

The Andes to Jungle

Trip Notes Introduction



Duration: 10 nights / 11 days

Joining City: Lima

Departure City: Lima

Nearest Joining International Airport: Lima Jorge Chavez International Airport (LIM)

Nearest Departing International Airport: Lima Jorge Chavez International Airport (LIM)

Please check this document just before departing in case of last-minute changes to your tour.

About this tour

- **Type of Travel:** Mostly Private, some Public Transport
- **Group Size:** Normally 4-19. Average 10.
- **Recommended Age:** 18-65
- **Physical Rating:** ● ● ● ● ●
- **Country:** [Peru](#)

Itinerary

Day 1 to 1 - Arrive Lima

Welcome to Peru! Your adventure starts here in Lima and you are free to arrive today at your leisure.

Lima was founded by the Spanish Conquistador Francisco Pizarro in 1535 after he eradicated the Incas and made the city his capital. The city has many beautiful colonial buildings and some of the best museums in South America including the Gold Museum, Museum of the Inquisition and the Catacombs below the San Francisco Church.

Peru's capital has much to offer and many of the sights, including the city's two main squares the Plaza de Armas and Plaza San Martin, boast some fantastic sightseeing opportunities. The Plaza de Armas houses the Cathedral, Municipal Palace and Presidential Palace where the changing of the guard can be seen every day at 12 noon.

Another highlight of Lima is the Huaca Pucllana, ruins of a pre-Incan pyramid. The clay structure, built-in seven staggered levels is one of the few that remain from the historic

pre-Colombian period in Peru. It is thought to have been built around 500 AD and would have been used for spiritual ceremonies. Located in the Miraflores district, it's surprisingly very easy to get it!

Of course, you should also spend time sampling some delicious local Peruvian food.

Optional Excursions

Museum Inquisition – free • Monastery and Catacombs – US\$3 guided tour • Plaza San Martin, one of the largest and most impressive squares

Accommodation

1 night(s) in hotels at Hotel Santa Cruz or similar

Day 2 to 2 - Puno

This morning you take a short flight from Lima to Juliaca. From here you will be taken to Puno on the shores of Lake Titicaca, which at 3,855 metres above sea level, is the highest navigable lake in the world. Browse through Puno's colourful market and admire the indigenous handmade gifts.

Please Note: On arrival into Puno, you will be met by your driver who will take you to your hotel for check-in. You will meet your tour leader and fellow travellers this afternoon when they arrive from the Colca Canyon.

Accommodation

1 night(s) in hotels at Munay Tambo or similar

Meals

1 Breakfast(s)

Day 3 to 3 - Lake Titicaca Day Excursion

Today we take a day trip to the traditional and enthralling Lake Titicaca. Not only is it the largest lake in South America, but it also sits at 3,800 meters above sea level making it the highest navigable body of water on earth. Crystal blue waters complement the bright yellow grass reeds used to construct the homes and boats floating upon it, while the traditional clothing simply adds to the beauty and colour of the place. While the lake tends to be overshadowed by its biodiverse and world-famous neighbour the Amazon jungle, there exists over 500 aquatic species here and many various birds.

First, we visit the floating reed islands in the Bay of Puno to see the Uros islanders way of life and we will have the option to ride in a traditional reed boat.

Next stop is Taquile Island, an island on Lake Titicaca still holding up many of the traditions values and customs it was built on. Learn about the way of life, from the reasons for why they do their hair the way they do and how they dress. Famous for their textiles and clothing, you will be able to pick up a homemade gift or two from the main square.

We will return to Puno for the evening.

Included Excursions

Day trip to Lake Titicaca

Accommodation

1 night(s) in hotels at Munay Tambo or similar

Meals

1 Breakfast(s), 1 Local Lunch(es)

Day 4 to 4 - Cusco

Today you will journey towards Cusco on a tourist bus. Pass breathtaking Andean mountain scenery on this full-day journey. Cusco, which means 'navel of the earth' in the Inca language of Quechua, has a mostly indigenous population of around 300,000 and is centred around the Plaza de Armas, which is dominated by the Cathedral and La Compañía de Jesus Church. Its cloistered arcades house many fine restaurants, bars and shops which you have time to enjoy this evening.

Approximate Travel Time: 7H by Tourist Bus.

Accommodation

1 night(s) in hotels at Hotel Anden Inca or similar

Meals

1 Breakfast(s)

Day 5 to 5 - Sacred Valley of the Incas & Ollantaytambo

A full day is spent visiting the Sacred Valley of the Incas. At an altitude of 3800m, we take slow walks that take up to an hour, around each of the ruins in order to manage any effects the high altitude may have. Firstly we visit the Pisac ruins, perched on a hilltop with incredible views of the surrounding mountains. We then go down to the famous traditional market of the same name, which is full of colour and atmosphere. A great place for souvenirs! After lunch, we continue along the valley to the temple/fortress of Ollantaytambo with its enormous Inca terracing constructed on the side of a steep mountain.

Tonight you will stay in the town of Ollantaytambo.

Included Excursions

Guided tour of Sacred Valley of the Incas

Accommodation

1 night(s) in hotels at Tika Wasi or similar

Meals

1 Breakfast(s)

Day 6 to 6 - Machu Picchu & Cusco

Entry to Machu Picchu is split into a morning and afternoon shift in order to ease the flow of tourists to the site and aid conservation and preservation of the citadel. As a result, if you are scheduled to take the train to Machu Picchu, your guided tour will take place in the afternoon shift.

Alternate options for getting to Machu Picchu:

Taking the train: Waking early in Ollantaytambo you will take the train to Aguas Calientes, arriving at 10 am. You will have time to get some food before entering Machu Picchu at approximate midday. Enjoy a guided tour around the site before getting the train back to Ollantaytambo and arriving back in Cusco at approximately 10 pm.

The lost city of Machu Picchu (Old Mountain) was originally completely self-contained, surrounded by agricultural terraces sufficient to feed the population, and watered by natural springs. Located high above the fast-flowing Urubamba River, the cloud-shrouded ruins have palaces, baths, temples, storage rooms and some 150 houses, all in a remarkable state of preservation that will simply take your breath away. The ruins were only discovered by the outside world in 1911 when American explorer Hiram Bingham found them while looking for another "lost city" called Vilcabamba. Due

to their isolation, many of the buildings are still quite intact and you can't help but admire Huayna Picchu (Young Mountain), which towers above the ruins.

Included Excursions

Guided tour of Machu Picchu

Accommodation

1 night(s) in hotels at Hotel Anden Inca or similar

Meals

1 Breakfast(s)

Day 7 to 7 - Cusco

Today is free for you to explore Cusco. Make the most of your free day to explore its amazing churches, colonial buildings and picturesque streets, many of which have Inca walls, arches and doorways. On a hill overlooking the city stands the ceremonial fortress of Sacsayhuaman, where some of the most spectacular Inca walls can be found, including a massive 130 ton stone.

Optional Excursions

Boleto Completo, valid for 10 days and includes entrance to most Inca ruin sites in Sacred Valley and Cusco. – US\$40 or 130 soles • Boleto Partial, includes just sites around Cusco – 70 soles • Massages – US\$25/hr • City tour – US\$30 + 70 soles entry if Completo has not been purchased • Chocolate making course – US\$22

Accommodation

1 night(s) in hotels at Hotel Anden Inca or similar

Meals

1 Breakfast(s)

Day 8 to 8 - Amazon Jungle

No trip to Peru would be complete without a visit to what is considered the most biodiverse place on earth, the lush and beautiful Amazon rainforest. Covering nearly two-thirds of the country, the area is home to around 600 species of birds, 1200 types of butterflies and 300 reptiles, to name a few. As eco-tourism continues to grow, there are a number of eco-lodges allowing you to experience the rainforest in the most responsible and authentic way possible.

Our Tucan Travel rep will transfer you to the airport for your flight to the jungle community of Puerto Maldonado, the starting point for our visit to the Amazon rainforest. Here you can pick up last-minute drinks and snacks before the group continue with a short bus ride followed by riverboat journey to reach the accommodation for the night. Sailing along the river, the trip takes around 2 hours and is an excellent chance to relax and start to take in the magic of the rainforest.

Arriving at your riverside lodge, check-in and have some time to relax before an afternoon of exploring. After lunch, we will set off on a trek through the rainforest along wooden walkways. On the way, our guide will stop to show you various species of bird and explain the medicinal plants and delicate ecological systems of the Amazon Jungle. The scenery is extremely varied incorporating dense jungle as well as marsh areas. You will see incredibly big trees, several metres in diameter and around 450 years old. We walk to Cochita Caiman (Caiman Pond) where we see wildlife along the way. We then return to the lodge for dinner.

Please note: The eco-lodges in the Amazon jungle are designed to give travellers the most authentic jungle experience while limiting disruption to the animals and plant life. The bungalows are built from local indigenous materials with the rooms sealed by mesh netting to keep mosquitoes out. All rooms have private bathroom facilities however

these are basic and hot water can be limited. There is potable water available at the lodge, therefore, we recommend taking a reusable water bottle with you. Electricity is limited and it is advisable to bring portable chargers for your electronics and ensure they are fully charged. After dark, the walkways are lit by oil lamps. The lodges include a welcome area, dining room and bar, meaning there are plenty of areas for your group to relax and socialise. Single supplements are not available in the bungalows. If you have further questions on what to expect, your tour leader will be happy to assist. All excursions in the jungle are led by an English speaking guide.

Approximate Travel Time: 1h flight followed by a 2.5h boat journey to the Amazon Lodge.

Included Excursions

Amazon Jungle Excursion & Guided Walks

Accommodation

1 night(s) in a jungle lodge at Eco Amazonia Lodge or similar

Meals

1 Breakfast(s), 1 Lunch(es), 1 Dinner(s)

Day 9 to 9 - Amazon Jungle

After an early breakfast, we hike deeper into the jungle, enjoying the surroundings and exploring the delights and hidden wonders of the Amazon Rainforest. We may also catch a glimpse of the rare giant otter. Afterwards, we will enjoy the view of the lake from our viewing point/observation platform, where you can experience the canopy wildlife such as parrots, guacamayos, toucans, camungos, shanshos, herons, turtles and caiman. We will return to the lodge for a well-deserved lunch.

After a break and some yummy food, we take a short boat trip across the Madre de Dios River to Monkey Island. On the way over you may spot caiman from the boat. Once on the island it is possible to see a great variety of monkeys such as the 'maquisapa', black and white 'Martins', 'Leoncito de la Selva' (Little Lions), 'Frailes' (Friars), 'Achuñis', 'Ronsocos' as well as an array of birdlife. In the evenings it is often possible to enjoy the wonderful sunset, one of the most impressive sights of the forest (weather permitting).

Enjoy your final night in the heart of the jungle soaking up this magical and peaceful atmosphere.

Included Excursions

Amazon Jungle Excursion & Guided Walks

Accommodation

1 night(s) in a jungle lodge at Eco Amazonia Lodge or similar

Meals

1 Breakfast(s), 1 Lunch(es), 1 Dinner(s)

Day 10 to 10 - Lima

Waking up to the sounds of the jungle, take the boat back to Puerto Maldonado for your flight back to Lima. You have the remainder of the day to enjoy Lima before your tour comes to an end.

Approximate Travel Time: 2.5h boat to Puerto Maldonado followed by 1.5h flight to Lima.

Accommodation

1 night(s) in hotels at Hotel Santa Cruz or similar

Meals

1 Breakfast(s)

Day 11 to 11 - Depart Lima

Your adventure of a lifetime comes to an end today. If you have a late flight or have lengthened your stay by adding post tour accommodation you will have more time to explore the sights.

Meals

1 Breakfast(s)

What you need to know

- We will try to run your tour as close to the itinerary as conditions will allow. On very rare occasions, local events may affect the way your itinerary operates. We ask for your flexibility and understanding in these situations.
- This tour includes two nights in the Amazon Jungle. We will provide storage for your main luggage so we recommend bringing a small bag to carry your necessary belongings for two nights.
- This tour reaches high altitude and some people can be affected by this. Read our handy guide on Altitude Sickness (at the bottom of this document) before you travel.
- The first day of your tour is simply an arrival day with no pre-organised activities. You will meet your rep at 18.00 for the pre-departure meeting. In order to allow time to relax and see some of the sights, you may wish to add pre-tour accommodation.
- This tour includes a compulsory Local Payment that needs to be paid to the Tour Leader on Day 1 of your tour.

- Many countries have strict rules on the age and quality of foreign cash. We, therefore, recommend you bring only new, unmarked and undamaged banknotes. This includes your Local Payment on tours where required.

What's Included

Excursions & Activities

- Day trip to Lake Titicaca
- Guided tour of Sacred Valley of the Incas
- Guided tour of Machu Picchu
- Amazon Jungle Excursion & Guided Walks

Accommodation

8 night(s) in hotels, 2 night(s) in a jungle lodge

Transportation

Private Vehicle, flight(s), Boat, Tourist Bus, Train, Foot

Meals

10 Breakfast(s), 1 Local Lunch(es), 2 Lunch(es), 2 Dinner(s)

What's Not Included

- Visas and travel insurance
- Spending money – budget for meals, snacks, drinks, limited souvenirs, laundry, tips and any extras
- International flights to/from the start/end of your tour and departure taxes
- Tips on excursions, visas, travel insurance, personal items and single rooms.
- Optional excursions - On each trip, you may find there are some excursions that are not included. This might be because they are not to everyone's taste or there may be various options of differing value to choose from. More information on the excursions we recommend is listed under each

day of your itinerary though prices may vary. If you are after something in particular, don't hesitate to ask your tour leader.

- Airport transfers and pre and post-tour accommodation

About this tour

On this tour you will be taking a variety of local transport options to get you from A to B. You will be staying in mainly locally owned hotels and guesthouses.

Group Size

Our public transport tours range in size from 4 to 19, with an overall average of 10 people. Tours travelling on our overland trucks range in size from 10-34 with an overall average of 20 people. On all of the tour dossiers, you will find the average size of the group but of course, tour sizes can and will vary according to many factors. On the rare occasion that a tour doesn't reach the normal minimum numbers, we may have to, as a last resort cancel the tour. In some equally rare instances, some trips may be confirmed with numbers lower or higher than the indicated group sizes of 4-19 and 10-34. If this occurs your Adventure Specialist will let you know about 2 months before your departure. If in the highly unlikely event that you are the only person or party booked on a tour your Adventure Specialist will again advise you of this before departure with all available options.

Solo Travellers

All of our group tours are priced per person on a shared room basis (unless otherwise stated) meaning there is no compulsory extra payment for those travelling on their own, however, you can upgrade to your own private room.

I'd like my own room

If you are a solo traveller, a private room is available on most occasions at an extra cost. This must be booked in advance.

Please note: Room sizes are determined by availability. You will be in a private room however single/double/twin cannot be requested or guaranteed.

Keeping in Touch

Wi-Fi will be available in most hotels and restaurants on your tour although the service may not be reliable and the speed quite slow. Mobile phones may not work locally depending on your network. If you have an unlocked phone you may be able to purchase a local SIM card, although this is not guaranteed as some countries require a local ID card. Hotel details are listed on your tour dossier but can be subject to change. If someone needs to contact you urgently during your tour the best method is to contact our office who can pass a message on to the tour leader.

Money

For personal spending money, you should bring US dollars to use alongside the local currency (where applicable). Some countries do not accept US dollars printed before 2006 and US dollars cannot be obtained in Brazil. While bank cards provide a very good way to access funds overall, it is not recommended to rely on them as your sole source of funds as cash machines do not always work and may not be available in remote locations. Carry a mix of cards and cash with you, including notes in small denominations.

Your spending money should cover some meals, optional excursions, souvenirs, drinks, laundry, border and airport taxes and any visas obtained locally. We provide guideline prices for optional excursions in the itinerary to help you budget, but ultimately the amount you will need to budget for your trip very much depends on your individual requirements. We recommend bringing extra money to cover emergencies or unexpected situations.

Tipping

Tipping is a part of life in South America, but you should not feel obliged or pressured to tip if you have not received good service. A gratuity of 10% of the total bill is recommended in restaurants. Gratuities are usually expected for local guides and

drivers on included and optional excursions. We recommend between \$3- \$5 per person for a full day excursion and \$1- \$3 for a half-day. Tips are also appreciated by Tucan Travel tour leaders at the end of your tour and we recommend an average of \$2-\$5 per person per day for the duration of your tour. This is only if you feel that their service was up to standard and is completely at your own discretion.

Packing List

The best advice when packing is to travel light and leave space for souvenirs in your bag.

Luggage

It is important to bring luggage you can carry and lift comfortably, potentially up to several flights of stairs in hotels where elevators are not available and between bus/train stations and hotels. There may be times when you have to get your luggage through crowded streets which may be cobbled or store your luggage in lockers. Luggage too large for lockers will have to be left insecurely or carried for the duration of the day.

We recommend a backpack or a sports type shoulder bag which fits comfortably on your shoulders, as they are less bulky and easier to handle than rigid suitcases or framed backpacks. **Hardcase/Hardshell suitcases are not suitable for our tours and are not recommended.**

In addition to your main bag, you will need a small daypack for your everyday excursions. Try to keep this bag as light as possible and make sure that all main sections of your bags can be padlocked. This daypack should have enough room to carry food and snacks for long hikes and treks and space to carry belongings for overnight excursions.

Please note: Tours have a checked luggage restriction of up to 20kg in total. Some tours in Latin America which include domestic flights are also subject to the local carrier conditions of booking and have their own luggage restrictions which may be a maximum of 15kg. Any excess luggage charges on tour or on flights must be paid by the client. The hand luggage allowance will vary from airline to airline. Due to variances

in airline regulations and for your own comfort while travelling, we recommend a luggage weight of no more than 15kg checked luggage and 5kg hand luggage.

Sleeping Bags

The accommodation provides adequate bedding and sleeping bags are not required unless you choose to hike the Inca Trail. There is the option to rent sleeping bags for the Inca Trail in Peru but they are subject to availability. You may choose to carry a sleeping bag liner/sleep sheet with you. These are very compact and can come in handy on long travel days.

Clothing & Footwear

We recommend packing lightweight and durable clothes. Nights can be cold at higher altitude (Peru, Bolivia and Ecuador) so it is a good idea to bring at least one pair of warm trousers plus several thinner sweaters/fleeces which you can layer. It can also get quite wet depending on the tour and the time of year so bring a waterproof jacket. Please avoid military or camouflage-patterned clothing as it can cause problems and in some countries may be illegal.

Good, comfortable walking shoes are essential. These do not need to be expensive boots, but they should have good ankle support and grip, be worn in and ideally waterproof.

Essential items:

- A lightweight water/windproof jacket with hood
- Easy to pack wide-brimmed hat or cap
- Towel - you will need a towel for most overnight excursions
- Swimwear
- Sandals or thongs/jandals/flip flops

Suggested items:

- Sunglasses
- Money belt
- Reusable water bottle
- Cloth bag for shopping
- Head torch or flashlight
- Lip balm, sunblock with high UV factor
- Wet wipes
- Plenty of spare memory cards for your camera
- Travel games, cards and a couple of paperbacks
- Toilet paper (best to carry a roll with you at all times and/or tissues)
- Small medical kit with diarrhoea remedy, rehydration salts, antiseptic cream, sterile dressings, plasters, bandages, pain-killers, safety pins etc.
- Plastic bags for waterproofing
- Inflatable pillow
- Travel plug adaptor with a USB port
- Insect repellent (DEET 35% min) and bite cream
- Antibacterial hand cleansing gel
- Earplugs and a sleep mask
- Travel sickness tablets
- Hard drive or USB stick to back up your photos
- As gifts for local children - pens, coloured pencils, small notepads. To discourage a begging mentality we recommend that you try to give these gifts at schools or childcare centres rather than on the street.

Laundry

There are usually laundromats or laundry services in or near most of our hotels. Hotel services can be pretty costly however your tour leader will be able to recommend cheaper options. If you wash clothes yourself take care not to be too obvious where you hang them as most hotels do not like guests washing and drying their clothes in the hotel rooms.

Electricity Supply

The power supply and plug types in South America vary from country to country. The power supply in Peru, Argentina, Bolivia, Chile, Paraguay and Uruguay is 220-240 volts and uses either a typical European rounded two-prong plug or North American flat

pronged plug (Argentina also sometimes uses a 3-pronged plug such as that used in Australia). In Colombia, Ecuador and Venezuela it is 120 volts with North America flat pronged plug. Brazil has both voltages depending on the region and uses a number of different outlets. We recommend bringing a universal plug adaptor with you.

Health, Fitness & Safety

Vaccinations

It is important to consult your doctor or travel clinic in good time before your tour departs to determine what vaccinations you require. You may need several vaccinations and/or malaria tablets and you should be aware that some inoculations require more than one visit and can take several weeks to administer. Always carry your International Certificate of Vaccination with your passport.

For areas with malaria, make sure you pack sufficient prophylactics for the duration of your tour and the incubation period after. Some countries prevent entry for travellers without a valid Yellow Fever certificate. This must be acquired before departure and takes ten days for your body to build up a resistance. This certificate must be taken with you on your tour with a photocopy stored somewhere safe.

Pack a Medical Kit

A medical kit is handy for minor wounds and ailments. In areas with limited medical facilities, an emergency medical kit containing sterile syringes is also advisable. By law our staff are not allowed to administer first aid or give drugs to travellers, so please be prepared with your own supplies.

If you are taking medication, please ensure you bring an adequate supply and a letter from your doctor to avoid potential issues at border crossings.

Fitness & Suitability

This is a public transport-based tour so it is essential that you be able to carry your bags over distances between bus and train stations and hotels, generally for up to 20 minutes. Disruptions happen and while your tour leader will make every effort to ensure

your trip runs smoothly, patience, a sense of humour and willingness to get involved and help your tour leader are essential ingredients for a successful and happy group.

If you have any pre-existing medical conditions please let us **know at the time you book**. Depending on the severity of the condition, you may be asked to produce a medical certificate from your doctor approving your participation in this tour. While this would only happen in very exceptional circumstances if we consider you incapable completing this tour or you have concealed an existing medical condition which is affecting your ability to participate in the tour we reserve the right to remove you without reimbursement.

Safety & Security

South America is generally safe, even more so in a group. A reasonable precaution is advised; do not bring valuable jewellery or watches (even fakes can catch the eye of a thief), do not walk by yourself at night, heed your tour leader's advice and always keep an eye and a hand on your camera and bags in public places. Tucan Travel cannot accept responsibility for any valuables left in safe deposits in hotels or on public transport.

Horse Riding

All clients wishing to participate in horse riding or similar activities, whether included or optional, acknowledge that the availability of protective headgear can vary or be non-existent. Therefore Tucan Travel cannot guarantee that headgear will be provided or will be to the same standard as those available in the UK or your home country. Any client intending to partake in these activities should bring their own protective headgear and other protective equipment with them.

Age Restrictions

Our tours are perfectly designed for those aged between 18 and 65 years old. They are fast-paced, arduous and often, tiring, while packed with adventure, new experiences and feel-good moments. With customers from around the world, of different ages, background and nationality, some groups can be more boisterous than others.

Advice on Altitude Sickness

Where is there high altitude?

There are many exciting areas of the world, with some destinations high up near the sky. High altitude consists of places which are over 2,500 meters from sea level.

Areas in Latin America such as La Paz, Quito and Cusco are some of the most common places with higher altitudes, as well as most mountainous regions. This also includes the Inca Trail Trek to Machu Picchu. Nepal also reaches dizzying heights especially on the treks in the Himalayan Mountains as well as the mighty Mt Kilimanjaro in Tanzania.

Why do we get sick?

Anyone can get altitude sickness. Mild altitude sickness is common and fitness levels or gender does not determine whether you will suffer or not. Once your body gets used to the altitude, symptoms do tend to alleviate, and the measures below can help manage this too.

Altitude sickness simply occurs when the body cannot get enough oxygen from the air when in high altitudes. As the altitude increases, it reduces the pressure of oxygen. The air in high altitude places is thinner so your body needs to breathe faster and work harder.

What should I expect?

If you have never travelled to places of high altitude before, you may feel a little anxious, not knowing what to expect from the change in atmosphere. Everyone feels the effects of travelling to high altitudes differently with varying degrees of intensity. Most people display some of the following symptoms:

- Light headache
- Nausea
- Loss of appetite
- Wooziness/dizziness
- Diarrhoea

- Drowsiness
- You may also experience a shortness of breath, particularly when walking or moving about

How should I manage the symptoms?

If you have any or all of the above symptoms, do not worry too much. Let your tour leader know that you are finding the change in altitude difficult and take it easy and rest. Your body will adjust to the environment quickly and while you may still find yourself short of breath while walking around, your other symptoms should resolve themselves as you acclimatise.

Keep yourself hydrated and stick to plain foods. Avoid caffeine and alcohol. If you are travelling through South America, try the local remedy – coca tea. While not a proven cure for the sickness, the tea tastes similar to Asia's green tea. Coca tea is made by mixing coca leaves and hot water together and locals believe it helps relieve symptoms. You can also try chewing on the leaves which can make your gums numb for short periods of time.

If you have any pre-existing medical conditions or you are feeling particularly nervous about travelling to places of high altitude, then visit your doctor before you travel. They can prescribe medication to counter the effects of high altitude. You should begin taking these as instructed by your doctor.

When should I seek help?

No one knows their bodies better than you so don't push yourself if you don't feel up to it. While the mild symptoms of altitude sickness are manageable and uncomfortable, on very rare occasions, these symptoms can develop into more serious side effects. Should you develop more serious symptoms like vomiting, chest pains or lack of balance, let your tour leader know as soon as possible and seek medical help.

Most importantly, you should not climb to higher altitudes. Instead, you should seek lower ground and ensure that a guide accompanies you throughout. Your local guide will be carrying a small tank of oxygen on him and if necessary, may administer the

emergency supply to make you feel more comfortable and ease the symptoms until you reach a hospital or medical centre.

In very rare cases, high altitude sickness can develop into potentially fatal side effects so don't take your symptoms lightly.

play