

Mancora Hotels

Dominican Republic Beaches - A Natural Balance of Two Worlds

Dominican Republic beaches are a good chance for those who are searching for sunny days without stormy weather and plan to take a beach vacation between April and December. This special spot in the Caribbean cater to both worlds - has wonderful beaches in the Atlantic Ocean as well as gorgeous ones in the Caribbean Sea.

Some of the most visited Dominican Republic beaches in The Atlantic Ocean would be Playa Dorada at the North and Punta Cana Beach at the South East, but if your dream vacation is that one that leads you to the Caribbean shores, then Playa Grande - known as one of the top ten beaches on the world - would be a strong suggestion for you as far as your next summer escapade is concerned. Beaches as Las Minitas is a great point if you expect to practice some water sports and need rental support.

There are other interesting activities to do while staying in the Dominican Republic beaches related with nature life, as 30% of the country is assigned to nature reserve areas and national parks. Going to the jungle or to the mountain are easy to make it real. Either, visiting the island and the bird watching tours have a lot of enthusiastic people looking around.

The Dominican Republic realizes that its main touristic attractions are its beaches. Maybe, that is the reason why they built the airport just a few minutes away. If you fly to the Dominican Republic for a vacation, Boca Chica Beach is 10 minutes by car from the airport and 30 minutes away from Santo Domingo. So, if you do not like to move a long distance far and save on airfare and gas, this is one nice place to stay. For starters, the beaches at Boca Chica are not gated, which means you are free to roam around and find the best spot for you.

During the day, the beaches of the area are perfect for water adventures and swimming. Meanwhile, people that live in the touristic market work hard until the night comes and the city is transformed into a night-life zone that couples, singles, and all younger people would surely enjoy. This strategy has continued to attract lots of tourists to these days.

In the Dominican Republic beaches, there are all types of accommodations everywhere - from posh condominiums and hotels to beach vacation rentals and motels - but probably what you will like best from this small town is the fact that every single one of these properties are well within the beach area. This is possible because the island has a seemingly endless shoreline.

Try not to be flabbergasted by the high rates that you see in first instance from internet and some travel guides; just search a little more and find lower ones. When the hotel has enough money to cover their big promotional materials, you can be sure that a lot of it comes from the higher rate they charge to their customers.

Perhaps, the budget accommodation that you want does not necessarily make a good work online. So you possibly need to search for the ideal places some other means.

If you are quite bold enough, you may simply look for a place to stay right after setting foot in any of the Dominican Republic beaches. This is the best way to save on your accommodation because you may walk around until you find the perfect house or hotel at the budget that you can afford. However, this only works for people who have visited Dominican Republic beaches before, because they already have a fair idea as to where to start looking for. Planning ahead still provides better results and produces much lesser inconveniences at that. Besides, this plan will never work during the peak season where all the hotels are fully booked with the hordes of tourists arriving at the shores.

The Dominican Republic beaches - any of them - are an open place for water fun and adventure for everyone, specially families and friends. Try this lovely beach in your next travel and assure the magic of the Caribbean.

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Surfing on Your Peru Vacation

The Inca and Colonial history of Peru in South America is famous worldwide. Peru is known as the home of the potato, and the ancient Inca citadel of Machu Picchu. Peru's more than 1,800 miles of western coastline along the Pacific Ocean generally do not make for many great beaches as most of it is the upper stretches of the Atacama Desert. Most visitors to this amazing Andean nation fly straight up into the Andes and Cusco or out to the Amazon Jungle via Puerto Maldonado.

Generally only Peruvians use their beaches in the summer and the best beaches in Peru start at the country's northern border and follow the coast south to Lima. January, February and March are the months when they get their greatest use and the South American summer is when these beaches are filled with locals from cities like Lima, Trujillo and Piura. The most popular water sport by far is surfing but you can also try wind surfing and sailing.

The cities of Piura, Tumbes, Lima and Trujillo have the best beaches. Peru has the longest wave in the world it is rumored and the city of Trujillo holds a huge surfing competition every March to take advantage of the swells. The beach resort and

fishing village of Huanchaco is located close to the city of Trujillo and has some excellent hotels. Beach resorts and other similar accommodations are beginning to spring up along the country's coast in other locations. Asia for example is a resort around 90 minutes drive from Lima where well to do Limeñans go for the weekend.

The best beach in Peru according to many is Punta Sal, located near the border with Ecuador. Punta sal has a wide, clean sandy beach perfect for relaxing in the sun and has many nice hotels and a very laid back feel. In recent years the village of Mancora has grown as more and more hotels are built, the climate here is good all year round offering wealthy people the chance to escape the Lima weather. The Punta Sal and Mancora area is perfect for deep sea fishing and scuba diving in addition to surfing. The best time for these pastimes is from December to March when sunbathing and simply relaxing on the beach is a real pleasure. You can also enjoy horse rides on the beach organized by one of the local hotels. Punta Sal is only an hour's car ride from Tumbes and less than two hours by plane from Lima.

Mancora is located less than an hour from Punta Sal. It is extremely popular among surfers as waves can get as high as six feet and even taller from December through March. In addition, surfing lessons are available from the surf shops along the shore front. You can relax in natural swimming pools formed by the receding tide and the clean, white sand is perfect for strolling along. There are many other nice beaches in the north of the country such as the lovely fishing village of Colan near Paita.

Lima is a city that has a dense fog covering it for about nine months a year but in the summer months, the fog rolls away, the skies clear and the sun shines brightly. The Peruvian summer runs from December to April and at this time the beaches are filled to bursting.

The beaches of Lima are very different from each other, some offering shores that are sandy while others are more rocky. Miraflores, Barranco and Chorrillos are neighborhoods of Lima and have beaches where one can cool off take a dip in the Pacific Ocean. South of the city is where the best beaches are located and are known as El Silencio, Setildeoritas, and Caballeros, plus Asia mentioned earlier. Not only are the waves good for surfing but there are many excellent bars and restaurants in which to dine and watch the Pacific sunsets.

Gary Sargent is the Managing Director of the tour company Escaped to Peru and Escaped to Latin America has lived in Peru since 1998. Gary is passionate about life in South America, the people, customs and places. Visit Gary's website for more [Peru travel advice](#) or to book your next Peru tour visit <http://www.escapedtoperu.com>

Vacation Homes Benefits in Comparison With Hotels

If you are planning a nice vacation, a good alternative is to look for vacation homes. The benefits you gain from these places are comparable to what a hotel can offer.

Vacation rentals are increasing in popularity day by day as more people appreciate what they can gain going there. Privacy, comfort, space, and intimacy are just some of the things a vacation rental can offer. Virtually, it is your home away from home.

The best vacation homes in the land can provide more privacy for you and your family as good as higher levels of comfort than hotels offer. For many people it is important to require an intimate and safety environment for their families and friends while on vacation. Maybe, it is because such conditions lead to meditate and then relax.

A home for your vacation will make you able to spend all the time in the thing you want: rest, eat and enjoy the moment simply marvel at the beautiful natural landscape around. These are the wonderful things that you loose at home, when you are always hurrying at work or are day by day rushing to make your homework. If you can retreat a place that feels like home minus the hustles and bustles, then you are really on vacation.

Vacation Homes Are Cheaper and Mostly Offer More than Hotels

Great Service

Actually, many vacation homes provide excellent customer service to clients. Sometimes, their services are even better than good hotels in food service, cleaning, laundry, and even personal errands that you might require while on your beach vacation.

No Additional Charges

If you are pampered indeed, then you can enjoy a wonderful holiday for you and yours. You might notice that these services mean additional charges to pay, but if you consider the level of personal service you are getting - at still a much lower price than from an exclusive hotel - you should be more than willing to pay for it. Renting a vacation home will make you feel as if you are the King or Queen of the World.

More About Vacation Homes

The vacation homes from the top row are usually the first ones to get booked, but in the last years are looking for Ocean View ones. It also follows that they are more expensive in comparison with the Ocean View. The Ocean View vacation homes have amazing landscapes too. And in many instances, they offer spots that also are nearer to nature.

If you are ready to rent vacation homes, it is nice to consider your budget. Think about and decide on the main activity, something that you prefer to do while on vacation. Only then, you can proceed to select the best house and the decision will be much easier. Do not forget that in most cases, different prices represent different qualities of services.

To make a good deal, do some research over internet. Find out more about the vacation rental you are looking to take for holiday. You have to be sure that it is as good as you expected it to be. Also make your reservation with enough time. For some places it is enough making it a few weeks to a month before the date of vacation; but exotic places need more time.

Experts say that preparing a last minute travel almost always means trouble during vacation, so take care about this point. Planning a good vacation will maximize special moments without throwing away money; but consider leave some spaces to look what is going around. Maybe you will find a great surprise.

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Jamaica Beach is the Paradise to Get Relaxed

The feeling of Jamaica is involved in beautiful palms, sun and beach environment. Is like being in heaven in a warm and healthy weather ideal for relaxation. It is a small paradise in the Caribbean for almost all visitors. Exotic sands and the fine beaches are enough to make you visit this place and maybe even entice you to settle for good.

Do you want some rest? The Jamaica beaches are a nice place to contemplate the breathtaking views as well as go walking in the cool water shores or dancing in the beach can take all your stress away.

While Jamaica seems to be a very lavish place for a short vacation, a lot of middle-class families have visited the country to spend a weekend of family bonding up there. What did they have in common? They planned their vacation. There are many ways to enjoy the Jamaica beaches without consuming all of your life's savings.

Families and good friends can experience Jamaica beaches and the water adventures offered on this spot off the Caribbean Sea. Indeed, water sports are a nice reason for you to plan a vacation to this point, even at least once in your lifetime.

Jamaica is filled with smaller islands where bathing and water sports are done everywhere. Right in the city capital of Kingston, there are nice beaches where you can spend the weekend at. These places are complete with everything that a tourist can ever need - food, activities, and socializing with other guests.

As for the hotels, they are quite easy to find as well. They are strategically located near the beaches for ease. However, if you are on a budget as you fly to Jamaica, you can settle for the ones a little far away from the shore because their rates are relatively lower. There are also vacation rental houses that you can check out, which can give you at lot more convenience and space than a five star hotel can.

Planning is the key when it comes to a Caribbean adventure. When you try to schedule a trip to Jamaica, the first thing that you have to do is to select a nice date. And it must be a date wherein there are discounts offered everywhere, from plane ticket to accommodations. Simply stated, you do not fly during the peak seasons if you want to save. Several weeks off the peak months is a good choice, overall if you do not want to pay maximum on airplane seats and hotel booking. During the off season, additional discount rates are even available for bigger families.

Another way to save money is renting a beach house vacation rental. Staying at a house is cheaper and better because you can go in your own way and nobody unknown is around. A vacation rental is also good if you are going up there for a honeymoon or as a couple, or you can easily save if you choose budget accommodations and fares all throughout. It is quite easier to plan a trip with lesser people than a group. While you may not get discounts, you would surely get the best experience if you put adequate time and effort in planning your trip. If you do it well, your \$1,500 budget on that trip to one of the Jamaica beaches for two will be enough.

The best places to visit in Jamaica are Mallard Beach and Turtle Beach. These two Jamaica beaches are always lined with tourists like you. The place is also streaming with adventures that you will never get bored for a minute while there. Other nice places to consider are the Seven Mile Beach in Negril, especially if you are searching for a nudist beach. However, for a more conservative family fun, you can check out Montego Bay or the Cornwall Beach because they follow a more conservative swimming fun.

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Water Fun at Antigua Beaches in the Caribbean

One of the most fascinating things about two islands that joined to be a country, Antigua and Barbuda, is the fact that offers 365 natural beaches to tourists. If you think about it, you could go to different Antigua beaches every single day. It would take you a year then, to visit all the fine sandy beaches of the island and finally say

to yourself that you have visited every nook and corner of this Caribbean destination.

Antigua is not as famous as the Bahamas or the other islands of the Caribbean region. It is one great place to see, especially if you are looking for some paradise here on earth. Now if you are following a strict budget as you come to the shores of the Antigua beaches, you better accomplish some good research, so you can get the Caribbean beach vacation you want at a price you can afford.

Your choice of Antigua beaches would include Carlisle Bay Beach, Crab Hill Beach, and Darkwood Beach, among others. The list can go on as they have more than three hundred of them. The bottom line is that, all of the Antigua beaches are equally relaxing and beautiful. Picking just one to spend the weekend at would be quite a task.

In all reality, Antigua beaches are the best Caribbean destination to all budget-conscious travelers. The hotels are not glitzy at all. Instead, what you find are intimate single or two-story buildings that accommodate tourists all year round. The island is indeed a relaxation refuge. This place is not about the glitz and the glamour - it is all about comfort and leisure.

A visit to Antigua and Barbuda would not only give your body the relaxation that it needs. The trip is going to be an adventure as well, because you will get to experience the slow and simple way of life even for a short while. Try to visit the market, the farms, and all places of interest in the island, particularly Montserrat.

If you like to snorkel, Long Bay is the area of choice. However, you will find lots of other activities to do than simply enjoy the Antigua beaches waters. There are parks, nature trails, mountain ranges, ruins, and harbors that are worth visiting too; specially on Barbuda, protected as a natural reserve. Be sure to check them all out while in this area to make your Caribbean beach vacation experience in Antigua beaches memorable and complete.

Budget travelers can easily pick beaches with the cheapest accommodation rates and stay there throughout their Caribbean beach vacation. With lots of choices before you, an extensive research maybe required for you to obtain the Antigua beaches package that your money can pay for. The simple living in the island would make things so much easier for you. You do not have to dine at restaurants all the time for your meals. You also have the option to prepare food in your hotel or your beach vacation rental for convenience. What is more, you may always bring your food at Antigua beaches for some family picnic. With these economical suggestions, even middle-class families can enjoy a Caribbean beach vacation at Antigua without causing a dent on their finances.

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Aruba Beaches - How to Plan an Inexpensive Vacation

Aruba beaches are listed as one of the top places in the Caribbean. The island is wide and clean, a combination that is hard to see in a tourist infested city. What visitors love about Aruba are its fine-sand beaches. The sun is shining around here all the time, so you better prepare to get yourself some tan while vacationing in this island.

If you want to know what Aruba beaches are the finest ones, a straight answer would be the Eagle Beach. It has Aruba premium resorts and hotels. This place is known worldwide, thanks to the many satisfied customers who are always pitching a good word about it at every chance they have got.

Being said that, you can expect that preparing a vacation at Eagle Beach is gonna be an expensive one. If you are on a tight budget but would like to explore the beauty of the island, you must choose wisely which Aruba beaches you are going to spend your beach vacation at. Making the right selection should not be hard for you, as every single location in the area is as pretty as a picture - and they are quite easily accessible too.

For budget trips, you can consider the Aruba Arashi Beach and Palm Beach. Both Aruba beaches are perfect for swimming as the waters are calm. However, if you are looking for some water fun like snorkeling, you can go to Boca Catalina instead. For some wind surfing adventures, Hadicurari is best.

A good alternative to Eagle Beach is the Manchebo Beach. As many Aruba beaches, it has white sands and lots of hotel facilities around it. It can accommodate your gentle surfing requirements too. But if what you need is some heavy duty surfing, Adicuri is the perfect point to visit as it has strong currents and huge waves most time of the year.

With all of these choice of Aruba beaches in front of you, your task now is to find in which area you can get accommodations at the price stated on your plan. You might have to do some research, and then you will know where the best place to stay during the entire vacation is.

You can check out the hotels and condominiums open for tourists in the Aruba beaches you prefer. But at times, the most interesting options are the apartments and houses placed around. In other cases, you can also look for beach vacation rental homes, wherein an entire property would be rented to you for your exclusive use. If you value space over the fashion of a hotel, these are the places you should

check first. What is more, their total rate could be a lot cheaper than the effective daily rate that a hotel charges.

Aruba beaches are within reach, even for middle-class families. It is not true that only rich people can spend a beach vacation here. There is a way to bring your family to this Caribbean paradise without spending a lot of cash. Have a nice vacation at the Aruba beaches of your choice, all it really takes is proper planning.

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Cozumel Beach - A Touch of the Caribbean, a Wave of Mexico

Imagine walking by the shore in Cozumel Beach in the most populated island in the Mexican Caribbean. Just imagine the plenty seas and the blue waters that almost every human in this world dream. Who would not want to experience a beach vacation stay in a paradise anyway? However, this scenario does not really happen in our everyday life, we can make it real every once in a while. If you want to visit the sparkling waters of the Cozumel Beach amid the Caribbean Sea, then all you have to do is to take that long-postponed vacation and get there.

Cozumel is 64 kilometers far from Cancun, Mexico, in Central America. Because its 800 km² area, it is known as the biggest island and one of the most visited in the Mexican Caribbean. The days are full of beach activities and excitement while the nights are parties or calm and peaceful environments, as 95% of the island are jungle and lonely beaches.

A relaxing vacation in the Caribbean island is really an expensive feat? You can go on a tight budget and still enjoy your weekend if you make it the right way. Giving yourself some quiet time is the least you can do after those years of hard work you put in. You do not need to wait for the next 5 years to visit this paradisaical place. Planning and disciplined work on, plus a little of good luck, are needed to enjoy the waters of the Cozumel beach, even if you only have \$1,000 in your pocket.

Start by booking a flight to the Cozumel beach making a preview research on internet to get the best offers, so if you are in the East - e.g. at New York - a round trip ticket would cost you \$400 on average in a cheap company. That leaves you with around \$600 for your weekend vacation in the beach.

Now here is the better deal. Do you know that the budget accommodations in Cozumel can be as low as \$18 during low season? This fact could be all you need to hear to get your gears ready and plan for a week-long vacation spree at the

Caribbean. If you want better, bigger, and nearer accommodations, you can always go for hotels or beach vacation rentals with average rates, like the ones that offered \$50 or more. Even so, you will still have just enough money to spare on food and other perks.

And the best of all, you can bring your special someone along in this cool trip. Instead of flying by yourself and enjoying Cozumel beach on your own, take your couple with you and spend a second honeymoon up there. For sure, it is going to be quite an experience for the two of you. The ambiance of the island is serenity, peace and privacy. Escape the regular hustle and bustle of city life. Go to Cozumel to relieve your stress and recharge your energy a new. It is all that you need to perk up your humdrum life and monotonous existence. In this case, you can try a beach vacation rental for more privacy.

You will find simply a lot of things to enjoy on your vacation at Cozumel beach. You can go snorkeling, food tripping, and nature walking. The place is simply too beautiful for you to miss. The island is used to getting visitors all year round so you can be sure that you would get the best when you get there.

If you choose Cozumel to be your next vacation destination, you do not have to worry about budget. There are lots of freebies offered in the island as well, such as free lounges and free entrances. It is really the best place to be if you want a total Caribbean beach vacation experience without the heavy price tag.

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You Can Experience the Bahamas On a Budget

You dream of the Caribbean, you say? If money is all that restricts you from enjoying a Bahamas beach, then your thinking could change after reading this article. A Bahamas trip may be an expensive undertaking - but you can definitely find your way around the island at a very reasonable price.

Bahamas is one of the most popular destinations in the Caribbean group of islands. And it is quite understandable why. Bahamas has lots of breathtaking beaches that tourists simply can not resist. One look at a photo of a fine Bahamas beach would make you want to visit the island next summer.

The most popular beaches of the Bahamas, basing on the crowd that they attract every year, are Cabbage Beach and Xanadu Beach. These beaches are quite nice and there are lots of restaurants surrounding them where you can dine and wine

after playing in the waters. Cabbage Beach not the best place for a picnic along the shore though, because it has a few public bathrooms that you can use.

Cable Beach is a good choice for tourists too because the area is lined with lots of shops, bars, and entertainment areas, as well as hotels and restaurants chains. As many groups that come in search of fun and adventure, you would not miss the beach too, because of the four miles of beautiful shore to enjoy.

There are lots of other Bahamas beaches to choose from, with all of them offering an adventure quite different from the rest. Here now is your chance to find the best one that fits your budget. You can always go for the beaches that have your type of water adventure. Tahiti Beach, for example, is the perfect location for sailing. It is also a quiet place for those who want nothing but total relaxation.

When it comes to planning a trip to the Bahamas, the key is to look at all the possibilities. Bahamas is a destination of choice in the Caribbean because it offers tourists with lots of options, not very much like the other islands.

If you really want to earn money, start planning with your airfare. Try to find out which dates are the most convenient for you, as well as which days most airline companies tend to charge less. Traveling during the weekdays is cheaper than the weekends, when the rates are relatively several dollars higher.

One more idea to consider, you must make arrangements with your choice of accommodation a few months before the planned date, if possible. You can tell the owners or the receptionist of the hotel - or to a beach house vacation rental with lower rates owners - that you will be traveling from another country and that is the reason why you are planning ahead. They would understand that because they are used to meticulous tourists like you.

Bahamas has wide range of accommodation facilities that you can choose from. Hotels vary in prices, although their rates tend to be lower during the lean season. If you want to travel to the Bahamas at the least possible budget required, you might consider a vacation a month before the peak season.

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10 Tips For Traveling in Peru

I have spent 4 months traveling in Peru. While there I stayed in the following places: Lima, Miraflores, Trujillo, Chiclayo, Cajamarca, Huaráz, Chavín, Piura, Máncora, and Cusco. Here are some of the things that I learned and that I recommend to anyone

planning to spend some time in that beautiful country. These tips are probably useful for most other Latin American countries as well.

1. Bring a travel guide book.

Buy one before you go, as you won't find any in English once you get there. Make sure that it is current as these can become obsolete rather quickly. These guides are great for getting referrals on places to visit, eat, or stay. They usually have great advice for travelers. And they make great reading material while you are traveling.

2. Bring ear plugs.

These will help you drown out the early wake up calls from taxis in the morning as well as the usually obnoxiously loud movies that they show on the longer bus rides. I like the cheap foamy earplugs that you can get at the drug store. I recommend buying a big box of 20 or so. At least they are light to carry.

3. Travel light.

Do you really want to lug around all that stuff? You'll be much happier having less weight to carry with you.

4. Riding the buses.

Most Peruvians commute between cities by bus. In fact, on the roads connecting the cities, you hardly see any personal vehicles. Only buses and cargo trucks.

There are several bus lines in Peru and they are double decker size. The lower level is considered first class. The seats are bigger, there are only about 10 seats, and the bathroom is closer. The upper level is only a little cheaper. Like maybe \$5 cheaper. The problem with the upper level is that it can be noisier (babies or the man snoring next to you) or smellier (men with cheap cologne) or too intimate (people next to you falling asleep and using your shoulder as a pillow).

If the bus ride is a longer one, I prefer splurging on the first class seat. It is definitely a more comfortable ride. When you buy your ticket, you can usually pick the seat you want. If you are really feeling adventurous, and the bus is going down the Andes to the coast, I recommend the seat directly above the driver in the first row. There is a window view of the trip down the mountain which is exhilarating. But there is also a curtain in case it gets too scary.

5. Taxi drivers

You think people drive crazy in the United States? No matter what city I was in, the cab drivers drive fast, rarely use signals, freely cross the multitude of intersections without stop signs or stoplights in any direction, and seem to communicate with each other via a series of bleeps and blips from their horns. It's like a secret Morse code for taxistas. The good news is, I didn't see a single car accident when I was

there. I think the Peruvian taxi drivers are tapping into the Force to maneuver themselves. So sit back, relax, and enjoy the ride!

6. Pedestrians DO NOT have the right of way.

That concept simple does not exist in Peru. Pedestrians have the right to get out of the way of oncoming traffic because it's not going to stop for you. One of the things that weirded me out was, I'd be walking on the sidewalk in a smaller city. Then a cab would come up behind me and honk at me as if I needed a warning to get out of the way, even though there was no other traffic on the road, and the cab was at least 20 feet away from the sidewalk. This happens a lot and I decided that they are just lonely and saying "Hi".

7. Going to Cusco

The bus ride to Cusco is about 24 hours, so you may want to consider flying. I didn't and spent a scary trip from Cusco to Lima. There was a rock slide that backed up traffic for hours. We were the first ones there (coming down the mountain) and the bus driver decided to try to drive the bus over the rocks! Since that almost got us killed, he stopped the bus and we all got out and helped remove rocks from the road for a couple of hours in the middle of the night. Kinda surreal.

8. Money

My debit card worked just fine all over the country. The best thing to do is carry a small amount and pull money out of ATM's as you need it. I also hide the majority of cash on hand somewhere safe, and keep a smaller amount in my pocket. This way, in the unlikely event that I got robbed, I would only lose a little bit. I actually learned that trick living in Chicago where the likelihood of getting robbed is way greater.

The other thing I would do differently is have more than one bank account. That sure would have come in handy when I lost my debit card in Cusco! And be sure you let all your banks know that you are in Peru and the dates you are there. Otherwise they will probably pull the plug on your account under the suspicion of fraud.

9. Food and Water

In general, food is cheap. It is more sanitary in the restaurants than the stands on the street or in the markets. Some street vendors sell very simple things like a potato or corn dish. There is also a delicious quinoa soup that you can find on the streets in Lima. In general, meat is going to have more potential of transferring bacteria and germs from unsanitary practices and not washing cutlery properly. So the simple vegetarian street food is probably much safer. I am a certified food handler, so I speak from the authority of having passed a test.

Water should always be boiled to kill bacteria. So to be extra safe, order your drinks without ice. There is plenty of bottled water available. I used to buy liter bottles.

Unfortunately there is a huge problem with unrecycled plastic bottles in Peru, but I'm not sure how to avoid buying bottled water while traveling.

One of my favorite things was to have fresh-squeezed orange juice in the morning. In many cities you will find an orange juice vendor that has a homemade cart. He or she puts the orange in a vice and manually spins it against a cutter that peels the entire orange in 2 seconds. Then the orange is put into a hand presser. The juice is served in a glass that you return when you are done. There is a soap and water container built into the stand used to wash the glasses.

10. Hostels

A private room in a hostel is usually about \$10 a night. They are much cheaper than the hotels, and usually just as nice. It's a little cheaper for a shared room where you will get the opportunity to meet other travelers, hear them snore and be awakened in the middle of the night when they stumble in drunk. If you value a good night's sleep, I recommend getting a room to yourself. And if you want to have a guest, you will be able to. You usually have to pay for the guest though.

If you want to find the cheapest places to stay, then look for the hippy artisans that sell their wares. They usually congregate in the plaza area. They usually are traveling from place to place, following the tourists destinations in the different seasons. They stay themselves where it's cheapest. These places are a little off the beaten path and you may be the only gringo staying there, but it will be an interesting experience.

These ten tips are what I learned from my experiences. You'll find plenty of other useful tips in your tour guide. One thing to mention, which really isn't a tip. Internet access is cheap and readily available in any city I went to. So that's not something to worry about.

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A Wide Range of Peruvian Beaches Allow For All Kinds of Moves

Peruvians have been riding the waves since time immemorial. The Moche culture, which flourished off Peru's north coast 2,000 years ago, left among its legacy the caballitos de totora, the one-man reed boats that to this day are ridden by the fishermen of Huanchaco, a village on the north coast. The thousand-year-old design has varied little-its prow arches up to a point, like the fin of the surfing board that was first seen off Peruvian beaches in 1942. Swimmers on Lima's Costa Verde beach believed it was Moses walking over the waves with his arms outstretched.

But in fact, they were the first surfers to tackle Peru's waves with an invention exotic for its age, but nevertheless ideal for the Peruvian coastline. Those pioneers of the surfboard had been combing the world in search of waves, unaware that just off the Lima district of Miraflores, practically outside their homes, awaited waves similar to those they had ridden in Hawaii. Peru's beaches, now famous among surfers the world over in those days had seen practically unexplored, and had not even been named.

Today these beaches host tournaments that draw surfers from all over the world, surfers who flock in search of the best waves on the continent. Although it looks out over the Pacific Ocean, the seas off Peru's 3,000 kilometer-long coastline are anything but pacific.

Less than half of Peru's beaches have been explored, due to their difficult access-the Panamerican Highway rarely runs right next to the coast. But then, this is a country of endless discoveries and the spirit of adventure can overcome the lack of roads. Proof of this is that national champions such as Roberto Meza and Magoo de la Rosa every year seek out new beaches. One recent discovery was made near the southern port of Ilo.

An imaginary journey along Peru's coast would show us that the best-known beaches are to be found off the coasts of Lima and the northern coastal city of Piura. Peru's beaches, however do not match the typical stereotype of a palm-fringed sandy shore. But their waves are surfers' real paradise, waves that during Lima's winter are constant, while off the north coast waves break harder between October and March. Depending on the area or the season, waves can break to the left or the right, in normal fashion or in the form of a tube, a phenomenon that occurs in few places on Earth.

On the ocean wave

The beaches south of Lima that are best-loved by surfers are to be found off San Gallan Island, off the Paracas peninsula 300 kilometers south of Lima. The beach features tubular waves up to 3 meters high which break to the right; Cerro Azul, 136 kilometers south, has long and perfect waves 2 meters high that break to the left, while Puerto Viejo, at Kilometer 68 of the South Panamerican Highway is riddled with long, tubular-shaped, 2-meter-high waves. Punta Hermosa, which lies closer to Lima, is full of swift waves, ranging from 1 to 3 meters high, most of which break to the right.

The biggest attraction in the Punta Hermosa area, and the most dangerous one at that, is the now legendary beach of Pico Alto, where enormous, powerful waves break above the 4-meter line. This beach is a test for experienced surfers in good physical shape who can survive being tumbled by successive waves that can rise up to 8 meters in height and break half a kilometer from the shore after a long run. To put it bluntly, if you're not a pro, just watch from the beach. Javier Fernandez, editor of surfing magazine TABUSTA, claims Pico Alto has South America's largest surfable

wave and needs exceptional tidal conditions to break well, mainly between April and November.

The Costa Verde beaches along Lima's shorefront feature even waves that crash onto a stony shoreline. It is privileged in that it is located close to the city, which means city surfers can hit the waves at lunchtime, before going back to work or university. The waves mostly break to the left, short waves that vary their route. The exception to the rule is La Herradura in Lima's Chorrillos district, where waves only break in heavy seas, reaching 4 meters high.

More than 500 kilometers north of Lima lies Huanchaco, near the city of Trujillo, where there are fast, well-formed waves reaching 2.5 meters in height. There is also the renowned wave of Chicama, reputed to be the longest on Earth a 3-meter-high wave that rolls to the left for nearly a kilometer in the shape of a tube. Finally, in the area of Talara, near the Ecuadorian border one can find some of the finest beaches in Peru, drenched in sunshine year-round thanks to their proximity to the Equator

This area is home to the best waves of the north coast: Cabo Blanco, where tubular 3-meter-high waves run to the left; Organos, with some of the best left-rolling waves to be found, and the easy waves off the picturesque beach resort of Mancora, close to Ecuador.

All these areas enjoy waves year-round, while in other surfing areas around the world like Australia or Hawaii, the big waves can vanish for months at a time. This is why some 10,000 Peruvians surf off Peru all year-long, despite the lack of hotels in the lesser-known beaches. Joining them are a selection of Brazil's 700,000 surfers, as well as hundreds of Europeans and Australians who scour the world in search of the perfect wave that every surfer dreams of surfing one day.

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