

Kat's Great Adventures

Peru - The Inca Trail Hiking Tour 2022

Guided Tour

13 Days / 12 Nights



With this journey to Peru, you will explore the country in all its diversity. Starting with a culinary experience in Lima - the culinary capital of South America - you will continue to the Andes region of Peru, not only exploring Cusco and its surroundings but also hiking along the famous Inca Trail, with a panoramic view of Machu Picchu upon arrival. Finish the tour with a visit to the amazing jungle region, where you will experience walks and excursions to one of the most pristine jungle areas from your comfortable lodge. After this journey, you will truly have experienced all regions of Peru - coast, highlands, and jungle!

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TICO # 50022092

Itinerary Day to Day

Day 1: Arrival in Lima

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

Lima, also known as the “City of Kings”, was founded in 1535 by the Spanish conqueror Francisco Pizarro. Located directly on the Pacific coast, Peru’s capital city is a melting pot of cultures where you will encounter people, flavors, and history from different regions. The bustling metropolis has something for all tastes and ages: indulge in exquisite, internationally-praised cuisine, catch some waves on the coast, visit museums, and stroll around the historical center or the bohemian district of Barranco.

Day 2: Lima Culinary Tour including Market Visit 5 hours

Begin your culinary adventure at a typical Peruvian market. Walk through the colorful stands, admire a wide variety of national products, and taste exotic fruits. After the visit you will go to your cooking master class. Arrival at a traditional eatery where your chef will give you a practical demonstration of how ceviche, the most representative dish, is prepared as well as the mixing and a tasting of a delicious pisco sour, the world famous cocktail. Continue your journey to another well-known restaurant in Miraflores located overlooking the Pacific Ocean in order to taste a wide variety of traditional Peruvian cuisine. Afternoon at leisure.



Day 3: Lima - Cusco Cusco Walking City Tour 3.5 hours

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.

Cusco, located at 3,400 meters in the Andes Mountains, was the heartland of the Incan Empire. The city blends ancient Andean cultures with Spanish colonial splendor. Visit nearby Inca citadels and temples like “Qorikancha” or “Saqsaywaman”, or admire the colonial mansions, balconies, and churches throughout the city. As you stroll along the cobblestone streets, you can appreciate the colorful textiles, handicrafts, and art galleries. From Cusco, deepen your experience and adventure out to the Sacred Valley and to Machu Picchu.

Day 4: Cusco - Cusco Ruins 3.5 hours

Journey into the past as you explore the different Inca ruins around Cusco. Start at 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: some are as high as 8.5 meters and weigh up to 200 tons. Nearby, head to Qenqo, a temple carved in a gigantic monolith. Admire the tunnels and chambers that were hand carved by men thousands of years ago. Visit the Puca Pucara fort. Its strategic location, large walls, terraces and stairs was a military checkpoint for Inca Empire. End your tour at the Inca Baths known as Tambomachay and learn about the aqueducts and channels that allow the water to flow naturally.



Day 5: Cusco

Beautiful and easy trip by the Sacred Valley of the Incas with mountain range views, safe and fun white water rafting. Experience is not necessary; flotation option is available. At 8:30 am you will be picked up from your hotel in Cusco and driven through the mountains towards the Sacred Valley of the Incas until you reach our private river put-in located in Pachar. Here you will receive your rafting equipment and a safety briefing (toilet facilities are available). After a brief period practicing on the flat parts of the river, start your journey on easy waters, while you admire the spectacular view of the mountains and archaeological remains. You will continue towards

Ollantaytambo and its amazing Inca terraces, at the time you will experience class 2 - 3 rapids and then finish with “El Resbaladero” (The Slide), a strong class 3 rapid that includes waves and small whirlpools. Then you will have lunch in a traditional restaurant located on the riverside owned by the local community. This is a great chance to enjoy the Andean cuisine while supporting community projects. Finally, you will be transferred back to your hotel in Cusco.

Optional: Andean Horseback Riding Cusco Surroundings 3 hours

You will be picked up from your hotel in Cusco followed by a twenty minute drive to the starting point of your tour. Enjoy a two and a half hour ride through fields, Andean style villages and views of Inca sites and vestiges. On our way to the Temple of the Moon, you will have a wonderful view over the city of Cusco. Upon arrival, you will leave the horses and be driven back to your hotel. **Remark: The Rider's weight cannot be more than 77kg (170 pounds). It is not allowed to visit the archaeological places while passengers are riding on horseback. Level: Easy journey, no prior experience required.

In the evening your trekking guide will visit you at your hotel for your briefing of the Inca Trail.

Day 6: Cusco - Wayllabamba 12 km 5 - 6 hours

Pick up from your hotel in Cusco and early morning drive through the Sacred Valley of the Incas to Km 82 of the Machu Picchu railroad. After a short arrival break, start the hike crossing a footbridge to hike a gentle two hours down the Urubamba Canyon. On the way you pass imposing sculpted Inca farming terraces and the settlement of Llaqtapata on the banks of the Cusichaca side river. Then climb a short way up the Cusichaca Valley to Wayllabamba, the last inhabited village on the trail, where you stay the night.

Day 7: Wayllabamba - Pakasmayu 11 km 6 – 7 hours

Climb the steep sided Lulluchapampa valley past a rushing stream and through enchanted native polylepis woodland. Crossing the rim of a small plateau, you abruptly find yourself in the puna, the treeless grasslands of the high Andes. The trail traverses an open slope opposite mighty mountain crags as we ascend to the first and highest pass, Warmiwañusca (4,200 meters). Here you encounter spectacular views of the trail ahead to the second pass and look back to the sweeping snow peaks and valleys of the Huayanay massif. The trail leads you to the floor of the forested Pakasmayu valley, where the night camp will be prepared.



Day 8: Pakasmayu - Wiñay Wayna 16 km 8 hours

Climb up an Inca stairway and ascend again past the small Inca site of Runkuracay. As you reach the second pass, the landscape opens onto spectacular new views to the snow peaks of the Pumasillo range. Descend to the ruins of Sayacmarca (Inaccessible Town), an intricate labyrinth of houses, plazas and water channels, perched precariously on a rocky spur overlooking the Aobamba valley. The Inca trail, now a massive, buttressed structure of granite paving stones, continues along the steep upper fringes of the cloud forest through a colorful riot of orchids, bromeliads, mosses and ferns. At the third pass pinnacles topped with Inca viewing platforms overlook the archaeological complex of Phuyupatamarca (Cloud level Town). Pausing to explore the wondrous maze of Inca stone towers, fountains and stairways that spill down the mountainside here, begin a long descent through ever changing layers of cloud forest. An Inca stairway partly cut from living granite leads you finally to your camp by the ruins of Wiñay Wayna (Forever Young), the largest and most exquisite of the Inca Trail sites.





Day 9: Wiñay Wayna - Machu Picchu - Cusco 4 km 2 hours

A very early morning hike takes you across a steep mountainside through lush, humid cloud forest of giant ferns and broad leaf vegetation. Suddenly you cross the stone threshold of Intipunku (Sun Gate) and encounter an unforgettable sweep of natural beauty and human artistry –a backdrop of twisting gorge and forested peaks framing the magical city of Machu Picchu. Machu Picchu is on every traveler’s bucket list: it is undoubtedly one of the “must-see” archeological sites in the world. The most remarkable site from the Inca Empire was never found by the Spaniards and was re-discovered during the 20th century. Since then, archeologists continue to investigate, excavate, and reconstruct the ancient city

that used to serve as a political, religious, and administrative center. Temples, agricultural terraces, and archeological observatories enclose a history and a mystery that go back thousands of years. Machu Picchu is on every traveler’s bucket list: it is undoubtedly one of the “must-see” archeological sites in the world. The most remarkable site from the Inca Empire was never found by the Spaniards and was re-discovered during the 20th century. Since then, archeologists continue to investigate, excavate, and reconstruct the ancient city that used to serve as a political, religious, and administrative center. Temples, agricultural terraces, and archeological observatories enclose a history and a mystery that go back thousands of years.

Day 10: Cusco - Puerto Maldonado

Transfer to the airport to take your flight to Puerto Maldonado. Puerto Maldonado is the capital of the Madre de Dios region in the Peruvian Amazon. At the confluence of the Tambopata and Madre de Dios Rivers, it now has many protected parks and natural reserves. Its beautiful landscapes and virgin rainforest hide an incredible biodiversity with unique fauna and flora. There is no doubt that Puerto Maldonado will allow travelers to see, feel, and hear the Amazon firsthand. Arrival at the airport of Puerto Maldonado and transfer to the city office of the lodge for check-in and to store the main luggage. You will only take the necessary for the coming days. Skirting Puerto Maldonado, you drive 20 kilometers to the communal Tambopata River Port of the Community of Infierno. During the 2.5 hour boat ride to Refugio Amazonas Lodge, you will enjoy a box lunch. Upon arrival, reception by the lodge manager and orientation with security advice. Dinner and night walk where you will listen to the sounds of the jungle.



Day 11: Puerto Maldonado

Breakfast at the lodge and boat ride to an oxbow lake later. You will watch out for wild animals like hoatzins and caimans that are often seen here. Then, you climb the Canopy Tower, a 25 meter high observation tower with fascinating views onto the rainforest. You will be back at the lodge for lunch. Afterwards, you go on an ethno-botanical walk to learn more about medicinal plants. Dinner and lecture about Tambopata Natural Reserve.

Day 12: Puerto Maldonado

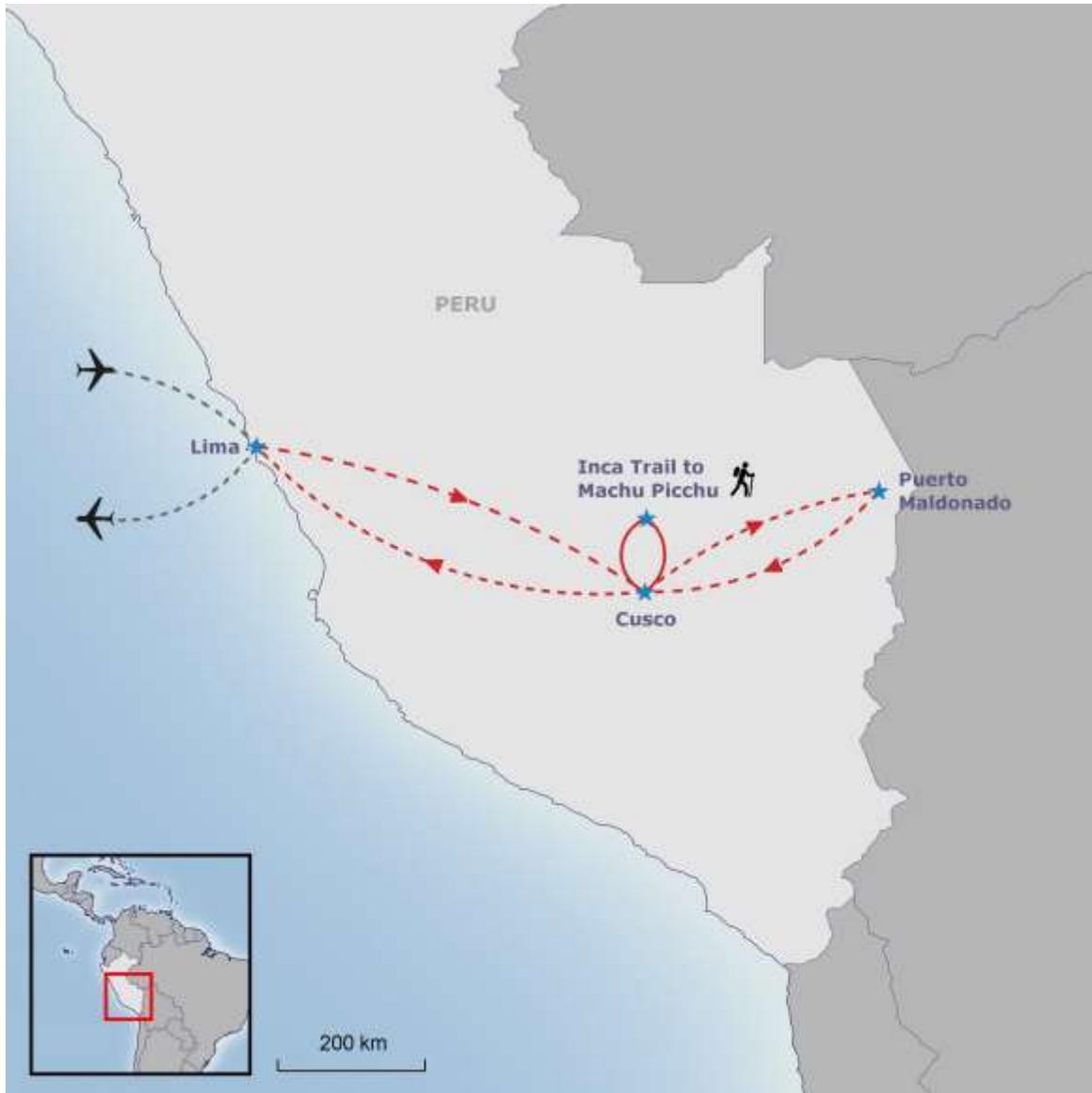
After breakfast in the lodge, you go to the parrot clay lick by boat. It is only 15 minutes from the lodge and all morning full with activity by different parrots and parakeets. You have lunch at the lodge and afterwards, you walk to a part of the rainforest that is full of Brazilian nut trees. The fruits are being harvested since decades and you get a demonstration on collecting, transporting and drying the nuts. Go to the peccary clay lick then, there may be some of the shy animals to be seen. Dinner and night walk.

Day 13: Puerto Maldonado - Lima

Right after breakfast we leave the lodge and return by boat to Puerto Maldonado, we will do a brief stop for going to the main office to pick up the luggage and then leave to the airport to take your flight back to Lima.



Route



Technical Characteristics:

Tour Profile: Medium. Sightseeing and cultural activities designed for people who are generally fit and are comfortable walking up to 6 hours per day.

Travel Season: Departures on request from January 4 to December 20, 2022

Price per Person:

Double Occupancy	\$ 2975.00 USD
Single Occupancy	\$ 3675.00 USD
Optional Excursion Andean Horseback Riding Cusco Surroundings 3 hours	\$ 96.00 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 lodges, all with private washrooms. Tent accommodation during hike to Machu Picchu

Included:

- 12 nights' accommodation
- Meals mentioned in the tour description (12 x breakfasts, 8 x lunches and 6 x dinners)
- 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

Not Included:

- Optional tours
- Domestic airfares
- Personal expenses
- Extras at the hotels
- Drinks during meals if not otherwise mentioned

