



# PERU'S MACHU PICCHU & SACRED VALLEY

*7 days / 6 nights*





## Embrace the spirit of adventure in the heart of the Andes

Immerse yourself in the wonders of Peru's Sacred Valley on an unforgettable 7-day, 6-night journey. Your small-group adventure begins with a trek along the legendary Inca Trail, leading you through lush cloud forests, past ancient stone terraces, and toward the awe-inspiring Machu Picchu—a masterpiece of Incan engineering and one of the New Seven Wonders of the World. As you stand below its mist-shrouded peaks, you'll feel the buzzing mystery of this ancient citadel come to life.

Next, explore fascinating archaeological sites like the mysterious circular terraces of Moray and the stunning salt pools of Maras, where mining traditions have endured for centuries. Whitewater raft down the Urubamba River, cutting through canyon landscapes amid lush strawberry fields.

Step deeper into Peruvian culture with a visit to Chinchero, where skilled artisans share the ancient art of Andean textile weaving. Your exploration culminates in the lively streets of Cusco, the historic heart of the Incan Empire. Wander through bustling markets, marvel at towering hillside fortresses, and discover temples that still glow with ancient energy.

## **Trip dates**

June 22 - 28, 2025

June 29 - July 5, 2025

July 10 to July 16, 2025

## **Cost**

\$3,595 per person

See page 19 for inclusions

## **Start/end**

Cusco, Peru (CUZ)\*

\*CUZ refers to Alejandro Velasco Astete International Airport. If flying from the US, you will likely connect in Jorge Chávez International Airport in Lima, Peru (LIM). You may need to book tickets for each flight separately.

For each trip, plan to arrive into CUZ by 11 am on day 1, and depart CUZ after 2 pm on day 7.



# MACHU PICCHU 2025 >> full itinerary



**Day 1** Arrive in Cusco (CUZ), meet the group and guides, and head to Ollantaytambo

---

**Day 2** Tour ruins and archeological sites in Ollantaytambo, and then raft the Urubamba River

---

**Day 3** Hike the Inca Trail toward Machu Picchu

---

**Day 4** Tour the Machu Picchu citadel

---

**Day 5** Explore Maras Salt Mines, Moray, and Chinchero

---

**Day 6** Tour Cusco, including the San Pedro Market and Sacsayhuaman

---

**Day 7** Tour the Temple of the Sun and Museo de Arte Precolombino, then depart from Cusco (CUZ)

---

# MACHU PICCHU 2025 >> day one



## DAY ONE

### Arrive in Cusco, head to Ollantaytambo

After arriving in lively Cusco—once the epicenter of the mighty Incan empire—we'll journey straight into the Sacred Valley, bound for Ollantaytambo, a village known as the "Living Inca City" where ancient stone streets and original Incan architecture still remain.

This ancient stronghold was the site of one of the Incans' last victorious battles against the Spanish conquistadors, and its remarkable terraced fortress still looms over the village.

Our day will be filled with exploration—wandering through towering ruins, touring local museums and markets, and immersing ourselves in Peruvian traditions. As you become acclimated to the high elevation of the Andes, soak in awe-inspiring views of Mt. Verónica, known as the "Protector of the Sacred Valley," rising majestically at 19,226 feet. Indulge in authentic Peruvian cuisine and begin your deep dive into the rich culture and spirit of this extraordinary land.

# MACHU PICCHU 2025 >> day one logistics

## >> ARRIVE IN CUSCO BY:

11 am

## >> ACCOMODATIONS:

[Las Qolqas Eco Lodge](#)

## >> MEALS:

Lunch

## >> MINIMUM ELEVATION:

~ 9,150' / 2,800m

## >> MAXIMUM ELEVATION:

~ 11,150' / 3,400m





## DAY TWO

### Tour ruins, raft the Urubamba

After touring another awe-inspiring Incan site, we'll get suited up for the legendary Urubamba River. Known to the Incas as Willkamayu, or the "Sacred River" in Quechua, these waters were believed to mirror the Milky Way, flowing through the heart of the empire as a divine connection between the heavens and earth.

As you navigate class I-III rapids, you'll pass through remote villages, lush strawberry fields, and ruins that stand as silent guardians of Incan history. Keep an eye out for flashes of color soaring overhead—this region is a birdwatcher's paradise, home to more than 400 species, including the giant hummingbird, vibrant mountain tanagers, and the iconic Andean condor.

Head ashore for a scenic lunch beneath the towering presence of Huacay Huilcay—aka Mt. Verónica—for a unique culinary tradition: Pachamanca, meaning "earth oven." This ancient feast involves marinating meats and vegetables with native spices and baking them underground on hot stones—an offering of gratitude to Pachamama, the Earth Mother.

# MACHU PICCHU 2025 >> day two logistics

## >> ACCOMMODATIONS:

Las Qolqas Eco Lodge

## >> MEALS:

Breakfast & lunch

## >> AVERAGE ELEVATION:

~ 9,150' / 2,800m

## >> TIME ON RIVER:

~ 2 hrs







## DAY THREE

### Hike the Inca Trail to Machu Picchu

The morning opens with a scenic train ride weaving through the Sacred Valley, where snow-dusted peaks gradually give way to the lush cloud rainforest. Step off the train and onto the legendary Inca Trail, a path carved by the Incans in the 15th century. The trek covers approximately 6.5 miles, climbing nearly 2,500 feet—a challenging but rewarding ascent where you'll certainly feel the spirit of these huge mountains.

We'll stop for lunch at Wiñay Wayna—meaning "Forever Young" in Quechua—cascading terraces and meticulously crafted stonework harmoniously blended into the steep mountainside. Keep an eye out for wild orchids—hundreds (possibly up to a thousand) of species bloom along this stretch of rainforest.

The trail continues upward toward Inti Punku, the Sun Gate, once the ceremonial entrance to Machu Picchu for Incan pilgrims. As you step through the stone gate, you'll catch your first glimpse of the ancient citadel—its iconic stone structures emerging from the bright green hillsides, surrounded by its neighbors Putucusi and Huayna Picchu and deep blue skies.

# MACHU PICCHU 2025 >> day three logistics

## >> ACCOMODATIONS:

Inkaterra Machu Picchu Hotel

## >> MEALS:

Breakfast, lunch, & dinner

## >> MINIMUM ELEVATION:

~ 7,220' / 2,200m

## >> MAXIMUM ELEVATION:

~ 9,020' / 2,750m

## >> HIKING MILEAGE:

~ 6.5 mi / 10.5km

## >> HIKING ELEVATION GAIN:

~ 2,500' / 760m

## >> HIKING TIME:

~ 4-5hrs



# DAY FOUR

## Tour the citadel of Machu Picchu

Today, relax in the wonders of Machu Picchu, one of the world's greatest archaeological wonders. Built in the mid-15th century during the reign of Pachacuti Inca Yupanqui, a powerful and influential ruler, the citadel is believed to have served as a royal estate, a religious sanctuary, or perhaps both—though its exact purpose remains shrouded in mystery!

At its height, the Inca Empire was the largest empire in pre-Columbian America, stretching from modern-day Colombia to Chile. Yet Machu Picchu remained hidden from the outside world for centuries, spared from Spanish conquest—likely due to its remote and nearly inaccessible location, perched nearly 8,000 feet above sea level atop a narrow mountain ridge.

The site itself is a masterpiece of engineering and architecture. Constructed without the use of mortar, its precisely cut stones fit together so seamlessly that not even a blade of grass could slip between them. This sophisticated technique, known as ashlar masonry, allowed the structures to withstand centuries of earthquakes and weathering. The city was designed with deep respect for the surrounding landscape, aligning with astronomical events and integrating natural features into its layout.

Machu Picchu is divided into urban and agricultural sectors, with terraced fields to prevent erosion and maximize arable land. The citadel houses more than 150 structures, including temples, plazas, and homes, each built with purposeful design. The Temple of the Sun and the Intihuatana Stone—a ritual stone believed to have been used as a solar clock—are among the most sacred sites, reflecting the Incas' deep spiritual connection to nature and the cosmos. Free-roaming llamas and alpacas graze peacefully against a backdrop of panoramic views.

For centuries after the fall of the Inca Empire, Machu Picchu remained hidden beneath dense jungle overgrowth, known only to local Quechua communities. It wasn't until 1911 that American historian and explorer Hiram Bingham brought global attention to the site, though it had never truly been "lost" to the indigenous people living nearby.

Today, Machu Picchu stands as a UNESCO World Heritage Site and one of the New Seven Wonders of the World, drawing visitors from around the globe. Beyond its beauty, it serves as a powerful reminder of the Inca civilization's enduring legacy.

# MACHU PICCHU 2025 » day four logistics

## » ACCOMMODATIONS:

Las Qolqas Eco Lodge

## » OPTIONAL UPGRADE:

Natura Vive Sky Lodge

## » MEALS:

Breakfast & lunch

## » MINIMUM ELEVATION:

~ 6,620' / 2,015m

## » MAXIMUM ELEVATION:

~ 9,160' / 2,790m

## » TIME IN MACHU PICCHU:

~ 2-3hrs





## DAY FIVE

### Tour Maras salt mines & Moray

No visit to the Sacred Valley is complete without experiencing the Maras salt mines. These shimmering terraced pools cover the mountainside to form a stunning mosaic. But they aren't just beautiful—they are living history. Dating back to pre-Incan times, each pool taps into a subterranean saltwater spring. When the Inca empire rose to power, they expanded and organized the salt production system, turning it into a vital resource for preserving food and fueling trade routes across the Andes. For more than 500 years, local families have worked these pools by hand, passing down their techniques through generations to harvest Peru's prized pink salt—a perfect keepsake for culinary enthusiasts.

Next, we'll explore the enigmatic ruins of Moray, one of the empire's most fascinating examples of agricultural innovation. At first glance, the site resembles a sunken amphitheater carved into the earth, but these concentric terraces likely served as a sophisticated open-air agricultural laboratory. The Incas used these circular depressions to create microclimates—each level varying slightly in temperature and conditions—allowing them to experiment with different crops and growing techniques. Some historians believe Moray played a vital role in domesticating staple crops like maize and potatoes, helping feed the entire empire.

Our adventure continues in Chinchero, often referred to as the birthplace of the rainbow in Incan legend. Chinchero is renowned for its master weavers, who preserve ancient Andean techniques for producing textiles. You'll get to witness a captivating demonstration of natural dyeing, where artisans extract vibrant hues from native plants, roots, and insects to color hand-spun alpaca wool, from deep indigos to rich crimsons. You'll also have the opportunity to purchase incredibly soft souvenirs directly from these artisans.

# MACHU PICCHU 2025 >> day five logistics

## >> ACCOMODATIONS:

Palacio del Inka

## >> MEALS:

Breakfast & lunch

## >> MINIMUM ELEVATION:

~ 10,500' / 3,200m

## >> MAXIMUM ELEVATION:

~ 12,350' / 3,765m



# DAY SIX

## Explore Cusco City

On our final full day in Peru, we'll dive into Cusco's local markets, where centuries-old traditions thrive amidst colorful stalls. Browse bustling alleyways filled with fresh spices, handcrafted textiles, and intricate Andean jewelry.

The afternoon continues with a visit to some of Cusco's most significant sites, beginning with Sacsayhuamán. Perched on a hill overlooking Cusco, these stone walls once played a vital role in protecting the Incan capital from invading forces. Constructed about 600 years ago during the reign of Pachacuti, the same ruler who commissioned Machu Picchu, Sacsayhuamán is renowned for its colossal limestone boulders, some weighing over 125 tons. Like Machu Picchu's construction, these boulders were precisely fitted without mortar. The fortress's design mirrors the head of a puma, an animal sacred to the Incas that symbolizes strength and protection. Even after centuries of earthquakes and human intervention, many of its massive walls remain intact, standing as a powerful reminder of the empire's resilience.

Next, we'll explore the mysterious site of Q'enco—also known as Q'inqu or Kenko, meaning “labyrinth” in Quechua. Carved into a sprawling limestone outcrop, the site features maze-like channels and ceremonial altars believed to have been used for ritual sacrifices—possibly involving chicha (fermented corn beer) or other offerings to honor Pachamama and other deities. At the heart of Q'enco lies an intricately chiseled ceremonial stone, where high priests may have conducted rituals under the alignment of the sun, moon, and stars.

A farewell celebratory dinner will be a fitting conclusion to this unforgettable journey through Peru's rich tapestry of history, culture, and beauty.



# MACHU PICCHU 2025 » day six logistics

## » ACCOMODATIONS:

Palacio del Inka

## » MEALS:

Breakfast, lunch, & dinner

## » AVERAGE ELEVATION:

~ 11,150' / 3,400m





# MACHU PICCHU 2025 >> day seven



## DAY SEVEN

### Temple of the Sun and depart Cusco

This morning, we'll visit one of the most sacred sites of the Incan Empire: Coricancha, or the Temple of the Sun. This temple was dedicated to Inti, the Incan sun god, and served as the most important religious site in Cusco. In its prime, Coricancha was adorned with walls covered in solid gold sheets, and its inner sanctuaries housed golden statues and offerings meant to honor the gods and reinforce the emperor's divine connection to the sun. The temple's advanced engineering reflected the Incas' deep astronomical knowledge, with structures aligned perfectly to mark solstices and seasonal changes. Though much of the original temple was dismantled by the Spanish and repurposed into the Santo Domingo Convent, its impressive stone foundations remain, surrounded by beautiful flower gardens.

Depending on flight times, we can also tour an Andean art museum, which offers a glimpse into Peru's artistic traditions, showcasing pre-Columbian artifacts, textiles, and colonial-era masterpieces.

As the sun sets over Cusco's terracotta rooftops, we'll bid farewell to the magical world of Peru.

# MACHU PICCHU 2025 >> day seven logistics

## >> DEPART CUSCO:

Recommended after 2 pm

## >> MEALS:

Breakfast

## >> AVERAGE ELEVATION:

~ 11,150' / 3,400m



# WHAT'S INCLUDED?

## TRANSPORTATION

- Private pick-up from Cusco airport on day 1
- Private drop-off to Cusco airport on day 7
- Private transportation for activity tours
- Train tickets to and from Ollantaytambo and Aguas Calientes on days 3 and 4
- Bus tickets to and from Machu Picchu citadel

## PERMITS, ENTRANCE TICKETS, & EQUIPMENT

- Permits to hike the Inca Trail
- All entrance tickets for sites, museums, Machu Picchu, Maras Salt Mines, Moray, and Chinchero
- All safety gear, additional guides, and safety briefing for whitewater rafting

## PROFESSIONAL GUIDES & TOP-NOTCH SERVICE

- Knowledgeable, experienced, English-speaking tour guides who specialize in high-quality adult adventure travel and are eager to share Peruvian culture and history
  - Guides will carry first aid kits and provide clean drinking water.

## ACCOMMODATIONS

- Days 1-2: Las Qolqas Eco Lodge
- Day 3: Inkaterra Machu Picchu Hotel
- Day 4: Las Qolqas Eco Lodge
  - Option to upgrade to Natura Vive Sky Lodge for \$250 USD
- Days 5-6: Palacio del Inka

*\*Cost is based on double occupancy; option to upgrade to single occupancy for \$1,200 USD*

## MEALS

- Day 1: Lunch
- Day 2: Breakfast & lunch
- Day 3: Breakfasts, lunch, & dinner
- Day 4: Breakfast & lunch
- Day 5: Breakfast & lunch
- Day 6: Breakfast, lunch, & dinner
- Day 7: Breakfast

## WHAT'S NOT INCLUDED?

- Transportation (airfare) to and from Cusco airport
- Some meals
- Alcoholic beverages
- Personal items like clothing, hiking shoes and gear, luggage, etc.
- Travel or emergency medical insurance
- Gratuities

# BEFORE YOU GO

## BOOKING PROCESS & FORMS

- \$1,000 deposit accompanies each registration
  - Registration includes a completed questionnaire by each participant/couple traveling together
- Payment is due in full March 1, 2025
  - For all registrations after March 1, full payment due within 5 business days

## FLIGHTS, TRAVEL DOCUMENTS, & IMMUNIZATIONS

- There are no direct flights from the US into CUZ; you will most likely connect in Lima, and it's common to arrive into LIM at night. There is a hotel attached to the airport for overnight stays.
- On day 1, we request that you arrive into Cusco (CUZ) by 11 am.
- On day 7, we recommend booking a flight that departs out of CUZ **after** 2 pm.
- Please make sure your passport is valid for **at least** six months past your travel dates; Peruvian customs and immigration officials are very strict about this rule!
  - Your passport is also required to hike the Inca Trail.
  - US citizens are not required to obtain a visa before traveling to Peru.
    - For all other citizenships, please check your country's requirements for traveling to Peru.
- Though not required, we advise checking the Centers for Disease Control for recommended vaccines.
  - Please note we will **not** be in yellow fever territory.

## PERUVIAN CURRENCY

- The official currency in Peru is the Nuevo Sol (S/). Coins come in 5, 10, 20, and 50 cents, as well as 1, 2, and 5 Soles. Paper bills come in 10, 20, 50, 100, and 200 Soles.
  - We recommend exchanging currency prior to your arrival in Peru.
  - Visa, Mastercard, and American Express are widely accepted in bigger cities.

## PRO TIPS

- It's not safe to drink the tap water in Peru. Guides will provide drinking water, and purified bottled water is widely available. Close your mouth when showering, and brush your teeth with bottled water as well.
- Due to sensitive plumbing, it is a common practice to throw away toilet paper (rather than flushing it). Restrooms are generally equipped with proper trash receptacles.
- Public restrooms can be primitive; we recommend carrying toilet paper and hand sanitizer if using one.

# OUR RECOMMENDATIONS

## BOOKING TIMELINE

- We can continue to accept bookings on our Peru adventures as long as we have space. However, we **STRONGLY ENCOURAGE** you to book as soon as possible (by May 1 at the very latest) so that we have the best chance of securing a permit to hike the Inca Trail.

## RESTAURANTS

- Cusco
  - [Pachapapa](#)
  - [Kusy kay](#)
  - [El Tupay](#)
  - [Yaku](#)
  - [Black Cat Bar](#)
- Ollantaytambo
  - [Chullpi](#)
  - [Amanto](#)
  - [Chunco](#)
  - [Sacred Valley Brewing Company](#)

## STAYING HEALTHY IN PERU

- **High elevations**
  - This trip spends time at high altitudes. Everyone responds differently to being at high elevation; some people choose to bring elevation sickness medication just in case.
- **Traveler's diarrhea**
  - Some people also choose to bring antibiotics in the event of traveler's diarrhea.
- **Travel insurance**
  - We highly recommend purchasing emergency travel and medical insurance.

## FITNESS LEVEL

- You'll find varied, rugged terrain on the Inca Trail, which includes rocky steps, uphill climbs, and narrow trails. Between the trailhead and Machu Picchu, there is no vehicle support.
- We know fitness looks different for everyone. We recommend hiking, jogging, biking, or getting involved in some other cardiovascular exercise in the months and weeks leading up to your trip.



# MACHU PICCHU 2025 >> packing list

- Passport
- Credit card and spending money (including Soles)
- Water bottle (filter and purifier bottle optional) and electrolytes
- Personal toiletries, including:
  - Sunscreen
  - Insect repellent
  - Medications
- Camera
- External charger
- Travel adapter/converter (in Peru, the supply voltage is 220V)
- Hiking shoes and socks
- Hiking pants
- Hiking/activewear top made of synthetic or wool material (to wick away sweat)
- Comfortable backpack for daily use, including hiking the Inca Trail
  - Something about the size of a standard school backpack is fine
- Comfortable shoes and socks for walking tours on varied terrain
  - Including uneven cobblestone streets
- Long- and short-sleeve tops
- Pants and shorts
- Dress and/or skirt
- Sweater
- Warm jacket
- Sun hat and/or Buff-type neck gaiter
- Wool hat
- Wool or fleece gloves
- Sunglasses
- Optional: Trekking poles
- Optional: Rain jacket
- Optional: Bathing suit

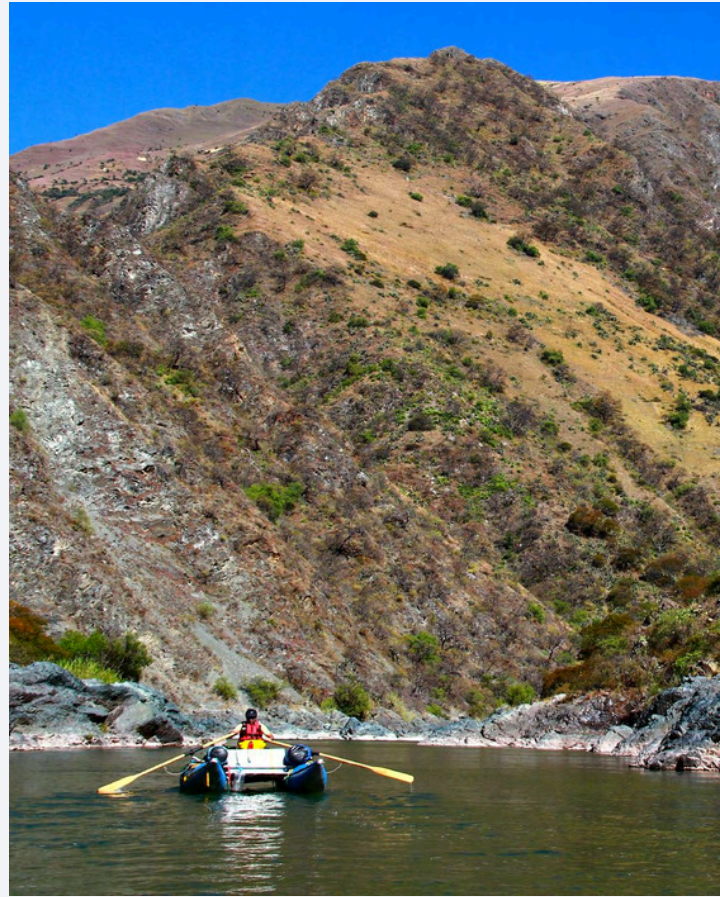


# MACHU PICCHU 2025 >> weather & fun facts

## Weather & elevation

In June and July, daytime highs are typically around 66°F, with nighttime lows dipping into the 30s. We'll likely have sunny skies at higher elevations, and it will get a little more humid on the Inca Trail toward Machu Picchu.

Due to the elevation, we advise bringing electrolytes and staying well hydrated, starting a few days before the trip and throughout your time in Peru.



## Did you know?

- Though we can still visit Peru's well-preserved ruins, many more cities and structures were destroyed by the Spanish.
- Cuy (guinea pig) is a delicacy in Peru.
- Peru is home to 70% of the world's alpacas.
- It's also where the world's largest flying bird, the Andean condor, lives.
- The Andes Mountains are the second-highest range in the world.



## WHO IS ADVENTURE TREKS?

We believe in facilitating remarkable, life-changing experiences in the beautiful outdoors. Since 1993, thousands of people have trusted us to guide them through spectacular adventures across North America and the world.

**At Adventure Treks, we provide a much-needed opportunity to unplug, explore breathtaking landscapes, and reconnect to nature and others through meaningful adventures.**

Our program is defined by an unmatched commitment to safety, strong communities, and a focus on transformative experiences. With highly qualified and caring guides leading the way, we foster a welcoming environment where every family feels valued, inspired, and connected.



# MACHU PICCHU 2025 >> why travel with AT?



Designed for  
people of all  
experience  
levels

Fully vetted,  
expert local  
guides

Pre-planned  
itinerary,  
including  
activity fees

Whether you're an experienced traveler or new to adventure travel, this trip is designed to be remarkably fun and enriching for everyone. We offer:

- Experienced, caring, and deeply knowledgeable local guides who provide superb customer service at the highest levels.
  - Plus, you **must** hire a Peruvian guide in most of the locations you'll visit.
- A welcoming, inclusive environment where adults can build meaningful connections with new friends.
- The chance to take a break from busy routines and immerse yourself into an exciting new culture.
- The opportunity to improve both physical and mental well-being with a meaningful adventure vacation.

**MACHU PICCHU 2025 >> ready for the trip of a lifetime?**



[Click here to book and submit a deposit to secure a space.](#)

*Please visit [adventuretreks.com/terms-conditions](https://adventuretreks.com/terms-conditions) for more information regarding our cancellation and refund process, payment options, trip insurance, and more.*

