



LARES TREK  
MACHU PICCHU  
4 Days / 3 Nights



FOLLOW THE OLD ROUTE OF THE INCAS, EXPLORE THE ANDES AND DISCOVER THE MYSTERIES OF MACHU PICCHU

## Who We Are? - MACHUPICCHU TERRA S.R.L

**INCA TRAIL MACHU PICCHU** is a brand MACHUPICCHU TERRA, Travel Agency and Tour Operator authorized to sell **Inca Trail Machu Picchu**. Our company is located in Cusco, the capital of the Inca Empire and the Tourist Capital of South America.

We created this web site considering that availability for the **Inca Trail Machu Picchu** is quickly exhausted; since it is limited to only 500 people per day (including support staff porters, chefs, guides, etc.) making it extremely necessary booking several months in advance; at least 6 months in advance.

**MACHU PICCHU TERRA**, feels proud to provide superior service to all our customers, and we manage all services necessary to operate and organize all the packages offered, cars, minibuses, equipment, office-qualified staff, specialized assistants and guides professionals.

Whether you are looking for a trip to Peru that includes a hike to Machu Picchu or just a relaxing family vacation, it is our mission to MACHUPICCHU TERRA work with you to create your trip to Peru. We welcome all types of customers with special travel interests, economic and Premium. Our excellent service always searches at any time and satisfy all customers throughout Peru.

All MACHUPICCHU TERRA packages have been prepared by our travel consultants with experience and knowledge, our company MACHUPICCHU TERRA is based on 4 different categories of hotels:

- Basic Class, based on 2 stars hotels.
- Economy Class, based on 3 stars hotels.
- Premium Class, based on 4 stars hotels.
- VIPs Class, based on 5 stars hotels.

## Legitimacy of Inca Trail Machu Picchu

**MACHU PICCHU TERRA** is an Authorized Agency by the Ministry of Culture, the assigned code is: **MA0473**, responsible and efficient company willing to provide the best service.

Our main objective is satisfy the expectations of our customers, so we have a **chat online** in **real time** where our travel agents will attend you with any questions and / or consultation.

You can check on the official website: <http://www.machupicchu.gob.pe/> following the next steps:

- Go to the menu of the page, on the tab "**Queries**"
- At the bottom click the tab "**Travel Agency**"
- The search can do it by name: "**MACHUPICCHU TERRA**" or code "**MA0473**"



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## Lares Trek Machu Picchu 4 days / 3 nights

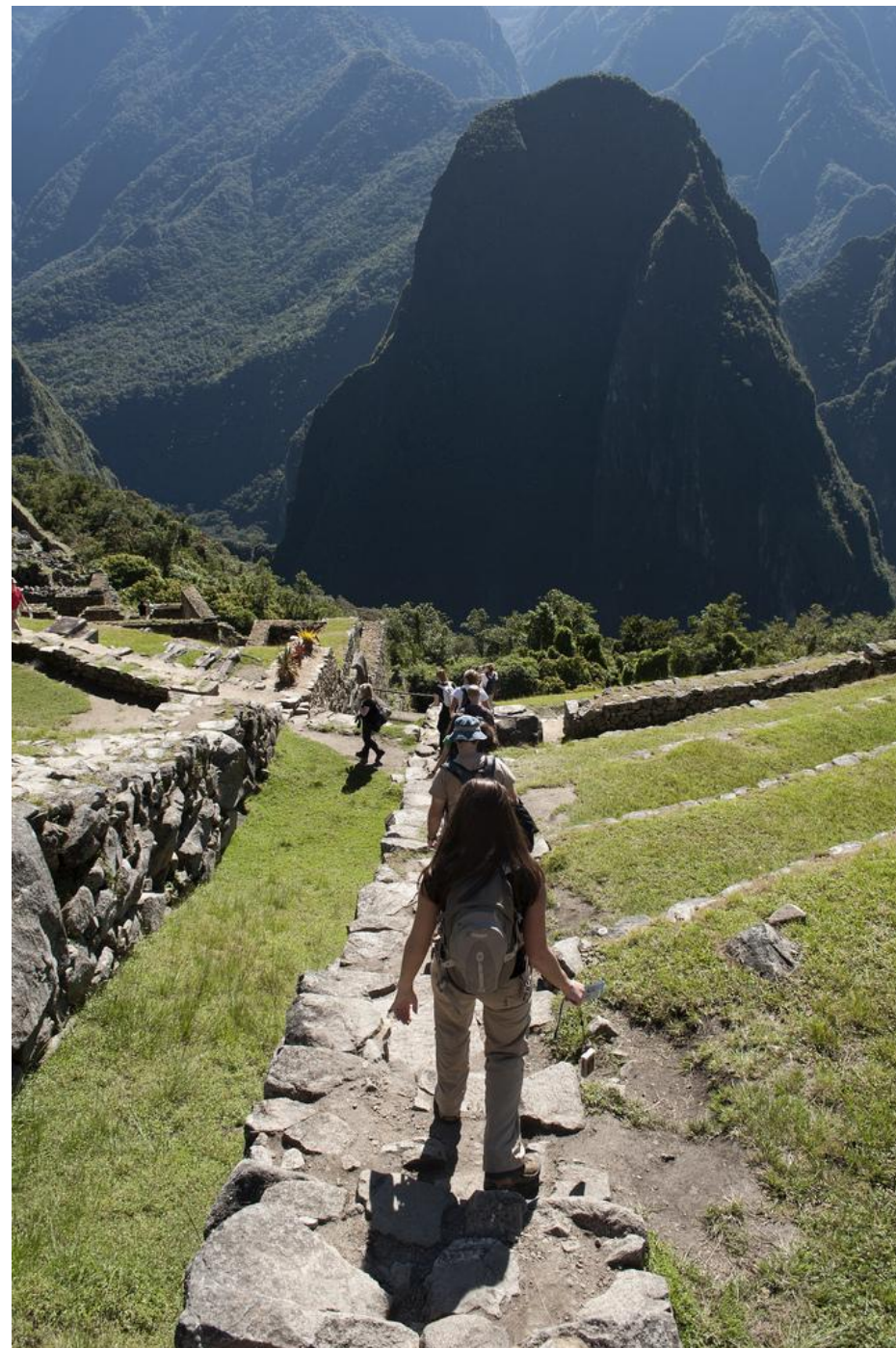
The geography of the **Cusco** region comprises a complex surface, from warm valleys to the dazzling snow. Today various walks are made to meet these wonders, using mostly roads used by the ancient inhabitants of the Andes who dominated without difficulty the rugged geography.

The tour program, 4 days **Lares trek to Machu Picchu** is an excellent way to see the Andean landscape, with valleys, rivers, crystal-clear lagoons, waterfalls, forests queuñas and know the way of life in the Andes. In addition to hiking in the Andes, the program connects with a visit to one of the Wonders of the World **Machu Picchu**.

This road was formerly used by the Inca culture; they used these roads to transport food and to carry messages to different people. At that time only had domestic camelids the most used were the Llama and Alpaca. Flame is used for transport but could only carry 20 kilos and Alpaca is used for clothing and food. In these valleys you can still see people who follow the customs of their ancestors. During the course of this route we will see medicinal thermal baths, lakes, mountain ranges, cloud forests, rivers, mountains and variety of birds and plants. The highest point of this hike is the Abra de **C'asa Pasa** (4,500 m / 14,763 ft), will be an unforgettable adventure..

### Recommendations:

- ✓ Carry passport and / or ISIC (if a student) card.
- ✓ A backpack to carry your personal things.
- ✓ Personal sleeping bag.
- ✓ Suitable footwear for walking with broad support for his ankle.
- ✓ Light clothing for the walk. Hat, shorts, t-shirt or light shirts, insect repellent and sunscreen.
- ✓ Warm clothing for cold nights, long-sleeved shirts, sweaters, jacket, hat and gloves.
- ✓ Swimsuit (if you go to the hot springs).
- ✓ Grooming kit: small towel, toilet paper, etc.
- ✓ Raincoat and / or umbrella.
- ✓ Camera and / or camcorder.
- ✓ Flashlight.
- ✓ Extra batteries.
- ✓ Embase vacuum to provide water from the second day.



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- ✓ Medicine and / or personal items. (few bandages, muscle ache lotion, pills for altitude sickness, fever, upset stomach).
- ✓ Book, notebook & pen.
- ✓ Extra money in small denominations.

### Day 01 Cusco – Calca – Lares – Wacahuasi

Early in the morning we will pick you up at your hotel at 05:30 hrs. and travel for 1 hour towards the Sacred Valley of the Incas we will stop at the lookout to take panoramic photos of the Valley and the guide will give a brief explanation place, then we continue to the village of Calca, where we will make a short stop and a visit to the characteristic local market where local products are sold. After we will take the transport about 2 hours to the village of **Lares** (3,100 m / 10,170 ft) in this place we will welcome our road team (chef, carrier) before the walk have the option to put a certain weight mules and then go to the **medicinal thermal baths of Lares** (3,250 m / 10,662 ft) and enjoy a relaxing bath, the temperature ranges from 28 ° C to 34 ° C.

Then we will begin our adventure, walking by andean land flat for about two hours for better acclimatization to the bridge of Vilcabamba where our team awaits us with lunch, after enjoying lunch we'll have a little break and continue for 3 hours to the village of **Wacahuasi** (3,750 m / 12,303 ft) during the trek find children from nearby villages using their traditional costumes to welcome us is a great opportunity to support and share good times with them. Wacahuasi is the place of our first day of camp, in this camp the night will be colder recommend wearing warm clothes for the evenings, then we have the teatime, ideal moment for sharing experiences of the day. Later we enjoy dinner and finally stop over.

- ✓ Pick up from Hotel
- ✓ Tourist transport, Cusco – Lares
- ✓ Specialized professional guide
- ✓ Meals: Lunch and Dinner
- ✓ Overnight at Camp



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## Day 02 Wacahuasi – Punta Toro

This day is one of the most exciting days, after breakfast early in the morning we start our trek where we see beautiful lakes, ridges and glaciers; worth mentioning is the longest day and arduous trek. The first tranche of the trek will be for 4 hours until the highest point during the tour we will stop to observe native animals of this area such as llamas and alpacas, the villagers use these animals for their daily lives; Alpaca is used in the production of their clothing, the fur of this animal has the nolina a chemical that repels water and is also used as food; meanwhile, the flame is used as cargo transport. The guide will give a brief description of these animals and so you can differentiate them. These animals were sacred to the Incas, sometimes they were sacrificed in honor of their gods. We may also see birds of the area as the *Cara Cara* a bird of prey.

Upon arriving at Abra de **C'asa Pasa** (4,500 m / 14,763 ft) the highest part of the route, we can see the beautiful lagoon of **Auroray Cocha** (4,470 m / 14,665 ft) and at this point the guide will explain about the place and the customs of the people who inhabit it. After taking the pictures, we will descend by about 1 hour to the lagoon Auroray Cocha and here our team will waiting us with the lunch. After enjoying lunch, we will continue walking downhill for 4 hours between cloud forests on the road also observe another beautiful lagoon **Yura Cocha** until we reach our camp **Punta Toro** (3,100 m / 10,170 ft), arriving the camp we can relax and share anecdotes of this long and arduous day; to end the day we will have dinner. Overnight in the camp.

- ✓ Alimentación: Breakfast, Lunch and Dinner
- ✓ Specialized professional guide
- ✓ Overnight at Camp

## Day 03 Punta Toro – Yanahuara - Ollantaytambo – Aguas Calientes

This day will be the easiest, we get up a little later and calmly order the belongings, take the breakfast. Then we say goodbye to our trek team and start to descend for 1 hour to the town of **Yanahuara** (2,850 m / 9,350 ft ), a town that has a mild climate is a provider of food for the city of Cusco. Here we take a shuttle for 15 minutes to the town of **Ollantaytambo** (2,850 m / 9,350 ft), living Inca town where the Inca architecture is observed with narrow streets. Then we take the train of 12:58 hrs. the journey takes about 2 hours to the village of Aguas



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Calientes (2,160 m / 7,087 ft) in this town we will enjoy the lunch. Then the guide will take you to the lodge, where you will be informed about some activities you can do at this time and coordinate the dinner.

- ✓ Alimentación: Breakfast, Lunch and Dinner
- ✓ Specialized professional guide
- ✓ Overnight at basic accommodation

#### Day 04 Aguas Calientes – Machu Picchu – Cusco

This day will be dedicated to visit only **Machu Picchu** (2,490 m / 8,169 ft). Machu Picchu Quechua word that translated into Spanish is "Old Mountain", declared one of the seven wonders of the world on July 7 2007. *Machu Picchu* is a sacred temple that formerly the Incas visited and made offerings with their best products to their gods, they could only spend one night in this place; this place was inhabited only by the nobility Inca.

The guide will make a tour of two hours providing information on each of the places visited, once completed this tour guide, can freely visit other places. Before parting the guide will give you instructions on how to get to the town of Aguas Calientes, in this town you will find many restaurants, bars, pubs. It is important to be in time to board the train back are approximately 2 hour trip to Ollantaytambo, there the transportation will be waiting to make his move to the city of Cusco the trip is approximately 1 hour and 30 minutes.

- ✓ Meals: Breakfast
- ✓ Specialized professional guide
- ✓ Ticket to Machu Picchu
- ✓ Transfer by train, Aguas Calientes – Ollantaytambo
- ✓ Transfer by bus, Ollantaytambo – Cusco



## Why choose MACHUPICCHU TERRA?

### 1. Personalized Attention

Each traveler or group of travelers are greeted on arrival at the airport or bus station by one of our representatives and then take him to his hotel and you can rest. During the transfer from the airport or bus station to the hotel, each passenger receives general information and practical recommendations about the city where you are, then you will get detailed information about the places you will visit during your stay in the city. At the end of the day, all passengers fill a report with feedback on our services, this will help us to improve every day. Nuestra empresa ofrece facilidades de viaje, flexibilidad y libertad que usted desee. Por eso se ha creado una variedad de viajes a los lugares que pueden ser combinados por un precio razonable.

### 2. Social Conscience and Sustainable Tourism

It is aimed at generating employment opportunities. Every time you make use of our services, a new job opportunity is created for poor people. We cooperate with communities providing food donations, social visits and health campaigns. At the same time, we offer trips of relaxation and culture, the company maintains respect for communities, customs, culture and environment providing education in care of the natural environment of the community and tourist places to be visited, and those who benefit with our visit as a fundamental principle. Our company supports the local people and help improve their quality of life in different activities.

### 3. Policy and Code of Conduct

Always we respect all agreements made between you and the agency. We work professionally in every detail, as we consider only the total satisfaction of our customers is our best endorsement and

the recommendation of our service is the result of a satisfied customer. When we provide our services, always we identify with our passengers.

### 4. Fair Prices

We are a tour operator, this means that we operate our tours directly and all the services we offer. For that reason, no increases in our rates, and consequently our prices are quite reasonable. Our rates are the result of an analysis of the costs and at the same time ensuring a fair return to our work.

### 5. Environmental Protection

In our company we help preserve the environment by providing ongoing training to our staff in the field of environmental protection this training will help us to develop professionally in the workplace, so they can offer you a quality service, we also educate people from distant places and places where our groups make their visits as well as assisting in the collection of inorganic waste in some communities to care for their natural environment, in the different visits or walks we try not damage the ecology, through the use of natural materials that do not pollute the place to visit, and the proper use of water without chemicals to maintain the natural purity thereof. All this has a purpose, that each customer whom we serve help us to promote our services, our culture and natural wealth. We develop close cooperation with Andean communities to explain on the protection of the environment.

One of the priorities of the company is the management of environment, therefore we are committed to comply with applicable law.

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## Interesting Links - Inca Trail - MACHUPICCHU TERRA

**Inca Trail Weather:** Weather Seasons and Ecological Levels of the Inca Trail to Machu Picchu Historical Sanctuary. Seasons adequate to do the Inca Trail.

<http://incatrailmachupicchu.org/inca-trail-weather/>

**Inca Trail Detailed Map:** Check the Inca Trail Map, altitude Inca Trail map and detailed map of the route with their archaeological sites located along the route.

<http://incatrailmachupicchu.org/inca-trail-detailed-map/>

**Inca Trail Trekking Regulations & Fees:** The number of hikers is increasing the Peruvian government established conservation standards that are necessary to fulfill the preservation of the Inca Trail.

<http://incatrailmachupicchu.org/inca-trail-regulations-fees/>

**Inca Trail Responsible Tourism:** The customs, language and environment are different, responsible tourism is vital so you can interact more easily during your trip.

<http://incatrailmachupicchu.org/inca-trail-responsible-tourism/>

**Inca Trail Permits:** The spaces or permits for the Inca Trail are limited. To preserve the UNESCO and the government limited the access to the Inca Trail.

<http://incatrailmachupicchu.org/inca-trail-permits/>

**Inca Trail Availability Online:** Plan your trip by checking the availability of spaces on the Inca Trail on the date of your trip. Book early because spaces are limited to only 500 people per day.

<http://incatrailmachupicchu.org/availability-online-inca-trail-to-machu-picchu/>

**Inca Trail Route Options:** The Inca Trail has several alternative routes some more famous than others, such as Traditional and Short Inca Trail, Lares, Salkantay, Choquequirao, Inca Jungle.

<http://incatrailmachupicchu.org/inca-trail-route-options/>

**Inca Trail Tours & Guides:** Because the mass of tourists who make the different routes of the Inca Trail, today is a must do so with a licensed guide.

<http://incatrailmachupicchu.org/inca-trail-tours/>

**Inca Trail Fitness, Exercise and Heart Rate:** The route of the Inca Trail requires good physical condition because of its difficulty, for being located in a very uneven geographical area and high.

<http://incatrailmachupicchu.org/inca-trail-fitness/>

**Inca Trail Altitude Effects:** During the hike the Inca Trail will amount to 5000 meters, so the body needs more oxygen causing some ailments.

<http://incatrailmachupicchu.org/inca-trail-altitude-effects/>

**Inca Trail Equipment and Packing:** It is essential to have the proper luggage to the Inca Trail, otherwise you can not continue the path of the walk going Machu Picchu.

<http://incatrailmachupicchu.org/inca-trail-equipment-packing/>

**Planning Your Inca Trail Trip:** The Inca Trail experience that needs to be well planned, the details as season, which carry luggage, choose the appropriate path.

<http://incatrailmachupicchu.org/planning-your-inca-trail-trip/>

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