



THE MULTI-SPORT ADVENTURE TO MACHU PICCHU

7 Day Program

ITINERARY

Introducing our new 8-day Wellness and Yoga Experience to Machu Picchu—a combination of exhilarating hikes, wellness workshops, and focused yoga practices—along with unique, meaningful cultural immersion and interaction with our Andean neighbors for a holistic journey like no other.

“Cusco...guardian of the ancient Andean Kingdom and thousand-year-old temples that dot the inspiring landscape and function as stone clocks aligned with the stars...this is the context of this unique journey which will reconnect you with your inner-self through a trip back in time to lost cities and energetic earth centers. Immerse yourself in this union with Mother Nature.” - Andres Adasme, MLP’s Head of Adventure and Exploration.

2021 DEPARTURE DATES

JUL

18

AUG

8

OCT

17

ITINERARY

DAY 0 | WELCOME TO CUSCO

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

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 | INTO THE SACRED VALLEY

- / 08:00 am Hike from Cusco to Sacsayhuaman
- / 08:30 am Guided exploration of the Sacsayhuaman and Q'enqo archaeological sites
- / 11:30 am Drive from Sacsayhuaman to Lake Piuray
- / 12:30 pm Lunch at the lake featuring fresh offerings from the local Piuray crops
- / 01:30 pm Afternoon activities at Lake Piuray
- / 05:00 pm Rustic farm-to-table dinner
- / 06:00 pm Drive from Lake Piuray to Cusco

Activity Options:

- / Kayak
- / Stand Up Paddle
- / Biking

Meals: L, D

Overnight: *El Retablo*

DAY 2 | OLLANTAYTAMBO

- / 06:00 am Breakfast at hotel
- / 07:00 am Drive from Cusco to Maras
- / 08:00 am Begin morning activity
- / 12:00 pm Lunch in Ollantaytambo
- / 01:30 pm Guided exploration of the Ollantaytambo archaeological site
- / 03:00 pm Scenic drive to Huacahuasi (*approximately 2 hours*)
- / 07:30 pm Dinner and trip briefing at lodge

DAY 2 | OLLANTAYTAMBO (cont.)

Activity Options:

- / Biking from Maras to Ollantaytambo
🕒 Approximately 4 hours 🏃 10.5 miles / 7 km
- / Zipline in the Sacred Valley
🕒 Approximately 4 hours (including driving time to site)

Meals: B, L, D

Overnight: *Huacahuasi Lodge*

DAY 3 | LARES

- / 06:00 am Breakfast
- / 07:00 am Scenic drive from Huacahuasi to Choquecancha
- / 08:00 am Hike from Choquecancha to Jaukani
- / 12:30 pm Picnic lunch at Jaukani
- / 01:45 pm Hike from Jaukani to Yukumarka
- / 03:15 pm Scenic drive from Yukumarka to Huacahuasi
- / 06:00 pm Dinner at the lodge

Activity Options:

- / Hike from Choquecancha to Jaukani
🕒 Approximately 4 hours 🏃 Moderate to challenging
- / Hike from Jaukani to Yukumarka
🕒 Approximately 2.5 hours 🏃 Moderate

Meals: B, L, D

Overnight: *Huacahuasi Lodge*

DAY 4 | ANCASMARCA TO LAMAY

- / 07:00 am Breakfast
- / 08:00 am Scenic drive to the hike trailhead
- / 09:30 am Hike to Totora; picnic lunch en route
- / 01:30 pm Scenic drive from Totora to Calispuquio
- / 02:00 pm Bike ride from Calispuquio to Lamay Lodge
- / 04:00 pm Late-afternoon at leisure to enjoy the gardens and relax in the garden hot tub
- / 06:00 pm Dinner at the lodge

DAY 4 | ANCASMARCA TO LAMAY (cont.)

Activity Options:

- / Hike from Ancasmarca to Totora
⌚ Approximately 4 hours 🥾 Easy to moderate
- / Bike ride from Calispuquio to Lamay
⌚ Approximately 2.5 hours 🥾 Moderate

Meals: B, L, D

Overnight: *Lamay Lodge*

DAY 5 | URUBAMBA RIVER

- / 7:00 am *Breakfast*
- / 08:30 am Begin horseback riding activity option
- / 09:30 am Begin biking activity option
- / 03:30 pm Pachamanca lunch at lodge
- / 06:00 pm Light dinner/snacks at lodge

Activity Options:

- / Horseback riding in the Sacred Valley
⌚ Approximately 6 hours 🥾 Moderate
- / Bike ride in the Lamay Valley and Visit to Písaq
⌚ Approximately 2.5 hours 🥾 Easy

Meals: B, L, D

Overnight: *Lamay Lodge*

DAY 6 | KM 104 - INCA TRAIL EXPRESS

- / 05:45 am Breakfast
- / 06:15 am Depart lodge for Ollantaytambo train station
- / 07:20 am Train ride from Ollantaytambo to KM 104 train rail marker
- / 08:30 am Begin hike to Wiñay Wayna
- / 12:30 pm Picnic lunch at Wiñay Wayna
- / 01:30 pm Hike from Wiñay Wayna to Machu Picchu*
- *Note: Does not include visit to Machu Picchu on this day; hikers will descend along the perimeter of the citadel to catch a shuttle bus to Aguas Calientes.*
- / 04:30 pm Arrive in Aguas Calientes
- / 06:30 pm Dinner at hotel and evening at leisure

DAY 6 | KM 104 - INCA TRAIL EXPRESS (cont.)

Activity:

- / Hike from km 104 to Machu Picchu

 Approximately 7 hours

Meals: B, L, D

Overnight: *Inkaterra Machu Picchu Pueblo Hotel*

DAY 7 | MACHU PICCHU

- / **06:00 am** Breakfast at hotel
- / **07:00 am** Shuttle bus to Machu Picchu
- / **08:30 am** Begin hike up Huayna Picchu or Machu Picchu Mountain*
- / **12:00 pm** Lunch at Machu Picchu Sanctuary Lodge
- / **01:00 pm** Guided exploration of the Machu Picchu citadel
- / **04:30 pm** Train ride to Ollantaytambo
- / **06:00 pm** Evening drive from Ollantaytambo to Cusco

RATE

2021	US \$ 3,950.00
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TERMS & CONDITIONS

- / 7D/6N round-trip itinerary starting in Cusco.
- / Departure date:
 - o July 18th
 - o August 8th
 - o October 17th
- / Rate is per person based on shared accommodations.
- / A deposit of US\$ 500 per person is required to confirm a reservation.
- / The remaining balance will be due sixty (60) days prior to arrival.