



PERU

MACHU PICCHU MULTISPORT BY BIKE, FOOT, HORSEBACK, RAFT & ROPE 12-DAYS

Ignite your spirit and enrich your soul on this Peruvian multi-sport adventure. Peru is a country blessed with shockingly beautiful landscapes, varied ecosystems, the ancient Inca civilization, archaeological ruins and rugged wilderness. On horses, we canter through the countryside of Cuzco, set high in the cool Andes. In rafts, we bounce down the bubbling rapids of the Urubamba River, cutting through the Sacred Valley of the Incas. On bikes, we whisk through fertile agricultural communities where terraced fields of potato and quinoa carpet themountains. Finally, we have an exhilarating four-day trek, traversing the Lares Valley, with pack llamas leading the way. The grand finale is a visit to the legendary Machu Picchu, the Lost City of the Incas.

Day 1

CUZCO

ARRIVAL

Upon arrival into Cuzco, you'll be met at the airport and transferred to a comfortable hotel in the city. The remainder of the day is at leisure to acclimate to this high altitude colonial city located at 3,350 meters / 10,988 feet.

Accommodation: Hotel

Meals: None



Day 2

CUZCO & SACSAYHUAMAN

HORSEBACK RIDING

This morning is at leisure to wander through the cobblestone streets of Cuzco exploring the cathedral, museums or shopping for local handicrafts. Later this afternoon we depart by horse, riding to the nearby ruins of Kenko, Tambomachay and Pucapucara. Our final destination is Sacsayhuaman, a spectacular mountaintop fortress overlooking Cuzco. We return to the hotel late afternoon.

Horseback Riding Duration: 2 hours

Horseback Riding Distance: 11 km / 7 mi

Accommodation: Hotel

Meals: Breakfast

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Day 3

CHACAN

ROCK CLIMBING

After breakfast we depart for Chacan, located at 3,500 meters / 11,500 feet. We'll be greeted by a local shaman who will lead us through a spiritual ceremony of Quechua rituals. Later this morning we hike up to the Chacan mountain range and set up top ropes to climb the limestone walls, ranging from 15 to 45 feet or 5 to 14 meters in height. There are easy-moderate-challenge routes to accommodate all climbing levels. Early afternoon we return to Cuzco and have the remainder of the day at leisure, an especially good time to explore the numerous artisan markets in the streets.

Rock Climbing Duration: 2 - 3 hours

Accommodation: Hotel

Meals: Breakfast, Lunch

Day 4

CUSIPATA - PISAC

WHITEWATER RAFTING

We switch gears today and head to the "put in" on the Urubamba River, rated class II-III on the difficulty scale. Donned in lifejackets and helmets, we cast off the shores navigating 6-person rafts through the boulder-choked current. We take out before lunch and feast on a snack beside the river. We'll then head to the town of Pisac, famous for its hilltop ruins and artisan market. We'll have lunch in this village and explore the town on foot. Overnight in Pisac.

Whitewater Rafting Duration: 2.5 hours

Whitewater Rafting Distance: 10 km / 6 mi

Accommodation: Hotel

Meals: Breakfast, Lunch



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Day 5

PISAC

HIKING AND BIKING

Today is a favourite for those in search of a rich cultural experience. We start the day with a visit to the Pisac archaeological site. Once we've explored the ruins we'll set off on a 3 hour hike to Pisac town. We'll wander through the local market of handicrafts in Pisac and then have lunch in town. Afterwards we'll drive to the community of Taray where we'll trade hiking boots for bicycles and cycle alongside the Urubamba River through an agricultural region. We'll ride past crops of potato and quinoa. After 18 km / 11 mi we'll reach the village of Huycho where our driver and vehicle will be awaiting to transfer us back to Pisac for the night.

Hiking Distance: 4 km / 2.5 mi

Hiking Duration: 3 hours

Hiking Descent: - 328m (1,076ft)

Biking Distance: 18 km / 11 mi

Biking Duration: 2 hours

Accommodation: Hotel

Meals: Breakfast, Lunch

Day 6

MARAS AND MORAY -

OLLANTAYTAMBO

BIKING

Today's fat tire adventure is an absolutely thrilling day of single and doubletrack riding in the Andean Highlands. We'll start in the town of Chinchero, known for its handicraft market. From here we'll cut along a mountainous trail zigzagging past colonial haciendas where farmers are frequently seen herding their livestock. We climb to the ruins of Moray, famous for the circular terraces and then glide down a dusty road to the Maras salt works located at 3,379 meters / 11,086 feet. These salt mines have captured salt water from a natural spring before pre-Inca times. After lunch in the town of Urubamba, we'll drive to Ollantaytambo and walk up the steps of this impressive fortress. Overnight at hotel in Urubamba.

Biking Distance: 25 km / 16 mi

Biking Duration: 3 hours

Ascent: + 377m (1,237ft)

Accommodation: Hotel

Meals: Breakfast, Lunch

Day 7

LARES TRAIL

HIKING

This morning we set off by vehicle bright and early towards Huaran at 2,840 meters / 9317 feet, a small village in the Sacred Valley and the start of the trek. We'll meet up with our pack llamas and begin our beautiful hike through the lush valley, following the gentle uphill route of the Cancha Cancha River. It will take us approximately 5 hours to reach the picturesque village of the same name where we'll set up camp for the night at 3,940 meters / 12,925 feet.

Hiking Distance: 8 km / 5 mi

Hiking Duration: 4 - 5 hours

Ascent: + 1,100m (3,608ft)

Accommodation: Tent

Meals: Breakfast, Lunch, Dinner



Day 8

LARES TRAIL

HIKING

After having a hot breakfast, we'll leave the campsite and begin our steep ascent to Pachacutec Pass at 4,700 meters / 15,416 feet, the highest point of the trek. From the top of the pass there are spectacular views of the surrounding mountains, valleys and Pachacutec Lake. After the pass, we'll continue our trek and descend into the next valley to reach Quiswarani village at 3,700 meters / 12,138 feet, where we'll spend the night. Along the route, the scenery is dramatic with glacial lakes, waterfalls, and snow-peaked mountains. This area is also rich in birdlife and there is a possibility of seeing Andean ibis and geese. In the evening, we'll enjoy traditional Peruvian food and spend time with the local children and women weavers. Overnight camping.

Hiking Distance: 7 km / 4.35 mi

Hiking Duration: 7 - 8 hours

Ascent: +760m (2,493ft)

Descent: -800m (2,624ft)

Accommodation: Tent

Meals: Breakfast, Lunch, Dinner

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Day 9

LARES TRAIL

HIKING

We have another early start this morning! We'll begin with a 3 hour ascent to reach Huillquijasa Pass at 4,400 meters / 14,560 feet, the second highest pass of the trek. The views are impressive and well worth the effort. We'll then descend towards the village of Cuncani at 3,700 meters / 12,140 feet passing turquoise lakes along the way. This was the last refuge of the "Royal Panakas", an Inca sect. Overnight camping.

Hiking Distance: 9 km / 5.6 mi

Hiking Duration: 6 - 7 hours

Ascent: + 542m (1,778ft)

Descent: - 742m (2,434ft)

Accommodation: Tent

Meals: Breakfast, Lunch, Dinner



Day 10

LARES TRAIL - AGUAS CALIENTES

HIKING

After breakfast, we'll walk down a fertile valley, passing typical vegetation and high altitude crops such as beans and potatoes. Along the trail we'll see native flowers such as begonias and wild orchids. After walking for around 3 hours we arrive into Lares at 3,230 meters / 10,594 feet, capital of the district. Lares is a large village whose main attraction are hot springs. We'll treat ourselves to a well-deserved soak. We'll then transfer 3.5 hours by bus to the town of Ollantaytambo to board the train to Aguas Calientes, the gateway to Machu Picchu. Overnight in a comfortable hotel.

Hiking Distance: 4 km / 2.5 mi

Hiking Duration: 3 hours

Descent: - 470m (1,542ft)

Accommodation: Hotel

Meals: Breakfast, Lunch

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Day 11

MACHU PICCHU - CUZCO

HIKING AND SIGHTSEEING

We have a full day dedicated to exploring Machu Picchu. There is also the option to climb Huayna Picchu, a young peak adjacent to Machu Picchu. If you are keen to climb this, only a certain number of people can climb Huayna Picchu a day as permits are required. These permits sell out well in advance and are subject to availability at time of booking. The hike is a challenging one, but the views are well worth the effort! A much less busy alternative is the Sun Gate, where the Inca Trail finishes. We highly recommend this option. Afterwards, our guide will give us a tour of Machu Picchu explaining the history and significance of the major sites. The tour takes about 2 hours after which you will have free time to explore the ruins on your own. In the afternoon, after lunch in Aguas Calientes, we'll take the train through the Urubamba valley destined for Cuzco. We'll be met at the train station and transferred back to our hotel.

Walking Distance: 3 km / 1.8 mi

Walking Duration: 3 hours

Accommodation: Hotel

Meals: Breakfast, Lunch



Day 12

CUZCO - LIMA

DEPARTURE

After breakfast, you'll be transferred to the airport for your flight back to Lima. From there, you'll connect with international flights back home.

Meals: Breakfast

NOTE about Ascent/Descent numbers:

The ascent/descent numbers are usually generated using Ride with GPS. The numbers are TOTAL ascent/descent for the day and these numbers do not suggest altitude. There are usually multiple small ascents and descents added up throughout the day to reach this total ascent/descent for the day. (While our numbers are generally consistent with Ride with GPS, depending on the mapping technology used, numbers may vary).

TRIP INCLUSIONS

Trip Includes

All accommodation (twin shared), meals as indicated, all internal transportation excluding internal flights (Lima-Cuzco-Lima), 21-speed mountain bikes, rafting and rock climbing gear, horseback riding tour, camping equipment (except sleeping bags), airport transfers, porters and cooks, and English-speaking guides.

Not Included

International and internal airfare, airport departure taxes, gratuities, meals not indicated and items of a personal nature.

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