



Culture & Nature in Peru: Colca Canyon, Machu Picchu, Sacred Valley, Lake Titicaca – 14 Days

Description

BOLIVIA EXPEDITIONS



















Start your two-week trip at the impressive Colca Canyon, one of the deepest canyons in the world. From there, visit the floating islands of Lake Titicaca and the ancient Inca capital of Cusco. Explore the markets and towns of the Sacred Valley, complete a short Inca Trail trek to Machu Picchu, and end your trip in Puerto Maldonado among Amazonian wildlife including macaws, cayman, giant river otters, and tapirs.

Highlights

- See Andean Condors soaring over one of the world's deepest canyons
- Explore the remarkable floating reed islands of Lake Titicaca
- Walk the Inca Trail for a day, ending at marvelous Machu Picchu

- Spot Amazonian wildlife like macaws, cayman, giant river otter, and tapir

Difficulty



Condition



Travel Program

Day 1: Arrival in Lima

Welcome to Lima, Peru’s largest city and central metropolitan hub, and home to one-third of the country’s population. Located at the site of a pre-Columbian indigenous Ychsma settlement, which was conquered by the Inca empire in the 15th century and later by the Spanish conquistadores, Lima has a fascinating history and a diverse mix of cultures. Amerindian, European, Afro-Peruvian, and Asian—especially Chinese and Japanese—influences make Lima a dynamic and exciting city to explore.

Lima’s breezy location on the Pacific Ocean and mild desert climate make it the perfect city for exploring on foot. Head downtown to mingle with locals, stretch your legs, and grab a bite to eat in one of the many award-winning restaurants.

Suggested activities include:

- **Explore the historic center of Lima**, a UNESCO World Heritage Site packed with fascinating Spanish architecture. Start with a scenic tour of the colonial downtown, which emanates from the main square. Stroll over to the 16th-century Cathedral, which took 80 years to construct and was built in the grandiose style of the Spanish Empire.
- **Visit the Casa Aliaga**, a colonial mansion granted by chief conquistador Francisco Pizarro to Jerónimo de Aliaga, one of his captains, in 1535. This is the only house from that era that still belongs to the same family.
- **Stroll around the Pueblo Libre district** to the privately owned Larco Museum of pre-Columbian art, housed in a beautifully restored viceregal mansion built over a 7th-century pre-Columbian pyramid. The museum boasts a vast pre-Colonial collection of gold and silver artifacts, as well as pieces of erotic art.

- **In the evening, head to the eclectic “Love Park”** in the upscale coastal district of Miraflores, where you can admire a huge kissing statue and beautiful mosaic walls. The park is built on the cliffs of Chorrillos and is a perfect place to enjoy a spectacular sunset over the Pacific.
- **Enjoy dinner and a nightcap** at an open-air cafe or restaurant in the diverse Miraflores neighborhood.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 2: Arrival in Arequipa & Arequipa City Tour

This morning you will be transferred to the airport to catch the flight to **Arequipa**. Upon arrival in Arequipa, you will be greeted and taken to your hotel to settle in.

In the afternoon, you will start your city tour with an escape to the past, walking through the **Monastery Santa Catalina**. Then continue the visit toward to the **Compañía Church**, famous because of its incredible barroco style and the colorful Cupula of Saint Ignacio. Then head to Arequipa's Main Square, visiting its peculiar Cathedral with their Neo-renaissance style. After, head towards the traditional district of **Yanahuara**, with its beautiful plaza and views of the volcanoes Misti, Chachani and Pichu Pichu.

After your tour, head back to your hotel in Arequipa for the evening.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 3: Colca Canyon Tour: Arequipa – Chivay – Cabanaconde

Start the day early with a filling breakfast at your hotel in Arequipa before setting off on a scenic drive to **Colca Canyon**. This drive will last around 3 hours and will take you through spectacular landscapes featuring snowcapped volcanoes and quaint Andean villages.

As the road climbs up to the Reserva Nacional de Salinas y Aguada Blanca, keep your eyes open for wild vicuñas (smaller cousins of the llama) and viscachas (small chinchilla-like rodents). At the highest point of your journey, you'll reach Patapampa Pass, located at a breathtaking 15,300 feet (4,820 m) above sea level. Here, you'll visit **Mirador de Los Andes** (Lookout Point of the Andes) in Patapampa. This lookout point offers incredible views of the peaks of the various volcanoes surrounding Arequipa, including the Hualca Hualca, the Sabancaya, and the Ampato.

Next, descend down into the town of **Chivay**, where you'll begin to see pre-Inca agricultural terraces that characterize the landscape of the canyon. Upon arrival in Chivay, you'll stop in the main square to enjoy lunch.

After lunch, ride to the **Calera Hot Springs**, renowned for the therapeutic effects of its thermal waters. You can either take a dip in the natural baths or just take in the stunning scenery.

In the evening, transfer to your hotel in **Cabanaconde** to rest.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 4: Colca Canyon & Puno Arrival

Early this morning, you'll meet your guide and drive to **Mirador Cruz del Condor**, one of the best viewpoints over the canyon and home to the famed condors that gracefully soar on the thermal currents. The road leads past picturesque villages and pre-Inca ruins dominated by the Ampato and Hualca glaciers, both visible in the distance. Once you reach Cruz del Condor, you can stand at the viewpoint and gaze into the depths of the canyon, which stretches nearly 4,000 feet below.

You will return to Chivay where you can enjoy lunch and browse the local market before starting the journey by land to your **Puno** hotel. Puno is located 5-6 hours from Colca Canyon by car, and you will be able to enjoy spectacular views of the Andes on the way.

Puno is at a higher altitude than Arequipa, and if you haven't already sufficiently acclimatized, it is a good idea to take it easy after arrival.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 5: Lake Titicaca Kayaking & Hiking: Puno – Llachon – Amantani

The best way to experience the islands is by sea kayak: You get to feel the vastness of the lake and connect with it in the same way that people have been doing so for centuries. Your local guide will arrange the transport, kayaking gear, and lead you through the history of the area during the paddling trip, as well as arrange accommodations and meals for you on the islands.

Start your journey in the village of **Llachon**, a small fishing and farming community on the Capachica Peninsula and a great launch point for kayaking to the islands. The peninsula can be reached overland or by a short motorboat ride from Puno. Leave early (7:00 am) so you have time for breakfast in the village before gearing up for your journey. From Llachon, it is about a 3-hour paddle (10 km) to the island of **Amantani**.

On arriving at Amantani's south side, tie up the kayaks and enjoy a well-deserved rest on the beach. Have a picnic lunch and enjoy a swim if you don't mind the brisk water temperatures.

From the beach, walk up terraced fields to a small cluster of homes where you'll spend the night in simple, friendly, family accommodations. Drop your bags and meet the family with whom you will be staying. Feel free to relax and take some time to learn about the local way of life.

In the afternoon, hike to the top of one of the two peaks on the island for magnificent sunset views of the lake from a pre-Incan temple. Return to your host's home and enjoy a home-cooked dinner of fresh fish and locally-grown vegetables from the terraced gardens.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 6: Lake Titicaca Kayaking & Hiking: Amantani to Taquile

Enjoy a simple, hearty breakfast with your host family on Amanti Island before you embark on another paddle from to the island of **Taquile** (3 hours, 10km). If you time your trip well, there may be a local festival underway on Taquile.

The local community on Taquile has several annual celebrations that they have been leading for hundreds of years. Colorful costumes, scary masks, and choreographed dancing characterize the festivals and provide a taste of how life is celebrated on the island. Best to check in advance with your local operator if any festivals are scheduled for your visits. If there aren't any festivals happening, your homestay family may still be able to demonstrate some of the traditional dances and costumes.

Before dinner, be sure to hike to the island's peak for another spectacular sunset view over the Andes. Sleep in the home of another local family and enjoy locally-grown, home-cooked meals.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 7: Arriving in Cusco: Puno – Cusco

After breakfast, take a boat from Taquile Island back to Puno. Upon arrival in Puno, transfer to the Juliaca airport for your flight to **Cusco**. This ancient city is the former capital of the Inca empire, which reigned from the 13th to 16th centuries after conquering the Killke settlement on the same location.

Remember: you will be 11,000 feet (3,000 m) above sea level, so take it easy and remember to drink lots of water. Since Cusco was designed by the Incas as a city for walking, start your exploration of the narrow stone alleyways on foot. Take a walk through the plaza — if the weather is beautiful, it's a perfect place to sit on a balcony and have a cup of coca tea while adjusting to the elevation.

Suggested activities include:

- **Visit the Coricancha**, also known as “The Temple of the Sun.” The temple was built by the Incan Emperor Pachacutec (1438 – 1572), and after the arrival of the Spaniards became the basis for the construction of the Santo Domingo Convent.
- **See the Cathedral**, the most imposing monument in the central **Plaza de Armas** and a repository for Cusco's colonial art. Its construction lasted for almost 100 years, beginning in 1560 and ending in 1654.
- **Walk to Sacsayhuamán and next-door Quenqo**, both archaeological complexes used mostly for religious and agricultural rituals, located 2.5 miles (4 km) from the city of Cusco. Built by the Killke people, Sacsayhuamán is a marvel of ancient architecture, a monolithic fortress built from giant blocks of stone, the origins and assembly of which remain a mystery.
- **Discover the elaborate Puca Pucara ruins**—an architectural complex of alleged military use with multiple plazas, baths, aqueducts, walls, and towers. It is believed that the entourage of the Incan emperor used it while he stayed at Tambomachay, the elaborate estate and baths nearby.
- **Explore San Blas**, an old bohemian quarter famous for its picturesque white walls, blue doors, and creative artisan community.
- **Experience the legendary Mercado Central de San Pedro**, a large and diverse market famous for its mouth-watering fruit juices, home-style meals, medicinal herb stalls, and rows of various meats, breads, vegetables, and other necessities.
- **Eat dinner at a local Peruvian restaurant** and sample local flavors and cooking techniques—crackling pork, pickled vegetables, seasonal flavors, bread baked in earthen ovens, roasted vegetables, and sweet donuts make for a delicious and filling meal.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 8: Sacred Valley Tour: Cusco – Chinchero – Ollantaytambo

This morning you will depart from your hotel in Cusco and travel to the town of **Chinchero**, which the Inca believed to be the birthplace of the rainbow. In this typical Andean village you can see extensive Inca terracing and some pretty colonial-era churches. The town is also known for its weaving studios – you'll have a chance to see the weavers producing handmade products.

From Chinchero you'll continue to **Moray**, an incredible complex of stone amphitheaters developed by the Inca. While the exact reason for the construction of this site remains unknown, historians believe the Inca constructed in order to experiment with crop production in different micro-climates.

From Moray, you will walk through farmlands (or take a bus if you prefer) to **Salineras**, an incredible patchwork of stone pools and paths developed by the Inca as a means to harvest salt. Spend the night in **Ollantaytambo**, a historic town in the Sacred Valley, set on the Urubamba River, overlooked by massive stone fortresses. You'll have a chance to explore this charming village, its cobbled streets, and pretty central plazas.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 9: Short Inca Trail to Machu Picchu: Ollantaytambo – Km 104 – Aguas Calientes

Early in the morning, we will take the train from Ollantaytambo to Km 104 where the short Inca Trail starts. By train, we see how the valley turns into a canyon and the scenery begins to alter as the cloud forests appear on our approach to **Machu Picchu**. We will disembark the train at Km 104 and start the hike along a challenging uphill path.

Start the trek to your first archeological site—**Chachabamba**. This beautiful site is very well preserved thanks to its location in the valley and was likely used for religious purposes and as a gatekeeping point for this entrance to Machu Picchu.

From here ascend for 3 hours to the ruins of **Wiñay Wayna** (2732 m / 8964 ft), an ancient rest area for travelers on the Inca trail. Here, we'll stop to enjoy our delicious boxed lunch, with superb views of the massive green mountains and native orchids.

The trail then becomes gentler and continues through the semi-tropical cloud forest to **Intipunku** (Sun Gate) where you'll enjoy your first panoramic views of Machu Picchu. Descend half an hour to the citadel for a short break and an opportunity for photos.

We won't be exploring the ruins today, as it will be getting dark. After passing through the Sun Gate, we'll cross the site to take the bus down to **Aguas Calientes**, where you'll check into our hotel to rest and relax in anticipation of a full-day visit to Machu Picchu tomorrow.

Maximum Altitude: 2732 m / 8964 ft

Minimum Altitude: 2088 m / 6850 ft

Distance Travelled: 10.79 km / 6.67 ml (to Inti Punku)

Approximate Walking Time: 7 hours

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 10: Machu Picchu Excursion: Aguas Calientes & Machu Picchu

Get an early start to beat the crowds and get the best views of the ancient ruins. From Aguas Calientes, it's an easy 25-minute bus ride up to the **Machu Picchu** ruins.

This 15th-century Inca citadel is located at 7,970 ft (2,430 m) and is a masterpiece of engineering that served as a sanctuary and retreat for the Incan Emperor Pachacutec and his royal court. Machu Picchu, which means "Old Mountain," is considered a World Heritage Site by UNESCO and is one of the new Seven Wonders of the World.

Built as a seasonal residence for the Inca family, Machu Picchu was rarely home to more than 800 people, and during the royals' absence, a mere 100 servants would remain at the site to maintain the grounds. Machu Picchu was abandoned 100 years after construction due to the Spanish conquest and remained largely hidden to the outside world until the early 20th century.

Your guide will lead you around the site and explain the different buildings and curious corners of the building complex. Approximately one-third of the site has been reconstructed into its original structure, giving visitors a sense for the grandeur and artistry of the original citadel.

After the tour, take the bus back to Aguas Calientes and relax in the hot springs.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 11: Into the Amazon: Puerto Maldonado to Refugio Amazonas Lodge

This morning you will transfer from your hotel to the Lima airport for your flight to **Puerto Maldonado**.

Upon arrival at the Puerto Maldonado Airport, an agent will meet you and drive you to the local office for luggage storage. Here, all of your extra luggage will be locked away in a secure safe for more convenient boat travel. After a quick walk through the garden for a preview of rainforest plants, it's time to pack your necessities and travel into the Amazon.

Depart from the **Tambopata** port on a two and a half hour boat ride, and pass through the community of **Infierno Reserve**. Eat a packed lunch en route, and watch as the sunlight disappears behind the dense rainforest trees. The boat will take you to your home base for the next few days, the **Refugio Amazonas Lodge**.

The manager will welcome you before giving you an important briefing regarding navigation and security. Then, kick back and relax for the rest of your night after a day of traveling. If you'd prefer to get in a little adventure, you can go on a night boat trip to search for caymans. From the safety of the boat, shine your headlights and flashlights onto the riverbanks to spot their red eyes reflecting in the light.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 12: Jungle Excursions – Tres Chimbadas, Parrot Clay Lick, Botany Tour

Today you will explore the lush rainforest around you in a series of short guided adventure treks. Start by heading to **Tres Chimbadas**, located 30 minutes by boat from the lodge. Explore the lake to search for the resident family of nine giant river otters and other local wildlife, such as cayman, hoatzin, and colorful tropical birds. This tour is best done in the early morning, as otters are most active from dawn

to 8 or 9 AM.

After, walk the short 20 minutes from the lodge to the **Parrot Clay Lick**. Take a comfortable seat behind a secluded blind and watch hundreds of vibrant parrots and parakeets descend onto the river bank to eat the mineral-rich clay. Brightly-colored species like the Yellow-headed Amazon, Blue-headed Parrot, and Dusky Headed Parakeet love to visit this location, and late morning is an ideal time to spot them.

Take a break for lunch, then head 20 minutes downriver to a curated ethnobotany trail tour. Designed by the staff of **Centro Ñape**, a communal organization which derives natural medicines from plants found in the rainforest, this educational trail is designed to explain the uses of local Amazonian plants.

After dinner, you have the option to go for a relaxing night hike during a time when most mammals are active. Listen to the chorus of frog and amphibian calls, and bring a flashlight to try and spot the small animals as they camouflage in the vegetation.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 13: Jungle Excursions – Farm, Dugout Canoe Tour, Fitzcarrald

After a beautiful sunrise and an early breakfast, visit a local farm to learn local cultivation techniques and sample some of the produce. Stop at the nearby botanical garden and discover the immense variety of medicinal plants used by the indigenous people of the Amazon.

In the afternoon, head back to the lodge to enjoy lunch. Afterward, you will be treated to a trip in a dugout canoe to see some more local wildlife. Photographers and naturalists will love spotting Amazonian species around the water, so don't forget your camera. Relax and enjoy the beautiful scenery while observing tropical birds, as well as an array of flycatchers and Gray-necked Wood-Rails.

On the way back, disembark at the remains of the Fitzcarrald steamboat, where you'll learn about its history and how it became part of the award-winning film "Fitzcarraldo."

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 14: Depart from Puerto Maldonado & Lima

Enjoy your last breakfast at the lodge before heading back to the port in Puerto Maldonado. You will be transferred back to the local airport for your connecting flight back to Lima. From Lima, catch your flight home. Buen Viaje!

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Welcome to Lima, Peru's largest city and central metropolitan hub, and home to one-third of the country's population. Located at the site of a pre-Columbian indigenous Ychsma settlement, which was conquered by the Inca empire in the 15th century and later by the Spanish conquistadores, Lima has a fascinating history and a diverse mix of cultures. Amerindian, European, Afro-Peruvian, and Asian—especially Chinese and Japanese—influences make Lima a dynamic and exciting city to explore.

Lima's breezy location on the Pacific Ocean and mild desert climate make it the perfect city for exploring on foot. Head downtown to mingle with locals, stretch your legs, and grab a bite to eat in one of the many award-winning restaurants.

Suggested activities include:

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- **Visit the Casa Aliaga**, a colonial mansion granted by chief conquistador Francisco Pizarro to Jerónimo de Aliaga, one of his captains, in 1535. This is the only house from that era that still belongs to the same family.
- **Stroll around the Pueblo Libre district** to the privately owned Larco Museum of pre-Columbian art, housed in a beautifully restored viceregal mansion built over a 7th-century pre-Columbian pyramid. The museum boasts a vast pre-Colonial collection of gold and silver artifacts, as well as pieces of erotic art.
- **In the evening, head to the eclectic "Love Park"** in the upscale coastal district of Miraflores, where you can admire a huge kissing statue and beautiful mosaic walls. The park is built on the cliffs of Chorrillos and is a perfect place to enjoy a spectacular sunset over the Pacific.
- **Enjoy dinner and a nightcap** at an open-air cafe or restaurant in the diverse Miraflores neighborhood.

Overnight

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Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

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After your tour, head back to your hotel in Arequipa for the evening.

Overnight

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Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Start the day early with a filling breakfast at your hotel in Arequipa before setting off on a scenic drive to **Colca Canyon**. This drive will last around 3 hours and will take you through spectacular landscapes featuring snowcapped volcanoes and quaint Andean villages.

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Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

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currents. The road leads past picturesque villages and pre-Inca ruins dominated by the Ampato and Hualca glaciers, both visible in the distance. Once you reach Cruz del Condor, you can stand at the viewpoint and gaze into the depths of the canyon, which stretches nearly 4,000 feet below.

You will return to Chivay where you can enjoy lunch and browse the local market before starting the journey by land to your **Puno** hotel. Puno is located 5-6 hours from Colca Canyon by car, and you will be able to enjoy spectacular views of the Andes on the way.

Puno is at a higher altitude than Arequipa, and if you haven't already sufficiently acclimatized, it is a good idea to take it easy after arrival.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

The best way to experience the islands is by sea kayak: You get to feel the vastness of the lake and connect with it in the same way that people have been doing so for centuries. Your local guide will arrange the transport, kayaking gear, and lead you through the history of the area during the paddling trip, as well as arrange accommodations and meals for you on the islands.

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From the beach, walk up terraced fields to a small cluster of homes where you'll spend the night in simple, friendly, family accommodations. Drop your bags and meet the family with whom you will be

staying. Feel free to relax and take some time to learn about the local way of life.

In the afternoon, hike to the top of one of the two peaks on the island for magnificent sunset views of the lake from a pre-Incan temple. Return to your host's home and enjoy a home-cooked dinner of fresh fish and locally-grown vegetables from the terraced gardens.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Enjoy a simple, hearty breakfast with your host family on Amanti Island before you embark on another paddle from to the island of **Taquile** (3 hours, 10km). If you time your trip well, there may be a local festival underway on Taquile.

The local community on Taquile has several annual celebrations that they have been leading for hundreds of years. Colorful costumes, scary masks, and choreographed dancing characterize the festivals and provide a taste of how life is celebrated on the island. Best to check in advance with your local operator if any festivals are scheduled for your visits. If there aren't any festivals happening, your homestay family may still be able to demonstrate some of the traditional dances and costumes.

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Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

After breakfast, take a boat from Taquile Island back to Puno. Upon arrival in Puno, transfer to the Juliaca airport for your flight to **Cusco**. This ancient city is the former capital of the Inca empire, which reigned from the 13th to 16th centuries after conquering the Killke settlement on the same location.

Remember: you will be 11,000 feet (3,000 m) above sea level, so take it easy and remember to drink lots of water. Since Cusco was designed by the Incas as a city for walking, start your exploration of the narrow stone alleyways on foot. Take a walk through the plaza — if the weather is beautiful, it's a perfect place to sit on a balcony and have a cup of coca tea while adjusting to the elevation.

Suggested activities include:

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- **Explore San Blas**, an old bohemian quarter famous for its picturesque white walls, blue doors, and creative artisan community.
- **Experience the legendary Mercado Central de San Pedro**, a large and diverse market famous for its mouth-watering fruit juices, home-style meals, medicinal herb stalls, and rows of various

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4x4 Vehicle

Hiking/Tour

Easy trek

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B/L/D

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From Moray, you will walk through farmlands (or take a bus if you prefer) to **Salineras**, an incredible patchwork of stone pools and paths developed by the Inca as a means to harvest salt. Spend the night in **Ollantaytambo**, a historic town in the Sacred Valley, set on the Urubamba River, overlooked by massive stone fortresses. You'll have a chance to explore this charming village, its cobbled streets, and pretty central plazas.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Early in the morning, we will take the train from Ollantaytambo to Km 104 where the short Inca Trail starts. By train, we see how the valley turns into a canyon and the scenery begins to alter as the cloud forests appear on our approach to **Machu Picchu**. We will disembark the train at Km 104 and start the hike along a challenging uphill path.

Start the trek to your first archeological site—**Chachabamba**. This beautiful site is very well preserved thanks to its location in the valley and was likely used for religious purposes and as a gatekeeping point for this entrance to Machu Picchu.

From here ascend for 3 hours to the ruins of **Wiñay Wayna** (2732 m / 8964 ft), an ancient rest area for travelers on the Inca trail. Here, we'll stop to enjoy our delicious boxed lunch, with superb views of the massive green mountains and native orchids.

The trail then becomes gentler and continues through the semi-tropical cloud forest to **Intipunku** (Sun Gate) where you'll enjoy your first panoramic views of Machu Picchu. Descend half an hour to the citadel for a short break and an opportunity for photos.

We won't be exploring the ruins today, as it will be getting dark. After passing through the Sun Gate, we'll cross the site to take the bus down to **Aguas Calientes**, where you'll check into our hotel to rest and relax in anticipation of a full-day visit to Machu Picchu tomorrow.

Maximum Altitude: 2732 m / 8964 ft

Minimum Altitude: 2088 m / 6850 ft

Distance Travelled: 10.79 km / 6.67 ml (to Inti Punku)

Approximate Walking Time: 7 hours

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Get an early start to beat the crowds and get the best views of the ancient ruins. From Aguas Calientes, it's an easy 25-minute bus ride up to the **Machu Picchu** ruins.

This 15th-century Inca citadel is located at 7,970 ft (2,430 m) and is a masterpiece of engineering that served as a sanctuary and retreat for the Incan Emperor Pachacutec and his royal court. Machu Picchu, which means "Old Mountain," is considered a World Heritage Site by UNESCO and is one of the new Seven Wonders of the World.

Built as a seasonal residence for the Inca family, Machu Picchu was rarely home to more than 800 people, and during the royals' absence, a mere 100 servants would remain at the site to maintain the grounds. Machu Picchu was abandoned 100 years after construction due to the Spanish conquest and remained largely hidden to the outside world until the early 20th century.

Your guide will lead you around the site and explain the different buildings and curious corners of the building complex. Approximately one-third of the site has been reconstructed into its original structure, giving visitors a sense for the grandeur and artistry of the original citadel.

After the tour, take the bus back to Aguas Calientes and relax in the hot springs.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

This morning you will transfer from your hotel to the Lima airport for your flight to **Puerto Maldonado**.

Upon arrival at the Puerto Maldonado Airport, an agent will meet you and drive you to the local office for luggage storage. Here, all of your extra luggage will be locked away in a secure safe for more convenient boat travel. After a quick walk through the garden for a preview of rainforest plants, it's time to pack your necessities and travel into the Amazon.

Depart from the **Tambopata** port on a two and a half hour boat ride, and pass through the community of **Infierno Reserve**. Eat a packed lunch en route, and watch as the sunlight disappears behind the dense rainforest trees. The boat will take you to your home base for the next few days, the **Refugio Amazonas Lodge**.

The manager will welcome you before giving you an important briefing regarding navigation and security. Then, kick back and relax for the rest of your night after a day of traveling. If you'd prefer to get in a little adventure, you can go on a night boat trip to search for caymans. From the safety of the boat, shine your headlights and flashlights onto the riverbanks to spot their red eyes reflecting in the light.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Today you will explore the lush rainforest around you in a series of short guided adventure treks. Start by heading to **Tres Chimbadas**, located 30 minutes by boat from the lodge. Explore the lake to search for the resident family of nine giant river otters and other local wildlife, such as cayman, hoatzin, and colorful tropical birds. This tour is best done in the early morning, as otters are most active from dawn to 8 or 9 AM.

After, walk the short 20 minutes from the lodge to the **Parrot Clay Lick**. Take a comfortable seat behind a secluded blind and watch hundreds of vibrant parrots and parakeets descend onto the river bank to eat the mineral-rich clay. Brightly-colored species like the Yellow-headed Amazon, Blue-headed Parrot, and Dusky Headed Parakeet love to visit this location, and late morning is an ideal time to spot them.

Take a break for lunch, then head 20 minutes downriver to a curated ethnobotany trail tour. Designed by the staff of **Centro Ñape**, a communal organization which derives natural medicines from plants found in the rainforest, this educational trail is designed to explain the uses of local Amazonian plants.

After dinner, you have the option to go for a relaxing night hike during a time when most mammals are active. Listen to the chorus of frog and amphibian calls, and bring a flashlight to try and spot the small animals as they camouflage in the vegetation.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

After a beautiful sunrise and an early breakfast, visit a local farm to learn local cultivation techniques and sample some of the produce. Stop at the nearby botanical garden and discover the immense

variety of medicinal plants used by the indigenous people of the Amazon.

In the afternoon, head back to the lodge to enjoy lunch. Afterward, you will be treated to a trip in a dugout canoe to see some more local wildlife. Photographers and naturalists will love spotting Amazonian species around the water, so don't forget your camera. Relax and enjoy the beautiful scenery while observing tropical birds, as well as an array of flycatchers and Gray-necked Wood-Rails.

On the way back, disembark at the remains of the Fitzcarrald steamboat, where you'll learn about its history and how it became part of the award-winning film "Fitzcarraldo."

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Enjoy your last breakfast at the lodge before heading back to the port in Puerto Maldonado. You will be transferred back to the local airport for your connecting flight back to Lima. From Lima, catch your flight home. Buen Viaje!

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Included meals: B=breakfast; L=lunch; D=dinner

What's Included

Included

- English- and Spanish-speaking guide
- Entrance tickets as per itinerary
- Accommodation
- Trekking staff (if applicable)
- Camping equipment (if applicable)
- Meals as specified in the itinerary
- Transportation as per itinerary
- Airport transfers (if specified)

Not included

- International or domestic flights
- Travel insurance
- Tips
- Personal expenses
- Optional tours or additional entrance tickets
- Personal equipment

What to Bring

What to Bring or take fo Day Hiking and Technical Equipment for Climbing Expedition

This equipment list is compiled to provide you with adequate help when choosing your equipment for a climb. Most items are required. Please consider each of them and make sure you understand the function and exclusive use for mountaineering, before substituting or removing items from this list. Please note that this list has been carefully annotated by the organizer. Remember that mountaineering, climbing or mountain expeditions tours is an extreme, risky sport, therefore everything

related to it is of great attention.

Equipment Trekking

- ✓ Hiking backpack for hiking 50 to 60 liters
- ✓ Light gloves for hiking or (Optional Mittens waterproof)
- ✓ Medium weight socks
- ✓ Sleeping bag (-15° to 20°C)
- ✓ Small daypack for one day hiking 30 liters
- ✓ Weather-appropriate clothing (think moisture-wicking and layers)
- ✓ Hiking boots or shoes
- ✓ Medium weight parka with fiber fill or down
- ✓ Rain poncho (or rain gear)
- ✓ Long-sleeved shirts
- ✓ Fleece or Wool sweater and/or trousers
- ✓ Lightweight pants
- ✓ Cotton short-sleeved shirts or t-shirts
- ✓ Water bottle for hiking or trekking
- ✓ Strong waterproof duffel bag
- ✓ Flashlight with spare batteries and bulb
- ✓ Towel for personal hygiene each participant First-aid kit
- ✓ Regular and long underwear
- ✓ Knife or multi-tool
- ✓ Light cap and wool hat
- ✓ Sunglasses with UV certification, Sun block, lips

- ✓ The rest of the list Essentials as appropriate for your hike
- ✓ Grooming and personal hygiene kit
- ✓ One Hiking Buff per person

[See More](#)

Equipment Mountain

- ✓ 3 Locking carabiners, we recommended per person
- ✓ We recommend 2 ice screws for each client
- ✓ 1 Daisy Chain (Life Line) per each person
- ✓ 2 Ice axes (per person) technical, we recommended GRIVEL company
- ✓ 1 ATC descender (Rappel), this is very necessary for technical mountains
- ✓ 2 Cords for prusik, very important (Size Cord 6 mm x 10 m. long)
- ✓ Gloves(Good gloves) for expeditions over 6000meters
- ✓ Harness for climbing
- ✓ Sleeping pad / Mattress, we recommend with air or inflatable mattress
- ✓ Crampons, we recommended GRIVEL company
- ✓ Walking sticks – Trekking Poles (optional), a pair per person, we recommended GRIVEL company
- ✓ Down Jacket for expedition
- ✓ Very important to have personal clothing such as pants and jacket with GOROTEX certification
- ✓ First aid kit, for high mountains, because we as guides cannot medicate clients
- ✓ Backpack Capacity 60 liters, it is better to have a bigger backpack to go comfortably to the high camps, because here you have to carry all your personal things
- ✓ Gaiters or Leggings, now modern boots already have built-in (Incorporated), but better to have an extra pair

[See More](#)

Dressing appropriately for the mountains can make the difference between a pleasant trip and a really uncomfortable one. Clothing must provide the right degree of temperature, perspiration and be well ventilated. Preferably cotton clothing should be avoided, as in humid conditions they absorb body heat.

In general, the weather conditions in in the Andes of South America can vary from day to day and even throughout the day. Therefore, clothing must be versatile.

Please do not hesitate to contact us with any questions you may have regarding the necessary equipment.

? If you need to rent mountain equipment click here:

Prices & Dates

FROM/TO

PRICE (USD)

TRAVEL STATUS

01 APR 2026 / 19 APR 2026

\$ —



[Join Now](#)

- Single Supplement (I want my own room and tent) – \$000 on request.

Please note: Insurance for emergency evacuation is required for this trip. [Call for more details.](#)

- » Additional dates available upon request
- » Rates may vary from July 26th to 31th for the national holidays

Prices (per person):

1 PAX	2 PAX	4 PAX	6 PAX	8 PAX	10 PAX	12 PAX	14 PAX
— USD	— USD	— USD	— USD	— USD	— USD	— USD	— USD

Deposit for reservations

— USD (– EUR) ? Full payment 40 days before. No refund if you cancel less than 30 days!

- *Available

Trip-code: Number ?BOL-000

Duration: 1 day

Participants:

Minimal: 2 Maximal: 15

Members: We don't have an open group to join – We can open a new group – [Contact us!](#)

Country / Location: Bolivia

Mountain Guide: Eric Raul Albino Lliuya

Other dates / additional info: [Contact us!](#)

3% early bird discount when booking 6 months prior to departure 2024

Legend Booking-information:

EZZ Single room supplement

? On this trip, places are still available.

? On this trip, only a few places left.

? This trip is sold out / closed.



Eric Raul Albino Lliuya

Expert guide certified by AGOMP
General Sales Manager of Peru Expeditions

- **WhatsApp:** [+51 943 081 066](https://wa.me/51943081066)
- **E-Mail:** office@peru-expeditions.org





Hans Honold | Certified Mountain and Ski Guide

For a trip with a Professional Certified Mountain Guide from abroad with your own language that you speak, please request us to get in touch. We have guides working for our company from all over the world who are members of IVBV/UIAGM/IFMGA Certified Guides.

- **Tel:** [+49\(0\)7344 929144-0](tel:+4907344929144-0)

[More information](#)

BOLIVIA EXPEDITIONS

BOLIVIA EXPEDITIONS

SAFE

CLUB

It is very important to have accident coverage for trekking and climbing mountains, more if you go a technical mountains over 6 thousand meters, we oblige and recommend buying travel insurance with our partner Global Rescue, you get the peace of mind that the finest medical, security evacuation, field rescue, intelligence and telehealth.

- **Tel:** [+1 \(617\) 459-4200](tel:+16174594200)

[More information](#)

Only \$1000 deposit to book

Pay over time, interest free

No booking fee, no change fee

24/7 support

Accommodations

Scroll through our exclusive accommodations for this trip below. Although very unlikely, we will be able to make substitutions when necessary. The comfortable accommodations that guests stay in every night offer comfort, the level that these options are are 3 stars and some hostels in some towns of first class quality to make your stay very pleasant.

****These exact accommodations are not guaranteed. In some cases, alternative accommodation of similar quality and location can be used.***

[See All](#)

- [????](#)

Parador Santa Maria La Real

- [Sucre](#)

- [?????](#)

Hotel Samary Pueblo

- [Sucre](#)

- [???](#)

Hotel Santa Teresa

- [Potosi](#)

- [??](#)

Hotel Museo Cayara

- [Potosi](#)

Albergue Ecológico Tomarapi

- [Sajama](#)

BOLIVIA EXPEDITIONS

Hoteles Taykas

- [Uyuni](#)

BOLIVIA EXPEDITIONS

- [????](#)

Eco Hotel Flamencos Altiplano

- [Potosi](#)

- [????](#)

Hotel Luna Salada

- [Colchani](#)

- [???](#)

Hotel Cristal Samaña

- [Colchani](#)

- [????](#)

Hotel Palacio de Sal

- [Colchani](#)

Maps & Downloads

DOWNLOADS

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- [Location on Google Maps](#)
-

Videos

https://www.youtube.com/watch?v=eFaCl0GcvaE&pp=ygUNc2FjcmVklHZhbGxleQ%3D%3Dhttps://www.S6_vuW4q4I&pp=ygUNIENvbGNhIENhbnlvbg%3D%3D

Frequently Asked Questions

What our travelers or clients always ask questions before joining our trips, tours & expeditions, read all the information provided here.

Suggested FAQs

[What experience and how fit do I need to be to climb this mountain? Is this program suitable for children or older people?](#)

For our mountain climbing trips: If they are easily accessible mountains: For easy-climb mountains, well, you don't need much experience, but if you already want to climb mountains above 6,000 meters and the conditions become more difficult, we recommend if you already want to go through mountains above 6,000 meters, have a basic or intermediate course for a good preparation. It is very important to be physically, technically and psychologically prepared.

Regarding the preparation of children: Everything will depend on which mountain you want to climb with your children, once you are clear on which of our tours or mountains you want to go with your children, we can give you some advice or see how to prepare them before going with them.

Regarding older people: It all depends on the condition of experience and how well the person is in health, on many occasions older people are the best to walk in the mountains because they have more experience, so it is always good to ask and find out about their experience of older participant. If you have any other questions, please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[Will I need to bring any technical equipment of my own? Is it possible to rent equipment, and if so, what would be the approximate cost of that?](#)

In all our trekking or mountaineering trips we do not include personal equipment in our prices, so you have to have your own equipment: Personal equipment (such as boots, ice ax, crampons, harness, sleeping bag, mat, Goretex, etc.) and also within each page of the trips that we sell is a small list so you can see it on our website.

Our company can also rent the materials that you would need for your trip, see the list here on our website: <https://peru-expeditions.org/equipment-rental/> . **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[Are there any other special requirements such as permits/insurance/vaccines that I need to consider before the tour?](#)

Safe and effective vaccines are available that provide strong protection against serious illness, hospitalization and death from COVID-19. Billions of people have been vaccinated against COVID-19. Getting vaccinated is one of the most important things you can do to protect yourself against COVID-19, help end the pandemic and stop new variants emerging.

We also recommend having accident insurance, we always recommend. We are **Partners –Global Rescue**. If you have any other questions about the trip we can schedule a date for a calling via WhatsApp. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[What experience do I need to have? How fit do I need to be? Is this program suitable for children or older people?](#)

To do long-distance hiking you need to at least train or do some tours such as visiting lagoons to get the experience and feel comfortable with what you do, it is always good before doing a long-distance hiking tour to test yourself so as not to be with the problems of altitude sickness during the trekking, and if you travel with children it is good to first train them before taking them, if they are accompanied by an adult of legal age, they must do a good acclimatization before going on the long-distance tour or with high altitude camps If you want to know or learn more advice, we can schedule a call via WhatsApp to clarify your doubts. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[How far in advance should I start training and what kind of training do you suggest?](#)

The preparation is according to what type and what technical level you want to go and climb a trek or mountain, the preparation will always gain experience little by little.

For this type of demanding or technical climbing sports, it is recommended to do some summits above 5 thousand meters beforehand and have good knowledge of high mountain technical equipment such as the use of technical ice axes, ice screws, correct use of crampons, and of course all the technical material. For more information, we can schedule an appointment to be able to explain in more detail everything about the mountain equipment and the preparations prior to joining our outings. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[What is the average distance and altitude gain that we will hike each day?](#)

Every day we have active walks around approximately 4, to 5 sometimes 6 hours of walking, everything is according to your pace and physical condition of each person, in each of our travel programs you will find more detailed information, and if If you need more information about each day of the travel program, we can schedule a call via WhatsApp to clarify your doubts or questions, for this please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[Will there be porters to help to carry group and personal equipment?](#)

In our trips, either hiking or mountaineering: Depending on the type or destination of the trip that you are going to book, in some parts of the treks you go with mules or donkeys or sometimes with horses, and within the mountain trips, the approach camps are also They go with mules or donkeys, but there are some stretches where pack animals can no longer reach. In this part, our logistics is fully supported by the porters.

Who are the porters? They are people from the area who were born and live in the heights of the towns, they are very strong and are very acclimatized, the reason is that after the tourist season ends they dedicate themselves to agriculture and livestock for that reason they are people They are used to the altitude and have lived in nature all their lives and they are happy to be in the mountains together with our expeditions. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[How will accommodation and meals be handled during the trek?](#)

About accommodation or meals during the tour: Well, depending on the type of tour, when the tour is a classic cultural tour or a city tour, we eat during the route in tourist restaurants and sleep in category hotels that the client has requested.

If the tour is with camps and trekking: During the activity, logistics we include the service of Breakfast, Lunch, and Dinner with traditional and typical meals of the region where you are going to travel with us, during the night we stay in tents, and we have a special tent for the kitchen and another for the dining room.

If the trip is at altitude or in the mountains: We bring special high mountain food, It are quicker meals to cook and we provide complete logistics such as Breakfast, Lunch and Dinner, and we sleep in special 4-season high mountain tents, with the best tents. If you have any questions or concerns, we can schedule an appointment via Whatsapp to clarify all your doubts and give you better information so that your trip is an unforgettable tour.

[What is the guide-to-client ratio to climb this mountain?](#)

In mountains above 5000 meters: A local guide takes a maximum of 3 clients = Ratio 3pax = 1 local guide

In technical mountains: In large-big mountains we manage the travel policy, a guide and a maximum of 2 clients = Ratio 3pax = 1 local guide. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[What is the best time of the year to climb this mountain?](#)

For all the trips that we offer within our main tourist destinations such as South America and Central America, also including the ascent of the 7 continents and the 7 highest peaks of each continent, on each page of our website for each trip we indicate that month or what season to travel, then please read the information you find in our travel offers for each tour. If you have any other questions you can contact us by WhatsApp with one of our travel experts. Thank you so much. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[Do I have what it takes to succeed on this expedition?](#)

In the interest of the team's enjoyment and success, we work with every single guest to ensure they are properly prepared and ready for this expedition. We pride ourselves on vetting every member to make sure that the team can bond and succeed together. It really sucks to be grouped with members that are much faster, or much slower, than you are. No one wants to be the weakest link on a trip like this. By setting expectations and a solid training plan, we work to insure maximum cohesive success. Use this trip as an exercise motivator, and we will succeed together with style.

[How can I get to the trailhead/meeting point?](#)

For the pick-ups of each trip, depending on the place or the trip that you are going to make with us, the meeting point is always at our office, in one of our trips we pick you up where you are staying or staying, or in some cases a representative of our company will pick you up and then ship you to your transport to continue with your destination of the tour or trip you have booked with us. If you wish to request more information, do not hesitate to contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[What is the best time of the year for this hike?](#)

For all the trips that we offer within our main tourist destinations such as South America and Central America, also including the ascent of the 7 continents and the 7 highest peaks of each continent, on each page of our website for each trip we indicate that month or what season to travel, then please read the information you find in our travel offers for each tour. If you have any other questions you can contact us by WhatsApp with one of our travel experts. Thank you so much. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[What happens in the event of bad weather?](#)

About the meteorological conditions of the climate, we try to organize the trips of each tour in the best season to have the best views and enjoy the selected trip but sometimes even in good season we can have bad weather, in this case on hiking or treks trips the complications are minimal, but when this

happens during high-altitude climbing expeditions, the complications can become very difficult, that is why the bosses or leaders of the local guides must always make the most correct decision for the safety of our passengers, so we always recommend listening to the best advice from the local guide assigned for each tour. If you have any other questions please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

[Can I join a group?](#)

We as a local company and connoisseurs of tours have departures on different dates. The best thing to do is to join a travel group to take care of your budget, and of course you can join our groups, but on trips like mountaineering we recommend going in small groups. To join a group, ask us for the dates and we will send you the necessary information to be able to join any of our trips.

Why go in a private trip: For trips whether trekking or high mountains, going privately is the most recommended option, but the costs are more expensive. So, if one joins a group, the prices will be more reasonable. In the mountains, the only disadvantage is if you are in a wall with another partner and if one of the participants gets tired or gets sick. In this case, you have to abort or cancel the summit and return together. For more information, contact us. We can schedule a call via WhatsApp to clarify all your questions.

In a mountain, for example, if 3 people go and one of the participants falls ill on the route, for security reasons they have to cancel or abort the summit or return all together. The same in a technical mountain if the climbing partner gets sick they all have to return, for these reasons sometimes it is better to go private only because for a single person the costs are more expensive for the same reason that the trip would already be private .

For more information please contact us. **For calls or inquiries to this number: [+51 943 081 066](tel:+51943081066)**

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