



Open to
alumni UBC
and friends

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PERU'S SACRED VALLEY

A WALKING TOUR | APRIL 19 - MAY 1, 2018

Join UBC alumni for a seven-day fully supported lodge-to-lodge walk in Peru's Sacred Valley plus time to explore Lima, Cusco, and iconic Machu Picchu.

Discover the rich history, living culture, and magnificent landscapes of Cusco and the Sacred Valley of the Incas. Majestic archaeological sites lead to remote and uncrowded trails taking you through mountains and valleys, abounding in natural beauty and dotted with Andean communities, where the locals are master weavers and their traditions are still firmly rooted in ancient Incan culture.

Every day you can choose from easy to moderate (and some challenging) walks and cultural encounters. At each day's sunset, settle into deluxe mountain lodges run in partnership with local communities.

The Sacred Valley is like an Andean Eden. The deep blue skies act like a framework for the amazingly beautiful landscapes below. Snowy peaks look down, here and there, onto the lower slopes fashioned into agricultural terraces by long gone civilizations, but still used by the contemporary Quechua speaking farmers. Small, historical towns and villages with traditional colonial architecture and Inca ruins dot the banks of the Urubamba River. This valley positively invites you to forget about the stresses of modern life. The pace is slower here, enabling you the opportunity to contemplate, to introspect, to literally breathe in and out.

TRAVEL ARRANGEMENTS BY:



WHY ALUMNI UBC TRAVEL CLUB?

Moray



- Meet members of the Viacha community over a Pachamanca lunch
- Bike along the Urubamba River
- Visit the weaver's village of Choquecancha
- Hike along the turquoise lakes past remote villages
- Hike to iconic Huayna Picchu for the best views

STUDY LEADER

To be announced!



DETAILED ITINERARY

Thursday, April 19: Arrive in Lima

Most flights from Canada arrive late at night. You'll be met at the airport and accompanied to our hotel in the city centre. Get a good night's rest before our activities begin.

Overnight: Casa Andina Private Collection, Lima

Friday, April 20: Lima

Meet this morning for a briefing and then set off to discover the historical 'City of Kings' with its vibrant metropolitan areas. We'll get deep into the heart of Lima walking along its colonial streets and visiting the Inca archaeological site of Pachacamac and the Gold Museum with its staggering collection of pre-Hispanic gold artefacts, textiles, and ceramics. We'll enjoy a welcome dinner at one of Lima's great fusion restaurants.

Overnight: Casa Andina Private Collection, Lima

Meals: Breakfast, Dinner

Saturday, April 21: Fly to Cusco

A short flight this morning takes us to Cusco, the America's oldest continuously inhabited city. This afternoon we explore the city's intriguing contradictions exemplified by the mix of ornate colonial churches and Inca temples; the Convent of Santo Domingo built over the Inca Temple of Qurikancha and the Cathedral built on the site of Viracocha's palace. Our two-night stay in Cusco will help us acclimatize to the altitude before beginning our walk.

Overnight: El Retablo, Cusco

Meals: Breakfast, Dinner

Sunday, April 22: Cusco

Today we visit the spectacular Inca archaeological site of Sacsayhuaman on the outskirts of the city. The monumental fortress, possibly originally built as a Sun Fortress, is the largest built by the Incas and is a magnificent example of Inca stonemasonry. We'll walk back into town (about 3 km), stopping for lunch in a traditional restaurant in the colourful San Blas neighbourhood.

Overnight: El Retablo, Cusco

Meals: Breakfast, Lunch

Monday, April 23: Sacred Valley

Our walk begins in earnest today with our journey from the urban setting of Cusco into the Sacred Valley of the Incas, full of lush green fields and surrounded by striking mountain peaks. This morning we'll visit beautiful Lake Piuray – try some kayaking, stand up paddling, yoga, and biking by the lake. This afternoon we enjoy a three-hour easy to moderate hike through authentic Inca trails from Chinchero to the town of Urquillos. Or choose to visit the archeological site of Chinchero, where colonial buildings rest atop Inca foundations, the natural Inca salt mines of Maras and the astonishing circular terraces of Moray.

Overnight: Lamay Lodge (el. 9,705' - 2,958m.)

Meals: Breakfast, Lunch, Dinner

Tuesday, April 24: Sacred Valley

This morning's three-hour hike (moderate / mountain pass at an elevation of 14,200' - 4,328m) takes us from the community of Amaru to the community of Viacha, surrounded by amazing views of the Andes Mountains that guard this magnificent valley. Or choose a two-and-a-half-hour bike excursion along the Urubamba River from Lamay to the town of Pisaq. Later, enjoy exclusive access to the isolated community of Viacha, where you will learn about its artisanal potato farming practices and enjoy a traditional "Pachamanca" meal, cooked under hot stones. After lunch you will visit the archaeological complex at Pisaq, an afternoon excursion that offers a unique opportunity to explore the complex free of crowds, with the sun setting behind the peaks.

Overnight: Lamay Lodge (el. 9,705' - 2,958m.)

Meals: Breakfast, Lunch, Dinner

Wednesday, April 25: Lares Valley Inca Sites and Villages

Go deeper today with an exploration into the heart of the Lares Valley. A scenic drive into the mountains along the celebrated "Inca Weaver's Trail" allows you to visit the unique and uncrowded archeological site of Ancasmарca to the hub-town of Lares. After lunch, you can choose between visiting the traditional and ancient weavers' village of Choquecancha, or opt for hiking amidst turquoise blue lakes and towering peaks to the remote village of Huacahuasi, where we spend the night. Two hiking options are available: From Quelqena to Huacahuasi / Duration 2-2.5 hrs. / Easy to moderate / Mountain pass at an elevation of 12,595' - 3,839 m. OR - Hike: From Cuncani to Huacahuasi / Duration 3.5-4 hrs. / Moderate / Mountain pass at an elevation of 13,838' - 4,219m.

Overnight: Huacahuasi Lodge (el. 12,585' - 3,835m.)

Meals: Breakfast, Lunch, Dinner



Weaver in Cusco

Thursday, April 26: Lares Valley

Challenge yourself with an all-day hike from the community of Quiswarani onto the "Trail of 1,000 Lakes". Although a strenuous hike, you will be amazed and awakened by the simple but majestic beauty of this Eden, as you enjoy the company of herds of alpacas and llamas grazing on hillsides, and make your way over challenging mountain passes. Duration 6-7 hrs. / Challenging / Mountain pass at an elevation of 14,505' - 4,421m. An optional easy one-to-two-hour hike is also available from the community of Huacahuasi to a nearby waterfall. Learn more about the village's heritage in visits with expert weavers and farmers and enjoy an informal cooking class.
Overnight: Huacahuasi Lodge (el. 12,585' - 3,835m.)
Meals: Breakfast, Lunch, Dinner

Friday, April 27: Sacred Valley of the Incas

You have two activity options this morning. Bike from Huacahuasi to Lares town (one hour) and then enjoy a beautiful three-hour hike from Lares Pass to the village of Totora (easy to moderate) with some free time to explore the town of Ollantaytambo or to take a second bike ride in the afternoon. Or choose a seven-hour hike from Huacahuasi to Patacancha (moderate to challenging / mountain pass at an elevation of 14,646' - 4,464m.)
Overnight: Kuychi Rumi
Meals: Breakfast, Lunch, Dinner

Saturday, April 28: Sacred Valley of the Incas

Early this morning choose your hike: The Lower Pinkuylluna mountain (duration 1-1.5 hrs. / moderate) or the more challenging Higher Pinkuylluna mountain (duration 2-2.5 hrs. / moderate to challenging). Both of these hikes provide magnificent views of the town as well as of the main archeological site of Ollantaytambo. Later we'll explore the site in detail before boarding the train to Aguas Calientes, gateway to Machu Picchu.
Overnight: Machu Picchu Pueblo Hotel, Aguas Calientes (el. 9,284' - 2,830m.)
Meals: Breakfast, Lunch, Dinner

Sunday, April 29: Sacred Valley of the Incas

At dawn, you begin your journey to Machu Picchu with a short and rollicking uphill bus ride. As you enter the "Sanctuary" (as locals refer to it), the morning sun rises over the iconic Sun Gate and washes the structures and terraces with resplendent light. Prepare to be awed by the imposing and skillful architecture of the Watchtower, the Temple of the Sun, and the royal Inca residences, among many others. Take a moment to quietly sit and listen to the wind...or to meditate and absorb the mystical energy that envelops you. Today's hike is to Huayna Picchu Mountain (duration 2-2.5 hrs. / Moderate to challenging / Mountain pass at an elevation of 8924' - 2,720m.) Note: Huayna Picchu mountain tickets are subject to availability.
Overnight: Machu Picchu Pueblo Hotel, Aguas Calientes (el. 9,284' - 2,830m.)
Meals: Breakfast, Lunch, Dinner

Monday, April 30: Return to Cusco

We take the morning train from Aguas Calientes back to Ollantaytambo where our coach awaits. We'll visit the natural Inca salt mines of Maras and the astonishing circular terraces of Moray, believed to be an Inca laboratory dedicated to the study of foreign plant species with a short forty-five-minute walk between the sites to stretch our legs. Back in Cusco, we'll celebrate our walk over dinner together.
Overnight: El Retablo, Cusco
Meals: Breakfast, Lunch, Dinner

Tuesday, May 1: Fly to Lima and onward connections

The morning is at leisure for you to enjoy Cusco before our afternoon flight back to Lima and onward connection to homeward bound flights in the late evening.
Meals: Breakfast

Optional Extensions:



PRE TOUR: LIMA CULINARY TOUR

Step off the beaten path and take a local, gourmet, hands-on approach to discovering why Lima has been declared the top foodie destination in the world for the last four years! Arrive in Lima a day before our tour begins and enjoy a guided five-stop city tour tasting, Peruvian coffee, exotic lucuma milkshakes and other local specialties plus a ceviche and Pisco Sour class.
Includes: One night accommodation in Lima, full day guided tour, light tasting lunch.



POST TOUR: AREQUIPA & THE COLCA CANYON

A three day tour to visit Peru's quintessential Mestizo city where European, African, Asian, and indigenous American fuse in to one and the spectacular Colca Canyon to see wildlife in their natural habitat, including the magnificent Andean Condor and the many picturesque villages of the Andean Plateau.
Includes: Round trip flights Lima/Arequipa/Lima, two nights' accommodation, breakfast daily, two lunches.

Note: The itinerary and accommodation described in this tour brochure are subject to change due to logistical arrangements and to take advantage of local events.



Sacsayhuaman ruins

TOUR DETAILS

Tour Cost (per person): Approx US\$4895

Taxes and Gratuities: US\$325

Single Supplement: US\$1200

If you are travelling on your own and would like to share accommodation, we would be happy to try to match you with a suitable roommate. If we are unable to do so, the single cost applies.

Group Size:

Limited to 16 participants

What's Included:

- Airport transfers for passengers arriving and departing as per the group itinerary
- Flight from Lima to Cusco
- Accommodation in double occupancy, based on hotels listed or similar
- Meals as indicated in the itinerary
- Transportation by air conditioned coach
- All activities and entrance fees as indicated in the itinerary
- Services of specialized English speaking guides
- Gratuities for escort, local guides, drivers, hotel and group meals (as indicated above)
- Taxes (as indicated above)

Not Included:

- Roundtrip international airfare from your home to Lima
- Flight from Cusco to Lima at the end of the trip
- Airport transfers if arriving or departing separately from group itinerary (see joining instructions below)
- Meals and beverages not included in the itinerary
- Items of a personal nature, ie laundry, drinks, phone calls, etc.
- Travel insurance
- Additional transport due to any emergency situation

Payment Details:

A non-refundable deposit of US\$500 per person is required to reserve your space on this tour. A second payment of US\$1000 is due six months prior to departure. The balance is due 90 days prior to departure.

HOW TO BOOK

Please contact Amanda
at the Worldwide
Quest Office.

1-800-387-1483

WHAT TO EXPECT

Joining Instructions

This tour begins with your arrival in the late evening of April 19th. Our briefing will be held the following morning. When you make flight arrangements or any pre-trip night booking with Worldwide Quest, your transfer from the airport to our group hotel on arrival is included. If you are making your own flight or pre-trip hotel arrangements, this transfer can be provided at additional cost. The tour concludes with a single complimentary transfer from the hotel to the Cusco Airport on April 31st. Please contact us to verify timing prior to making your flight arrangements.

Level of Activity: Moderate to Challenging

General good health and an active lifestyle (including regular walking and/or hiking excursions) are necessary prerequisites to fully enjoy this tour. As everyone's tolerance to altitude differs, the best preparation is good physical training including a healthy diet and physical fitness routine (with hikes!) as part of one's pre-trip training regimen. We also recommend you eating light, drinking plenty of water, and avoiding alcohol, tobacco or any substances that might interfere with good delivery of oxygen to the body or cause dehydration. All trails in this tour are well maintained and safe. You can expect to cross sections of old Inca Trail in addition to exploring beautiful valleys, mountain passes and cloud forests upon paths that may sometimes include steep, rocky or even muddy terrain.

Accommodation

The mountain lodges used on our walk have brought together traditional Inca building techniques and sensitivity to the surrounding environment with all the comforts of home. All lodges are set up with WiFi and telephone connections, but as the lodges are located in remote high mountain locations a mobile signal can sometimes be difficult to obtain. In Cusco we are staying at a modest, three-star level boutique hotel located in the centre of the town.

Weather

We are travelling at the beginning of the dry season during which time we expect to see mostly sunny days followed by cooler nights and the possibility of morning frost. Average daytime temperature around this time is 10°C.

Travel Documents

You will require a passport for your trip to Peru. Please make sure that it is valid for six months after the date of your return home.



TICO#: 2667946

ADDITIONAL INFO

Terms and Conditions

For additional information about our terms and conditions, please refer to your booking form, the current brochure or our website. All participants booking with Worldwide Quest are covered by the terms of the Ontario Travel Industry Act (Worldwide Quest International, Ontario - License # 2667946).

Cancellation Policy

All payments are non-refundable, however you may transfer your initial deposit for any land tour to another tour 90 days or more prior to your scheduled departure date. Initial deposits for cruises are non-refundable and non-transferable. Your second payment and your final payment are non-refundable and non-transferable. If you cancel within 90 days prior to trip departure, all associated trip costs are non-refundable. The tour price is quoted as a package. No partial refunds or credits will be given for services not used. In the event of a cancellation, you must notify Worldwide Quest immediately and in writing.

Travel Insurance

We urge you to ensure that you have adequate cancellation and medical insurance in place, should an unexpected event cause you to cancel or interrupt your trip or should the tour not be operable per our terms and conditions. We will offer you Manulife insurance coverage. Medical insurance including emergency medical evacuation coverage is mandatory on all our tours.

TRAVEL WITH ALUMNI UBC

It's your travel experience.

Indulge your curiosity as we take you to unique places you've always dreamed about.

UBC experts and knowledgeable local hosts provide context. That allows you to develop a deep connection to the people you meet and the cultures, cuisines and landscapes you're exploring.

- Best value in educational travel
- Meaningful local experiences
- Thoughtful itineraries

See our complete list of tours at:
WorldwideQuest.com/alumniUBC

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