Keene Luxury Travel's Guide to Peru & Machu Picchu



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Machu Picchu

An Inca Citadel in the Cloud Forest of Peru; An Experience You Will Never Forget



Machu Picchu

A fascinating sight. Part of the mystery of Machu Picchu is due to the lack of precise information about its origin. Why did the Inca's build, occupy and then abandon Machu Picchu? There have been many theories about Machu Picchu from it being a religious place for virgins due to the number of female bones found here, to an area for astronomical studies due to the astronomical positions of the construction. Your first glimpse of Machu Picchu is sure to be a moment you will never forget.

Getting There

Machu Picchu can only be reached by train. Most US visitors start by arriving in Lima, Peru and spending one night. The next morning you fly to Cusco in the mountains at an elevation of 9,000 feet. We suggest heading straight down to the beautiful Sacred Valley, the lowest altitude of the trip. This gives you a chance to acclimatize to the altitude. The Sacred Valley is a beautiful spot and well worth spending time here before your trip to Machu Picchu.



You can catch the train to Machu Picchu from the Sacred Valley. There are local trains, we suggest the Vistadome train or the famous expensive Hiram Bingham Train. The Hiram Bingham train is a wonderful experience. Expensive but certainly traveling in style. Click here for details on the <u>Hiram Bingham Train</u>. Once you arrive at the Machu Picchu station you take a bus up the windy mountain road to the Sanctuary Lodge where the entrance gate to the park is located. We suggest spending at least one night in the Machu Picchu region to have more time at this remarkable site. Returning from Machu Picchu usually there is an additional night in Cusco after debarking the train and then a flight back to Lima.

Accommodations

Two of the best hotels in the Machu Picchu area are the <u>Sanctuary Lodge</u> at the gates of Machu Picchu and the <u>Inkaterra Pueblo Hotel</u> next to the railroad station.

How hard is the walk - do I need to be fit?

This is nowhere near as strenuous as you may think it would be. When you arrive by the bus at the Sanctuary Lodge, you are right at Machu Picchu. Even for those with walking difficulties there is an area at the entrance that you can reach and still have the opportunity to see this amazing site. If you wish to explore the area fully, there are trails and areas that would challenge even the fittest individual. The main gate is up an incline then there is a short walk are some steps and a little walk on a slightly steep area to the main entrance to Machu Picchu. Taking it slow this would take about 5 minutes. Here there is a bench where you can sit and see the entire area. There have even been people in wheelchairs taken to this spot to enjoy the view. There are various trails from long and difficult to medium and easy. The steps in the area are uneven and it does require someone to be careful. You should take the walk slowly to truly appreciate the splendor of your surroundings. It will take about four hours to cover the main areas including the hard trails.

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Right after entering the park there is a trail leading upwards on the left - called LONG trail. This takes you to the highest part of the Citadel. After about a five-minute climb you reach the first landing area shown below. This is a wonderful spot for an overview of Machu Picchu.; You continue to climb for about another 10 minutes to reach the Guard Tower where many of the famous Machu Picchu pictures have been taken. Picture of the Guard Tower below. If you have the energy, I would take this route first and then you go basically downhill from this point. The other high area is the sundial which also has a wonderful but different view.



Wayna Picchu

The high mountain behind the main construction of Machu Picchu. This is an exceptionally difficult trail and is very steep. Only the fittest of individuals should attempt this climb. It is also quite dangerous in parts. You must sign in before taking this trail and sign out so they know you made it safely down the mountain. Please be aware there are sheer drop-offs from this trail and it is truly a difficult climb.



Do you need more than one day at Machu Picchu?

It is possible to see the majority of the Citadel in a 3 – 4hour period. This is a rain forest so the advantage of spending more than one day here is the probability of seeing Machu Picchu in clearer weather. It does rain here a lot of the time. If you have just one 3hour period on a day trip and it is pouring with rain you can find yourself being very disappointed. A one-night stay increases your odds of a period of time with clear weather. If you stay at the Sanctuary Lodge you can get into the park early in the morning and also stay later in the evening - although the park does close at 5.00 pm. It is a pm. It is a good 30-minute bus ride up and back if you stay in town. The cost of the bus one way per person was \$6.00 when we went.

What else is in the town - is there anything else to see in the area?

The town is small and dominated by the railroad station and the market that surrounds the railroad station. The entire area is located in the mountains and the scenery that surrounds this small valley is remarkable. There are additional hikes in the area. Putukusi Mountain, a difficult hike to the top of the mountain and an unusual view of Machu Picchu. The one-day Inka trail that leaves at 6:00 am in the morning by train and then a slow walk up the Andes Mountains towards the Inka ruins of Winay Wayna. You then trek the final part of the famous Inka Trail to the Gate of the Sun and an incredible view of Machu Picchu below. These range from 3 to 8 hours in length. Shorter excursions are available. The Alccamayo Water Falls trek for two hours with an extension for the very fit to the top to view Machu Picchu is available. Short trails for bird watching, orchid viewing and nature trails are offered. These can be booked at the Pueblo Hotel. Of course, the market surrounds the train station with offerings of all types of local crafts. Just sitting in one area and watching the people is a full afternoon's entertainment.

Machu Picchu UNESCO World Heritage Site Info

Getting to Machu Picchu



International Flights

Traveling by air is the most common way to get to Lima, Peru the starting point of your Machu Picchu adventure. Lima is an international airport with frequent direct connections to Houston, Dallas, Los Angeles, Miami and New York and other US gateways.

It will take a minimum of 3-nights to see Machu Picchu. One night in Lima and two nights in Cusco with a day trip to Machu Picchu.

However, we do recommend a 4-5night trip. One night in Lima, one night in the Sacred Valley, one night in Machu Picchu and two nights in Cusco. (You do not arrive back in Cusco from Machu Picchu until late in the evening so in order to see Cusco it is necessary to spend two nights).

Typical Itinerary

Day One: Flight to Lima and spend one night in Lima on arrival.

Day Two: A morning flight to Cusco - a one hour flight on a regular jet airplane. Either stay in Cusco or in order to avoid altitude sickness leave for the one-hour transfer to the Sacred Valley. Spend the night in the Sacred Valley at a lower altitude.

Day Three: Take the train from either Cusco or Ollyantambo (Sacred Valley) to Machu Picchu. The <u>Hiram Bingham</u> <u>train</u> departs at approximately 9:00 am from Cusco. The trip is a total of 3.5 hours to Machu Picchu. After two hours, the train stops in Ollyantambo to board additional passengers and it is an additional 1.5 hours to Machu Picchu. You can return the same day departing by train in afternoon (6:00 pm for the Hiram Bingham train) or you can stay overnight in the Machu Picchu area. Recommended hotels in Machu Picchu are the Sanctuary Lodge or the Pueblo Hotel. We recommend staying the night to give yourself more time at Machu Picchu and to have two different days of weather for the best experience possible.

Day Four: Spend the day at Machu Picchu and return in the late afternoon to Cusco - spend the night in Cusco.

Day Five: We suggest another full day and night in Cusco to enjoy the sights of Cusco. If you are short on time, you can leave Cusco today to return to Lima and your US bound flight this evening.

Day Six: Depart Cusco in the morning and spend time in Lima before departure for you flight to the US.

The Belmond Hiram Bingham Train

Run by Belmond the luxury train between Cusco/Ollantaytambo/Machu Picchu. All-inclusive with Pisco Sour drinks, wine and brunch in the morning and dinner in the evening.



The Hiram Bingham train is definitely the most luxurious way to travel from Cusco to Machu Picchu. A link to the dining menu from the train is included below and the food was excellent.

The train cars are very comfortable and also include a bar and observation car. Not only is the service and



food outstanding the entire experience is first class. Even the embarkation and debarkation procedures make it a lot easier than

dealing with the masses on the standard train. You also pay for this service as the Hiram Bingham train is an expensive option, one-way ticket price in high season can be around \$475 per person. Compare this with approximately \$100 for the standard train.

Please remember you also have two meals inclusive of alcohol, a special bus to reach Machu Picchu waiting for you and also the services of a guide at Machu Picchu. It is important to remember these facts when making your choice of transportation.

- Machu Picchu Train Schedules
- Belmond Hiram Bingham Virtual Tour
- Belmond Hiram Bingham Dining Menus



Trading water for Pisco Sours

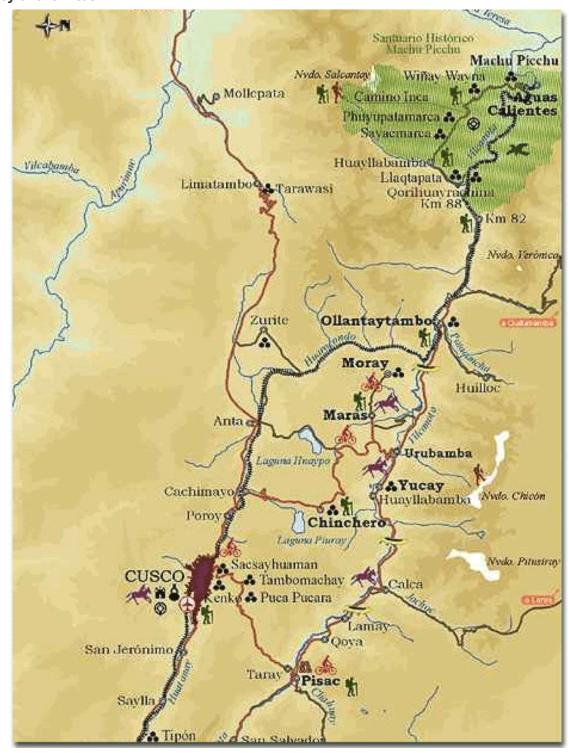
Dining Car

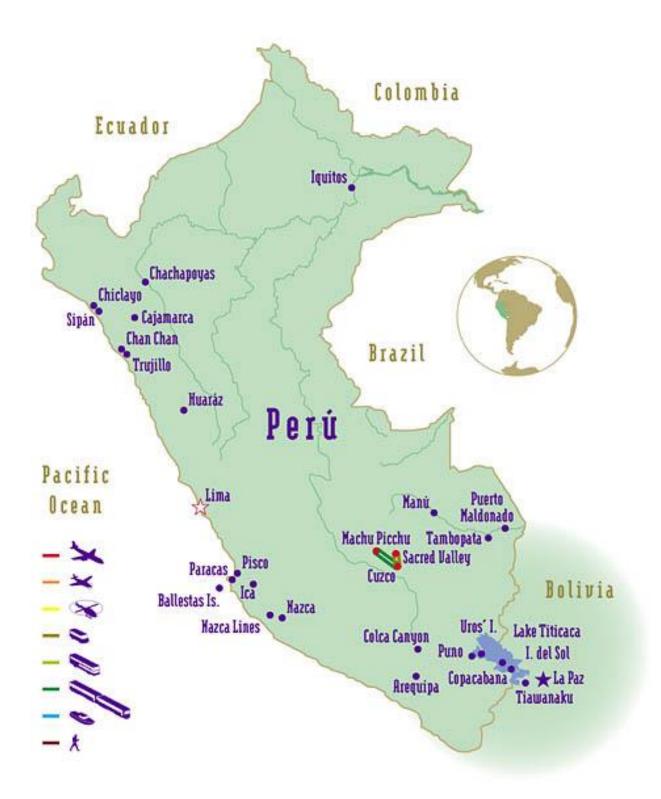
Welcome to the train

Peru Maps

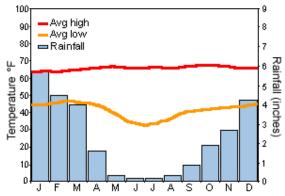
MAPS OF PERU AND THE SACRED VALLEY AND MACHU PICCHU

Sacred Valley of the Incas





Climate For Peru and Machu Picchu



Due to its geography and topography, the climate in Machu Picchu's National Sanctuary varies widely. The mountain peaks at around 6,270 meters above sea level, showing very low temperatures, and the lower areas, averaging around 2,000 meters above sea level, have a milder climate.

Temperatures in the Machu Picchu area vary from the upper zone to the canyon bottom, though, generally speaking, the climate is mild, showing mainly subtropical features: it is warm and humid hot in the daytime, and cool at night.

Located in a subtropical area, it has lows ranging from 8° to 11.2° Celsius, though it can reach 0° Celsius at the higher altitudes. June and July share the coldest mornings, reaching -2° Celsius (28.4° F). During the rainy season (November through March), the temperatures reach 16 to 18° Celsius in the daytime and below 0°Celsius at night. Maximum temperatures range from 20 - 22 ° Celsius. The hottest days (not very frequent), can bring temperatures reaching about 26° Celsius (78.8° Fahrenheit). The dry season (April- October) brings temperatures reaching 23° Celsius in the daytime and 0° Celsius at night.

RAIN AND HUMIDITY

While the main rainy season in Machu Picchu lasts from December to March, the dry and sunny season lasts from April to November or December. During the springtime, September brings a special gift of gorgeous, subtropical landscape.

The rainy months represent around 80% of the annual rainfall average, which ranges from 1,600 to 2,300 mm. The average humidity is 77% during dry months and 91% during rainy months.

During the rainy season and rainy season shoulder months from October to April, frequent downpours are commonly followed by a blue and clear sky and bright sun. However, as its location is on the brow of the Amazon Forest, rains can come in any month of the year, even during the dry season, from March to October.

What To Wear While in Machu Picchu

The best months to visit Machu Picchu are May and June, since they are the mildest ones. You will find the temperatures pleasant. A light long sleeve shirt and pants help shield you from the sun. Always try to bring along an umbrella or raingear, sunscreen and bags to protect your photographic equipment.

Broadly speaking, the days are warm and the nights cold. You have to be prepared for fluctuating temperatures. It would be ideal to bring along a sweater, mittens and a wind-jacket, inside a small backpack. During the day, you can wear long-sleeved cotton shirts and comfortable trousers to move around easily. During the dry season (May-November), the sun forces you to wear sunglasses and a hat, and apply sunscreen.

There is no reason to dress up for dinner at night or on the Hiram Bingham train. A change of clothing is nice but please pack light as you will have to deal with the luggage and staying at different hotels frequently. Since you are traveling by train you are limited to what you can carry onboard. Luggage can be left in Cusco to pick up on your return.

During the rainy season (December- April), it is advisable to bring boots to walk comfortably, since the ground gets too muddy. To protect them from rain, you should also carry your personal belongings and ID in a plastic bag inside the backpack. Be sure you always bring an extra long-sleeved shirt.

Since Machu Picchu has a warm climate, there are plenty of insects and mosquitoes, which mostly appear during sunny days, and whose bites produce skin irritation. We recommend you take insect repellent.

Cusco and the Sacred Valley are also very casual with no formal attire required. If you plan on visiting 5-star restaurants in Lima this is the only reason you may need a jacket and tie for the gentlemen.

Lima

The starting point for most Peruvian tours

Lima

The city offers some things of interest for the visitor. Most people fly in and out of Lima to start a Peruvian tour. The city is growing and the quality of hotels here is high. There is a tremendous amount of traffic and you need a guide to get around the city.

Accommodations

There are many fine hotels, <u>Miraflores Park Hotel</u>, an orient express hotel; the <u>Lima Country Club</u>; and the <u>Swissotel</u> are three hotels that we would recommend.

Restaurants

We urge caution with eating and drinking the water in Peru. The nicer restaurants do use purified water for ice and you can get bottled water everywhere. We suggest bottled water for brushing your teeth and drinking and avoiding foods that are not cooked or may have been washed with tap water. An outstanding restaurant in the Mira Flores area is the <u>La Rosa Nautica</u> - fresh seafood and other delicacies.



a Rosa Nautica Restaurant

The main square of Lima offers the key tourist attractions. Stand in the middle of the square, by the 17thcentruy bronze fountain, and you are at the historic heart of the city. The Peruvian White House, residence of the Peruvian President faces the square. On weekdays at 12:45 pm, you can see the changing of the guard. The eastern side of the square is dominated by the cathedral, which was reconstructed many times due to earthquakes. Inside, the cathedral is large and unusually austere. Opposite the cathedral is the Municiplidad de Lima, or town hall. Also, in this area we visited a private home that has been in the family for 16 generations. This is only available by special arrangement of our tour operator. The house is like a museum and a very interesting place to visit. It is located right next to the Peruvian White House.

The Monastery

Just a short walk from the Square. It is still a working Monastery today and has some interesting features to visit. The Catacombs are extensive if you like to visit this type of attraction.









Private Residence in Lima

Museum of Rafeal Larco Herrera

This was also more interesting than I would have anticipated. The museum features 40,000 pieces of pottery that were found buried in the tombs of the noble Inca's.

Cusco

The Town You Fly into When Visiting Machu Picchu

Cusco

The town is located 350 miles SE of Lima in the Andes Mountains at 11,024 feet elevation. It takes about one hour by plane from Lima to Cusco on an Airbus 320 jet plane. Cusco the "Archaeological Capital of South America" that was once the capital of a vast Inca empire and was also known as "The City of the Sun". Major earthquakes struck Cusco in 1650 and 1950, destroying many of the colonial and republican buildings. Only the original Inca structures remained intact. It is a nice place to visit and has areas to visit both in town and on the outskirts of



town. The city is nestled in a valley between mountains and is quite large. Most tours will either start and end in Cusco.

The Elevation is 11,024 feet. This does affect about 50% of the people visiting Cusco. On arrival, you are offered coca tea. Coca is an important medicinal plant. One of its most famous uses is as a treatment for altitude sickness. It helps the body make better use of the limited oxygen at the high altitudes. Symptoms range from nothing at all to a feeling of faintness, headaches and breathlessness. It is advisable not to walk too much or uphill and take some time to adjust to the altitude. The body does adjust and after a few days most would not notice anything.

Accommodations

There are two five-star hotels, <u>Hotel Monasterio</u> and the <u>Hotel Libertador</u>. Another good option is the <u>Novotel</u>. Please click on the hotel names for more information.

Restaurants

We urge caution with eating and drinking the water in Peru. The nicer restaurants do use purified water for ice and you can get bottled water everywhere. We suggest bottled water for brushing your teeth and drinking and avoiding foods that are not cooked or may have been washed with tap water.



View from Koricancha



Menu in Cusco

MPANADAS

Pisco- Peruvian Alcohol for Pisco Sours

The Squares of Cusco

These offer a view to the local population and also the beautiful cathedrals and buildings that are built on the squares. The Cathedral of Cusco is very interesting as the art work in the church was done by local Indians under the guidance of the Spanish. You can see the influence of the local people in the work. The picture of the last supper shows the meal to be "guinea pig". Probably will not find that anywhere else.

Koricancha

The most famous and richest temple of the Inca State, located where the temple and the convent of Santo Domingo now stands. The Sun God the Inca principal deity was adored in this temple so it was originally called Inti Canch (the House of the Sun). This is located in the main area of Cusco in close proximity to the major tourist hotels. This is a fine example of the structure of the Inca temples.



Sacsayhuaman

Sacsayhuaman

The key site in close proximity to Cusco. This is a very impressive site covering a huge area dating back to the 1460 time period. It is one of the biggest and more surprising of the Inca Monuments. Giant stone blocks make you wonder how they were transported here and moved to build the base of the structure. The base of the structure is in a zig zag pattern. The area is so large it would take hours to explore the whole complex.

Outside Cusco

This is when you first see the beauty of the countryside and observe the local people and their customs. This is where we first noticed the ornaments on the top of the houses. Each one is different with a different meaning. We found these quite fascinating. The people were also interesting. Some pictures of our drive in the country side are shown below.



Local family

Roof Ornaments

Alpaca

Sacred Valley of the Incas

A beautiful valley between Cusco and Machu Picchu along the Urubamba River

The Sacred Valley

This is a beautiful area called the Sacred Valley as the valley contains elements of nature that the Inca's worshipped. Rivers, fertile earth, and mountains. It is a lush valley that grows incredible crops particularly many varieties of corn and surrounded by majestic mountains. The scenery is spectacular. It is composed of valleys connected by the Urubamba River between the towns of Pisac and Ollantaytambo.





Chinchero Market

This is a town at the half way point between Cusco and the Sacred Valley. If you are there on Sunday the Chinchero market is truly fascinating. This is not as much of a tourist market as a gathering place on Sunday mornings for the locals to get together and trade. They arrive piled in trucks and you can see what a social gathering this is for the families. Of course, products for tourists are present as it has become a popular thing for tourists to see. Pictures from this market are shown below.



Pisac

Considered the beginning of the Sacred Valley. There are Inca ruins here which can be divided into three main groups, the fortress, the sanctuary or the Temple of the Sun and the city. There are also some beautiful terraces that the Incas used to grow crops. It will take about an hour to two hours to explore the archaeological site. **The Picso Market** in the town of Pisac, is a very well-known market held on Tuesday, Thursday, Saturday and Sunday featuring all the traditional souvenirs that can be found at a local craft market. Silver, gold, embroidery and many types of local products on display. A small church is in the middle of the market. The sights and sounds of the market are fascinating whether or not you buy anything during your visit. Some pictures taken at the market below. Bargaining is of course the key ingredient to shopping here. Although the vendors will ask you to see their product's they are generally less aggressive than in other areas of the world that feature similar market places.

Ollantaytambo

This is an example of an Inca village, still occupied today and using the Inca irrigation system. Ollantaytambo was a religious, political and military complex as well as a resting place for the Inca rulers. The old Inca walls still look incredible, surviving earthquakes and still standing. During the walk through the village, we were privileged to be able to enter a typical home. The homes open onto a communal courtyard and the people are very social and share their everyday lives. Often the homes are of relatives. Tiny one room dwellings are really all the homes consist of and all have the guinea pigs bred inside. This is a local delicacy only eaten on special occasions.



The courtyard of the homes

Inside a home

The guinea pigs

The Ollantaytambo ruins

Called Aracama Ayllu are at the end of the village and offer a great view of the valley below. It takes about one and a half hours to walk the ruins. This little town also offers internet service at a reasonable hourly connection charge. The trains stop here from Cusco on the way to Machu Picchu. You can spend the night in the Sacred Valley and join the Hiram Bingham train and continue onto Machu Picchu.



Ruins above the town

The narrow alleys with the Inca Irrigation system still running

Walking the ruins above the town

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Chicha

This is the local alcoholic beverage that is made from fermented corn. Long wooden sticks with red plastic tied to the end signify that the establishment offers chicha for sale. These "bars" are everywhere. Stopping in with a guide is quite an experience. They serve very large glasses taken straight out of a big pot full of chicha under a white cloth. This brew dates back to even pre-Inca times and is of course very popular with the locals. I am not sure tasting this brew is recommended, this is your decision.



Accommodations

The new Inkaterra Hacienda Urubamba. An absolutely stunning hotel with marvelous rooms. They have their own herb garden and the chef will take you on a walk describing all the plants they use in their food. A beautiful hotel with a stunning view from the main hotel lobby and restaurant. A great setting. | Inkaterra Hacienda Urubamba

Soly Luna is an older hotel with acceptable rooms. The key here is the stunning grounds and a good restaurant. They host a wonderful barbeque of Peruvian food along with a show of horse riding. Most evenings they have some form of entertainment. <u>Hotel Soly Luna</u>,

Casa Andina Private Collection hotel is in the middle area of the Sacred Valley. This is a new hotel with great rooms but for me it does not have the ambiance that Inkaterra and Soly Luna offer. <u>Casa Andina Private</u> <u>Collection</u>,

The Hacienda

This is a private restaurant that you can visit by special arrangement of our local tour company. This hotel is on the same road as the Inkaterra Hotel just slightly higher up the hill. The Hacienda is a private home that is almost like a museum and has been in the family for years. The house is located up in the hills with a view of the valley area. The setting is picturesque and the lawns and flowers are delightful. The house is full of interesting artifacts including some pottery dating back to the pre-Inca period. Prior to lunch you are served the drink of Peru - Pisco Sour. It tastes similar to a Margherita. A wonderful experience that you will always remember.



View from the lawn

Pisco Sours before lunch

The entrance to the Hacienda

Frequently Asked Questions



Where is Machu Picchu?

See our page with maps of the area.

What is the climate like?

See also, our page on climate.

From June to October, the mornings are warm with brilliant sunshine, though it can get quite cool in the shade. At night temperatures can drop to 10° C. *From December to April*, showers and downpours are common, followed by bright, intense sunshine. We recommend to take a raincoat or umbrella to protect yourself from the rain.

When is the best time to travel to Machu Picchu?

The ideal months for visiting Machu Picchu are from June to October as the weather is mild during this time of the year although cold in the morning. November is also a nice month with everything green and although considered the beginning of the rainy season the weather can be very clear and less crowded.

What about clothing?

Casual attire, comfortable clothes and shoes. Light rain jacket is essential. Layer the clothing as the temperatures can vary significantly even in a 24-hour period. Nothing fancy is required during the day or at night. <u>See also, our page on clothing.</u>

Are there any immunizations required/recommended?

There are no immunizations either required or recommended for the visiting Machu Picchu. However, if you intend to spend more time in Peru, especially in the jungle, some immunizations are highly recommended. In the jungle areas, the mosquitoes can carry Malaria so an anti-Malarial drug is recommended. For the areas you will visit to see Machu Picchu although there are mosquitoes but they do not carry the malaria parasite. As this changes from time to time, please check with your local health office, <u>Centers for Disease Control or</u> <u>Prevention</u>, or <u>Novartis Institute for Tropical Diseases</u>, a few weeks in advance of your trip.

How do we get there?

From North America, there are daily flights to Lima, Peru via Miami, Houston, or Dallas, as well as many other US gateways. From there, you take a flight to Cusco and then a train to Machu Picchu. <u>See also, our page on</u> getting to Machu Picchu.

Can you arrange our air to Lima?

Yes, our tour operator can handle these requests for our clients.

How do we get to Machu Picchu from Lima?

Flights to Cusco, the gateway to Machu Picchu, depart frequently from Lima. We will arrange the Cusco flight for you. The flights are on regular Airbus 320 jet aircraft. After an overnight stay in either Cusco or the nearby Sacred Valley, you take a train to Machu Picchu.

Are all your prices in US dollars?

All of our rates are quoted in US dollars.

What form of payment do you accept?

We accept Visa, Mastercard and American Express. Payment may also be made check.

What is included in the package?

The package rate includes accommodations and meals as set out in your itinerary, all guide and lecture services, transfers between the airport, hotels, train as set out in your itinerary.

What is not included?

Tips (it is customary to tip the guide and driver), soft drinks, alcoholic beverages, and any other extras not specifically mentioned. There is also a \$5 departure tax from Lima to Cusco and from Cusco to Lima.

Is there a departure tax from Lima?

Since October 2010, the departure tax is included in the price of your airline ticket for both national and international flights.

Can you make hotel and other tour reservations for us in Peru?

Our tour operator is able to assist you with hotels and tours throughout Peru. We can also help you to plan an efficient itinerary that will make the most of the time you have available.

Can we purchase trip cancellation and travel insurance for this?

We offer CSA trip cancellation, or travel and medical insurance or travel insurance through our operator, Ker & Downey. It should be purchased at the time of the first deposit. Please ask for more information.

How do we receive our vouchers and tickets for the trip?

We will mail you a package of information and your airline tickets (if air was purchased through us). The hotel tickets and vouchers are given to you upon arrival in Peru by your local Peru guide.

What level of Guide will be provided, and do they speak English?

The tour operator we use employs highly experienced and qualified guides who are fluent in English (and often other languages as well).

How much should we tip?

Tipping is always a courtesy. However, if service is pleasing, the following are general guidelines:

- Restaurants and coffee shops: 10% of the bill
- Hotel/airport porterage: \$1 per suitcase
- Guides in Peru: \$5-10 per day / per person
- Drivers in Peru: \$2.50-\$5 per day / per person

Will we have to exchange any money before we travel to Peru or once in the country?

Most places accept US dollars. It is helpful to have the local currency for small purchases. The currency is Peruvian Nuevo Sol (PEN) and you can exchange at hotels, airports and money changes once you arrive. <u>See also, XE Currency Converter</u>