



PERU TREK

Travel & Adventure

**LARES TREK
TO MACHU PICCHU**

4 Days & 3 Nights

OVERVIEW



Lares Trek To Machu Picchu 4 Days

Our Classic Lares Trek 4 days to Machu Picchu, is the perfect option for those who want to escape from the big crowds, walk among impressive landscapes and witness rural Andean life up close. You can choose this trek whether you are traveling alone, as a couple or in a group.

The trek traverses the golden Polylepis forest in the valleys to the snowy peaks, an autumn trek north of Cerro Pumahuanca in the Sierra Occidental of Cusco, overwhelms with its beauty and the immensity of the landscape full of llamas and alpacas. with the locals in colorful costumes..

You will stop at different small communities and share some special moments with the people who live there. You will be able to learn some of their customs and traditions and witness how they live in these rural parts of the world and live off the land.

After these magical days in the mountains, you will end your trip with a visit to one of the Seven Wonders of the Modern World: the historic sanctuary of Machu Picchu.

Explore this incredible site with your guide and then on your own as you discover its secrets and feel its incredible energy. Do not miss this epic trip of the classic Lares trek 4 days to Machu Picchu!.

The highlight of the Lares Trek To Machu Picchu 4 Days

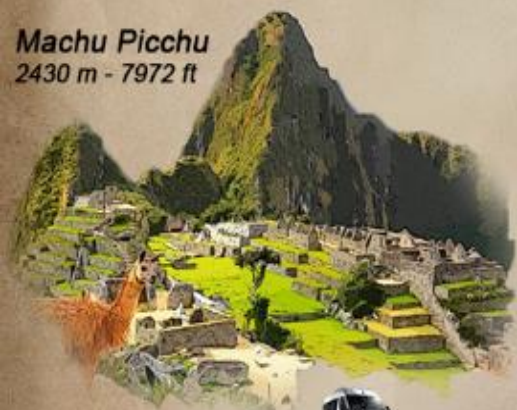
- ✓ Enjoy one of the best alternative routes to Machu Picchu.
- ✓ Escape the large crowds on this off-the-beaten-path trek in peace and quiet with just the sounds of nature.
- ✓ Take a dip in the medicinal and relaxing Lares Hot Springs.
- ✓ Hike through some of the most beautiful landscapes in the world in the middle of the Andes.
- ✓ Visit fascinating and isolated authentic communities that have existed long before the Spanish arrived in the area.
- ✓ Immerse yourself in the local culture as you spend time with rural Andean communities and learn their customs and traditions.
- ✓ End your epic journey with a visit to one of the New Seven Wonders of the World and UNESCO World Heritage Site, Machu Picchu.

LARES TREK TO MACHU PICCHU

4 DAYS



Machu Picchu
2430 m - 7972 ft



Mantanay
3700 m - 12136 ft
14 km - 7.00 hrs



Aruray Qocha
4100 m - 13451 ft



Wacawasi Pass
4420 m - 14498 ft



Wacawasi
3800 m - 12467 ft
8 km - 5.00 hrs

NIGHT 1

Lares
3120 m - 10266 ft
Trek starting point



3.00 hrs

End of the hike Yanahuara
2873 m - 9425 ft
7 km - 3.00 hrs

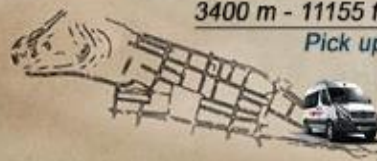


Calca
2930 m - 9613 ft

Check Point



Cusco
3400 m - 11155 ft
Pick up



Ollantayrambo
2792 m - 9160 ft

1.50 hrs

2.00 hrs

Aguas calientes
2040 m - 6692 ft



NIGHT 3

	DISTANCE / HOURS
	CAMPS
	LUCH & REST AREA
	MAJOR ROAD
	MINOR ROAD
	FOOTPATH
	LAGOON

1

DAY

HOT SPRING LARES



Highlights Of The Day

- Enjoy the hot springs and their natural benefits.

1**DAY**

Cusco - Lares Hot Springs (optional) - Wacawasi



Early in the morning, we will pick you up from your hotel in Cusco. Then we will go to Calca, a small town in the Sacred Valley. Here you will have your last chance to buy last minute supplies. Continuing, we will drive for about three hours in the direction of Lares, passing the highest point of the day at (4,265 m – 13,992 ft), where the Sawasiray and Pitusiray mountains rise. Then we will descend to the Lares Valley until we reach the small town of Lares.

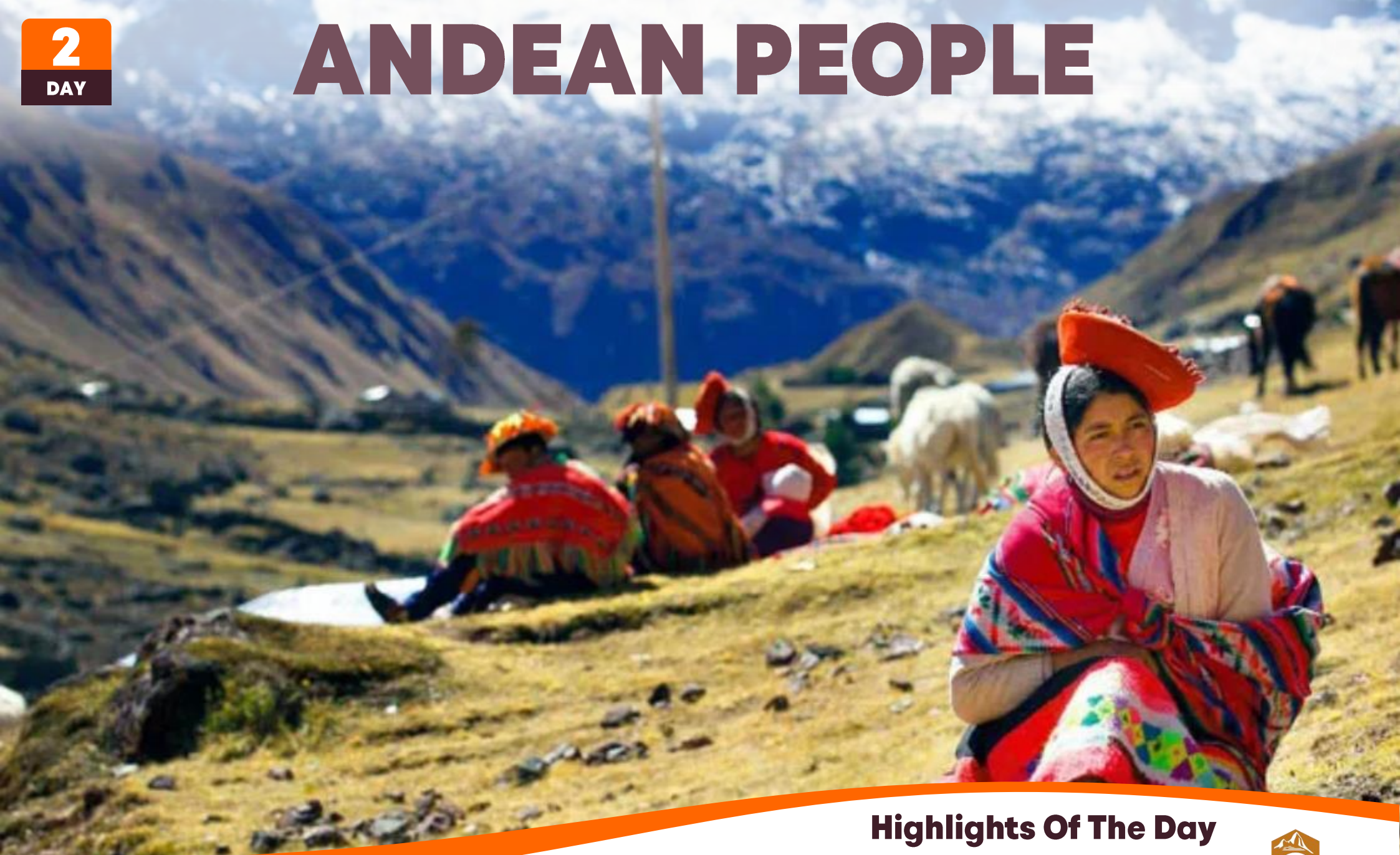
In Lares we can take advantage of the local hot springs, famous in the Cusco Region for their healing properties. These natural springs are said to be excellent for stomach and rheumatic ailments, conditions such as arthritis, as well as treating fractures, muscle pain, and more. Today we will have our lunch half way to the first camp.

After lunch, the adventure continues, along this section of the trail we will see some herds of llamas and alpacas, and we will arrive at our first camp located in the town of Wacawasi 3,800 m / 12,464 ft. At the camp after our arrival, we will have our tea time and dinner. Wacawasi is a community of traditional weavers, and you'll be able to spend some time watching the local weavers at work, and maybe give it a try yourself.

2

DAY

ANDEAN PEOPLE



Highlights Of The Day

Live with local people.

2**DAY**

Wacawasi - Wacawasi Pass - Mantanay



We will start the day early in the morning with a hearty breakfast, to boost our energy levels for what will probably be the most difficult day of our trek. Starting off, it's a steep uphill climb to Paso Puerto at (4,420m/14,498ft), the highest point reached on our Lares trek. The view from up here is sublime, with views of the surrounding mountains and the beautiful Lake Aruraycocha below us. perfect to offer some coca leaves to the spirits of the Andes making an apacheta mark a limit or path. We will then descend towards the lake, stopping to admire its crystal clear glacial waters.

We will then drive through the Mantanay conservation area, where the natural environment changes. This region has forests of polylepis trees, locally known as queuñas, which provide an important refuge for many species of birds, including some in danger of extinction. Mantanay is also dotted with lagoons, around which various species of hardy shrubs and trees grow. We will have lunch on the shores of one of these beautiful lakes. If we are lucky, we might even see a huge Andean condor as it swoops down on us.

After lunch we will continue our walk downhill until we reach the town of Mantanay, a valley with beautiful Andean trees called Queuña (a typical tree from the highlands of Peru that grows between 3400 m / 11 152 ft to 4300 m / 14 104 ft, polylepis "Rosaceae" is a genus of low trees with rough, scaly bark).

our second camp, at about 3,800 meters. This is another great opportunity to interact with the local villagers and see how they live their lives in this remote region. In Mantanay we will have a tasty dinner and sleep at night.

3

DAY

MANTANAY LAGOON



Highlights Of The Day



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- Appreciate the incredible mountains and lagoons.

3**DAY**

Mantanay - Yanahuara - Machu Picchu Town



Our last day of lares trek to machu picchu 4 days will be a relatively easy walk of between four and five hours. After having our breakfast, we will descend for approximately 3 hours to Yanahuara, a nice colonial city of Yanahuara in the Sacred Valley, passing through more spectacular landscapes where the Incas once roamed. The weather should be warmer as we descend towards Yanahuara, passing near fields of white corn typical of this region. Once we reach Yanahuara, we will have our last meal together. At this point, our cooks and porters will leave you in the capable hands of your guide. This marks the end of our trek to Lares.

After having lunch, we will take our private transport to the train station in Ollantaytambo, from this place we will continue by train to the town of Aguas Calientes (Machu Picchu town) for approximately 1 hour and 45 minutes, where we will spend the night. in a hotel, not far from our final destination: the magnificent Machu Picchu.

4

DAY

MACHU PICCHU



Highlights Of The Day

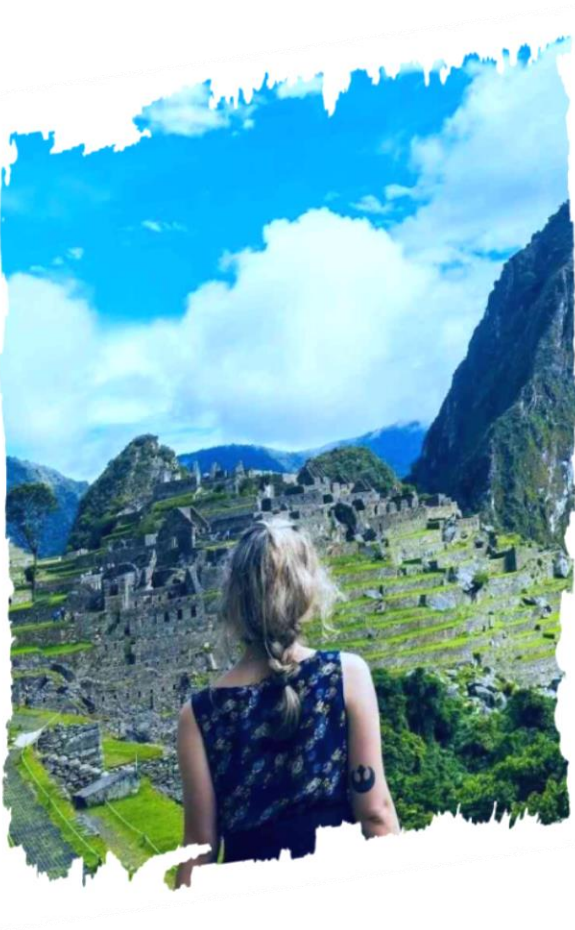


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Let's discover every secret of Machu Picchu.

4**DAY**

Aguas Calientes - Machu Picchu - Cusco Hotel



To better appreciate Machu Picchu, we will get up early in the morning to be able to arrive at the citadel on time. You will first have time to have breakfast and then your guide will pick you up from the hotel around 5:40 am. We will then walk to the bus starting point for the short but zigzagging climb up the road to Machu Picchu.

We will then pass through the gates to the archaeological site of Machu Picchu. Here you will start your guided walking tour with an experienced and very knowledgeable guide. Our tour of Machu Picchu will last approximately two hours and will take you to all the most famous and spectacular parts of the extensive archaeological complex. These include the House of the Guardian, the Intihuatana, the Temple of the Sun, the Sacred Plaza, and other key locations. And as we walk, we will have spectacular views of the agricultural terraces of Machu Picchu and the surrounding mountains and deep gorges. After the guided tour, you will have time to explore Machu Picchu at your leisure, perhaps walking to some lesser visited parts such as the Inca Bridge.

Once we have finished our tour of Machu Picchu, we will take the bus back to Aguas Calientes, where you can relax and have lunch (not included) before boarding the train back to Ollantaytambo. Upon your arrival at the station, we will be waiting for you to take you back to your hotel in Cusco, where you will finish the entirety of your incredible Lares trek to Machu Picchu 4 days trek.

INCLUSIONS

Included / Not Included

High Quality Service & Safety

- ✓ Pre-departure briefing
- ✓ Experienced tour guide in English and Spanish
- ✓ Private Camping Equipment
- ✓ 1 duffle bag
- ✓ Medical Kit or First AID Kit
- ✓ A professional chef
- ✓ Customer service 24/7

Transportation

- ✓ Day 1: Private transportation from Cusco to the hiking point
- ✓ Horses, and muleteers; cargo mules will carry your (7 kg / 15.4 lb) personal items
- ✓ Day 3: Private transportation from the end of the hike to Ollantaytambo
- ✓ Day 3: Train Ticket from Ollantaytambo to Aguas Calientes
- ✓ Day 4: Consettur bus ticket up from Aguas Calientes to Machu Picchu
- ✓ Day 4: Train Ticket from Aguas Calientes to Ollantaytambo
- ✓ Day 4: Private transport from Ollantaytambo train station to your hotel in Cusco

Extras included in our service

- ✓ Sleeping bag
- ✓ PRO Air sleeping pad
- ✓ Extra oxygen
- ✓ Hiking poles
- ✓ Day 3: hotel in Aguas Calientes

Meals

- ✓ Meals: Breakfast (4), lunch (3), dinner (3)
- ✓ Food: (vegetarian and vegan food options available)
- ✓ Wake up tea
- ✓ Tea Time or Happy Hour
- ✓ Snacks on the trail daily
- ✓ Water during the hike
- ✓ Products for hygiene

Permits & Entrance Tickets

- ✓ Entrance Ticket for Lares Hot Springs
- ✓ Entry to Machu Picchu Archaeological Site

What is not included?

- Travel insurance
- Gratuities for our staff
- Additional costs or delays beyond our control

TRIP CHECKLIST

4 Days & 3 Nights

- ✓ Original Passport, important!.
- ✓ Sun hat, cap
- ✓ Water bottle or canteen
- ✓ Good hiking boots with ankle protector or similar, and one pair of flip-flops or light sandals
- ✓ Comfortable hiking clothes
- ✓ Rain gear (especially if traveling in the wet season, from October to March)
- ✓ Hiking poles
- ✓ Insect repellent
- ✓ Personal medication
- ✓ Sunblock and sunglasses
- ✓ Comfortable trousers
- ✓ Toiletries and hand sanitiser
- ✓ Hiking long-sleeve T-shirts
- ✓ Camera and film with extra batteries
- ✓ Phone and Camera charger and adapter
- ✓ Some snacks such as chocolate, cereal bars, candies, nuts, energy bars
- ✓ American dollars and Peruvian soles in cash
- ✓ Backpack to carry your things



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