



S E T O U R S

HANDCRAFTED JOURNEYS®

PERU TRAVEL INFORMATION

General facts



Currency

Peru's official currency is the Sol, divided into 100 centavos. US dollars are widely accepted in many hotels, shops, restaurants and bars across Peru. In some cases, euros are also accepted. When exchanging currency, banks often have very long queues and don't offer the most favorable exchange rates. 'Cambistas' (money-changers) are legal in Peru and often wear colored jackets with "\$" insignias and photo identification and can be found on the streets, they offer comparatively fair exchange rates, but be sure to count your money carefully and make sure you have not received any counterfeit bills. 'Casas de cambio' (exchange houses) are the best option for currency exchange as they provide good exchange rates, short queues, and a secure environment. We do recommend bringing USD cash for the first days.



Tipping

A tip in Peru, like in most of the countries in South America, is given as a reward for good service. Porters in hotels and airports expect 1 US dollar for 2 luggage pieces. A 5-10% tip is sufficient in most restaurants unless the service has been exceptional. There is no need to tip taxi drivers as fares are negotiated before departure. It is customary to offer your tour guides and drivers a token of appreciation at the tour's end with an average of approximately 20 US dollars for guides and 10 US dollars for drivers per service (depending on the length of the service and group's satisfaction).



Bargaining

At stores and in open markets, bargaining gentle-natured haggling over prices is accepted and even expected. However, be careful of getting haggling fever and trying to bargain beyond reason. Consider how important the one or two extra dollars are to you compared to how important they might be to the vendor. Bargaining is not common in restaurants.



ATMs, travelers' checks and credit cards

Peru is still very much a cash society. ATMs are the best way of getting cash in Peru; they can be found in most towns and large cities. ATMs with the Maestro sign allow customers to withdraw money with a credit or debit card. Visa and MasterCard ATM cards are the most widely accepted. American Express and Diners Club are less common. You can easily pay with credit card in most of the stores and restaurants in tourist cities. Note that many banks will charge a 1% to 3% 'transaction fee' on all charges you incur abroad.



Taxis

There are numerous taxi providers in Lima and other cities who offer reservations by telephone or hotel. These taxis are safer and drivers may understand some English. Some reliable taxi companies in Lima are Taxi Satelital (reservations by phone (01) 355-5555 or via their app) and Green Taxi (for rides from/to the airport, phone number (01) 484-4001). Outside of the airport, it is possible to find local taxis, however, taking these does not always save you money and safety is an issue – local hustlers use this as an opportunity to pick up foreign travelers and rob them.

Other recommended taxi companies in Lima are:

Uber
App: <https://www.uber.com>

Taxi Beat
App: <https://thebeat.co/pe/>

These taxi companies have specific set rates depending on the route.

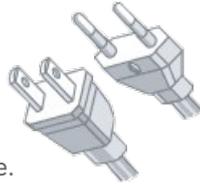
Street taxis are cheaper but not that safe and might try to overcharge you. In any case, due to the fact that there are no taximeters, you should negotiate the price in advance. Taxi fares increase by between 35 and 50% after midnight and on holidays. In Cusco, registered taxis are usually white and have the license plate number on the side of the car.

General facts (2)



Electricity

All outlets are 220 volts, 60 Hz (except in Arequipa, which operates on 50 Hz) with two-prong outlets that accept both flat and round prongs. If you want to use a 110-volt appliance in Peru, you will need to buy a power adapter. Many of Peru's more luxurious hotels do have outlets for 110-volt appliances. European and American plugs are compatible.



Emergency Numbers

Police: 105

Fire Brigade: 116

In case of any medical emergencies, please call our Setours emergency number +51 98 752 4620

We mainly cooperate with the following clinics:

Lima:

Clínica I.N.C.A

Miraflores, Lima

+51 (01) 610-6666

www.inca.org.pe

Cusco:

Clínica CIMA

+51 (84) 255-550

www.cima-clinic.com

Juliaca (Puno):

Clínica Americana – San Román

+51 (51) 602-400

www.clinicaamericana.org.pe

www.facebook.com/clinica.americana.juliaca/



SIM Card and Internet access

It is possible to purchase a prepaid SIM card upon landing in Peru's major airports. It is important to remember to have your passport on hand as this is a legal requirement by the local government in order to activate and purchase the SIM card. Make sure that your mobile phone is able to accept SIM cards and is also carrier unlocked before making the purchase. The most widely used and popular carriers are Claro and Movistar and the SIM card alone will cost around \$5, to which you can then speak to a representative about the perfect amount of data or credit that you require for your trip. Top-ups are able to be done both in-store and online. Peru's country code is +51. Roaming agreements exist with some international mobile phone companies. Mobile phones can also be rented in Lima and in most main cities should you not wish to use your own or if yours is not carrier unlocked. Internet access in Peru is very cheap. The rates vary between USD 0.50 and USD 1.00 per hour in an Internet Café. Also, you will be able to find a lot of cafes and parks where it may be possible to access free wireless Internet.



Time zone

GMT -5 hours



Language

Spanish and Quechua are the official languages. Aymara is spoken in the Lake Titicaca area. Many other dialects exist in the jungle regions. English is spoken in major tourist areas.

Health Recommendations



Immunizations

You should visit your personal physician for a check-up prior to taking your trip to Peru. The following are the recommended vaccinations for Peru: diphtheria, tetanus, polio, typhus, hepatitis A/B and rabies. A yellow fever vaccine is strongly recommended for trips to the Amazon (Puerto Maldonado or Iquitos). The vaccine is required for all travelers arriving from a yellow-fever-infected country in Africa or Latin America. The yellow fever certificate is valid 10 days after vaccination and for a subsequent period of 10 years.

Malaria is prevalent in northern parts of Peru and in Iquitos (Amazon). The Center for Disease Control and Prevention (www.cdc.gov) recommends taking anti-malarial drugs. Please refer to your doctor for the most up to date information about anti-malarial Medication.

Entry into Peru could be subject to Covid-19 restrictions, the guidelines of which can be found on our website: <https://www.setours.com/coronavirus-update-south-america/> Please be sure to check with your local embassy or travel agent before your departure for the most up-to-date regulations regarding your journey.



Protection against insects

You will find mosquitoes and other stinging insects, especially in the rainforest. Good protection not only prevents from itching or skin discomfort but also from the transmission of diseases such as malaria or yellow fever.

Recommendations are: wear light-colored clothing; wear long trousers and long-sleeved shirts; use mosquito repellents containing the compound DEET on exposed areas; avoid perfumes and aftershave. Use a mosquito net impregnated with mosquito repellent (permethrin). In case you have very sensitive skin, you could use an anti-allergy cream, for example 'After Bite' or 'Bite Away' which reduces the itchiness. Double-check that your lodge provides a mosquito net in your room.



Food & Drink

The standards for health and hygiene in the larger cities and touristy regions are relatively high. Nevertheless, travelers should drink only bottled water, which is widely available. Do not drink tap water, even in major hotels, and try to avoid drinks with ice. If you're trekking in the mountains or visiting remote rural areas where bottled water is not available, boil water to purify it or use water-purification tablets. You are safer eating fruits that you can peel or salads and fruits washed with purified water, as well as foods that have been thoroughly cooked. Your best bet is to eat at clean restaurants and to avoid food vendors.



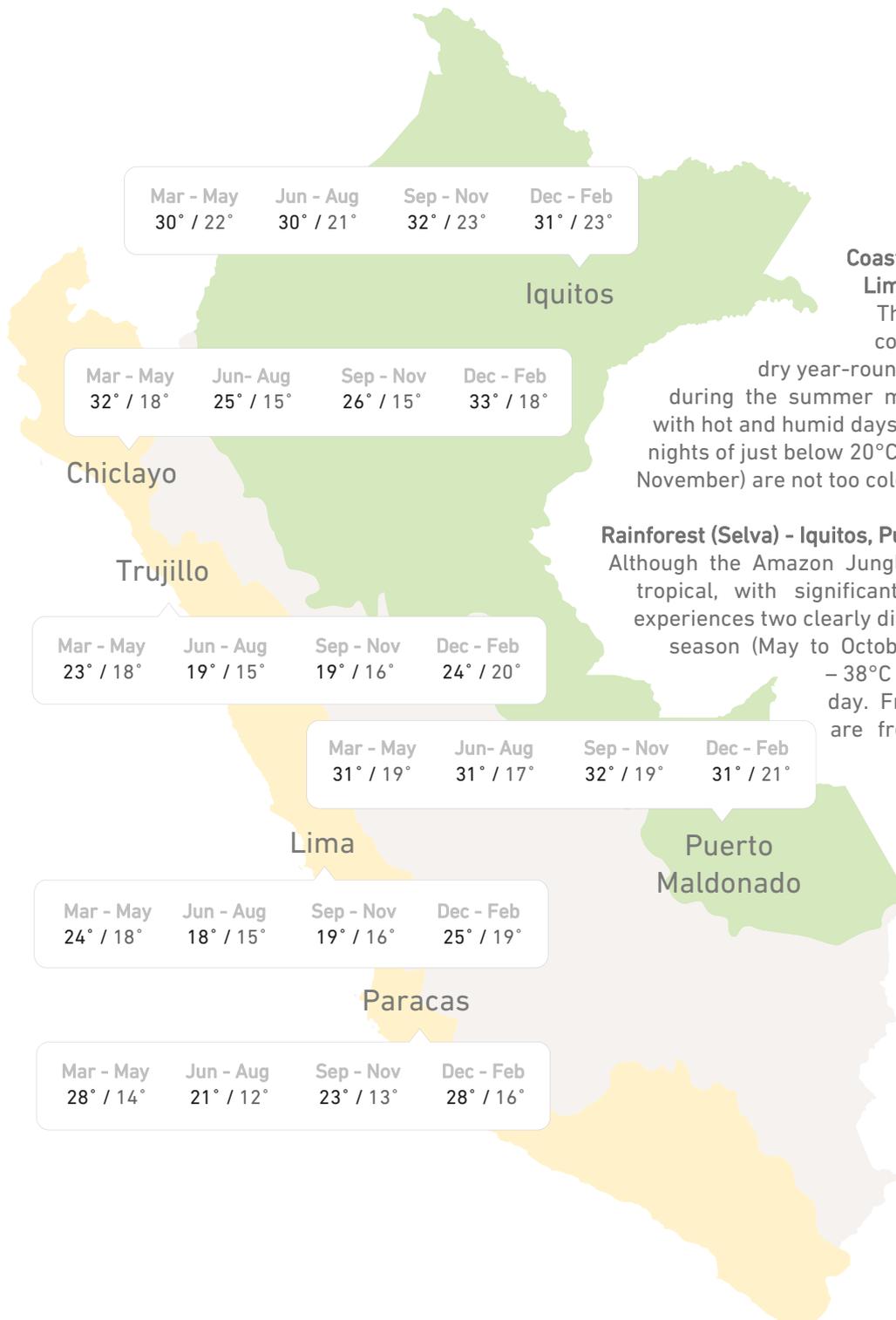
Altitude sickness

When your trip into the Andes is arranged well, there is only a marginal risk of suffering from altitude sickness for a healthy person. You should take enough time to acclimatize, especially in Andean cities like Cusco 3,360m (11,023ft) or Puno 3,827m (12,556ft). We recommend avoiding physical exertion during the first few hours as well as alcohol. Try to eat light food and drink a lot of water, or try the local coca tea which comes highly recommended in the case of altitude sickness. People with cardiovascular disease should not stay at an altitude of over 2,000m.

The altitude-sickness can be counteracted by inhaling pure oxygen. Oxygen-bottles can be bought locally and may be available for emergency use at some high altitude hotels (call reception and ask if they can assist).

Climate

Peru's climate can be divided into two seasons - wet and dry - though this can vary depending on the region. Temperature is mostly influenced by elevation: the higher you climb, the cooler it becomes.



Coast and surrounding areas - Lima, Paracas, Trujillo, Chiclayo

The coastal region of Peru is cool for its latitude and quite dry year-round. Temperatures are warmest during the summer months (December to March), with hot and humid days of around 29°C (84°F) and cool nights of just below 20°C (68°F). Winters (from April to November) are not too cold but extremely humid.

Rainforest (Selva) - Iquitos, Puerto Maldonado

Although the Amazon Jungle is consistently humid and tropical, with significant rainfall year-round, it too experiences two clearly different seasons. During the dry season (May to October), temperatures reach 30°C - 38°C (86°F and 100°F) during the day. From November to April, there are frequent rain showers (which last only a few hours at a time), causing the rivers to swell.

Climate (2)

Highlands (Andes) - Cusco, Puno, Arequipa

The highlands have a rainy season (November to April) and a dry season (May to October), when the days are clear and sunny but very cold at night especially at altitude. Dry season is therefore ideal for trekking and for mountaineering. Daytime temperatures will generally be between 16°C- 21°C (60°F and 70°F), although in the intense sunlight of midday it can feel warmer. Night time temperatures can fall as low as -7°C (20°F).

Mar - May	Jun - Aug	Sep - Nov	Dec - Feb
17° / -4°	17° / -8°	19° / -1°	18° / 3°

Mar - May	Jun - Aug	Sep - Nov	Dec - Feb
20° / 3°	19° / 0°	21° / 4°	21° / 7°

Mar - May	Jun - Aug	Sep - Nov	Dec - Feb
21° / 10°	21° / 7°	21° / 9°	20° / 10°

Puno

Cusco

Arequipa

Safety

Peru recognizes that tourism plays an important part in its developing economy and has taken great steps in the last few years to change its safety rating.

In the unlikely event that you are involved in a mugging, for your own safety, it is suggested that you do not resist and rather hand over what is asked of you. The possibility of having a bad experience can be greatly reduced by taking a few simple precautions:

- Copy all important documents (passport, air tickets) and carry only copies with you.
- Leave your valuables and important documents such as passport, international flight tickets, and jewelry at the hotel, if possible in the safe. In case there is only one safe in the reception, obtain a receipt with each item listed.
- If necessary carry important documents and cash in a belt under your clothes.
- Keep an eye and a hand on your things at all times. Be especially cautious in crowded places, especially at touristy places as in Lima and Cusco; rural areas are widely renowned to be safe.
- Remember that you are subject to the laws of Peru, and it is your responsibility to familiarize yourself with these laws before leaving. Drug trafficking is a serious crime. The export of cultural or artistic items from the country is not permitted
- Avoid walking alone in quiet areas or at night. Travel in a group if possible.
- In case you get into trouble with authorities insist on seeing their identification.
- Check your change and check the banknotes and coins to make sure you have not received any counterfeit money. If necessary, ask for other change.

Bear in mind that Peru is an emerging country, a reality that is being reflected in many aspects of the everyday life. Do not expect a flawless infrastructure and/or well organized traffic. Poverty and social inequality can be quite evident in some places. Customs may differ considerably from what you are used to in your home country. Peruvians in general are very friendly and welcoming people when treated with the due respect. Showing patience and a sound traveler's curiosity is the best way to enjoy a trip to Peru.

Packing Check List

Clothing

- Sweatshirts
- Fleece jacket
- Rain jacket
- Trousers or convertible pants
- Cargo shorts
- T-shirts
- Socks
- Underwear
- Hat or cap
- Hiking shoes
- Sandals
- Swimsuit

Toiletries

- Toothbrush and toothpaste
- Shampoo
- Nail scissors and nail file
- Shaving kit
- Cosmetics

- First-aid-kit
- Insect repellent
- Ointment
- Aspirin or light pain killer
- Sunblock
- Sunglasses

Others

- Passport
- Air tickets
- Cash
- Credit or debit card
- Copies of all personal documents
- Camera
- Binoculars
- Day-pack for short stays
- Adapter
- Vaccination record

Dining Recommendations



CUSCO:

MAP CAFE

Plazoleta Nazarenas within Museo de Arte Precolombino
+51 84 242 476
Peruvian fusion cuisine
Mon – Sun: 12:00 – 15:00 & 18:00 – 22:00
www.cuscorestaurants.com/restaurant/map-cafe
\$\$\$

LA CICCIOLINA

Calle Triunfo 393, 2nd Floor
+51 84 239 510
Tapas bar, contemporary fusion cuisine
Mon – Sun: 12:00 – 21:30
www.cicciolinacuzco.com
\$\$\$

CALLE DEL MEDIO

Calle Del Medio 131, Plateros
+51 84 237 946
Contemporary Peruvian cuisine
Mon – Sun: 11:30 – 23:00
www.cuscorestaurants.com/restaurant/calle-del-medio
\$\$\$

GREENS ORGANIC

Sta Catalina Angosta 135, 2nd Floor
+51 84 243 379
Organic cuisine
Mon – Sun: 08:00 – 23:00
www.cuscorestaurants.com/en/restaurant/greens-organic
\$\$

AREQUIPA:

ZIG ZAG

Calle Zela 210
+51 54 253 586
Peruvian cuisine
Mon – Fri: 12:00 – 23:00
www.zigzagrestaurant.com
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PACHAPAPA

Plazoleta San Blas 120
+51 84 241 318
Peruvian & cusquenian fusion
Mon – Sun: 12:00 – 22:00
www.cuscorestaurants.com/restaurant/pachapapa
\$\$

CEVICHE SEAFOOD KITCHEN

Portal de Harinas 181
+51 84 266 334
Seafood
Mon – Sun: 12:00 – 22:00
www.cevicheseafoodkitchen.com
\$

JACKS CAFE

Choquechaka 509
+51 84 254 606
International cuisine
Mon – Sun: 07:00 – 23:00
www.jackscafecusco.com
\$

LA PLAZA BAR & GRILL (HOTEL CASA ANDINA SELECT)

Plaza de Armas, Portal de Flores 116
+51 54 412 930
Contemporary Peruvian cuisine, great views over square
Mon – Sun: 06:00 – 23:00
www.casa-andina.com/restaurantes
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Dining Recommendations



LIMA:

MAIDO

Calle San Martin 399, Miraflores
+51 1 313 5100
Japanese & Nikkei fusion cuisine
Mon – Sat: 13:00 – 21:30
www.maido.pe
\$\$\$\$

LA MAR

Av. La Mar 770, Miraflores
+51 1 421 3365
Seafood
Mon – Thurs: 12:00 – 17:00
Fri – Sun: 12:00 – 17:30
www.lamarcebicheria.com/en/lima
\$\$\$\$

CALA

Playa Las Cascadas s/n, Barranco
+51 1 477 2020
Peruvian fusion cuisine & seafood
Sun – Wed: 12:00 – 01:00
Thurs – Sat: 12:00 – 03:00
www.calarestaurante.com
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PESCADOS CAPITALES

Av Mariscal La Mar 1337,
Miraflores +51 1 421 8808
Seafood
Mon – Sat: 12:00 – 21:00 & Sun: 12:00 – 17:00
www.pescadoscapitales.com
\$\$\$

KAÑETE

Calle Santa Rosa 345, Surquillo
+51 1 455 6095
Peruvian cuisine with heart
Sun – Wed: 12:00 – 17:00
Thurs – Sat: 12:00 – 16:00 & 19:30 – 23:30
\$

PUNTO AZUL

Calle San Martin 595, Miraflores
+51 1 445 8078
Seafood
Tue – Sun: 11:00 – 16:00
www.puntoazulrestaurante.com
\$

NANKA

Manuel Bañon 260, San Isidro
+51 1 467 8417
Organic fusion
Mon – Sat: 12:30 – 23:30 & Sun: 12:00 – 17:30
www.nanka.pe
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ROSA NAUTICA & BAR

Espigón Miraflores, Lima 18, Circuito de Playas
+51 1 445 0149
Peruvian and international cuisine
Mon – Sat: 12:00 – 22:00 & Sun: 12:00 – 18:00
www.larosanautica.com
\$\$\$

SOMOS ANA

Av. Gral. Mendiburu 793, Miraflores
ana.reservas@anacocinadecambio.com.pe
Peruvian fusion cuisine & international
Tue – Thurs: 13:00 – 00:00
Fri – Sat: 13:00 – 01:00
Sun: 13:00 – 22:00
<https://anacocinadecambio.com.pe>
\$\$

ASTRID & GASTÓN

Av. Paz Soldán 290, San Isidro
+51 1 442 2777
Fine dining, Peruvian cuisine
Tue – Sat: 13:00 – 15:30 & 19:00 – 23:00
Sun: 12:00 – 01:00
www.astridygaston.com
\$\$\$\$

Dining Recommendations



AREQUIPA:

TIO DARIO

Callejón del Cabildo 100, Yanahuara
+51 54 270 473
Local cuisine, picanteria
Mon – Sun: 11:00 – 18:00
www.tiodario.com
\$\$

LA BENITA DE LOS CLAUSTROS

Calle Moran 118, Int. 13
+51 99 234 7272
Local cuisine, picanteria
Mon – Sat: 11:00 – 20:00 & Sun: 08:00 – 17:00
www.labenitadelosclaustrros.com
\$\$

LA VICTORIA

Calle San Francisco 227
+51 96 671 4118
Local cuisine, picanteria
Mon – Wed: 09:00 – 17:00
Thurs – Sun: 09:00 – 22:20
www.victoriaarequipa.com
\$\$

PUNO:

INKAFE RESTAURANT & BAR

Av. Sesquicentenario 610 Sector Huaje
+51 51 364 111
Peruvian & international cuisine, lake views
Mon – Sun: 10:00 – 22:00
www.en.sonestapipuno.com/restaurants
\$\$

LA CASONA

Lima Street 423, 2nd Floor
+51 51 351 108
Peruvian and international cuisine
Mon – Sun: 12:00 – 21:30
www.lacasona-restaurant.com
\$

LA NUEVA PALOMINO

Pasaje Leoncio Prado 122
+51 54 252 393
Local Peruvian cuisine
Mon – Sun: 12:00 – 17:00
www.facebook.com/LaNuevaPalomino
\$

CHAQCHAO

Calle Santa Catalina 204
+51 54 234 572
Chocolatier, café, gastrobar, vegetarian-friendly
Sun – Thurs: 10:00 – 23:00
Fri – Sat: 10:00 – 00:00
www.chaqchao-chocolates.com
\$\$

PUKU PUKU

Santa Catalina 124
Cafe
Sun – Wed: 08:00 – 22:00
Thurs – Sat: 08:00 – 00:00
www.pukupuku.pe
\$

CAFE BAR DE LA CASA DEL CORREGIDOR

Jr. Deustua 576
+51 51 351 921
Bar & cafe
Mon – Sat: 10:00 – 21:00 & Sun: 12:00 – 21:00
www.cafebar.casadelcorregidor.pe
\$

Dining Recommendations



TRUJILLO:

ENRIQUE ABANTO

Av. Larco 954, Victor Larco Herrera
+51 44 516 612

Gourmet local cuisine

Mon – Sat: 11:00 – 23:45 & Sun: 11:00 – 18:00
www.facebook.com/enriqueabantorestaurante
\$\$\$

BIG BEN

Av. Larco 1184 Huanchaco
+51 44 461 378

Local cuisine & seafood

Mon – Sun: 11:30 – 17:30
www.bigbenhuanchaco.com
\$

EL MOCHICA DE DOÑA FRESIA

Calle Sta. Marina 146 Urb. La Merced
+51 44 659 214

Local cuisine

Mon – Sun: 08:00 – 17:00
www.elmochica.com.pe
\$

CHICLAYO:

FIESTA RESTAURANT GOURMET

Av. Salaverry 1820
+51 74 201 970

Gourmet local cuisine

Tue – Sun & holidays: 10:00 – 18:00
www.restaurantfiestagourmet.com
\$\$\$

EL PEROL DE ORO

Av. Salaverry 1735
+51 74 200 556

Local cuisine & seafood

Mon – Sun: 11:00 – 17:00
www.facebook.com/ELPEROLDEORO
\$

LA PLAZA BAR & GRILL (HOTEL CASA ANDINA SELECT)

Federico Villarreal 243
+51 74 234 911

Local & international cuisine

Mon – Sun: 06:00 – 22:00
www.casa-andina.com/restaurantes
\$\$

MAPACHE FRIO HELADO ARTESANAL

Calle Vicente de la Vega 800
+51 967 255 728

Gelateria & cafe

Mon – Thurs: 08:30 – 22:30
Fri – Sun: 08:30 – 22:00
www.facebook.com/heladeriamapache
\$