



THE RAINBOW STORY

Born from one man's deep love of Africa and unrelenting passion for responsible travel, Rainbow Tours began with a handful of people and an adventure to South Africa. It's a love and dedication that remains and drives us to pioneer new destinations and find new ways to explore well-trodden routes. Rainbow Tours now offer quality, tailor-made holidays and group travel through Africa and Latin America and are proud to be the UK's leading tour operator to Madagascar.

When Roger Diski established Rainbow Tours in 1997, he was driven by his experiences, the wildlife he saw and the people he met to spearhead responsible travel through Africa and more recently Latin America. Today we work closely with a select group of respected charities and NGOs to remain deeply involved in each of the countries we specialise in, and to ensure we leave every place we go better than we found it.

There's no question too small. Contact a Rainbow Tours Travel Specialist on **020 7666 1260** or visit rainbowtours.co.uk



Share your travel stories with us
#ResponsibleRainbow

NO 01 CUISINE *The Foodie Scene*



Mil, Cuzco

A new offering from famous chef Virgilio Martinez, Mil is built overlooking the Inca site of Moray. 'At Mil, first you touch the earth, then you eat from it', says Martinez. Everything served is strictly local, even the water and salt.



Mercado 28, Lima

In Lima, this gastro market is packed with exciting food choices. The space is shared between multiple stalls, all manned by a mix of renowned chefs and brands and young people striking out for the first time.

Peru's capital, Lima, boasts three of the world's top 50 restaurants – one of only four cities in the world to hold this honour. Lima also abounds with tiny, family-run huariques, restaurants where recipes are passed down through the generations and lucky visitors can stumble across some of the most delicious food they've ever tasted.

The true reward in Peru is delving into the local food, whether that's sampling one of the 4,000 different types of potato, daring to taste Guinea Pig, sipping Pisco Sours in Ica, or discovering the variations in style and flavour from the coast to the Andes to the Amazon. Incredible restaurants aren't limited to the capital – you can wow your palate in Cuzco, Arequipa, the Sacred Valley, and many more.

✈ Take me there

12-day Luxury Peru with Belmond tour costs from **£5490pp** including flights, accommodation and transfers.

NO 02 NATURE *Into the Wild*



If you're a lover of nature, Peru can offer you treasures beyond your wildest imaginings. From the emerald Amazon to lofty Lake Titicaca, there is so much here to delight.

At Colca Canyon, crepuscular Andean condors soar above a dramatic scar in the land deeper than even the USA's famous Grand Canyon. In the Sacred Valley, towering peaks stretch up towards the sky, cradling jewel-green valleys between their feet.

The immense altiplano sprawls among the Andes, dotted with hardy shrubs and fields of crops. This great plateau, a series of huge basins, offers some truly spectacular views as you cross it from Puno to Cuzco, or perhaps Arequipa. Keep an eye out for llamas and alpacas, who once roamed wild here.

Lake Titicaca is a breathtaking sight, located at an astonishing 3,812m above sea level. Its shores are dotted with picturesque villages populated by indigenous Quechua people, often spotted in colourful traditional dress.

✈ Take me there

14-day Treasures of Peru small group tour costs from **£3345pp** including flights, accommodation, transfers and guides. Various departures June - October 2019.

NO 04 HISTORY & CULTURE *Back in Time*



The most famous historical inhabitants of Peru are indubitably the Inca, who left remnants of their civilisation across the country. The Sacred Valley is home to many sites that offer the same sense of mystery and majesty as well-known Machu Picchu but without so many crowds, such as Moray and Ollantaytambo.

The Inca weren't the only people who left their mark on pre-Columbian Peru, though. The Nazca people, for example, did so in spectacular fashion: they carved thousands of enormous geoglyphs into the desert, the world-renowned 'Nazca Lines'. To really appreciate these wonders, climb a viewing tower or book an overflight from the nearby town of Paracas.

Northern Peru is a goldmine for history-lovers, full of ruins left by the Inca, the Chimú and the Moche. Visit the Túcume pyramids near Chiclayo, and venture to Chachapoyas and the ruined citadel of Kuélap, built by the enigmatic 'Warriors of the Clouds' who gave the modern region its name.

✈ Take me there

13-day Lakes, Nazca Lines, Wilderness & Incas costs from **£3645pp** including flights, accommodation and transfers.

NO 05 WILDLIFE *Living Wonders*



Venture into the dense Amazon for wildlife experiences beyond compare. Keep an eye out for pink river dolphins, go piranha fishing or bird-watching, visit parrot mineral licks and go on night walks among the soaring trees. Stay either in comfortable jungle lodges or set off up the river on a cruise vessel and disembark to explore in skiffs or dugout canoes, keeping an eye out for lurking caiman or monkeys in the trees.

Peru's wildlife isn't confined to the Amazon, however. If you board a cruise in northern Peru, you can visit the Pacaya Samiria Reserve where you might spot manatees, coatis, capybara, and perhaps even pumas or giant otters.

From Pucallpa, you can venture to lodges and from there explore the Tambopata National Reserve. Full of fascinating wildlife, Tambopata is also home to a major mystery: in 2013, a researcher discovered spider nests that belong to a brand-new species. Years later, the inhabitants of 'Silkhenge' have still never been seen.

✈ Take me there

12-day Andes & Amazon Adventure costs from **£6795pp** including flights, accommodation, transfers and guides.

NO 03 TREKKING *Off the Beaten Track*



Peru offers plenty to feed the adventurous soul, but perhaps the greatest experience it offers is the chance to lace up your hiking boots and set out on one of its many trails. The Inca Trail is the most well-known and is worth walking if only through the Sun Gate as the sun rises over the landscape, but Peru has so many more trails to offer.

Starting in Mollepata near Cuzco and winding towards Machu Picchu, the ancient Salkantay Trail winds through dramatic scenery where snow-capped mountains collide with dense tropical rainforest.

The Lares Trail is another alternative. Shorter than Salkantay, it gives trekkers the opportunity to stop at many small communities along the way and to meet the local people and experience authentic life in the Andes.

Along the routes, stay in camps or cosy mountain lodges, and experience Peru in a way few other visitors ever get to.

✈ Take me there

14-day The Inca Heartland & Salkantay Trek costs from **£4330pp** including flights, accommodation and transfers.



Rainbow Tours is committed to responsible travel. From our very conception, we've had the communities and wildlife that we visit at the heart of everything we do. We're constantly growing our responsible tourism programme. Many of our chosen partner properties across Latin America have introduced robust environmental and social programmes and we continue to work with development schemes and charities.

In September 2016 we chose to support Condor Wings, a project which works with Huatata Preschool and Primary School in Peru. Around 40 minutes from Cuzco, the school educates 49 children from the surrounding regions. Because of a very poor diet, 85% of the children suffer from anaemia, so Rainbow Tours has chosen to fund an increase in regular food supplies. Contributions have also paid for a vegetable garden, enabling the children to add fresh produce to their diet and learn about growing their own food. Recently, a member of our team travelled to Peru with 40kg of children's clothing donated by members of Rainbow Tours and its sister companies.



Rainbow Tours donate **£15 for every booking** to Peru to Condor Wings.

TRAVEL KNOWHOW

- Flight time:** 12 hr 35 mins
- Language:** Spanish
- Capital city:** Lima
- Population:** 32 million
- Currency:** Peruvian nuevo sol
- Time Zone:** GMT -5 hours
- Visas:** British citizens do not require a visa to enter Peru.



PERUVIAN AMAZON

No journey to Peru is complete without a few days in the Amazon rainforest. The diversity of lush flora and fauna makes a vivid contrast to the sparser Andean highlands, and we think combining the two makes for a truly special trip.



SACRED VALLEY

The Sacred Valley sits at a lower altitude than Cuzco and enjoys a mild climate, protected by its terraced mountains and accessed via a narrow road full of hairpin bends. Boasting incredible Incan sites, there is a reason why this destination is high on many travellers' hitlists.



MACHU PICCHU

Machu Picchu is the most familiar icon of the Inca civilisation to most of the world. Whilst it can be visited as a day trip from Cuzco or the Sacred Valley, we recommend at least an overnight stay so that you have plenty of time to explore and admire this remarkable site.



CUZCO

Cuzco is a striking Spanish colonial city built on Inca foundations. With local markets, museums and nearby Incan ruins, Cuzco will keep you busy for days. It is also home to the famous Inti Raymi festival.



LIMA

Located on the Pacific coast, Lima is a vibrant metropolis, home to exceptional museums, first-class restaurants and amazing architecture. Stay in upmarket Miraflores or bohemian Barranco.



COLCA CANYON

Colca Canyon is a colourful valley dotted with picturesque, traditional villages that still use agricultural methods developed by the Incas. Twice the depth of the USA's Grand Canyon, it is a great place to spot the Andean condor.



AREQUIPA

The attractive city of Arequipa lies in the shadow of El Misti Volcano. Many of the city's buildings are built from the white volcanic rock, earning Arequipa a nickname: 'the White City'.



LAKE TITCACA

At an altitude of 3,800m Lake Titicaca is the highest navigable lake in the world. The lake's intensely blue waters are home to many traditional indigenous communities and the famous Uros floating reed islands.

RAINBOW
TOURS

There's no question too small. Start planning your trip by talking to our Peru Experts today on 020 7666 1260 or visit rainbowtours.co.uk