

ADVENTURE DOSSIER FOR:

“MULTI-ACTIVITY – PERU”

**CUSCO – HORSE RIDING TO LOCAL RUINS - WHITE WATER RAFTING– PISAC MARKET-
MOUNTAIN BIKING- INCA TRAIL (OR LARES HIKE) - MACHU PICCHU- CUSCO
(11 DAYS)**

The former Inca Capital city of Cusco is our base for this great multi-activity adventure, a wonderful place full of culture, history, good restaurants and fun nightlife. From Cusco we explore nearby ruins on horse back, raft the fun grade III-IV rapids of the upper Urubamba river, visit Pisac artisan market, descend into the Sacred Valley of the Incas by mountain bike and hike the famous Inca Trail to the lost city of the Incas, Machu Picchu before returning to Cusco for final exploration. [When Inca trail permits are no longer available the trek is swapped to the Lares hike. This beautiful hike includes snow-capped mountains, thermal hot-springs, great wilderness trekking through untouched Andean villages, rarely explored Inca ruins and original Inca trail, ending with a spectacular train trip to Machu Picchu to meet up with the rest of team and explore this amazing site.](#)

Those with more time can choose from a variety of extensions to the Amazon Rainforest, Lake Titicaca, Arequipa and the Colca canyon, Nazca and the Ballestas islands or more adventures by bike, foot, canoe, raft or horse. Please contact us for more details.

DETAILED ITINERARY

For those requiring Lima hotel, airport transfers and internal flight services within Peru, please contact us for best options and availability.

DAY 1: CUSCO

On arrival from your spectacular flight along the Andes to Cusco, we transfer you to your hotel and start acclimatising to the rarefied air of this beautiful city (3326m). In the afternoon, we take a short walking tour of the centre of Cusco to familiarise you with the main sights, restaurants and a chance to stretch your legs and experience hiking at 3300m. At a convenient time you guide will arrange a full briefing for the days ahead.

DAY 2: CUSCO LOCAL RUINS BY HORSE OR ON FOOT

We head out of Cusco and meet up with our horses for a fun day of easy horse-riding. For those not keen on horse riding, we can also enjoy the same route on foot – an ideal acclimatisation hike. We will visit the main Inca ruins in the Cusco valley and some less known ones too. We will enjoy a picnic lunch and end with a visit to Sacsayhuaman fort before returning to Cusco for the night (B/L)

DAY 3: WHITEWATER RAFTING AND PISAC MARKET

From Cusco we drive to the upper Urubamba, the sacred river of the Incas for some fun grade III-IV rafting. Full instruction and safety talk are given so no previous experience is necessary. Following the rafting we take a rarely used road along the Urubamba valley to Pisac where we can visit the local artisan market before heading on to a beautiful Hacienda deep in the Sacred Valley which will be our base for the next two days adventure. (B/L/D)

DAY 4: MOUNTAIN BIKING

A short transfer up to Chinchero plain for the start of probably the best one day mountain bike adventure in Peru. Again largely downhill, we pass Lake Huaypo, famous for UFO sightings and enjoy great views of the Vilcanota mountain range. We enjoy a fantastic downhill on old Inca trails to the village of Maras and then a “descent of a life time” on donkey trails into the spectacular salt pans. For those not wishing to bike there is a hiking option available. We arrive back at our hacienda in time to relax in the lovely garden. (B/L/D)

DAY 5: START INCA TRAIL

Our Inca Trail guides pick us up this morning for the drive past the impressive Inca fortress of Ollantaytambo and a chance to buy any last minute supplies. After an interesting drive to the end of the road at Chilca we meet our support team of traditional porters before embarking on the famous Inca trail to Machu Picchu. The trek undulates along the banks of the Urubamba river and we camp the night at Llactapata (2,788m) beside some spectacular ruins which, if you have the energy, we have time to explore. This is camping and trekking in style. Whilst walking all you need to carry is a daypack, all camping equipment is carried by the porters. All camp chores are done for us and delicious food is served by a cook and his helpers. (B/L/D)

DAY 6: LLACTAPATA TO LLULLUCHUPAMPA

We trek up the Cusichaca valley to the small hamlet of Huallayabamba, the last inhabited place on the trail. The path continues on up beautiful Inca path, past humming birds and stunted cloud forest. Our camp is at Llulluchupampa (3680m) - a beautiful grassy area with outstanding views down the valley. (B/L/D)

DAY 7: LLULLUCHUPAMPA TO PHUYOPATAMARCA

Possibly the hardest day of the trek, we rise early and head to the top of Warmiwanusca (Dead woman's pass 4200m). This is the highest point of the trail before we descend into the Pacasmayo valley and then climb again passing the first of many Inca ruins Runkuracay. Our second pass of the day (3998m) gives us spectacular views of the Vilcabamba range. Walking on well preserved Inca pathway we pass Sayacmarca ruins with plenty of time for an in depth tour and explanation before passing through a tunnel and a gentle climb which brings us to Phuyupatamarca ruins (the place above the clouds) where we camp (3650m). (B/L/D)

DAY 7: ARRIVE MACHU PICCHU

After an early morning chance to catch the sunrise on the surrounding snow capped mountains of Salcantay (6,200m) and Veronica (5,800m), we say a farewell to our porters with a traditional song and dance. Our final day hiking brings us down into the cloud forest on a series of Inca stairway to Winay Wayna, another interesting ruin full of swallows and orchids. Finally we contour through cloud-forest to Inti Punku, the gateway of the Sun and our first glimpse of Machu Picchu. We pass through the ruins and catch a bus down to our hostel in the colourful town of Aguas Calientes and celebrate our return to civilisation. (B/L)

Alternative trek when Inca trail permits have sold out: The spectacular Lares valley lies just beyond the Sacred Valley of the Incas bringing you back to an ancient Andean life where hardy-locals herd llamas and plant potatoes as they have for centuries amidst beautiful Andean surrounding. Their incredibly bright, high-quality woven red clothes are startlingly against the mountain back ground.

The trek is an interesting mixture of spectacular mountain scenery, glacial lakes, waterfalls, high plains, hot springs and charming Andean villages. The views of the snow topped peaks of Veronica, Chicon, Pitusiray and Sawasiray keep us company most of the way.

This trek also boasts a chance to visit the lovely hot-springs at Lares village and a chance to barter for local weavings along the route. The final location of the Pumamarca ruins and the superb walk down on an original Inca trail along massive, remarkably well- preserved Inca terraces to the back entrance of Ollantaytambo completes this satisfying trek.

DAY 5: TOTORA TO QUISHUARANI

Departing Urubamba early we drive along the Sacred Valley before, at Calca heading high into the Andes. In just under two hours we will leave the vehicles and start our acclimatization hike up an ancient Inca trail, through a narrow canyon where Inca burial tombs can still be seen. This is a perfect hike to allow clients to experience first hand the affects of trekking at altitude. We meet our bus further up the valley and transfer over a 4200m pass to the small community of Quisuarani where we set up base camp for the night. (B,L,D)

DAY 6: QUISHUARANI – LARES HOTSPRINGS – HUACA HUASI

A beautiful days hiking: we climb out of the Quisuarani valley, hopefully meeting en route some of the colourfully dressed locals. This whole area is famous for its weavings and at the various campsites we can barter for beautiful hand made textiles at a fraction of the price of what they would be at home or even in Cusco. We descend past some spectacular waterfalls and crystal clear lakes to the small village of Cuncani; from here it is a short walk to the village of Huaca huasi where we camp on the football pitch. If time permits we can take the a side trip to Lares hot-springs and spend a few hours relaxing in the “Banos del Inca” – The Incas’s Baths – a selection of perfectly heated pools.(B,L,D)

DAY 7: HUACA HUASI TO HUILLOC

Now fully acclimatized and rested we set off for our final challenge to climb over a 4200m pass and descend towards the Sacred Valley of the Incas – We take it real slow, stopping beside beautiful lakes and hope to arrive at the pass just after lunch for spectacular views of the snowy mount Veronica. We then descend following an old mule trail to Patacancha and so to the village of Huilloc, famous as being the town where many of the traditional porters for the Inca Trail come from and traditional dress is always worn and Quechua is spoken where we set up our final camp. (B,L,D)

DAY 8: PUMAMARCA RUINS – OLLANTAYTAMBO – MACHU PICCHU

The start of our walk today is a short sharp climb bringing us to the impressive and rarely visited ruins of Pumamarca. After visiting this extensive site, we follow an ancient Inca trail along the many terraces of the Huilloc valley as we wend our way through eucalyptus forests to end our trail nearby the town of Ollantaytambo. After lunch we catch the afternoon train to Machu Picchu pueblo (formerly known as Aguas Calientes), checking into our hotel and meeting up with the rest of the group for dinner.(B,L)

DAY 9: MACHU PICCHU

Returning first thing in the morning we have Machu Picchu virtually to ourselves for a full guided tour, with time afterwards to climb Huayna Picchu or else just wander through the ruins, soaking up the amazing atmosphere. In the afternoon, we board the train for an exhilarating ride along the

Sacred Valley of the Incas. Here our waiting bus whisks us back to Cusco and our hotel. Then if we have the energy we can explore Cusco's excellent nightlife. (B)

DAY 10: CUSCO

There is so much to see and do in Cusco that we dedicate a whole day to doing just that. Whether your interest is exploring Inca ruins, visiting Colonial churches, bargain hunting in Indian markets or just relaxing over a cappuccino on a terrace overlooking the Plaza de Armas, Cusco has it all. (B).

DAY 11: CUSCO – HOME

Today, we transfer to Cusco airport in time for your internal and international flights home. *Or for those with more time consider one or more of our Excellent Extensions to the Amazon Rainforest, Lake Titicaca, Arequipa and the Colca canyon, Nazca and the Ballestas islands or more adventures by bike, foot, canoe, raft or horse. Please contact us for more details.* (B)

WE PROVIDE: All airport transfers and transport in private vehicles. All horses and horse riding equipment including horse riding helmets. State-of-the-art rafting equipment including self-bailing rafts, Hi-flotation life-jackets, helmets, wet suits, wet suit boots, spray jackets, dry bags for personal gear and special containers for cameras. Professional English and Spanish speaking river guides, trained in Wilderness first-aid, swift-water rescue and C.P.R. Full safety cover at all times. Extensive first-aid kit including Oxygen. Mountain-bikes, gloves and helmets. Entrances & guided tour of Cusco Inca sites, Maras salt pans, Inca trail, Machu Picchu and 3* hotel in Cusco, hacienda in the Sacred Valley, hotel in Aguas Calientes and jungle lodge in Puerto Maldonado. All meals as indicated in the itinerary (B = Breakfast, L = Lunch, D = Dinner).

On the Inca Trail: A registered, English-speaking Inca Trail guide, all porters, cook team, camping and cooking equipment including dining tent, toilet tent, therm-a-rests and spacious two person tents. Extensive First-aid kit & oxygen. A guided tour in Machu Picchu. All entrances to the Inca Trail and Machu Picchu, also the porters' Inca Trail entrances, train and insurance. A bus transfers between the ruins, a hotel in Aguas Calientes. Transport from Machu Picchu to your hotel in Cusco will be the luxury Vistadome train service and bus transfer.

NOT INCLUDED: International or internal flights, personal belongings, sleeping bag (available for rent \$10 a night), cycling shorts, mountain bike toe-clips, airport taxes (\$6 local, \$31 international), travel insurance, personal expenses and tips. **Lima hotels, airport transfers, day rooms, tours and all internal flights are not included but can also be organised and quoted for on request.**

Please Note:

- The price is based on twin share accommodation. Single supplements are available on request.

WHAT TO BRING:

On this expedition we will be experiencing all extremes of Peruvian climate, from freezing Altiplano to extremely hot sunshine. 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. Good quality Alpaca jumpers are available in Cusco. A good quality sleeping bag is essential for your enjoyment of this trip.

General:

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| - Smart clothes for nightlife | - Comfortable clothes for journeys |
| - Sunglasses with attaching string | - Peaked cap |
| - Water bottle | - Torch & Spare Batteries |
| - Lip balm | - Warm night-clothes |
| - Suntan lotion Factor 15+ | - After sun |
| - Personal toilet kit | - Camera & spare film 100 & 400 |
| - Book, Notepaper & Pen | - Money belt |
- Personal first aid kit to include: painkillers, plasters (band-aids), moleskin, antiseptic cream, after-bite, anti-diarrhoea tablets, throat lozenges, re-hydration salts & personal medication. (Amazonas Explorer carry an extensive first aid kit and oxygen on all trips, but these are generally for emergencies only)

Biking: 24-speed, front-suspension mountain bikes, bike helmets & gloves are provided.

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| - T-shirt | - Fleece jacket |
| - Cycling shorts | - Suitable boots |

Rafting: Wet suits, splash jackets and wetsuit boots are provided.

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| - Thermal top | - Towel |
| - Swim suit | |

Trekking:

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| - Shorts | - T-shirts |
| - Sleeping bag (-5°C) | - Small Towel |
| - Warm fleece or down jacket | - Thermal underwear |
| - Warm hat, gloves, scarf | - Sweater (Available in Cusco) |
| - Raincoat / rain trousers / poncho | - Socks / underwear |
| - Trekking trousers | - After trekking trousers & t-shirt |
| - Good, well worn -in walking boots | - After trek shoes (sandals) |
| - Trekking-poles & protective covers | - Day-sack & rain-cover |

- The porters carry all your heavy camping gear but this is inaccessible during the day so please bring a small day-pack to carry your personal day gear in – i.e. water-bottle, camera, sun-block, insect repellent, light fleece and rain jacket.
- Due to Inca trail rules limiting the numbers of porters and the weight they carry, we have to limit your heavy gear to 8kg per person – this is usually more than adequate. Kit bags are supplied for these porter carried items.
- Any excess gear may be stored in Cusco at your hotel whilst on the Inca trail. Peru Rail only allows one small overnight bag per passenger of no more than 5kg to be carried on the train.
- New rules at Machu Picchu limit the number of visitors to Huayna Picchu to the first four hundred people before ten o'clock. Please let your guide know early if you wish to climb this peak so they can plan ahead.
- Inca trail regulations stipulate trekking-poles are only allowed with plastic protecting covers. This is to prevent trail damage. 'Native' tree walking sticks are also banned on the trail, this is to prevent de-forestation.
- 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.
- We implement a 'porter protection policy' that ensures all porters are well treated, paid, insured, fed and looked after.

- Most good quality sporting equipment is unavailable in Peru so if anyone wishes to donate any outdoor clothes, sleeping bags etc they will be gratefully received by any of our staff.
- Amazonas Explorer is a member of www.onepercentfortheplanet.org. We support a local native-tree re-forestation program 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.

RECOMMENDED READING

The White Rock or Cochineal Red - Hugh Thomson,	Inca Gold - Clive Cussler
Exploring Cusco - Peter Frost	The Inca Trail - Richard Danbury
Neo-tropical companion - John C Kricher.	Running the Amazon - Joe Kane.
The last days of the Incas - Kim MacQuarrie	Birds of Peru - Clive Byers
The bridge of San Luis Rey - Thornton Wilder	Conquest of the Incas - John Hemmingway
Into the forests of the night - John Simpson	Touching the void - Joe Simson
Heart of the Amazon – Yossi Ghinsberg	Realm of the Incas – Max Milligan
Field guide to the birds of Machu Picchu - Barry Walker	Inca Kola – Matthew Paris
Manu or Where the Andes meets the Amazon – Kim MacQuarrie & Andre Bartschii	

BOOKING CONDITIONS: The purchase of Inca Trail permits is strictly controlled by the Peruvian Institute of Culture (INC). There are only 500 permits for guides, porters and trekkers per day. This has led to very competitive demand with permits often being sold out more than three months in advance.

With regard any trip that involves trekking the Inca Trail, we have therefore introduced the following booking conditions.

1: Space on the trip cannot be confirmed until:

A): Full client information (Full name, Passport number, Nationality and Date of Birth) are sent to us in order to purchase your Inca trail permit.

B): Amazonas Explorer has confirmed that an Inca Trail permit is available for the trip of your choice.

C) The USD \$200 non-refundable deposit has been paid.

2: Clients must bring with them the passport with which the permit was issued – ie **the passport number that was provided us with at time of booking – otherwise entry to the Inca Trail will not be permitted.**

3: Inca Trail, Machu Picchu and local ruins entrance fees for 2009 have not yet been confirmed and should there be a significant increase, Amazonas Explorer will not be able to assume this extra cost and the extra will have be passed onto the clients

4. If Inca Trail permits are sold out, alternative day hikes in the Lares or Sacred Valley are offered.

AND LASTLY PLEASE NOTE: The “Multi-activity Peru” travels through a remote and rarely visited part of Peru and we believe our clients should be aware that the remoteness that makes this trip so very special could also cause certain problems. Thus, whilst Amazonas Explorer endeavours to minimise the chances of anything unexpected happening, it has to be noted that no itinerary can or should be rigidly adhered to. This is the very nature of Adventure Travel and we expect our clients to be prepared for delays and slight alterations in our programmed events. Please note last minute international and internal flight changes, train time changes, also excess baggage charges are out of our control.

In all cases we will advise you of any changes in the itinerary as early as possible. We have taken all these possibilities into account when planning this expedition and have allowed sufficient leeway to enable us to successfully run this exceptional trip.

The Inca Trail involves trekking over several high passes up to 4200m and involves steep descents on old Inca steps-it is recommended that all clients should have some previous trekking experience and should be in reasonable fitness.

The majority of dietary and medical requirements can be catered for, but we must be notified of these at the time of booking. Obtaining the correct vaccinations and visas required for Peru is the responsibility of the clients’.

You should also be aware that adventure travel, in particular trekking, rainforest river travel and travelling in remote areas such as Southern Peru, does carry with it certain inherent risks that you, the client, will have to assume. You will have to take out adequate **travel insurance** to cover these risks and any costs incurred due to sickness, delayed flights and other factors out of Amazonas Explorer control.

A pre-departure meeting will be held on arrival. It is highly recommended you attend. All clients will be asked to sign a release and waiver form and must provide a photocopy of their travel insurance.

We look forward to seeing you in Peru.

