

SACRED VALLEY & LARES ADVENTURE

5 Day Program

ITINERARY

The Sacred Valley and Lares Adventure to Machu Picchu—a journey through the ancient history, living culture, and magnificent landscapes of Cusco and the Sacred Valley of the Incas. Expert guides will tailor your individual experience from a daily list of adventure activities and cultural exploration options. Then, as breathtaking sunsets paint the Andean sky at the end of each exciting day, you will settle into our signature mountain lodges to enjoy exceptional Peruvian cuisine and top-notch accommodations.

DAY 0 | CITY OF CUSCO / TRIP BRIEFING

Meet your MLP guide and fellow travelers for a general trip briefing and Q&A.

Time: 6pm

Location: El Mercado, an MLP Signature Property

Address: Calle 7 Cuartones 306, Centro Histórico de Cusco, Cusco

Duration: Approximately 45 minutes*

**We recommend that you stay for dinner at 'La Taberna' in El Mercado, which offers Peruvian and other international cuisine in a cozy, elegant setting*

DAY 1 | EXPLORING PISAQ

Begin your journey from the busy streets of Cusco to the Sacred Valley of the Incas, full of lush green fields surrounded by striking mountain peaks. Start your day with either an invigorating hike from the village of Amaru to the community of Viacha, or a visit to the Awanakancha textile center followed by an exploration of the lively town and colorful artisan marketplace of Pisac. Midday, both cultural explorers and hikers will reunite in the village of Viacha to learn about traditional Andean farming techniques. Afterwards, hike or drive to the Pisac archaeological site for a guided tour, followed by a traditional Pachamanca dinner back at Lamay Lodge.

Day 1 Activity Options:

- ✓ **Cultural (morning):** Excursion to Awanakancha for an introduction to traditional Andean textile weaving techniques and an up-close visit with some friendly llamas, alpacas, and vicuñas, all camelids indigenous to both this region and other high-altitude regions throughout Peru. Next, visit the town of Pisac for a brief tour and time explore the unique goods for sale in its colorful artisan marketplace.

DAY 1 | EXPLORING PISAQ (cont.)

- / **Active (morning):** Hike from the village of Amaru to the community of Viacha.

 Approximately 3 hours  Moderate  14,200' / 4,328 m

- / **All-Group Activity:** Meet the Viacha locals and learn about their traditional Andean farming practices, followed by an optional hike (or drive) and guided exploration of the PISAQ archaeological site.

Meals: L (box lunch en route), D (Lamay Lodge)

Overnight: *Lamay Lodge (9,705' / 2,958m)*

DAY 2 | INTO THE HEART OF LARES

The day begins with a visit to the small town of Lamay followed by a scenic drive into the heart of the Lares Valley. Your first stop will be Ancasmарca for a guided tour of this seldom-visited archaeological site. Afterwards, choose a visit with the expert textile weavers in the remote village of Choquecancha or a hike amidst turquoise blue lakes and towering peaks to the remote village of Huacahuasi, where both groups meet again to spend the night.

Day 2 Activity Options:

- / **All-Group Cultural Activity (morning):** Explore the town of Lamay and visit the archaeological site of Ancasmарca.
- / **Cultural (afternoon):** Visit to the remote village of Choquecancha where you will have the opportunity to meet the locals and learn from the community's expert textile weavers.
- / **Active (afternoon):**

- **Option A:** Hike from Quelquena to Huacahuasi

 Approximately 2.5 hours  Easy to moderate  14,200' / 4,328 m

- **Option B:** Hike from Cuncani to Huacahuasi

 Approximately 4 hours  Moderate  13,838' / 4,219 m

Meals: B (Lamay Lodge), L (Cultural – Choquecancha; Active – Box lunch en route), D (Huacahuasi Lodge)

Overnight: *Huacahuasi Lodge (12,585' / 3,835m)*

DAY 3 | THE ROAD TO OLLANTAYTAMBO

Begin the day with a scenic drive to the community of Huilloc. From there, choose a morning hike from Huilloc to Pumamarca, or explore the village and nearby shepherding community of Marcacocha before regrouping for lunch and a midday exploration of the Pumamarca archaeological site. After lunch, choose to hike from Pumamarca to Ollantaytambo or drive and spend the afternoon exploring Ollantaytambo's maze-like alleys and passageways.

Note: *Afternoon hikers will meet the rest of the group at the hotel upon arrival in the Sacred Valley.*

DAY 3 | THE ROAD TO OLLANTAYTAMBO (cont.)

Day 3 Activity Options:

/ Cultural:

- **Morning:** Visit the village of Huilloc and nearby sheepherding community of Marcacocha to participate in a traditional Andean ceremony to honor Pachamama (Mother Earth) and her blessings for the health of the community livestock. Drive from Marcacocha to Pumamarca for an all-group tour of the archaeological site and picnic lunch.
- **Afternoon:** After lunch, take a scenic drive to Ollantaytambo and spend the afternoon exploring this charming Sacred Valley town.

/ Active

- **Morning:** Hike from Huilloc to Pumamarca.

 Approximately 3 hours  Moderate

- **Afternoon:** Hike from Pumamarca to Ollantaytambo.

 Approximately 3 hours  Moderate

- / **Optional All-Group Activity (late afternoon):** Visit a locally sourced Sacred Valley craft brewery (*subject to additional cost*).

Meals: B (Huacahuasi Lodge), L (Pumamarca), D (Kuychi Rumi Lodge)

Overnight: *Kuychi Rumi Lodge (9,284' / 2,830m)*

DAY 4 | DISCOVERING OLLANTAYTAMBO

Begin your day with an optional early morning hike to the Inca storage houses high above the town for an impressive view of the Ollantaytambo fortress and ceremonial site. Afterwards, the entire group will meet at the entrance of the site for a guided tour before embarking on a scenic train ride to Aguas Calientes at the base of Machu Picchu. Alternately, opt for an all-day hike from train marker KM 104 to the Machu Picchu Sun Gate on the classic Inca Trail (*subject to additional cost*).

Day 4 Activity Options:

/ Active (early morning):

- **Option A:** Hike up Lower Pinkuylluna Mountain above Ollantaytambo

 Approximately 1.5 hours  Moderate

- **Option B:** Hike up Pinkuylluna Mountain above Ollantaytambo

 Approximately 2.5 hours  Moderate to challenging

- / **All-Group Cultural Activity (morning):** Guided exploration of the Ollantaytambo archeological site.

DAY 4 | DISCOVERING OLLANTAYTAMBO (cont.)

- ✓ **Optional*:** Hike on the classic Inca Trail, from KM 104 to the Sun Gate at Machu Picchu. (Subject to availability and additional cost)

 Approximately 6 hours

 Moderate to challenging

***Note:** Replaces the standard program day itinerary; this activity must be booked upon confirmation of your Sacred Valley and Lares Adventure departure date in order to secure the necessary permits.

Meals: B (Kuychi Rumi Lodge), L (Box lunch on the train), D (Inkaterra Pueblo Hotel)

Overnight: Inkaterra Pueblo Hotel, Aguas Calientes (6,232' / 1,900m)

DAY 5 | THE CITADEL OF MACHU PICCHU

Your journey to Machu Picchu begins with a rollicking morning uphill bus ride. As you enter the citadel, prepare to be awed by the imposing, skillful architecture of the Watchtower, the Temple of the Sun, and the royal Inca residences, among others. After a two-hour guided tour, you will have free time to explore on your own, including a hike up Huayna Picchu*, the iconic mountain that looms over the citadel, or Machu Picchu Mountain** for dramatic views that stretch from the Urubamba River Valley to the edge of the Amazon Jungle. At some point, be sure to take a moment and sit quietly—listen to the wind, meditate, and absorb the mystical energy that envelops you. After the visit you will have lunch in Aguas Calientes before the return train ride to Ollantaytambo (approximately 1.5 hours) and sunset drive to your hotel in Cusco (approximately 1.5 hours). As night falls and you arrive amidst the hustle and bustle of the city, you will be touched by a feeling of peace and rejuvenation that will linger long after your journey home.

***Entrance time - Huayna Picchu: 10:00 am**

***Note:** Permits for Huayna Picchu are subject to availability; please consult with your MLP travel specialist when you confirm your reservation.

****Note:** In the event that Huayna Picchu permits are not available for your desired date, Machu Picchu Mountain (the second peak within the sanctuary) permits will be secured instead.

Day 5 Activity Options:

- ✓ **All-Group Cultural Activity (morning):** Guided exploration of the Machu Picchu citadel (7,872' / 2,400m).
- ✓ **Cultural (late morning):** Free time for further exploration.
- ✓ **Active (late morning):** Hike up Huayna Picchu or Machu Picchu Mountain.

 Approximately 2.5 hours

 Moderate to challenging

 8,924' / 2,720 m

Meals: B and L (Inkaterra Pueblo Hotel)

END OF ITINERARY

SACRED VALLEY & LARES ADVENTURE

7 day Program

ITINERARY

The Sacred Valley and Lares Adventure to Machu Picchu—a journey through the ancient history, living culture, and magnificent landscapes of Cusco and the Sacred Valley of the Incas. Expert guides will tailor your individual experience from a daily list of adventure activities and cultural exploration options. Then, as breathtaking sunsets paint the Andean sky at the end of each exciting day, you will settle into our signature mountain lodges to enjoy exceptional Peruvian cuisine and top-notch accommodations.

DAY 0 | EVENING BRIEFING IN CUSCO

Meet your MLP guide and fellow travelers for a general trip briefing and Q&A.

Time: 6pm

Location: El Mercado, an MLP Signature Property

Address: Calle 7 Cuartones 306, Centro Histórico de Cusco, Cusco

Duration: Approximately 45 minutes*

**We recommend that you stay for dinner at 'La Taberna' in El Mercado, which offers Peruvian and other international cuisine in a cozy, elegant setting*

DAY 1 | TREASURES OF THE SACRED VALLEY

After an early breakfast, your MLP guide and driver will pick you up from your hotel in Cusco to begin your journey from the busy streets of Cusco to the Sacred Valley of the Incas, full of lush green fields surrounded by striking mountain peaks. Your first stop will be Chinchero, a small Andean village and Inca archaeological site. From there, choose an inspiring downhill hike from Chinchero to the town of Urquillos along historic Inca trails, or an afternoon exploring the circular agricultural terraces in Moray and natural salt mines in Maras.

Day 1 Activity Options:

- / **All-Group Activity (morning):** Visit to the historic village and archaeological site of Chinchero.
- / **Cultural (afternoon):** Guided exploration of the Moray agricultural complex and the natural salt mines in Maras.
- / **Active:** Hike from Chinchero to Urquillos.

 Approximately 3 hours  Easy to Moderate - mostly downhill

Meals: L (Box lunch en route), D (Lamay Lodge)

Overnight: Lamay Lodge (9,705' / 2,958m)

DAY 2 | EXPLORING PISAQ

Start your day with either an invigorating hike from the village of Amaru to the community of Viacha, or a visit to the lively town and colorful artisan marketplace of PISAQ. Midday, both cultural explorers and hikers will reunite in the village of Viacha to learn about traditional Andean farming before a hike or drive to the PISAQ archaeological site for a guided tour, followed by a traditional Pachamanca dinner back at Lamay Lodge.

Day 2 Activity Options

- / **Cultural (morning):** Excursion to PISAQ for a guided tour and free time to explore its celebrated marketplace followed a visit to the community of Viacha.
- / **Semi-active:** Scenic Bike up stream, along the Urubamba River from Lamay Lodge to PISAQ Town. *(Subject to additional cost).*

 Approximately 3 hours  Easy to Moderate

- / **Active (morning):** Hike from the village of Amaru to the community of Viacha.

 Approximately 3 hours  Moderate  14,200' / 4,328 m

- / **All-Group Activity:** Meet the Viacha locals and learn about their traditional Andean farming practices, followed by an optional hike (or vehicle transfer) and guided exploration of the archaeological site.

Meals: B, L (box lunch en route), D (Lamay Lodge)

Overnight: Lamay Lodge (9,705' / 2,958m)

DAY 3 | INTO THE HEART OF LARES

The day begins with a visit to the small town of Lamay followed by a scenic drive into the heart of the Lares Valley. Your first stop will be Ancasmарca for a guided tour of this seldom-visited archeological site. Afterwards, choose a visit with the expert textile weavers in the remote village of Choquecancha or a hike amidst turquoise blue lakes and towering peaks to the remote village of Huacahuasi, where both groups meet again to spend the night.

Day 3 Activity Options:

- / **All-Group Cultural Activity (morning):** Explore the town of Lamay and visit the Ancasmарca archaeological site.
- / **Cultural (afternoon):** Visit to the remote village of Choquecancha where you will have the opportunity to meet the locals and learn from the community's expert textile weavers.

- / **Active (afternoon)**

- o **Option A:** Hike from Quelquena to Huacahuasi.

 Approximately 2.5 hours  Easy to moderate  14,200' / 4,328 m

- o **Option B:** Hike from Cuncani to Huacahuasi.

 Approximately 4 hours  Moderate  13,838' / 4,219m

DAY 3 | INTO THE HEART OF LARES (cont.)

Meals: B (Lamay Lodge), L (Cultural: Choquecancha / Active: Box lunch en route), D (Huacahuasi Lodge)

Overnight: Huacahuasi Lodge (12,585' / 3,835m)

DAY 4 | EXPLORING HUACAHUASI

For a cultural morning experience today, you will visit the village of Huacahuasi and learn more about its heritage and a villager's typical daily activities. The expert weavers and farmers will share their stories, each depicted in artful textiles full of traditional Inca symbols and imagery. Afterwards, return to the lodge for a Peruvian cooking class with the lodge staff. Alternately, you can take a short hike to the waterfalls near Huacahuasi or challenge yourself with an all-day hike from the community of Quiswarani to Quelquena along the 'Trail of 1,000 Lakes.' Although a strenuous hike over high-mountain passes, you will be rewarded with majestic views of the lakes, valleys, and mountains, as well as the multiple herds of alpacas and llamas grazing along the route.

Day 4 Activity Options:

/ **Cultural:** Visit the village of Huacahuasi followed by a cooking class and lunch at the lodge.

/ **Active:**

- o **Option A:** Hike to the waterfalls near Huacahuasi and lunch at the lodge.

 Approximately 1.5 hours  Easy

- o **Option B:** Hike from Quiswarani to Quelquena (lunch en route).

 Approximately 6.5 hours  Challenging  14,505' / 4,421 m

Meals: B, L, D (Huacahuasi Lodge), unless otherwise noted.

Overnight: Huacahuasi Lodge (12,585' / 3,835m)

DAY 5 | THE ROAD TO OLLANTAYTAMBO

Begin the day with a scenic drive from Huacahuasi to the remote village of Huilloc. From there, choose a morning hike from Huilloc to Pumamarca, or explore the village and nearby shepherding community of Marcacocha before regrouping for lunch and a midday exploration of the Pumamarca archaeological site. After lunch, choose to hike from Pumamarca to Ollantaytambo or drive and spend the afternoon exploring Ollantaytambo's maze-like alleys and passageways.

Note: Afternoon hikers will meet the rest of the group at the hotel upon arrival in the Sacred Valley.

Day 5 Activity Options:

/ **Cultural**

- o **Morning:** Visit the village of Huilloc and nearby shepherding community of Marcacocha to participate in a traditional Andean ceremony to honor Pachamama (Mother Earth) and her blessings for the health of the community livestock. Drive from Marcacocha to Pumamarca for an all-group tour of the archaeological site and picnic lunch.

DAY 5 | THE ROAD TO OLLANTAYTAMBO (cont.)

- **Afternoon:** After lunch, take a scenic drive to Ollantaytambo and spend the afternoon exploring this charming Sacred Valley town.

/ **Active:**

- **Morning:** Hike from Huilloc to Pumamarca.

 Approximately 3 hours  Moderate

- **Afternoon:** Hike from Pumamarca to Ollantaytambo.

 Approximately 3 hours  Moderate

- / **Optional All-Group Activity (late afternoon):** Visit a locally-sourced Sacred Valley craft brewery (*subject to additional cost*).

Meals: B (Huacahuasi Lodge), L (Pumamarca), D (Kuychi Rumi Lodge)

Overnight: Kuychi Rumi Lodge (9,284' / 2,830m)

DAY 6 | DISCOVERING OLLANTAYTAMBO

Begin your day with an optional early morning hike to the Inca storage houses high above the town for an impressive view of the Ollantaytambo fortress and ceremonial site. Afterwards, the entire group will meet at the entrance of the site for a guided exploration of this exalted Inca ceremonial center including its historical context, strategic architectural planning, and mystical attributes. Midday, you will embark on a scenic Vistadome train ride (*approximately 1.5 hours*) along the Urubamba River to the charming town of Aguas Calientes at the base of Machu Picchu. Alternately, opt for an all-day hike from train marker KM 104 to the Machu Picchu Sun Gate on the classic Inca Trail (*subject to additional cost*).

Day 6 Activity Options:

/ **Active (early morning):**

- **Option A:** Hike up Lower Pinkuylluna Mountain above Ollantaytambo.

 Approximately 1.5 hours  Moderate

- **Option B:** Hike up Pinkuylluna Mountain above Ollantaytambo.

 Approximately 2.5 hours  Moderate to challenging

- / **All-Group Cultural Activity (morning):** Guided exploration of the Ollantaytambo archaeological site.

- / **Optional*:** Hike on the classic Inca Trail, from KM 104 to the Sun Gate at Machu Picchu. (*Subject to additional cost*).

 Approximately 6 hours  Moderate to challenging

***Note:** Replaces the standard program day itinerary; this activity must be booked upon confirmation of your Sacred Valley and Lares Adventure departure date in order to secure the necessary permits.

Meals: B (Kuychi Rumi Lodge), L (Box lunch on the train), D (Inkaterra Pueblo Hotel)

Overnight: Inkaterra Pueblo Hotel, Aguas Calientes (6,232' / 1,900m)

DAY 7 | THE CITADEL OF MACHU PICCHU

Your journey to Machu Picchu begins with a rollicking morning uphill bus ride. As you enter the citadel, prepare to be awed by the imposing, skillful architecture of the Watchtower, the Temple of the Sun, and the royal Inca residences, among others. After a two-hour guided tour, you will have free time to explore on your own, including a hike up Huayna Picchu*, the iconic mountain that looms over the citadel, or Machu Picchu Mountain** for dramatic views that stretch from the Urubamba River Valley to the edge of the Amazon Jungle. At some point, be sure to take a moment and sit quietly—listen to the wind, meditate, and absorb the mystical energy that envelops you. After the visit you will have lunch in Aguas Calientes before the return train ride to Ollantaytambo (approximately 1.5 hours) and sunset drive to your hotel in Cusco (approximately 1.5 hours). As night falls and you arrive amidst the hustle and bustle of the city, you will be touched by a feeling of peace and rejuvenation that will linger long after your journey home. .

***Entrance time - Huayna Picchu: 10:00 am**

***Note:** Permits for Huayna Picchu are subject to availability; please consult with your MLP travel specialist when you confirm your reservation.

****Note:** In the event that Huayna Picchu permits are not available for your desired date, Machu Picchu Mountain (the second peak within the sanctuary) permits will be secured instead.

Day 7 Activity Options:

- / **All-Group Cultural Activity (morning):** Guided exploration of the Machu Picchu citadel (7,872' / 2,400m)
- / **Cultural (late morning):** Free time for further exploration
- / **Active (late morning):** Hike up Huayna Picchu or Machu Picchu Mountain.

 Approximately 2.5 hours  Moderate to challenging  8,924' / 2,720 m

Meals: B and L (Inkaterra Pueblo Hotel)

END OF ITINERARY

KM 104: ONE-DAY INCA TRAIL TO MACHU PICCHU *(subject to availability and additional cost)*

Mountain Lodges of Peru is proud to offer guests on our 5- and 7-day Sacred Valley and Lares Adventure the option to incorporate a one-day hike along Peru's Classic Inca Trail. Starting the hike at KM 104 and arriving on foot at the ruins of Machu Picchu via the citadel's iconic Sun Gate just above.

Your day starts with an early morning breakfast before taking a 30-minute transfer to Ollantaytambo to embark on the train that will take you to KM 104. Your hike begins crossing the Chachabamba Bridge ascending to Wiñay Wayna, an archaeological complex featuring ancient houses, fountains, and agricultural terraces overlooking the Urubamba River. Continue on to the Sun Gate for your first glimpse of Machu Picchu. Enjoy spectacular views as you descend along the perimeter of the citadel to catch the shuttle bus to Aguas Calientes and finally aboard the shuttle bus and arrive at the Inkaterra Machu Picchu Pueblo Hotel.

Note: *Hikers will not explore the citadel until the group visit the following day.*

Please note:

- / The full-day KM 104 hike will replace the standard route offered on Day 4 of the 5-Day and Day 6 of the 7-Day Sacred Valley and Lares Adventure.
- / This activity must be booked a minimum of 60 days prior to departure date in order to solicit the necessary trail permits. In addition, please be advised that these permits are subject to availability and out of MLP
- / Trail permits do not include a same-day visit to the Machu Picchu citadel.
- / All groups must be accompanied by a guide, with a maximum of 16 hikers per group.

Additional Cost Includes:

- / Transfer from the hotel in the Sacred Valley to Ollantaytambo train station.
- / Services of an experienced trail guide (one MLP guide will accompany each group of hikers up to 8 guests, with a second assistant guide joining for any groups of 9-16 guests).
- / Snacks & box lunch.
- / Train ticket from Ollantaytambo station to KM 104.
- / Trail permit to hike the one-day classic Inca Trail route from KM 104 to Machu Picchu.
- / Bus ticket from the Machu Picchu citadel to Aguas Calientes.

ADDITIONAL NOTES | SACRED VALLEY AND LARES ADVENTURE

- / Lodging in Cusco before and after your MLP adventure is not included in the itinerary; however, we invite you to book accommodations at one of our Signature MLP Properties in Cusco, El Mercado (elmercadocusco.com), El Retablo (elretablo.com) and X.O Art House (xoarthousecusco.com). Please ask your MLP Travel Specialist for more details and help with securing reservations at your hotel of choice in Cusco.

- / Extend Your Stay: Combine MLP Trip Extensions with your MLP Signature Adventure to create your own customized travel experience. Contact your MLP Travel Specialist for more details and help with securing reservations for your extended itinerary.