

Peru  
Family Adventure

# PIONEER EXPEDITIONS



**DO SOMETHING EXTRAORDINARY.....**

## Itinerary

8 Days • 7 Nights

## Family Adventure Peru

**Cusco – Sacred Valley – Lucmabamba – Machu Picchu – Cusco**

*This itinerary can be tailored to suit your exact requirements*

### Highlights

- Discover the beautiful & bustling city of Cusco with the leading expertise of the local tour guides.
- Machu Picchu – One of the new Seven World Wonders of the World!
- Make your own Peruvian pottery as a souvenir under the guidance of a local expert
- Chocolate, chocolate & more chocolate - learn about where it comes from and the story behind it all whilst making your own Peruvian chocolate bar
- Ride the rapids on the Pinipampa river with an expert

### Tour Essentials

Tour Style	Family Adventure
Tour Start	Cusco
Tour End	Cusco
Accommodation	Hotel
Included Meals	7 Breakfasts, 6 Lunches, 1 Dinner
Difficulty Level	Medium

### Playful Peru



Follow the path of the ancient Incas throughout this adventurous journey into the depths of historical Peru where you will be able to experience breath-taking natural and cultural wonders including the famous Machu Picchu. Wander around the colourful city of Cusco which offers many opportunities for sightseeing including a variety of cathedrals, temples and markets. Experience the remote locations surrounded by forests, mountains and temples where the ancient Incas lived and prospered. Cycle through Taray on the banks of the Urubamba river, indulge in chocolate heaven and canoe down rapids. This expedition encompasses real adventure, natural wonders and the local history of the region which impresses any family looking for a memorable experience.



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PER04

## Peru *an overview*

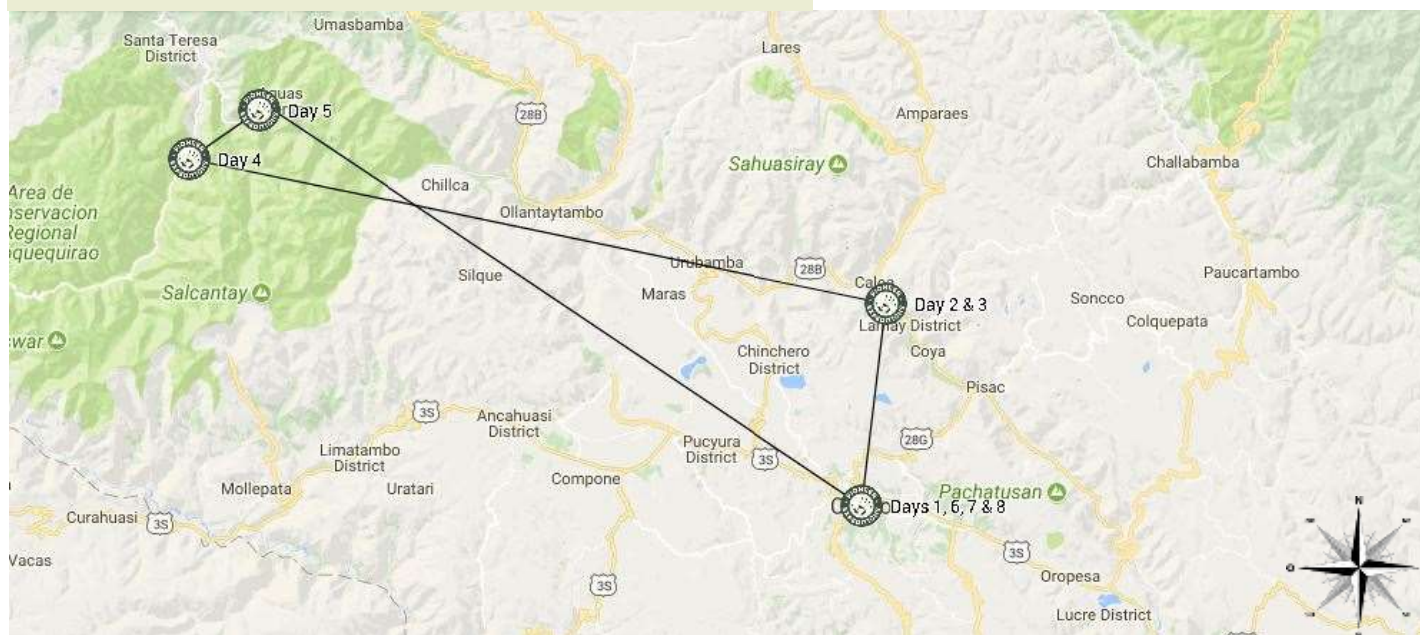
Peru is a complimentary mixture of amazing ancient architecture, arts and breath-taking natural wonders including the vast deserts, extraordinary mountains and tropical forests. The Incas built an extensive amount of sites located throughout the country which still remain intact to this day due to their location, such as the distinguished Machu Picchu. The Peruvian identity remains strong as the modern Peru incorporates various cultural elements such as exotic and varied cuisine, entertainment and history from the old traditions.

## Why Pioneer Expeditions?

We are driven by a passion for adventure travel and wildlife which we love to share and it's reflected in our uniquely wonderful itineraries. We can offer you new experiences that no one else can provide and create the most incredible adventure holidays imaginable.

This family adventure is packed full of activities for kids of all ages, including the big kids at heart. Explore Machu Picchu, learn how to make Peruvian chocolate and create your own pottery masterpiece with the help of a local artist. This itinerary is guaranteed to become a favourite family memory. To ensure you have a wonderful time we work closely with local partners to assure everything runs smoothly.

### Family Adventure • Peru



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# Itinerary

## DAY 1: Transfer to Sacred Valley and Pottery Making

On arrival at Cusco airport our guide will be waiting to accompany us on the ninety minute transfer to our accommodation. Along the way we will stop for photos of the beautiful scenery and enjoy lunch at one of the local restaurants.

After settling into our hotel room, we will visit a local potter and where we can make our own souvenir under their expert guidance. After we have finished our masterpieces, our guide will take us back to the hotel where we will rest for the remaining of the evening in the peace and quiet of the rural area.



*Overnight:*  
**Hotel**



*Meals:*  
**L**



*Activity:*  
**Transfer & Culture**

## DAY 2: Explore Pisac Market



Today we drive to the small town of Pisac to enjoy its market day where we will wander amongst the many artisan stalls at a leisurely pace. You may also see some of the elder locals who have travelled down from the remote hill villages to barter potatoes, carrots and onions in exchange for tropical fruits brought up from the jungle.

Afterwards, we head to Taray where we will unload our bikes and cycle out of the plaza on a dirt road along side the Urubamba river. Travelling slowly is the perfect way to appreciate the beauty of this traditional agricultural area.

Vibrant fields of corn, kiwicha and quinoa line our route as cherry farm workers put down their tools to wave to us as we pass. En-route we will enjoy a picnic lunch. The fit can cycle back to the hotel or the support vehicle can take us back at any time. Today's distance is flexible as you can cycle as little or as much as you want. Average cycling time is 3 hours or approximately 35Km.



*Overnight:*  
**Hotel**



*Meals:*  
**B, L**



*Distance:*  
**Flexible (Max 35Km)**



*Activity:*  
**Culture & Cycling**

## DAY 3: Pachamancas, Paddleboards and Salt Pans

A day of variety awaits us. A forty minute drive takes you to the shores of Lake Huaypo. Set amongst fields of corn with fantastic views across the snow capped Urubamba mountains, this really is a special place. Once arrived we will help prepare a Pachamanca, a very traditional Peruvian meal where meat and vegetables are cooked on hot stones in a hole in the ground. Once the food is cooking, we will enjoy some fun on the water of the world's highest fleet of standup paddleboards.

This fantastic new sport is spreading fast across the world. Under the careful instructions of your expert English speaking guides, you will soon pick up the needed skills to head out across the lake. Once off the water it is time to uncover our earthen oven and enjoy succulent food we prepared. Afterwards, we drive fifteen minutes to the



spectacular salt pans of Maras. Worked by hand for generations these are a photographers dream. We will then hike and old mule track which is used to carry salt down to the valley.



*Today, Choquequirao still remains a mystery. It was not mentioned in the Spanish chronicles and although Hiram Bingham visited it before Machu Picchu, he failed to realise its importance. Large areas still remain covered in thick cloud forest, giving you a true Indiana Jones experience with very few tourists visiting due to its remote location.*

After a great day of exploring you return to hotel where you can relax and ponder upon all that you have learnt and seen.



**Overnight:**  
**Hotel**



**Meals:**  
**B, L, D**



**Activity:**  
**Culture & Paddle Boarding**

#### DAY 4: Hike the Inca Trail to Machu Picchu

Today is the day we reach Machu Picchu. Built over 500 years ago, this is one of the Seven Wonders of the World, and rightly so, words do not do it justice. We take an early train to start our hike along the Inca Trail. A few hours into climbing brings you to the beautiful Inca terraces of Winay Wayna where we will enjoy a box lunch. A further gentle two hours, a final set of steps, you pass through the old Incan gateway, turn to your left and there it is. Machu Picchu unfolds before our eyes.

Tonight we will spend the night in the town below, perhaps enjoy the medicinal waters of the hot springs, but above all, dream about tomorrow and our chance to fully explore the ruins of Machu Picchu.



**Overnight:**  
**Hotel**



**Meals:**  
**B, L, D**



**Distance:**  
**11Km**



**Activity:**  
**Trekking & Culture**

#### DAY 5: Machu Picchu – Stones, Sacrifices & Spectacled Bears

A twenty minute bus ride brings us back to Machu Picchu where our guide will show us around and explain just how the Incas managed to build with such precision and beauty on this remote hilltop. From alters used for human sacrifices, temples carved in the shape of condors through to stones used to tie the sun, this is a history lesson everyone will enjoy. If you are really lucky, you may even see Paddington Bear and his marmalade sandwich. Today we will have lunch in Sanctuary Lodge.





*Perched up high on an inaccessible hilltop, Machu Picchu is protected by huge cliffs and the raging Urubamba River. It is believed that it was built for Inca emperor Pachacuti in the 15<sup>th</sup> Century, approximately around 1450. The site is made up of three primary structures constructed in classical Inca style, polished dry-stone walls. The structures which make up Machu Picchu include the Intihuatana, the Temple of the Sun and the room of the three widows. This site was never revealed to the conquering Spaniards and was virtually forgotten about until the early 20<sup>th</sup> Century. It is now the best known archeological site on the planet.*

After a fantastic day in an even more fantastic destination, we board the train where you can sit back and relax and take in the scenery on our journey back to Cusco.



*Overnight:*  
**Hotel**



*Meals:*  
**B, L**



*Activity:*  
**Exploring & Culture**

### **DAY 6: Sacsayhuaman, Tunnels & Chocolate Making**

A leisurely day today. A fifteen minute drive to the old Inca fortress of Sacsayhuaman. Standing guard above Cusco, the huge ramparts boasts stones up to 28 feet high weighing 140 tonnes. Quite how the Incas moved them into place remains one of the world's greatest mysteries.

After climbing to the top of the ramparts for a spectacular view of Cusco it is time to play. Sacsayhuaman boasts an impressive system of tunnels just waiting for us to explore. Finally a twenty minute walk brings us back down to Cusco where we will relax and enjoy some lunch.

Late afternoon is chocolate time. You probably know what you like, but do you know how it is made? Our hosts will explain where it comes from and the story behind this most popular of foods before helping us make our very own bar of Peruvian chocolate. It's the perfect gift to take home for a loved one... that's if you don't eat it beforehand.



*Overnight:*  
**Hotel**



*Meals:*  
**B, L**



*Activity:*  
**Exploring and Culture**

### **DAY 7: Canoes, Camelids & Condors**

Time to work off all that chocolate. A forty minute drive takes us to Pinipampa section of river where we can ride the rapids in our very own inflatable canoe. The safe but fun rapids are perfect for beginners. Whilst there we will have experts guides showing us what we need know. Whatever your age, you are sure to get off the water grinning from ear to ear.



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A tasty lunch at a local restaurant then it's time to meet the locals. The four legged variety. At Awana Kancha we can feed the llamas and alpacas as well as seeing how the traditional cloth is woven and dyed. Then across the road at Ccochuasi animal sanctuary we will see first hand just how big a condor's wingspan is as it swoops low over our heads. Home to a variety of rescued animals, this is the ideal place to see native Peruvian animals such as condors, pumas, macaws and the Peruvian hairless dog.



*Overnight:*  
**Hotel**



*Meals:*  
**B, L**



*Activity:*  
**Canoeing and Wildlife**

## DAY 8: Cusco – Cobbles, Culture & Coffee

Today you are free to wander around Cusco, explore the cobbled side streets of the San Blas artist district or stare in awe at the Inca treasures in the many museums.

This afternoon we will be taken to the airport for your onward journey, perhaps to Lake Titicaca, the Amazon Jungle or even home.



*Overnight:*  
**NA**



*Meals:*  
**B**



*Activity:*  
**Personal Preference  
& Transfer**

## Getting Around

- Peru has a good domestic air service, however flights are often delayed and cancelled in certain parts of the country, especially in the jungle areas as weather can be a problem.
- The Inca Trail starts at an altitude of around 2,800 meters with the highest point of the trek being "Dead Woman's Pass" measured at 4,200 meters. Walking at a measured pace and keeping yourself hydrated can diminish the already low chances of altitude sickness.
- The train from Machu Picchu is operated by PERURAIL and the trip provides some spectacular views of the mountains.
- The travelers will be transported to their destinations with a minibus.



# Important Information

Included	Not Included
<ul style="list-style-type: none"><li>☉ All meals as described (B=breakfast, L=lunch, D=dinner)</li><li>☉ Accommodation as described</li><li>☉ Tours as described</li><li>☉ English Speaking Guide</li><li>☉ Orientation on Day 1</li><li>☉ Entrance Fees where applicable</li><li>☉ Inca Trail and KM104 permits for Day 4</li><li>☉ All transfers/transport as described</li><li>☉ Bus/train ticket for Days 4 &amp; 5</li><li>☉ Transfers for Days 1 &amp; 8</li><li>☉ Porter Support on Day 4</li><li>☉ Equipment including bike, helmet and gloves for Day 2</li><li>☉ All white water and safety equipment for Days 3 &amp; 7</li></ul>	<ul style="list-style-type: none"><li>➤ International flights (These can be arranged through us, if needed)</li><li>➤ Visa fees</li><li>➤ Meals other than mentioned</li><li>➤ Alcoholic and soft drinks (water included during tours)</li><li>➤ Personal expenses</li><li>➤ All gratuities to hotel, restaurant staff, local drivers, guides and porters</li></ul>

# Additional Information

We recommend your flight arrives into Cusco by 10am. If preferred, we can organise international flights for you.





## Accommodation *at a glance*

	Location	Accommodation	Example
Night 1, 2 & 3	Sacred Valley	Hotel	<i>Hotel Villa Urubamba</i>
Night 4	Lucmabamba	Hotel	<i>Hotel El Mapi by Inkaterra</i>
Night 5, 6 & 7	Cusco	Hotel	<i>Hotel Casa San Blas Boutique</i>



## WHEN TO GO...

Peru has a range of different climates from moderate temperatures to rainy and humid areas to high mountain tops with colder temperatures. Machu Picchu is located near the jungle, therefore rainfall is possible all year around. It is influenced by the altitude and the Andean highlands climate, therefore waterproof clothes and warm layers are advised throughout all seasons. Our trips run from April to November to ensure the best possible experience when trekking through the Inca Trail.

### October - April (Rainy Season)

- 🕒 In March the trail is re-opened after being closed for maintenance throughout February.
- 🕒 Snow capped mountains are visible until October due to colder weather which provides beautiful scenery throughout trekking and camping.
- 🕒 The rainy season is still suitable for trekking and camping although the amount of cloudy and rainy days increases.
- 🕒 The temperatures are generally higher than in the summer months, however night time can result in very cold temperatures.

### May - September (Dry Season)

- 🕒 The temperatures around the highlands area are generally colder since the summer months are the coldest out of all the seasons in Peru.
- 🕒 Summer months are the most popular with trekkers due to low rainfall and the dry conditions of the Inca Trail.
- 🕒 National holidays throughout the months of July and August are the peak time for visiting Machu Picchu for many Peruvians which results in increased crowds around the site.



## Additional Information

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Activity Duration	3-6 hours per day
Season	March through to December
Best Time To Go	April-November
Group Size	Max 8
Responsibility	As part of our commitment to responsible travel we are reducing the use of disposable plastic bottles by taking the Travelers Against Plastic Pledge. We also support our local community by donating funds for reforestation project.
Group Departures	This is run as a private trip, so we are able to suit your dates and requirements. We can also tailor the trip to suit your requirements.
Difficulty Level	Our grades have been designated based on our perception of the degree of physical activity you are likely to require to enjoy the adventure. These are only a guideline. This itinerary has a 'difficult level' of moderate (3+ hours of activities per day). This means you will need more than a basic level of fitness and some specific training may be required.

## The Pioneer Booking Process

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Where do you go from here? Well, you can feel free to email us at [info@pioneerexpeditions.com](mailto:info@pioneerexpeditions.com) if you're interested in this trip, or any of our other expeditions from around the world.

**1. Contact us -**

We will be happy to answer any questions or enquiries you may have. From here we will begin to plan and put together your dream adventure holiday! Alternatively, on our website you will find our booking and enquiry forms; once filled in, we will be notified of your enquiry and will get back to you ASAP.

**2. Leave everything to us -**

Everything will be arranged and booked by us, but we will make sure to keep you updated every step of the way. In addition, we can arrange your international flights if needed, as we have access to competitive airfares. We can also arrange any additional tours or additional night's accommodation.

**3. Wait for your adventure to begin -**

Sit back and count down the days until your trip of a lifetime with Pioneer Expeditions. We'll handle all of the last minute preparations and provide you with everything you need. All practical information will be sent out to you, prior to your trip.

