
**Discover South America:
Chile & Argentina**

LAND TOUR

Plus two optional extensions

**Peru: Machu Picchu, Cuzco & Lima;
Brazil's Iguassu Falls & Rio de Janeiro**

RSA/RSP/RSO 2014

Grand Circle Travel

Discover South America: Chile & Argentina

Table of Contents

1. PASSPORT, VISAS AND TRAVEL DOCUMENTS.....	4
Passport Required	4
Visas Not Required—Argentina, Chile (base trip) and Peru (optional extension)	5
Visa Required—Brazil (optional extension).....	5
Reciprocity Fees	6
2. YOUR HEALTH.....	7
Keep Your Abilities In Mind	7
Health Check and Inoculations	7
High Altitude— <i>optional Peru extension</i>	9
3. LUGGAGE REGULATIONS.....	10
Airport Security/TSA.....	11
4. WHEN YOU ARRIVE	12
Your GCT Program Directors.....	12
GCT Air Travelers	12
5. MONEY MATTERS	14
How to Carry Your Money	14
Shopping	16
To Tip or Not to Tip	19
6. PACKING FOR YOUR TRIP	20
In General	20
Packing Your Carry-On	20
Travel Gear Ideas.....	21
7. REGIONAL CLIMATE INFORMATION	23
8. TRAVEL AND TECHNOLOGY	26
Regional Electricity	26
Cell Phones	28
Photo Gear	28
Lima in Brief—Optional Extension.....	32
Rio de Janeiro in Brief—Optional Extension	34
10. DEMOGRAPHICS & HISTORICAL OVERVIEW.....	36
11. ADDITIONAL RESOURCES	41
Books, Maps, and Movies.....	41
Grand Circle Community & Useful Websites	45

1. PASSPORT, VISAS AND TRAVEL DOCUMENTS

Passport Required

U.S. citizens need a valid passport for this itinerary. Please take a moment to check if your passport meets all of these requirements. If not, you could be refused entry into a country. And if that happens, you might be required by that country to return to the U.S. immediately, **which would be at your own expense**.

Your passport should meet these requirements for this itinerary:

- It should be valid for at least 6 months after your scheduled return to the U.S.
- It should have the recommended number of blank pages (see below for details).
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable.

Recommended number of blank pages:

This recommendation is based on a “worst case” scenario. When you are on this adventure, you might use fewer pages, depending on the whims of the Immigration official on duty that day. Since the consequence of having too few pages can be severe—you could be denied entry into a country—we feel that it’s better to be safe than sorry, and we strongly recommend that you follow these guidelines.

- **Main trip only:** 3 blank “Visa” pages.
- **Optional pre-trip extension to Peru, Machu Picchu, Cuzco & Lima:** Add 1 more page, for a total of 4.
- **Optional post-trip extension to Iguassu Falls & Rio de Janeiro:** Add 1 more blank page for a total of 4.
- **Both a pre- and a post-trip extension:** A total of 5 pages.

If you need to renew your passport or get extra pages:

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit their website at www.travel.state.gov for information on obtaining a new passport, renewing your existing passport, or for additional pages. You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport.

***NOTE:** When updating your passport, it is worthwhile to check the prices on all the different services that might apply to you. For example, it might be less expensive to renew your passport than to have pages added, depending on the number of pages you need.*

Visas Not Required—Argentina, Chile (base trip) and Peru (optional extension)

Visa Required—Brazil (optional extension)

For U.S. citizens holding a U.S. passport, the visa requirements below apply. (**Note:** When obtaining a visa before your trip, apply early. Applying for your visa within 30 days of your departure will result in additional expenses and fees.)

- **Argentina, Chile (both on base trip) & Peru (optional trip extension)—visa not required**
- For a U.S. citizen, a visa is not required for entry into Argentina, Chile, or Peru for a stay of up to 90 days.
- **Brazil (optional trip extension)—visa required in advance:**
- If you are a U.S. citizen and you choose to take the optional trip extension to Brazil, you must obtain your visa for Brazil before you leave home. Approximately 100 days prior to your departure we will send you the visa application and instructions so you can apply for your visa in advance of your trip.

No U.S. Passport?

Non-U.S. citizens or non-U.S. passport holders: If you are **not** a U.S. citizen or if you possess a passport from a country other than the U.S., it is your responsibility to check with your local consulate or embassy about possible visa requirements. For your convenience, we recommend the services of PVS International, who can also assist non-U.S. citizens. Their contact info follows:

PVS International
Passport & Visa Services
1700 N Moore Street
Rosslyn Center, suite 310
Arlington, VA 22209
Telephone: 1-800-556-9990

Migration Forms

When entering a new country, you might be given a Migration form. Keep it with you until the end of your trip, as the Migrations Authority might require it.

Reciprocity Fees

Argentina has a \$160 per person entry fee for U.S. citizens. This fee is known as a *reciprocity fee* because it is equal to the amount an Argentine citizen would have to pay to enter the U.S. The fee must be paid before departure.

For Argentina, the reciprocity fee must be paid in advance, online, using an accepted credit card. Once paid, you will receive an e-mailed receipt that you will need to bring with you as proof of payment. We will send you detailed information on how to do this in your Visa Packet about 100 days prior to departure. Because GCT cannot reimburse for changes to the reciprocity fee program or for unused fees, we suggest that you wait until you are at or inside 90 days from departure to make this payment. Once paid, the fee permits multiple entries into Argentina for ten years in accordance with United States visa reciprocity.

The amount, payment method, and enforcement of the reciprocity fees are subject to change by the Argentine government without prior notice. GCT cannot be responsible if you are denied entry into a country for failure to pay the reciprocity fee.

Backup Photocopies

The smartest security precaution you can take is to make photocopies of your passport's personal information pages, your air tickets, your traveler's check serial numbers (if you're using them), and your credit cards. Also, bring extra passport-sized photos. Make a list of the phone and fax numbers for reporting lost credit cards, your travel protection plan company (if you have an optional travel protection plan) and medical emergency network. Keep these documents separate from the originals, and they can save you immeasurable time, money, and trouble if your originals are lost or stolen as you travel. In addition, scan these photocopies and email them to your email address; you can then print out replacement copies if necessary.

2. YOUR HEALTH

Keep Your Abilities In Mind

You can encounter unaccustomed challenges on even the shortest journey — this Land Tour, for instance, features a very active itinerary with long days of sightseeing, frequent walks often following steep and uneven pathways, and motorcoach transfers over rough terrain and unpaved roads. In addition, terrain can be uneven, rocky or precarious; both included and optional tours can require extended walking to guarantee a truly rewarding experience. Some of the places you'll visit have not been improved with elevators, escalators, ramps, railings or other aids that you may be used to. If you have difficulty walking in terms of balance or stamina, or are generally inactive in your daily life consider an exercise program to tone up for your trip. If in doubt, consult your physician describing the length and type of rigors you'll encounter. *Please note that this trip is not accessible for travelers using wheelchairs, motorized scooters, walkers, crutches, or other mobility aids. You must be able to walk 2 miles unassisted and participate in 2 hours of physical activities each day, including stairs*

Health Check and Inoculations

If you have ongoing medical conditions or concerns about your health, we highly recommend that you schedule a checkup with your personal physician at least six weeks in advance of your departure date. Discuss with your doctor any aspects of your international itinerary that may affect your health and be guided by his or her advice. A loose filling or developing cavity would be difficult to remedy while you are traveling. You may want to have a dental exam before your trip. Feeling healthy and confident of your mobility is essential if you want to fully enjoy your trip abroad. Please consider this program only if you are in good physical condition. If you have a condition that requires special equipment or treatment, you must bring and be responsible for all necessary items related to your condition.

If you take medications regularly, be sure to pack an ample supply that will last your entire trip, as obtaining refills of your medication can be difficult during your cruise. Pack these medications in your carry-on bag, and keep them in their original, labeled containers. To be prepared for any unforeseen loss of your medications, you should also bring copies of the prescriptions, written using the generic drug name rather than a brand name.

Prescription Medications: If you take medications regularly, be sure to pack an ample supply that will last your entire trip, as obtaining refills of your medication can be difficult during your trip. Pack these medications in your carry-on bag, and keep them in their original, labeled containers. To be prepared for any unforeseen loss of your medications, you should also bring copies of the prescriptions, written using the generic drug name rather than a brand name.

Vaccinations

Check with the CDC: To ensure you receive any needed vaccinations we suggest that you check the current recommendations of the U.S. Centers for Disease Control and Prevention (CDC) for your destination. You can contact them at:

On-line — if you have access to the Internet, we suggest you visit the CDC's website at www.cdc.gov/travel for comprehensive information about preventing illness while traveling.

By phone—at the CDC's Hotline toll-free at **1-800-232-4636** 24 hours a day. Please note that automated information may be arranged topically by disease, rather than by country or region.

Consult your doctor: After checking the CDC's recommendations we strongly suggest that you consult your family physician concerning any vaccinations or medications that you may need on this trip. At the time of printing there were no specific vaccinations required for entry into any of the countries on your itinerary.

Yellow Fever—optional Brazil extension: Though your main trip does not travel to any areas for which the CDC recommends inoculation for yellow fever, one of the optional trip extensions takes you to Brazil. The CDC does recommend yellow fever inoculation to travelers visiting Brazil. A good insect repellent with DEET is also helpful, as Dengue fever can be an issue in Rio and Iguassu during the optional extension.

Traveler's Diarrhea Precautions: Perhaps the greatest health risk is traveler's diarrhea, caused by eating contaminated fruit or vegetables or drinking contaminated water. Food in Argentina and Chile on the base trip, and in Brazil on the optional extension is considered safe, but we offer the following suggestions for travel in Peru if you are taking the *Peru: Machu Picchu, Cuzco & Lima* optional extension. We've carefully chosen the restaurants for your group meals, and fresh fruits and salads at our group meals are generally as safe as in restaurants in the U.S. Your Program Director can suggest restaurants for the meals you take on your own. When dining out independently, watch what you eat and drink. Avoid uncooked food, any food sold by street vendors, and non-pasteurized milk and milk products. Fruit that you peel yourself is usually safe. Mild cases of diarrhea may respond to Imodium or Pepto-Bismol (not as strong as Imodium); both can be purchased over the counter before you go. For more stubborn cases, you might want to talk to your doctor about bringing along a prescription medication.

High Altitude—*optional Peru extension*

If you travel with us on our optional *Peru: Machu Picchu, Cuzco & Lima* extension, we reach a relatively high elevation at Cuzco, situated approximately 10,909 feet above sea level. Medication to alleviate altitude sickness is recommended for this extension. At these altitudes, almost everyone feels some of the symptoms of Acute Mountain Sickness (AMS). These symptoms include headache, nausea, loss of appetite, trouble with sleep, and lack of energy. For most people, these symptoms are mild and pass fairly quickly. It helps if you moderate your alcohol intake (or don't drink at all), drink water, and reduce/eliminate drinking carbonated drinks.

If you want to take this trip extension, we recommend that you discuss with your doctor whether the extension is advisable for you and if you should obtain a prescription for a medication for the prevention and treatment of altitude sickness.

3. LUGGAGE REGULATIONS

Size, Number and Weight Restrictions

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on bag per person
Weight restrictions	Varies by airline. The current standard is 50lbs for checked bags and 17 lbs for carry-on bags .
Size restrictions	Varies by airline. Measured in linear inches (<i>length+width+depth</i>). Generally, 62 linear inches is the checked bag limit; carry-on limit is 45 linear inches .
Luggage Type	A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended.
TRIP EXTENSION(S) LIMITS	
The extensions have the same luggage restrictions as the main trip.	
REMARKS / SUGGESTIONS	
<p>One suitcase and one carry-on bag per person: Due to the space limitations on bus transfers, you'll be restricted to one suitcase and one carry-on bag per person. This is to ensure that we have room for everyone's luggage. We ask that you abide by this limit to avoid inconveniencing your fellow travelers and prevent additional airlines luggage fees (which are your responsibility). Most airlines now charge to check more than one suitcase per person.</p> <p>Note: Enforcement of published restrictions by countries and airlines is a matter of governmental and corporate policy. Enforcement may include spot checks and may be inconsistently applied. Expect penalties and fines to be imposed immediately, however, when and if enforced. Before you choose to ignore the published restrictions you should ask: <i>Do I feel lucky?</i> And, even if you answer yes, you should make sure that you have the ability to pay the fine.</p>	

Should I confirm luggage restrictions with my U.S./international airline(s) before departure?

Absolutely, confirm current restrictions about a week or so before your departure. You should take this step no matter if your vacation has a lower limit than the average international flight or not, because there may be recent changes, such as new security regulations, or an update to the standard weight/size allowances. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our webpage in the *FAQ* section.

You should also check with the airlines on luggage fees—many airlines charge to check luggage, sometimes even on international flights. Others will charge a fee if you bring a second carry-on item, like a purse or a laptop. **These fees are not included in your trip price;** they are payable directly to the airlines. If you are making a connecting flight, you should also confirm if your luggage can be checked through to your final destination. For more information about air travel, see the “Air Travel” section of your Important Information booklet.

Luggage Suggestions

Consider a duffel bag or soft-sided suitcase for your checked luggage. Due to space limitations on our motor coaches, you are allowed one piece of checked luggage per person. Porterage at airports and hotels is provided for **one** bag per person. All bags should have luggage tags.

Consider a daypack or small backpack as your carry-on bag. It will do double duty during excursions and walking trips. A daypack leaves your hands free and distributes its weight onto your back. Packed with daily travel needs (sweater, camera, rain/wind jacket, water bottle, etc.), it will compress to fit the storage space of foreign motorcoaches, and yet still have room for an impulse buy at a local street market.

***Tip:** Bring a second, empty lockable bag folded into your main suitcase, with a luggage tag and small lock. Use this to carry souvenirs home – but remember that you may incur extra luggage fees. If you're traveling with a companion we recommend "cross-packing," i.e., pack 2 outfits of your clothing in your companion's luggage and vice-versa, in case one bag is delayed.*

Airport Security/TSA

Restrictions on what can be included in your carry-on luggage may change. To avoid inadvertently packing restricted items in your carry-on, we suggest that you consult the Transportation Security Administration website at www.tsa.gov/public, which keeps a current list of restricted items. From the main website click on *Our Travelers*, then *Air Travel*, and then you will see a link for *Prohibited Items*.

Liquids and your carry on: Follow the **TSA's 3-1-1 rule:** Liquids must be in a 3.4 ounce or less (100ml) bottle (by volume); all bottles must be in a 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. One-quart bag per person limits the total liquid volume each traveler can bring. The 3.4 ounce (100ml) container size is a security measure.

Locking your luggage:

To reduce the risk of damage to your luggage, *either* do not lock your bags when checking in for flights that originate in the U.S. *or* use TSA-approved locks. (These are locks that TSA screeners can open and relock with a special tool, avoiding damage to your luggage or lock if a physical inspection is required. Look for the words "TSA" or "TSA-approved" on the lock's packaging.) Outside of the U.S., we strongly recommend that you lock your luggage as a preventative measure against theft.

4. WHEN YOU ARRIVE

Your GCT Program Directors

During your Grand Circle Land Tour, you'll have reliable assistance available at all times from an onsite Grand Circle Travel Program Director. Your Program Directors, who are fluent in English, will be an invaluable support and can give you an inside perspective on your destinations.

Many Grand Circle Program Directors are graduates of professional education programs for travel guides. In addition, they receive specialized training directly from Grand Circle, training that is based on what we've learned from thousands of past travelers about how to make the trip most enjoyable. Your Program Director offers both a deep knowledge of the region and a commitment to making this a very pleasant, informative, and rewarding travel experience for you.

Your Program Director will provide sightseeing trips, handle all travel details, reserve optional tours you choose to take, oversee your Discovery Series events, and provide any other assistance you may need. You will be in the company of one Program Director throughout your land tour, as well as during the optional *Brazil's Iguassu Falls & Rio de Janeiro* trip extension, if you choose to take it. During the optional *Peru: Machu Picchu, Cuzco & Lima* extension, if you choose to join us, you will enjoy the services of another Grand Circle Program Director who will help make your time in Peru memorable.

GCT Air Travelers

U.S. Departure: If you are among a group of ten or more GCT travelers who depart the U.S. from your international gateway city, it is our goal to have a GCT Representative assist you at the U.S. airport with the check-in of your flight. Unless there are extenuating circumstances beyond our control, the Representative will be at the check-in counter three hours before your departure time. If you are flying domestically before your international flight, the representative will be stationed at the check-in counter for your departing international flight, not at the domestic arrival gate.

Important note on porters: *Airport porters are NOT allowed in the customs hall area. On arrival, you must take your luggage off the baggage carousel and load it onto a cart, which you will then move through customs. When you exit customs, you'll handle your cart until reaching your motorcoach. Your motorcoach driver will load your luggage onto your motorcoach.*

Agricultural Statement

During your flight to Santiago, flight attendants distribute an Agricultural Products form you must complete. On this form you'll be asked to declare whether or not you are bringing any fruits, nuts, or other organic products into Chile. If you are carrying **any** items of this nature, you must **DECLARE THEM** on this form. Fines of up to \$200 could result if customs officers find even a simple pack of peanuts.

Arrival: At the beginning of your base trip or your optional pre-trip extension, a Grand Circle Representative will meet you at the airport after you exit customs and assist you with your transfer to the hotel..

Internal Flights in Peru (optional extension): In Peru, it is simply a fact of life that schedules for internal flights often change on short notice. When this happens, our air travel experts strive to get you on internal flights as close to the original schedule as possible, but limited availability of seats may require us to use early-morning flights or change the day of the flight. *If schedule changes make it necessary, we may have to rise before dawn on some days where early-morning wake-ups are not mentioned in your printed itinerary.* Though travel in South America can be unpredictable, we have considerable experience at responding to changing circumstances on the spot. We appreciate your understanding that we cannot always exactly follow your published itinerary.

U.S. Return: If you are among a group of ten or more GCT travelers who return to the same U.S. gateway city, a GCT Representative will meet you as you exit Customs and help you find taxis, buses, hotel accommodations, or connecting flights. Again, it is our goal to have our GCT Representative waiting to assist your group. In rare instances, unforeseen circumstances may prevent this service.

Please note: *If you plan on booking your own international flights or arranging with our air department to arrive/depart on an earlier/later date than standard for your program, airport transfers will NOT be included in your program price. Transfers must be purchased separately, as an optional add-on, and are subject to availability. To learn more, or purchase airport transfers, please call our Traveler Support team at 1-800-321-2835. For more information, please see your Important Information booklet.*

Flying with a Travel Companion

If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.

5. MONEY MATTERS

How to Carry Your Money

Traveler's checks—not recommended: We urge you not to rely on traveler's checks for your personal expenses. They can be difficult to exchange and the commission fee for cashing them is quite high. Most banks or exchange offices will want to see your passport at the time of exchange. It's most practical to view any traveler's checks you might bring as a last "cash" resort in the event of a special situation.

U.S. dollars have an advantage. Cash is more readily exchanged and accepted than traveler's checks, and sometimes commands a better exchange rate.

There is no need to obtain local currency before your trip. You can change money at banks, most hotels, and money exchange offices. Please note that torn, dirty, or taped bills may not be accepted.

Currency exchange rates fluctuate daily. Your Program Director will advise you of the exchange rate upon your arrival. For current exchange rates, please refer to our website, or the financial section of your newspaper. On our web site select the region and then the country you'll be visiting. A link to a currency converter is included on teach country page menu. Small bills – ones, fives, tens – are best, as these denominations are difficult to come by in South America.

ATMs and Debit Cards

Debit cards give you a reliable payment method and ready access to local currency. We recommend you bring a debit card, if possible, for withdrawals at ATM machines when you need cash, as it will allow you the flexibility of accessing money at your convenience without relying on bank hours for money exchanges. When traveling, typically PLUS, Cirrus, and other bank networks are available throughout large cities and small towns. (Note, however, that withdrawal amount restrictions and fees on ATM transactions – particularly in Argentina – may make money exchanges more economical.)

Always notify your bank before you leave home that you are going abroad so that they may remove any blocks on your account and also ask them about the number of withdrawals you may make abroad. For cash withdrawals, don't forget to memorize the actual digits of your card's 4-digit PIN (Personal Identification Number), as many keypads at foreign ATMs do not include letters on their numeric keys, they only display digits.

***Note on ATM use:** Many banks have begun imposing a fee ranging from \$1 to \$5 every time you use an ATM in a foreign city. You may want to limit the number of withdrawals that you make. Your Program Director/Hospitality Desk Representative can advise you on locations, but when to exchange money is left to your discretion.*

Credit Cards

Major American credit cards are accepted in South America, but use is nowhere near as prevalent as in the U.S., and you may need to show a copy of your passport to confirm your identification. Always inquire if your type of credit card is accepted. It is also wise to notify the credit card company that you will be using your card abroad to avoid a security block. When using a major credit card you may receive a different exchange rate than if you pay with cash; inquire about the rate first. Credit cards might not be accepted for small purchases or in the markets. Note that the Discover credit card is not widely accepted outside the U.S. Keep your receipts in case you have questions about the conversion or exchange rate and as proof of purchase for items to be shipped home.

Please note: Optional tours can only be purchased with a credit or debit card (cash is not accepted.) Payments made by credit card may take up to 3 months to process. For this reason we ask that you use a credit card that will not expire until three months following your trip. We accept Visa, MasterCard Discover Card, or American Express credit cards only. We accept debit cards with the logo of one of those credit card companies, but it must be a card that allows you to sign for purchases. Because our headquarters are in Boston, charges may appear to be from Boston or might be labeled as "**OPT Boston**" (depending on your credit card company).

Currency by Destination

Chile

The basic unit of currency in Chile is the peso. Banknote and coin denominations are as follows:

- Banknotes: 1,000, 2,000, 5,000, 10,000, and 20,000 pesos
- Coins: 1, 5, 10, 50, 100, and 500 pesos

Banking hours: Chilean banks are generally open Monday through Friday from 9 am to 2 pm. Money exchange offices are open from 9 am to 2 pm and 4 to 6 pm.

Argentina

Legal tender in Argentina is the peso. Banknote and coin denominations are as follows:

- Banknotes: 2, 5, 10, 20, 50, and 100
- Coins: 1, 5, 10, 25, and 50 centavos; 1 peso

Banking hours: Argentine banks are open on weekdays from 10 am to 3 pm. Banks are closed on weekends. (U.S. dollars are often accepted in Argentina.)

Peru

The official currency of Peru is the Nuevo Sol or New Sol (S/), which is divided into 100 céntimos. It is advisable to carry the smaller denomination bills (10-, 20-, and 50- sol bills) for easy trading. Banknote and coin denominations are as follows:

- Banknotes: S/10, 20, 50, 100, and 200
- Coins come in denominations of 1, 10, 20, 50 céntimos and 1, 2, 5 soles

Banking hours: Banks are typically open 9 am to 5 pm Monday through Friday, and 9 am to 1 pm on Saturday. (U.S. dollars are often accepted in Peru.)

Brazil

The monetary unit of Brazil is the real (R\$). The R\$ is divided into 100 centavos. Banknote and coin denominations are as follows:

- Banknotes: 1, 2, 5, 10, 20, 50, and 100
- Coins: 1, 5, 10, 25, and 50 centavos; 1 real

Shopping

There is **no** requirement to make a purchase during stops at local shops or markets, and any purchase made is a direct transaction with the shop in question, subject to the vendor's terms of purchase. **Grand Circle Travel cannot be responsible for purchases you make on your trip or for the shipment of your purchases.**

Your purchase decisions are very personal. You must use your best judgment when deciding whether an item is worth the price being asked. If you plan a major purchase, we strongly recommend that you research the prices and quality available at home before your trip. Just one visit to an import shop will put you way ahead when you go shopping. This is the only way to know if you are getting a good price.

Santiago

Santiago's shops are well stocked with local wares and imported goods of all kinds. There are price differences from shop to shop, so look around before buying. In some of the smaller shops, it's still possible to bargain for a lower price, but not in the big department stores. The major shops are located on the streets between the Plaza de Armas and Alameda O'Higgins.

Among Chilean goods, the excellent textiles are worth perusing. For "typical" items, colorful hand-woven ponchos are a good buy, as well as vicuna rugs, and—although perhaps a little heavy for air travel—there is excellent artisan copper work. Chilean stones have achieved much popularity abroad, and there are many "rock shops" in the city and suburbs selling quality work in lapis lazuli, Chilean jade, amethyst, agate, onyx, and others. Salmon, canned and smoked, is also a good buy.

Shop hours: Shops are generally open Monday through Friday 9 am-7 pm; Saturday, 9 am-1 pm. Shopping centers generally stay open until 9 pm seven days a week.

Holidays: Note that during national holidays most shops, museums, and restaurants will be closed.

Buenos Aires

Argentina is world-famous for its leather goods, including those made from cowhide, kidskin, pigskin, sheepskin, lizard, snake, and even porcupine. Popular buys include belts, jackets, boots, shoes, skirts, pants, briefcases, and purses. These come in a rainbow of pastels and vivid colors, and a variety of textures from rough suede to soft leathers. Unique to Argentina is *capybara* leather (*carpincho*). Sturdy, waterproof, and most attractive, this leather makes for an unusual purchase. Other items for sale in Argentina include wool sweaters, clothing made of the Argentine equivalent of cashmere, ponchos, wine, and antique silver gaucho accessories.

Precious and semi-precious stones are available throughout South America, but the workmanship and quality varies greatly. Argentina has benefited from the expertise of French, German, and Italian jewelers who immigrated to Argentina, bringing with them a sophisticated sense of design. All types of jewelry are sold (rings, necklaces, pendants, bracelets, earrings, cuff links, etc.) and the gamut of stones is represented—diamonds, emeralds, rubies, sapphires, onyx, opals, garnets, amethysts, peridots, and more. The best buys, however, are items made with Inca Rose or rhodocrosite. Argentina is one of the few places in the world where this unusual rose-colored stone is found, and it is used in everything from jewelry to carved figures. Book lovers can check the *Librería Ateneo* on Santa Fe Av. It is an old theater turned into a bookstore that also has a café, and features shows of tango, poetry or live plays.

Shop hours: Store hours are generally 9 am to 7 or 8 pm, Monday through Friday; Saturday hours are 9 am to 1 pm. Shopping malls are open from 10 am to 10 pm every day.

Holidays: Note that during national holidays most shops, museums, and restaurants will be closed.

Lima

Lima is a good place to buy traditional Peruvian handicrafts. Miraflores, in particular, is known for its handicraft and artisan shops around Avenida La Paz. Miraflores also offers a good selection of woven or knitted alpaca goods. Almost all the shops in Lima offer silver and gold artifacts, woven textiles, alpaca sweaters, ponchos, rugs, coats, and blankets. There are several local crafts markets in Lima that operate daily—the largest is *Feria Artesanal*, on Avenida La Marina and Avenida Sucre in Pueblo Libre.

Miraflores also has some of Lima's best stores (such as the Ripley department store on Parque Kennedy), and some of its most welcoming bookstores (the Crisol on Ovalo Gutierrez being among the best). The huge shopping mall in Miraflores—Larco Mar—has ten-pin bowling, a multiplex cinema, snack bars, restaurants, discos, and live music. The mall is built on cliffs overlooking the sea. The Jockey Plaza is another giant mall, located on Avenida Javier Prado Este, Surco.

Rio de Janeiro

Brazil is famous for having many kinds of precious and semi-precious gems. There are many jewelry stores, but seek out recommended ones. Aquamarine is the country's most famous gemstone. Rio is well known for good-quality beach and swimwear, as well as fashionable clothing shops. Brazilian soccer shirts are also popular. The main shopping areas are in the Copacabana and Ipanema beach regions. There are over 30 large shopping centers throughout the city, most of which contain supermarkets, department stores, fashion boutiques, and music outlets. The main shopping malls are the Rio Sul, Barra Shopping, and the Fashion Mall. All are open Monday through Saturday from 10:00 am to 10:00 pm, and on Sunday from 3:00 pm to 9:00 pm.

For book lovers, check the *Livraria da Travessa* bookstore, with branches at several locations throughout the city. The Ipanema area also has plenty of good bookstores, many with pleasant cafés located inside. Good-quality arts and crafts are available at regular outdoor markets, which are usually great fun to visit.

Holidays: Note that during national holidays most shops, museums, and restaurants will be closed.

U.S. Customs Regulations and Shipping Charges

For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, www.cbp.gov has the answers to the most frequently asked questions. Or you can call them at **1-877-227-5511**.

The top three points to know are:

- At time of writing, your personal duty-free allowance is \$800 for items brought with you. Items totaling more than \$800 are subject to duty fees.
- **Items shipped home are always subject to duty when received in the U.S.** Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the *export* duties—not door-to-door shipping or payment of the *import* duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need to arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
- It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins.

U.S. Bureau of Customs & Border Protection
1300 Pennsylvania Avenue NW
Washington, DC 20229
Tel. **1-877-227-5511**
www.cbp.gov/xp/cgov/travel/

Problem with a Purchase?

The best way to address a problem with a purchase is to not have one in the first place! So don't forget to examine merchandise before paying for it, check contracts or agreements before signing, and review your receipt before leaving the shop. For major purchases, don't hesitate to ask in advance about the return policy—local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up.

But what if you do discover an issue with an item later on? In that case, your best recourse is to contact the vendor directly. For this reason we recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Expect that any resolution will take longer than it would in the U.S. due to delays in communication, the complexities of international shipping/customs duties, and even cultural differences in how business is conducted.

To Tip or Not to Tip

Sometimes *that* is the question. Of course, whether you tip, and how much, is always at your own discretion. For those of you who have asked for tipping suggestions, we offer these guidelines. All tips are quoted in U.S. dollars; tips can be converted and paid in local currency or in U.S. dollars. Do not use personal or traveler's checks for tips.

GCT Program Director: It is customary to express a personal "Thank You" to the Grand Circle Program Director at the end of your trip, especially if he or she has provided you with individual assistance. We recommend \$4-\$6 per person, per day. Please note that tips for our Program Directors can only be in the form of cash, and U.S. dollars are preferred.

Airport/Hotel/Pier Portage & Transfers: While using GCT transfer services, tips to hotel, airport, and pier porters are included in the cost of your trip. GCT also pays tips to the motorcoach driver for your airport/hotel/pier transfers.

Tours & Excursions: During your vacation, you have the opportunity to participate in Included and Optional Tours. Please note that Optional Tours can only be paid with a credit card or cash. A tip to your motorcoach driver (and local tour guide, if one accompanies the tour) is customary, and the following are the suggested amounts: \$2 per person for each half-day tour, \$3 per person for each full-day tour. (In the course of your trip you can have from a minimum of 3 to as many as 6 or more local guides, depending on features and the extensions you've chosen.) Small bills are best for tipping.

Included Group Meals: Your Program Director will tip waiters for the included meals when the group dines together.

Time at Leisure: During the times that you explore independently, you may dine in a local restaurant, take a taxi, or avail yourself of some other service where tipping is customary. The following are suggestions for your areas of travel:

- **Chile:** In Chile, waiters expect a 10% cash tip when service is good. Santiago taxi drivers do not expect a tip but are used to receiving the metered fare rounded up to the next figure. For long-distance or for a long period of hire in the city, a tip may be given according to the service received. Taxis in the city are metered.
- **Argentina:** In Argentina, add 10% of the bill in bars and restaurants. In taxis, fares are metered, and though Argentines commonly round them off, there is no need to tip cab drivers.
- **Peru (optional extension):** In Peru, add 10% to 15% of the bill in bars and restaurants.
- **Brazil (optional extension):** A 10% service charge is added, by law, to all restaurant bills, so there's no need to leave an additional amount unless service is especially good. Taxi drivers are never tipped, except for special services. You can tip in either U.S. dollars or in Brazilian reals.

6. PACKING FOR YOUR TRIP

In General

Travel light: A good rule of thumb is to gather together everything you want to bring; then take half of that. Eliminate all but the essentials and start packing a few days before you leave. That way, you'll have time to think—not fret—about what you might be forgetting. To have a varied travel wardrobe, yet keep your luggage light, we recommend you select a color scheme and pack color-coordinated clothing items that can be mixed to create different outfits.

Pack casual clothes: In today's age of informality, comfortable and informal apparel is perfectly acceptable at each of your destinations. Basic pants, shirts, walking shorts, sportswear, everyday dresses/skirts, supportive shoes, and functional outdoor clothes that are relatively easy to care for are recommended. Men do not need jackets or ties and women do not need fancy dresses.

Warm clothing: We suggest a warm sweater, a windproof jacket, gloves, and a hat for your time in Bariloche and Puerto Montt. These mountainous areas are cool year-round and it has been known to snow at the higher elevations even in summer.

Good walking shoes are essential: The countries' wonderful markets, cathedrals, and town plazas truly invite exploration by foot. But negotiating the pathways and rather uneven sidewalks can be a challenge—even for the most surefooted traveler. For your comfort and safety, you'll need supportive walking shoes that offer good traction. Light hiking boots might be useful on some days.

Rain gear: You'll want good, light rain gear all year round. Consider that from April to November it will rain almost every afternoon, so you'll want rain gear you are comfortable in, and dry footwear, such as light hiking boots with a built-in Gore-Tex liner.

Packing Your Carry-On

Using a daypack as a carry-on bag for your flights is a smart solution. We **strongly urge** you to pack your carry-on with at least one full change of clothes, your camera gear, medications, changes of socks and underwear, your important travel documents, and other irreplaceable items, in case your checked bags go astray. Store camera gear and important papers in plastic bags to protect them from dirt and moisture. With a daypack you can then remove these items on arrival and load your bag with the gear you'll need on walking tours and excursions.

Clothing Options

The luggage weight and size restrictions imposed by travel realities today have made traveling light an absolute necessity. With modern fabrics – Gore-Tex, Polarfleece, polypropylene, etc. – lightweight packing for comfort and protection through a wide range of weather is easy. A visit to any on-line or local sporting goods/outdoor stores (L.L. Bean, REI, EMS, etc.) will yield a treasure trove of lightweight, specialized, and fashionable clothing that is readily adaptable to your itinerary, in addition to other gear designed specifically for the rigors of travel.

Travel Gear Ideas

Though it's often fun to do things as the locals do, it can be frustrating when daily necessities or conveniences from home aren't available. To travel wisely these days you must juggle your personal needs and preferences against the physical constraints of your transportation—whether it's an international airplane, a transfer motorcoach, a small ship or a day-long trek on a camel. You'll have to distinguish between what you **must** have, what you'd *like* to have, whether you can zip your suitcase closed, and what you can reasonably expect to wrestle through airport hallways and security checkpoints. Consult the following items to create your personal checklist – ignoring what you don't need and making the tough decisions over borderline cases. Remember that many airlines today will charge you extra for added luggage.

What not to pack: Do not pack aerosol cans, as they tend to leak during air travel. Avoid packing glass bottles; use plastic containers instead. Leave at home checkbooks and any credit cards not essential for your trip, valuable jewelry, and anything that you would hate to lose.

Consider ...

- Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, shampoo/conditioner, shower cap, body soap, etc.
- Spare eyeglasses/contact lenses and your prescription
- Sunglasses with a neck strap
- Sunscreen, SPF 15 or stronger
- Insect repellent with DEET at 30%-35% strength, pack in your checked luggage
- Travel money bag or money belt, to be worn under a shirt/jacket if possible
- Moisturizer, lip balm
- Swimsuit if your hotel has a pool
- Compact umbrella
- Wide-brim sun hat or visor
- Pocket-size tissues
- Moist towelettes (packets) and/or anti-bacterial “waterless” hand cleanser
- Flashlight, extra batteries/bulb
- Photocopies of passport, air ticket, credit cards (as well as the originals)
- Extra passport-sized photos
- Written prescriptions for your medicines

Medicines

- Your own prescription medicines
- Vitamins
- Cold remedies: Sudafed/Dristan
- Pain relief: Ibuprofen/aspirin/Naproxen
- Laxatives: Senokot/Ex-Lax
- Stomach upset: Pepto-Bismol/Mylanta
- Anti-diarrheal: Imodium
- Band-Aids, Moleskin foot pads
- Antibiotics: Neosporin/Bacitracin
- Optional: Prescription diarrheal medicine
- Optional Peru extension: Optional prescription medicine for altitude sickness

Other Gear

- Travel alarm or watch with alarm
- Compact binoculars
- Hanging toiletry bag with pockets
- Hair dryer (provided in all hotels except on optional Peru extension)
- Washcloth, handkerchiefs
- Basic sewing kit
- Hand-wash laundry soap (Woolite), clothespins/travel clothesline/stopper
- Pocket-size calculator for exchange rates
- Electrical plug adapters for three-prong plugs—see “Regional Electricity” below
- Travel journal/note pad
- Home address book
- Reading materials, phrase book
- Photos, small gift for home-hosted visit
- Collapsible walking staff

7. REGIONAL CLIMATE INFORMATION

We can't predict what the weather will be during your travels, but you'll find historical averages and general information on the climate of your destinations below. As your departure nears it's a good idea to visit the *My Account* feature of www.gct.com, where you'll find monthly temperature averages for the countries you'll visit as well as a current 10-day forecast of local temperatures and conditions. Or check Internet weather sites (www.wunderground.com is very comprehensive) for those forecasts.

Southern Hemisphere: South of the equator, the seasons are the reverse of those in the Northern Hemisphere; the warmest months, therefore, are between October and March, and the coldest are between April and September. In South America, however, because of the range of latitudes that the continent covers, and because of the great variations in altitudes and climatic zones, there are several different types of weather within each country. Still, there is one generalization that does apply to the entire continent: winters in South America lack the harshness of those in North America.

Santiago, Chile: Santiago has such delightful year-round temperatures that its climate is often compared to that of southern California. During your travel season, daytime highs are typically in the 70s and low 80s. Nights are significantly cooler. From Santiago to the south, the climate evolves much like that of the coastline from San Francisco north to Alaska.

Puerto Varas, Chile: Puerto Varas is almost the same latitude south as Portland, Oregon, is north. This is the gateway to the Chilean Lake District, and the whole area has a climate similar to that of Washington and Oregon. The landscape is renowned for its pristine lakes and still-breathing, snow-capped volcanoes. The region's climate is changeable, cool, and wet.

Bariloche, Argentina: Bariloche is located in Patagonia, at a higher elevation than Buenos Aires, and has a substantially cooler climate. Winds may be strong and temperatures can drop down to the 30s even in summer.

Buenos Aires, Argentina: Anytime of year is good for traveling to this "City of Good Air." While humid summer temperatures in December through February can steam over 100° on occasion, such heat waves are short-lived. *Pamperos* barrel up from the south blowing clean, cooler air through the city, and most of Buenos Aires's days of summer boast ideal temperatures in the 80s. Their changeable spring and mild fall are similar to those seasons in New York City, but the proximity of the South Atlantic makes winter temperatures milder than New York's comparable months and the possibility of snow almost nonexistent. You might experience some rain at almost any time of the year, as there is no true rainy season. The almost constant breezes during all seasons except summer refresh this city's air and renew its skies.

Lima, Peru (optional extension): Lima is situated in one of the world's great deserts, and has a dry desert climate. This western coast of South America has relatively cool temperatures for the tropical latitude that it is in, because of the influence of the cold Humboldt Current that flows northward. These cold waters help maintain fairly even temperatures year-round, and also create *La Garúa*, the cooling ocean fog that frequently shrouds the area. The city has virtually no rainy days, with the very small annual precipitation coming in the form of the sea mist and occasional drizzle of the winter season, June to September. Only during the summer months of January through March is it warm and humid on the coast, with temperatures the rest of the year falling in the 60s and 70s.

Cuzco, Peru (optional extension): Cuzco's high altitude, approximately 10,909 feet above sea level, results in a somewhat large range of daily temperatures. Considered a moderate climate, it is typically sunny and pleasant during the day but with evening temperatures that can be refreshingly chilly. During the winter months of June through August, nights can even bring frost at these heights. Interestingly, average daytime temperatures do not fluctuate greatly over the entire year, with the high thermometer readings staying in the 60s throughout all seasons. The summer months of December through March bring most of the rains, while May through September offer usually sunny, comfortably cool days with only occasional sudden showers.

Rio de Janeiro, Brazil (optional extension): Rio is known as a city of sun, considered to have a climate that is a blend of summer and springtime. There are many more sunny days than rainy ones, although being in a tropical climate the weather can be somewhat unpredictable. Being at sea level near the Tropic of Capricorn, it is warm and often humid year-round. Spring and fall are the more temperate seasons and are very pleasant. The sunny spring days are especially bright and clear, with less humidity than other seasons, contributing to the beauty of long-distance views. Summer, considered to be December into March, can have days that get quite hot, with most of the area's rain falling during this season, although the occasional storms are usually brief. During winter in Rio, June through August, temperatures stay comfortably warm during the day, but residents consider some winter nights to be quite "chilly" when the thermometer reading drops into the 60s.

Here is the data from the weather observation stations closest to our destinations.

WHAT'S THE TEMPERATURE?												
<i>Average highs (taken at 2 pm) and lows (taken just before sunrise) in °F.</i>												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Bariloche, Argentina												
High	71	71	66	58	50	44	44	46	51	57	63	68
Low	44	42	39	35	33	30	30	30	31	34	38	42
Buenos Aires, Argentina												
High	87	84	80	73	66	60	59	62	66	73	78	83
Low	69	67	63	57	51	46	46	43	50	55	61	65
Santiago, Chile												
High	85	84	80	72	64	58	57	61	65	71	77	82
Low	54	53	49	45	41	38	37	39	42	45	48	51
Puerto Varas, Chile												
High	67	66	63	58	54	50	50	51	54	57	60	65
Low	49	49	47	44	43	39	39	39	40	42	44	48
Cuzco, Peru (optional extension)												
High	64	64	65	66	67	66	66	66	67	68	67	66
Low	45	46	46	43	39	35	34	37	41	44	45	45
Lima, Peru (optional extension)												
High	79	80	80	76	72	69	67	66	67	69	72	76
Low	68	69	69	66	63	61	60	60	59	61	63	66
Rio de Janeiro, Brazil (optional extension)												
High	91	92	90	87	83	81	81	82	81	84	87	89
Low	74	75	74	71	67	65	64	65	66	68	71	72

Please note: The data cited above reflect *climate* as opposed to *weather* conditions, and serve only as general indicators of what can reasonably be expected. A 60 degree *average* high temperature means that days may be as warm as 80 or as cool as 40 – but it's most likely you'll encounter temperatures in the 50 to 70 degree range.

8. TRAVEL AND TECHNOLOGY

In General

Smartphone, tablet, digital camera/camcorder, MP3 player: travel today can involve technology that didn't exist even five years ago. The usefulness of digital devices is enormous: smartphones can keep you connected and offer up-to-the-minute information via your cell plan or a local Wi-Fi connection. With a tablet (or smartphone) you can store multiple country guidebooks, access maps and connect to the internet in a small, lightweight device. (*Tip: you can download **this** document from the Grand Circle Travel website and import it into your tablet or e-reader, many of which can display PDF files.*)

Compact and lightweight, digital camcorders and cameras take high definition movies and still images of the people you meet and places you visit. For robust use a laptop may be effective; for occasional use it's wiser to rely on Internet cafes or a tablet and hotel Internet access rather than shoulder the heft and size of a laptop.

To use these devices you should first consider the services available at your destinations. You'll encounter a range of electrical standards, varied plug configurations to access the local current, erratic availability (electricity and internet access), and differing technological standards.

You'll need to assess your power and data storage needs, and the accessories required to recharge/connect/use these devices. Finally, it's smart to read the owner's manual *before* you depart. Pay particular attention to electrical, power and storage requirements to ensure that you understand exactly what you need. Thorough preparation is the best guarantee that your devices will work up to their potential.

Regional Electricity

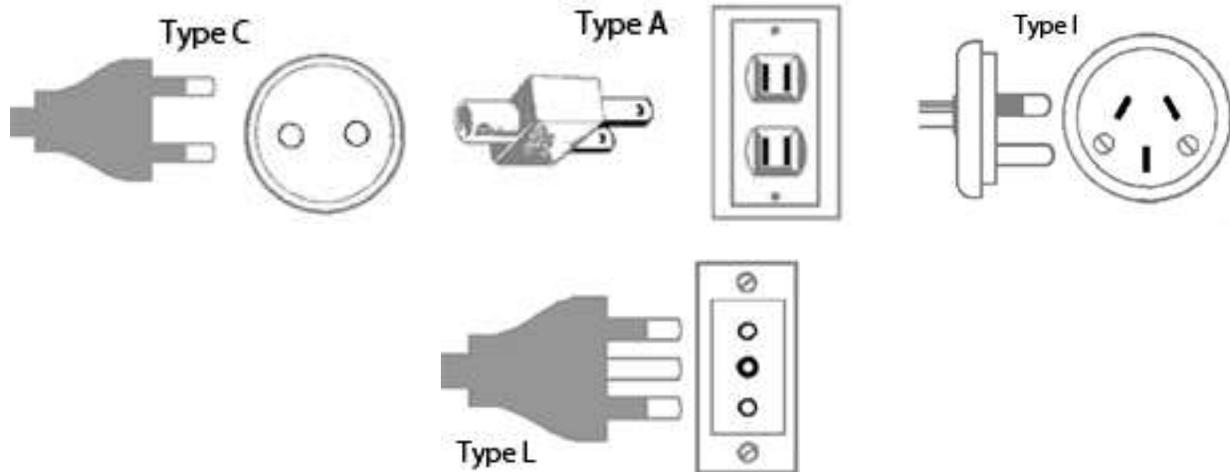
The standard U.S. electrical system — 110V 60Hz current and flat two- or three-pronged polarized plug system — is rare elsewhere. The overwhelming choice for the rest of the world is 220-240V and 50/60Hz current with a variety of plug shapes, sizes, and configurations. Some plugs will work with multiple receptacles, while others won't. Europe is largely standardized to the Type C "Europlug."

Plugging a 110V U.S. appliance into 220/240V 50/60Hz service will ruin the motor. We suggest that you bring *dual* voltage appliances (widely available) that work on both 110 and 220/240 voltage. Dual voltage appliances are inexpensive and need only plug adapters.

If you bring 110V appliances, such as a hair dryer (note that hotels often supply hairdryers and coffee makers) or shaver, you'll need a transformer (to halve the 220/240V current) in addition to plug adapters. Regional transformer/adaptor kits can often be found at hardware or online stores but transformers tend to burn out, so it might be better to leave those larger items at home.

Chile, Brazil and Peru all use the Type C "Europlug" and receptacles that accommodate it, though you'll find some variations (Peru, for instance, also uses the standard North American Type A & B, and Chile sometimes uses type L). Argentina uses the Type I plug – though you'll find some Europlug receptacles as well. They all also generally use 220 V current (Brazil also uses 127 V in some states, and plug shapes may vary).

A constant electricity supply cannot be guaranteed during overnight stays. In some places, a generator may supply electricity, and lighting may not be as bright as you are used to. Passengers dependent on electricity supply (as in the case of those with sleep apnea) should consider a different Grand Circle Travel vacation or ensure their apparatus has back-up battery power.



Even though you'll only need Type C plug adapters on this trip, it may be a good idea to invest in an all-in-one, universal adapter/converter combo. Versatile and lightweight, this item will ensure that you are prepared for your current trip as well as future vacations. If you use multiple digital devices—cell phone, digital camera, and MP3 player for instance – it's handy to have a travel power strip, perhaps with a surge suppressor and USB-style port for charging cell phones, MP3 players or e-readers without the use of device-specific plugs.

Smartphones

It will require some effort to get the most out of your smartphone when you travel. Even with an international roaming plan, costs can add up quickly – those handy apps often pile up download fees. The simplest solution is to shut down all cell phone functions, automatic data feeds and roaming options, and take advantage of the apps via available Wi-Fi. With an Internet VOIP app (like Skype) you can make inexpensive calls. If necessary, turn international roaming back on and your phone will work as usual – albeit at some cost. If your phone doesn't support international roaming (most smartphones do), some carriers offer loaners.

Cell Phones

If you want to use a standard cell phone while traveling overseas, be sure to check with your service provider (www.verizon.com, www.t-mobile.com etc.) to see if your phone will work outside the U.S. or whether you're better off renting an international phone. The websites www.travelcell.com and www.globalcellularrental.com have good information on rentals. Or, consider buying an inexpensive local phone for your stay.

Phone Calling Cards

If you don't carry a phone, you can use a prepaid calling card to call the U.S. with minimal additional charges. Besides the prepaid long distance charges, you might have a local fee of a few cents and possibly a connection fee if you are using your card at a hotel. Check with the reception desk prior to using it to avoid unexpected charges.

Calling cards purchased in the U.S. will work in Argentina; or, you can use an internet café for wi-fi VOIP, or a local *locutorio* – a call shop. Note that dialing a U.S. 1-800 number outside the continental United States will incur costly long distance fees, since 1-800 does not work outside the U.S.

Photo Gear

For many people, capturing the highlights of their travel experiences in photographs or movies and sharing them is one of the most enjoyable aspects of the journey. Remember, however: some individuals and cultures are less tolerant of photography than others. It's always best to respect local customs. And in some places you may be charged for photography at specific sites, or restricted from any photography at all.

Digital cameras and camcorders are excellent travel companions—and many do dual duty by recording movies *and* still images. Fist sized camcorders can capture HD movies and high quality still photos; cameras the size of a deck of cards are great for snapshots and casual movie clips. With an ample supply of high-capacity memory cards you can record your whole trip with a small, lightweight package.

But you must remember the batteries. Recharging batteries is sometimes impossible, cameras can drain batteries *very* quickly, and replacements may be unavailable. Whether you need standard or proprietary batteries, it's good to have spares. Be sure your charger will work with the local electrical system, and bring more than enough memory cards—they may be hard or impossible to find. Memory cards are small, thin and light: you can never have too much storage.

Compact cameras are impractical for distant subjects. Some models have a zoom lens of up to 120mm, which is good for middle distances. For distant subjects a *megazoom* (with a zoom lens of at least 300mm) or a single lens reflex (DSLR) camera with up to a 300mm telephoto lens are good choices. With a DSLR you can use multiple lenses, though your gear can quickly get complex, weighty and cumbersome. Cameras or lenses that need a tripod are impractical for travel photography. A single mid-range telephoto lens coupled with a small, fast prime lens (for low light/no flash situations) is an effective, flexible and compact kit. Consider mirrorless interchangeable lens cameras (MILC), which combine small bodies and multiple, small lenses with high quality for both still and HD movie images.

If you use a DSLR or MILC camera, protect the lenses with a UV filter and bring lens caps, covers, cleaning paper and a waterproof bag (a heavy duty Ziploc-style bag is good) to protect your gear. Be sure your camera has a flash that you can turn off, and if it's detachable, remember to pack it. (At many sites and museums, flashes are *not* permitted.)

Consider disposable cameras, as well. They are inexpensive and capable of acceptable photos as long as the light is not too dim *or* bright. X-rays do not damage the data of digital cameras (in any media format), and so pose no problems for travelers using digital cameras.

9. ABOUT YOUR DESTINATIONS

We're including some handy practical details and a brief introduction to the places you'll visit on your Land Tour. If you expect to explore in depth on your own, we recommend that you consult one of the many available book-length guides to your destinations. If you have one or two specific sites, museums or features that you're interested in, an Internet search is the ideal way to get-up-to-date information and details. And of course your Grand Circle Travel Program Director or Hospitality Desk Representative will be able to assist you with suggestions and arrangements of activities you wish to participate in during your stay.

Drinking Water

Tap water is considered safe to drink throughout your base trip in Chile, Argentina, and Brazil, but it is processed differently and may upset your system. Bottled water is readily available and inexpensive.

On the optional extension in Peru, do not drink the tap water—use bottled water for drinking and brushing your teeth. Though digestive problems are not uncommon while traveling in South America, excessive caution is unnecessary if you follow a few basic rules. The water in your hotel dining rooms is safe to drink, as are bottled drinks and juices and hot drinks that have been boiled. The cautious approach is to carry a bottle of water in your day bag at all times, use a handkerchief to dry the tops of bottled drinks before and after opening, and avoid using ice in your drinks. Also, stay away from non-refrigerated dairy products.

Laundry Service

Laundry service is available at all the hotels during this trip. However, please inquire about the fee, as this service is sometimes expensive.

Santiago in Brief

City Layout and Details

The main boulevard in Santiago is the two-mile-long Avenida Bernardo O'Higgins, referred to as the Alameda. It is a lovely tree-lined thoroughfare that slices across the city center; at its mid-point are pedestrian walks. Stretched along it are such notable sites as The National Library, the University of Chile, and the Catholic University.

The downtown area is shaped somewhat like a rectangle. The four avenues and landmarks that form the "sides" are the Plaza de Armas on the north, near which you'll find many restaurants; Bernardo O'Higgins (the Alameda), the popular promenade on the south; the Cerro Santa Lucia on the east, a spacious park with a 230-foot-high summit overlooking the city; and the Plaza de la Constitucion on the west, site of the Palacio de la Moneda, the president's working office.

The Alameda extends to the Plaza Italia and then turns into Avenida Providencia. Avenida Providencia continues for miles away from the city center and is lined with many good restaurants. At the 2000 block, Avenida Providencia is intersected by the main street of Avenida Pedro de Valdivia. Avenida Vitacura is an area that features many nightspots.

Cuisine

Chile is a cosmopolitan country, and this is strongly reflected in its food and drink. Santiago, for instance, is filled with French, Chinese, Italian, and Spanish restaurants. But the best way to dine in the capital is to sample from the great quantity of foods and beverages that are typically Chilean.

At the head of the list comes the *empanada*, a flour based pastry shaped like a small turnover that is stuffed with a combination of meat and onions cut into small pieces, hard-boiled egg, raisins, and olives. It can also be made using chicken or fish. *Humitas* are made from corn, and are rather like the Mexican tamales but seldom so seasoned. The *cazuela de ave* is a kind of “souped-up soup.” It contains rice, corn, green beans, chicken, carrots, pumpkin, salt, and a number of herbs. *Curanto* is not so much a dish as a complete dinner. In Santiago, it is made in pots and served in some restaurants. The dish is a hearty combination of peas, pork, seafood, potatoes, and any number of other savory ingredients.

Chile’s world-famous grapes are the foundation of its three most popular drinks. First, of course, is wine itself. Grapes are also used to make *chicha*, a brownish beverage somewhat reminiscent of apple cider with added punch. The last, and most powerful, is *aguardiente*, which translates literally into “fire water,” although it is more commonly called “*pisco*” and is considered Peru’s national drink (although it is also made and consumed in Chile.)

Drinking Water

Tap water in Santiago, Puerto Montt and Puerto Varas is considered safe to drink. There are also several excellent mineral waters bottled in South America if you prefer bottled water. Soft drinks and beers are made from fresh, unpolluted spring water.

Post Office

The main post office in Santiago is on the Plaza de Armas. Look for the Correo Central. It is open 9 am to 4:30 pm Monday through Friday, and closed on Saturday and Sunday.

Buenos Aires in Brief

City Layout and Details

The real heart of downtown Buenos Aires is only about a 16- by 10-block rectangular area. Outside of that hub, the city sprawls for mile after mile in all directions. Within this central zone you’ll find the city’s major commerce, shopping, and nightlife spots. The streets you’ll need to know to get around on your own are Avenida de Mayo, Avenida 9 de Julio, Avenida Corrientes, and Calle Lavalle—plus Calle Florida, a lively shopping thoroughfare that runs from Plaza San Martin to Avenida de Mayo, near Plaza de Mayo. Florida and Lavalle streets are closed to vehicles.

Avenida 9 de Julio is so wide that each side has its own name—Carlos Pellegrini on the near (east) side and Cerrito on the far (west) side. The central portion is called 9 de Julio. The Plaza de la Republica, marked by a 220-foot-high obelisk, is on 9 de Julio. It fringes the entertainment and theater district that thrives particularly on two parallel streets—Calle Lavalle and Avenida Corrientes. These two streets represent the “Broadway” of Buenos Aires. The area bustles day and night.

Buenos Aires’s “in” area is Recoleta, home of many posh restaurants and clubs and a popular meeting place, as well as Puerto Madero, located near the dock area. San Telmo is the oldest part of town and Caminito is the colorful main street of La Boca, an old picturesque Italian section.

Cuisine

Beef or *bife* (beef-eh), as they say in Spanish, is the tale of Argentina, the golden El Dorado of her economy. Somewhere around 50 million Aberdeen Angus and Hereford cattle graze on nutritious pampas fields and, thanks to the gauchos, provide locals with abundant, tasty fare. Restaurant menus everywhere in the country feature some type of beef selection. At-home diners, too, often have beef as the main staple of their diet. Gauchos themselves have spent lifetimes eating native beef—and sometimes nothing else. That’s why they know how to prepare it so deliciously!

There simply is nothing quite like the flavor of *bifes* grilled over the coals or roasted on an open fire (*asado*). The truth of the matter is, you’ve never really tasted charcoal-broiled steak until you dine with the gauchos of Argentina. Their cooking techniques are apparent in Buenos Aires’s many steakhouses, from deluxe establishments to fast-food types, as well as at *estancias* (ranches).

Argentinean wines of excellent quality are currently available. You will want to try a Malbec, the local grape. And if you celebrate with the “bubbly” in South America, why not do it with Argentina’s superb, inexpensive champagne? Just a note of precaution: Argentines thoroughly salt almost everything, particularly meats and salads. If you dine out, you may want to request unsalted food. When you order, simply tell the waiter *no use* (oo-say) *sal, por favor*. You may also want to try *dulce de leche* (“sweet milk”), a caramel topping that Argentines eat with everything.

Drinking Water

Water from the tap is safe to drink in Buenos Aires, although it is usually heavily chlorinated. You may prefer to stick with bottled water, which is both inexpensive and readily available.

Post Office

The main post office is at Sarmiento 151. It is open from 8 am to 6 pm and closed Saturdays and Sundays.

Lima in Brief—Optional Extension

City Layout and Details

Lima, the capital of Peru, is an old Spanish city founded by Francisco Pizarro in 1535 and known as the City of Kings. The city is justly famous for its museums, galleries, and monuments all juxtaposed within a modern city.

Lima is situated halfway down Peru’s desert coastline. The city looks out over the Pacific Ocean with the foothills of the Andes at its back. The main square of its historic center, with Spanish colonial mansions still intact, was recently declared a UNESCO World Cultural Heritage Site. Within Lima, Lima Centro is the historic heart of the city. The Spanish influence is still seen here in the many fine old buildings built in colonial style. Though it has seen earthquakes, fires, and neglect, there are still some wonderful sections in this old section of Lima, though it can also be crowded and chaotic. The heart of the Lima Centro is the

Plaza de Armas, site of La Catedral (the Cathedral). Nearly all the colonial mansions and churches are within walking distance of the square. The city's best museums, such as Pueblo Libre and San Borja, are close to Lima Centro.

The San Isidro and Miraflores suburbs are exclusive residential and commercial neighborhoods near the coast. San Isidro has many of the city's best hotels, as well as its best shopping malls. Miraflores offers a grand variety of hotels, bars, and restaurants, as well as shopping outlets. A number of the city's finest hotels are along the *malecón* (boulevard) in Miraflores and close to its central park. Barranco is a quiet former seaside village now known as Lima's nightlife district. Here you will discover some of Lima's best restaurants, bars, and live-music spots, frequented by locals and visitors alike.

Perhaps because it is such an old city with many narrow twisting streets, Lima can be a bit challenging to get around in. Beyond the city center, Lima meanders off into a dizzying array of neighborhoods. San Isidro, Miraflores, and Barranco are among the best known and most welcoming of these suburban neighborhoods—all are along the coast and the circuit of urban beaches leading to what is called Costa Verde.

The main roads from the city center to the suburbs and back are Avenida Benavides (to Callao); Avenida Brasil (to Pueblo Libre); Avenida Arequipa, Avenida Tacna, and Avenida Garcilaso de la Vega (to San Isidro and Miraflores); Paseo de la República (also known as Vía Expresa) and Avenida Republica de Panamá (to Miraflores and Barranco); and Panamericana Sur highway south of Lima.

Cuisine

Ceviche is a local specialty (uncooked fish marinated in lemon juice and hot pepper, served with corn-on-the-cob, sweet potatoes, and onions). All varieties of seafood are excellent here. Among the popular liquors is *pisco* (which takes its name from a town south of Lima), a powerful liquor distilled from grapes and most often seen in the pisco sour Cocktail. This spirit is a favorite and is considered the national drink. It can also be found at some supermarkets or grocery stores.

Drinking Water

Do not drink the tap water in Peru. Use bottled water for drinking and brushing your teeth. Bottled drinks, juices, and hot drinks that have been boiled are safe to drink. Carry a bottle of water in your day bag at all times, use a handkerchief to dry the tops of bottled drinks before and after opening, and avoid using ice in your drinks. Also, stay away from non-refrigerated dairy products.

Local Transportation

Buses: There are two types of buses within Lima: *micros* (large buses) and *combis* or *colectivos* (minibuses or vans). Both types of buses are usually crowded and sometimes have pickpockets aboard. They can be hailed at any place along the street without regard to bus stops, and are inexpensive. Routes and stops can be confusing unless you are familiar with Lima. If you choose to travel on these and you want to get off, shout "*baja*" (getting off) or "*esquina*" (at the corner). However, due to their tendency to be crowded and the prevalence of pickpockets aboard, we advise against traveling by bus if you can avoid it.

Taxis: Taxis hailed on the street are a quick way to get around in Lima. However, taxis are unregulated, which means anyone can become a taxi driver. This means no meters in the taxi, with the driver charging whatever he thinks he can get. So be aware of fares and prices to and from your destination and set a price before getting into the taxi. To avoid the less reliable taxis, call a registered company from your hotel or restaurant—especially at night. The fare may be higher but it is worth it.

Driving in the city: Lima can be a confusing, congested city with aggressive drivers. Unless you know your way around, driving yourself is not a good idea.

Post Office

Lima's main post office (*Central de Correos*) is located on the Plaza de Armas at Camaná 195 in central Lima. The Miraflores branch is at Petit Thouars 5201; the San Isidro branch is at Calle Las Palmeras 205.

Rio de Janeiro in Brief—Optional Extension

City Layout and Details

Rio de Janeiro is a city of contrasts. Nestled between steep mountains and the Atlantic Ocean, Rio is justly famous for its glorious beaches and emerald islands. The city itself offers colonial buildings side by side with modern glass skyscrapers, set against the backdrop of lush forests close by on the green hillsides. Rio is known as a fun city, and its residents like to say it is high on life. It is a city of golden beaches, the samba, and its festive Carnival. And high above all this stands Rio's iconic landmark, the statue of Christ the Redeemer. The city's other well-known landmark, the Sugar Loaf Mountain, is also a sight unique to Rio. The famous beaches of Copacabana and Ipanema are nearby, close to some of the main attractions of the city.

Rio is divided into four zones—the Centro, Zona Norte (north), Zona Sul (south), and Zona Oeste (west). Rio's historic buildings and its museums and galleries are located in and around the Centro zone. The city's biggest attractions, including its beaches, are found in Zona Sul. Because Rio's districts are spread out, public transport is recommended to get to an area, and then you can explore on foot.

Cuisine

Brazil offers its own style of barbecue: *churrascaria*, where a server comes to your table with skewers of many varieties of meat and cuts it off directly onto your plate. Treat your taste buds to exotic fresh fruits, from papaya and mango to pineapple and bananas. *Palmito* (heart of palm) is another specialty. Wet your whistle with *caipirinhas*, made from sugar cane alcohol, lime, and sugar. But be careful—they are addictive—and it is said, “with two you speak Portuguese!” Other inexpensive Brazilian-style restaurants are the “*comida por kilo*,” self-service buffets where you pay by weight.

Drinking Water

Water from the tap is generally considered safe to drink, though it is usually heavily chlorinated. You may prefer to stick with bottled water, which is both very inexpensive and readily available, particularly if you have a delicate stomach.

Local Transportation

Subway: The subway in Rio (*Metrô Rio*) is quite good. It is safe, clean, air-conditioned, and efficient. There are two lines in operation from Monday to Saturday from 6 am to 11 pm. Line 1 runs from Siqueira Campos (Copacabana) to Sãoens Pena (Tijuca), while Line 2 runs from Estacio (Centro) to Pavuna, in the north of the city. Metrô tickets are only available for purchase at the station.

Buses: Buses are also good—they are inexpensive and run regular routes to all parts of the city. Tickets are available for purchase from the cashier, who sits next to the turnstile at either the back or the front of the bus. An integrated Metrô and bus pass, called *Metrô/Ônibus*, is available.

Taxis: Yellow taxis operate with a meter and can be hailed on the street. The flag, *bandeira*, indicates the price. Special taxis—either blue or red—operate from the airports. Payment is by pre-paid vouchers, which are available for purchase at airport kiosks. Radio taxis are safe and reliable but more expensive than yellow taxis. Brazilians generally do not tip taxi drivers, although rounding the total fare up to the nearest real is appreciated.

Limousines: Most hotels can provide a private car service. Check prices beforehand. We recommend that you ask your Program Director to assist you with these transportation arrangements.

Driving in the City: Rio has such a good public transport system that there is little need to drive on your own. If you do attempt it, you will need a good sense of direction to cope with the hectic traffic and confusing one-way streets.

Post Office

There are post offices all over town—look for the yellow and blue sign saying *correios*. The international airport also has a post office branch.

10. DEMOGRAPHICS & HISTORICAL OVERVIEW

Argentina

Area: 1,073,518 square miles

Capital: Buenos Aires

Government type: Republic

Languages: Spanish is the official language. English is widely spoken in major cities and tourist centers.

Population (2013 estimate): 42,610,981

Religions: Roman Catholic 92%, Protestant 2%, Jewish 2%, other 4%.

Time Zone: Argentina time (ART) is 3 hours behind Coordinated Universal Time, and 2 hours ahead of Eastern Standard Time (EST). So, from November to March, when it is 6am in Washington D.C., it is 8am in Buenos Aires.

Holidays:

01/01	New Year's Day
03/03	Carnival
03/04	Carnival/Shrove Tuesday
03/24	Memorial Day
04/02	Day of the Veterans
04/18	Good Friday
05/01	Labor Day / May Day
05/25	National Day/May 1810 Revolution
06/20	Flag Day
07/09	Independence Day
08/18	San Martín Day
10/13	Day of respect for cultural diversity
11/24	National Sovereignty Day
12/08	Feast of the Immaculate Conception
12/25	Christmas Day

Argentina is the eighth largest country in the world and is approximately one third the size of Europe. It is bordered on the east by Uruguay and the Atlantic; on the west by Chile; on the north and northeast by Bolivia, Paraguay, and Brazil; and on the south by Chile and Antarctic waters. It is 2,300 miles long and measures 980 miles at its widest point.

The country is a plain rising from the Atlantic to the Chilean border and the Andean mountain peaks. The northern area is the swampy and forested Gran Chaco, extending to Bolivia and Paraguay. South of that are the undulating, fertile pampas, which support the country's rich agriculture and grazing industries. Farther south is Patagonia, a region of cool, arid steppes with some forested patches.

Argentina and Chile were the last areas on their continent to be settled by early man. Thus, Argentina differs greatly from the other South American countries because it has no ancestral cultures such as the Inca, Aztec, or Maya. In 1480, the Incas invaded the northwest part of Argentina and consolidated it into their kingdom. Spaniards took control in the late 1500s, and Argentina developed slowly under Spanish colonial rule. In 1816, the country broke from Spain and established its own government.

Argentina today is perhaps the world's most liberal country when it comes to immigration. The national constitution cites that an Argentinean is "anybody in the world who wishes to reside in Argentina." It comes as no surprise that the majority of the nation's some 40 million residents came from abroad. Most are Europeans, especially Spanish and Italians, but Germans, British, and French are also represented.

More and more Southeast Asians, too, are making Argentina their home. Many of these people left their homelands to escape wars or persecution.

The nation's capital, Buenos Aires, is one of the largest cities in the world. Its cosmopolitan atmosphere, stylish architecture, and contemporary awareness resemble that of a European capital. With its warm climate, energetic beat, and unique blend of sophistication and local color, Buenos Aires is a city no traveler would want to miss.

Chile

Area: 291,933 square miles

Capital: Santiago

Government type: Republic

Language: Spanish

Population (2013 estimate): 17,216,945

Religions: Roman Catholic 70%, Protestant 11%, small Jewish and Muslim populations

Time Zone: From roughly mid-September to mid-April, though it can vary year to year, Chile is on Chile Summer Time (CLST), two hours ahead of U.S. Eastern Standard Time (EST). When it is 6am in Washington D.C., it is 8am in Santiago. The rest of the year, Chile is on Chile Standard Time (CLT), 1 hour ahead of EST, and the exact same time as Eastern Daylight Time (EDT). Chile's seasons are opposite to those in the U.S., so just as we are starting daylight saving time, Chile is finishing it.

National Holidays:

01/01	New Year's Day
04/18	Good Friday
04/20	Easter
05/01	Labor Day / May Day
05/21	Navy Day
06/29	Saint Peter and Saint Paul
07/16	Our Lady of Mount Carmel
08/15	Assumption of Mary
09/18	National Day
09/19	Army Day
10/12	Columbus Day
11/01	All Saints
12/8	Immaculate Conception Day
12/25	Christmas Day

The 5th smallest country in South America, Chile has a 2,640-mile Pacific coastline stretching from the border with Peru to the tip of Cape Horn. Bolivia and Argentina flank its eastern border; to the west is the Pacific Ocean; and to south, the South Pole. One third of Chile is covered by the Andes. Five distinct regions make up the country: the Northern Desert, the Central Valley, the Lake District, Patagonia in the south, and remote Easter Island 2,400 miles offshore in the Pacific.

At the southern tip of Chile's mainland is Punta Arenas, and beyond that lies the Strait of Magellan and Tierra del Fuego, an island divided between Chile and Argentina. The southernmost point of South America is Cape Horn, a 1,390-foot rock on Horn Island in the Wollaston group, which belongs to Chile. Chile also claims sovereignty over 482,628 square miles of Antarctic territory.

Chile's populace, unlike that of Peru or Ecuador, does not have a strong Indian heritage or appearance. There is virtually no evidence of an Inca influence in the faces or culture of its residents. In fact, Chileans look northern European in appearance—largely because during the Spanish reign, very few European settlers and Indians intermarried. It is the European traits, therefore, that were passed on.

In terms of economy, Chile remains the world's largest source of natural nitrates and their by-product, iodine. Chile is also the chief supplier of minerals in Latin America, including copper, coal, iron, gold, silver, oil, manganese, and sulfur. Forestry products—pulp, logs, sawn wood, and manufactured goods—are the second largest export item. Wine is both a consumer good and an export item. Chilean wines are so noteworthy, in fact, that France is one of Chile's primary wine customers.

Santiago is Chile's capital politically, economically, and culturally. But despite its status as the country's leading metropolis, it retains many delightful small-town qualities. The day-to-day pace is leisurely, and the people casual and friendly. Yet the city also offers a lively cultural life with its twelve theaters, two symphony orchestras, two ballet companies, and three respected universities.

Brazil—Optional Extension

Area: 3,287,612 square miles

Capital: Brasilia

Government type: Federative republic

Languages: Portuguese is the official language. English is widely spoken in major cities and tourist centers.

Population (2013 estimate): 201,009,622

Religions: Roman Catholic 74%, Protestant 15%, Spiritualist 1.3%, other 2.7%, none 7%

Time Zone: The west coast of the South American continent is roughly aligned with the east coast of North America. In other words, Lima, Peru (west coast), is due south of Miami, Florida, and New York and is in the same time zone. Rio de Janeiro thus is positioned far out in the Atlantic Ocean. Assuming it is standard time, when it is noon in New York or Miami, it is 2 pm in Rio.

National Holidays:

01/01 New Year's Day
02/17 Carnival Tuesday
02/18 Carnival end
04/03 Good Friday
04/05 Easter Sunday
04/21 Tiradentes Day
05/01 Labor Day / May Day
06/04 Corpus Christi
09/07 Independence Day
10/12 Our Lady Aparecida/Children's Day
11/02 All Souls Day
11/15 Republic Proclamation Day
12/24 Christmas Eve
12/25 Christmas Day
12/31 New Year's Eve

The only country in South America that traces its culture and language back to Portugal, Brazil is the continent's largest nation and covers nearly half of South America, with borders on every nation of South America except Chile and Ecuador. The Atlantic Ocean is on the east coast of Brazil and provides some famous beaches. Brazil is geographically divided into highlands and plateaus in the south and the Amazon River Basin in the north. The Amazon and its hundreds of tributaries drain more than a third of Brazil. The other major river is the Sao Francisco, located entirely within Brazil and navigable for 1,000 miles. Brazil has a long coastline, with nearly two-thirds of the country's population living near the coast.

Rio is a melting pot of cultures, and the *Cariocas* (as the citizens of Rio are called) are full of passion and vigor, a characteristic on full display during Rio's famous annual Carnival. Many of the people who originally settled Rio de Janeiro came from Europe, but a sizable portion were Brazilians of African descent who brought with them the musical traditions of Africa and the Brazilian northeast. Rio remained the capital of Brazil until 1960, when the Federal government was transferred to Brasilia. Rio is now a city of over 7 million. It is the country's media capital, finance center, and most famous tourist destination.

Peru—Optional Extension

Area: 496,225 square miles

Capital: Lima

Government type: Constitutional republic

Languages: Spanish, Quechua (both official)

Population (2013 estimate): 28,849,303

Religions: Roman Catholic 81%, Seventh Day Adventist 1.4%, other or none 17.6%

Time Zone: The west coast of the South American continent is roughly aligned with the east coast of North America. In other words, Lima, Peru (west coast), is due south of Miami, Florida, and New York and is in the same time zone. Assuming it is standard time, when it is noon in New York or Miami, it is also noon in Lima, Peru.

National Holidays:

01/01 New Year's Day

04/02 Maundy Thursday

04/03 Good Friday

04/05 Easter Day

05/01 Labor Day / May Day

06/29 St Peter and St Paul

07/28 Independence Day

08/30 Santa Rosa De Lima

10/08 Battle of Angamos

11/01 All Saints' Day

12/08 Feast of the Immaculate Conception

12/25 Christmas Day

Although Peru is well known as the land of the Incas, its rich ancient history pre-dates the Inca Empire by thousands of years. The earliest evidence of indigenous societies goes back to the eighth millennium B.C. There are indications that organized village life was present as long ago as 2500 B.C.

By 1200 B.C., several groups had begun moving from the north into what is now Peru. These included the Chavín, Chimú, Sechín, Nazca, and Tiahuanaco. The ruins of the Chimú city of Chanchan, which they built around A.D. 1000, still exist today. New regional cultures arose following the decline of the Chavín and Sechín around the 5th century B.C. The Saliner and the Paracas made artistic and technological advances including kiln-fired ceramics and sophisticated weaving techniques. The Nazca, creators of the huge, cryptic Nazca Lines, were successors to the Paracas culture.

The Inca Empire had a surprisingly brief reign at the end of this long pre-colonial history. In less than a century, the Incas expanded their domain from the river valley around Cuzco to the whole region from northern Argentina to southern Colombia, including much of present-day Peru and Ecuador and all the way down to central Chile. In addition to their military skill, the Incas had a knack for assimilating the best features of the peoples they conquered. They built their entire empire between the early 1400s and 1532, when the Spanish conquistadors arrived.

For 200 years, Spanish officials ruled Peru using native intermediaries as go-betweens to deal with the indigenous population. In 1780, some 60,000 native people rose up in revolt against Spanish rule, led by a Peruvian patriot who used the Inca name of Tupac Amaru. The Spanish ultimately put down this revolt and another in 1814. Peru finally broke free from Spain in the 1820s as wars of independence swept across South America. Jose de San Martin of Argentina and Simon Bolivar of Venezuela played key roles in driving the Spanish military out of Peru, which declared independence in 1821. A series of Bolivar's lieutenants known as the "marshals of Ayacucho" governed Peru in the following decades. One of the most able of these, Ramon Castilla, presided over the adoption of a liberal constitution in 1860.

Since then, Peru's history has been a dramatic alternation between democratic and dictatorial governments, each of which has faced pressing social and economic issues. Opposition to dictatorship has played a prominent role in Peruvian politics since the 1920s, when Víctor Raúl Haya de la Torre founded the American Popular Revolutionary Alliance (APRA). Peruvian democratic reformers have long advocated guaranteed civil liberties and improved living conditions for the nation's Native Americans. There have also been radical and violent opposition movements, including the Sendero Luminoso (Shining Path), whose leaders were captured in 1992. Peru's last five heads of state have been democratically elected presidents: Fernando Belaúnde Terry in 1980, Alan García Pérez (an APRA candidate) in 1985, Alberto Fujimori in 1990, Alejandro Toledo in 2001, and Garcia Perez again in 2006. Today, Lima is a sprawling, bustling, chaotic capital. The outer suburbs such as Barranco are quiet and restful in contrast to the inner city. With a population of eight million (one-third Peru's population), and as the seat of the national government and the headquarters of most industry, Lima dominates Peru's political and commercial life. The country's best museums, restaurants, and nightlife are also here. The city's art and archaeology museums are particularly good at helping the visitor understand the rich history and culture of Peru.

11. ADDITIONAL RESOURCES

Books, Maps, and Movies

Argentina Since Independence edited by Leslie Bethell (History)

Here is a one-volume economic, social, and political history of Argentina since its independence from Spain in 1816.

Bad Times in Buenos Aires: A Writer's Adventures in Argentina by Miranda France (Travel Writing)

Miranda France is a British writer who worked in Buenos Aires as a freelance journalist in the early 1990s. This is a humorous, somewhat irreverent collection of her impressions of the city.

Buenos Aires: Global Dreams, Local Crises by David J. Keeling (History)

Buenos Aires dominates the Argentine urban system, but is relatively isolated from the rest of Latin America and the global economic and political system. This history explores the city's economic change, accessibility and mobility, environmental impacts, and cultural adjustments.

Chile: The Great Transformation by Javier Martinez (History)

Two Chilean scholars and activists provide an analysis of the socioeconomic and political changes that transformed their country between 1970 and 1990—the period known as that of “the Chilean miracle.”

A History of Chile, 1808-1994 by Simon Collier (History)

This book traces Chile's development from its independence until the 1994 inauguration of Eduardo Frei, explaining how the country evolved politically from domination by a small aristocracy into a democracy.

My Invented Country by Isabel Allende (Travel Writing)

It is an unforgettable portrait of a charming, idiosyncratic Chilean people with a violent history and an indomitable spirit.

Travels in a Thin Country: A Journey Through Chile by Sara Wheeler (Memoir)

The author recounts her 2,600-mile solo trip from the top of Chile down to its tip. “Always lively and informative, sketching in the history with a light but sure touch...she admirably conveys the mood of contemporary Chile.” —*The New Statesman*

Cloud Forest: A Chronicle of the South American Wilderness by Peter Matthiessen (Travel Writing)

Crisscrossing 20,000 miles of the South American wilderness, from the Amazon rain forests to Machu Picchu high in the Andes, down to Tierra del Fuego and back, Matthiessen followed the trails of old explorers. He encountered river bandits, wild tribesmen, and the evidence of ancient ruins and fossils.

The Conquest of the Incas by John Hemming (History)

This is the classic account of the dismantling of the Inca Empire. Drawing on a wide variety of sources, Hemming vividly describes pre-Conquest Peru, the Inca's struggle against Spanish invasion, and their eventual integration into Spanish society.

The Inca Smiled: Growing Pains of an Aid Worker in Ecuador by Richard Poole (Travel Writing)

The frank and entertaining account of a development worker's encounters with the Ecuadorian people, with his daily adventures as he coped with culture shock, language, work, and play as a new volunteer.

Incas: People of the Sun by Carmen Bernard (Anthropology)

The story of the rise and fall of the Inca civilization. Excerpts from the writings of conquistadors, travelers, and the Incas themselves are included. Illustrated.

Brazil: Five Centuries of Change by Thomas E. Skidmore (History)

Introductory survey of Brazilian history, 1500-1998, including a narrative of politics and economic policy from 1930-present.

Guidebooks:

Your Program Director will be happy to provide recommendations and suggestions during the trip, so a guidebook is not a necessity. But a good one can be invaluable as a one-stop reference, so for those travelers who have asked for suggestions, we offer these guidelines. Since different guidebook series each have their own target audience and structure, it is well worth your time to browse your local library or bookstore to find the one(s) you like best. To get you started, here is some general information on the most popular series:

Culture Smart! – Focuses on local customs and etiquette instead of sights, dining, etc.

DK Eyewitness – Innovative visuals make these books easy to use and a nice souvenir once the trip is over. The focus is primarily on the sights and activities.

Fodor's – A classic guidebook with strong information on activities, shopping, and dining. Good mix of upscale recommendations and budget suggestions.

Frommer's – A comprehensive guide series that is known for its restaurant recommendations.

Insight – Offers more information on history and culture than usual, nice visuals, good maps.

Lonely Planet – Practical guides geared towards a more adventurous traveler on a budget.

National Geographic – From the same company that publishes the magazine. Excellent photographs, good information on history, nature, and culture.

Rough Guides –For the independent traveler on a budget. Particularly known for their maps.

Maps:

Most hotels will provide maps free of charge at the reception desk or in your room. These maps are usually sufficient for our travelers, but if you plan on any independent exploration, you may wish to consider purchasing a map before your departure. This can be especially useful in a country that doesn't use the Roman alphabet as the hotel maps may only be printed in the local language.

Some recommended map series include: Rand McNally international maps (especially the StreetWise series), Insight's FlexiMaps, and Rough Guide's destination maps. We suggest that you visit your local bookstore or library to get a better sense of which type of map is best for your needs before making a purchase.

Suggested Movies

Here are few of our favorite movies that are about, or set in, or from the region you'll be traveling. Most are available at movie rental stores and websites—or even your public library. Sometimes films produced outside of the US may be harder to find, but they are usually available online.

Peru and the Amazon:

Fitzcarraldo starring Claudia Cardinale and Klaus Kinski (1982, color). The story of an obsessive rubber baron who is determined to build an opera house in Iquitos (the gateway to the Peruvian jungle) and will go to incredible lengths to achieve his goal.

In Search of History: Lost City of the Incas produced by the History Channel (2005, color). An informative overview of fabled Machu Picchu, including the story of its rediscovery in 1911.

Jean-Michel Cousteau's Ocean Adventures: Return to the Amazon produced by PBS (2008, color). In the 1980s, Jean-Michel accompanied his famous underwater filmmaker father, Jacques Cousteau, on an expedition down the Amazon River. Twenty-five years later, her returns with his children.

Secret of the Incas starring Charlton Heston and Nicole Maurey (1956, color). Heston stars as a fedora-wearing adventurer racing against a rival treasure hunter to track down a fabulous Inca artifact in Peru. This film is notable for being the first time a Hollywood studio filmed on location in Machu Picchu, and for its influence on the Indiana Jones series.

The Celestine Prophecy starring Hector Elizondo and Matthew Settle (2006, color). When an American history teacher joins a friend in Peru on a whim, the last thing he expects is to get caught up in an ancient prophecy and a religious controversy.

The Naked Jungle starring Charlton Heston and Eleanor Parker (1954, color). Deep in the South American jungle, a swath of ravenous ants are eating everything in sight, and Heston's cocoa plantation is right in their path. Also in harm's way is his new mail-order bride, played by Eleanor Parker. Not for serious cultural study; just a lot of fun.

Argentina and Chile:

Down Argentine Way starring Betty Grable and Don Ameche (1940, color). A light musical about a blossoming romance between an American heiress and an Argentine horse breeder. Features the feisty Carmen Miranda in her first American film.

Evita starring Madonna, Antonio Banderas, and Jonathan Pryce (1996, color). The film version of the famous musical by the powerhouse lyricist/composer team of Andrew Lloyd Webber and Tim Rice. Although only loosely based on the real life of Argentina's first lady, the detailed sets, period costumes, and real-life Argentine locations convey the glamour of Buenos Aires in the 1930s. Travelers interested in documentaries should look for *Evita: The Woman Behind the Myth* from A&E or *Evita* (The Documentary) directed by Eduardo Montes-Bradley.

Gilda starring Rita Hayworth, Glenn Ford, and George Macready (1946, B&W). A film noir set in the shadowy underworld of 1940s Buenos Aires with a strange love triangle: the casino kingpin, his lieutenant, and the sultry beauty that they can't trust. Gilda was the femme fatal role that defined Hayworth's career and made her a box-office star.

Missing starring Jack Lemmon and Sissy Spacek (1982, color). When an expat writer living in Chile during the 1973 coup goes missing, his wife and father-in-law must navigate complex and dangerous political waters to search for him.

Teatro starring Vincent Gallo (2009, color). Two brothers reunite in Buenos Aires after one disappeared from his family for ten years. Director Francis Ford Coppola uses the strong visuals and operatic elements that are his hallmarks to dramatic effect.

The Battle of Chile directed by Patricio Guzman (1975-1979, color). A three-part documentary series about the 1973 coup d'etat that deposed President Salvador Allende and raised General Augusto Pinochet to power. Unique in that it was filmed over four years in Chile as events were unfolding.

The Motorcycle Diaries starring Gael Garcia Bernal and Rodrigo de la Serna (2004, color). Follows a 23-year-old Che Guevara and his friend Alberto Granado on a motorcycle journey across South America. An interesting, and effective, combination of biopic, buddy movie, and political commentary.

No directed by Pablo Larrain and starring Gael Garcia Bernal (2012, color). Set in the 1980's and based on an unpublished play by Antonio Skarmeta, this Chilean drama explores the role of advertising tactics in General Augusto Pinochet's campaign for re-election.

Grand Circle Community & Useful Websites

If you have access to the Internet, the following sites offer a wealth of information:

Visit the Grand Circle Community website for a world of travel news and information:

www.gct.com/community

Government websites:

International health information: CDC (Centers for Disease Control)

www.cdc.gov/travel

U.S. Customs & Border Protection: traveler information

www.cbp.gov/xp/cgov/travel

Transportation Security Administration (TSA): agency responsible for screening luggage in U.S.

www.tsa.gov/public

National Passport Information Center (NPIC): for passport information

www.travel.state.gov

General travel information websites:

Travel books

www.amazon.com

www.barnesandnoble.com

World weather

www.intellicast.com

www.weather.com

Foreign languages for travelers: basic terms in more than 80 languages

www.travlang.com/languages

Travel tips: packing light, choosing luggage, etc.

www.travelite.org

Net café guide: 100s of locations around the globe

www.cybercafes.com

Electric current and plug types

www.kropla.com/electric2.htm

Foreign exchange rates

www.oanda.com/converter/classic

ATM locators

www.mastercard.com/atm for **Cirrus ATMs**

www.visa.com/pd/atm for **PLUS ATMs**

Country information:

www.visit-chile.org/ **Chile tourism**

www.sectur.gov.ar **Argentina tourism**

www.buenosairesherald.com **Buenos Aires daily newspaper**

www.braziltourism.org **Brazil tourism**

www.peru.org.pe **Peru tourism**