

PE001 Incas & Amazon 15 Days

Your “Taste of Volunteering” Project:



Environmental, Repairs & Renovations, Teaching English

You can spend four days in a village near Cuzco where you can help teach - if your Spanish skills are up to it, or you can help build, clean, paint or garden, working alongside the locals! You can expect that this will be the highlight of your trip!





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Trip Highlights:

- Volunteering near Cuzco
- Inca Trail four day trek
- Sunrise over Machu Picchu
- Explore Amazon jungle by foot and dugout canoe

Day by Day Itinerary

Day 1: Lima city tour (D)
Day 2 : Fly to Cuzco; City tour (B)
Day 3: Volunteer Project begins (B,L)
Day 4-6: Volunteering continues (B,L)
Day 7: Sacred Valley/Ollantaytambo (B,L,D)
Day 8-11: Inca Trail to Machu Picchu (B,L,D)
Day 12: Rest day in Cuzco (rafting option) (B)
Day 13: Fly to Puerto Maldonado, Amazon (B,L,D)
Day 14: Amazon, Tambopata Forest (B,L,D)
Day 15: Amazon, fly back to Lima; tour ends (B)

B = Breakfast, L= Lunch, D = Dinner

Trip Description:

Day 1 LIMA

You are met at the airport by your local English speaking guide and transferred to your hotel.

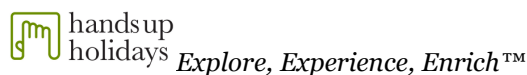
After checking in, we visit the Cathedral, Main Square, San Francisco Convent and its Catacombs, the Inquisition Court, the residential areas of San Isidro, Miraflores, the new commercial area south of Lima, and the ocean front to enjoy a magnificent view of the Pacific Ocean.

Overnight in a 5* hotel

D

Day 2 LIMA – CUZCO

We fly to Cuzco and in the afternoon have a guided visit of the four ruins nearby, the Sacsayhuaman Fortress, overlooking the city of Cuzco, a pre Inca architectural masterpiece; Kenko, a rock sanctuary whose main attraction is a monolithic altar representing a puma, the red Fortress of Puca-Pucara and Tambomachay, a beautiful fountain fed by a spring forming a series of basins.



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Overnight in a 5* hotel

B

Day 3 CUZCO

Your Volunteer Project begins.

You can choose from a variety of meaningful projects that enable you to make a difference in a local community, including repair and renovation work, teaching, or environmental conservation. If you have medical skills, these would also be greatly appreciated.

You will be picked up from your hotel each day and transferred to your Volunteer Project site. You will have lunch with the community and return to your hotel in Cuzco each evening.

Overnight in a 5* hotel

B,L

Days 4-6 CUZCO – VOLUNTEERING CONTINUES

Overnight in a 5* hotel

B,L

Day 7 CUZCO – URUBAMBA VALLEY

We have a full day excursion. We visit the village of Pisac, where an Indian market takes place. After lunch, we visit Ollantaytambo, the only Inca town which is still inhabited, and explore the ruins which tower above it.

Your accommodation is in a 4* hotel in Urubamba Valley.

B,L,D

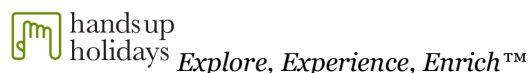
Day 8 THE INCA TRAIL BEGINS

Between 4:00 and 4:30 am, you are picked up at your hotel by private bus. We then drive to Piskacuchu (2,700 m), a community located on the 82nd kilometer of the Cuzco – Machu Picchu railroad, from where our hike starts.

You will have porters throughout your hike to carry your tents, clothing and food – you will just need to carry a small daypack with water, snacks and your camera.

We cross the bridge and walk along the left shore of the Urubamba River, which flows north-west along the Sacred Valley. Following the trail on a flat terrain, we arrive in Miskay (2,800 m), to then ascend and finally see, from the highest viewpoint, the Inca city of Patallacta (2,750 m).

We continue trekking along the valley created by the Kusichaca river, gradually climbing for about five hours until we reach our first campsite in the Wayllabamba village (3,000 m). Along the way we enjoy spectacular views of the Vilcanota ridge on the opposite side of the Urubamba River, where the



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impressive Veronica peak towers at 5,832 meters above sea level. We also encounter diverse flora and fauna along the valley.

Overnight in two person tents

B,L,D

Day 9 WAYLLABAMBA – PACAYMAYO

We wake up at around 6:00 am, and after breakfast we begin the most difficult part of the trek, which consists of an abrupt and steep ascent that stretches for 9 km. During this climb, the landscape changes from sierra to puna (a dry and high plateau with little vegetation).

On the way to the first mountain pass, the Abra Warmihuañusca (Dead Woman's Pass), we might see domesticated llamas and alpacas grazing on ichu, one of the few plants that grow at this altitude. We also go through a cloud forest, a habitat for many different kinds of birds such as the hummingbird and the sparrow, and the Andean bear, also known as Spectacled Bear.

We advise that on this day in particular, your day pack is well stocked with candies, chocolates and coca leaves that will keep your sugar level high, and help with altitude sickness. Immediately after the pass, we descend into the Pacaymayo valley (3,600 m), where we stop to camp after approximately six hours of hiking.

Overnight in two person tents

B,L,D

Day 10 PACAYMAYO – WIÑAYWAYNA

This day might be one of the highlights of your trip as we visit and learn about several archaeological sites.

From Pacaymayo we climb to the second pass, the Abra de Runkurakay (3,970 m).

Half way up, we visit the archaeological complex of the same name. This site, located at 3,800 m, consists of a small oval structure that is believed to have been a watchtower. After going over the pass, we descend towards Yanacocha (Black Lagoon) and enter a cloud forest to finally arrive at Sayamarca (3,624 m).

This is a beautiful complex made up of a semicircular construction, enclosures at different levels, narrow streets, liturgical fountains, patios and irrigation canals. Continuing up an easy climb, we arrive at the third pass, the Abra de Phuyupatamarca (3,700 m).

Nearby is one of the most complete and best preserved archaeological complexes along the Inca Trail to Machu Picchu, situated on the highest point of a mountain. Curiously, Phuyupatamarca means "town over the clouds".



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From above, you can observe a sophisticated sacred structure made up of water fountains with solid foundations, and also impressive views of the Urubamba River valley and the long descending stone steps along which we continue on to our campsite at Wiñaywayna (2,700 m).

At this campsite there is a lodge with a restaurant, bar and bathrooms with hot showers.

Overnight in two person tents

B,L,D

Day 11 **WIÑAYWAYNA – MACHU PICCHU - CUZCO**

On this fourth and last day we get up at 4.00 am to leave Wiñaywayna and climb to Intipunku, or The Sun Gate. This takes an hour of hiking along a trail of flat stones on the edges of cliffs in highland jungle. From this fabulous spot, we see the sunrise over the sacred citadel of Machu Picchu.

From Intipunku we descend to Machu Picchu, and 40 minutes later we enter the citadel from the highest point through the "House of the Guardians". We then descend to the control point where we register ourselves and leave our backpacks. We immediately begin a complete guided tour of the Inca citadel that takes approximately two hours. You then have free time to walk around, climb the Huaynapicchu mountain, where you can experience spectacular views over Machu Picchu, the valleys and mountains that surround it, or you can visit the Temple of the Moon and the fabulous Inca bridge.

In the afternoon, we meet in the town of Aguas Calientes where, if you like, you can relax in the thermal baths. From here we take the train to the city of Cuzco, where we arrive after nightfall.

Overnight in a 5* hotel in Cuzco

B

Day 12 **CUZCO – REST DAY**

You have today at your leisure. If you continue to have plenty of energy, there is an optional whitewater rafting trip you can do (additional cost).

Overnight in a 5* hotel

B

Day 13 **CUZCO – PUERTO MALDONADO – RESERVA AMAZÓNICA**

After a buffet breakfast we fly to Puerto Maldonado airport and transfer to the city river port. We visit the Puerto Maldonado city market, where you can buy



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Brazil nuts, cashew nuts, and star apples, as well as other tropical forest fruits and nuts and local handicrafts from the Amazon region. This may be carried out on arrival or departure from Puerto Maldonado, depending on flight schedules.

You are briefed for your Amazon adventure as we cruise for 45 minutes downriver in an outboard handmade motor boat along the Madre de Dios river. Along the river keep your eyes open for caimans (alligators)! We then arrive at our lodge, situated on the left bank of the Madre de Dios river.

After a warm welcome, there is an explanation of the architecture and orientation of the lodge, built entirely by local indigenous people with forest materials according to Iñapari, Mashco, Amaracair, Dipo and Ese-Eja tradition. You check-in to your indigenous cabin.

Lunch follows in the panoramic dining room. You should have time for a short siesta in the hammock area.

In the afternoon, there is a two-hour guided walk along the botanical trail beside the lodge, with explanation of the various flora and fauna.

There is then an excursion to Monkey Island where you can observe up to five species of monkeys: the howling monkey, the white capuchin monkey, the black capuchin monkey, the maquisapa and the pichico.

You return to your lodge for a typical dinner in the dining room. This is a good time to ask your local guides any questions you may have about the tropical forest and its inhabitants.

After dinner there is a night walk along the riverbank to observe baby caimans and other nocturnal animals. When the sky is clear, the stars of the Southern Hemisphere can be observed in their full radiance.

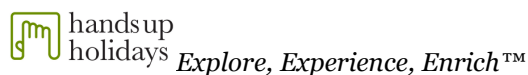
Overnight in the lodge

B,L,D

Day 14 RESERVA AMAZÓNICA

After a hearty breakfast, we cross the Madre de Dios river to the right bank. We have an hour's exploration through the tropical forest. During the 3 km stretch you can encounter plants, trees, some toads, frogs, reptiles, a variety of birds and throughout the whole walk, multicolored butterflies and industrious ants. At the end of the trail, we set off by rowboat to glide through the marsh to magnificent Lake Sandoval.

This lake offers extraordinary scenery: placid waters surrounded by palm, aguaje and other primary forest trees. During the journey you can observe the diverse flora and fauna: river otters, caimans, turtles and rare Amazonian birds like the hoatzin or "Shansho" (a prehistoric-looking bird, also known as 'stinkbird'),



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parrots, black skimmers and herons, among others. You can also swim in the lake, but only where your guide tells you it is safe.

We return to Madre de Dios River to board the motor boat and have a brief trip before disembarking and walking 5 minutes in the rainforest through rubber, breadfruit trees, coffee bushes and other plants to discover the famous boat Fitzcarrald, run aground many years ago and covered with vegetation. This paddlewheel steam boat was used in the past as a hospital to assist indigenous communities in the late seventies. It was the inspiration for the Cannes award winning film 'Fitzcarraldo' by Werner Herzog. We then return to the lodge by boat and have lunch in the panoramic Amazon Pavilion. There is time afterwards for a nap.

We then visit an indigenous cultivation plot where you can learn about the local community life and different kinds of Amazonian crops. There is an opportunity for tasting tropical fruits and edible plants such as sugar cane, yucca (cassava), bananas and cacao (chocolate). You return to the lodge just before sunset - the ideal light to take spectacular photos.

What follows is a typical dinner of 'paca': fish, chicken or beef prepared on a fresh bamboo skewer, cooked over openfire coals by extracting the natural bamboo juice, along with tomatoes and onions and a variety of exotic herbs and sauces.

Overnight in the lodge

B,L,D

Day 15
LIMA

RESERVA AMAZÓNICA – PUERTO MALDONADO -

After a buffet-style tropical breakfast, we return to the city of Puerto Maldonado for our flight to Lima, where our adventure ends.

B

Extras

Please allow an additional US\$100 for meals not included

Comfort Level: 4/5

Accommodation is in superior hotels (4*-5*), in a lodge in the Amazon jungle and in tents (no stars) during the Inca Trail (we have three nights basic camping on the Machu Picchu trail hike).

Activity Level: 5/5



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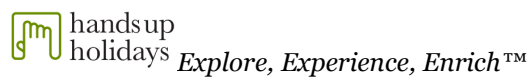
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Min. Travellers per Group: 2
Max. Travellers per Group: 12

Police Check Required? Yes



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