



PERU MOUNTAIN BIKE TRIP

ITINERARY



There's no better way to see the area between Cusco and Machu Picchu than by bike, and this trip brings awesome, varied riding, incredible scenery, and adventure in the outdoors into everyone's reach.

In just one week on this fully-supported trip you'll see all the highlights – Machu Picchu, Cusco, Pisac, Ollantaytambo, Salineras, and more – while enjoying as much or as little time the saddle as you like. Whether you're a seasoned biker or just starting out, if you enjoy getting around by pedal power, this trip is for you!

Highlights include: biking through the Sacred Valley of the Incas, camping at the incredible Lares Hot Springs, and biking to the Pisac Markets, Machu Picchu and other Inca Sites, all with an awesome mix of single track, paved and unpaved road.

This trip is suited to anyone – from beginners to expert riders! Riding distances each day are flexible – the tour is accompanied by full vehicle support so you can jump in the vehicle and shorten the cycling distances any time you like, and there is also the possibility of doing extra distance for anyone who just can't get enough!

LENGTH	7 days
GRADE	B Average of 4-5 hrs physical activity per day
START	Cusco, Peru at a local restaurant 1PM
FINISH	Cusco, Peru
ACCOMMODATION	Camping
DEPARTURES	June 2018: 3 July 2018: 1 October 2018: 21
PRICE	Adult US \$1,975.00 Single supplement USD \$100.00 Standard price is per person for groups of 4 or more. For custom tours of 2 or 3 people, please add US\$300pp to the standard price.





ITINERARY

DAY 1 CUSCO

Your guide will pick you up at 1pm for a traditional Peruvian meal at a local favourite restaurant. In the afternoon there's time for a stroll around Cusco's beautiful historic centre with your guide, and a mechanic is on hand to help you assemble your bike if you've brought it from home. It's a good idea to take it easy and drink plenty of water today to aid acclimatisation, as you start riding tomorrow!

Accommodation: Family-run hotel in Cusco. Includes lunch.



DAY 2 RIDE TO PISAC AND ALONG THE SACRED VALLEY

Cycle 40 km

You start the biking today with a fun, easy ride on paved and dirt road and easy single track to Pisac – an Inca township that's the gateway to the Sacred Valley and home to a famous handicraft market which you'll have time to explore.

In the afternoon you saddle up again and ride along the flat, fertile floodplain of the Sacred Valley to a spectacularly scenic campsite.

Accommodation: Camping by a little-known ruin in the Sacred Valley. Includes breakfast and dinner.



DAY 3 BIKE INTO THE LARES VALLEY

Cycle 20km

This morning you'll drive up to Amparaes Pass and then descend on easy gravel road or single track into the remote Lares Valley, starting in high-altitude rock and cold, and ending up in a warm, green river gorge.

The chance to enjoy a beer and barbecue at the surreal and beautiful water park that is Lares hot springs is worth a trip in itself. Naturally occurring hot springs are surrounded by lovingly landscaped terraces and lawns dotted with tents. This is one of our favourite places in the world – there is no better end to a day's riding than soaking in the springs and staring up at the stars.

Accommodation: Camping at Lares Hot Springs – magic! Includes breakfast, lunch and dinner.

DAY 4 RIDE FROM THE AMPARAES PASS TO OLLANTAYTAMBO

Cycle 42km

This morning an incredibly scenic drive takes you up to the dizzying Amparaes Pass, and to the top of one of the world's best off-road descents.

Section follows section of llama track, gravel riverside, and eventually scenic river gorge. You'll end with an array of undulating riverside single track (or take the open, speedy gravel backroad alongside) into the outskirts of Calca.

Here you'll have a late lunch before more cycling through the beautiful, verdant Sacred Valley towards Ollantaytambo, one of the most beautiful villages in Peru, and your destination for the night.

Accommodation: Cosy, family-run hotel in Ollantaytambo. Includes breakfast.



DAY 5 SCENIC BIKING AND SALINERAS

This is one of the most popular day trips in the region – even non-riders get on bikes to enjoy this morning’s scenic, easy riding through rolling countryside, past lakes and ruins.

And your next ride is a treat – one of the best single track descents in Peru, it has something to teach everyone from novice to expert. Best of all, it ends at our favourite Inca attraction, Salineras – a surreal and beautiful patchwork of pools and paths that still produces salt using Inca technology.

Later you’ll take a train to Aguas Calientes.

Accommodation: Aguas Calientes hostel. Includes breakfast.

DAY 6 EXPLORE 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.

Your trip leader will take you on a guided tour – 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 our last night together.

Accommodation: Hotel in Cusco. Includes breakfast and lunch.

DAY 7 DEPARTURE DAY

You can book your flight out of Cusco for any time today. 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 B

- Average of 4-5 hrs physical activity per day
- Tracks generally in good condition
- No hiking experience necessary
- Reasonable standard of fitness required

Level of difficulty

Thanks to the miracle of Cusco's terrain, all riding days offer different options for riders at different skill levels. All four riding days (days two, three, four and five) offer intermediate single track. On three of the four riding days (days three, four and five) there is the option of some sections advanced enough to satisfy anyone!

Altitude

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.



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 (as Lares Valley) 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.



TRANSPORT

There are many international airlines with scheduled departures to Lima, Peru (the capital city). 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. From Lima, it's a short 1-hour flight to Cusco.

ACCOMMODATION

In Cusco, Ollantaytambo and Aguas Calientes you stay in clean, comfortable, basic hotels. In the Sacred Valley and at the Lares hot springs you camp in tents. At Urco (Day 2) there's bathroom facilities, but no showers. That's made up for with the setting – you're camping right beside a ruin! At Lares Hot springs (Day 3) there's restroom facilities and natural-hot-spring hot showers, all set in a stunning location. We work with different hotels in Cusco, depending on availability. Guests can book any pre-trip accommodation through us.

BOOKING CONDITIONS

Price includes

- Mountain bike (a late-model, dual-suspension Scott or Giant)
- Bike helmet and gloves
- Dedicated guide/bike mechanic
- Four nights hotel accommodation (based on twin-share – Single Supplement available for US\$100)
- All activities specified in itinerary
- All ground transport (including full vehicle support/SAG wagon while biking)
- Entrance to all specified attractions
- Extra permit to climb Huayna Picchu at Machu Picchu (if available at time of booking)
- Meals as specified in itinerary

Additional Costs

- Drinks and some meals
- Tips for your guides
- Tent, sleeping bag and mat for two camping nights (hire for US\$25 per item or bring your own)
- Private trip for just you and your party, plus guide (US\$300pp)

Payment

For bookings four or more months in advance of the departure a deposit of US\$750 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.

PACKING LIST

WHAT TO TAKE

Essentials

- 1 medium/large piece of luggage (e.g. backpack or suitcase. Please check your luggage allowance to avoid paying unwanted excess baggage fees)
- Day pack (useful for carry-on luggage as well)
- Biking clothes – warm weather (2 or 3 sets – biking shorts, shirts, socks)
- Biking clothes – cold weather (1 set – thermal long-sleeve jersey, thermal base layers, arm warmers, leg warmers, long-fingered winter gloves)
- Casual clothes (2 or 3 sets – t-shirts, long-sleeve shirts, trousers, shorts, for evenings and non-cycling days)
- Waterproof raincoat / windstopper
- Down / fleece jacket
- Sweater / Jersey / Jumper
- Socks (enough for a week)
- Underwear (enough for a week)
- 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 walking around town and Machu Picchu etc. Please note, footwear with heels is not good for walking around Cusco's cobbled streets)
- Casual footwear (sandals, jandals or tevas – handy in the evenings while camping)
- Biking shoes
- Travel towel
- Togs / swimsuit (for any swimming opportunities)
- Water bladder / water bottles for bike (1.5 litre capacity minimum)
- Camera, memory cards, and batteries or charger (voltage is compatible but depending on which country your device is from you may need an adaptor)
- 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
- A ballpoint pen (for filling out customs forms etc)
- Mountain bike, helmet, bike gloves (these are included but if you're bringing your own bike, please make sure that it fits with our recommendations – and please bring any special/unique tools!)
- Tent (for camping nights)*
- Sleeping bag and sleeping bag liner* (for camping nights; rated down to 4oC /40oF)
- Sleeping mat (for camping nights)*

* These items can be hired.

Optional Items

- Energy snacks and drinks (some snacks will be provided, but you may wish to bring some along too – especially if you have a preferred brand or special dietary requirements)
- Camp pillow (pillows aren't provided while camping)
- Pyjamas (or something comfortable to sleep in)
- Ear plugs
- SPD pedals / cleats and biking shoes (if you prefer riding with cleats, these can be attached to the rental bikes)
- Adapter plug (if your home country doesn't use 220 volt AC system and/or the plug type is incorrect)
- iPod / MP3 player
- Pocket knife (please carry in your check-in luggage)
- A good book and a pack of cards

Hire Gear

- Sleeping bag (down, suitable for the conditions; liner included) US\$25 per person
- Sleeping mat (thermarest style) US\$25 per person
- Tent (spacious two-person tent for two people) US\$25 per person