

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

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. 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 to enjoy exclusive access to the remote community of Viacha, learn about artisanal potato farming practices, and enjoy a traditional “Pachamanca” lunch with the locals. After lunch, either hike or drive to the Pisac archaeological site, an afternoon excursion that offers the unique opportunity to explore the complex free of crowds.

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

DAY 1 | EXPLORING PISAQ (cont.)

to both this region and other high-altitude regions throughout Peru. Next, you will visit the town of Písaq and explore the unique goods for sale in its famous artisan marketplace.

- / **Active (morning):** Hike from the village of Amaru to the community of Viacha. | **Duration:** Approximately 3 hours | **Hiking Level:** Moderate (max. elevation: 14,200' / 4,328m)
- / **All-Group Activity:** Share a traditional Pachamanca lunch with locals in the community of Viacha, followed by an optional hike (or vehicle transfer) and guided exploration of the Písaq archaeological site.

Meals: L (Viacha), 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 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. Huacahuasi Lodge is operated by both MLP staff and members of the local community through a joint venture aimed at protecting the area's cultural heritage and natural environment—a partnership that demonstrates the evolving role of traditional Andean communities in both the culture and commerce of modern-day Cusco.

Day 2 Activity Options:

- / **All-Group Cultural Activity (morning):** Explore the town of Lamay and visit the archeological site of Ancasmарca.
- / **Cultural (afternoon):** Visit to the remote community of Choquecancha where you will have the opportunity to meet locals and learn from the community's expert textile weavers.
- / **Active (afternoon):**
 - **Option A:** Hike from Quelquena to Huacahuasi | **Duration:** Approximately 2.5 hours | **Hiking Level:** Easy to moderate (max. elevation 12,595' / 3,839m)
 - **Option B:** Hike from Cuncani to Huacahuasi | **Duration:** Approximately 4 hours | **Hiking Level:** Moderate (max. elevation 13,838' / 4,219m)

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 the village of Huilloc to the historic ruins of Pumamarca, or an extended visit to Huilloc and the nearby archaeological site of Marcacocha before regrouping for lunch and a midday exploration of the Pumamarca

DAY 3 | THE PATACANCHA AND SACRED VALLEY OF THE INCAS (cont.)

ruins. After lunch, choose to hike from Pumamarca to Ollantaytambo or drive and spend the afternoon exploring Ollantaytambo town'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 Activity Options:

- / **Cultural (morning):** Visit the local community of Huilloc. Participate, along with the local shepherders, in a traditional Andean ceremony to honor the Inca gods as protection for the health of the community livestock. Drive from Marcacocha to Pumamarca for an all-group tour of the archaeological site and picnic lunch. After lunch, explore the farming terraces on your way to Ollantaytambo.
- / **Active**
 - **Morning:** Hike from Huilloc to Pumamarca. | **Duration:** Approximately 3 hours | **Hiking level:** Moderate
 - **Afternoon:** Hike from Pumamarca to Ollantaytambo. | **Duration:** Approximately 3 hours | **Hiking level:** 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

Today, early risers can choose a pre-tour hike to the Inca storage structures high above Ollantaytambo for a magnificent view of the archaeological site and the adjacent lush Urubamba Valley. 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

Day 4 Activity Options:

- / **Active (early morning):**
 - **Option A:** Hike up Lower Pinkuylluna Mountain above Ollantaytambo | **Duration:** Approximately 1.5 hours | **Hiking Level:** Moderate
 - **Option B:** Hike up Pinkuylluna Mountain above Ollantaytambo | **Duration:** Approximately 2.5 hours | **Hiking Level:** Moderate to challenging
- / **All-Group Cultural Activity (morning):** Guided exploration of the Ollantaytambo archeological site.

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 early morning uphill bus ride. As you enter the 'sanctuary' (as locals refer to it), 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, 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 scenic train ride to Ollantaytambo (approximately 1.5 hours) and vehicle transfer 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: 10am

Note: *Permits for Huayna Picchu are subject to availability; please consult with your MLP Travel Specialist when you confirm your reservation. 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 (early 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 | **Duration:** Approximately 2.5 hours | **Hiking Level:** Moderate to challenging (max. elevation 8,924' / 2,720m)

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.

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Time: 6pm

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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.

DAY 1 | TREASURES OF THE SACRED VALLEY (cont.)

- / **Active:** Hike from Chinchero to Urquillos. | **Duration:** Approximately 3 hours | **Hiking Level:** 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

After an early breakfast, start your day with either an invigorating hike from the village of Amaru to the community of Viacha, or a visit to the charming town and colorful artisan marketplace of Písaq. Midday, both cultural explorers and hikers will reunite to enjoy exclusive access to the remote community of Viacha, learn about artisanal potato farming practices, and enjoy a traditional “Pachamanca” lunch with the locals. After lunch, either hike or drive to the Písaq archaeological site, an afternoon excursion that offers the unique opportunity to explore the complex free of crowds.

Day 2 Activity Options

- / **Cultural (morning):** Excursion to explore the charming town of Písaq. After your guide shows you the highlights, you will have time to wander around its celebrated marketplace before continuing on to the community of Viacha for lunch.
- / **Active (morning):** Hike from the village of Amaru to the community of Viacha. | **Duration:** Approximately 3 hours | **Hiking Level:** Moderate (max. elevation: 14,200' / 4,328m)
- / **All-Group Activity:** Share a traditional Pachamanca lunch with locals in the community of Viacha, followed by an optional hike (or vehicle transfer) and guided exploration of the archaeological site.

Meals: B, L (Viacha), 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. Huacahuasi Lodge is operated by both MLP staff and members of the local community through a joint venture aimed at protecting the area’s cultural heritage and natural environment—a partnership that demonstrates the evolving role of traditional Andean communities in both the culture and commerce of modern-day Cusco.

Day 3 Activity Options:

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

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

/ **Active (afternoon)**

- **Option A:** Hike from Quelquena to Huacahuasi. | **Duration:** Approximately 2.5 hours | **Hiking Level:** Easy to moderate (max. elevation 12,595' / 3,839m)
- **Option B:** Hike from Cuncani to Huacahuasi. | **Duration:** Approximately 4 hours | **Hiking Level:** Moderate (max. elevation 13,838' / 4,219m)

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:**

- **Option A:** Hike to the waterfalls near Huacahuasi and lunch at the lodge. | **Duration:** Approximately 1.5 hours | **Hiking Level:** Easy
- **Option B:** Hike from Quiswarani to Quelquena (lunch en route). | **Duration:** Approximately 6.5 hours | **Hiking Level:** Challenging (max. elevation 14,505' / 4,421m)

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 to the community of Huilloc. From there, choose a morning hike from the village of Huilloc to the historic ruins of Pumamarca, or an extended visit to Huilloc and the nearby archaeological site of Marcacocha before regrouping for lunch and a midday exploration of the Pumamarca ruins. After lunch, choose to hike from Pumamarca to Ollantaytambo or drive and spend the afternoon exploring Ollantaytambo town'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 (morning):** Visit the local community of Huilloc. Participate, along with the local sheepherders, in a traditional Andean ceremony to honor the Inca gods as protection for the health of the community

DAY 5 | THE PATACANCHA AND SACRED VALLEY OF THE INCAS (cont.)

livestock. Drive from Marcacocha to Pumamarca for an all-group tour of the archaeological site and picnic lunch. After lunch, explore the farming terraces on your way to Ollantaytambo.

/ **Active:**

- **Morning:** Hike from Huilloc to Pumamarca. | **Duration:** Approximately 3 hours | **Hiking level:** Moderate
- **Afternoon:** Hike from Pumamarca to Ollantaytambo. | **Duration:** Approximately 3 hours | **Hiking level:** 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

Today, early risers can choose a pre-tour hike to the Inca storage structures high above Ollantaytambo for a magnificent view of the archaeological site and the adjacent lush Urubamba Valley. 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.

Day 6 Activity Options:

/ **Active (early morning):**

- **Option A:** Hike up Lower Pinkuylluna Mountain above Ollantaytambo. | **Duration:** Approximately 1.5 hours | **Hiking Level:** Moderate
- **Option B:** Hike up Pinkuylluna Mountain above Ollantaytambo. | **Duration:** Approximately 2.5 hours | **Hiking Level:** Moderate to challenging

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

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 early morning uphill bus ride. As you enter the 'sanctuary' (as locals refer to it), 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, 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 scenic train ride to Ollantaytambo (approximately 1.5 hours) and vehicle transfer to your hotel in Cusco

DAY 7 | THE CITADEL OF MACHU PICCHU (cont.)

(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: 10am

Note: Permits for Huayna Picchu are subject to availability; please consult with your MLP Travel Specialist when you confirm your reservation. 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 (early 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. | **Duration:** Approximately 2.5 hours | **Hiking Level:** Moderate to challenging (max. elevation 8,924' / 2,720m)

Meals: B and L (Inkaterra Pueblo Hotel)

END OF ITINERARY

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.