

# Peru Adventure Tour- Inca Trail Marathon

## June 29<sup>th</sup>-July 8<sup>th</sup>, 2012



***Trip overview:*** This multi-sport trip to Peru offers a wide range of different outdoor activities, cultural programs, and adventures. The highlight of the program will be a 26.2 mile marathon run along the Classic Inca Trail- the footpath the Incas used to travel between their capital in Cusco and the world famous citadel of Machu Picchu. This very demanding course takes the typical hiker 3 days, and ascends multiple mountain passes, reaching a maximum elevation of 13,800 feet. You will be treated to: breathtaking views of the Andes mountains, fascinating Inca ruins, thousands of feet of vertical change, and a photo finish in front of Machu Picchu- which is included in the New 7 Wonders of the World. Are you up to the challenge that the Inca trail Marathon presents?!

Also well-suited for race spectators, this special hosted trip not only includes visits to Cusco and Machu Picchu, but also several famous locations nestled in the famous Sacred Valley of the Incas. Among other activities, you will have a chance to: interact with the local culture, try Peruvian cuisine, explore ancient ruins, pursue outdoor activities, explore glaciers, jungles, and other fantastic scenery in the Andes mountains, sample the fun nightlife, and visit local markets. This is a fully guided tour and our experienced guides will take you to the famous sites of Peru as well as to lesser known destinations, making this trip a truly memorable experience!

### Day 0 Friday, June 29th DEPART HOME CITY AND TAKE OVERNIGHT FLIGHT TO LIMA, PERU

### Day 1 ARRIVE LIMA AND TRANSFER TO CUSCO (L)

Please plan accordingly for a 7:00 a.m.CST arrival (or earlier) into Lima on your intl flight. Proceed through customs and immigrations and check-in for your domestic flight to Cusco.

*\*Please note- If you are already in Lima, please be at Jorge Chavez (LIM) intl airport to check-in for your flight 2 hours prior to departure.*

INCLUDED DOMESTIC FLIGHT: Lima to Cusco  
Departs approx. 9:00 a.m.  
Arrives approx. 10:20 a.m.  
(exact time subject to changing airline schedules)

Upon arrival in Cusco- You will be met by your trip host and staff and transferred to the hotel in Cusco where you will check in. We will then have a quick meet and greet with your trip host and guides while we taste a Coca leaf tea (traditional Peruvian drink).

After unwinding from the flight for a couple of hours, we will begin the festivities with a special group lunch (offering traditional Peruvian cuisine), where you will have the opportunity to get to know your fellow travelers and athletes. Later that afternoon, your local Cusco tour and trekking guide will meet you and take you on a sightseeing tour of the historical center of Cusco, where you will visit colonial churches and Inca ruins inside the city. This tour is specially programmed as an easy day, allowing you the opportunity to acclimate to the elevation of Cusco (approx. 11,200 feet above sea level).

Welcome Lunch Included. Dinner on your own. Overnight in Cusco-Hotel Cusco Plaza 2 (or similar)

### Day 2 CUSCO: PISAC TOUR (B,D)

After breakfast at the hotel, we will depart around 7:30 a.m. for Pisac. This excursion will take you through the Urubamba Valley to the colorful Indian Market of Pisac, where natives from

the region of Cusco come to trade their products. We will then proceed to the magnificent archaeological site above this town from where you will witness amazing views of this valley. Along the way, we will visit a llama farm and local weaving co-op, where you will learn about these unique animals as well as traditional weaving techniques of Peru.

Upon arrival in Pisac, you will have the option to participate in your first run. From the center of Pisac, it is approx. 8 km uphill along a winding road with a gradual incline to the Inca ruins above the town. If you are on the trip as a spectator, or do not feel like running just yet, you will have the option to take our private transport to the ruins.

We will have a guided tour of the ruins and then walk for about 30 minutes down to the town of Pisac along an old Inca footpath. In Pisac, you will have a couple of hours on your own to explore the famous Pisac market and to have lunch at one of the many local restaurants. Later in the afternoon, we will return to the hotel in Cusco, arriving around 5:30 p.m.

That evening, we will meet in the lobby at 7:00 p.m and take a short walk to a famous restaurant in Cusco for a special group dinner and cultural show (included). This will be a great chance to sample more Peruvian cuisine, experience music and culture from the Andes, and mingle with fellow travelers.

Lunch on own. Dinner included. Overnight in Cusco-Hotel Cusco Plaza 2 (or similar)

### **Day 3 CUSCO: WHITE WATER RAFTING (B,L)**

There will be an optional morning run in Cusco to visit Sacsayhuaman (Temple of Lightning), located outside the city.

After breakfast at the hotel, we will depart at 8:30 a.m. for a RIVER RAFTING EXCURSION AT CHUQUICAHUANA URUBAMBA RIVER:

One of the most popular rafting sections during the season is the "Cusipata" section of the river on the Upper Urubamba. There are great class III rapids and the water is very pure and clean.

After a beautiful 1-½ hour drive, passing through small communities and impressive scenery, we will arrive to the "put in" at the shores of the Upper Urubamba River. Our professional rafting guides will give you a safety briefing and provide you with all the proper safety equipment for rafting. We will be floating for approximately 2- 2 ½ hours, running class II and III type rapids. Afterwards, we will arrive at the "take-out", where a hot, home cooked lunch will be provided. Showers and a hot sauna will also be available. We will arrive back to Cusco around 5:30 p.m. This is a full day tour!

#### **INCLUDES:**

- Transportation from hotel in Cusco to the "put-in" at the river
- All rafting equipment, such as helmet, life jacket, paddle, self bailing raft
- Spray jacket, wet suit
- Professional English speaking rafting guide
- Delicious lunch
- Transportation back from the river to your hotel

Dinner on your own. Overnight in Cusco- Hotel Cusco Plaza 2 (or similar)

### **Day 4 CUSCO: MORNING TOUR/AFTERNOON FREE (B)**

There will be another optional run before breakfast, followed by breakfast at the hotel.

9:00 AM MEETINGS: 1 FOR RUNNERS, 1 FOR SPECTATORS. These will be held to review the pre-race logistics for racers and to give spectators finish line information and details.

10:00 AM 2 HOUR TOUR: We will visit Inca ruins outside the city; Sacsayhuaman (Temple of the Lightning), Qenqo (ceremonial place) and Tambomachay (Temple of the Water).

Afternoon Free. Lunch and Dinner on your own. Overnight in Cusco-Hotel Cusco Plaza 2 (or similar)

#### **Day 5 OLLANTAYTAMBO – LLACTAPATA (RUNNERS) or AGUAS CALIENTES (SPECTATORS) (B,D)**

After breakfast at the hotel, we will transfer to Ollantaytambo, located at one end of the famous Sacred Valley of the Incas. We will then proceed on a guided tour of the ruins and the town, which is commonly referred to as a modern day living Inca city due to the fact that some citizens inhabit original Inca houses over 500 years old.

Lunch on your own in Ollantaytambo.

After lunch:

**Runners.** Transfer to Inca trail. We will proceed from the town of Ollantaytambo with our private tourist bus to Km 82 (2,650 meters) where, after meeting the porters and collecting the gear, we will commence walking via the Urubamba Valley. At this point, we pass through the Inca trail control checkpoint and must have passports handy. From Km 82, we will cross the raging Vilcanota River and proceed walking in the shadow of snow-capped Mount Veronica (5,680 meters). We will continue the easy hike near the Cusichaca River, admiring the Inca ruins at Llactapata. This is where we will have our campsite set up and a healthy dinner served to us on the eve of the race.

Overnight on Inca trail at campsite near Llactapata. Camping gear provided.

**Spectators.** Afternoon free in Ollantaytambo. We will take a late afternoon train to Aguas Calientes, where we will then transfer to the hotel. There will be a special hosted group dinner for spectators in town that evening, with the rest of evening free at leisure.

Overnight in Aguas Calientes. Hotel Inka Town (or similar)

#### **Day 6 INCA TRAIL MARATHON! (B,D)**

**Racers:** After a very early (pre dawn) breakfast, we will proceed to the start line. RACE! The finish will be at Machu Picchu where you can then re-unite with your loved ones. (For more detailed race information- Please see course overview)

*\*Please note: The last bus down to Aguas Calientes from Machu Picchu leaves at 5:30 p.m. Machu Picchu closes at 6:00 p.m.*

**Spectators:** Breakfast will be provided at the hotel. You will have the morning free, at leisure (options include day hikes, shopping, thermal baths, coffee shops, etc), then you will proceed up to Machu Picchu to visit the ruins and see the runners crossing the finish line.

*\*Please note: The last bus down to Aguas Calientes from Machu Picchu leaves at 5:30 PM. Machu Picchu closes at 6:00 p.m.*

**All:** Post race, runners will have the opportunity to change/refresh at the hotel. Afterwards, everyone can proceed to a special included group dinner in Aguas Calientes to celebrate the race! Awards/results will be presented at dinner.

Overnight in Aguas Calientes. Hotel Inka Town (*or similar*).

### **Day 7 MACHU PICCHU- AGUAS CALIENTES (B)**

After an early breakfast at the hotel, we will take the morning bus up to Machu Picchu. For those willing to get up early, you can arrive in time to witness the sunrise over this majestic place. For all, we will have a 9:00 a.m. guided tour of the complex with our local guides (approx. 3 hours). Later, there will be several hours available to spend as you choose in this unique archaeological site, allowing ample opportunities to explore on your own. For those who wish, there are day hikes on Hyuanapicchu (must register for free first thing in the morning upon arrival, limited spaces) and Machu Picchu mountains (open anytime to hikers), which both offer amazing views Machu Picchu ruins. The rest of day will be free in Machu Picchu and Aguas Calientes.

Bus back to Aguas Calientes town included. Dinner on your own. Overnight in Aguas Calientes. Hotel Inka Town (*or similar*)

### **Day 8 AGUAS CALIENTES – CHINCHERROS – CUSCO (B)**

After breakfast at the hotel, we will depart via a morning train to Olyantaytambo. We will then take private transport to Cusco, with a special stop at the town of Chincerros. Here, you will visit the Inca/Colonial site and a very famous local weaving community in town. Afterwards, we will continue to Cusco and check back into the hotel.

Lunch on own. Rest of day/evening at leisure. Dinner on your own. Overnight in Cusco-Hotel Cusco Plaza 2 (*or similar*)

### **Day 9 Sunday, July 8th CUSCO- LIMA (B)**

Breakfast at hotel. Morning transfer to Cusco airport. Fly back to Lima from Cusco.

INCLUDED DOMESTIC FLIGHT: Cusco to Lima  
Departs approx. 7:30 a.m.  
Arrives approx. 8:50 a.m.  
(exact time subject to changing airline schedules)

*Please book your flight home from Lima for a departure after 10:30 a.m. to ensure you make your connection.*

*\*Please note- If you are continuing on one of the extension trips (Lake Titicaca/Arequippa or Manu Rainforest), you will have a briefing for your next trip and then a free day in Cusco as the extension trips will begin the following day.*

“End of tour”

- If you have a long layover in Lima- Upon request, we can recommend some day tours and other activities that are interesting, safe, and affordable. Our staff can organize a tour, airport transfers, and more in the Lima area. Ask us!
- If you are staying the night in Lima- There are a wide variety of nice and safe hotel options available for all budgets, but we recommend the Marriott Hotel in Miraflores.

**Please note-** All times for tours, transfers, daily arrival/departure times, etc. are approximate and subject to modification at the guide and/or host's recommendations. Erik's Adventures reserves the right to alter the itinerary if necessary due to safety concerns, circumstances outside its control (i.e. worker strikes, weather, government, etc.). During the portion of the trip on the Inca trail (including the race), which is controlled by the Peruvian government, we reserve the right to make changes if needed for passenger safety, changing or new government regulations, and other concerns. Hotels mentioned are subject to availability.

### **INCLUDED IN THIS PACKAGE: Runners**

- Domestic flights within Peru (Lima/Cusco and Cusco/Lima)
- Airport transfers: on arrival and departure to Cusco
- 05 nights hotel in Cusco, 2 nights in Aguas Calientes, 1 night camping on Inca Trail
- Hotels include: breakfast and taxes
- Complete camping equipment: two-person tent, tent for toilet, tent for kitchen, dining, cooking gear, First Aid Kit, Satellite phone (for emergency only)
- Extra Luggage storage in Cusco hotel
- Professional English-speaking local tour guides while on all the tours
- Private transport on all tours
- City tours in Cusco and nearby sites
- Sacred Valley Tour – Pisac
- Adventure sport activity (rafting) on day 3
- Sacred Valley Tour- Ollyantaytambo
- Cultural Tour- Chincerros
- Entry tickets into Machu Picchu for 2 days with guided tour on second day
- Tourist Train/Bus return from Aguas Calientes / Ollant./Cusco-seats reserved.
- RT Bus from Machu Picchu to Aguas Calientes
- Meals and special dinners as indicated in the itinerary (B,L,D)
- Inca Trail Permits
- Inca Trail Marathon- supported course, race goodie bag
- US based host for entire trip

### **INCLUDED IN THIS PACKAGE: Spectators**

- Domestic flights within Peru (Lima/Cusco and Cusco/Lima)
- Airport transfers: on arrival and departure to Cusco
- 05 nights hotel Cusco, 3 nights Aguas Calientes
- Hotels include: breakfast and taxes
- Extra Luggage storage in Cusco hotel
- Professional English-speaking local tour guides while on all the tours

- Private transport on all tours
- City tours in Cusco and nearby sites
- Sacred Valley Tour – Pisac
- Adventure sport activity (rafting) on day 3
- Sacred Valley Tour- Ollyantaytambo
- Cultural Tour- Chincerros
- Entry tickets into Machu Picchu for 2 days with guided tour on second day
- Tourist Train from Ollyantaytambo to Aguas Calientes
- Tourist Train/Bus return from Aguas Calientes / Ollant./Cusco-seats reserved.
- 2 Round Trip Bus tickets from Machu Picchu to Aguas Calientes
- Meals and special dinners as indicated in the itinerary (B,L,D)
- US Based Host for entire trip

**DOES NOT INCLUDE: ALL**

- Intl and Domestic Airport departure taxes (many, but not all airlines include intl departure tax in ticket)
- Tips and Gratuities
- Visitors pass for Cusco sites \$62.00 (this is valid for the Sacred Valley and Cusco sites)
- Extra personal expenses
- Meals and drinks not mentioned on the program.
- FOR RUNNERS- Sleeping bag rental \$ 30.00 (or you may bring your own)



