

Camp Quality Trek & Cycle Peru Challenge (11 Days)

This is a fantastic way to appreciate Peru. Having explored Lima and the old Inca city of Cusco we enjoy an easy two-day bicycle ride down into the beautiful Sacred Valley. Along the way we stop at numerous Inca sites before reaching the valley, where we discover the colourful market town of Pisac and the fortress village of Ollantaytambo. Next is our camping hike along old Inca trails, which leads us high into the mountains and on to the ancient Inca citadel of Machu Picchu. At the end of our adventure we enjoy a relaxing day in charming Cusco, before flying back to Lima. This is Peru at its best!



DAY BY DAY ITINERARY

Days 1-2 / 15-16 November

Lima

On arrival at Lima Airport you are transferred to our hotel in the well-known coastal district of Miraflores. In the evening you meet your tour leader and the other members of your group for a pre-tour briefing. Please check the notice board at the hotel reception for confirmation of the exact time and place of the meeting. This meeting is generally followed by an optional group dinner at a nearby restaurant. Lima has some of the most superb cuisine on the continent and is especially renowned for its exceptional seafood. Ceviche, Peru's national dish is raw fish marinated in lime juice and often served with hot peppers. This culinary delight is a must for seafood buffs.

On the morning of Day 2 we start our exploration of the Peruvian capital. Founded in 1535 by the Spanish conquistador, Francisco Pizarro, it was from Lima that all Spanish territories in South America were governed. Few cities at that time could rival Lima's power, wealth and opulence. However its glory days ended in 1746, when the city was virtually destroyed by an earthquake. Many of the colonial buildings were rebuilt and we get a first-hand look at several of them on our city tour. The striking Plaza de Armas, flanked by some of the most important buildings in town such as the cathedral, the huge Government Palace and the Archbishop's Palace, constitutes the heart of the city. We visit the cathedral and the Government Palace, as well as the nearby San Francisco Monastery with its catacombs containing some 70,000 human remains. We also visit the impressive Archaeological Museum, which is home to a wonderful collection of cultural exhibits tracing the history, arts and accomplishments of the people of Peru, ranging from the original inhabitants of the land through to the Inca Empire and the Spanish conquerors.

Meals included: 1 breakfast

Day 3 / 17 November

Cusco

Today we fly to the ancient Inca capital of Cusco, where we take an afternoon walking tour to explore this fascinating city. This place is a favourite destination of many visitors to Peru. Cusco's main sites radiate outwards from the main Plaza de Armas, which is dominated by the 17th century Baroque cathedral. It was in this very plaza that the Spanish conquistadors put to death the last Inca king, Tupac Amaru. As we wander the streets and side alleys of the city we witness the perfect tapering Inca stonework that provided the foundations for many of Cusco's colonial and modern buildings. Our comprehensive sightseeing tour of the city's main sights includes the Cathedral of Cusco and Koricancha Temple. In our free time, it is also possible to visit the Religious Art Museum, Church of San Blas and Santa Catalina Museum. We then take to the surrounding hills and visit the impressive ceremonial ruins of Sacsayhuaman, where massive stone blocks that form the walls of this site give us an awesome picture of the highly developed and skilled Inca civilisation. The Sacred Valley, located between the towns of Pisac and

Ollantaytambo, was greatly treasured because of its climate, fertile land and the presence of the Urubamba (Sacred) River. Today we still see evidence of the Inca's engineering skills in the ruins of ancient aqueducts, irrigation canals, dams on the Urubamba River, imposing sets of terraces and centres of worship dedicated to Pachamama (Mother Earth). On our full day tour of the Sacred Valley we visit the ruins of Qenko, Puka Pukara, Tambo Machay and Ollantaytambo, as well as the colourful market in Pisac village.
Meals included: 1 breakfast

Days 4-5 / 18-19 November

Sacred Valley Cycling Tour - Cusco

We take to the surrounding hills and visit the impressive ceremonial ruins of Sacsayhuaman. Massive stone blocks form the walls of this site, giving us an vivid picture of the Inca's highly developed and skilled civilisation. We then embark on our cycling tour, which takes us into an area near Cusco that has been of special significance to the Inca people for centuries. The Sacred Valley, located between the towns of Pisac and Ollantaytambo, was greatly treasured because of its climate, fertile land and the presence of the Urubamba (Sacred) River. Today we still see evidence of the Inca's engineering skills in the ruins of ancient aqueducts, irrigation canals, dams on the Urubamba River, imposing sets of terraces and centres of worship dedicated to Pachamama (Mother Earth). On our two-day cycling tour we are each supplied with a bicycle and cycling helmets, whilst a support vehicle follows behind us. Cycling is a great way to absorb the serenity of the Sacred Valley as we make our way around to the ruins of Qenko, Puka Pukara, Tambo Machay and Ollantaytambo. We also spend a night in the peaceful village of Pisac, where we get to wander amidst colonial buildings and colourful market stalls. Our cycling tour ends upon our return to Cusco.

Meals included: 2 breakfasts

Day 6 / 20 November

'Lares' Trail Trek - Cusco - Calca - Lares Hot Springs - Concanay

Following breakfast we leave the cobble stone streets of Cusco behind us. Our bus crosses the mountain range that backdrops Cusco and descends to the spectacular Sacred Valley. Here we follow the banks of the Urubamba River as it winds its way through the valley on its journey past Machu Picchu before joining the Apurimac River, one of the upper tributaries of the mighty Amazon. The Sacred Valley is the breadbasket of the region with its rich soil providing the necessary nutrients for the various crops that grow both along the valley and on the spectacular terraces, stranded precariously on the sides of the surrounding mountains. Turning northward again, the road climbs steeply until we arrive at the Lares hot springs, situated some 65km to the north of Cusco and 56km to the east of Machu Picchu. We have our lunch here and for a small charge (approx \$3.50), you can enter the hot thermal pools to enjoy a soak in the medicinal springs. After lunch we embark on the start of our trek. It is an easy trek to our first campsite at Concanay. Along the way, we will reach a height of 3940m, before descending to the Queullacocha lagoons. Here there are opportunities to spot some of the Andean wildlife of the region and from Concanay you will have magnificent views of Colque Cruz.

Meals included: 1 breakfast, 1 lunch, 1 dinner

Day 7 / 21 November

'Lares' Trail Trek - Concanay - Epsaycocha Lake

There are great photo opportunities today so keep your camera handy. Having finished breakfast we climb steeply up the valley, through ancient farmlands, arriving at the community of Huacawasi where some of the finest weavings in Peru are made. We can observe the skills and brilliant techniques of the weavers as they make their ponchos and other garments. Passing through the village we begin climbing up to Ipasayqocha, the highest pass on our trek at a height of 4350m. From here, we have a stunning view of the renowned Mount Veronica (5750m.) Descending gently we come to the beautiful turquoise Epsaycocha Lake, where we set up camp for the night.

Meals included: 1 breakfast, 1 lunch, 1 dinner

Day 8 / 22 November

'Lares' Trail Trek - Epsaycocha - Willoc - Pumamarca - Ollantaytambo - Aguas Calientes

Today our trail leads downhill to the valley below and to the village of Willoc where we have lunch. From here it's another two hours to arrive at Pumamarca where we enjoy the Inca terraces before finally arriving at the ancient town of Ollantaytambo. Situated in a fertile river valley and sheltered by mammoth mountains, this ancient Inca village is considered one of the most important living museums in the world and displays the sophisticated urban planning and engineering of the Incas. This is also a great place to appreciate the vast archaeological remains of the massive fortress. There is also a wide variety of flowers and birds species to be enjoyed this day. In the late afternoon we board the train from Ollantaytambo to Aguas Calientes at the base of Machu Picchu. Here we spend the night in a comfortable hotel. Make sure during your stay in this 'town at the end of the railway' that you take a dip in the hot thermal springs that give the town its name. The springs are open from 5.00am to 10.00pm.

Meals included: 1 breakfast, 1 lunch, 1 dinner

Day 9 / 23 November

Aguas Calientes - Machu Picchu - Cusco

After an early breakfast, we take the first bus up the steep zig zagging road to the entrance of the ruins of Machu Picchu. By leaving early we avoid the large crowds that arrive from Cusco later in the morning. Entering into the archaeological sight we now have a fully guided tour of this ancient and mystical Inca city. Before taking the bus back down to Aguas Calientes, there is free time to explore the ruins at your own pace, soaking in the atmosphere. For the adventurous, you can climb to the top of Huayna Picchu, where you have the opportunity to see Machu Picchu from a unique vantage point. You can also make the short hike up to the Sun Gate for that classic photo of

Machu Picchu. In the afternoon we descend once again to Aguas Calientes where we can take our lunch before catching the late afternoon train back to Cusco.

Meals included: 1 breakfast

Day 10 / 24 November

Cusco

Today is a free day to spend in Cusco. The oldest continuously inhabited city in the western hemisphere, Cusco is a wonderful place in which to stroll aimlessly or be entertained by participating in an outdoor activity. If you are feeling energetic there are a myriad of adventures available in and around town, such as cycling and horse riding. There are plenty of opportunities to shop for handicrafts or wander around the cobbled streets and visit museums, churches and colonial sites. You may just wish to relax with a 'cerveza' or a 'pisco sour' in one of the restaurants and penas surrounding the Plaza de Armas.

Meals included: 1 breakfast

Day 11 / 25 November

Lima

After breakfast we are transferred to the airport, where we fly back to Lima. Our tour ends on arrival at Lima Airport. If you wish to extend your stay in Lima tonight and on any other subsequent nights, as well as arrange an airport to hotel transfer, it is possible to book these additional services at the same time you book your main tour. If you are planning to depart Lima tonight, we advise that you do not book to depart until at least after 5pm (17:00 hrs).

Meals included: 1 breakfast

About Peregrine

Peregrine has been operating adventure holidays since 1977. Today we can help you discover all four corners of the globe, from the Polar regions, to Africa, Latin America, Asia, Europe, the Middle East and beyond. We offer high-quality, excellent-value, small-group adventures to interesting areas of the world, in harmony with the local people and the environment.

Trip grade

Cultural adventure

With focus on local cultures and historic sites, these trips have the perfect mix of discovery, exploration, comfort and relaxation. Some trips may include a little walking or a night or two 'roughing' it. Check the itinerary for details.

Cycling adventure

Exploring by bicycle, these trips may include a few days of easy riding (5-10 kilometres/day), while others offer longer more challenging rides (up to 75 kilometres/day). Check the itinerary for details.

Moderate trek

A good level of fitness is recommended for these trips. We typically trek for six or seven hours a day.

Fitness

A reasonable level of fitness is beneficial for this holiday and pre-trip physical preparation for the Inca Trail trek would be a definite advantage.

Included

Peregrine tour leader, local guides, airport transfers, portering on Inca Trail trek, cycling equipment with support vehicle, sightseeing and entrance fees.

Accommodation: 1 night simple hotel, 6 nights comfortable hotel, 3 nights camping

Meals: 10 breakfasts, 3 lunches, 3 dinners

Transport: bicycle, bus, plane, train, trek

Equipment: bicycles, bike helmet, camping equipment, Peregrine trek pack (sleeping bag, sleeping sheet, warm jacket, wet weather jacket, foam mattress, kit bag)

Not included

International flights, airport departure tax, visas where required, meals not included in the itinerary, insurance, laundry, any optional tours or activities during free time, tips and items of a personal nature.

Travelling responsibly

We care about the places and people that we meet on our journeys, and we try to ensure that we give something back, as well as taking away so many incredible memories. For more information on our commitment to responsible tourism, visit www.peregrineadventures.com/rt

Peregrine Community Trust

The Peregrine Community Trust, a division of Peregrine Adventures, provides funds for local community projects and initiatives that promote responsible and sustainable tourism development in the destinations in which we operate. First and foremost, but not exclusively, the Trust supports projects and initiatives that advance education and employment within the tourism and hospitality industry. The Trust operates on a not-for-profit basis, with funds donated by Peregrine, our staff and our travellers, with every cent going to the nominated projects.

By donating to one of the projects supported by The Peregrine Community Trust you will help promote responsible and sustainable tourism and make a positive difference for communities and travellers right now, and for the future. For online donations go to: www.peregrineadventures.com/trust

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Visit <http://www.peregrineadventures.com/subscribe> to subscribe to our e-news and for your chance to win a great adventure!

Passport

Well before travelling, please ensure that you have a current passport, with an accurate photo, that is valid for at least six months after your scheduled return home. Also check that your airline tickets are in exactly the same name as your passport. Some countries may require that you have a return air ticket, or have sufficient funds to purchase such a ticket.

Insurance

On all our holidays you must have comprehensive travel insurance that covers you for medical costs associated with hospitalisation, emergency travel and repatriation back to your home country. Please take your insurance policy with you when you travel. Peregrine is able to recommend a policy for you. You may take other cover, of course, but we require you to be adequately insured before we can allow you to participate in our programmes. Your Peregrine leader will need to see and record your policy details at the pre-tour briefing, so please bring a copy along to the meeting. If you arrive without travel insurance your Peregrine Leader will require you to purchase a policy before you continue your journey with us.

If you are covered by a policy arranged through your credit card company you will be asked to provide evidence of this cover, as well as a 24-hour emergency contact number. Many credit card companies do not provide an insurance policy number. In this instance, the Peregrine leader will need to record your credit card number, as this is required to activate any request for emergency assistance. You should also bring along the travel insurance information booklet provided by your credit card company. It is your responsibility to ensure that you meet the requirements set out by your credit card company in order to be effectively covered and that the cover offered is of a suitable standard.

Visas

Australians, Americans, Canadians, British and New Zealanders do not currently require a visa for Peru. For all other nationalities please reconfirm your visa requirements with your travel agent.

It is your responsibility to ensure you have all required visas for your trip. Rules and regulations governing the issuance of visas are constantly changing, and vary for different nationalities and you should check visa requirements with your travel agent or relevant consular authority well before travel.

Vaccinations

Vaccinations may be required for this trip. Please consult your doctor or a travel health specialist. The choice of vaccinations can depend on a range of issues including the specific destination, the duration of the trip, your personal health and of course what vaccines you have had before.

Compulsory vaccines: These days the only compulsory vaccine is for yellow fever, which is required for many countries in Africa and South America. It should be done at least 10 days before travel and must be recorded in an official certificate book. Please note that very often you may not need to show this certificate book when entering these countries, but you will need to produce it to immigration/customs on returning to your home country.

Routine Background Vaccines: We strongly endorse current public health recommendations that all travellers should be up-to-date with their routine vaccines such as tetanus, diphtheria, measles/mumps/rubella, polio and influenza, and paediatric vaccinations for children.

Travel Vaccinations: While the food and water-borne diseases such as hepatitis A and typhoid will apply to most of our travellers, other travel vaccines such as hepatitis B, rabies, meningitis, Japanese encephalitis and cholera may apply to select travellers, especially long-term travel. Travel health experts can advise on what is required and also what is not required!

Malaria: There is no vaccination against malaria, which is transmitted by mosquito bites and is a risk in many less-

developed tropical areas, particularly in Central, East and West Africa, Melanesia (especially Papua New Guinea) and the Amazon region. In Asia (particularly India) and Central America it may be a problem in rural areas. Protection against mosquito bites is essential and where the risk is considered high, anti-malarial medications are recommended. Anti-malarial medications should be discussed with experts as there are different medications available and not all medications suit all people or all destinations. We prefer that trekkers to altitude try to avoid the use of mefloquine (Lariam) if possible.

For travellers from Australia and New Zealand, we strongly recommend Travel Doctor-TMVC clinics to obtain the most up-to-date advice on health risks and vaccinations (see www.traveldoctor.com.au for locations and detailed vaccine information or phone 1300 658 844 for an appointment in Australia). Some vaccines require more than one dose, so arrange for your visit at least 4-6 weeks before you travel. Travellers living outside Australia and New Zealand will need to consult a similar organisation in their own country (please ask your travel agent for recommendations), but can still access the following link for information:

www.traveldoctor.com.au/travelreport.asp?UnqID=0.4630191&PageID=10&nav=personal-traveller

About this information

It is important that you should read these notes in conjunction with the detailed trip specific **Pre Departure Information**. This information is supplied to you at the time of booking and contains extensive information about subjects such as climate, clothing and gear, medical and visa matters, currencies, and other information about the countries visited.

The information provided here is given in good faith and has been compiled with all reasonable care. However, things change and some of the information may become out of date. Please keep this in mind when you read it and check with us if you want to be sure about something. The document was correct at time of printing, but you can check online for the most up to date version. If you have any queries, please contact your travel agent or our staff in Australia. We are here to help you!