

***ADVENTURE DOSSIER FOR:***

***“BACK ROADS OF THE ANDES”***

**TITICACA TO MACHU PICCHU BY BIKE**

LIMA- LAKE TITICACA-JULIACA-LAMPA-TINAJANI-LANGUI-POMACANCHIS-CUSIPATA-  
PISAC- URUBAMBA- OLLANTAYTAMBO-MACHU PICCHU- CUSCO-LIMA

*(13 DAYS OF ADVENTURE)*

This exceptional expedition takes you into a rarely visited part of Peru, from the shores of Lake Titicaca, along rarely used dirt roads high in the Andes, past stunning scenery, through the Sacred Valley of the Incas of the majestic Lost city of the Incas – Machu Picchu and ending with time to visit the cosmopolitan traveller’s city of Cusco, the heart of the Inca empire.

Starting with acclimatisation time exploring the floating reed islands on Titicaca and a road ride to the bustling city of Juliaca, this route has been carefully researched to avoid the busy main roads and instead explore rarely used dirt roads and tracks through the very heart of the Andes. En route, we will visit discover charming colonial towns, huge altiplano scenery, alpacas, llamas, amazing rock formations, vast lakes and the very rare Puya Raimondii cactus. We’ll also have a chance to interact with local riders for whom bikes are the preferred form of transport. This is a tough challenging ride with several nights at over 4000m and a high point of over 4600m. However with the right acclimatisation and the necessary logistical support, we believe this “all new for 2010” ride is set to become a new Andean Classic.

***DETAILED ITINERARY***

**DAY 1: ARRIVE LIMA**

On arrival at Lima Airport you will be transferred to your hotel. Depending on your arrival time, the remainder of the day may be spent exploring central Lima and its fascinating museums.

**DAY 2: LIMA – JULIACA – PUNO – LAKE TITICACA**

An early morning transfer back to the airport to board the first flight along the Andes to Juliaca where you will be met by your Amazonas Explorer guide and transferred to our hotel in Puno near the shores of Lake Titicaca. Today is for acclimatisation to the rarefied air of the Andean Altiplano (3800m). Drink plenty of liquids and take it easy. In the afternoon we can explore Puno and its environs. (B)

**DAY 3: LAKE TITICACA BOAT TRIP**

Today we board a motor launch on Lake Titicaca for a fascinating visit to the floating islands of the Uros Indians. In the afternoon we have time to assemble our bikes and maybe shop for local alpaca woollen goods that are a bargain in Puno (B)

**DAY 4: PUNO – JULIACA – LAMPA**

Our bike ride starts with an acclimatisation road ride from just outside Puno to the bustling commercial centre of Juliaca. Escaping the madness of Juliaca (one of the fastest growing cities in the Andes) we head on another good tarmac road towards the town of Lampa, and stay the night in a local hotel. Lampa is a beautiful colonial city practically forgotten in time when the railroad past it by. We visit the incredible catacombs of the vast church on the plaza de Armas – A spooky place full of skeletons. Distance approx 55 km negligible altitude gain and loss throughout the day all at around 3800m (B/L/D)

### **DAY 5: LAMPA – TRAPICHE DE PALCA - 4650M PASS- VILA VILA**

Continuing on by bike, we follow a rarely used dirt road on a gentle ascent passing Trapiche de Palca, a small Andean community where we plan to have lunch nearby. From Palca we start a gradual climb of approx 12 kms to our highest point of the trip - a bleak pass at 4625m. We plan to camp at the lake of Vila Vila.. We camp nearby

(B/L/D) Total distance approx 70 kms ascent 3894 – 4150 – 4250

### **DAY 6: VILA VILA-CAÑÓN DE TINAJANI-HUMACHIRI-LLALLI-PACOMARCA**

Reaching the pass at 4650m rewards us with a glorious 8 km descent to the impressive Cañon de Tinajani passing through one of the largest remaining forest of Puya Raimondii- an amazing cactus that grows up to 40ft high and flowers just once every 100 years or so. The Cañon de Tinajani is famous for having some of the most beautiful and incredible rock formations in the whole of Southern Peru. From here, we enjoy a mainly flat day of pedalling as we continue through the spectacular altiplano passing the small villages of Humachiri and Llalli. Our destination for the night is Grupo Inca's Alpaca breeding and experimental station at Pacamarca, a small hacienda where we stay the night and can learn about Alpaca breeding. (B/L/D) total distance 70km Altitude gain and loss 4250 – 4650m- 4060 – 4017 – 4036m

### **DAY 7: PACOMARCA-LLALLI-QUEBRADA DE CALLARANI - ABRA LAYO**

Leaving the Alpaca farm, we head back to Llalli and take a side road to Macari. The morning's riding is again mainly flat with a slight loss in altitude and we can look for the short cuts the local uses. We plan to lunch in the small valley of Callarani beside an icy but crystal clear stream. In the afternoon a gentle incline starts as we climb up to the Layo pass at exactly 4500m with amazing rock formations on route. We aim to camp on our way up this pass. (B/L/D) total distance 75 km Altitudes: 4060-4017-4036-4320-MSNM

### **DAY 8: ABRA LAYO - LANGUI – YANAOCA - RACHI**

Local cyclists and the odd farm making for very pretty riding as we finish our climb up to Abra Layo and then enjoy the descent to Lake Langui, one of Peru's major inland lakes. Cycling along the shores of Lake Langui makes for great photography before we climb up and over a hill to the town of Yanaoca, famous for its market.

From Yanaoca we enjoy a fast downhill to Rachi where we join the main road for a bit of tarmac relief and our camp nearby these interesting and significant Inca ruins. (B/L/D) Total Distance 85km Altitudes: 4320-4500 - 3980 – 4300- 4000m – 2950m

### **DAY 9: RACHI - CHUQUICAHUANA-CUSIPATA CUSIPATA – PISAC - URUBAMBA**

On tarmac now, we enter the Sacred Valley of the Incas via Urcos and the rarely used Huambutio – Pisac road. Stunning scenery brings us to Pisac, famous for its artisan market and ideal for picking up a souvenir or two, before in the afternoon taking a dirt or tarmac option along to Urubamba and our delightful hacienda (and hot showers!) for the night. (B/L/D) Total Distance 75km Altitudes: 2950 - 2800m

### **DAY 10: URUBAMBA-CHEQUEREQ-MORAY-MARAS-SALTPANS-URUBAMBA- OLLANTAYTAMBO-MACHU PICCHU**

An optional road climb out of the Sacred valley takes us to just above Chequereq and the start of today's off road ride. This ride is possibly the best one-day bike trip in Peru if not the whole of South America, taking us on a largely downhill route across the Chinchero plain and into the Sacred Valley of the Incas. Using dirt trails and ancient mule routes, we pass the beautiful lake Huaypo and then through the village of Chequereq. A short uphill brings us to the incredible circular Inca ruins of Moray where we enjoy a picnic lunch and can explore these fascinating ruins.

From here we take a smooth mule trail to the town of Maras for another descent of a lifetime, down into the amazing salt-pans, before finally meeting our vehicle again beside the Urubamba River, for the short road ride (or drive) along to Ollantaytambo, where we say farewell to our bikes and jump on the evening train to Aguas Calientes and check into a hotel there. (B/L) Total Distance 75km Altitudes: 2800 – 3400 - 2800m

### **DAY 11: MACHU PICCHU-CUSCO**

A chance to visit the famous Machu Picchu, one of the new Seven Wonder's of the World. With your local expert guide you catch the early morning bus to this famous citadel high above the Sacred Urubamba river. Here, you enjoy a fully guided tour with plenty of time afterwards to climb to Intipunku sun-gate, walk out to the Inca Bridge or else just wander through the ruins soaking up the amazing atmosphere. You board the afternoon train from Aguas Calientes back to the Sacred Valley where our waiting bus speeds you back to our Cusco Hotel. If you have the energy we can then explore Cusco's excellent nightlife. (B)

### **DAY 12: CUSCO**

We can pack the bikes up in the early morning before spending the rest of the day exploring Cusco Whether your interest is exploring Inca ruins, visiting Colonial churches, bargain hunting in artisan markets or just relaxing over a cappuccino on a terrace overlooking the Plaza de Armas, Cusco has it all. (B)

### **DAY 13: CUSCO – LIMA**

We transfer to the airport in time to catch the internal flight back to Lima in time to connect with your international flight home. (B)

***WE PROVIDE:*** All airport transfers; all transport in private vehicle, two internal flights (LIM-JUL, CUS-LIM). All camping and cooking equipment including Therm-a-rests, spacious two-person tents, mosquito-netting dining tent, tables and stools. An extensive first-aid kit; professional English and Spanish-speaking mountain bike guides, trained in first-aid, CPR and bike mechanics. Hotel in Lima, Puno, Lampa, Urubamba, Aguas Calientes & Cusco. Boat trip to Uros islands, Entrance to Lampa catacombs, Moray ruins and Maras salt pans, vistadome train to Machu Picchu, bus, local guide and entrances to Machu Picchu. All meals as indicated in the itinerary (B = Breakfast, L = Lunch, D = Dinner).

NOTE: The price is based on twin share accommodation.

***NOT INCLUDED:*** International flights, personal belongings, sleeping bag (available for rent at \$10 a night), airport taxes (\$6 local, \$31 international), travel insurance, personal expenses and tips. Day rooms in Lima on final day are not included but can be organised if required. Bike rental available on request, Kona 4 double suspension bikes and Hydraulic disc brakes.

***WHAT TO BRING:*** On the "Backroads of the Andes" we will be experiencing all extremes of Peruvian climate as we travel through the Altiplano. During the day hopefully it will be generally sunny enough

for shorts and T-shirts though having a fleece and rain gear handy is advisable. It will get cold (as low as -5°C whilst camping) especially in the evenings so bring a warm fleece jacket, a good waterproof and some warm clothes including thermal underwear, gloves, scarf and woolly hat as well as one set of smarter clothes for Cusco. In the cloud & rainforest we recommend you wear long-sleeved shirts and trousers to avoid the strong tropical sun and persistent sand flies. A good quality sleeping bag is essential for your enjoyment of this trip.

**Biking:-**

- Mountain bike (Quality 24+ gears, front/double-suspension, cross-country bike)
- Helmet
- Water Bottle / Camel-bak
- Biking T-shirts (long sleeved)
- Raincoat / rain trousers / poncho
- Body armour (optional)
- Biking gloves
- Bike Shorts
- Biking trousers
- SPDs pedals / shoes / Toe clips (optional)
- Basic repair kit: pump, spare inner tubes and brake pads (Amazonas Explorer provides a general toolkit on all trips, but please bring any specialist spare parts for your bike with you.)

**General:**

- Smart clothes for nightlife
- After bike shoes (Sandals)
- Sleeping bag (-5°C)
- Sunglasses with attaching string
- Torch & Spare Batteries
- Swim suit
- Suntan lotion Factor 15+
- Personal toilet kit
- Book, Notepaper & Pen
- Money belt
- Warm fleece or down jacket
- Warm hat, gloves, scarf
- Comfortable clothes for journeys
- After bike trousers & t-shirt
- Small Towel
- Peaked cap
- Socks / underwear
- Lip balm
- After sun
- Camera
- Insect Repellent
- Spare Glasses / Lenses
- Thermal underwear
- Personal first aid kit to include: painkillers, plasters (band-aids), moleskin, anti-septic cream, after-bite, anti-diarrhoea tablets, throat lozenges, re-hydration salts & personal medication. (Amazonas Explorer carry an extensive first aid kit & Oxygen on all trips, but these are generally for emergencies only)

**PLEASE NOTE:**

- Most good quality sporting equipment is unavailable in Peru so if anyone wishes to donate any outdoor clothes, sleeping bags, books etc they will be gratefully received by any of our staff.
- We have an extensive Tipping document available. – If you have not received this from your agent or have misplaced your document please ask your guide for a copy to be provided from the office.
- Amazonas Explorer is a member of [www.onepercentfortheplanet.org](http://www.onepercentfortheplanet.org). We support a local native-tree re-forestation program [www.ecoanperu.org](http://www.ecoanperu.org) and planted 13,000 trees in 2007 and 16,000 in 2008. We are dedicated to reducing our ‘foot-print’ by reducing waste, sourcing produce as locally as possible, recycling and discouraging the use of plastic bottles.
- If you would like to give a donation to charity whilst in Peru, Amazonas Explorer recommends the Dental Project Peru, run by a past client of ours, Jacqui Nimmo who provides emergency dental-treatment in the very poor Apurimac region. You can find out more about this excellent project and how to donate tax efficiently at [www.dentalprojectperu.org](http://www.dentalprojectperu.org).

**RECOMMENDED READING:**

- Heart of the Amazon – Yossi Ghinsberg
- Neo-tropical companion - John C Kricher
- Birds of Peru - Clive Byers
- Tropical Nature: Life and Death in the Rainforests of Central & South America – Ken Miyata
- Field guide to the birds of Machu Picchu - Barry Walker MBE

