

# Ecuador: Experience Andes & Amazon

Journey of discovery through the small country on the equator

- Majestic mountains of the Andes and the lush green of the Amazon lowlands
- Learn about life and nature while visiting a village in the Ecuadorian rainforest
- Feel at home with a host family in the Amazon
- Look out for the wildlife of the deep green jungle
- Bargain hunting at the Otavalo market
- Go on an adventure in Baños
- Relax in hot thermal springs in the Andes
- Discover the colonial city of Cuenca

From the peaks of the Andes to the heart of the Amazon rainforest – experience an extraordinary country on this eventful tour of Ecuador. Discover the jungle by canoe and stay with a local Quechua family – a cultural experience you will never forget. Trade in the Otavalo market and soothe your weary limbs in one of the mountain hot springs. This Ecuador tour with its varied accommodation and insights into the life of the Amazon is a unique life experience.

- 14 Days/ 13 Nights
- January to December
- Moderate

## Difficulty Condition

[More Info](#)

## Travel Program

### [Day 1: Quito](#)

Individual arrival in Quito. Arrival possible at any time. The adventure begins tonight. You have time to explore on your own – but please don't forget to arrive in time to meet your group. In the evening, the welcome meeting takes place at the hotel, where you get to know your guide and fellow travelers. After the greeting, your tour guide will discuss all the details of the trip.

### Optional Activities:

– City Tour in Quito and Equator

50-60USD per person. Enjoy a city tour in Quito, where you will see important places like the old town and the cathedral. You will also visit Mitad del Mundo, the “middle of the earth”, where you can stand with one leg each on the northern and southern hemispheres.

– Teleférico

\$8 per person. Enjoy spectacular views of Quito from this aerial tramway that ascends the Volcán Pichincha. You can take a hike to the top or just enjoy the ride.

**Accommodation:** Hotel Eugenia (or similar)

### Overnight

Hotel

### Flight

Arrival to Ecuador.

**Driving**

1 hour aprox.

**Hiking**

1 hour aprox

**Meals**

-/-/

**Day 2: Quito - Baños**

Drive to Baños. Many outdoor activities await you here, such as hiking, horseback riding, ziplining or canyoning.

**Optional Activities:**

- Horseback riding

25USD per person. Saddle up and explore Baño's scenic countryside on horseback. Experience the unique vegetation of this region and, if you wish, trot over to Tungurahua Volcano for a breathtaking view.

- Visit to hot springs

\$20 per person. Soothe tired muscles in the thermal springs that Baños is famous for. Visit the hot springs at the base of Tungurahua (Quichua for "little hell") volcano, or soak in one of the meltwater baths on Tungurahua's glaciated flanks. Rise before sunrise and watch the sun's first rays peek behind the mountain peaks as you relax in the warm waters. Getting up early was definitely worth it!

- Baños Canyoning

Bounce, slide, rappel and swim your way down the Rio Blanco on this canyoning adventure, taking in the natural beauty en route to the heart of Llanganates National Park.

- Baños - Zipline Bundle

Strap on your seatbelt, put on your helmet and zip line down a 850 meter deep gorge surrounded by breathtaking scenery. Overcome your fear of heights as you cross the Tibetano Suspension Bridge over the Pastaza River. Climb to a second zipline to end this adrenaline-pumping adventure.

**Driving time:** approx. 4 hours

**Accommodation:** Hotel La Floresta (or similar)

**Overnight**

Hotel

**Driving**

5 hours aprox.

**Hiking**

3 hours aprox

**Meals**

B/L/-

## **Day 3: Baños**

Enjoy some free time to discover everything this adventurous city has to offer.

### **Optional Activities:**

- Hike

Embark on breathtaking hikes in the mountains – Baños offers the perfect setting for outdoor adventures.

- Horse riding

25USD per person. Saddle up and explore Baño's scenic countryside on horseback. Experience the unique vegetation of this region and, if you wish, trot over to Tungurahua Volcano for a breathtaking view.

- mountain biking

\$10 per person. Explore the fantastic landscape around Baños on two wheels. Depending on the route, you will pass mountains, rivers, waterfalls and constantly changing vegetation. Enjoy the refreshing headwind on downhill passages, but don't forget the sunscreen – the sun can be pretty strong here.

- Hot Springs

\$20 per person. Soothe tired muscles in the thermal springs that Baños is famous for. Visit the hot springs at the base of Tungurahua (Quichua for "little hell") volcano, or soak in one of the meltwater baths on Tungurahua's glaciated flanks. Rise before sunrise and watch the sun's first rays peek behind the mountain peaks as you relax in the warm waters. Getting up early was definitely worth it!

- White Water Rafting

70USD per person. Conquer the rapids in the adrenaline capital of Ecuador. Choose a river that matches your level of experience; Different levels of difficulty are available. Enjoy the breathtaking Andean landscape and a fun ride!

- Baños Canyoning

Bounce, slide, rappel and swim your way down the Rio Blanco on this canyoning adventure, taking in the natural beauty en route to the heart of Llanganates National Park.

- Baños – Zipline Bundle

Strap on, don your helmet and zipline down an 850m deep gorge surrounded by breathtaking scenery. Overcome your fear of heights as you cross the Tibetano Suspension Bridge over the Pastaza River. Climb to a second zipline to end this adrenaline-pumping adventure.

### **Overnight**

Hotel

### **Driving**

3 hours aprox.

### **Hiking**

3 hours aprox

### **Meals**

B/L/-

## **Day 4: Baños - Tena / Amazon Jungle**

Drive down into the Amazon Rainforest area. Note the dramatic change in scenery as you descend from the mountains into the lush, tropical Amazon rainforest.

You'll stay with a Quichua family, experience the hospitality of these wonderful people and experience life in the jungle on your own skin. This homestay in the Ecuadorian Amazon near Rio Napo will introduce you to traditional ways of thinking and living. You will stay with a Quechua family near the municipality of Cando. They have already given many visitors an insight into their completely different way of life, which lets you see life from a new perspective. Here you can take part in many great activities. Hike through the rainforest, bathe under waterfalls and learn how to use tropical plants. Visit a shaman, experience indigenous traditions, and learn about Quechua history and culture.

**Optional Activities:**

- White Water Rafting

65USD per person. Take to the rapids of the Amazon rainforest and have the adventure of a lifetime! Enjoy breathtaking scenery as you paddle past rainforests on this wild ride.

**Driving time:** approx. 4 hours

**Accommodation:** Cabanas Pimpilala

**Overnight**

Hotel

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/-

**Day 5: Tena / Amazon Jungle**

On this day we have enough time in the Ecuadorian Amazon to learn more about the life of the locals in the jungle. Enjoy nature walks and sightseeing with the local shaman.

**Optional Activities:**

- Visit to AmaZOOnico Animal Sanctuary

25USD per person. Guided tour of the AmaZOOnico rescue and reintroduction center. Animals that have fallen victim to the illegal trade are housed here and, if possible, released into the nature reserve. Experience big cats and reptiles up close and learn more about the work of the sanctuary.

- Wildwater Rafting

\$65 per person. Take to the rapids of the Amazon rainforest and have the adventure of a lifetime! Enjoy breathtaking scenery as you paddle past rainforests on this wild ride.

- Guided waterfall hike

Make your way through the jungle, learn about the lush greenery that surrounds you and the insects and animals that live here. Hike to a series of waterfalls, strap on a harness, and climb to the top for a beautiful view.

**Accommodation:** Cabanas Pimpilala

**Overnight**

Hotel

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/-

**Day 6: Tena - Papallacta**

We cycle to the nearby village of Shandia and discover the beauty of the Amazon with a local youth as our guide (approx. 1.5 hours cycling with stops). The indigenous village of Shandia is located in the middle of the Amazon. With the support of the Planeterra organization, new cultural tours led by young people have been developed in the village. These cultural tours are a way for the community to preserve their native culture and secure a future. They provide economic opportunities for young people who would otherwise have left the village to look for work elsewhere. You leave Shandia knowing that your visit has helped open up new opportunities for the young generation in the village and preserve their traditional culture.

Afterwards we travel to Papallacta by local bus and can relax in the mineral natural thermal pools.

**Activities Included:**

- Shandia Community Experience & Bike Tour

**Accommodation:** Termas de Papallacta

**Overnight**

Hotel

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/-

**Day 7: Papallacta - Quito**

Enjoy a relaxing morning at the thermal springs. Dive into the wonderfully warm water and let the natural mineral water pamper your muscles. Then it's back to Quito, where you have free time to explore on your own.

**Activities included:**

- Visit to the thermal springs of Papallacta

**Driving time:** approx. 1.5 hours

**Accommodation:** Hotel Eugenia (or similar)

**Overnight**

Hotel

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/-

**Day 8: Quito - Otavalo**

We visit the famous handicraft market in Otavalo. Discover fascinating local art, tapestries and textiles at Otavalo's famous craft market, the largest of its kind in South America. Meet local artists at the various market stalls and pick up absolutely unique souvenirs. For the best bargains, get there early (the market starts at sunrise) and haggle a little - it's expected with any purchase, too. (If you bargain well, you should be able to reduce the starting price by at least 20%.)

**Optional activities:**

- Peguche waterfall visit

Visit the famous Peguche Waterfall in the beautiful Bosque Protector Cascada de Peguche Forest Reserve. Enjoy the beauty of this natural wonder, which is also a sacred site for the indigenous people who perform their ceremonial baths here.

- Visit to Cotacachi

Visit the mountain town of Cotacachi, known for its leather goods and handicrafts. Stroll the streets of this quaint town and watch artisans create leather goods by hand. Experience local life and don't forget to pick up some goods and souvenirs.

**Activities included:**

- Visit to the craft market in Otavalo

**Driving time:** approx. 2 hours

**Accommodation:** Hotel Santa Fe (or similar)

**Overnight**

Hotel

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/-

**Day 9: Otavalo - Cotopaxi**

Travel by bus to Cotopaxi National Park. Opt to visit an elevated lagoon or hike or mountain bike in the national park with Cotopaxi Volcano as a backdrop.

**Driving time:** approx. 4 hours

**Accommodation:** Tierra del Volcan (or similar)

**Overnight**

Hotel

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/-

**Day 10: Cotopaxi - Cuenca**

In the morning we visit the Cotopaxi National Park, where the 5,897 m high Cotopaxi Volcano is located. This beautiful, conical, snow-capped volcano is Ecuador's second highest mountain and the highest active volcano in the world. Keep an eye out for wildlife that live in the park such as condors, foxes, deer, spectacled bears and more. For those who want to hike, there are several options to choose from (weather permitting). Please make sure you have suitable hiking shoes or boots, a waterproof and windproof jacket, and warm hats and gloves. The hike takes about 1.5 hours.

Afterwards we travel on to Cuenca. Along the way, enjoy a packed lunch at a viewpoint overlooking the Andes.

**Activities included:**

Visit to Cotopaxi National Park

**Driving time:** approx. 7 hours

**Accommodation:** Hotel La Casona (or similar)

**Overnight**

Hotel

**Driving**

6 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/-

**Day 11: Cuenca**

This morning we embark on a half-day city tour of Cuenca. Explore this stunning colonial city with a local guide. You will visit the Turi viewpoint, a Panama hat factory and the historic center. Find out for yourself why this city deserves the title of a UNESCO World Heritage Site. Spend the rest of the afternoon exploring or in one of Cuenca's many cafes.

**Activities included:**

Cuenca city tour

**Accommodation:** Hotel La Casona

**Overnight**

Hotel

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/-

**Day 12: Cuenca**

This day is free for you to explore on your own. Visit the city's attractions including cobblestone streets, red-tiled roofs, art galleries, flower markets, shady squares and museums. Optionally, you can take part in a trip to the Cajas National Park and go on a nice hike there.

**Optional Activities:**

- Visit to Ingapirca

Ruins 50USD per person. Visit the Inca ruins of Ingapirca, a UNESCO World Heritage Site. The site is about an hour and a half drive north of Cuenca and the drive takes in some of the most beautiful scenery in Ecuador. Despite being an important Inca site, little is known about its history.

- Visit to the Cajas National Park

50USD per person. From Cuenca you take a trip to the Cajas National Park. Explore this nature's playground with its stunning scenery, wildlife and excellent hiking areas. The rather challenging terrain is mostly over 4000 m altitude in the Páramos (grassy highlands), with many clear lakes. Embark on one of the many hikes in this 28,000 hectare park and keep an eye out for tiger cats, wild llamas, cougars, and a variety of birds including toucans.

- Cuenca Mud Bath and Hot Springs

30USD per person. Smear volcanic mud on your face and body and relax in the natural hot springs.

- Day trip to Gualaceo and Chordeleg

\$55 per person. Explore the countryside around Cuenca, visiting nearby places known for handicrafts, weaving and textiles. Learn about the weaving process and buy a scarf, guitar or straw hat directly from the people who make them.

- Cuenca

City Tour 20USD per person. Explore this stunning colonial city with a local guide. Visit Calderon Park, the New and Old Cathedrals, the Flower Market, the City Museum and the Museum of Modern Art. Find out for yourself why this city deserves the title of a UNESCO World Heritage Site.

**Accommodation:** Hotel La Casona

**Overnight**

Hotel

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/-

**Day 13: Cuenca - Quito**

Fly back to Quito where you can enjoy the night in this historic city.

**Accommodation:** Hotel Eugenia (or similar)

**Overnight**

Hotel

**Driving**

4 hours aprox.

**Hiking**

5 hours aprox

**Meals**

B/L/-

**Day 14: Quito**

Our journey together ends after breakfast. You can leave at any time.

**Overnight**

Hotel

**Driving**

1 hour aprox.

**Hiking**

1 hour aprox

**Flight**

Go back home by plane.

**Meals**

B/-/-

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

**What's Included**

## Services included in the prices:

- Ecuador round trip according to program
- Transport, accommodation and meals according to the program
- Domestic flight Cuenca - Quito
- Excursions, activities and visits as per itinerary
- Stay and activities in the Amazon jungle
- Visit Banos
- Excursion to Otavalo Market
- Visit to the thermal springs in Papallacta
- Visit to the Cotopaxi National Park
- Sightseeing tour in Cuenca

## Not included:

- Meals and drinks not mentioned
- Optional excursions and activities
- Personal expenses, tips

## Would you like to customize this trip?

Build your tailor made trip in South America with our experts.

Our travel experts will help you plan the trip of your dreams. Customizing every aspect of your holidays in South America to your specific preferences.

## [We Provide Satellite Internet access during Treks or Expeditions](#)

## Keep Exploring More Travel Ideas Across South America | Popular destinations

Discover a wide range of travel ideas throughout South America. Every one of our proposals is fully customizable to fit your preferences and make your journey truly unique.

- [Visit Machu Picchu](#)
- [Inca Trail Trekking](#)
- [Sacred Valley Tour Cusco](#)
- [Rainbow Mountain Cusco](#)
- [Backpacker trips to Cusco](#)
- [Choquequirao Trek](#)
- [Ausangate Trek to Machu Picchu](#)
- [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 participant  
First-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 JUN 2026 / 14 JUN 2026

**\$ 3450**

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

01 JUL 2026 / 14 JUL 2026

**\$ 3450**

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

01 AUG 2026 / 14 AUG 2026

**\$ 3450**

[Join Now](#)

**FROM/TO**

**PRICE (USD)**

**TRAVEL STATUS**

01 SEP 2026 / 14 SEP 2026

**\$ 3450**

[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):**

<b>1 PAX</b>	<b>2 PAX</b>	<b>4 PAX</b>	<b>6 PAX</b>	<b>8 PAX</b>	<b>10 PAX</b>	<b>12 PAX</b>	<b>14 PAX</b>
6900 USD	3450 USD	3350 USD	3250 USD	3150 USD	3050 USD	3850 USD	3750 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 ► ECU-

**Duration:** 14 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:** Ecuador

**Mountain Guide:** Eric Albino Lliuya

**Other dates / additional info:** [Contact us!](#)

*3% early bird discount when booking 6 months prior to departure 2026*

**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](tel:+51943081066)
- **E-Mail:** [office@peru-expeditions.org](mailto: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](tel:+49073449291440)

[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](tel:+16174594200)

[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 them.

**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](tel:+51943081066)**

#### [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](tel:+51943081066)**

#### [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](tel:+51943081066)**

### **[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](tel:+51943081066)**

### **[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](tel:+51943081066)**

### **[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](tel:+51943081066)**

### **[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](tel:+51943081066)**

## [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](tel:+51943081066)**

## [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](tel:+51943081066)**

## [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 be 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](tel:+51943081066)**

### **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](tel:+51943081066)**

### **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 in 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](tel:+51943081066)**

### **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](tel:+51943081066)**

## **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-shirts, 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 specializes in adventure and traditional tours service.