

On the Trail of the Incas (2024 departures)

Trip style: Worldwide holidays

Destination: 📍 Peru

Trip code: PRU12-WHW10

Grades: 1, 2

Carbon Footprint: 🌳 3537kg CO2



HOLIDAY OVERVIEW

Ticking all the boxes for the adventure of a lifetime, our trips to Peru line up a host of big-name attractions and experiences. Venture into the upper Andean Mountains to take a boat trip across Lake Titicaca – the highest navigable lake in the world at 12,493ft above sea level. Spend time in the Peruvian capital Lima to take part in a cooking class and visit Cusco where a mix of Spanish architecture and ancient Inca stonework make it one of South America's most eye-catching cities. Meet the indigenous Uros people to discover traditions that stretch back to the days of the Inca Empire and trek a section of the classic Inca Trail to gaze down upon the awe-inspiring landscapes

of the lost Inca citadel in the sky, the iconic Machu Picchu.

WHAT YOU'LL LOVE

- Journeying to Machu Picchu, one of the seven wonders of the world
- A boat trip across Lake Titicaca
- Exploring Peru's vibrant capital city, Lima
- Experiencing a Peruvian cooking class
- Cusco's mix of Spanish and ancient Inca architecture
- Ascending Rainbow Mountain alongside herds of Alpaca and Llama

WHAT'S INCLUDED

- Full programme of guided walks and sightseeing led by experienced local leaders
- Comfortable accommodation
- 13 breakfasts, 7 lunches, 13 dinners
- All sightseeing and entrance fees (as per itinerary)
- Air-conditioned transport
- Internal flights
- Return flights from the UK (including hold baggage and airport transfers)

TRIP SUITABILITY

This trip is graded Walking Level 2.

A mixture of part day walks and full day hikes ranging from 2-8 miles (3-13km), mostly on historic trails past Inca ruins, small villages and in timeless valleys.

ITINERARY

Day 1: Outward Flight

Arrival in Lima (1 night). Group transfer to hotel.

Day 2: Arequipa

Fly to the attractive colonial city of Arequipa (1 night). Admire views of the spectacular volcanoes that surround the city. An afternoon's walking tour explores the charming Santa Catalina Monastery, and visits the "Ice Maiden" – Juanita.

Day 3-4: Colca Canyon

Driving out of Arequipa we enjoy spectacular views of the mountains surrounding the city before climbing high into the Andes and descending into the Colca Canyon (2 nights). Stops will be made at Vicuñas, Viscachas, and Volcano to enjoy the views. Altitude: 3,300m – Max altitude in transport: 4,800m Distance: 1km Ascent/descent: Flat/undulating The next day we have an early morning drive to Cruz del Condor, in search of one of the world's largest birds and take a short walk along the canyon rim. or After lunch we take a hike to nearby Uyo Uyo ruins and Yanque village, experiencing local culture and admiring the local weavings as we wander through the villages. Altitude: 3,300m Distance: 7km Ascent/descent: Flat/undulating

Day 5-6: Lake Titicaca

We head to Puno (2 nights) and the shores of Lake Titicaca. En route we enjoy a walk to the fascinating pre-Inca burial chambers at Silustani. Our drive takes us through the high Andes, passing stunning lakes, herds of the wild vicuña, accompanied by far-reaching vistas. The following day we take a boat trip across Titicaca's sapphire waters to the famous floating reed islands of Uros and Taquile, for a walk traversing the island.

Day 9-10: Sacred Valley

Head into the Inca heartland of the Sacred Valley (2 nights), our first stop is the picturesque Andean village of Pisac. Old Pisac ruins have much to explore with a circular hike along a well-defined Inca trail through royal buildings, look-outs, terraces, tunnels and irrigation channels. Altitude: 3,300m to 2,800m Distance: 6km Descent: 500m gentle downhill Afterwards, a short journey brings us to Urubamba for lunch. In the afternoon, we visit the Inca fortress town of Ollantaytambo. In this lovely, well-preserved village and ruins you can still feel the true magic of the Incas. The hill-top, Inca sun temple displays some of the finest stonework in the area. Altitude: 2,800m to 2,900m to 2,800m Distance: 3km Ascent: 100m Descent: 100m The Maras–Moray walk combines big views, local farming techniques, Inca ruins, ancient towns and astounding saltpans. We begin with the plains of Chinchero, before reaching the Inca ruins of Moray, where we explore these fascinating ruins. Mule trails then take us to the ancient town of Maras from where we descend into the Sacred Valley of the Incas. En route, are some of the most astounding saltpans covering the hillside. Altitude: 3,300m to 2,800m Distance: 13km Descent: 500m

Day 11-12: Inca Trail & Machu Picchu

Travel by train to Chachabamba to enjoy a 'taste' of the Inca trail. Our route, the Royal Inca Trail, was the ceremonial path used by royal Incas to reach the sacred site of Machu Picchu. The path passes smaller Inca ruins surrounded by wild orchids at Winay Wayna and continues through cloud forest on a trail to the Sun Gate (Inti Punku). After passing through what was one of the principle entrances in Inca times, you get your first awe-inspiring glimpse of Machu Picchu laid out below. We relax tonight in Machu Picchu Town (1 night). The next day we have plenty of time to explore Machu Picchu - the Lost City of the Incas. The site showcases the ingenuity and skill of its builders. Every stone was cut to fit so tightly together that no mortar was needed. An extensive tour of the ruins introduces us to its fascinating history and some of its mysteries. For those with extra energy, there's the chance to climb Huayna Picchu - the large peak which looms over Machu Picchu - for superb views of the city and the surrounding mountains. Later we return to Cusco (1 night) for our final evening.

Day 13: Return Journey

Some last minute shopping or sightseeing in Cusco before flying to Lima and our flight home.

Sonesta Posadas del Inca, Sacred Valley, Yucay - Peru

This remodelled 18th century monastery still retains its original charm but with modern touches like Wi-Fi and TVs in the room. Rooms overlook the countryside – its setting within the Sacred Valley is incredible – or they overlook the monastery’s courtyard. There’s a range of bars, restaurants, and a café, too.

Tierra Viva, Cusco, Machu Picchu - Peru

Situated by the Urubamba River, and near the bus and train station, the Tierra Viva Hotel puts you within easy reach of Machu Picchu. Rooms here are modern with air conditioning, TVs, Wi-Fi, and some come with floor-to-ceiling windows to maximise the views over the countryside. There’s also a restaurant, bar, and 24-hour hot drinks station.

Crowne Plaza Hotel, Lima - Peru

This centrally located hotel is close to colonial buildings, lush green parks and overlooks the ocean. Facilities include a bar, spa & fitness centre and a pool. Guest rooms include tea & coffee making facilities, mini bar, Wi-Fi and TV.

Xima Cusco Hotel, Cusco - Peru

The hotel is located just a short stroll from the Plaza de Armas square where you’ll find museums, churches and tourist attractions. Guests can enjoy use of the hotel’s restaurant, bar, and spa as well as its outdoor patio area. Rooms feature Wi-Fi, minibar, hairdryer and a safe.

La Hacienda Puno Plaza, Puno - Peru

The only hotel in the main square of Puno, with views of the cathedral and historic city centre. The hotel features a restaurant and bar whilst room facilities include a safe, hairdryer, cable TV and Wi-Fi.

Safety information for Peru Guided Walking Holiday

Please inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders have to consider both group and individual safety at all times. Whilst out with the group, we respectfully request that you abide by certain basic safety rules: Please listen to any safety instructions from the guide Keep group members in view, especially if weather or visibility is poor Please stay where you are if you become separated from the group. The leader will retrace their steps to find you Respect the guide’s decisions Keeping covered to avoid sun exposure and insect bites Drinking plenty of water to avoid sunstroke and dehydration Understanding that you are entering National parks and there are certain rules concerning litter, restricted areas, waste and wildlife that you must abide by Being honest with yourself concerning how comfortable you are and if your limits are being pushed

Advising your guide if any medical emergency arises that if left untreated, could jeopardize the safety of the entire group. Seat-belts are a legal requirement in all transport in Peru. Clients should ensure they use them or let the guide know if they do not function. Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List). In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services on 911. Please then call our emergency number (sent in your final dispatch) and let us know there is a problem.

Dietary requirements - SHARED WITH ALL WW

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs. If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

Vaccinations & health information for Peru

Before booking, you should check with your doctor to see if any health precautions are needed. The following websites provide a wealth of information on travelling and health: www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. Vaccines: Diphtheria, Hepatitis A, Typhoid & Tetanus vaccinations are recommended. Malaria, Rabies and Yellow Fever are sometimes recommended too. Please take precautions to avoid being bitten by mosquitoes. Altitude sickness is also a risk, our itinerary is planned to help reduce this. Travelling in Peru does not carry major health risks, provided simple precautions are followed. Medical treatment is not easily available and can be more difficult to access outside of Lima. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation.

Passport & Visa information for Peru

Passports A full passport valid for a minimum period of 6 months from the date of entry will be required to enter Peru. As part of the booking process, we will require advance passport information from you. This should be completed in your My Booking area online. Regulations for Inca Trail permits requires this information to make bookings. Without your passport information, including its late submission to HF Holidays, no booking for this element of the holiday can be made for you. We will also require a colour copy of the photo page of your passport a minimum of 90 days prior to the departure of your holiday. Please ensure the copy sent to us is of the passport you will travel on to Peru. This copy can be: A scanned copy, emailed to touradmin@hfholidays.co.uk – this method is preferred, where possible. A colour photocopy posted to Tour Admin Team, HF Holidays Ltd, Unit 1, 1st Floor, Imperial Place, Maxwell Road, Borehamwood, WD6 1JN. **Visas** Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling. British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website: <https://www.gov.uk/foreign-travel-advice>

Packing list - Overseas Guided Walking

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing. Essentials Walking boots Waterproof jacket Waterproof trousers Insulated jacket/top Walking clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Rucksack (15-30 litres) Mobile

phone Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy UK Global Health Insurance Card (formerly known as EHIC) Recommended Collapsible walking poles Swimwear and travel towel Snacks Dry bags Rubbish bags Insect repellent Optional extras Camera Sit mat Flask for hot drinks Durable lunch box Gaiters GPS device (excluding Bhutan, Georgia and India)
