



**ADVENTURES**  
IN GOOD COMPANY



## **MACHU PICCHU AND THE ANDEAN HIGHLANDS**

**JULY 20 - 28, 2019**

**TRIP SUMMARY**

### **HIGHLIGHTS**

- Exploring Machu Picchu, a destination whose magic and mystery lives up to the hype
- Hiking on ancient Incan trails surrounded by soaring peaks
- Being immersed in local Andean culture and history, both past and present
- Relaxing in comfortable and environmentally sustainable lodges
- Supporting local businesses that believe in sustainability

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## TRIP AT A GLANCE

<b>Dates:</b>	Jul 20 - 28, 2019
<b>Location:</b>	Cusco and Machu Picchu, Peru
<b>Cost:</b>	\$3,695.00
<b>Activities:</b>	Multisport
<b>Arrive:</b>	Our first meeting is at 1PM in the hotel lobby in Cusco
<b>Depart:</b>	We will have you back to the Cusco airport by 1PM on July 28 and you can plan to fly out anytime after 3PM

### TRIP OVERVIEW

While a visit to Machu Picchu, one of the most magical and mysterious places on Earth, is always a high point of the journey to this area, there is much more to see. This trip combines cultural exploration of the Urubamba Valley, the celebrated "Sacred Valley of the Incas" and hikes in the less visited and uncrowded Lares region north of Cusco. Lares is noted for its rural atmosphere, traditional weavers attired in colorful dress, and roving herds of alpacas and llamas - truly an authentic slice of Peruvian life. Comfortable mountain lodges provide the base for day hikes to remote passes with panorama views of waterfalls, snowy peaks, and turquoise glacial lakes; and to tiny Andean highland communities that retain much of their traditional culture where we can meet farmers and weavers. At the end we visit Machu Picchu, the crowning glory of the Incas. Maximum group size: 14

### RATING

This trip is appropriate for active women who are interested in learning about Incan history and culture. Because of the options available each day, only limited physical conditioning is necessary for those who prefer to immerse themselves in the cultural offerings; very good physical condition is required for those who choose the hardest hikes. Footing is often difficult with lots of stones, rocks, or big steps. The range of ratings reflects the different options possible and the fact you can mix up your choices. **Rating:** 1 [\[2\]](#) [\[3\]](#) [\[4\]](#) 5

### WHAT'S INCLUDED

- Experienced bilingual local guides (There will not be an Adventures in Good Company guide on this trip)
- Eight nights lodging in hotels and lodges
- Having a choice of a cultural or a hiking option on most days of the trip
- All meals from dinner the first day through breakfast the last (and the food is amazing)
- All transport once you arrive in Cusco, including airport transfers
- Entrance fees to Machu Picchu

**Not included:** Airfare to Cusco Airport (CUZ), travel insurance (evacuation insurance is required), guide gratuities, alcoholic beverages, items of a personal nature.

## OUR ITINERARY

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

### DAY 1

### JULY 20, SATURDAY



You'll be met at the airport upon arrival and taken to our hotel. Our first official meeting is at 1PM in the hotel lobby. After introductions and a trip orientation, we will spend the afternoon touring the main sights of Cusco, the ancient capital of the Incas. This three to four hour tour will help us start to acclimatize to the altitude (Cusco's altitude is 11,000 feet). Walking along ancient streets, we'll visit the most important places such as the Main Square and the cathedral that was built over the Inca palace of Suntur Wasi; Qoricancha, the temple of the sun, the most important temple for Inca Culture; and the ruins of Sacsayhuaman. We'll have dinner at a local restaurant tonight and undoubtedly go to bed early. Overnight Cusco. D

### DAY 2

### JULY 21, SUNDAY



We'll get an early morning start to our adventure in the Sacred Valley of the Incas, full of lush green fields and surrounded by striking mountain peaks. About an hour drive brings us to the archeological site of Chinchero, where colonial buildings rest atop Incan foundations, and the perfect place to start learning not only about Incan culture in the past but how it is integrated into today. After lunch we'll continue our learning in the afternoon with a visit to the natural Inca salt mines of Maras and the unique circular terraces of Moray, believed to be an Incan laboratory where they studied foreign plant species. We'll then continue to Lamay Lodge, our base for the next 2 nights, in time to settle in and relax. Today and every day, we'll have a late afternoon meeting with our guide for a daily briefing and then enjoy dinner together. B, L, D

## DAY 3



## JULY 22, MONDAY

You have two great options this morning. For those most interested in the culture, you can spend the morning visiting Písaq town, visit an Andean camelid exhibition, and meet some local community members. You'll have a little time to visit both the town and market before continuing on to Viacha. Those who choose a morning hike will drive to the community of Amaru and then hike for about 2.5-3 hours, climbing up to Challwaccasa Pass at 14,200 ft where we can see the snow-capped giant peaks of Ausangate and Salcantay in the distance. We then descend to Viacha where the group will reconvene for a walk around town, learning about the agricultural activities of the community, particularly their artisanal potato growing practices.

Lunch today is a very traditional meal called a Pachamanca. The name comes from the Quechuan word "pacha", meaning earth, and "manka", which means pot, and involves baking meat and vegetables together under hot stones. Yum!! After lunch we'll have a guided tour of the archeological site of Písaq, one of the larger ruins. It was believed to originally serve as a guard to the southern entrance of the Sacred Valley and is known for particularly impressive agricultural terraces and irrigation systems that date back to Inca times. We'll have the opportunity to thoroughly explore the complex free of crowds, with the sun setting behind the peaks, before returning to Lamay Lodge for the night. B, L, D

## DAY 4



## JULY 23, TUESDAY

Now that we have gotten a glimpse into this rich Andean tapestry, today offers the opportunity to go even deeper with an exploration into the heart of the Lares Valley. A scenic drive into the mountains along the celebrated "Inca Weaver's Trail" allows us to visit the unique and uncrowded archaeological site of Ancasmarca near the hub-town of Lares. Ancasmarca is an old Inca site known for its variety of ancient food warehouses, dwellings, and farming areas. The site was strategically located to connect the higher part of the Sacred Valley and the cloud forest communities of the Lares.

We'll have lunch in the town of Lares, after which we'll again split into groups depending on what is calling us for the afternoon. After lunch you can choose between visiting the traditional and ancient weavers' village of Choquecancha, with its imposing Inca ruins and colonial church; or hiking to the remote village of Huacahuasi. The hike starts in Cuncani and is a challenging 3 to 4-hour hike that goes over a 13,838 ft pass, passing farmhouses and fields. The local inhabitants, descendants of the Incas, have maintained their traditional way of life, growing an amazing variety of potatoes nearly year-round and using their llamas as transportation and alpacas as food and clothing.

Regardless of how you get to Huacahuasi, this is where we all spend the next 2 nights. Our lodge, which is run in joint venture with the local community and aims to protect the cultural heritage and the environment, provides an interesting insight into the evolving role of the original Andean people in both the culture and commerce of modern-day Cusco. We'll all have some time to settle into our new lodge before gathering for our daily briefing and another delicious dinner. B, L, D

## DAY 5



## JULY 24, WEDNESDAY

We again have options. Yes, the hardest part of this trip may be deciding what you want to do each day! The first option is to walk through the village of Huacahuasi and learn more about its heritage and daily activities, with a possible visit to a farmer's home. Huacahuasi is a famous weavers' village, where the men still wear traditional colorful ponchos and women's attire includes wide handmade skirts and decorated hats. The expert weavers and farmers will share their stories, each depicted in artful textiles full of traditional Incan symbols and imagery. We'll then continue on a gentle 1 - 2 hour walk to the Huacahuasi waterfalls, before returning to the lodge in late morning for a Peruvian cooking class, where your skills will be tested when you share the dishes with other group members for lunch. For those who prefer to hike, your option will depend on which hike was chosen yesterday. One option is to hike starting in Quelquena and is a 2-3 hour steadily ascending hike that goes over a 12,595 ft pass. Regardless of which you choose, you'll have an unscheduled afternoon to relax, wander, or read. If you wander out from the lodge, you are immersed in scenes of community life, including women working on looms and children heading to school. B,L,D

## DAY 6



## JULY 25, THURSDAY

We'll spend some time in the morning learning even more about the heritage and day-to-day activities of the Huacahuasi community. From there you can decide whether to spend more time exploring the Sacred Valley or hiking in the mountains. If you prefer to see more of the Sacred Valley, you will drive back for a visit to an ethnographic museum featuring the history of Peru's rich civilizations of the past. Afterwards, you'll have lunch in the Urubamba River countryside on your way to Ollantaytambo. Ollantaytambo is the oldest continuously inhabited community in South America and a fantastic place for meandering through charming maze-like streets.

Alternatively you can choose to embark on a spectacular hike through varied terrain and over a high pass to the adjacent valley. The wide and easy trail takes you uphill for 3.5-4 hours to the top of Ipsaycocha Pass (14,646 ft) where you enjoy stunning views of the surrounding mountains. As you hike, you may meet locals traveling from village to village with their goods and herds. You descend gently for about 40 minutes to Lake Ipsaycocha (14,081 ft), stop to enjoy lunch and relax for a bit, and then continue your descent for 2.5 hours to the village of Patacancha (12,624 ft) where high quality weavings are also produced. You'll be met by our vehicles there and transported to Ollantaytambo in time to relax before we all meet for dinner.

## DAY 7



## JULY 26, FRIDAY

Want a quiet morning? Then enjoy a leisurely breakfast at the hotel. A gentle walk? Then leave about 7:30am to hike to Pinkuylluna, an Inca site with a magnificent view of the town as well as of the main archeological site across the valley. Something a little more strenuous to start your morning? Then leave an hour earlier and hike to even higher ruins at Pinkuylluna for even better views. Regardless of which option you choose, we'll all meet for an hour tour of the archaeological site of Ollantaytambo. From its beginnings as the royal estate of Inca-Emperor Pachacutec to a stronghold against the Spanish conquistadors for Manco Inca Yupanqui, the temple at Ollantaytambo was regarded by the Incas as one of their most important ceremonial centers. As your guide leads you through a morning tour of the temple and explains its strategic architectural planning, you will also get a sense of its mystical history: a perfect introduction to the wonder of Machu Picchu. At noon we all embark on a scenic train ride along the famous Urubamba River to Aguas Calientes, the town below Machu Picchu, whose charm lies in a history that began as a small railway stop and evolved into a bustling town still bisected by the train tracks. Arriving in the afternoon, we'll have time to relax in the beautiful setting of our hotel (InkaTerra Machu Picchu Pueblo Hotel) or go out exploring this colorful town before meeting for dinner.

## DAY 8



## JULY 27, SATURDAY

Today we have an entire day at Machu Picchu and the exact order in which we do things will depend on how early we start. Regardless of what time we start, we begin our day with a short uphill bus ride. We'll start with a guided tour of 2 to 3 hours. Our guide will explain how the city is divided into three sections- the Sacred District, the Popular District, and District of the Priests and Nobility and help us understand the significance of the various temples and parks. Prepare to be awed by the imposing and skillful architecture of the Watchtower, the Temple of the Sun, and the royal Inca residences, among many others. The stonework has been painstakingly restored and the temples in particular are as amazing as you've heard. We'll return to the Entrance for lunch (the only place you are allowed eat in the Sanctuary) and then have more time at the site to spend as you choose. You might take a moment to quietly sit and listen to the wind as you contemplate the history of Machu Picchu and its mysterious origins; walk to the Sun Gate; or hike up either to Huayna Picchu or Machu Picchu Mountain. Both provide dramatic views that stretch from the Urubamba River valley to the edge of the Amazon Jungle. The Sanctuary closes at 5pm but you can leave earlier if you're ready. We'll be spending our final night back at InkaTerra Pueblo where we'll share our final farewell dinner. B, L, D

## DAY 9



## JULY 28, SUNDAY

This morning after breakfast we'll return by train, enjoying one final ride through the beauty of the Sacred Valley, and then by private vehicle to Cusco. If you're returning today, we'll have you back to the Cusco airport by 1pm and you can plan for flights out after 3pm. Alternatively you can be dropped off at your hotel if you want some more time in Cuzco. If you're staying on for more time in Peru, we'll be glad to put you in touch with people who can help you plan the rest of your time. Peru is a fascinating place and a trip to Lake Titicaca, the Nasca Lines, or into the jungle would all be amazing additions. B

# ADDITIONAL TRIP INFORMATION

## GETTING THERE

Regardless of what day or time you arrive, you will be met at the Cusco airport (CUZ). All planes to Cusco fly through Lima, and depending on the connections available, you may want to spend a night there.

Detailed information about the pickup will be sent with the pre-trip letter 6 weeks prior to your trip.

The hotel address is: is El Mercado, Calle 7 Cuartones 306, Cusco  
Tele.: 5184-582640 Tele.

**If you would like help with any travel plans we recommend** our travel agent Barbara Phillip, Scan East West Travel, at [barbara@scaneastwest.com](mailto:barbara@scaneastwest.com) or call 206-209-5831.

## ACCOMMODATIONS

We stay one night in a 4-star hotel in Cuzco ([El Mercado](#)); and 2 nights at a 5-star hotel in Aguascalientes ([InkaTerra Machu Picchu Pueblo Hotel](#)). On the Lares Trail we stay in small, mountain eco-lodges that are known for exceptional comfort and hospitality and offer comfortable rooms and beds with glorious views, hot tubs, and excellent food. All rooms have private bathroom facilities.

## WEATHER

July is during the dry season for Peru. The specific area that you will be visiting will most likely be dry and experience daytime temperatures in the high 70s and nighttime temperatures dropping to mid 40s. When in the high mountains expect temperatures to be significantly cooler.

## TRAVEL INSURANCE

WE STRONGLY RECOMMEND TRIP CANCELLATION/TRIP INTERRUPTION INSURANCE, WHICH COVERS YOUR COST IF YOU NEED TO CANCEL OR INTERRUPT YOUR TRIP for medical reasons, trip delay, lost baggage, and other unforeseen emergencies. Adventures in Good Company will send you information about travel insurance with your registration information, or you may purchase coverage through your own insurance company. In order to avoid disappointment and expense in the event that you must cancel your trip we strongly urge you to purchase some type of insurance coverage. You can also sign up for it online at [Travelex Insurance](#). To get the best rates, use 20-0016 as your location number on the Get A Quote page.



# PACKING LIST

## FOOTWEAR

- 1 pair light-to-mid-weight hiking boots that are well broken in. Boots should come above the ankle.
- 1 pair comfortable shoes (athletic shoes, sport sandals, crocs) for lodges and after hiking
- 2 - 3 pair hiking socks: wool or synthetic equivalent (e.g. Thorlo, Smartwool, Teko or Ultrex)

## CLOTHING

- 2 pair of comfortable synthetic long (3/4) pants for hiking - zip-offs work well
- 1 pair shorts/capris or hiking skirt (lightweight and quick drying, may be unnecessary if you bring zip-off pants)
- 2 - 3 synthetic or lightweight merino wool T-shirts or short-sleeved
- 1-2 lightweight long sleeved shirts (for protection from the sun. Button up front is recommended for one
- 1 lightweight long underwear top: silk, wool, or synthetic (polyester)
- 1 medium weight long underwear top: wool or synthetic
- 1 lightweight/midweight/warm fleece/down jacket or pullover
- 1 warm down or synthetic-fill jacket (to wear in the evenings at high altitude—must fit over other layers)
- 1 rain jacket and rain pants: a waterproof/breathable fabric like Gore-tex. Be sure your warm layers fit underneath
- 1 pair warm fleece/wool mittens or gloves
- 1 warm wool/fleece hat
- 1 buff (good for a lightweight hat and if trails are dusty)
- 1 wide brimmed or baseball style hat for protection from the sun/rain
- underwear, sports bra (all quick drying)
- swimsuit (for the hot tub)
- 1 – 2 changes of comfortable clothes to wear around the hotels and out to dinner

## EQUIPMENT/ESSENTIALS

- 1 daypack (see notes on packing list for details and recommended capacity)
- 1 pair of trekking poles (very highly recommended if you plan to hike)
- Passport and a Xeroxed copy of passport
- Sunscreen and lip block with SPF of at least 30. Chapstick inside your nasal passages helps with dryness
- Sunglasses (100% UV blocking)
- 2 liter water carrying capacity (water bottle /hydration system). If you have a hydration system, also bring a small water bottle for drinking while riding in the van and visiting cultural sites.
- Insect repellent

## TOILETRIES (small everything)

- toothbrush, small toothpaste, shampoo, dental floss, moist towelettes, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia. Saline solution can also be useful for nasal dryness/stuffiness.
- small personal “patch kit”: bandaids, 1 safety pin, blister bandaids and moleskin, foot powder, ibuprofen, imodium, pepto, personal medications.
- Consider bringing Diamox for altitude. If you decide to bring some, try taking a small dose at home first
- Motion sickness pills (e.g. Bonine) if curvy roads make you carsick

**\*\*Individuals with a history or potential of having severe allergic reactions must bring an Epi-Pen!!**

## OPTIONAL (if you want it, bring it – personal preference and not required for the trip)

- small journal and pen, book
- compact binoculars
- aftersun lotion or aloe
- headlamp or small flashlight
- ear plugs (for a good night sleep)
- ziplock bags (multiuse)
- camera and film/memory card and extra batteries/charger
- short gaiters (helps keep dirt and rocks out of your shoes while hiking)
- electrolyte supplement to add to water occasionally, i.e. powered gatorade
- favorite snacks

## NOTES ON PACKING

The Adventures in Good Company's packing list covers what we have found to be essential for your safety and comfort for this particular trip. Although we will be staying indoors every night, you may be tempted to skimp on the warm clothes. Please don't. It is essential that you have the warm clothing and the rain to stay warm in case of inclement weather. The temperatures can vary significantly, depending on the elevation. It can get into the 30's at night and be in the 70's during the day. This is normally the dry season, but it can rain (or snow). You may not use everything you bring; however, you need to come prepared for all possible weather conditions.

**Daypack:** On the longer hikes, you will need to carry a daypack that is large enough to hold your water, camera, binoculars, rain gear, snacks, and extra clothes for the changing weather conditions. Please line your daypack with a durable plastic bag to keep your belongings dry or a large plastic garbage bag. We recommend a daypack with a capacity of about 1800-2200 cubic ft. Having a pack with a hip belt and investing in a lighter weight daypack (made for hiking as opposed to carrying books) will greatly increase your comfort. Your daypack can be smaller if you don't plan to hike.

**Footwear:** Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle— you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

**Rain Gear:** You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

**Hydration:** If you are planning on hiking, it is very important to your safety and enjoyment to have an independent ability for accessing your water to facilitate drinking frequently. One method is to have a water bottle attached to your waist strap. Another option is to use a HYDRATION SYSTEM such as an MSR, CamelBak or Platypus type bladder system. These systems are simply collapsible water bags with a hose attachment that you drink from. These fit inside/outside your pack with the hose positioned over your shoulder where you can access your water without the use of your hands. Bladder bags traditionally come in 1, 2, and 3 Liter sizes. We recommend a 2 Liter size. **Whether or not you are hiking, a one liter water bottle for drinking during the day and while in the van will help you stay hydrated.**

**Personal First Aid Kit:** Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

**Layering** is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity. Please do not bring cotton clothing for hiking – it is not adequate for keeping you warm, especially when wet.

**Trekking Poles:** Trekking poles are very highly recommended if you are planning to hike. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions> .