



**MOUNTAIN
LODGES**
Peru

UPPER SACRED VALLEY AND LARES ADVENTURE

**7-Day Program
Itinerary**

The Upper 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.

ITINERARY

DAY 0 EVENING BRIEFING IN CUSCO

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

Time: 7 p.m.

Location: Cusco (Location details to be confirmed by your MLP Travel Specialist before your trip)

Duration: Approximately 45 minutes

Notes:

- Please be advised that you are responsible for arranging your own hotel accommodations before and after your MLP adventure (see note at the end of the itinerary).
- All guests are required to provide valid proof of travel insurance before the start of the trip, including specific coverage for adventure travel activities in Peru.
- We recommend that you arrive in Cusco at least 1 – 2 days prior to the departure date for altitude acclimatization and to participate in the pre-trip briefing.

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 Pisac. 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 Pisac 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.
- **Active (morning):** Hike from the village of Amaru to the community of Viacha.
 - ⌚ Approximately 3 hours
 - 🏃 Moderate
 - ⌄ Max. elevation: 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 (Lamay Lodge), 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 a remote village 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 a remote village where you will have the opportunity to meet the locals and learn from the community.
- **Active (afternoon):**
 - Option A:** Hike from Quelquena to Huacahuasi.
 - ⌚ Approximately 2.5 hours
 - 🏃 Easy to Moderate
 - ⌄ Max. elevation: 14,200' / 4,328 m
 - Option B:** Hike from Cuncani to Huacahuasi.
 - ⌚ Approximately 4 hours
 - 🏃 Moderate
 - ⌄ Max. elevation: 13,838' / 4,219 m

Meals: B (Lamay Lodge), L, 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. Alternatively, 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.
 - ⌚ Approximately 1.5 hours
 - 🏃 Easy
 - Option B:** Hike from Quiswarani to Cuncani (box lunch).
 - ⌚ Approximately 6.5 hours
 - 🏃 Challenging
 - ⌄ Max. elevation: 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 of Huilloc and nearby shepherding community 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 (morning):** Visit the village of Huilloc and nearby shepherding community 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 lunch.
- **Cultural (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
- **Active (afternoon):** Hike from Pumamarca to Ollantaytambo
 - ⌚ Approximately 3 hours
 - 🏃 Moderate

Meals: B (Huacahuasi Lodge), L (Pumamarca), D (Partner or Premium partner hotel in Ollantaytambo)

Overnight: Partner hotel in Ollantaytambo (Explorer Service), Premium partner hotel in Ollantaytambo (Pioneer Service) (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 tour. Midday, you will embark on a scenic train ride along the Urubamba River to the charming town of Aguas Calientes at the base of Machu Picchu and enjoy a free afternoon. Alternatively, 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):** Hike up Lower Pinkuylluna Mountain above Ollantaytambo.
 - ⌚ Approximately 1.5 hours
 - 🏃 Moderate
- **All-Group Cultural Activity (morning):** Guided exploration of the Ollantaytambo archeological site.
- **Optional:** Afternoon visit to the Machu Picchu citadel. *(subject to additional cost)*
- **Optional*:** Hike on the classic Inca Trail, from KM 104 to the Sun Gate at Machu Picchu. **Duration:** *Approximately 6 hours* | **Hiking Level:** *Moderate to challenging. (subject to availability and additional cost)*
 - * **Notes:** *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. It's necessary to ensure you have insurance in place before embarking on this activity.*

Meals: B (Partner or Premium partner hotel in Ollantaytambo), L, D (Partner or Premium partner hotel in Aguas Calientes)

Train Services: PeruRail Expedition (Explorer Service), PeruRail Vistadome (Pioneer Service)

Overnight: Partner hotel in Aguas Calientes (Explorer Service), Premium partner hotel in Aguas Calientes (Pioneer Service) (6,232' / 1,900m)

DAY 7

THE CITADEL OF MACHU PICCHU

Your journey to Machu Picchu begins with an early morning rollicking 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 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 a 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

***Note:** *Tickets for Huayna Picchu Mountain (8,924' / 2,720m) may be available subject to additional cost. In the event that Huayna Picchu permits are not available for your desired date, you may opt for a hike up Machu Picchu Mountain (10,112' / 3,082m), located next to the Machu Picchu Citadel on the southern side. Please consult with your MLP Travel Specialist for detailed information.*

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 (*subject to availability and additional cost*).
 - ⌚ Approximately 2.5 hours
 - 🏃 Moderate to Challenging
 - ⚓ Max. elevation: 8,924' / 2,700 m

Meals: B, L (Partner or Premium partner hotel in Aguas Calientes)

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 7-day Upper 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 transferring 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 partner MLP 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 Upper Sacred Valley and Lares Adventure.
- This activity must be booked a minimum of 60 days prior to departure date in order to acquire the necessary trail permits. In addition, please be advised that the availability of these permits is subject to change, and there is a restricted daily allocation for entrances.
- 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:

- 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.
- 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 | UPPER 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, 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.