

PERU

Myths and Mountains

Journeys of a Lifetime

www.mythsandmountains.com

Climate:

Costal Desert - From the Peruvian-Ecuadorian border south to northern Chile, the west coast of South America has one of the Earth's driest climates. This is not a hot desert, however; average temperatures of the Costa range from 66° F (19° C) in winter to 72° F (22° C) in summer.

Mountains- Temperatures vary little seasonally, but there is a tremendous diurnal range (between daily highs and lows). In Cuzco at 11,152 feet of altitude, for example, the January average temperature is 52° F (11° C), and the July average 47° F (8° C). The diurnal range, however, is frequently more than 40° F (22° C) between the midday maximum and the predawn minimum.

Tropical Forests- Hot humid conditions characterize the climate of eastern Peru. Rainfall throughout the region is high, although it is somewhat heavier from December to March. There is little seasonal variation of temperatures, but the diurnal range again is relatively large. Daytime highs sometimes extend into the mid-90°s F (mid-30°s C), whereas at night temperatures may fall into the 60°s F (below 15° C).

Currency: The local currency is the Nuevo Sol. Keep in mind that crisp, new US dollars are crucial when trying to change money. Dollars that are written on or have frayed, torn edges are usually not accepted. The best exchange rate will be at the ATM, where no exchange transaction fee should occur and you receive the current rate of the day. Before departure, call your bank to determine locations of ATMs in the cities and towns throughout your itinerary, and be sure and ask if the ATM will have instructions in English. Nearly all should. Visa, MasterCard, American Express and Diner's Club cards are widely accepted. Go to <http://finance.yahoo.com/currency?u> for current exchange rates.

Visas: For U.S. and Canadian citizens, a valid passport is needed for entry into all South American countries. However, it is NOT necessary to obtain a visa BEFORE entering any South American countries.

Departure Tax: \$31 plus domestic airport tax of \$5-\$8 depending on the airport.

Immunizations: *IMPORTANT* - you are REQUIRED to get a **yellow fever immunization** before entering the Tambopata Reserve in the Amazon. Once you receive the shot, you will be given a yellow inoculation card which you may need to show upon entry into the reserve. Please see your health care provider to have this immunization taken care of three to six months before you depart. Visit the CDC website for current updates.

<http://www.cdc.gov/Travel/destinationList.aspx#P>

Tipping Guideline: Drivers - \$5-\$8 pp per day

Mainland guides - \$10-\$20 pp per day

For trekking trips: Cooks - \$4 pp per day

Porters and other trekking staff - \$3 pp per day

Budget: You will need to analyze your spending habits and decide how much extra money to bring for alcoholic beverages, soft drinks, gratuities, souvenirs, and laundry. For a ten day trip, budget at least \$200 - \$300pp for additional expenses. A rule of thumb: take half the clothing and twice the money you thought you would need!



-OVER-

Dialing Code: 51

Time Zone: GMT/UTC -5

Electricity: 220V, 60 Hz

Additional Country Information: More country specific information can be found on our website. Go to the Travel Center page (<http://www.mythsandmountains.com/2000/travel/center.cfm>) and then scroll down to the bottom of the page. There you will find links to various websites from the CIA Factbook to travel films.

Spanish 101:

please - por favor

thank you - gracias

hello - hola

goodbye - adios

see you later - hasta luego

yes - si

no - no

I'm sorry - lo siento

excuse me - perdón

I don't understand - no entiendo

Do you speak English? - habla inglés?

I don't speak Spanish - no hablo español

Good afternoon - Buenas tardes

Good night - Buenas noches

How much is? - Cuanto es?

Good - bueno

bad - malo

car - coche

postcard - postal

map - mapa

menu - la carta

bill - la cuenta

waiter/waitress - camarero/camarera

tomorrow - mañana

yesterday - ayer

today - hoy

I need - necesito

breakfast - desayuno

lunch - almuerzo

dinner - cena

Airport - aeropuerto

departure - salida

arrival - llegada

petrol - gasolina

chemist - farmacia

Doctor - medico

aceite de oliva - olive oil

ajillo/ajo - garlic

arroz - rice

atún - tuna

champiñones - mushrooms

gambas - prawns

ensalada - salad

a la plancha - grilled

pollo - chicken

helado - ice cream

al horno - baked

huevo - egg

jamón - ham

mariscos - seafood

pan - bread

papas - potatoes

pavo - turkey

pescado - fish

pimiento - pepper

queso - cheese

sal - salt

salchicha - sausage

sopa - soup

tortilla - spanish omelette

tostada - toast

agua - water

agua sin gas - still water

agua con gas - fizzy water

bebida - drink

botella - bottle

café con leche - coffee with milk

cortado - espresso with milk

café solo - black coffee

cerveza - beer

hielo - ice

leche - milk

té - tea

vino - wine

zumo - fruit juice

zumo de naranja - orange juice

RECOMMENDED READINGS



See the Longitude Books website: <http://www.longitudebooks.com/> for more book ideas.

Culture and History

- Andrews, Michael. The Flight of the Condor.
- Bernard, Carmen. The Incas: Empire of Blood and Gold.
- Bierhorst, John. The Mythology of South America.
- Bingham, Hiram. Lost City of the Incas: The Story of Machu Picchu and its Builders.
- Cumes, Carol & Valencia, Rómulo. Pachamama's Children.
- Dunning, J.S. South American Land Birds.
- Forsyth, Adrian; Miyata, Ken. Tropical Nature.
- Frost, Peter. Exploring Cuzco.
- Frost, Peter. Machu Picchu Historical Sanctuary.
- Harner, Micahael. The Jivaro
- Hemming, John. The Conquest of the Incas.
- Hyslop, John. The Inca Road System.
- Johan, Reinhart. The Nazca Lines.
- Lamb, Bruce. Wizard of the Upper Amazon.
- Llosa, Mario Vargas. The City and the Jackals (La Ciudad y los Perros).
- Lockhart, James. The Men of Cajamarca.
- Morrison, Tony. Pathways to the Gods: The Mystery of the Andes Lines.
- Moseley, Michael. The Incas and their Acestor.
- Matthiessen, Peter. The Cloud Forest.
- Matthiessen, Peter. At Play in the Fields of the Lord.
- O'Hanlon, Redmond. In Trouble Again.
- Parris, Matthew. Inca-kola: a traveller's tale of Peru
- Prescott, William H. The Conquest of Peru.
- Reinhart, Hohan.. Machu Picchu - The Sacred Center.
- Thompsen, Moritz. Farm on the River of Emeralds.
- Wright, Ronald. Cut Stones and Crossroads: a Journey into the Two World's of Peru
- Wright, Ronald. Quechua Phrasebook.
- Ziegler, Gary. Machu Picchu Abandoned.
- Ziegler, Gary. The Empire Strikes Back! Choquequirao, The Incas Last Secret.
- Ziegler, Gary. Puncuyoc, Sacred Inca Sanctuary.

Field Guides and Natural History

- Carter, David. Eyewitness Handbooks: Butterflies and Moths
- Dunning, John S. South American Birds: A Photographic Aid to Identification
- Hilty, Steven. Birds of Tropical America

"A mind that is stretched by a new
experience can never go back to its
old dimensions."
-Oliver Wendell Holmes