

Kat's Great Adventures

Peru - Peru by Bicycle Tour 2022
Guided Tour
10 Days / 9 Nights



Peru is a land of mysteries, legends, and ancient cultures. Step into the past as you discover the country's different traditions that people have preserved and still practice today. Surround yourself with impressive landscapes: from the arid desert and sand dunes on the coast, the snow-capped mountains and volcanoes in the Andes, to the lush Amazon rainforest. Indulge in incredible gourmet meals, fresh seafood and ceviche, or try unique fruits, different types of potatoes, and exquisite chocolate. Whether you enjoy culture, adventure, or nature, your experiences in Peru will become memories of a lifetime.

Itinerary Day to Day

Day 1: Arrival in Lima

You will be welcomed at the airport and driven to your hotel in Lima.

Day 2: City Tour Lima with optional Bicycle Tour 11.7 km

In the historical center, admire the colorful colonial architecture around the "Plaza San Martín" and the main square "Plaza de Armas", where you can also see the Government Palace, the Cathedral, and the Municipality. From here, visit the San Francisco Monastery and discover its underground maze of tunnels and catacombs. Finally, head to Lima's contemporary districts, Miraflores and San Isidro, that combine beautiful parks, such as "El Olivar" and "Parque del Amor", shopping centers, and modern architecture. End your tour at the Larco Museum and appreciate over 45,000 objects including pre-Columbian ceramics, textiles, gold and silver pieces. Don't miss the museum's

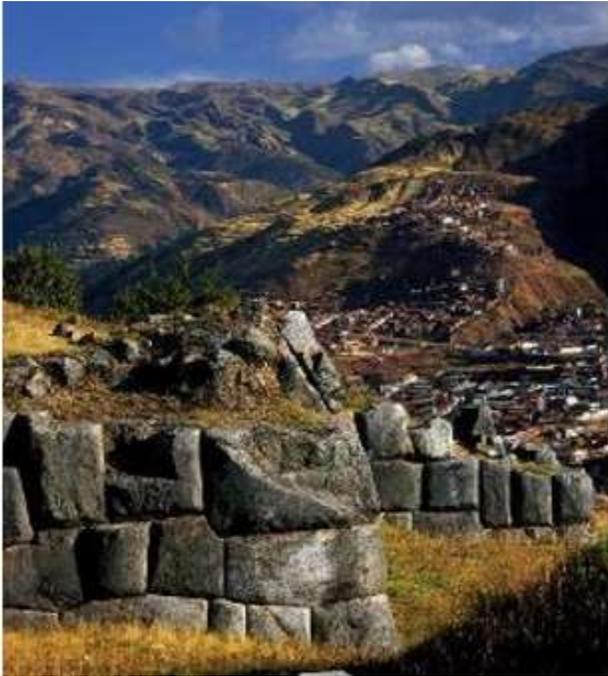


famous and unique erotic ceramics collection from the Mochica culture. Optional!: Bike and Food Tour in Barranco (4h 30 min) Begin your culinary bike tour at a typical Peruvian market. Admire the colorful stands filled with national products and taste exotic fruits. Bike along the "Malecón" and admire the coastal views. Stop for lunch and try a national dish called "ceviche": raw fish marinated in lime juice. A little further, indulge in a dish known as "lomo saltado": stir fry strips of sirloin with onions and tomatoes. End your tour with a sample of craft beers.



Day 3: Lima - Cusco Cusco Walking City Tour 3h 30min

You will be picked up from your hotel and driven to the airport for your flight to Cusco. You will be welcomed at the airport and driven to your hotel in Cusco. Start your walking tour at the "Plaza de Armas" and visit the impressive renaissance style Cathedral. Make your way through small alleys edged with Incan walls until you reach Koricancha, the temple dedicated to the sun, "Inti". Believed to be the most important temple for the Incas, it was destroyed by the Spanish conquerors in the 16th century. Its foundations were used to build the Catholic Church Santo Domingo, marking an evident clash of cultures.



Day 4: Eco Ride Ruins of Cusco 13 km

You will be picked up from your hotel and driven to the high valley of Cusco, the Corao Pass, 11km from the city center. Here you will receive your gear and the security briefing. A nice mixture of biking downhill and flat will lead your journey into the past as you explore the different Inca ruins around Cusco. Your first stop is the Inca Baths known as Tambomachay and learn about the aqueducts and channels that allow the water to flow naturally. Visit the Puca Pucara fort, an important a military checkpoint for Inca Empire. Continue to Qenqo, a temple carved in a gigantic monolith with tunnels and chambers that were hand carved by men thousands of years ago. Here you will enjoy a snack before visiting Sacsayhuamán, the Inca ceremonial fortress dedicated to the sun. Admire the gigantic rocks used to build the site and the way they were perfectly fitted together. End your tour at San Cristobal and enjoy the views onto the roofs of Cusco. ** The tour can start in the morning or in the afternoon. In case of the reversed itinerary and the use of e-bikes the tour can start directly at the hotel.

Day 5: Four Lagoons Tour 40 km

Get an early morning start and head to the outskirts of Cusco to explore four lagoons: Pomacanchi, Acopia, Asnaqcha, and Pampamarca. You will be picked up at 7:30 in the morning and drive about two and a half hours until reaching Pampamarca where your biking adventure starts. Appreciate the stunning mountain views that reflect in the crystal clear waters and look out for a great diversity of fauna and flora. After one hour stop to enjoy a snack and enjoy the views. Continue for 40 minutes until reaching the biggest of the four lagoons: Pomacanchi. After another hour you will reach the main square of the town with the same name and another hour until you will stop for lunch. At 3:30 you will head back to Cusco by car and reach your hotel at approximately 6:00 pm.

Day 6: Vilcanota Track 32 km

You will be picked up at the hotel and admire the beautiful landscapes as you drive the winding roads and make your way to the Sacred Valley of the Incas. Close to the city of Pisac at the main square of a town called Taray you will start your biking adventure. The tour will be a cross country, with slight uphill and downhill slopes. On the route that runs parallel to the Vilcanota River, you will be able to see crops and the Sacred Valley in all its splendor. Currently the largest corn in the world is produced in that area. You will pass Lamay and in Calca, you will be able to enjoy your snack. The ride ends in the town of Huayllabamba. Lunch is included. ** *For electric bikes, the route can be increased a few more kilometers and you can end at the hotel (only 4 km further).*





Day 7: Maras & Moray Discovery 16 km

Begin your tour at Moray and its unique circular agricultural terraces. The pre-Inca platforms have underground irrigation channels, different soils, and changing temperatures, which made it ideal for a plant nursery and research center. Walk down 30 meters and appreciate its ingenuity and splendor. The first part of the bike ride is a meadow, somewhat flat route, where you can warm up. At all times you will have an impressive view of the landscape with its mountains and fields. Upon arrival at the square of the town of Maras, you will rest and try a snack of fruits and homemade cookies made of Andean grains. Continue to the salt mines of Maras and admire over 3,000 salt ponds with a stunning view of the Andes

Mountains in the background. To this day, a network of water canals fills the ponds, the water evaporates, and the salt is harvested by hand. The third and last section of medium difficulty will descend to the Vilcanota River where you will finish with about 15 minutes of cross country. ** Entering the salt terraces during the harvest season (May to November) is not permitted. Tour can only be done with mechanical bikes.

Day 8: Machu Picchu

You will be picked up at your hotel and taken to the train station of Ollantaytambo. Here, board the panoramic train and enjoy the stunning Andean views filled with small communities and snow-capped mountains in the Sacred Valley. When you arrive to Aguas Calientes, the small village nestled at the bottom of Machu Picchu, take the shuttle bus up to the ancient citadel. Learn about the Inca civilization, the site's discovery, and the different theories on this mysterious and spectacular archeological site. After this incomparable day, take the bus back down to Aguas Calientes and then continue with the train. You will be picked up at a given time at Ollantaytambo and brought back to Cusco.



Day 9: Free Day in Cusco

Enjoy a day at leisure and explore the city at your own pace.

Day 10: Departure

You will be picked up from your hotel and driven to the airport.

Optional Extension #1: 4 Day Jungle Adventure by Bike



Day 10: Cusco - Tres Cruces 50 km

If you want to travel to another world, with everything natural, this is your route. Passing the heights, watching the sunrise in 3 golden crosses, descending towards the clouds in the jungle, with all the vegetation and animals in their habitat, live this adventure. Depart by car from Cusco at 8:00 am and drive to the south. After approximately 2 hours you will visit the “Chullpas de Ninamarca”. These 17 burial towers are from the direct pre-Inca period. In contrast to most other burial towers, the chullpas are not set up in a specific order. In the tombs there are burial chambers in which the mummified human remains, especially those of the tribal chiefs, were kept. The floor plan consists of rectangular or cylindrical, uncut stones that are

held together by clay. The conical roofs prevent rapid erosion, which is why the Chullpas de Ninamarca are among the best preserved of their kind. From here start your bike ride towards the town of Paucartambo which is considered to be the folkloric capital of the region and is famous for its festival of Andean customs and celebrations. Here you will have lunch. In the car you will go up to “Tres Cruces”, a natural viewpoint at 3,700m. From here you can see the jungle below and it's the perfect spot for an impressive sunrise. Here you will rest in a camp.

Day 11: Tres Cruces - San Pedro 50 km

At dawn, you will see the sunrise. After breakfast you will get ready to go riding your bicycles through the cloud forest to San Pedro. Today you will rest in a lodge.

Day 12: San Pedro-Pilcopata 50 km

In the morning after breakfast, you will continue with the adventure. You are now in the area of butterflies, cock-of-the-rocks and much more. You will continue to Pilcopata where you will have lunch. Then continue to Atalaya and take a walk along the Madre de Dios River. Return to Pilcopata, where you will sleep in a lodge. Pilcopata is the entrance to the Manu National Park, a World Heritage Site providing a habitat for 221 species of mammals, hundreds of bird species and a variety of ecosystems ranging from lowland tropical forest to cold high grasslands more than 4000 meters above sea level. Manu National Park is also home to indigenous populations who have retained their traditions and live in complete isolation.



Day 13: Pilcopata-Cusco

On this last day, after another walk through the jungle, you will return to Cusco.

Day 14: Departure

You will be picked up from your hotel and driven to the airport.

Optional Extension #2: 4 Day Hacienda Concepción Lodge Stay

Day 10: Cusco - Puerto Maldonado

Start your journey arriving to Puerto Maldonado, where the staff of the lodge will welcome you and provide the necessary information for your stay. Navigate by outboard motorized canoe along the Madre de Dios River to Inkaterra Hacienda Concepción for approximately 25 minutes. Enjoy lunch with organic ingredients and native flavors. After lunch, take a walk through Concepcion Trails, inside property nature trails, where you will discover and learn about primary and secondary rainforest, its components, uses, transformations by the human being, and its relevance for the world. At dusk navigate by outboard motorized canoe, at the Twilight River excursion. By sailing on the Madre de Dios River, you will learn about its ecosystem, Amazonian creeks, nocturnal animals' behavior, and the southern constellations. In the evening enjoy a nice dinner in the Casa Grande's dining room. ***Excursions depend on weather and seasonal circumstances and might be modified by the guide.*



Day 11: Puerto Maldonado

New experiences are ahead and after eating a nutritious buffet breakfast, get ready for a long trek through terra firma into the Tambopata National Reserve towards Lake Sandoval. Here you will understand why Madre de Dios is called the biodiversity capital of Peru, while learning about the Reserve's conservation efforts and the lake's formation. Navigate by dugout canoe across this mirror like oxbow lake that is home to the endangered giant river otter (*Pteronura brasiliensis*), blue and yellow macaw (*Ara ararauna*), red howler monkey (*Alouatta seniculus*), black caiman (*Melanosuchus niger*), and one of the world's biggest freshwater scaled fish, the paiche (*Arapaima gigas*). Return to the lodge for lunch, and later the

Inkaterra Canopy Walkway & Anaconda Walk waits for you. Take a 20 minute ride by outboard motorized canoe to the Inkaterra Canopy Walkway Interpretation Center where you will learn about its construction and the conservation projects of ITA-Inkaterra Asociación (NGO). Ascend one of the two 30 meter towers and cross the 7 hanging bridges that connect the treetops at 28 meters. Enjoy the breathtaking vistas and get the chance to watch white-throated toucans (*Ramphastos tucanus*), woodpeckers, trogons, squirrel monkeys (*Saimiri boliviensis*) and the three-toed sloth (*Choleopus hoffmani*). After descending keep on feeling the incredible primary rainforest energy going along the 200 meter wooden bridge over the swamps (aguajales). You will learn about the fauna and flora of this flooded ecosystem. At night get ready for an adventure during the rainforest by night excursion, where you will explore the Amazon rainforest that gives way to nocturnal animals who display intriguing behavior patterns, and enhanced senses as adaptation mechanisms. Listen to nocturnal living nature sounds and penetrate this hidden world. End up your day with a pleasant dinner.



Day 12: Puerto Maldonado

The sun rises once again and after an early breakfast you will take our native farm excursion where you will be able to learn local techniques of cultivation and taste some of the products during the visit. Then visit the botanical garden, discover the immense variety of medicinal plants considered part of the “natural pharmacy” used by the inhabitants at the amazon region. Compare the medicinal uses of local medicine with traditional remedies. Getting back to Inkaterra Hacienda Concepcion you will have lunch. Take a rest and get ready for the cocha water excursion. Enjoy a dugout canoe ride on the Inkaterra Hacienda Concepcion natural pond (cocha). Try native fishing applying the “catch and release” techniques, as you enjoy the scenery

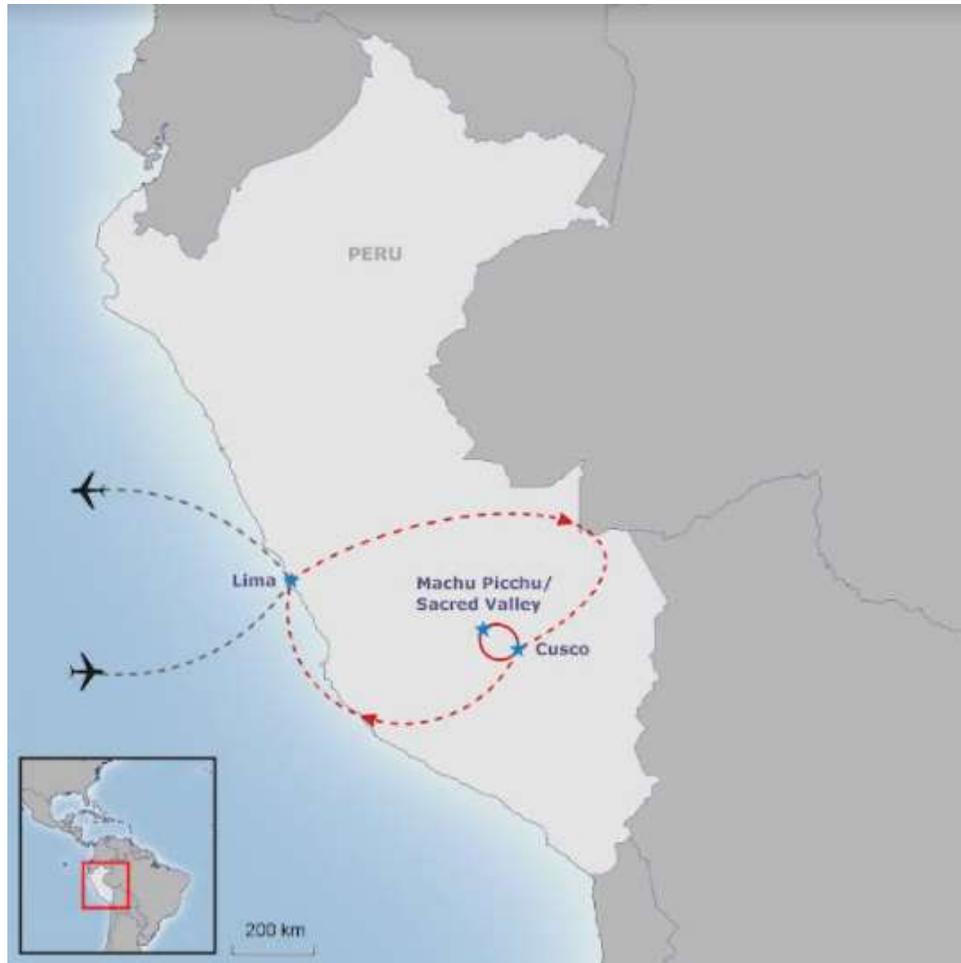
observing hoatzins (*Opisthocomus hoazin*), a diversity of fly catchers, and gray-necked woodrails (*Aramides cajanea*). Disembark at the remains of Fitzcarrald steamboat; learn about its history and how it inspired Inkaterra to ask Werner Herzog to film the award winning “Fitzcarraldo”, best director at Cannes, 1982. You will go to a clay lick during the evening, where you will see different species and their night routines by observing through our “blinds”. End your day with a pleasant dinner.

Day 13: Puerto Maldonado - Departure

After breakfast buffet, take a ride back to Puerto Maldonado by outboard motorized canoe. Arrive at the Butterfly House where you may wait for your flight back home or to your next destination, while visiting this beautiful butterfly house and learning about the fascinating transformation of these colorful insects. ** Check-out time is at 11:00, you could choose to stay at the lodge or go earlier to Puerto Maldonado.



Route



Technical Characteristics:

Tour Profile: Easy. The tours and routes require physical effort, as well as a good state of health and experience in handling and riding bicycles. It will be the guide's decision to allow the passenger to continue with the tour, if he sees cause for concern he will ask the participant to continue the day in the transportation.

Distance: 10 Day Tour: 101 km
Extension # 1: 150 km

Travel Season: Departures on request from April to August. 2022



Price per Person:

Double Occupancy 10 Day Tour	\$ 2500.00 USD
Single Occupancy 10 Day Tour	\$ 2950.00 USD
Bike and Food Tour in Barranco on Day 2	S 94.50 USD
Double Occupancy Extension 1 Jungle Adventure	\$2935.00 USD
Single Occupancy Extension 1 Jungle Adventure	\$2975.00 USD
Double Occupancy Extension 2 Lodge Stay	\$575.00 USD
Single Occupancy Extension 2 Lodge Stay	\$700.00 USD
Cathedral & Koricancha Visit	S 15.50 USD
Machu Picchu Entrance Fee	S 54.00 USD
Aguas Calientes - Machu Picchu and shuttle bus both directions	S 24.00 USD

*Group rates available for this tour. As this is a guided tour, the pricing improves with more people participating. Please ask us for details

Accommodation:

3* hotels and haciendas, all with private washrooms. Tent and lodge accommodation on extensions

Included:

- 9 nights' accommodation
- Meals mentioned in the tour description (9x breakfasts, 3x lunches and 4x snacks; all meals included on extension options)
- All guiding services
- Luggage transfers between hotels
- Entrance fees
- Tax and service charge at the hotels
- Mandatory luggage handling fees at the hotels based on one piece per person
- Rental of hybrid or electric bicycle

Not Included:

- Optional tours
- Cusco tourist tax \$ 46.50 USD per person
- Domestic airfares
- Airport taxes
- Personal expenses
- Extras at the hotels
- Drinks during meals if not otherwise mentioned
- Non-mandatory tips

Bikes

Full Suspension Stumjumper

