

Peru Weaving Words and Women
with Page Lambert and Brenda Porter
August 2-14, 2022

LOGISTICAL DETAILS

FLIGHTS

The trip from the USA to Cusco, Peru, involves travel times of 18-30 hours with at least two layovers, including one in Lima. Because flights arrive in Lima late at night, we have planned our trip to include an overnight stay at the Lima airport hotel, Wyndham Costa del Sol. You can fly into Lima anytime on 8/2/22. The group will meet the following morning for breakfast and then check-in for the morning flight to Cusco. This means that you will purchase two round-trip flights:

1st flight: Roundtrip: USA to Lima/Lima to USA

- Arrive Lima Jorge Chavez International Airport (LIM) any time on 8/2/22
- Depart Lima evening 8/14/22 or early morning 8/15/22. Most flights leave for the USA at night and it is important to double check the time and date. If you want to book an early morning flight, book a flight leaving on 8/15/22 (not 8/14). If you want to spend a few days in Lima on your own after our adventure ends, consider this when booking your return flight.

2nd flight: Roundtrip Lima to Cusco/Cusco to Lima

- Our intention is for everyone to get on the following flight: Depart Lima on 8/3/22 at 10:25 AM, Latam Air flight 2015 (LA2015) arrives 11:45 AM Alejandro Velasco Astete Cusco International Airport (CUZ)
- Depart Cusco 8/14/22 anytime that works with your connecting flight from Lima to the USA. Many people choose to have some extra time in Cusco in the morning and plan an afternoon or evening flight.

Please do not purchase flights until we have confirmed the trip with the minimum number of participants.

It has generally been recommended to purchase international flights 3-6 months before international departures; however, today there are numerous on-line travel agencies (OTA's), aggregators and booking sites. The travel company Frommers did research and testing on finding flights and ranked their preferences [here](#), with explanations about how the different sites work. www.momondo.com, www.googleflights.com, and others, allow you to track prices and receive notifications when flights that you are interested in change price.

TRIP INSURANCE

We highly recommend that you get trip insurance that covers trip cancellation and medical coverage for the time you are in Peru. Purchase insurance to cover your costs if you need to cancel in case an illness or injury prevents you from going on the trip, as well as medical costs during the trip, including those related to Covid-19 (medical, quarantine costs). The following are a couple of recommended places to find trip insurance:

www.insuremytrip.com searches many companies and policies with differing coverage

www.worldnomads has a couple of plans for two weeks from \$89-\$161, including trip cancellation and medical insurance; however, their upper age limit is 69 years old and their coverage does not cover pre-existing conditions, or cancel for any reason.

Whichever insurance policy you are considering, be sure to read the fine print, about pre-existing conditions, cancel for any reason, Covid-19 coverages, medical evacuation. More costly plans cover more of these conditions.

MEDICAL MATTERS

Vaccinations and Antibiotics

The CDC and WHO recommend the following vaccinations for our trip destinations in Lima/Cusco/Sacred Valley: hepatitis A, typhoid. Other recommended vaccinations are shingles, pneumonia and influenza, and a tetanus vaccination within 10 years. Please talk with you physician about vaccinations

COVID-19 vaccination is required for this trip and booster recommended.

Travelers Diarrhea

Called by many names, Traveler Diarrhea is a problem in South America. We choose our restaurants carefully, wash our hands frequently, and have proven tips to stay healthy. But, it is still a good idea to talk with your physician about bringing a prescription antibiotic in case you are afflicted with diarrhea.

High Altitude

We will acclimatize slowly, starting in Pisac and the Sacred Valley at 9,000 feet elevation. We will not sleep overnight in Cusco, elevation 11,000' until the tenth day of our trip. We encourage recommendations to drink lots of purified water, local coca tea, and taking Vitamin C, while avoiding alcohol for the first 24-48 hours. Most people acclimatize well with this itinerary, even those coming from sea level.

However, if you have had symptoms of Acute Mountain Sickness (AMS) at high altitude in the past, consider talking with your physician about bringing the prescription medication Diamox (acetazolamide), which can alleviate the nausea and headache of AMS.

Health and Fitness

This is an active, walking trip and we will usually have a leisurely pace with frequent stops to observe and learn about the places and people we visit. And, to enjoy the trip activities, you should be in good health and able to walk up and down short sections of steep and uneven terrain. Visiting the archaeological sites requires walking up and down sections of stone steps, usually without railings. Cusco and the local villages have steep cobblestone or dirt streets, sometimes rocky. In the months leading up to the trip, do walk for an hour or more several times a week and take the stairs whenever you can.

If you have any questions about any of these logistical details of the trip, or need help booking your flights, feel free to contact Brenda at brendacporter@gmail.com or 303-908-3662.