

# Walk Beach Peru Brazil

## Inca Trail and Brazil beach



Inca Trail - Machu Picchu - colonial Cusco – Sacred Valley  
spectacular scenery – expert guides – small groups – relaxed  
pace – comfortable camping - explore Rio – beautiful beaches

Combine the Inca Trail hike to Machu Picchu with time on a fantastic Brazilian beach.

Walk the Inca Trail over four days, avoiding the crowds.

Experience the unique feeling of arriving at Machu Picchu on foot.

Explore the wonderful city of Rio de Janeiro at a relaxed pace.

Spend a week soaking up the sun in Rio de Janeiro and on the beautiful beaches of Buzios.

This is a Pura *handmade* holiday with an activity rating *medium* and a comfort rating *first*.



Relaxing in the pool at Buzios.



***"Many thanks indeed for an absolutely superb holiday which we all enjoyed thoroughly. Machu Picchu was stunning. The second half of the holiday in Rio was almost equally good – the statue of Christ the Redeemer and the Sugarloaf were truly memorable and Buzios was absolutely charming."*** Peter D.

### Holiday Itinerary

#### **Day 01** | Lima | **fly to Peru**

Fly to Peru today.

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

#### **Day 02** | Cusco | **explore and acclimatize**

Fly the short distance up to Cusco, 'the navel of the Andes'.



You are met by your guide for the drive to your comfortable hotel near the city centre.

Acclimatize to the altitude (3,326m) with a stroll through the picturesque streets or walk through the ceremonial Inca fortress of Sacsayhuaman from where you have a panoramic view of the town.

You are looked after by a Pura Aventura guide throughout your time in Cusco and on the Inca Trail so relax and choose your own pace

Your guide, as well as giving you a great insight into the country, allows you lots of flexibility in choosing what to do each day. (b)

#### **Day 03** | Cusco | **discover the Sacred Valley**

You will still be acclimatizing today so the pace will be fairly relaxed.

Spend all day in the company of your guide exploring some of the Inca sites around Cusco and the Sacred Valley today.

You might also like to visit the colourful and lively market in the town of Pisac, renowned for its local weavings and hand-painted pottery.

Alternatively, your guide can take you to a less visited Andean village for you to see Peru away from the tourist trail. (b)

To book or for more information call us on **01273 676 712**

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### What makes our Inca Trail different?

At Pura Aventura we only operate our own dedicated Inca Trail walks. By doing this we can be sure that you will get the most from your walk to Machu Picchu.

#### Permit system

Each day the Peruvian Government allows 500 people onto the trail. This includes all guides and porters so actually equates to about 200 hikers each day.

If this sounds like a lot, frankly it is but there are ways to avoid the crowds.

#### Their way

The vast majority of those 200 walkers do the three day trail which aims to arrive at Machu Picchu at sunrise. Once they arrive, they visit the site and catch that afternoon's train back to Cusco.

Those going at this pace on the Inca Trail suffer a couple of disadvantages.

Firstly, you have less time to acclimatise as you tackle the highest point of the trail on only the second day.

Secondly, the campsites are very busy, particularly the last night in Winaywayna which can have over 300 people spending the night. That equates to a lot of tents, a lot of noise and some fairly unpleasant sanitary conditions.

Thirdly, your first views of Machu Picchu can be rather compromised as people jostle for a perch in a small viewing area at the Sun Gate.

This a quote from one, very good, operator "Almost every group wants to be at the sun gate for sunrise. Sheer numbers require an early start to make sure people are in place for the sunrise."

Lastly, since Machu Picchu is in a cloudforest, sunrise happens probably around 30% of the time. More normal is that the clouds gradually drift clear later.

If the weather isn't good, they will not get to see the site in all its glory as they will be on a train back to Cusco that same afternoon.

#### Our way

Meanwhile...Pura Aventura clients are half a day behind the main group of walkers as you set off in the afternoon of day one.

Because you do not cross the highest pass until day three, you have an extra day to acclimatise.

Our guides work hard to make sure that you walk in the peaceful conditions at any time of year. You enjoy a quiet, often empty, trail ahead of you. The places we camp are very peaceful.

You arrive in Machu Picchu in the twilight when the site is at its prettiest and quietest.

That afternoon you stroll down through the site to soak up the atmosphere before spending a welcome night in a hotel nearby.

The following morning you come back up to the citadel - early enough to catch sunrise if you like. You have your full guided tour before returning to Cusco by train that afternoon.

In all you have about 24 hours at Machu Picchu spread over two days, giving you the best possible opportunity to see the site at its best.

"Jake (our guide) and the porters always found us wonderfully quiet spots to camp and Pura's method of taking plenty of time for the trail and not using the busy sites made the trail very special."

### Day 04 | Inca Trail | start walking the trail

From Cusco drive into the Sacred Valley of the Incas, stopping to explore the Inca ruins at Ollantaytambo.

Start your four day hike with a gentle walk alongside the Urubamba River.

**Please note:** we also offer the shorter 1-day 'Royal' Inca Trail and also the train journey to Machu Picchu. If you prefer a less active alternative, please just ask.

The start point of the trail is actually lower than Cusco so for the first couple of days you are actually still acclimatising to the altitude. Walk 5km, 2hrs, ▲50m

While you walk all you need to carry is a daypack as porters carry your things and all of the camping equipment, food, toilet, etc.

Sleep in comfortable tents and enjoy delicious meals prepared for you by your cooks. Tonight's campsite is effectively private so you are very unlikely to be sharing it with any other groups.

On your two subsequent nights there may be one, occasionally two other small groups at a campsite but by and large you are on the trail with little evidence of other walkers.

Apparently the record for completing the high altitude 28 miles of the Inca Trail is just over 3 hours, 34 minutes.

You will be taking rather longer to complete the trip as you linger to enjoy your surroundings as well as the culture and history of the Inca.

From your guide you learn about rural life in the nearby villages as well as the flora, fauna and the Inca Empire as you pass various ruins during the day. (b,l,d)

### Day 05 | 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)

### Day 06 | Inca Trail | cross the highest pass

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

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Standing at Dead Woman's Pass

### Our porters

By the end of day one you are likely to really appreciate the work your porters are doing for you.

In the mornings they are there to wake you for breakfast with a cup of tea and warm water for a wash.



As you set off walking for the day, they pull up camp, overtaking you a while later fully laden with all of the gear.

A couple of hours later you come across them again and they will have prepared a three-course lunch for you on the side of the trail.

After this, you waddle onwards and upwards only to be overtaken again soon afterwards.

By the time you get to the day's stopping point, the team will have set up the campsite, have supper on the go and greet you with a cup of tea!

Pura Aventura adheres strictly to the Porter Protection Policies in place on the Inca Trail.

In fact our porters are from the community of Chacllanca, about 45km from Cusco.

Generally they are subsistence farmers who supplement their earnings by working on the Inca Trail. Our two head chefs, Virgilio and Herlin are in charge of getting the teams together and are therefore the bosses.

Your team of porters is usually therefore made up of friends, family and neighbours who respect one another and work well together.

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 07 | Aguas Calientes | see Machu Picchu

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

Walk 11km, 6hrs, ▼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 fairly plain but comfortable hotel in the ramshackle village of Aguas Calientes. (b,l)



Wake up on the last morning of the trail to a stunning sunrise.

### Day 08 | Cusco | Explore Machu Picchu

This morning if you are feeling energetic, you can catch one of the first buses up to Machu Picchu, heading slightly up the hill beyond the site to catch sunrise over the mountains.

Enjoy a full guided tour of the site this morning.

Afterwards you can continue to explore the extensive ruins on your own or climb the emblematic peak of Huayna Picchu for a 'condor's-eye' view of the city.

Return to Cusco by train this afternoon to arrive some time after nightfall.

Transfer to your hotel for one night. (b)

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A Pura group arriving in the late afternoon light.



Christ the Redeemer on top of Corcovado mountain



Late afternoon light on Sugarloaf Mountain

## Day 09 | Rio | **travel to Brazil**

Check out of your hotel for your shuttle transfer back to the airport from where you catch a flight over to Rio, via Santiago.

Your guide will be waiting for you at the airport to take you to your hotel near Ipanema beach. (b)

## Day 10 | Rio | **explore Rio with a guide**

Take time to wake up slowly today before your guide comes to introduce you to the marvelous city of Rio.

Really what makes Rio special is the setting – it is an city spread across bays and valleys wedged between forested hills and sandy beaches.

Today's tour will be almost entirely outside.

Start high above the city centre with a walk in the Tijuca forest, on the slopes beneath the statue of Christ which sits on top of Corcovado mountain.

Tijuca is actually the world's largest urban reserve and it is quite impossible to imagine that you are near such a major city while you are in there.

Despite being such a commonly seen image, it is one of those places which can still have a profound impact.

This is partly due to the sheer scale of the sculpture and partly due to its beautiful setting with the whole of Rio spread out beneath your feet.

Carry on to the top of the hill and the foot of Christ the Redeemer, so emblematic of both Rio and Brazil as a whole.

Stroll through the charming old cobbled streets of the Santa Teresa neighbourhood, complete with its slightly rickety tram network.

Later this afternoon head towards the famous Sugar Loaf Mountain.

Take the cable car up to the top of the hill to watch as the sun sets over the bays of the city. (b)

## Day 11 | Buzios | **explore and travel**

This morning you should take the opportunity to explore a little on your own.

Ipanema really is the nicest area of the city for shopping and restaurants. Each day there is an art and handicraft market in the central square.

You will probably also want to stroll along the beach to watch the world. Ipanema beach is divided into informal sections numbered according to their lifeguard station or *posto*.

Posto nine is where the beautiful people gather.

Buy a fresh coconut to drink from, settle down in a chair and tire yourself out watching a game of *futvolei*, a hybrid of football and volleyball.

You are picked up at a time to suit you for the two-hour drive to Buzios.

Once the preserve of pirates and slave traders, since Bardot came here in the 1960s this pretty fishing village has been popular with a more elite set, particularly of Cariocas (natives of Rio).

Buzios nowadays has a relaxed and friendly air.

Relax after your full day traveling in your lovely pousada overlooking the bay. (b)

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Stay in a stylish small hotel.



The beach bar.



The main bay of the town of Buzios.

## Day 12 | Buzios | relax and explore

Daytimes are generally spent on one of the 20 or more beaches, evenings are spent eating well or enjoying a little of that legendary Brazilian nightlife.

Each of the beaches or bays has a different feel.

The west coast beaches offer calm, clear waters while the east coast ones, facing the open sea, are a little wilder and draw surfers and water sports enthusiasts.

Olho de Boi beach is surrounded by absolutely untouched Atlantic Forest vegetation.

For beautiful views at sunset, take a ride to Brava, Forno or Tartaruga beach. Azeda beach is probably the most beautiful.

If you want to cross from Ossos to Azeda beach you can either hike a trail or take a water taxi around the headland.

Joao Fernandinho Beach has several bars and restaurants known for great seafood.

Ferradura and Geriba are most popular for surfing.

The lovely Rua das Pedras winds through the town centre for shopping, restaurants, bars and nightlife. For nightlife, arrive at around 11pm for several bars with live music. (b)

## Day 13 | Buzios | relax and explore

More time around Buzios to enjoy the beaches, scenery, activities and nightlife. (b)

## Day 14 | Buzios | relax and explore

More time around Buzios to enjoy the beaches, scenery, activities and nightlife. (b)

## Day 15 | Buzios | relax and explore

More time around Buzios to enjoy the beaches, scenery, activities and nightlife. (b)

## Day 16 | travel | fly home

Enjoy more time around Buzios this morning before your afternoon transfer back to the airport and your overnight flight home.

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

## Day 17 | home | arrive back

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## Holiday Information

### Pura Handmade

This holiday is unique to us, well we aren't the only ones offering the Inca Trail to Machu Picchu but we do make this holiday ourselves.

We have a Pura team on the ground in Cusco and the Inca Trail which means that we control the quality of the guides, the chefs, the porters, etc.

We also pace the walk differently to almost all other operators, giving you longer on the Inca Trail for the best possible chance of enjoying the walk fully.

The hotels and lodges we have chosen very carefully to best reflect the places you are visiting.

In Brazil you are much more independent but we provide you with all the information you might need to make the most of your time in this pretty town.

### How long?

17 days as above but this is a tailor made holiday so can be extended or shortened to suit you.

### How active?

The trail covers 28 miles over four days. However, it is at high altitude. The going can be slow and fairly tough. You must be used to hill walking 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.

In Buzios you can be as active or inactive as you like.

### How comfortable?

Stay in a series of good three and three star plus hotels in good locations near the centre of Cusco.

Fully portaged camping on the Inca Trail. Dining and toilet tents are provided.

In Rio your hotel is four star near Ipanema beach or you can stay in the more characterful Santa Teresa area. In Buzios stay in a beautifully located small boutique hotel overlooking the sea.

### How independent?

Join a group in Cusco and on the Inca Trail but then you are independent in Brazil.

All of our Inca Trails are dedicated Pura Aventura departures.

Maximum group size is 16 with 2 guides. More usually our groups are of around 6 – 8 people with 1 guide.

In Brazil, you meet your guide on arrival, you are then free to enjoy yourselves but can relax knowing that support and help is a phone call away.

### When should I go?

April to November is the best time for the Inca Trail with predominantly dry, sunny conditions during the day. Nights can be very cold at altitude.

In Rio/Buzios May to September is winter. Humidity is low and temperatures are pleasant varying between 14°C at night and 30°C during the day. Sea temperatures are at their highest. There is a higher chance of rain at this time of year.

### Not based in the UK?

We are very happy to discuss your requirements if you are not travelling to and from the UK.

Please call us on **+44 1273 676712** between 9am and 7pm GMT weekdays.

### Not quite right?

If this holiday's not quite right for you, call us to discuss your ideas or consider:

**Walk & Wildlife: Peru and Galapagos** Combine a relaxed 5-day hike on the Inca Trail with an 8 day Galapagos island cruise.

**Walk & Beach: Chile and Brazil** Walk in the Atacama desert then cross Patagonia on foot. Portaged and no camping. Followed by the beach in Buzios.

### Prices & departures

| 2011           | Apr – Nov   £2,675pp guide price  |
|----------------|---|
| Dates          | Please call us on <b>01273 676 712</b> to discuss departure dates.<br>We run Inca Trail hikes once every two weeks on average through the season.   |
| Flights        | <i>Prices above do not include international flights.</i><br>We can arrange these for you (guide price £650 - £850 depending on season) or you can arrange your own.  |
| Prices include | Good hotels (twin or double); entrance fees in Cusco & Sacred Valley; Inca Trail entrance fees; camping; porters; guide services; transport and transfers; two nights in Rio hotel; five nights in boutique hotel in Buzios; transfers as per itinerary; meals (b,l,d) as per itinerary; guide books & local information. |
| Not included   | Transatlantic flights; personal expenses; tips.   |
| Please note    | Whilst we keep this itinerary as up to date as possible, the definitive list of our departure dates & prices can be found at <b><a href="http://www.pura-aventura.com/departures">www.pura-aventura.com/departures</a></b>  |

*Prices are per person, based on two sharing.  
Prices may be subject to change: please confirm at booking.*

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