



1266 66th Street, Suite 4
Emeryville, California
94608-1117

T: +1 510 594 6000
1 888 MTSOBEK (687 6235)
F: +1 510 594 6001
info@mtsobek.com
www.mtsobek.com



©Kim Beck (MTS staff)

TRIP DETAILS

11 days ~ Peru

4 days strenuous hiking at
medium elevation
(max. 14,700')

10 nights hotels or lodges

2008 DATES

Apr 19–Apr 29

May 24–Jun 3

Jun 7–Jun 17

Jul 12–Jul 22

Aug 22–Sep 1

Aug 23–Sep 2

Sep 13–Sep 23

Sep 20–Sep 30

LAND COST

\$3,995 per person
(10-14 members)

\$4,195 per person
(7-9 members)

\$4,395 per person
(4-6 members)

\$300 internal airfare

MACHU PICCHU INN-TO-INN

Trans-Andean Trek to Machu Picchu

TRIP LEVEL
STRENUOUS



HIGHLIGHTS

- *Journey to Machu Picchu through the Cordillera Vilcabamba, whose glittering icy peaks feed the Amazon*
- *A challenging high-altitude trek—but with the welcome creature comforts of mountain lodges at the end of every day*
- *Andean mountain views include spectacular Salcantay, with its dazzling snowfields and ice cliffs*

Revised January 14, 2008



MACHU PICCHU INN-TO-INN

Trans-Andean Trek to Machu Picchu

At last—a challenging high-altitude trek without camping! This fabulous lodge-to-lodge trek follows a lightly-traveled trail through the Cordillera Vilcabamba, a spectacular mountain range in the heartland of the Andes that cradles the sanctuary of Machu Picchu.

Hiking from one lodge to the next, you'll encounter ever-changing dramatic landscapes, from luxuriant forests to brilliant blue lakes, from snowcapped peaks to icy glaciers, culminating in the never-to-be-forgotten vista of Machu Picchu, one of the awesome wonders of the Americas. Extravagant views include dazzling ice-covered 20,000-footers, including Salcantay (20,574'), the highest mountain of the Cordillera Vilcabamba and the most sacred peak in Inca mythology.

You'll feel like royalty itself as you cap each exhilarating day with a delightful respite at a lovely mountain lodge, where well appointed rooms, Jacuzzi, and first class international and Peruvian cuisine await your pleasure. (Talk about comfort and style—and hot showers at night!) We venture to say that this journey *to* Machu Picchu will be as stunning as Machu Picchu itself!



ITINERARY

☞ This trip begins with a rendezvous at the airport in Lima, Peru, on Day 1. You must arrive by 5:00 a.m. Most flights from the U.S. are overnight, so you will need to leave a day earlier. We'll send you more complete instructions in your pre-trip information packet.

Note—The April 19 departure has a slightly different itinerary. On Day 2, April 20, you will go to the Salcantay Lodge (instead of another day in Cuzco). You will have two nights in Cuzco at the end of the trip.

DAY 1 ~ Cuzco

Arrive in Lima by 5:00 a.m. You will be met by a Mountain Travel Sobek representative who will assist you with your connecting flight to Cuzco. Your trip leader will meet you in the baggage claim area in Cuzco, after which we'll transfer to our hotel. The afternoon will consist of a guided walk through the city, once the capital of the vast Inca Empire. The city is predominantly Indian, and Quechua is the language of choice for most of the inhabitants here. Cuzco is a charming city, with red-roofed houses, ornate cathedrals, carved balconies, and hidden courtyards. You can choose from one of the many fine restaurants in town and then afterwards stroll around the central square where artisans display many fine Quechuan handicrafts.

Hotel Libertador or similar

DAY 2 ~ Cuzco

Morning hiking tour of the nearby Inca ruins, including Kenko, with its zigzag channels, the ceremonial bath of Tambo Machay, and majestic Sacsayhuaman fortress, most impressive of them all with its perfectly fitted, mortarless stone blocks and zigzag walls.

The afternoon is free to relax or explore on your own in Cuzco. Cuzco is the Quechua word for “navel” because the city was the center of the powerful Inca Empire. Unlike other cities that are laid out like grids, Cuzco is organized to resemble a giant puma, with the 15th-century Sacsayhuaman temple as the head and the canalized confluence of the Huatanay and Tullumayo Rivers making up the tail. The architecture here is exquisite, and the Inca perfected a type of exacting stonework that required no mortar to hold the blocks together. Don’t miss Qorikancha, the so-called Garden of Gold, a temple that was paneled in gold and contained life-sized gold replicas of the plants and animals found throughout the kingdom. The Spanish conquistador Pizarro legendarily sacked the Inca Empire, plundering its riches and largely destroying the civilization. Today the ruins of Inca architecture can be found alongside Spanish government buildings, convents, and cathedrals.

B...Hotel Libertador or similar

DAY 3 ~ Salcantay Lodge, Soray Pampa

After breakfast we’ll be picked up at our hotel (8:00 a.m.) for the 3½-hour drive to the Salcantay Lodge (11,800'), where we’ll be spending this evening. Along the way we’ll stop in Limatambo to visit the ruins of Tarawasi, built from impeccably polished granite and believed to have been one of the critically important sites of the Inca culture and religion. After leaving Limatambo we’ll pass through the mountain village of Mollepata before ascending a winding track to the spectacularly situated valley of Soray Pampa. The views here are panoramic, and from the Salcantay Lodge we’ll have an unimpeded view of Salcantay, at 20,574' the highest peak in the Cordillera Vilcabamba, and considered by climbers to be one of the most difficult. After a warm welcome by the staff of the Salcantay Lodge and a quick wash-up in the room, we’ll head to the dining area for a delicious lunch. The afternoon is at leisure to adjust to the altitude; you may choose to participate in any of the optional activities offered at the lodge. An evening briefing is followed by aperitifs and a hearty dinner.

B,L,D...Salcantay Lodge & Adventure Resort

DAY 4 ~ Salcantay Lodge, Soray Pampa

Today will be a day of rest and further acclimatization. You may relax if you choose or else participate in a number of activities based out of the lodge. The fishing here is excellent, and those with a taste for rainbow trout are welcome to go on a guided expedition to a high glacial lake. For the hikers, an invigorating scramble brings you to a spot with a panoramic view of the high Vilcabamba Range. If you’re headed out for the day, be sure to pick up a delicious packed lunch to take with you on your travels. We’ll meet up again in the evening for a briefing on the itinerary for the next few days of trekking.

B,L,D...Salcantay Lodge

DAY 5 ~ Soray Pampa to Wayra Lodge

Today begins our four-day trek to the famed city of Machu Picchu. After an early morning start, we’ll hike up the Río Blanco valley, circling Humantay Peak across from Salcantay. We’ll reach the highest point of our trip today (14,700') where we’ll pause a moment in the thin air along the shores of Lake Salcantaycocha and take in the views of the glacial moraines and the surrounding Vilcabamba Range. From there we’ll descend to Wayra Lodge (12,000') where we can wash away the dirt of trail and relax in the Jacuzzi. (6-8 hours hiking.)

B,L,D...Wayra Lodge

DAY 6 ~ Huayrac Lodge to Collpa Lodge, Collpapampa

After a leisurely breakfast we'll take a hike to enjoy the view of two glacier lakes nearby (2 hours hiking). We'll return to the lodge and head downhill to the Collpapampa valley. The change in scenery is dramatic, from the harsh alpine territory above to pastureland and lush vegetation below. Our rest spot for the evening, Collpa Lodge, sits in this relatively lower region (10,300') in the cloud forest, with orchids and butterflies all around. (3-4 hours hiking; 5-6 hours total hiking.)

B,L,D...Collpa Lodge

DAY 7 ~ Collpa Lodge to Lucma Lodge, Lucmabamba

After an early breakfast we'll continue downhill through the Santa Teresa River Valley. This is a more populated area, and also quite a bit lusher than anything we have seen. Here we'll encounter orchards of coffee and tropical fruits as well as dazzling wildflowers of all sorts. We'll rest alongside the river for lunch, and from there it is a short climb upwards to Lucma Lodge (6,600'), hidden away in a wooded tropical enclave. We'll arrive in time to explore the village and meet some of the locals. (5-7 hours hiking.)

B,L,D...Lucma Lodge

DAY 8 ~ Lucma to Aguas Calientes

After another early start—and a hearty breakfast—we'll begin the final day of our trek. We'll start out heading uphill towards Palltayacta Pass (8,500'—great views of Machu Picchu from here and all along our descent!) then descend to the Urubamba River through lush bamboo forests and diverse mountain terrain. At the end of the trek, we'll board the train and transfer to the village of Aguas Calientes, the gateway to Machu Picchu. In this small town we can take a dip in the local hot springs or shop for the alpaca-wool hats, sweaters, and blankets for which the region is well known. (5-7 hours hiking.)

B,L,D...Machu Picchu Pueblo Hotel

DAY 9 ~ Machu Picchu

We'll have the privilege of spending the entire day inside Machu Picchu, the “Lost City of the Incas.” Built in the mid-15th century, Machu Picchu was a sanctuary or retreat for Inca royalty. The landscape here is stunning, with orchids on the ground and a massive cliff face known as Huayna Picchu towering overhead. The city is divided into three sections—the Sacred District, the Popular District, and the District of the Priests and Nobility—and our knowledgeable guides will help us understand the significance of the many temples, sanctuaries, and parks found here. We won't be rushed at all, instead spending a leisurely day exploring the vast city that was once at the heart of one of the world's most powerful empires. Lunch at the Sanctuary Hotel within a stone's throw of the ruins. In the evening we'll have a festive farewell dinner back at our hotel.

B,L,D...Machu Picchu Pueblo Hotel

DAY 10 ~ Return to Cuzco

The morning will be free to do some more exploration inside Machu Picchu. After lunch we'll take the afternoon train back to Cuzco, and you'll be on your own to relax or do some last minute shopping.

B,L...Hotel Libertador or similar

DAY 11 ~ Lima, departure

Transfer to the airport and fly to Lima. Upon arrival, you'll be transferred to the Hotel El Pardo, where dayrooms will be available. The remainder of the day is free to relax before the flight home (most U.S.-bound flights depart in the evening) or to shop and explore on your own. You may want to visit the exceptional Gold Museum with its

numerous gold artifacts, from earplugs to dazzling jewelry. Evening transfer to the airport and depart on homeward-bound flight.

B...Dayroom at Hotel El Pardo

Stay a Little Longer!

If you like to explore on your own, plan to arrive a day or two early or extend your trip after the tour. We also offer the following great extensions!

Reserva Amazonica

Appreciate the wonders of Peru's rainforest with a stay at Reserva Amazonica, part of a 10,000-hectare private ecological reserve adjacent to Tambopata National Park in the southern part of the Peruvian Amazon Basin. Known for its prolific plant and wildlife species, Reserva Amazonica is home to more than 1,000 flora species, 366 species of birds, over 300 butterfly species, and is a haven for the Amazon's largest, most spectacular, and most endangered predators, including the black caiman. *3 or 4 days.*

Manu Wildlife Center

Manu, located in upper Amazonia, is the largest protected tropical rainforest in the world and a World Heritage Biosphere. Here you'll have opportunities to visit a macaw clay lick and look for tapirs, giant otters, monkeys, and countless tropical birds on a large network of trails and from a 100-foot canopy birding tower.

4 or 5 days.

Lake Titicaca

Peru has a superabundance of delights, including the sparkling sapphire waters vast Lake Titicaca (half of the lake lies within Peru). From Cuzco, you'll travel to Puno on the shores of the lake, spend a day viewing the Inca terraces and ruins at scenic Taquile Island and the "floating island" of the Uros people (who construct the famous *tortora* reed boats), then visit the pre-Columbian ruins at Sillustani before flying home via Lima. *3 days.*

LAND COST

\$3,995 per person (10-14 members)

\$4,195 per person (7-9 members)

\$4,395 per person (4-6 members)

\$300 internal airfare (Lima/Cuzco/Lima—subject to change. Mountain Travel Sobek will book and issue these tickets for you.)

Rates quoted are per person, based on sharing double accommodations.

Single Supplement—\$1,500 for "requested" singles; \$750 for "forced" singles. If you prefer single accommodations, you must pay the Single Supplement Fee. If you're traveling alone and wish to share accommodations, we'll try our best to find you a roommate. If that's not possible, we will only charge you half of the single supplement.

Tier Pricing

Adventure travel works best with a small group of people. In order to operate these small groups, our trips are priced according to the number of full-price passengers on the trip. (Mountain Travel Sobek staff, trip doctors, and

other discounted travelers are excluded from the count for this purpose.) We initially invoice you at the highest tier level price (the smallest group size we can operate). If the price drops due to an increase in group size, you will be refunded the difference.

What's Included

- ◆ expert leadership
- ◆ accommodations in hotels and mountain lodges
- ◆ meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- ◆ airport transfers
- ◆ sightseeing as noted in the itinerary
- ◆ ground transportation
- ◆ entrance fees
- ◆ basic medical and evacuation insurance

What's Not

International airfare; flights within Peru (see separate cost above); meals not noted in itinerary; insurance other than basic medical and evacuation insurance as noted above (we strongly recommend you purchase the supplementary trip insurance offered by Mountain Travel Sobek, which includes trip cancellation insurance); optional tipping to leader, guides and local staff; excess baggage charges; airport taxes; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

Air Travel

Airfare is not included in the land cost of our trips. For air reservations, we recommend you contact the airlines directly, either by phone or the Internet. In addition, many travelers elect to use their “frequent flyer” miles when traveling with us. **But please check with our staff before purchasing or obtaining your tickets.** We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip.

WHAT YOU CAN EXPECT

Expert Leadership

Expert leadership is the key to an exciting, unforgettable experience. Our trips feature gifted leaders for whom leading trips is a true vocation. Besides showing you wonders you'd never find on your own, they make sure everything runs smoothly and safely without a hitch. They are knowledgeable about all aspects of your trip, and take great pleasure in sharing their insights with you. More than just guides, they positively elevate your experience by being teachers, companions, and the best of friends. You'll be in good hands with them every step of the way. The following people regularly lead this trip:

Manolo Lazo is one of Peru's most experienced adventure travel guides, with more than 15 years of experience leading treks and whitewater rafting trips. A resident of Cuzco, Manolo is well versed in the rich history of the Andes as well as the classic trekking routes that follow the ancient Inca trade paths. His knowledge of the country, its people, and traditions add immensely to your appreciation of the trip. Manolo is fluent in English as well as Spanish, and conversant in Quechua—the historic language of the Incas, and he has a gift for instilling confidence in every trekker.

Juan de Dios was born in the northern Andes and raised in Cuzco. For the last 16 years he has worked as a guide in the Andes, including Bolivia, Ecuador, and the Galápagos. Juan is comfortable guiding any active trip, be it cultural, trekking, or river rafting. His knowledge of the local Quechua language and his extensive studies in Inca culture provide him with a unique understanding of the Andean people. His love of Peru and easygoing manner make him a great traveling companion

Leader assignments will be confirmed in the Final Bulletin sent to you three weeks prior to departure.

Activity Level

Mountain Travel Sobek trips are designed for flexible, energetic people who like to be active and have a spirit of adventure and a positive attitude. *You should be an experienced hiker in good physical condition.* Although porters carry most of the gear and camp supplies (leaving you free to carry only a light daypack), you will be hiking five to eight hours a day, up and down steep stone-paved paths, and often at elevations above 10,000 feet. Exercise at high altitude compounds the physiologic stress. You need to be in excellent health and top physical condition to enjoy such an experience, with adequate cardiovascular endurance, muscular strength, and excellent balance. In addition, higher altitudes may create discomfort and symptoms of illness that you do not experience while exercising at low elevations, such as shortness of breath, restlessness or sleeplessness at night, and headaches.

This level of fitness requires regular aerobic for exercise at least one hour 4-5 times a week. This may include aerobic fitness classes, power walking, jogging, cycling on hills, swimming, and cross-country skiing. Additionally, you must be able to sustain exercise for prolonged periods.

We recommend that you start a moderate training program *several months* before departure, then slowly build up to a more strenuous level. Since training is highly sport-specific, include some hiking or running in your program. Consult your physician if you have questions concerning your underlying health. We can help answer questions for you or your physician concerning required levels of fitness and health conditions at altitude. If you have concerns about your ability to do this trip, we can suggest appropriate alternatives.

THE NEXT STEP

Ready to go? Signing up is easy!

Just call us at 1-888-MTSOBEK (687-6235) and reserve your spot! You can also book a reservation online at our website (www.mtsobek.com). If you prefer to use a travel agent, he or she can book your trip at no extra cost and provide other helpful assistance.

Then Leave the Rest to Us

Before you go, we provide you with extensive pre-departure information, including clothing recommendations, suggested reading lists, up-to-date health advice prepared by our consulting physician (an expert in wilderness medicine), and other details from procuring visas to advice on local customs.

Why Mountain Travel Sobek is Your First Choice for Adventure

Mountain Travel Sobek is the pioneer in active adventure travel. No other adventure travel company can lay claim to that title. We were the first to take Americans trekking in Nepal, raft the wild rivers of Africa, and open up many previously inaccessible corners of the world to curious travelers. We set the standard for adventure travel and have a strong reputation for excellence that we do everything we can to maintain. Since we are the leading adventure

company, we have a lot to live up to, so we make sure we provide safe, quality trips and the best customer service to our passengers.

We operate the finest organized treks and tours to Peru (and have since 1971!). Our safety record is unparalleled and the trip leaders—either natives of the region or long-standing residents—are the best in the business, providing you with historical insights and information as well as rewarding cultural contacts.

References

Don't take our word for how great our trips are. We'll be happy to provide you with references of satisfied past travelers.

Questions?

Feel free to call us at 1-888-MTSOBEK (687-6235) if you still have any questions or concerns. We're here to help you. You can also check out our website at www.mtsobek.com.

Note on Itinerary

Although we will do our best to adhere to the itinerary schedule as listed, it is subject to change. Please read the Limitation of Liability and Booking Conditions in the four-page Participant Information Form. You can find all this information on our website at www.mtsobek.com/faq and the form itself at www.mtsobek.com/pdf/participant_info.pdf.

Terms & Conditions

Once you have made a deposit for a trip, you agree to be bound by all our terms and conditions including the Limitation of Liability Clause. The full Terms and Conditions can be found at www.mtsobek.com/faq/#liability or call 1-888-MTSOBEK (687-6235) for a copy. These are partial conditions. Your participation is contingent on your signature on the full list of terms specified in the four-page Participant Information Form (www.mtsobek.com/pdf/participant_info.pdf). Any dispute concerning, relating or referring to the Terms and Conditions, to any literature concerning this trip, or the trip itself, shall be resolved exclusively by binding arbitration in San Francisco, California, according to the then existing commercial rules of the American Arbitration Association. Such proceedings will be governed by substantive California law (but not procedural law) without regard to the California Arbitration Act.

©2008, *Mountain Travel Sobek*

CST 2014882-10

Registration as a seller of travel does not constitute approval by the State of California.