

## Discover Peru: Cusco, Machu Pichu & Lake Titicaca

### Itinerary: 14 days

#### Day 1 Welcome to Peru:

Lima



Arrival in Lima's airport. Meet and assistance by a local representative. Transfer to the hotel. Overnight at Casa Andina Miraflores Centro.

#### Day 2 Half day Lima city tour Colonial and Modern:

Lima



You will experience the best attractions in Lima, paying particular attention to its three historical periods: pre-Hispanic, colonial and contemporary. We will begin the tour looking at modern Lima, visiting the modern suburbs of San Isidro and Miraflores where you will see the Financial Center, the San Isidro Golf Course and the Olive Grove Park. We also go by the Huaca Pucllana, a pre-Inca pyramid shape temple that has survived the expansion of modern civilization. Then enjoy a nice view of the Pacific Ocean, diving down the Miraflores coastline, a cliff top road overlooking the ocean. The tour then shifts to colonial Lima, where we will visit the city's historical center designated by Unesco as Cultural Heritage of Humanity in 1991. The particular highlights we see are the Plaza Mayor, the Presidential Palace, the Cathedral, the Archbishops Palace, the City Hall and the Desamparados Train Station. We then visit the San Francisco Monastery and its famous underground crypts known as the Catacombs. At the end of the tour you will have a choice to either shop at the Indian Market, Larcomar Mall or return to your hotel. Overnight at Casa Andina Miraflores Centro.

(Meals - B)

#### Day 3 Towards Cusco:

Lima - Cusco - Sacred Valley



Transfer to the airport to take your flight towards Cusco. (Flight is not included.)

Upon arrival, transfer to the Sacred Valley and accommodation at the hotel. Rest of the day at leisure. Overnight at La Casona Yucay.

(Meals - B)

#### **Day 4 Full day Sacred Valley:**

##### **Sacred Valley**



This is a full-day excursion to the "Sacred Valley of the Incas" alongside the Vilcanota River, where we find native communities, impressive terraces and many important archaeological sites. In the afternoon we will visit the Inca town of Ollantaytambo, which still has original Inca houses and streets. The Ollantaytambo fortress is also a highlight. Overnight at La Casona Yucay.  
(Meals - B/L)

#### **Day 5 Inca Trail 4D/3N package:**

##### **Sacred Valley – Wayllabamba**



We will be picked up from our hotel (PLEASE, take into account that the pick-up time will be reconfirmed during your briefing) to Ollantaytambo, where we have breakfast. It's also recommended to buy some coca leaves or a pair of walking sticks (10 soles) if you require. After breakfast the bus will drive us to Piskacucho (2650 m.a.s.l.). Piskacucho is a small community located at the beginning of the Inca trail. From this point we will hike for about 12 km. During the hike we will walk along the Urubamba River, have a little break at the Miskay community (2800 m.a.s.l.) We have an incredible view of an Inca building called: Patallacta. Around lunch time we will reach a nice natural spot where our cook and porters are waiting for us to have lunch. After lunch we hike up hill for about 2 hours until we reach the campsite which will be our stay for the first night. During the last 2 hours we will enjoy the Vilcanota ridge and the Veronica snow covered mountain on the opposite side of the Urubamba River (5832 m.a.s.l.). Overnight at the campsite.  
(Meals - B/L/D)

#### **Day 6 Inca Trail 4D/3N package:**

##### **Wayllabamba - Warmiwãuska - Pacaymayo**



After an early breakfast you will climb up for 9 km along a beautiful narrow ravine. On this section, hikers will experience a hard time because of all the steps. We advise you to take it easy and take a rest whenever you feel it is necessary. After a few hours you will reach Lluluchapampa. At this point you will start to climb to the highest and most famous mountain pass: The Abra Warmihuañuska (Dead Woman's Pass 4200 m.a.s.l.). It will take about 2 hours to get to the top. I recommend you to just take it easy, without pushing yourself too much. Don't worry if you get delayed; the group will wait for everyone at the top of the pass. Once we reach the pass, we will have a break to enjoy the view and take some photos. After our break we will continue our way downhill to Pacaymayo Valley (3650 m.a.s.l.). During our way to Pacaymayo we have lunch and will likely see different kinds of birds and the Andean bear (Tremarctus Ornatus). Once we reach Pacaymayo we will have dinner. This is also where we will stay overnight. I recommend you to carry some chocolates, sweets and coca leaves with you during the hike. This will help to keep your sugar level high. It will also help against altitude sickness. Overnight at the campsite.  
(Meals - B/L/D)

#### **Day 7 Inca Trail 4D/3N package:**

##### **Pacaymayo - Wiñay wayna**



After breakfast we will continue hiking for 15 km. Day 3 is the longest but most impressive and interesting day since you get to see a number of archaeological sites. This day we will start by hiking up a steep path that will lead us to the Runkurakay pass (3970 m.a.s.l.). During our way, you will stop to visit the archaeological ruins of Runkurakay (3800 m.a.s.l.) After we have reached the top, we will walk down to Yanacocha and arrive at Sayacmarca (3624 m.a.s.l.).

After visiting this archeological site, we will enter the rainforest. In the rainforest we will be walking up and down until we will come to the last climb of the trail that will lead us to the third pass: Abra de Phuyupatamarca (3650 m.a.s.l.) From this point the rest of the trail is mostly downhill. During the way we will be visiting the ruins of Phuyupatamarca. At the end of the day we reach Wiñaywayna, where we will spend the night at a camp site. Close to the camp site there is a restaurant where you can enjoy hot showers, cold beers and maybe even a bit of a party. This night we will also say goodbye to the cooks and porters, since they will take an early train to Cusco the next morning. Overnight at campsite.

(Meals - B/L/D)

### **Day 8 Inca Trail 4D/3N package:**

Wiñaywayna - Machu Picchu - Cusco



On day 4 we will have to wake up at 4.00 a.m. After breakfast, around 4.30am, we will hike to Inti Punko (Sun gate). This gate will take us to Machu Picchu. It's about an hour hiking along a narrow trail of rainforest. Our tour guide will show us around the wonderful Inca village called: Machu Picchu for about 2, 5 h. After the tour you will be able to take some more photos and explore Machu Picchu by yourself. When we have finished exploring we take the bus by to Aguas Calientes. There is an option of visiting the thermal baths located on the upper section of the village. Our tour guide can explain how to get there. In the afternoon we will take the train back to Cusco, where we arrive late in the evening. Overnight at Casa Andina Cusco Plaza. (Meals - B)

### **Day 9 Half Day City Tour and surrounding ruins:**

Cusco



The tour starts at the impressive Colonial Cathedral in Cuzco which contains over 400 paintings from the people of Cusco, a School and several beautiful altars. Then we visit the Temple of the Sun, the main religious center of the Incas dedicated to the Sun Cult and according to the chronicles, the walls were entirely covered with gold. After this we will visit the nearby archeological sites: Sacsayhuaman, the Royal House of the Sun and one of the greatest stone monuments in Incan architecture; Qenqo Amphitheater: a well-known Incan temple that dominates the whole area; Tomachay: located 8 km from Cuzco and 1 km from Puka Pukara, the name comes from two Quechua words: Tampu, meaning collective housing and Machay, which means a resting place ; Puka Pukara: (Reddish Fortress) which takes its name from the colour of the soil found in the area, was a Tambo or housing complex and food storeroom. It is thought to be once a residential quarter because it was strategically located and dominated the territory. Overnight at Casa Andina Cusco Plaza.

(Meals - B)

### **Day 10 Touristic bus from Cusco to Puno:**

Cusco - Puno



Early in the morning transfer to the bus station to board the bus towards Puno city. Along the route passengers will enjoy of a wide range of archeological, art, food, flora and fauna attractions. Along the way we can also buy some souvenirs and take all the pictures you want from the beautiful landscapes. Andahuaylillas: On the Main Square of this quiet 16th century village stands the church of San Pedro de Andahuaylillas, the pride of the town and its people. It is one of the most beautiful Baroque churches built under Spanish influence in the Americas, also known as the Sistine Chapel of the Americas. The tour lasts around 25 minutes. Raqchi: This archaeological complex surprises the visitors with its monumental size. The temple, dedicated to Wiracocha, has walls up to 15 meters high and therefore is unique in the Inca Empire. Also some Inca urban development can be seen on this site. The tour lasts around 40 minutes. La Raya: With 4,335 meters above sea level, this is the highest point on the route. We make a stop here so you can experience the altitude and enjoy the spectacular view.

It is here where the Vilcanota River, the Sacred River of the Incas, is born. From here, the river flows down through the mountains and joins the Grand Amazon River in the Peruvian Jungle. The tour lasts around 10 minutes. Pukara: Was a great Pre-Hispanic city, characterized by large pyramids. In this place we visit the litic Museum where several artifacts of this period, which belong to the archaeological complex of Kalasaya, can be admired. The village is also known for its traditional ceramics named Torito de Pukara. The tour lasts around 35 minutes. Arrival and transfer to the hotel. Overnight at Eco Inn hotel

### **Day 11 Full day Titicaca Cultural Express Taquile, Llachon & Uros (speed boat):**

Puno



Leaving with destination to the south of Taquile Island and enjoy a pristine sandy beach. Hike through a pre-Inca trail with spectacular landscapes of the island, visiting families of weavers to learn about their textile art and symbolism that has been declared by UNESCO as world heritage. Next stop at the community of Santa Maria Llachon, on the Capachica Peninsula. We are welcomed and quickly introduced to an intensive cross cultural experience, observe their traditions and participate in an ancient ceremony to learn about their magical world. Then experience the preparation of Pachamanca a traditional way of cooking meat, fish and potatoes using underground ovens this is one of the main dishes of Peruvian cuisine. Enjoy these delicacies in a small, but very scenic, restaurant. For the more adventurous there is an optional kayak along the coast of Llachon. At 1:50 pm. we leave Santa Maria. Later arrival to Uros Titino, located in a remote area of the National Reserve of Lake Titicaca, these are considered as the last authentic floating islands, less commercial and little visited. The Uros are descendants of one of the oldest cultures in South America. Optional tours in reed boats. Return to Puno and transfer to hotel. Overnight at Eco Inn hotel.

(Meals - B/L)

### **Day 12 Towards Lima:**

Puno - Lima



Transfer to the airport and board your flight back to Lima. (Flight is not included). Arrival and transfer to the hotel. Overnight at Casa Andina Miraflores Centro. (Meals - B)

### **Day 13 Back home:**

Lima



Transfer to the airport and board your flight back home. (Meals - B)

### **Included in your trip:**

- 12 nights at selected hotels
- ATOL protection on flights and trip
- UK experienced Tour Leader throughout the trip
- All Tours & Guides in private/group where mentioned
- All intermediate transfers & Entrance fees
- All domestic ground transportation

### **Costs you will need to consider:**

- Meals in areas not stated
- Personal purchases whilst in Peru
- International Flights
- Domestic Flights
- Transfer Airport Taxes
- Personal travel insurance

### **Please Note**

- Based on 3-star accommodation for the whole itinerary
- All accommodation is based on double rooms (sharing)
- To confirm the trail, it is necessary to have the full data of all clients at the time of booking:
  - o Full name, passport number, expiration date, date of birth and nationality.

### **Inca Trail**

#### **Included:**

- Bus to Km 82 (start of the trail).
- Entrance fee to the ruins and the Inca Trail.
- Porters to carry tents and food.
- Cook service.
- Transfers to and from your hotel.
- All applicable taxes.
- Bilingual guide.
- Camping equipment including tents and air mattresses/kit mat/thermarest, (you have to carry these yourself).
- Kitchen tent and eating tent.
- Medical Assistance.
- Bus ticket down to Aguas Calientes.
- All Meals as indicated in the itinerary. 3 breakfast / 3 lunches / 3 dinners, Vegetarian food available on request.

Not included:

- Breakfast on the first day and lunch on the last day (take some snacks with you because the food at Machu Picchu is very expensive)
- Personal porter, you have to carry all your personal belongings yourself. The extra porter can officially carry up to 12 kg of your personal items +5kg of his own personal items. If you are interested in hiring a personal porter, you will need to tell me when you make your booking as the porter will also need a permit for the Inca Trail.
- Sleeping bag.
- Walking poles.
- Personal tent.
- Tips for porters / guide/ Cook.
- Personal insurance.

I recommend that you bring:

- A backpack with a change of clothes for the whole period of the trek
- Water proofing for the backpack and items in the backpack
- Sock's
- Underwear
- Warm clothing including for head, hands, mouth and neck
- Gore-Tex (or equivalent) jacket and trousers
- Walking boots
- Sandals
- Walking poles
- Head torch and batteries
- Camera and batteries
- Sun hat
- Sun block
- Sun lotion
- After-sun lotion
- Insect repellent – minimum recommended 20% DEET – no malaria risk has been reported
- Handkerchiefs
- Toilet paper
- Wet wipes
- Ear plugs
- Eye mask
- Small hand towel
- Hand sanitizer
- Snacks: biscuits, energy bars, chocolate, raw fruits, muesli, etc.
- Water container and water for the first day. Important notice: disposable water bottles are no longer allowed on the Inca Trail.
- Swimsuit (if you wish to go to the hot springs in Aguas Calientes)
- Cash in soles and/or US\$