



HIKING IN PERU BY LAURA HARE

PERU

Pathways to Machu Picchu: Traversing the Inca Trail

12 DAYS | Choose your dates | Best season to travel: **SEP - JUL**

Walk the road less traveled to Machu Picchu through a breathtaking tableau of Andean peaks, rushing streams, glacial valleys, and villages where Incan ways find vivid expression in today's Quechua cultures. The intimacy of your small group makes the grandeur even more stirring as you hike and camp along the famed Inca Trail. At every stop of the trail, enjoy refreshments as needed while you visit different historical and archaeological sites, ruins and valleys. Your adventure is complemented by exploration in the colonial gems of Cusco and Lima, both UNESCO World Heritage Sites.

PROGRAM HIGHLIGHTS

- Hike the Inca Trail to Machu Picchu through massive valleys, historical ruins and landmarks, archaeological sites, soaring elevations, and breathtaking sunrises and sunsets.
- Spend time within the Machu Picchu archaeological site, with the option to scale Huayna Picchu for commanding views of the dramatic landscapes below.
- Explore the Inca-Quechua heritage of towns like Cusco, Ollantaytambo, and Chincheros.
- Visit the Andean community of Misminay, where you can interact with the locals and take part in a toast to honor the earth in a Pachamama ceremony.
- See the world-renowned collection of pre-Columbian ceramics and jewels at Lima's Larco Museum.

WHAT'S INCLUDED?

- Bilingual local guides
- Driver
- Accommodations
- Activities
- Private transportation
- Meals
- Beverages with meals
- Carbon offsetting



MACHU PICCHU



ITINERARY

BLD = BREAKFAST, LUNCH, DINNER

DAY 1 - LIMA

Arrivals in Lima. Proceed through immigration, baggage claim, and customs before exiting the secured area of the airport. A Holbrook representative will be waiting outside the exit door with a Holbrook sign. Transfer to the hotel and check in. Please note that this is an international travel day; no meals or program activities are scheduled on this day. Hotel check-in usually begins at 3:00 pm. *Overnight at Casa Andina Select.*

DAY 2 - LIMA

After breakfast, take a walking city tour of colonial Lima. After lunch at a local restaurant, visit the Larco Museum, which houses a wealth of pre-Columbian artifacts such as ceramics, textiles, metals, and even mummies. In the afternoon join in a favorite pastime of Limeños during a late afternoon walk along the city's malecón (waterfront), enjoying magnificent views of the Pacific Ocean and landscaped parks. Then walk to Huaca Pucclana for dinner. *Overnight at Casa Andina Select. (BLD)*

DAY 3 - SACRED VALLEY

After breakfast transfer to the airport for your morning flight to Cusco. Upon arrival, set out for the Sacred Valley, the heart of the Inca Empire. En route you'll visit the ruins at Sacsayhuaman, a walled complex on the northern outskirts of Cusco. The complex is made of large polished dry stone walls, with boulders carefully cut to fit together tightly without any mortar — a typical marvel of Incan engineering. You'll also stop at Awanakancha Alpaca Center, a living museum where visitors can see llamas, alpacas, and vicuña. A demonstration will show how the wool from these South American animals is used to make woven textiles. Arrive at your hotel in the late afternoon and have a chance to rest and relax until dinner. *Overnight at Sonesta Posadas del Inca Yucay. (BLD)*

DAY 4 - SACRED VALLEY

After breakfast, drive 1.5 hours to the small traditional hamlet of Huilloc, from which many of the porters who hike the Inca

Trail originate. Notably, Quechua, the language of the Incas, is still used here, and traditional costumes worn. Huilloc is famous as a weaving center, and you'll see traditional ponchos being made before your day's hike. Begin the hike with a short, steep climb up to Puma Marca, a remarkably well-preserved, extensive Inca ruin with spectacular views down the valley towards Ollantaytambo. Later follow the Inca Trail along the steeply terraced valley down toward Ollantaytambo, stopping en route for a picnic lunch (3 hour hike including lunch). You will have time to visit the Inca town of Ollantaytambo before returning to the hotel. *Overnight at Sonesta Posadas del Inca Yucay. (BLD)*

DAY 5 - SACRED VALLEY

After breakfast, head to Cruzpata in the Pampas of Chinchero. From here, begin your exciting hike from the Huaypo Lagoon to the experimental agricultural site of Moray (one hour at Moray, 4 hrs total). After a picnic lunch, visit the Andean community of Misminay, where you will meet some of the locals who still preserve their cultural traditions. Families live in small single- or double-room houses made out of adobe and raise guinea pigs (cuyes), cattle, and sheep. Have a chance to plow or harvest the soil, depending on the time of the year, and take part in a toast during a ceremony to honor Mother



Earth, Pachamama. Additionally, observe the ladies spinning wool, dyeing wool with natural ingredients, and knitting tapestry according to ancient techniques. Later in the evening, meet with your guide at the hotel for a pre-dinner briefing/ orientation of the upcoming trek, with time for questions. *Overnight at Sonesta Posadas del Inca Yucay. (BLD)*

DAY 6 - INKA TRAIL

This morning after a brief stop for last-minute purchases, transfer to Pisacucho (km 82), where porters will meet the group for official embarkation on the Inca Trail hike. Formal registration procedures are required at this time at the official control point at the start of the Inca Trail. Upon completing registration, cross a footbridge over the Urubamba River and start your Inca Trail hike. This initial hike will take approximately one hour and 30 minutes before the first rest stop. Stop for a 20-minute snack and rest break. Arrive at the Patallaqta viewpoint and look out on classic Inca ruins nestled in the intersection of three valleys — a wonderful photo opportunity. Enjoy a sit-down lunch at Tarayoq, then continue walking for one hour and 45 minutes to the first campsite. *Overnight at campsite. (BLD)*

DAY 7 - INKA TRAIL

Early morning wake-up call with a hot beverage and breakfast. The first portion of this morning's hike will take approximately one hour and 30 minutes. The first stop will be at Avapata. Take the opportunity to rest, use the local toilet facilities, and/or rehydrate. Water and energy drinks will be available. Enjoy breakfast at the camp, then continue walking on ascending stairs for two hours and 30 minutes. After lunch at Llulluchapampa begin your two-hour walk to Abra Warmiwañuska, the first pass on the trail. This pass is the highest on the trail at an elevation of approximately 13,776 feet. Descend to the second camp site at Pacaymayo (11,580 feet). *Overnight at campsite. (BLD)*

DAY 8 - INKA TRAIL

Early morning wake-up call with a hot beverage and breakfast before beginning the approximately one-hour hike to the Runkuracay archaeological site overlooking the Pacaymayo Valley. Stop and enjoy a site lecture, as the only visitors to Runkuracay are those hiking the Inca Trail. The next 20 minutes will be spent hiking to the Runkurakay Pass (12,960 feet), the second pass on the trail. After reaching the pass, continue downhill for approximately one hour before arriving at the narrow staircase that will take you into Sayacmarca ("Inaccessible Town"). Enjoy a site lecture. The ruins of Sayacmarca are the remnants of a fortress or travelers' lodge used by the Inca. Sayacmarca was built on a narrow mountain ridge with only one entrance, probably planned as a means of defense. The thatched roofs are long gone, but an observatory, small plaza, ritual baths, housing complex, and other constructions remain. The lack of agricultural terraces and farmland point to a dependence on outside suppliers—a big weakness in times of war. In its day, Sayacmarca is

thought to have housed as many as 200 people. After lunch, continue walking for another hour and 45 minutes to the last camp site at Phuyupatamarca (10,695 feet). Leave the ruins and hike for another 20 minutes before breaking for lunch at Chaquicocha. Once at the camp, reward your day's efforts with a tea break and free time before dinner. *Overnight at campsite. (BLD)*

DAY 9 - AGUAS CALIENTES

Early wake-up call to witness the spectacular sunrise. Enjoy a final breakfast at camp and begin walking to the Phuyupatamarca archaeological ruins, located approximately 15 minutes from the camp. The ruins of Phuyupatamarca ("Town in the Clouds") include many terraces and a series of ceremonial baths. A large platform on the highest part of the site once served as an open-air temple, the Temple of the Sun. Continue walking for another three hours and 30 minutes and arrive at Wiñay Wayna in time for lunch.

After lunch resume walking. This final stretch of the Inca Trail will take approximately one hour and 45 minutes to complete. Once at Intipunku (Sun Gate) begin the descent into Machu Picchu, just as the late afternoon shadows begin to accentuate the mysterious citadel. After a quick walk through the ruins, board the bus to Aguas Calientes and check in at your hotel. Enjoy a hot shower and commemorate the end of your exciting hiking adventure during dinner. Get a good night's rest in preparation for the next morning's activities in Machu Picchu. *Overnight at Inkaterra Machu Picchu Pueblo Hotel. (BLD)*



DAY 10 - CUSCO

After breakfast take the bus to Machu Picchu ruins for a guided exploration. Some might want to take the optional hike to the summit of Huayna Picchu for an amazing overview of the site, while others may want to investigate Machu Picchu's many hidden architectural treasures independently. After your explorations, return to Aguas Calientes for a late lunch and then take the train back to Ollantaytambo. Upon arrival, meet your driver and transfer to Cusco. Dinner will be at the hotel. *Overnight at Sonesta Hotel Cusco. (BLD)*

DAY 11 - DEPARTURE

Today, explore colonial Cusco, including a visit to the Koricancha Temple, which exemplifies Cusco's cultural blend of the Inca Empire and colonial Spain. Lunch will be at a local café in the main plaza, where you can enjoy the architecture of the city. Have some free time in the afternoon before you transfer to Cusco airport for your late afternoon flight back to Lima. Upon arrival to Lima, check in for your international flight. There is no hotel night included on this day. *(BL)*

DAY 12 - ARRIVE HOME

Arrive United States.

LAND PRICING

\$3,495 (15 participants + 1 leader)

\$3,775 (10 participants + 1 leader)

Price includes accommodations, meals, entrance fees, and activities as indicated in the itinerary, internal flights, private transportation unless otherwise noted in itinerary, non-alcoholic beverages with meals, local guides in each region for duration of program, and carbon offset.

International airfare, gratuities, or items of a personal nature are not included.

Valid for travel in 2021.

TRAVEL PROTECTION

Holbrook Travel purchases Travel Protection on behalf of all participants. These plans help provide coverage once the trip has departed and offer benefits for Baggage/Personal Effects, Accident & Sickness Medical Expenses, Emergency Evacuation and more. Refer to the Plan Document for more details.

Optional additional coverage is available in the form of the Group Deluxe Plan, which offers benefits for Trip Cancellation/Interruption, in addition to many other insurance benefits and non-insurance assistance services. If interested in this optional plan, we can provide you with rates and plan details.

THE FINE PRINT

A \$200 per person deposit and enrollment form is due to secure your reservation. This deposit is refundable until 95 days prior to departure excluding a \$100 cancellation fee. Non-refundable final payments are due no later than 95 days prior to departure.



This program includes optional carbon offsetting with ClimateSafe. Learn more at holbrooktravel.com/climatesafe



ACTIVITY LEVEL

5

STRENUOUS

WHAT TO EXPECT

This active adventure features spectacular Andean locales, with a four-day camping trek along the Inca Trail as its centerpiece. You should be in good health and good physical condition, since you'll hike challenging terrain at elevations of 7,972 to 13,779 feet. Before your trek you'll acclimate yourself with short hikes in Lima, Cusco, and the Sacred Valley. On the Inca Trail you'll hike irregularly paved terrain with many steps for 6–8 hours a day, with breaks. Porters carry your luggage (17.6 pounds maximum); duffels are provided. Camps include sleeping tents, a dining tent, and a bathroom tent with chemical toilet. Your Thermarest sleeping bag, pad, and sleeping liner are provided. At Machu Picchu, you'll descend through the site, returning the next day for more in-depth exploration. The rainy season runs from mid-October to mid-April; the rest of the year is good trekking weather, with daytime temperatures around 70° F. Evenings are colder, sometimes below freezing. There are two internal flights and one scenic train transfer.

