


YOUR TRAVEL GUIDE

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A photograph of a llama with light brown wool and a dark brown face, looking towards the right. The background shows a vast mountain range with green hills and blue-grey peaks under a cloudy sky. The text "SACRED SURRENDER: PERU" is overlaid in white, bold, uppercase letters.

SACRED SURRENDER:  
P E R U



# Pre-Departure Information

GETTING READY FOR YOUR UPCOMING ADZENTURE...

# Join our private, Photo Circle Group

ALL THE MEMORIES, IN ONE PLACE!



Please join the PhotoCircle group where you can share images and videos of your trip with each other. Your lead AdZENTurer will be part of this group and will upload/share all of the photos taken of the group. You decide what to share and what you want to keep private.

[JOIN HERE](#)



# Entry Requirements

To visit Peru, a visa is not required for U.S. citizens staying less than 183 days within a 365 day period. All guests should verify requirements specific to you!

Your passport must be valid upon the date of entry and up to 6 months AFTER your return date to the U.S., with at least one blank page for entry/exit stamps. You may also be asked to show proof of onward or return travel, so have your return flight confirmation handy.

Peru now uses a fully digital entry system (TAM) — no paper forms required. It is your own responsibility to find out additional visa information and entry requirements if you plan to visit other countries or stay longer than our retreat duration. Below are some links you can refer to for travelers from the U.S. If you are not a U.S. citizen, please reach out to your consulate for travel questions and/or requirements to ensure a smooth travel experience.

[U.S. Embassy in Peru: PROMPERÚ – Official Tourism Site](#)



# Altitude

The Sacred Valley sits at 9,000–11,200 ft. Most folks feel it the first day or two — mild headache, shortness of breath, a little fatigue. Totally normal, and usually gone within 48 hours.

## Before You Come

- Hydrate hard for 3–5 days pre-trip
- Ask your doctor about Diamox (helps many travelers acclimate)
- Pack electrolytes + your go-to headache remedy

## Once You're Here

- Take Day 1 slow — we've designed it that way on purpose
- Drink coca tea (local, legal, and it works)
- Skip the alcohol the first 48 hours
- Eat light, move gently, breathe deep



# Practical Information



## POWER OUTLETS

Peru uses Type A and Type C outlets (same flat prongs as the US, plus the European round two-prong). Voltage is 220V/60Hz, so check that your electronics are dual-voltage (most phones, laptops, and camera chargers are — look for "100–240V" on the brick). Hair dryers and curling irons often aren't, so leave them home or bring a converter.



## TIPPING

Tips are essential for many workers. If you feel like you'd like to offer gratuity for an experience, ceremony or the staff at Samadhi Accommodation, please feel free to do so! Based on previous experience, we advise guests to bring the value of \$50-100USD for additional/optional tips.



## CASH & CURRENCY

Peru's currency is the Peruvian Sol (PEN), written as S/. — roughly 3.7 soles to 1 USD (worth a quick check closer to travel). Cash is preferred for local craftsman and small shops. Check with your bank to order before the retreat or bring an ATM card.



# Cell Phone/Data Plan

## CHECK WITH YOUR CARRIER REGARDING INTERNATIONAL RATES

Check with your carrier to understand the international rules/offer for your data/phone plan. If needed, you can usually add an international data plan for the duration of your trip. If that's not an option or expensive, we recommend using an e-SIM.

What's an e-SIM? An eSIM is an industry-standard digital SIM that allows you to activate a cellular plan from your carrier without having to use a physical SIM. You can install eight or more eSIMs on an iPhone and use two phone numbers at the same time.

**E-SIM OPTION**



# Travel Insurance

## MEDICAL COVERAGE REQUIRED ON OUR ADZENTURE

We strongly recommend that you purchase travel insurance, some people may be covered through their standard health care but travel insurance can be helpful for other areas of the trip such as Trip Protection. Travel insurance helps protect against unforeseen emergencies which can occur at any time. It also helps protect you against other circumstances like travel delay, lost or stolen baggage and personal items, missed connections and so much more.

One of the recommended travel insurance providers is IMGlobal because it is designed for adventurous travelers with cover for overseas medical, evacuation, baggage and a range of adventure sports and activities.

Please note that medical insurance is required\*\* in the case of a medical emergency. Verify that your standard plan includes international coverage.

[IMGLOBAL](#)



# Code of Conduct

## THE ADZENTURES AGREEMENT

This AdZENture is carefully designed and planned specifically for your group. Our hosts are experts in the destination and have personally curated this retreat to include the very best experiences we could find and create. We ask that you be respectful to our local partners and follow their instructions, especially during our adventures.

Please be mindful of the other guests in our small groups. Be respectful of every person, their opinions and their choices on the retreat.

Unruly, disrespectful, or inappropriate behavior will not be tolerated on this AdZENture, our hosts reserve the right to stop your participation in this retreat and no refund will be provided if this occurs. Additional costs may be incurred for transportation and/or alternative accommodation and AdZENtures will not be responsible for any additional expenses.



# Alcohol & Smoking

## THE ADZENTURES AGREEMENT

Please note that limited alcohol is provided during certain meals on this AdZENTure. If guests choose to buy additional alcohol to have at the accommodations, feel free to do so. If you have any concerns regarding this aspect of your retreat, please don't hesitate to reach out to your hosts and we will respond with the utmost discretion.

If you choose to consume alcohol on this trip, please do responsibly and note that others might not want to partake. Please be respectful of the others in the group and their personal choices.

Please note that this is a **no smoking** retreat. If you wish to smoke, you will not be permitted to do so on our retreat premises (i.e. accommodations, transfer vehicles, etc.).



# Dietary Restrictions

## THE ADZENTURES MEALS

Throughout this AdZENTure, we're excited to immerse you in the vibrant flavors of our local cuisine, thoughtfully curated based on seasonal and traditional foods.

If guests require custom meals beyond our standard offerings, there may be an additional fee, similar to an upcharge at a restaurant. We must be notified in advance if special dietary alternatives are requested. We appreciate your understanding and look forward to providing you with a delicious and culturally enriching experience.



# Welcome to your AdZENTure!

## AIRPORT INFORMATION

Our amazing AdZENTure begins on **November 20, 2026!**

### **Pick-up information:**

**Alejandro Velasco Astete International Airport (CUZ).** Please provide your flight information so we can arrange a shuttle for pickup. It's suggested to plan your arrival before 3pm to ensure you are able to participate in the welcome activities for Day 1!

### **Drop-off information:**

We recommend a departure flight after 12pm to ensure you're able to participate in the morning activities on the last day.

**WE CANNOT WAIT TO ADZENTURE WITH YOU!!**



# Contact Us

REACH OUT BEFORE, DURING OR AFTER YOUR ADZENTURE WITH ANY QUESTIONS, CONCERNS OR EXCITED MESSAGES



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[@adzventures](https://www.instagram.com/adzventures)

*Feel free to share this information with your loved ones back home, so they know how to reach you in case of an emergency.*

