



TOUR: LARES TREK 4 DAYS / 3 NIGHT

PERU: CUSCO

ITINERARY FOR 04 DAYS

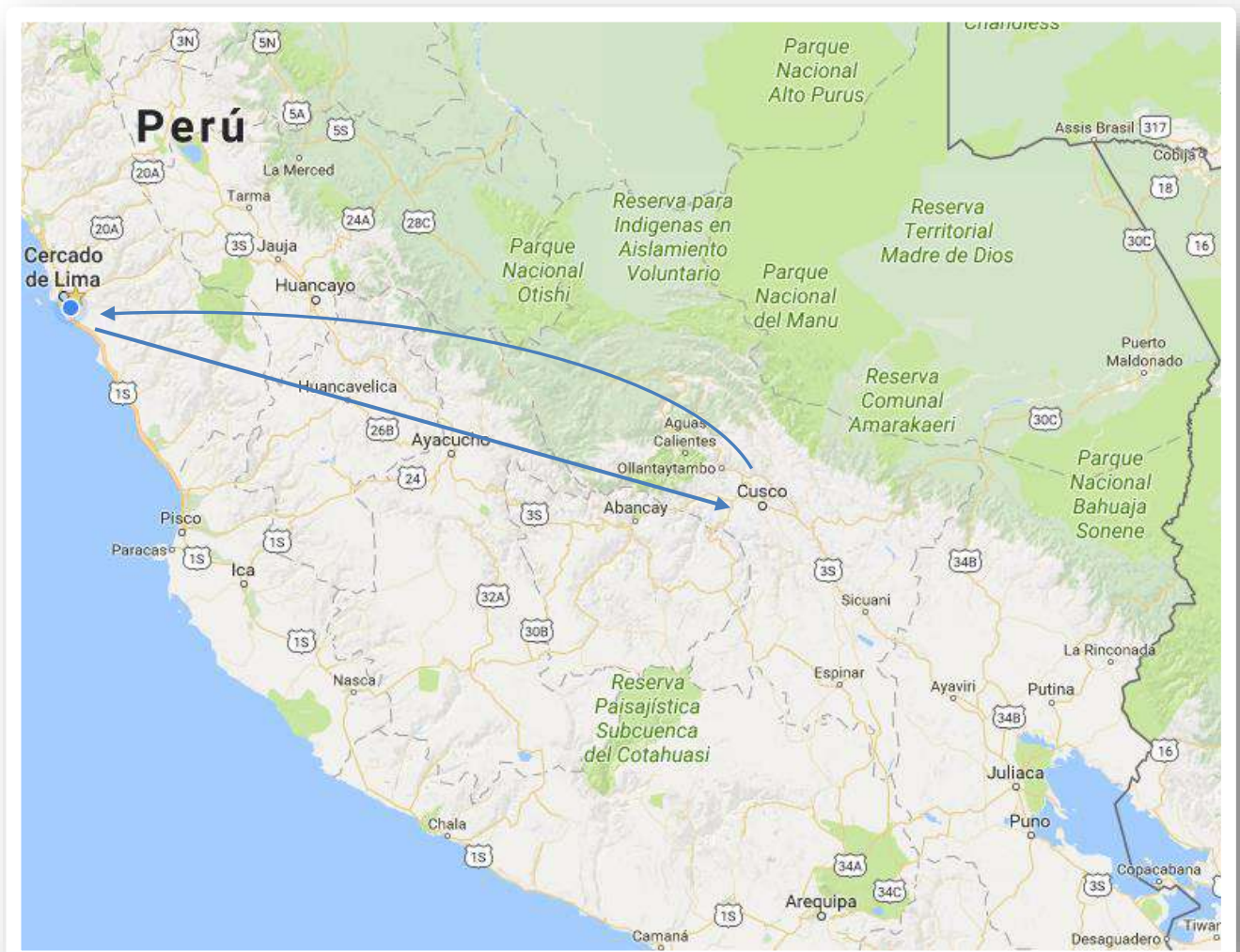
Day 1. Cusco/Lares

Day 2. Lares

Day 3. Lares

Day 4. Machupicchu/return to Cusco

End of Itinerary and services



ITINERARY DETAILS

The Lares valley trek offers a combination of stunning scenery, traditional cultures, Inca Trail and Machu Picchu on the 4th Day. The trek will take you through stunning Mountain scenery, over high passes, and you will spend two nights near traditional Peruvian Villages. The Inca Trail is beyond a doubt one of the most beautiful trails in Americas and therefore an unforgettable experience not to be missed. The trail leads through the protected wild nature of the Peruvian jungle and forest steppe, passes several archeological Inca sights and offers impressive views. The Incas used this itinerary for the pilgrimage to the sacred citadel Machu Picchu.

- **Altitude:** 2850 – 4400 m
- **High season:** March – January
- **Duration:** 4 days - 3 nights
- **Rute:** February closed
- **Challenging:** Hard

DAY 1: CUSCO – HUACAWASI – SONDOR

At approximately 6am we will pick you up at your hotel to set course to the village of Lares where we will start hiking. During this journey we will make a stop in the village of Calca, where you will be able to visit the local market and buy breakfast or other supplies you forgot. Your guide might advise you to buy some bread to hand out to the children you will meet during the trek. When arriving at Lares we will visit the hot springs where you will be able to enjoy the hot water while our cooks prepare a wonderful lunch. After lunch we will start our hike towards the first campsite in Sondor (3800m). During 3 hours you will walk gradually uphill so that you get a good training for the next day when we will reach the highest point of the trek. The first night we will spend the night at the house of our horsemen who are joining us on the trip. At arrival your tents will be ready and you will receive popcorn, sweets and some hot thee before having dinner.

- Transport time: 3 hours
- Hiking time: 6 hours
- Climate during the day: Warm
- Climate during the night: Cold

DAY 2: SONDOR – PASO SACSAYLLAME – ARURAY COCHA – YURAK COCHA – PUCARA

After a nutritious breakfast we will start hiking towards the highest point, the pass of Sacsayllame or Hucahuasi at 4400m/14435 feet. The hike will take about 2 hours and will be very steep uphill. Of course an emergency horse will accompany us so that everyone will certainly be able to reach the top. During this trek you will be able to enjoy enormous mountains, a patchwork of agricultural lands and breathtaking views. Be aware that we will reach great heights and the weather can be very cold. After reaching the highest point we will descend and pass a beautiful lagoon before having lunch next to the river. You will be able to recuperate while our cooks prepare a delicious lunch for you. Next we will descend further through a forest where you will be able to enjoy the “Queuñas” (Polylepis), a typical three from Peru. This walk will take about 4 hours before reaching our campsite at Pucara (3100m/10170f). A wonderful place where you will receive hot thee and some snacks upon arrival before having dinner.

- Hiking time: 7-8 hours
- Transport time: half an hour
- Climate during day/night: Cold and warm

DAY 3: PUCARA – OLLANTAYTAMBO – KM 104 – WIÑAYHUAYNA – AGUAS CALIENTES

Our journey starts early in the morning at 6am, a vehicle will bring you to Ollantaytambo village. From here, you are able to take a tourist train to Km 104. After our arrival at km 104, the Royal Inca Trail begins with a hike to Chachabamba (2270m/7448f), where our guide will inform us about the previous function of this archeological site. Thereafter, we will reach Wiñayhuayna (2650m/8694f), the most important archeological site besides Machu Picchu. After that, our trail continues towards the Sun Gate “Inti Punku”, a nice viewpoint from which we can enjoy the nightfall on Machu Picchu (2400m/7874f). Since we have to continue our walk to our hotel in Aguas Calientes, we will only spend little time in the Sanctuary of Machu Picchu on the first day.

- Transport time: half an hour
- Incluido: Desayuno, box-lunch y cena



DAY 4: AGUAS CALIENTES – SANCTUARY OF MACHU PICCHU – CUSCO

We will leave our hotel towards Machu Picchu after breakfast at about 5:30 am by bus. We are leaving that early because at this time the setting is less crowded, and the morning is a good time to enjoy the calmness and the ancient spirit of the best-known archaeological site on the continent. After our arrival at the citadel around 6:00 am, our guide will give us detailed information about Machu Picchu and the history and culture of the Inca. Thereafter, you will have enough free time to enjoy and explore the site on your own (f.ex. go to the Inka Bridge, explore the variety of buildings, or climb Waynapicchu for an amazing panorama picture). A bus takes you down to Aguas Calientes. Here you have the possibility to join the town's hot springs (S/ 10.00 Nuevos soles). We will leave Aguas Calientes in the afternoon.

- Climate: warm with mosquitoes
- Hiking time: 02 hours
- Total distance: 4 km.

End of services

NOTES

- Tours can be given in private or shared service (with other tourists), this depends on the choice of each client. The price is different for the private option and group service, request your quote.
- Tour schedules are subject to change without notice, as they may be affected by different circumstances.
- It is recommended to arrive in Cusco two or three days before starting the program, in order to acclimatize to the altitude. If you need a hotel or other additional services, please let us know.
- Domestic flights are not included in the program, but we can include them at the request of each client.
- Lunches or dinners not specified in the programme or itinerary are not included.
- Visit to Huayna Picchu: For the visit to the mountain of Huayna Picchu it is required to make the reservation with long time in advance, in addition the additional amount of \$ 25.00 USD is required which is the cost of admission to this place, only thus we can guarantee the visit to Huayna Picchu. This cost for admission to Huayna Picchu began in accordance with a new state law since July 18, 2011.

WHAT TO BRING?

Backpack with rain cover (30- or 40-liter capacity is sufficient). Clothing for both warm and cold climates. Trekking shoes/boots. Slippers or sandals (for showers and hot springs). Woolen/synthetic socks and a sweater. Long- and short-sleeved T-shirts. Rain poncho/waterproof jacket and a hat. Bathing suit (for the hot springs in Aguas Calientes). Sunscreen, insect repellent, toilet paper, hand cleaner/disinfecting alcohol gel, personal toiletries. Camera (with rain protection), a flashlight/headlamp and extra batteries. Snacks (e.g. chocolate bars and dried fruit). Original passport, original ISIC student card (to receive the student discount) and extra money in soles.

INCLUDES

- Transfers
- Transfer from the hotel to Lares Valley
- Touristic Train from Ollantaytambo to Aguas Calientes
- Bus from Aguas Calientes to Machu Picchu
- Touristic Train from Aguas Calientes to Ollantaytambo
- Overnight in a private room in a hotel in Aguas Calientes
- Entrance to the Machu Picchu site
- Entrance to Thermal Baths in Lares Valley
- Bilingual Spanish-English professional guide (for a French-speaking guide, please contact us in advance!)
- High-quality camping equipment (Professional Tents Eureka! Timberline 4 or Doite Himalaya, for 2 people with mattresses).
- Camping equipment, dining tent, kitchen, with tent shelters and toilets
- Meals during the trek (breakfast, lunch, dinner and snacks). Please notify the agency in case of allergies or special diet such as vegetarian.
- Cook and kitchen equipment.
- Muleteers and mules for transporting camping equipment and your personal belongings (maximum 7 kg/15lb per person)
- First aid kit and oxygen bottle
- Cold, boiled water during the trek.

Does not include

- Breakfast of the 1st day and lunch of the last day in Aguas Calientes
- Sleeping bag (if you don't have one, you can rent one from our agency)
- Bus down Machu Picchu to Aguas Calientes (cost \$12.00USD). You can also descend on foot which takes about 1 hour.

CONDITIONS

- The participant must carry his own backpack during the walk (including the sleeping bag and mattress)(the horse will only carry 6 kg)
- The agency will not make any refund, if the participant decides to cancel the trip or desist from continuing in the program (Except the entrance to Machu Picchu and the train ticket, from Aguas Calientes to Cusco, which will be delivered to the passenger in physical form; no refund of money).
- The participant shall declare whether he/she has any illness or personal treatment, and he/she shall bring his/her own medication.
- The agency will not be responsible for natural problems (landslides) or other problems, in case of strikes and departures from the delayed train.
- All participants must bring their original passport and if applicable, their "ISIC" student card.

RESERVATIONS

If you wish to make a quote or reservation, please send us an email to hola@andean-tours.com and provide us with the following information:

- Number of adults going on the trip/trek:
- Number of children (specify age) going on the trip/trek:
- Type of service they want for the tours: Private or Shared
- Hotel category they want in Cusco before and after the trek: 2, 3, 4 or 5 stars
- Type of rooms: single, double, double with two beds, triple
- Date of arrival in Cusco:
- Date of return to your country:
- special request:

Keep in mind that hotels, trains, and some services are subject to spaces.

PAYMENT

- Once we send you the quote and finish making any modification, we will proceed to make the reservations which take a time between 24 to 48 hours.
- In order to reserve the Lares Trail, we will need a prepayment of \$300 per person. Balance can be cancelled 30 days before service
- We accept bank transfers (all interbank charges must be covered) or PayPal.

INFORMACION DE CONTACTO

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