

Inca Jungle - 4 Days / 3 Nights BY TREN

PICK UP AT 5:30-6:00 AM

Day 1: Cusco - Abra Malaga - Santa Maria.

After Pickup we'll head towards the sacred valley of the Incas, along the way you will get a chance to see picturesque villages and beautiful landscapes, arriving at Ollantaytambo at about 08:00 AM. Here you will have a chance to get some breakfast and stock up on some things you might have forgotten to buy. At 08:15 AM the bus heads towards Abra Malaga (4350 m.a.s.l.) which is the point of departure with the bikes, we will descend for 3 hrs reaching the town of Huamanmarca around 12:00PM. approx. In Huamanmarca lunch will be served, a buffet restaurant which mainly uses local ingredients and prepares unique dishes. After a short break we'll head towards Santa Maria where the group will divide into 2: the ones who booked the rafting and the ones who didn't. The ones who did book the rafting will be picked and brought to the rafting camp, where they will receive a briefing and instructions. Safety is a priority, so you will be handed out all the protection gear necessary. The rafting guides are well trained and have tons of experience on the river. Depending on the season the river will be between class III and III+, in case the river is class IV or higher, for security reasons we will cancel the rafting and refund your payment. The travelers that didn't book the rafting tour will go with an assistant guide in our private bus for 20 min to the town of Santa Rosa, from this point we will walk for 45 min.

approx. until reaching the eco lodge called "La Choza", there they will have the chance to pick coca leaves, coffee beans and maybe some other fruits or vegetables. At the end of the rafting adventure, the bus will take the group to the town of Santa Rosa where they too will start the hike towards La Choza. La Choza is a unique chance to enjoy the pure jungle in its best way, the guest family who receives you there still does things in traditional ways, in a way you can say it is like travelling back in time for 200 years. Don't worry though, there are rooms with bunk beds and normal mattresses for you to rest, accompanied by an orchestra of jungle sounds.

Includes: lunch – dinner

Optional: Rafting

Day 2: Pispitayoc – Cocalmayo – Santa Teresa

We wake up at around 7:00 AM, after which we'll have the chance to enjoy a nice typical breakfast and nice cup of home grown coffee in the middle of nature. At around 8:00AM we'll start walking along the banks of the river and start climbing for 30 min. toward an original Inca path. In this area a lot of Inca trails can be found, but the one we will walk is the only one who still maintains in good a condition. On our way we will see wild fruits, like: pineapple, pacay, avocado and many more. The area is surrounded by many types of birds and orchids; this ecosystem belongs to the high forest and is one of the richest in terms of biodiversity of the Inca jungle. Once on top we will see the whole valley of the lower Urubamba. The group will walk down the mountain for approx. 2.30 hrs. until arriving at the village of Qellomayo, to have lunch and regain some energy. After the meal you will have free time to relax in a hammock and

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give your legs some rest. After a break we continue walking for 3 hrs, crossing farms, waterfalls, and rivers (one river you will have to cross with a cable car). At around 4PM the group arrives at Cocalmayo, better known as the hot water springs of Santa Teresa. Cocalmayo offers several relaxing crystal clear hot springs, each with its own temperature. The sound of the river and the stars at night time make it a perfect scenery. After the hot springs the group will continue to walk for about 40 min. (or take a bus if you'd prefer) until reaching the town of Santa Teresa where you will check in to a nice comfortable hotel. After the dinner you all are invited to visit one of the bars to hang out with the other members of the group.

Includes: breakfast – lunch – dinner

Day 3: Santa Teresa – Hidro Electrica - Aguas Calientes

Around 7 Am, after a typical breakfast we will get ready to continue exploring the roads that were followed by the first members of expeditions that discovered Machu Picchu and other important archaeological complexes. The next journey will start in Santa Teresa. Those who reserved in advance will make the zipline (and later this group will be taken by bus to the area known as the hydroelectric), the rest of the group will continue the trek of 3 hrs. aprox. Through the valley until reaching the hydroelectric too, where the entire group will get together again. Here we will enjoy a great lunch. After a break we will continue walking along the great Inca jungle tour for 3 hrs., enjoying beautiful waterfalls, going through coca and coffee farms along the railway until arriving at the town of Aguas Calientes around 4 pm. Here the group will spend the night in a hostel. At night we all will get together in a local restaurant to enjoy a great dinner and have a briefing about our next excursion to Machu Picchu and the group will receive some snacks.

Includes: breakfast – lunch – dinner

Day4: Aguas Calientes – Machu Picchu–Cusco

Finally, on the last day of our Inca jungle tour we get up around 4:00 AM. After which we'll get ready to head to Machu Picchu. Our trek will follow an ascending path through the high forest, after registering in the control entrance around 6:00 AM. We will have a private guide leading us within the Inca citadel for about 1.5 hours. The travelers that booked the hiking to Huayna Picchu or Machu Picchu Mountain will be able to start this journey, the climbing lasts around 45 min. For Huayna Picchu, the way up is very steep at some points but it's worth it because the view from the top is absolutely breathtaking. For Machu Picchu, it'll last you about 2hrs to go up, and it's not as steep as Huayna Picchu, and even higher! Please note that you have to go before a certain time, so don't forget to ask your guide which time you have been issued. You will have until 5:00 PM time to explore Machu Picchu on your own, because then the guards will ask you to leave. In the afternoon, according to the departure of the train ticket, you will descend walking on your own to the town of Aguas Calientes to get the train back to Ollantaytambo, where the group will be picked up and transferred to Cusco city. Remember to

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be at least 30 min. at the train station before departure. The journey ends in the Plaza San Francisco. Includes: breakfast

Included:

- Transportation from Cusco to Abra Malaga (starting point)
- Entrance fee to Machu Picchu
- 3 breakfasts / 3 lunches / 3 dinners
- Mountain bikes
- Biking equipment (helmet/gloves)
- Snacks during the trek
- Professional bilingual Tour Guide
- 1 night at a hostel (with private bathroom and hot water) the last night.
- 2 Nights in a shelter house with basic service.
- Guide Assistant (For more than 11 passengers)
- Oxygen bottle
- Train ticket (standard class) from Aguas Calientes to Ollantaytambo at 9.30 Pm

Not included:

- Breakfast on the first day / lunch and dinner on the last day
- Ticket of a shuttle bus Machu Picchu - Aguas Calientes (\$24)
- Cable to cross Urubamba River (s/.10)
- Tips for your Tour Guide and other staff

Optional:

- Entrance fee to Huayna Picchu (\$20) or Machu Picchu Mountain (\$20)
- Hot Springs (S/.15)
- Rafting (\$35)
- 6 cable Zipline to get across Santa Teresa (\$35)

What to bring:

- Backpack (small to medium size)
- Sweater
- Suitable shoes for trekking
- Raincoat (might be purchased in Cusco)
- Swimsuit and sandals (for Springs)
- Light clothing suitable for hot and cold weather
- Water bottle
- Flashlight (we recommend two pairs of batteries)
- Sunscreen and insect repellent
- Snacks
- Toiletries and toilet paper

Emergency Contacts:

- ✓ **Angie Escobar (Proyecto Peru) - +950301311**