



ULTIMATE EXPEDITIONS

PERU

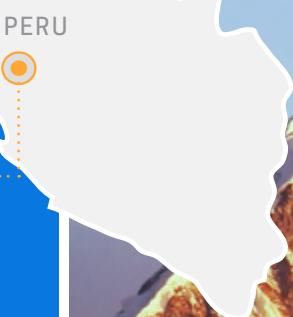
ULTIMATE EXPEDITIONS® OFFERS THE WORLD'S BEST ADVENTURES IN PERU – THE EMPIRE OF HIDDEN TREASURES. FROM THE TERRACED GARDENS OF THE SACRED VALLEY TO THE LOST CITY OF MACHU PICCHU, WE INVITE YOU TO EXPLORE THE MYSTERIOUS, ANCIENT LAND OF THE INCAS.



SUMMARY

A country of dramatic landscapes, Peru has long been a favorite for adventure travel. A journey through this region reveals a breadth of stunning backdrops. On the coast lies a narrow band of deserts and fertile valleys. Moving inland we encounter the snowcapped peaks of the Central Andes. And to the east, the Amazon Basin's rich, tropical rainforest provides a hot spot of biodiversity.

Peru retains an intriguing blend of Spanish and Inca culture. Remnants of the powerful Incan Empire exist in the form of extraordinary archaeological sites including temples, dwellings, and fortresses.



IS THIS TRIP FOR YOU?

Peru offers exciting adventures that will delight both new and seasoned hikers. The highlight of your trip will be the unforgettable visit to Machu Picchu, which can be accessed by the classic Inca Trail or the alternative Salkantay or Lares routes. Our trips consist primarily of trekking through beautiful, natural habitats, with a good dose of history and culture mixed in.

OUR GUIDES

Ultimate Expeditions® guides are high performing professionals with many years of experience in the travel industry. Our guides are hand selected from local communities and therefore have strong ties to the land. Each is fluent in English and eager to share his knowledge of Peruvian history and culture.



OUR ACCOMMODATIONS

During your trip, you will rest easy in comfortable hotels while in cities and towns. While trekking, three-person mountain tents are provided for overnight stays at trailside campsites. Each tent is generously sized and houses two hikers and all their gear.

EcoCamp guests will enjoy a luxurious camping experience, with evenings spent in cozy domes that are well equipped with a private bathroom, wood burning stove and comfortable beds.

MEALS ON THE TREK

All meals during the hiking portion of the trips are included, while other meals may or may not be included depending on the itinerary. On the trail, hot food will be prepared by our skilled chefs from fresh, locally sourced ingredients. Plenty of drinking water is also provided.

SAMPLE MENU

oatmeal | fruit salad | pancakes | omelet | fried bananas | cheese | toast | peanut butter | jam | milk | coffee | tea | hot chocolate | quinoa Soup | fried trout with rice | peruvian salad | rosemary potatoes | and mushroom sauce | vegetable soup | grilled chicken with rice | fried yucca | mixed vegetable soufflé | cauliflower salad | passion fruit cake



DAILY SCHEDULE ON TREKS

In the morning, breakfast will be served. After packing your bags, we will embark on the day's hike. Each day will vary in length from 3 to 9 miles, depending on the trail. During long hikes, we will stop midway for lunch and on short hikes, we will have lunch at camp. Typically once the party arrives at camp, the remainder of the day is free for exploring or relaxing.



HIKE TRAINING

Depending on which route you choose, trekking in the Peruvian Andes can be quite strenuous. For instance, the Inca trail is a 26 mile hike that crosses several mountain passes, reaching elevations over 13,800 feet, featuring steep ascents, descents and rocky steps. The Salkantay trail is just over 43 miles in length, reaching elevations over 15,000 feet. While all trails can be accomplished with a basic level of fitness, we recommend arriving in the best shape possible to increase the enjoyment of the trip. It is advisable to begin training about six weeks before your departure date; focusing on day hikes if possible. Otherwise, train on stairs and walk as much as you can.

WEATHER IN PERU

Peru's seasons are reverse of those in the northern hemisphere. The region experiences two climatic seasons – wet and dry.

MAY – OCTOBER (DRY SEASON)

Days are warm and sunny with the occasional rain shower. Because Machu Picchu is located on the edge of a rainforest, every day has the potential for morning and afternoon mists, rain or fog. June, July and August are the busiest months for tourism. The number of trekkers on the Inca Trail is capped at 500 per day while Machu Picchu may host more than 4,000 visitors per day at peak times.

NOVEMBER – APRIL (WET SEASON)

Expect frequent showers and unpredictable weather with varying conditions. Trails may be extremely muddy and slow going. Floods and landslides are also possible due to heavy rainfall, making some routes impassable. However, traveling during the off-season means fewer crowds, greener scenery and blooming wildflowers.

MONTH	TEMPERATURE	PRECIPITATION	CLOUDINESS	CROWDS
January	☀️☀️	💧💧	☁️☁️☁️	👤
February	☀️☀️	💧💧	☁️☁️☁️	👤
March	☀️☀️	💧💧	☁️☁️☁️	👤
April	☀️☀️	💧	☁️	👤👤
May	☀️☀️	💧	☁️	👤👤
June	☀️	💧	☁️☁️☁️	👤👤👤
July	☀️	💧	☁️☁️☁️	👤👤👤
August	☀️☀️	💧	☁️☁️☁️	👤👤👤
September	☀️☀️	💧	☁️☁️	👤👤
October	☀️☀️	💧	☁️	👤👤
November	☀️☀️	💧	☁️	👤
December	☀️☀️	💧💧	☁️☁️	👤

GEAR LIST

Trekkers should be prepared for all types of weather, especially cold and rainy conditions, no matter what time of year they visit. Clients are responsible for bringing personal gear and equipment. Below is a partial list of required gear.

TECHNICAL CLOTHING

waterproof jacket | insulated jacket | long sleeve shirt | short sleeve shirt | hiking pants | fleece pants | long underwear

HEADWEAR

brimmed hat | knit hat

ACCESSORIES

sunglasses | water bottle | water bladder

HANDWEAR

warm gloves

EQUIPMENT

sleeping bag | head lamp | daypack

FOOTWEAR

hiking boots

On the Inca trail, clients are responsible for carrying all their personal belongings including sleeping bags. Our porters will carry the cooking equipment, tents and sleeping pads. Along the Salkantay and Lares trails, the cooking equipment, tents, sleeping pads and up to 11 pounds of client gear will be transported by our porters and mules.

INCA TRAIL

Experience the region's most popular hike - the Inca Trail. This bucket list adventure is rich with stunning landscapes and historic ruins from the Incan Empire. The Inca Trail is 26 miles long. The high point is known as Dead Woman's Pass, at 13,769 feet above sea level. Machu Picchu sits at 7,972 feet in the middle of a tropical mountain forest.



6 DAY INCA TRAIL EXPRESS

A quick trip for those looking to experience the Inca Trail and Machu Picchu in a short amount of time.

7 DAY INCA TRAIL + MARAS-MORAY + SALT MINES

Discover the beauty of the Maras salt mines and the ancient ruins of Moray. Then hike to Machu Picchu on the Inca Trail.

SALKANTAY TREK

A blend of diverse landscapes, culture and natural beauty make the Salkantay Trek an attractive alternative to the Inca Trail. This hike is 37 miles long, and approaches Aguas Calientes from the southeast, offering a rare perspective of Machu Picchu. The high point is Salkantay Pass, at 15,200 feet above sea level.



7 DAY SALKANTAY TREK

This itinerary features great views of the snowcapped Peruvian Andes. The hike ends at Aguas Calientes, from where a bus takes us to Machu Picchu.

7 DAY ECOCAMP SALKANTAY TO MACHU PICCHU

Hike to Humantay Lake and Salkantay Pass, and board the train from Ollantaytambo to Agua Caliente and catch the bus that takes you to Machu Picchu. Evening are spent at our comfortable EcoCamps which use green technology for a 100% sustainable luxury camping experience.

9 DAY ECOCAMP SALKANTAY TO MACHU PICCHU

Hike along to Salkantay trail to each of our luxury EcoCamps, then board the train to Agua Caliente and catch the bus that takes you to Machu Picchu. Our EcoCamp sites offer plenty of optional activities if you are wanting more adventure after your day hikes.



PERU CITIES

LIMA

Lima is the capital of Peru and its largest city. Founded in 1535 by the Spanish conquistador Francisco Pizarro, Lima, is an elegant, modern city of approximately 8 million inhabitants. Despite pollution and poverty on the one hand, and expansion of modern suburbs on the other hand, Lima still maintains much of its colonial past and splendor. Museums, archaeological sites, beaches, the boardwalk, valleys, natural reserves, nightlife, and the exquisite cuisine gives Lima an authentic personality.



CUSCO

Cusco, the gateway to the Sacred Valley, is situated in the Andes Mountains at 11,000 feet above sea level. The ancient city is mostly inhabited by the Mestizo and indigenous population. The word Cusco derives from the word "Qosqo", which means navel in the ancient Incan language Quechua, as the destination was the center of the once powerful Inca Empire. The city contains beautiful, well-preserved Spanish colonial buildings and is surrounded by a number of ruins including as Sacsayhuaman, the fortress complex that was the site of a famous battle.



AGUAS CALIENTES

Aguas Calientes is a small town positioned just under four miles away from Machu Picchu, at the bottom of a valley. Also known as Machu Picchu Pueblo or Machu Picchu Town, it is the principal access point to the historic site. The name "Aguas Calientes" means warm waters in Spanish, undoubtedly the result of the thermal baths located around town. Located on a river, Aguas Calientes is picturesque, with a small plaza and a church at the center, as well as a variety of bars, restaurants and shops.



MACHU PICCHU

Known as the Lost City of the Incas, Machu Picchu is an ancient structure from the 15th century considered to be one of the most impressive archaeological sites in the world. The city was built in the classical Inca style with sophisticated, polished dry-stone walls which used no mortar. Many historians believe that the complex was constructed as a royal estate. The city was abandoned by the Inca during the Spanish conquest in 1532. Hidden on a small hilltop in the Central Andes, it sat undisturbed until it was re-discovered in 1911 by American explorer Hiram Bingham.

CONSTRUCTION OF AN EMPIRE

The Incan Empire was a sprawling territory that flourished in the early 15th century. Boundaries stretched from modern day Colombia to Chile and Argentina, making it the largest empire in the world at that time.

As the Inca conquered new areas, they studied and incorporated the techniques of other civilizations into their own. As a result, the Inca rapidly advanced their knowledge of building, weaving, metallurgy, irrigation, pottery, and medicine.

The Inca were absolute masters of masonry. Many sites in Peru that are still standing today were built using a technique called ashlar. This is a methodical process of cutting and fitting each stone precisely on all sides without the use of mortar. Though studied extensively, it remains a mystery how exactly the Inca were able to build such impressive architectural structures.



SAFETY

At Ultimate Expeditions®, we understand that your safety and well-being is our top priority. Our expert guides carry first aid kits and oxygen bottles on all treks. Regular crisis management training ensures that we are prepared for any emergency that may arise. Our ultimate goal is that you have a safe and enjoyable trip.



RESPONSIBLE TOURISM

Ultimate Expeditions® takes the welfare of our staff seriously. We pride ourselves on the proper treatment of crews to ensure they have suitable hiking equipment, warm clothing, and nutritious meals. Our team is devoted to assisting local communities in need and protecting the environment.

Phone: (312) 809-7007
Email: info@UltimateExpeditions.com