



**PERU**

Family Adventure



# PIONEER EXPEDITIONS



**DO SOMETHING EXTRAORDINARY...**

## ITINERARY

### Family Adventure Peru

**7 DAYS • 6 NIGHTS**

**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.

## 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.

## ITINERARY



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## DAY 1: Cusco Arrival - Transfer to Sacred Valley Hotel

On arrival in Cusco airport please proceed to the baggage hall. At the exit to the building your transfer guide, will be waiting for you with a sign at the barrier outside the arrivals gate.

Your guide will then escort you on the seventy-minute journey to the Sacred Valley and your hotel for the night. Your guide will introduce you to the land of the Incas and hold a trip consultation for the adventure ahead.

Lunch in restaurant



*Overnight:*  
**Hotel**



*Meals:*  
**L**



*Activity:*  
**Transfer & Culture**

## DAY 2: E-Bike Pisac to Ollantaytambo



You begin with an optional visit to Pisac village. At this small town based in the Sacred Valley of the Incas, we can stop for a stroll around the lovely Plaza de Armas and artisan market stalls.

Just across the Urubamba river from Pisac lies the village of Taray. Here we unload the bikes, you kit up and following full instruction in the use of your electric assist mountain bike, begin your Sacred Valley cycle.

This lovely dirt track undulates between local villages and haciendas, where we can see traditional farming methods still in use against the beautiful backdrop of glaciated mountains and

Inca ruins. Passing by Qoya, Calca, Huaran and Huayllabamba you stop for a picnic lunch en-route.

With the help of the electric motors, climbs cease to exist as you whizz along on this virtual traffic free road with stunning views of the Sacred Valley and the Urubamba River.

A short road transfer around Urubamba and you are back on a by-road, crossing the Urubamba river beside the train tracks and so to Pacchar and then beside towering, perfectly preserved Inca terrace, we arrive at Ollantaytambo.

The support vehicle is on hand throughout the day, allowing us to carry any extra gear or weary riders.

This full day of e-biking along the length of the Sacred Valley of the Incas will be one of the highlights of your trip to Peru.



*Overnight:*  
**Hotel**



*Meals:*  
**B, L**



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



*Activity:*  
**Culture & Cycling**

## DAY 3: Water Sports on Lake Huaypo – Moray Circular Ruins – Maras Salt Pans – Pachamanca (Pit Roast)

Today, you head to our water sports centre on the shores of Lake Huaypo for some active options. Set amongst fields of corn with fantastic views across to the snow-capped Vilcanota mountains, this is a relaxing rural setting and the perfect place to acclimatise and enjoy some fun on the water.

Choose between exploring the lake on our Stand-Up Paddleboards or Sit On Top Kayaks. Once fully kitted up in wetsuits, booties and life jackets, your expert guide will give you full instruction on these easy-to-use crafts before you head out through the reeds and onto the lake itself.



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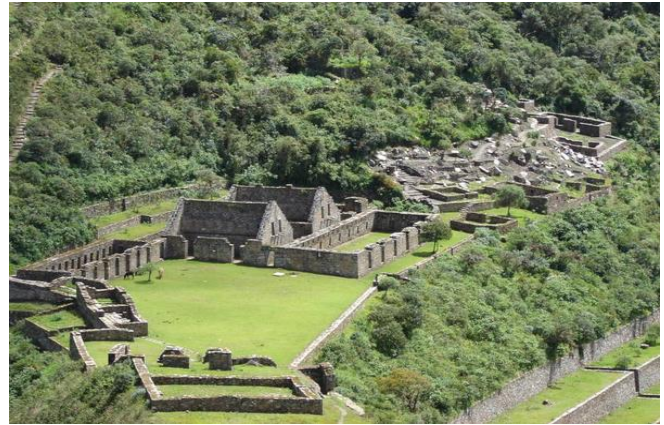
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To paddle across lake Huaypo is a magical experience as you glide along enjoying spectacular views of the Andes mountains and the local farms and hopefully glimpse some of the birdlife that use Huaypo as a migration base including the rare Andean Flamingo. On the far side of the lake, we enjoy some snacks before heading back to our base in time for hot showers and lunch.

Today's lunch is made on-site with local products and freshly prepared natural drinks. This could be a delicious buffet or an upgrade to either a traditional Pachamanca pit roast of meat and vegetables or a cooking display of traditional Peruvian dishes.

There's time to relax in our hammocks and enjoy the stunning views before we say farewell to Huaypo and take a dirt road to the incredible ruins of Moray. These rarely visited circular ruins are thought to have been agricultural experimental stations in the times of the Incas.



After visiting the ruins, we head back across the plains through the interesting town of Maras to visit the amazing Salineras, a series of salt pans that have been worked since Inca times.

We explore this amazing site before finally returning to our hotel after a full day of fun, culture, fine dining and history.

### **Maras salt-pans entrance**

#### **Pachamanca:**

A Pachamanca is a traditional way of preparing food in the Andes. In the absence of a stove an oven is built out of stones, the stones are heated with a wood fire and once brought to a very high temperature. The meat and vegetables are then carefully covered with the rocks. Herbs are then added and the whole mound is covered by wet sheets and finally a mound of earth.

After thirty-five minutes the meal is ready and we have the pleasure of digging up our delicious potatoes, yams, corn, fava beans, and meat straight from the earth.



*Overnight:*  
**Hotel**



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



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

### **DAY 4: Train – Royal Inca Trail from 104km – Machu Picchu Ruins – Cusco**

We start early in the morning and transfer to the train station for the beautiful journey towards Machu Picchu. At km104 we alight, pass through the control and start our walk past the interesting ruins at Chachabamba. Following an ancient Inca trail, we ascend through tropical cloud forest and climb high above the roaring Urubamba River. Whilst walking all you need to carry is a daypack.

An initially challenging ascent is replaced by satisfaction as we reach Wiñay Wayna, a beautiful Inca ruin full of swallows and orchids. We enjoy a picnic lunch and, time permitting, visit these impressive ruins before joining what is generally considered to be the most spectacular part of the Inca Trail. The contour path through the fascinating cloud forest leads to Inti Puncu, 'the gateway of the Sun' and our first glimpse of Machu Picchu.



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We savour the moment, take photos and then once in the ruins themselves, your guide will give you an extensive walking tour of Machu Picchu and explain the fascinating history of the Incas.

We catch an afternoon bus to Machu Picchu town and transfer to the train station, where you can catch a late train back to Ollantaytambo and onwards to your hotel.



*Overnight:*  
**Hotel**



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



*Distance:*  
**11Km**



*Activity:*  
**Trekking & Culture**

#### **DAY 5: Free morning in Cusco – PM Cusco Art Workshop**

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.

Take a short Cusco art workshop and work with a local artist to decorate your very own Pucara Bull.

You will learn and apply the gilding techniques so important to traditional Cusco art. You will learn about the history of the bulls and their role in local customs. And about the Cusco School of Art and its fusion of Andean culture with European.

Your workshop takes place in Florencia y Fortunata Café and will be led by a member of the Totemiq Art Collective. Metal laminates and Acrylic paints are supplied to decorate your ceramic Pucara Bull.

Included in the workshop is a Coffee cocktail by the Florencia Fortunata Café. Also, a short talk on the importance of the local women producers. These ladies contribute to the education and gender equity in the world of coffee in Cusco. Also a 250g bag of their delicious coffee as a souvenir.

This is a great way to create your own very special souvenir and pass a fun, relaxing and educational two hours.



*Overnight:*  
**Hotel**



*Meals:*  
**B, L**



*Activity:*  
**Exploring & Culture**

#### **DAY 6: 1-Day Rafting Black Canyon of the Rio Apurimac**

This is a unique chance to paddle a one day section of the mighty Rio Apurimac, through a 3000m deep canyon on the true source of the Rio Amazon. This is a massive day of total adventure, You will be rewarded with spectacular views, amazing whitewater, pristine beaches and great memories.

We pick you up early for the spectacular drive to the Apurimac canyon, hopefully glimpsing on route the snow-capped Vilcanota mountain range and Salcantay Massif before descending an incredible road into the canyon and so to our starting point on the banks of the Apurimac. Here we inflate our specialised rafts, and, following a full safety talk and instruction in the art of white water rafting, we head off into the canyon in search of adventure.

We travel through the most spectacular canyon with world class rapids, interspersed with gentle floats, elusive wildlife and amazing scenery. We stop to explore side canyons, have lunch on a deserted beach before enjoying more fun rapids to our take out at Puente Huallpacachaca where we celebrate our day with cold drinks, before jumping in the vehicles for the journey back to your hotel, having had a genuine "mini expedition" on the Rio Apurimac.



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Overnight:  
**Hotel**



Meals:  
**B, L**



Activity:  
**Exploring and Culture**

## DAY 7: Cusco Departure

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 take you to the airport for your onward journey, perhaps to Lake Titicaca, the Amazon jungle, or even just home.



Overnight:  
**Hotel**



Meals:  
**B, L**



Activity:  
**Canoeing and Wildlife**

## 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.



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# 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...

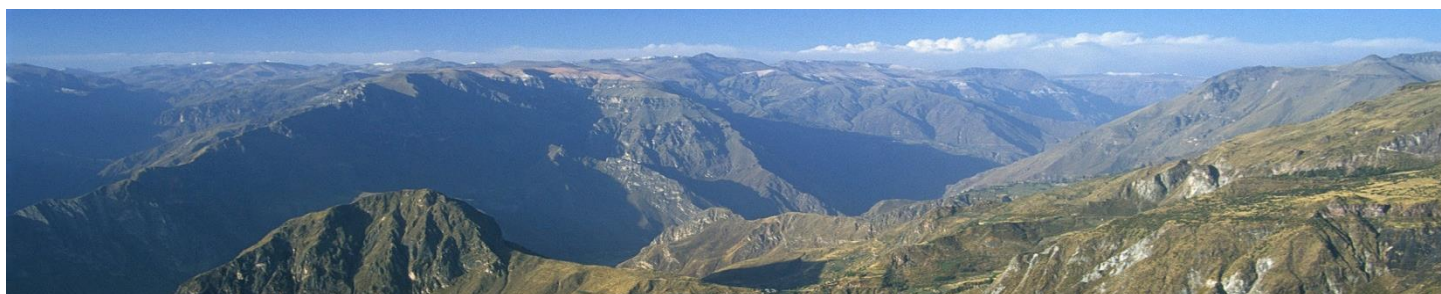
Peru has a range of different climates from moderate temperatures to rainy and humid areas to high mountain tops with colder temperatures. Machu Picchu is located near the jungle, therefore rainfall is possible all year around. It is influenced by the altitude and the Andean highlands climate, therefore 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 June are the peak time for visiting Machu Picchu for many Peruvians which results in increased crowds around the site.



## ADDITIONAL INFORMATION

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

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.

