

CUSCO THE NAVEL OF THE WORLD & THE INCA TRAIL

(Prices valid through December 24th 2011)

(ST-168)

LIMA – CUSCO – INCA TRAIL – MACHU PICCHU

(10 days / 9 nights)



This trip lets you enjoy the Inca Trail, one of the most famous treks in the world. It follows an ancient Inca pathway road built by the Incas 500 years ago. Today's trailhead is some distance from Cusco, and the walk takes four days at a gentle pace to reach Machu Picchu. Once back in Cusco enjoy a well deserved á la carte dinner at Cusco's best restaurant. A free day in Cusco, previous to the Inca Trail, helps acclimatizing better to the altitude. And a second one, after the trek, allows for further exploration of the beautiful city of Cusco and its vibrant art scene, before flying back to Lima.

DAY 1 ... – LIMA

You will be met at the airport and privately escorted to your hotel.

DAY 2 LIMA (B)

Morning city tour of Lima. The city has always been one of the most important cities in South America since it was founded by the Spanish conquistador Francisco Pizarro in 1535. Your sightseeing tour explores the historic quarter and modern districts of the city: the main square with beautiful buildings. The Government Palace, the City Hall and the Palace of the Archbishop are still the most important places in town. You continue on to the San Francisco Monastery and then the most popular place, Plaza San Martin. The country possesses extraordinary biodiversity, and its gastronomy showcases this bounty of ingredients in exciting dishes inspired by different cuisines. A visit to a traditional market offers not only a fascinating insight into the daily rhythm of 'Limeno' life but also shows you the main ingredients on Lima's menus: fish, shrimps, octopus, scallops, tropical fruits, purple corn and yellow cobs; a rainbow of potatoes, fresh herbs and a wide array of chili peppers.

DAY 3 LIMA – CUSCO (B)

Flight to Cusco. Our comprehensive afternoon tour includes the beautiful church of Santo Domingo, the Cathedral as well as the Fortress of Sacsayhuaman, a most remarkable Inca building, the amphitheater of Kenko.

This is followed by a visit to Puca Pucara, a strategically located 'red fortress' that dominates the entire area before visiting Tambomachay, with its two distinctive aqueducts that to this day continue to provide clean water to the area.

DAY 4 CUSCO (B)

Day at leisure. Take the chance to explore the city in from a different perspective. A coach emulating the mule-pulled streetcars that once traversed Cusco takes you around the city. Several departures from the main square are offered daily. The 'Tranvia de Cusco' travels 75 minutes and passes by 40 attractions and sites around the city. Among others the beautiful Plaza Regocijo, the church La Merced (1651), the Fortress of Sasayhuaman and the statue Cristo Blanco. The tour costs S/. 15 per person and is accompanied by a Spanish/English speaking guide.

DAY 5 CUSCO – INCA TRAIL – WAYLLABAMBA (B,L,D)

A spectacular early morning drive through the Sacred Valley of the Incas takes us to our trailhead at Km. 88 of the Machu Picchu railroad. After getting acquainted with our trail crew we set out, crossing a footbridge to hike a gentle two hours down the Urubamba canyon, and then visit imposing sculpted Inca farming terraces and the settlement of Llaqtapata on the banks of the Cusichaca side river. We then climb a short way up the Cusichaca valley to Wayllabamba, the last inhabited village on the trail, where we camp.

Distance: 12 km (7,47 miles)
Walking time: 5-6 hours
Max. altitude: 3,000 m (9,840 ft)
Campsite altitude: 3,000 m (9,840 ft)

DAY 6 WAYLLABAMBA – PACAYMAYO (B,L,D)

We climb the steep-sided Lullucha valley past a rushing stream and through enchanted native polylepis woodland. Crossing the rim of a small plateau, we abruptly find ourselves in the puna, the treeless grasslands of the high Andes. The trail traverses an open slope opposite mighty mountain crags as we ascend to the first and highest pass Warmiwañusca (4,200m/13,776ft). Here we encounter spectacular views of the trail ahead to the second pass, and look back to the sweeping snow-capped peaks and valleys of the Huayanay massif. Note the diversity of wild flora and fauna that can be found all along the valley. The trail descends to the floor of the forested Pacaymayo valley (3,600m /11,811ft), where we make camp.

Distance: 11 km (6,84 miles)
Walking time: 6-7 hours
Max. altitude: 4,200 m (13,776 ft)
Campsite altitude: 3,500 m (11,480 ft)

DAY 7 PACAYMAYO – WIÑAY WAYNA (B,L,D)

This day is the longest but also the most impressive, due the number of archaeological sites that we visit and learn about from our guide. We pick up an Inca stairway and ascend again past the small Inca site of Runkuracay (3,970m / 13,024 ft). As we reach the second pass, the landscape opens onto spectacular new views to the snow-capped peaks of the Pumasillo range. We descend to the ruins of Sayacmarca (Inaccessible Town), an intricate labyrinth of houses, plazas and water channels, perched precariously on a rocky spur overlooking the Aobamba valley.

The Inca trail, now a massive structure of granite paving stones, continues along the steep upper fringes of the cloud forest through a colorful riot of orchids, bromeliads, mosses and ferns. At the third pass pinnacles topped with Inca viewing platforms overlook the

archaeological complex of Phuyupatamarca (Town over the Clouds). Pausing to explore the wondrous maze of Inca stone towers, fountains and stairways and also impressive views of the Urubamba River (2,700m/ 8,860 ft), we begin a long descent through ever-changing layers of cloud forest. An Inca stairway partly cut from living granite leads us finally to our camp by the ruins of Wiñay Wayna (Forever Young), the largest and most exquisite of the Inca Trail sites.

Distance: 16 km (9,94 miles)
Walking time: 8 hours
Max. altitude: 3,900 m (12,792 ft)
Campsite altitude: 2,650 m (8,692 ft)

DAY 8 **WIÑAY WAYNA – MACHU PICCHU – CUSCO (B)**

An early morning hike takes us across a steep mountainside through lush, humid cloud-forest and broadleaf vegetation. Suddenly we cross the stone threshold of Intipunku (Sun Gate) and encounter an unforgettable sweep of natural beauty and human artistry –a backdrop of twisting gorge and forested peaks framing the magical city of Machu Picchu.

We complete the final leg down the royal flagstone walkway, past outlying shrines and buildings and into the heart of Machu Picchu, where we spend the rest of the morning with a guided tour of the highlights and some individual exploring among Machu Picchu's multitude of hidden nooks and corners. In the early afternoon a bus takes us to the small town of Aguas Calientes, where we board our return train to Cusco.

Distance: 4 km (2,49 miles)
Walking time: 2 hours
Max. altitude: 2,700 m (8,829 ft)
Campsite altitude: 2,400 m (7,872 ft)

Note: park authorities may occasionally designate different campsites than those indicated in this itinerary

DAY 9 **CUSCO (B,D)**

Day at leisure. Today you have the opportunity to explore Cusco's markets on your own. Here you will have the chance to purchase all sorts of beautifully hand made items fashioned and sold by the local inhabitants.

A memorable á la carte dinner in 'La Cicciolina' rewards you for the 4-day hard trek. This chic restaurant is considered by many as the best in town. It offers Mediterranean fare with local touches in a great atmosphere. You may either perch at the appealing bar for a drink and 'tapas' or sit in the cozy and originally decorated dining room. The restaurant serves adventurous dishes made with traditional Peruvian ingredients (e.g. alpaca, guinea pig or trout) using Mediterranean and Asian techniques. Additionally the menu includes a fine and vast selection of handmade pastas. A fantastic wine list complements your choice.

DAY 10 **CUSCO – LIMA – ... (B)**

Flight to Lima. We suggest you to stroll through Barranco, Lima's traditional 'belle epoch' district. Barranco is a pleasant suburb of Lima that has kept its character much better than most of the city and the bohemian heart of the city.

At proper you will be transferred to the airport for your international flight.

Price per person in USD sharing TWIN	Private Services					Single Suppl.
	2	4	6	8	10	
Tourist	1,418	1,255	1,232	1,191	1,182	208
First	1,593	1,429	1,406	1,365	1,356	381
Deluxe	1,793	1,629	1,607	1,566	1,557	582

Domestic flights (net price per person in USD)	
Lima – Cusco – Lima	380 *

*Air fares subject to change according availability

City	Tourist	First	Deluxe
Lima	Ibis	Sol de Oro	Casa Andina Private Collection Lima
Cusco	Casa Andina San Blas	Novotel	Aranwa Cusco

SERVICES INCLUDED

- Transfers from/to hotel
- Accommodation based on TWIN in the selected hotel category
- Excursions as noted in the itinerary
- Private services with local German, French, Italian or English speaking guide
- Inca Trail in SIC basis with English/Spanish speaking guide
- Train ticket Machu Picchu - Cusco in Vistadome Class (First Class)
- Meals as noted (B: breakfast, L: lunch, D: dinner)
- Entrance fees to the sites mentioned in the itinerary

SERVICES NOT INCLUDED

- International air fares
- Domestic flights (see separate cost above including airport taxes)
- Tips

OUR INCA TRAIL PRICE INCLUDES

- Transportation from Cusco to the start of the trail for Inca Trail Classic
- Entrance fees for the Inca Trail and Machu Picchu
- Three-season tents: 4-person expedition tent of high quality material for DOUBLE occupancy to offer more comfort and enough space for backpacks comfort of our clients
- One mattress per person
- Dining tent with tables and chairs
- Kitchen tent
- Experienced English speaking guide
- Cook and cooking equipment
- Porters (to carry tents, food and cooking equipment)
- Well-paid and well-treated porters (accommodation in tents for guides, cook and porters, no porters under age of 18, fair wage, no more than 18 kg of trek load, insurance in case of accident)
- All camp waste is hauled out of the park
- Meals (3 breakfasts, 3 lunches, 3 dinners + daily morning snack + daily tea service except last day)
- Comprehensive first-aid kit including oxygen bottles
- Bus ticket from Machu Picchu to Aguas Calientes town
- Transfer from the train station to your hotel

NOT INCLUDED

- Porter for your personal backpack and sleeping bag
- Lunch and dinner on the last day of the Inca Trail
- Sleeping bag (can be hired at an extra cost in Cusco)
- Tips

ADDITIONAL SERVICES AT EXTRA COST

- Personal porters can be hired to help carry your personal backpack and sleeping bag. A porter can carry up to 18 kg, what should be enough for two people.
- Supplement for train ticket Machu Picchu-Cusco in Vistadome Class (First Class).
- 'Eureka' sleeping bag, extreme - 18°C (includes sleeping bag liner).
- Thermarest self-inflating mattress.
- Duffel bag, recommended for clients without backpack.
- An extra hotel night in Aguas Calientes can be arranged at additional cost (depending on the selected hotel category)

WHAT TO BRING

- Original passport
- Backpack
- Rain jacket or poncho
- Trekking shoes
- Water bottle
- Warm clothes (jacket, fleece and sweaters)
- Flashlight and batteries
- Hat or cap to protect you from the sun, rain or cold
- Sun block and insect repellent
- Towel and toilet paper
- Snacks: biscuits, energy bars, chocolate, etc.
- Cash (no ATM machines in Aguas Calientes)
- Swimsuit (if you plan on visiting the hot springs at Aguas Calientes after the trek)

ABOUT THE INCA TRAIL

Since the park authorities allow only 500 people (about 200 tourists and 300 trekking staff) to enter the Inca Trail network for any given day, it is important to book well in advance (at least 3 months in advance).

Trek permits are sold on a first-come, first-served basis. Reservations have to be submitted to National Institute for Cultural Affairs in Cusco. Bookings are only accepted by the authorities when

- full names
- citizenship
- date of birth and
- passport numbers of passengers

are provided. To maintain the confirmation of trek permit, a pre-payment is needed. The reimbursement of payment is not possible under any circumstance. This measure was introduced to avoid irregularities and unfair competition among Inca Trail operators.

Please take note that the authorities in Cusco do not accept changes in names or passport numbers. In case you get a new passport number (different to the one you gave us for confirmation) you need to show your old passport to the authorities in the control station in the start of the trail. Should it not be possible to take your old passport with you, only a notarized copy will be accepted by the authorities controlling the access to Inca Trail.

In case you need an extra porter to carry your personal backpack we highly advice you to send us the reservation as soon as possible in order to guarantee this service.

Average trekking duration: 6 to 7 hours per day with several long ascents and descents
Altitude: the highest point on the trek is 4,200m (13,776ft) but we will camp below that level
Season: from January to December (alternative route in February)
Grade: moderate

