
GEEO ITINERARY

PERU - Winter

Day 1: Lima Arrive in Lima at any time.

Arrive in Lima at any time. There are no planned activities so check into our hotel and enjoy the city. We will have a group meeting in the evening around 6:00 p.m. There will be a note at the front desk to let you know the precise time of the meeting. The note will also tell you what time to meet in the lobby in the morning if you arrive too late for the meeting. If you miss this meeting, please don't worry, your tour leader will go over everything with you in the morning. If you booked the Lima Cooking Class it does not include extra time in Lima and we highly recommend booking pre-trip accommodation. You will be picked up from your hotel today at approximately 10:00 and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. You will return back to your hotel around 1 PM.

Day 2: Lima/Cusco (B) Fly to Cusco. Free time to shop and explore. Choose to pre-book the Cusco Cooking Class. Opt for a city tour, visit museums or archaeological sites.

This morning, we transfer to the airport for the flight to Cusco, where we will spend the rest of the day relaxing and exploring this fascinating city, and – most importantly – getting used to the altitude. Please take it easy on your first day as strenuous activity can exacerbate symptoms of altitude sickness. You will be returning to Cusco for a full free day later on in the trip, which will give you more time to explore. Please note: If you pre-book the Cusco Cooking Class you will be picked up from your hotel at approx 12:30 and taken to a local market and restaurant to prepare and enjoy a traditional Peruvian meal. Return back to your hotel around 4 PM. Approximate travel time: 1.5 hrs by flight

Day 3: Cusco/Ollantaytambo (B, L) Enjoy a full-day guided tour of the Sacred Valley. Stop at the G Adventures-supported women's weaving co-op. Visit a pottery-making community. Break for lunch at the Parwa Community Restaurant. Optional hike to the Ollantaytambo storehouses.

Enjoy a full-day guided tour of the Sacred Valley. Visit the Ccaccacolli community center, enabling local women to sell traditional textiles to travelers. See local weaving and dyeing techniques used to create garments and souvenirs, and learn how the Planeterra weaving co-operative has impacted the community and those who visit it. Next, we visit the rural village of Cuyo Chico, where a group of families joined together to create a small business based on their traditional adobe ceramic crafts. Using clay from their surroundings, they mold bowls, plates, and all manner of decorations. Learn about the ceramics process as well as the traditional adobe brick-making that forms the basis of houses throughout the valley, all while taking in a spectacular view of the Pisac Ruins. Have lunch at the G Adventures-supported Parwa Community Restaurant. Learn about the G Adventures for Good project and eat a delicious buffet-style lunch. Proceeds of this meal go directly back to the remote community. After lunch, opt to head out on a hike to the Ollantaytambo storehouses and look out over the ruins. Or, wander around the cobblestone streets and visit a local Chicheria (corn beer bar). Approximate travel time: Full day by private vehicle with many stops

Day 4: Inca Trail (B, L, D); Lares Trail (B, L, D); or Non-hiker Option (B, L) Part of the group will depart for the 3.5-day Inca Trail Trek. Part of the group will depart for the 2.5-day Lares Trek. Non-hikers will visit the sites of the Maras Incan salt mines and Moray ruins, have lunch at Piuray Lagoon, and opt to explore by kayak or stand-up paddleboard before heading back to Cusco.

This morning, the group will split into three groups: Inca Trail trekkers, Lares trekkers, and non-hikers. **Inca Trail Trek** The 3.5-day Inca Trail to Machu Picchu is physically challenging but worthwhile, and the excursion is within the ability of most reasonably fit. It is a 40-km (25-mi) hike, with three high passes to

be crossed, one of which reaches an elevation of 4,200 m (13,776 ft). The trail is often steep, and it may rain even during the dry season. The temperatures at night may fall below zero, so it is important to come prepared. Depart Ollantaytambo for "Km 82," where we begin our walk in the footsteps of the Incas. Our local crew of porters, cook, and guide look after us well for the duration of the hike. Porters carry the majority of the gear for the hike, so those passengers doing the hike only carry a small daypack with water, rain gear, snacks, a camera, etc. As you walk the trail that linked this ancient empire, admire breathtaking views at every step as we move from high plateau areas to dense cloud forest. Depending on the season, you may see a great variety of flora, including miniature and large orchids and fiery rhododendron bushes. Today the trekking is fairly easy and serves as good training for the next few days. Pass rambling rivers and through a small village, and enjoy scenic mountain views: it's just a taste of what's to come. Start point Km 82 to Wayllambama Approximate distance: 11 km/6.8 mi Approximate hiking time: 5-6 hrs **Lares Trek** Those booking after Inca Trail permits sell out who wish to hike will be hiking the Lares Trek instead. Equally as difficult as the Inca Trail, the Lares allows you to hike on a more off-the-beaten-track route that winds through remote Andean villages. The hike is 2.5 days long. You will have similar camping and porter services as the Inca Trail hikers. On day one, we have an early morning start and will take a van (3 hrs.) to the town of Lares, where the hike will start with a leisurely pace through the valley of Cuncani. Hike 4 km (2.5 mi) to Chancachaca, where we stop for lunch. Altitude here is around 3,480 m (11,417 ft). After lunch, we continue to Cuncani, where we camp for the night at 3872 m (12,703 ft). The camp is a International Development Bank, International Monetary Fund, and Planeterra supported project. Lares town to Cuncani Approximate distance: 9 km (5.59 mi) Approximate hiking time: 4.5 hrs **Non-hikers** Anyone electing not to hike and stay in Cusco instead will have 2 extra days to explore Cusco instead of hiking. When the trekkers leave this morning, travelers staying in Cusco will be accompanied by the Cusco tour leader on an extended Sacred Valley tour. Drive a little more than an hour to get to the Moray archaeological site. Tour these unique Inca ruins, consisting of circular terraces and a sophisticated irrigation system located at 3,500 m (11,483 ft). Learn about the history and study of this fascinating site - speculation has it that it was an Inca agriculture experiment station. After Moray, we visit the impressive Maras Salt Mines. See thousands of individual ancient salt pools spilling over a hillside. We will learn about the different varieties of salt and try the renowned pink salt, famous worldwide. Then, set out on a scenic drive above the Sacred Valley of the Incas, stop along the way to lookout over small farms carved into the hills and small villages dotted along the landscape. Enjoy a picnic lunch at picturesque Piuray Lagoon, opt to relax, explore the lagoon by kayak, or stand-up paddleboard. Afterwards, we travel another 1.5 hrs to Cusco for another 2 nights in this wonderful city. **The price for the trekking and non-trekking option is the same. Non-trekkers only receive breakfasts and one lunch, whereas trekkers will receive all meals while trekking.**

Day 5: Inca Trail (B, L, D); Lares Trail (B, L, D); or Non-hiker Option (B) Inca Trail and Lares trekkers continue their hikes. Non-hikers have a free day in Cusco.

Inca Trail Trek We start early to trek over progressively more spectacular and steeper terrain on our way to Warmiwañusca (or Dead Woman's Pass), the highest point of the trek at 4,198 m (13,769 ft). Be prepared to face strong Andean weather (blazing sun or cold winds) around the pass. Take the hike slow and drink lots of water along the way - amazing views are waiting as a reward. Finally, we enjoy ample time to rest and relax after reaching the camp. Most campers arrive around early afternoon. Wayllabamba to Paqaymayo Approximate distance: 12 km (7.5 mi) Approximate hiking time: 6-7 hrs **Lares Trek** Today, we hike from the foothills of Sicllaccasa Mountain 12.2 km (7.6 mi) to its high pass at 4,750 m (15,583 ft), providing scenic views of lagoons and the snow-capped Chicon Mountain. After reaching the highest point, we celebrate by making an offering of coca leaves to the Andean gods. Following a short descent, we hike another 2.2 km (1.3 mi) to Quenca Pata for lunch and to take in the amazing view. We close out the day by hiking downhill another 2.6 km (1.6 mi) to our second campsite near a stream. We will spend the night at an elevation of around 4,114 m (13,497 ft). Cuncani to Kuyoc Approximate distance: 17 km (10.5 mi) Approximate hiking time: 9 hrs **Non-hikers** Enjoy a free day exploring Cusco. Some suggestions for what you can do with your time: Cusco Tourist Ticket 130 PEN per person This ticket allows admission to 16 sights around the City of Cusco, including many popular museums and cathedrals. The ticket also provides entrance to Sacsayhuaman Archaeological Park and sights in the South Valley of Cusco and the Sacred Valley of the Incas. Your tour leader or the hotel can help arrange for a taxi to take to these sites. Inka Museum 10 PEN per person Get ready to explore the artifacts from the Inca Empire, including mummies, jewelry, skulls, and ceramics at this museum of

archaeology. Whitewater Rafting Urubamba 165 PEN per person Rise for an early morning pick up and drive to Chuquichahuana for a safety briefing. Enjoy a full day of rafting on the Upper Vilcanota River (about 2.5 hrs on the water). Be thrilled by fast rapids that are a constant Class III and IV for around 11 km (9 mi), and don't forget to take in the gorgeous scenery. Rehash all the excitement afterward over a riverside picnic lunch.

Day 6: Inca Trail (B, L, D); Lares Trail (B, L); or Non-hiker Option (B) Inca Trail trekkers continue hiking. Lares trekkers finish their hike and transfer to Ollantaytambo. Non-hikers transfer to Ollantaytambo. Lares trekkers and non-trekkers take a train to Aguas Calientes.

Inca Trail Trek Today, we cross two more passes and more ruins along the way. The first pass is at 3,998 m (13,113 ft) where, on a clear day, you can catch a glimpse of the snow-capped Cordillera Vilcabamba. You'll hike through a cloud forest on the gentle climb to the second pass of the day, where you walk through original Inca constructions. The highest point of this pass is 3,700 m (12,136 ft). On a clear day, enjoy the views of the Urubamba Valley. At 3650 m (11,972 ft), you'll reach the ruins of Phuyupatamarca, the "Town Above the Clouds." We either camp here or 1.5 hours further along, near the Wiñay Wayna ("Forever Young") ruins. Paqaymayo to Wiñaywayna Approximate distance: 16 km (10 mi) Approximate hiking time: 9 hrs **Lares Trek** This morning, we follow the trail, passing by typical Andean flora and fauna, llamas, and alpacas. We descend through the valley of Pumahuanca, meet friendly local Quechua people, and explore some Inca storehouses along the way. This trek will take 3-4 hrs to reach the town of Pumahuanca, where we enjoy lunch before hopping in a van to Ollantaytambo. We continue by train to Aguas Calientes. Kuyoc to Punta Carretera Approximate distance: 10.5 km (6.5 mi) Approximate hiking time: 3.5 hrs **Non-hikers** Today, we travel by private vehicle 2 hours to Ollantaytambo, where we meet up with the Lares trekkers and catch the scenic train to Aguas Calientes, where we will spend the night.

Day 7: Machu Picchu/Cusco (B) Inca Trail hikers finish their trek at Machu Picchu. Lares trekkers and non-hikers join the Inca Trail group. Everybody tours the ruins on a guided tour and with free time. Travel back to Cusco.

Inca Trail Trek The final day of the hike starts pre-dawn to reach the Sun Gate before sunrise. We wake up around 03:30 and walk to the checkpoint. We will catch the first views of the breathtaking ruins of Machu Picchu on a clear day. We hike down to Machu Picchu, where we join the rest of the group for a guided tour of the site and some free time to explore. Wiñaywayna to Intipunku (Sun Gate) Approximate distance: 4 km (2.5 mi) Approximate hiking time: 1.5 hrs **Lares Trek and Non-hikers** We wake up early to experience dawn at Machu Picchu, where you will join the Inca Trail trekkers on a guided tour of the ruins. You will also have some free time to explore the ruins on your own. **Entire Group** Machu Picchu is both the best and the least known of the Inca ruins. It is not mentioned in any of the chronicles of the Spanish conquistadors, and archaeologists today can do no more than speculate on its function. The local Quechua farmers in the area knew of Machu Picchu for centuries, but it was not until an 11-year-old boy led the American historian Hiram Bingham (who was in search of Vilcabamba) to the site on July 24, 1911, that the rest of the world became aware of its existence. At that time, the site was covered in thick vegetation, and Bingham and his team returned in 1912 and 1915 to clear the growth. Over the years, much work has been done on excavating and studying the site. Despite these efforts, many unanswered questions remain. Follow the local guide to Machu Picchu to learn about its history at a leisurely pace. Gain local insight into the Inti Mach'ay cave, Inti Watana, the Temple of the Sun, the Temple of the Water, the Temple of the Condor, and the Room of the Three Windows. Take time to sit and feel the energy of this 15th-century site, now both a UNESCO World Heritage site and voted one of the new Seven Wonders of the World (in a worldwide Internet poll). Use any leftover energy from your Machu Picchu hike to visit the Inca Bridge site nearby, thought by some to be a secret back entrance to Machu Picchu. Trek up to the bridge that's cleaving to a 579 m (1,900 ft) cliff and soak in amazing views of cloud forest along the way. Please note about Huayna Picchu: Although this hike may be promoted by others, we cannot verify that this hike meets G Adventures minimum safety standards. We do not include the Huayna Picchu hike in any of our itineraries, and our tour leaders and support staff are prohibited from providing advice or assistance with booking this activity. After exploring Machu Picchu the group

will travel back to Cusco. Approximate travel time: 1.5 hrs by train; 2 hrs by private vehicle

Day 8: Cusco (B) Fly back to Lima and enjoy the last night in the city.

Today we fly to Lima, where you might opt to take the opportunity for a final night out for dinner or Pisco Sours. Approximate travel time: 1.5 hrs by plane

Day 9: Lima (B) Depart Lima at any time.

Today, you may depart Lima at any time. Want more adventure? Book two or more GEEO trips in the same year and receive a discount! GEEO will give you 10% off of the lesser value program(s) (up to 3 programs). If you don't see a program that interests you that pairs with this trip but still would like to extend your time abroad, let us know. We will work with you to find a non-teacher trip from our tour operator's much larger catalog. Even better, if you are an educator, we can still offer you a discounted price on the trip you choose!