

Lima, Peru

Medical

Financial

Lost/Stolen

Missing Person

Transport

Food

Communication

Legal

Accommodation

Emergency

## YOUR International Guide to Local and National Emergency Services in Lima

Telephone numbers, addresses, contacts, phrases and local tips for what YOU need to know in a critical or emergency situation.

**Contains over 200 services!**

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**TRAVEL SOS**  
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## EMERGENCY CONTACTS



**National Emergency Number**

105



**Ambulance**

116



**Fire**

116



**Police**

105



**Maritime**

01 420 2020



**Mountain**

116



**British Embassy**

01 617 3000



**British Consular**

01 617 3050



**Airline information (general)**

01 575 1434



**Airline (British Airways)**

01 411 7801



**Airport**

01 511 6055

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**Bank (foreign)**

01 349 0596



**Car Breakdown Rescue**

01 614 9999



**Opticians**

01 264 0202



**Vet**

01 368 0517



**Lawyer**

01 619 1900

01 241 2362



**Doctor**

01 224 2224

01 463 8743



**Dentist**

01 437 4439

01 437 8084



**Pharmacy**

01 619 9000

01 264 2282



**Taxi service**

01 241 9292

01 422 6890

01 432 1945

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## INTRODUCTION

### How to use this guide

Your Fisher's Guide to Emergency & Critical Services for Lima has been divided into ten chapters covering everything from medical treatment, legal representation, finance, transport, and communication to food and accommodation. It includes useful contact information for situations such as missing person(s), lost or stolen items, and who to contact in case of a local or national emergency. To aid you in a crisis situation where the local language may be a barrier, we have provided some basic but essential phrases, words, and images/signs. Where appropriate, and where known, we have indicated opening and closing times and supplied contact numbers that can be dialled from anywhere within Peru. You will see that some contact details are repeated - this is deliberate.

### Welcome to Lima, Peru

Peru is a country with regions of high risk (remote areas) and moderately high risk (cities and major tourist destinations). The terrorism of the 1980s and 1990s has greatly reduced, but not entirely disappeared. (The last urban terrorist incident was a car bombing in Lima in 2002). Offshoots of Sendero Luminoso still are active in remote coca-growing areas of central Peru. A State of Emergency was issued in April 2006 for areas near the active volcano Ubinas in southern Peru. Visitors planning a trip to Peru should closely monitor current events and consult travel advisories issued by their governments.

In Lima, petty street crime is common. Avoid hailing unlicensed taxis on the street. Emergency treatment and healthcare are adequate in Lima; private hospitals and clinics offer far better care than do public facilities.

In an emergency, tourists first should contact the National Tourist Police (01 460 4525). Operators at the 24-hour hotline speak English. The toll-free number for emergencies is 105; operators may not speak English. Be prepared to explain the emergency type; give your exact location.

24-hour emergency care is available at major hospitals; all emergency cases are treated. In an emergency, you will be taken to the nearest facility, which may be private (cash payment only) or public. Accident victims often are triaged at an Asistencia Publica (public facility) and transported to a private clinic of choice. We recommended that you obtain traveller's medical insurance before visiting Peru.

Use ATMs to withdraw money; it is difficult to cash traveller's cheques in Peru. Credit card theft and fraud are common. Keep a note with your card numbers in your hotel room. When using credit cards, you must show proof of identification. Peruvian law requires visitors to carry photo I.D.; a notarized copy of the photo and visa pages of your passport will suffice.

### Known dangers

Avoid walking alone at night in downtown Lima; stay with your group. Bag-snatching and pick pocketing are common. Do not flaunt jewelry, hide cameras and use a money belt. Be aware of your surroundings and, avoid public demonstrations.

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Do not hail unlicensed street taxis; criminals posing as cab drivers have been known to kidnap victims to withdraw cash from ATMs. Use only radio-dispatched taxis, which you can call from your hotel or restaurant. Upon arrival at Jorge Chavez Airport, find your tour contact or request a taxi from the concession stand.

Women should dress conservatively. A macho attitude prevails in Peru, which seldom prosecutes rapes. The first question police typically ask a rape victim is, "Were you dressed provocatively?"

Tourists may be approached by people selling drugs. Ignore them; walk away. Peru has severe anti-drug laws and prosecutes all offenders. Likewise, police will arrest anyone suspected of having sex with a minor. Walk away from anyone posing as a pimp.

Peru is prone to earthquakes. (The last major quake hit Lima in 1970.) If you are outside during an earthquake, get away from tall buildings and glass. If inside, seek cover. Do not run. If a quake hits while you are on the beach, stay put. Afterward, evacuate or seek higher ground immediately to avoid tidal waves.

On the beach, watch out for jellyfish, stings can paralyze. Rinse stings with salt water and vinegar. Seek emergency attention if you experience shortness of breath, weakness or paralysis.

Drink bottled water only. Bring anti-diarrhea medicine to counter accidental ingestion. Use a gel hand sanitizer.

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e-mail: [info@fisherstravelsos.com](mailto:info@fisherstravelsos.com)

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## KNOW BEFORE YOU GO

### Fisher's Common Sense Guide to Traveling Abroad

CURRENCY: Sol

INTERNATIONAL DIALLING CODE: +51

- Ensure you and your family all have a valid passport with any necessary visas. If you're unsure whether or not you require a visa, visit your destination's embassy website;
- Always buy travel insurance for you and your family;
- Have a general check-up at least six weeks prior to travelling. If your health requires that you use regularly prescribed medication, make sure you have enough for the trip. Ask your doctor to write a temporary prescription for any essential medications using generic drug names - NOT branded - and take this prescription with you. Carry essential medications in your carry-on luggage;
- Make copies of important travel documents - ESPECIALLY YOUR PASSPORT AND VISAS - cash/credit card(s), insurance policy, and tickets. Take one copy with you and leave one copy, along with your travel itinerary and contact details, with family/friends;
- Check your own government website (Embassy) for travel information and warnings in respect of the destination you are travelling to;
- Carry all valuables (jewellery, cameras, etc.) in your carry on - DO NOT PACK THESE IN YOUR CHECK-IN LUGGAGE;
- Take a small amount of cash and travellers' cheques and/or an international bank card (CIRRUS, MAESTRO, PLUS, VISA, MASTERCARD, AMERICAN EXPRESS);
- If taking a mobile/cell phone, confirm you have international roaming in your destination country. Get any special instructions PRIOR to your departure. Once you have arrived, enter the local emergency numbers, your hotel(s) number(s) and at least two taxi service numbers;
- If planning to hire/rent a car, take all necessary documents including international driving license, proof of address, and proof of driving insurance;
- Obtain receipts, or other proof of purchase, for all expenditures including medical treatment.

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## PHRASES & IMAGES

The following information can be used to communicate your essential or emergency needs. If you cannot speak the word simply point to the image.



**Airport**  
Aeropuerto



**Ambulance**  
Ambulancia



**Bank**  
Banco



**Bus**  
Bus



**Consulate**  
Consulado



**Doctor**  
Doctor



**Embassy**  
Embajada



**Emergency**  
Emergencia



**Fire**  
Incendio



**Food**  
Comida



**Hospital**  
Hospital



**Hotel**  
Hotel



**Lawyer**  
Abogado



**Medicine**  
Medicina /  
Remedio



**Pharmacy**  
Farmacia



**Police**  
Policia



**Post Office**  
Correo



**Taxi**  
Taxi



**Telephone**  
Telefono



**Train**  
Tren

<b>Boat</b>	Bote / Barco	<b>Hello</b>	Hola
<b>Help</b>	Ayuda / Socorro	<b>Luggage</b>	Maleta
<b>Money</b>	Dinero	<b>Passport</b>	Pasaporte
<b>Sorry</b>	Lo Siento	<b>Stolen</b>	Robado
<b>Stop</b>	Pare	<b>Thank you</b>	Gracias
<b>Ticket</b>	Tiket	<b>Water</b>	Agua

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The following phrases can be used to communicate your needs. If you cannot speak the words simply draw the person's attention to read the text.

How much does this cost?  
**Cuanto cuesta?**

I am a ..... Citizen  
**Yo soy ciudadano(a) .....**

I am allergic to nuts/dairy  
**Soy alergico a nueces / lacteos**

I don't understand  
**No entiendo**

I need help / I am lost  
**Necesito ayuda / estoy perdido(a)**

I need to call my family / friend / Embassy  
**Necesito llamar a mi familia / amigo / Embajada**

I'm allergic to penicillin/aspirin  
**Soy alergico(a) a penicilina / aspirina**

I'm not feeling well  
**No me siento bien**

Is this safe?  
**Esto es seguro?**

My name is  
**Mi nombre es**

Please speak slowly  
**Hable despacio por favor**

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## COMMUNICATION

Lima's area code is 01. You do not need to dial it for local calls; use it when dialing Lima from other cities. For information and directory assistance, dial 103. Dial 108 for international assistance. Pay phones accept coins and phone cards (tarjetas telefonicas). Internet "cabinas" (booths) are everywhere in Lima. Rates are S/2-S/10 per hour.



### Landline telephone provider

#### Telefonica (downtown Lima)

Jr. Cuzco 303  
Lima

**Tel:104**

Mon-Fri:8:30-17:30  
Sat:9:00-13:00Sun:closed



### Mobile / Cellular service provider

#### Nextel

Av. Arequipa 4036  
Lima

**Tel:01 222 6680**

Mon-Fri:8:30-18:30

#### Techsistem S.A. Nextel

Av. Jose Galvez Barrenechea 218  
Lima

**Tel:01 224 2659**

Mon-Fri:8:30-18:00

#### Telefonica Movistar

Calle Juan de Arona 786  
Lima

**Tel:01 215 7400**

Mon-Fri:9:00-18:00  
Sat:9:00-13:00



### Internet Service Provider

#### Telefonica / Speedy

Av. Diez Canseco 351  
Lima

**Tel:104**

Mon-Fri:8:30-17:30  
Sat:9:00-13:00Sun:closed



### Postal service

#### Central Post Office

Av. Conde de Superunda 170  
Lima

Mon-Fri:8:00-20:00

Sat:8:00-20:00Sun:9:00-14:00

#### Miraflores Post Office

Av. Larco N° 868  
Lima

Mon-Fri:9:00-16:00

Sat:closedSun:closed

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**San Isidro Post Office**  
Calle Las Palmeras 205  
Lima

Mon-Fri:9:00-16:00  
Sat:closedSun:closed



### International call shop

**Haycotel**  
Av. Grau 340  
Lima

**Tel:01 428 1714**  
Mon-Fri:9:00-21:00  
Sat:9:00-21:00

**Haycotel**  
Metro Emancipacion & Caraballa Street  
Lima

**Tel:01 427 0775**  
Mon-Fri:8:00-21:00  
Sat:8:00-21:00



### Internet cafe

**Econoavisos Internet Cafe**  
Av. Benavides 455  
Lima

**Tel:01 444 4099**  
Mon-Fri:8:00-23:45  
Sat:8:00-23:45Sun:8:00-22:00



### Computer

**Importaciones Hiraoka**  
Av. Petit Thouars 5273  
Lima

**Tel:01 241 7434**  
Mon-Fri:9:00-20:00  
Sat:10:00-20:00Sun:closed



### Internet hotspot

**Cafe El Tigre**  
Av. Lima 359  
Lima

**Tel:01 242 2716**

**Jorge Chavez International Airport**  
Av. Elmer Faucett s/n - Aeropuerto  
Internacional  
Lima

**Tel:01 511 6055**  
24h

**News Café - San Isidro**  
Av. Santa Luisa #120  
Lima

**Tel:01 421 6278**  
Mon-Fri:12:00-1:00  
Sat:12:00-1:00Sun:12:00-1:00

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**Sheraton Lima Hotel & Casino**  
Av. Paseo de la República 170  
Lima

**Tel:01 315 5000**  
24h



### Mobile / Cellular phone shop

**Nextel**  
Av. Arequipa 4036  
Lima

**Tel:01 222 6680**  
Mon-Fri:8:30-18:30  
Sat:closedSun:closed

**Telefonica Movistar**  
Calle Juan de Arona 786  
Lima

**Tel:01 215 7400**



### Parcel / courier

**DHL Peru (Miraflores)**  
Centro Comercial Larcomar, MG-12  
Lima

**Tel:01 517 2500**  
Mon-Fri:11:00-22:00  
Sat:11:00-23:00Sun:11:00-22:00

**DHL Peru (San Isidro)**  
Av. Begonias 514  
Lima

**Tel:01 517 2500**  
Mon-Fri:9:00-18:30  
Sat:9:00-13:00Sun:closed

**FedEx**  
BSC Miraflores  
Lima

**Tel:01 242 2280**  
Mon-Fri:9:00-19:00  
Sat:10:00-15:00Sun:closed



### Radio station

**Radio Panamericana**  
Paseo Parodi 340  
Lima

**Tel:01 422 1223**  
24h



### Tourist information

**iPeru in Miraflores**  
Larcomar Shopping Mall  
Lima

**Tel:01 445 9400**  
Mon-Fri:12:00-20:00  
Sat:12:00-20:00Sun:12:00-20:00

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**TRAVEL SOS**

## MISSING

If your wallet is lost or stolen, contact issuers of credit cards and/or travellers cheques immediately. Keep a list of card/cheque numbers to verify. Contact your embassy if your passport is lost or stolen. For additional emergency help, contact iPeru Tourism Services. Replace lost/stolen luggage, clothing and shoes at Jockey Plaza Shopping Center.



### Police

All Police Emergencies (National Police)

Tel:105

24h



### Embassy

American Embassy

Av. La Encalada

Lima

Tel:01 618 2436

Mon-Fri:8:00-17:00

Sat:closedSun:closed



### General hospital

Clinica Anglo Americana

Calle Alfredo Salazar 350

Lima

Tel:01 712 3000, x 132

24h

Clínica Javier Prado

Av. Javier Prado Este 499

Lima

Tel:01 211 4141

24h



### Banks

Banco de Comercio

Av. Moreyra 454

Lima

Tel:01 513 6001

Mon-Fri:9:00-18:00

Sat:9:30-12:30Sun:closed



### Fire Brigade

Fire: Central Command

Jr. Junín No. 574

Lima

Tel:116

24h

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**Miraflores Fire House N° 28**  
Av. Mariscal Caceres No. 172  
Lima

**Tel:116**  
24h



### Maritime Rescue

**Maritime Authority of Peru (DICAPI)**  
Plaza Grau S/N  
Callao (port outside Lima)

**Tel:01 714 2017**  
24h

**Peruvian Coast Guard**  
Base Naval de la Marina  
Callao (port outside Lima)

**Tel:01 420 2020**  
24h



### Travellers cheque

**American Express Traveller's Cheques**

**Tel:0 800 51 531**

**MALL**

### Shopping Centre

**Jockey Plaza Shopping Center**  
Av. Javier Prado Este 4200  
Lima

**Tel:01 437 4100**  
Mon-Fri:11:00-22:00  
Sat:11:00-22:00Sun:11:00-22:00

**Larcomar**  
Av. Malecón de la Reserva 610  
Lima

**Tel:01 620 6000**  
Mon-Fri:11:00-1:00  
Sat:11:00-1:00Sun:11:00-1:00



### Clothing

**Alpaca 111**  
Av. Larco 671  
Lima

**Tel:01 447 1623**  
Mon-Fri:10:00-18:00  
Sat:12:00-18:00Sun:closed

**Ripley Department Store**  
Jockey Plaza Shopping Centre  
Lima

**Tel:01 610 5100**  
Mon-Fri:11:00-22:00  
Sat:11:00-22:00Sun:11:00-22:00

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## MEDICAL

24-hour emergency service is available at major hospitals. Best care is offered at private hospitals, which cost more than do public clinics ("asistencia publica"). Hospitals require immediate cash payment and will not accept U.S. or E.U. medical insurance. Ambulance service in Lima is private (US\$60-\$90 per transport) and includes in-car medics. Medicines can be purchased without prescription at any pharmacy.



### Ambulance

<b>Alfa Medic</b> Calle Leon Velarde 1044 suite G Lima	<b>Tel:01 362 9519</b> 24h
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<b>Clave Medica</b> Av. Javier Prado Este 3551 Lima	<b>Tel:01 313 4334</b> 24h
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<b>Mision Medica</b> Av. Javier Prado Este 2950 Lima	<b>Tel:01 346 2929</b> 24h
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<b>Plan Vital Emergencia Médica S.A.</b> Av. Salaverry 3555 Lima	<b>Tel:01 241 1911</b> 24h
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<b>Servimedic</b> Av. Arenales 580 Lima	<b>Tel:01 332 6720</b> 24h
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### Fire Brigade

<b>Fire: Central Command</b> Jr. Junín No. 574 Lima	<b>Tel:116</b> 24h
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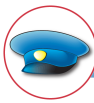
<b>Miraflores Fire House N° 28</b> Av. Mariscal Caceres No. 172 Lima	<b>Tel:116</b> 24h
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<b>San Borja Fire House N° 11</b> St. Galeno S/N Lima	<b>Tel:116</b> 24h
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<b>San Isidro Fire House N° 100</b> Av. Godofredo García Cdra. 4 Lima	<b>Tel:01 264 0339</b> 24h
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## Police

<b>All Police Emergencies (National Police)</b>	<b>Tel:105</b> 24h
<b>Barranco Police Station</b> Av. Prolongación San Martín 250 Lima	<b>Tel:105</b> 24h
<b>Chorrillos Police Station</b> Av. Huaylas 6th block Lima	<b>Tel:105</b> 24h
<b>La Molina Police Station</b> Elias Aparicio St. 7th block Lima	<b>Tel:105</b> 24h
<b>Lince Police Station</b> Bernardo Alcedo St. 8th block Lima	<b>Tel:105</b> 24h
<b>Miraflores Police Station</b> Jr. Vidal 230 Lima	<b>Tel:105</b> 24h
<b>Monterrico Police Station</b> Ave. Manuel Holguín Lima	<b>Tel:105</b> 24h
<b>National Tourism Police</b> Jr. More 268 Lima	<b>Tel:01 460 4525</b> 24h
<b>San Antonio Police Station</b> Ave. Tomás Marzano 1180 Lima	<b>Tel:105</b> 24h
<b>San Borja Police Station</b> Calle Stravinsky, 2nd block Lima	<b>Tel:105</b> 24h
<b>San Isidro Police Station</b> Antequera St. 116 w/ 29th block Arequipa Ave. Lima	<b>Tel:105</b> 24h

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## General hospital

**Clinica Anglo Americana**  
Calle Alfredo Salazar 350  
Lima

**Tel:01 712 3000, x 132**  
24h

**Clínica Javier Prado**  
Av. Javier Prado Este 499  
Lima

**Tel:01 211 4141**  
24h



## Health Centre / Clinic

**Hospital de Emergencias Jose Casimiro Ulloa**  
Av. Roosevelt 6355  
Lima

**Tel:01 241 2789**  
24h



## Pharmacist

**Boticas Fasa**  
Av. Larco 129  
Lima

**Tel:01 619 9000**  
24h

**Pharmax**  
Av. Salaverry 3100  
Lima

**Tel:01 264 2282**  
24h



## Optician

**Optica Waldo Olivos**  
Ave. Diez Canseco 160  
Lima

**Tel:01 446 8414**  
Mon-Fri:10:30-19:30  
Sat:10:30-13:30Sun:closed

**L'optic Center**  
Ave. M. Dasso 126  
Lima

**Tel:01 422 8584**  
Mon-Fri:10:30-7:30  
Sat:10:30-7:00Sun:closed

**Optica Exclusiva**  
Av. Conquistadores 1118  
Lima

**Tel:01 422 5857**  
Mon-Fri:10:00-20:00  
Sat:10:00-20:00Sun:closed

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## Dentist

**Dr. Amir Topf**

Los Apaches 128  
Lima

**Tel:01 437 4439**

Mon-Fri:9:00-20:00  
Sat:closedSun:closed

**Dr. Ramon Castillo and son**

Av. La Fontana 291  
Lima

**Tel:01 437 8084**

Mon-Fri:9:00-19:00  
Sat:closedSun:closed

**Dr. Wendy Johnson (San Isidro)**

Av. Libertadores 584  
Lima

**Tel:01 441 9378**

Mon-Fri:9:00-18:00  
Sat:closedSun:closed

**Dr. Wendy Johnson (Surco)**

Los Apaches 128  
Lima

**Tel:01 437 4434**

Mon-Fri:9:00-18:00  
Sat:closedSun:closed



## Embassy

**American Embassy**

Av. La Encalada  
Lima

**Tel:01 618 2436**

Mon-Fri:8:00-17:00  
Sat:closedSun:closed

**Australian Consulate-General**

Av. Victor Belaunde 146, Via Principal 155

**Tel:01 222 8281 ext 221**

Mon-Fri:9:00-17:00  
Sat:closedSun:closed

**British Consulate**

Torre Parque Mar  
Miraflores 18, Lima

**Tel:01 975 171 23**

Mon-Fri:8:00-17:00  
Sat:closedSun:closed

**Canadian Embassy**

Calle Libertad 130  
Lima

**Tel:01 444 4015**

Mon-Fri:8:00-16:00  
Sat:closedSun:closed

**Irish Embassy & Consulate**

Calle Miguel Alegre Rodriguez 182  
Lima

**Tel:01 273 2903**

Mon-Fri:9:15-13:00  
Sat:closedSun:closed

**New Zealand Consulate**

Av. Los Nogales 510  
Lima

**Tel:01 422 7491**

Mon-Fri:9:00-13:00  
Sat:closedSun:closed

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## LEGAL

In Peru it is illegal to use, sell or buy drugs; have sex with minors; or bribe police officers. Be skeptical of anyone claiming to be an undercover cop. Do not get in his/her vehicle. Request assistance from your embassy or iPeru Tourist Protection. If you need a lawyer, contact your embassy or a law firm listed in Fisher's.



### Accountants

**Julio Rojas**

Av. Mártir Olaya 201  
Lima

**Tel:01 241 6632**

Mon-Fri:9:00-17:00  
Sat:-Sun:-



### Courts

**Superior Court of Justice of Lima**

Paseo de la Republica 1st block  
Lima

**Tel:01 428 3690**

Mon-Fri:8:00-16:45  
Sat:closedSun:closed

**Supreme Court of Justice**

Paseo de la Republica 1st block  
Lima

**Tel:01 428 3690**

Mon-Fri:8:00-16:45  
Sat:closedSun:closed

**Traffic Tickets & Parking Fines**

Jr. Camana 370  
Lima

**Tel:01 315 2430**

Mon-Fri:8:00-18:00  
Sat:8:00-13:00Sun:closed



### Embassy

**American Embassy**

Av. La Encalada  
Lima

**Tel:01 618 2436**

Mon-Fri:8:00-17:00  
Sat:closedSun:closed

**Australian Consulate-General**

Av. Victor Belaunde 146, Via Principal 155

**Tel:01 222 8281 ext 221**

Mon-Fri:9:00-17:00  
Sat:closedSun:closed



### Lawyers

**Aramburu, Camino, Boero & Associates**

Av. Lord Nelson 245  
Lima

**Tel:01 221 1063**

Mon-Fri:9:00-19:00  
Sat:closedSun:closed

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**Eduardo Tolmos Saponara**  
Estudio Romero  
Lima

**Tel:01 221 2640**



### Legal Aid Services

**National Tourism Police**  
Jr. More 268  
Lima

**Tel:01 460 4525**  
24h



### Local Authority

**Municipality of Metropolitan Lima**  
Jr. Camana 141  
Lima

**Tel:01 315 1300**  
Mon-Fri:8:00-16:00  
Sat:closedSun:closed

**Municipality of Miraflores**  
Av. Larco 400  
Lima

**Tel:01 444 0540**  
Mon-Fri:8:00-14:00  
Sat:9:00-13:00Sun:closed



### Police

**All Police Emergencies (National Police)**

**Tel:105**  
24h



### Tourist information

**iPeru in Miraflores**  
Larcomar Shopping Mall  
Lima

**Tel:01 445 9400**  
Mon-Fri:12:00-20:00  
Sat:12:00-20:00Sun:12:00-20:00

**iPeru in San Isidro**  
Av. Jorge Basadre 610  
Lima

**Tel:01 421 1627**  
Mon-Fri:9:00-18:00  
Sat:closedSun:closed

**iPeru Tourist Information**  
Jorge Chavez International Airport  
Lima

**Tel:01 574 8000**  
24h

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**FISHER'S**  
**TRAVEL SOS**

## FINANCIAL

Peru's official currency is the nuevo sol (S/). U.S. dollars are widely used also. Safely exchange money at a casa de cambio (exchange house), bank or your hotel. ATMs are widely available in Lima. Most banks are open M-F, with Saturday morning hours. Peru is still largely a cash society. Visa is the most widely accepted credit card.



### Banks

**Banco de Comercio**  
Av. Moreyra 454  
Lima

**Tel:01 513 6001**  
Mon-Fri:9:00-18:00  
Sat:9:30-12:30Sun:closed

**Banco de Credito (San Isidro)**  
Av. Juan Pezet 1482  
Lima

**Tel:01 264 1951**  
Mon-Fri:9:00-18:30  
Sat:9:00-13:00Sun:closed

**Banco de Credito del Peru BCP**  
Av. Larco 611  
Lima

**Tel:01 444 1717**  
Mon-Fri:9:00-20:00  
Sat:9:00-20:00Sun:closed



### Credit card

**American Express Global Assist**

**Tel:00 1 715 343 7977**  
24h

**Discover Card (lost card)**

**Tel:00 1 801 902 3100**  
24h

**MasterCard (lost card)**

**Tel:800 307 7309, ex. 1**  
24h

**Visa (lost card)**

**Tel:410 581 9994 collect**



### Accountants

**Julio Rojas**  
Av. Mártir Olaya 201  
Lima

**Tel:01 241 6632**  
Mon-Fri:9:00-17:00  
Sat-Sun:-

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## Embassy

### American Embassy

Av. La Encalada  
Lima

**Tel:01 618 2436**

Mon-Fri:8:00-17:00  
Sat:closedSun:closed

### Australian Consulate-General

Av. Victor Belaunde 146, Via Principal 155

**Tel:01 222 8281 ext 221**

Mon-Fri:9:00-17:00  
Sat:closedSun:closed

### British Consulate

Torre Parque Mar  
Miraflores 18, Lima

**Tel:01 975 171 23**

Mon-Fri:8:00-17:00  
Sat:closedSun:closed

### Canadian Embassy

Calle Libertad 130  
Lima

**Tel:01 444 4015**

Mon-Fri:8:00-16:00  
Sat:closedSun:closed

### Irish Embassy & Consulate

Calle Miguel Alegre Rodriguez 182  
Lima

**Tel:01 273 2903**

Mon-Fri:9:15-13:00  
Sat:closedSun:closed

### New Zealand Consulate

Av. Los Nogales 510  
Lima

**Tel:01 422 7491**

Mon-Fri:9:00-13:00  
Sat:closedSun:closed



## Bureau de Change

### Casa de Cambio El Olivar

Av. Conquistadores 461  
Lima

**Tel:01 441 6248**

Mon-Fri:9:00-18:00  
Sat:9:00-13:00

### Global Exchange

Av. Larco 655  
Lima

**Tel:01 241 1232**

Mon-Fri:9:00-18:00  
Sat:9:00-13:00Sun:closed

### Moneygram

C.C. Jockey Plaza  
Lima

**Tel:01 437 0004**

Mon-Fri:9:00-21:00  
Sat:9:00-21:00Sun:11:30-21:00

### Peru Express

Calle Ocharán 260  
Lima

**Tel:01 447 4044**

Mon-Fri:9:00-18:00  
Sat:9:00-17:00Sun:closed

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## Tourist information

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**iPeru in San Isidro**  
Av. Jorge Basadre 610  
Lima

**Tel:01 421 1627**  
Mon-Fri:9:00-18:00  
Sat:closedSun:closed

**iPeru Tourist Information**  
Jorge Chavez International Airport  
Lima

**Tel:01 574 8000**  
24h



## Travellers cheque

**American Express Traveller's Cheques**

**Tel:0 800 51 531**

**Interbank (cash cheques)**  
Av. Rivera Navarrete 665  
Lima

**Tel:01 211 8600**  
Mon-Fri:9:00-18:00  
Sat:9:00-13:00Sun:closed

**ScotiaBank (cash cheques)**  
Av. Dionisio Derteano 102  
Lima

**Tel:01 211 6000**  
Mon-Fri:9:00-18:00  
Sat:closedSun:closed

**Thomas Cook MasterCard Cheques**

**Tel:0800 528 67**  
24h

**Travelex (Thomas Cook) Interpayment Visa**

**Tel:44 0 1733 318949**



## Loan companies

**Banco Financiero**  
Av. Ricardo Palma 278  
Lima

**Tel:01 612 2000**  
Mon-Fri:9:15-18:00  
Sat:9:30-12:30Sun:closed

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**TRAVEL SOS**

## TRANSPORT

Taxis are an easy, inexpensive way to get around Lima; negotiate price before boarding. (Average trip: 3 to 15 soles.) Use licensed taxis only. Unlicensed cabs may harbor kidnappers. At Jorge Chavez Airport, hail cabs from an official kiosk. Avoid local busses ("combis"); they are rife with pickpockets. Lima's high street-side accident rate makes it unsuitable for bicycles or motorcycles.



### Airline

<b>AeroCondor</b> Av. Juan de Arona 781 Lima	<b>Tel:01 614 6000</b> Mon-Fri:9:00-18:00 Sat:9:00-13:00Sun:closed
<b>Air Canada</b> Calle Italia 389 Lima	<b>Tel:01 241 1457</b> Mon-Fri:8:30-17:30 Sat:8:30-12:00Sun:closed
<b>American Airlines</b> Av. Canaval y Moreyra 390 Lima	<b>Tel:01 211 7000</b> Mon-Fri:9:00-18:00 Sat:closedSun:closed
<b>Avianca</b> Ave. Pardo 140 Lima	<b>Tel:01 445 6895</b>
<b>Continental Airlines</b> Av. Victor Andrés Belaúnde 147 Lima	<b>Tel:01 712 9230</b> Mon-Fri:9:00-17:00 Sat:9:00-14:00Sun:closed
<b>Iberia</b> Ave. Camino Real 390 Lima	<b>Tel:01 411 7801</b> Mon-Fri:8:30-18:00 Sat:closedSun:closed
<b>KLM / Air France</b> Av. Alvarez Calderon 185 Lima	<b>Tel:01 213 0200</b> Mon-Fri:9:00-17:00 Sat:closedSun:closed



### Bus

<b>Cruz del Sur</b> Av. Javier Prado Este 1109 Lima	<b>Tel:01 225 5748</b> Mon-Fri:8:00-22:00 Sat:8:00-22:00Sun:8:00-22:00
<b>Expreso Cial</b> Av. República de Panamá 2469 - 2485 Lima	<b>Tel:01 265 8121</b> Mon-Fri:8:00-22:00 Sat:8:00-22:00Sun:8:00-22:00

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**Ormeno**

Av. Javier Prado Este 1059  
Lima

**Tel:01 472 1710**

Mon-Fri:6:00-22:00  
Sat:6:00-22:00Sun:6:00-22:00

**Airport****Jorge Chavez International Airport**

Avenida Elmer Faucett  
Lima-Callao

**Tel:01 517 3100**

24h

**Train****Ferrocarril Central Andino**

Av. José Galvez Barrenechea 566  
Lima

**Tel:01 226 6363**

Mon-Fri:9:15-16:30

**Taxi****Remisse Ocoña Car Service**

Av. Ocona 228  
Lima

**Tel:01 432 1945**

24h

**Taxi Movil**

Av. Los Mirtos 593  
Lima

**Tel:01 422 6890**

24h

**Taxi Seguro**

Marriott Hotel  
Lima

**Tel:01 241 9292**

24h

**Car Rental****Budget**

Av. E. Canaval y Moreyra 569  
Lima

**Tel:01 442 8703****Dollar Rent a Car**

Calle Cantuarias 341  
Lima

**Tel:01 444 4920**

24h

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**TRAVEL SOS**

**Hertz**  
Jorge Chavez International Airport  
Lima

**Tel:01 517 2402**  
24h



### Tourist information

**iPeru in Miraflores**  
Larco Shopping Mall  
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Sat:12:00-20:00Sun:12:00-20:00

**iPeru in San Isidro**  
Av. Jorge Basadre 610  
Lima

**Tel:01 421 1627**  
Mon-Fri:9:00-18:00  
Sat:closedSun:closed

**iPeru Tourist Information**  
Jorge Chavez International Airport  
Lima

**Tel:01 574 8000**  
24h



### Car/Motorbike

**Japan Autos S.A. San Luis**  
Av. San Luis 2445  
Lima

**Tel:01 224 3604**  
Mon-Fri:8:00-18:00  
Sat:8:00-14:00Sun:closed

**ProAutos**  
Av. Aramburu 144  
Lima

**Tel:01 440 8740**  
Mon-Fri:9:00-19:00  
Sat:10:00-14:00Sun:closed



### Car insurance

**Pacifico Seguros**  
Av. Santa Cruz 381  
Lima

**Tel:01 513 5000**  
Mon-Fri:9:00-18:00  
Sat:9:00-13:00Sun:closed

**La Positiva**  
Av. Francisco Masias 370  
Lima

**Tel:01 211 0000**  
Mon-Fri:9:00-17:30  
Sat:closedSun:closed

**Rimac Seguros**  
Av. Las Begonias 473  
Lima

**Tel:01 411 3000**  
Mon-Fri:9:00-18:00  
Sat:closedSun:closed

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**TRAVEL SOS**

## ACCOMMODATION

Safe districts for tourist lodgings are Miraflores and San Isidro. Downtown Lima can be dangerous after dark and has few restaurants. Moderate hotel room rates usually include taxes and service charges; upscale hotels charge 10% tax. Beware hotels that charge the 18% IGV (sales tax), from which foreigners are exempt. Contact iPeru or National Tourist Police to resolve lodging disputes.



2 star

**Hotel Las Palmas**  
Calle Bellavista 320  
Lima

**Tel:01 444 6033**  
24h



3 star

**Best Western Embajadores**  
Av. Juan Fanning 320  
Lima

**Tel:01 242 9127**  
24h

**Colonial Inn**  
Av. Commandante Espinar 310  
Lima

**Tel:01 241 7471**  
24h



4 star

**Doubletree El Pardo Hotel Lima**  
Av. Independencia 141  
Lima

**Tel:01 617 1000**  
24h

**Hotel Los Delfines**  
Av. Los Eucaliptos 555  
Lima

**Tel:01 215 7000**

**JW Marriott Hotel & Stellaris Casino**  
Malecon de la Reserva 615  
Lima

**Tel:01 217 7000**  
24h

**Libertador Hotel San Isidro Golf**  
Av. Los Eucaliptos 550  
Lima

**Tel:01 421 6666**  
24h

**Hotel & Suites Las Americas**  
Av. Benavides 415  
Lima

**Tel:01 241 2820**  
24h

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5 star

**Country Club Lima Hotel**  
Av. Los Eucaliptos 590  
Lima

**Tel:01 611 9000**  
24h

**Miraflores Park Plaza**  
Malecon de la Reserva 1035  
Miraflores

**Tel:01 242 3000**  
24h

**Sheraton Lima Hotel & Casino**  
Paseo de la Republica 170  
Lima

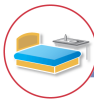
**Tel:01 315 5000**  
24h

**Sonesta Posada del Inca El Olivar**  
Av. Pancho Fierro 194  
Lima

**Tel:01 712 6000**  
24h

**Swissotel Lima**  
Via Central 150  
Lima

**Tel:01 421 4400**  
24h



Bed & Breakfast

**Ayllu Bed & Breakfast**  
Av. Jose Galvez 711  
Lima

**Tel:01 243 0276**  
24h

**D'osma Bed & Breakfast**  
Av. Pedro de Osma 240  
Lima

**Tel:01 251 4178**  
24h



Hostels

**Hospedaje Jose Luis B&B**  
Av. Francisco de Paula Ugarriza 727  
Lima

**Tel:01 444 1015**  
24h

**Hostal El Patio**  
Av. Diez Canseco 341-A  
Lima

**Tel:01 444 2107**  
24h

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**Hostal Mami Panchita**  
Av. Federico Gallesí 198  
Lima

**Tel:01 263 7203**  
24h

**Hostel Domeyer**  
Jr. Domeyer 296  
Lima

**Tel:01 247 1413**  
24h



### House / flat rent

**Alfredo Graf & Associates**  
Av. José Pardo 741  
Lima

**Tel:01 444 0325**  
Mon-Fri:8:00-9:00  
Sat:8:00-9:00Sun:8:00-9:00

**CMI International Real Estate Agency**  
Calle Coronel Inclán 135  
Lima

**Tel:01 241 3237**  
Mon-Fri:8:00-19:00  
Sat:9:00-13:00Sun:closed

**St. Martin Apart Hotel**  
Calle San Martín 598  
Lima

**Tel:01 242 0500**  
24h



### Landline telephone provider

**Telefonica (downtown Lima)**  
Jr. Cuzco 303  
Lima

**Tel:104**  
Mon-Fri:8:30-17:30  
Sat:9:00-13:00Sun:closed



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**iPeru in San Isidro**  
Av. Jorge Basadre 610  
Lima

**Tel:01 421 1627**  
Mon-Fri:9:00-18:00  
Sat:closedSun:closed

**iPeru Tourist Information**  
Jorge Chávez International Airport  
Lima

**Tel:01 574 8000**  
24h

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**FISHER'S  
TRAVEL SOS**

## FOOD

Drink bottled water; avoid tap water, ice cubes. Dinner at restaurants is generally eaten after 8 p.m. Most restaurants close between lunch and dinner. Tipping (10% of bill) is customary but not obligatory. Fancy restaurants often add 10% service charge and tax (up to 18%). Less-expensive restaurants charge either 5% tax or no tax and no service charge.



### Supermarket/Grocery store

<b>Bio Feria Miraflores (Organic Market)</b> Parque Reducto Lima	<b>Tel:01 448 4747</b> Mon-Fri:closed Sat:8:00-15:00Sun:closed
<b>Vivanda Benavides</b> Av. Benavides & Av. Alcanfores Lima	<b>Tel:01 620 3000</b> 24h
<b>Vivanda Dos de Mayo</b> Av. Dos de Mayo Lima	<b>Tel:01 620 3000</b> Mon-Fri:8:00-22:00 Sat:8:00-22:00Sun:8:00-22:00
<b>Vivanda Monterrico</b> Av. La Encalada, 5th block Lima	<b>Tel:01 620 3000</b> Mon-Fri:8:00-22:00 Sat:8:00-22:00Sun:8:00-22:00
<b>Vivanda Pezet</b> Av. Juan A. Pezet 1340-1360 Lima	<b>Tel:01 620 3000</b> Mon-Fri:8:00-22:00 Sat:8:00-22:00Sun:8:00-22:00
<b>Wong Supermarket</b> Av. 2 de Mayo 1099 Lima	<b>Tel:01 625 0000</b> Mon-Fri:9:00-21:30 Sat:9:00-21:30Sun:9:00-21:30



### Restaurant

<b>Astrid y Gaston</b> Calle Cantuarias 175 Lima	<b>Tel:01 444 1496</b> Mon-Fri:12:30-0:00 Sat:12:30-0:00Sun:closed
<b>El Cartujo</b> Calle Los Libertadores 108 Lima	<b>Tel:01 222 2323</b> Mon-Fri:8:00-2:00 Sat:8:00-2:00Sun:12:00-17:00
<b>El Senorio de Sulco</b> Malecon Cisneros 1470 Lima	<b>Tel:01 441 0389</b> Mon-Fri:12:00-0:00 Sat:12:00-0:00Sun:12:30-17:00

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**L'Eau Vive**  
Av. Ucayali 370  
Lima

**Tel:01 427 5612**  
Mon-Fri:12:30-20:30  
Sat:12:30-20:30Sun:closed

**La Rosa Nautica**  
Espigon 4  
Lima

**Tel:01 445 0149**  
Mon-Fri:12:00-0:00  
Sat:12:00-0:00Sun:12:00-0:00

**La Tranquera**  
Av. Jose Pardo 285  
Lima

**Tel:01 447 5111**  
Mon-Fri:12:30-0:00  
Sat:12:30-0:00Sun:12:30-0:00



### Bar/Cafe

**Haiti**  
Av. Diagonal 160  
Lima

**Tel:01 445 0539**  
Mon-Fri:7:00-2:00  
Sat:7:00-2:00Sun:7:00-2:00

**La Noche (live music club)**  
Av. Bolognesi 307  
Lima

**Tel:01 247 2186**  
Mon-Fri:19:30-3:00  
Sat:19:30-3:00Sun:closed

**Lava Lounge**  
Calle Bolivar 116  
Lima

Mon-Fri:22:00-4:00  
Sat:22:00-4:00Sun:closed

**Manos Morenas (pena)**  
Av. Pedro de Osma 409  
Lima

**Tel:01 467 0421**  
Mon-Fri:12:30-0:00  
Sat:12:30-0:00Sun:closed



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**iPeru in San Isidro**  
Av. Jorge Basadre 610  
Lima

**Tel:01 421 1627**  
Mon-Fri:9:00-18:00  
Sat:closedSun:closed

**iPeru Tourist Information**  
Jorge Chavez International Airport  
Lima

**Tel:01 574 8000**  
24h

Lima, Peru 2006/Oct

**TRAVEL SOS**

## NATIONAL / LOCAL EMERGENCY

Call 105 for police emergencies nationwide. For English-speaking operators, contact National Tourism Police. Contact Coast Guard for maritime emergencies. In case of fire, dial 116 toll free. Contact your embassy for help with stolen passports, legal assistance and medical references. All ambulance service is private; most must be paid in cash.

### Ambulance

Alfa Medic .....	01 362 9519
Clave Medica .....	01 313 4334
Mision Medica .....	01 346 2929
Plan Vital Emergencia Médica S.A. ....	01 241 1911
Servimedic .....	01 332 6720

### Police

All Police Emergencies (National Police) .....	105
Barranco Police Station .....	105
Chorrillos Police Station .....	105
La Molina Police Station .....	105
Lince Police Station .....	105
Miraflores Police Station .....	105

### General hospital

Clinica Anglo Americana .....	01 712 3000, x 132
Clinica Javier Prado .....	01 211 4141

### Embassy

American Embassy .....	01 618 2436
Australian Consulate-General .....	01 222 8281 ext 221
British Consulate .....	01 975 171 23
Canadian Embassy .....	01 444 4015
Irish Embassy & Consulate .....	01 273 2903
New Zealand Consulate .....	01 422 7491

### Fire Brigade

Fire: Central Command .....	116
Miraflores Fire House N° 28 .....	116
San Borja Fire House N° 11 .....	116
San Isidro Fire House N° 100 .....	01 264 0339

### Maritime Rescue

Maritime Authority of Peru (DICAPI) .....	01 714 2017
Peruvian Coast Guard .....	01 420 2020
TraMar Navy Communications Center .....	01 714 2022

### Radio station

Radio Panamericana .....	01 422 1223
Radio Programas del Peru .....	01 215 0203

### TV station

America TV .....	01 419 4000
ATV, Andina de Television .....	01 211 8800
Panamericana Television .....	01 411 3200

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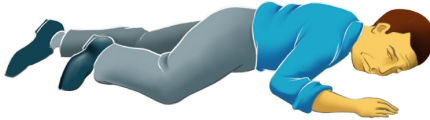
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## FIRST AID

If someone is injured, the following steps will keep them as safe as possible until help arrives:

- 1 Call the National Emergency Number
- 2 Stay calm and focused
- 3 Make sure you and the injured person are not in danger
- 4 Assess the injured person carefully and act on your findings
- 5 Monitor the injured person's condition until help arrives

### RECOVERY POSITION



**Bleeding:** Control severe bleeding by applying firm pressure to the wound using a clean, dry dressing and raise it above the level of the heart. If in shock lay the person down, reassure them, keep them warm and loosen tight clothing.

**Burns:** Douse the burn with copious amounts of cold water, Wrap the affected part in cling film (if available), do not apply dry dressings, keep the patient warm

**Broken bones:** Try to avoid as much movement as possible. If injured party was involved in road traffic accident keep head still

**Cuts:** Control the bleeding by applying pressure over the wound with a pad of paper tissue or towel roll. Do not attempt to remove any broken glass from within the wound

#### Chemical:

**On Skin:** Wash off with copious amounts of water.

**In Eyes:** If available use an eye-wash spray with the eyelids held open. Otherwise use a cold running tap.

**Inhaled:** If possible, move to fresh air.

**Swallowed:** Identify the chemical - monitor patient and call emergency services number immediately

### CHEST COMPRESSIONS

- Find lower half of the breastbone
- Compress the chest (5 cms max) 100 times per minute
- After every 15 compressions give mouth to mouth 2 breaths
- Repeat until help arrives or patient recovers



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