



WILLKA T'IKA

ESSENTIAL WELLNESS

IMPORTANT INFORMATION

Willka T'ika was originally conceived and is lovingly maintained as a private wellness retreat center. It is open only to its registered guests.

ARRIVAL

Arrival in Lima: You will go through Peruvian customs when you arrive, and will need to present your passport.

Luggage: All luggage **must** be collected in Lima. It will be rescanned as you leave customs. Exit the International Terminal and walk left 50m to the National Terminal. There you **must** recheck baggage for your flight to Cusco.

Delayed luggage in Lima: Immediately locate a representative in the luggage area. Complete forms with your Cusco hotel and Willka T'ika address and telephone details (see below), and keep the copy. Luggage will usually be forwarded to you within 48 hours. As luggage is frequently misplaced in Lima, we **highly** recommend keeping all essentials and some extra clothes in your carry-on luggage. Whenever possible, avoid checking bags in Peru.

Arrival in Cusco: Allow time to rest to acclimate to the altitude.

- Most groups and individuals will have prepaid for a private airport transfer to Willka T'ika or Cusco hotel. If not, you will need to negotiate a taxi to your Cusco hotel for S/15-25. Be careful as there are no official taxis.
- When exiting the Cusco airport, look for a "Willka T'ika" sign and/or surname of group leader or Individual.
- The driver will assist you with luggage so there is no need to use airport porters (who will expect a tip).
- Keep first night hotel details, address and contact telephone numbers at hand.

Delayed flights:

- Email new flight info to: reservas@willkatika.com and text/WhatsApp **+51 984-868-166**
- If the group is already in Cusco and you are delayed, you should also call your Cusco hotel and leave a message for your tour guide. (These numbers will be sent separately one month prior to group program.)

MONEY * TIPS * SECURITY

Tips for Group Retreats: For group programs, your guide will tip ALL service providers on the group's behalf. We suggest \$10/person/day (eg. 10-day program = \$100). Please place this money in an envelope with your name on it and hand it to your guide on Day 1. Important: Worn or torn US Dollars are not accepted in Peru so please bring crisp bills. Our guides will ensure that all porters, drivers, waiters, healers, and staff are tipped generously.

Guide tip: Willka T'ika only works with the most highly qualified, trustworthy guides. It is customary in Peru to tip the guide directly and separately from the group tips described above. Guide tips are at your discretion. Please plan to make this offering collectively during the last evening meal and give directly to your guide.

US Dollars & Peruvian Soles: Only high-end tourist shops and restaurants accept credit cards. US dollars are not always accepted and will be exchanged at a low rate. For Peruvian soles, we suggest you wait until you arrive in Cusco to exchange money in reputable exchange agencies or withdraw from an ATM in Cusco or Urubamba.

Willka T'ika expenses: Spa services, alcoholic beverages and gift store purchases are settled at the end of your stay. Major credit cards are accepted and payment can be made in Soles or Dollars (at S/3 to 1 US\$ Fx rate).

Security: Willka T'ika is very secure. However, when in airports and tourist areas, use a money belt **under** your clothing to hold cash, passports and travel documents.

FOOD * WATER * HEALTH * INSURANCE

Food: All meals at Willka T'ika are strictly vegetarian and prepared with vegetables and herbs sourced from our organic gardens. Fresh fruits, avocados, farm cheeses and yogurts come from the Sacred Valley. At the time of your reservation, please note any dietary specifications (i.e. gluten-free, vegan, allergies, etc.) and identify yourself to your guide and a Willka T'ika Guest Services staff upon arrival. Every effort will be made to accommodate you.

- **Please note:** We offer organic, protein-rich Andean superfoods such as tarwi, quinoa, amaranth, and complement these with local beans and eggs. However, if you have dietary needs beyond vegan, dairy and gluten free, please bring your own supplements, powders and pastes, as special dietary products are not easily available in the Sacred Valley.
- Bring snacks for walks to Incan sites. Picnic lunches may be ordered in advance with our staff.

Water: Drink only boiled, bottled or filtered water. At Willka T'ika, we offer drinking water filtered with the internationally recognized "Sawyer filter" in our reception area. Willka T'ika also sells large bottles of water along with other beverages, including beer and wine. Plastic water bottles are not recycled in Peru. Help save countless water bottles from littering Peru's countryside by bringing and using your own water bottle.

Hiking Poles: Please bring if you feel you will need them for hiking steep Incan steps. Otherwise, poles may be rented from your tour guide. Recent restrictions apply to bringing hiking poles to hikes at Machu Picchu.

Food sickness: Diarrhea is a concern when traveling in Peru. Our guests never get sick from food eaten at Willka T'ika but we cannot control what happens outside of our recommended places to eat. Take extra care with hygiene during the community visit, after touching market goods or children (i.e. wash hands and use an antibacterial product). A good probiotic and digestive enzyme or Grapefruit Seed Extract taken daily may be helpful. If inclined to, you may ask your physician for an antibiotic such as Cipro. Lomotil is not recommended.

Altitude: Few tourists get altitude sickness in the Sacred Valley (9,000 ft) although it is quite common in Cusco (11,000 ft). Your body will acclimate if you **rest**, drink water and herbal teas for a few hours on your first day. If you are having difficulties, please speak to your guide. In common pharmacies, *coramina* (glucose lozenge) and *sorroche* (altitude) tablets can be purchased over the counter. They contain aspirin, tylenol and caffeine to bring fast release from a headache or nausea. Doctors usually will prescribe electrolytes to rehydrate guests. For emergency situations, many hotels carry oxygen tanks. There are health clinics in Urubamba and Cusco. For those participating in high-mountain trekking (>14,000 ft) *Diamox* (acetazolamide) can be prescribed. Not all people need or respond well to this prescription drug which has side effects such as photosensitivity and dehydration.

Immunizations: Requirements vary depending on your home country and whether or not you are going to the Amazon. In the Andes, malaria prophylaxis is not necessary. Guests returning to USA from Peru do not need a yellow fever certificate, unlike many South American and African countries. Check your country's requirements at: <http://www.who.int/ith/2015-ith-county-list.pdf>.

Travel insurance: We strongly recommend that you have travel insurance to protect your travel investment. Insurance should cover the cost of emergency medical services, evacuation and repatriation to your home country. Willka T'ika is not responsible for expenses incurred as a result of lost luggage, strikes, health problems, travel delays, flight cancellations or any other delay due to circumstances out of our control. Adequate travel insurance has proven to be extremely valuable for individual travelers when circumstances have warranted it.

PACKING LIST * LUGGAGE

Packing suggestions: Travel light! You may have to carry your own luggage at times. Dress code in Peru is very casual. There is laundry service at Willka T'ika and a laundry area if you prefer to wash your own clothes. Keep some extra clothes in your carry-on luggage in case of lost baggage.

Dress in layers: Bring a comfortable jacket for the early morning and evening. Dressing in layers allows one to be comfortable during the cold mornings and nights, and hot middays. Andean weather is unpredictable: sunny, windy, and unexpected showers can occur in one afternoon. Please refer to the packing list below.

Heating: Days are usually sunny, but Andean nights tend to get quite cold. Guests are advised to bring warm pajamas. Heaters are provided in each guest room, but there is no central heating.

Label your luggage: Label **each** piece of luggage before you leave home. Include: Name, "**Willka T'ika: Paradero Rumichaka, Urubamba,**" and Willka T'ika's office number: **+51 84 201-508**.

SUGGESTED GENERAL PACKING LIST:

- Flashlight or headlamp for the nights in the gardens at Willka T'ika.
- Slip-on shoes are helpful to enter and exit yoga studios and spa rooms at Willka T'ika.
- Charger for your phone and/or laptop.
- Converter or transformer to 220V, 60 cycles AC. Mac products support both 110V and 220V.
- Good walking shoes or lightweight hiking boots.
- Earplugs can be very useful. There is no noise ordinance in Peru so be prepared for those infrequent times when dogs get rowdy or neighbors and nearby towns celebrate local festivals with loud music.
- Wide-brimmed hat, sunglasses, sunscreen and lip balm are essential. The Andean sun is very strong.
- Insect repellent and long pants for Machu Picchu. Keeping your legs covered is recommended when hiking. Shorts are fine for Willka T'ika.
- Anti-bacterial wipes or hand sanitizer. Human contact rather than food can be the main culprit for travel-related illness.
- Travel Documents: No visas are required for South African, Canadian, Australian or USA citizens. It is safer to leave your documents and extra money at Willka T'ika or in your Cusco/Machu Picchu hotel room, locked in your suitcase or in the hotel safe.
- Do not bring any jewelry or other valuables. Wear an inexpensive watch.
- Money belt to wear under your clothes and a secure place for your phone.
- Bring a small daypack to carry a water bottle, camera, trail snacks and sunscreen.
- Always carry a light rain jacket or waterproof poncho in the mountain regions.

WILLKA T'IKA CHILDREN'S FUND

Willka T'ika Children's Fund Boutique Store: We have a store next to the hotel that helps support isolated Quechua mountain communities. You can lend support by purchasing a variety of exclusive handmade weavings, jewelry, and unique goods sourced from exotic locations. Proceeds directly benefit the WTCF's education projects.

Willka T'ika Children's Fund The WTCF was established in 1995 to help support remote mountain schools, Quechua children and families living well below the poverty level. Our signature tour programs include a heart-warming visit to one of the schools. Besides donations, the most-welcome contributions to this fund are:

- Good quality clothing for ages 4-12.
- Baseball caps, quality soccer balls and volleyballs.
- Spanish children's books (please, not torn or outdated school textbooks).
- Small, durable toys for all ages.
- Pens and notebooks.
- Flashlights and solar lights (especially those that do not require batteries).

Cash donations are always welcome: Please indicate to guest service staff that you wish to make a donation, and they will provide a contribution receipt. Or donate online (<http://chakragardens.com/childrens-fund-donate>). Money goes directly toward nutritious, protein-rich meals, infrastructure, desks, necessary school supplies requested by the teachers and at times toward life-saving medical emergencies. We also sponsor the salaries of teachers to assist understaffed secondary schools. **Ask about our new college fund to support our graduates.**

CONTACT INFORMATION

Willka T'ika is located between Machu Picchu and Cusco in the Sacred Valley, at Paradero (bus stop) Rumichaka, 2 km from the town of Urubamba on the road to Ollantaytambu on the left hand side, marked by a big signpost. It is a 90-minute drive from Cusco to Willka T'ika.

Willka T'ika Phone: +51 84 201-508 (Office)

+51 984-868-166 (Cell/Whatsapp Arturo Hanco)

Please speak slowly: Our Quechua staff speak Spanish and understand some English, their third language.

- Emergencies once in Peru, contact Willka T'ika: **reservas@willkatika.com**
- Emergencies before travel, contact US office: **info@willkatika.com**

Telephone Codes: Peru Country Code is +51. Cusco area code is (0)84 (for Sacred Valley and Aguas Calientes/ Machu Picchu). When dialing Willka T'ika from Lima, dial 084 201-508. When dialing from abroad, drop the "0" from the city code and add your international access code before the country code.

Wi-Fi access: Feel free to sit in our "Wi-Fi Wasi" or the surrounding garden to use your electronic devices. Please refrain from bringing these devices into the reception, bar and dining areas or near guests relaxing in the gardens.

Telephone access at Willka T'ika: There are no telephones in Willka T'ika guest rooms. If someone needs to reach you urgently, the best time is to call our office during breakfast at 8:30am or dinner at 7pm CST.

~ Have a safe and wonderful journey to Peru. ~