

Smart Guide to Visiting Peru

👋 Hey traveler!

Looks like you are up for an unforgettable trip to Peru... Good news! You are in the right hands. At [Impactful Travel](#), we know exactly what you need to have a unique experience. Read on if you want some tips and tricks about how to travel to this beautiful country!



What to See in Peru?



What do you first think of when you hear the word Peru? Almost certainly, the modern world wonder Machu Picchu comes to mind. Or, if it's not that, it might be an image of llamas roaming in the grasslands of the Andes. Perhaps they are being accompanied by their owners; Peruvian women wearing colorful traditional clothes and hats. Maybe, you also imagine the Amazon, wild and mysterious, giving shelter to fragile species.

All of this is Peru. And we can assure you, that all of this is just as mind-blowing in real life as it is in your imagination. No matter if you dream about the (high) [Andes](#), the [coastal line](#) or the [jungle](#) of Peru; we can take you to all the must-see places that you don't want to miss.



But believe us when we tell you that Peru is so much more than the destinations you tend to see on social media or in advertisements! To us, it is especially the small communities living in more remote areas that make this country so special. They are the ones preserving the ancient history of Peru and keeping traditions alive. And who wouldn't want to learn more about this history, to get to know the country on a deeper level?

We believe that paying a visit to small communities is one of the richest experiences you can have in Peru. And most of all: it allows you to travel more responsibly! But what does that actually mean... responsible travel?



How to Travel Responsibly?

If you dream of visiting a place but think a lot about the impact you are going to have on the country you want to visit, you are already on the right path! Because you have understood that traveling does not always go hand in hand with positive consequences. As a matter of fact, it can be quite damaging to a destination, if done in the wrong way. So, let's do it in the right way, by sticking to some basic rules during our trip:



Impactful Travel List

- Try going on fewer trips of longer durations to reduce air travel
- Reduce your pace: try out *Slow Travel*
- Choose low-emission transport options
- Consider traveling during low season
 - This will reduce damage due to over tourism and allows locals to have an income throughout the whole year
- Reduce energy and water consumption
 - Especially in water-scarce areas like the desert
- Reduce garbage
 - Avoid single-use plastic
 - Buy a filter bottle to drink tap water. Look out for refill options.
- Consume local and seasonal products
 - Feel free to have a look at our article about [Sustainable Gastronomy](#)
- Favor vegetarian/vegan options, preferably from organic sources
- Inform yourself before engaging in wildlife tourism (animals might be treated badly)
- Consider taking part in conservation programmes or social initiatives
- Try getting off the beaten path to financially support remote areas
 - Note: this doesn't mean getting off the trail when hiking in nature ;)
- Pay visits to local communities and consider spending a night in their homestays

We want to encourage you to always keep these few tips in mind when traveling. Of course, this list is not exhaustive, as sustainability can almost always go further. Therefore, let us try to be mindful travelers at all times. Think about your impact before you act or book a tour and help us preserve our beautiful nature and culture. You can explore this topic further using our website's [sustainability section](#).

As you might have realized already, at Impactful Travel, we especially care about collaborating with local people living in remote and rural areas. Paying a visit to such communities means connecting with the people, learning and participating in their daily lives and exchanging ideas with them. And after more than two decades of experience in Community-Based Tourism in Peru, we know just how much joy this exchange brings to both our guests and the communities. But the greatest part of it is to know that the community members can actively participate in decision-making and financially benefit from your visit.

If cultural exchange and the forging of meaningful connections with local people sounds appealing to you, be sure to check out our full selection of [community-based tours](#).

Of course, if you are intrigued about this type of experience, you need a minimum of Spanish skills, to be able to connect with the people you meet. Knowing that, we have put together a small language guide for you. It will help you get along in this huge country and talk to people in cities and rural communities.



Language Guide

Meeting someone

Hey, how are you?

What's your name?

My name is...

Where are you from?

I am / We are from...

How old are you?

I am... years old.

Hola, cómo estás/qué tal/?

¿Cómo te llamas?

Me llamo...

¿De dónde eres?

Yo soy / Somos de...

¿Cuántos años tienes?

Tengo... años.

Asking for something

Can you help me please?

How do I get to...?

Where can I eat something?

What is this?

Thank you for your help!

¿Puedes ayudarme, por favor?

¿Cómo puedo llegar a...?

¿Dónde puedo comer algo?

¿Qué es esto?

¡Gracias por tu ayuda!

Eating out

I am very hungry!

I would like to have...

Could I have salt/pepper?

Very tasty!

Leave a tip

¡Tengo mucha hambre!

Me gustaría / Quisiera...

¿Me podría dar sal/pimienta?

¡Qué rico!

Dejar una propina

Lemonade, juice

A ceviche restaurant

Traditional restaurant of Arequipa

Limonada, jugo

Cevichería

Picantería

Some common Peruvian drinks

Some common Peruvian main dishes

Some common Peruvian desserts

Pisco Sour, Chicha morada

Cuy, Ceviche, Lomo Saltado

Pie de limón, tres leches

Some specifically Peruvian words

How cool!

Right now

To work / Work

Altitude sickness

White foreigner

(White) person with red face

Beer

A generous portion of food

¡Qué chévere / bacán!

Ahorita

Chambear / La chamba

Soroche

Gringo

Colorado

Chela

Taipá

Some words in Quechua

To feel cold

To feel pain

How cute!

House

Big

Sun

Flower

Door

Stone

Moon

Wind

Water

Alalau

Ayayau

Añañau!

Wasi

Hatun

Inti

Tika

Punku

Rumi

Killa

Wayra

Yacu



What to Pack for Peru?



Now that you have acquired some basic communication skills, and want to apply them in Peru itself, you might want to know what to pack for your trip as well. Landscape- and climate-wise, this country could hardly be any more diverse. You will find anything here; the heat and the cold, humidity and dryness, sun and rain... It's a country full of contrasts! So, you better be prepared for this diversity. To do that, you can download our complete packing list below to make sure you stay nice and comfortable during your trip.

 [Download a complete packing list from our blog.](#)



When to Travel to Peru?



Trying to summarize the climate situation of such a diverse country like Peru is not the easiest task. However, generally speaking, one can say that the climate is marked by two different seasons, namely a rainy and a dry season. Know that it can rain throughout the whole year in the jungle, with precipitation being the highest between December and March. In the Andes, the rainy season is a bit longer, stretching from November/December to April. As to the coastal part of the country, you should almost always stay dry when traveling there, no matter what time of the year.



As you can guess, December to March is the low season in Peru, whereas in July and August tourism is at its peak. In our Responsible Travel List, we encouraged you to travel off the main season. Still, we understand if you don't want half of your activities to fall through due to rain. To find the perfect compromise, we suggest you travel during the months of April to June or September to November. We have written a whole article about the [Best Time To Travel To Peru](#) if you want to get more detailed information.

How Much Time to Spend in Peru?



Even though it is possible to travel this country within 10 to 12 days, we want to discourage you from doing so. Yes, you will be able to see the highlights without missing out on anything considered “important”, but you won't get the chance to get to know the country on a deeper level. We prefer to offer trips that last 15 to 17 days, to provide you with a more in-depth experience. If you want to visit the north of Peru as well, you should plan for a whole additional week.



And don't forget our Impactful Travel tip to go on fewer but longer holidays! We assure you that your experience will be richer and, at the same time, our planet will thank you for it. If you have an idea of the sights and destinations you want to visit on your trip to Peru but are unsure of how to fit it all in, please visit our [Peru Trip Planner & Custom Itineraries](#) to learn how our expert travel planners can help craft the perfect travel itinerary just for you.

Fun Facts about Peru



- Peru is said to have the longest surfing wave in the world. It is located in Chicama, in the north of Peru. On a good day, the wave can get up to 4km long. A paradise for surf fans! Check out this incredible footage: [The World's Longest Surfing Wave | Chicama Peru](#)
- Peru is crossed by the world's largest mountain range, the Andes! It spans over seven countries in total: Venezuela, Colombia, Ecuador, Peru, Bolivia, Argentina and Chile. In the case of the Peruvian Andes, the highest peak is the Huascarán, reaching 6.768 meters (22.205 feet).
- You can try over 3000 different types of potatoes in Peru. So even if you ate a new one every single day, you'd have to stay for more than eight years until you'd tried each one of them.



- Peru is home to one of the largest flying birds, the Condor. It lives in mountainous regions and has a wingspan of up to 3 meters. For the Incas, the Condor used to represent the world of the gods (*Hunanpacha*), being the intermediary between men and deities.
- Peru's wonderful cultural and linguistic richness is expressed in its 48 native languages, of which 44 are Amazonian and 4 Andean.
- More than 80% of the world's Alpaca population lives in Peru. These animals have already been the loyal companions of the Incas. They are so important to the local culture that the first of August has been declared National Alpaca Day.





We hope this little overview has given you a bit of an idea of what awaits you in this colorful and vibrant country. Being so inspired by Peru's unique culture and nature, we could go on and on talking about it. But we will let you find out more about it yourself, depending on what you are most interested in. To do that, you can have a look at our [blog](#), where we give you practical information for your trip, but also details about different destinations, interesting anecdotes and lots of inspiration. If you prefer talking to someone to get some help planning your perfect trip, we are here for you to do so.

If you have any questions about this guide or our tours, please [get in touch](#) or go to our [Custom Itineraries Section](#) if you want our travel designers to begin crafting your dream Peru experience.

We are looking forward to hearing from you! 🙌

Your Impactful Travel team.

