



Discover the Highlights of Peru – 14 Days

Description

BOLIVIA EXPEDITIONS

































This wide-ranging two-week tour leads you around Peru's most exciting destinations, from the cobblestoned streets of Cusco to the colorful landscapes of Rainbow Mountain and the world-famous ruins of Machu Picchu. Kick off the adventure in Lima, exploring the city's food scene on a gourmet walking tour. Then climb aboard a small plane for a ride high over the world-famous Nazca Lines, spot condors in beautiful Colca Canyon, and explore Lake Titicaca on a traditional boat. You'll base yourself in Cusco for the latter part of the trip, enjoying excursions to Machu Picchu, the Sacred Valley, and the region's vibrantly hued mountains. With a mix of cultural sightseeing and outdoor adventures, this 14-day journey around Peru is unforgettable!

Highlights

- Explore the gourmet side of Lima on a walking food tour
- Discover the pre-Inca ruins of the Sacred Valley
- Fly over the awe-inspiring Nazca Lines geoglyphs in a small plane
- Shop for traditional handicrafts in the markets of Cusco
- Marvel at the ruins of Machu Picchu on an early-morning tour
- Hike to the photogenic “Rainbow Mountain”

Difficulty



Condition



Travel Program

Day 1: Arrive in Lima & Get Oriented

Welcome to **Lima, Peru!** The country’s largest city is home to one-third of the country’s population. Located at the site of a pre-Columbian indigenous settlement, 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** makes it a perfect city for exploring on foot. Head downtown to mingle with locals, stretch your legs, and grab a bite to eat in one of many award-winning restaurants. Or take in views over the ocean in the clifftop neighborhood of **Miraflores**. You’ll go on a guided tour tomorrow, but this afternoon, you can take it easy and enjoy Lima!

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 2: Tour the City & Sample Local Delicacies in Barranco

Get out and explore Lima today on a guided tour. First, you'll head to the historic center, a UNESCO World Heritage Site packed with fascinating Spanish architecture. Stroll over to the 16th-century **Cathedral**, which took 80 years to construct in grandiose Spanish colonial style. Visit the **Casa Aliaga**, a colonial mansion given by 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. Walk around the **Pucllana Pyramid**, a magnificent ceremonial and archeological center built in the 4th century CE and considered a sacred village by the Incas. You will also visit the monumental **San Francisco Convent**, which displays the largest collection of religious art in America, and the underground **Catacombs**.

Later in the day, you'll have the chance to try a wide range of Peruvian snacks, street foods, traditional dishes, and drinks on a walking food tour of artsy **Barranco**. A local chef will teach you how to prepare Peru's most famous treats, including ceviche and pisco sours.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 3: Visit the National Museum of Anthropology, Archaeology, and History

You will start your tour today at **Peru's National Museum of Anthropology, Archaeology, and History**, located in the **Pueblo Libre** district. It is the oldest national museum, founded in 1826, and houses a huge collection of pottery, textiles, and gold and silver artifacts from various indigenous cultures. You will then visit the **Larco Museum**, located inside a mansion built on a pre-Columbian pyramid, to see an incredible collection of pre-Hispanic gold and silver artifacts. In the evening, you'll travel to **Nazca** and check into your hotel.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 4: Fly High Over the Nazca Lines

Head to the nearby airport in **Pisco**. From here you will take a 90-minute flight south aboard a 12-passenger plane to view the sprawling **Nazca Lines**. These massive images, the longest of which are 1,200 ft (370 m), vary from geometric lines to figures of animals and people. Due to the stable environment of the **Nazca Desert**, these geoglyphs — which were created by removing the top layer of iron-oxide coated pebbles to reveal the light-colored clay underneath — have been remarkably well preserved. You will get a chance to see many of the most famous geoglyphs, including the hummingbird, dog, tree, whale, lizard, and more. In the evening, you'll board an overnight bus to **Arequipa**.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 5: Sightsee in Arequipa

Today you will have a free day to explore the city center. Visit museums, enjoy lunch on a rooftop terrace, and explore hidden courtyards. Arequipa is a colonial city filled with baroque buildings built from white volcanic stone. For thousands of years, native tribes settled in the valley, creating wide agricultural terraces that were fed by major irrigation channels. The area was later conquered by the Inca. After Spanish conquest in the mid-16th century, Arequipa grew into a culturally, politically, and economically powerful city with strong ties to the crown.

Start your tour in the **Plaza de Armas**, the city's historical center. Visit the colonial **Monasterio de Santa Catalina** to explore a large complex of rooms, secret plazas, and ornate gardens. Continue to the **Iglesia de la Compañía de Jesus**, famous for its incredible baroque style and colorful cupola. For a tour of Arequipa's most famous museums, visit the **Museo de Arte Virreinal Santa Teresa** and **Museo Santuarios Andinos**, which showcase the two cultures in the valley: the former a Spanish convent, art gallery, and living museum, the latter a museum of Indigenous Andean art and archaeology. Head to the **Calle de la Monasterio de Santo Catalina**, a popular shopping street, to

peruse shops and local cafés. Nearby **Calle Mercaderes** is a pedestrian walkway with well-known stores and restaurants.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 6: Discover the Colca Canyon

Start the day early, setting off on a scenic drive to **Colca Canyon**. This drive will last around three hours and will take you through spectacular landscapes with 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 the lookout point of **Mirador de Los Andes**, offering incredible views of the peaks of the various volcanoes surrounding Arequipa.

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. Then head to your hotel to relax. It's also possible to visit some of the region's natural thermal baths this afternoon.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 7: Spot Condors in the Wild

Early this morning, you'll meet your guide and drive to **Condor Cross Lookout Point**, 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. You will return to Chivay where you can enjoy lunch and browse the local market before starting the journey by land to **Puno**, enjoying spectacular views of the Andes on the way. Note that 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 8: Explore Lake Titicaca

Lake Titicaca, the largest freshwater lake in South America, straddles the border between western **Bolivia** and southern Peru. Today you will visit the floating **Uros Islands**, home to the Uros indigenous people, believed to be one of the first ethnic groups to populate the Andean region. The Uros live on manmade floating islands constructed out of reeds from a local plant.

Today's nine-hour tour embarks from Puno by boat to one of these floating islands to learn about the life and traditions of the Uros. Following this is a visit to **Taquile**, a small, non-mobile island. At a local restaurant, a traditional lunch of quinoa soup and fresh-caught fish will be served, then there will be time to explore the island. Taquile is unique in that it remained mostly isolated from the outside world until the 1950s, and as a result, the Taquileños enjoy a different way of life. Decisions on the island are made communally, there are no cars, and there is little electricity, which is just how the residents like it. The island is also famous for the exquisite weavings created by local artists. Board a boat back to Puno at the end of the day.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 9: Follow the Route of the Sun to Cusco

After breakfast at your hotel, you'll transfer to the bus station to catch a bus to **Cusco**. During the journey, which takes about ten hours, you will enjoy several excursions and guided tours. You'll stop at the pre-Inca museum in **Pukara**, the high-elevation **Raya Pass**, and the **Temple of Raqchi**. You'll arrive in Cusco in the evening. This ancient city is the former capital of the Inca empire, which reigned from the 13th to 16th centuries. 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.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 10: Tour Pisac, Ollantaytambo & Chinchero

This morning you will depart from your hotel in Cusco and travel to **Pisac**, one of the most important archaeological sites in the region. In this area, you'll explore ancient Inca burial grounds, irrigation systems, and astronomy centers. Next, go down to the town of Pisac, located at the bottom of the valley. This town is famous for its bustling textile market. Select from a wide assortment of colors, styles, and designs for gifts and souvenirs to take home with you.

Next, you'll stop for lunch, enjoying traditional Andean cuisine at a restaurant in a beautiful setting overlooking the **Urubamba River**. Then head to the ancient Incan city of **Ollantaytambo**, one of the few remaining places in the Sacred Valley that have retained their original Inca urban planning. Walk through the streets with Inca-era canals and view the ancient houses still in use today. Climb the agricultural terraces where you can enjoy an Inca's-eye-view of the valley. From the top, you'll be able to see some of the quarries from where the stone for Ollantaytambo was sourced. It's amazing to think how far these large stones were transported from, especially considering the Incas didn't have pack animals strong enough to carry them. Finish the day's tour in **Chinchero**, exploring more ruins before making your way back to Cusco for the evening.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 11: Visit Machu Picchu

This morning you will be transferred to the **Ollantaytambo** train station to catch your early morning train to **Aguas Calientes**. From there, it's an easy 25-minute bus ride up to Machu Picchu. Get an early start to beat the crowds and get the best views of the ancient ruins. The 15th-century Inca citadel is located at 7,970 feet (2,430 meters) 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 a UNESCO World Heritage Site and one of the new Seven Wonders of the World. Built as a seasonal residence for the emperor's family, Machu Picchu was rarely home to more than 800 people; 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 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 of the grandeur and artistry of the original citadel. After the tour, you will have time to explore Machu Picchu on your own, then take the bus back to Aguas Calientes and have a late lunch or drinks in the picturesque town center. Then ride the train to Ollantaytambo and transfer to Cusco for an overnight.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 12: Sightsee in Cusco

Today you'll tour Cusco and its surrounding area, starting with **Sacsayhuamán** and **Quenqo**, archaeological complexes used mostly for religious and agricultural rituals. Although the site of Sacsayhuamán was religious, the Spanish considered it a military fortress because of its location and the way it was built. From here, walk through **San Blas**, an old bohemian quarter famous for its picturesque white walls, blue doors, and creative artisan community. Continue to the **Plaza de Armas**, where you will be able to explore the **Cathedral** and admire its exquisite interiors and priceless paintings. Its construction lasted for almost 100 years, beginning in 1560 and ending in 1654. Just a few blocks away, you will explore one of Cusco's most impressive buildings, **Qoricancha** ("The Temple of the Sun"), with interior walls once covered in gold. The temple was built by the Incan Emperor Pachacutec (1438-1572), and after the arrival of the Spaniards, it became the basis for the construction of the **Santo Domingo Convent**. Your guide will point out smaller temples dedicated to the moon, rainbow, stars, lightning, and thunder, among others. From Qoricancha, you will head to the local **San Pedro Market**. The locals shop at this market every day to stock up on produce and groceries. Do as the Peruvians do and sample a fresh fruit smoothie from one of the market's many food vendors.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 13: Trek to “Rainbow Mountain”

Rise and shine! You’ll start the last full day of the itinerary with an early morning pick-up. Enjoy a scenic drive to the start of the trek. When you reach the trailhead, enjoy some breakfast before starting the hike. You’ll begin at **Chilca**, hiking uphill to reach the famous **Rainbow Mountain**. Along the way, enjoy amazing views of the Andes, glacial peaks, red mountains, and rocky hills, along with llamas and alpacas grazing along the valley. Once you reach the top, you’ll have time to rest and take in the scenery. You will also see amazing views of the valleys, **Cordillera Vilcanota Range**, and **Ausangate Glacier Peak**, the tallest mountain of the Cusco region. Drive back to Cusco and enjoy one last Peruvian dinner on the last night of the trip.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 14: Depart Cusco – End of Trip

Today the trip comes to an end. You’ll transfer to the airport to catch a flight out. Safe travels!

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Welcome to **Lima, Peru!** The country's largest city is home to one-third of the country's population. Located at the site of a pre-Columbian indigenous settlement, 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** makes it a perfect city for exploring on foot. Head downtown to mingle with locals, stretch your legs, and grab a bite to eat in one of many award-winning restaurants. Or take in views over the ocean in the clifftop neighborhood of **Miraflores**. You'll go on a guided tour tomorrow, but this afternoon, you can take it easy and enjoy Lima!

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

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Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

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Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Head to the nearby airport in **Pisco**. From here you will take a 90-minute flight south aboard a 12-passenger plane to view the sprawling **Nazca Lines**. These massive images, the longest of which are 1,200 ft (370 m), vary from geometric lines to figures of animals and people. Due to the stable environment of the **Nazca Desert**, these geoglyphs — which were created by removing the top layer of iron-oxide coated pebbles to reveal the light-colored clay underneath — have been remarkably well preserved. You will get a chance to see many of the most famous geoglyphs, including the hummingbird, dog, tree, whale, lizard, and more. In the evening, you'll board an overnight bus to **Arequipa**.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Today you will have a free day to explore the city center. Visit museums, enjoy lunch on a rooftop terrace, and explore hidden courtyards. Arequipa is a colonial city filled with baroque buildings built

from white volcanic stone. For thousands of years, native tribes settled in the valley, creating wide agricultural terraces that were fed by major irrigation channels. The area was later conquered by the Inca. After Spanish conquest in the mid-16th century, Arequipa grew into a culturally, politically, and economically powerful city with strong ties to the crown.

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Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Start the day early, setting off on a scenic drive to **Colca Canyon**. This drive will last around three hours and will take you through spectacular landscapes with 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 the lookout point of **Mirador de Los Andes**, offering incredible views of the peaks of the various volcanoes surrounding Arequipa.

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. Then head to your hotel to relax. It's also possible to visit some of the region's natural

thermal baths this afternoon.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Early this morning, you'll meet your guide and drive to **Condor Cross Lookout Point**, 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. You will return to Chivay where you can enjoy lunch and browse the local market before starting the journey by land to **Puno**, enjoying spectacular views of the Andes on the way. Note that 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

Lake Titicaca, the largest freshwater lake in South America, straddles the border between western **Bolivia** and southern Peru. Today you will visit the floating **Uros Islands**, home to the Uros indigenous people, believed to be one of the first ethnic groups to populate the Andean region. The Uros live on manmade floating islands constructed out of reeds from a local plant.

Today's nine-hour tour embarks from Puno by boat to one of these floating islands to learn about the life and traditions of the Uros. Following this is a visit to **Taquile**, a small, non-mobile island. At a local restaurant, a traditional lunch of quinoa soup and fresh-caught fish will be served, then there will be time to explore the island. Taquile is unique in that it remained mostly isolated from the outside world until the 1950s, and as a result, the Taquileños enjoy a different way of life. Decisions on the island are made communally, there are no cars, and there is little electricity, which is just how the residents like it. The island is also famous for the exquisite weavings created by local artists. Board a boat back to Puno at the end of the day.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

After breakfast at your hotel, you'll transfer to the bus station to catch a bus to **Cusco**. During the journey, which takes about ten hours, you will enjoy several excursions and guided tours. You'll stop at the pre-Inca museum in **Pukara**, the high-elevation **Raya Pass**, and the **Temple of Raqchi**. You'll arrive in Cusco in the evening. This ancient city is the former capital of the Inca empire, which reigned from the 13th to 16th centuries. 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.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

This morning you will depart from your hotel in Cusco and travel to **Pisac**, one of the most important archaeological sites in the region. In this area, you'll explore ancient Inca burial grounds, irrigation systems, and astronomy centers. Next, go down to the town of Pisac, located at the bottom of the valley. This town is famous for its bustling textile market. Select from a wide assortment of colors, styles, and designs for gifts and souvenirs to take home with you.

Next, you'll stop for lunch, enjoying traditional Andean cuisine at a restaurant in a beautiful setting overlooking the **Urubamba River**. Then head to the ancient Incan city of **Ollantaytambo**, one of the few remaining places in the Sacred Valley that have retained their original Inca urban planning. Walk through the streets with Inca-era canals and view the ancient houses still in use today. Climb the agricultural terraces where you can enjoy an Inca's-eye-view of the valley. From the top, you'll be able to see some of the quarries from where the stone for Ollantaytambo was sourced. It's amazing to think how far these large stones were transported from, especially considering the Incas didn't have pack animals strong enough to carry them. Finish the day's tour in **Chincho**, exploring more ruins before making your way back to Cusco for the evening.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

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Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

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Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Rise and shine! You'll start the last full day of the itinerary with an early morning pick-up. Enjoy a scenic drive to the start of the trek. When you reach the trailhead, enjoy some breakfast before starting the hike. You'll begin at **Chillca**, hiking uphill to reach the famous **Rainbow Mountain**. Along the way, enjoy amazing views of the Andes, glacial peaks, red mountains, and rocky hills, along with llamas and alpacas grazing along the valley. Once you reach the top, you'll have time to rest and take in the scenery. You will also see amazing views of the valleys, **Cordillera Vilcanota Range**, and **Ausangate Glacier Peak**, the tallest mountain of the Cusco region. Drive back to Cusco and enjoy one last

Peruvian dinner on the last night of the trip.

Overnight

Hotel

Driving

4x4 Vehicle

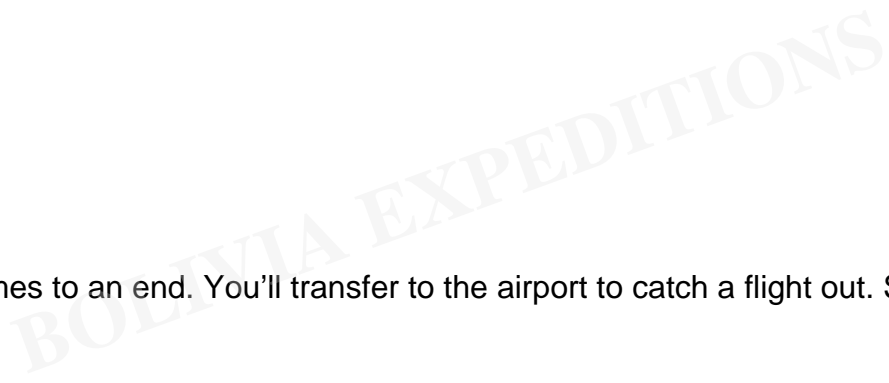
Hiking/Tour

Easy trek

Meals

B/L/D

Today the trip comes to an end. You'll transfer to the airport to catch a flight out. Safe travels!



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, lip balm
- ✓ 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:+49(0)7344 929144-0)

[More information](#)

BOLIVIA EXPEDITIONS

BOLIVIA EXPEDITIONS

SAFETY

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](#)

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- [??](#)

Hotel Museo Cayara

- [Potosi](#)

Albergue Ecológico Tomarapi

- [Sajama](#)

BOLIVIA EXPEDITIONS

Hoteles Taykas

- [Uyuni](#)

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- [????](#)

Eco Hotel Flamencos Altiplano

- [Potosi](#)

- [????](#)

Hotel Luna Salada

- [Colchani](#)

- [???](#)

Hotel Cristal Samaña

- [Colchani](#)

- [????](#)

Hotel Palacio de Sal

- [Colchani](#)

Maps & Downloads

DOWNLOADS

- [Weather Forecast](#)
- [Location on Google Maps](#)
-

Videos

<https://www.youtube.com/watch?v=VqSoF-HBc0A&t=4s&pp=ygUOIExha2UgVGI0aWNhY2E%3D><https://www.youtube.com/watch?v=7MjUSZRu4Mc>

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)**

Date Created

2026/02/23

Author

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