

# Ecuador: The diversity of Ecuador

## Adventure trip to the cultures and highlights of the smallest Andean country

- Adventure trip to the cultures and highlights of the smallest Andean country
- Colonial old towns and traditional markets
- Visit to a Kichwa community and gain insight into the life of the indigenous tribe
- Snow-capped volcanoes, scenic crater lagoons, lush rainforest and more
- Visit to the cultures of the Andes and the Amazon Basin

For centuries, Ecuador has been home to diverse cultures. One of America's first sedentary cultures, the Valdivia culture, made its home here. Also, the arm of the Inca did not reach all the way to the north, which allowed many cultures to retain their independence. Today the descendants of 13 different ethnic groups still live in Ecuador. They were able to preserve many of their original traditions and customs, which are just as diverse as the scenic regions of Ecuador. This trip takes you into this multifaceted nature and culture. From the high Andes you travel down to the Amazon lowlands. Once surrounded by snow-capped Andean peaks, now the lush green of the rainforest dominates. Just in time to attend a waterfall ceremony in the Amazon, A short time later, admire the different, colorful costumes at a highland market. Come with us and experience the fascinating diversity of the small Andean country.

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

### Difficulty Condition

[More Info](#)

## Travel Program

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

Welcome to the equator! Upon arrival at the airport, you will be taken to your accommodation.

**Accommodation:** Casa Sol (or similar)

### Overnight

Hotel

### Flight

Arrival to Ecuador.

### Driving

1 hour aprox.

### Hiking

1 hour aprox

### Meals

-/-

## [Day 2: Colonial Quito & the Equator](#)

The start of our trip is the beautiful old town of Quito, which for many is one of the most beautiful in Latin America. Our city tour takes us through the small streets, across magnificent squares and into venerable churches before we head north. Only a few kilometers away is the “Mitad del Mundo”, the middle of the world with the equator monument, our next destination. Here you can stand with one foot in the northern hemisphere and the other foot in the southern hemisphere. At the neighboring Sun Museum we learn more about the cultures at the equator and then we continue our journey north to Otavalo.

The dinner together offers a wonderful opportunity to get to know your fellow travelers better and the tour guide gives an introduction to the trip.

### **Activities included:**

- City tour of Quito
- Visit to the Equator Monument & Sun Museum

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

### **Overnight**

Hotel

### **Driving**

3 hours aprox.

### **Hiking**

3 hours aprox

### **Meals**

B/L/-

## [Day 3: Hiking at the guinea pig lake / Cuicocha crater lagoon](#)

After the historical start, we now go out into nature: A 4-5 hour hike takes us through the Andean landscapes around the Cuicocha Lagoon, the guinea pig lake and one of the most beautiful crater lakes in Ecuador. This is at an altitude of 3,200 meters at the foothills of Mount Cotacachi. A typical local lunch gives us strength again, before we can nibble on some of the colorful fruits of the highland market in Otavalo for dessert. Depending on the season, physalis, cherimoya, pitahaya or Andean berries are offered.

### **Activities included:**

- Hike around the crater lagoon (4-5 hrs)
- Visit to the Otavalo market

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

### **Overnight**

Hotel

### **Driving**

5 hours aprox.

### **Hiking**

4 hours aprox

## **Meals**

B/L/-

### **Day 4: Kichwa communities**

Today's first excursion takes you to the municipality of Kachiviro (San Rafael), where you will witness the process of processing the Tortora plant – this aquatic plant that grows on Lake San Pablo and is the main material for many families to make their handicrafts. Afterwards you will visit the Peguche Waterfall, an important place for the local people, where you will have a short walk and be enlightened about the importance of this sacred place. In order to gain a deeper insight into the local culture, you will then visit other arts and crafts workshops (e.g. wool processing, workshop for musical instruments), where you can also make your own souvenirs! To top off the day, immerse yourself in the use of medicinal medicinal plants.

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

## **Overnight**

Hotel

## **Driving**

5 hours aprox.

## **Hiking**

4 hours aprox

## **Meals**

B/L/-

### **Day 5: From Otavalo down into the Amazon lowlands**

Otavalo is home to the Otavaleños, who are one of the few indigenous cultures to have made it to prosperity in the world. The rich and colorful textiles for which they are known have helped in particular. We can get an idea of this today when we visit the well-known market and browse through the gigantic range. With this colorful visit we leave the north of Ecuador and drive down over the Andes. The highest point is reached at 4,050 m and a short time later we reach Papallacta. The small town is particularly known for the most beautiful bathing facility in the country, which is fed by the hot thermal water. But not only the springs fascinate, also the environment in which the evergreen paramo vegetation defies the altitude and the peaks of the Andes stretch into the air. We are now moving further and further away from them. The landscape seems to change around almost every curve and it is not uncommon for a fantastic view of the wide green sea of leaves of the Amazon lowlands to open up. Here in the fringe area between the Andes and the Amazon, the lodge and base for the next few days is located in the middle of a private protective forest.

## **Activities included:**

- Visit to the Otavalo Handicrafts Market
- Entrance to the Public Thermal Baths

**Accommodation:** Hakuna Matata Jungle Lodge (or similar)

## **Overnight**

Hotel

**Driving**

5 hours aprox.

**Hiking**

4 hours aprox

**Meals**

B/L/-

**Day 6: Rainforest hike with a chocolate finish**

On a hike we discover the protected rainforest of the lodge. First we hike up through secondary forest and soon reach the untouched primary forest. Even if our European eye can see little difference in the vast green, our nature guide will show the peculiarities of the forest with his trained eye and point out the importance of different plants e.g. B. as a remedy. We then experience how the fruits of the jungle can taste during a typical lunch. Dessert is also provided, so we learn from the experts at Pacari how strong chocolate is made from local cocoa beans. Of course, the end product can also be tasted.

The rest of the afternoon is then dedicated to relaxation: take a refreshing dip in the pool or swing in a hammock. If that is too relaxed for you, you can also explore the area around the lodge on one of the signposted paths.

**Activities included:**

- Rainforest hike
- Introduction to chocolate making

**Accommodation:** Hakuna Matata Jungle Lodge (or similar)

**Overnight**

Hotel

**Driving**

5 hours aprox.

**Hiking**

4 hours aprox

**Meals**

B/L/-

**Day 7: Canoe Tour & Life in the Amazon**

Already at dawn we start today - we canoe along the Arajuno River to explore the awakening nature. We keep an eye out for herons, tanagers and many more along the banks. We can observe numerous parakeets, but also parrots - assuming a bit of luck with the weather - at a salt lick. Continue by canoe to the indigenous community of Santa Barbara, inhabited by 23 Quichua families. In addition to an insight into the life of the Quichua in the Amazon today, we also get a small taste of the local culinary specialties - freshly caught fish, fried yuca (cassava) and madura bananas, salad from palm hearts, guayusa tea, fruits and cocoa can be tasted. Everything is homegrown and freshly caught or harvested.

From the small community we continue to the jungle town of Misahualli, where you will be served a typical "Almuerzo" - lunch - in a small restaurant. After a short walk we return to the lodge in the afternoon.

**Activities included:**

- Rainforest excursion by canoe
- Visit to Misahualli

**Accommodation:** Hakuna Matata Jungle Lodge (or similar)

**Overnight**

Hotel

**Driving**

5 hours aprox.

**Hiking**

4 hours aprox

**Meals**

B/L/-

**Day 8: Visit to a sanctuary & more rainforest**

Our journey takes us to Puyo in the south. We visit the sanctuary “Yanacocha”, where we can discover some of the otherwise very shy jungle dwellers, such as ocelots, parrots and caimans. With your visit you support the important work of this project, while at the same time you can observe some of the most beautiful animals of the rainforest, which are otherwise very difficult to spot in the dense green of the jungle. While most travelers leave the Amazon lowlands here and head back up into the Andes, we travel further south. Our drive takes us past distant Andean peaks like Sangay that tower over the Amazon lowlands. We reach the tranquil jungle town of Macas and a little further our next accommodation.

**Activities included:**

- Visit to a sanctuary

**Accommodation:** Hosteria Luzcelinda (or similar)

**Overnight**

Hotel

**Driving**

5 hours aprox.

**Hiking**

4 hours aprox

**Meals**

B/L/-

**Day 9: Through the rainforest with the Shuar**

After the Quichua, today we visit another indigenous people who live in the Amazon lowlands of Ecuador – the Shuar. Once feared as belligerent and bizarre due to their shrunken-head tradition, the Shuar are now a thing of the past. They have retained a deep bond with their homeland and so we explore the forest with a Shuar guide and hike to a waterfall, including a protective symbol against the evil spirits of the forest and a waterfall ceremony. We can enjoy a typical lunch before returning to the Andean highlands. Our journey past the lagoons of Atillo and the active Sangay on one side and the green treetops of the Amazon region on the other side will be promising.

**Activities Included:**

- Shuar Waterfall Hike

**Accommodation:** Inti Sisa Art Guesthouse (or similar)

**Overnight**

Hotel

**Driving**

5 hours aprox.

**Hiking**

4 hours aprox

**Meals**

B/L/-

**Day 10: Guamote Traditional Market & visit to a Kichwa community**

In the early morning experience the traditional Andean market of Guamote. This market is now one of the last authentic markets in the Andes, where farmers from the surrounding mountains come together to exchange goods and news. Around 95% of Guamote and the surrounding communities are still inhabited by the indigenous Kichwa population, descended from the local Puruha tribes. You explore the surroundings of Guamote and visit one of the small villages to gain an insight into the life of the population. The activities depend on the daily life of the community on that day. In the afternoon drive to Riobamba, the provincial capital of Chimborazo, surrounded by the mountains of Chimborazo, Carihuayrazo,

**Activities included:**

- Visit to the Guamote market
- Visit to one of the villages in the area

**Accommodation:** Hotel Mansión Santa Isabella (or similar)

**Overnight**

Hotel

**Driving**

5 hours aprox.

**Hiking**

4 hours aprox

**Meals**

B/L/-

**Day 11: Chimborazo Volcano**

Today's tour takes us high up. Theoretically, the Chimborazo with its 6,310 m is even the highest mountain on earth. The reason for this is the elliptical shape of the globe, which means that the Chimborazo - measured from the center of the earth - would be the highest elevation in the world. But we don't want to go that high, the Carrel Hut at 4,800 m is enough for us. If you want, you can also climb to the Whymper Hut, 200 meters higher, but we especially want to enjoy the picturesque Andean landscape on the slopes

of the Chimborazo. Let's also keep an eye out for llamas, alpacas and the shy vicuñas! In the late afternoon you will reach the small town of Latacunga.

**Activities included:**

- Visit to the Chimborazo Conservation Area

**Accommodation:** Villa Tacunga (or similar)

**Overnight**

Hotel

**Driving**

5 hours aprox.

**Hiking**

4 hours aprox

**Meals**

B/L/-

**[Day 12: Quilotoa Crater Lagoon](#)**

A short drive takes us to the community of La Victoria, known for its traditional ceramic production. Visit one of the many small art workshops where the ceramics are still made by hand. We continue to the Andean market of Zumbahua and immerse ourselves in the market activity, which seems loud and chaotic to us. The journey continues to the crater lagoon Quilotoa in the eastern Andes Cordillera. Arrived at the crater lagoon, which is considered one of the most beautiful lagoons in Ecuador and South America, we continue on foot. On our hike we can admire the changing views of the mountain landscapes with the crater lagoon, which shimmers blue, green or turquoise depending on the position of the sun. Overnight in the nearby community of Chugchilan.

Activities included:

- Visit to Zumbahua Market

- Hike at Quilotoa Crater Lagoon

Accommodation: Hostal Mama Hilda (or similar)

**Overnight**

Hotel

**Driving**

5 hours aprox.

**Hiking**

4 hours aprox

**Meals**

B/L/-

**[Day 13: Cotopaxi National Park - Quito](#)**

We return to the Panamericana, where two highlights await us: First, we immerse ourselves in colonial history with a visit to the 400-year-old Hacienda La Cienega. The colonial main building is magnificently

situated surrounded by the flower garden and mighty trees. Walking through the hacienda, it is easy to think back to the colonial era. Then it goes to the most beautiful volcano in Ecuador - the Cotopaxi. With an almost perfect cone shape, the second highest in Ecuador rises from the Andes Cordillera. We drive to the Limpiopungo National Park and Lagoon, where we can not only hike through nature but also enjoy the views of the mighty volcano when the weather is good. Finally we return to Quito.

**Activities included:**

- Visit to Cotopaxi National Park

**Accommodation:** Casa Sol (or similar)

**Overnight**

Hotel

**Driving**

5 hours aprox.

**Hiking**

4 hours aprox

**Meals**

B/L/-

**[Day 14: Quito](#)**

This brings our journey through the multifaceted Ecuador to an end. Depending on your departure time, you have the morning until you are picked up to explore the Ecuadorian capital on your own before you are taken to the airport. Visit yet another world of Ecuador with the Galapagos Islands!

**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
- Accommodation and meals according to the program
- All transport and transfers as described
- Excursions, activities and visits including entrance fees as per itinerary

### **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](#)**

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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.

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- [Ausangate Trek to Machu Picchu](#)
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- [Short Inca Trail to Machu Picchu](#)
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- [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 (-15° to 20°C)

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**

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**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	2950 USD	2850 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](#)
- **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:+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](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 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](#)**

### [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 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](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](#)

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## [Choquequirao Trek Adventure 5](#)

[Perú 04 Days/03 Nights](#)

[Recommended](#)

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## [Rainbow Mountain, Vinicunca 5](#)

[Perú Full Day](#)

[Recommended](#)

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## [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.