

Ausangate Nevada, Machu Picchu & The Amazon 14D/13N

Highlights & Overview

Activity	Duration	Meals	Hotel Options
Cusco Free Day	All Day	-	La Encantada, Andean Wings, El Balcon
Ausangate 5D Trek	Full Day	B, L, D	Camping, El Albergue on last night
Short Inca Trail 1D + MAPI	Full Day	B, L, D	Hatun Inti Classic
Amazon Jungle 5D Stay	Full Day	B, L, D	Tambopata Research Center
Transfer to Cusco		B	La Encantada, Andean Wings, El Balcon
Transfer to Airport			

Day 1: Cusco - Free Day & Acclimatisation

On your first day you can explore the City of Cusco and enjoy all it has to offer, like San Pedro market, the Plaza de Armas, San Blas and much more.

Hotel Recommendations in Cusco: La Encantada, Andean Wings, El Balcon

AUSANGATE 5D4N

This five day trek takes us through the Cordillera Vilcanota, South East of Cusco. We circumnavigate the mountain Ausangate (Apu Awsanqati) which stands at 6380m (20931ft). A good level of fitness and pre-trek acclimatization is necessary, this trek is not for the fainthearted. Ausangate is the largest and one of the most spectacular mountains in Southern Peru. In total there are three high passes of or above 5000m (16404ft), making it an excellent expedition for those looking for challenge.

Day 2: Cusco to Tinquí - Upis

Our private transport leaves Cusco early in the morning. We take a three hour drive through the beautiful countryside and small towns in route to the Andean village of Tinquí, which is at the foot of the Vilcanota mountain range. This is where we will meet our team, the mules and where our expedition will begin. On our first afternoon we will walk the plains below the mountain, giving us our first taste of what's to come, with the ever present Apu Ausangate (guardian mountain) in

view. Not an item usually found on a trek packing list, but bring your bathers! Our campsite tonight is in Upis, where we can bathe in the natural thermal springs.

Meals: B, L, D

Maximum Altitude: 4447m / 14589ft

Minimum Altitude: 3778m / 12395ft

Distance Travelled: 10 km / 6.21 ml

Approximate Walking Time: 5 hours

Day 3: Upis to Ausangate Cocha

Now well and truly into the trek, there are two high passes to summit today. After walking approximately 2.5 hours we reach our first pass, Arapa at 4850m (15255ft). We begin our circuit around the glacier, passing Lake Jatun Puqa Q'ocha. From here we ascend again until we summit our second pass, Apechata at 4900m (16,076ft). We move through a landscape dotted with turquoise lagoons which are fed from glacial waters. Today we truly enter the quiet simplicity and awe inspiring beauty of the area. After an easier downhill, we arrive at our campsite, near the turquoise Laguna Ausangate Q'ocha, which is close to tomorrow's mountain pass.

Meals: B, L, D

Maximum Altitude: 4850m / 15255ft

Minimum Altitude: 4447m / 14589ft

Distance Travelled: 16 km / 9.94 ml

Approximate Walking Time: 9 hours

Day 4: Ausangate Cocha to Qampa

We awake to the silence of man and the sounds of nature, surrounded by views of the mountains bathed in early morning light. Today we conquer the Palomani pass, at a considerable 5200m (17,060ft), it is the highest on the expedition. The ascent is relatively steep and the altitude can affect the pace. On reaching the summit, spectacular views of the snow-capped mountains of Puka Punta and Tres Picos are a gracious reward for our strenuous efforts. Descending through the valley of Finaya Pampa makes for a long downhill day leading us to our next camp at Jampa. Today we should walk amongst free roaming alpacas and llamas grazing on the mountainside. We could see the local farmers as we pass by their stone houses, which may be refreshing after our first two days almost total in isolation.

Meals: B, L, D

Maximum Altitude: 5200m / 17056ft

Minimum Altitude: 4447m / 14589ft

Distance Travelled: 10 Km / 6.21 ml

Approximate Walking Time: 9 hours

Day 5: Jampa to Pacchanta

Today we walk into the sun, trailing a mountain stream with strikingly bright glaciers ahead of us. Before the Q'ampa Pass the terrain gets very rocky, providing the perfect environment for a game

of 'spot the Viscacha' (animals similar to chinchillas and from the raccoon family). Our route passes through the small community of Q'ampa before reaching Q'ampa Pass, not quite as high as Palomani but still a respectable 5,000m (16,404ft). Once we reach the summit the landscape alters and from the pass, if the sky is clear, you can see Apu Salkantay, a sight to behold. Gradually entering back into civilization, we walk to the quaint village of Pacchanta for our final campsite. Again your bathers will come in useful for a fabulously hot and well deserved soak in yet more thermal springs.

Meals: B, L, D

Maximum Altitude: 5000m / 16100ft

Minimum Altitude: 4447m / 14589ft

Distance Travelled: 16 Km / 9.94 ml

Approximate Walking Time: 10 hours

Day 6: Pacchanta to Tinquí to Cusco

After yet another delicious breakfast in the mountains, we have about a 3 or 4 hour walk downhill, back into the village of Tinquí, thus completing the circuit. On arrival we say good bye to our trek team, meet up with our driver and with a scrumptious boxed lunch we head to Ollantaytambo.

Meals: B, L

Distance Travelled: 10 Km / 6.21 ml

Approximate Walking Time: 3 hours

Short Inca Trail 2D/1N

Day 7: Ollantaytambo Km 104 - Short Inca Trail 2D\1N

We will take the train to Km 104, where the Inca Trail starts. The valley turns into a canyon and the scenery begins to alter as the cloud forests appear on our approach to the Machu Picchu Sanctuary. We will disembark the train at Km 104 and start the hike along a challenging uphill path. This trek is short but hard, manageable but no 'walk in the park'.

This ancient Inca Trail takes us uphill all the way to the magnificent archeological complex of Wiñay Wayna, from where there are many steep steps to climb to reach the Archaeological Site. With a fabulous sense of peace far from the crowds, this will be the perfect spot to enjoy our delicious boxed lunch, with superb views of the massive green mountains and native orchids.

The trail becomes gentler from here and continues all the way to the Sun Gate, where we arrive at Machu Picchu through its real entrance. It is from here that we will have our first glimpse of Machu Picchu. We then cross the site to take the bus down to Aguas Calientes town, where we will check into our lodge to rest and relax, in anticipation of a full day visit tomorrow. Tonight we have dinner at the Indio Feliz restaurant, a really unique and great restaurant.

Maximum Altitude: 2732 m / 8964 ft

Minimum Altitude: 2088 m / 6850 ft

Distance Travelled: 10.79 km / 6.67 ml (to Inti Punku)

Approximate Walking Time: 7 hours

Meals: B, BL, D.

Day 8: Machu Picchu Excursion

Today after lunch we will catch the bus up to Machu Picchu. It is a 25 minutes bus ride to the sanctuary (2400 m). As other people begin leaving we will embark on our exploration of Machu Picchu and visit some of the most important places in the archeological site. Our guide will lead us in our exploration and discovery of the many curious corners within the enigmatic Citadel of Machu Picchu. The guided tour will have an average duration of 2 hours. There will be plenty of time for pictures after which we take the bus down to Aguas Calientes to take the train back to Ollantaytambo where our private transportation will be waiting for us, to drive us back to Cusco.

If you feel like an uphill challenge, you have the option to climb the infamous mountain of Huayna Picchu. It is important to know that to climb this mountain, you need to buy a separate ticket in advance. Please confirm that you want to make this climb at the time of making your booking with us. There are only 2 entrance times: 7 or 10 in the morning. The trail consists of many steep narrow steps (not recommended for people who suffer vertigo), the height of the mountain is 2700m (8858 ft) and the climb is 300m (984 ft).

Hotel Recommendation: El Albergue

Meals: B, L.

Tambopata Jungle 5D/4N

Day 9: Arrival to Puerto Maldonado - Tambopata Research Center

This morning we will collect you from your hotel to assist you with your full travel luggage and take our private transportation to the airport. Please head straight to the domestics check-in desks front and centre of the airport. Please present your passport in order to enter the airport. Once you have your boarding cards and have checked in all luggage you are now free to head upstairs to the domestic departure lounge ready to take our flight from Lima to Puerto Maldonado, the jungle!

NB: Please ensure you regularly check the departure boards dotted around the airport and locate your gate with plenty of time to spare. This is important, flights are not usually announced in Lima airport and gate allocations often change and may not follow those written on your boarding ticket.

On arrival to Puerto Maldonado you will be met by a representative from Rainforest Expeditions with a sign with your name on it. They will take you to their office in the city where you can leave any extra luggage that you don't need to take to the lodge (like your trekking clothes for Machu Picchu and cold weather gear for Cusco, which we suggest you pack in a separate bag).

Transfer Pto Maldonado Headquarters to Tambopata River Port

Skirting Puerto Maldonado, we drive 20 kilometers to the Tambopata River Port, entering the Native Community of Infierno. The port is a communal business.

Transfer Boat - Tambopata River Port to Refugio Amazonas

The two and a half hour boat ride from the Tambopata Port to Refugio Amazonas will take us past the Community of Infierno and the Tambopata National Reserve's checkpoint and into the buffer zone of this 1.3 million hectare conservation unit. **Boxed Lunch**

Orientation

Upon arrival, the lodge manager will welcome you and brief you with important navigation and security tips. **Dinner**

Caiman Search

We will be out at the river's edge at night, scanning the shores with headlamps and flashlights to catch the red gleams of reflection from caiman eyes.

Overnight at Refugio Amazonas

Day 10: Tambopata Research Center

Breakfast

Canopy Tower - A thirty minute walk from Refugio Amazonas leads to the 25 meter scaffolding canopy tower. A banistered staircase running through the middle provides safe access to the platforms above. The tower has been built upon high ground, therefore increasing your horizon of the continuous primary forest extending out towards the Tambopata National Reserve. From here views of mixed species canopy flocks as well as toucans, macaws and raptors are likely.

Transfer Boat - Refugio Amazonas to TRC

Four and half hours by boat from Refugio Amazonas, in the pristine heart of the reserve, lies the Tambopata Research Center. One and half hours into our boat journey, as we cross the confluence with the Malinowski River, we will leave the final traces of human habitation behind. Within the 700,000 hectare uninhabited nucleus of the reserve, sightings of capybara, caiman, geese, macaws and other large species will become more frequent. **Boxed Lunch**

Chuncho Clay Lick - Three hours from Refugio Amazonas, deep in the Tambopata National Reserve we will stop at the Chuncho claylick. After a brief walk (~5 minutes) we will have the chance to see dozens of large macaws feeding on the special sodium rich clays of the riverbank. The Chuncho claylick probably attracts more large macaws than any other claylick in the world and the sight of dozens of macaws taking flight is truly unforgettable. The details of our stopover will depend on the weather and the amount of macaw activity, as the birds don't visit the clay lick when it is raining.

Orientation - Upon arrival, the lodge manager will welcome you and brief you with important navigation and security tips.

Overlook Trail - A three to five kilometer hike will lead us to overlooks commanding magnificent views of the Tambopata winding its way into the lowlands. The forest on this trail, regenerating on old bamboo forest, is good for Howler Monkey and Dusky Titi Monkey. **Dinner**

Macaw Project Lectures - After dinner scientists will provide an in depth look at the biology of macaws, their feeding habits, the theories for clay lick use, their breeding and feeding ecology, population fluctuations and the threats to their conservation.

Overnight at Tambopata Research Center

Day 11: Tambopata Research Center

Macaw Clay Lick - On most clear mornings of the year dozens of large macaws and hundreds of parrots congregate on this large river bank in a raucous and colorful spectacle which inspired a National Geographic cover story. Discretely located fifty meters from the cliff, we will observe Green-winged, Scarlet and Blue-and-gold Macaws and several species of smaller parrots descend to ingest clay. Outings are at dawn when the lick is most active. **Breakfast**

Floodplain Trail - This five kilometer trail covers the prototypical rain forest with immense trees criss-crossed by creeks and ponds. Amongst the figs, ceibas and shihuahuacos we will look for Squirrel, Brown Capuchin, and Spider Monkeys as well as peccaries. TRC is located within this habitat. **Lunch**

Pond Platform - Ten minutes upriver from the lodge is a tiny pond with a platform in the middle. It is a great place to spot waterfowl such as Muscovy duck, sunbittern and hoatzin along with the woodpeckers, oropendolas, flycatchers and parakeets that call this pond their home. **Dinner**

Night walk - You will have the option of hiking out at night, when most of the mammals are active but rarely seen. Much easier to find are frogs with shapes and sounds as bizarre as their natural histories.

Overnight at Tambopata Research Center

Day 12: Tambopata Research Center

Macaw Clay Lick - On most clear mornings of the year dozens of large macaws and hundreds of parrots congregate on this large river bank in a raucous and colorful spectacle which inspired a National Geographic cover story. Discretely located fifty meters from the cliff, we will observe Green-winged, Scarlet and Blue-and-gold Macaws and several species of smaller parrots descend to ingest clay. Outings are at dawn when the lick is most active. **Breakfast**

Terra Firme Trail - An entirely different habitat characterized by smaller, thinner trees atop hills and slopes is covered by this five kilometer trail. Saddleback tamarins are frequently found here. As we walk near the limits of the swamp we will also keep our eyes open for rare tapir tracks. **Lunch**

Palm Swamp Trail - Growing on the remains of an oxbow lake and providing both arboreal as well as terrestrial mammals with fruits throughout the year, the aguaje palms are one of the most important food sources in the rainforest. Demand for these fruits and great conditions for planting rice, makes the palm swamp also one of the most threatened habitats. **Dinner**

Overnight at Tambopata Research Center

Day 13: Departure to Puerto Maldonado Airport & back to Cusco

Breakfast

1. Transfer Boat - TRC to Tambopata River Port.
2. Transfer Tambopata River Port to Pto Maldonado Headquarters
3. Transfer Puerto Maldonado Headquarters to Airport

We retrace our river and road journey back to Puerto Maldonado, our office and the airport. Depending on airline schedules, this may require dawn departures.

NOTES

- 1. Included** - Programmes based on double occupancy. Includes all meal, accommodations, and services, all river transportation, and transfer from and to the airport of Puerto Maldonado.
- 2. Not Included** - International or domestic airfares, airport departure taxes or visa fees, excess baggage charges, additional nights during the trip due to flight cancellations, alcoholic beverages or bottled water, snacks, insurance of any kind, laundry, phone calls or messages, reconfirmation of flights and items of personal nature.

Boat Transportation - Rainforest Expeditions boats are 20-foot long, roofed canoes. Outboard boat engine are 60hp 4 cycle, eco-friendly, low emission motors.

Transfer-in (From Puerto Maldonado to Lodge): we have two departures daily at 13:00 and 14:30

Transfer-out (Lodge to Puerto Maldonado): Early transfer Out about 5:00 AM in order to be on time for your flight Out that should depart after 13:00 hrs please be sure do not buy early fly out.

We reserve the right to change the order of activities.

Although not valid for the rainforest part of Peru, we recommend that all foreign travelers bring their original passports in order to avoid the payment of national taxes (IGV 18%) at Hotels.

Overnight in Cusco, with an afternoon and evening to finish exploring Cusco and enjoy a final evening meal.

Day 14: Transfer to Airport for Departure

We will transport you to Cusco's airport for your return flight to Lima to make your connection for your onward or homeward journey. Until next time, we'll say goodbye!

SERVICES INCLUDED:

- Briefing one day before the trek.
- Collection from your hotel in the morning of the trek departure.
- 3 nutritious meals per day (vegetarian options available).
- Snacks for every day of the hike.
- Drinking water along the trek.
- Bilingual guide (Assistant Guide for groups over 6 passengers).
- Chef (assistant chef for larger groups).
- Quadruple tents to be used by two people, allowing more comfort and more space to store backpacks.
- Porters (for equipment and personal items).
- Inflatable mattresses.
- Sleeping liner and pillow.
- First aid kit and oxygen bottle.
- Kitchen tent and dining tent with camp tables and chairs.
- Toilet tent.
- Duffel bags (up to 7Kg/15lbs per person). These are provided by your guide at your briefing (You need to give them back after the hike).
- Bus ticket from Machupicchu to Aguas Calientes.
- Lunch in Aguas Calientes.
- Entrance to Machu Picchu (if you want to visit the mountain of Huayna Picchu add USD15, please advise at booking).
- Train ticket to Ollantaytambo and transfer to Cusco.
- Bus ticket to go down to Aguas Calientes the day when we finish the KM 104 hike to Machupicchu.
- Round trip bus ticket to Machu Picchu from Aguas Calientes the day when we visit Machupicchu.
- Services as outlined in Jungle Tour.

SERVICES NOT INCLUDED:

- Meal not mentioned in the itinerary.
- International and domestic flights.
- Tips for guides and field staff.
- Hotels in Lima (these can be recommended and reserved as part of the booking and total package)