



Sacred Valley Trekking & Lake Titicaca Exploration – 12 Days

Description

BOLIVIA EXPEDITIONS



























This 12-day tour of Peru's highlights is perfect for adventurous and fit travelers. Begin in the imperial Incan city of Cusco, where you'll embark on a 3-day trek to Machu Picchu. Then, explore the Sacred Valley's ruins, markets, and villages before summiting Rainbow Mountain and getting your fill of culture and stellar views at Lake Titicaca.

Highlights

- Hike the Lares Trek & the 1-day Inca Trail
- Spend a day immersed in the history of Machu Picchu
- Explore the beauty of the Sacred Valley
- Trek the colorful Rainbow Mountain

- Delve into the culture and history of Lake Titicaca

Difficulty



Condition



Travel Program

Day 1: Arrival in Lima

¡Bienvenidos! 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 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 Cusco, Exploring the City

Head to the Lima airport for your transfer 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 lunch 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 3: Lares Trek Day 1/2: Huacawasi to Ipsaycocha Lagoon

You will be picked up very early from your hotel in Cusco to head to **Huacawasi** (Lares). Here, you'll

learn about the local custom and traditions, many of which have remained unchanged since pre-Incan times. After this you will begin the trek, gradually ascending and passing by small populations that still use the very colorful clothing of their ancestors, as well as their herds of llamas and alpacas.

After ascending for approximately 3-4 hours, you will arrive at the highest point of the trek- **Ipsayccasa** (4,450 m). Here you will rest and take in the view of the snow-capped mountains, including the towering Nevado Verónica (5,750 m). After you are rested, you will descend to the **Ipsaycocha Lagoon** (4,350 m), a small lake with an abundance of high-altitude birds, including the Andean goose, the Puna ibis, and other aquatic birds that soar through the mountains. You will camp here, close to the lagoon of Ipsaycocha.

Accommodation: Camping

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 4: Lares Trek Day 2/2: Ipsaycocha Lagoon – Patacancha – Pumamarca – Ollantaytambo

Enjoy an early breakfast surrounded by the mountains and the lagoon in all their splendor. Today, you'll start your trek with a descent toward the community of **Patacancha** (3,750 m), which is an ancestral community characterized by its woven textiles and rich culture. From here you will take a local vehicle for approximately 30 minutes to the archaeological site of **Pumamarca** (3,750 m), known locally as "The Pueblo del los Pumas" (The City of the Pumas), a mystical and magical place overlooking the Sacred Valley of the Incas.

After your visit to Pumamarca, you will have a delicious lunch and a nice rest. After lunch, you will start hiking again on one of the original Inca Trails. On this trail, you'll be treated to a number of archaeological sites, incredible landscapes, and impressive views. Your journey will end in the village of **Ollantaytambo**, where you'll check in to a local hotel and get some well-deserved rest.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 5: 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 6: Machu Picchu Excursion: Aguas Calientes – Machu Picchu – Ollantaytambo

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 7,970ft (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 for lunch and then board the train to Ollantaytambo. Upon arrival in Ollantaytambo, transfer to your hotel and enjoy a relaxing evening in the Sacred Valley.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 7: Maras & Moray Tour: Ollantaytambo – Urubamba

This morning, you'll depart from your hotel in Ollantaytambo for your journey to **Moray**. Along the way, you'll enjoy views of the Andes' snow-capped peaks, lush yellow fields of wheat, and small villages. Upon arrival in Moray, you'll see the three famous amphitheater-like terraces made by the Incas. These terraces are carved deep into the earth in the shape of a bowl. It is believed that the Incas once used these terraces as agricultural laboratories to determine the optimal conditions for growing crops.

When you are done exploring Moray, you will head about two miles away, to the salt mines of **Maras**. This village is known as a former salt-producing center and is thought to date back to pre-Incan times. There are over 3,000 salt pools carved into the mountainside, that are filled daily by a stream of water. This spectacular area is perfect for you if you wish to see something different than the ruins.

After exploring Maras, you'll travel to **Urubamba** and check in to your hotel.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 8: Sacred Valley Tour: Urubamba – Pisac – Chinchero – Cusco

You will be picked up from your hotel in Urubamba to begin your second day adventure in the Sacred Valley.

First, you will head to one of the most important archaeological sites in the region, **Pisac**, to see Inca burial grounds, ancient irrigation systems and religious centers. Upon arriving in Pisac, visit its ruins and terraces, then head down the valley to visit the town. Here, you'll walk through the cobblestoned streets to the plaza to see locals selling produce and souvenirs in their stands. You will have some free time to browse and do some shopping.

After exploring Pisac, travel to the **Awanakancha Llama Sanctuary** where you will see llamas, alpacas and a weaving demonstration. After, you will head to **Chinchero**, the small rustic Andean town where you will get to explore the ruins before making your way back to **Cusco**.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 9: Rainbow Mountain (Mount Vinicunca) Hike

Today will begin with an early pick-up from your hotel in Cusco for the 3.5-hour drive to the start of the trek.

When we reach the trailhead, we'll enjoy some breakfast before starting the hike. After breakfast, we will begin the hike from Chillca, at 3,700 m/12,139 ft elevation. From here, it will be a 4-hour, uphill hike to reach the famous Rainbow Mountain.

Along the way, you will enjoy amazing views of the Andes, glacial peaks, red mountains, rocky hills, along with llamas and alpacas grazing along the valley. Once you arrive at the top of Rainbow Mountain, you will have enough time to absorb the majesty of the red mountains that surround this area. You will also see amazing views of the valleys and Ausangate Glacier Peak in front of you. Ausangate is the tallest mountain of the Cusco region (just under 21,000 ft elevation) and is part of the Cordillera Vilcanota Range.

After taking in the view, we'll descend back to our car and driver for the drive back to our hotel in Cusco.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 10: Arriving in Puno: Cusco – Puno

Transfer to the Cusco airport to catch your flight to Juliaca and transfer to the city of **Puno**, located on the shores of **Lake Titicaca**. Lake Titicaca is the largest lake in South America. Although many bodies of water exist at higher elevations, Lake Titicaca's surface elevation of 12,507 ft (3,812 m) makes it the highest lake in the world that is navigatable by large commercial vessels.

Lake Titicaca is a hotbed of ecological diversity, archaeological ruins, tourism, and modern-day farming communities. The coastline outside of Puno is home to the Uros people, who live on floating reed islands made from the *titora* plant, a thick buoyant reed. Titora is used to make everything from homes and boats to the islands nearly half the size of a football field. The Uros people offer guided tours to their homes and sell traditional handicrafts to supplement their traditional hunting and fishing economy.

Several other ethnic groups, most notably the Quechua and Taquileños, inhabit several of the other larger islands on the lake, the majority of which have no electricity or paved roads. Visitors are welcome to select homes on this island for homestays.

Photographers and naturalists will enjoy seeing some of the many hundreds of aquatic and bird species, many of which are found nowhere else on earth.

It's a good idea to take it easy on your first day and acclimatize the elevation. Drink lots of water and make sure to rest. After arrival, check out some of the town's restaurants and cafes for a fresh and local dining experience.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 11: Lake Titicaca Tour: Uros Floating Islands & Taquile Island

Be sure to fuel up at breakfast this morning, as this full-day experience will last around 9 hours.

Your first stop will be to one of the floating **Uros islands**. It is believed that the Uros were one of the first ethnic groups to populate the Andean region. The Uros people live on man-made floating islands on Lake Titicaca. These islands are constructed out of the totora reeds that grow in abundance around the lake. During your visit to these islands, you'll learn about the everyday life and traditions of the Uros people.

After your visit to the floating island, you'll head to lunch at a local restaurant on **Taquile Island***. Quinoa soup, fresh fish caught in the lake, and vegetables are a typical lunchtime meal in Taquile. After lunch, we'll explore Taquile Island. This island remained mostly isolated from the outside world until the 1950s. As a result, the Taquileños follow a very different way of life. On the island, decisions are made communally, there are no cars, and there is very little electricity – just the way the Taquileños like it. Taquile is also famous for the exquisite weavings the locals produce. Traditionally, the men spin the thread, and the women design and weave each piece. You'll have the opportunity to learn about the lives and traditions of the Taquileños, and appreciate the stunning views of Lake Titicaca from the island's shores.

In the evening, walk back to the main dock in Taquile and board a boat back to Puno. Upon arrival in Puno, transfer to your hotel for the evening.

*Note: Visiting Taquile requires a strenuous climb up 500 steps to the main part of the island. Elevation ranges from around 12,000 ft at the lakeshore up to 13,000+ ft at the highest point.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Day 12: Departing Puno

Today is your last day in Peru! You will be met at your hotel for a transfer to Juliaca Airport, where you will transfer to your departure flight. ¡Buen viaje!

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

¡Bienvenidos! 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 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

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Suggested activities include:

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- **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.
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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 meats, breads, vegetables, and other necessities.
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Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

You will be picked up very early from your hotel in Cusco to head to **Huacawasi** (Lares). Here, you'll learn about the local custom and traditions, many of which have remained unchanged since pre-Incan

times. After this you will begin the trek, gradually ascending and passing by small populations that still use the very colorful clothing of their ancestors, as well as their herds of llamas and alpacas.

After ascending for approximately 3-4 hours, you will arrive at the highest point of the trek- **Ipsayccasa** (4,450 m). Here you will rest and take in the view of the snow-capped mountains, including the towering Nevado Verónica (5,750 m). After you are rested, you will descend to the **Ipsaycocha Lagoon** (4,350 m), a small lake with an abundance of high-altitude birds, including the Andean goose, the Puna ibis, and other aquatic birds that soar through the mountains. You will camp here, close to the lagoon of Ipsaycocha.

Accommodation: Camping

Overnight

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Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

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Overnight

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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.

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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

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After the tour, take the bus back to Aguas Calientes for lunch and then board the train to Ollantaytambo. Upon arrival in Ollantaytambo, transfer to your hotel and enjoy a relaxing evening in the Sacred Valley.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

This morning, you'll depart from your hotel in Ollantaytambo for your journey to **Moray**. Along the way, you'll enjoy views of the Andes' snow-capped peaks, lush yellow fields of wheat, and small villages. Upon arrival in Moray, you'll see the three famous amphitheater-like terraces made by the Incas. These terraces are carved deep into the earth in the shape of a bowl. It is believed that the Incas once used these terraces as agricultural laboratories to determine the optimal conditions for growing crops.

When you are done exploring Moray, you will head about two miles away, to the salt mines of **Maras**. This village is known as a former salt-producing center and is thought to date back to pre-Incan times. There are over 3,000 salt pools carved into the mountainside, that are filled daily by a stream of water. This spectacular area is perfect for you if you wish to see something different than the ruins.

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Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

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After exploring Pisac, travel to the **Awanakancha Llama Sanctuary** where you will see llamas, alpacas and a weaving demonstration. After, you will head to **Chincho**, the small rustic Andean town where you will get to explore the ruins before making your way back to **Cusco**.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

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B/L/D

Today will begin with an early pick-up from your hotel in Cusco for the 3.5-hour drive to the start of the trek.

When we reach the trailhead, we'll enjoy some breakfast before starting the hike. After breakfast, we will begin the hike from Chillca, at 3,700 m/12,139 ft elevation. From here, it will be a 4-hour, uphill hike to reach the famous Rainbow Mountain.

Along the way, you will enjoy amazing views of the Andes, glacial peaks, red mountains, rocky hills, along with llamas and alpacas grazing along the valley. Once you arrive at the top of Rainbow

Mountain, you will have enough time to absorb the majesty of the red mountains that surround this area. You will also see amazing views of the valleys and Ausangate Glacier Peak in front of you. Ausangate is the tallest mountain of the Cusco region (just under 21,000 ft elevation) and is part of the Cordillera Vilcanota Range.

After taking in the view, we'll descend back to our car and driver for the drive back to our hotel in Cusco.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Transfer to the Cusco airport to catch your flight to Juliaca and transfer to the city of **Puno**, located on the shores of **Lake Titicaca**. Lake Titicaca is the largest lake in South America. Although many bodies of water exist at higher elevations, Lake Titicaca's surface elevation of 12,507 ft (3,812 m) makes it the highest lake in the world that is navigatable by large commercial vessels.

Lake Titicaca is a hotbed of ecological diversity, archaeological ruins, tourism, and modern-day farming communities. The coastline outside of Puro is home to the Uros people, who live on floating reed islands made from the *titora* plant, a thick buoyant reed. Titora is used to make everything from homes and boats to the islands nearly half the size of a football field. The Uros people offer guided tours to their homes and sell traditional handicrafts to supplement their traditional hunting and fishing economy.

Several other ethnic groups, most notably the Quechua and Taquileños, inhabit several of the other larger islands on the lake, the majority of which have no electricity or paved roads. Visitors are welcome to select homes on this island for homestays.

Photographers and naturalists will enjoy seeing some of the many hundreds of aquatic and bird species, many of which are found nowhere else on earth.

It's a good idea to take it easy on your first day and acclimatize the elevation. Drink lots of water and make sure to rest. After arrival, check out some of the town's restaurants and cafes for a fresh and local dining experience.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Be sure to fuel up at breakfast this morning, as this full-day experience will last around 9 hours.

Your first stop will be to one of the floating **Uros islands**. It is believed that the Uros were one of the first ethnic groups to populate the Andean region. The Uros people live on man-made floating islands on Lake Titicaca. These islands are constructed out of the totora reeds that grow in abundance around the lake. During your visit to these islands, you'll learn about the everyday life and traditions of the Uros people.

After your visit to the floating island, you'll head to lunch at a local restaurant on **Taquile Island***. Quinoa soup, fresh fish caught in the lake, and vegetables are a typical lunchtime meal in Taquile. After lunch, we'll explore Taquile Island. This island remained mostly isolated from the outside world until the 1950s. As a result, the Taquileños follow a very different way of life. On the island, decisions are made communally, there are no cars, and there is very little electricity – just the way the Taquileños like it. Taquile is also famous for the exquisite weavings the locals produce. Traditionally, the men spin the thread, and the women design and weave each piece. You'll have the opportunity to learn about the lives and traditions of the Taquileños, and appreciate the stunning views of Lake Titicaca from the island's shores.

In the evening, walk back to the main dock in Taquile and board a boat back to Puno. Upon arrival in Puno, transfer to your hotel for the evening.

*Note: Visiting Taquile requires a strenuous climb up 500 steps to the main part of the island. Elevation

ranges from around 12,000 ft at the lakeshore up to 13,000+ ft at the highest point.

Overnight

Hotel

Driving

4x4 Vehicle

Hiking/Tour

Easy trek

Meals

B/L/D

Today is your last day in Peru! You will be met at your hotel for a transfer to Juliaca Airport, where you will transfer to your departure flight. ¡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, 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

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

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

Videos

<https://www.youtube.com/watch?v=eFaCl0GcvaE&pp=ygUNc2FjcmVklHZhbGxleQ%3D%3Dhttps://www.HBc0A&t=4s&pp=ygUNTGFrZSBUaXRpY2FjYQ%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)**

Date Created

2026/02/23

Author

admin