

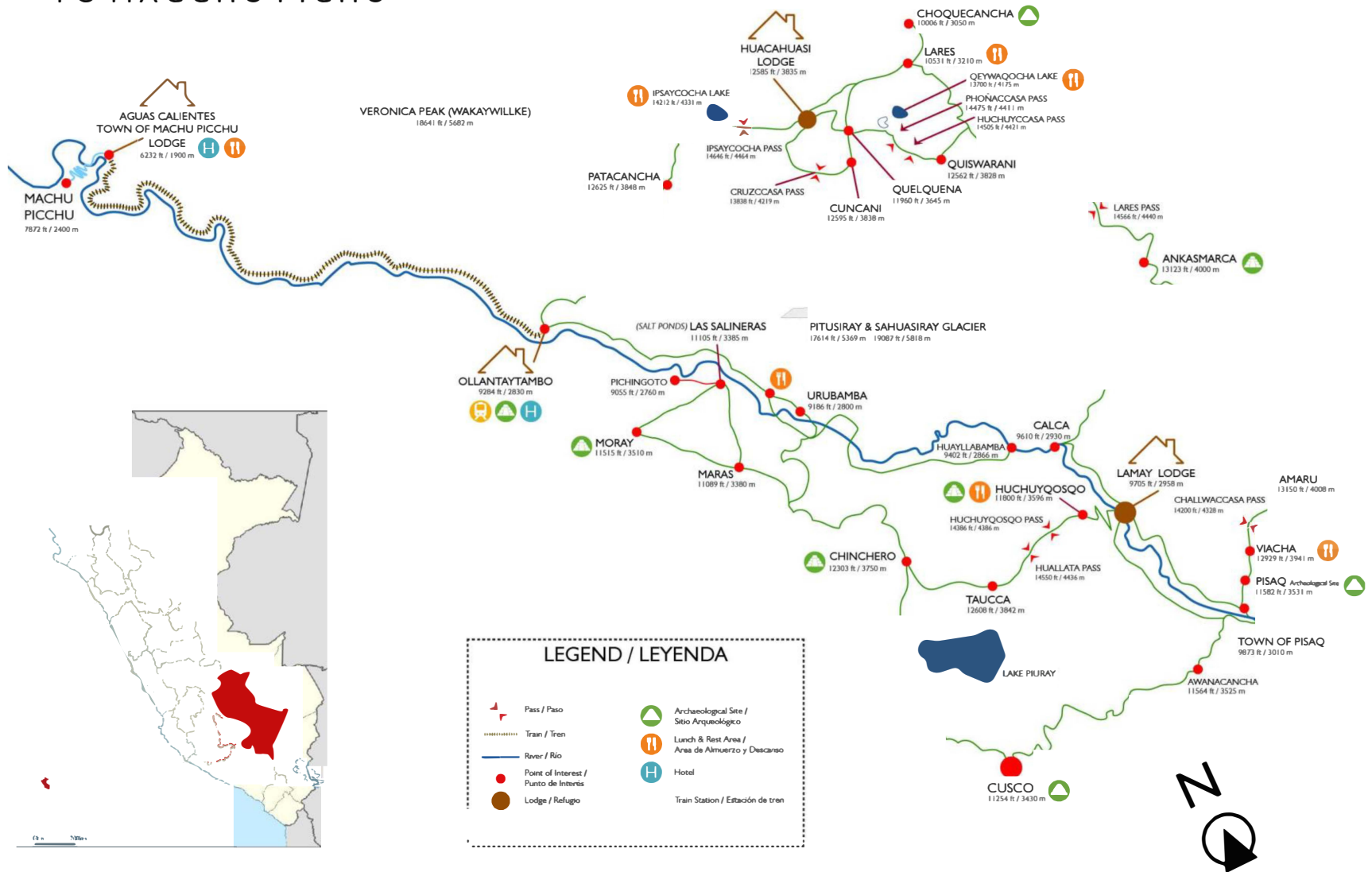
THE LARES
ADVENTURE TO
MACHU PICCHU

TRIP BOOKLET



Mountain Lodges of Peru
adventure at its finest

THE LARES ADVENTURE TO MACCHU PICHU



ITINERARY OVERVIEW

What follows is a customized daily itinerary with the most relevant information for your trip. For a detailed description of your day's activities, please refer to The Lares Adventure brochure at Mountain Lodges of Peru website.

DAY 0 CITY OF CUSCO | TRIP BRIEFING

Tonight you will meet your guides and other travelers for an important informational meeting.

Time: 6:00 pm.

Location: El Mercado Hotel (Calle 7 Cuartones 306, Centro Histórico del Cusco, Cusco)

Duration: Approximately 45 minutes.

We recommend that you stay for dinner at “La Taberna Restaurant” at El Mercado Hotel, which offers Peruvian and International cuisine in a cozy, yet elegant, setting.

DAY 1 SACRED VALLEY OF THE INCAS | EXPLORING PISAQ

Hotel pick up: Begins at 7am. At the trip briefing the night before your guide will coordinate your specific pick-up time, depending on the hotel where you are staying.

Activity Menu (morning to noon):

- Cultural activity: Visit Awanakancha (an Andean camelid exhibition and traditional textile center), the town of PISAQ and local market, and experience an encounter with members of the local community of Viacha.

OR

- Hike: From the local community of Amaru to the local community of Viacha / Duration 2.5-3 hrs. / Moderate / Mountain pass at an elevation of 14,200' - 4,328m.

Group Activity: Group lunch at the local community of Viacha. In the afternoon, the whole group visits the PISAQ archeological site together, before heading to the lodge.

Meals: Lunch and Dinner.

Overnight: Lamay Lodge (el. 9,705' - 2,958m.), located in the town of Lamay, in the Sacred Valley of the Incas.

DAY 2 LARES VALLEY | INCA SITES AND VILLAGES

Group Activity (morning to noon): In the morning, explore the town of Lamay and visit the archeological site of Ancasmарca. Group lunch at the local town of Lares.

Activity Menu (afternoon, after the group activity):

- Cultural activity: Visit the town of Choquecancha, meet with the local weavers and visit the old church.

OR

- Hike: From Quelqena to Huacahuasi / Duration 2-2.5 hrs. / Easy to moderate / Mountain pass at an elevation of 12,595' - 3,839 m.

OR

- Hike: From Cuncani to Huacahuasi / Duration 3.5-4 hrs. / Moderate / Mountain pass at an elevation of 13,838' - 4,219m.

Meals: Breakfast, Lunch and Dinner.

Overnight: Huacahuasi Lodge (el. 12,585' - 3,835m.), located in the local community of Huacahuasi, in the Lares Region.

DAY 3 SACRED VALLEY OF THE INCAS | EXPEDITION TO OLLANTAYTAMBO

Activity Menu (all day):

- Cultural activity: Drive back to the Sacred Valley of the Incas, visit a local farmer's market and a Pre-Inca and Inca cultural museum. Enjoy lunch at a countryside restaurant and, in the afternoon, explore the town of Ollantaytambo.
OR
- Optional bike excursion (additional cost): Drive back to the Sacred Valley of the Incas, explore the valley on mountain bike (2 hrs.). Enjoy lunch at a countryside restaurant and, in the afternoon, explore the town of Ollantaytambo.
OR
- Hike: From Huacahuasi to Patacancha / Duration 7 hrs. / Moderate to challenging / Mountain pass at an elevation of 14,646' - 4,464m. Route lunch at Ipsaycocha lake. Afternoon arrival in Ollantaytambo.

***Note:** Guests that opt for the cultural activity and guests that opt for the optional bike excursion will meet for lunch in Urubamba at a countryside restaurant and visit the town of Ollantaytambo in the afternoon together. Guests that opt for the optional hike will meet up with the rest of the group in Ollantaytambo in the late afternoon at the hotel.*

Meals: Breakfast, Lunch and Dinner.

Overnight: Pakaritampu Hotel, located in the town of Ollantaytambo (el. 9,284' - 2,830m.), in the Sacred Valley of the Incas.

DAY 4 SACRED VALLEY OF THE INCAS | DISCOVERING OLLANTAYTAMBO

Activity Menu (early morning, before the group activity):

- Hike: Lower Pinkuylluna Mountain above Ollantaytambo / Duration 1-1.5 hrs. / Moderate.
OR

- Hike: Higher Pinkuylluna Mountain above Ollantaytambo / Duration 2-2.5 hrs. / Moderate to challenging.

Group Activity: In the morning, after the optional early morning activities, explore the archeological site of Ollantaytambo, before boarding the train to the town of Machu Picchu (Aguas Calientes).

Meals: Breakfast, Lunch and Dinner.

Train: Ollantaytambo - Aguas Calientes / Late morning train / Duration 1h30m approximately.

Overnight: Inkaterra Pueblo Hotel, located in the town of Aguas Calientes (el. 6,232' - 1,900m.), the base town of Machu Picchu.

DAY 5 MACHU PICCHU | THE SANCTUARY

Group Activity: Early in the morning, visit the Inca citadel of Machu Picchu.

Activity Menu (late morning, after the group activity):

- Cultural activity: free time to explore the Inca citadel of Machu Picchu (el. 7,872' - 2,400m.).
OR

- Hike: Guided hike of Huayna Picchu Mountain / Duration 2-2.5 hrs. / Moderate to challenging / Mountain pass at an elevation of 8,924' - 2,720m.

Meals: Breakfast and Lunch.

Train: Aguas Calientes - Ollantaytambo / Early afternoon train / Duration 1h30m approximately.

Transfer: Ollantaytambo - Cusco and drop-off at hotel (arriving approximately at 6pm).

END OF SERVICES

ACCOMMODATIONS

Accommodations along The Lares Adventure are located both in remote places as well as in traditional towns, yet always surrounded by stunning sceneries and local living culture. As a reference, all the lodges are comparable to a 4-5 star property. The following information might be useful for additional things to expect. If you have any questions about the accommodations, please contact your Travel Specialist.

- ✓ Complimentary internet is available in every room.
- ✓ Each room has a safety deposit box.
- ✓ Some lodges have jacuzzis.
- ✓ Massage service.
- ✓ Laundry service.
- ✓ Bathrooms equipped with hair-dryers and full amenities.
- ✓ There are 110V compatible sockets in the lodges (220V is the official voltage).

RECOMMENDED PACKING LIST

Here is a basic packing list. These items are essential to ensure adventure travelers' comfort and safety:

- ✓ Day pack to carry your snack, water bottle, additional layers of clothing and any personal item.
- ✓ Broken-in hiking boots or mountain sneakers (gym sneakers are not suitable).
- ✓ Full rain gear (rain jacket, rain pants) or rain poncho.
- ✓ Hiking pants and shorts.
- ✓ Fast-wicking and quick-to-dry top and bottom base layers.
- ✓ Comfortable shoes/flip-flops.
- ✓ Cold-weather jacket.
- ✓ Gloves (light fabric or wind stopper).
- ✓ Long-sleeve fleece/sweater.
- ✓ Woolen hat.
- ✓ Baseball cap or sombrero.
- ✓ Buff or Bandana.
- ✓ Sunglasses.
- ✓ Comfortable sports socks.
- ✓ Sunscreen.
- ✓ Insect repellent.
- ✓ Bathing suit.
- ✓ Mountain casual wear for evenings.
- ✓ Photo/video cameras and chargers.
- ✓ Refillable water bottle.

Notes:

- Any additional luggage and clothing that you will not need on the trip can be stored at your hotel in the city of Cusco.
 - MLP recommends bringing hiking poles. It is possible to purchase them at several stores in the city of Cusco, however, we offer complimentary wooden hiking sticks.
 - Some of our guests enjoy bringing binoculars.
 - There are duffle bags for loan. Please let us know in advance if you would need one for the trip.
 - There are many drugstores in the city of Cusco, however you may not find the same brands you usually get where you live. Therefore if you take any special medication or specific brand, we recommend you to bring them with you.
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TRAVEL TIPS

ALTITUDE AND ACCLIMATIZATION:

You will be spending time at high altitudes, mostly between 7,000 (2,134 m.) and 12,500 feet (3,810 m.), and possibly 14,000 feet (4,267 m.) depending on your choice of activity. For this reason we recommend that our guests spend at least two nights in Cusco prior to departure. This helps with acclimating to the altitude and also provides an opportunity to explore the beautiful city of Cusco. Everyone's tolerance to altitude differs and we encourage our guests to exercise and follow a healthy diet as part of their preparation for a more enjoyable trip.

MONEY MATTERS:

Currency: The official currency of Peru is the "Nuevo Sol" (S/.). Although US Dollars are also widely accepted, be sure to bring crisp US bills, as torn and defaced currency are not accepted.

ATMs: ATM's are available mainly in the city of Cusco and they dispense both US Dollars & Nuevos Soles. If you think you might be interested in purchasing anything during your trip we recommend visiting the ATM before your trip as it will be very difficult to get to an ATM once you are on route.

Credit Cards: Generally accepted at restaurants and shops (Visa is the most widely accepted).

During your trip you will only need cash for souvenirs and minor personal expenses, gratuities to the trip leader and local guides, and for optional extra gratuities for the staff. For purchasing souvenirs and minor personal expenses en-route we recommend bringing Nuevos Soles. Please make sure to bring small bills and coins. Additional expenses at the lodges (such as massages or alcoholic beverages), can be charged to your credit card.

GETTING AROUND CUSCO:

Most of the restaurants and attractions in the city of Cusco are within walking distance of each other, so our suggestion is to get a map from your hotel and discover this amazing city on foot. Nonetheless, there are plenty of taxis available and the cost is very low (between 4-6 Nuevos Soles), yet we recommend to always ask your hotel or restaurant to call a taxi for you. It will arrive in a few minutes, and is more secure for the same price as street taxis.

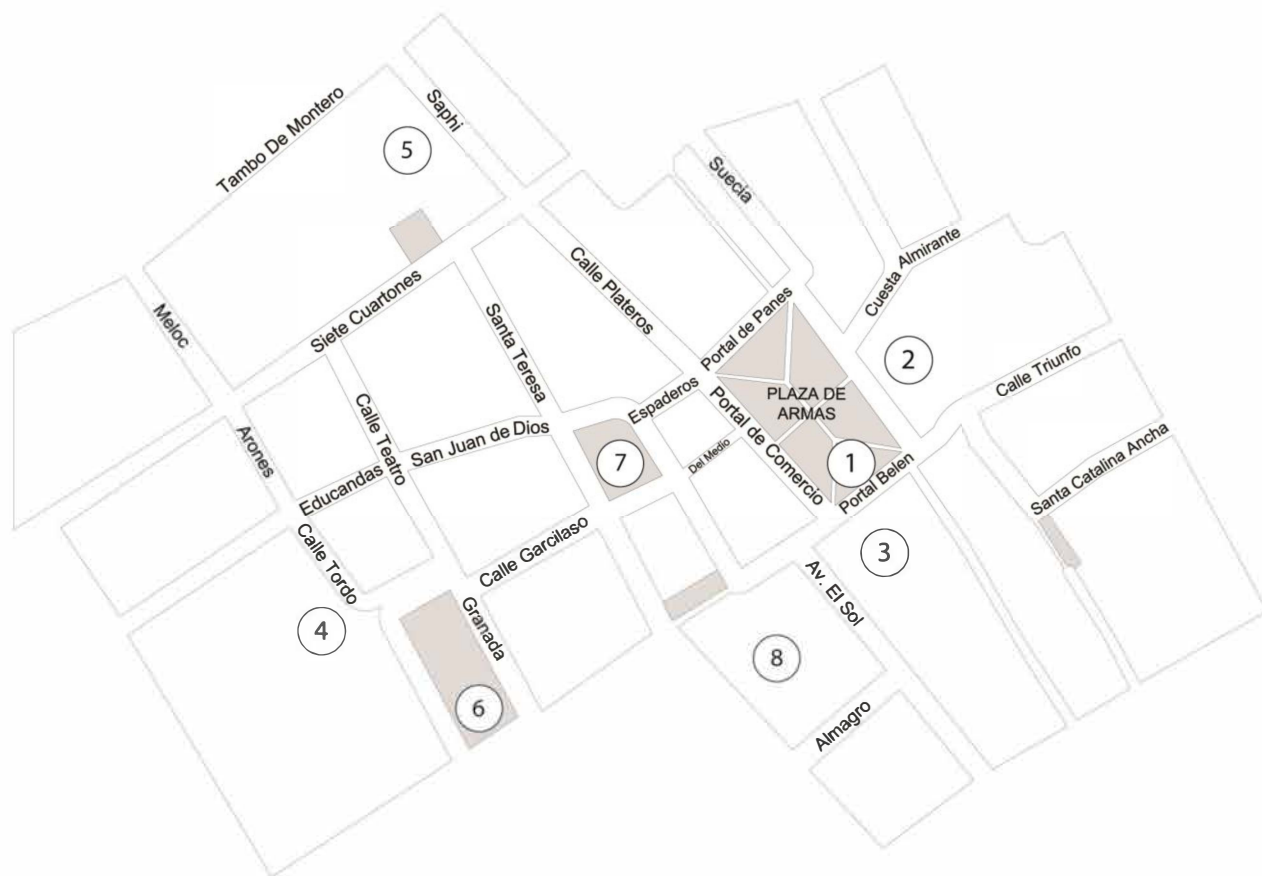
WEATHER:

Cusco has only two climate seasons: a dry season from April to October, and a wet season from November to March. June to August are often the coldest, driest months. Shoulder seasons can be more variable. The weather in the mountains can change quickly and you should be prepared for 4 seasons in one day. It is recommended to bring winter clothing and rain gear at all times.

Expect temperatures ranging from 23°F to 14°F (-5°C to -10°C) at night and up to 68°F (20°C) during the day. Check weather forecast online at: www.weather.com

WHAT TO DO IN CUSCO:

The city of Cusco offers a great blend of culture, history and modern day life in the Andes. Get a sense of the city's past by visiting impressive historical sites such as the main Cathedral, the Sun Temple (Qoricancha) and Sacsayhuaman fortress. Walk the traditional streets of the city through neighborhoods like San Blas, where the fusion of colonial and Inca architecture can be seen in every corner, and visit specialty craft shops for great art and metal work. Feel the pulse and color of modern day life at the old San Pedro Market, the main and oldest trade center in Cusco, where one finds even the wildest of goods, from fruits and vegetables to even traditional items used in Andean rituals. Save time (and room) for dining as Cusco has magnificent places to eat and drink, from fine dining to casual snacks (please see our recommended list for suggestions).



Tourist Attractions

1. Main Square
2. Cusco's Cathedral
3. Church of the Company of Jesus
4. Church and Convent of San Francisco
5. Church of Santa Teresa
6. Plaza San Francisco
7. Plaza Regocijo
8. Church of La Merced

- Mercado Indio (Indian Market)
 - Qoricancha & Convent of Santo Domingo
 - San Pedro Market
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