SACRED VALLEY & LARES
ADVENTURE TO MACHU PICCHU
an adventure for everyone
The Sacred Valley and Lares Adventure to Machu Picchu offers the perfect combination of unique cultural immersion and exciting adventure travel activities.

Daily expeditions will lead you along seldom-traveled highland trails surrounded by exquisite snow-capped peaks, past roving herds of llamas and alpacas, around impossibly hued turquoise lakes, and through graceful waterfalls. Your destinations will include fascinating archaeological sites, thought-provoking agricultural and commercial Andean cooperatives, and bustling towns and markets showcasing the flavors of the region as well as the wares of its skilled artisans.

Most importantly, you will travel to hidden communities unchanged for centuries for a unique up-close visit with local people.

Expert guides tailor the experience with an offer of à la carte activities and daily cultural encounters. At each day’s sunset, settle into deluxe mountain lodges run in partnership with local communities, to prepare for a new day of multi-activity adventure and exploration.
ESSENTIAL
Treasures
OF THE INCAS

5 DAY
ADVENTURE

DEEP IMMERSION
INTO ANCIENT
CULTURES

7 DAY
ADVENTURE
ITINERARIES

ESSENTIAL TREASURES OF THE INCAS

5 day adventure

Day 01: Exploring Pisaq
Day 02: Into the Heart of Lares
Day 03: The Road to Ollantaytambo
Day 04: Discovering Ollantaytambo / Inca Trail
Day 05: The Citadel of Machu Picchu

DEEP IMMERSION INTO ANCIENT CULTURES

7 day adventure

Day 01: Treasures of the Sacred Valley
Day 02: Exploring Pisaq
Day 03: Into the Heart of Lares
Day 04: Exploring Huacahuasi
Day 05: The Road to Ollantaytambo
Day 06: Discovering Ollantaytambo / Inca Trail
Day 07: The Citadel of Machu Picchu

Only available on the 7-day adventure
Sacred Valley of the Incas

**TREASURES OF THE SACRED VALLEY**

*Only available on the 7-day adventure*

Your adventure begins with an exploration of the beautiful archaeological site of Chinchero, where colonial buildings rest atop Inca foundations. Enjoy a marvelous hike through authentic Inca trails from Chinchero to the town of Urquillos.
Sacred Valley of the Incas

TREASURES OF THE SACRED VALLEY

*Only available on the 7-day adventure

Go back in time and study the natural salt mines of Maras and the astonishing circular terraces of Moray.
Sacred Valley of the Incas

TREASURES OF THE SACRED VALLEY

GROUP ACTIVITY
In the morning the whole group visits the archaeological site of Chinchero.

ACTIVITY MENU
Morning to noon

CULTURAL ACTIVITY
Guided tour of the archaeological site of Chinchero, Moray Inca agricultural site and the salt mines of Maras.

HIKE
Chinchero to Urquillos
Approximately 3 hours
Easy to moderate

OVERNIGHT
Lamay Lodge (9,705' / 2,958 m), located in the town of Lamay, in the Sacred Valley of the Incas.
Sacred Valley of the Incas

EXPLORING PISAQ

Start the trip with a morning visit to the famous market of Pisaq. Its unique array of products will inspire you with a taste of rich Andean culture.
As an alternative, travelers can opt for an invigorating morning hike surrounded by amazing views. Afterwards, at the isolated community of Viacha, learn about traditional Andean farming.
Sacred Valley of the Incas

EXPLORING PISAQ

Then, hike towards the archaeological complex of Pisaq.
SACRED VALLEY & LARES ADVENTURE

Exploring Pisaq

at a glance

Sacred Valley of the Incas

Itineraries  Map / Route  Additional Services  Additional Information

ACTIVITY MENU
Morning to noon

CULTURAL ACTIVITY
Visit the town of Pisaq and local market, and experience an encounter with members of the local community of Viacha.

HIKE
From the local community of Amaru to the local community of Viacha.
Approximately 3 hours
Moderate
Max. elevation: 14,200’ / 4,328 m

GROUP ACTIVITY
Meet the Viacha locals and learn about their traditional Andean farming practices. In the afternoon, the whole group visits the archaeological site of Pisaq, before heading back to the lodge.

OPTIONAL
BIKE EXCURSION
(Begins at additional cost.
Bike along the Urubamba River from Lamay Lodge to Pisaq Town.
Approximately 3 hours
Easy to moderate

OVERNIGHT
Lamay Lodge (9,705’ / 2,958 m), located in the town of Lamay, in the Sacred Valley of the Incas.

Note: The bike excursion is only available on the 7-day adventure. The 5-day adventure includes an early morning visit to Awana Kancha, an Andean camelid exhibition and traditional weaving center.

Local crafts

Traditional food

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Essential treasures of the Incas  |  5 day adventure

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Deep immersion into ancient cultures  |  7 day adventure

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adventure is the way forward
**Lares Valley**

**INTO THE HEART OF LARES**

On this day you will go even deeper through an exploration into the heart of the Andes: the Lares Valley. Visit the truly unique archaeological site of Ancasmarca along the hub-town of Lares, a site not often visited by tourists and so allows for an intimate experience.
Lares Valley

**INTO THE HEART OF LARES**

Visit the ancient weavers’ village of Choquecancha or opt for a hike amidst turquoise blue lakes to the village of Huacahuasi.
Lares Valley

INTO THE HEART OF LARES

at a glance

GROUP ACTIVITY
Morning to noon

In the morning, briefly explore the town of Lamay and visit the archaeological site of Ancasmarca.

ACTIVITY MENU

CULTURAL ACTIVITY
Visit the town of Choquecancha, meet with local weavers and experience an encounter with members of community.

HIKE 1

From Quelquena to Huacahuasi

Approximately 2.5 hours
Easy to moderate
Max. elevation: 12,595' / 3,839 m

HIKE 2

From Cuncani to Huacahuasi

Approximately 4 hours
Moderate
Max. elevation: 13,838' / 4,219 m

OVERNIGHT
Huacahuasi Lodge (12,585' / 3,835 m), located in the local community of Huacahuasi, in the Lares Region.

Note: Guests that opt for the cultural activity will have lunch at the local community of Choquecancha. Guests that opt for the hikes will have lunch en route.
Go for an early walk within the village of Huacahuasi and learn more about its heritage and daily activities, with a possible visit to a farmer’s home. Then take a Peruvian food cooking class and test your skills with the rest of the group.
Lares Valley

**EXPLORING HUACAHUASI**

*Only available on the 7-day adventure*

For those who want to go deeper into the remoteness of the mountains, challenge yourself with an all-day hike from the community of Quiswarani onto the “Trail of 1,000 Lakes”.

![Image of a mountain landscape with a person hiking]

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**SACRED VALLEY & LARES ADVENTURE**

**Deep immersion into ancient cultures | 7 day adventure**

**DAY 01 | DAY 02 | DAY 03 | DAY 04 | DAY 05 | DAY 06 | DAY 07**

**Essential treasures of the Incas | 5 day adventure**

**DAY 01 | DAY 02 | DAY 03 | DAY 04 | DAY 05**
Lares Valley

EXPLORING HUACAHUASI

at a glance

Deep immersion into ancient cultures | 7 day adventure
Essential treasures of the Incas | 5 day adventure

ACTIVITY MENU
All day

CULTURAL ACTIVITY
Explore the village, meet local weavers and participate in a cooking class.

HIKE 1
Visit to the community of Huacahuasi and walk to nearby waterfall
Approximately 1.5 hours
Easy

HIKE 2
From Quiswarani to Quelquena
Approximately 6.5 hours
Challenging

Max. elevation: 14,505’ / 4,421 m

OVERNIGHT
Huacahuasi Lodge (12,585’ / 3,838 m), located in the local community of Huacahuasi, in the Lares Region.
The Patacancha and Sacred Valley of the Incas

THE ROAD TO OLLANTAYTAMBO

After breakfast, drive from Huacahuasi to Patacancha and spend time with community members to learn about local produce and Andean medicinals before moving on to the village of Huilloc. From there, embark on a vigorous hike to Pumamarka, or choose to visit the sheepherding community of Marcacocha to participate in a traditional Andean ceremony in honor of the apus (Inca deities) for the good health of their flock. Midday, your group will reunite in Pumamarka for lunch and a tour of the archaeological site.
In the afternoon, hike from Pumamarka through the verdant agricultural terraces along the Urubamba Valley, or opt for a scenic drive Ollantaytambo, the oldest ‘living city’ in South America, to explore its charming maze-like streets and alleyways.

After reuniting in Ollantaytambo, the afternoon ends with an optional visit to an artisan beer brewery before check-in and dinner in your Sacred Valley hotel.
The Patacancha and Sacred Valley of the Incas

THE ROAD TO OLLANTAYTAMBO

at a glance

PRACTICALITIES

ACTIVITY MENU

All day

CULTURAL ACTIVITY

Spend time in with the community members of Patacancha to learn about local produce and Andean medicinals. Visit the local community of Huilloc and later share a unique Andean Ceremony, explore the farming terraces on the way to Ollantaytambo town, where you will find a living Inca stone town.

HIKE 1

In the morning

- From Huilloc to Pumamarka, stopping by the Ayar Orco Inca Cemetery.
- Approximately 3 hours
- Moderate

GROUP ACTIVITY

Visit the archaeological site of Pumamarka.

HIKE 2

In the afternoon

- From Pumamarka to Ollantaytambo.
- Approximately 3 hours
- Moderate

OPTIONAL

Enjoy a visit to an artisanal brewery (This activity has an additional cost).

OVERNIGHT

Kuychi Rumi Lodge* (9,284’ / 2,830 m)

*Tucked away in the lush Urubamba Valley, Kuychi Rumi features charming casitas surrounding a beautiful central garden. (Accommodations: private guest rooms and baths in a shared casita.)
Sacred Valley of the Incas

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 or spend your day hiking to the Machu Picchu Sun Gate on the classic Inca Trail.
**Sacred Valley of the Incas**

**DISCOVERING OLLANTAYTAMBO**

Explore the Ollantaytambo archaeological site with your guide before embarking on a scenic train ride to Aguas Calientes, followed by a visit to Machu Picchu in the afternoon.
Sacred Valley of the Incas

DISCOVERING OLLANTAYTAMBO

at a glance

ACTIVITY MENU

HIKE 1

Lower Pinkuylluna mountain above Ollantaytambo

- Approximately 1.5 hours (AM)
- Moderate

HIKE 2

Higher Pinkuylluna mountain above Ollantaytambo

- Approximately 2 hours (AM)
- Moderate to challenging

OPTIONAL HIKE*

KM 104 to Machu Picchu

- Approximately 6 hours
- Moderate to challenging

*Please note: This full-day activity replaces the standard programmed itinerary. Must be booked 60 days prior to departure to secure permits. For more details see page 31.

GROUP ACTIVITY

After the optional early morning activities, explore the archaeological site of Ollantaytambo, before boarding the train to Aguas Caliente, followed by a first visit to Machu Picchu in the afternoon.

OVERNIGHT

Hotel in Aguas Calientes (6,232’ / 1,900 m), located at the base of Machu Picchu.
ONE'S DESTINATION IS NEVER A PLACE, BUT A NEW WAY OF SEEING THINGS

– Henry Miller
After breakfast at the hotel, you will once again have the opportunity to visit Machu Picchu for a two-hour guided tour of the citadel. 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. Take a moment to quietly sit and listen to the wind... Your imagination will soar as you contemplate the history of Machu Picchu and its mysterious origins.
Some may even choose to hike the iconic towering mountain of Huayna Picchu. During your visit you will be touched by a feeling of peace and rejuvenation that will likely last until you get back to the city of Cusco.
Machu Picchu

THE CITADEL OF MACHU PICCHU

at a glance

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 (7,872’ / 2,400 m)

HIKE

Guided hike of Huayna Picchu mountain

Approximately 2.5 hours

Moderate to challenging

Max. elevation: 8,294’ / 2,720 m

Note: Huayna Picchu mountain tickets are subject to availability.
**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.

**Itinerary**

- **5:30am** Breakfast at the hotel in Sacred Valley.
- **6:30am** Depart hotel for a 30 min. transfer to Ollantaytambo train station and embark on a 1.5 hour train ride to KM 104.
- **9:30am** Cross the Chachabamba bridge to begin your hike. Ascend 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.
- **4:00pm** Enjoy spectacular views as you descend along the perimeter of the citadel to catch the shuttle bus to Aguas Calientes. (Note: Hikers will not explore the citadel until the group visit the following day.).
- **4:30pm** Board the shuttle bus and arrive at the Inkaterra Machu Picchu Pueblo Hotel by approximately 5:00 p.m.

**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.

**Additional Cost Includes:**
- 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.
- 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.
- 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.

Please advise your MLP travel specialist at time of program booking.
ADDITIONAL SERVICES

SPEND AN EXTRA DAY AT MACHU PICCU

Even though you have enough time to see the core of Machu Picchu Sanctuary during the regular guided tour, most of our guests realize that they would have liked to stay a little longer since there is so much to explore! Let us know at time of reservation if you would like to add this optional day.

**OPTION A**
- One (1) additional night at Inkaterra Machu Picchu Pueblo Hotel, including dinner and breakfast & lunch the next day
- One (1) single-entrance ticket to Machu Picchu
- Round-trip shuttle bus transportation from Aguas Calientes
- Transportation from Ollantaytambo train station back to Cusco

**OPTION B**
- One (1) additional night at Inkaterra Machu Picchu Pueblo Hotel, including dinner and breakfast & lunch the next day
- Transportation from Ollantaytambo train station back to Cusco

**OPTION C**
- One (1) additional night at Inkaterra Machu Picchu Pueblo Hotel, including dinner and breakfast & lunch the next day
Let us make your MLP Adventure even better with some itinerary add-ons to simplify planning and make your journey truly unforgettable!

Our MLP travel specialists are happy to organize hotel reservations, airport transfers, and personalized tours during your stay in Peru.

MLP recommends arriving in Cusco 1-2 days prior to the start of your adventure to get comfortable with the altitude while you explore this fascinating historical city. You may also want to consider spending an extra day in Machu Picchu during your journey.

We are pleased to offer these new lodging and services packages designed for your convenience.

**PACKAGE 1**
- Round-trip Cusco airport transfers
- Two (2) nights lodging at MLP Properties
- One (1) night lodging at MLP Properties upon return to Cusco
- One (1) additional night at Inkaterra Machu Picchu Pueblo Hotel, including dinner and breakfast & lunch the next day
- One (1) single-entrance ticket and round-trip shuttle bus transportation from Aguas Calientes
- Transportation from Ollantaytambo train station back to Cusco

**PACKAGE 2**
- Round-trip Cusco airport transfers
- Two (2) nights lodging at MLP Properties before or after your MLP adventure
- Additional Day at Machu Picchu – Option A:
  - One (1) additional night at Inkaterra Machu Picchu Pueblo Hotel, including dinner and breakfast & lunch the next day
  - One (1) single-entrance ticket and round-trip shuttle bus transportation from Aguas Calientes
- Transportation from Ollantaytambo train station back to Cusco

**PACKAGE 3**
- Round-trip Cusco airport transfers
- Three (3) nights lodging at MLP Properties before or after your MLP adventure
- Transportation from Ollantaytambo train station back to Cusco
HOTEL AND TRANSFER INFORMATION

Airport Transfers
Private vehicle transfers to and from the Cusco airport. Upon arrival in Cusco, guests will be met at the airport by an MLP representative and escorted to their vehicle.

MLP Travel Extension Packages
Let our MLP travel specialists help you expand your itinerary beyond Cusco and Machu Picchu! Visit other iconic destinations in Peru’s colorful Andean highlands, lush Amazonian jungle, and expansive desert coastline. We offer curated trip extensions in The Sacred Valley of the Incas, Arequipa/Colca Canyon, Nazca/Paracas, Lake Titicaca, the Amazon, and more.

Andenes - new!
Andenes, our new property in Cusco features 16 beautifully appointed guest rooms, including two superior deluxe suites, plus an independent Apart Suite. The property’s interiors are curated with a mix of colonial ambiance and modern aesthetics, inspired by the culture and tradition of this unique destination including the andenes or agricultural platforms that make up the foundation of the original colonial house. It is located in the San Blas neighborhood, just steps away from the picturesque main square.

www.andenescusco.com

X.O Art House
X.O Art House, by Mountain Lodges of Peru is a unique luxury lodging experience housed in a restored Spanish Colonial casona in the city’s San Blas art quarter. This intimate property is comprised of only seven guest rooms that feature works of art by notable contemporary Cusqueñan artists and offers full-service personalized attention.

www.xoarthousecusco.com

Palacio Del Inka
THE LODGES

Our mountain lodges have brought together traditional Inca building techniques and sensitivity to the surrounding environment with all the comforts of home. At the end of each day, you will enjoy hot showers, fine gourmet meals, select wines, goose-down bedding, massages, outdoor jacuzzis and highly personalized service from our local staff.
Our guides are among the best in Peru (some even having won international awards) and have on average at least 15 years of experience guiding in the mountains, not only in Peru, but around the world. Many of them are considered pioneers in this area, having scouted many of the current routes in the country. All Mountain Lodges of Peru guides have excellent language skills, and are highly trained in managing group dynamics. All guides undergo continuous medical and rescue training, with a certification in “Wilderness First Aid.” You will appreciate their knowledge of history and cultural traditions, as well as their interpretation of local flora and fauna, and their great insights (and stories!) that go far beyond any guide or history book.
In 2006 Mountain Lodges of Peru sponsored the creation of Yanapana Peru, a not-for-profit Civil Association dedicated to social and environmental responsibility. Yanapana is committed to improving the quality of life through sustainable community development, in an effort to reduce extreme poverty in the Andean highlands.

Main activities of the association include donations for the enhancement of nutrition and infrastructure at a local public school, funding and training for local entrepreneurs, which include jam and honey, handmade textiles and organic coffee production. Other supportive efforts are directed towards child sponsorship programs, as well as medical prevention, detection and treatment programs.

In our own journey through sustainability, we realized that it was necessary to take steps beyond what was traditionally being done in social inclusion, which is why in 2012, a joint-venture was born between the community of Huacahuasi and Mountain Lodges of Peru, naming it Kuska Purispa: Walking Together.

We are convinced that sustainable tourism in the region should be built around a model that empowers local communities, making them active investors in local development projects for the long-term benefit of all. We are committed to work under this innovative business model and keep empowering and generating added value to local communities in Peru.
Embrace life, encounter adventure