



BIKING

BIKING - One Day:

Full suspension Bikes, Helmets and gloves are supplied. The weather in Cusco may vary from extremely hot sunshine to freezing rain, so please be prepared for all. Please bring a small backpack for your waterproof jacket. Any spare clothes can travel in the support bus.

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|--------------------------------------|----------------------------|
| - Water Bottle / Camel-bak | - Bike Shorts / Trousers |
| - Biking T-shirts (long-sleeved) | - Flat, Sturdy shoes |
| - Raincoat | - Camera |
| - Sunglasses with an attached string | - Suntan lotion factor 40+ |

E-BIKING- One Day:

Full suspension E-Bikes, Helmets and gloves are supplied. The weather in Cusco may vary from extremely hot sunshine to freezing rain, so please be prepared for all. Please bring a small backpack for your waterproof jacket. Any spare clothes can travel in the support bus.

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| - Water Bottle / Camel-bak | - Bike Shorts / Trousers |
| - Biking T-shirts (long-sleeved) | - Flat, Sturdy shoes |
| - Raincoat | - Camera |
| - Sunglasses with an attached string | - Suntan lotion factor 40+ |

BIKING CUSCO and SACRED VALLEY of the INCAS - Hotel stay

On this expedition, we will be experiencing all extremes of the Peruvian climate, from freezing Altiplano to extremely hot sunshine, so one should come prepared for varied weather.

The sun can be very strong during the day; however, rain is always a possibility, and at night it can get quite chilly. The few, small biting sand-flies encountered are easily deterred by long-sleeved clothes and insect repellent.

We recommend bringing about two hundred soles for the purchase of the high-quality weavings from the local women en route. They are proud people who do not wish for charity, but this fair-trade and direct cash significantly improves the ladies' and their children's lives.

A small day-pack is recommended to carry your personal belongings, consisting of: a light rain jacket, a warm jumper or fleece jacket, a water bottle, sun tan lotion, insect repellent, a camera and small denomination local currency.

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| - Mountain bike (Quality, double-suspension bike) ...optional hire | |
| - Helmet | - Biking gloves (Short & long-fingered) |
| - Water Bottle / Camel-Bak | - Bike Shorts |
| - Biking T-shirts (long-sleeved) | - Biking trousers |
| - Raincoat / rain trousers | - SPDs pedals / shoes /DH Shoes |
| - Glasses/goggles | |
| - Basic repair kit: pump, spare inner tubes and brake pads | |

(We provide a general toolkit on all trips, but please bring any specialist spare parts for your bike with you.)

Your luggage will be carried by the support vehicle; any unnecessary items can be left in the Cusco hotel.

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| - Warm fleece or down jacket | - Bed Clothes/ Thermal underwear |
| - Warm hat, gloves, buff | - Socks / underwear |
| - Change of clothes for the evening | - Change of shoes |
| - Swimming costume (optional) | - Small Towel |
| - Suntan Lotion (Factor 40+) & lip balm | - Peaked cap |
| - Insect repellent | - Sunglasses with an attached string |
| - Personal toiletries & medication | |

(We carry an extensive first aid kit & oxygen on all trips, but these are generally for emergencies only)

BIKING- PUNO to CUSCO - MULTI-DAYS

WHAT TO BRING?

On this expedition, we will be experiencing all extremes of the Peruvian climate, from freezing Altiplano to extremely hot sunshine, so one should come prepared for varied weather.

The sun can be very strong during the day; however, rain is always a possibility, and at night it can get quite chilly. The few, small biting sand-flies at Machu Picchu and the rainforest are easily deterred by long-sleeved clothes and insect repellent.

We recommend bringing about two hundred soles for the purchase of the high-quality weavings from the local women en route. They are proud people who do not wish for charity, but this fair-trade and direct cash significantly improves the ladies' and their children's lives.

A small day-pack is recommended to carry your personal belongings, consisting of: a light rain jacket, a warm jumper or fleece jacket, a water bottle, sun tan lotion, insect repellent, a camera and small denomination local currency.

General:

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| - Smart, warm clothes for evening meals | - Comfortable clothes for journeys |
| - Overnight bag | - Day sack & rain-cover |
| - Swim suit | - Small Towel |
| - Socks/underwear | - Bedclothes/Thermals |
| - Sunglasses with an attached string | - Peaked cap |
| - Camera / Telephone / Charger | - Suntan lotion Factor 40+ /Lip balm |
| - Book, note paper & pen | - Insect Repellent |
| - Money belt | - Spare Glasses / Lenses |
| - Personal toiletries & medication | |

(We carry an extensive first aid kit & oxygen on all trips, but these are generally for emergencies only)

Biking:

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| - Mountain bike | (Quality, double-suspension, down-hill bike) |
| - Helmet | - Biking gloves (Short & long-fingered) |
| - Water Bottle / Camel-Bak | - Bike Shorts |
| - Biking T-shirts (long-sleeved) | - Biking trousers |
| - Raincoat / rain trousers | - DH Shoes (SPDs pedals & shoes) |
| - Light body armour | - Glasses / goggles |
| - Basic repair kit: pump, spare inner tubes and brake pads | |

(We provide a general toolkit on all trips, but please bring any specialist spare parts for your bike with you.)

Camping: Therm-a-rests, 2-person tents, a dining tent, a toilet tent, and a cook tent are all provided.

It can get very chilly at night, down to -5°C in the mountains. A warm sleeping bag is essential for your trip.

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| - Sleeping bag (-5°C, 23°F) | - Warm fleece or down jacket |
| - After bike shoes (sandals) | - After bike trousers & t-shirt |
| - Warm hat, gloves, buff | - Thermal underwear |

- Flashlight / Head Torch

Paperwork:

- Passport – valid 6 months
- Credit cards / USD Cash
- Insurance details
- Flight tickets

4D BIKE the ANDES to AMAZON, Cusco & Pisac to Manu National Park

On this expedition, we will be experiencing all extremes of the Peruvian climate, from freezing Altiplano to extremely hot sunshine, so one should come prepared for varied weather.

The sun can be very strong during the day; however, rain is always a possibility, and at night it can get quite chilly. The few, small biting sand-flies in the rainforest are easily deterred by long-sleeved clothes and insect repellent.

We recommend bringing about two hundred soles for the purchase of the high-quality weavings off the local women en route. They are proud people who do not wish for charity, but this fair-trade and direct cash significantly improves the ladies' and their children's lives.

A small day-pack is recommended to carry your personal belongings, consisting of: a light rain jacket, a warm jumper or fleece jacket, a water bottle, sun tan lotion, insect repellent, a camera and small denomination local currency.

Full-suspension mountain bikes, bike helmets & gloves are provided. The bikes come with DH pedals as standard. Let us know if you wish to bring your own pedals, gloves, helmet, etc. We can also adjust your bike to your riding needs.

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| - Fleece or down Jacket | - Bike Shorts |
| - Biking T-shirts (long-sleeved) | - Biking trousers |
| - Raincoat and rain trousers | - Refillable water bottle or camelback |
| - Suntan lotion/Sunscreen (Factor 40+) & lip balm/lipstick | |
| - Insect repellent | - Sunglasses with an attached string |

Your luggage will be carried by the support vehicle; any unnecessary items can be left in the Cusco hotel.

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| - Sleeping bag (-5°C) | - Small Towel |
| - Warm fleece or down jacket | - BedClothes/ Thermal underwear |
| - Warm hat, gloves, buff | - Socks / underwear |
| - Change of clothes for the evening | - Change of shoes |
| - Swimming costume (optional) | - Binoculars (8x32 to 10x42) |
| - Flashlight | |
| - Personal toiletries & medication | |

(We carry an extensive first aid kit & oxygen on all trips, but these are generally for emergencies only)

Paperwork:

- Passport – valid 6 months
- Credit cards / USD Cash
- Insurance details
- Flight tickets

SINGLE-TRACK BIKING - Hotel stay

On this expedition, we will be experiencing all extremes of the Peruvian climate, from freezing Altiplano to extremely hot sunshine, so one should come prepared for varied weather.

The sun can be very strong during the day; however, rain is always a possibility, and at night it can get quite chilly. The few, small biting sand-flies encountered are easily deterred by long-sleeved clothes and insect repellent.

We recommend bringing about two hundred soles for the purchase of the high-quality weavings from the local women en route. They are proud people who do not wish for charity, but this fair-trade and direct cash significantly improves the ladies' and their children's lives.

A small day-pack is recommended to carry your personal belongings, consisting of: a light rain jacket, a warm jumper or fleece jacket, a water bottle, sun tan lotion, insect repellent, a camera and small denomination local currency.

- Mountain bike (Quality, double-suspension down-hill bike) ...optional hire

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| - | Helmet (Full-face recommended) | - | Biking gloves (Short & long-fingered) |
| - | Water Bottle / Camel-Bak | - | Bike Shorts |
| - | Biking T-shirts (long-sleeved) | - | Biking trousers |
| - | Raincoat / rain trousers | - | SPDs pedals / shoes /DH Shoes |
| - | Full body armour – recommended | - | Glasses / goggles |
| - | Basic repair kit: pump, spare inner tubes and brake pads | | |

(We provide a general toolkit on all trips, but please bring any specialist spare parts for your bike with you.)

Your luggage will be carried by the support vehicle; any unnecessary items can be left in the Cusco hotel.

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|---|--|---|------------------------------------|
| - | Warm fleece or down jacket | - | Bed Clothes/ Thermal underwear |
| - | Warm hat, gloves, buff | - | Socks / underwear |
| - | Change of clothes for the evening | - | Change of shoes |
| - | Swimming costume (optional) | - | Small Towel |
| - | Suntan Lotion (Factor 40+) & lip balm | - | Peaked cap |
| - | Insect repellent | - | Sunglasses with an attached string |