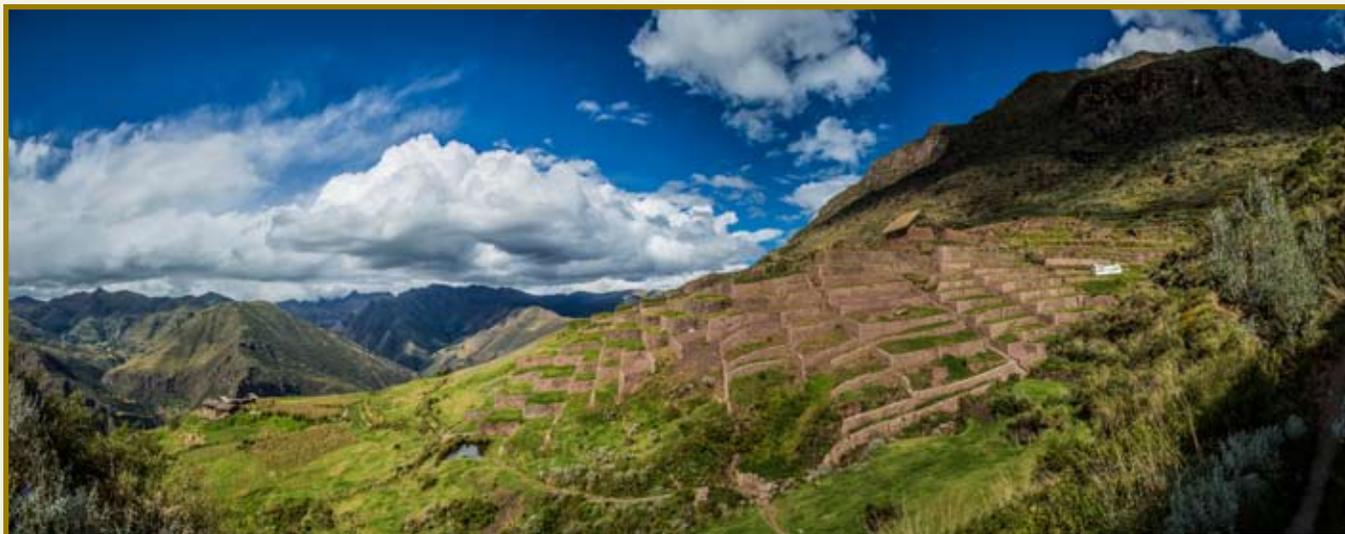


PERU: CULTURAL JOURNEY

DETAILED ITINERARY

LODGE TO LODGE, TO MACHU PICCHU

May 24/18



The Lares Adventure to Machu Picchu offers the perfect combination of adventure travel and cultural immersion. Your experience on our 7 day lodge-to-lodge journey will alternate between an exploration of the astounding natural scenery of the Sacred Valley of the Incas and an intimate look at Andean culture, both in busy towns and in the most-remote of mountain hamlets.

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

FACTS & HIGHLIGHTS

- 7 land days • Maximum 16 travelers • Start and finish in Cusco • All meals included • Stay at charming mountain lodges • Choice of daily activities • Visit local communities
- Explore local markets • Visit PISAQ, Chinchero & Ollantaytambo sites • Quiswarani & Patacancha optional hikes • Machu Picchu

DEPARTURE DATES & PRICE

Weekly Departures

Low Season From: \$2300 USD

High Season From: \$3100 USD

Low Season: Mar 1 - Mar 31 and Nov 1 - Dec 14.

High Season: Apr 1 - Oct 31 and Dec 15 - Dec 31.

Per person based on double occupancy. Single supplement 25% of tour cost. No single supplement if you are willing to share and roommate can be found, otherwise 10%.

Activity Level: 1-3

Comfort Level:

Each day offers different activities to choose from - cultural or hiking options.

ACCOMMODATIONS

Charming mountain lodges built in traditional Inca style with private bathrooms.

ELDERTREKS



SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS

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.



This is not an ElderTreks operated tour. As such, participants on this tour are not exclusive ElderTreks clients and it may not adhere to ElderTreks' maximum size restrictions of our tours.

DAY 1 SACRED VALLEY OF THE INCAS - TREASURES OF THE SACRED VALLEY

Begin your adventure with a downhill road trip from Cusco into the lush green fields of the Sacred Valley of the Incas surrounded by striking mountain peaks. Explore the archeological sites of Chinchero and Moray and study the salt evaporation ponds at the natural Salt Mines of Maras. Alternately, choose to embark on a challenging, yet memorable hike to the complex of Huchuy Qosqo. Enjoy a hot lunch at this Incan palace and learn more about its history and impressive construction techniques. After recharging, make your way back down to the valley floor.

Overnight at Lamay Lodge.



DAY 2 SACRED VALLEY OF THE INCAS - EXPLORING PISAQ

Early morning departure from Cusco. Option to visit to the celebrated market at Písaq or take a moderate hike in the hills and mountains over the Sacred Valley. Later, enjoy exclusive access to the isolated community of Viacha, where you will learn about its artisanal potato farming practices and enjoy a traditional “Pachamanca” meal, cooked under hot stones. After lunch you will visit the archaeological complex at Písaq, an afternoon excursion that offers a unique opportunity to explore the complex free of crowds, with the sun setting behind the peaks.

Overnight at Lamay Lodge.

DAY 3 LARES REGION, INCA SITES AND VILLAGES

Go deeper into the heart of the Lares region. A road journey into the mountains will take you through remote archaeological sites. After lunch, choose between visiting a traditional weaver’s village or a scenic drive and a moderate/strenuous hike amidst turquoise blue lakes and towering peaks to the remote village of Huacahuasi. Locals will give you insight into the evolving role of the original Andean people in both the culture and commerce of modern-day Cusco.

Overnight at Huacahuasi Lodge.

DAY 4 LARES REGION, ENCOUNTER WITH THE COMMUNITY

If you’re in the mood for a relaxing cultural experience today, you can walk through the village of Huacahuasi and learn more about its heritage and daily activities. The expert weavers will share their stories, each depicted in artful textiles full

of traditional Inca/Andean symbols and imagery. Then take a cooking class, or just enjoy a walk to a beautiful waterfall near the village. For those who want to go deeper into these remote mountains, challenge yourself with an all-day hike to Quiswarani. Although strenuous, you will be rewarded with amazing views of turquoise lakes and majestic mountains as you travel on well-worn paths edged with wildflowers, passing herds of alpacas and llamas grazing on hillsides as you make your way over steep mountain passes.

Overnight at Sacred Valley Hotel.

DAY 5 SACRED VALLEY OF THE INCAS, EXPEDITION OT OLLANTAYTAMBO

Embark on another spectacular hike from our lodge, through varied terrain and over a high pass, to the adjacent valley leading to the ancient town of Ollantaytambo. If you prefer to see more of the Sacred Valley, you can drive back for a visit to an ethnographic museum featuring the history of Peru’s rich civilizations of the past. After, enjoy lunch in the Urubamba countryside on your way to Ollantaytambo, where you can spend time meandering through its charming maze-like streets. If you feel like some action before the drive back down to the Sacred Valley, an afternoon bike ride through fields along an old path can be arranged.

Overnight at Sacred Valley Hotel.

DAY 6 SACRED VALLEY OF THE INCAS, DISCOVERING OLLANTAYTAMBO

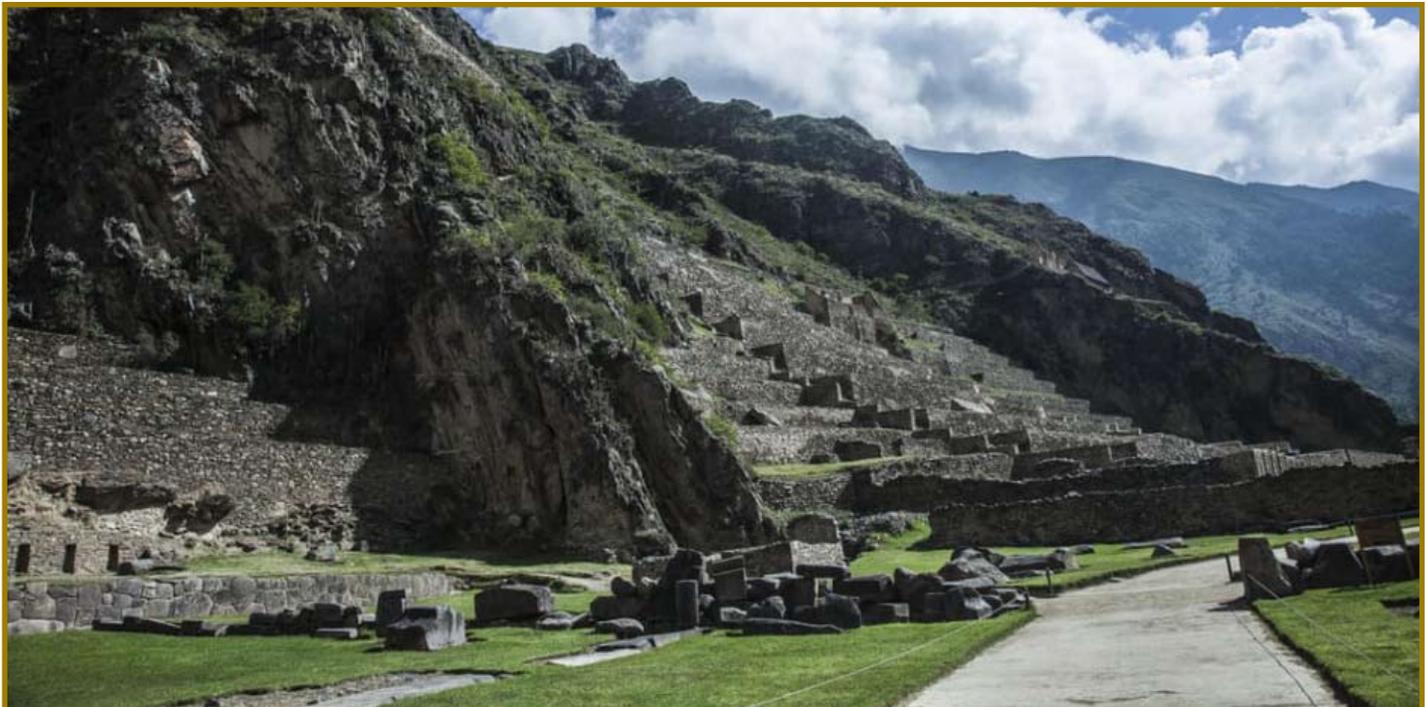
Enjoy a short, early morning hike to Inca storage structures high above Ollantaytambo for magnificent views of the town and the temple. After, enjoy a guided tour of the fortress, one of the best examples of Inca architecture and revel

in its mystical history...a perfect introduction to the wonder of Machu Picchu. Midday, embark on a scenic train ride along the Urubamba River to Aguas Calientes, a bustling town below the Machu Picchu Sanctuary.

Overnight at hotel in Aguas Calientes.

DAY 7 MACHU PICCHU, THE SANCTUARY

At dawn, begin your visit to Machu Picchu with a rollicking uphill bus ride. As you enter the Sanctuary, the morning sun rises over the iconic Sun Gate and washes the structures and terraces with resplendent light. Prepare to be awed by the skillful architecture of the Watchtower, the Temple of the Sun, and the royal Inca residences, among many others. Take a moment to quietly sit and listen to the wind... or to meditate and absorb the mystical energy that envelops you. Your imagination will soar as you contemplate the history of Machu Picchu and its mysterious origins. Optional uphill hike on Huayna Pichhu. Lunch in Aguas Calientes. Afternoon/Early evening return to Cusco by train and private coach.







QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

Group size is 16 travellers. 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?

4 nights accommodation at private Mountain Lodges of Peru facilities, 1 night hotel accommodation in Ollantaytambo and 1 night hotel accommodation in Aguas Calientes. Also included are meals starting with lunch on Day 1 and ending with lunch on Day 7, all transportation as noted on the itinerary beginning with pickup in Cusco on Day 1 and ending with drop off in Cusco on Day 7, services of a Mountain Lodges of Peru trekking guide, transportation of personal belongings on the trek by packhorse/mules and/or porters, guided visit of Machu Picchu including entrance to the site.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

Transportation to and from Cusco, alcoholic drinks and other items of a personal nature such as massage services, laundry service, travel insurance, gratuities to trek guides and staff, pre and post trek accommodation and services, satellite telephone charges from the lodges.

4. ARE THESE “EDUCATIONAL” TOURS?

Yes, we visit historical sites and have talks and discussions on many aspects of history, culture and nature. Mountain Lodges of Peru support over 30 local community programs with micro-funding projects to promote self sufficiency, renewable resource management and education. We hope to visit several projects and villages along our route.

5. HOW DO WE TRAVEL DURING THE TOUR?

All transportation is included beginning with pick up at your hotel in Cusco on Day 1 and ending with drop off at your hotel in Cusco on Day 7. We use 4 X 4 vehicles or minivans for road travel, train between Hydroelectric station /Aguas Calientes and Aguas Calientes/Ollantaytambo, horses or mules if necessary on trails.

6. WHAT ARE OUR ACCOMMODATIONS LIKE?

All lodges have been designed and built in accordance with traditional building techniques, Inca architectural and mythological concepts and respect for the environment. Lodges are fully equipped and serviced including hot water for showers, hairdryers. Room heating ensures that the temperature remains a comfortable 68F/23 C. Satellite telephones which work with phone cards (purchased at the lodge) and internet is available at the lodges. 1 night hotel in Ollantaytambo and Aguas Calientes

with private washroom.

7. WHAT ABOUT THE WEATHER?

Weather in the region is extremely variable and you should pack for a variety of conditions. In addition, the trek passes through 15 bio-zones ranging from high altitude alpine conditions to high jungle. Here is a rough guideline: December to March: rain/cold; April - June: fair; July - August: dry/cold; September - November: occasional rain/fair.

8. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$750 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 100 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 mandatory for this trip and you will be asked to provide proof of medical and evacuation insurance prior to travel. 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.

10. WHAT SHOULD I TAKE ON THE TOUR?

An equipment list and further information will be sent to you after you have booked the trip.

11. WHAT MEALS ARE INCLUDED?

All meals during the itinerary beginning with lunch on Day 1 and finishing with lunch on Day 7. “Andean Energetic Cuisine” is prepared at lodges. Trek lunches may be box lunches or hot lunches served at a lodge or on the trail.

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 detailed packing list and further details will be forwarded to you once you have booked the trip. Our office is happy to assist with information on required additional services in Cusco pre and post trek.

