



TASTE OF PERU
Inca Trail, Rainbow
Mountain and Amazon
10 day/ 9 night



TASTE OF PERU

Inca Trail, rainbow mountain and amazon

10 Day/ 9 Night



10° Day
LIMA
161 mt. / 528 ft



6° Day
MACHUPICCHU
2430 mt. / 7972 ft

Aguas Calientes
2040 mt. / 6693 ft



3° Day
Ollantaytambo
3800 mt. / 12467 ft

Trekking Start Point
Km. 82
2100 mt. / 6889 ft

05° Day
WINAY HUAYNA
2650 mt. / 8694 ft



Runkurukay
3750 mt. / 12303 ft

4° Day
PACAYMAYO
3600 mt. / 11811 ft

2° Day
CHINCHERO
3754 mt. / 12316 ft



8° Day
PUERTO MALDONADO
139 mt. / 600 ft



Sandoval lake
30 MT. / 100 FT



7° Day
Rainbow Mountain
3100 mt. / 16732 ft



Starting Point
CUSCO
3350 MT. / 10990 FT



- Lunch & Rest Area**
- Trekk**
- Minor Road**
- Mayor Road**
- Rail Road**
- View Point**
- Archaeological site**



OVERVIEW AND HIGHLIGHTS

Peru is a land of flavors, come and learn about the gastronomy of our country with our cooking class where you can cook Peruvian dishes.

Somewhere between heaven and earth rests Machu Picchu, the sacred Incan citadel perched among the clouds. On this all-women, 7-day journey, trek deep into the world's longest mountain range, and to the remains of what was once the largest empire of the Americas. After mingling with Quechua people and learning about their traditions, take on the Inca Trail's stairway to heaven, following the same steep mountain paths used by the Inca in the 15th century. This 26-mile path will challenge, and reward, you with ancient ruins, lush cloud forest and finally, the Lost City of the Incas. They say only the sky's the limit, but this all-women hiking tour to one of the New Seven Wonders of the World will make you question that.

The Rainbow Mountain, it is located in the mountain range of the Andes, in a section the called is Vilcanota mountain range, corresponding to the Cuzco region in Peru. Its main summit is 6372 meters above sea level with large lagoons with a bright green / blue color.

Sandoval Lake is one of the most beautiful lakes in Peru; a great body of water protected in the Tambopata National Reserve. It is home of a family of Giant Otters in danger of extinction, but we do have an excellent chance to see them during our stay. The banks of the lake are populated by jungle and flooded Mauritia Palm forests, which are home to monkeys from six different species, as well as with a huge variety of colorful birds.



INCA TRAIL, RAINBOW
MOUNTAIN AND AMAZON



TOUR GUIDE



\$ 2899 FROM 2 TO
MORE PEOPLE

KNOW AND DISCOVER



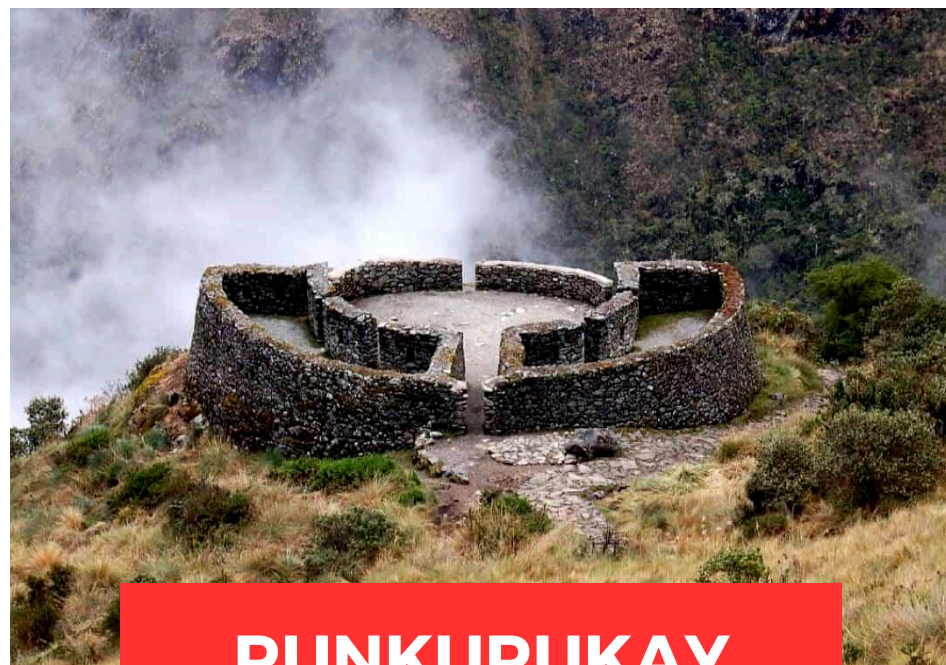
SANDOVAL LAKE



MACHUPICCHU



WIÑAYWAYNA



RUNKURUKAY



**ARCHAEOLOGICAL
MONUMENTS**



FAUNA

1 DAY

● CUSCO ARRIVAL - WALKING TOUR - COOKING CLASS

Your journey begins with your arrival in Cusco. We'll whisk you away to your comfortable hotel in the city. As the day unfolds, join your guide and fellow hikers for an engaging introductory meeting, setting the stage for the remarkable days ahead. In the afternoon, immerse yourself in the charm of Cusco City as you embark on a captivating historical tour.

Immerse yourself in the world-renowned Peruvian gastronomy. Learn how to make causa limeña, a traditional Peruvian dish made with mashed potatoes, peppers, and avocado—similar to a tiny casserole. You'll also get a chance to make a pisco sour, the national drink of Peru!

After learning to make these dishes, gather with your new group of friends and enjoy a delicious dinner sure to delight your taste buds.



- **MEALS:** DINNER
- **ACOMMODATION:** HOTEL 3★☆☆ IN CUSCO
- **ACTIVITY LEVEL:** MODERATE
- **CUSCO ELEVATION:** 3,399 M/11,151.57 FT

2 DAY

● CUSCO – CHINCHERO COMMUNITY PROJECT - CUSCO

On your second day, you'll do a lot more than hiking and sightseeing. Drive up the Sacred Valley to a small indigenous village outside of Chinchero, also known as the birthplace of the rainbow. As part of a community outreach project, you'll have an opportunity to learn from Quechua people, indigenous people who'll tell you about their sustainable way of life, spirituality and connection to Mother Earth. You'll also learn how they support themselves by farming and weaving, both of them being important parts of Peruvian culture. Hear their native tongues, see how they traditionally dance and let them flaunt you their traditional Andean clothing! Then we will go to Ollantaytambo where we will stay in a hotel.



● **MEALS:** BREAKFAST AND LUNCH

● **ACCOMMODATION:** HOTEL 3★☆☆ IN OLLANTAYTAMBO

● **ACTIVITY LEVEL:** MODERATE

3 DAY

● OLLANTAYTAMBO – KM 82 – WAYLLABAMBA

Pick up from hotel at 6.00am and transfer to the Sacred Valley and onto Ollantaytambo, where we will stop approximately 45 minutes, to collect porters and equipment. We will have time to visit the surroundings area of the town called Ollantaytambo, before making our way to kilometer 82, where we will begin our trek, our pace will be an acclimatization rhythm and very soon we will stop at our first archaeological complex Llactapata at kilometer 2,550m above sea level, 30 minutes to visit this archaeological complex, before continuing our walk to Wayllabamba where we will camp.



- **MEALS:** BREAKFAST, LUNCH AND DINNER
- **ACOMMODATION:** WAYLLABAMBA CAMPSITE.
- **HIKE DISTANCE:** 10 KM / 5359 MI
- **WALKING TIME:** 5/6 HOURS
- **ACITIVITY LEVEL:** MODERATE
- **MINIMUM ELEVATION:** 2,700 M/ 8858 FT.
- **MAXIMUM ELEVATION:** 3000 M/9842 FT.

4 DAY

● WAYLLABAMBA - PACAYMAYO

After breakfast we will begin our walk through the Valley of Wayllabamba on our journey we will be able to observe the nature and the ecological change of the area until we arrive to (Yunca Chipana) Wayllabamba from where we will climb to Llulluchapampa at 3,750 m.a.s.l. / 2,330 ft., from this point we will be able to appreciate the valley of Huayanay and the first step located at 4,200 m.a.s.l. / 2610 ft. Warmiwañusca, called dead woman and camp in the sector of Pacaymayo.



- **MEALS:** BREAKFAST, LUNCH AND DINNER
- **ACOMMODATION:** PACAYMAYO CAMPSITE.
- **HIKE DISTANCE:** 16 KM / 9359 MI
- **WALKING TIME:** 9/10 HOURS.
- **ACITIVITY LEVEL:** MODERATE TO CHALLENGE
- **MINIMUM ELEVATION:** 2,700 M/ 8858 FT
- **MAXIMUM ELEVATION:** 4200 M/13780 FT.

5 DAY

● PACAYMAYO - WIÑAYWAYNA

Breakfast and on this day, we will ascend to Runkurakay at 3,860 m.a.s.l. / 2,389 ft., contrary to the previous days our walk will be two hours more we will be able to visit another small complex, Sayacmarca and appreciate the valleys and snow-capped mountains, further on we will stop to visit the complex of Phuyupatamarca, and then descend 3 kilometers until we arrive to a place called Winawayna where we will visit its complex, finally at Intipata we will camp.



- **MEALS:** BREAKFAST, LUNCH AND DINNER
- **ACOMMODATION:** WIÑAYWAYNA CAMPSITE.
- **ACITIVITY LEVEL:** MODERATE TO CHALLENGE
- **HIKE DISTANCE:** 16 KM / 9359 MI
- **WALKING TIME:** 7/8 HOURS.
- **MINIMUM ELEVATION:** 3650 M/ 11975 FT
- **MAXIMUM ELEVATION:** 39000 M/13780 FT.

6 DAY

● WIÑAYWAYNA - MACHUPICCHU - CUSCO

We will have breakfast early in the morning, then we will walk to Intipunku called Puerta del Sol where we can observe the impressive Lost City of Machupicchu, we will walk to the Sanctuary where we will have the opportunity to take the classic photo and then leave the complex to leave our luggage in the cloakroom and re-enter to visit Machupicchu where our guide will tell us the history of Machupicchu through time visiting the different places within the citadel. Then we will board the bus to Aguas Calientes.

At a suitable time, we will walk to the station and take the train back to Ollantaytambo and a transfer will wait to transport you to your hotel in Cusco.

IMPORTANT - GOVERNMENT REGULATIONS WILL NOT ALLOW RESERVATIONS TO BE MADE UNLESS ACCOMPANIED BY FULL PASSPORT DETAILS OF THE CLIENT AND FULL PAYMENT OF THE ENTRANCE FEE TO THE SANCTUARY. THIS IS TO ASSIST IN THE 500 PEOPLE A DAY RULE. THEREFORE, TO GUARANTEE YOUR PLACE ON THE INCA TRAIL YOU MUST PROVIDE A SCANNED COPY OF YOUR PASSPORT AND A NON-REFUNDABLE DEPOSIT. YOUR RESERVATION WILL ONLY BE CONFIRMED WHEN WE HAVE YOUR ENTRANCE TICKET IN OUR HANDS. IN CASE OF PASSPORT NUMBER CHANGE THIS INFORMATION MUST BE RELAYED TO US OR YOU WILL LOSE YOUR BOOKING. ORIGINAL PASSPORT MUST BE CARRIED ON THE TRAIL. ALL TIMES NOTED ARE APPROXIMATE.



- **MEALS:** BREAKFAST.
- **ACOMMODATION:** HOTEL 3★☆☆ IN CUSCO
- **ACITIVITY LEVEL:** MODERATE.
- **HIKE DISTANCE:** 20 KM (12.43 MILES).
- **WALKING TIME:** 2/3 HOURS.
- **MINIMUM ELEVATION:** 2650 M/ 8690 FT
- **MAXIMUM ELEVATION:** 2430 M/7972 FT.

7 DAY

● CUSCO - RAINBOW MOUNTAIN - CUSCO

We will pick you up early from your Cusco hotel around 04am and set out on a drive through the South Valley. The drive to the trailhead (4,326 m / 14,189 ft) is 3 hours long. On the way we will provide you Breakfast in a local restaurant (at the hotel you may not have option to get breakfast).

We then start off on our hike, following a lovely stream. Literally herds of alpacas and llamas will immediately surprise you. We will have consistent views of the Ausangate Mountain. We will hike through villages and interact with the local residents.

Back on the trail, we encounter more of the traditional elements of this trek. This includes potato fields and unique fauna. We have the prospect of seeing chinchillas and vicunas. Vicunas are the only non-domesticated animal of the llama family in Peru. Many red mountains are also a highlight of this portion of the hike.

After a total hike of approximately 1.5 hours, we finally reach our destination, what we came to see, the Rainbow Mountains (5,020 m / 16,466 ft). After getting over the shock of their beauty, you will have time to explore the area. You will have time to take pictures and soak in the environment. We will spend approximately 30 minutes at the top.

At this point, it is time to go back down. We hike downhill the way we came. The hike will take 2 hours. Our transportation will be waiting for us when we return. We will stop for lunch in the same restaurant before we head to Cusco. We will embark on the 3-hour drive back to Cusco and drop you off at your Cusco hotel. Approximate arrival time is between 5:00 pm.



- **MEALS:** BREAKFAST AND LUNCH
- **ACCOMMODATION:** HOTEL 3★☆☆ IN CUSCO
- **ACTIVITY LEVEL:** MODERATE TO HARD.
- **WALKING DISTANCE:** 7 KM
- **WALKING TIME:** 3&4 HOURS
- **HIKING STARTING POINT:** 4630M / 15190 FT
- **MINIMUM ELEVATION:** 4795M/ 15371FT
- **MAXIMUM ELEVATION:** 5100M/16732 FT

8 DAY

● CUSCO - PUERTO MALDONADO - SANDOVAL LAKE

We will pick you up from your hotel in Cusco to transfer you to the airport and help you board the flight from Cusco to Puerto Maldonado.

Our staff will welcome you at the airport in Puerto Maldonado and drive you through the city to the boat dock on the Tambopata River. Here we board a motorized canoe and head towards the nearby confluence of the mighty Madre de Dios River, the source of the Amazon tributary. Just 30 minutes down river is landing at the port that will lead to Sandoval Lake. We walk a trail of 3 Km (2 mi), stopping to watch birds and butterflies, up to a narrow canal boat.

From there, we navigate the flooded forest of palm trees that leads to the open waters of this peaceful lake. Our crew will row the boats across to the lodge (motors are prohibited on the lake). Under the surface of the lake, we may see the huge Paiche (an Amazonian fish that can weigh up to 100Kg/220lbs). Or you may hear strange and unsettling screams and see heads peering from the lake surface, which will mark our first encounter with *Pteronura brasiliensis*, the Giant Otter of the Amazon. After a brief rest, we start again by boat to explore the entire eastern end of the lake, following the sound of hundreds of Blue and-Yellow and Red-Breasted Macaws as they return to the palm forest for the night. Our view from the boat often allows close and extensive encounters with birds and mammals. In Sandoval Lake the Capuchin Monkey, in particular, has nearly lost its fear of humans.

We return to the lodge at dusk for dinner. Afterwards we take the boat again, in search of caimans, which are now extremely rare in the Amazon, but are still common in this protected lake. They grow up to 4m long, and dispute their share of fishing with the otters. On clear nights we go by boat farther into the lake for a view of the vast southern sky, unobstructed, with its magnificent views of constellations and the Milky Way.



- MEALS: LUNCH AND DINNER
- ACCOMMODATION: SANDOVAL LODGE

9 DAY

● ACTIVITIES IN THE JUNGLE

Just before dawn we will be on the lake for what is often a spectacular sunrise; and hope for an encounter with the Giant Otters that roam the lake in a close-knit family, very active at this time of day. At this time most of the birds that inhabit the lake are also very active. There will be time and tranquility to observe the birds fishing; while they stalk and capture prey. We will also have close-up views of the primitive Shansho (*Ophistocumus hoazin*) eating leaves.

After enjoying a late breakfast, we'll walk the trail through the cool understory of the impressive primary rainforest that surrounds the lake. We will see the great Chestnut trees that abound here.

After lunch we rest for an hour and then explore the west side of the lake where we will have chances to observe different species of monkey; including the most common Capuchin Monkey.

Before dinner there is a video presentation on the Peruvian Jungle and after dinner, we will have the opportunity to spot caimans in the lake.



MEALS: BREAKFAST, LUNCH AND DINNER
ACCOMMODATION: SANDOVAL LODGE

10 DAY

● SANDOVAL LAKE - PUERTO MALDONADO - LIMA

After breakfast we make a final paddle through palm swamps on the west end of the lake. On the clearer mornings a glorious sunrise and its reflection can be seen in the lake. We return to the Madre de Dios River and head towards Puerto Maldonado and from there on to the airport to board the flight to Lima.



MEALS: BREAKFAST

ACCOMMODATION: NO INCLUDED

WHAT IS INCLUDED:

- Professional Bilingual English speaking tour guide
- All the transportation included in tours and transfers
- Meals: 08 breakfast, 07 lunches, 06 dinners, tea time and snacks
- Tents. TWO PEOPLE IN EACH TENT
- Warm meals during the trip
- Kitchen tent, Dining tent
- Cooks, kitchen, Tables and chairs
- Boiled water after the second day.
- Porters (to carry the tents, food and cooking equipment)
- Entrance ticket to Inca Trail, Machupicchu, Rainbow Mountain, Tambopata reserve
- Bus ticket from Machupicchu to Aguas Calientes
- Return by train to Ollantaytambo and transportation to the hotel in Cusco
- First-aid kit and
- Duffel bag
- Foam Mattress
- Train back to Ollantaytambo class: Expedition or Voyager
- Cooking class in Cusco
- Rainbow Mountain tour (Vinicunca)
- Activities in the Tambopata jungle
- 03 nights at hotel 3*** in Cusco
- 01-night at hotel 3*** in Ollantaytambo
- 03 nights camping for Inca Trail
- 02 nights at Lodge in Sandoval Lake
- Domestic flight from Cusco to Puerto Maldonado
- Domestic flight from Puerto Maldonado to Lima

WHAT IS NOT INCLUDED:

- Meals not mentioned
- Huayna Picchu entrance ticket
- Guided for Huayna Picchu
- Sleeping bag (Available for renting)
- Inflatable Mattress (Available for renting)
- Trekking poles (Available for renting)
- Tips for Porters, chefs and trek guides
- International flights
- Vistadome train this upgrade is an additional cost
- Personal Snacks
- Travel Insurance



WHAT TO BRING AND ADVICES:

- It is really advisable and important that you arrive in Cusco at least 2 days prior to the trek, in order to acclimatize to the altitude.
- Just in case, you can take personal medication for altitude sickness, you will find some drug stores at the main street Av El Sol or near to the main square of Cusco
- Please make sure to inform us about your health/food/physical restrictions in advance so we can prepare them for you
- In case you need to pay the remaining balance, it is advisable to take some cash. You can get some money from the ATM machine that is located in the center of the City of Cusco.
- Be always ready for rain and cold, take some rain poncho waterproof clothes and warm clothes.
- Insect repellent, some mosquitos are really annoying especially at lower altitude. You will probably visit Machupicchu so this advice is for you
- Original Passport is very important to enter to Machupicchu
- Extra money is advisable just in case to buy souvenirs or in case of emergency.
- Camera and Memory cards (recommended)
- Rechargeable batteries and adapters (recommended)
- Small towel and swim wear
- Hiking boots, walking shoes (with ankle protectors, recommended)
- Sun block
- Sunglasses
- Flashlight (headlight recommended)





WHAT ARE YOU WAITING FOR

BOOK NOW



WHITH THE BEST?

**TERMS &
CONDITIONS:**



**PERSONAL DATA
PROTECTION
POLICY**

