



High Andes Trekking Peru

Hike the Inca Trail to Machu Picchu, trek for five days in the High Andes Mountains, bike in the Sacred Valley, and so much more....

There are so many great reasons to visit Peru—the world renowned Incan ruins of Machu Picchu, the magical Andes Mountains, the oldest continually inhabited city on the continent, Cusco, the culture, the people and the cuisine. The Aventouras' High Andes Trekking Peru trip combines these incredible places and extraordinary experiences into a trip you'll remember for a lifetime. You'll hike to rarely visited Incan ruins, mountain bike in the Sacred Valley and hike the Royal Inca Trail to Machu Picchu. Then you'll embark on a five-day trek through the breathtaking Andes Mountains and stay at high mountain lodges that were built by and benefit the local communities.



Community based tourism (CBT) is tourism in which local residents invite tourists to visit their community. The residents of these communities are often rural, poor, and economically marginalized. CBT, done correctly, can benefit the local communities economically as well as serve as an incentive to preserve the natural and cultural heritage. Travelers benefit by discovering first-hand the local people, their traditions, habitat, culture, and rituals. The five-day trek through the High Andes is CBT and promotes 24 full-time and 30 seasonal jobs for locals. Profits from this initiative help support efforts to improve the education and living standards in these communities. Aventouras is proud to support this CBT initiative.

Trip Overview

After meeting in Lima, we travel to Cusco, with its narrow, lively streets and foundations of original Inca stonework. From there we mountain bike, hike, and journey by train through the Sacred Valley towards Machu Picchu, sampling largely unknown ruins, markets, and Andean life along the way. Hiking the Royal Inca Trail brings us to Machu Picchu and affords us incredible views of the ruins and nearby mountains and rivers before we spend a day touring the site.

After a rest day in Cusco we begin a spectacular five-day trek in the Cordillera Vilcanota, on a route called the "Camino del Apu Ausangate" (Road of the Sacred Peak Ausangate). The trek takes place in the shadow of towering Ausangate Mountain (20,945 feet), one of native Quechua people's most sacred mountains. The "apu", or sacred peak, is the bearer of life and the guardian of one of the most pristine mountain ecosystems in the world. The trek is almost entirely above tree line as we hike between unique "Tambos," or Andean Lodges, where we are greeted upon our arrival with snacks, beverages, and a hot shower. Daily meals are prepared by experienced chefs, introducing us to a great variety of delicious Peruvian cuisine and produce. Llamas and horses (owned by the shepherds of the Chillca community) accompany us and carry our gear through this awe-inspiring land. As for entertainment, authentic, vernacular music from members of the communities will accompany some of our nights in the "Tambos."

The five-day trek covers approximately 52 kms (32 miles) of high elevation hiking ranging in altitude from 12,750 ft to nearly 17,000 ft at Palomani Pass, cresting a number of 16,000-foot passes. Each full day of trekking averages about 7-8 hours of hiking.

Upon completion of the trek we return to Cusco for one final evening in this charming city. The following day we fly from Cusco to Lima in time to catch our international flight back home.

Day 1: Arrive in Lima and transfer to La Hacienda in Miraflores

We meet in Peru's capital, the colonial city of Lima, and transfer to the lively Miraflores section of the city. Known as the city of kings, Lima was founded in 1535 by Francisco Pizarro and is one of the very few South American cities that has preserved its colonial past. La Hacienda, our home for the night, is a modern hotel situated just a few blocks from the lively center of Miraflores, with its shops, nightspots, and sidewalk cafes. Those arriving early may add a private or group tour of the Pachacamac Ruins and/or colonial Lima including the cathedral, dating from 1654; the main square, which still houses the original bronze fountain built in 1650; and the San Francisco Monastery and its catacombs.

- Transfer from Jorge Chavez Airport to La Hacienda Hotel, Miraflores (half hour)
- Optional additional tour of Pachacamac Ruins and/or colonial and modern Lima (not included in trip price)

- Overnight La Hacienda in Miraflores (www.hoteleslahacienda.com) or at the Costa del Sol (www.costadelsolperu.com) for later arrivals

Day 2: Flight to Cusco, explore Inca ruins and ancient city

This morning we have breakfast at our hotel before the flight to Cusco. On the hour-long flight we climb away from Lima and over the rugged Andes Mountains, before quickly beginning our descent to Cusco, the continent's oldest continually inhabited city and an archeological wonder. Dating back to the 12th century, Cusco's narrow streets are lined with buildings with Inca stone walls forming their foundations. The streets hum with activity, and as it is an international travel destination, you'll see travelers from around the world mixing with bustling local life. Cusco sits at an elevation of almost 11,000 feet, requiring us to take it easy for the first day while we acclimate. But this won't stop us from an exciting day!

We transfer from the airport to our hotel, the perfectly located Casa San Blas, situated two blocks from the main square. After a welcome drink of the local coca tea to help us acclimate, we'll enjoy lunch at the Aldea Yanapay (a fun and delicious restaurant where the proceeds from lunch help fund social projects for at-risk children of Cusco) followed by a walk to a few of the city's most fascinating sights. We'll then venture outside the city to two or three of the Inca ruins near town, including Sacsayhuaman, a pre Inca architectural masterpiece overlooking the city of Cusco; Kenko, a rock sanctuary whose main attraction is the monolithic altar representing a puma; the red fortress of Puca-Pucara; and Tambomachay. After the tour, we return to Cusco with time to explore the city or relax for an hour before dinner at a local restaurant that is a favorite of Cusquenos.

- Morning flight over the Andes to Cusco
- Lunch at Aldea Yanapay (www.aldeayanapay.org) and city tour
- Walking tour of Inca ruins outside the city
- Dinner at a local favorite restaurant, Pachapapas
- Overnight Casa San Blas in Cusco (www.casasanblas.com)

Day 3: Hike to rarely-visited Incan ruins of Pumamarca and visit the ruins of Ollantaytambo

After breakfast we leave Cusco and enter the Sacred Valley en route to the town of Ollantaytambo (approximately 1 ¾ hour drive). It's a stunning drive through the countryside with small villages, grazing livestock and a backdrop of the high snow-capped peaks of the Andes. We'll pass through the central plaza of Ollantaytambo and head northeast out of town (a direction not many tourists venture) for about another 15-20 minutes through some small rural villages to reach the base of the hill below the Incan Ruins of Pumamarca. From there we will hike up (1 - 1 ½ hours) to the rarely-visited Incan ruins and enjoy the views of the valley below, the snow-capped peaks beyond, and learn about the history of the Inca. After lunch we'll hike back down to the awaiting vehicle for a short drive back to the town of Ollantaytambo.

In the afternoon we'll visit the ruins on the edge of Ollantaytambo. The ruins are well worth the guided tour that we'll take for the next hour or so as our guide explains the last undefeated bastion of the Incas. After the tour we'll return to the hotel before eating dinner at one of our favorite local restaurants.

- Breakfast at the Casa San Blas in Cusco

- Hike to the rarely visited Inca ruins of Pumamarca
- Tour of the ruins of Ollantaytambo and the town
- Dinner at Puka Rumi restaurant
- Overnight at Pakaritampu Hotel in Ollantaytambo (www.pakaritampu.com)

Day 4: Bike through the Peruvian countryside to visit the unique ruins of Moray, the town and salt pans of Maras

Having acclimated for two days to the high elevation, today we set out by mountain bike across the Peruvian countryside to several unique, rarely visited destinations. After a full breakfast at our hotel, we depart by van from Ollantaytambo to get out into the Peruvian countryside of the Sacred Valley.

After getting fitted for our bicycles and a short briefing, we start our supported ride, which over the next several hours, and with several stops, will take us a total of 22 miles on back roads and trails. We first ride back roads for about two hours, climbing several hills, and witnessing serendipitous scenes of rural Andean life, before arriving at the Inca site of Moray. This is a fascinating, unique ruin; a fabulous amphitheatre of terraces that was used as an agricultural experimental site by the Incas by taking advantage of the microclimates produced by the varying altitude to breed new varieties of their crops. We'll spend about an hour here, including a picnic lunch.

After lunch we leave the back roads and transition to a two track road that later becomes a walking trail. The route is mostly flat and downhill, with one steep and fairly technical downhill followed by a short but steep uphill. Those not yet acclimated may walk these short sections, or choose to ride in the support vehicle. After riding for about 45 minutes we reach the village of Maras, a town that sees few tourists.

After the town, we have a mostly downhill ride to the salt pans of Maras. The salt pans are an unforgettable site—people from Maras have diverted a salt-laden spring coming out of the hillside, evaporating the water to collect salt, as their ancestors have done for centuries. We'll walk among the salt pans, witnessing a scene largely unchanged from Incan times.

After Maras, and then again after the salt pans, the riding gets a bit more technical. Many riders choose to walk at least part of the trail; others choose to enjoy the countryside while riding in the support van. Whether riding a bike, riding in the van, or walking, we will all rejoin in the Sacred Valley town of Urubamba. From there we will drive one half hour to return to Ollantaytambo for a well-deserved dinner and overnight accommodations at the Pakaritampu.

- Breakfast at Pakaritampu Hotel
- Bike through the Peruvian countryside, through small towns and back roads, and optional technical sections, 22 miles total
- Tour of the unique experimental agricultural terracing site of Moray
- Visit to the salt pans, witnessing a scene largely unchanged for centuries
- Dinner in town of Ollantaytambo at Mayupata
- Overnight at Pakaritampu Hotel in Ollantaytambo (www.pakaritampu.com)

Day 5: Train to Aguas Calientes and hikes around Machu Picchu

This morning we have an early wake up and breakfast (approximately 6:45) in order to catch the train headed to Machu Picchu. Our hotel is well situated, so we're only a five-minute walk from the train station, where we'll catch the train around 8:15. We'll board the train, taking in stunning views of the mountains all around, with snowcapped peaks in the distance as we slowly lose elevation and head into high altitude cloud forest. Our destination, the Machu Picchu gateway town of Aguas Calientes, is reachable only by train or air and is nestled among stunning steep mountains shrouded in cloud forest.

We have three exceptional hiking options today. The first is the Royal Inca trail, for which we depart the train (at KM 104) before reaching Aguas Calientes. This is a six-mile, fairly strenuous hike with a 1500 foot climb to the ruins of Wiñay Wayna. The remainder of the trail is fairly flat or downhill to Machu Picchu; arriving at the Sun Gate gives us the sense of entering the fabled lost city the same way the Incas did centuries ago. Although we'll pass through Machu Picchu, we'll wait until tomorrow for our tour of the ruins; today we'll take the bus down to Aguas Calientes and our hotel for the night.

The Inca Trail is tightly regulated, and hiking it requires advance notice of at least 3 months, and often more in the high season. For those people not signed up in time to hike the Inca Trail, or those who want a slightly shorter option, we have two alternative hike options.

For both of these options, we'll stay on the train until it arrives in Aguas Calientes at ten o'clock, check into our hotel, and meet for our hike at 10:30. The first option is a hike from Machu Picchu to the Sun Gate (Inti Punko). For this option we will take a bus from Aguas Calientes to the entrance of Machu Picchu. From the entrance to Machu Picchu it is about an hour hike up to the Sun Gate where we can relax and take in the stunning views of Machu Picchu, the valley, and the high peaks before heading back down to Machu Picchu. We will return by bus from Machu Picchu to Aguas Calientes where we will meet up with the rest of the group for dinner.

The third option takes in the scenery from ground level. From Aguas Calientes, we'll walk out of town along the road, and then pick up the railroad tracks which follow the river when the road ends. From here we view the steep mountain cliffs all around, jutting straight into the sky far above. After about an hour along the river we'll turn away from the river and head up a side stream toward the Mandor Waterfall. Although we are hiking in the Machu Picchu sanctuary, there are some homesteads scattered throughout, and as we get away from the river we pass through an orchard with fruit trees before transitioning into cloud forest. About 20 minutes later we reach the waterfall, with a small pool nearby that allows a quick swim before or after our picnic lunch. We'll retrace our steps back to town, with a total hiking time of about five hours.

Both of the hikes from Aguas Calientes will allow us to return to our hotel in time to explore the town. All three groups will meet for dinner in town or in our hotel.

- Morning Vista Dome train ride to Aguas Calientes
- Three hiking options: the Royal Inca trail, hike from Machu Picchu to the Sun Gate, or Mandor Waterfall
- Dinner in town or at hotel
- Overnight El Mapi (or similar) (www.elmapihotel.com)

Day 6: Tour of Machu Picchu and return to Cusco

Yesterday we enjoyed fantastic views of Machu Picchu, today we see the ruins up close in our half-day guided tour. Machu Picchu was built by the Inca Pachacutec, and is comprised of stone blocks fitted with masterful precision to create structures that harmoniously blend into the mountain landscape. This fabulous city has houses, temples, warehouses, and a large central square, all connected by narrow roads and steps, and is surrounded by terraces cut into the mountainside which were used for agriculture. The setting is simply stunning—no photos that you have seen do it justice. We'll rise early to arrive at the ruins before the day trippers, experiencing the ruins in quiet and relative solitude. After a three-hour tour we'll break for lunch, and then we are free to further explore the ruins on our own, or hike a trail behind the ruins that gives an up-close panoramic view of the ruins. In the late afternoon we'll meet for our bus ride back down to Aguas Calientes, and catch the train back to Cusco at 3:30. We will stop for dinner at the El Albergue Restaurant in Ollantaytambo en route back to Cusco.

- Early morning departure for Machu Picchu
- Three-hour guided tour of the ruins
- Lunch at the ruins
- Afternoon hike above Machu Picchu, additional time wandering the ruins, or time to explore the town of Aguas Calientes
- Dinner at El Albergue Restaurant in Ollantaytambo
- Overnight Casa San Blas in Cusco (www.casasanblas.com)

Day 7: Rest and free day to explore Cusco

Today is about rest, relaxation, exploration and taking care of any last minute items in preparation to begin tomorrow's five-day High Andes trek. There is no better place to simply soak in the sights, sounds and culture than from a café beside the main square in Cusco or the rooftop deck at the Casa San Blas. In the afternoon we'll have a short briefing regarding the five-day High Andes Trek.

- Breakfast at the Casa San Blas
- Free day in Cusco
- Briefing for the upcoming five-day High Andes Trek
- Lunch and dinner on your own
- Overnight Casa San Blas in Cusco (www.casasanblas.com)

Day 8: Start of the Camino del Apu Ausungate trek—Cusco to Chillca (14,327 ft/4368 m)

After an early morning breakfast at the Casa San Blas, we depart Cusco by 8:30 a.m. to begin the drive through the lush Vilcanota Valley to the town of Checacupe (approximately 1 ½ hour drive).

In Checacupe we'll visit the Colonial Temple of the Immaculate before driving through the Pitumarca Valley along the Japura Gorge that leads to the village of Chillca where we will be greeted by the community (approximately 1 ½ hour drive).

Our first "tambo" (lodge or resting place) is a short and easy walk of approximately one hour that follows a rocky stream before opening into a broad, treeless valley of pasture and

alpacas, with the small village of Chillca in the distance. Once at the tambo there is time to relax and enjoy the music of the local Chillcas.

Each of the tambos along the trek is a comfortable lodge built by the local communities. Three of the tambos we'll stay at are similar in construction—made of rocks from the local quarries and eucalyptus logs that were carried from the lower regions near Cusco. These 3 tambos are two-storey, and built around a central reception and dining area. The fourth tambo is very different than the other 3 lodges—it is a one-story wooden structure built on a stone base. There are 10 double rooms in each of the tambos. All of the rooms have incredible panoramic views of the Vilcanota mountain range. While there is no electricity at the lodges, propane gas is used for the showers and cooking. Firewood is used for heating the lodge, with candles and lanterns available for light (don't forget your headlamp or flashlight!).

The meals at the tambos include hearty breakfasts, small tea-breaks after the hikes, and 3-course meals of typical Peruvian dishes made with fresh ingredients from the Andes. Our full lunches are normally eaten while on the trail in scenic locations and prepared right on the spot by professional chefs.

- Breakfast in Cusco at the Casa San Blas
- Travel by vehicle from Cusco to Checacupe and visit Temple of the Immaculate, and then on to Chillca
- Short trek (one hour) to our first tambo
- Dinner and overnight at the Chillca tambo

Day 9: Camino del Apu Ausungate trek—Chillca to Machuracay (15,760 ft/4805 m)

After breakfast, we begin our trek in the wide valley of the Upis where we will be surrounded by the glaciated mountains that loom above the valley. Grazing alpaca and llama dot the countryside, and stone corrals and one-room houses illustrate the seasonal herding life of the Quecha people. The valley narrows as we make our way to the waterfalls descending from Santa Catalina Mountain. This area is used primarily by llamas, and once we reach the small lagoon of Paloma, we'll enjoy a freshly prepared lunch by the edge of the water. After hiking to a second lagoon and crossing a long series of lagoons, we reach the Machuracay tambo, located at the base of the Apu Ausungate.

- Breakfast at the Chillca tambo
- Hike through valleys dotted with llamas, alpacas and towering glaciated mountains (9.2 miles/14.9 kms hiking)
- Dinner and overnight at Machuracay tambo

Day 10: Camino del Apu Ausungate trek—Machuracay to Anantapata (15,416 ft/4700 m)

After breakfast we meet the village shaman who blesses our party and presents an offering to sacred Apu Ausungate before we begin our ascent of Palomani Pass at an elevation of 16,892 ft (5123 m). We will have incredible views of the glaciated south face of the "apu" (sacred peak) which will inspire us as we make our way towards the red sandstone formations of the "Nevado del Inca." We'll have dinner and stay overnight at the Anantapata tambo. Anantapata tambo is very different than the other three lodges—it is a one story wooden structure built

on a stone base—and was constructed by the Chillca community with a grant from the government.

- Breakfast at the Machuracay tambo
- Hike over Palomani Pass at 16,892 ft or 5123 m (7.2 miles/11.6 kms hiking)
- Dinner and overnight at Anantapata tambo

Day 11: Camino del Apu Ausungate trek— Anantapata to Huampococha(15,803 ft/ 4818 m)

After breakfast we begin one of the most striking days of the trek, hiking in the middle of mountains colored with red, ochre, and blue strata. This section of trail offers a glimpse of incredible mineral stained and colorfully streaked mountain sides and extreme changes in the geologic features. We'll also be on the look out for vicuña (from the alpaca family) as they are often found in this isolated area. Tonight we will sleep in the Huampococha tambo, in the heart of large rock formations near a lagoon where huallata (Andean geese) make their nests.

- Breakfast at the Anantapata tambo
- Hike amongst the mountains and look out for vicuña (7.2 miles/11.6 kms hiking)
- Dinner and overnight at Huampococha tambo

Day 12: Camino del Apu Ausungate trek— Huampococha to Cusco

Today we will make one last climb over Anta Pass (16,098 ft/4908 m) and then begin making our long, gradual descent. In this section of trail, the first glimpses of crops and houses will come into view - and our first tree sighting in four days! The landscape changes quickly from the red sandstone formations to the carsten erosion of limestone, forming a one-of-a-kind stone forest which is the perfect habitat for vizcacha (members of the chinchilla family). After descending the valley past terraced hills, stone fences, family compounds, and thundering rivers, we will board our van for the return trip to Cusco. We'll have a farewell dinner in Cusco at Cicciolinas and stay overnight at the Casa San Blas, our home away from home, and savor the accomplishment and personal satisfaction of trekking Ausungate.

- Breakfast at the Huampococha tambo
- Hike over Anta Pass and descend through valleys (10 miles/16 kms hiking)
- Farewell dinner in Cusco at Cicciolinas
- Overnight at Casa San Blas in Cusco (www.casasanblas.com)

Day 13: Cusco and flight back home!

Depending on the time of your international departure, you may have a morning or until the early afternoon to enjoy, shop and relax in Cusco. You'll fly from Cusco to Lima where you will await the departure of your international flight from Lima back home.

- Breakfast at the Casa San Blas
- Optional morning exploration of Cusco
- Flight from Cusco to Lima
- Flight from Lima back home

About High Andes Trekking Peru activities

While all Aventouras trips are active and designed for people who want a lively vacation with a variety of activities, the High Andes Trekking Peru trip is considerably more demanding due to the higher elevations, terrain, and length of the hikes on the Asungate trek. Guests should be in good health and physical condition for the trek. We include several days at higher elevations (Cusco is at over 11,000 ft) prior to the start of the five-day high Andes trek in order to give guests an adequate amount of time to acclimatize. We do not expect guests to have experience in all the included activities, nor do these activities require a significant amount of learning or technical understanding, however guests should be prepared to trek at high elevations (between 12,000-17,000 ft) for the better part of five days. We recognize that this trek may not be well-suited for everyone and that all guests may not want to take part in all activities, or may have varying comfort levels with certain activities, and alternatives are available in several cases (the most notable exception is the trekking portion of the trip where guests will be expected to hike each day). High Andes Trekking Peru is an action-oriented trip intended for the average active adult who feels comfortable being active 3-6 hours a day for days 2-6 of the tour and for 7-8 hours per day on days 8-12 of the tour. Please be aware of the additional hours per day of hiking and elevation gains during the five-day high Andes trek. Activities include:

- Walking tour of ruins near Cusco: Normally a walking tour wouldn't qualify as a level of activity needing mention, but when the walking is at over 11,000 feet elevation, it becomes a workout! We'll drink coca tea to help with acclimation. (See note about elevation below.)
- Hiking to the ruins of Pumamarca: The hike up to the ruins takes 1- 1 ½ hours and the elevation gain is approximately 1500 feet and the descent will take slightly less time. We'll take our time and enjoy the ruins, the views and glimpses into rural life in the Sacred Valley along the way.
- Biking to Moray and Maras: We'll bike a total of about 22 miles on a combination of paved roads, dirt roads, and single track. A support vehicle will be close by so that we can opt to ride in the van instead of bikes at many points along the way. Most of the single track is relatively easy; there are a few technical sections that are short and can be walked. The final descent from Maras to the salt pans and the Urubamba River valley is quite steep and can be ridden, walked, or avoided by taking the van.
- Hiking near Machu Picchu: There are three hiking options near Machu Picchu, ranging from a fairly strenuous six-mile hike, to a short but steep two-hour hike, to a flat but scenic option. These are described in more detail in the day five description.
- High Andes trekking: The five-day trek covers approximately 52 kms (32 miles) of high elevation hiking ranging in altitude from 12,750 ft to about 17,000 ft at Palomani Pass. Each full day of trekking averages about 15 km or 7-8 hours of hiking.

A note about elevation

High Andes Trekking Peru is a high altitude trip, with many activities taking place between 8,000 and 17,000 feet elevation. Altitude affects people differently, and being fit does not appear to make much difference. We take this high elevation into account for all activities and allow several opportunities for shortening or opting out of activities (excluding the five

days of trekking). We strongly suggest that for the first few days participants avoid alcohol, eat lightly, and drink plenty of fluids. You'll find that coca tea is available nearly everywhere we stop and it will help you acclimate. We have also arranged the itinerary to give guests several days in and around Cusco (approximately 11,000 ft) to acclimate before beginning the five-day High Andes trek which will take place between 12,000-17,000 ft.

A note about Inca Trail permits and Machu Picchu entrance tickets

We strongly encourage you to book your High Andes Trekking trip well in advance in order to ensure that you'll be able to get one of the limited permits to hike the Inca Trail (the scheduled activity on Day 5). Inca Trail permits are tightly regulated by the Peruvian government and must be purchased well in advance of your travel to Peru—we suggest you book your travel 4-6 months in advance in order to get one of the limited Inca Trail permits. Aventouras will get your Inca Trail permit (based on availability) for you and it is included in the price of your tour, but we will need your passport information and a trip deposit from you in order to obtain it.

In the summer of 2010 the Peruvian government significantly changed the entrance requirements for Machu Picchu. In an attempt to preserve the wonders of Machu Picchu, there is now a limit on the number of entrance passes to Machu Picchu and all passes must be purchased in advance. Aventouras will obtain your Machu Picchu entrance ticket (included in the tour price) in advance (based on availability) which underscores the importance of booking your travel to Peru well in advance of your planned departure.

About High Andes Trekking Peru Lodging

Aventouras trips use a variety of lodging options, ranging from traditional hotels to small, community run lodges. All accommodations are clean and comfortable, and all have been inspected by us or by our partner companies in each country. All have private hot water bath unless otherwise noted. Within these parameters, lodging options are selected more for location and access to activities and local communities than for other amenities. High Andes Trekking Peru lodging includes the following hotels or similar locations:

- In Lima we stay at La Hacienda (www.hoteleslahacienda.com), a modern hotel affiliated with Best Western that is perfectly situated a few blocks from the center of the vibrant Miraflores neighborhood. For guests who arrive early on the first day, or stay an extra night, the hotel provides easy walking access to restaurants and sidewalk cafes, shops, and parks full of Peruvian life. For guests arriving late on the first day, the Costa del Sol Hotel (www.costadelsolperu.com) is conveniently located to the airport for our early departure for Cusco.
- Our Cusco hotel is the elegant Casa San Blas, located in Cusco's artisan district. The San Blas provides easy access to the main square and is in the heart of this ancient city, but is situated on a quiet street. (www.casasanblas.com)
- In Ollantaytambo we stay at the Pakaritampu Hotel, set in a stunning location on the edge of town. It is a five minute walk from the train station and a ten minute walk from both the ruins and the town plaza. The hotel consists of several different buildings set amid landscaped grounds; the main lodge building has a restaurant, common room, bar, and fireplace which makes an excellent area to congregate or relax alone. (www.pakaritampu.com)

- The El Mapi is located in the heart of Aguas Calientes, and is a short walk from shops, restaurants, the bus to Machu Picchu, and the train to and from Cusco. (www.elmapihotel.com)
- On the five- day , four-night trek in the High Andes, we'll stay at "Tambos" (lodges) which are eco-friendly, solid stone-constructions, made with local materials and tastefully decorated with native textiles and local mahogany furniture. They are fully integrated into the breathtaking landscapes of the towering Andes. Each lodge houses 10 cozy double occupancy bedrooms, all equipped with thermal duvets and a private bathroom with running cold and hot water tapped from a nearby spring. There is no electricity in the lodges; propane gas is used for the showers and for cooking, and firewood is burned for heating. Candles and lanterns are employed to enhance a special atmosphere that allows you to enjoy the magic of the Andean sky and the myriad of stars and constellations visible on a clear night.

What's included?

Almost everything, so it's easier to list what's NOT included:

- Please note that international airfare, alcoholic beverages, bottled water, telephone bills, laundry, personal expenses and tips/gratuities are not included
- Airport departure tax of approximately \$31 USD for your return flight, domestic departure tax of \$5 for each of your 2 domestic flights
- Insurance against illness, accident, and/or theft, unless purchased separately
- Standard clothes for the activities listed (e.g., hiking boots; we provide the specialty items necessary for activities such as biking)
- Any additional costs incurred due to circumstances beyond our control
- Most meals are included in this itinerary. The meals that are not included are lunch and dinner on Day 7, and lunch and dinner on Day 13.

And here is a list of what IS included:

- Twelve nights accommodations as listed above, double occupancy with a single supplement optional
- All meals starting with breakfast on Day 2 in Lima except for lunch and dinner on Day 7, and lunch and dinner on Day 13.
- English-speaking tour leader throughout the trip
- All in-country transportation (flights, train, and van) and airport transfers
- All entrance tickets wherever applicable, for example to Machu Picchu
- All excursions and activities included above, including local expert guides and gear. Biking vehicle support (van).
- A detailed pre-trip departure packet with packing suggestions, background reading, and other trip-specific information

Tour Details

Trip length

13 days/12 nights

Cost

\$3,997 cash or check price based on double occupancy; there is a 3% surcharge for payments made by credit card

Single supplement of \$825

Group size

Limited to a maximum of 12 participants; register early in order to ensure space is available and the obtain Inca Trail permits and Machu Picchu entrance tickets.

Activities

High-altitude walking tour (½ day), bike (1 full day), hike (1 full day and ½ day), Machu Picchu Archeological Site (½ day), high Andes trekking (4 ½ days)

Gateway city meeting time and place

Lima, Jorge Chavez airport. You will be greeted as you leave customs and immigration. Check-in for international flights to and from Peru is usually three hours before departure. Valuable items such as camera equipment and essentials such as prescription medications should always be hand carried on all flights to avoid loss or damage. Checked luggage should be properly labeled.

Gateway city transfer

Airport transfers on the first and last days of the tour are included in trip costs.

Trip conclusion

Most flights to the U.S. are overnight, and we will end the trip with our domestic flight coming into the same airport that you will fly out of. Any overnight flight can be accommodated. If you wish to stay overnight and fly the next day we can arrange transfer and hotel for an extra charge.

Updated 03.26.12

The Next Step...

How do I join this trip?

Call Aventouras at 800-930-2846 and a trip consultant will reserve your space(s) or register online at www.aventouras.com. Your travel agent can also book your trip at no extra cost and provide other helpful assistance.

Special requests

If you have any special dietary needs or any special request that will make your trip more enjoyable, please be sure to notify your trip consultant or travel agent upon booking.

Leave the rest to us...

Before you go, we will send you a pre-departure package, including your reservation payment receipt and confirmation, detailed information about the area, a packing list, suggestions for preparing for your trip, a guest questionnaire, information on pre/post trip arrangements, and a liability release agreement.

Unsurpassed value

We offer the highest quality trips at the best value. Our itineraries include most meals, transportation (in-country flights) and entrance fees. If you find a trip of equal quality that matches our itinerary and inclusions at a lower fare within 30 days of booking with us, we'll refund the difference. A simple guarantee that assures you the best trip at the best fare!

Travel protection

To make your trip with Aventouras even more carefree, we strongly recommend the purchase of a travel insurance plan. Offering comprehensive coverage and peace of mind, a travel insurance plan is designed to protect you in case of trip cancellation for medical reasons, travel delays, medical expenses, accidental death, lost baggage and medical evacuation. We're happy to supply information about travel insurance coverage for you, so contact us at 800-930-2846 with any questions.

How do I book airfare for this trip?

Book online, call your travel agent or call us at 800-930-2846 for assistance and suggestions. We are familiar with most flight options from the U.S. and can give you suggestions as well as an idea of usual fares. We can also help you with pre- and post-trip lodging ideas if you wish to arrive early or stay longer.

General Information, Questions & Answers

What weather conditions can I expect?

We can expect generally cool temperatures with day time highs in the mid 50s to low 70s; nighttime lows can get into the 30s. Showers are unlikely, but possible, as most of our trips run during the dry season. Please contact us for additional specific weather information for any departure dates you are considering.

Tour operator

Aventouras operates this adventure in partnership with two Peruvian companies dedicated to sustainable, responsible travel and community based tourism.

Regarding accommodations...

While we plan to use the accommodations specified in this itinerary, changes are occasionally required due to availability of facilities. We recognize that most guests need detailed accommodations information to leave behind with relatives, etc. We're more than happy to provide this when it is finalized - typically at least 30 days prior to departure.

Passport and visa information

A passport valid at least 90 days beyond your anticipated arrival date in Peru is required, along with a tourist card (available on arrival). Currently no visas or immunization certificates are required for citizens of Western Europe, Australia, New Zealand or the USA.

We're always improving!

This itinerary details this trip's planned activities, routes, accommodations, departure and conclusion times. However, we're constantly seeking new opportunities to enhance this program and your experience. Our actual activities and sites may vary due to season, special events, or weather. Therefore, we reserve the right to alter the itinerary because unforeseen circumstances that mandate change may arise. Naturally, we will keep you up-to-date on any changes that may affect your arrival or departure times.

Cancellation policy

If you must cancel your trip, you're required to notify us in writing. We will calculate your refund on the day we receive your written cancellation. For all cancellations, we will refund you the cost of your trip less the following per person charges:

- 121 or more days before trip departure: The deposit less \$350 is refundable.
- 91-120 days before trip departure: None of the deposit is refunded.
- 61-90 days before trip departure: 50% of the trip payment is refunded.
- 0-60 days before trip departure: No refund is given.

Exceptions to these policies cannot be made for any reason, including weather or personal emergencies. We recommend that you purchase trip cancellation insurance. We provide information about travel insurance upon registration.

To book this trip:

Call us at 800-930-2846, book online at www.aventouras.com, or email us at info@aventouras.com