



PERU CLASSIC ADVENTURE

ITINERARY



Experience the best on the Peru Classic Adventure with ruins, colonial architecture and street scapes, fabulous food, and a thriving, bewitchingly colourful folk culture – all set against the incredibly scenic background of the High Andes.

The variety of experiences will astound you. Wander through graceful plazas, cobbled alleyways, farmland paths and jungle tracks. Descend from a glacial high pass to a rainforest oasis. Soak in natural hot springs. Drink coffee under the tree it was harvested from. This is already one of the most rewarding tours you can do anywhere, and it also includes Machu Picchu, Cusco, the Sacred Valley and Lake Titicaca.

LENGTH	14 days
GRADE	C Average 6 hours physical activity per day
START	Cusco, Peru at the accommodation or the airport. 1pm start
FINISH	Juliaca airport, Peru. In time for your flight.
ACCOMMODATION	Backcountry Huts, Hotels
DEPARTURES	October 2018: 7
PRICES	1st May 18 - 30th Apr 19 Adult (groups of 4 or more) USD \$3,475.00 Adults (groups of 2 or 3) US \$3,775.00 Single supplement USD \$400.00 Standard Inca Trail (option) USD \$250.00





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DAY 1 CUSCO

Welcome to Cusco, capital of the Inca empire and one of the most beautiful cities on Earth! We'll meet you at 1pm for a traditional Peruvian meal at a local favourite restaurant. In the afternoon your guide will lead a relaxed walking tour around Cusco's stunning historic centre – it's important to take it easy if you've arrived from sea level today, as you need to acclimatise to Cusco's 3,000m+ altitude.

Accommodation: Comfortable hotel, Cusco.

Includes lunch and dinner.

DAY 2 CUSCO TO OLLANTAYTAMBO

The Sacred Valley

The sunny, incredibly scenic floodplain between Pisac and Ollantaytambo in the valley of the Urubamba River is known as the Sacred Valley of the Incas. Pisac is a tiny, cobbled Inca village which is home to the largest handicraft market in the region and a huge Inca fortress. You'll explore both, then set off into the Sacred Valley. You'll need frequent photo stops as you pass still-working Inca terracing, irrigation canals, and awesome mountain vistas. Your destination is Ollantaytambo, perhaps the most perfectly preserved of all Inca towns, a maze of cobbled alleyways and sun-drenched plazas presided over by a spectacular, llama-shaped ruin.

Accommodation: Cosy family-run hotel in Ollantaytambo.

Includes breakfast, lunch and dinner.

DAY 3 OPTION DAY

Option 1: Jungle Trail to Machu Picchu

Today starts with Chinchero, a quiet little town best known for its outdoor weaving studios, terraced Inca ruin, and intricately-frescoed colonial church. Next is Moray – three massive Inca amphitheatres of incredible engineering precision and stern, magnificent beauty. After an al fresco lunch, an easy stroll (or ride in the bus if you prefer) through rolling farmland and views of the high Andes brings us to Salineras – a surreal and beautiful patchwork of pools and paths that still produces salt using Inca technology.

You'll spend the night in Ollantaytambo, an incredibly quaint and charming Inca village whose quiet cobbled streets and spectacular mountain-side fort are the perfect backdrop to watch the sun set over the Sacred Valley.

Accommodation: Ollantaytambo hotel.

Includes breakfast, lunch and dinner.

Option 2: Standard Inca Trail to Machu Picchu Walking. 12 kilometres or 7.5 miles. Min. Altitude: 2,700 metres, 8,860 feet. Max. Altitude: 3,100 metres, 10,171 feet. Altitude of camp: 3,100 metres, 10,171 feet

You'll get up very early this morning to take the bus to Kilometre 82, the start of the Standard Inca Trail. The hike begins in the Sacred Valley as you follow the Urubamba River, climbing ever higher and eventually heading off up the Cusicacha Valley, through semi-arid forest and farming villages, to Wayllabamba, where you'll camp for the night.

Accommodation: Luxury camping on the Inca Trail.

Includes breakfast, lunch and dinner.

DAY 4 OPTION CONTINUED

Option 1: Adventures on the Jungle Trail to Machu Picchu

Today you undertake a fascinating journey, from the dry, Pacific side of the Andes to its lush western slope. There's a marked difference in vegetation between the two sides, and you'll have ample opportunity to appreciate it as we descend from Abra Malaga, a high pass (4,350 metres/14,000 feet) in the shadow of the Veronica Glacier, to the steamy heat of the ceja de selva ("eyelash of the jungle" – tropical rainforest).

Our destination, sleepy Santa Teresa (1,550 metres/5,085 feet), is home to one of our favourite places in Peru, the Baños Termales de Cocalmayo, natural mountain hot springs beside a raging river. It's the perfect place to soak away the road dust of today's journey from one side of the Andes to the other.

If you're into biking, you might want to ride some parts of today's journey – it's an incredibly fun, freewheeling downhill. We provide bikes so you can ride as much or as little as you like.

Accommodation: Rustic eco-lodge, Santa Teresa.

Includes breakfast, lunch and dinner.

Option 2: Over Dead Woman's Pass Walking: 11 kilometres or 6.8 miles. Min. Altitude: 3100 metres, 10,170 feet. Max. Altitude: 4,200 metres, 13,780 feet.

Most of your walking time today is taken up by a stiff 1,200 metre climb up to Warmiwayñusca, or Dead Woman's Pass, the highest point of the Inca Trail. From here if it's clear you'll enjoy incredible views back the way you came, and onwards towards the distant, snow-capped Vilcabamba Range. Then you descend steeply into Pacaymayo, your campsite for the night with one of the best views in the Andes.

Accommodation: Luxury camping on the Inca Trail.

Includes breakfast, lunch and dinner.

DAY 5 OPTION CONTINUED

Option 1: Meet coffee growers and sample their wares

Coffee, grown at cottage-industry level and exported through grower's co-operatives, is the backbone of this area's economy. This morning a local coffee producer will show us around their plantation and the equipment they use to harvest, mill and toast coffee. In the afternoon we'll take a short (7 kilometre/5 mile) train ride to Aguas Calientes. There's time this afternoon to explore the market and admire the scenery all around and above us – the little town has one of the most beautiful settings you'll see in Peru, in a jungle gorge by a rushing river.

Accommodation: Aguas Calientes hotel.

Includes breakfast, lunch and dinner.

Option 2: Runkurakay, Sayacmarca and Wiñaywayna Walking: 12 kilometres or 7.5 miles. Min. Altitude: 2,670 metres, 8,760 feet. Max. Altitude: 3,900 metres, 12,800 feet.

Today's hike takes you through some of the most stunning scenery in Peru, with cloud forest, orchids, hummingbirds and mountains on all sides, and to three gorgeous little ruins – Runkurakay, Sayacmarca, and Wiñaywayna, next to the evening's campsite. Along the way you cross the watershed of the Andes – this is one of the best days trekking in the world.

Accommodation: Luxury camping on the Inca Trail.

Includes breakfast, lunch and dinner.





DAY 6 MACHU PICCHU

An early start rewards you with sunrise at Machu Picchu – a peak moment for anyone. A spectacular stone city surrounded by incredibly steep, incredibly green mountains, Machu Picchu needs no introduction and is deservedly one of the new Seven Wonders of the World. A guided tour is a necessary start to orient you in this massive site, then you'll have plenty of time to explore the site and some of the surrounding peaks on your own before you catch the train back to Cusco for the night.

Accommodation: Back at home-base, Cusco hotel.

Includes breakfast, lunch and dinner.



DAY 7 FREE DAY IN CUSCO

There are things to do in Cusco to suit every mood and personality: churches, museums, and art galleries; adventure activities like rafting and horse riding, and organized tours. This is also the perfect day to just wander around and enjoy the spectacular mountain views, traditionally dressed locals, excellent cafes and charming architecture that characterise Cusco's historic centre.

Accommodation: Back at home-base, Cusco hotel.

Includes breakfast.



DAY 8 CUSCO - SOUTH VALLEY

Local lifestyle and fabulous food

The Valle Sur just outside Cusco is a popular weekend destination for Cusqueños who flock here to specialist restaurants offering local favourites like chicharrones (deep fried pork chunks with corn and mint) and cuy (guinea pig), as well as plenty of more conventional and equally delicious options!

We'll fit a very local lunch in between visiting Tipón and Pikillacta, two of Peru's most charming archaeological sites, and the church of Andahuaylillas, whose interior is so ornate that it's known as the Sistine Chapel of the Americas. Late this afternoon we'll arrive at the village of Raqchi, home to a group of gracious, funny people we're proud to call our friends. For the next couple of days, they'll open their homes and lives to you, giving you a unique insight into traditional Andean life.

Accommodation: Raqchi homestay.

Includes breakfast, lunch and dinner.



DAY 9 RAQCHI

Pottery making, a volcano, and ruins

Today you'll strike off into the countryside with a local guide, wandering to breathtaking lookouts, and the nearby (extinct!) volcano of Kimsach'ata. Later you'll try your hand at pottery-making – the people of Raqchi are professional potters and will show us how to make a pot on a pedal-powered potter's wheel. Today you'll also have the privilege of attending a ch'alla, or payment to the Earth – a ceremony of propitiation of Pacha Mama (Mother Earth) held regularly by an ostensibly Catholic community, and a very good example of the paradox at the heart of Andean religion.

Accommodation: Raqchi homestay.

Includes breakfast, lunch and dinner.



DAY 10 WELCOME TO THE ALTIPLANO

This morning you'll explore the enormous adobe ruin that dwarfs the humble homes of Raqchi, before heading off into the altiplano – one of the highest inhabited places on Earth, and home to some of its most unlikely attractions. You'll take the plunge at Marangani: a surreal and improbable complex of five natural hot pools linked by steaming streams and populated by locals enjoying the only hot water for miles around.

You'll spend the night at a historic hacienda. Established as a convent in the 18th century, it's now home to a dairy farm where you'll have the opportunity to sample delicious high-altitude cheese and yoghurt.

Accommodation: Historic hacienda near Ayaviri.

Includes breakfast, lunch and dinner.

DAY 11 FORGOTTEN RICHES IN LAMPA

Today you'll explore Lampa. Once one of the richest towns in Peru, it's now all but a ghost town, making the grandeur and scale of its cathedral all the more striking. Impressive from the outside, inside the cathedral is simply incredible. Among many other marvels, it houses a catacomb, a collection of skulls and skeletons, and a full-scale reproduction of Michelangelo's Pietà.

We'll arrive to the shores of Lake Titicaca in time for a memorable dinner at one of Puno's excellent restaurants.

Accommodation: Puno Hotel.

Includes breakfast, lunch and dinner.

DAY 12 LAKE TITICACA'S SOUTH SHORE

The tourist map ends at Puno. Past it lies a land of ancient burial monuments dedicated to dwarves, half-buried ruins drowsing in farmers' fields, and layer upon layer of human history and belief, built up over thousands of years. It's one of the weirdest and most wonderful places in the world and today we'll take our pick from many strange sights. Amaru Meru is said to be a stone-carved door into another dimension. Even if inter-dimensional portals aren't your thing, you'll enjoy the windswept majesty, imposing rock formations, and views of Lake Titicaca around it.

You'll also visit Chucuito, where 86 huge stone phalluses are buried every which way in what is said to be an Inca fertility temple – though some locals passionately argue it's a hoax. Either way, it's quite a sight!

Accommodation: Puno Hotel.

Includes breakfast, lunch and dinner.

DAY 13 TAQUILE ISLAND, LAKE TITICACA.

This morning we take to the waters of Lake Titicaca. You'll stop briefly at the Uros – the famous floating reed islands of Lake Titicaca – but our main destination is Taquile, one of the most fascinating islands in the world. It was isolated until the 1950s and still follows a very different way of life. Decisions are communal, economic activity is co-operative, and society is based on the fundamental Inca principles: "Ama sua, ama llulla, ama quella" (don't steal, don't lie, don't be lazy). There are no cars, few dogs, and little electricity, because the Taquileños want it that way.

Taquile is also the most famous textile centre in the Andes. Colourful, storytelling textiles, designed and woven by Taquile's women from thread spun by its men, draw aficionados and investigators from all over the world to this amazing island. On top of all this, the scenery is stunning and the peace and tranquillity is like nowhere else on Earth. Taquile is just magic.

Accommodation: Puno Hotel.

Includes breakfast, lunch and dinner.

DAY 14 DEPARTURE DAY

You will be taken to Juliaca airport in time for your flight out – do allow for the fact that Juliaca airport is just over an hour's drive away. If you're staying on in Peru, we're delighted to help out with suggestions and assistance for the rest of your time here.

Includes breakfast.



LIFE ON THE TRAIL

GRADE C

- Up to 6 hours physical activity per day
- At times carrying small backpack of 5-6kgs (11-13 lbs)
- Tracks generally in good condition
- Altitude gains of up to 600m on harder days
- No hiking experience necessary
- Reasonable standard of fitness required

The effects of being at altitude vary from person to person. Altitudes on this trip are significant but far from extreme. You will almost certainly notice shortness of breath when you arrive, particularly when walking uphill – there's simply less oxygen!

Other typical effects are:

- Sleep disruption – strange dreams, insomnia
- Headache
- Light-headedness
- Stomach disruption (caused by slower digestion)
- Dehydration

These symptoms almost invariably disappear after a couple of days – that's why we recommend getting here a couple of days before the trip if you can, so you're acclimatised by the time you start exercising.

The best things you can do to acclimatise are:

- Keep hydrated
- Avoid alcohol (it dehydrates you)
- Eat lightly (digestion slows down at altitude)
- Don't push yourself physically too soon

About one percent of people are affected by the altitude, and experience severe headaches and nausea. Again, this generally fades within a few days.

GUIDES AND SAFETY

Over years guiding and managing small and large tour companies, Steve Wilson and Katy Shorthouse worked out that small is better when it comes to running great trips. You benefit with small groups, flexible itineraries, personalised service, and handpicked adventure guides who are the best in their field.

TRANSPORT

Flights to Peru:

There are many international airlines with scheduled arrivals into Lima, Peru (the capital city). The international airport in Lima is known as the Jorge Chávez International Airport. International flights to Lima tend to arrive late in the day, and flights between Lima and Cusco mostly leave early in the morning - this is a short one hour flight.

Direct flights between Puno and Lima take around two hours, or three hours if there's a stopover in Cusco or Arequipa on the way. Please note, the airport for Puno is actually called "Juliaca", a small town 30 minutes drive from Puno where the airport is located.

FOOD

Food is one of the highlights of any trip to Peru – it's considered one of the world's greatest cuisines – and we'll eat in a range of places, from local holes in the wall to fancy theatre restaurants, to give you a taste of it all. Peruvian food tends to be carbohydrate heavy – rice and potatoes on the same plate is nothing unusual. There's also a lot of meat, but we're used to catering for vegetarians and will be eating at some vegetarian places. However, on trips where we go more off the beaten track (such as Santa Teresa, Lares Valley, Ccoyllor Ritty) vegetarians may face limited choices.

The plus side is the local produce: jumbo corn, football-sized avocados, tomatoes bursting with flavour – and of course, more than 200 kinds of potatoes! Lunch is the main meal of the day, and is huge.

Actually, most meals in Peru are pretty large – there is no way you'll go hungry on this trip!

It is not safe to drink tap water in Peru, not even to brush your teeth. You should always buy water – a 2.5 litre bottle costs less than NZ\$2. Water and other drinks are not included in your trip price. Nearly all meals are included in the trip price, but we leave a few up to you, to add to your experiences. On occasions where we're not including meals, we'll happily organise a group meal if requested.

Gluten free diet: The gluten free diet is not well known in Peru, and you will find yourself explaining it a lot! Having said that, Peru's diet is not as wheat-centric as ours; rice, potatoes and quinoa are great carbs and available everywhere. At all group meals, we'll eat in restaurants with gluten and your trip leader will always be there to help you communicate dietary needs.

ACCOMMODATION

In Cusco and Puno we stay in clean, comfortable hotels of three star standard. In Ollantaytambo, Aguas Calientes, Santa Teresa and Ayaviri we stay in quirky, interesting, family-run lodgings. The Standard Inca Trail hike entails three nights of camping in tents.

In Raqchi we stay in humble family homes. Here, conditions are basic and hygiene may not be what you are used to at home, but any slight discomfort you experience will be well compensated for by this incredible insight into a very different way of life.

ADDITIONAL COSTS

- Tip for your guide and driver
- Extra cost for Option 2, Standard Inca Trail (US\$250)
- Sleeping bag and mat for Inca trail (hire for US\$40 per item or bring your own)
- International flights and internal flights (Lima-Cusco and Puno-Lima). Ask us for advice or help with making arrangements.

PACKING LIST

WHAT TO TAKE

- ☐ 1 large or 2 medium pieces of luggage (e.g. backpack or suitcase. Please check your luggage allowance to avoid paying unwanted excess baggage fees)
- ☐ Day pack (for daily use, especially on the Inca Trail)
- ☐ Casual clothes (2 sets – t-shirts, long-sleeve shirts, trousers, shorts, for evenings)
- ☐ Hiking clothes (1 set – non-cotton shirt, light shorts, thick socks)
- ☐ Waterproof raincoat / windstopper
- ☐ Down / fleece jacket
- ☐ Socks (enough for a week)
- ☐ Underwear (enough for a week)
- ☐ Thermal underwear (great for layering on cooler mornings or evenings)
- ☐ Beanie (or buy one in Cusco, they're everywhere and make a good souvenir)
- ☐ Gloves (useful on colder nights)
- ☐ Sunhat and Sunglasses
- ☐ Sturdy, comfortable hiking shoes (for Machu Picchu etc. Please note, footwear with heels is not good for walking around Cusco's cobbled streets)
- ☐ Casual footwear (sandals, jandals or tevas)
- ☐ Travel towel
- ☐ Togs / swimsuit (for any swimming opportunities)
- ☐ Water bladder / water bottles (1.5 litre capacity minimum)
- ☐ Camera, memory cards, and batteries or charger (voltage is compatible but you'll need an adaptor for a two-pronged American plug)
- ☐ Head torch / headlamp (and a spare set of batteries)
- ☐ Alarm clock (only some accommodations provide them)
- ☐ Sunscreen (we recommend SPF 15 UVA/UVB. It's cheaper to buy outside of Peru)
- ☐ Insect repellent (for the jungle and Machu Picchu)
- ☐ Personal toiletries (toothbrush, toothpaste, soap, shampoo, conditioner, glasses/lenses, facecloth, shaving gear, hand sanitiser, antinflam cream, feminine hygiene products etc)
- ☐ Personal medications
- ☐ Personal first aid kit (for any essential items that you might need e.g. blister treatment. Your trip leader will carry a group first-aid kit but it's best to bring one of your own too)
- ☐ Plastic bags/stuff sacs, various sizes (handy for keeping dirty clothes separate etc)



BOOKING CONDITIONS

Price includes

All accommodation (based on twin share. Single supplement is available for US\$400)

All ground transport (private vehicle, train and boat)

All activities specified in itinerary

Entrance to all attractions specified in itinerary

Extra permit to climb Huayna Picchu at Machu Picchu if available at time of booking (with Option 1)

All meals except lunch and dinner on free day

All guiding services

Payment

For bookings four or more months in advance of the departure a 25% deposit can be paid with the remainder due 65 days prior to your trip. For bookings within four months of the departure, full payment is required.

Cancellations

More than two months before trip start date – cancellation fee of US\$750 per person

Between one month and two months before trip start date - 50% refund of the total trip cost

Less than one month before trip start date - no refund

Travel Insurance

We strongly recommend that you have travel insurance. World Nomads Travel Insurance provides online quotes.

This trip is run in conjunction with another operator.