



7 DAY LARES TO MACHU PICCHU & MORE

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Trip Duration: 7 days

Trip Difficulty:

Destination: Peru

Begins in: Cusco

Activities: 



INCLUDED

- Airport transfers
- Ground transportation
- Accommodations
- Entrance fees
- Water (boiled)
- Meals as described in itinerary
- 4 person tent, double occupancy
- Foam sleeping pad
- Oxygen & first aid kit
- Expert guides, assistant guides, cook, porters, horses and horsemen

EXCLUDED

- Sleeping bags
- Inflatable mattress
- Trekking/hiking poles
- Waynapicchu Mountain hike
- Hot Springs
- Tips

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Itinerary

DAY 1 Arrive Cusco

Arrive Cusco with a transfer to your hotel; a welcome meeting will be organized by your guide for a quick briefing of the tour. The rest of the day can be spent exploring Cusco, the ancient capital of the Inca Empire, set in the Andes Mountains. Discover Spanish churches and mansions that sit alongside Inca remains and enjoy the vibrant nightlife or sampling Peruvian restaurants.

DAY 2 Cusco - Maras - Cusco

An early departure by bus to Maras will lead us to the bizarre and beautiful salt mines. The salt park is located on an open hillside above the Urubamba Valley a natural salt water stream that runs underground. A considerable volume of solid salt is obtained, which is then granulated, packed in sacks and sent to the region's markets. The day's tour continues a short distance to Moray which is a unique archaeological site where massive natural depressions or hollows in the ground surface were used for constructing irrigated farming terraces around them. The main depression is roughly 100 feet deep and the temperature difference between the top and bottom can be as much as 27 degrees (F). In the afternoon, we return to our hotel in Cusco. (Breakfast, Lunch)

DAY 3 Cusco – Sacred Valley of the Inca – Ipsaycocha Pass

Today we depart Cusco and head to the Sacred Valley of the Inca and further to Patacancha where the Lares trailhead is located. The people from this area are known locally as "Huayruros," which is the name of a red and black seed reminiscent of the color of their ponchos and the textiles here are made by the people in the community. Their quality weavings are famous for their intricate designs that reflect aspects of their everyday lives and culture. Here we will explore the community, visit a school and then begin our trek. As we leave will enjoy herds of alpaca and llama grazing along the trail. By the afternoon we will begin to cross our high pass (Ipsaycocha Pass 15,456 ft.), the remainder of the hike we will descend to 13,780 ft. to our first campsite. (Breakfast, Lunch, Dinner)

DAY 4 Huacahuasi - Lares Hot Springs

After breakfast, we begin the three hour long descend towards the small village of Huacahuasi. The scenery is filled with fields of potato, barley, quinoa and corn. Many of the houses in this village are built from stone with thatched roofs and the people of this village produce beautiful textiles. In the morning we will learn about their weaving techniques and admire the handmade ponchos, chullos (wool hats) and other garments. Continuing on the trail for 2-3 hours we will arrive at the medicinal hot springs near the village of Lares, where we will set up camp. Here we can soak in the springs and relax for the remainder of the evening. (Breakfast, Lunch, Dinner)

DAY 5 Lares – Ollantaytambo - Aguas Calientes

An early morning bus will transfer us from Lares to Ollantaytambo where we will enjoy lunch and then catch the train to Aguas Calientes. Once in Aguas Calientes you can explore the town, take a dip in the hot springs or relax at the hotel. (Breakfast, Lunch, Dinner)



DAY 6 Machu Picchu

After an early morning breakfast served at the hotel, your guide will pick you up around 5:30am to catch the bus to Machu Picchu. As the sun begins to rise, the dramatic views of Machu Picchu are revealed. We will spend some time here taking photos and will enjoy a guided tour (approximately 2 hours). After the tour you are free to explore the mysterious city by yourselves.

You will meet your guide in Aguas Calientes for lunch (not included) and given your train tickets that will take you to Ollantaytambo and a final bus transfer will take you to Cusco. It is important to be at the train station 30 minutes before departure train times will be given to you by your guide. (Breakfast)

DAY 7 Depart

Breakfast at the hotel, and then we will take you to the airport according your flight times. (Breakfast)

PERU

Best Time to Visit

Peru experiences two main seasons. The dry season, May through October offers sunny blue sky days and chilly nights. November through April is the rainy season with significantly more rain from January through April. Traveling during off-peak season means less crowds, greener scenery and lower rates, however, expect frequent showers, unpredictable weather with varying conditions.

Temperature

Month	Jan	Feb	Mar	Apr	May	Jun
Average High (F)	65	65	66	67	67	66
Average Low (F)	43	43	43	41	36	32

Month	Jul	Aug	Sep	Oct	Nov	Dec
Average High (F)	66	67	68	69	69	69
Average Low (F)	32	35	39	41	42	43

Entry Requirements

No visas required for Peru. A passport valid for six months after date of entry is required. Visitors must hold return/onward tickets and all documents required for their next destination.

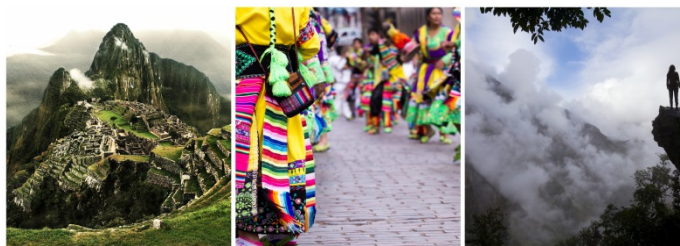
Vaccinations

Hepatitis A and B, Tetanus, and Typhoid immunizations are recommended for all travelers. Malaria prophylaxis is recommended if you are traveling to jungle regions and you should consult your local doctor or physician to advise which malaria medication is best suited for you. Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the CDC's Internet site at <http://www.cdc.gov/travel>.

Travel Advisories

Make two photocopies of valuables such as your passport, tickets, visas and travelers' cheques. Keep one copy with you in a separate place to the original and leave another copy with someone at home.

Be sure to inform your credit card company as well as your bank you will travel internationally into South America. This will eliminate any credit card holds for fraudulent activity.



Currency

Carrying cash, an ATM or traveler's check card and also a credit card that can be used for cash advances in case of emergency is advisable. The best places to exchange money are normally bureau de change, which are fast, have longer hours and often give slightly better rates than banks. Local currency is Peruvian Nuevo Sol (PEN), and it is advised to carry hard notes of USD. Better hotels, lodges, and camps might accept credit cards; however it is advised to withdraw cash when visiting remote areas and villages.

Government

Peru – is a constitutional republic.

Religion

Roman Catholic 81.3%, Evangelical 12.5%, other 3.3%, unspecified or none 2.9%.