

EXPLORE MACHU PICCHU

Delve into the historical mysteries and cultural treasures of Peru on this compact adventure. Discover UNESCO World Heritage sites—including the mountaintop citadel of Machu Picchu and historic Cusco—alongside knowledgeable local guides. Travel across the snowcapped peaks of the Andes, and get a glimpse of the ancient traditions that continue to endure in the misty valleys.

ITINERARIO:



DAY 1: Lima

Arrive at any time. Arrival transfer is included.

Get ready for a very busy tour exploring the best of Peru in a week. We recommend booking a pre-night in Lima (in particular if your flight arrives into Lima in the evening) to recover from international flights and rest up before the excitement.

Private Vehicle: Settle in and scan the scenery from the convenience of a private vehicle.

Arrival Day and Welcome Meeting: The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. Check for the meeting time on the welcome note at the hotel. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Accommodation: Hotel Antigua Miraflores (or similar)

DAY 2: Lima/Urubamba

Board an early flight to Cusco, once the capital of the Inca empire, then drive to Urubamba through the scenic Sacred Valley. Explore the terraced salt pans of Maras, which have been used for salt extraction since pre-Inca times, and tour the Inca site of Moray—believed to have been an agricultural laboratory where priests would test soils and crops. Later, we'll enjoy a meal of local specialities, prepared in a pachamanca, or underground stone oven.

Plane: Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Private Vehicle: Times includes all stops and visits enroute through the Sacred Valley.

Moray Ruins Guided Tour: Explore the ancient site of Moray, which archeologists believe was used to conduct agricultural experiments. Walk down through the great circular terraces and notice how the temperature shifts with the depth – sometimes as much as 15°C (27°F)!

Las Salineras Pre-Incan Salt Pans Guided Tour: Visit the pre-Incan salt pans of Las Salineras – still in use today. Marvel at the terraced pools set amongst the beauty of the Sacred Valley.

Traditional Pachamanca Dinner: The thousand year-old tradition of pachamanca involves baking an assortment of meat and vegetables in an oven of hot stones, earth, and grass. Meat is usually seasoned with local spices and wrapped in a banana leaf before it's placed on the hot stones and can include lamb, pork, chicken or guinea pig. Savour this traditional meal prepared by an experienced chef.

Accommodation: Hotel Mabey Urubamba (or similar) (Meals includes: Breakfast/Dinner)

DAY 3: Urubamba

Continue exploring the Sacred Valley with a visit to the G Adventures–supported Parque de la Papa, or Potato Park, a rural Andean community working to preserve hundreds of varieties of native potato. During this exclusive experience, you'll walk through the park with a local guide to learn about potato cultivation, traditional weaving, and the importance of both these practices to

Andean culture. We'll also tour the fascinating Inca ruins of Ollantaytambo and Pisac and enjoy a meal at the G Adventures–supported Parwa Community Restaurant in Huchuy Qosqo.

Private Vehicle: Times includes all stops and visits enroute through the Sacred Valley.

Your Journeys Highlight Moment: Traditional Andean Experience: In Peru's Sacred Valley of the Inca, six communities of approximately 6000 indigenous people are working together to preserve over 700 species of potato – a cornerstone of life here. As part of an experience exclusive to National Geographic Journeys travellers – and part of our G Adventures for Good program – visit this area, named "Parque de la Papa" ("Potato Park"), to learn about life in an Andean agricultural community. Walk through the park here with a local guide, dropping by the seed bank (which has direct ties to the Svalbard Global Seed Vault in Norway) and then head out to the fields to watch the planting or harvesting process, depending on the season. After, enjoy some of the delicious varieties of potato and visit the small stone hut where traditional weaving takes place. Learn about the natural dyeing process and witness alpaca wool strands being transformed into beautiful textiles through a centuries-old backstrap weaving style. Your visit to this special community means this local enterprise can continue earning an income that supports their development and conservation goals.

Your G for Good Moment: Parque de la Papa (Potato Park): Parque de la Papa (meaning "Potato Park") serves two important purposes for the community of Pampallacta: the preservation of agricultural biodiversity and economic opportunity. National Geographic Journeys travellers visit the park to learn about life in a rural agricultural Andean community and take a tour of the seed conservation program, which is preserving heritage potato species. They also learn about traditional planting, harvesting and indigenous weaving practices. With G Adventures' support, the community is able to create jobs in the area and invest in local businesses, which helps the community preserve their culture.

Pisac Ruins Guided Tour: Tour the fascinating hilltop citadel of Pisac, an Incan ruin with plunging gorges, a ceremonial centre, and winding agriculture terracing that's still in use today. Be captivated by this truly amazing site sitting amid sweeping green valleys and mountain peaks. Explore the back of the site to see a pocketed cliff across Kitamayo Gorge, which once contained hundreds of Inca tombs.

Your G for Good Moment: Parwa Community Restaurant the Sacred Valley: Contribute to sustainable tourism in Huchuy Qosqo, a small village of 65 families in the Sacred Valley, by eating at the Parwa Community Restaurant. Learn how the resident-run restaurant was kickstarted by G Adventures and the Multilateral Investment Fund, to become a successful farm-to-table program that boosts the local economy and several spin-off microenterprises.

Ollantaytambo Ruins Guided Tour: Tour the town and fortress of Ollantaytambo with a local guide. Take a step back in time at this Inca archaeological site; it still shows signs of its former glory, including agricultural terraces, a Temple Hill, and storehouses. Learn how the area, overlooking the Urubamba River Valley, was an important stronghold during warfare between the Spanish and Incas.

Accommodation: Hotel Mabey Urubamba (or similar) (Meals included: Breakfast/Lunch)

DAY 4: Urubamba/Aguas Calientes

Catch an early transfer to the Ollantaytambo station and board a train to Aguas Calientes, the gateway to Machu Picchu. Ride through lush Andean scenery, enjoying breathtaking views of ancient ruins and everyday life. Settle into your hotel in Aguas Calientes, and choose from a variety of optional activities: take a relaxing soak in the local hot springs, visit a beautiful botanical garden, or wander the handicraft stalls in town as you prepare for an early start the following day to go up to Machu Picchu.

Private Vehicle: Settle in and scan the scenery from the convenience of a private vehicle.

Train: Climb aboard, take a seat, and enjoy the ride

Accommodation: Hotel Taypikala Machupicchu (or similar) (Meals included: Breakfast)

DAY 5: Aguas Calientes/Cusco

This morning, embark on a guided tour of Machu Picchu—the 15th-century Inca citadel famously introduced to the world by archaeologist Hiram Bingham in the April 1913 issue of National Geographic magazine. After being taken through the temples and terraces of this awe-inspiring UNESCO World Heritage site, return to Cusco by train.

Local bus: Climb aboard, grab a seat, and enjoy the ride.

Machu Picchu Guided Tour: Rise and shine – the best time to see the Lost City of the Incas is in the early morning light. Follow the local guide to Machu Picchu to learn about its history at a leisurely pace. Gain local insight into the Inti Mach'ay cave, Inti Watana, the Temple of the Water, the Temple of the Condor, and the Room of the Three Windows. Take time to sit and feel the energy of this 15th-century site, now both a UNESCO World Heritage site and voted one of the new Seven Wonders of the World (in a worldwide Internet poll).

Train: Climb aboard, take a seat, and enjoy the ride.

Private Vehicle: Settle in and scan the scenery from the convenience of a private vehicle.

Accommodation: Taypikala Hotel Cusco (or similar) (Meals included: Breakfast)

DAY 6: Cusco

Spend the day exploring charming Cusco. Opt to visit Plaza de Armas, the historic main square; the 15th-century Sacsayhuaman fortress; or some of the city's museums and ornate churches. This evening, we'll head to the Cusco Planetarium to learn about the importance of astronomy to the ancient Inca and, weather permitting, look out at the glittering, starry sky through telescopes.

Free Time: Take in the sights on horseback or rent a motorbike for a more thrilling ride. Looking to learn more about Cusco? Head to one of the many museums in the city.

Your Journeys Highlight Moment: Cusco Planetarium: Look to the night sky for a different view of the city. Explore the Cusco Planetarium surrounded by the serene nature of the Llaullipata Ecological Reserve. Enjoy a presentation on the southern sky, contemporary astronomy, and the ancient Incas' relationship with the cosmos. Check-out the on-site museum and use the telescopes to admire the stars (weather-permitting).

Accommodation: Taypikala Hotel Cusco (or similar) (Meals included: Breakfast)

DAY 7: Cusco/Lima

Fly back to Lima. Spend the rest of the day at your leisure or choose to take a half-day guided tour of the Peruvian capital. Visit the San Francisco Monastery, part of Lima's World Heritage-listed historic center, and descend into its famed catacombs. Wander across Plaza Mayor, the city's oldest public square, and enjoy Peruvian tapas and a tasting of pisco sours before returning to your hotel.

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Accommodation: Hotel Antigua Miraflores (or similar) (Meals included: Breakfast)

DAY 8: Lima

Depart at any time.

Departure Day: Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

Meals included: Breakfast

ATTIVITA' CHE PUOI FARE DURANTE IL TEMPO LIBERO:

DAY 1:

- **Lima Tour City:** Discover Lima's cultural and culinary highlights on this half-day guided tour. Visit the San Francisco Church and its impressive catacombs, walk around Plaza de Armas, and get to know some of Lima's lovely neighbourhoods. Stop to enjoy some authentic Peruvian tapas and be introduced to pisco sours during a demonstration and tasting before heading back to your hotel. (65-85USD per person)
- **Lima Cooking Class:** Get a taste of Peruvian cuisine, visit local markets, sample exotic fruit, select fresh ingredients, and try your hand at preparing unique Peruvian dishes influenced by China, Italy, West Africa, and Japan. (unspecified price)
- **Full Day Lima Experience:** Experience the highlights Lima along with its important eras in history such as, the Pre-Hispanic Oracle of Pachacamac. Enjoy lunch at a local restaurant in the bohemian district of Barranco and visit the colonial convent of San Francisco and its latest addition, the Magic Water Park. (150USD per person)
- **Huacas and Larco Museum by Night:** Tour three different Huacas in the city which were built during pre-Inca times in the middle of Lima. Then, visit the Larco Museum where you will enjoy a 3-course dinner in the restaurant there. (90USD per person)
- **MALI & Peruvian Paso Horse with dinner:** Visit Parque de la Exposición, a historical park in the city and the Art Museum of Lima which exhibits art developed from pre-Inca, Colonial and Present times. Then, visit a Hacienda where you will experience a performance of

typical, local dances and see the Marinera Dance with the horses while you enjoy a buffet dinner. (90USD per person)

- **Bike Miraflores and Barranco:** Head out on a bike tour through Miraflores and Barranco visiting iconic districts in Lima along the way. You will bike a total of 13km or about 8 miles on this particular tour. Take in the colourful atmosphere as you pass by historic house in the Bajada de Baños district and visit the famous Puente de los Suspiros. (30USD per person)

DAY 4

- **Hot Springs Visit:** Soak your sore muscles in the local hot springs for which the town, Aguas Calientes, was originally named. (3USD per person)
- **Butterfly House Visit:** Learn about the four stages of a butterfly's life at this learning centre and breeding project. Observe varied species of butterflies, some unique to the area. (unspecified price)
- **Mandor Gardens Visit:** This botanical garden boasts a beautiful waterfall, varied wildlife and lush scenery. Walk along one of the trails and admire the many orchids. (unspecified price)

DAY 6:

- **Cusco City Tour:** Enjoy a half-day tour of Cusco's main sights. Walk around the Plaza de Armas (main square) and explore this city steeped in one of the world's most alluring and ancient cultures. Visit Qenqo, Koricancha, the Cathedral, Puca Pucara, Tambomachay, and the archaeological site of Sacsaywaman. (45PEN per person)
- **Horseback Riding:** Hop in the saddle and explore Cusco's archaeological sites by horseback on a 3.5 hr tour – no previous experience needed. Dress for the weather, and bring sunblock and a hat, just in case. (150PEN per person)
- **Inka Museum:** Get ready to explore the artifacts from the Inca Empire, including mummies, jewelry, skulls, and ceramics at this museum of archaeology. (10PEN per person)
- **Whitewater Rafting Urubamba:** Rise for an early morning pick up and drive to Chuquichuana for a safety briefing. Enjoy a full day of rafting on the Upper Vilcanota River (about 2.5 hrs on the water). Be thrilled by fast rapids that are a constant Class III and IV for around 11km (9 mi), and don't forget to take in the gorgeous scenery. Rehash all the excitement afterward over a riverside picnic lunch. (165PEN per person)
- **Cusco Cooking Class:** Channel your inner chef with a Peruvian cooking class. Take a trip to the market with your teacher and learn about regional flavours as you pick out the freshest

ingredients. Head back to the kitchen for a hands-on lesson and learn to prepare local Peruvian specialties. (unspecified price)

DAY 7:

- **Lima Tour City:** Discover Lima's cultural and culinary highlights on this half-day guided tour. Visit the San Francisco Church and its impressive catacombs, walk around Plaza de Armas, and get to know some of Lima's lovely neighbourhoods. Stop to enjoy some authentic Peruvian tapas and be introduced to pisco sours during a demonstration and tasting before heading back to your hotel. (65-85USD per person)
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