

PERU FAMILY ADVENTURES IN MACHU PICCHU, THE AMAZON AND LAKE TITICACA



**WILDLAND
ADVENTURES**

**AUTHENTIC WORLDWIDE
EXPLORATIONS**

Visit us at www.wildland.com

Itinerary Overview

This active Peru family adventure traverses the Andes, the Amazon, and the altiplano of Lake Titicaca, exploring the sacred landscapes of ancient people with a family-friendly guide who shares the traditions and daily life of the indigenous Quechuas. Traveling among many distinct native communities, we play and work side-by-side with local families in their fields and their homes, and are invited to participate in ancient ceremonies like a *Pago-a-la-Tierra* (Payment to the Earth), a ritual reminding us of our common heritage and respect for *Pachamama* (Mother Earth). Your family will amble among towering Inca ruins, and share footpaths with alpaca and llama hiking the one-day Inca Trail, entering the magical citadel of Machu Picchu like the Incas did through the *Intipunku* (Gate of the Sun).* Cycling back roads of the Sacred Valley, kayaking on Lake Titicaca, and flying on zip-lines through the jungle, on this active family adventure you visit local markets, try your hand at weaving, and sample traditional Andean foods like quinoa, purple potatoes, and *choclo*, the biggest corn you've ever seen! Guinea pig, anyone? The trip begins in the Sacred Valley of the Incas for easy acclimatization. Family-friendly accommodations include spacious bungalows in the Urubamba Valley, elevated tree houses in the Amazon, and a native guest house in a local village on Taquile Island in Lake Titicaca.

*Note: Hiking the Inca Trail requires advance booking 6-12 months in advance to secure permits.

DAY	OVERNIGHT	HOTELS	MEALS	HIGHLIGHTS
1	LIMA	Costa del Sol Ramada		Arrival in Peru. Overnight at airport hotel
2	URUBAMBA VALLEY	Sol y Luna	BL	Amaru community experience + Pachamama Ceremony
3	URUBAMBA VALLEY	Sol y Luna	BL	Maras and Moray mountain biking
4	MACHU PICCHU	Machu Picchu Pueblo	BLD	Train to Machu Picchu. Hikers disembark at KM 104 to start Inka Trail Express
5	MACHU PICCHU	Machu Picchu Pueblo	BLD	Return for guided tour of Machu Picchu
6	SANTA TERESA	Cola de Mono Tree House	BLD	Drive into the jungle and hike to Santa Teresa Amazon tree house and camp
7	CUSCO	Casa Andina Private Collection	BL	Wake up in the jungle, canopy zip line, and return to Cusco
8	CUSCO	Casa Andina Private Collection	B	Cusco walking tour and optional cooking class
9	LAKE TITICACA	Casa Andina Private Collection Puno	B	Fly to Juliaca. Transfer to the shore of Lake Titicaca. Visit Uros floating islands
10	LAKE TITICACA	Tika Wasi Lodge	BLD	Half-day kayak adventure, hiking and guest house overnight on Taquile Island
11	DEPARTURE		B	Depart in AM from Taquile on motorboat. Fly to Lima. Evening departure

Itinerary in Detail

DAY 1: ARRIVE LIMA, PERU

Arrive in Peru, transfer a few minutes' walk to the airport hotel. Overnight at **Costa del Sol Ramada**.

DAY 2: AMARU VILLAGE AND PACHAMAMA CEREMONY

Check in for your flight to Cusco (1 hr). Meet your guide and drive through the city of Cusco down into the Sacred Valley (1 hr) to the Quechua village of Amaru. In this pre-Inca ancestral village dating back millennia, local families open up their homes, sharing their customs traditional knowledge and way of life in harmony with mother earth; among many crops including corn, quinoa, and vegetables are up to 1,200 different varieties of potatoes. You are reminded of your common dependence on nature seeing first-hand their sustainable agricultural practices and the connection these families feel with the mountain *Apus* (spirits) and deep reverence for *Pachamama*, our Mother Earth. You celebrate and embrace our earth with a special *pago a la tierra*, an ancient ritual to *Pachamama* asking permission for the use of the land, and giving thanks in advance for all it gives you. **Overnight at Sol y Luna. [BL]**

DAY 3: MARAS AND MORAY BIKE RIDE

Head out from the hotel in a private vehicle to the village of Chinchero, where you'll kick off your bike ride along winding downhill roads among villages and fields surrounded by high Andean peaks as you descend into the Urubamba Valley below (Drive: 1 hr). Passing the beautiful Huaypo Lagoon you enter the archaeological park of Moray, Inca ruins of terraced circular depressions likely used in ancient times as an agricultural experimental station to study changes of microclimates within this structure on crops throughout the empire. A short pedal across the pleateau you arrive at the lovely Quechua village of Maras for a tasty picnic lunch. From here its an easy hour-long descent to the Maras salt terraces, a stunning site of some 3,000 bright white pools of salt each mined by local families since Inca times. Continue riding into the backroads of the Sacred Valley where you end this magnificent bikeride. Overnight at **Sol y Luna. [BL]**

DAY 4: INCA TRAIL DAY TREK TO MACHU PICCHU

After breakfast, you proceed to the Ollantaytambo station to board the train headed to Aguas Calientes and Machu Picchu. Hikers disembark at km 104 where you begin your one day hike along the Inca Trail to Machu Picchu. After crossing the hanging bridge over the Urubamba River to Chachabamba you visit this Inca site and then begin a three to four-hour ascent to the spectacular ruins of Winay Wayna ("Forever Young"), an important spiritual site along the Inca Trail to Machu Picchu. Besides being an area for cultivation of sacred crops such as the coca leaf, it is believed that Winay Wayna was used for cleansing rituals for travelers along the route, prior to their arrival into Machu Picchu. After Winay Wayna, the trail joins the classic route which other trekkers have been hiking over the previous three days. In the afternoon, the trail traverses along the contour of a forested ridge full of orchids and birdlife with dramatic views of the Urubamba River below. A final, steep and dramatic ascent up a final stairway brings you to the Intipunku, or "Gate of the Sun" where you will be rewarded with your first view of Machu Picchu. During the first half of the day the sun is behind you and around noon the sun is overhead and then moves to your front.

*Details about the One Day Inca Trail Hike

Starting elevation: 6259' at Km. 104

Ending Elevation: 7970' at Machu Picchu

Distance: 6 miles

Elevation Gain: 2600'

Elevation loss: 890'

Time: 6 – 7 hours

From the Gate of the Sun the trail winds downhill before finally entering the sanctuary of Machu Picchu. Machu Picchu is the best-known Inca site of the modern world, but little is known of its importance to the Incas. It is not mentioned in any of the Spanish chronicles and archaeologists can only speculate on its function. Though known to the Quechua peasants who lived around it, the modern world was unaware of its existence until Hiram Bingham ‘discovered’ it by accident in 1911. Over the years many archaeologists have studied it but information still remains sketchy. From the fine quality of its stonework, it is assumed that it once must have been an important ceremonial center for the Incas.

In the late afternoon you will ride the shuttle bus down to Aguas Calientes and check into one of the most tranquil and beautiful hotel properties in Peru – the **Machu Picchu Pueblo Hotel**. The hotel consists of individual Spanish colonial buildings spread over 12 acres of pristine cloud forest bordered by the thundering Urubamba river and connected by pathways and free flowing water channels. The hotel grounds have been landscaped with native flowering plants of the region which has drawn many bird species including some rarely seen elsewhere in Peru. In addition to bird life, the hotel contains the largest native orchid collection in the world, over 300 species which flower in cycles throughout the year. **[BLD]**

Note: As much as we recommend the Pueblo Hotel, you can request an optional upgrade at an additional cost to the Sanctuary Hotel, adjacent to Machu Picchu. The 1-day Inca Trail Express hike, entering Machu Picchu via the Gate of the Sun, is subject to permit availability. Book 6 months or more in advance during April-September.

DAY 5: MACHU PICCHU

Waking early, you are among some of the first people up to Machu Picchu in order to appreciate the sunrise in relative tranquility before the first train arrives. The first shuttle to the site begins at 5:45am, delivering you to the ruins shortly after 6am in time to catch the sunrise. The site tends to fill up with tourists from 10am onwards when the first trains from Cusco begin to arrive, and stays busy until around 3pm when the trains begin to depart. You have a full day at Machu Picchu with your private guide including various hiking opportunities to escape the crowds and see less visited areas of the Machu Picchu Sanctuary such as The Temple of the Moon, the Inca drawbridge, or hike up the towering Wayna Picchu peak if you dare and are not subject to vertigo! (*Permits are additional cost and must be purchased in advance*). If you did not hike up the Inca Trail to the Intipunku (“Gate of the Sun”) the day before, you can walk up to the entrance where the Inca Trail enters Machu Picchu. Late-afternoon descent back to Aguas Calientes for overnight at the **Machu Picchu Pueblo Hotel**. **[BLD]**

DAY 6: SANTA TERESA JUNGLE ADVENTURE

From the sub-tropical mountain forest of Machu Picchu catch the train to the hydroelectric station downstream where a private vehicle awaits to take you further down the valley into the Amazon, following the same route Manco Inca used to escape the Spanish conquistadors, also in the footsteps explorer Hiram Bingham in his search for the last refuge of the Incas. At the small Andean village of Santa Maria you pick up a local footpath to hike to the jungle outpost of Santa Teresa and your private luxury tree house bungalow camp on the Urubamba River. In this rainforest headwaters of the Amazon toucans call out to each other and parrots screech overhead on their way to roost for the evening. If time permits, you can take a late afternoon raft adventure. **Overnight at Cola de Mono Lodge** in tree house bungalows perched 2 yards above ground with views through the trees overlooking the Sacsara River for a fun jungle adventure. **[BLD]**

DAY 7: ZIPLINING ADVENTURE

Wake up and take to the air! A 20-minute walk from camp leads to the start of 8,000' zip-line cables. Soar through lush cloud forest amongst toucans and hummingbirds. After the third station there's a rock climb up a vertical ladder (via ferrata) more than 500 ft above the Sacsara River. By late morning begin the journey overland by private vehicle over the Malaga Pass descending into the Urubamba Valley at Ollantaytambo and on to Cusco (Drive: 5 hrs). The evening is at your leisure to explore and rest. Overnight at **Casa Andina Private Collection Cusco**. [BL]

DAY 8: CUSCO WALKING TOUR

Well acclimatized to Andean altitudes you head out in the morning on a half-day guided orientation of ancient Inca temples, Spanish churches, passing through the artisan San Blas neighborhood, up to the waterfall temple of Tambo Machay and the hilltop fortress ruins of Sacsayhuaman offering a panoramic view of Cusco. Back in town for lunch, your guide will direct you to museums, markets, and restaurants where you can shop, dine, and explore on your own. Ask about an optional cooking class for fun together discovering some of the best-kept culinary secrets of Peru's nuevo Latin cuisine. Overnight at the **Casa Andina Private Collection Cusco**. [B]

DAY 9: LAKE TITICACA-UROS ISLANDS

Transfer to airport for a flight to Juliaca. Transfer to your hotel, a short distance outside of Puno on the shores of Lake Titicaca. Titicaca sits at an altitude of 12,500 feet in the *altiplano*, the high plains of the Andes between Peru and Bolivia. In the afternoon, explore the Uros Islands, a group of 70 man-made islands floating in Lake Titicaca. For centuries, the native Uros people have centered their life on one plant, the totora reed. The Uros created their island habitat out of reeds, using them as the foundation for their homes and boats and using a part of the plant in their diet. Today, the Uros maintain agricultural lands on the mainland and invite travelers to visit their island communities. Your guide will explain the mythology of the Uros Islands and the history of their people. You may have a chance to ride in one of their reed boats. Overnight at **Casa Andina Private Collection Puno**. [BL]

DAY 10: KAYAKING LAKE TITICACA & TAQUILE ISLAND STAY

Drive across the altiplano as villages are waking up as the early morning sun warms the land traveling by car to the Capachica Peninsula. Local families await your arrival in the village of Llachon for breakfast where you meet members of this quaint lakeside community as they prepare for their day of fishing, farming, and sailing. The women of this traditional Quechua community wear beautifully embroidered blouses and colorfully adorned hats unique to this community. Everyone in your family may be called upon to help with communal activities whether its clearing the table, washing dishes, or fetching water from the lake in buckets.

After a safety briefing and equipment demonstration, you kayak across the channel from Llachon to Taquile. You'll get to paddle for approximately 3 hours, though boat support is provided if you tire. Arrive on the shore of Taquile Island mid-day. This island is rich with vibrant images, from its busy main square with colorful markets to the Pre-Inca ruins crowning the central hills. Taquile Island is best known for a distinctive rich weaving tradition performed almost exclusively by men. Here is where you want to pick up a *chullo*, the traditional knitted hat with earflaps. Your guide escorts you on less-visited footpaths around the island introducing you to locals and town elders. Explore the town, where you'll eat lunch and dinner. Overnight in a simple, comfortable guest house run by local community members. Experience an exclusive glimpse of high Andean island life after the day tourist boats have departed. Overnight at **Tika Wasi Rural Lodge**. [BLD] (lunch is boxed)

DAY 11: LAKE TITICACA-LIMA-HOMEWARD

Early morning breakfast on Taquile and depart Lake Titicaca by boat back to Puno, stopping to collect any excess luggage stored at our mainland hotel before catching the flight to Lima with connections to onward departing flights. [B]

OPTIONAL LIMA ADD-ON

Arrive a day early (preferred) or overnight in Lima on Day 11 if you would like to explore the colonial heritage, amazing museums, and enjoy the delights of this culinary capital of Peru. Observe the blend of cultures in one of South America's oldest capital cities on a tour of the old colonial center of downtown Lima, the church and catacombs of San Francisco, and the cathedral of Lima. Explore two of the most comprehensive museums in Lima that feature Peru's archaeological heritage, the Gold Museum and the Museum of Anthropology and Archaeology. We can also arrange a special farewell dinner at one of Lima's premier Nuevo Andino restaurants before you depart. Your room has been reserved for day use today. Evening transfer to the airport to catch your international flight home. **[B]** *(Please request additional pricing for add-on)*

END OF SERVICES

Actual routes and activities may vary. Local trip coordinators reserve the right to change accommodations to similar quality alternatives.

[CLICK HERE FOR PRICING](#)

[CLICK HERE FOR DATES](#)

INCLUDED SERVICES

- All guided tours and excursions
- English-speaking naturalist guides
- Entrance fees to Machu Picchu, bus tickets Aguas Calientes-Machu Picchu
- Airport-hotel transfers, land transportation
- Hotel accommodation as indicated
- Meals as indicated [B-Breakfast, L-Lunch, D-Dinner]
- Wildland Adventures travel consultation and pre-departure services

NOT INCLUDED SERVICES

- International airfare
- Internal airfare
- Tips and gratuities
- Airport departure taxes
- Drinks, alcoholic beverages, and meals other than listed above
- Personal expenses for extra services, optional activities, or changes in your itinerary for reasons beyond our control
- Travel insurance for trip cancellation, medical services, or evacuation
- Any other items not mentioned above

Accommodations



CASA ANDINA PRIVATE COLLECTION, CUSCO

A beautifully renovated 18th-century manor house, Casa Andina PC in Cusco is just 3 blocks from the Plaza de Armas and retains much of its colonial charm. It offers the intimacy of a boutique hotel but the comforts and services of a much larger property. The hotel is distinguished by its 3 interior patios with wooden balconies and gurgling central fountains. In the hotel's cozy lounge is a massive stone fireplace that's always crackling, while the romantic gourmet restaurant invites guests to dine by candlelight in connected salons richly decorated with 18th-century Cusco School paintings. This is a 4* hotel with special 3* rates we have secured.



SOL Y LUNA, URUBAMBA VALLEY

Located 57 kilometers (40 miles) from Cusco and nestled in the middle of the Urubamba Valley, the Hotel Sol y Luna combines comfort, artistry, and excellent service with a rustic Andean ambience. Surrounded by a landscape of whispering eucalyptus, blooming gardens and the majestic mountains of the Andes, the hotel has round standard casitas (recently refurbished) and several deluxe and premium suites decorated with murals by local artist Federico Bauer. Suites also feature flat screen TVs, heated flooring, cozy fireplaces, and preloaded ipods complete with docking stations. Premium suites are split into three separate rooms (bedroom, living room, entrance

hall) and have large terraces with private jacuzzi tubs. Standard round casitas, the accommodation type included in our itineraries featured online, boast tastefully appointed interior, private bathroom and shower, king-sized beds, and a private terrace but do not have televisions or fireplaces. For more space and comfort, consider upgrading to one of the Suite categories. Sol y Luna also features a full-service spa, swimming pool and bbq area, a table of Peruvian Paso horses available for riding upon request, and an exceptional restaurant with the welcoming warmth of an open fireplace, featuring typical Peruvian dishes as well as international plates. Culinary minded travelers will want to reserve a spot at the Chef's Table and join the chef in his kitchen for a hands-on cooking lesson followed by lunch or dinner.



MACHU PICCHU PUEBLO, MACHU PICCHU

The Machu Picchu Pueblo Hotel is an intimate 85-cottage luxury hotel in sprawling Andean style village within the secluded 12 acres of exquisite beauty, where guests follow stone pathways to their rooms, located in comfortable one- or two-story whitewashed casitas. The hotel has the world's largest native species orchid garden open to the public with over 372 species. A lush garden, stone-paved paths and canals flowing with spring water set the tone for a relaxing atmosphere. Large and bright rooms are furnished with wooden furniture specially made by local craftsmen. The UNU Spa features massage, sauna and aromatherapy.



CASA ANDINA PRIVATE COLLECTION, PUNO

Perched at water's edge outside of the city of Puno, the hotel offers extraordinary views and most of the 46 guest rooms boast unparalleled lake views. A gourmet restaurant is enclosed by a glass wall framing the lake and gardens; and a large, sunny terrace invites guests to contemplate Lake Titicaca's seemingly endless expanse. Unique among Puno hotels, oxygen is available in all rooms. The hotel is a reflection of its altiplano location, built with rustic local materials, including stone, wood and clay tiles, while stone fireplaces warm the lobby lounge and restaurant.

Booking your Wildland Adventure

HOW TO RESERVE A TRIP

You can book online using our [Reserve a Trip form](#) or by calling 1-800-345-4453. Your space on a trip is confirmed once we receive your reservation form and initial trip deposit. All travelers must sign and submit a [Release of Liability](#).

Deposit requirements are as follows:*

- \$1000 per adult for all South America trips

*Some trips require additional non-refundable deposits, especially when yachts have been chartered, or if permits to visit archaeological or wildlife sites have been purchased in advance.

PAYMENTS, CANCELLATIONS AND REFUNDS

Full payment of the trip balance is due 90 days prior to departure. If you must cancel before departure, money will be returned less the cancellation fees charged by WA Inc. plus any additional non-refundable cancellation fees and payments already advanced to airlines, hotels and local operators:

Days Prior to Departure: Fee per person

91 or more: \$300

61-90 days: Initial deposit amount

31-60 days: 50% of land cost

30 or less: 100% of land cost

PRE-DEPARTURE SERVICES

Upon receipt of your deposit and completed reservation form, we will send you a comprehensive Pre-departure Dossier. This contains important information to help you prepare including immunizations, visas, trip insurance, packing checklist, reading list, maps, cross-cultural information, optional trip extensions and more. You will receive a final trip packet including Final Reminders and local contact information in your destination 2-3 weeks prior to departure.

REFERENCES AND QUESTIONS

Have any questions or concerns? Call us a 1-800-345-4453 or email info@wildland.com. We're here to help and are happy to provide you with references from previous Wildland travelers.

TERMS AND CONDITIONS: Wildland Adventures, Inc. has arranged your trip utilizing the travel services of local in-country ground operators who are independent contractors. These local outfitters, lodges, hotels and other suppliers of your travel services will make every effort to conduct this trip as described in the itinerary. It is however possible that due to transportation schedule changes, weather, delays and unforeseeable acts of God, humans or nature, this itinerary may vary from what is described. Participants must assume all risks whether identified in advance or unforeseen. All optional activities are at your own risk. Extra costs due to unexpected changes in your itinerary for reasons beyond our control are not included. We highly recommend purchasing traveler's insurance for trip delay, trip cancellation, baggage, accident or sickness. Representatives are available for assistance at any time during your trip. If preferred hotels are not available, every attempt will be made to reserve alternative accommodations of similar quality. (If upgrade is necessary, higher rates may apply.) All information and services provided are subject to our [Terms and Conditions](#).