



PERU TREK

Travel & Adventure

**LARES TREK
TO MACHU PICCHU**

5 Days & 4 Nights

OVERVIEW

Lares Trek To Machu Picchu 5 Days

One of the least visited routes to the magical and mystical Machu Picchu is the Lares Trek 5 days. However, this does not make it less surprising. Lares Trek 5 days to Machu Picchu This ancestral place was occupied by ancient cultures, where today the Andeans guard and protect their mysteries and hidden traditions in the Andes through mountains, glaciers and spectacular lagoons.

On the third day of the Lares trek spiritual, we will enjoy our San Pedro ritual to connect with Pacha Mama (Mother Earth) in order to renew our physical, emotional and spiritual strength. The last day of the Lares spiritual walk to complete our therapy and knowledge, we will have a guided visit to one of the modern wonders of Machu Picchu.

The highlight of the Lares Trek To Machu Picchu 5 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.
- ✓ Enjoy a train ride through stunning landscapes beside the furious Urubamba River.
- ✓ End your epic trip with a visit to New World Wonder, Machu Picchu, and discover its best-kept secrets.

LARES TREK TO MACHU PICCHU

5 DAYS



Machu Picchu
2430 m - 7972 ft



Aqopata
4200 m - 13780 ft
12 km - 7.00 hrs

NIGHT 1

Cancha cancha
3950 m - 12959 ft



Quiswarani
3850 m - 12631 ft
13 km - 7.00 hrs

NIGHT 2



Cuncani
3800 m - 12467 ft
11 km - 6.30 hrs

NIGHT 3

Lares
3120 m - 10266 ft
End of the hike
6 km - 3.00 hrs



3.00 hrs

Pachacutec Pass
4700 m - 15420 ft

Qoyalay Lake
4140 m - 13583 ft

Qallaqasa Pass
4450 m - 14622 ft

4 lagunas
4100 m - 13001 ft

Huaran
2920 m - 9580 ft
Trek starting point

Calca
2930 m - 9613 ft

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 4

Check Point

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

1

DAY

ANDEAN PEOPLE



Highlights Of The Day

- Witnessing the beautiful scenery and learning local customs and traditions.

1**DAY**

Cusco - Huaran - Cancha Cancha - Aqopata



You will start the real adventure today when we pick you up from your accommodation early in the morning and take you in our private transport to the starting point of the trek. We will drive for about an hour and a half to Huaran in the Sacred Valley at 2920 m/9580ft. Once we get there, we'll put our luggage on the horses and start walking north. The trail ascends slightly as we follow the course of the Cancha Cancha River towards the community of the same name.

Along the way, you will see vast farm fields and mysterious forests. The vegetation of the area means that a wide variety of birds live here, something Peru is well known for. The valley is truly stunning and worth getting out your camera and taking some amazing photos. We will enjoy a delicious lunch in the middle of this walk.

In the afternoon, we will pass through the town of Cancha Cancha (3,950 m / 12,959ft) and head to our cozy camp. After hiking a total of around 7 hours today, we will arrive at our campsite at Acopata (4,200 m/13,780ft). You can relax and enjoy a tasty dinner prepared by our chefs before spending the night.

2

DAY

QUISHUARANI WATERFALL

Highlights Of The Day

- ☐ The beautiful 7 waterfalls.



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2**DAY**

Aqopata - Pachacutec Pass - Quiswarani



We will enjoy a nutritious breakfast that will give us the energy we need for the day before beginning our ascent to the highest point of the entire trek, Pachacutec Pass (4,700 m/15,420ft). We'll take it easy and arrive after two and a half hours of walking. The views from this height are impressive, and you will see the snow-capped peaks of the sacred mountains Sahuasiray and Chicon right in front of you.

After enjoying the scenery and resting our legs, we will head downhill for two hours to the beautiful lunch spot by Lake Qoyalay (4,140 m/13,583ft). Once full and rested, we will descend for another hour and a half towards the valley. On this stretch you will see several amazing glacial lakes and herds of alpacas, llamas and sheep grazing peacefully. If you are lucky, you may also see deer, vizcachas, geese, falcons, and the immense Andean condor, the largest flying bird in the world.

We will arrive at our camp in the community of Quiswarani (3,850 m / 12,631 ft). This is a small and picturesque place with typical houses built in stone. You will enjoy another tasty dinner before going to sleep. For tomorrow continue the lares trek 5 days to Machu Picchu.

3

DAY

QOLLAQASA PASS



Highlights Of The Day

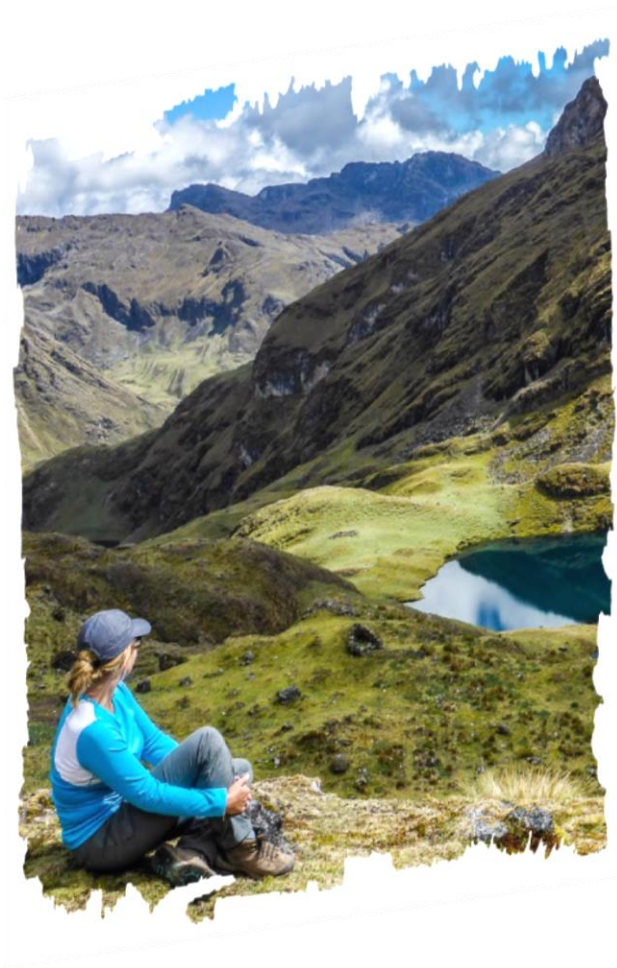


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- Appreciate the incredible mountains and lagoons.

3**DAY**

Quiswarani - Q'allaqasa Pass - Cuncani



After a healthy breakfast, we will start the 1 hour and a half hike up the steep trail to reach the Q'allaqasa Pass (4,450 meters / 14,622 feet) and enjoy the impressive Cuncani Valley with colored lagoons and jagged mountains. On the descent, we will descend to the colored lagoon where we will perform our ritual invoking Pacha Mama or Mother Earth, and begging her to bless us. Then we will start with the infusion of Wachuma or San Pedro, to find our peace and tranquility from the depths of our interior. Then we will appreciate the fauna of the area full of chinchillas, geese, Andean gulls, hawks and hopefully some condors.

Our Cuncani camp is an hour away (3,900 meters / 12,795 feet), and at night looking up into the clear sky we can see the Milky Way and the Andean constellations.

4

DAY

HOT SPRING LARES

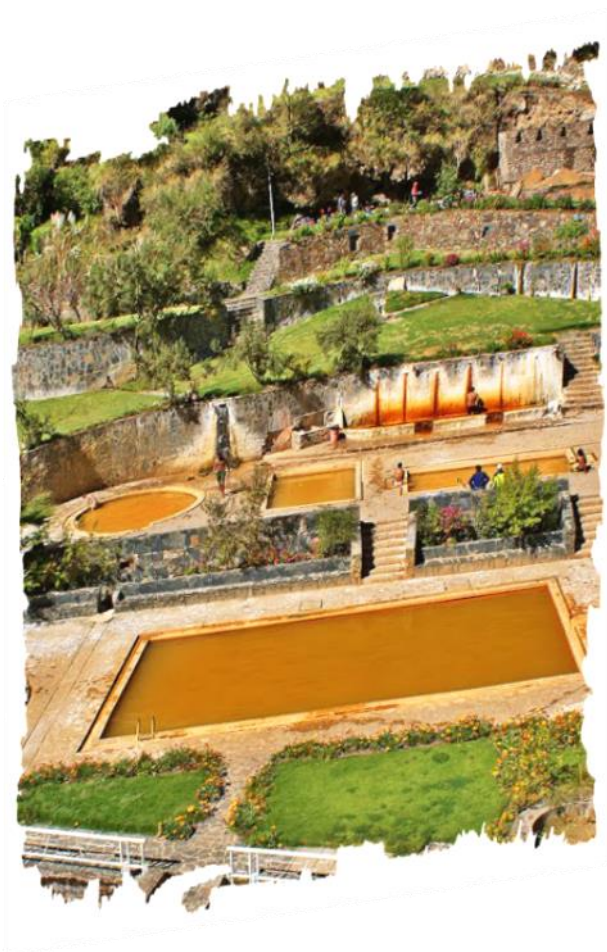


Highlights Of The Day

- Relaxing in the hot springs and visiting local families.

4**DAY**

Cuncani - Lares Hot Springs - Ollantaytambo - Aguas Calientes



We will wake up very refreshed after the incredible therapy, literally feeling as if we had been born again, our staff will pamper us with a hot drink in bed (coca tea, tea, coffee or hot chocolate, etc), after breakfast we continue downhill for about 2 hours to the medicinal thermal baths of Lares (3,120 meters / 10,266 feet) and as a reward we will get soaked enjoying the hot baths.

Our lunch will be in the same place. After being totally relaxed, we will travel in our private transport and travel for 3 hours back to the town of Ollantaytambo (2792 mt. / 9158 ft). We will have dinner in this town. After dinner, we will take the train to the town of Aguas Calientes for 1 hour 45 minutes. Upon arrival we will go to the hotel for our accommodation and rest.

5

DAY

MACHU PICCHU



Highlights Of The Day

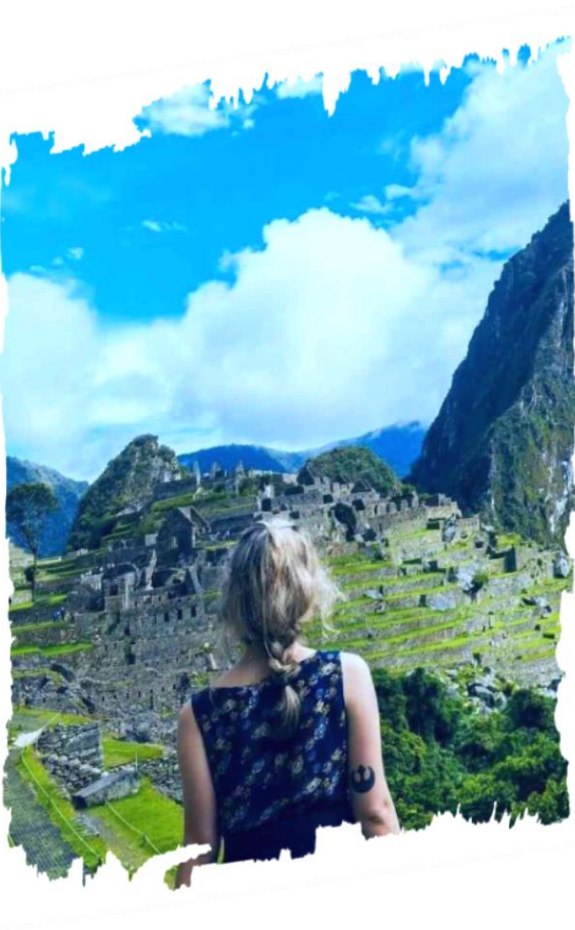


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Let's discover every secret of Machu Picchu.

5**DAY**

Aguas Calientes - Machu Picchu - Cusco Hotel



Today we reach the long-awaited end of our trek, one of the New 7 Wonders of the World and a UNESCO World Heritage Site: Machu Picchu! We will wake up early after a refreshing night in our lodge to beat the crowds to the top of Machu Picchu and enjoy its serenity in the soft morning light. The entrance control to Machu Picchu is open from 06:00 AM to 17:00 PM. We will board the consettur bus for about 30 minutes and enter the hidden Royal Citadel of the Incas. Here we will have a 2-hour guided tour of this incredible ancient city to visit temples, terraces, palaces, priests' houses, the sundial, the industrial sector and the farm fields. Be amazed at the engineering ingenuity of the Incas, which was way ahead of its time and is still partially a mystery today! Without having modern tools or even steel and iron to work with, the people who built this city were great at organizing this community in a sustainable and beautiful way on the side of a mountain, even carrying water in canals through its streets so that the people I can use. When a Peruvian guide showed Hiram Bingham this site, it was almost unrecognizable, overgrown and in disrepair. It has since been cleaned and restored and is now protected and treasured by the world at large!

After this tour, you can climb Huayna Picchu or Machu Picchu Mountain (be sure to book in advance to get tickets for these!). Each mountain takes approximately 3 hours to go up and down. Another lower impact option for which you don't need an additional ticket is to walk to Puerta del Sol, the main entrance to the Inca Trail (this takes around 2-2.5 hours round trip). Another option is to walk to see the Inca Bridge. You will be able to stay and enjoy this magical city for over 7 hours before walking back to Aguas Calientes for the 6:20pm train ride. m. (subject to availability) to Ollantaytambo. A private bus will pick up our group and drop them off at your hotel in Cusco at approximately 9:30 p.m. Rest your feet and body now, but we can assure you that your heart will keep beating for weeks and years to come! lares trek 5 days to Machu Picchu.

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 4: Private transportation from the end of the hike to Ollantaytambo
- ✓ Day 4: Train Ticket from Ollantaytambo to Aguas Calientes
- ✓ Day 5: One-Way Consettur Bus Ticket from Aguas Calientes to Machu Picchu
- ✓ Day 5: Train Ticket from Aguas Calientes to Ollantaytambo
- ✓ Day 5: Private transport from Ollantaytambo train station to your hotel in Cusco.

Extras included in our service

- ✓ Sleeping bag
- ✓ Extra oxygen
- ✓ Hiking poles
- ✓ PRO Air sleeping pad
- ✓ Hotel in Aguas Calientes (Day 4)

Meals

- ✓ Meals: Breakfast (5), lunch (4), dinner (4)
- ✓ 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

5 Days & 4 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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