

## Spanish Language Adventure Peru & Bolivia (19 days)

This is a truly unique opportunity to experience the highlights of Peru and the city of La Paz in Bolivia while actively studying Spanish!

On this overland adventure, escorted by a Peregrine local tour leader and a qualified Spanish language teacher, we combine the epic highlights of the Inca civilisation with an amazing four-day trek along high mountain trails to the ancient Inca site of Machu Picchu. We then travel by road across the Altiplano to beautiful Lake Titicaca, birthplace of the Inca legend, before finishing in La Paz, Bolivia – the world's highest capital city.

Between cultural encounters with the locals and seeing some of the most spectacular scenery South America has to offer, we'll be studying Spanish in classes and in real life situations with our local Spanish teacher. By the end of the tour, ¡estarás hablando como un nativo!



### DAY BY DAY ITINERARY

#### Day 1 / Lima

Your trip starts today in Lima. No activities are planned so you may arrive at any time. Upon arrival at the hotel, please check for a notice in the lobby from your Tour Leader confirming the time and place of your tour briefing and any other relevant information.

Please refer to your itinerary for the joining hotel name and address.

#### Day 2 / Lima

This morning we have a tour briefing with our tour leader, followed by our first Spanish lesson. After lunch, we begin our exploration of Peru's capital. Please ensure you bring details of your travel insurance, as well as your local payment to the briefing.

Founded in 1535 by the Spanish conquistador, Francisco Pizarro, it was from Lima that all Spanish territories in South America were governed. Few cities at that time could rival Lima's power, wealth and opulence. However its glory days ended in 1746, when the city was virtually destroyed by an earthquake. Many of the colonial buildings were rebuilt and we get a first-hand look at several of them on our city tour. The striking Plaza de Armas, flanked by some of the most important buildings in town such as the cathedral, the huge Government Palace and the Archbishop's Palace, constitutes the heart of the city. We visit the cathedral and the Government Palace, as well as the nearby San Francisco Monastery with its catacombs containing some 70,000 human remains. We also visit the impressive Archaeological Museum, which is home to a wonderful collection of cultural exhibits tracing the history, arts and accomplishments of the people of Peru, ranging from the original inhabitants of the land through to the Inca Empire and the Spanish conquerors. In the evening, a dinner is included for you to get to know your fellow travellers, tour leader & teacher.

Meals included: 1 breakfast, 1 dinner

#### Day 3 / Cusco

Today we fly to the ancient Inca capital of Cusco, where we take a walking tour to explore this fascinating city in the afternoon. This place is a favourite destination of many visitors to Peru. Cusco's main sites radiate outwards from the main Plaza de Armas, which is dominated by the 17th century Baroque cathedral. It was in this very plaza that the Spanish conquistadors put to death the last Inca king, Tupac Amaru. As we wander the streets and side alleys of the city we witness the perfect tapering Inca stonework that provided the foundations for many of Cusco's colonial and modern buildings. Our comprehensive sightseeing tour of the city's main sights includes the Cathedral of Cusco and Koricancha Temple. We then take to the surrounding hills and visit the impressive ceremonial ruins of

Sacsayhuaman, where massive stone blocks that form the walls of this site give us an awesome picture of the highly developed and skilled Inca civilisation. In our free time, it is also possible to visit the Religious Art Museum, Church of San Blas and Santa Catalina Museum.

Meals included: 1 breakfast

#### **Day 4 / Cusco**

This morning *¡es la hora de estudiar!* as we have another Spanish lesson. There is then free time in the afternoon to continue exploring this charming colonial city, or revise what has so far been learnt. Why not combine the two, and head down to the Plaza de Armas, where there always locals hanging out wanting to practice their English on you (you can practice your Spanish on them!)?

Meals included: 1 breakfast

#### **Day 5 / Cusco**

Today we have a real treat in store, as we combine a trip to the local markets with some Spanish study! Your teacher & tour leader will accompany you as you visit some sites around town, and learn about local industries & produce *¡en español!* In the afternoon, there is free time to practice on your own! Cusco is a maze of markets, artisan shops lining the streets and many museums filled with the rich history of Inca art. You might like to try some traditional cuisine- perhaps guinea pig, alpaca steak or ceviche, a raw seafood delicacy marinated in lime.

Meals included: 1 breakfast

#### **Day 6 / Cusco – Sacred Valley**

The Sacred Valley, located between the towns of Pisac and Ollantaytambo, was greatly treasured because of its climate, fertile land and the presence of the Urubamba (Sacred) River. Today we still see evidence of the Inca's engineering skills in the ruins of ancient aqueducts, irrigation canals, dams on the Urubamba River, imposing sets of terraces and centres of worship dedicated to Pachamama (Mother Earth). On our full day tour of the Sacred Valley we visit the ruins of Qenko, Puka Pukara, Tambo Machay and Ollantaytambo, as well as the colourful market in Pisac village.

Meals included: 1 breakfast



#### **Days 7-10 / Important Note**

Peregrine treks the 'Classic' and the 'Lares' routes, both of which culminate in a visit to the incredible ruins of Machu Picchu. Although we normally trek the 'Classic' route, it is restricted by the number of trekkers permitted on the trail each day and unless you have booked early, it maybe difficult or impossible for us to secure the necessary group permits (especially during the peak season). It is also closed during the month of February for cleaning and rejuvenation. If we are unable to confirm your permit for the 'Classic' route we will use the 'Lares' trail. This is an exceptional alternative. Venturing further off the beaten path, this trek winds its way through remote rural villages and provides stunning views across the Andes Mountains. Along the way you can mingle with local families, llama herders and weavers, renowned for their brightly coloured hats and ponchos. The trek is of similar altitude and level of difficulty as the Classic route and also culminates in a visit to the village of Aguas Calientes and the magnificent ruins of Machu Picchu, recently voted one of the 'New Seven Wonders of the World'.

The following description refers to the 'Classic' route. Please refer below to the 'Itinerary Variation' section of this trip note for details of the Lares route.

#### **Day 7 / Inca Trail to Yuncachimpa (13 km)**

We farewell our Spanish teacher (who will join us again after the trek!) leave Cusco by bus and travel over the mountain range and down into the Urubamba Valley to the picturesque town of Ollantaytambo. Built on a steep mountainside this grand citadel served as both a temple and fortress and is one of the few sites where the Incas were able to defeat the Spanish conquistadors in the 16th century. Their success was however short lived, with the Spaniards returning with force to claim victory. Here we have time to gaze upon the massive Inca fortifications before continuing to Kilometre 82 - the starting point of our trek. Today is a relatively easy hike past the ancient hilltop fort of Huillca Raccay and the beautiful archaeological site of Llactapata. Along the way there are stunning views of snow-capped Veronica Peak (5860m). Our first camp is just past the village of Wayllabamba at 3000 metres.

Meals included: 1 breakfast, 1 lunch, 1 dinner

#### **Day 8 / Inca Trail to Pacaymayo (11 km)**

Today is the most difficult part of the trek as we climb to Warminwanusca, or 'Dead Woman's Pass' (4200m). This is the first of three Andean high passes we traverse and the highest point on the Inca trail. Stopping to catch our breath we take in the superb panorama of the Vilcanota and Vilcabamba mountain ranges, the ruins of Runkuracay ahead and Rio Pacamayo (Sunrise River) in the valley below. Here the trail changes from dirt to steps and stone pathways. Although not difficult we still need to make a steep descent to the valley below and our camp at Pacamayo (3600m). Located in a basin beneath the cliff tops, the campsite faces down the valley with a view over the cloud forest.

Meals included: 1 breakfast, 1 lunch, 1 dinner

### Day 9 / Inca Trail to Winaywayna (15 km)

We climb up to the unusual, round ruins of Runcuracay which is believed to have been an Inca tambo or post house. Forging on we continue to climb the Inca staircase and sighting the small mountain lake of Cochapata on the way to our second pass at 4000m, from where we are rewarded with spectacular views of Pumasillo (6245m) and the entire snow-capped Vilcabamba range. From here it is a steep descent to our third pass and the ruins of Sayacmarca, where we enter the beautiful cloud forest full of orchids, ferns, flowers and hanging moss. The scenery will blow you away! Butterflies flutter across the trail and the air is pure and clean as we head to the breathtaking Winaywayna, (2450m).

Meals included: 1 breakfast, 1 lunch, 1 dinner



### Day 10 / Inca Trail to Machu Picchu (5 km) - Cusco

The final leg of the trek to Machu Picchu is the most spectacular of all. We arrive at sunrise at Inti Punku, the Gateway of the Sun, where through a rectangular doorway we experience a panoramic view of Machu Picchu. After taking a short path down, it's time for us to explore! The secrets of the Incas are slowly revealed to us on a guided tour. For those who have plenty of energy left and who aren't afraid of heights, there is a climb to Huayna Picchu - a mountain overlooking the site. The view from here is superb! The climb to the top takes up to 90 minutes and care must be taken, especially if the steps are wet. We depart by catching a bus down to the hot springs at Aguas Calientes and returning to Cusco on a late-afternoon train.

Meals included: 1 breakfast

### Day 11 / Peru's Challenge Community Project – Pumamarca Ruins – Cusco

Just 8km from the centre of Cusco lies the rural community of Pumamarca, which means the Place of the Sacred Puma. Today we enjoy a morning visit to Peru's Challenge Community Project, located in that tiny village. This is a fantastic opportunity to witness rural life first-hand as we wander through the fields and watch the locals tend their crops, as well as observe this amazing project that Peregrine is a proud sponsor of. In the village we visit the local school and also see the women working on their handicrafts. If you would like to donate anything to the people of the community, you may like to consider the following items - stationery including pens, rulers, exercise books and puzzles (for the school), any sporting equipment, English/Spanish dictionaries, toothbrushes, bandages, children's toys and any old clothing, including footwear. Afterwards, a short stroll through the fields takes us to the rarely-visited Pumamarca ruins. More than 500 years ago King Pachacutec ruled the Incas from the centre of his massive empire in Cusco. Here, surrounded by beautiful Inca terraces and fields where the locals grow their produce, we find the Pumamarca Hacienda, which at that time was a palace built for his royal wife. Wandering through the ruins we can find great examples of classic Inca architecture best exemplified by careful stonework of exact proportions, providing evidence that the Incas were expert engineers. The gardens contain water channels and fountains with aqueducts and communication tunnels, which connects the palace to the town of Cusco. Peruvian archaeologists believe that this is the oldest Inca palaces in existence, hence one of the reasons why the Institute of National Culture has plans to slowly reconstruct the structure as well as restore the gardens to their original glory. We then return to Cusco, where we partake in another Spanish lesson.

Meals included: 1 breakfast

### Day 12 / Cusco - Puno

After breakfast we transfer to the bus station, where we catch our bus for the magnificent drive over the mountains to Puno. We travel over the Le Raya Pass and make our way across the Altiplano (Spanish for 'high plain') to the shores of Lake Titicaca. Puno lies at an altitude of 3860 metres above sea level and the people of this region are descendants of the Aymara, a strong looking people who once ruled the high plateaus. According to legend, Puno was the cradle of Inca civilization. Manco Capac, the first Inca, is said to have risen from the waters of Lake Titicaca and under instructions from the Sun God, founded the Inca Empire. Lake Titicaca at 3815 metres is the world's highest navigable lake and the second largest lake in South America, covering an area of 8400 square kilometres.

Meals included: 1 breakfast



### Day 13 / Lake Titicaca (Amantani Island Homestay)

This morning we board our boat and travel across the waters of Lake Titicaca to the floating reed islands inhabited by Uros Indians. We make a brief stop at one of these unusual islands and then continue across the lake to our homestay on beautiful Amantani Island. This island is more remote than most and not as spoilt as the popular island of Tequile, which has unfortunately felt the heavy impact of tourism. After arriving in Amantani, our tour leader divides our party up into smaller groups and we move into various family homes for our overnight stay. Please be warned that the facilities are quite basic. Many homes have no electricity and the bathroom and toilet facilities are not the best! Despite this, the homestay experience is sure to be a highlight of our trip to the region and offers great opportunities for cross-cultural exchanges.

Meals included: 1 breakfast, 1 lunch, 1 dinner

## Day 14 / Puno

We enjoy breakfast with our host family and then have time to explore the island. There are two mountain peaks on the island that offer excellent hiking opportunities, Pachatata (Father Earth) and Pachamama (Mother Earth). Along the way terraced hillsides with stone walls, grazing alpacas and the national flower, Cantua, which grows all over the island. The inhabitants of Amantani Island practise a very traditional lifestyle, free from the luxuries of city living and are also renowned for their handmade textiles and ceramics. In the afternoon we board our boat and leave the terracotta red soils of Amantani Island to cross the deep blue waters back to Puno on the mainland. Meals included: 1 breakfast

## Day 15 / Puno - Copacabana

Our bus trip to La Paz initially follows the shores of Lake Titicaca to the lakeside town of Copacabana, in Bolivia. A beach resort, Copacabana offers small town charm to go with its proud Indian heritage. We spend a night here and enjoy its quaint atmosphere, as well as visit the 17th-century cathedral that houses the famous statue of the Virgin of Copacabana. After exploring the town, we will have an afternoon Spanish lesson. Meals included: 1 breakfast

## Day 16 / Copacabana - La Paz

After a morning Spanish lesson and time for lunch, we continue our journey across the Altiplano farmland towards La Paz. On approach, the earth seems to drop away to reveal a giant bowl from which this extraordinary city unfolds beneath you; the view on descent into La Paz is nothing short of 'jaw-dropping'! Meals included: 1 breakfast

## Day 17 / La Paz

We spend a full day visiting the sights of La Paz - the highest capital in the world. Towering over the city is Mount Illimani, which reaches a height of 6439 metres and has snow-covered peaks. Much of La Paz is modern; however, there are still some examples of late 19th century architecture such as the Presidential Palace, Cathedral and National Congress. We visit these as well as wander around the 'Witches Market', where they sell magic potions. A short distance from the town centre is the Valley of the Moon - an eroded maze of canyons and pinnacles that form a bizarre landscape. Meals included: 1 breakfast

## Day 18 / La Paz

Today is our final full day, which can only mean one thing! After a final class, there could be a TEST! Hopefully you've made the most of your location to practice *la lengua* in any possible situation! Afterwards, we have a farewell lunch included. Meals included: 1 breakfast, 1 lunch

## Day 19 / La Paz

Our Spanish Language Adventure comes to an end today! No departure transfer to the airport is included. Meals included: 1 breakfast

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## Itinerary Variation

### Lares Route

In the event that trekking permits for the 'Classic' route are unavailable for Days 5-8, Gecko's will use the 'Lares' route. The Lares trail, is an exceptional alternative to the 'Classic' trail. Venturing further off the beaten path, this trek winds its way through remote rural villages and provides stunning views across the Andes Mountains. Along the way you can mingle with local families, llama herders and weavers, renowned for their brightly coloured hats and ponchos. The trek is of similar altitude and level of difficulty as the Classic route and also culminates in a visit to the village of Aguas Calientes and the magnificent ruins of Machu Picchu, recently voted one of the 'New Seven Wonders of the World'.

### Day 7 / 'Lares' Trail Trek - Cusco - Calca - Lares Hot Springs – Concanay

Following breakfast we leave the cobble stone streets of Cusco behind us. Our bus crosses the mountain range that backdrops Cusco and descends to the spectacular Sacred Valley. Here we follow the banks of the Urubamba River as it winds its way through the valley on its journey past Machu Picchu before joining the Apurimac River, one of the upper tributaries of the mighty Amazon. The Sacred Valley is the breadbasket of the region with its rich soil providing the necessary nutrients for the various crops that grow both along the valley and on the spectacular terraces, stranded precariously on the sides of the surrounding mountains. Turning northward again, the road climbs steeply until we arrive at the Lares hot springs, situated some 65km to the north of Cusco and 56km to the east of Machu Picchu. We have our lunch here and for a small charge (approx \$3.50), you can enter the hot thermal pools to enjoy a soak in the medicinal springs. After lunch we embark on the start of our trek. It is an easy trek to our first campsite at Concanay. Along the way, we will reach a height of 3940m, before descending to the Queullacocha lagoons. Here there are opportunities to spot some of the Andean wildlife of the region and from Concanay you will have magnificent views of Colque Cruz.

Meals included: 1 breakfast, 1 lunch, 1 dinner

### Day 8 / 'Lares' Trail Trek - Concany – Epsaycocha Lake

There are great photo opportunities today so keep your camera handy. Having finished breakfast we climb steeply up the valley, through ancient farmlands, arriving at the community of Huacawasi where some of the finest weavings in Peru are made. We can observe the skills and brilliant techniques of the weavers as they make their ponchos and other garments. Passing through the village we begin climbing up to Ipasayqocha, the highest pass on our trek at a height of 4350m. From here, we have a stunning view of the renowned Mount Veronica (5750m.) Descending gently we come to the beautiful turquoise Epsaycocha Lake, where we set up camp for the night. Meals included: 1 breakfast, 1 lunch, 1 dinner

### Day 9 / 'Lares' Trail Trek - Willoc - Pumamarca - Ollantaytambo - Aguas Calientes

Today our trail leads downhill to the valley below and to the village of Willoc where we have lunch. From here its another two hours to arrive at Pumamarca where we enjoy the Inca terraces before finally arriving at the ancient town of Ollantaytambo. Situated in a fertile river valley and sheltered by mammoth mountains, this ancient Inca village is considered one of the most important living museums in the world and displays the sophisticated urban planning and engineering of the Incas. This is also a great place to appreciate the vast archaeological remains of the massive fortress. If you wish to climb the fortress ruins you will need to pay the entrance fee (currently US \$14). There is also a wide variety of flowers and birds species to be enjoyed this day. In the late afternoon we board the train from Ollantaytambo to Aguas Calientes at the base of Machu Picchu.



Here we spend the night in a comfortable hostel. Make sure during your stay in this 'town at the end of the railway' that you take a dip in the hot thermal springs that give the town its name. They are open from 5am to 10pm. Meals included: 1 breakfast, 1 lunch, 1 dinner

### Day 10 / Machu Picchu - Aguas Calientes – Cusco

After an early breakfast, we take the first bus up the steep zig zagging road to the entrance of the ruins of Machu Picchu. By leaving early we avoid the large crowds that arrive from Cusco later in the morning. Entering into the archaeological sight we now have a fully guided tour of this ancient and mystical Inca city. Before taking the bus back down to Aguas Calientes, there is free time to explore the ruins at your own pace, soaking in the atmosphere. For the adventurous, you can climb to the top of Huayna Picchu, where you have the opportunity to see Machu Picchu from a unique vantage point. You can also make the short hike up to the Sun Gate for that classic photo of Machu Picchu. In the afternoon we descend once again to Aguas Calientes where we can take our lunch before catching the late afternoon train back to Cusco.

Meals included: 1 breakfast

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### Non trekking alternative

The Inca Trail is a highlight of any visit to Peru and it is highly recommended to anybody who is up to the physical demands of a Moderate Plus trek. For those people joining a Peregrine trip who do not wish to join the four-day hike, Peregrine can make alternative arrangements that allow additional time in Cusco and return transport to, and accommodation in, Aguas Calientes at the base of Machu Picchu. Should you choose these alternative arrangements, the price for your Gecko's holiday remains the same. **You must notify Gecko's at the time of booking if you wish to take this option.**

### Days 7-8 / Cusco

Your time in Cusco is your own. Accommodation will be provided for these two nights and breakfast is included. A white water rafting excursion is also included. This will be in a pool service with other tourists. Your Gecko's tour leader will not be available during this period as he or she will be hiking the Inca Trail with the rest of the group. Meals included: 2 breakfasts

### Day 9 / Aguas Calientes - Machu Picchu

Your tour leader will have provided you with your return train ticket to Machu Picchu and your accommodation vouchers for your stay in Aguas Calientes. Please make your own way to the station to depart on the early morning train to Machu Picchu. The train trip will take approximately four hours to reach Aguas Calientes. Once you arrive in Aguas Calientes you should check into your hotel. Please refer to your accommodation voucher for the hotel details. Buses to the ruins at Machu Picchu depart at 6.30am and 7.30am, and then every 30 minutes until after the last morning train has arrived. The ruins are open from 7am to 5pm daily and Gecko's will cover the cost of your return bus fare to the ruins and the entrance fee. If you would like to walk to the ruins it will take you approximately two hours. You can also visit the thermal baths, a short walk from town. They are open from 5am to 10pm.

Meals included: 1 breakfast

### Day 10 / Aguas Calientes – Cusco

Those in your group who have trekked the Inca Trail will be arriving in Aguas Calientes sometime after lunch. You may decide to meet them up at the ruins or in Aguas Calientes. You will spend the remainder of the day with them and return on the late afternoon train to Cusco.

Meals included: 1 breakfast

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## About Peregrine

Peregrine has been operating adventure holidays since 1977. Today we can help you discover all four corners of the globe, from the Polar regions, to Africa, Latin America, Asia, Europe, the Middle East and beyond. We offer high-quality, excellent-value, small-group adventures to interesting areas of the world, in harmony with the local people and the environment.

## Trip grade

### Active

These trips involve some activity and occasional hard travelling days. Accommodation can sometimes be quite basic. Physical preparation is important and a flexible, open-minded approach is essential. On treks you may be hiking up to six hours a day through steep terrain, sometimes at altitude, and a good level of physical fitness is required.

## Fitness

A reasonable level of physical fitness is required for this trip. Pre-trip physical preparation for the Inca Trail will be a definite advantage. You should be enjoying good health.

## Included

An experienced Peruvian tour leader and there will be the services of local guides at some sites. Approximately 24 hours of classes with Peruvian qualified Spanish teacher (except on Inca Trail & Machu Picchu visit). All transportation, accommodation, sightseeing and meals as indicated.

## Not included

International flights, arrival and departure transfers, departure and airport taxes, visas, all other meals, all optional tours or activities during free time, transfers outside of the tour program, travel insurance, tips and items of a personal nature.

## Meals

Allow US\$250 for additional meals.

## Accommodation

3 nights camping, 14 nights hotel, 1 night homestay

## Pre and post accommodation

You may wish to extend your holiday by booking some pre or post tour accommodation - ask Peregrine or your travel agent for details and prices when you book your trip.

## Airport transfers

If you are arriving into the joining city by air you may find it easier to book an airport transfer with us, as the airports can often be very crowded and negotiating a taxi can be hard work. Please contact Peregrine or your travel agent for details and prices when you book your trip.

## Transport

boat, bus, plane, taxi, train, trek

## Optional Excursions

- prices below are a guide only.

### Cusco

- Horse riding (guide included) - US\$30
- Inca Museum - US\$4
- Mountain Bike Riding - US\$35
- Whitewater rafting - US\$25

### La Paz

- Mountain biking - US\$45-\$60
- Precious Metals Museum - US\$2

### Puno

- Sillustani - US\$15

## Other information

### Very Important

In order to obtain your permit to trek the 'Classic' Inca Trail it is vital that you provide Peregrine with accurate details of the passport you will be travelling on in Peru. If you are travelling on a different passport from what is shown on your permit, you will be refused entry at the entrance to the trail.

### **Book Early**

The Peruvian Government has introduced strict quotas on the number of permits issued for hiking the 'Classic' Inca Trail route. These can often be sold out months in advance. To apply for your group's permits, we will need your deposit and your passport details, so we ask that you book your holiday early. In the event that we are unable to obtain permits for the 'Classic' route we will use the alternative 'Lares' route, an equally challenging trek culminating in a visit to Machu Picchu.

### **Public Holiday Inconveniences**

Please be prepared for the inconvenience of sights such as museums and churches being closed to tourists on public holidays (ie. Christmas Day and New Years Day). Throughout Latin America, most museums also tend to be closed on Mondays.

### **Travelling responsibly**

At Peregrine, we take our global responsibilities seriously. After all, we are passionate about the places we visit and want to help preserve them. We need your help to do this - for information on travelling responsibly, see our 'Guidelines for Low Impact Travel' at [www.peregrineadventures.com/low\\_impact](http://www.peregrineadventures.com/low_impact)

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Log on to [www.peregrineadventures.com](http://www.peregrineadventures.com) for more information.

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### **Detailed country and trip information**

For information about the countries that this trip travels to, refer to the relevant Country Notes online at [www.peregrineadventures.com](http://www.peregrineadventures.com).

With your booking confirmation, you will be sent a detailed pre-departure pack which will contain information on visas, medical issues, what to pack, money matters, vaccinations and other important trip specific information.

### **About these trip notes**

The information provided here is given in good faith and has been compiled with all reasonable care. However, things change and some of the information may become out of date. Please keep this in mind when you read it and check with us if you want to be sure about something. You can check the most up-to-date version of the trip notes online at [www.geckosadventures.com](http://www.geckosadventures.com). If you have any queries, please contact your travel agent or your nearest Peregrine office. We are here to help you!