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## Ficha viaje



### INCA DISCOVERY 8 DAYS, LIMA TO CUZCO

Perfect for those looking to experience the region's archeological and cultural treasures in a short amount of time, this adventure includes a four-day trek along the Inca Trail.

This is one of the world's best known hikes and will reward those willing to break a sweat with a stunning combination of mountainscapes, cloud forests and jungles.

We run our own treks, which ensures the fair treatment of our porters and quality equipment. Our knowledgeable CEOs will work hard to make certain the first glimpse of Machu Picchu will burn itself into your memory.

## Resumen del viaje

**Day 1 Lima** Arrive at any time.

**Day 2 Cuzco** Early flight to Cuzco. Free day for shopping and exploring the city. Optional city tour.

**Day 3 Sacred Valley/Ollantaytambo** Full-day guided tour of the Sacred Valley and Ollantaytambo ruins along with a visit to a Planeterra weaving project in a local community. Shopping opportunities at a local market.

**Days 4-7 Inca Trail/Machu Picchu** 4-day guided Inca Trail hike with visit to Machu Picchu. Optional visit to the Inca Bridge before returning to Cuzco.

**Day 8 Cuzco** Depart at any time.

## Itinerario ampliado

### DAY 1 LIMA

Arrive Lima at any time. There are no planned activities so check into our hotel and enjoy the city. A G Adventures representative will hold a general briefing in the evening, normally between 7 pm and 8pm (a note will be posted in the arrival hotel with details).

Peru is frequently referred to as the 'Land of the Incas'. It is true that the Incas formed the greatest empire on the continent and left mysterious cities such as Machu Picchu. However, it is important to remember that the Incas were the only the last in a long series of Peruvian civilizations spanning several thousand years and the ruins of many of these earlier civilizations can also be visited. Peru is made up of three main geographical areas: the Andes, the Amazon and the desert coastal area. In this trip we concentrate on the Andes region of south-central Peru and the ancient Inca capital of Cuzco.

Known as the City of Kings, Peru's capital city Lima was founded by Francisco Pizarro on the Day of the Three Kings (Epiphany) in 1535. The Plaza de Armas is the heart of old Lima, and it is here you find the Cathedral, Government Palace and Archbishop's Palace. The Cathedral dates back to the 1700s and houses the remains of the conquistador Pizarro. To get a feel for colonial Lima, take a cab to the Plaza de Armas and watch the changing of the Palace Guard in the afternoon. Walk the streets surrounding the Jirón de la Unión for great examples of Spanish-colonial architecture and to get a taste for life in a large South American city. An optional city tour visits many of the city's highlights.

There are many fine museums in and around the city, including the Museo Rafael Larco Herrera, which houses an equally impressive collection of pottery, mummies and textiles from the Paracas and Nazca cultures. The more affluent districts of Miraflores, Barranco and San Isidro, which are on the coast, offer good nightlife and cafés all within walking distance. Limeños (Lima's residents) are friendly, and the city is filled with excellent restaurants; seafood lovers in particular should be sure to try a ceviche, for which Lima is well known.

### DAY 2 CUZCO

Transfer to the airport for the flight to Cuzco (the flight usually departs early - we may leave the hotel by 4:30 am). In Cuzco meet your guide and transfer to your hotel. The day is free to relax and explore the fascinating city of Cuzco, and to acclimatize to the altitude.

Cuzco is the continent's oldest continuously inhabited city, and the hub of the South American travel network. The city attracts travellers who come not just to visit a unique destination but also to experience an age-old culture very different from their 20th century way of life; one could easily spend a week just in and around the area. Inca-built stone walls line most of the central streets and you don't have to go far to see other major Inca ruins. It is a city steeped in history, tradition and legend.

Every year Cuzco attracts thousands of travellers who come to delve into its noble but tragic past. It is the perfect base for optional explorations around the city and area as well as a range of outdoor activities. Relax and explore this fascinating city, and take time to acclimatize to the high altitude.

Cuzco's numerous colonial churches are one of the city's most common sights. The Cathedral was

started in 1559 and took 100 years to build; it is also one of the city's greatest repositories of colonial art. Immediately in front of the entrance is a vault containing the remains of the famous Inca historian, Garcilaso de la Vega. Also worth visiting are the churches of La Compañía, La Merced and San Francisco.

While most ruins are just outside of the city, the main ruin within is that of the Coricancha, once the Inca Empire's richest temple. Today the ruin forms the base of the colonial church of Santo Domingo. During Inca times this temple was literally covered with gold, but within months of the arrival of the first conquistadors this incredible wealth had all been melted down. It is left to the individual imagination to envision the magnificence of the original structure.

There are several good museums in Cuzco, including the Archaeological Museum, which also houses a small art museum, the Regional History Museum and the Religious Art Museum. Our best advice for exploring Cuzco is to wear a comfortable pair of shoes, arm yourself with a city map and set off to explore!

### **DAY 3 SACRED VALLEY / OLLANTAYTAMBO**

Travel with our local guide through the Sacred Valley of the Incas. An important source of food for the Inca, the Sacred Valley is a lush agricultural region that continues to supply the city of Cuzco with much of its produce. Visit the impressive Pisac ruins and the colourful artisan market (market days only). The day trip finishes in the picturesque village of Ollantaytambo, site of another large Inca ruin. Here we catch our breath and prepare for the hike ahead.

Ollantaytambo is your first taste of what lies ahead on the Inca Trail. The town and fortress of Ollantaytambo are strategically situated overlooking the beautiful Urubamba River Valley. This major ruin site is known as the best surviving example of Inca urban planning and engineering. It is admired for its huge steep terraces guarding the Inca Fortress and for being one of the few places where the Spanish lost a major battle during the conquest. We spend the night in this small town before heading out for the start of the hike the next morning.

### **DAY 4-7 INCA TRAIL**

The 4-day Inca Trail to Machu Picchu is physically challenging but worthwhile, and the excursion is within the ability of most reasonably fit. It is a 44-km (27 mile) hike, with 3 high passes to be crossed, one of which reaches an elevation of 4200m (13776 ft). The trail is often steep, and it may rain even during the dry season. The temperatures at night may fall below zero, so it is important to come prepared.

Depart Ollantaytambo for km 82 where we begin our walk in the footsteps of the Incas. Our local crew of porters, cook and guide look after us well for the duration of the hike. Porters carry the majority of the gear for the hike, so those passengers doing the hike only carry a small daypack with water, rain gear, snacks, a camera, etc. As you walk the trail that linked this ancient empire, admire breathtaking views at every step as we move from high plateau areas to dense cloud forest. Depending on the season, you may see a great variety of flora, including miniature and large orchids, and fiery rhododendron bushes.

You pass several smaller ruin sites, the first of which is Llactapata. The second day climb the long steep path to Warmiwañusca, or Dead Woman's Pass. At 4198 m (13769 ft) above sea level, this pass is the highest point of the trek. The second pass of the hike is at 3998 m (13113 ft) where on clear days, we enjoy superb views of the snow-capped Cordillera Vilcabamba. The trail goes through some

beautiful cloud forest on the gentle climb to the third pass, where you will walk through a causeway and a tunnel, both original Inca constructions. The highest point of the third pass is at 3700m (12136 ft). On clear days you are rewarded for all this work with beautiful views of the Urubamba Valley below. Soon you reach the serene ruins of Phuyupatamarca, or the 'Town above the Clouds', at about 3650 m (11972 ft) above sea level. We will camp either here or an hour and a half further along close to Wiñay Wayna (Forever Young) ruins, a grandiose terraced hillside site, with panoramic views of the valley below and just a short hike from Machu Picchu.

On the final day of the hike we climb the steps to the Sun Gate overlooking the peaks that surround Machu Picchu. When the morning is clear, there is no way to describe the feeling of the first views of Machu Picchu, as the mist rises off the mountains early in the morning and the famous site appears in front of you.

Machu Picchu is both the best and the least known of the Inca ruins. It is not mentioned in any of the chronicles of the Spanish conquistadors and archaeologists today can do no more than speculate on its function. The local Quechua farmers in the area knew of Machu Picchu for centuries, but it was not until an 11-year-old boy led the American historian Hiram Bingham (who was in search of Vilcabamba) to the site on July 24, 1911, that the rest of the world became aware of its existence. At that time the site was covered in thick vegetation, and Bingham and his team returned in 1912 and 1915 to clear the growth. Over the years, much work has been done on excavating and studying the site. Despite these efforts, many unanswered questions remain.

NOTE: Those passengers not able or interested in the hike spend 2 days in Cuzco, then travel by train to Aguas Calientes, where they overnight. Next morning they take the bus to the Machu Picchu entrance and rendezvous with the hikers at the ruins. If you decide not to do the hike we need to know prior to your departure in order to obtain train tickets. There is an additional fee for any changes made once Inca Trail permits are confirmed. This fee may vary depending on the changes that are made to your itinerary. Please advise your agent or G Adventures.

Also note that portions of the Inca Trail will be closed for general maintenance during the month of February each year. Also, closures may occur at various times throughout the year due to inclement weather or other conditions beyond our control. During these periods, any tour affected will hike the Lares Trek.

Distances of the Inca trail:

Day 1 Km 82 to Wayllambama

Approximate distance: 11 km

Estimated hiking time: 5-6 hrs

Day 2 Wayllabamba to Paqaymayo

Approximate distance: 12 km

Estimated hiking time: 6-7 hrs

Day 3 Paqaymayo to Wiñaywayna

Approximate distance: 16 km

Estimated hiking time: 8 hrs

Day 4

Wiñaywayna to Intipunku (Sun Gate)

Approximate distance: 4 km

Estimated hiking time: 1.5 hrs

Intipunku to Machu Picchu

Approximate distance: 1.5 km

Estimated hiking time: 45 mins

**DAY 8 CUZCO** Note: Return flight to Lima can be arranged if requested.

Cuzco is considered the mecca of Peru and rightly so. This beautiful colonial town offers much to the visitor with its nearby ruins, cobble-stoned streets, museums, churches and lively atmosphere. Among the more adventurous optional activities available in Cuzco are: horseback riding around archaeological sites such as Sacsayhuaman, Tambo Machay and Puca Pucara; white water rafting on the Urubamba River; and mountain biking down to the Sacred Valley, perhaps visiting an Inca ruin along the way.

## Incluido

- Guided tour of Sacred Valley, 4-day Inca Trail hike with local guide, cook and porters, Guided tour of Machu Picchu
- 3 Breakfasts, 3 Lunches, 3 Dinners. (Allow USD100-160 for meals not included.)
- Hotels (4 nts), camping (3 nts).
- Plane, train, van, hiking.
- Chief Experience Officer (CEO) in Lima, local guide from Cuzco onwards.
- Small group experience; Max 16, Avg 12

## No Incluido

## Condiciones

### TRAVEL VISAS

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy, or consulate for the most up-to-date visa requirements, or see your travel agent. IT'S YOUR RESPONSIBILITY TO HAVE THE CORRECT TRAVEL DOCUMENTATION.

## **Hoteles**