

Lares Trail 3 days (4 days including Machu Picchu)

Here is an astonishing itinerary to discover the most beautiful regions of Andes and combine as well the amazons. Reserved to sport people and those who want to experience the contrast and succession of ecosystems. A trekking of acclimatization on the shores of the lake "Titicaca" crossing the most beautiful mountains in the Royal Andean Range and descending into the colorful "Yungas area", where citrus, papaya, bananas, coffee beans and coca leaves are found.

ITINERARY

DAY 1

Travel from Cusco to Sacred Valley, hike Yanahuara to Lake Mantamay

On our first day we travel through the Sacred Valley to the small village of Yanahuara. A dirt road takes us to the trail-head and from here we walk up through some farming backdrop and get on our way for the 5 – 6 hours trail head of us.

As we move further up the Yanahuara valley the views increase in beauty. We reach the first of two fabulous glacial lakes or 'cochas' after 4 or 5 hours uphill ascent. Here at first and smaller of the two, we can stop for our lunch. Then make our way up to the second and larger one, a further 1 hour uphill, where we shall settle for the evening.

DAY 2

Hike from Lake Mantamay to high pass then down to Huacawasi and Lares hot springs.

Day 2 involves a less arduous uphill hike around 45 minutes to 1 hour in order to get to the high pass. From here the 360° panoramic viewing for surrounding peaks is incredible providing we get clear weather. From here it is downhill again on light switch backs and barren terrain, after 3 hours we should arrive at Huacahuasi and stop for the day. Option will be to camp stay with the locals or in a basic rustic hostel.

DAY 3

Travel from Lares back to Cusco or onto Aguas Calientes for Machu Picchu overnight in a hostel.

Our final hike of the route brings us to Lares hot springs 2 hours further down a gravel road. Time considered (i.e. if we leave early enough) we can have a morning bath here before heading onto our private vehicle that will take us all the

way to the train station in a three and a half hour drive. A box lunch can be provided or we can stop at a delicious buffet restaurant serving lots of interesting local food before we get to Ollantaytambo train station to embark on our way to Aguas Calientes. Most likely we shall take the 4pm train that get's us to Aguas in 1.5 hours. We can settle into our hotel and then go out for an evening meal. The guide will have plenty of suggestions. Likelihood is we take an early night sleep in order to wake up early for the next day.

DAY 4

Visit to Machu Picchu ruins and return to Cusco.

Ideally, we should get up around 4am and take a light breakfast in order to get up to Machu Picchu citadel for opening hours (6am). We take a bus up in around 25 minutes from town to ruins.

Once we have entered the site we can move to a spot for sunrise and to truly appreciate this magnificent work of the Incas. More often than not the site is covered in mist and cloud until the sun rises causing the thermals to rise and with it the clouds to disperse. By 9 or 10am we hope you can view the entire place, majestically form.

Optional extras to Climb Huayna Picchu Mountain (reservation needs to be secured at least 2 months before in order to secure the permits – check in advance at time of booking for availability) or Machu Picchu mountain. **Add 10 USD per person**

PRICES 2016 EXPRESSED IN AMERICAN DOLLARS PER PERSON SUPPLEMENT FOR THE TC: 680/380 USD

Pax	USD/Pax with Machu Picchu	USD / Pax without Machu Picchu
2	945	450
3	795	400
4	745	350
5	715	325
6	695	300
8	665	275
10+	645	250

The price includes:

- Private land transportation according to the itinerary.
- English speaking guide.
- Cook
- Campsite entry. Route entry fees.
- Porters and/or llamas-mules to transport most of the gear. (we highly recommend to limit the weight to a maximum of 7 kilos per person).
- Three meals per day (except breakfast on day 1 and dinner evening of day 3) during the trekking portion
- All group cooking gear for the trek.
- Camping equipment (two-person tents - 3 season good-quality, foam mattresses.
- Dining and kitchen tents.

For Machu Picchu section Day 3 and 4

- Hotel accommodation in Aguas Calientes 2* base double
- Entry to ruins at Machu Picchu
- Train 2 ways to Aguas Calientes from Ollantaytambo (expedition class)
- Bus up to the ruins
- Guide tour of approximately 2 hours
- Bus transport from Ollantaytambo back to either the Sacred Valley or Cusco

Land Costs Do Not Include:

- Meals, hotels and transportation outside the regular itinerary.
- Dinners while the group is in Aguas Calientes (we suggest an average of 10-12usd per person, for the meals not included)
- Personal gear (inflate thermal rest, walking poles, medicine, clothes, sun glasses, sleeping bag -5°)
- Single-room supplement for hotels (Around \$20 USD for Aguas 2* accommodation)
- Bus down from the ruins (\$12) some people refer the option to walk down in 1 hour or can decide on a bus ticket at the ruins if tired.
- Single supplement for tent: 5 usd per night.
- Early check in or late check out
- Medical/Evacuation trip insurance
- Charges incurred as a result of delays and itinerary changes beyond our control
- We recommend travel insurance to cover any unforeseen costs.
- Tips and gratuities
- Alcohol and/or bottled drinks
- Hotels, meals and transportation should the trekking tours end early.
- All expenses for early departure from tour (such as non-scheduled transfers, meals and hotel rooms).