

Active Peru Inca Explorer



Machu Picchu – Inca Trail – colonial Cusco – whitewater rafting – Apurimac Canyon – expert guides – great fun – small group

Combine two of Peru's most amazing adventure experiences in one holiday.

Hike over four days along the Inca Trail to Machu Picchu.

Raft the mighty Apurimac River as you travel through a stunning canyon over three thrilling days.

Enjoy time exploring and relaxing in the fun city of Cusco between adventures.

This is a Pura *handpicked* holiday with an activity rating *high* and a comfort rating *standard*.



Enjoy your active Inca Explorer holiday.



Holiday Itinerary

Day 01 | Cusco | **arrive in Peru**

Please note: flights for this holiday are quoted separately.

On arrival in Cusco, we transfer you to your hotel and start acclimatising to the rarefied air of this beautiful city (3,326m).

In the afternoon, we take a short walking tour of the centre of Cusco to familiarise you with the main sights, museums and restaurants.

This is also a chance to stretch your legs and experience life at 3,300m.

Day 02 | Cusco | **explore & acclimatise**

Today is yours to explore Cusco at your own pace and get used to the altitude.

This evening you will have a briefing for your holiday, in particular the trek which starts in the morning. (b)



Looking out over Machu Picchu.

Day 03 | Inca Trail | **start the Inca trail**

Your Inca Trail guides pick you up this morning for the drive past the impressive Inca fortress of Ollantaytambo and a chance to buy any last minute supplies.

Please note: in the event that Inca Trail permits are sold out, we can offer this trip to include the Lares Trail ('Alternative Inca Trail') instead.

After an interesting drive to the end of the road at Chilca you meet our support team of porters before embarking on the famous Inca trail to Machu Picchu.

The trek undulates along the banks of the Urubamba river and we camp the night at Llastapata (2,788m) beside some spectacular ruins which, if you have the energy, you have time to explore.

Whilst walking all you need to carry is a daypack, all camping equipment is carried by the porters.

All camp chores are done for us and delicious food is served by a cook and his helpers. (b,l,d)

Day 04 | Inca Trail | **steady walk to altitude**

Today walk 10km, 6.5hrs, ▲850m at relatively low altitude (3,000m) through a pretty wooded landscape.

As the day goes on you will be passing the tree line and start to get spectacular views of although by the end of the day you will be higher than you were in Cusco, camping in a lovely spot at around 3,800m.

The drier season (April-November) coincides with winter in Peru so whilst daytimes are generally fairly pleasant, at night the temperature drops quickly.

Expect nighttime lows around freezing. (b,l,d)

Questions? Ready to book? Call us on **01273 676 712**

info@pura-aventura.com | www.pura-aventura.com | Pura Aventura, 18 Bond Street, Brighton, BN1 1RD. UK.



Active Peru Inca Explorer



Hike as part of a small group.



Tents are pitched in breathtaking surroundings.



Enjoy your dedicated guide to know more about the Inca's history.

Day 05 | Inca Trail | **high trail**

Today is the hardest day of the trail as you cross over two high passes, effectively hiking an 'm' shape. Walk 15km, 8hrs, \uparrow 650m, \downarrow 850m

From your campsite walk a steady and increasingly steep path up to Dead Woman's Pass at 4,215m, the highest point of the trail.

You find yourself beyond obvious signs of human life and you begin to get a sense of how remote Machu Picchu really is.

You will also have stunning views of the surrounding Andean peaks and should have a great sense of achievement by the end of the day.

Lunch is served in the dip between the two passes.

This afternoon your walk is longer than in the morning but at lower altitude so should be easier on the lungs.

Once you hike over the second high pass of the day, (3,900m) then you should find the going good.

Your campsite tonight is at 3,600m on a bluff overlooking beautiful mountain scenery. (b,l,d)

Day 06 | Machu Picchu | **get to Machu Picchu**

The final day of the trail is the most beautiful, starting with what can be the most stunning sunrise.

Walk 11km, 6hrs, \downarrow 700m

There are lots of steps as you approach the satellite Inca site of Winaywayna. The evidence of Inca masonry is everywhere as the trail leads you through cloudforest rich with orchids and birds.

Remember that they are still discovering Inca sites along this stretch. At points the path narrows and you can see through the lichen covered trees down to the Urubamba River far below.

Lunch is served at the ruins of Winaywayna before the final push up a steep stairway to the Sun Gate and your first views of Machu Picchu.

Take time to soak up your achievement and, hopefully, watch the citadel bathed in the warm afternoon light.

From the Sun Gate it is another 3km to Machu Picchu itself. You should be here at around 4pm when most people have gone for the day so take time to just wander through the ruins in the quiet of the late afternoon.

Catch a shuttle bus down the hill into the river valley to spend tonight in a plain but comfortable hotel in the ramshackle village of Aguas Calientes. (b,l)

Day 07 | Cusco | **discover Machu Picchu**

First thing in the morning you head up the hill to Machu Picchu and have it virtually to yourself for a full guided tour, with time afterwards to climb Huayna Picchu.

Walk out to the Inca Bridge or else just wander through the ruins soaking up the amazing atmosphere.

In the afternoon, board the train for an exhilarating ride along the Sacred Valley of the Incas.

Here our waiting bus whisks you back to Cusco and your hotel. If you have the energy you can explore Cusco's excellent nightlife. (b)

Day 08 | Cusco | **free day in Cusco**

There is so much to see and do in Cusco that we dedicate a whole day to doing just that.

Questions? Ready to book? Call us on **01273 676 712**

info@pura-aventura.com | www.pura-aventura.com | Pura Aventura, 18 Bond Street, Brighton, BN1 1RD. UK.



Active Peru Inca Explorer



Raft into a magnificent canyon



Set up your camp alongside the Apurimac River.



Great fun rapids and a great safety team on hand.

Whether your interest is exploring Inca ruins, visiting Colonial churches, bargain hunting in artisan markets or just relaxing over a cappuccino on a terrace overlooking the Plaza de Armas, Cusco has it all. (b)

Day 09 | Apurimac Canyon | **raft down the river**

Today we pick you up at your hotel in Cusco for the spectacular drive to the Apurimac canyon, hopefully glimpsing on route the snow-capped Vilcanota mountain range before descending into the canyon to our starting point on the banks of the Apurimac.

Here load up your raft with provisions and, following a full safety talk and instruction head off into the canyon in search of adventure. (b,l,d)

Day 10 | Apurimac Canyon | **raft the Apurimac**

Challenge the rapids of the mighty Apurimac.

"Apu - rimac ", in Quechua, signifies "The Great Speaker" - Inca nobility and priests would often 'consult ' the river on route to the city of Cusco.

The rapids are pretty much non-stop and at times the huge boulders that block your way force you to the bank for further scouting.

At several points you have to portage un-runnable falls.

At night, camp on beautiful sandy beaches and explore the amazing rock formations.

Andean foxes, otters and pumas have all been sighted on the banks of the river.

In between the harder rapids there is plenty of time to take in the awesome scenery and marvel at the near sheer sided gorge down which we are travelling. (b,l,d)

Day 11 | Cusco | **back to Cusco**

Finally reach a break in the canyon walls and from here it is a short bus journey back to Cusco, passing en route the towering snow capped Salcantay Mountain.

On arrival in Cusco we drop you off at your hotel for a well-earned hotel bed, hot shower and perhaps a small party to celebrate your successful descent of through the mighty Apurimac canyon. (b,l)

Day 12 | Cusco | **leave Cusco**

Transfer to Cusco airport for your flights home. (b)

Please note: flights for this holiday are quoted separately.

Questions? Ready to book? Call us on **01273 676 712**

info@pura-aventura.com | www.pura-aventura.com | Pura Aventura, 18 Bond Street, Brighton, BN1 1RD. UK.



Active Peru Inca Explorer



Holiday Information

Pura's opinion

This great expedition is ideal for travellers looking to experience an active adventure in wonderful places full of culture, history, good restaurants and fun nightlife.

The first adventure take place from Cusco through the Sacred Valley of the Incas, passing by the Inca town of Ollantaytambo, before embarking on the famous Inca Trail to the lost city of the Incas, Machu Picchu.

This five days trek involves spectacular Andean scenery along an ancient paved Inca trail visiting many ruins.

After have a full day of rest in Cusco, set off for three days of wild rafting in the heart of an impressive 3,000m deep Granite canyon.

This is justifiably gaining a reputation as one of the world's top ten rafting rivers: it combines a perfect mix of exhilarating rapids and awesome scenery.

Apart from world-class rapids the Apurimac boasts pristine sandy beaches for camping, spectacular sun-bleached rock formations and rare wildlife including otters, puma and the ultra elusive Andean bear.

How active?

The focus of this holiday is on active exploration and culture.

The Inca Trail covers 28 miles over 4 days. However, it is at high altitude. The going can be slow and fairly tough. You must be used to hiking to enjoy the trail.

Day one is a short walk on easy terrain at lower altitude than Cusco so you should find this quite easy.

Day two is a longer walk, mostly uphill on good paths with some paved sections. This is the day where you will really start to feel the altitude.

Day three is the hardest day as you go over the highest pass on the trail, down then up over a second pass and finally down and over a small third pass.

Day four is relatively long but you are losing altitude and walking down for most of the day. The path becomes much more structured with long sections of narrow steps and paved stretches. It can therefore be the toughest day for your knees.

Having said all this, by taking slightly longer to complete the trail you are walking with few other people and you can walk at a pace suitable for you.

Day eight start your three days white rafting experience in the Apurimac River. Expect grade III and IV waters which is to say exciting and thrilling but not something for which you need to have had previous experience.

Should we deem the rafting portion of the Rio Apurimac to be too high to be safely navigated we reserve the right to offer an alternative river.

Rapids deemed too dangerous to safely run are portaged; the decision of the river guide is final in these circumstances.

How comfortable?

A significant proportion of this trip is spent camping. Whilst the camping is supported and therefore relatively comfortable, you are still going to be sleeping in a tent at high altitude in the cold.

During the day hopefully it will be generally sunny enough for shorts and t-shirts though having a fleece and rain gear handy is advisable.

It will get cold (as low as -5°C whilst camping) especially in the evenings so bring a warm fleece jacket, a good waterproof and some warm clothes including thermal underwear, gloves, scarf and woolly hat as well as one set of smarter clothes for Cusco.

A good quality sleeping bag is essential for your enjoyment of this trip.

In Cusco and Aguas Calientes stay in basic, clean and comfortable 3* hotels. Upgrades are available.

How independent?

This is a fully guided private group trip for a minimum of 4 people.

You may find that you have people joining you for just the hike or just the rafting so it may not be the same group throughout.

The "Inca Explorer" travels through a remote and rarely visited part of Peru and we believe our clients should be aware that the remoteness that makes this trip so very special could also cause certain problems.

How do I book?

If you would like to book onto this holiday, please call us on **01273 676 712** with the following information:

- Full names
- Address
- Contact telephone numbers & email
- Deposit of 15%

Deposits can be paid by card, cheque or bank transfer, whichever suits you best. The balance of your holiday is payable 60 days prior to travel.

Once we have the details above we send you a confirmation email detailing all of the services agreed between us.

We ask you to check through all of this carefully and sign off on the holiday at that point.

Note that this small group holiday is subject to a minimum number of four.

Prices and departures

2012	21 Apr 05 May 02 Jun 23 Jun 07 Jul 28 Jul 01 Sep 06 Oct 17 Oct 03 Nov 17 Nov £1,570pp
Flights	<i>Price does not include flights.</i> We can arrange these for you (guide price £800 - £950 depending on season) or you can arrange your own.
Price includes	Comfortable three star hotels (twin or double en suite) in Aguas Calientes and Cusco; Entrances & guided Inca trail and Machu Picchu; All rafting equipment, guides & porters; Transfers and transport as above; Activities mentioned and equipments needed; and meals (b,l,d) as per itinerary.
Not included	Flights; personal expenses; tips; sleeping bag rental.

Prices are per person based on two sharing.

Questions? Ready to book? Call us on **01273 676 712**

info@pura-aventura.com | www.pura-aventura.com | Pura Aventura, 18 Bond Street, Brighton, BN1 1RD. UK.

