

TREK PERU CHALLENGE

10 days, 9 nights

Depart London Heathrow - Lima

Return Lima - London Heathrow

INTRODUCTION

From high remote mountain trails to traditional Andean villages and Inca ruins, this is a challenging trek on steep trails climbing to 4490m in fantastic and diverse mountainous country. There is plenty of time built in to acclimatise to altitude – enjoy exploring Cusco, capital of the Inca Empire, and the surrounding Sacred Valley.

Our trek takes us into the Lares region of the Peruvian Andes, passing green valleys, tranquil mountain lakes and high passes, with breathtaking views of snow-capped Andean peaks rising to just under 6,000m. Our route takes us through many small village communities that offer a fascinating insight to traditional Andean life. Finally we make our way by train to Aguas Calientes and continue on to Machu Picchu, the legendary Lost City of the Incas. We have plenty of time to explore this renowned and fascinating site.

ITINERARY

Day 1: Fly London – Lima
Transfer to hotel in Lima or fly direct to Cusco, depending on flight schedule.

Day 2: Arrive Cusco
Morning arrival in Cusco; transfer to downtown hotel. After a trip briefing the afternoon is free to gently explore the sites of this historic city, or simply adjust to the altitude by watching the world go by in one of the numerous cafés in the Plaza de Armas.

Day 3: Tambo Machay – Cusco

Our first day's trek takes us from Tambo Machay, an ancient ruin high in the hills above Cusco. We pass some of the amazing Inca sites in the surrounding countryside as we walk downhill to Sacsayhuaman, the huge and impressive Inca ruin on the outskirts of Cusco, before returning to our hotel. As well as beautiful scenery and fascinating ruins, today's trekking offers excellent acclimatisation to the altitude.
Trekking time approx 5 hrs

Day 4: Cusco – Totora – Quisuarani

After a second night at altitude we should all be feeling ready for action! We leave Cusco behind us, heading out to Pisac and then along the Sacred Valley to Calca, from where we head into the mountains to Totora and the start of our trek. Our 3 – 4 hour trek takes us through a wonderful canyon along an old Inca trail, gradually twisting upwards to a height of 4100m, where we have lunch. After lunch we drive over the 4390m pass before descending towards Quisuarani. The bus will drop us off and we walk the final hour or so into camp (3800m). The location is amazing, with a number of snow-capped peaks towering around us.

Trekking time approx 5 hrs
Driving time approx 4 hrs

Day 5: Quisuarani – Huchayccassa Pass – Huacahuasi Village

Today sees our big climb, rising from 3800m to 4400m. We leave the small thatched houses and stone llama enclosures of Quisuarani behind us and start climbing. This is a gradual ascent along good tracks and paths. As we walk we pass children herding llamas and alpacas high in the mountains. After a couple of hours we reach Lago Quenacocha, from where we have a good view of the steep track leading up the last 250m climb to the Huchayccassa pass at 4400m. The view west from the pass is spectacular, with turquoise lakes below us and white peaks in the

distance. We descend from the pass to our lakeside lunch spot and then continue down to Cuncani, with its thatched stone houses and school house. After a brief rest stop in the village we continue along the valley floor for several hours to our evening's camp site near the small settlement of Huacahuasi. Camp at approx 3840m.

Trekking time approx 10 / 12 hrs

Day 6 Huacahuasi Village – Laguna Ipsayccocho – Patacancha

After a good breakfast we head out leaving the village behind us and are treated to yet more wonderful views of the mountains, and stone houses and enclosures lie scattered along the valley bottom. The track climbs slowly out of the valley towards several small lakes, where we stop for a short rest. We then head up towards the pass, following a gradually ascending track to a flat open area and from there to the Ipsayccassa Pass at 4490m. From here the views are again fabulous and for the first time we have a clear view of Mt Veronica standing at 5682m. We then begin the descent to Ipsayccocho Lake where we stop for lunch before continuing down, following a track that gradually descends through several small settlements all the way to Rumira and the finish of our spectacular trek. Camp at 3900m.

Trekking time approx 9 – 12 hrs

Day 7: Patacancha – Machu Picchu – Aguas Calientes

We have an early start from camp today. We drive one hour down the Patacanca valley to the Inca village of Ollantaytambo. On arrival we board the 09.05am train and have a wonderful and scenic ride to Aguas Calientes the bustling little town at the foot of Machu Picchu (approx 90 mins' journey). On arrival we leave our bags in our hotel and then jump straight on a coach for the short drive up to Machu Picchu, where we enjoy a guided tour around this amazing site. There is no rush to leave as we are staying the night in Aguas Calientes. For those that want to,

after visiting Machu Picchu there is the opportunity to bathe in hot springs, where we can soak those aching limbs before returning to our hotel for the night.

Day 8: Free day

After a good night's sleep we board the early morning train to Ollantaytambo, arriving around 10am, and then travel the last two hours back to Cusco by bus. The afternoon is free to explore Cusco and do any last minute shopping before the evening's celebration dinner.

Celebration dinner

Day 9: Cusco – Lima – UK

Morning flight back to Lima, linking up with the return flight to the UK

Day 10: Arrive UK.

GENERAL INFORMATION

Tour cost

The tour cost includes scheduled return flights London – Lima – Cusco, internal air tax, all accommodation, private bus and local guides, porters & horses, cooks, all meals whilst camping and most when in hotels, entrance to Machu Picchu, and all other sites visited as part of the itinerary.

It does not include insurance, three meals, tip for the local porters and guides or international departure tax of \$31. It also does not include any entrance fees to optional sites or attractions, such as the hot springs.

A maximum £100 - £200 is recommended for personal expenses.

Flights

Group flights leave from London Heathrow or Gatwick and are booked by Discover Adventure Ltd ATOL 5636.

Passport, Visa & Vaccinations

A valid ten-year passport is essential and there is no visa requirement for UK citizens. Other

nationalities should check entry requirements. We insist that you have had a Tetanus injection in the last ten years, and highly recommend protection against Polio, Hepatitis A and Typhoid. A Yellow Fever certificate is necessary if travelling into the rainforest. Please check with your GP for up-to-date travel health requirements.

Weather

Cuzco is affected more by altitude than latitude, being hot and sunny during the day (about 30°C) but chilly at night – a few degrees above freezing. May to September is dry season but in the mountains there is always a chance of rain.

TREKKING INFORMATION

This trek requires a good level of fitness. It is challenging mainly because of the altitude at which we are trekking. The trip is designed so that there is plenty of time to acclimatise to the altitude but you may still feel effects such as headaches and shortness of breath when trekking.

Terrain is varied as the route lies through valleys and over high mountain passes; paths are generally good. There are very few flat sections.

Vehicles take the group to the start of the trek and pick us up at the end. All luggage, food, water and camping equipment is carried by porters or horses.

We will provide you with sturdy bags to carry your luggage on trail.

You should bring a small daypack for items needed during the day.

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