CAL DISCOVERIES TRAVEL

PERU'S ANCIENT EMPIRE—CUSCO TO MACHU PICCHU

MULTI-ADVENTURE | Premiere Hotels | Family—Older Teens & 20s
We want to make sure you’re on the right trip and that you have the best experience possible. Every Backroads trip is unique and this one is no exception.

HIKING THE INCA TRAIL

One of our hikes requires an Inca Trail permit, which we recommend booking at least 4–6 months prior to departure. Without it, you will miss this portion of the Trail but will still visit Machu Picchu with an alternate hike within the ruins. Also, due to national park regulations and difficulty securing permits, your Backroads leaders will likely not be able to accompany you along the hike requiring an Inca Trail permit. Rest assured, you will always be well supported by our local Peruvian guide, who we’ve worked with for years, and a staff of porters.

TERRAIN & TRAIL SUPPORT

Our hikes through Peru’s captivating rugged terrain climb rocky and sometimes uneven paths, many of which are remote and do not intersect with roads. Vehicles will get us to and from the trailheads, but the nature of these trails is such that we won’t see our vans along the route. Ample trail support in the form of water, snacks and encouragement is provided by your Backroads leaders and local guides.

HIKING ON YOUR OWN

This trip has been designed to offer as many hiking options as possible. Since many of the trails are unmarked, we recommend that you hike with the company of a Backroads leader or one of our local support staff. On the few days when we’re in national parks, regulations require you to hike in the company of one of our certified park guides.

DAY 1

On the first day of the trip, meet your Backroads Trip Leaders (the folks in Backroads T-shirts) at 10:30 a.m. in the courtyard of Belmond Hotel Monasterio (+51 84-60-4000), located at Calle Plazoleta Nazarenas 337 in Cusco, Peru. Please arrive dressed to walk and bring your luggage and a daypack with your rain gear and anything else you may want for today’s city tour.

Since most of our activities take place at or near 11,000 feet, we highly recommend that you arrive in Cusco at least one full day before the trip starts to become better acclimated to the elevation; arriving any later may keep you from fully enjoying our planned activities.

LATE TO THE TRIP START? See “Arriving & Departing” for more information.

CUSCO WALKING TOUR 3½ Hours

¡Bienvenidos a Perú! After a trip orientation and lunch in the tranquil Belmond Hotel Monasterio courtyard, continue acclimating to Cusco’s elevation (11,200 feet) on a walk through the historic city center. We’re joined by an expert local guide who will accompany us for much of our trip. As we stroll, gain insight into the past and present of the charming San Blas neighborhood and several significant sites.

Once the center of the pre-Columbian Inca Empire, Cusco (or Cuzco) was transformed by Spanish conquistadors in the 16th century. Today it’s a fascinating blend of old and new. Inca and colonial architecture are juxtaposed throughout the town, and most residents speak two or three languages: Quechua, Spanish and sometimes English.

Ambling through the artists’ district, visit the simple 16th-century adobe church of San Blas, which features an ornate cedar pulpit considered one of the finest examples of woodcarving in the Americas. As we make our way along narrow streets flanked by centuries-old Inca walls, we find two of the most fascinating sites in town—Coricancha, a colonial church built atop the ruins of an Inca temple, and the main cathedral, a grand building filled with artwork blending Spanish and Inca influences. Stop

Please send a clear scan or photo (cell phone photos are acceptable) of the photo page of your passport to traveldocs@backroads.com. The file cannot be larger than 10 MB and should be sent as soon as possible.
for a moment and do some people-watching in the Plaza de Armas, the town’s central square and a hub of activity for travelers and locals alike.

For the remainder of the afternoon, relax at the hotel or explore on your own before we enjoy our first dinner together tonight. **Lodging: Belmond Hotel Monasterio**

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**DAY 2**

**WALKING & HIKING OPTIONS:**
- Temple of the Moon Route: 3.4 Miles * (300’ elevation gain; 400’ elevation loss)
- Sacsayhuamán Route: 5 Miles * (300’ gain; 700’ loss)
- Monasterio Route: 5.6 Miles (300’ gain; 1,100’ loss)

*with shuttle

Start the day with our hotel’s bountiful buffet breakfast. Fueled up and ready to go, we shuttle a short distance to the ruins of Tambomachay, which feature aqueducts, fountains and terraces, to start our hike. After a bit of gradual climbing through a Quechua village, the rest of today’s route is mostly downhill, helping you further adjust to Peru’s high elevation while delivering stunning views of Cusco Valley. We stop for a picnic feast, then continue walking toward Sacsayhuamán, “Stonehenge of the Andes.” Overlooking Cusco, this extraordinary structure of massive stone blocks was used for religious and military purposes and ranks as one of the most impressive sites in all of South America.

Returning to Cusco, spend the rest of the afternoon relaxing at the hotel, perusing the handicrafts shops or perhaps checking out the action in the Plaza de Armas.

This evening be sure to pay a visit to the Museum of Pre-Columbian Art (included in the trip price), where showrooms of gold crafts, jewelry and unique artifacts illuminate the lives of ancient Peruvian civilizations. We reconvene this evening to enjoy Peru’s national cocktail, the pisco sour, and regional dishes. **Lodging: Belmond Hotel Monasterio**

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**DAY 3**

**SHUTTLE TO PISAC** 1 Hour

**PISAC RUINS GUIDED WALK** 1.6 Miles (200’ elevation gain; 500’ elevation loss)

**BIKING OPTIONS:**
- Lamay Dirt Route: 10 Miles * (400’ gain)
- Sacred Valley Route: 13 Miles * (500’ gain; 700’ loss)
- Huayllabamba Route: 23 Miles * (700’ gain; 1,000’ loss)
- Urubamba Route: 29 Miles (1,300’ gain; 1,600’ loss)

*with shuttle

This morning we explore the hilltop ruins of old Pisac, site of the largest known Inca cemetery. Flanked by steep agricultural terraces, this site is not only fascinating, but also offers spectacular panoramic views of the Sacred Valley—don’t forget your camera!

Afterward, a quick shuttle takes us to the village of Taray, where our first bike ride begins. Your Backroads Trip Leaders fit your bike and give a brief talk on biking techniques and safety before you’re off, traversing the floor of the Sacred Valley, alongside a patchwork of potato, maize and quinoa fields. Our route follows the mighty Urubamba River, which flows the length of the valley, providing water and irrigation to local communities.

Depending on how far you choose to ride, you’ll arrive by shuttle or on two wheels at our hotel for the next three nights. Inkaterra Hacienda Urubamba, located in the heart of the Sacred Valley midway between Cusco and Machu Picchu, is a tranquil retreat with plenty of
amenities. Enjoy fine dining tonight at your leisure in the hotel restaurant featuring "New Andean" cuisine, a distinctive blend of Andean, coastal Peruvian and international dishes. **Lodging: Inkaterra Hacienda Urubamba**

**DAY 4**

**OLLANTAYTAMBO RUINS GUIDED WALK**

1 Hour

**WALKING & HIKING OPTIONS:**
- Ollantaytambo Town Route: 1.9 Miles *(500’ elevation gain)*
- Patacancha Valley Route: 2.8 Miles *(600’)*
- Purmamarca Route: 4.2 Miles *(1,500’)*

**SHUTTLE TO HUILLOC**

30 Minutes

**CULTURAL VISIT IN HUILLOC**

1½ Hours

**SHUTTLE TO URUBAMBA**

1 Hour

*with shuttle

The day begins with a quick drive to Ollantaytambo, a bustling town situated on the northern end of the Sacred Valley and home to the best surviving example of Inca city planning. Our local expert joins us at the Ollantaytambo ruins to unlock this historical treasure trove. After an orientation, climb the temple's 200 stone steps, then trace the mountain contours before descending back into town.

We start today’s hike with a stroll along the narrow, well-worn cobblestone streets of Ollantaytambo. Leaving town, follow a path that winds alongside the Patacancha River and enjoy the sounds of rushing water and views of terraced mountainsides. Later we savor a wonderful picnic lunch.

This afternoon we visit Huilloc, a small Quechua weaving community. Truly off the beaten path, Huilloc offers the rare opportunity to meet longtime local friends of Backroads and observe authentic rural Andean life and learn a bit about their unique mountain culture. (Please note that Backroads will donate supplies to the community on behalf of all our guests, and as a respectful gesture we allow the community to distribute the supplies after our visit). Later in the afternoon, we shuttle back to Urubamba, where you have the opportunity to visit Pablo Seminario’s ceramics workshop. Celebrated for his blended pre-Inca and contemporary style, Seminario’s unique pieces can be found in museums worldwide, including The Field Museum in Chicago. If a little downtime is what you’re after instead, feel free to consider a spa treatment or just kick back at the hotel. (Note that at the time of printing, the hotel was building a brand-new spa facility, set to open sometime during 2018. Spa treatments are not included in the trip price. Advance recommendations are recommended.)

Tonight another tasty dinner awaits. **Lodging: Inkaterra Hacienda Urubamba**

**DAY 5**

**SHUTTLE TO MARAS VALLEY**

45 Minutes

**BIKING OPTIONS:**
- Lago Piuray Route: 8 Miles *(500’ elevation gain; 500’ elevation loss)*
- Cruz Pata Route: 14 Miles *(800’ gain; 1,300’ loss)*
- Maras Route: 20 Miles *(1,000’ gain; 2,100’ loss)*

**SALINERAS HIKE**

3 Miles *(1,100’ loss)*

*with shuttle

This morning we shuttle to the Maras Valley (at nearly 12,000 feet), where today’s bike ride begins. Our route heads west on quiet altiplano roads through fields, farming villages and a few larger pueblos. The views are spectacular, with mountain peaks and glaciers looming in the distance.

After a memorable lunch near Maras, we continue our
biking adventure and then swap wheels for feet as we begin our walk to see the famous Incan Salineras (salt pans). Feast your eyes upon the stunningly beautiful honeycomb of white-rimmed tiered pools. Fed by an underground spring, each salt-encrusted basin has been raked, scraped and bagged for centuries—these plots are passed down from generation to generation like family heirlooms. Arriving at the valley floor, we shuttle a short distance back to Inkaterra Hacienda Urubamba.

Come evening, the hotel chef invites us to an exclusive cooking demonstration. Watch him prepare local delicacies, including pisco sours, quinoa soup and lomo saltado (stir-fried beef loin), then sample the fare!

**Lodging:** Inkaterra Hacienda Urubamba

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**DAY 6**

**SHUTTLE & TRAIN TO AGUAS CALIENTES** 2 Hours

**WALKING & HIKING OPTIONS:**
- Gate of the Sun Route: 2.2 Miles * (800' elevation gain; 800' elevation loss)
- Aguas Calientes to Gate of the Sun Route: 5 Miles * (2,000' gain; 800' loss)
- or Km. 104 Route (requires Inca Trail permit): 6.8 Miles * (2,100' gain; 1,100' loss)

**SHUTTLE TO AGUAS CALIENTES** 30 Minutes

*with shuttle

We rise early this morning and catch a train to the town of Aguas Calientes (also known as Machu Picchu Pueblo). Then, unless your legs and lungs are up for the steep ascent, we shuttle to the main entrance of the ruins, high above the river valley. The uphill route to Machu Picchu’s original entryway, Intipunku (“Gate of the Sun” in Quechua), follows stone-paved Inca footpaths that were constructed during the empire’s height and used for centuries by messengers and pilgrims. When you arrive, look down upon the citadel and marvel at the classic postcard view of Machu Picchu against a canvas of shadows, light and fog. Rediscovered by American explorer Hiram Bingham in 1911, the mystical site is home to many sacred temples and hosts a platform to contemplate the many theories of why the great King Pachacutec created the wonder of Machu Picchu.

If you booked your trip early enough to secure a permit to hike a portion of the Inca Trail, you will have the option to do so before meeting up with the rest of the group at Gate of the Sun. **Foot traffic is strictly limited and permits are very difficult to secure during peak seasons. In order for your Trip Consultant to request a permit on your behalf as soon as possible, please provide your updated passport information at the time of booking.**

Permit holders join the morning train ride until disembarking at the Kilometer 104 trailhead. Setting out along a mountainside path that links to the famed Inca Trail, trek through an orchid-filled cloud forest to Huinay Huayna, a terraced complex once used for religious ceremonies. When you finally arrive at the Gate of the Sun, stop and rest while taking in the spectacular panorama.

No need to take all your photos today—tomorrow we’ll delve into the sprawling complex even further. When you’re ready, descend through the ruins to the main entrance where you’ll find shuttle buses waiting to zip you down to Aguas Calientes.

A short walk through the bustling center of Aguas Calientes takes us to a serene retreat on the edge of town: Inkaterra Machu Picchu Pueblo Hotel, a carbon-neutral and “green-friendly” hotel nestled into a verdant hillside above the roaring Urubamba River. Tonight’s meal at the hotel is on Backroads, but the timing is up to you.

**Lodging:** Inkaterra Machu Picchu Pueblo Hotel

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**DAY 7**

**SHUTTLE TO MACHU PICCHU** 1 Hour Round-Trip

**MACHU PICCHU GUIDED WALK** 3 Hours

To take full advantage of our day in Machu Picchu, we set off early from the hotel. Spend the morning walking through the ruins and learning about the history of this magnificent site. As you admire the intricate architecture, relish incredible views and explore highlights (including the Inca Drawbridge) a local expert provides insight into the astrological designs created by the sun-worshipping Inca, the exquisite stonework of the temples and other structures, and the fascinating story of Machu Picchu’s discovery.
Having worked up an appetite, you may want to stop by the snack bar or café near the main entrance for lunch on your own. This afternoon, hop on one of the regularly scheduled buses back to Aguas Calientes to return to the hotel. You can opt to pamper yourself with a spa treatment, shop for souvenirs at the artisan market just steps from our hotel or put your feet up poolside.

Later we gather for a final dinner together, toasting our memorable journey and swapping stories of the week’s adventures. Lodging: Inkaterra Machu Picchu Pueblo Hotel

**DAY 8**

**EARLY-MORNING NATURALIST WALK** 45 Minutes

**TRAIN & BUS TO CUSCO** 4 Hours

After an early breakfast you may decide to take a walk around the hotel grounds with a naturalist, learning about the local orchids, birds and tea plantations. If not, you can enjoy a leisurely breakfast before we board the train for one last scenic ride through the Sacred Valley, passing awe-inspiring 18,600-foot Mount Veronica. Arriving in Ollantaytambo, we hop on a bus for the remainder of our journey back to Cusco, where our trip ends. Please see “Arriving & Departing” for end-of-trip logistics.

**KEEPING YOU UP TO DATE**

We are always seeking opportunities to enhance this itinerary. We’ll be certain to notify you of any important changes prior to departure; other changes may be communicated on trip by your leaders.

**SHIFT GEARS**

Our trips are designed to be flexible, giving you the freedom to experience the best of the region the way you want. Feel like you’re ready to go, go, go? We can show you the way! Want some downtime or prefer to head out on your own? No problem! Your Trip Leaders will make sure to tell you the best days to take time for yourself (if you want it) without feeling like you’re missing out. So feel free to shift gears and make it your day!

**FAMILY TRIPS Older Teens & 20s**

We understand that older teens and 20-somethings are increasingly sophisticated, social and curious about the world around them. And also so busy! These trips are the perfect opportunity to maximize your time together.

**How does it work?**

Our trips for families with older teens and 20s are designed with young adults in mind. Other guests will be traveling with at least one family member who is 17+, creating a built-in group of peers.

**Activities**

These trips are ideal for active families—routes and activities are more challenging than on our other Family Trips. However, we always offer options so you can choose how much (or how little) you want to do each day.

**Trip Leaders**

Our Trip Leaders serve as friendly guides—not chaperones—whose genuine passion for travel inspires young adults to explore independently.

**Alcohol**

Legal drinking age varies from country to country. Even if local laws permit it, the sole responsibility remains with parents to decide whether alcohol is appropriate for their teens.
TRIP ACCOMMODATIONS

Premiere Hotels

2 Nights (above)
Belmond Hotel Monasterio


3 Nights
Inkaterra Hacienda Urubamba

Situated in the heart of the picturesque Urubamba Valley, this contemporary hotel is inspired by colonial design and local cultural history. (spa*) | Urubamba | www.inkaterra.com | +51-16-10-0400

*At the time of printing, a brand-new spa facility was under construction at Inkaterra Hacienda Urubamba. The facility is set to open sometime during 2018.

2 Nights
Inkaterra Machu Picchu Pueblo Hotel

This hotel with Andean-style casitas is just minutes from the ruins of Machu Picchu. (pool, spa) | Aguas Calientes | www.inkaterra.com | +51-16-10-0400

ARRIVING & DEPARTING

After reviewing the following information, please inform us of your arrival and departure plans on your Personal Information Form.

All prices are in US dollars and subject to change.

Meeting Time & Location

On the first day of the trip, meet your Backroads Trip Leaders (the folks in Backroads T-shirts) at 10:30 a.m. in the courtyard of Belmond Hotel Monasterio (+51 84-60-4000), located at Calle Plazoleta Nazarenas 337 in Cusco, Peru. Please arrive dressed to walk and bring your luggage and a daypack with your rain gear and anything else you may want for today's city tour.

Since most of our activities take place at or near 11,000 feet, we highly recommend that you arrive in Cusco at least one full day before the trip starts to become better acclimated to the elevation; arriving any later may keep you from fully enjoying our planned activities.

Arriving Late to the Trip Start?

If you have a delay or emergency on the day your trip starts and need to contact Backroads, please email your Trip Leaders (you'll receive an email 24 hours prior to the trip start with their contact info) or call the Backroads office at 800-462-2848 (domestic) or 510-527-1555 (international), 6 a.m.–6 p.m. Pacific time.

If you're unable to meet the group in Cusco, please call Belmond Hotel Monasterio at 84-60-4000 and leave a message for your leaders, letting them know when you plan to arrive. (From outside Peru, dial +51-84-60-4000.)

Conclusion of the Trip

On the last day of the trip, we travel about 4 hours by train and bus from Aguas Calientes back to Cusco, arriving at Belmond Hotel Monasterio between 12:30 p.m. and 1:15 p.m. If you plan to fly out of Cusco on the last day of the trip, please book your flight for no earlier than 3:30 p.m. Backroads can help you arrange a taxi to the airport to correspond with your flight time. (Note this is
Flight Arrangements
This trip starts and ends in Cusco, Peru. We recommend that you fly into Lima, Peru (airport code: LIM; www.lima-airport.com/eng), then catch a connecting flight to Cusco (CUZ). Airlines flying to Lima include American, LAN, United and Delta. It’s a 1-hour flight from Lima to Cusco, where our trip begins. You may need to purchase tickets for these flights separately. For your convenience, we suggest that you consider booking a flight into Cusco with LAN or TACA that arrives prior to 10 a.m. We’ve found that the earlier flights are subject to fewer weather-related delays than flights arriving later in the day. We also recommend reconfirming your Lima-Cusco flight before you depart.

Depending on your flight schedule, you may need to stay overnight in Lima before catching your connection to Cusco.

For help arranging air transport to and from your Backroads trip, please work with your own travel advisor or you may choose to work with the Backroads Travel Desk at Dimensions in Travel. Their professional expert travel advisors are ready to share their insiders' knowledge of Backroads and our worldwide destinations and are available to assist you with any of your travel needs. Call 800-GO-ACTIVE (462-2848) to be connected with an advisor. Please note that consulting or ticketing fees may apply, depending on the services requested. The Backroads Travel Desk at Dimensions in Travel is open Monday–Friday, 9 a.m.–5 p.m. Pacific time.

Departing Early or Extending your Stay in Peru
If you opt to depart early or stay in Peru beyond your Backroads trip, please be aware that you are responsible for coordinating your own transportation to connect with your departing flight. For assistance with making these arrangements, we recommend contacting Inkaterra Machu Picchu Pueblo Hotel’s travel consultants:

- www.inkaterra.com
- Email: sales@inkaterra.com

Ground Transportation in Cusco
Taxi service from the Cusco airport to our meeting location costs about $10. Another option is to call the hotel for shuttle service when you arrive at the airport (approximately $30).
DURING YOUR TRIP

Inca Trail Permits

Inca Trail permits are extremely limited. In order to allow your Trip Consultant to request a permit on your behalf as soon as possible, please provide your updated passport information at the time of booking. We recommend booking your Backroads trip a minimum of 4–6 months prior to departure in order to significantly increase your chance of securing a permit.

If permits are unavailable, don’t worry! You’ll hike to the Gate of the Sun too, but will do so as an out-and-back hike from the main entrance of Machu Picchu. So permit or not, you’ll have the chance to hike on the original Inca footpath that for centuries was the only way into the citadel and will still be able to capture that iconic view of the ruins (weather-permitting, of course!).

Trip Leaders

Each of your Trip Leaders plays many roles during your vacation: guide, host, caretaker, naturalist, chef, historian, troubleshooter, interpreter. These remarkable individuals have highly developed instincts for making people comfortable, for seamlessly handling the logistics of travel and for successfully navigating a wide range of unexpected situations. They’re passionately committed to ensuring you enjoy an exceptional vacation—smooth, flexible and tailored to your needs. According to past guests, the caliber of our leaders is what sets Backroads apart from all other travel companies. With their knowledge, professionalism, enthusiasm and service ethic, they’re the number-one reason people return to travel with us again and again. We look forward to having you meet them.

A Word about Gratuities

We think our leaders are unparalleled at what they do—you be the judge.

Gratuities for most services during your trip are included in the price, including all tips for local support staff (guides and drivers). While we’ve thought about including a Trip Leader tip as part of the overall trip cost, we acknowledge that gratuities are customary in the industry as a way to recognize excellent service on a more personal level.

We offer specific Trip Leader tip recommendations because our guests have consistently asked for them. The exact amount is up to you.

Our recommended gratuity for this trip is $210 per guest.

This amount can be covered via cash (preferred) or PayPal. To learn more about PayPal and how to sign up, visit www.paypal.com. You will receive a contact list for Trip Leaders at the beginning of the trip which also serves as their PayPal information. Regardless of the number of leaders on your trip, you can pay the full amount to any one of them. Cash and PayPal gratuities are then divided among your Trip Leaders.

When traveling on your own in Peru, it is customary to tip the waiter an additional 5–10 percent, depending on the service and the quality of the meal.

Accommodations

All rooms have private baths. Single room availability is limited on this trip.

Cell Service & Internet Access

Cell phone and data service is limited in some of the locations we visit on this trip. Internet access is available at all of our hotels, although the connection may be slower than ideal.

Meals

Food is an important part of the Backroads experience. For lunch we look for the best way to capture the essence of the region. It may be a Backroads Grand Picnic, when your Trip Leaders prepare the freshest and healthiest local fare at a carefully chosen setting along the day’s route; a boxed lunch; a packed lunch; a meal together at a favorite restaurant; or the opportunity to have lunch on your own.

Our dinners feature regional specialties, including "New Andean" cuisine, a distinctive blend of Andean, coastal Peruvian and international dishes.
All breakfasts, six lunches and seven dinners are included in the trip price.

Be aware that vegetarian/vegan, gluten-free and low-carb dishes are not always available. If you have special dietary requirements, please indicate them on the Personal Information Form. Your Trip Consultant will pass on the information to your Trip Leaders. Alcoholic beverages at meals are not included in the trip price, unless otherwise noted.

Recommended Dinner Attire

“Sophisticated-casual” attire is appropriate at the restaurants on this trip. For men we recommend collared shirts and slacks. For women we suggest dresses, skirts or dressy pants.

Nice jeans are fine, but please do not wear shorts or sneakers to dinner.

Laundry

Laundry service is available at all the hotels on this trip. You will find it much more convenient to have a few items washed en route than to bring an excess amount of clothing.

Backpacks in Machu Picchu

Backpacks brought into Machu Picchu should be no larger than approximately 1,220 cubic inches (20 liters). This rule is subject to change per national park regulations.

Luggage Restrictions

Because of official baggage restrictions on the train to and from Machu Picchu, luggage on those days must be limited to 22 pounds per person. Your Backroads Trip Leaders will provide a duffel bag for you to use during this time, as well as a packing list. On the evening before departing for Machu Picchu, we ask that you pack this bag with what you’ll need for the remainder of the trip. The rest of your clothing and gear will be stored in Cusco at Belmond Hotel Monasterio, where it will be waiting for you on the last day of the trip. If you have any questions about this special arrangement, your leaders will be happy to help you.

Lost Luggage

On any flight, there is the possibility of lost luggage. Backroads believes that it’s a great idea to take a small carry-on bag with enough clothing and supplies to last a day or two. Also be sure to bring with you any personal gear you deem indispensable on the trip. This way, in the event of lost luggage you won’t have to spend time replacing essential items and miss activities while you wait for your bags to catch up. Please note that Backroads does not assume responsibility for any luggage lost or damaged during your trip.

Security

When traveling, there is always a possibility of theft. While you’re enjoying the sights, remember to stay alert and always be aware of your immediate surroundings, especially in crowded locations and tourist areas. The best rule of thumb is to carry only the cash you need for the day, along with a copy of your passport, on your person and leave the rest in a locked safe in your room. If no safe is available, it’s a good idea to keep your cash and passport in a money belt worn under your clothes. For more safety tips, refer to the Country Specific Information page on the US State Department’s website at travel.state.gov.

Spa Treatments

Spa treatments are not included in the trip price. Advance reservations are recommended. Also, be sure to review the spa’s cancellation policy to avoid any unexpected charges on your credit card.

Days 3, 4 & 5

Inkaterra Hacienda Urubamba*: On Days 3 and 5, book an appointment for after 5:30 p.m. On Day 3 dinner is at your leisure and on Day 5 dinner starts at 7 p.m. On Day 4 book an appointment for after 5 p.m.; dinner starts around 6:30 p.m.

*This new spa facility is set to open sometime during 2018.

Days 6 & 7

Inkaterra Machu Picchu Pueblo Hotel: On Day 6 book an appointment for after 5 p.m.; dinner is at your
leisure. On Day 7 book an appointment for after 2:30 p.m.: our cocktail reception starts at 6:30 p.m. and dinner starts at 7 p.m.

**Restrooms in Peru**

Rest assured, our hotels are fully equipped to meet all your restroom needs. It’s the countryside that can pose a challenge—for the most part you will not see public restrooms on our adventures through rural areas. Toiletries will be available for use in the great outdoors—the most convenient and hygienic restroom available to us. Just think of the view and fresh air!

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**DESTINATION DETAILS**

**Climate**

May to October is the dry season—and winter—in the Peruvian highlands, and days are generally pleasant and sunny. From November through April, Peru’s rainy season, the area is wetter and greener. These months are still a great time to experience Peru, but please be prepared for showers and possible itinerary changes due to wet trail conditions.

No matter what time of year, in this area you can experience all four seasons in a single day, so bringing high quality breathable rain gear is a must. Don’t forget a hat with a brim for protection from the sun, cold and rain. Bring warmer clothing if your trip is in June, July or August; it’s been known to snow in Cusco during these months. Please be ready for all types of weather to ensure that your trip is enjoyable.

**Cusco**

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<td>0.3</td>
<td>0.9</td>
<td>1.9</td>
<td>3.2</td>
<td>4.9</td>
</tr>
</tbody>
</table>

Temperatures in this region are measured in degrees Celsius. Zero degrees Celsius is 32 degrees Fahrenheit. For a quick conversion, double the Celsius reading and add 30 to determine the approximate temperature in degrees Fahrenheit.

**Time Zone**

From March through the beginning of November, when it’s daylight saving time in the United States, standard time in Peru is the same as US central time.

**Phone Facts**

Many US cell phones can operate internationally. Check
with your service provider before leaving home for information about international calling and data plans, and on making and receiving international calls. If your cell phone is unlocked and operates using a SIM card, you may want to consider purchasing a SIM card from a local cell phone company. These should be readily available at airports and convenience stores, and typically come loaded with prepaid credit which can be used for domestic and international calls and data service. Rates will vary.

Alternatively, it may also be possible to rent a phone for use during your international travels. We recommend Cellhire, which offers a wide range of wireless rental options in more than 180 countries. Visit www.cellhire.com or call 877-244-7242 for details and reservations.

**International Dialing Instructions**

The international phone numbers in this Travel Planner are listed using the following format:

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+51-#(#)-##-####
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51 is Peru’s country code, followed by an area code (84 in Cusco; 1 in Lima) and local number. Cell phone numbers are nine digits long and do not require an area code; these phone numbers always begin with 9.

To place an international call to Peru, dial + or the international access code of the country from which you’re calling (e.g. 011 from the US) – 51 – area code – local number.

To place an international call from Peru, dial + or 00 (Peru’s international access code) – country code of the country to which you’re calling (e.g. 1 for the US) – area code – local number. For example, to call the US, dial 00 – 1 – area code – local number.

To place a call within Peru, drop the country code 51 and dial area code – local number.

For additional information on placing international phone calls, visit www.countrycallingcodes.com.

**Money Matters**

The standard unit of currency in Peru is the nuevo sol. At the time of printing, 3.25 PEN = 1 USD. For the most up-to-date exchange rate, visit www.xe.com (Universal Currency Converter).

The best way to access cash is to use ATMs. Before you leave home, it’s a good idea to verify with your bank that your card will work overseas and inquire whether or not your financial institution has a local partner bank that will waive ATM fees. Most international ATM keyboards have only numbers, so if your PIN contains letters, make note of the corresponding numbers. Additionally, most international ATMs only accept four-character PINs, so if yours is longer, arrange to have it changed before your trip.

If you need to exchange cash or traveler’s checks, avoid exchange bureaus, which charge sky-high rates. The rates at banks are slightly better, but still expensive. It may also be possible to exchange cash and traveler’s checks at airports, train stations, post offices and some tourist offices. If you do bring cash to exchange, be sure the bills are in perfect condition or they might not be accepted.

Credit cards are accepted in Cusco, at all our hotels and at some gift stores outside of Cusco. Visa is the most widely accepted credit card. A service charge is usually added to credit card purchases.

**Electric Current**

Peru’s electricity runs on a 220-volt, 60-cycle current. All outlets are of the parallel two-pronged flat or round type. A plug adapter is necessary if you plan to bring appliances from home. You may also need a converter, but many newer appliances, such as computers and digital devices, are designed to work/charge over a wide range of voltage levels. Check the manufacturer’s label on the back of your appliances to see what level of input they can handle. Converter/adapter kits can be purchased at travel, hardware or electronics stores for $40–$60; an adapter alone costs about $4.

**Health Precautions**

Although there are no health entry requirements for US citizens visiting the regions on this trip, it is highly recommended that you check with your doctor regarding vaccinations for yellow fever, hepatitis and typhoid fever. It is also advisable to be sure that your diphtheria-tetanus vaccination is up to date.

There is no malaria risk in highland Peru. If you plan to spend time before or after your Backroads trip in other parts of South America, particularly in lowland jungle areas where malaria is more of a risk, you should ask your
doctor whether you should consider taking preventive drugs. The Centers for Disease Control and Prevention (CDC) has also reported cases of other mosquito-borne illnesses, including dengue and Zika, in countries bordering Peru. To reduce the chance of mosquito bites, use a good insect repellent and cover bare skin at night. If you get sick within a year after your trip, you should let your doctor know that you have traveled to a foreign country.

The most common health risk for visitors is “traveler’s diarrhea,” which can be caused by bacteria, parasites or viruses transmitted through food or water. There are many over-the-counter remedies locally available to relieve upset stomachs, but it’s a good idea to bring some with you from home.

Tap water is generally not safe to drink, so our hotels provide filtered or bottled water and ice made from filtered water. Purified water is also available in Backroads vehicles. Outside of our hotels it’s best to avoid ice, since it may be made from unfiltered water.

It is usually risky to purchase food from street vendors unless the food has been cooked and is still hot. However, if you purchase fruit or vegetables from street vendors, we recommend that you buy products that you can peel or wash in purified water, and always wash your hands before eating. All foods served as part of the trip are prepared and washed with purified water.

Despite precautions taken at all our hotels and in all the Backroads food preparation, it is highly common for guests to experience one or more days of “discomfort” while in Peru due to unfamiliarity with local bacteria.

The combination of high altitude, warm temperatures and strenuous exercise greatly increases your body’s need for fluids. It is extremely important to drink lots of liquids to protect yourself against heatstroke and dehydration. Drink as often as possible—don’t wait until you are thirsty! Batteries may not last long in high altitude regions and may be hard to find while in Peru. Be sure to bring spare batteries—especially for your camera.

For more specific and up-to-date information on health precautions, consult your doctor, the consulate in your area or the CDC at wwwnc.cdc.gov/travel/destinations/list/ or 800-CDC-INFO (232-4636). For World Health Organization disease outbreak reports, visit www.who.int/csr/don/en. For general travel advisory information, visit the US State Department’s website at travel.state.gov.

**Altitude**

The thin air of the Andes highlands may require some adjustment. The lower supply of oxygen at high elevations makes exercising more difficult, and you may experience shortness of breath during hikes. **Bear in mind that predisposition to altitude sickness does not correlate to an individual’s level of fitness.** The altitude in this area can prove challenging no matter what shape you’re in. (If you have concerns or any medical conditions that could pose a problem at high altitudes, you should consult a medical professional before your departure.)

**Since most of our activities will be at or near 11,000 feet, we highly recommend that you arrive in Cusco at least one full day before the trip starts; arriving any later may impede your enjoyment of our planned activities.** Usually, it takes no more than a day or two to feel comfortable at higher elevations. If you’re not yet feeling acclimated when the trip begins, we suggest taking it easy, eating light meals, drinking lots of water and avoiding alcohol.

The combination of high altitude, warm temperatures and strenuous exercise greatly increases your body’s need for fluids. It is extremely important to drink lots of liquids to prevent heatstroke and dehydration. It’s a good idea to consume at least two liters of water per day and to drink as often as possible—don’t wait until you are thirsty!

**Helpful Information**

Visit www.backroads.com/trip_prep for links to other websites offering helpful travel information.
The more you know about your destination before you go, the more you’ll appreciate all that you see when you get there. We’ve selected a few of our favorite books to help capture the essence of the region.

- Lost City of the Incas, Hiram Bingham
- The Inca Trail: Cusco & Machu Picchu, Alexander Stewart
- Eight Feet in the Andes: Travels with a Mule in Unknown Peru, Dervla Murphy
- The Heights of Macchu Picchu, Pablo Neruda

TRIP DOCUMENTS & MORE

Travel Documents
A valid passport is required for travel to Peru. A visa is not required for US citizens, provided you are staying in the country less than 90 days.

Note that some countries require your passport to be valid for a specified amount of time beyond your departure date (up to 6 months). Be sure to check the expiration date and physical condition of your passport and verify the travel document requirements with the consulates of the countries you are planning to visit during your trip. Passports issued to minors under the age of 16 are set to expire every 5 years. Check your expiration dates carefully!

Important note to adults traveling with kids under 18: US citizens traveling with their children may be asked by immigration officials to show US birth certificates for each child. When children are not traveling with both parents, immigration officials often request documentation to establish the children are traveling with the permission of both parents. Such documentation may include notarized letters from the parent(s), custody or adoption papers, or death certificates in situations where one or both parents are deceased. If a parent does not share the same surname as their children or partner, it may be necessary to show a notarized copy of a marriage certificate, even if both parents are present. (This is in addition to proof of the child’s citizenship.) For useful tips and information on traveling with minors, visit myfamilytravels.com. You may find helpful information about obtaining passports for minors on the US State Department’s website: http://travel.state.gov/content/passports/en/passports/under-16.html.

To facilitate the processing of your train tickets and permits, please send a clear photocopy, scan or photo (clear cell phone photos are acceptable) of the photo page of your passport to Backroads at traveldocs@backroads.com.

The file cannot be larger than 10 MB and should be sent as soon as possible.

The best way to ensure you have the most current...
information on entry requirements is to contact the Embassy of Peru in Washington, DC (202-833-9860; www.embassyofperu.org). You may also find helpful information on the US State Department’s website: travel.state.gov.

IMPORTANT: Each time you renew your passport, you are issued a new passport number. Depending on the trip, some of our service providers (like hotels or airlines) may require current passport information for each guest, so if you renew your passport after booking your trip, please make sure to update us with the new information prior to your departure date.

We recommend that you make two photocopies of your airline ticket/e-ticket confirmation and your passport. Leave one set of copies at home with a friend or relative, and bring one set with you, keeping it separate from the original documents.

NOTE: Inca Trail authorities will not under any circumstances accept a new passport as identification if you submitted old passport information at the time of booking your Backroads trip. To ensure that you are not prevented from entering the Inca Trail you must bring the originals of both your old and new passports.

If you fly into Peru on an international flight and are given a Tourist Card to fill out, keep it in a safe place during your trip, as you'll need to turn it in at the airport when you leave the country.

Cancellations & Refunds

If you must cancel your reservation, a fee will be charged. Please review your trip invoice for cancellation policy details. Exceptions to this policy cannot be made for any reason, including those of weather or personal emergencies. There is no refund for joining a trip late or leaving early. Private rooms and staterooms, bike rentals and internal air charges are considered part of the trip price and are subject to cancellation fees. You are required to provide a signed Release of Liability, Assumption of All Risks and Arbitration Agreement and a completed Personal Information Form prior to your trip departure. If you fail to provide a signed release form, you will not be allowed to join the trip and will be subject to Backroads’ cancellation policy.

On the rare occasions when Backroads must cancel a trip, all payments received to date will be refunded, which constitutes full settlement. Backroads is not responsible for expenses incurred in preparation for any cancelled trips, such as airline tickets or for costs incurred due to travel delays, flight cancellations or illness.

Itinerary Changes

If unforeseen circumstances require a change in the trip itinerary, Backroads will make every effort to select alternative accommodations of the same quality and to keep the activity modifications minimal.

Electronics & Other Valuables

It is best to leave valuables at home. If you must bring valuables on the trip, please understand that they are 100 percent your responsibility, regardless of what anyone (including leaders) might tell you. Cash, jewelry and passports are especially important to keep in your possession. It’s not safe to leave valuables in Backroads vans; while not common, break-ins do happen. You may choose to lock them in your room’s safe, if one is available to you. If you’re concerned about forgetting items in the safe (easy to do!), a good trick is to leave something on top of it that you can’t forget, such as a single shoe.

On Biking and Multi-Adventure Trips, if detachable bike bags are available to you, you can store your valuables in the bag and take it with you when you’re not biking. Please note that our bike bags are water resistant but not waterproof. Be sure to protect your valuables from the elements accordingly.

Although we will transport your valuables during your trip as a convenience, we do not assume responsibility for any damage or loss. This policy applies to personal electronics as well as other items, such as luggage, jewelry, and fragile and delicate accessories, whether purchased on the trip or otherwise.
GETTING ACTIVE FOR YOUR TRIP

NAVIGATION OPTIONS ON THIS TRIP

Turn-by-turn paper directions included.

Downloadable GPS files available for use on your own device—log into your account at My.Backroads.com 2 weeks before your trip for more details.

Terrain

The biking terrain we encounter on this trip is moderately rolling with some steeper sections. Our bike routes are mainly on dirt and a few paved roads, some more rocky and rough than others. Please note that you’ll be on mountain bikes and the riding conditions can change with the weather—in dry years the terrain can be dusty, whereas rainy conditions lead to muddy trails.

Our walking and hiking routes are a mix of village and archaeological site walks and rugged trails paved with Incan stone through jungle and mountains.

Activities take place at elevations between 8,000 and 12,000 feet, which can make the routes feel more challenging than the mileage may suggest, so we bumped up the route rating on some days by one level to account for this. Additionally, some of the hiking routes involve substantial elevation loss, which can also add to the perceived difficulty.

Remember, take your time and go at your own pace—you’re on vacation! Your Backroads Trip Leaders are there to provide the support you need when you’re ready for a snack, a cool drink, or a lift back if you’re done for the day. Most days you’ll have a choice of mileage options, so you can decide how active you want to be—it’s always up to you.
Conditioning Tips

Every Backroads trip is designed to appeal to a wide variety of interests and fitness levels. We know your pace may vary from one day to the next—and your traveling companions’ may differ somewhat from yours. So we present a range of mileage options, and each day you decide exactly what and how much you want to do.

Before your trip, we suggest biking and hiking regularly and hitting a few hills whenever you can. Review the route options in the daily itinerary for the range of mileages offered on this trip. But mostly, just show up and have fun!

Cadence & Gearing

The steady rate at which you pedal is called “cadence.” Ideally you should try to maintain a constant high cadence in any gear. This technique not only lets you bike for longer periods without tiring, but also puts less strain on your knees. Shifting to lower gears when riding up hills will help you maintain the same cadence you established on more level terrain and get you up the hills without overextending yourself. Using lower gears also helps you to be more efficient when riding against the wind.

Pacing & Endurance

It’s important to pace yourself throughout the day, so you have the stamina to ride or walk as far and as long as you’d like. Keep your energy level constant by eating high-energy snacks (your leaders will have plenty on hand). Drink fluids often—before you are thirsty—to avoid dehydration.

Some people find that a water-pack hydration system, worn like a backpack and equipped with a plastic tube for drinking, is a good accessory on long outings or in hot climates, since it enables you to carry more water and drink regularly without having to stop.

Activity Level

The routes on this trip are rated Levels 1–3.

<table>
<thead>
<tr>
<th>ACTIVITY LEVEL</th>
<th>MTN BIKING</th>
<th>WALKING</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Avg. Miles</td>
<td>Max Elev. Gain in feet</td>
</tr>
<tr>
<td>1</td>
<td>5-17</td>
<td>1000’</td>
</tr>
<tr>
<td>2</td>
<td>14-22</td>
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</tr>
<tr>
<td>3</td>
<td>18-27</td>
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<tr>
<td>5</td>
<td>28-40+</td>
<td>4400’+</td>
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Review the “Activity Level” section on the web for more details on daily route options.

Resources

One book we recommend is *The Bicycling Big Book of Cycling for Beginners* by Tori Bortman. It offers valuable advice for new cyclists, from choosing the proper clothing to basic riding and etiquette skills.

Visit *Bicycling* magazine’s website at [www.bicycling.com](http://www.bicycling.com) to browse for tips on how to improve your technique—as well as advice on nutrition, gear and safety, and basic bike maintenance.

The American Hiking Society website is packed with all sorts of useful information related to walking and hiking. Visit [americanhiking.org](http://americanhiking.org).

Your local outdoor store can be an excellent resource too; ask to speak with an experienced employee.
Q: How do I prevent soreness while bicycling?
A: Think padding! Padded shorts make sitting on the bicycle seat a lot more comfortable, and padded bicycling gloves help prevent blisters and hand numbness.

Q: Should I buy a pair of biking shoes for my trip?
A: Rigid shoes maximize the power of your pedaling stroke, but there’s really no need to purchase a pair of biking shoes just for this trip. Any athletic shoes—provided they have stiff soles—will be sufficient.

Q: Do I need to bring hiking boots for my trip?
A: Varying weather conditions and terrain can make any trail challenging, whether you’re hiking up a mountain or walking through a valley. We recommend hiking boots or sturdy hiking shoes (sometimes called "light hikers") with robust tread, ample ankle support and waterproofing. Your average running shoes often have inadequate tread and stability for terrain like gravel and mud—though even these may be suitable if you know that’s what works for you. Most importantly, your shoes should be comfortable and well broken in before your trip starts.

Hiking boots are highly recommended if you like the added ankle support.

Q: It’s not really going to rain during the trip, is it?
A: Well, it just might! Rain is possible no matter where you travel. Your best bet for staying comfortable during a shower is to wear quality rain gear that is both waterproof and breathable.

Q: Does wearing layers really make a difference?
A: Yes! The trick for staying comfortable in fluctuating temperatures is to wear three basic non-cotton layers of lightweight clothing: innerwear (to wick moisture away from your skin), insulating garments (for warmth) and outerwear (to protect against wind or rain). The different layers let you add or remove clothing in response to changes in the weather or your internal temperature.
Rules of Biking Safety

Good judgment and alertness are the most important factors for safe bicycling. Follow these rules at all times to ensure your safety and the safety of those around you.

• **Wear a helmet.** Bicycling without a helmet is extremely dangerous. Backroads requires that all guests wear helmets while biking.

• Ride predictably, defensively and in a straight line.

• When biking with others, ride single file and maintain several bike lengths between cyclists. Allow more distance when riding downhill.

• Do not use headphones while biking; you might not hear traffic coming up behind you.

• Be as courteous to motorists as you would like them to be to you. And get completely off the road when you stop.

• Keep your speed under control on downhills. Use both brakes simultaneously, but be aware that the front brake is more powerful than the rear. Gently pump your brakes on long descents for maximum effectiveness. Check brakes frequently to make sure nothing is loose or dangling.

• Wet slippery roads require extra caution and greater stopping distance—especially on downhills. Wet brakes must be dried by pumping before they have an effect. So start braking early in damp weather.

• When riding on sand or gravel, downshift into low gear so you can spin your pedals faster while still going slowly.

• Obey all traffic regulations. Stop at all stop signs and red lights, yield the right-of-way and use hand signals when turning, slowing down or stopping. Ride on the right side of the road (except in countries where traffic moves on the left), at a safe distance from traffic.

• Do not ride too close to the bike in front of you. Keeping several bike lengths between you and the bike ahead gives you more time to brake or go around obstacles.

• Be cautious around road obstacles. It is safest to dismount and walk your bike across railroad tracks and cattle guards. If you decide to bike across them, do so at right angles. Avoid potholes, metal grates, glass, rocks and thorns. Ride at a safe distance from parked cars and watch for vehicles pulling out and/or doors opening in your path.

• You must yield the right-of-way to pedestrians. Do not ride on sidewalks.

• When making a left turn (or a right turn in countries where traffic moves on the left), it is safest to pull off the road, dismount, look both ways for traffic and then walk your bike across the road. Never follow other riders when turning without confirming for yourself that it is safe to do so.

• Listen carefully for approaching motorists. (Look over your shoulder only if you can do so without swerving.)

• We do not bike after dark on Backroads trips. If you decide to do so on your own, you must bring your own bike equipped with a white light on the front, a red light on the rear and reflectors on the spokes and pedals.

• If a dog chases you and you are not able to ride away quickly, stop your bike and walk out of the dog’s territory, keeping the bike between you and the animal.

• Wear appropriate clothing for bicycling. Brightly colored clothes make you more visible to motorists. Double-tie shoelaces and tuck them inside your shoes.

• You should wear corrective lenses while bicycling if you use them while driving.
Bringing Your Own Gear

Backroads provides everything you’ll need to participate in the activities on this trip. If you’d prefer to have your own pedals, helmet or seat, feel free to bring these along. Your own gear can help to make your time on the bike as comfortable as possible, especially if you’re someone who likes to log a lot of miles. Your Backroads leaders will be happy to put on your pedals and seat for you at the beginning of the trip.

WHERE TO STAY BEFORE & AFTER YOUR TRIP

For help making hotel reservations for before and after your Backroads trip:

- Work with your own professional travel advisor.
- Contact the Backroads Travel Desk at Dimensions in Travel by calling 800-GO-ACTIVE (462-2848), Monday–Friday, 9 a.m.–5 p.m. Pacific time. Please note that consulting or ticketing fees may apply, depending on the services requested.
- Book directly with the hotel or through a discount website.

Please note that Backroads does not block rooms and does not offer special rates for pre- and post-trip stays. If you plan on extending your stay at our first night’s hotel before the trip starts or our last night’s hotel when the trip ends, let the hotel reservations agent know that you’re traveling with Backroads—you may be able to avoid changing rooms. We recommend booking your rooms as early as possible, especially during peak travel season!

The following is a selection of recommended properties that span a range of prices, amenities and locations. Refer to the Hotel Room Rates guide for the starting double-occupancy rates, which were accurate at time of printing. Note that rates are subject to change and some hotels may require a minimum stay.
Hotel map: bit.ly/CuscoPPH

Inkaterra La Casona
This painstakingly restored 16th-century manor house is now a carbon-neutral boutique hotel in the heart of Cusco’s historic district, just across the plaza from our meeting and drop-off location. A Relais & Châteaux member. | Plaza Nazarenas 113 | www.inkaterra.com | 800-442-5042 (from the US) or +51-1-610-0400 | 11 suites | Rates: ✨ ✨ ✨

Casa Cartagena
The all-suite Casa Cartagena is a fine choice: its prime location near the Plaza de Armas makes it an excellent base from which to discover Cusco, while its fine dining, Qoya spa and butler service render it an ideal retreat after a day of exploration. (spa) | Pumacurco 336 | www.casacartagena.com | +51-84-22-4356 | 16 suites | Rates: ✨ ✨ ✨

JW Marriott El Convento Cusco
Built right over ancient Incan ruins and around the courtyard of an Augustinian convent, this architecturally stunning hotel doubles as a museum of Peruvian history. (pool, spa) | Esquina de la Calle Ruinas 432 y San Agustín | www.marriott.com | +51-8-458-2200 | 153 rooms & suites | Rates: ✨ ✨

Libertador Palacio del Inka Hotel Cusco
Situated in the city center, across from the Coricancha (Temple of the Sun) and just four blocks from Cusco’s cathedral and the main plaza, it’s an ideal central base for your exploration of Cusco. Travel + Leisure World’s Best. | Plazoleta Santo Domingo 259 | www.libertador.com.pe/en | 877-778-2281 (from the US) or +51-1-518-6500 | 254 rooms & suites | Rates: ✨ ✨

Casa Andina Premium Cusco
Situated just three blocks from central Plaza de Armas, this hotel is a welcoming place in which to unwind with plenty of modern amenities and historic charm. | Plazoleta Limacpampa Chico 473 | www.casaandina.com | 866-220-4434 (from the US) or +51-1-213-9718 | 93 rooms & suites | Rates: ✨

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Casa Andina Premium Cusco
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registered taxis; kiosks for registered taxis are located inside the terminal.) Most hotels listed in this section offer day-use rates for guests with long layovers.

Where to stay in Lima: Though central Lima has numerous hotels, most travelers head to the seaside suburbs of Miraflores and San Isidro, which have fewer sights but are generally safer and offer newer hotels. Both suburbs are a 20–30-minute taxi ride from the airport. With beaches and shopping close by, they’re ideal for exploration.

Hotel map: bit.ly/LimaHotels

Belmond Miraflores Park (Miraflores district)
This Leading Hotels of the World member is tucked away in the park-filled Miraflores district, features ocean views and is designed to exceed your every expectation. Travel + Leisure World’s Best. (pool, spa) | Avenida Malecón de la Reserva 1035 | www.miraflorespark.com | 800-237-1236 (from the US) or +51-1-610-4000 | 82 rooms | Rates: ✪ ✪ ✪

Country Club Lima Hotel (San Isidro district)
Built in 1927 in the distinguished San Isidro district, this refurbished five-star hotel is a national monument. A variety of leisure activities are available, from relaxing in the sauna to playing golf (with exclusive guest privileges) at the adjacent Lima Golf Club. (pool) | Los Eucaliptos 590 | www.hotelcountry.com | +51-1-611-9000 | 83 rooms & suites | Rates: ✪ ✪ ✪ ✪

Hotel B (Barranco district)
Located in the bohemian Barranco district, the hotel is only two blocks from the beach and the perfect destination for travelers looking for a deeper understanding of Lima’s contemporary social, art and cultural scene. A Relais & Châteaux member. | Sáenz Peña 204 | www.hotelb.pe | 866-628-1777 (from the US) or +51-1-206-0800 | 17 rooms | Rates: ✪ ✪ ✪ ✪

Tierra Viva Miraflores Larco
Within walking distance to the Pacific Ocean, in the heart of the Miraflores district, this hotel is ideally located for exploring Lima. | Calle Bolívar 176-180 | www.tierravivahoteles.com | 866-220-4434 (from the US) or +51-1-673-1003 | 44 rooms | Rates: ✪ ✪

Casa Andina Private Collection Miraflores
With a central location in the Miraflores district, just two blocks from Parque Central, the Casa Andina features 17 stories of rooms and suites with modern décor which include flat screen televisions and high-tech soundproofing. (pool) | Avenida La Paz 463 | www.casa-andina.com | 866-220-4434 (from the US) or +51-1-213-9718 | 148 rooms & suites | Rates: ✪ ✪ ✪

JW Marriott Hotel Lima (Miraflores district)
Plush guest rooms offer ocean views and provide a sanctuary from the bustling Miraflores district. Fun is only an elevator ride away: a casino, fitness center, sauna, outdoor pool, shops and two restaurants provide entertainment. (pool) | Malecón de la Reserva 615 | www.marriott.com | 800-228-9290 (from the US) or +51-1-217-7000 | 300 rooms & suites | Rates: ✪ ✪ ✪

Wyndham Costa del Sol (Lima Airport)
Situated just steps from the main terminal of Jorge Chávez International Airport, this hotel is a great choice for travelers focused on convenience. (pool, spa) | Avenida Elmer Faucett s/n | www.wyndham.com | 800-407-9832 (from the US) or +51-1-711-2000 | 192 rooms & suites | Rates: ✪

Lima Recommended Restaurants (Miraflores district)
La Rosa Náutica: An incomparable location at the edge of the sea combines with five-star cuisine to produce a truly memorable dining experience. Located at the end of Pier 4, La Rosa Náutica serves Peruvian seafood specialties; the food is nearly as artful as the ornate architecture and those infinite views. Reservations are highly recommended. | Espígon 4 Circuito de Playas | www.larosanautica.com | +51-1-445-0149 or +51-1-447-0057.

Huaca Pucllana: For flavorful new Andean dishes and unique and impressive views, visit Huaca Pucllana, which faces the ruins of a 1,500-year-old Inca pyramid. By day, archaeologists toil at the site; by night, the area is quiet and beautifully illuminated. To cap off the evening, walk off your dinner with a tour of the excavation site. Reservations are highly recommended. | Avenida General Borgoña, Cuadra 8 | www.resthuacapucllana.com | +51-1-445-4042.
EXTENDING YOUR VACATION

Although Machu Picchu is the country’s the most well-known attraction, Peru boasts a wealth of fascinating cities, archaeological sites and natural wonders that we highly recommend visiting before or after your Backroads trip. Among the most popular spots are the Colca Canyon, which is more than twice as deep as the Grand Canyon in the US; Lake Titicaca, a high-altitude lake surrounded by thriving indigenous communities; Arequipa, a beautiful colonial city in the south; and the Nazca lines, ancient geoglyphs best seen from the air.

Please note that if you decide to depart early or extend your stay, Backroads cannot reschedule your end-of-trip train travel from Aguas Calientes back to Cusco.

You are responsible for coordinating your own transportation to connect with your departing flight. For assistance with making these arrangements, we recommend contacting Inkaterra Machu Picchu Pueblo Hotel’s travel consultants:

- [www.inkaterra.com](http://www.inkaterra.com)
- Email: [sales@inkaterra.com](mailto:sales@inkaterra.com)
- From the US: 866-242-2889 or 800-442-5042
- From Canada: 855-409-1456 or 800-442-5042
- From Peru: +51-1-610-0400

Inkaterra Reserva Amazónica & Inkaterra Hacienda Concepción: Located close to the Peruvian/Bolivian border on private ecological reserves near Tambopata National Park. Daily flights depart from Cusco to Puerto Maldonado, the nearest town. Programs include all meals, naturalist guided excursions and transfers to and from the Puerto Maldonado airport. [www.inkaterra.com](http://www.inkaterra.com); 800-442-5042 (from the US) or +51-84-245-314

Cusco is a great place to start your Peruvian adventure, and it’s small enough to explore entirely on foot. The city is packed with shops, restaurants and cafés. Take a coffee break on a café balcony overlooking the Plaza de Armas, visit artists’ workshops in the colorful San Blas neighborhood and wander through the market. Keep in mind that on Day 1 we’ll be taking a guided tour of Cusco, visiting the Coricancha (Temple of the Sun), the main cathedral and the Church of San Blas.

For excursions in and beyond Cusco before or after our Backroads trip, we suggest contacting Inkaterra’s travel consultants:

- [www.inkaterra.com](http://www.inkaterra.com)
- Email: [sales@inkaterra.com](mailto:sales@inkaterra.com)
- From the US: 866-242-2889 or 800-442-5042
- From Canada: 855-409-1456 or 800-442-5042
- From Peru: +51-1-610-0400

Cusco Hiking (Backroads’ ground support operator): [www.cuscohiking.com](http://www.cuscohiking.com); [operaciones@cuscohiking.com](mailto:operaciones@cuscohiking.com); +51-84-240-611 land line; +51-974781196 mobile

Peruvian Amazon

Inca Rail: [www.incarail.com](http://www.incarail.com); +51-84-581-860

Peru Rail: [www.perurail.com](http://www.perurail.com); +51-84-581-414
SUGGESTED PACKING LIST

LUGGAGE REMINDERS

Please limit your luggage to one medium-sized suitcase (we recommend 25”–28”, preferably not hard case) and one small carry-on bag. Be sure to mark your luggage with your contact information. Also note that due to official baggage restrictions on the train to and from Machu Picchu, luggage on those days must be limited to 22 pounds per person. Your Backroads Trip Leaders will provide a duffel bag for you to use during this time, as well as a packing list.

Essential

Travel Items
- international travel documents (i.e. passport, visa, etc.)
- photocopy of front page of passport (kept in a separate place from passport)
- wallet (credit cards, bank cards & ID)
- cash for incidentals & leader gratuities
- airline tickets/e-ticket confirmation details
- sealable, quart-size plastic bags for stowing small liquid containers, swimsuit, etc.
- toiletries (including sunscreen & lip ointment)
- medications & copies of prescriptions
- insect repellent
- list of important addresses & contact numbers

Active Clothing & Gear
- biking shoes (& pedals) or stiff-soled sneakers
- light hikers or boots
- biking & hiking socks
- biking shorts (preferably with padding/chamois)
- walking/hiking shorts and/or lightweight pants
- short-sleeved biking jerseys
- non-cotton base layers of varying weights
- short-fingered biking gloves
- lightweight biking/hiking jacket or vest
- hat with brim, bandana or sweatband
- daypack/waistpack (for water, camera, snacks)
- sunglasses (with retention strap)
- sport sandals and/or flip-flops
- swimsuit
- headlamp or small flashlight

Rain Gear & Cold Weather Clothing
You may not need all of the items listed here, but they are necessary to stay comfortable in case of rain or unseasonably cold weather.
- waterproof (breathable) rain jacket & pants
- arm & knee/leg warmers (for biking)
- toe covers/booties (worn over bike shoes)
- waterproof/water-resistant warm gloves
- lightweight, but warm, cap that fits under helmet (skullcap) or headband that covers ears

Non-Active Clothing
- clothing & shoes for downtime & restaurants
- lightweight jacket (like fleece) or warm sweater
- warm hat

Backroads provides water bottles & walking sticks.

Optional
- camera & charger (remember to enter our Guest Photo Contest!)
- cell phone & charger
- voltage converter/plug adapter (if applicable)
- alarm clock
- helmet and/or saddle (if you prefer your own)
- bike mirror
- clear glasses/replaceable lenses for rainy days
- CamelBak or similar hydration backpack
- guidebook and/or field guides
- notebook/travel journal & pens
- local language dictionary/phrase book (if
GREAT GEAR VENDORS

For a list of some of our favorite gear and gadget retailers, visit www.backroads.com/gearup.