

Travel Peru Trekking 22 Days

Day 1: Departure from your country

Arrival to Jorge Chávez International airport, transfer to the hotel.

Day 2: Lima

Today we take a relaxing walking tour through the historic center of Lima, passing by the old Main Plaza, and the boardwalk along the Rimac River (in Quechua Rimac Mayu means Talking River). Afterwards we visit Lima Cathedral, where Francisco Pizarro's grave can be viewed, and the catacombs at the Church of San Francisco. We take the 6:25 pm flight to Arequipa.

Day 3: Arequipa

At over 2325 metres above sea level, Arequipa is Peru's second largest and most important city, after Lima. It displays a fascinating colonial past, is surrounded by the Andes, and lies at the foot of El Misti Volcano. Today we visit the labyrinthine Santa Catalina Monastery and have a tasty lunch at a typical restaurant with the people from the Sudamerica Tour office. After lunch we take a tour of the city, the cathedral, the church of La Compañía and the main plaza. Night Off.

Day 4: Arequipa – Cabanaconde Trekking

We leave Arequipa at 7:00 am and arrive at Cabanaconde near the edge of the awe-inspiring Colca Canyon at 1:00 pm, in time for lunch. We start trekking down into the canyon, and after about three hours cross the river at the bottom to arrive in the village of San Juan de Chuccho, where stay the night.

Day 5: Colca Canyon Trekking

After a relaxing night and sumptuous breakfast, we continue along the other side of the canyon, passing through the picturesque villages of Coshñirgua and Malata, before descending to the lowest point of the canyon, the Oasis. Arriving here around 1:00 pm, we have the chance to spend a relaxing afternoon by the pool and rest in bamboo bungalows.

Day 6: Colca Canyon - Cruz del Cóndor Trekking

Around 4:00 am the following morning we get up and start the climb up the canyon, by torch and starlight (such a climb is fiercely hot by day). Those who are feeling very tired have the option of making the ascent by mule. Breakfast of pancakes with jam or scrambled eggs at the Valle de Fuego hostel tastes delicious after the walk. We drive for 30 minutes to the Cruz del Condor. Here it is usually possible to witness the flight of condors, as they rise on the thermals out of the canyon around 9:00 am. After that we head back to Chivay where we have a delicious buffet lunch and later continue in a tourist bus to the city of Puno.

Day 7: Lake Titicaca

We take a traditional boat to sail in the cold waters of Titicaca and experience spectacular sights of the "most beautiful lake in the world". We stop at some of the floating Uros Islands not usually frequented by tourists, where the traditional way of life is still practiced.

Day 8: Puno - Cusco

We take bus towards Cusco, stopping on the way at the Pukara (fortress) of a culture predating the Tihuanaco, where we see an example of the Chacana or mystic Andean cross. We cross the border between the Cusco and Puno departments at a high point of 4256 metres, then descend to Sicuani, where we have a buffet lunch. We visit Raqchi, an Incan archeological centre with 13-metre high walls, and in Andahuaylas see the Temple of Saint Peter, full of artwork in gold and silver and considered the Andean equivalent of the Sistine Chapel. We arrive in Cusco at 5:00 pm, have dinner and spend the night.

Day 9: Sacred Valley

Today we visit the Sacred Valley of the Incas, including the markets of Pisac, the town of Urubamba, and the impressive ruins of Ollantaytambo.

Day 10: Km 82 - Piscacucho - Lactapata - Huayllabamba Trekking

Today we begin the famous Inca Trail to Machu Picchu, trekking the full four days and camping three nights. At 8:00 am we get picked up from the hotel and transferred to tourist transport; meet the guides, porters and cooks who accompany us on the trek. We begin at Km 82, the town of Piscacucho, at approximately 11:00 am. At first it is flat and relatively easy walking, with beautiful views beside the river Vilcanota until arrive at the trail's first ruins – Lactapata. Here we eat lunch, gather our strength and carry on to Huayllabamba, where make our first camp.

Day 11: Huayllabamba - Pacaymayo Trekking

After a sumptuous breakfast, we begin our second day of trekking, perhaps the most difficult, with a steep climb passing through cloud forest to the Wuarmihuañusca pass, at 4200 metres the high point of the trek. There are sweeping views of the mountain ranges and the valley. After lunch we descend towards the Pacaymayo River where we make our second camp.

Day 12: Pacaymayo - Wiñayhuayna Trekking

An hour's walk in the morning takes us up to the oval-shaped ruins of Runturacay, after which the trail carries on to the second pass at 4000 metres. After passing some small lakes we arrive at the impressive ruin of Sayacamarca. Dropping into the valley and climbing to the third pass (3700 metres), we pass across a causeway and through a tunnel, both of Inca construction. After the beautiful and well-restored ruin of Phuyupatamarca the trail drops dramatically into the orchid-rich cloud forest, and after two hours we arrive to make camp at Wiñayhuayna (with a small but impressive archeological site).

Day 13: Wiñayhuayna - Intipunku - Machu Picchu - Cusco Trekking

After breakfast, we carry on through the cliff-hanging cloud forest to the second-to-last site on the trail - the Inti Punku (Gate of the Sun) from where there are spectacular views of the citadel. It's one more hour downhill to Machu Picchu, where we take a guided tour the main ruins and monuments, including the main plaza, the circular tower, the sacred solar clock, the royal rooms, temples and cemeteries. There's free time for everyone to explore the ruins at their own pace, then we take the bus down to Aguas Calientes for lunch. We take the train to Ollantaytambo, get picked up and return to our hotel in Cusco.

Day 14: Free Day in Cusco**Day 15: Cusco - Lima-Huaraz**

Morning is off but in the afternoon we take a flight to Lima and after our arrival take a sleeper bus to Huaraz where we arrive early morning the following day.

Day 16: Huaraz

There's a day off in the city of Huaraz to check out the city and rest for the next trekking adventure.

Day 17: Huaraz - Caraz - Llamacorral Trekking

We travel for 4 hours between the Cordillera Negra and Cordillera Blanca mountain ranges, stopping in the town of Caraz. The end of the road is at Cashapampa, where mules and their drivers are waiting to carry our equipment. We begin the trek towards the Santa Cruz canyon, arriving at the Llamacorral camp site. Trekking duration 4—5 hours; altitude gain 860 metres.

Day 18: Llamacorral - Taullipampa Trekking

We leave the campsite very early and head along the right bank of the Santa Cruz canyon. We pass some beautiful mountain lagoons and have stunning views of the many snowy peaks rising above 6,000 metres. We take a detour to reach a mirador from where we can see Nevado Alpamayo, considered by some to be the

world's most beautiful mountain. We then return to the Santa Cruz canyon and arrive at the Taullipampa campsite (4,250 metres). Trekking duration 5-6 hours; altitude gain 490 metres.

Day 19: Taullipampa - Paria Trekking

Today we cross the Punta Unión pass at 4,750 metres from where we have incredible views across the spectacular peaks of the Cordillera Blanca. From the pass we work our way gradually down to the campsite at Paria (3,870 metres). Trekking duration 7-8 hours; altitude gain 500 metres).

Day 20: Paria - Cebollapampa Trekking

We trek through the Huaripampa Valley, passing by traditional villages and appreciating spectacular views of Nevado Chacaraju. Our transport awaits us in Cerro Collo, from where we travel to the village of Vaqueria and then to Cebollapampa. On the way we cross the Portachuelo pass at 4,767 metres, where we can see many snowy peaks including Nevado Huascarán, the highest mountain in Peru and the sixth-highest in the Western Hemisphere. We trek up to lagoon 69 at 4,400 metres and then return to our campsite at Cebollapampa. Trekking duration 5-6 hours; altitude gain 420 metres.

Day 21: Cebollapampa - Huaraz - Lima

Today after breakfast we return to the city of Huaraz where we have our farewell to celebrate our adventures. The afternoon is free and in the evening we take the sleeper bus back to Lima, where we arrive in the morning.

Day 22: Lima

We get to Lima at 8.30 a.m, take a rest at the hotel, then later take you to the airport where international flights depart to your home countries.

Included in Price

- All hotels with breakfast accommodation is generally in double.
- All internal flights, including taxes.
- All transfers (e.g. airport-hotel) and all land transport within the countries.
- All entries to national parks, churches, convents, museums, cathedrals, ruins, walking trails and other attractions in the programme.
- A bilingual tour guide who travels the whole trip - with an in - depth knowledge of the geography, history and culture of the route.
- All local guides for sites and treks included in the programme.

Not Included in Price

- International return ticket to from Lima.
- Excursions or tickets not in the programme snacks and mineral water entry to discotheques, alcoholic drinks.

Food and Drink

There is continental breakfast every day of the tour, which the guide sometimes supplements with extra food. There are approximately 3 lunches and / or dinners of traditional food included in the programme, including all meals while trekking. Other lunches and dinners are not included; allow \$5-10 per day for food and entertainment.

Physical Requirements

This tour involves plenty of exercise, including some vigorous walking above 2,500 metres and is intended for

those with a basic level of physical fitness. Parts of the tour take place between 2500 and 4500 metres, but we always ascend gradually, giving time to acclimatise. Those with pre-existing medical conditions should consult their doctor before coming.

What to Bring

Plenty of warm clothing, strong shoes or boots for walking, backpack, sunscreen and hat, insect repellent, flashlight and batteries, camera.