PERU & BOLIVIA

DETAILED ITINERARY

Nov 11/26


Machu Picchu

Discover the extraordinary wonders of Peru and Bolivia on an unforgettable journey through ancient civilizations, breathtaking landscapes, and vibrant Indigenous cultures. From the mysterious Nazca Lines etched into the desert to the lush Amazon rainforest, where colourful macaws, playful monkeys, and fascinating wildlife thrive, this adventure reveals the remarkable diversity of South America.

Journey into the majestic Andes, where traditional villages, colourful markets, and ancient Inca ruins offer a fascinating glimpse into a rich cultural heritage. Explore the legendary lost city of Machu Picchu, one of the world's most iconic archaeological treasures, and discover the spectacular Sacred Valley. For those seeking adventure, the Short Inca Trail offers an exhilarating optional hike along ancient pathways to Machu Picchu.

Continue through the spectacular landscapes of the Peruvian Andes to the shimmering waters

FACTS & HIGHLIGHTS

• 18 land days • Maximum 16 travelers • Start in Lima, Peru and finish in La Paz, Bolivia • All meals included • Includes 4 internal flights • 6 Days at sea level, 10 days in the Andes from 5,900 ft. to 12,500 ft. • Explore the legendary Inca citadel of Machu Picchu. • Soar above the mysterious Nazca Lines.
• Discover the wildlife of the Amazon rainforest.
• Explore ancient Inca ruins and Andean villages.
• Experience traditional life on Lake Titicaca.
• Discover Bolivia's spectacular Uyuni Salt Flats.

DEPARTURE DATES & PRICE

May 10 - May 27, 2028 - $9995 USD

Activity Level: 3

Comfort Level: Some long drives.

ACCOMMODATIONS

Comfortable hotels with private bathrooms.

of Lake Titicaca, where visits to traditional island communities offer an authentic insight into centuries-old customs and traditions.

Cross into Bolivia to discover the dramatic setting of La Paz and the otherworldly beauty of the Uyuni Salt Flats, where vast white landscapes stretch endlessly towards the horizon.

Combining remarkable history, spectacular natural beauty, and meaningful cultural encounters, this journey offers an unforgettable exploration of two of South America's most captivating countries.



DAY 1 ARRIVAL IN LIMA

Upon arrival at Lima airport, we will transfer to our hotel in time to relax before our welcome dinner.

Overnight in Lima (sea level).

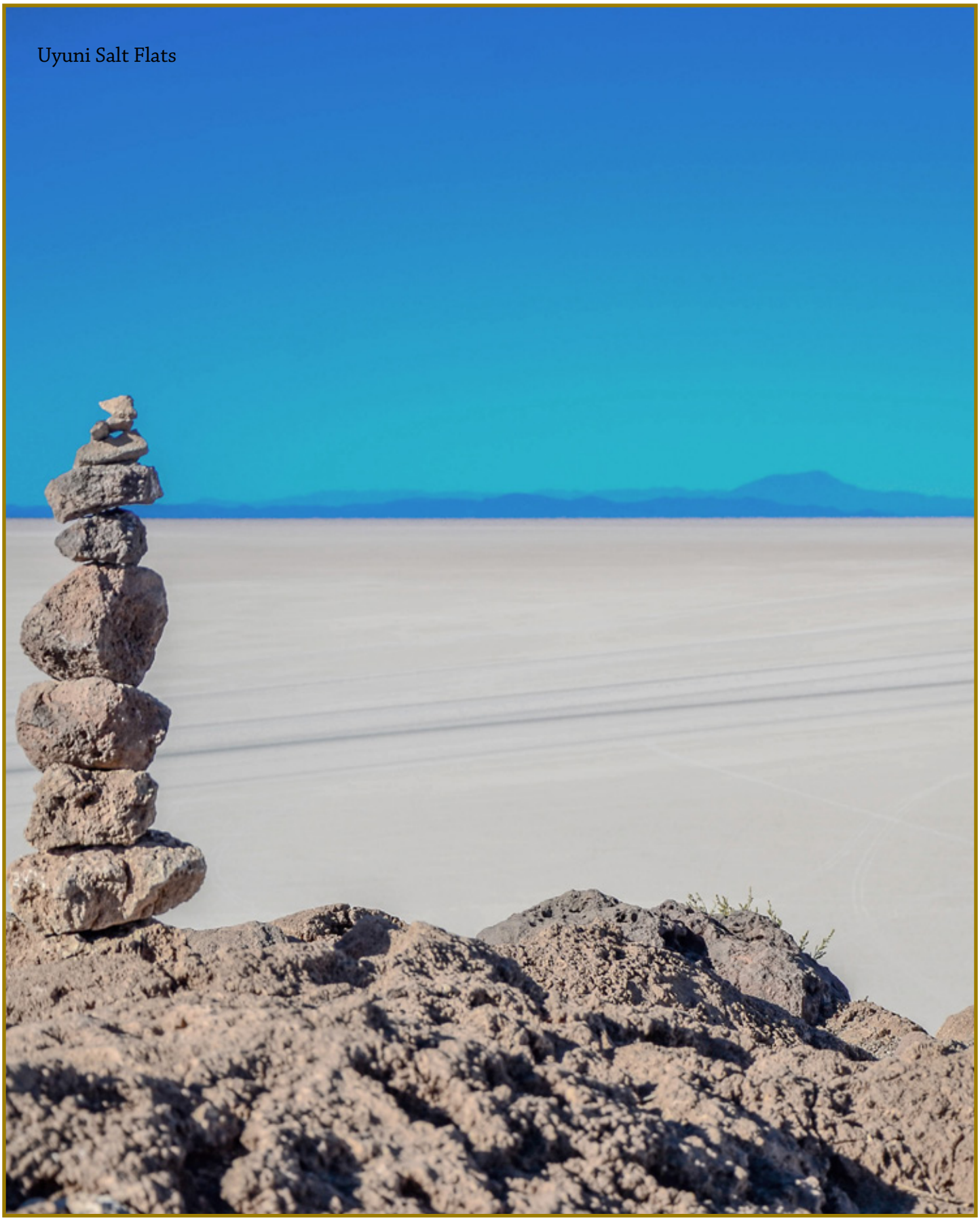


DAY 2 LIMA CITY TOUR

We will have a relaxing morning and briefing from our Tour Leader, followed by a walk to a local restaurant in Miraflores for lunch. After lunch we will visit the Larco Herrera museum, which will give us a great introduction to Peru before the Incas. It has an exquisite collection of portrait pottery, an outstanding display of gold, silver and precious stones of the Andean world, whose beauty and durability make these adornments and artifacts an almost divine value. We will then explore downtown Lima, which is a UNESCO site, with a walking tour where we will see the beautiful San Francis of Assisi convent, with unique catacombs. We will also see the colonial main square with its unique and charming balconies and where the Government Palace is located.

Overnight in Lima (sea level).


Lima's Cathedral.



Uyuni Salt Flats



DAY 3 FLIGHT OVER NAZCA LINES

This morning, we transfer to the airport for a spectacular flight over the mysterious Nazca Lines, a UNESCO World Heritage Site and one of Peru's most fascinating archaeological treasures. Boarding single-engine aircraft, we embark on a 30-minute scenic flight above these remarkable geoglyphs, created by ancient civilizations that flourished along the Pacific Coast long before the arrival of Europeans.

From the air, we enjoy breathtaking views of the enormous figures etched into the desert floor, including the famous condor, hummingbird, and monkey, with opportunities to photograph these extraordinary designs. Created more than 2,000 years ago, the Nazca Lines remain shrouded in mystery, as their precise purpose continues to intrigue archaeologists and visitors alike.

Overnight in Nazca (sea level).

DAY 4 FLIGHT TO PUERTO MALDONADO - AMAZON RAINFOREST LODGE

This morning, we transfer to Lima Airport for our flight to Puerto Maldonado, the gateway to Peru's southern Amazon rainforest. Upon arrival, we make our way to our Amazon rainforest lodge, nestled in the heart of the lush Amazon jungle. Along the way, we enjoy our first glimpses of the region's spectacular tropical scenery and rich biodiversity.

This evening, we embark on a guided jungle walk, offering a fascinating introduction to the sights and sounds of the rainforest after dark. As the jungle comes alive with nocturnal activity, we keep an eye out for insects, frogs, and other creatures that emerge under the cover of darkness, while our guide shares insights into this remarkable ecosystem.

Overnight at Amazon Rainforest Lodge (sea level).

DAY 5 AMAZON RAINFOREST - CHUNCHO CLAY LICK, CONDENADO LAKE

We begin our day early with a visit to the famous Chuncho Clay Lick, one of the most spectacular wildlife viewing sites in the Amazon rainforest. Here, we have the opportunity to witness a remarkable natural spectacle as colourful macaws, parrots, and parakeets gather along the riverbank to feed on the mineral-rich clay. The sight and sounds of these vibrant birds against the lush jungle backdrop make for an unforgettable experience.


Taquile Island




Sacsayhuaman



In the afternoon, we embark on a guided jungle walk to Condenado Lake, passing through the dense tropical rainforest while learning about the region's fascinating flora and fauna. Upon reaching the lake, we enjoy a peaceful boat ride, keeping an eye out for wildlife such as monkeys, caimans, turtles, and a variety of bird species that inhabit this rich ecosystem.

Overnight at Amazon Rainforest Lodge (sea level).

DAY 6 AMAZON RAINFOREST - SACHAVACAYOC LAKE, EVENING RIVER SAFARI

This morning, we embark on a guided walk through the lush Amazon rainforest to Sachavacayoc Lake, discovering the incredible biodiversity of this remarkable ecosystem along the way. As we make our way through the jungle, our guide introduces us to the fascinating flora and fauna of the region, while we keep an eye out for colourful birds, monkeys, and other wildlife. Upon reaching the lake, we enjoy a peaceful boat ride, offering opportunities to observe the rich variety of wildlife that inhabits the surrounding forest and waterways.

This evening, we venture out on a boat excursion along the river in search of caimans, the fascinating nocturnal reptiles that inhabit the Amazon's waterways. Under the cover of darkness, we scan the riverbanks with our guide, watching for the telltale reflection of caiman eyes in the light of our flashlights.

Overnight at Amazon Rainforest Lodge (sea level).

DAY 7 FLIGHT TO CUSCO, SACRED VALLEY

This morning, we bid farewell to the Amazon rainforest and transfer to Puerto Maldonado Airport for our flight to Cusco, the historic capital of the Inca Empire. Upon arrival, we begin our scenic journey into the beautiful Sacred Valley of the Incas, a region



renowned for its breathtaking Andean landscapes, traditional villages, and remarkable archaeological sites. En route, we visit the impressive ruins of Pisac, an ancient Inca settlement perched high above the valley. Here, we explore the fascinating remains of temples, agricultural terraces, and stone structures while enjoying spectacular panoramic views of the surrounding mountains and countryside. Our guide shares insights into the ingenuity of Inca engineering and the important role this site played in the Inca civilization.

We continue through the picturesque Sacred Valley to our hotel, surrounded by the majestic peaks of the Andes.

Overnight in the Sacred Valley (2,860 m / 9,383 ft.)

DAY 8 SACRED VALLEY SITES

This morning, we travel to the traditional Andean village of Chinchero, renowned for its rich Inca heritage and centuries-old weaving traditions. We enjoy a scenic hike through the beautiful Andean countryside, taking in spectacular views of the surrounding mountains and agricultural terraces. We also visit a local textile centre, where skilled artisans demonstrate traditional weaving and natural dyeing techniques that have been passed down through generations.

After lunch, we continue to the fascinating archaeological site of Moray, where a series of impressive circular terraces descend into the earth like a giant amphitheatre. Believed to have served as an agricultural experimentation centre for the Incas, these terraces created different microclimates that allowed for the cultivation of a variety of crops.

We then visit the remarkable Maras Salt Mines, where thousands of small salt pools cascade down the mountainside, creating a striking patchwork of white and earthy tones. These ancient salt pans have been used for centuries, with local families continuing the traditional methods of salt harvesting to this day.

Overnight in the Sacred Valley (2,860 m / 9,383 ft.)



DAY 9 TRAIN THROUGH SACRED VALLEY - MACHU PICCHU

This morning, we transfer to the train station and board the Expedition Train for a spectacular journey through the Sacred Valley, following the Urubamba River as we travel through breathtaking Andean scenery towards Aguas Calientes, the gateway to Machu Picchu.

Upon arrival, we continue to the legendary Inca citadel of Machu Picchu, one of the New Seven Wonders of the World and a UNESCO World Heritage Site. Perched high in the Andes and surrounded by dramatic mountain peaks, this remarkable archaeological treasure offers a fascinating glimpse into the ingenuity and achievements of the Inca civilization. We explore the ancient terraces, temples, and stone structures while learning about the history and mysteries of this extraordinary site.

For those seeking a more active adventure, an optional hike along the Short Inca Trail is available. Hikers disembark from the train at KM 104 and follow ancient Inca pathways through lush cloud forest, passing the impressive ruins of Wiñay Wayna before reaching Inti Punku, the famous Sun Gate, where spectacular views of Machu Picchu await. This challenging hike covers approximately 10–12 km (6–7.5 miles) and takes around 5–7 hours, depending on conditions and pace.

Please note: The Short Inca Trail hike is an additional cost and must be booked in advance. Permits are required and availability is limited.

Overnight in Aguas Calientes (2,040 / 6693 ft).

DAY 10 MACHU PICCHU - TO CUSCO

This morning, we return to the magnificent Inca citadel of Machu Picchu for a guided exploration of one of the world's most extraordinary archaeological wonders. Set high in the Andes Mountains and surrounded by dramatic peaks and lush cloud forest, this UNESCO World Heritage Site is a remarkable testament to the ingenuity and architectural achievements of the Inca civilization.

As we explore the ancient stone pathways, temples, terraces, and ceremonial structures, our guide shares fascinating insights into the history, culture, and mysteries of this legendary site. We take time to appreciate the breathtaking setting and remarkable craftsmanship that have made Machu Picchu one of the world's most iconic destinations.









Following our visit, we enjoy lunch before boarding the Expedition Train for a scenic journey back through the Sacred Valley to Ollantaytambo. From here, we continue by road to Cusco, the historic capital of the Inca Empire, where we transfer to our hotel.

Overnight in Cusco (3,400 m / 11,155 ft).

DAY 11 CUSCO - ARCHAEOLOGICAL SITE OF SACSAYHUAMAN

This morning, we explore the historic city of Cusco, once the capital of the mighty Inca Empire and today a UNESCO World Heritage Site. Our guided walking tour takes us through the city's charming cobblestone streets, where impressive Inca stonework blends seamlessly with Spanish colonial architecture. We discover the beautiful Plaza de Armas, the heart of Cusco, and admire the magnificent Cathedral and other historic landmarks that reflect the city's rich cultural heritage.

We continue to the remarkable archaeological site of Sacsayhuaman, an impressive Inca fortress complex overlooking Cusco. Famous for its enormous, precisely fitted stone walls, some weighing more than 100 tonnes, Sacsayhuaman is a remarkable example of Inca engineering and craftsmanship. From its elevated position, we enjoy spectacular panoramic views of Cusco and the surrounding Andean mountains.

In the afternoon, we leave Cusco behind and transfer to our lodge, where we can relax and enjoy the peaceful surroundings after a fascinating day of exploration.

Overnight in Cusco (3,400 m / 11,155 ft).

DAY 12 TO PUNO

Today we travel along the scenic Ruta del Sol from Cusco to Puno, passing through spectacular Andean landscapes and traditional villages. En route, we visit the beautiful Church of San Pedro in Andahuaylillas, known as the "Sistine Chapel of the Americas," followed by the impressive Temple of Viracocha at Raqchi, with its ancient Inca ruins. After lunch, we continue to Abra La Raya, the highest point of our journey at 4,335 meters (14,222 feet), surrounded by snow-capped mountains. Our final stop is the Lithic Museum of Pucará, featuring fascinating pre-Inca sculptures and ceramics, before arriving in Puno for our overnight stay.

Overnight in Puno (3,827 m / 12,556 ft).

DAY 13 LAKE TITICACA

This morning, we embark on a scenic boat journey across the shimmering waters of Lake Titicaca, the world's highest navigable lake used by large commercial vessels, surrounded by breathtaking views of the Andean mountains. Our destination is Taquile Island, a peaceful and culturally rich island renowned for its traditional way of life and spectacular landscapes.

Upon arrival, we explore the island and learn about the fascinating customs and traditions of the local Quechua-speaking community, whose unique cultural heritage has been preserved for generations. Taquile is particularly famous for its intricate handwoven textiles, a tradition recognized by UNESCO as part of the Intangible Cultural Heritage of Humanity. Here, both men and women play important roles in textile production, creating beautiful garments that reflect their identity and social traditions.

We enjoy the warm hospitality of the islanders and gain insight into their daily lives, customs, and strong sense of community. Tonight, we experience a unique opportunity to stay with the local community, offering an authentic glimpse into traditional life on Lake Titicaca.

Overnight with the local community on Taquile Island (3,950 m / 12,959 ft).

DAY 14 LAKE TITICACA - TAQUILE ISLAND

This morning, we continue our exploration of Taquile Island, enjoying the peaceful atmosphere and spectacular views across the shimmering waters of Lake Titicaca. We have the opportunity to gain further insight into the traditional way of life of the island's Quechua-speaking community, whose customs, colourful textiles, and centuries-old traditions remain an integral part of daily life.

We enjoy lunch back in Puno and have the afternoon free to rest and relax.

Overnight in Puno (3,827 m / 12,556 ft).



DAY 15 TO BOLIVIA - COPACABANA

This morning, we bid farewell to Peru and begin our scenic journey towards La Paz, Bolivia, travelling along the shores of magnificent Lake Titicaca. Along the way, we enjoy spectacular views of the shimmering lake, traditional Andean villages, and the dramatic mountain landscapes that characterize this beautiful region.

After crossing the border into Bolivia, we continue to the charming lakeside town of Copacabana, an important pilgrimage destination nestled on the shores of Lake Titicaca. Here, we explore the town and visit the impressive Basilica of Our Lady of Copacabana, a beautiful colonial-era church that houses the revered Virgin of Copacabana, Bolivia's patron saint. We have time to soak in the town's lively atmosphere and admire the stunning views across the lake.

Our journey continues through the breathtaking landscapes of the Bolivian Altiplano towards La Paz, one of the world's highest major cities. Set in a dramatic canyon surrounded by towering Andean peaks, La Paz offers a fascinating blend of Indigenous traditions, colonial heritage, and modern city life.

Upon arrival, we transfer to our hotel.

Overnight in La Paz (3,640 m / 11,942 ft).

DAY 16 FLIGHT TO UYUNI - UYUNI SALT FLATS

This morning, we transfer to La Paz Airport for our flight to Uyuni, gateway to one of Bolivia's most extraordinary natural wonders. Upon arrival, we set out to explore the spectacular Salar de Uyuni, the largest salt flat in the world, stretching across more than 10,000 square kilometres of the Bolivian Altiplano.

This vast expanse of brilliant white salt creates an almost otherworldly landscape, where the horizon seems to disappear into the endless sky. During the rainy season, a thin layer of water can transform the salt flats into a giant natural mirror, reflecting the clouds and creating breathtaking optical illusions. In the dry season, the dazzling white surface reveals fascinating geometric patterns formed by the crystallized salt.

As we venture across this remarkable landscape, we enjoy spectacular panoramic views and wonderful opportunities for photography while learning about the geological history and unique characteristics of this extraordinary region.

Overnight in Uyuni (3,656 m / 11,995 ft).

DAY 17 FLIGHT TO LA PAZ

This morning, we bid farewell to the extraordinary landscapes of Uyuni and transfer to the airport for our flight back to La Paz. Upon arrival, we transfer to our hotel, with the remainder of the day at leisure to relax or explore this fascinating Andean city at our own pace.

Overnight in La Paz (3,640 m / 11,942 ft).

DAY 18 DEPARTURE

We transfer to the airport for our international flights home.





QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

Each group is limited to 16 participants. Small groups are an important ingredient in adventure travel. They allow for more interaction and more personalized service throughout the itinerary.

2. WHAT IS INCLUDED IN THE TOUR PRICE?

All accommodations throughout; all meals, starting with dinner on day 1 and finishing with breakfast on departure day (i.e. the last day of the ElderTreks tour); bottled drinking water throughout the trip; all internal transportation; airport transfers on day 1 and departure day (i.e. the last day of the ElderTreks tour); all day trips and entrance fees as outlined in the itinerary; tips for hotels (porterage), national guide, bus driver, restaurants and spot guides; services of a trip leader.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

International flights, (note arrive Lima, depart from La Paz) tips to ElderTreks tour leader, alcoholic drinks, visas and travel insurance.

4. ARE THESE "EDUCATIONAL" TOURS?

Yes, in the broadest sense of the word, "educational". We visit churches and historical sites and have talks and discussions on many aspects of history, culture and nature. We believe that it is equally educational to meet local people on a non-commercial basis, visit their homes and even try to learn a few words in the native language. Sometimes the most "educational" moments are spent walking through an old quarter of a city.

5. HOW DO WE TRAVEL DURING THE TOUR?

All local transportation is included in the land price of the trip. We use minivans or buses for road travel, motorized boats, eight domestic flights, and a train to Machu Picchu.

6. WHAT ARE OUR ACCOMMODATIONS LIKE?

We always stay in good accommodations — hotels, guesthouses and lodges, where rooms have a private bath or shower. The accommodations have been chosen on the basis of location, atmosphere and local charm. Please note that we have one night in a native homestay on Taquile Island with shared facilities and basic accommodations.

7. WHAT ABOUT THE WEATHER?

The spring and fall provide ideal times to visit Peru. Both spring and fall provide the beauty of snow-capped peaks along with fields of wild flowers and warm daytime temperatures. Evening temperatures can be quite chilly.

8. WHEN IS PAYMENT DUE?

A non-refundable deposit of $500 USD (plus insurance if you require it) is due at time of booking and will reserve your place on the tour. Payment of the full land cost is due 120 days before departure. Cancellation charges are applicable and are outlined in the "Terms and Conditions" section of our brochure.

9. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is not required for this adventure but is recommended. ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

Please note those travelers with pre-existing medical conditions must take out travel insurance at the time of deposit

10. WHAT SHOULD I TAKE ON THE TOUR?

There is a detailed "What to Take" list in our Trip Kit, which we will send to you after you have booked the trip.

11. WHAT MEALS ARE INCLUDED?

All meals during the itinerary are included, starting with dinner on day 1 and finishing with breakfast on departure day. We eat a variety of local foods prepared in a wide range of settings. In many cases, we simply order a number of dishes and share, allowing you to sample new foods and decide what you enjoy best.

12. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries — not group flights. Stop over en route, come in a few days early, or extend your stay. Call us for a customized itinerary.

13. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the trip, please do not hesitate to contact our office for additional information. A Trip Kit containing further details on the destination will be sent to you once you have booked the trip.

Machu Picchu.

