

Quechua Treks Perú

This is a truly magical tour of many of the wonderful things that Cuzco and the surrounding Sacred Valley have to offer. From ancient hidden Inca ruins to beautiful weaving communities, from the majesty of Machu Picchu to creating your own Peruvian chocolate bar! All this is at a pace that allows you to soak up each and every activity. Absorb each of the different experiences to create enduring memories of a fabulous, once in a lifetime, holiday for you and your family or friends. Come and see Cuzco from the perspective of those that live here.

DAY 1

Aclamatization day

We will meet you upon your arrival to the high Andes and transfer you to your hotel where you will be given your pre tour briefing. The guide will talk you through your itinerary and welcome you with your general orientation. They will be able to advise you on restaurant suggestions, where you can exchange money and any other specifically required information. You will then have time to settle into your new surroundings, take a coca tea and at your leisure, acclimatize to being in Cuzco, ‘Navel of the World’ (translation from ist quechua meaning), at 3,400 masl (meters above sea level - 11,154ft).

Overnight in Cuzco

DAY 2

City Tour

Our 9 day tour begins in earnest today with an eye opening morning tour through some of the most beautiful streets of Cuzco. We will walk around the old bohemian quarter of San Blas, famous for its picturesque white walls and blue doors and historically artisan community. On the other side of Cuzco, we find San Pedro market, a Cusqueñan institution, not to be missed. Famous for its tantalizingly exotic fresh fruits and vegetables, mouth-watering juices, too many to choose from and its naturally medicinal herb stalls. Then, onwards down Cuzco’s Central Avenue, Avenida el Sol, we arrive at the magnificent temple of Koricancha, originally dedicated to the sun God Inti (sun) and said to have been the most important temple in the Inca Empire. Lunch is a seated picnic at the “top” of Cuzco, close to the ruins of Saqsayhuaman. After lunch we enter the awe inspiring fort of Saqsayhuaman and also seek out the less visited archeological areas such as the temple of the moon. On visiting the chocolate museum you will be delighted by the rich scent of the finest Peruvian chocolate and the fascinating process of the humble cacao bean, from bean to bar. The workshop at the museum is at once educative, enlightening and great fun, not to mention the end result, a custom-made chocolate bar of your own! <http://www.chocomuseo.com> .

Meals: B, PL

Quechua Treks Perú

Overnight in Cuzco

DAY 3

Sacred Valley, visit to the community of Amaru.

Not far from Pisac in the Sacred Valley is the Amaru community. Travelling to the “parque de la papa”, today we will visit a local family within their own community and share a hearty and healthy lunch together. The local staple of delicious quinoa soup and some quick stir fried fresh crunchy vegetables will be served. During the course of the day the family will teach us their farming techniques, ancient tried and tested rituals of planting and harvesting and how these are all connected to *Pachamama* (mother Earth). The family will show us how to use their traditional tools for the native products grown on the farm. Children may have the opportunity to harvest their own potatoes and visit the small garden. In the evening we stay in the Sacred Valley. This is a lovely option, with less road travelling allowing a more relaxed pace and we will be perfectly located for visiting Pisac in the morning. <http://www.yachaqs.com/en/tours-and-programs/sons-of-the-earth.html>

Meals: B, L

Overnight in the Sacred Valley

DAY 4

Sacred Valley, Pisaq and Ollantaytambo

An archeologically fascinating and **brehtaking** journey awaits us today! We climb high above the town of Pisac to discover unassuming triumphs of complex Incan architecture and agriculture terracing systems, still in use today, set within the surrounding hills of the Urubamba River valley. In between Pisac and Ollantaytambo, we stop for a buffet lunch at a restaurant set at the side of the Urubamba River. The buffet is ideal for a long day, we are able to serve ourselves and sample all the available culinary options. After our luncheon we will jump into our private vehicle and head over to Ollantaytambo. The astonishingly intricate yet formidable fortress of Ollantaytambo lies overlooking the Ollantaytambo *pueblo*. We will enjoy a marvelous time in Ollantaytambo around a quaint town square (*plaza*), renowned for its peaceful character. The little altered layout of the town offers an unprecedented peek into the way of life of its ancient peoples.

Meals: B, L

Overnight in the Sacred Valley

Quechua Treks Perú

DAY 5

Quads

After much cultural and historical appreciation, today is all about riding! We drive to Urubamba in the Sacred Valley in our private vehicle where we will meet up with our quad bikes for the day. We crank up the engines and immediately set off to climb a ravine that descends from the snowy peak of *Chicón*. On our way we will stop off at a local *piscigranja* or fish farm. Trout is farmed here and we will learn about the workings of the farm and, choose our own fish for lunch! Then it's back on our quads and onwards and upwards until we eventually reach our destination for lunch. A beautifully set table will have been prepared for us with various salads, locally grown corn, native potato chips and our freshly cooked trout that we selected en-route. Bellies fed and thirsts quenched, it's back down the Urubamba Valley where, after our day of fun and frolicking, we head back to the hotel in our private vehicle.

In the afternoon, an optional activity is a visit with our friend at a local pottery. Under the watchful eye of an expert, we can make our own cup. These will be ready for collection on our return from Machu Picchu as they need to be fired in a clay oven.

Meals: B, L

Overnight in the Sacred Valley

DAY 6

Machu Picchu

In the morning we will be picked up from our hotel in the sacred valley and head directly to the train station in Ollantaytambo for the relaxing and beautifully scenic two hour train ride to aguas calientes. we will take the bus up to the citadel for our first view of one of the new seven wonders of the world (2001), and to spend an afternoon in the Inca citadel. For our first day at Machu Picchu we will have a boxed lunch, enabling us to make the most of our time here. One can enjoy the opportunity of soaking up the last rays of the Andean sun setting over Machu Picchu and the special tranquility of this time of day as many day visitors will have already left. The gates close at 5pm when we will head back down to the town of Aguas Calientes and after a hot shower at our hotel, head out for dinner, looking forward to our second visit tomorrow.

Quechua Treks Perú

Meals: B, BL, D

Overnight in the Sacred Valley

DAY 7

Machu Picchu

Really early this morning, with our guide, we take the 25 minutes bus ride to the sanctuary of Machupicchu (2400m – 7874ft). 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.

Afterwards, we will still have some time to visit other places that we did not visit with our guide. For example, heading west from the centre of Machu Picchu, the Inca bridge is a 30 minute/2Km (1.24 miles) or so walk along a narrow path. If you feel like having an uphill challenge, you have the option to climb the infamous mountain of *Huayna Picchu*. It is worth mentioning that to climb this mountain, you need to buy the ticket in advance. Please confirm that you want to make this climb at the time of 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 from vertigo), the height of the mountain is 2,700 masl (8,858ft.), the climb is 300m. (984ft.).

At the end of our visit we will take the bus down to Aguas Calientes for lunch and then board the return train to Ollantaytambo where our private vehicle will be waiting to take us back to the city of Cuzco.

Meals: B, L

Overnight in Cuzco

DAY 8

This day is your own. having now had a little taste of what's available in Cuzco and what there is to discover among the many and varied *barríos*, café bars and bustling markets, this day is your day to indulge yourselves in your own exploration. Whether it is off to sample the juices or take in the sights, sounds and smells of the many markets, begin your adventure selecting souvenirs or simply find a quaint *plazoleta*, take a seat and watch the world go by at 3400m. (11,154 t).

Meals: B

Overnight in Cuzco

Quechua Treks Perú

DAY 9

After a wonder-filled 9 days, it's time to say so long! Until next time. Transfer hotel to airport

Services included

Airport pick up upon arrival.

private vehicles for all the transfers and tours.

Private bilingual guide for all excursions

Meals indicated in the itinerary (vegetarian options available).

(B = Breakfast, L = Lunch, D = Dinner, PL= Picnic Lunch, BL= Box Lunch)

Return train ticket between Aguas Calientes and Ollantaytambo

Machu Picchu permit (If you want to climb the mountain Huayna Picchu, add USD15. [Please let us know at booking](#)).

Round trip bus ticket to Machu Picchu from Aguas Calientes

All entrance fees to the places mentioned

Services not included

Permit to climb Huayna Picchu.

Meals not mentioned in the itinerary.

Tips for guides and field staff.

What you should bring

A light day backpack, knapsack to carry your things.

Rain protection (Raincoat , rain trousers/pants , poncho, etc.. even if you are coming in the dry season).

Comfortable, well worn-in walking shoes (Trainers and sandals)

Warm clothing (Hat, gloves, socks)

Warm fleece or down jacket

Shorts

T-shirts

Trekking trousers/pants

Quechua Treks Perú

Swim suit
Hat or cap to shade from the sun.
Sunglasses with attaching string
Money belt
Water bottles (Such as Nalgene)
Lipbalm
Suntan lotion factor 50+
After sun lotion
Insect repellent
Basic medical kit
ID/original passport (It is necessary to carry it to Machu Picchu)
Torch/flash light & spare batteries
Personal toiletry kit
Camera and spare batteries/memory cards
Money for snacks, souvenirs and tips if you wish to tip.

Discounts

Students: USD 30.00 (You must have a valid International Student Identity Card. Any other kind of ID such as youth Travel Cards are not valid).

Teenagers: USD 20.00 (Up to 15 years, copy of your passport is required for booking).

Children: U.S. \$ 45.00 (Up to 10 years of age, copy of your passport is required for booking).

Important Notes.-

If your trip includes accommodation, prices for accommodation do not include the 19% tax applicable to Peruvian residents. You must show your passport and your **original immigration card** (given to you when you entered the country) when checking into your hotel, or the tax may be added to your bill by the hotel. For security reasons, make photocopies of both documents and keep them in a separate place from the originals. You could also have it scanned onto any device that you may have, such as a cellphone, tablet, iPad, iPhone, etc..

When you take the train to Machu Picchu, you can only take with you a carry-on luggage.

Allowed per passenger:

5Kg/11 lbs.

157cm/62 linear inches

(high + length + width)

Quechua Treks Perú

Free luggage storage for PeruRail passengers.

Storage in Ollantaytambo: Monday to Sunday from 7:00 a.m. to 7:00 p.m. (Complimentary).

Storage in Machu Picchu: Monday to Sunday from 7:00 a.m. to 7:00 p.m. (Complimentary).

The hotels in Cuzco and the Sacred Valley will have a storage place that you can use (Complimentary).

Dates and visits to places can be altered, according to your needs.