

# Active Peru Peru Small Group Adventure



Machu Picchu – Inca Trail – colonial Cusco – Pisac market  
horse riding – whitewater rafting – mountain biking – guided small group

Enjoy adventures in the great outdoors of Cusco and the Sacred Valley.

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

Ride horses out to the impressive Inca fortress of Sacsayhuaman.

Raft the white waters of the upper Urubamba River.

Mountain bike from villages, through salt pans into the Sacred Valley.

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



Looking out over Machu Picchu.



## Holiday Itinerary

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

Please note: transatlantic flights for this holiday are quoted separately.

On arrival from your spectacular flight along the Andes to Cusco, we transfer you to your hotel and start acclimatising to the rarefied air of this beautiful city (3326m).

In the afternoon, we take a short walking tour of the centre of Cusco to familiarise you with the main sights, restaurants and a chance to stretch your legs and experience hiking at 3300m.

At a convenient time your guide will arrange a full briefing for the days ahead.



Enjoy your multi-activity holiday surrounded by amazing scenery.

**Day 02** | Cusco | **ride horses to ruins**

Today you head out of Cusco and meet up with your horses for a fun day of easy horse riding.

For those not keen on horse riding, they can also enjoy the same route on foot – an ideal acclimatisation hike.

You will visit the main Inca ruins in the Cusco valley and some less known ones too.

Thereafter enjoy a picnic lunch and end with a visit to Sacsayhuaman fort before returning to Cusco for the night. (b,l)

**Day 03** | Sacred Valley | **raft the Urubamba**

Today go to the upper Urubamba, the sacred river of the Incas for some fun grade III white water rafting.

Full instructions and a safety talk are given so no previous experience is necessary.

Following the rafting take a rarely used road along the Urubamba valley to Pisac where you can visit the local artisan market before heading on to a beautiful Hacienda deep in the Sacred Valley which will be our base for the next two days. (b,l,d)

**Day 04** | Sacred Valley | **downhill bike trail**

Today go to Chinchero plain to experience the best one-day mountain bike adventure in Peru.

Largely downhill, pass Lake Huaypo, famous for UFO sightings and enjoy great views of the Vilcanota mountain range.

Enjoy a fantastic downhill on old Inca trails to the village of Maras and then a descent of a lifetime on donkey trails into the spectacular salt-pans.

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

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Experience a fun grade III-IV rafting in the Urubamba River.



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



Tents are pitched in breathtaking surroundings.

For those not wishing to bike there is a hiking option available.

Thereafter arrive back at our hacienda in time to relax in the lovely garden. (b,l,d)

### **Day 05** | *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 Llactapata (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 06** | *Inca Trail* | **steady walk to altitude**

Today walk 10km, 6.5hrs,  $\uparrow$ 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)

### **Day 07** | *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 08** | *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

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Tents are pitched in breathtaking surroundings.



Relaxed pace of the hike means more time to enjoy the views.



Enjoy the camaraderie of a group hike.



Visit the spectacular Machu Picchu at the end of your hike.

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 09** | 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 10** | Cusco | **visit Cusco**

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

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 11** | Cusco | **leave Cusco**

Today, you transfer to Cusco airport in time for your internal and international flights home. (b)

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## Holiday Information

### Pura's opinion

This trip is ideal for travellers looking to experience a great multi-activity adventure in a wonderful place full of culture, history, good restaurants and fun nightlife.

From Cusco explore nearby ruins on horseback, raft the fun grade III-IV rapids of the Urubamba River.

You will have the opportunity to enjoy visit the authentic Pisac artisan market.

The trip also boasts the chance to descend into the Sacred Valley of the Incas by mountain bike.

After these amazing experiences, hike the famous Inca Trail to the lost city of the Incas, Machu Picchu before returning to Cusco.

### How active?

The focus of this holiday is on adventure and culture.

Day one is a short walk in Cusco, this is a chance to stretch your legs and experience hiking at 3300m.

Day two is an easy horse-riding day or hike for those not keen on horse riding.

Day three is a fun white rafting session grade III-IV rapids then a walk through the Pisac artisan market.

Day four is a full day mountain biking in valleys.

Day five start your amazing four days Inca trail hike over several high passes up to 4200m.

Day nine visit Machu Picchu and climb Huayna Picchu.

Day ten you have the all day free to visit Cusco.

The Inca Trail involves steep descents on old Inca steps-it is recommended that all clients should have some previous trekking experience and should be in reasonable fitness.

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.

Remember that our team of porters carry your things.

### How comfortable?

Stay in clean and comfortable 3\* hotels and lodges. Certainly nothing fancy but rooms are en suite.

On this expedition we will be experiencing all extremes of Peruvian climate, from freezing Altiplano to extremely hot sunshine.

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 -5c 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.

Good quality Alpaca jumpers are available in Cusco.

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

It will be a fully portaged camping on the Inca Trail. Dining and toilet tents are provided.

### How independent?

This is a small group holiday leaving on set dates with a minimum of 2 and maximum of 16 passengers.

This is an adventure holiday, whilst we and our partners in Peru endeavour to minimise the chances of anything unexpected happening, it has to be noted that

no itinerary can or should be rigidly adhered to.

This is the very nature of adventure travel and we expect our clients to be prepared for delays and slight alterations in our programmed events.

### How responsible?

Pura Aventura is passionate about the places it visits.

To help preserve the integrity of these destinations we:

- Work directly with local businesses and organizations to directly benefit local economies.
- Work with local guides so that our holidays are more interesting for clients and more beneficial locally.
- Make payment to suppliers before our clients arrive.

We strictly adhere to the Porter Protection Policies which govern porters' work in Peru.

### 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	11 Mar   01 Apr   13 May   15 Jul   19 Aug   23 Sep   14 Oct   <b>£1,589pp</b>
Flights	<i>Price does not international flights.</i> We can arrange these for you (guide price £800 - £900 depending on season) or you can arrange your own.
Price includes	Comfortable but fairly simple three star hotels (twin or double en suite) in Cusco, hacienda in the Sacred Valley and hotel in Aguas Calientes; Entrances & guided tour of Cusco Inca sites, Maras salt pans, Inca trail and Machu Picchu; 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.*

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