



INTI KUNTUR

Cultural Treking and Jungle

Oficina: Av. El Sol C. C. Cusco Sol Plaza Of. 321

Email: reservas@intikuntur.com

Web : www.intikuntur.com

Fijo: 051 - 84 - 246235

Movil: 051 - 84 - 984764633

Lares Trek– Machupicchu 4 Days / 3 Nights

This unforgettable and less-travelled hike combines amazing mountain scenery, glacier lagoons, cloud-forest vallies and authentic Quechua textile communities as well as a visit to the Lares hot springs .A wonder full hike offering a unique viewing to the life styles and traditions of the Andean people.

Day 1: Cusco – Lares – Huacawasi

The transport leaves Cusco at around 6am (hour to be confirmed).It is a scenic drive through the Sacred Valley, passing through Pisac and stopping for breakfast in the provincial town of Calca. Departing Calca around 08:00 we head off for the 3 hours drive to the town of Lares (3100m) which is the starting point for the trek. Along the way you will be able to observe small Andean communities, and spectacular mountain landscapes spotted with herds of llamas and alpacas.

Before we start the trek we'll visit the hot springs which are located in meadows just out of town. For those of you who remembered to bring your swim wear we will take a relaxing dip in the warm waters which are famous for the healthy powers. Feeling fully refreshed, we begin a leisurely walk up the Trapiche River Valley. After about 2½ hours we will arrive at Vilcabamba village where we will stop and have lunch. We will then continue up the valley for another 1½ hours to the small village of Huacawasi (3700m) where we will set up camp and spend the night. Walking distance approx 12km (4-5 hours).

Day 2: Huacawasi – Abra Ipsay – Patacancha

Many of the houses that we see in this small village of Huacahuasi are built from stone and have thatched roofs. The people of this village produce beautiful color full textiles. In the morning we will learn about the weaving techniques and be able to admire some of the high quality ponchos, chullos (wool hats) and other garments. After lunch we will climb for approximately 2 hours to the top of Ipsayccasa Pass which, at 4500m, is the highest pass along the trek. From here we get stunning views of the surrounding mountains. We will descend gently for about 1 hour until we be the site of our second night's camp beside the beautiful Saycocha Lake. We may be lucky enough to see Andean Geese, Puna Ibis and other wet land birds. Walking distance approx 9km (6-7 hours).

Day 3: Patacancha – Ollantaytambo – Aguas Calientes

Today is a much easier day. After a nearly breakfast we'll walk gently down hill through a wide-open valley for about 2½ hours until we arrive at the village of Patacancha. The people from this area are known locally as "Huayruros" We'll have a chance to view some textiles made by the people of this community – the high quality weavings are famous for the intricate designs reflecting aspects of their very day lives and culture. We'll walk slowly down the valley to Willoq, another Quechua village where the locals still wear their traditional dress and are proud to maintain their cultural identity.



INTI KUNTUR

Cultural Treking and Jungle

Oficina: Av. El Sol C. C. Cusco Sol Plaza Of. 321

Email: reservas@intikuntur.com

Web : www.intikuntur.com

Fijo: 051 - 84 - 246235

Movil: 051 - 84 - 984764633

Our transport will be waiting for us to take us further down the valley to the Inca town of Ollantaytambo where we will rest and have lunch. In the early afternoon we will catch a train to Aguas Calientes. This is a spectacular journey that starts in the Quechua highlands and slowly descends to lush tropical vegetation as we near Aguas Calientes. Total journey time by train is about 1½ hours. We'll spend the night in a hostel in Aguas Calientes where you'll no doubt enjoy the opportunity to soak under the hot showers!! We will make train early night to bed to prepare for your Machu Picchu visit the following morning. Walking distance approx 12km (5-6 hours).

Day 4: Aguas Calientes – Machu Picchu – Cusco

Rise early around 4:45am to start walking up to Machu Picchu, or take one of the first buses at 5:30am (US\$9 each way). You'll have plenty of opportunities to take photos and have some peaceful time alone to enjoy the sun rising from behind the mountains. Your guide will give you a tour of Machu Picchu telling you about Inca history and the significance of the major sites of interest. The tour takes about 2 hours, after which you will have free time to explore the ruin or climb Huayna Picchu– the mountain that over looks the ancient Inca city (allow a minimum of 1½ hours). Most people are ready to take the bus back to Aguas Calientes around 1pm where you can have lunch in one of the many restaurants (not included). You need to be at the train station half an hour before your train departs at 9:30pm. There will be transport waiting for you in Ollantaytambo to bring you back to Cusco – estimated arrival time 1:30am. If you prefer to be back in Cusco earlier, you can select the 16:22 pm (US\$12) or the 18:45 pm (US\$7) return train.

Included:

- Private Bus: Cusco – Huaran, Lares – Ollantaytambo, train station - Cusco
- English speaking, professional Guide for the trek and Machu Picchu
- All meals (till lunch of day 3), boiled water for drinking during the trek
- Cook and cooking equipment
- Quality double tents and mats, tables and chairs
- Horses to carry food, cooking- and camping equipment and 8 kg of luggage per person
- First Aid Kit
- Train ticket from Ollantaytambo to Aguas Calientes and back, transfer to Cusco
- Entrance to Machu Picchu
- One night hotel in Aguas Calientes (DWB) including breakfast
- Train Ticket from Ollantaytambo / Aguas Calientes / Ollantaytambo and bus to Cusco

Not Included:

- Sleeping bag (can be rented in Cusco)
- Entrance to Huayna Picchu
- Dinner and lunch in Aguas Calientes
- Extra horse for personal luggage.