



Inka Trail Expeditions Perú

Proud member of:



Perú Register Sales Tax License: 20528015752

LARES

4DAYS - 3 NIGHTS

TREK



INCA VIVENCIAL TREKKING TO MACHUPICCHU



DAY 1
HUACAWASI



DAY 2
AURORUY COCHA



DAY 3
YANAHUARA



DAY 4
MACHUPICCHU

Welcome!!!

Lares Trek and the Llamas path

With ITEP “Every step is a great Adventure”

...A once in a lifetime physical, cultural, and spiritual journey that will take you through the magnificent **Lares trek** to the legendary **Machu Picchu**...

...Share in the culture and customs of **local Andean families** who maintain centuries-old traditions...

.... Have a great 1st impression of **Machu Picchu**.

...Marvel at the exquisite beauty of the **Lares trek** and **Machu Picchu**

...Challenge yourself as you hike through nine different bio-zones, changing altitudes and varied terrain...

...Indulge in the comfort of our **Service**, the innovative gourmet cuisine, the warmth of our people, and your daily retreat to a **Shangri-La for recovery of mind and body**...

...Be inspired by the **majesty of your surroundings** and the knowledge that you are following in the footsteps of the Incas.

...Witness environmental and social initiatives to **maintain the natural integrity** and improve quality of life in the region...



THE SACRED LARES TREK AND THE LLAMAS PATH TO MACHUPICCHU!

By ITEP "Inka Trail Expeditions Perú" ...

...The Lares Trail to **Machu Picchu** in Perú is part of an extensive Inka system of trails of more than 23,000 kilometers that integrated the **Tahuantinsuyo Empire "The Inka Country"** (which means four regions) that covered many South American countries such as Colombia, the west of Brazil, Ecuador, **Peru**, Bolivia, to the center of Chile and the north of Argentina. These trails tended to be principally on the coast or in the mountains but in a few cases, they reached the tropical edge of the jungle at the Amazon Jungle.

The Qhapaq Ñan (**Inka Trail** in Quechua "the Inka Language") - refers to the network of trails) were without a doubt is one of the marvels of Tahuantinsuyo, according to the Peruvian historian, José Antonio del Busto, who explains that the Inka "King" Huayna Capac most increased the network of trails in order to quickly mobilize his army.

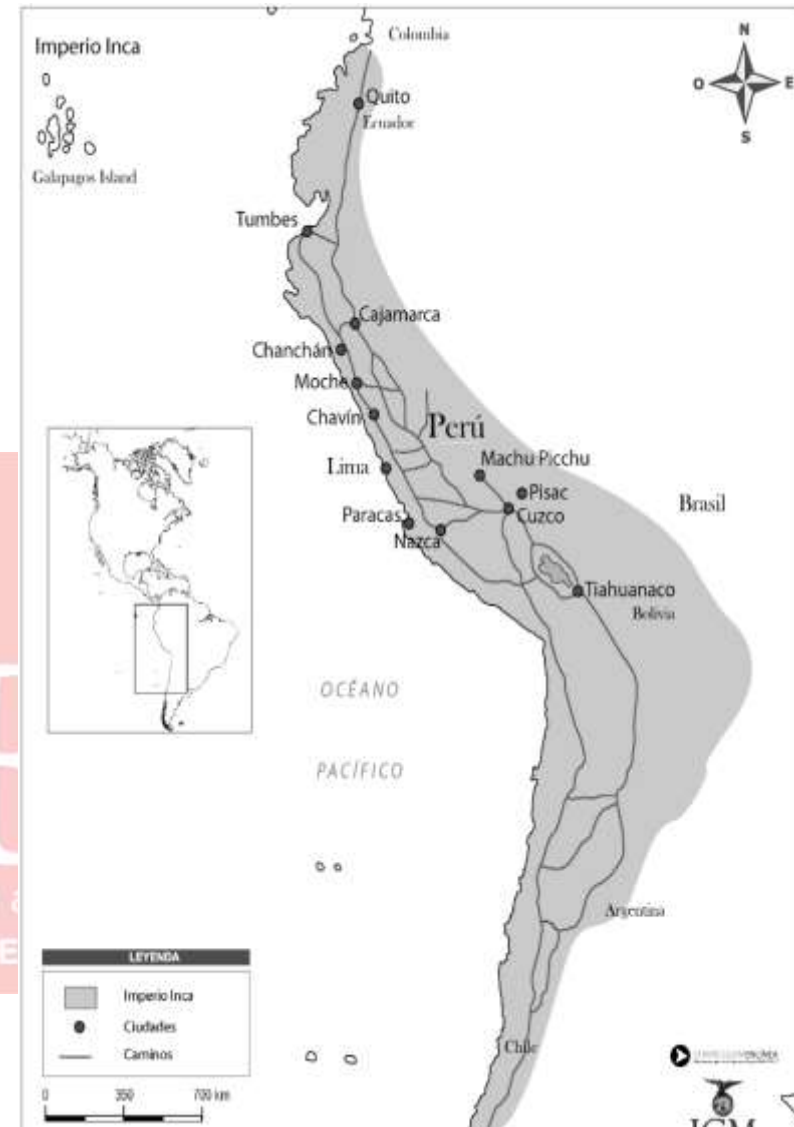
... The Lares path Trail to Machupicchu

The Lares Trek is an alternative to the traditional Inka Trail for reaching Machu Picchu.

The trail starts in Lares hot spring 03 hours away from Cuzco, Crosses the Huacawasi pass at 4300Mts, descends into and cone des and ends in Yanahuara or Ollantaytambo access to Aguas Calientes for Machu Picchu.

The trek is not as popular as the overbooked Inca Trail but many find it just as beautiful. This trek (also sometimes called the Lares Trek), is ideal for travelers in search of alternatives taking you through rural communities in the breathtaking Sacred Valley of the Incas.

A trek through dramatic Andean scenery with a rich variety of cultures, centered on the magnificent Lares surrounded by magnificent snowy peaks and many hot springs. You are going to visit highland villages where life goes on much as it did centuries ago and local inhabitants perpetuate the Inca customs of their ancestors: Original clothing and traditional farming, alongside llamas and alpacas helping to produce the best qualities of corn and potatoes around the world, our trip ending with a magnificent sunrise and visit to the famous "lost city".



LARES TREK AND LLAMAS PATH, TREKKING DIFFICULTY SCALE



"Please see the meaning of each symbol on the penultimate sheet"

OUR ITEP CAMPING EQUIPMENT

ITEP “Inka Trail Expeditions Perú” is dedicated of making sure we have the best Campsite available in the route **Lares trek to Machupicchu**. Here’s everything you need to know about our camping style in the **Lares trek to Machupicchu...** Our team (Guides, Cooks, Porters and Horsemen) and our equipment are what really makes ITEP Eco-Travel stand out from all of our competitors....

Please take the time to look at the information on what we really offer you in comparison to our competitors!

ITEP Eco Travel Our Best Camping Equipment

“Please check our Prices and inclusions in order to have more information about your camping equipment”

Classic Style “Classic Tents and foam mat” Enjoy a good night’s sleep in our spacious Pro-Aconcagua 4 season tent. All our tents are built to be four-man tents, but you will be used only for two people. This leaves a lot of room to spread out comfortably and store your duffels. They are an A-frame design, with entrances on both sides of the tent. They also include a vestibule in front, giving you some extra outdoor space to leave your boots and walking sticks. A foam mat is included to separate and insulate you from the ground. For added comfort, you may want to consider upgrading, by renting an inflatable sleeping pad, which adds three inches of comfort on top of the provided foam mat. We use Thermarest inflatable air mattresses.

Luxury Glamping Style “tent and Bed”

Perú Glamping is where stunning nature meets modern luxury camping. Experiential travel is an authentic way to connect adventure with nature. Together, the experience is about stepping off the beaten path, walking away from superficial tourist activities and embracing an immersive cultural environment. Some call it luxury camping. Some call it glamorous camping. Either way, this camping style is dedicated to inspiring and guiding those who are seeking a different kind of trip, the kind that encourages cultural immersion, a broadening of horizons, and a deeper engagement with one’s surroundings with enjoying this upscale approach to sleeping under the stars.



Is this tour for me?

Experience: Lares Trek and Llamas Path to Machupicchu
Duration (days): 04 days including Machupicchu
Duration (nights): 02 nights in tent along the Lares trek + 01 night in 2 star hotel
Aguas Calientes, it is included
Language: English & Spanish
"Other Languages as a request"
Close Airport: Cusco /Perú

The Highlights: The Lares hot springs, Abra Huacawasi, Aurora Cocha Lake, Yanahuara, Ollantaytambo, Aguas Calientes and Machupicchu citadel.

Travel Style: Active
Unique Experience, trekking adventure to Machupicchu, made for outdoor types.

Trip Type: Small Groups
Small group experiences, Avg 12 "keep in mind that small groups mean authentic experience".

Age requirement: 12+ all travelers under 18 years old must be accompanied by an adult.

Physical Rating/ Grading: 1 2 3 4

Demanding: **Some high-altitude hikes or more strenuous activities, but accessible to most healthy travelers.**

The Distance: The Lares trek and llamas' path to Machupicchu has a 43 km (26.7 miles) in total, covered over 4 days and 3 nights; at the 7th day guided tour at Machupicchu archaeological center. The hike is generally broken down into:

- **Day 1:** By car: Cusco – Lares host spring – *Huacawasi*: 8 Km "Acclimation day /Moderate.
- **Day 2:** Huacawasi - Abra Huacawasi - Yanahuara: 13 Km "Difficult day"
- **Day 3:** Yanahuara – Ollantaytambo – Aguas Calientes: 18 Km "Moderate day"
- **Day 4:** *Aguas Calientes* to *Machu Picchu*: 4 Km (2.49 miles) "Easy Day".



Price: Prices will vary according service level and inclusions.

Classic Services	Lares trek and llamas' path to Machupicchu with Expedition Train "Backpacker"
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Please check our Prices table in attached and their inclusions

Activity: Trekking, Adventure

Country: Perú

City: Cusco

Acclimatization: Please allow yourself a minimum of 1 or 2 days in Cusco before your hiking experience to Machupicchu.

More about the experience: The ancient trail laid by the Incas from the Lares trek to Machu Picchu winds its way up and down and around the mountains, snaking over two high Andean passes in the route, which have collectively led to the route being dubbed 'the Lares trek.' The views of snowy mountain peaks, distant rivers and ranges, and cloud forests flush with orchids are stupendous – and walking from one cliff-hugging pre-Columbian ruin to the next is a mystical and unforgettable experience.

You Book, You Go...Don't Worry... We Won't Cancel: While other tour companies generally cancel their trips due to low participation of travelers or pass their travelers to other big groups tour operators, we guarantee that we will never cancel a trip because of low signing-up or participation for the departure date neither get our travelers to other tour operators! This makes to our travelers the assurance and peace of mind to know their travel plans are insured and guaranteed.

Request a Quote: We can customize this private trek just for you. Any detail can be tailored – activities, length, hotels and other destinations.

Video about the Lares Trek and Llamas Path: <https://www.youtube.com/watch?v=o6bgc0zszsGE&feature=youtu.be>

the essence of adventure within the realm of revitalizing comforts. But for ITEP Eco Travel, a great adventure does not end there: In order to make the experience to be a life-time changing experience for our guests, we believe that the experience has to be an adventure on many levels.

About ITEP Eco Travel

(ITEP) INKA TRAIL EXPEDITIONS PERÚ, offers "Exclusive Adventure at its finest": The opportunity to experience

That's why our proposal goes far beyond comfortable Adventure and great treks... it is a unique opportunity to experience ancient history in the land of the Incas, contemporary manifestations of deep-founded culture, the

most interesting and exotic variety of flora and fauna, and the traditional dishes.

ITEP INKA TRAIL EXPEDITIONS propose to contribute to the development of the local families.

The Proposal

We propose an expedition... an exciting Andean adventure of surprising comfort that takes you on an ancient Inca trail called the Lares Trek and Llama Path.

The Trail less traveled to the lost city of the Incas. The route winds through the Cordillera Vilcabamba, a spectacular Andean mountain range, before plunging into forested canyons.

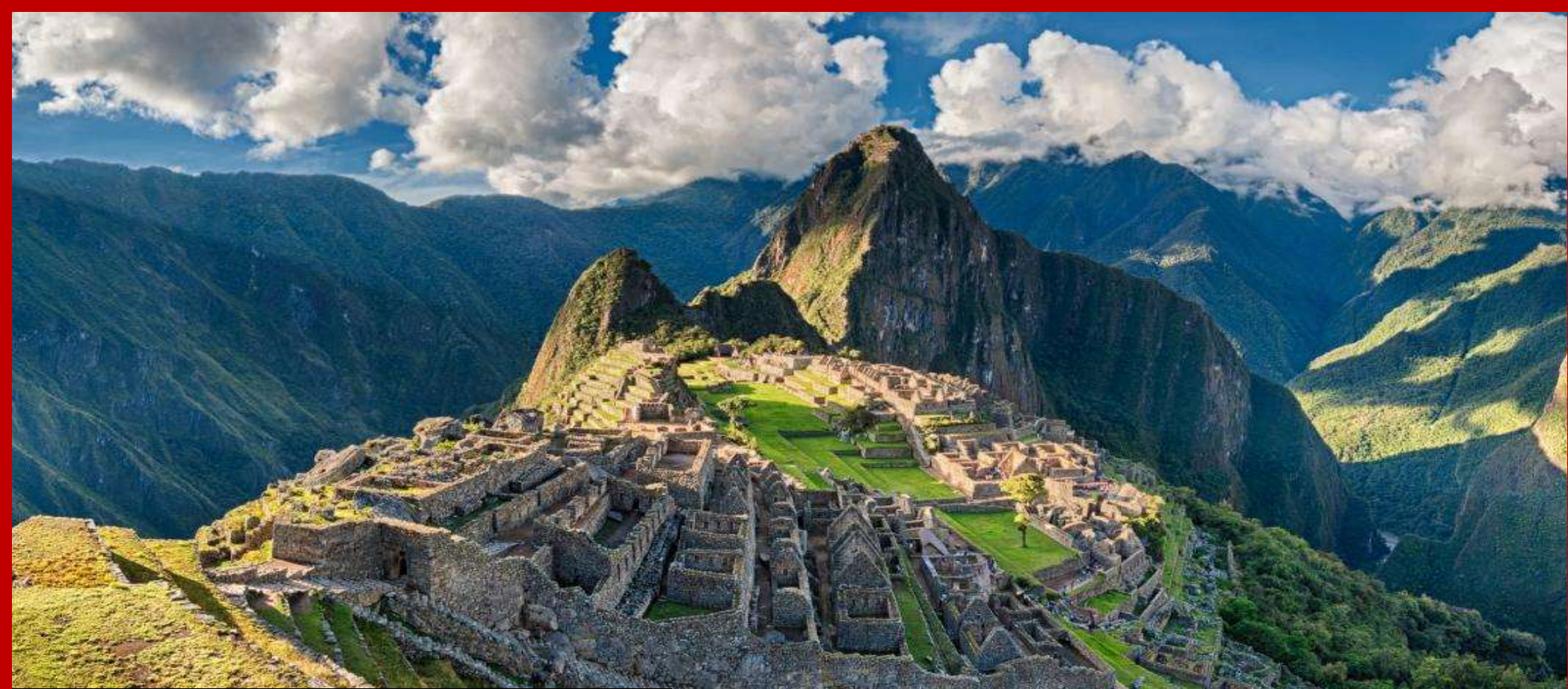
Discover a world surrounded by magical moments which will stay with you far beyond your return home. See why the majestic peaks with their emerald-green glacial lakes inspired awe among the natives who consider them gods.

Walking on the unbeaten trails of the mysterious Incas, high in the mountains and on winding slopes creates an intimate bond between our Tour Guides and Travelers based on mutual trust and the excitement of the journey ahead.

In your Lares trek to Machupicchu, you are going to enjoy the traditional Peruvian cuisine prepared by our professional chef.

The last day of your journey you are going to have a guided tour to Machupicchu citadel where you can appreciate the magnificent and beauty of the Inka City.





Day to Day Itinerary

Wonderful
PERU & L

DAY 1 | Cusco - Calca - Lares Hot Springs - Huacawasi.

Your journey through Lares to Machu Picchu starts in your hotel in Cusco at 5.00 am, where a bus will transport you to the village of Calca for 45 min. After a little break the bus ride continues for 2 hours to the hot springs of Lares, where we will enjoy a nice lunch before our hike begins you can take a swim in the hot natural thermal pools with beautiful surroundings of the mountain environment. The hike of the day takes 4 hours uphill until we reach the campsite of Huacawasi, where a delicious dinner is waiting for us.

Walk and Terrain: Walk, on open roads, some steep ascending trails.

Walking Time: Approximately 4 hours.

Distance: 8km.



LARES TREK

4 DAYS - 3 NIGHTS



Inka Trail Expeditions Perú

1ST DAY

317 San Agustín Street - Cusco - Perú

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www.iteptravel.com



DAY 2 | Huacawasi – Abra Huacawasi – Auroruy Cocha – Yanahuara.

Early in the morning the guide will wake you up with a nice cup tee and breakfast. There after we ascend to the mountain top of Abra Huacawasi (4300 m), where we will have a breathtaking view of the mountain surroundings, the flora and fauna. From there the Lares trek will take us downhill for 1 hour to the village of Auroruy Cocha, where our chef will prepare a fantastic lunch for us. For the next 4 hours the route continues downhill to the camp of this night in Yanahuara, where we will enjoy a dinner together and get settled for the night.

Walk and Terrain: Walk on open roads, some steep ascending trails

Walking Time: Approximately 10 hours (including picnic lunch in the route)

Approximately: 9 hours.

Distance: 13km.



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Inka Trail Expeditions Perú

2ND DAY



DAY 3 | Yanahuara – La Pista Central – Ollantaytambo – Aguas Calientes.

On this day we will hike from our camp early in the morning at 6.30 am after a solid breakfast and good morning tee. First, we have a little hike downhill for 40 minutes. to La Pista Central, where a bus is waiting for us to transport to Ollantaytambo; the bus ride only takes 30 minutes. In Ollantaytambo we will enjoy a nice lunch and you can walk around the town and its market. It is optional to visit the archeological site of Ollantaytambo, which will give you a great insight of how skilled the Incas were in their constructions and architecture. After visiting Ollantaytambo, we end the Lares trek and continue by train to the village of Machu Picchu called Aguas Calientes. There we will get settled in our hotel and enjoy a nice dinner.

Walk and Terrain: Walk on open roads, some steep ascending trails.

Walking Time: Approximately 2 hours.

Distance: 13 km.



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LARES TREK

4DAYS - 3 NIGHTS

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PERU & LATIN AMERICAN
Inka Trail Expeditions Perú

3RD DAY





DAY 4 | Visit Machu Picchu Sanctuary and return to Cusco.

After a very early breakfast at the hotel, we make our way to the bus station for the ride up to Machu Picchu Sanctuary (30 min). Our trip leader will give an introductory 2 hours guided tour of the ruins, after that we have the option of climbing the steep staircase of Huayna Picchu, a steep and vertically quite challenging hike that takes about 2 hours which affords great views of Machu Picchu. You will also have time to indulge in a few of the following activities on your own if you choose (not included in the price)

Climb up Huayna Picchu or Machu Picchu Mountain and appreciate the beauty and magnificence of Machu Picchu from there. Other optional activities in Aguas Calientes include a visit to the new local museum, or bathe in the hot springs.

Back to Cusco: You will descend to Aguas Calientes and later board the train to Ollantaytambo where you will meet our transportation and be transferred to your hotel in Cusco.

*** Huayna Picchu or Machu Picchu Mountains hike depends on availability; please let us know if you want to add one of these extra hikes at the time of your booking.

Meals: Breakfast

Distance: 6kms/3.7mls

Difficulty: Easy

About Lares trek and Llama's path Campsites:

Please note: Campsites may change (be different from this itinerary) depending on booking time and availability, weather conditions or on restrictions undertaken for safety reasons by the Peruvian Government.

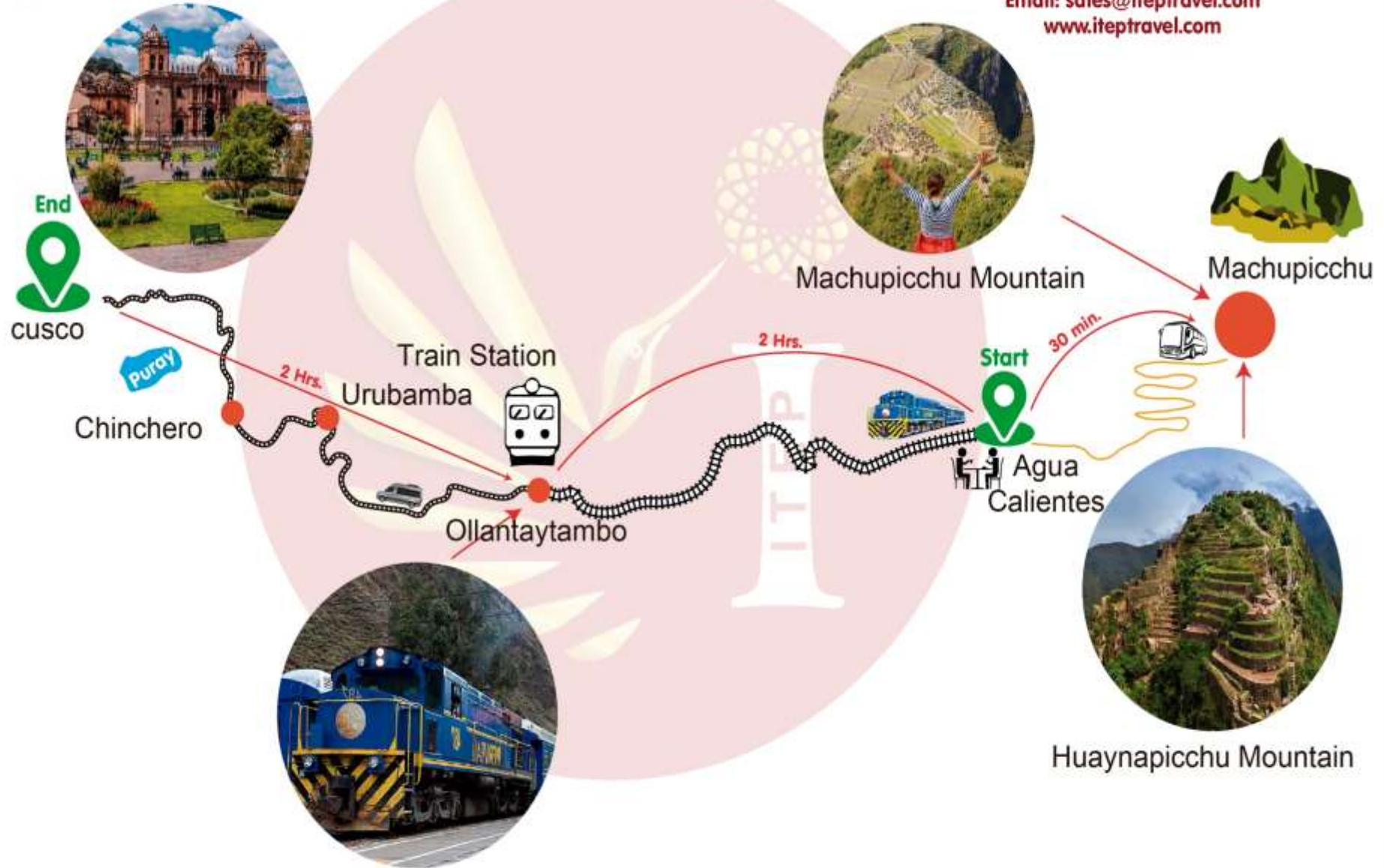


LARES TREK

4 DAYS - 3 NIGHTS

4TH DAY

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LARES TREK 4D3N “THE LLAMA PATH”

LARES TREK TO MACHUPICCHU CLASSIC STYLE “CLASSIC TENTS AND FOAM MAT”

What is Included?

- **Pre-departure briefing:** You will meet your **Lares trek** “the Llama Path” guide and group in our office for an orientation before your trek. At this time, we will provide you with the duffel bags which will be carried by our Porters. The meeting will be at 6:00 PM the evening before the trip begins. **In case you can't come at this time “please let us know” to coordinate another time.**
- **Touristic Transport:** You will be picked up from your hotel in Cusco in the morning and will travel by private transportation to **Lares Village** “Trough the Sacred Valley of the Incas”, the starting point of the Lares trek to Machupicchu.
- **Adventure Experienced Lares trek Tour Guide:** English speaking, professionally educated, and official tour guide with tourism certification. They all grew up in this region and have a true passion to teach others about their heritage. Your guide will explain the culture and surroundings along the entire route, including leading your group in ancient ceremonies! He or she will keep you safe, sound, and comfortable on your trek so that you can enjoy your time along the Inca path and will ensure you are safe and happy.
- **Tour Guide in Machupicchu Cultural Experienced:** English speaking, professionally educated, and official tour guide with tourism certification. For visit the sacred city of Machupicchu.
- **Private campsites:** Each campsite is carefully choosed for have a very local experience.
 - **Night 1:** Enjoy the 1st night in Wacawasi village on the route Lares trek and sleep in our 4 season Pro Aconcagua Doite tents. *All our tents are 4 man tents, but ONLY sleep 2, leaving lots of room to spread out comfortably and store your duffel bags.* They also include a little vestibule in front, giving you some extra outdoor space to leave your boots and walking sticks so you don't have to bring in dirt.
 - **Night 2:** Enjoy the 2nd night in Yanahuara on the route Lares trek and sleep in our 4 season Pro Aconcagua Doite tents. *All our tents are 4 man tents, but ONLY sleep 2, leaving lots of room to spread out comfortably and store your duffel bags.* They also include a little vestibule in front, giving you some extra outdoor space to leave your boots and walking sticks so you don't have to bring in dirt.
 - **Night 3:** The 3rd night in the two star Hotel is included, which is in the town of **Aguas Calientes**; prices of hotels will vary according to your expectations and budget. However, we can offer you the option of joining us at in the **two star Hotel** "at no extra cost". The **two star hotel in Aguas Calientes** has single, double or triple rooms, elevator, private bathroom, hot shower, Wi-Fi, breakfast, and luggage storage while you visit *Machu Picchu*.

Note: It is not usual that the campsites, lodges or hotels change after the confirmation, however it can vary per government regulations and authorization, also for bad weather conditions and maybe because physical condition of our visitors: any changes in this matter ITEP travel will be informing you previously and as soon as possible.

- **Camping equipment:** Dining and kitchen tents, tables, chairs, and cooking equipment (all carried by our porters and horses).
- **Entry ticket to the hot springs in Lares**
- **Entry ticket to Machu Picchu Inka Site**
- **1 Duffel Bag:** You can put your personal luggage, up to 5 kgs (11.02 lbs.), including your sleeping bag; this bag will be carried by our horses during the first 3 days. **Also last day your luggage can be storage at your hotel in Machupicchu. Is not allow to enter in Machupicchu Inca City with luggages.**
- **Professional Trekking Chef:** A professional chef specialized in cooking on the trail, with an assistant, will prepare all of your delicious meals along our journey on the Trail to replenish your energy every day. You will never go hungry!

- **Meals:** 3 Breakfasts, 3 Lunches, 3 Dinners (**Vegetarian, vegan, or special menus** are available at no extra cost) Please be in mind (1st breakfast and last lunch is not included”
- **Boiled Water:** Beginning from your first lunch until your last breakfast, Inka Trail Expeditions will supply all the water needed. This water will be boiled, filtered and then cooled, before distributing. You must supply your own water bottles or camel back. We recommend carrying about 3L worth. We will refill our waters at each meal.
- **Wake up tea:** Every morning at the campsite, you will wake up with a cup of coca tea! Our staff will bring the tea to your tent so that you will be warmed from inside out before you start your day.
- **Tea time daily during the Trek:** Every afternoon before dinner, the cooks will provide our tea time with popcorn, biscuits, coffee, hot chocolate, teas, hot water, etc. After a long day of hiking, you will not have to wait until dinner to relax, warm up, and enjoy a bite to eat!
- **Products for hygiene:** You will be provided with a small towel before each meal to clean your hands and every morning will be also a bucket with warm water for washes your personal hygiene.
- **Medical kit and Oxygen bottle:** Our crew will bring a first-aid kit, including emergency oxygen bottle.
- **Train tickets:** From Aguas Calientes “Machupicchu village” to Ollantaytambo train station (departure time is confirmed the day of briefing and it’s subject to availability)
- **Transfer back to Cusco:** Private touristic transport from Ollantaytambo train station to your hotel in Cusco (**Day 4**)
- **24-hour guest service:** We have telephone service available 24 hours/day for ease of communication and preparation with the agency leading up to your trek.

Not Included:

- **Sleeping Bags:** You can rent one from our company if you do not have your own. Our sleeping bags are effective and durable to protect from temperatures as low as -18°C (0°F). They are mummy form and include a sleeping liner. The bags are cleaned after every use.
- **Bus Consettur to Machupicchu inca City:** Most of the times the wait to board the bus to Machupicchu is from 1 hour to 1:30 min, So we prefer that you decide a day before your visit to the Inca city of Machupicchu. If you wish to take the bus considering the waiting time. Or if you prefer to do the last stretch of ascent walking up 45 to 1 hour "everything will depend on your physical state, after the trekking done".
- **Walking Sticks:** You can rent a set from our company if you would like.
- **Day 1:** Breakfast: Approx. Usd5 to usd 10.00, Price can vary according your selection.
- **Last Day: Lunch and Dinner** in Aguas Calientes. Approx. Usd 20 to 25.00, Price can vary according your selection.
- **Personal clothing and gear**
- **Travel Insurance**
- **Tips for our staff:** Please note that our agency staff is well paid so please feel free to tip or not as you wish “Recommendation usd 6 to usd 8 per day per traveler for all the trek staff”- Once again it is optional and can vary according your satisfaction.
- **Additional costs** or delays out of control of the management (landscape, bad weather condition, itinerary modification due to a safety concern, illness, change of government policy, political instability/strike, etc.)

Thank you for choosing ITEP “Inka Trail Expeditions Perú”!

With ITEP “Inka trail Expeditions Perú” every step is a great Adventure!!! Working hard for create a Memorable Lifetime Experience for you!!!.

STUDENT DISCOUNT: \$20 off per person

Student discounts apply to anyone who has a valid UNIVERSITY STUDENT CARD at the time of the trek or who is 17-years-old or younger. For those using a university student card to receive the discount, we need to see a copy of the card at booking. For those booking children 17-years-old or younger, we need a copy of their passport at booking time. Please send us a copy of your student card

ADDITIONAL ITEMS:

There are several optional upgrades you can include in this trip. Below is a quick list of it, but check our Overview section for more details.

- Sleeping Bag –USD 25per person per trek (It will be clean and warm)
- Walking Poles –USD 15per pair per trek (Professional Poles that can be extended)
- Vistadome Train Upgrade “Panoramic train” – USD50 per person (Round trip ticket)
- Huayna Picchu Sacred Mountain –USD35 per person (Please request when you book your Trek)
- Machu Picchu Sacred Mountain –USD35 per person (Please request when you book your Trek)
- Buffet Lunch Celebration in Sanctuary Lodge on the last day in Machupicchu. 40 USD per person (all fresh drinks are included)
- Extra Horse for Ride on the trek “in case you don’t want to walk really much and you think you going to need some help –USD 120per person (for all trip)
- Extra luggage load Horse/Porter “15 Kls or 33.06lbr” “USD 140for the entire trip”.

PERU LUXURY LARES TREK TO MACHUPICCHU LUXURY TRAIL:

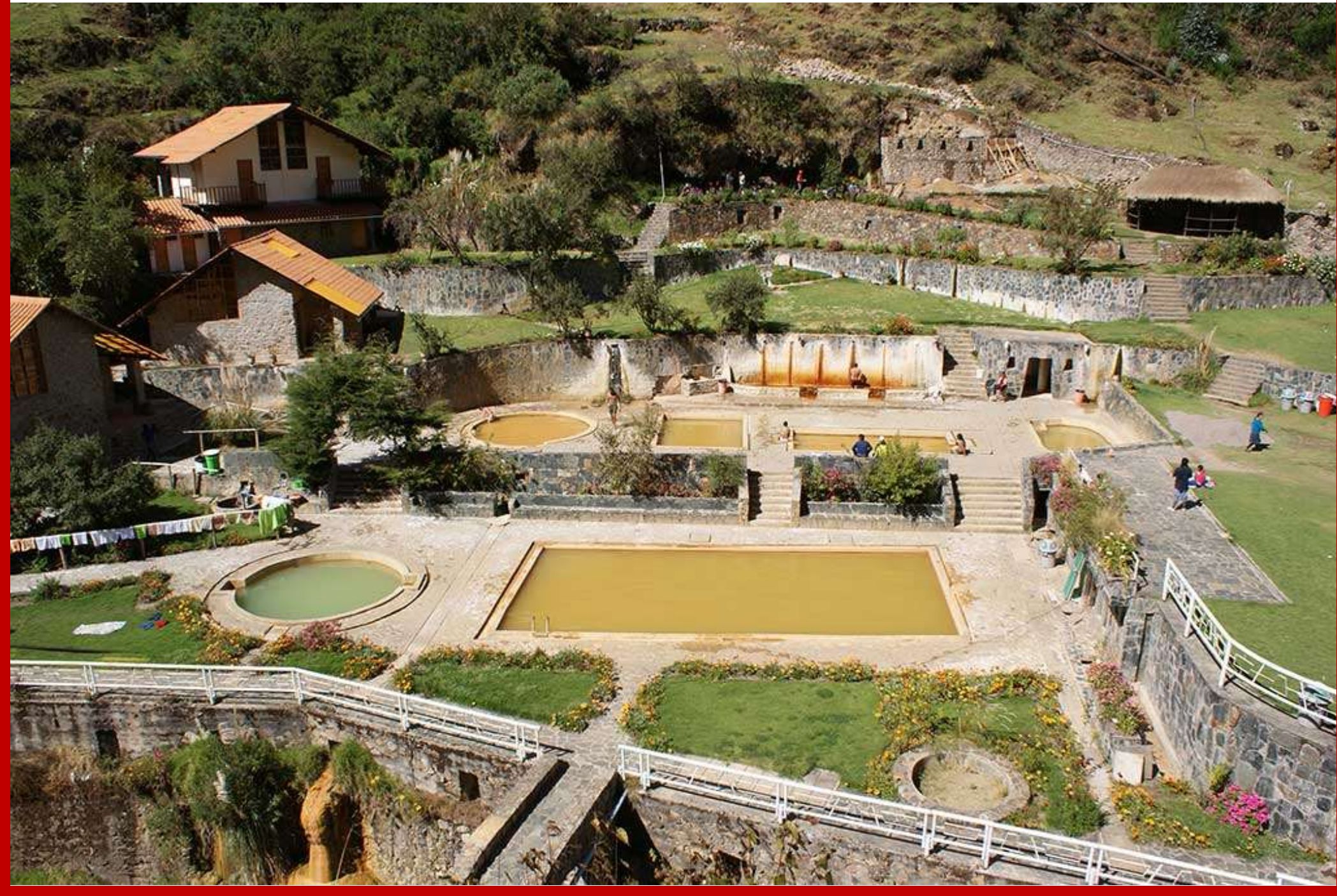
Luxury Lares Trail to Machupicchu “the llama path” “Glamping and Bed”: Price just on request, only on private service.

Perú Luxury Lares trek Glamping style to Machupicchu is where stunning and amazing nature meets modern luxury camping. Some call it luxury camping. Some call it glamorous camping. Either way, this camping style is dedicated to inspiring and guiding those who are seeking a different kind of luxury trekking trip in Perú, the kind that encourages cultural immersion, and a deeper engagement with one’s surroundings with enjoying this upscale approach to sleeping under the stars.



OUR LARES TREK AND LLAMA'S PATH ON PICTURES!

1ST Day: "Cusco / Lares hot spring / Huacawasi"





2nd Day: "Auroray Cocha"



3rd Day: "Yanahuara"



4th Day: Machupicchu Sunrise



Spend an Extra Day at Machu Picchu

Even though you have enough time to see the core of Machu Picchu Sanctuary during the regular guided tour, most of our guests realize that they would have liked to stay a little longer since there is so much to explore! Let us know at time of reservation if you would like to add this optional day. By spending an extra day at Machu Picchu, you will be able to... Make the best of your time visiting a World Heritage Site situated on a spectacular mountain ridge, overlooking the confluence of three rivers.

Explore areas of the site that are less visited by most travelers, such as climbing Machu Picchu Mountain (special permit to be purchased in advance) or hiking to the Inca Bridge or the Sun Gate.

Visit the town of Aguas Calientes and shop the local craft markets.

Treat yourself to a relaxing end to your vacation and fully enjoy the magnificent gardens, top of the line spa, and hospitality of the unique Inkaterra Pueblo Hotel.

HUAYNA PICCHU MOUNTAIN

Huayna Picchu is one of the mountains that stands next to Machu Picchu and has amazing views from above. This hike is done after your tour with us and takes 45 minutes to the top and 45 minutes back down. Allow for time to take lots of photos, because the views are incredible.

The Huayna Picchu Mountain is the one that you see behind Machu Picchu on any postcard; its Inca paths hidden alongside the mountain, it may frighten those of you who have a fear of heights. For those of you who struggle with heights you may need to know that you will be steps away from hundred-foot plummets into an abyss, and in some places the path can be very steep and narrow. There are times when you need to use security cables to support yourself; it is a challenge for anyone. If you suffer from vertigo or you have a hard time controlling your fear of heights, we would recommend taking a different route. You will have to place reservations 6 months before if you would like one of the 400 available tickets to go up to the Huayna Picchu Mountain.

MACHUPICCHU MOUNTAIN

Machu Picchu Mountain is an unforgettable and

lesser-known hike above the Machu Picchu ruins with stunning panoramic view of the valley. Reaching ruins is only one part of the Machu Picchu experience. The other one is climbing the summit of Machu Picchu Mountain at 3,050 meters above sea level for dramatic views of the ruins and lush mountains separated by deep valleys and Urubamba River. As spectacular as seeing Machu Picchu is, the ruins of lost Inca city tell very little if you don't see them in a perspective with the surrounding mountains. It's when you can appreciate the enormous effort of Incas for building a city 2,430 meters above sea level without any use of metal tools or the wheel. Why the city was initially built still remains a mystery.

MACHUPICCHU MUSEUM

The **Historic Sanctuary of Machu Picchu** achieves the objectives of the preservation and dissemination of cultural and archaeological research. Within a modern and dynamic exhibition, the reopening of Site **Museum Manuel Chavez Ballón** has become the primary means of communication and information for the most important cultural Historical Sanctuary of Peru.

The museum is organized in seven phases; they emphasize the beauty and historical significance of the large collection of artifacts, construction tools (copper and bronze), pins, mirrors, tweezers and needles. Also appearing are the headed ornithomorph ibis, toucans and oropendolas. The exhibit shows in detail the metallurgical expertise in the Inca city; the spectacular examples of dexterity in stone quarrying, as well as significant objects in various other materials. These displays express to the world, a view of the sustenance of life in Inca Machu Picchu, the strategic administrative center intertwined between the Amazon and the Andes.

Please note: Please confirm if you want to climb one of the Mountains or Visit the Museum as they need to be booked well in advance too, "Ticket are not included and will be charged according Machupicchu Entrance fees rates at the time of booking"; **Please note**, if you get the permits you will probably have to miss/skip the Machu Picchu guided tour.



Pre and Post - Lares Trek Additional Travel Service

Our travelers recognize us for something unique, and is not for building lodges on a remote mountain trail, it is for the experience, service and magic we have created. As a consequence of our success with the journey to Machu Picchu, the market values us as a boutique operation, highly focused on customer service, always striving for excellence, and fused with a significant attention to detail. Our motivation is to design super travel experiences and create wondrous memories for our guests - on some occasions - even life-changing ones!

Lima

Did you know that most international flights arrive at Lima Airport either late at night (11pm) or early in the morning (5am) and that connecting flights to Cusco start at 6am? Spending the night at a Lima hotel (even for a few hours) will allow you some rest so that you can better enjoy the rest of your trip. We can book a range of hotels (from 3 to 5 stars) for you at the airport or in the cosmopolitan Miraflores, San Isidro districts of Lima.

Cusco

We always recommend that our guests spend at least two nights in Cusco prior to the start of your trekking adventure (if your travel allows it) in order to better adjust to the elevation. We would be happy to take care of your hotel reservations, transfers and can set up personalized tours during your stay in Cusco. Enjoy exploring the city of Cusco and its surroundings, which offer many great cultural and historical attractions such as the Sacred Valley of The Incas, The colorful Rainbow Mountain. Additionally, you can enjoy fine dining, traditional shows, and bargain shopping.

Extension Packages

Do you feel like exploring more of Peru? Ask for the extension, explore the colorful island communities of Lake Titicaca (the highest navigable lake in the world), adventure into the rich wilderness of the Peruvian Amazon jungle, or visit Colca Canyon, with its incredible depths, Inca terraces, and soaring condors.



The LARES TREK Map

LARES TREK 4 DAYS - 3 NIGHTS



Inka Trail Expeditions Perú

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 Cell: +51 984621294
 Email: sales@iteptravel.com
 www.iteptravel.com



Machupicchu



AGUAS CALIENTES



Aguas Calientes Machupicchu Town

3RD NIGHT

RÍO PATACANCHA
 RÍO URUBAMBA

OLLANTAYTAMBO
 KM. 68



HUACAWASI
 (4300 msnm)

1ST NIGHT



AURORUY COCHA
 4100 msnm - 13451 ft

2ND NIGHT

YANAHUARA
 2873 msnm

URUBAMBA
 2875 msnm



LALES
 3171 msnm / 10403 ft

Hot springs

TAMBOWAYLLA
 3650 msnm - 11975 ft

3800 msnm - 12467 ft
 HUACAWASI

Laguna de Milvococho
 (3500 msnm)

Nevado Sillasi
 (5296)

Nevado Pumahuanca
 (5330)

Nevado Chucas
 (5530)

URUBAMBA

CHINCHERO

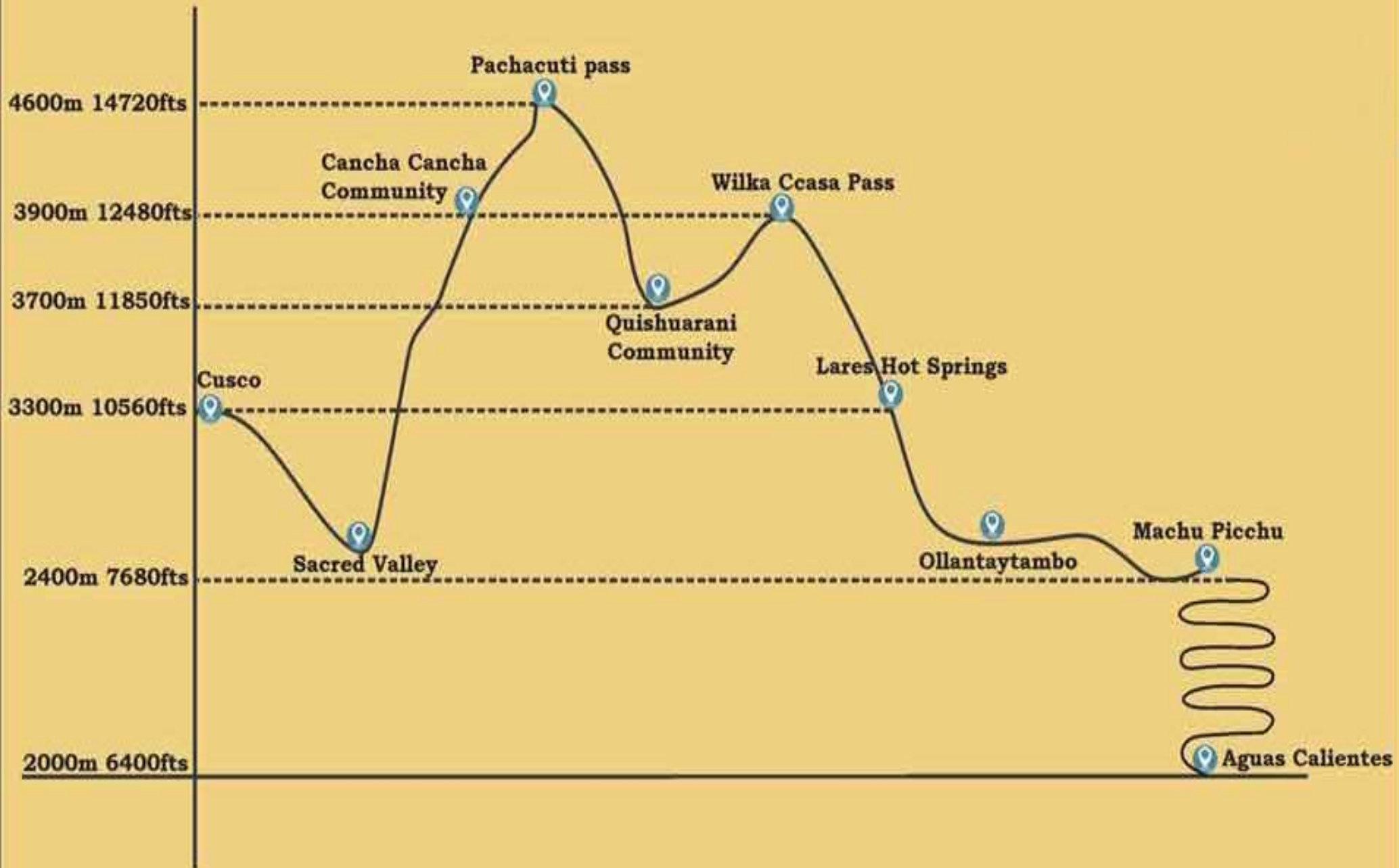
CALCA

CUSCO
 3375 msnm - 11072 ft

LARES TREK LEGEND

	ARCHAEOLOGICAL REMAINS		CAMPING
	TRAIL TO PATACANCHA		TRAIL
	TRAIL TO YANAHUARA		RAI

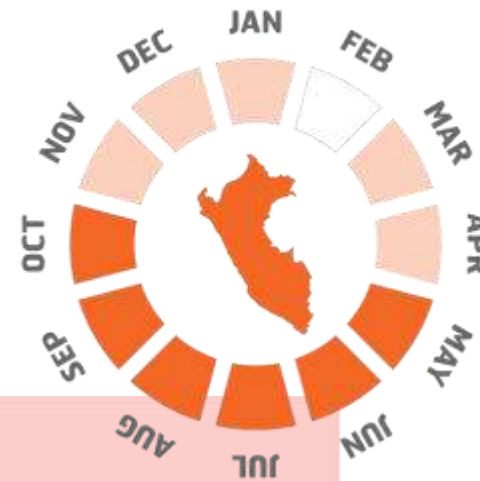
Locations, Altitudes, Distances and Times



LARES TREK AND LLAMA'S PATH WEATHER

The weather can make a big difference to your Lares Trail difficulty. Heavy rain, freezing nights, blazing sun and howling winds are all possible on your four-day hike to Machu Picchu. If you pick the right months though (see below), the days will generally be warm and dry, and the nights mostly above freezing. Just make sure you pack warm clothes for the evenings and a decent sleeping bag.

PERU



Peak Season
Winter is the dry season and perfect temperature for hiking. The most popular time to visit.

Quiet Trails
Enjoy the quieter trails but prepare for the odd shower of rain.

Inca Trail Closed
Trail is closed for maintenance.

	J	F	M	A	M	J	J	A	S	O	N	D
Weather												
Avg High	20°C 68°F	21°C 70°F	21°C 70°F	22°C 72°F	21°C 70°F	21°C 70°F	21°C 70°F	21°C 70°F	22°C 72°F	22°C 72°F	23°C 73°F	22°C 72°F
Avg Low	7°C 45°F	7°C 45°F	7°C 45°F	4°C 39°F	2°C 36°F	1°C 34°F	0°C 32°F	1°C 34°F	4°C 39°F	6°C 43°F	6°C 43°F	7°C 45°F
Wet days	18	13	11	8	4	2	2	4	7	8	12	16
Rain (mm)	140	115	100	40	8	3	3	8	20	50	65	105

Follow the sunny symbols and ease the Lares Trail difficulty... a little, anyway.



Preparing for the LARES TREK

We recommend that our guests spend at least 2 nights in Cusco prior to departure. This helps with acclimatization to the altitude and also provides an opportunity to explore the beautiful city of Cusco.

Travelers can feel the effects of higher altitudes as low as 6000 feet (2000 meters) above sea level. They differ in their tolerance for high altitude conditions and how their bodies react to the changes in air pressure and oxygen level. Therefore, we encourage our guests to undergo appropriate preparation by regular cardio-vascular exercise, even if conducted at low elevation, and to adopt a healthy, balanced diet prior to the trip.

Without at least *some* pre-trip training, or a good basic level of fitness, trekking is hard work. Let's be real – it's hard work anyway. The toll for a great trek is paid in sweat. Sore calves and aching quads are badges of honor, with blisters and lost toenails marks of pride.

But in return, you get some of the most untouched, pristine and jaw-dropping scenery on the planet. And you know what? The more you train for your epic hike, the easier it'll be. And you don't have to be an Iron Woman/Man to climb to Andean Mountains or reach the top of Mt Machupicchu. Far from it. Trekking is available to anyone; you just have to be sensible and work a bit for it. Here are a few of our top prep tips for your upcoming trek:

1. Start walking now (it's never too early to start training)

This may seem like the most obvious step to start with (pardon the pun), but you'd be surprised how many people don't do it. The best way to prepare for a really long walk? Do some really long walks. You should start with smallish distances and work up to the length you'll be trekking on your trip.

When you start your training, leave a day in between each walk to let your body recover. But as your

body gets fitter, try to do back-to-back sessions each day – it'll help build your stamina for the relentless nature of a ten-day trek, where you won't have the luxury of rest days. Ideally, you want to be able to walk 4-6 hours – comfortably – before you leave.

2. Make leg-based cardio part of your routine...

As well as doing long walks, you should also work some leg-based cardio into your daily routine. Cycling is awesome for building up muscle in your legs, but soccer, football, squash and swimming are all great too. If you're more into gym workouts, mix up your spin classes or cycling bursts with squats and lunges (the more weight, the better).

3. Take the stairs every chance you get

Stair climbing is also a good one for building up calves and quads, so take the stairs instead of the lift or escalator when you're at work or the train station.

4. Make sure you're walking properly

You've been doing it since you were around one year old, but it's super important to monitor how you're walking and if you're doing it correctly. Make sure you're hitting the ground with your heel first, then rolling onto your toe, which propels you onto the next step (this will help reduce the risk of shin splints and tendon pulls – ouch). Walk with your head up, eyes forward and shoulders level.

5. Mix up your training terrain

When you're on your trek, it's unlikely you'll be walking on level footpaths and roads, so avoid training solely on level footpaths and roads. Instead, try to train on surfaces that will be similar to the trails on the trek. If you're heading to Everest or Kilis, aim to train on steep, rocky terrain and loose shale; if it's Kokoda, try to find muddy paths. It's really important you prepare your feet, ankles and knees for the stress they'll experience on the trip.

6. Walk in all types of weather

It's also unlikely you'll get ten straight days of perfect weather on your trek, so prepare yourself for all conditions by walking in cold, windy, rainy, warm and humid conditions (where possible, of course!).

7. Try using walking poles

Walking poles will become your two new best friends. They take the pressure off your knees on the downs, and give you extra support on the ups. Incorporate poles into your training sessions so you get used to walking with them.

8. Train with a backpack

On almost all of our trekking trips, you won't be carrying your main pack, but you *will* need to carry a small daypack, packed with essentials like your camera, snacks, sunscreen and water and wet-weather gear. So, with all your days/weeks/months of training, make sure you're challenging yourself with a weighted bag. If you really want to push it, pack your bag with a few extras, so it's a little heavier than what you're planning to hike with on the trip – it'll make the eventual trek feel like a walk in the park (chortle).

9. Keep the tank fueled

It's SO important you're stocked with enough water and food during a trek (hydration is key!). Nuts, dried fruit, muesli bars and chocolate are all good, quick sources of energy and protein; keep a selection of these healthy snacks in your daypack. Also, bring along a reusable canteen; alpine streams are usually a great source of fresh water, but our guides provide boiled (and cooled) water daily throughout your trek. While you're in training-mode, try to eat and drink 'on the go' as much as you can, so your body can get used to digesting during strenuous exercise.

10. Invest in a good pair of shoes

Your feet are your most crucial body part on a trek, and it doesn't take much to keep them in toe-tappingly tip-top shape. First, invest in a pair of good-quality, water-resistant hiking boots; you want plenty of support and ventilation too. Then, wear them in. How do you do this? Wear 'em everywhere. On your training runs, on walks to the shops, to work, to formal events (well, maybe not). You get the idea though; by wearing them in as much as possible in the weeks and months leading up to the trek, it'll help avoid blisters, bunions and lost toenails. Then, stock up on a few pairs of really good hiking socks (preferably a wool/nylon blend), that will wick moisture and keep your feet dry. If you want to get a bit crazy, wear two pairs while walking to minimize your chance of blisters.





Baggage Specifications

- Please, no hard suitcases or wheeled bags. Soft duffel bags and/or backpacks (“soft” luggage) are recommended.
- Bathrooms are equipped.
- Any additional clothing and luggage that you won’t need on the trek can be stored at your hotel in Cusco or at our office.
- If you do not have an appropriately sized duffel bag, we can provide a duffel bag on loan at the pre-trek briefing (the night before departure from Cusco). Please return it to your trip leader after the trek.
- Though we do not establish a weight limit for luggage or charge for excess baggage, we inform guests that luggage is mainly transported by mules and/or porters along the trail. We kindly ask that you consider restricting the weight of your luggage on the trail to 5kg/11lbs.

Packing List

- | | |
|---|---|
| <input type="checkbox"/> Original Passport | <input type="checkbox"/> Headlamp |
| <input type="checkbox"/> Day Pack | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Full rain gear or poncho | <input type="checkbox"/> Hiking Socks |
| <input type="checkbox"/> Gloves (thin riding and warm gloves) | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Trekking pants | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Breathable dry fit top-wear | <input type="checkbox"/> Bathing suit |
| <input type="checkbox"/> Comfortable shoes/flip-flops | <input type="checkbox"/> Casual mountain wears for |
| <input type="checkbox"/> Cold-weather jacket | <input type="checkbox"/> evenings Photo/video cameras and |
| <input type="checkbox"/> Long-sleeve fleece/sweater | <input type="checkbox"/> chargers Binoculars |
| <input type="checkbox"/> Wool hat | <input type="checkbox"/> Refillable water bottle (hydration bags are recommended) |
| <input type="checkbox"/> Hiking boots | |
| <input type="checkbox"/> Baseball cap, sombrero and bandana | |





Santiago Ballon



Jorge Sanchez



Yesenia Carreño



Elio Sanchez

LARES TREK Guides

We provide one cultural and one Equestrian Guide and his/her assistant(s) for each group. In addition, groups of 6 or more guests are accompanied by a route doctor (depending on availability). Our guides are among the best in Peru (some have even won international awards!) and have on average at least 15 years of experience guiding in the mountains, not only in Peru but around the world. Many of them are considered pioneers in this area as well, having scouted many of the current routes in the country. All ITEP Eco Travel guides have excellent language skills, and are highly trained in managing group dynamics. All guides undergo continuous medical and rescue training, with a certification in "Wilderness First Aid." You will appreciate their knowledge of history and cultural traditions, local flora and fauna, as well as their great insight (and stories) that goes far beyond any guide or history book! Since these leaders have been guiding this particular ride for several years now, they have made friends in the local communities, thus allowing genuine and spontaneous encounters during the journey which often provide unforgettable experiences for our guests. In their hands, you will feel safe and well taken care of! In addition, the equestrian support team traveling with our group is trained to treat health issues and injuries of our horse pack.

Pre-Trek Briefing and Meet & Greet

We provide a pre-trekking briefing in Cusco on the evening prior to the start of the ride. The meeting is held in a central restaurant by the trip leader and all participants are requested to attend. The briefing consists of the following:

- "meet and greet" with the group and the lead guide
- review of the detailed itinerary and any last-minute changes
- confirmation of specific dietary and medical information of the participants
- address frequently asked questions (and answers)
- verify that participants have the necessary gear and equipment

Important Note: You will be receiving an invitation via email with the time and place of the briefing, including a map with directions to the briefing. Please note that if your arrival into Cusco is delayed and you are unable to join your group for the transfer on Day 1 to the first basecamp, we can arrange private transfer for you to join the group at additional cost.

Brief Technical Trip Description

The trek consists of 4 days of moderate to strenuous trekking experience (plus 01 full day experience in Machupicchu, "extensions or extra days on request") at elevations of 2,000m-4,600m (6,600-15,000ft) on diverse types of trails ranging from flat and grassy to steep and rocky slopes. The trail crosses nine different eco zones in five days, with the possibility of changing weather conditions.

Level of difficulty: Intermediate to advance. Beginners are recommended taking at least 6 hours of trekking lessons prior to arriving in Peru.

Age Limits: The recommended minimum age of participants is 12 years old. However, we may consider exceptions depending on experience and physical condition.

OUR MEALS ALONG THE LARES TRAIL

With ITEP each day we awake the smell of something fantastic cooking in the chef's tents and it was this smell (and maybe the warm coca tea).

It is also important to note that if you have any food allergies or happen to be a vegetarian or vegan, ITEP will cater to you along the way.

SAMPLE MENU

NOTE: This is only a sample menu for your hike. Exact food selections subject to change

OUR BREAKFAST SELECTION INCLUDED:

- Pancakes with caramel drizzle that represented a series of ancient geoglyphs located in the Nazca lines Desert (a UNESCO World Heritage Site) in southern Peru.
- Thick oatmeal with large fresh chunks of sweet apples.
- Andean Chuta Bread (traditional bread baked in colonial ovens)
- Omelets stuffed with peppers, celery, carrots, radishes and cheese

OUR SNACK PACK INCLUDED:

Following our daily breakfast, our chefs prepared little care packages for us to take along our journey to snack on. These little packages came in handy when you just need a little pick me up before continuing on your journey.

- Bananas
- Chocolate Bars, Sublime (I highly recommend you stock up on these to take home with you)
- Candies – think Jolly Ranchers
- Mandarin Oranges
- Granola Bars
- Apples
- Juice

OUR LUNCH SELECTION INCLUDED

After hiking for sometimes 4 hours before a full meal, our lunches always had a great balance of just enough protein and the quantity control (never wanted to be so full you just felt like sleeping). Our chefs came up with some excellent dishes including:

- Asparagus Cream Soup
- Quinoa Soup
- Vegetable Soup
- Peruvian Chicken Salad
- Native Peruvian Potato Chili with Rice & Spinach Cake
- Chicken Rolls
- Vegetable Salads
- Russian Salads

After lunches, we continued our hike along the trail for sometimes 4 more hours before reaching camp. After settling into our tents (and cleaning ourselves up), we enjoyed traditional teatime that happened at 5pm and instantly put us in a relaxing mood. These teatime sessions included:



- An assortment of teas (Coca, Anis, Manzanilla, Tea Puro)
- Hot Chocolate
- Coffee
- Freshly baked cookies
- Crackers with marmalade, honey and butter
- Popcorn
- Crispy Wontons

OUR DINNER SELECTION INCLUDED:

Our final culinary experience of the day would come at dinnertime with various wonderful three-course meals. Nestled in their tent, our talented team of chefs would compile the following dishes with only an aid of a flashlight and a minimalist propane torch.

- Potato Soup
- Rice and Vegetable Soup
- Andean Corn Soup – more like a chowder
- Steamed trout in a mushroom sauce served with garden vegetables
- Lightly fried chicken with fresh cut potato chips
- Stir-fried noodles with mushrooms and steamed kale
- Apple and Cinnamon Pudding
- Chocolate Cake and Pudding
- Gelatin (yes, Jell-O in the middle of the mountain range!)

ITEP Eco Travel Our Best Camping Equipment

“Please check our Prices and inclusions in order to have more information about your camping equipment”



Travel Insurance

The Journey to Machu Picchu is an Adventure Travel Activity which takes place in remote locations and at certain times at very high altitudes. As such, it contains a certain level of risk. In order to ensure a safe experience for every guest, we kindly request that every guest presents valid proof of insurance coverage as a minimum for Medical Emergency Treatment and Evacuation. Please note that some insurance policies exclude Adventure Travel Activities or similar from the coverage, so please be careful when assessing and/or purchasing your insurance policy and please make sure that the insurance policy includes Adventure Travel Activities or similar coverage.

Definition of 'Valid Proof of Insurance'

Inka Trail Expeditions Peru (ITEP) requires presentation of the following information at least 60 days prior to trip start date:

- Name of Insurance Company and Name of Specific Policy (if applicable)
- Coverage registration number or code
- 24hours emergency telephone numbers provided by the insurance company

ITEP partners with an insurance company called IHI – a member of the BUPA Group to offer insurance coverage for Medical Emergency Treatment and Evacuation, including Adventure Travel Activities. Upon your request, ITEP Travel may purchase this insurance coverage ON YOUR BEHALF from the mentioned supplier at a rate of US\$8 per person per day. The full terms of coverage of the mentioned policy can be found at:

<https://global.ih.com/travel+insurance/single+trip/cover.aspx>

In the event that a guest has not presented valid proof of insurance to ITEP Eco-Travel at least 60 days prior to the trip start date, ITEP Eco-Travel will provide the aforementioned insurance policy (IHI) at the rate of US\$8 per person per day, for the duration of the itinerary purchased through ITEP Eco-Travel. Please consult with your Travel Specialist for more details.



FAQ: Below you'll find answers to some very common questions.

Is the Lares Trek difficult?

Great question! The Lares Trek is considered a moderate hike; however, there are a lot of staircases to climb, and the altitude can also affect the body. We recommend renting a wooden walking stick as it helps with your balance and reduces stress on the knees. If you have mobility issues, please let your CEO know during booking

How many hours will I hike a day?

Make sure you pack your comfortable hiking boots, because it is estimated you'll be walking six to nine hours for each of the first three days and about two hours on the last day.

What are the requirements to hike the Lares Trail?

Trekking the Lares Valley with ITEP Travel you must be over the age of 12, with a moderate level of fitness, and hold a passport that is valid for up to six months.

How high is the Lares Trek?

The Lares trek begins at 3,600m (11,752 ft.). The highest point you'll reach on the trek is approximately 4,650m (15,280ft). You'll also sleep at 3,600m (11,811 ft.) for at least one night. The highest camping site is at 4,600m (13,811 ft.) for at least one night. And the lowest camping site is over 2700m (7,728ft)

How cold does it get?

It can get chilly due to the altitude. During the Andean winter (May – September) the temperature can drop below zero at night. It can be cool during the summer months too, so we suggest bringing thermal underwear and a warm sleeping bag.

Is altitude sickness common?

It's impossible to predict who will be affected by the altitude as your ability to adapt can vary from person to person. (We do recommend you undertake the trek in a good state of physical fitness.) Most of our travelers have no problem, as long as they take the time to acclimatize properly. This might include spending a full day in Cuzco (3,249m [10,659 ft] above sea level) and drinking plenty of water.

When is the high season on the Lares Trek?

Hiking the Lares trek is popular all year round, however May to September is considered the high season. This means that permits can be sold out months in advance. However, if permits are not available, there are other options to walk along the Andean Mountains, which still takes you to Machu Picchu.

How far in advance should I book my tour?

To reserve a spot on the Lares Trek, we recommend you book your tour at least six months in advance during high season (May to October) and three months in advanced during low season (November to April).

Do I need a permit to hike the Lares trek?

Yes. We require a copy of your passport. Please note that any attempts to modify your personal information will result in the loss of the permit. A refund will not be possible so make sure you double-check your information. As well, there are limited numbers of permits in effort to preserve the trail.

When do we reach Machu Picchu and how much time will we spend at the ruins?

Reaching Machu Picchu depends on you. As early you wake up, we can be the first in Machupicchu. However, many groups will reach the mean gate at around 6:00am. You'll have plenty of time to soak in the ruins thanks to a two-hour guided tour and some free time to explore afterwards.

Is it possible to skip the Lares trek even if the tour includes it?

Yes! Let us know that you don't want to hike the Lares trek when you book. We'll arrange for you to spend two nights in Cuzco and then take the train to the town of Aguas Calientes. You will rejoin your group at Machu Picchu.

What type of accommodation can I expect on the Lares Trail?

We use three-man tents to accommodate two same-sex travelers. There are a few places on the trail where permanent (but very rustic) toilet facilities exist, and when they're not available, your crew will set up portable toilet tents.

Do horses/porters/llamas carry our luggage on the Lares Valley trail?

Yes! We'll provide you with a large stuff sac where you can place 5kg of your personal items (including your tent and sleeping bag). Our skilled porters will carry these bags while you hike the Lares trek. Your other personal items will be stored safely at our hotel in Cuzco. All you need to carry is a daypack containing the things you'll need during the day like water, camera and sunscreen.

Will I be given a sleeping bag and mat?

Great question! Sleeping bags are not provided, so we recommend bringing a compact three-season sleeping bag. You can also rent a sleeping bag in Cuzco; just let us know when you book. We provide our travelers with foam mats, but please feel free to bring your own-self inflating mat if you'd like.

What type of food will be served on the Lares Trek?

Our cooks prepare excellent high-quality meals that are perfect for a day of trekking. The menu usually includes: pasta, rice, chicken, fresh fruit and vegetables, oatmeal, and eggs. If you're a vegetarian, no problem! We're able to cater to your needs. If you have any dietary restrictions or allergies, please let your CEO know.

Is purified water available on the Lares Trek?

Bottled water can be purchased on day one and on the evening of day three of the trek. However, we discourage trekkers from purchasing bottles as it increases the amount of waste. Instead, we strongly recommend bringing a refillable water bottle, as boiled water will be provided with every meal.

Can I bring my own walking stick?

Yes, as long as it is not a metal-tipped walking stick, as they are not permitted on the trail. You can rent a wooden walking stick from us as well along with additional equipment like sleeping bags and air mattresses.

What is the suggested amount that I should tip the guides and porters?

Tipping is at your discretion, but is always appreciated. If you enjoyed the service you enjoyed from your guides and porters, we suggest tipping between 6-8 dollars a day.

Terms & Conditions

- A non-refundable deposit of 50% per person is required at time of booking.
- A reservation will not be confirmed until the deposit is made. Space may be allocated to the next request on the waiting list, if applicable.
- INKA TRAIL EXPEDITIONS PERU (ITEP) will issue a 48-hour HOLD on a reservation and will contact the party concerned before releasing space.
- ITEP will honor and guarantee any reservations with status of Payment in Process.
- Full payment is required 60 days before departure date.
- ITEP Travel requires full guest information to be handed in 60 days prior to departure.
- For a single willing to share, ITEP will request payment of the 10% single supplement 60 days prior to departure, together with full payment, in the case that a roommate has not been found. If a roommate is found for that guest between 59 to 0 days prior to departure, ITEP will fully refund the single supplement paid by that guest. In the event that the roommate of a guest who is willing to share cancels within 59 to 0 days prior to departure, the remaining roommate will not be subject to the 10% supplement.

Cancellations

In the event of a guest's cancellation ITEP requires notification of cancellations in writing, by email or fax and the following cancellation fees apply:

- Until 60 days prior to trip start date: Deposit of 50% per person
- 59 - 30 days prior to trip start date: 80% of the total trip cost
- 29 days or less prior to trip start date: 100% of the total trip cost

Transfer Fees

If a guest wants to change tour dates, the following fees apply:

- Until 60 days prior to trip start date: 20% per person
- 59 to 30 days prior to trip start date: 30% of the total trip cost
- 29 days or less prior to trip start date: 50% of the total trip cost

Additional notes on Transfers:

- Guests do not have to decide when requesting a transfer which future departure date they would like to join. The transfer fee is due when confirming the future departure date.
- Transfers are only valid until the end of the following year depending on availability (for example: if a guest cancels in 2019, the guest must travel on a departure date by December 2020).
- If there is an increase in the rates from one year to the next, the guest is responsible for assuming the difference, in addition to the transfer fee.

Cancellation & Transfers of Additional Services

In the event of a guest's cancellation or transfer of additional services (extensions, additional hotel nights, tours, etc.), the following fees apply:

- Until 60 days prior to trip start date: No charge
- 59 - 30 days prior to trip start date: 50% of the total trip cost
- 29 days or less prior to trip start date: 100% of the total trip cost

Note: Special terms and conditions apply to our Travel experience. Your Travel Specialist will advise of specific reservations and cancellation terms.

Peruvian Citizens(18% IGV):

As a way of promoting tourism, the Peruvian Government exempts foreign tourists from 18% general sales tax (locally known as Impuesto General a las Ventas, or "IGV") on hotel lodging

only. The rates provided by INKA TRAIL EXPEDITIONS PERÚ and/or any other hotel exclude this sales tax for hotel lodging. If you are a Peruvian citizen, resident, or have been traveling in Peru for more than 60 consecutive days please note that you will be charged 18% sales tax on top of the rate you paid for your hotel nights. All hotels require "proof of non-residency" by asking you to present your foreign passport upon check-in. If you cannot produce your foreign passport with the Peruvian immigration entry stamps and your tourist card, you will be asked to pay the applicable additional sales tax. **A copy of your passport is not permitted.** Please carry your passport with you when checking into any hotel.



Travelers' Quotes



Finrossovantes
Phoenix, Arizona



Best time ever!!

Escribió una opinión el 9 de octubre de 2018

We booked a 5 day salkantay trek. It was an unbelievable time. Our tour guide, Alvina was the best. She was funny and very knowledgeable in Peruvian history.

The meals that were made by our chef, Sebastian were outstanding. We always ate something new and it felt like we were on a food tour instead of actually being in the Andes.

Pick up and drop off were as explained in the meeting before the trip. Anyone who is interested in doing the trek, bring poles! I am fairly young and in good shape and never would have thought my knees would hurt as much as they did.

Overall, an amazing time. I would book again!



Jade N



Teacher (NYC)

Escribió una opinión el 12 de agosto de 2018

ITEP tour company was amazing to work with! There were 4 people total in our group and we booked Sacred Valley as well as the 2 Day Inka Trail. We felt safe and cared for throughout our entire trip. While the trail was difficult for some of us, our tour guide was with us every step of the way. This company was highly professional and punctual. Communication was great with everyone in this company. Would highly recommend!

Mostrar menos

Pregunta a Jade N sobre ITEP Eco Travel



Aun Yeong C.
Ottawa, Canadá



Henry Chauca, Inca trail and Machu Picchu

Fantastic guide in terms of knowledge and experience. Extremely helpful, never too much to ask. Strained my knee and he ended up carrying my backpack for half the trail. Took time to allow us to take in the scenery and catch up! Knew the good spots for photos along the trail and at Machu Picchu.

Took me back to the hotel at the end of day and then went to buy some anti inflammatories for my knee.

I would most definitely recommend.



RochelleK44



Maribel - Machu Picchu Tour Guide

Escribió una opinión el 8 de agosto de 2018

Spent 3 days touring Aguas Calientes and Machu Picchu with Maribel from ITEP tour agency. Her wealth of knowledge of the history, flora and fauna of Peru, her command of English, her patience with questions, and keeping up the morale of the group were very well appreciated.

Mostrar menos



AnteP7



Excellent hike - Must see!

Opinión sobre: Salkantay Trek en 5 días

Escribió una opinión el 7 de octubre de 2018

Great tour, an absolute must for travellers and outdoor nerds. Great tour company and easy to deal with. Reasonable prices, nice variety of tours, friendly staff, great way to meet new friends. Would definitely recommend and use again when I'm back in S.A!!



Vili 5



Great Experience in Choquequirao

Escribió una opinión el 7 de octubre de 2018

We booked the 4d3n trip to Choquequirao at ITEP and we can really recommend it. The service you get for your money is really really good - we didn't expect such a good service. Our tour guide Santiago and his team was really helpful and careful! We hadn't to care about anything, neither to build up our tent nor if we have enough snacks during hiking... They really took care about every little thing. We also booked a extra horse to carry our things and sleeping bags. The horses seemed to be healthy and the equipment was also good quality. The meals were absolutely amazing! I have no clue how our chef Nazario could do that but it was always delicious! I am vegetarian and it was no problem. We would definitely book it again at ITEP!



Caleb J



Trip of a lifetime

Escribió una opinión el 26 de octubre de 2018

Percy was our guide and he was knowledgeable, helpful and patient. We had the best chef and ate the best food! I was a bit nervous because I have never hike before or been in high altitude but I had no problems completing the trek. 10/10 would recommend.

ITEP Eco-Travel Honors



ITEP ECO TRAVEL RECIBIÓ PREMIO EMPRESA PERUANA DEL AÑO

Por su liderazgo como la mejor Agencia de Viajes de Cusco, Itep Eco Travel recibió el Premio Empresa Peruana del Año 2016. William Escalante Taype, Gerente General; Karelyn Lucero Zárate Paucarmayta, Gerente de Operaciones Premium; Liz Katherine Enriquez Lozano, Minelva Tarapaqui Sipaucar e Isaúd Otto Josué Vela Santana, Gerente Ventas Corporativas.



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DOING THE RIGTH THINGS!!!

<http://www.inka-foundation.org/>



Choosing **ITEP Eco travel**, you help to make our world a little bit better!!!

Don't just see our world, enjoy it and make it better.

"The activist is not the man who says the river is dirty. The activist is the man who cleans up the river." - Ross Perot

We know our **Planet Earth** is an amazing place, but it's far from perfect, **ITEP Eco Travel** is trying to do the right things to keep our World better for all of us and those that are not considerate.

When you travel with us, you help our **Inca Foundation** and you're giving back as much – if not more – but important for all of us!!!

ITEP Eco Travel is a social enterprise, which means the social value of what we do is going back to the destiny that you are visiting.

Our **sustainability** program "**Fundación Inca**" **Code of Ethics for Tourism** to promote responsible and sustainable tourism in those destinations where we operate, minimizing actions that may generate a climatic change, aiming for the welfare of our employees, clients, partners, providers and the community.

With our **Fundación Inca** you are supporting the local entrepreneurs, small businesses streng then communities, raises the overall quality of life, and ensures that the places you love will continue to be loved, Teaching students to be environmental stewards, Together with your support, we transform local orphanages into homes, provide clean water and quality healthcare, and fund scholarships for education.

We try to help some children experience difficulties in school, ranging from problems with concentration, learning, language, and perception to problems with behavior and/or making and keeping friends.

ITEP Travel in investing in the future by directing a strong focus on sustainable tourism projects and practices. Our objectives are to set in place responsible practices that will have a minimal impact on the environments and communities in which we work while at the same time ensuring our clients enjoy a memorable trip.

There are many reasons to choose **ITEP Eco Travel**, but the most important reason is that you can engage in a better world

Please visit our web site:

<http://www.inka-foundation.org>

If your Institution or Community needs our support:

Contact us to info@iteptravel.com

TREKKING DIFFICULTY SCALE AND WHEATEAR CONDITIONS FOR OUR TRAILS IN PERÚ



The Hiking Difficulty Scale and Wheatear conditions were developed for two reasons:

- To help guests determine which hikes best match their skill-set and fitness level
- To increase the quality and safety of our tours.

Guests who have realistic expectations about the difficulty of their upcoming adventure are more likely to have an enjoyable experience.

Please review the information below before booking your tour:

Avoid booking tours that exceed your hiking skills/physical abilities. During our group hikes, guests who are unable to maintain the group's hiking pace and/or do not have the required skills to hike safely, may be required by the guide to turn back.

Guests who would like to hike with a guide, but believe that the difficulty-level of our group hikes exceed their skills/abilities; have the option of booking private tours that can be tailored specifically to their needs. In such cases, we ask that inquires be sent via email.

IMPORTANT: *The following scale indicates the difficulty.



Suitable for: All people ages, including teenagers and seniors, who are in fair condition.

Trail conditions: Facilitated and wide, with hardened smooth surfaces. Excellent/extensive signage and trail markings.

Type of terrain: Flat/hilly.

Distance, duration and elevation: 2-3 km, 2-3 hours per day, with some increase in elevation.

Guide role: Facilitator, logistics, interpretation, and technical skills, and safety.



Suitable for: People of most ages - teenagers – and senior who are in general good condition, and have previous hiking experience.

Trail conditions: At times facilitated (wooden/stone staircases, bridges, railings). Narrower and more technical, although mostly firm and stable surfaces. Rocks and other obstacles are present. Some signage, good trail-markings.

Type of terrain: Hilly, with some steeper, rocky sections where good eye/hand/feet coordination is required.

Distance, duration and elevation: 3-8 km, 3-6 hours per day, with quite elevation gain.

Guide role: Facilitator, logistics, interpret with, technical and safety skills.



Suitable for: People of most ages – teenagers and senior – that are in very good condition, and have previous hiking experience.

Trail conditions: at times facilitated with simple technical equipment (i.e. chains, ropes). Narrow/nonexistent trails mostly marked with simple signs/cairns. At times more technical “off-the-beaten-track” hiking.

Type of terrain: Mountainous. Steeper sections with rocky surfaces requiring good eye/hand/feet coordination. Unsteady surfaces and a variety of obstacles (i.e. creeks, swamps, bushes and boulders) occur.

Distance, duration and elevation: 8-12 km, 6-7 hours per day, with significant gain in elevation.

Guide role: The guide behaves mostly as a mentor, focusing on the trail, with technical and safety skills. Logistics are planned well in advance.



Suitable for: People of most ages – teenagers and senior – that are in a really good physical condition with hiking experience.

Trail conditions: Rarely facilitated with very simple technical equipment (i.e. chains, ropes). Mostly non-existent, unmarked trails. Mainly technical “off-the-beaten-track” hiking and scrambling.

Type of terrain: Mountainous. Mainly unsteady surfaces and a wide variety of obstacles (creeks, rivers, swamps, bushes, boulders, and steep rock surfaces).

Distance, duration and elevation: At least 12 km, and more than 7 hours, with at least 1500 meters gain in elevation per day.

Guide role: Expedition leader with great focus on the trail with technical and safety skills. Logistics are highly tailored and well Planned in advance.



This symbol indicates that the organized tour might include snow/ice conditions. In such cases, your guide during your pre departure briefing will provide you with all the necessary information about the weather on the trip your selected Bringing along good wind/water-proof hiking clothes, suitable for winter conditions, is necessary.

Probably required equipment – typically hiking poles, spikes and/or snowshoes – which are not included in the tour’s price. Snow activities can include all levels of difficulty.

MAY / AUGUST : Day time: Cold / Dry / Warm Night time : Very Cold / most probably is not going to be rainy	
SEPTEMBER ABRIL: Day time: Cold Rainy sometimes Night time : Very Cold Rainy most of the time	

Disclaimer

This scale, symbols and descriptions as shown above are under constant development, based on our guides’ experiences and guests’ feedback. Although we do our very best in providing our guests with the best information possible, the hiking difficulty scale has a purely indicative function. ITEP Travel Group does not accept any liability for using our hiking difficulty scale. For all our tours, our general conditions of contract apply.

Our team (Guides, Cooks, Porters and Horsemen) and our equipment are what really makes ITEP Eco-Travel stand out from all of our competitors....



WE ARE PROUD TO BE MEMBERS IN:



For additional information and reservations please contact:

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