

Family Adventure Journey Idea Peru



Steppes Families

15 Days



QUICK REFERENCE ITINERARY

Day 1	Fly Heathrow / Madrid / Lima
Day 2	Lima
Day 3	Fly Lima / Cusco
Day 4	Cusco
Day 5	Cusco
Day 6	Cusco/Sacred Valley
Day 7	Sacred Valley
Day 8	Sacred Valley/Aguas Calientes
Day 9	Aguas Calientes/Cusco
Day 10	Cusco
Day 11	Cusco/Puerto Maldonado - Amazon
Day 12	Puerto Maldonado - Amazon
Day 13	Puerto Maldonado - Amazon
Day 14	Fly Puerto Maldonado / Lima / Madrid (overnight)
Day 15	Fly Madrid / Heathrow



DETAILED TRIP ITINERARY

Day 1

UK/Lima

Depart the UK on an Iberia flight to Lima, on an overnight flight via Madrid. A journey of around 16 hours.

Day 2

Lima



You will be met upon arrival by the Steppes Travel representative at the airport and transferred to your hotel. All transfers are private (unless stated otherwise) and included in your trip, however it will not detail every transfer on this itinerary.

Lima, the 'City of Kings,' is a vibrant and bustling metropolis worthy of exploration. Nestled on the shores of the Pacific Ocean, Lima is the 'Gateway to Peru,' combining colonial splendour, prestigious museums and beautiful parks with lively nightlife and ample opportunity for sampling its world-famous cuisine.

Overnight at a Hotel Boulevard Miraflores, Lima on a bed & breakfast basis.

Day 3

Lima/Cusco



Depart Lima on a Lan flight to Cusco, flying time of just over an hour.

Cusco, the ancient capital of the Incas was founded around 1100 AD. A beautiful city of Spanish and Inca mix with endless colonial sights to see, including churches, monasteries and convents, interspersed with Inca foundations, walls, doorways, and arches. This is a major town that is one of the cultural centres of Peru and many days are required to explore the city and surrounding area. The lost city of Machu Picchu is a must and a variety of adventure sports can be organised from Cusco, including white water rafting, mountain biking, horse riding and possible trekking, including the Inca trail. A day of acclimatisation is suggested.



Upon arrival embark upon a short orientation walk of the city visiting the highlights of the city such as the Main Square, the Cathedral, Koricancha or the Temple of the Sun whilst acclimatising as the city is some 3,326 metres above sea level.

Overnight at the Hotel Mabey Cusco on a bed & breakfast basis.

Day 4

Cusco

Today drive to the Sacred Valley to go white water rafting (grade II-III) in the Urubamba River. Enjoy lunch and return later to Cusco.



The beautiful Urubamba River valley is popularly called the Sacred Valley of the Incas, the climate is pleasant due to it being 600 metres lower than Cusco. There is a wealth of things to see and do in this area, from river rafting and horse riding to great walking and exploring the many Inca sites.

Overnight at the Hotel Mabey Cusco on a bed & breakfast basis.

Day 5

Cusco



Continue exploring the nearby Inca archaeological sites and local communities around Cusco by horse, or on foot. Return back to Cusco early afternoon.

The nearby ruins of Tambomachay with their water fountains are interesting along with Qenko, the religious centre, Puca-Pucara, the red fortress and finally the fortress of Sacsayhuaman which is one of the most important sites and where the Inti Raymi festival takes place annually.

Overnight at the Hotel Mabey Cusco on a bed & breakfast basis.

Day 6

Cusco/Sacred Valley



Enjoy canoeing in Pininpampa today with inflatable canoes. After visit Pisac town and market before your overnight stay in a hostel. Lunch is included.

Pisac ruins are located near Pisac town and on the slopes of a mountain which overlooks the Vilcanota river. The Pisac ruins are some of the finest and largest in the entire valley. Despite the excellent condition of many of the structures, little is conclusively known about the site's actual purpose.

It appears to have been part city, part ceremonial centre, and part military complex. It might have been a royal estate of the Inca emperor (Pachacútec). It was certainly a religious temple, and although it was reinforced with the ramparts of a massive citadel, the Incas never retreated here to defend their empire against the Spaniards (and Pisac was, unlike Machu Picchu, not unknown to Spanish forces).



There is a market everyday but the main markets take place on Tuesday, Thursday and Sunday. The surrounding valleys are covered in Inca terracing, where the locals farm potatoes and maize and transport the goods by llama, the locals are all beautifully dressed in traditional clothes. After lunch, which is included at a local restaurant, continue to the impressive Inca ruins at Ollantaytambo, climb to the top of the ruins for a great view and admire the intricate stone work and Inca canchas (blocks) where no mortar is used.

Overnight at Hacienda Marcabamba in the Sacred Valley on a bed & breakfast basis.

Day 7



Sacred Valley

A short transfer shall take you to Chinchero plain which is the start for a great mountain biking trip, largely downhill, passing Lake Huaypo and enjoying lovely views of the Vilcanota mountain range. The final descent on the mule trails is through the spectacular salt-pans of Maras.

Maras which is famous for its salt mines, exploited from Inca times until today, it is worth visiting, due to the wonderful show of hundreds of salt ponds. From here travel onto the remote but beautiful Moray, this was an Inca agricultural experimental centre and has elliptical irrigation terraces. Each level within the terraces is said to have its own microclimate. The scenery in this area is completely breathtaking.

From here you shall board a vehicle back to your hacienda.

Overnight at Hacienda Marcabamba in the Sacred Valley on a bed & breakfast basis.

Day 8



Sacred Valley/Aguas Calientes

After an early breakfast you will be transferred to the train station where you board the Vistadome Train for your spectacular journey to the ancient ruins at Machu Picchu.

The Vistadome carriages have panoramic windows offering unsurpassed scenic views and photographic opportunities. You begin by descending from the highest point into the Sacred Valley and the foothills of the Andes, before reaching Machu Picchu, the train travels along the Urubamba River, with awe-inspiring views of the dramatic canyon.

Complimentary mid morning snacks and hot and cold refreshments will be served.



Please note that all clients visiting Machu Picchu by train must adhere to strict luggage guidelines of 1 piece of hand luggage i.e. a rucksack weighing no more than 5kg and not exceeding overall dimensions of 62 inches. Your main item of luggage must weigh no more than 10kg. Luggage weighing more 10kg will be subject to a fee of \$1.80 per additional kilogram. Arrangements can be made in advance for excess luggage to be left in Cusco.



Disembark the train at Km 104 and start the steady ascent to the Inca Trail. After approximately four to five hours of gradual uphill walking you shall arrive at Wiñay Wayna where you shall enjoy lunch.

These ruins are amongst the most beautiful Inca ruins in Peru, largely due to their stunning setting and magnificent cascade of Inca ritual baths. From here a contour path through cloud forest shall lead you to Inti Punku, the Gate of the Sun where you shall catch your first glimpse of Machu Picchu. Here you shall pass through the ruins and board a bus down to the town of Aguas Calientes where you shall overnight.

Overnight at Inti Inn Orchideas, Aguas Calientes on a bed & breakfast basis.

Day 9



Aguas Calientes/Cusco

After an early breakfast you shall board the bus to Machu Picchu, where you shall enjoy a group guided tour of this important archaeological centre. Morning to watch the sun rise over the ruins and explore the surrounding area. For the serious climber the views from the top of Huayna Picchu, the mountain overlooking Machu Picchu, which takes approximately 90 minutes to climb are fantastic.

Please note that if you would like to climb Huayna Picchu then you will need to arrive early taking the first bus to the ruins. The gate opens twice daily at 0600 and 1100 hours and queues can be long with a maximum number of 200 visitors for each time.

Lunch is included today.



Depart Aguas Calientes by train at approximately 15:30, the spectacular carriages of the Vistadome have panoramic windows offering unsurpassed scenic views and photographic opportunities, complimentary afternoon snacks and hot and cold refreshments will be served. The journey back to Cusco is about 4 hours, arriving at night, where you have stunning views of the Plaza del Armas and city lights as you descend the switchbacks into Cusco train station. This evening you shall enjoy a celebration dinner in one of Cusco's wonderful restaurants.

Overnight at the Hotel Mabey Cusco on a bed & breakfast basis.

Day 10



Cusco

Day to relax and explore Cusco independently. It is possible to enjoy visiting one of the many museums Cusco has to offer such as the Inka Museum or the Museum of Pre-Columbian Art if this is of interest, or just relax on one of the balconies in the main square before buying some last minute souvenirs.

Overnight at the Hotel Mabey Cusco on a bed & breakfast basis.

Day 11



Cusco/Puerto Maldonado

Depart Cusco on a Lan flight to Puerto Maldonado.

Upon arrival, you will be welcomed at the airport and driven ten minutes to the Puerto Maldonado headquarters. While enjoying your first taste of the forest in the gardens you will be asked to pack necessities only for the next few days, and leave the rest at the safe deposit, this is due to luggage weight restrictions.



Skirting Puerto Maldonado, you drive 20 kilometres to the Tambopata River Port, entering the Native Community of Infierno.

The two and a half hour boat ride from the Tambopata Port to Refugio Amazonas will take you past the Community of Infierno and the Tambopata National Reserve's checkpoint and into the buffer zone of this 1.3 million hectare conservation unit. You will be able to go out at the river's edge at night, scanning the shores with headlamps and flashlights to catch the red gleams of reflection from caiman eyes.

Overnight at Posada or Refugio Amazonas Lodge on a full board basis including Amazon activities.

Day 12

Puerto Maldonado



This morning take a two hour hike to Lake Sachavacayoc (Tapir Lake). You will then paddle around the lake in a catamaran, searching for the resident family of five giant river otters and other lakeside wildlife such as caiman, hoatzin and horned screamers. For those who do not want to take the long hike Condado Lake, thirty minutes from the lodge, is an option.



After lunch, head downriver from the lodge to a farm owned and managed by charismatic Don Manuel from the neighbouring community of Condado. He grows a variety of popular and unknown Amazon crops - just about every plant and tree you see serves a purpose. He has also identified and cultivated many of the medicinal plants used in the region in a little backyard garden.



A few minutes hike from the lodge is a beautiful old growth patch of Brazil Nut forest that has been harvested for decades (if not centuries) where the precarious remains of a camp used two months a year by Brazil Nut gatherers can still be experienced.

You will have the option of hiking out at night, when most of the mammals are active but rarely seen. Much easier to find are frogs with shapes and sounds as bizarre as their natural histories

Overnight at Posada or Refugio Amazonas Lodge on a full board basis including Amazon activities.

Day 13

Puerto Maldonado



An early morning boat ride and 1 hour walk from Refugio Amazonas leads to a parakeet clay lick. From a blind you can observe parakeets descending on most clear days to ingest the clay from the bank. Species such as Dusky headed and Cobalt winged Parakeets are often seen at this clay lick.

There is also a peccary clay lick located just 20 minutes from Refugio Amazonas, by foot. These wild rainforest pigs show up in herds of five to twenty individuals to eat clay in the



late morning. Other wildlife also shows up including deer, guan and parakeets.

Head 30 minutes from Refugio Amazonas to follow a 25 meter scaffolding canopy tower. A bannistered staircase provides safe access to the platforms above. The tower has been built upon high ground, therefore increasing your horizon of the continuous primary forest extending out towards the Tambopata National Reserve. Glimpse sight of a variety of canopy bird species including toucans, macaws and raptors.

This evening lectures prepared by the staff of Refugio Amazonas cover conservation threats, opportunities and projects in the Tambopata National Reserve.

Overnight at Posada or Refugio Amazonas Lodge on a full board basis including Amazon activities.

Day 14

Puerto Maldonado/Lima/Heathrow

Retrace both your river and road journey back to the offices in Puerto Maldonado and onward to the airport. River boat transfers are provided in 20 ft long, roofed canoes with 55 hp outboard motors. Please note that depending on airline schedules, transfers may require dawn departures.

Depart Puerto Maldonado on a Lan flight to Lima.

Depart Lima on an Iberia flight to the Heathrow flying overnight via Madrid.

Day 15

Arrive UK.

Extensions:

It is possible to enjoy a trip to Lake Titicaca instead of the Amazon if you would prefer. Here you can enjoy staying at a homestay on Amantani Island. You shall have the chance to visit the Uros floating reed islands and meet local families in local accommodation on Amantani.

Amantani has been farmed for many generations and it has well preserved terrace therefore the island is of agricultural importance. The islands twin peaks of Pachatata and Pachamama provide great hiking and it may be possible to organise fishing with the locals.

Also visit Taquile Island where the local men knit their hats and many other items to sell. Please enquire for details if this is of interest.



TRIP PRICE

- Estimated cost:** £2,929 per adult plus £350 flight taxes per person.
- £2,579 per child plus £350 flight taxes per person. (11 and under).
- Please note that this price is subject to currency fluctuations and is based upon family share, single supplements are available on request.
- Includes:** The price includes return flights from UK, internal flights, horses and horse riding equipment including helmets, all rafting and canoeing, professional English and Spanish speaking guides trained in first aid and swift water rescue, mountain bikes, gloves and helmets, extensive first aid kit including oxygen, entrances and a guided tour of Inca sites, train tickets, local transport and excursions as detailed, airport-hotel private transfers return, accommodation (twin/double with private facilities where available) and board as described.
- Excludes:** Extras include local airport taxes (both international \$31 and domestic \$6), personal expenses, mountain bike toe-clips or cycling shorts or any extra local excursions and guided tours, Travel insurance, visas, and items of a personal nature, such as laundry, drinks, etc.
- Additional Information:** Travel to Latin America involves lifestyles and conditions that are very different from our own - the pace of life is slower, delays occur and '*mañana*' (tomorrow) is an expression often heard. You must be prepared to cope with unusual situations, local inadequacies and unpredictable events as and when they occur. We meticulously arrange your holiday arrangements, however you must understand things can and do go wrong. Therefore patience and a sense of humour are important prerequisites to the enjoyment of your holiday. Please note transfer vehicles come in many different forms, minibuses are often used, and standards vary enormously.
- Notes:** Please note that many hotels in Peru have a policy not to confirm double rooms until the time of check-in subject to availability.
- Peruvian authorities require a valid passport to be shown upon entry to the Inca trail along with boarding any Orient Express trains. If you provide us with your old details only, then you will need to take both passports with you to Peru in order to avoid paying your entrance fee to the Inca trail or trains again.
- It is advisable that clients visiting Central & South America have the Yellow Fever vaccination as you may be required to show evidence upon entry of a valid yellow fever certificate, particularly if you are travelling to more than one country in Latin America.

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I have travelled extensively around the world and worked in the travel industry for more than 10 years. Since joining Steppes Travel in September 2006 I have enjoyed several trips to South America including Bolivia, Peru, Ecuador, Chile & Argentina, while also achieving a life-long ambition to visit Antarctica and encounter penguins in their natural habitat. My most memorable experiences of South America include holding a baby spider monkey in Bolivia, swimming with turtles and sea lions in the Galapagos, driving across the immense Salar de Uyuni, kayaking on the world's highest lake - Lake Titicaca, and climbing snow-capped mountains and glaciers during the Salkantay Trek to Machu Picchu in Peru. South America hosts a treasure trove of unique experiences and I simply can't wait until my next adventure there!