

**Altitude** affects each traveler differently and until you have visited an area with high altitude, it is impossible to predict how your body will react. For this reason, Pisac is ideal as a base because of the lower altitude. Commonly, travelers report mild altitude symptoms such as fatigue, headache, or light-headedness during their first day or two at elevation. Severe altitude sickness is rare. In this case, the best treatment is to go down in elevation as soon as possible. Many severe cases of altitude sickness are the result of a pre-existing condition that is aggravated by the altitude. It is important to ask your doctor whether or not travel to high altitude is advised, especially if you have a pre-existing heart or lung condition such as high blood pressure, asthma, angina, etc. You might also want to ask your doctor about prescription Diamox, a diuretic that many travelers swear by to help them adjust to the altitude more readily. Drinking lots of water and resting the first day helps tremendously. Coca tea is very helpful. Avoid alcohol in excess.

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