



## Contact us:

235B Dairy Flat Highway, Albany, Auckland

0632 New Zealand Phone: +64 9 950 5918



# **Contents**

1	General Latin America Information	3
1.1	Taxes and Entrance charges	3
1.2	Flights and Additional Airport Taxes	5
1.3	Baggage Allowances on Flights	7
1.4	Health Information	8
1.5	Additional Spending Money	9
1.6	Shopping and Bargaining Tips	10
1.7	Tipping Guidelines	10
1.8	Sustainable Tourism	11
1.9	Electrical Outlets in Latin America	11
1.10	Safety in Latin America	11
1.11	Insurance	13
2	Specific Country Information	14
2.1	Peru & Bolivia	14
2.3	Chile and Argentina	18
2.4	Brazil	21
2.5	Galapagos and Ecuador	24
2.6	Central America and Mexico	26
2.7	Cuba	29
2.8	Colombia and Venezuela	32
3	Learning Spanish or Portuguese	34
4	Booking Terms and Conditions	35



## Contact us:

235B Dairy Flat Highway, Albany, Auckland

0632 New Zealand Phone: +64 9 950 5918



# 1. General Latin America Information

Please note Viva Expeditions avoids the use of traditional travel vouchers where possible. This is for reasons of sustainability, as well as lack of necessity. These days with computer reservations systems, hotels simply need you to check in with your passport or photo ID. In some countries/regions vouchers may be required, and if this is the case you will be given these on the ground with your welcome documents that you receive in each country on arrival.

Please note that in most cases you will be given your welcome letter (including pickup times) at your check-in at the first hotel in each country you visit. If you are not given this documentation when you check in then please ask the reception staff if they have any documentation for you. Our local offices are on hand if you do have any issues regarding your documentation on arrival.

# 1.1 Taxes and Entrance charges

Please note that in several Latin American countries a reciprocal entrance fee is charged for arriving passengers. This is subject to change at anytime but at present the below apply.

Please note that this section only covers taxes and entry fees. Some countries such as Brazil and Cuba require passport holders from Australia, the United States and Canada to have prearranged visas. Please refer to the detailed country information sections in this document for details on visa requirements.

Argentina – Australian and Canadian must pay a "reciprocity fee" to enter Argentina. This is not a visa, since a visa is not required for US business and tourist visitors. The fee amount will be subject to change.

The National Immigration Agency (Direction National de Migrationes) has added a new online form of payment of this reciprocity fee, through the Provincia Payment System. Online payment may now be made in advance for arrival at all airports

The Reciprocity rates are USD100 for Australians and USD75 for Canadians. British and European Union passport holders are exempt from Reciprocity Fees.



Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



How to pay the reciprocity fee online:

- 1) Go to the following url: http://www.migraciones.gov.ar/accesible/templates/reciprocidad/reciprocidad.htm
- 2) Click on 'continue' button and enter all details (Please enter your date of birth using the MM/DD/YYYY format)
- 3) Complete the form with the corresponding personal and credit card information
- 4) Print the payment receipt
- 5) On arrival in Argentina, this printed receipt must be presented at Immigration Control. The receipt will be scanned by the Immigration officials, the information will be checked, and the traveller's entry to the country registered.

Remember that there the reciprocity tax also needs to be paid for all Australian and Canadian passport holders who come from Chile, Brazil, Bolivia, Uruguay or Paraguay into Argentina via an overland border. Please print the tax payment receipt and bring it so that you can show Argentina Customs at the border crossing. If you do not do this you will not be able to enter Argentina at the border. It should be performed at least 15 days before travelling. Please note: Written evidence is also always required for all land crossings into Argentina! Please keep written confirmation of payment with you at all times in Argentina.

## Additional Forms for ALL passport holders exiting Argentina via overland border crossings

Please note that there are additional online custom forms to complete when travelling overland between Argentina and adjoining countries. Presuming you are travelling across the border on Viva services and unless you request otherwise, our Argentina operations office will organize the below overland border documentation to be prepared for you.

The online forms can only be completed in Spanish so please consider this if you wish to complete the forms yourself.

If you have any queries in regards to other passports and/or any questions about the pre payment, please contact your applicable Argentinean Consulate.

## Chile

Approximately \$160 USD Charge for travellers from Canada, Australia and the USA (This fee changes regularly so please consult your local Chile Embassy or Consulate for up to date information). This fee can be paid on arrival in US\$ or on credit card.

#### Nicaragua

\$5.00 USD Tourist card when arriving to Nicaragua

Please note other countries may charge fees without warning, and this is payable at the airport or border crossing. Other nationalities may also be charged these fees.

In regard to local taxes, a charge of \$120 USD is currently in place for ALL passengers arriving to the Galapagos Islands. This is payable in cash upon arrival. Viva Expeditions is not permitted to collect this on behalf of the authorities and all passengers arriving to the islands must pay this charge.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



Major Airports such as Buenos Aires, Lima, Santiago and Quito also charge an airport usage fee which is not included in your ticket price. Please see the flight section below for details.

All Taxes and Entrance fees are subject to change, and clients accept this as part of travel in South America. Viva Expeditions cannot be held responsible for these charges.

#### **Bolivia**

Bolivia only charges a reciprocity fee to Americans, valued at \$135. The visa restrictions in Bolivia are a bit more specific depending on the citizenship.

Americans pay for the visa to be valid for 5 years. It permits visiting the country for 90 days of a year. However, this cannot be extended like other countries OR similar to other nationalities visiting Bolivia.

Canadians may visit for 30 days of a year without being charged, to stay longer a \$35 visa is required.

Citizens from the United Kingdom and Australia may visit for ninety days without a fee. It can be extended by leaving the country and returning for a new stamp.

# 1.2 Flights and Additional Airport Taxes

Please note that many countries in South America charge a departure tax for international and domestic flights. This tax has to be paid in cash locally at the airport before boarding the aircraft. Below are the current departure tax rates per person for each country (may be subject to changes).



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



**Argentina:** International - \$US 29;

Domestic – only some airports: e.g. El Calafate \$US 18; Trelew \$US 6.05; Ushuaia \$US 25

**Ecuador:** International - \$US 40.80; Domestic - \$US 2

Peru: International - \$US 31; Domestic - \$US 6

**Bolivia:** International - \$US 24; Domestic - \$US 2.50

Nicaragua: International - \$US 29

Costa Rica: International - \$US 26

Cuba: International - \$US 25

Belize: International - \$US 20

Guatemala: International - \$US 3; Domestic - \$US 3

Honduras: International - \$US 37

**Mexico:** International – Mostly included in ticket price; if not, will be around \$US 20-30

Panama: International - \$US 40

**Columbia:** International - \$US 33; some airlines include this in the ticket price

**Venezuela:** International - \$US 50 approximately

We will forward your preferences, requests, and frequent flyer information to the airline, but cannot guarantee they will be honored or that points will be earned. Free and special meals are not available on many flights. Please confirm your requests directly with the airline before departure, as we are not able to advise you if a request is not met.

## <u>Important Note for passengers travelling via the United States of America:</u>

International travellers who are seeking to travel to or via the United States under the Visa Waiver Program (VWP), even if you are only transiting, are now subject to enhanced security requirements and will be required to pay an administrative fee. All eligible travellers who wish to travel to or via the U.S. under the Visa Waiver Program must apply for authorisation and then pay the fee. Please visit the following website for more information: <a href="https://esta.cbp.dhs.gov/esta/">https://esta.cbp.dhs.gov/esta/</a>



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



# 1.3 Baggage Allowances on Flights

Please refer to the below table as a guideline for Economy class only. Your actual baggage may depend on your ticket conditions and departure airport. Business class baggage allowances as well as specific luggage dimensions and exceptions can be found via each airline's website. Please click on the links below to access further information for each airline.

Airline	Domestic Allowance	International allowance	Carry-on luggage
Aerolineas Argentinas	15kg	20 kg	5 kg - Domestic 10kg - International
LATAM Airlines	Maximum one piece weighing 23kg in total	Check websites for various routes	8 kg (1 piece of baggage + 1 pesonal item)
TACA Airlines	Maximum 2 pieces, weighing up to 22 kg each	Maximum 2 pieces, weighing up to 22 kg each	1 piece weighing 10 kg
GOL	2 pieces weighing 23 kg in total	2 pieces weighing 23 kg in total	One piece weighing 5 kg
Qantas Airways	2 pieces weighing 23 kg in total	2 pieces weighing 23 kg in total	7 kg (number of pieces dependent on route and class)
TAME	20 kg	20 kg	7kg
British Airways	2 pieces weighing 23 kg in total	2 pieces weighing 23 kg in total	Must be able to ift bag above head un-aided (1 bag and 1 laptop bag/ handbag allowed)
Iberia	23 kg	20kg	7kg (1 bag and 1 laptop bag/handbag allowed)
KLM	1 piece weighing 23 kg	1 piece weighing 23 kg	1 piece weighing 12 kg and 1 personal item
Star Peru	25 kg	/	4 kg
Aeromexico	1 piece weighing 25 kg	Check website for various routes	1 piece weighing 1- kg + 1 handbag, briefcase or laptop bag
Copa Airlines	20 kg	Check website for various routes	1 piece weighing 10 kg and one personal item but do- mestic only 5 kg per piece
Nature Air	18 kg	18 kg	1 piece weighing 4.5 kg

Please note that above information may be subject to change. Please always have a look on airline's website.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland

0632 New Zealand Phone: +64 9 950 5918



Important information when flying 'Nature Air' in Costa Rica: Any carry-on luggage exceeding the maximum weight and/or size will be considered and charged as excess luggage. Please note that Nature Air does weigh your hand luggage and if it does exceed the 4.5kg/10 lbs limit it must be added to your checked baggage and an excess fee charged.

## 1.4 Health Information

We recommend you visit your doctor or a traveller's medical centre for current information but as a guide we recommend the following:

- Yellow Fever Especially for jungle areas
- Hepatitis Both A and B (twinrix)
- Typhoid
- Diphtheria
- Cholera
- Rabies
- Tetanus

Some of these you may already have due to childhood immunizations – check with your doctor. When travelling to jungle areas, please exercise caution and carry sufficient insect repellent and malaria protection, either medical or homeopathic remedies.

Acute Mountain Sickness (AMS) – Can occur to all people at altitudes of more than 2,000m (6,500 ft). As a guide, Cusco is at 3,400m (11,200ft), and the highest point of the Inca trail is 4,200m (13,800ft) above sea level. AMS can lead to dizziness, vomiting, dryness of throat, loss of co ordination and difficulty in breathing. Generally the symptoms disappear after 48 - 72 hours at altitude. We highly recommend acclimatizing at altitude before taking strenuous treks or walks.

Please remember that altitude sickness effects everyone differently and usually has nothing to do with your general fitness level. If your conditions persist whilst on tour, consult with the tour guide who will be happy to help you and be able to give you some options in regards to the rest of your trip. If you are really worried about AMS and/or have a history with it then talk to your consultant about putting more rest days into your itinerary. Remember that the majority of our land tours are fully customisable!

**Yellow Fever** — is a viral illness which is spread by the bite of a mosquito. It is endemic in tropical and sub-tropical regions of South America, although cases of tourists contracting the disease are rare. All travellers to the jungle regions of Bolivia, Brazil, Colombia, Ecuador, the Guyanas, Paraguay Peru, Panama, and Venezuela should make sure that they have the relevant up-to-date vaccination. It is also important to carry your vaccination certificate with you on your South American travels, as at some airports you may be asked for evidence of vaccination upon arrival or departure.



Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



For example, for some states of Brazil (generally in or around the Amazon rainforest), it is actually compulsory for all travellers to have a vaccination against Yellow Fever. It is also compulsory for all travellers to have a vaccination against Yellow Fever if entering Brazil through the following countries in South America:

- Bolivia
- Columbia
- Ecuador
- French Guiana
- Guiana
- Peru
- Suriname
- Venezuela

Similarly, travel to Central America from South America also requires all travellers to be vaccinated. And if returning to your home country from Latin America you may require to be vaccinated against yellow fever.

Please consult your GP or a travel doctor for more information on vaccinations.

It is every client's responsibility to have the necessary vaccinations for travel. Viva Expeditions will not be held responsible for travel delays or refused entry into countries due to customers not having the necessary vaccinations.

# 1.5 Additional Spending Money

Latin America can vary greatly in terms of prices in each country. The following should be used as a rough guide for additional spending money whilst on one of our tours and is based on having moderately-priced lunches and dinners, as well as picking up a few souvenirs at local markets.

Ecuador Approximately 20-30 USD per day

Peru Approximately 20-30 USD per day

Bolivia Approximately 15-25 USD per day

Argentina Approximately 25-35 USD per day

Chile Approximately 30-40 USD per day

Brazil Approximately 35-45 USD per day

Nicaragua Approximately 10-15 USD per day

Costa Rica Approximately 10-20 USD per day



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



Cuba Approximately 50-60 USD per day

Belize Approximately 20-40 USD per day

Honduras Approximately 30-40 USD per day

Guatemala Approximately 15-25 USD per day

Mexico Approximately 40-50 USD per day

Panama Approximately 15-25 USD per day

Note: These should only be used as a guide and your actual travel costs will depend on your travel style, tastes and personal budget

# 1.6 Shopping and Bargaining Tips

Haggling is a way of life in South America and is expected in markets and small shops. Please ask your guide for a few tips! Anything from local handicrafts to designer clothing can be bought in South America and is generally at a lower cost than your home country (especially in Peru, Bolivia and Ecuador). Gold and silver is also very affordable, particularly in Peru. Please beware when returning home (particularly Australia) as some handicrafts are made of wood and may contain seeds!

As a rule, when haggling go for half of what you're offered and work your way up! You may need to haggle for anything ... from a souvenir to a taxi fare!

On many of our tours, we try to take customers to local markets rather than the expensive tourist orientated bazaars. These markets have a higher level of locally-made products and allow you to give something back to the local community, rather than a middle man.

We encourage you to haggle a little over prices; however be aware that a few simple dollars for you could mean feeding a family for the artisan, and many of these people earn the minimum wage of around US\$150 per month or less.

# 1.7 Tipping Guidelines

A tip in Latin America is generally given to reward good service but it is not mandatory as in the United States. Usual practices may vary from country to country, even within regions in a country, but the normal guidelines apply.

If you feel a particular tour guide, waiter or host has done a good job then they will greatly appreciate a little something extra. As a guide we recommend 10% of the bill for restaurants and \$US 5-15 per day for a tour guide.



Contact us:

235B Dairy Flat Highway, Albany, Auckland

0632 New Zealand Phone: +64 9 950 5918



In some places like Brazil, Ecuador and Mexico a service charge will be added to the bill. However, this generally will not go to the waiters themselves.

A tip is a propina in Spanish, gorjeta in Portuguese.

## 1.8 Sustainable Tourism

At Viva Expeditions we try encourage sustainable touring from all our customers. Remember that a lot of the places you visit do not have Western class infrastructure and accordingly locals generally use lower levels of water and electricity that in the West. As tourism increases it places a large strain on the local water reticulation, power supply and other resources. Take short showers in your hotel, turn out the lights when you leave your hotel room, minimize your waste generally and if on a trek, make sure you bag your rubbish while you are hiking. Also remember all ecosystems in Latin America such as the Andes, the Amazon, Patagonia, and the Pantanal etc are extremely delicate. When in these rural areas please stay to the trails and don't damage or take any plants or flowers.

Latin American people are proud of their culture and ancestry. Although they are now accustomed to international tourists, each area continues to maintain their identity and culture. Generally most Latin Americans dress conservatively (although Brazilians are exempt from this generalisation!). Consider wearing trousers and long leave shirts to minimise any potential offence.

Viva Expeditions employs local guides and uses hotels that employ people from the local community. Please be aware that our tour guides are always on hand to help our clients and are very knowledgeable. However, everything they explain should be taken with a grain of salt as local teaching methods may differ from those you're used to. We also ensure that the majority of the food supplied on our tours is locally sourced. We do this to maximize economic benefit to the community and ensure minimize the carbon footprint of our tours (i.e. the food does not need to be transported long distances)

## 1.9 Electrical Outlets in Latin America

Most countries in Latin America use the European style outlet which contains 110v. Visit the below link for more information on each country: <a href="http://electricaloutlet.org/">http://electricaloutlet.org/</a>

# 1.10 Safety in Latin America

Most Latin American countries have now recognized that tourism plays an important part in their economies and governments have taken great steps in the last few years to change South America's poor security image. You'll find a lot more police, especially plain-clothed officers, in the towns and cities most frequently visited by tourists.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



Here are some helpful tips to help you minimise any security risks:

- When taking taxis from an airport to your hotel, travel in the more expensive airport taxis and ensure that the drivers have official identification. Never take a taxi waiting outside the airport grounds.
- Travel in a group if possible.
- Learn the basics in Spanish before you arrive in Latin America. Don't expect that people will speak English.
- Keep your valuables hidden and watch your pockets especially around busy tourist areas such as Florida St in Buenos Aires and La Mariscal in Quito.
- Avoid going on your own to remote areas/ruins where tourists would not be expected to go. Seek local advice or take a guide.
- Read the guide books and talk with other tourists to find out which areas are best avoided.
- When leaving nightclubs/ bars/ discos late at night take a taxi home no matter how close your hostel is.
- When arriving in a new town, keep to your original plan and stay in the hotel that you have decided on. Don't let the taxi driver persuade you that your hostel is fully booked and that he knows a cheaper and better one. He'll be working on commission and the hotel may not be in a safe part of town.

Although assaults are rare, theft can be prevalent. What Latin American thieves are experts at is making the most of a good opportunity – a moment's lapse in a tourist's concentration is their business. Long bus trips, crowded streets and packed trains are all their territory. We don't recommend that you avoid these places because you can't, but again common-sense precautions should be taken

- Don't wear expensive looking jewellery.
- On public transport, have your day pack close to you at all times, preferably with the straps around your legs or padlocked to the luggage rack. On buses, your backpack will normally go outside, either on top of the roof or in the external luggage compartments. On long distance buses, ask for a receipt for your bags. On short rides, just keep a careful eye out each time the bus stops to off-load bags.
- Leave your valuables in your hotel safe when making day trips or longer tours. Obtain a receipt not just for your money belt/wallet etc. but for its contents, with each item listed.
- If planning on going to market areas, crowded streets, fiestas etc don't go with all your valuables. Leave them in the hotel.
- If you're planning on buying something expensive, keep your money safely in a money belt.
- If the pavements are really crowded, especially in market areas, walk on the road.
- Bag slashing is rare these days, but for added safety you can wear your day pack on your chest. If it's on your back, try to walk without stopping.
- When putting your bag down on the floor, to take a photo or just to sit in a café, remember to put your foot through
  the strap. This is the most common type of theft in South America tourists forgetting bags in cafes and on returning to ask if anyone has seen it you've guessed it it's gone.

If, at the end of the day, you are unfortunate enough to be robbed ... just accept it as a travel experience. Make sure that you have good insurance and that you've read the small print before arriving in Latin America so you know what is required to make a successful claim.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



If, at the end of the day, you are unfortunate enough to be robbed ... just accept it as a travel experience. Make sure that you have good insurance and that you've read the small print before arriving in Latin America so you know what is required to make a successful claim. Excluding precious photos, most things can be replaced in Latin America. Finally don't let it spoil your holiday and don't suddenly believe that every South American is a thief. The overwhelming majority are kind, honest, hardworking people who detest the thieves probably more than you do – when they get robbed, they usually don't have insurance.

# 1.11 Insurance

Please note insurance is mandatory on all Viva Expeditions tours.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



# 2. Specific Country Information

# 2.1 Peru & Bolivia

Scenically awe-inspiring, Peru is undoubtedly a South American highlight. Peru was home to many pre-Colombian civilisations and is known as the "Egypt of South America" due to the large number of historical sites and ruins, including the world famous Machu Picchu. Whether you choose to explore the Andes, the Amazon or just relax and embrace the Peruvian way of life, this is a destination to be experienced.

Bolivia is another destination not to be left unexplored. Bordering Lake Titicaca, the highest commercially-navigable lake in the world, and boasting amazing geological phenomenon, such as the Valley of the Moon and the Salar de Uyuni, the world's largest Salt Lake, as well as thousands of square miles of virgin Amazon rainforest, and Andean peaks, it is evident that Bolivia holds claim to some remarkable natural wonders.

Bolivia has a long, eventful history, from Inca conquest to Spanish conquest to troubled Independence; and that has inevitably left its cultural mark, with pre-Inca ruins, such as Tiwanaku; Inca remnants, such as the Temple of the Moon on Lake Titicaca; Colonial architecture, such as in Sucre and La Paz; and bustling modern cities, such as Santa Cruz.

## Did you know?:

- Both Peru and Bolivia were home to the ancient Incas.
- Lake Titicaca sits on the Peru and Bolivian border.
- Peru is famous for the spirit Pisco and the cocktail Pisco Sour.

#### **Visas Information**

A pre-arranged visa is not required to enter Peru or Bolivia for citizens of the following countries:

- Australia
- United Kingdom
- The United States
- Ireland
- Canada
- New Zealand
- European Union
- South Africa

For other nationalities please visit the website of the relevant consulate.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



#### Weather

The weather and climate in Peru and Bolivia varies greatly depending on the region. Along the Pacific coast of Peru, including Lima, there is a very temperate climate. The average temperature is around 24°C (75°F), but can get as high as 30°C (86°F) in the summer; but generally no lower than 15°C (59°F) in the summer.

In the high Andean climates of the areas around Cusco, La Paz and Lake Titicaca it is more of a cold climate with rainy summers and dry winters. Here the average temperature is around 12C and although it can get quite warm during the day, the temperature at night drops to below freezing regularly.

In the Salar de Uyuni (salt flats) in Bolivia, the weather conditions in the region can get extreme, from hot fierce sun during the day, to freezing night temperatures. The temperatures typically average 20°C (68°F) during the day, but during the night it can dip well below freezing and the wind chill can add to the cold. Also, it is not uncommon for temperatures in the Salar de Uyuni to reach 30°C (86°F) during the day and fall to -25°C (-13°F) the following night.

#### Cuisine

Peruvian cuisine is reasonably unique and surprisingly tasty. Gastronomists around the world rate it as the best cuisine in Latin America, due to the vast variety of what is on offer! We recommend that you sample some Peruvian food prior to departure so you have a better idea of some of the native dishes when you arrive in Peru. In Sydney we recommend "La Cocina Peruana" and in London we recommend "La Fina Estampa" or "Titos" at London Bridge.

The Peruvian diet is mainly based on chicken, beef and seafood. Regional dishes vary, and Aji (Orange Chilli) is often used. The food can be spicy and may be different from what your body is used to!

## **Recommended Dishes:**

- Lomo Saltado Stir fried beef served with tomatoes, onion, rice and potato.
- Aji de Gallina Chicken strips served with rice in a yellow chilli sauce.
- Ceviche Raw fish marinated in lime juice with chilli and onion.
- Cuy Guinea pig, a highland dish usually roasted or barbequed.

We recommend our clients to drink bottled water and to avoid tap water at all times. Please note that many fruit juices may be mixed with unboiled water and some fruit may be washed in it.

For alcoholic beverages, look no further than the traditional spirit of Pisco and the famous Pisco sour cocktail containing Pisco (a grape brandy), egg white, bitters and lime juice. Some regional beers are also worth trying, including Cusqueña and Pilsen Callao.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



## **Currency Information**

Please see the below table for approximate currency conversion rates (please check up to date rates before you depart).

Currency	1 US\$	1 AU\$	1GDP	1 EURO
Peru - Nuevo Sol	2.7	2.8	4.5	3.9
Bolivia - Boliviano	7.0	6.8	11.1	9.5

We recommend that you travel with a supply of US dollars, as well as small amounts of local currency, as the US dollar is readily accepted across the continent in major department stores, hotels and tourist areas. Use local currency for small purchases. Dollars can be changed in exchange offices ( Casas de Cambio ), hotels, tourist offices or on the street. Street vendors usually give a better rate, however proceed with caution!



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



## Machu Picchu

Machu Picchu is one of South America's major tourist attractions and in 2007 it was given the title of one of the new Seven Wonders of the World. In 2011 it was 100 years since the rediscovery of Machu Picchu, when the American explorer and politician, Hiram Bingham, found the lost city of the Incas in 1911 and brought its attention to the rest of the world.

When visiting Machu Picchu you will need a few days in Cusco, the next biggest town from Machu Picchu, to acclimatise to the altitude of over 3,000m (10,000ft) in the legendary capital of the Inca Empire. You then have the option of either discovering Machu Picchu by trekking all, or part of the way, or you can catch a train. There are several options for trekking to the ruins. The Inca trail is the most popular option as it is the only trek in the area that enters the ruins through the famous "Sun Gate". This trek has options for a 4-day or shorter 2-day hike and must be booked far in advance to guarantee availability. There are 500 permits issued per day for the trek and once these have been sold out, they do not come back on sale. Other treks like the 4-days 'Lares Trek' or the 5-days 'Salkantay Trek' do not arrive via the Sun Gate but are still great options for trekking in the area. For both these alternative treks you would catch the train for the last part of the journey to the ruins.

On a day trip visiting Machu Picchu from Cuzco, you will be met early in the morning and transferred from your hotel to Poroy railway station to board the train towards Machu Picchu. After an impressive train ride through mountain valleys, cloud forest, and high rainforest (approx 3-4 hours) we reach this wonder of the world. You will have a guided tour of the site, as well as some free time to appreciate this amazing place. For the energetic, there is the chance to climb the emblematic Huayna Picchu (Little Mountain) at additional charge (must be booked in advance – see notes below). At the end of the day you descend by bus to the small town of Aguas Calientes to take the train back to Cusco or you have the option to overnight there.

Please note: Machu Picchu is open daily from 7:00am to 5:30pm. There are no time limits for your visit to the ruins but if you are going back to Cusco the same day you will need to leave in time to pick up your train. Usually the train departure from Aguas Calientes to Cusco is at 18:45 and it is necessary to get down to Aguas Calientes at least one hour before the train leaves. Also be aware that toilets (small charge) and food stalls are outside the check point. You can re-enter the sanctuary the same day but bringing food and drinks with you inside the sanctuary is also permitted and recommended by us.

Also note: There is now an entry fee for everyone wanting to trek up Huayna Picchu - \$25 when booked at same time as entrance to Machu Picchu on a day trip, Lares or Salkantay Trek (if booked after the initial booking it increases to \$70). When booked in conjunction with the Inca Trail it is \$70 whenever it is booked. Please let us know at time of booking if you would like to hike this mountain. Spaces are extremely limited, and first come - first served applies!



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



# 2.2 Chile & Argentina

Chile and Argentina are both home to incredibly diverse landscapes, rich history and stunning scenery. These two countries, located in the south of the continent, also share the inspiring region of Patagonia which contains mystical glaciers, volcanic mountains and some of the most famous treks in the world.

The centres of Chile and Argentina are also very similar with rugged mountain ranges and pristine Andean lakes being shared on both sides of the border.

Then there is the North of Argentina, where one of the world's great waterfalls is found: Iguaçu Falls - an absolute must-see of the Continent!

The north of Chile should also not be forgotten with the Atacama Desert, containing geysers and other impressive rock formations.

Of course Chile and Argentina are not just about natural beauty: Buenos Aires is the most international of South American cities, filled with beautiful people, stunning architecture, and worldclass cuisine. Santiago is a modern marvel, surrounded by snow-capped peaks, and is a testament to the emergence of Chile as the modern economy in the region. From geysers to glaciers, these two wonderful countries will not disappoint and Viva will take you there with our most popular tours:

## Did you know?

- The national dance of Argentina is the tango.
- Chile's boundary length (including coastline) is 12,606 km (7833 miles).
- The Tierra del Fuego National Park stretches across both countries.

## **Visa Information**

A pre-arranged visa is not required to enter Argentina for citizens of the following countries:

- Australia
- United Kingdom
- The United States
- Ireland
- Canada
- New Zealand
- European Union
- South Africa

For other nationalities please visit the website of the relevant consulate.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



#### Weather

Because of these great differences of latitude and altitude there are many differences of weather and climate within Argentina and Chile. The effect of the southern Andes is to produce a sharp contrast between the very cloudy and wet climate of southern Chile and the dry, almost desert conditions of Argentine Patagonia in the south, which is sheltered from the persistent westerly winds which blow in these latitudes.

In the North of Chile and Argentina expect sunny and dry conditions for most of the year reaching temperatures of 35° C (95°F) plus. There is also a wet season here from December to March, and it can be uncomfortably humid then.

In the centre, Buenos Aires has a rather temperate climate which neither becomes unbearably hot or cold and the same can be said for Santiago.

Down south in Patagonia however the weather is extremely cold for most of the year, except for the summer months (November – March) when it can be surprisingly pleasant.

#### Cuisine

Typical Chilean food is pretty simple and simply seasoned. Chile is perhaps most well known for its seafood. Abalones, razor clams, mussels, spider crabs, oysters, conger eels, salmon, corbinas and sole are among the wealth of fresh seafood captured along the 4,000km length of Chile's coastline.

Chile's vineyards are now challenging the more established players in the wine industry, providing fresh and modern flavours for the rest of the world.

Moreover, the cuisine of Argentina is distinctive in South America because of its strong resemblance to Italian, Spanish, French and other European cuisines, rather than the other Latin American cuisines. Indigenous gastronomies derived from groups such as the Quechua, Mapuche, and Guarani have also played a role.

Another determining factor in Argentine cuisine is that Argentina is one of the world's major food producers. It is a major producer of meat (especially beef), wheat, corn, milk, beans, and since the 1970s, soybeans. Given the country's vast production of beef, red meat is an especially common part of the Argentine diet (in many periods of Argentine history the annual consumption of beef has been above 100 kg (220lb) per capita and during the 19th century, neared 180 kg (397lb) per capita!)



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



Certain foods can be found in all corners of the country. These include asado (barbecued meat); dulce de leche (milk candy); empanadas (similar to Cornish Pasties); yerba mate (traditional tea) in addition to all sorts of Italian, Spanish, and French dishes.

#### **Recommended Dishes:**

- Empanadas Pastry filled with meat, cheese or mussels.
- Asado Barbecue of beef, pork or chicken.
- Pastel de Choclo Corn casserole with meat stuffing.
- Cazuela Homemade stew with beef, chicken, corn, rice and potatoes.

Enjoy your meal with the excellent Argentinean or Chilean wine, and go ahead and have one or two Pisco Sours, made with Chilean Pisco!

## **Currency Information**

Please see the below table for approximate currency conversion rates (please check up to date rates before you depart) Chile's vineyards are now challenging the more established players in the wine industry, providing fresh and modern flavours for the rest of the world.

Currency	1 US\$	1 AU\$	1 GDP	1 EURO
Chile - Peso	470	475	770	660
Argentina - Peso	4	4	6.5	5.6

## **Argentina Specific Safety Information**

Please note: Do not pay taxis with a high value note like 50 or 100 Pesos. Taxi drivers especially in Buenos Aires are known for their 'fake note' scams: If a tourist pays for a taxi with a high value note the taxi driver very quickly switches it with a fake note when the passenger pays and then tells the passenger it is fake and doesn't accept it (he therefore has their real one and gets rid of his fake one). Please be aware of this scam and only pay with low value notes or coins in taxis.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



# 2.3 Brazil

Brazil is universally known as the land of sun, samba and sea. The local people love life and this is reflected in their friendly nature and welcoming of foreigners to their land.

Starting with the vibrant, pulsating and inspiringly-beautiful city of Rio de Janeiro, which is famed for its breathtaking setting, and home to the world famous Carnivale! You will be in awe at the views from Corcovado Mountain, where the statue of Christ the Redeemer stands proudly, arms outstretched and watching over the city; and Sugar Loaf Mountain which also offers stunning views of Rio. Then of course there are the famous beaches of Copacabana and Ipanema, where you can observe the fascinating beach culture and even sip on a caipirinha, the national cocktail, at one of the many beach-side bars.

To escape the hustle and bustle of Rio, there is also the wonderful sea-side town of Buzios, just north of Rio. Here you will find several pristine white sandy beaches and delicious seafood restaurants. Or there is the tropical island paradise of Ilha Grande with some 92 beaches and Islands to explore by boat or on foot.

Of course Brazil is not just all about beaches, the Pantanal and Amazon jungle provide some the of the best wildlife viewing in the whole continent.

## Did you know?

- The famous carnival is celebrated in February or March across the country.
- Brazil is the 5th largest country in the world.
- The national cocktail is the caipirinha made from Cachaça, a sugar cane spirit.

## **Visa Information**

A pre-arranged visa is also not required to enter Brazil for citizens of the United Kingdom, Ireland, New Zealand, European Union and South Africa.

However, for citizens of Australia, the United States and Canada a pre-arranged visa is required and can be applied for within 90 days before entering the country. The first arrival in Brazil must take place within 90 days from the date the visa was issued.

IMPORTANT: Please allow a minimum of 6 weeks for the visa to be processed by the Brazilian consulate.

Contact your local Brazilian embassy for details on how to apply for a visa or for other nationalities.



Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



(Please note that a visa is required for the Iguaçu Falls tour in order to visit the Brazilian side of the falls. Previously, day visa's were granted to those visiting the falls, but this is no longer the case as citizens of Australia, the USA and Canada need to apply for a full visa before departure.)

Disclaimer: Whilst Viva Expeditions will assist in every possible way to provide you with accommodation and flight details necessary to obtain your visa, we are not a consular service and it is the sole responsibility of the traveller to obtain the necessary visas before departing Australia through the consulate. Travelling without a visa may result in the cancellation of part or whole of your tour without refund as per terms and conditions.

## **Arrival Transfers**

Please not to be alarmed if public and private vehicles (transfers, taxis, buses) don't stop at red lights between the hours of 10pm and 6am. It is not a legal requirement for vehicles to stop at red lights in Brazil during these hours and is in the interests of passenger safety.

## Weather

Brazil is a vast country taking up most of the continent of South America. However, only the South of Brazil has the traditional four seasons.

Winter in Brazil lasts from June to August. Most of Brazil's weather and climate during this period will be moderate. Temperatures in key cities such as Rio de Janeiro, Curitiba and Sao Paulo average between 13 to 18°C (55 - 65°F). During winter Rio can be very wet. If you happen to be in Brazil during this time and want better weather, then head to the Northeast.

Summer lasts from December to February. During summer, anywhere south of Rio gets very, even oppressively, humid. Temperatures in the high 30s are common and can sometimes push to the low 40s. Combine these temperatures with the humidity and things can get uncomfortable. The occasional rain shower helps cool people off but they don't last for long.

The Northeast of Brazil arguably offers the best climate and weather. In the summer it gets temperatures similar to Rio, but due to the tropical breeze, it is much less humid. From Bahia to Maranhao temperatures are slightly warmer than Rio all year round.

## Cuisine

Brazilian cuisine varies greatly from region to region; but like most places in South America, there is great importance placed on fresh meat and fish. Rio de Janerio and the south-east offer the most well-known cooking styles and food associated with Brazil. Here you will find feijoada which was originally produced by Brazilian slaves, but since been turned into a delicacy. This stew consists mainly of beans and meat, simmered with herbs and spices. Also not to be missed is manioc, which is the most important food in all of Brazil and used in the preparation of many dishes. The most popular however, is for the manioc to be fried, creating sweet crisps/chips, and is the Brazilian answer to french fries.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



In the North, and around the Amazon regions of the country, the cuisine and cooking methods are notably different and reflect more of an Amerindian heritage. One of the most popular dishes is pato no tucupi which is roasted duck marinated in lemon juice, oil and garlic, topped with a special sauce made from manioc juice extracts and jambu leaves. Fish is also very important in the North as many different species are used and prepared with fresh ingredients and used as bases for stews and soups.

Other dishes which should not be missed include:

- Coxinha A thigh-shaped chicken croquette.
- Brazilian Empanadas Pastry pies, usually with prawns or chicken.
- Churrasco Brazilian barbeque, with flame-grilled fresh chicken, beef and lamb.
- Moqueca Capixaba Tomato and fish stew prepared in a clay pot.
- Guava Ice Cream
- Cuscuz Branco Similar to couscous, but prepared with coconut milk and sugar and served as a dessert.

Of course, a trip to Brazil isn't complete without tasting the national alcohol cachaça which is distilled from sugar cane. Especially if going to Rio, then enjoying the national cocktail Caiprihinia on the beach is a perfect way to spend a sunny afternoon. Brazil also has a range of many great beers including Brahma and Original as well as local wines and champagnes.

## **Currency Information**

Please see the below table for approximate currency conversion rates (please check up to date rates before you depart).

Currency	1 US\$	1 AU\$	1 GDP	1 EURO
Brazil - Ral	1.6	1.7	3.5	2.5



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



# 2.4 Galapagos and Ecuador

The Galapagos Islands are located west of Ecuador and are famed as the home to many fascinating species of wildlife, including lava lizards and red-footed boobies! Galapagos cruises are generally 4, 5 or 8 days in length and include all meals, daily excursions and certified naturalist guides who will give you a real insight into the history and significance of the Galapagos.

Of course, there is always the Ecuadorian mainland with the urban jewel Quito, with its wonderful Colonial architecture, set amidst the Andean Mountains. Often a stopover point on the way to visit the Galapagos Islands, Quito is worth taking the time to get to know.

Beyond Quito, the culture and scenery of the highlands is captivating, where Quichua-speaking communities retain many of their traditional customs, in the shadow of snow-capped volcanoes.

And the East of the country has some of the highest bio-diversity on the planet, contained in the Amazon jungle region, which has its own customs and traditions.

## Did you know?

- The Galapagos Archipelago contains 13 main islands and has a human population of around 40,000.
- Some Galapagos cruises may apply surcharges according to season, as well as fuel surcharges.
- Quito, along with Krakow, was the first World Cultural Heritage Site declared by UNESCO, in 1978.

#### **Visa Information**

A pre-arranged visa is not required to enter Ecuador or Galapagos for the following countries:

- Australia
- United Kingdom
- The United States
- Ireland
- Canada
- New Zealand
- European Union
- South Africa

For other nationalities please visit the website of the relevant consulate.



Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



#### Weather

In terms of weather in Ecuador, there are only two real seasons – the rainy season and the dry season – but this varies greatly due to factors such as altitude and proximity to the coast. Even during the rainy season, most days are sunny until the afternoon.

The highland dry season is from June until the end of September. In the Amazon basin, it rains during most months, but August and December – March are usually the driest.

On the coast, the wet season (roughly January to May) sees sunny days with showers everyday - usually in the afternoon. Oddly enough, though, this is the best beach weather as the dry season (roughly June to December) is cooler and usually overcast.

## Cuisine

Ecuadorian food remains a difficult thing to classify. The main type of food available is secos (chunks) of meat, normally grilled, on a plate of rice, accompanied by a pulse-based sauce and a fried savoury banana known as verde. This can be found in almost every small restaurant, of which there are countless. These are normally part of an almuerzo (lunch), which is very cheap and comes with a soup and juice.

Vegetarianism is definitely possible, but must, normally, be specifically asked for. Buying your own food can really bring the price of eating down, especially if you find the markets that abound with fruit and vegetables. The fruit here is special, anything you can think of and more such as guanabana or maracuya. It is a joy when every restaurant will give you freshly squeezed fruit juice from a plethora of options for next to nothing.

Drinking here is certainly taken seriously. The local beer is Pilsener with Biela coming a lagging second. Rum and coke is enjoyed throughout the country, which is quite understandable when a bottle of rum costs less than \$2.

## **Currency Information**

Ecuador and Galapagos currently use USD as their main currency. Please check the rate closer to your departure date.

## **Galapagos Information**

Please refer to your Galapagos Islands fact sheet for more detailed information on the Galapagos.



Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



## 2.5 Central America and Mexico

The Central America and Mexico region is a fascinating area full of buzzing cities, charming colonial towns, historic ruins and amazing scenery. There is so much to see and do here and the locals are well known for welcoming visitors with open arms.

Mexico is the largest of these countries and contains the vibrant metropolis of Mexico City with its stunning architecture and rich Spanish history; many historic Mayan and Aztec sites, including Uxmal, Kabhah, Teohatican and Chichen Itza; and a stunning coastline along both the Caribbean and Pacific Oceans, with Playa del Carmen and Tulum being two of the real gems.

Of course, the rest of Central America isn't to be forgotten, with many wonderful attractions such as Tikal and Antigua in Guatemala, the spectacular volcanoes in Nicaragua, the rainforest of Tortuguera National Park in Costa Rica, the tropical paradise of the San Blas islands in Panama and much, much more!

## Did you know?

- Mexico introduced chocolate to the world thanks to the ancient civilization of the Mayans.
- More than 25% of Costa Rica's land is dedicated to national parks, reserves and wildlife refuges.
- The Panama Canal in Panama is the largest man-made waterway in the world and allows ships to pass from the West Coast of the USA to the East Coast

## **Visa Information**

A pre-arranged visa is not required to enter Mexico or any country in Central America for citizens of the following countries:

- Australia
- United Kingdom
- The United States
- Ireland
- Canada
- New Zealand
- European Union
- South Africa

For other nationalities, please visit the website of the relevant consulate.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918 Email: info@vivaexpeditions.com



#### Weather

In general, Central America has a distinct wet and dry season. Temperatures are relatively similar year round, but rainfall varies considerably from nearly none at all to 30cm (12 inches) or more in a single month. Temperatures remain relatively high all year, especially on the Caribbean coast, as high humidity is often a feature. The wet season runs from June to October and the dry season from mid-November to May. Despite these predictable patterns, it's not unheard of to have a sudden flood in the dry season or to have two weeks of gorgeous weather in the middle of the wet season. Most activities and tours are available all year.

Mexico, owing to its size, has very diverse weather depending on the region. On the Caribbean coast, it is very similar to Central American weather with its wet and dry seasons, and unpredictability. However, the weather in Mexico City, which is sited at an altitude of 2,300m (7,550ft) above sea level, is far more moderate. Mexico City has pleasant summers and mild winters, with an annual average temperature of 18°C (64°F). Seasonal variations in temperature are small, but May is the warmest month of the year, and January the coldest, when night frosts are possible.

#### Cuisine

Mexican food has some of the most well-known and loved dishes in the world. It varies by region, because of local climate and geography, and ethnic differences among the indigenous inhabitants, and Spanish influence. The north of Mexico is known for its beef, goat and ostrich production and meat dishes. In contrast, the Oaxaca region is known for its savoury tamales and celebratory moles; while the mountainous regions of the West (Jalisco, etc) are known for goat birria (goat in a spicy tomato-based sauce). Central Mexico's cuisine is largely influenced by the rest of the country, but has unique dishes such as mole and pozole.

The rest of Central America is lesser known for the culinary expertise, but there are still some excellent meat, rice and bean dishes.

## **Recommended Dishes:**

- Tamales Boiled pockets of corn dough stuffed with meat and served in banana leaves. Available in all of Central America and each country has slightly different versions.
- Pozole Broth from chicken or pork, with corn, lettuce, oregano, onions, dried ground chilli, lemon juice and radish.
- Mole A spicy, peanut sauce that is poured over meat. Surprisingly, chocolate may also be added to this rich sauce.

Drinks include tepache (made from pineapple), tuba (fermented juice from the coconut tree), and pulque (ferment made from maguey). Tequila, of course, is also offered and is usually served as a major ingredient in margaritas, with salt-rimmed glasses and lime juice. For those who want to do it the Mexican way, try the mezcal, which is a rougher version of tequila. Also Belizean rum is world-famous and excellently produced.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



## **Currency Information**

Please see the below table for approximate currency conversion rates (please check up to date rates before you depart).

Currency	1 US\$	1 AU\$	1GDP	1 EURO
Nicaraguan Cordoba	21.21	19.14	3151	27.12
Costa Rican Colon	500	490	830	715
Belize Dollar	1.95	1.75	2.89	2.49
Honduras Lempira	18.92	17.07	28.10	24.18
Guatemala Quetzal	8.00	7.22	11.89	10.23
Mexican Peso	12.46	12.24	18.51	15.93
Panama Balboa	1.01	0.91	1.50	1.29



## Contact us:

235B Dairy Flat Highway, Albany, Auckland

0632 New Zealand Phone: +64 9 950 5918



# 2.6 **Cuba**

Cuba is one of the most controversial and fascinating countries over the last 100 years. Still governed by the infamous Castro brothers, Cuba is an amazing place to visit with an abundance of attractions.

The capital Havana is brimming with excitement and charm, filled with cobblestone streets and wonderful architecture. Just to the west you will find the Viñales valley which is famous for tobacco fields and the first step in the process of making the famous Cuban cigar. The coastline of Cuba is also picturesque with the resort town of Varadero and Trinidad a couple of the highlights; while Santiago de Cuba offers a real Caribbean vibe and flavour!

## Did you know?:

- Cuba has the highest doctor-to-population ratio of any country in the world. They have even sent many doctors to other countries that do not have enough doctors!
- Cuba has more than 4,000 islands.
- The famous American author, Ernest Hemingway, was well known for being a frequent visitor to Cuba and there are many monuments to him in Havana.

## **Visa Information**

Virtually all visitors need a Cuban visa or tourist card, which allows a stay of 30 days. Visa required by Australians, Canadians, British, EU countries and US citizens Tourist Visa Card costs US\$ 25 and is valid for stays of up to 30 days. Visas must be used within 180 days of date of issue. Extensions of 30 days are available in Cuba. Visitors need a return ticket, and proof that they have booked a hotel room for at least three nights.

The US prohibits its citizens from travelling to Cuba, unless they obtain a licence, usually reserved for journalists or government officials.

While Viva Expeditions will assist in every possible way to provide you with accommodation and flight details necessary to obtain your visa, we are not a consular service and it is the sole responsibility of the traveller to obtain the necessary visas before departing your home country. Travelling without a visa may result in the cancellation of part or whole of your tour without refund as per terms and conditions.

## Weather

The Cuba climate is mild sub-tropical, thanks to its proximity to the Tropic of Cancer, and its narrow configuration. During the short winter, cold air masses can come from the North, but they are of short duration. The average temperature throughout the year oscillates between the 20 and 35°C (68 – 95°F), lowering sometimes to 10°C (50°F). The Eastern region enjoys warmer weather than the Western; and the variations of temperature between the day and the night are less accentuated in the coastal regions that in inland.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



North-East trade winds temper the heat, but summer shade temperatures can rise to 33°C (91°F) in Havana, and higher elsewhere.

In winter, day temperatures drop to 20°C (68°F) and there are a few cold days. Average rainfall is from 86cm (34 inches) in the East to 173cm (68inches) in Havana; it falls mostly in the summer and autumn, but there can be heavy rains at any time.

## Cuisine

Cuban cuisine is a fusion of Spanish, African and Caribbean cuisines. Cuban recipes share spices and techniques with Spanish and African cooking, with some Caribbean influence in spice and flavour. Meat, as you would expect is hugely popular and usually served in light sauces. The most popular sauce, used to accompany not only roasted pork, but also the viandas, is mojo or mojito (not to be confused with the mojito cocktail), made with oil, garlic, onion, spices such as oregano and bitter orange or lime juice.

The origin of Cuban mojo comes from the mojo sauces of the Canary Islands. Cuban mojo is made with different ingredients, but with the same idea and technique as the Canary Islands. Of course with so many Canary Islander immigrants in Cuba, the Canary Islander influence was strong. Ropa vieja is a shredded beef dish (usually shank) simmered in tomato-based criollo sauce until it falls apart.

#### **Recommended Dishes:**

- Ropa Vieja Delicious shredded beef in a tomato based sauce.
- Boliche A beef roast stuffed with chorizo sausage and hard boiled eggs.
- Tamales Made with corn flour, shortening and pieces of pork meat, tamales are wrapped in corn leaves and tied, boiled in salted water and served in a number of different ways.

Of course drinks play a major part in Cuban lifestyle with the famous Cuba libre (rum with coca cola and lime) and mojito (mint and rum) cocktails a must try! Cuba also has a range of fresh juices which are popular and several beers including Cristal and Bucanero.

## **Currency Information**

Please see the below table for approximate currency conversion rates (please check up to date rates before you depart).

Currency	1US\$	1 AU\$	1 GDP	1 EURO
Cuban Peso	1.00	0.90	1.485	1.16



## Contact us:

235B Dairy Flat Highway, Albany, Auckland

0632 New Zealand Phone: +64 9 950 5918



The Cuban Peso, denoted by CUP, is one of two official currencies used in Cuba. The CUP does not have any value outside of Cuba, and is used almost exclusively within the nation. For many years, the United States Dollar (USD) has been used by tourists and for "luxury" items. However, usage of the USD is now being replaced by the CUC, or the Cuban Convertible Peso. Thus, Cuba has two parallel currencies: the CUP and CUC. Generally tourists are required to only use CUC.

Cuba does has very few ATM machines; however, you can get CUC from your credit card at the Havana airport, at CADE-CA kiosks or some banks (rates should be the same at all locations). The bigger hotel's also often offer transfer services available. At hotels, clients are advised to be sure that the hotel is officially changing money and that they issue receipts for the transactions. Hotel's exchange rates might be slightly higher than those a CADECA kiosks and banks, although some hotels have CADECA kiosks inside them.

Currently only non-American credit and debit cards are accepted but as the result of the latest US – CUBA talks to renew relations, US credit and debit cards should begin to be accepted shortly.

Moreover, this office provides other credit card services for those who need them:

Hotel Habana Libre Trip Calle 23, Esquina M Plaza La Habana

You can use any type of credit card (American Express, Visa, Mastercard, Discovery, JCB, Banamex, Bancomer, Carnet, Diners Club International, etc.) or travellers cheque in Cuba, providing it is not issued by a US bank.

All foreigners, when visiting Cuba, can import money freely without limits. Coins are issued in 1, 5, 10, 25, and 50 cent denominations. Before departing Cuba, all monies not used must be returned to the bank offices located at the international airports. Please note that there is a 10% surcharge on changing \$US dollars so it is recommended to being Euros or other foreign currency.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



## 2.7 Colombia and Venezuela

Colombia and Venezuela are two countries in South America which are rapidly rising in popularity with travellers. Whilst they have had their problems in the past, the countries have cleaned themselves up immensely over the last five years and offer many exciting destinations and attractions. From the world's tallest waterfall – Angel Falls in Venezuela – to the beautiful town of Cartagena on the Caribbean coast, you won't be disappointed with a trip to the very Northern part of South America!

## Did you know?:

- Colombia was named after the great explorer Christopher Columbus.
- Colombia is the only country in South America with a coastline on the Pacific Ocean and the Caribbean.
- Venezuela is the fifth largest exporter of oil in the world.

#### **Visa Information**

A pre-arranged visa is not required to enter Colombia or Venezuela for citizens of the following countries:

- Australia
- United Kingdom
- The United States
- Ireland
- Canada
- New Zealand
- European Union
- South Africa

For other nationalities please visit the website of the relevant consulate.

## Weather

Colombia and Venezuela are equatorial countries, so there are no real seasons other than wet and dry. The climate in Colombia and Venezuela is tropical along the coast and eastern plains; cold in the highlands; Cities such as Bogotá and Cali have been known to reach temperatures below 0°C, so if you are sensitive to cold weather, be prepared. Some mountains are also covered in snow perennially. Cities along the Atlantic coast (Cartagena, Barranquilla, Santa Marta, Merida) are hot and humid, while some cities at mid-altitude in the Andes (Medellín, Pereira) and the Venezuelan capital of Caracas have 'everlasting spring' weather.

## Cuisine

Colombian Cuisine is very diverse and varies according to region. In some regions you will find some "interesting" specialties like roasted ants or guinea pigs, while in other areas the locals wouldn't go near these dishes!



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



Generally, the Colombian and Venezuelan diet includes a lot of meat so they are not the easiest place to be vegetarians. In the coastal areas you will find a good variety of fish, lobster and seafood often cooked with coconut milk based sauces. There is plenty of fresh fruit available however and particularly in Colombia, there will be many types you have never heard of before.

#### **Recommended Dishes:**

- Ajiaco Chicken with two kinds of potatoes, corn, sour cream, capers, avocado and guasca. Guasca is a special herb that grown throughout the Americas and gives the soup its distinct flavour.
- Arroz con Coco It is a common side dish of the Caribbean coast of Colombia and Venezuela. White rice is cooked in coconut milk with water, salt and sugar.
- Buñuelos Ball-shaped fritters made with a dough of white cheese curd, fried until golden brown.
- Arepa It is Venezuela's most famous dish: a cornmeal cake that can be grilled, baked or fried and usually filled with a variety of toppings such as meat, cheese and bacon.

For drinks, of course you have to try some famous Colombian coffee and some of the wonderful fruit juices and smoothies on offer. We recommend our clients to drink bottled water and to avoid tap water at all times.

## **Currency Information**

Please see the below table for approximate currency conversion rates (please check up to date rates before you depart).

Currency	1 US\$	1 AU\$	1GDP	1 EURO
Colombia: Colombian Peso	1900	1930	3070	2660
Venezuela - Venezuelan Bolivar Fuertes	4.4	4.3	6.9	6.1

We recommend that you travel with a supply of US dollars, as well as small amounts of local currency as the US dollar is readily accepted across the continent in major department stores, hotels and tourist areas. Use local currency for small purchases. Dollars can be changed in exchange offices (Casas de Cambio), hotels, tourist offices or on the street. Street vendors usually give a better rate, however proceed with caution!



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



# 3.0 Learning Spanish or Portugese

If you would like to learn Spanish quickly and effectively then we recommend one of our two-week live-in Spanish courses, which you can purchase on our payment pages. Below are a few simple lines to get you started!

Also our partners in Peru offer a web-based tuition over Skype. This is a great opportunity to learn Spanish from a South American teacher and block bookings of 10, one hour lessons are available. Please click on the below link for more information and to sign up: <a href="http://www.webspanish.com/">http://www.webspanish.com/</a>

For the basics of either Spanish or Portuguese check out the BBC languages website which has free online classes.

## **Basic Latin American Spanish**

Snanich

Chancho/ Cerdo

The handy guide below will help you feel more at home, help you relate better to the locals and go a long way! Viva Expeditions we can help you a little here:

Spanish		Portugese
Hola	Hello	Olá
Buenas Días/Tardes	Good Morning/ Afternoon	Bom dia
Como estas?	How are you?	Como estas?
Bien	Fine	Bem
Mas o menos	More or less	Mais o menous
Mal	Bad	Mal
Gracias	Thank you	Obrigada
Cuánto cuesta este?	How much is this?	Cuanto custa
Está bien	That's ok	Esta bem
Demasiado	Too much	Muito
Pocito menos	A little less?	Pouco menos
Donde esta?	Where is?	Onde é
el mercado	The market	Mercado
La Plaza de Armas	The main plaza	Praca Central
el baño	The bathroom	Banho
la tienda	The store/shop	Loja
policia/ Hospital	The police / hospital	Policia/hospital
Agua	Water	Agua
Jugo	Juice	Suco
de Naranja	Orange juice	de Laranja
Pan	Bread	Pao
Pollo	Chicken	Frango
Carne	Meat (beef)	Carne
_	_	



Pork

## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Porco

Phone: +64 9 950 5918



# 4.0 Booking Terms and Conditions

## 1. Parties

- 1.1 These terms and conditions form part of the contract between:
- 1.1.1 Viva Expeditions Ltd ("the company"); and
- 1.1.2 Any person wishing to travel on a tour provided or offered by the company ("the client")
- 1.2 The person making the booking for the tour warrants that, before making the booking, he or she has read and has agreed to be bound by these terms and conditions.
- 1.3 Where the booking for a tour is made other than by all persons wishing to travel on the tour, the person making the booking warrants that he or she has advised each person wishing to travel on the tour of these terms and conditions and further warrants that each such person has agreed to be bound by them.

## 2. Payment of deposit

- 2.1 At the time of booking, the client must pay a deposit of at least the following:
- 2.1.1 In respect of cruises, an amount equivalent to at least 20% of the estimated total cost.
- 2.1.2 In respect of land tours, transfers and accommodation, an amount equivalent to at least 25% of the estimated total cost.
- 2.1.3 In respect of airfares, 100% of the estimated total cost.
- 2.1.4 In respect of the Independent Inca Trail tour, 100% of the estimated total cost. (here after referred to as the "minimum deposits")
- The company shall be at liberty to give notice to the client of any variation to the minimum deposits at any time before the minimum deposits are paid.
- 2.3 A booking shall not be deemed to have been accepted or to be binding until such time as the minimum deposits, or any of them that are applicable, have been paid.
- 2.4 The acceptance by the company of payment of a deposit does not, by itself, constitute acceptance of a booking. A booking will be deemed to have been accepted once the company has confirmed its acceptance in writing.

## 3. Payment of the balance of the tour price

- 3.1 The balance of the tour price, being the total estimated tour price less any deposits paid, must be paid at least 95 days prior to the client's departure date. For Antarctica bookings operated by Quark Expeditions or Antarctica XXI the balance of the tour price must be paid at least 125 days prior to the client's departure.
- 3.2 In the event that the balance of the tour price is not paid in accordance with 3.1 above, then the company reserves the right to cancel the client's booking. In that event, the client agrees that he or she shall not be entitled to a refund of any deposit paid, such deposit to be retained by the company by way of compensation for the time spent and work done by it. The company shall however retain a discretion, to be exercised entirely as it thinks fit, as to whether or not to refund all or part of any deposit paid in the event of cancellation in these circumstances.



Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



3.3 In the event that the balance of the tour price is not paid in accordance with 3.1 above, and the company, at its discretion, determines not to cancel the client's booking, then the client agrees to pay to the company any additional charges, fees or expenses that have been or may be properly incurred as a result of the balance of the tour price not having been paid by the stipulated time.

## 4. Variation by the client

- In the event that the client wishes to vary his or her booking, the request for a variation must be made in writing.
- 4.2 The company will use reasonable endeavours to try and satisfy the request for variation and will advise the client if it can be satisfied.
- 4.3 If the request for variation can be satisfied:
  - 4.3.1 The company will advise the client of any variation in the tour price; and
  - 4.3.2 The client agrees to pay to the company an administration fee of \$100 (plus GST) in respect of each variation requested, payable within 14 days of confirmation of the variation.
- 4.4 If, despite the reasonable endeavours of the company, the request for variation cannot be satisfied, then it is agreed that the booking sought to be varied shall remain in existence (if the client seeks to cancel the booking, the cancellation provisions set out herein will apply).

## 5. Cancellation by the client

- In the event that the client wishes to cancel a booked tour, then he or she must provide a written no tice of cancellation ("the cancellation notice") to the company.
- 5.2 The cancellation notice must be:
  - 5.2.1 Delivered to an office of the company; or
  - 5.2.2 Sent by facsimile transmission to the company's facsimile number existing as at the date of the cancellation notice; or
  - 5.2.3 Sent by e-mail to the company's e-mail address existing as at the date of the cancellation notice.
- 5.3 In the event that the cancellation notice is received by the company more than 95 days before the client's departure date (or 125 days before the client's departure date for any Antarctica cruises operated by Quark Expeditions), then the company shall refund to the client all monies paid less any deposit as set out in 2.1 above and which deposit the company shall be entitled to retain as compensation for the work done and time spent by it.
- In the event that the cancellation notice is received by the company 95 days or less before the departure date (or 125 days or less before the departure date for any Antarctica cruises operated by Quark Expeditions), then the company shall not be obliged to make any refund to the client. In this respect, the client acknowledges that, in addition to the work done and time spent by it, the company will have paid monies to tour suppliers and it may not be possible for the company to obtain a refund from these suppliers where the cancellation notice is received within that period. Notwithstanding that, the company shall, if practical, and at its sole discretion, make such refund as circumstances reasonably permit.



Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



- In the event that the cancellation notice is received in respect of the Independent Inca Trail tour, the client shall not be entitled to any refund irrespective of when the cancellation notice is received.
- 5.6 The company strongly recommends that the client take out and maintain a policy of insurance to cover cancellation of any tours.

## 6. Variation or cancellation by the company

- 6.1 The company will use its best endeavours to provide any tour that is advertised or offered. However, it may be necessary for the company to vary or even cancel some tours, whether due to force majeure or otherwise. Where it becomes necessary for the company to vary or cancel a tour, the company will use its best endeavours to provide an alternate tour that is substantially the same or as similar as practical to the tour that is advertised or offered. The client acknowledges that such a necessity may arise from time to time and the client warrants not to make any claim of any nature, subject to these terms and conditions, against the company in respect of any such variations or can cellations.
- 6.2 The client acknowledges that the company may, in order to provide maximum opportunities for the client, propose flexible or alternate arrangements. Any flexible or alternate arrangements may extend to routes, schedules, itineraries, amenities and mode of transport. The client accepts, at the time of booking, the possibility for and appropriateness of such flexible or alternate arrangements and shall make no claim against the company in respect thereof. The information provided by the company in its brochures is correct to the best of the knowledge of the company at the time of print but the company does not, and cannot, guarantee that any item or amenity will be available at the time requested by the client.
- 6.3 When it is necessary for the company to substantially vary or cancel a tour that it has advertised or offered, the client shall be at liberty to request the company:
  - 6.2.1 To refund to the client so much of the tour price paid by him or her that the company can reasonably and properly refund, allowing for all the circumstances; or
  - 6.2.2 To credit so much of the tour price paid by him or her as the company can reasonably and properly credit, allowing for all the circumstances, to another tour offered by the company but shall not be entitled to make any further claims against the company.

## 7. Unused services

7.1 The company shall not be liable to refund to the client any monies paid by the client for a tour, part of a tour or for services not used by the client.

#### 8. Prices

8.1 Prices quoted by the company prior to or at the time of booking are calculated by reference to a number of factors, including exchange rates, Government charges, both in Australia and overseas, transport costs including fuel charges, prices charged by suppliers in other countries and other matters.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



- 8.2 The company will use its best endeavours to ensure that prices quoted by it prior to or at the time of booking remain valid until payment in full is made for the tour. The client acknowledges that some of the variable factors affecting the cost of the tour, including but not limited to those referred to in 8.1 above, may increase between the time of booking and the time of payment in full. In the event of any such increases, the company reserves the right to pass on to the client any such amounts, provided that, subject to term and condition 8.3 below, it does so at least 30 days before the date of departure and the client agrees to pay same.
- 8.3 Once the client has paid in full for the tour, the company shall not be entitled to pass on to the client any increases in the variable factors referred to above, save where any such increases are imposed by Government regulation, or similar, whether in Australia or overseas, or where such increases, wherever imposed, are solely as a result of fuel surcharges. In that event, the company shall be entitled to require the client to pay such surcharges, and the client agrees to do so.

## 9. Acceptance of risk

- 9.1 The client acknowledges that the tours offered by the company may be considered to be, in full or in part, adventurous. That consideration is one taken into account by the client in making the booking. The tours may involve personal risk, such risks—to include illness, injury, disease, loss or damage to property, discomfort and inconvenience. The client, in making the booking, accepts such risks and agrees that he or she has made the booking upon the condition that he or she travels at his or her own risk. The client warrants that he or she shall not make any claim against the company for injury or loss, howsoever caused, arising out of the acceptance of such risk.
- 9.2 It is the responsibility of the client to be informed about any travel advisories or warnings issued by any Government Department. If a travel advisory or warning is issued by a Government Department in relation to a destination to which the client has booked to go, then the client may, at his or her discretion, cancel the booking (and in which case the cancellation provisions herein referred to will apply) or proceeding with it. If the client decides to proceed with the booking, then the client acknowledges and agrees that he or she has decided to do so at his or her own risk and will not make any claims against the company in respect thereof.

## 10. Insurance

- 10.1 The client shall, prior to or at the time of booking, take out, and maintain for the duration of the tour, insurance that will provide indemnity to the client for at least the following:
  - 10.1.1 Unlimited medical expenses; and
  - 10.1.2 Unlimited repatriation expenses.
- 10.2 The company shall, at any time, be at liberty to request the client to produce to the company a copy of a policy or certificate of insurance to show that 10.1 above has been satisfied. In the event that the client fails to produce a copy of the policy or certificate within 48 hours after being so requested by the company, then the company reserves the right to cancel the client's booking, and in which case any monies paid by the client shall be forfeited to and retained by the company by way of compensation for the work done and time spent by it. The client acknowledges that the request for evidence of such insurance is an important request in relation to the company's business.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



## 11. Authority on tour

- 11.1 At all times, the decision of the company's tour leader or representative will be final on all matters of or pertaining to the tour. The client agrees to comply at all times with any decisions or directions of the company's tour leader or representative as well as with the laws, customs requirements, foreign exchange requirements and drug regulations of all countries to be visited.
- 11.2 Should the client fail to comply with a decision or direction of the company's tour leader or representative, unless same shall be manifestly unreasonable or unlawful, then the tour leader or representative may require the client to leave the tour and in which case the client agrees to do so. In that event, the client shall not be entitled to make any claim against the company and warrants that he or she will not do so.

#### 12. Travel documents

- 12.1 The client acknowledges that it is his or her responsibility to obtain and maintain a valid passport, any valid visas, permits or certificates, including vaccination certificates, for any tour booked with the company. The client further acknowledges that it is his or her responsibility to ascertain any requirements for such matters and to ensure that those requirements are satisfied.
- 12.2 Whilst the company will endeavour to notify the client of any changes to matters of the type referred to in 12.1 above, the client acknowledges that the company has no legal responsibility to do so and further acknowledges that it is the client's responsibility to ascertain such matters.

## 13. Disclaimer of liability

- 13.1 The company will use its best endeavours to ensure that its obligations pursuant to the contract with the client are satisfied. However, despite those best endeavours, it is not always possible for those obligations to be satisfied. Unless otherwise excluded or modified by law, the company hereby dis claims liability for any loss of or damage to the client, including loss of life or injury, and loss of or damage to any of the client's property, however such loss or damage may be caused. Unless such disclaimer shall be excluded or modified by law, the client warrants that he or she will not make or pursue any claim against the company in respect of any such loss or damage, however caused.
- The client acknowledges that the provisions of 13.1 above are reasonable and necessary for the business of the company having regard to a range of matters including but not limited to the following: 13.2.1 The adventurous nature of tours advertised and offered by the company 13.2.2 The location where tours are conducted, and where services, amenities and facilities may be of a lower standard than the standard to which a client is accustomed. 13.2.3 The tours or parts of them are supplied or undertaken by third party operators. Whilst the
  - company has undertaken due diligence on the quality of the services offered by such third party operators, and has been satisfied as to the adequacy of that quality, it cannot be responsible for any acts or omissions on their parts.



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918



- 13.3 The client also acknowledges that there may be flight delays (due to circumstances beyond the control of the company) that may lead to interference with a tour for which the client has booked. The company will not be responsible for any flight delays or loss of flight connections whether such loss is caused by the client, the company, any of its suppliers, an airline or other. In the case of any loss of flight connections, whilst every effort will be made by the company to continue with the booked tour, the company will not be liable to compensate clients for any lost part of their itinerary and the company will not be liable to pay for any additional costs that may be incurred by the client as a result of any loss. The company strongly recommends that clients have insurance that will cover them for flight cancellations and delays.
- 13.4 The client acknowledges that it is the client's responsibility to check-in on time for his or her flight at any airport. The company will not be responsible for any flights that are not taken by the client due to the client's late arrival at any airport. It is also the client's responsibility to contact the relevant airline companies at an appropriate time before any flight departure to confirm that all details relating to their flights are correct.

#### 14. Medical condition

14.1 The client warrants that he or she has disclosed or will disclose to the company prior to or at the time of the booking of a tour any adverse medical condition from which the client has suffered during a period of 2 years prior to the date of booking. The client acknowledges that such disclosure is important and relevant because it may affect the willingness of the company to accept the client's booking and may affect any advice that the company would seek to give to the client in relation to any proposed tour.

## 15. Allergies

15.1 The client warrants that he or she has disclosed or will disclose to the company prior to or at the time of the booking of a tour any allergies, including food allergies, from which the client suffers. The client acknowledges that such disclosure is important and relevant because it may affect the willingness of the company to accept the client's booking and may affect any advice that the company would seek to give to the client in relation to any proposed tour.

## 16. Credit card administration fee

The client acknowledges that payment by the client by credit card will attract an administration fee and which the client agrees to pay to the company. Currently, the administration fee is 2% for any amount debited by Visa or Mastercard and 3% for any amount debited by American Express card. The administration fee will be debited to the client's credit card at the time of payment of the balance of the tour price. The administration fee will generally be waived on initial deposits.

#### 17. Conventions

17.1 The client acknowledges that there exists a number of international conventions governing travel and specifically limiting liability and compensation in certain circumstances. These conventions include by are not limited to: Warsaw Convention 1929 as amended by the Hague Protocol of 1955; Berne Convention 1961; Athens Convention 1974; Paris Convention 1962; Geneva Convention 1973 and the Montreal Convention 1999. The client acknowledges that some or all of those conventions may apply to any tour to be undertaken by the client.



Contact us:

235B Dairy Flat Highway, Albany, Auckland

0632 New Zealand Phone: +64 9 950 5918



## 18. Binding law

18.1 The contract between the company and the client, including these terms and conditions, are subject to and are to be construed in accordance with the laws of the State of New South Wales and, as appropriate, the Commonwealth of Australia. In relation to any dispute between the parties, the company and the client agree to submit to the exclusive jurisdiction of the Courts of New South Wales.

#### 19. Variation

19.1 These terms and conditions may only be varied with the prior written consent of the company.

## 20. Superseding effect

20.1 The terms and conditions set out herein supersede any previous understandings, arrangements or terms and conditions that may previously have existed between the company and the client.

## 21. Binding effect

21.1 The contract between the company and the client, including these terms and conditions, shall be binding upon the heirs and successors of the parties hereto.

## 22. Data Protection

22.1 The company will use its best endeavours to protect the client's personal information. However, the client acknowledges that the company will, in order to provide the services or products in question, need to provide some or all of the client's personal information to third parties, including overseas tour suppliers



## Contact us:

235B Dairy Flat Highway, Albany, Auckland 0632 New Zealand

Phone: +64 9 950 5918