:
EZZ Single room supplement
 On this trip, places are still available.
 On this trip, only a few places left.
 This trip is sold out / closed.

Eric Raul Albino Lliuya

Expert guide certified by AGOMP
General Sales Manager of Peru Expeditions

- **WhatsApp:** +51 943 081 066
- **E-Mail:** office@peru-expeditions.org

Read more

Hans Honold | Certified Mountain and Ski Guide

For a trip with a Professional Certified Mountain Guide from abroad with your own language that you speak, please request us to get in touch. We have guides working for our company from all over the world who are members of IVBV/UIAGM/IFMGA Certified Guides.

- **Tel:** +49(0)7344 929144-0

More information

We are a Private Company with a Specialized Peruvian Andean Rescue Team “Socorro Andino Peruano”, offering expert High Mountain Rescue Services. Additionally, we provide satellite internet access during treks or expeditions, ensuring the safety and connectivity of our clients at all times. For more information, feel free to contact us via email or phone

- **Tel:** +1 (617) 459-4200

More information

Frequently Asked Questions

What our travelers or clients always ask questions before joining our trips, tours & expeditions, read all the information provided here.

Suggested FAQs

What experience and how fit do I need to be to climb this mountain? Is this program suitable for children or older people?

For our mountain climbing trips: If they are easily accessible mountains: For easy-climb mountains, well, you don’t need much experience, but if you already want to climb mountains above 6,000 meters and the conditions become more difficult, we recommend if you already want to go through mountains above

6,000 meters, have a basic or intermediate course for a good preparation. It is very important to be physically, technically and psychologically prepared.

Regarding the preparation of children: Everything will depend on which mountain you want to climb with your children, once you are clear on which of our tours or mountains you want to go with your children, we can give you some advice or see how to prepare them before going with they.

Regarding older people: It all depends on the condition of experience and how well the person is in health, on many occasions older people are the best to walk in the mountains because they have more experience, so it is always good to ask and find out about their experience of older participant. If you have any other questions, please contact us. **For calls or inquiries to this number: +51 943 081 066**

Will I need to bring any technical equipment of my own? Is it possible to rent equipment, and if so, what would be the approximate cost of that?

In all our trekking or mountaineering trips we do not include personal equipment in our prices, so you have to have your own equipment: Personal equipment (such as boots, ice ax, crampons, harness, sleeping bag, mat, Goretex, etc.) and also within each page of the trips that we sell is a small list so you can see it on our website.

Our company can also rent the materials that you would need for your trip, see the list here on our website: https://peru-expeditions.org/equipment-rental/ . **For calls or inquiries to this number: +51 943 081 066**

Are there any other special requirements such as permits/insurance/vaccines that I need to consider before the tour?

Safe and effective vaccines are available that provide strong protection against serious illness, hospitalization and death from COVID-19. Billions of people have been vaccinated against COVID-19. Getting vaccinated is one of the most important things you can do to protect yourself against COVID-19, help end the pandemic and stop new variants emerging.

We also recommend having accident insurance, we always recommend. We are **Partners –Global Rescue.** If you have any other questions about the trip we can schedule a date for a calling via WhatsApp. **For calls or inquiries to this number: +51 943 081 066**

What experience do I need to have? How fit do I need to be? Is this program suitable for children or older people?

To do long-distance hiking you need to at least train or do some tours such as visiting lagoons to get the experience and feel comfortable with what you do, it is always good before doing a long-distance hiking tour to test yourself so as not to be with the problems of altitude sickness during the trekking, and if you travel with children it is good to first train them before taking them, if they are accompanied by an adult of legal age, they must do a good acclimatization before going on the long-distance tour or with high altitude camps If you want to know or learn more advice, we can schedule a call via WhatsApp to clarify your doubts. **For calls or inquiries to this number: +51 943 081 066**

How far in advance should I start training and what kind of training do you suggest?

The preparation is according to what type and what technical level you want to go and climb a trek or mountain, the preparation will always gain experience little by little.

For this type of demanding or technical climbing sports, it is recommended to do some summits above 5 thousand meters beforehand and have good knowledge of high mountain technical equipment such as the use of technical ice axes, ice screws, correct use of crampons, and of course all the technical material. For more information, we can schedule an appointment to be able to explain in more detail everything about the mountain equipment and the preparations prior to joining our outings. **For calls or inquiries to this number: +51 943 081 066**

What is the average distance and altitude gain that we will hike each day?

Every day we have active walks around approximately 4, to 5 sometimes 6 hours of walking, everything is according to your pace and physical condition of each person, in each of our travel programs you will find more detailed information, and if If you need more information about each day of the travel program, we can schedule a call via WhatsApp to clarify your doubts or questions, for this please contact us. **For calls or inquiries to this number: +51 943 081 066**

Will there be porters to help to carry group and personal equipment?

In our trips, either hiking or mountaineering: Depending on the type or destination of the trip that you are going to book, in some parts of the treks you go with mules or donkeys or sometimes with horses, and within the mountain trips, the approach camps are also They go with mules or donkeys, but there are some stretches where pack animals can no longer reach. In this part, our logistics is fully supported by the porters.

Who are the porters? They are people from the area who were born and live in the heights of the towns, they are very strong and are very acclimatized, the reason is that after the tourist season ends they dedicate themselves to agriculture and livestock for that reason they are people They are used to the altitude and have lived in nature all their lives and they are happy to be in the mountains together with our expeditions. **For calls or inquiries to this number: +51 943 081 066**

How will accommodation and meals be handled during the trek?

About accommodation or meals during the tour: Well, depending on the type of tour, when the tour is a classic cultural tour or a city tour, we eat during the route in tourist restaurants and sleep in category hotels that the client has requested.

If the tour is with camps and trekking: During the activity, logistics we include the service of Breakfast, Lunch, and Dinner with traditional and typical meals of the region where you are going to travel with us, during the night we stay in tents, and we have a special tent for the kitchen and another for the dining room.

If the trip is at altitude or in the mountains: We bring special high mountain food, It are quicker meals to cook and we provide complete logistics such as Breakfast, Lunch and Dinner, and we sleep in special 4-season high mountain tents, with the best tents. If you have any questions or concerns, we can schedule an appointment via Whatsapp to clarify all your doubts and give you better information so that your trip is an unforgettable tour.

What is the guide-to-client ratio to climb this mountain?

In mountains above 5000 meters: A local guide takes a maximum of 3 clients = Ratio 3pax = 1 local guide

In technical mountains: In large-big mountains we manage the travel policy, a guide and a maximum of 2 clients = Ratio 3pax = 1 local guide. **For calls or inquiries to this number: +51 943 081 066**

What is the best time of the year to climb this mountain?

For all the trips that we offer within our main tourist destinations such as South America and Central America, also including the ascent of the 7 continents and the 7 highest peaks of each continent, on each page of our website for each trip we indicate that month or what season to travel, then please read the information you find in our travel offers for each tour. If you have any other questions you can contact us by WhatsApp with one of our travel experts. Thank you so much. **For calls or inquiries to this number: +51 943 081 066**

Do I have what it takes to succeed on this expedition?

In the interest of the team's enjoyment and success, we work with every single guest to ensure they are properly prepared and ready for this expedition. We pride ourselves on vetting every member to make sure that the team can bond and succeed together. It really sucks to be grouped with members that are much faster, or much slower, than you are. No one wants to the weakest link on a trip like this. By setting expectations and a solid training plan, we work to insure maximum cohesive success. Use this trip as an exercise motivator, and we will succeed together with style.

How can I get to the trailhead/meeting point?

For the pick-ups of each trip, depending on the place or the trip that you are going to make with us, the meeting point is always at our office, in one of our trips we pick you up where you are staying or staying, or in some cases a A representative of our company will pick you up and then ship you to your transport to continue with your destination of the tour or trip you have booked with us. If you wish to request more information, do not hesitate to contact us. **For calls or inquiries to this number: +51 943 081 066**

What is the best time of the year for this hike?

For all the trips that we offer within our main tourist destinations such as South America and Central America, also including the ascent of the 7 continents and the 7 highest peaks of each continent, on each page of our website for each trip we indicate that month or what season to travel, then please read the information you find in our travel offers for each tour. If you have any other questions you can contact us by WhatsApp with one of our travel experts. Thank you so much. **For calls or inquiries to this number: +51 943 081 066**

What happens in the event of bad weather?

About the meteorological conditions of the climate, we try to organize the trips of each tour in the best

season to have the best views and enjoy the selected trip but sometimes even is good season we can have bad weather, in this case on hiking or treks trips The complications are minimal, but when this happens during high-altitude climbing expeditions, the complications can become very difficult, that is why the bosses or leaders of the local guides must always make the most correct decision for the safety of our passengers, so we always recommend listening to the best advice from the local guide assigned for each tour. If you have any other questions please contact us. **For calls or inquiries to this number: +51 943 081 066**

Can I join a group?

We as a local company and connoisseurs of tours have departures on different dates. The best thing to do is to join a travel group to take care of your budget, and of course you can join our groups, but on trips like mountaineering we recommend going in small groups. To join a group, ask us for the dates and we will send you the necessary information to be able to join any of our trips.

Why go in a private trip: For trips whether trekking or high mountains, going privately is the most recommended option, but the costs are more expensive. So, if one joins a group, the prices will be more reasonable. In the mountains, the only disadvantage is if you are in a wall with another partner and if one of the participants gets tired or gets sick. In this case, you have to abort or cancel the summit and return together. For more information, contact us. We can schedule a call via WhatsApp to clarify all your questions.

In a mountain, for example, if 3 people go and one of the participants falls ill on the route, for security reasons they have to cancel or abort the summit or return all together. The same in a technical mountain if the climbing partner gets sick they all have to return, for these reasons sometimes it is better to go private only because for a single person the costs are more expensive for the same reason that the trip would already be private .

For more information please contact us. **For calls or inquiries to this number: +51 943 081 066**

Additional information

We help in the purchase of air tickets: we set up convenient flight options with each participant of the trip and book tickets such as international flights and domestic flights in each destination city of the countries that we offer our trips. We recommend you booking international flights tickets well in advance so we can find current flights offer prices from the airlines. In order for us to search for and book your flight, please contact us and we will be happy to help you!. → **More information click here**
About a Satellite Phone or inReach® Messenger - GARMIN: On each trip we recommend having a satellite phone at your disposal. The possibility of quick contact from anywhere on the mountain will guarantee your safety on the road. In case of need (for example, contact with the family or the travel company), for this service the participants have to request to rent a satellite phone, of course this service has an additional cost, contact us or ask our office for more information. A practical device is to have an inReach® Messenger - GARMIN also helps for any emergency. → **More information click here**
Many of the participants or clients of our adventures, hikes and expeditions in the mountains are people who sign up alone, but in some of our trips you will be able to find a travel partner companion to join a group. We have many options for you from day tours, short treks, long duration tours, and even the most extreme climbing high mountains on each country or South American continent and other destinations, as like the destinations you can see on our website. The mountains are a great place for rapid integration and a very healthy sport. → **More information click here**
Our mountain guides or tour leaders: All of our Tour Leaders are multiple conquerors of the peaks they lead the expeditions to. Each of our cultural guides, high mountain guides, mountainbike guides, among others are internationally recognized and certified guides, such as the certifications of **(UIMLA)**

Union of International Mountain Leader Associations & **(IFMGA)** International Federation of Mountain Guides Associations. The mountaineering experience, skills and knowledge of your guides are a priority for us. → **More information click here**

VISA

CURRENCY

VACCINATIONS

FIRST AID KIT

WHY CHOOSE US?

JOIN A GROUP

VISA

VISA NEEDED

Citizens traveling for tourism purposes are exempt from the **visa requirement for up to 90 days.**

The passport must be valid for at least 6 months from the date of return to the country.

There are some countries that have some restrictions on the visa to be able to **visit some countries in the world,** for this important information request us to be able to give you more exact information, since the information changes every year and then to be able to provide you for more accurate updated information, **→ contact us!**

CURRENCY

CURRENCY EXCHANGE DEPENDING ON WHERE YOU ARE:

Local money | $1 = 000 | **EUR 1** = 000 = Let us to know which destination would you like to travel to so we can send you the current information of the day to your → **E-mail,** or by **WhatsApp.**

Local currency is exchanged on site. You can change both dollars and euros, the two currencies are the most used. We recommend taking bills of different denominations.

ATMs are available in the larger cities. Attention! We avoid dollars from the years 1996-2006 (some series from these years are not accepted at all). It is better to take dollars issued after 2006 to better the most recent of the current year.

VACCINATIONS

VACCINATIONS BEFORE YOU LEAVE

Compulsory vaccinations:

– They are not required

Recommended vaccinations:
– Hepatitis A and B (3 doses: 0/1/6 months, at least 2 doses administered at least 2 weeks before departure)
– Tetanus
– Diphtheria
– Typhoid fever
– Yellow fever (yellow fever)
– Antimalarial prophylaxis is recommended for traveling in the jungle area

In some destinations that you are going to visit, the information that is on our website may not be updated. To have more precise information, contact us by → **E-mail** or **WhatsApp** and we will provide you with more detailed information.

FIRST AID KIT

TRAVEL FIRST AID KIT

Everyone should have a personal first aid kit, and in it: medicines against diarrhea and stomach problems (sometimes appearing when the bacterial flora changes), painkillers and medicines for the throat. In addition, good creams with a UV filter or so-called blockers (sun radiation in the mountains is very high).

ATTENTION! Due to parasites and bacteria for drinking, we recommend using mineral water in the original bottle and boiled. To have more precise information, contact us by → **E-mail** or **WhatsApp** and we will provide you with more detailed information.

WHY CHOOSE US?

WHO ARE WE AND WHY CHOOSE US?

We are a travel agency that provides authentic and innovative experiences with a respectful relationship with the socio-cultural customs, the environment and the regulations of the countries we promote. We are characterized by the personalization of our tourist services, with empathy, attitude and professionalism; turning customer dreams into reality and exceeding their expectations. We are “Registered Travel and Tourism Agency”. To know more about → **US click here please!**

The company Peru Expeditions Tours has the most experience in organizing commercial ascents and complex high-altitude expeditions.

We have the most **experienced and qualified guides** for cultural trip, climbing tours, MTB tours, Ski tours, including famous climbers.

We always give away team **jerseys-T-shits, buffs, or a cap as a gift**

Good own **personal tents to live in height** and special big tents to dine inside the trekking or mountain.

The highest percentage of **successful ascents.**

We provide the best living and eating conditions. We take into account the peculiarities of nutrition **(you can order a vegetarian menu).**

Free conferences in the office with **own videos material and photographs**

JOIN A GROUP

ARE YOU LOOKING FOR A TRAVEL PARTNER?

Join a group with us: Trekking, hiking and expeditions. What is your profile? Are you planning to go on a trek or expedition in South America and you are not yet sure about the most suitable offer? If you are looking for a partner, we have the solution. **Peru Expeditions Tours** has some groups that you can join and share you experience with on an unforgettable journey. (» Upcoming Trips / Upcoming Departures / Open groups / Confirmed / Trips Guaranteed 100%) » WHERE **WOULD YOU LIKE TO CLIMB, WALK, HIKE, AND TREK?** For more information please click here! **→ JOIN A TRIP WITH US!**

Why Travel with us

Your Safety is Our Priority

Expert Guides

Sustainable Tourism

Andean Chefs

Food on the Trail

Small Groups

- Recommended Tours

Inca Trail to Machu Picchu 5

Perú 07 Days/06 Nights

Choquequirao Trek Adventure 5

Perú 04 Days/03 Nights
Recommended

Rainbow Mountain, Vinicunca 5

Perú Full Day
Recommended

Vilcabamba Trek to Machu Picchu 5

Perú 05 Days/04 Nights

Reviews

Leave a Reply

YOU ARE AN ADVENTURE LOVER and you want to experience something extraordinary and extreme?

You are an adventure lover and you dream of leaving with a thrill. **Peru Expeditions Tours** is also an option for you. Take advantage of our travel offer that we have for you!

“We don’t sell tours, we provide memorable lifetime experiences.”

We are a recognized tour operator **100% peruvian company** that specialists in adventure and traditional tours service.