

canyons, condors and machu picchu



trip highlights

Visit Arequipa City and Colonial buildings like the Monastery of Santa Catalina, enhanced by the knowledge of your local guide

Cycling along The Colca Canyon and see the flight of the amazing Condors, one of the largest flying birds in the world

Visit Puno and Los Uros, the Floating Islands on Lake Titicaca and enjoy an overnight home stay with a traditional local family on the Peninsula of Capachica

Visit Cusco City, the Capital of the old Inca Empire

Cycle along the Sacred Valley of the Incas, with stunning views of the many Inca ruins along the way, before descending by bike over 2500 metres from the mountain passes into the Cusco jungle

See the sunrise over the ancient Machu Picchu ruins and then spend the day exploring this spectacular Inca citadel

Return to Cusco via the world famous train journey from Machu Picchu to Ollantaytambo



Trip Duration	13 days
Grade	Introductory level
Activities	9 days cycling
Accommodation	12 nights hotel / motel

Kia Ora from Adventure South

Hola from Adventure South

Experience Peru off the beaten track – easy cycling at its best! We are excited to introduce the itinerary for our cycle tour in the Southern Andes of Peru, ending in the Inca citadel of Machu Picchu. Tours are timed for the dry season when it is warm and sunny during the day, and cool but still comfortable at night. This tour caters for all levels of cyclists – distances are great enough to challenge strong riders but are also suitable for recreational cyclists, combined with our full sag wagon support system.

The cycling is superb, at any moment there is a multitude of unique sights to see & we have included many off-the-bike experiences for you to enjoy.

Enjoy delicious meals, Peruvian cuisine is world renowned and there is always the choice to stick to western inspired options or get daring and try some of the local delicacies; and we have carefully chosen restaurants with a high standard of hygiene.

Above all you will experience the essence of Southern Peru, with its proud, friendly people and their vibrant traditional customs; you will leave with this unique corner of Peru occupying a special place in your heart.

why travel with Adventure South?

“Small groups, Great Guides, Superb Holidays.”

This comment encapsulates an Adventure South active holiday in Peru. The phrase was not born from a long and tortuous strategic planning process; it came from a client review! We could not have said it any better. Our client feedback also confirms that what helps make our holidays different are the quality of our professional local guides. They share their humour, compassion and wilderness experience to ensure that you have a great vacation and the right degree of personal challenge.

On an Adventure South tour you can also expect the right, proven equipment is provided for your tour; the food is delicious, plentiful and can be catered to your dietary requests; your guides are all First Aid trained; and that the itinerary you have chosen has been carefully crafted from years of personal experience in Peru, not from a guide book recommendation.

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trip dates

2012 30 May - 11 Jun
02 Jul - 14 Jul
22 Aug - 03 Sep

2013 30 May - 11 Jun
02 Jul - 14 Jul
22 Aug - 03 Sep
24 Sep - 06 Oct

trip cost

Joining Arequipa Base cost, US dollars: \$2295

options & supplements

Single Supplement, US dollars:

Adventure South does not require single travellers pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

the trip

This 13 day tour takes in the highlights of Southern Peru with its unique culture and amazing history. Enjoy cycling on rural roads through small villages and experiencing firsthand the still very traditional day to day life of the Andean people. A highlight of the tour is in meeting the locals, which with the help of your local guides you will enjoy some wonderful cultural experiences as you learn about life in the Andes, and of course ending your trip with a visit to famous Inca Citadel Machu Picchu.

about your leader

Enjoy the trip in the company of your fully trained and experienced Peruvian guide Rudy Vargaya Conza and his New Zealand born wife Louise, along with their local support staff, who will provide the local interpretation as well as looking after you're every need. You will learn so much from all our local English speaking guides who take great pleasure and pride in introducing you to their region. We pride ourselves on the standard and quality of these great people who you will be spending your holiday with. Our Peruvian team share our desire to give you the best possible experience, heaps of fun and lots of fond memories to take home with you. Here in Peru we provide you with the services of two guides on every trip, as well as a driver, who will be with the support van (which is also equipped with Oxygen for your piece of mind in the high altitude areas) and your belongings constantly while you are out enjoying your ride. All are certified in first aid, CPR and have years of experience guiding at altitude and your guides are experienced bike mechanics. To check out more about our guides see our 'About us' page on our website (www.advsouth.co.nz)

at a glance

DAY 1	AREQUIPA
DAY 2	AREQUIPA
DAY 3	CABANACONDE, COLCA CANYON
DAY 4	EL REFUGIO HOT SPRINGS RESORT, CHIVAY
DAY 5	PUNO
DAY 6	CAPACHICA PENINSULA HOME STAY
DAY 7	CUSCO
DAY 8	CUSCO
DAY 9	OLLANTAYTAMBO, SACRED VALLEY
DAY 10	QUILLABAMBA
DAY 11	AGUAS CALIENTES (MACHU PICCHU TOWN)
DAY 12	AGUAS CALIENTES (MACHU PICCHU TOWN)
DAY 13	RETURN CUSCO - TOUR ENDS BEFORE LUNCH

what's included

- 12 breakfasts, 10 lunches and 7 dinners
- Bilingual group leader and bike mechanic
- Accommodation as detailed based on a twin share basis
- Bike hire of quality 24 speed mountain bikes with disc brakes
- Support vehicle with dedicated, experienced driver/mechanic
- Medical Kit
- Airport transfers in Arequipa and Cusco at the start/end of tour
- Spring water available in van at all times

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detailed itinerary

DAY 1 Arequipa

We arrange to pick everyone up from their accommodation in the morning, and then spend some time getting those bikes fitting just right for the adventures to come. It's also an important day to start adjusting to the thin air, after your short cycle in the morning we have lunch in the city before joining a local guide for a tour around some of the highlights of the centre.

Cycling distance: Up to 20km

meals: **L,D**

DAY 2 Arequipa

Today is an important day to acclimatize as we transfer by van to the surrounding countryside in Arequipa for a local ride and packed lunch, returning back to the city late afternoon. A free evening gives you time to pack up and get ready to hit the road the following day.

Cycling distance: Up to 20km

meals: **B,L**

DAY 3 Cabanaconde, Colca Canyon

We depart early this morning and transfer by coach to the highest Pass in the area (Patapampa 4800m). Here we can enjoy views of the surrounding mountains and after a hot coca tea, we start our winding decent to Chivay (3700m), arriving in time for lunch at a local buffet restaurant. After lunch we cycle on through the surrounding countryside and down into the Colca valley, where we load up and transfer by van to Cabanaconde, a small peaceful village perched on the edge of the Canyon, with beautiful views of the surrounding mountains. This is our stop for the night.

Cycling distance: Up to 50km

meals: **B,L,D**

DAY 4 El Refugio Hot springs resort, Chivay

From Cabanaconde we transfer by coach, to the Cruz Del Condor, where it is possible to watch these amazing birds soaring on the prevailing winds. From here we hop on our bikes again winding down the valley to meet the Colca river, and crossing to the other side of the canyon, to ride the quiet roads, through the many small villages all the way back to Chivay.

After lunch, we have some time to enjoy the hot springs at our accommodation and chill out for the afternoon.

Cycling distance: Up to 50km

meals: **B,L**

DAY 5 Puno

Today is mostly a travel day, but we still fit a little blast on the bikes across the Altiplano, where we have the chance to view Vicuñas (a rare Andean Camel from the same family as the Llama) before transferring by bus for the busy main road section. After lunch we have the chance to enjoy another ride on the Altiplano to the village of Lampa on quiet back roads.

Total travel time from Chivay to Puno is around four hours.

Cycling distance: Up to 50km

meals: **B,L**

DAY 6 Capachica Peninsula home stay

Today we step off dry land and take a boat from the port of Puno to visit the floating Islands on Lake Titicaca. The magical islands of Los Uros are man-made from reeds and have a permanent local population living on them. Spend the morning learning about their unique way of life. After this visit

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fast facts

Countries Visited:

Peru

Visas:

Visas can be obtained on arrival

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

*Ask our staff for more information

we continue by boat to one of the main Islands, where we have the chance to hike around the island and get sweeping views over the lake. From here we continue by boat to the Peninsula of Capachica where we spend the night with a local family and learn about their traditional way of life.

Cycling distance: Day Off

meals: **B,L,D**

DAY 7 Cusco

After saying a sad goodbye to our hosts, we set off on bike to ride the quiet Peninsula road, loading up before entering Juliaca. From here we transfer by van to Sicuani for lunch where we enjoy another short ride through a series of high lakes and small villages, arriving to Cusco late afternoon. The total driving time from Juliaca to Cusco is 5 hours.

Cycling distance: Up to 50km

meals: **B,L,D**

DAY 8 Cusco

Today is a well earned rest day in Cusco, a chance to explore the city, visit the museums and ruins around the centre or just relax and take in the atmosphere of this vibrant little tourist hub.

It is possible to join a city tour in the afternoon to take in the sights of the centre with a local guide; this is a small extra cost, paid locally.

Cycling distance: Day off

meals: **B**

DAY 9 Ollantaytambo, Sacred Valley

Today we get back on the bikes and take a ride around some of the ruins in the Sacred Valley, having lunch in the famous market town of Pisac. After lunch we continue cycling alongside the Urubamba River towards the town of Ollantaytambo. This is the day for those who want to get in a few more km's, or feel free to jump on the van when you've done your bit.

Cycling distance: Up to 90km

meals: **B,L,D**

DAY 10 Quillabamba

Today we drive up to Abra Malaga (4315m), one of the high passes in the area. Here we descend from the mountain pass to the tropical rainforest! We have plenty of opportunities for photos of the Valley and enjoy lunch along the way at a local village before arriving in the town of Santa Maria (1430m), which is part of an area of small isolated villages. The accommodation around these parts is basic, but it gives a rare opportunity to see the day to day life of the local people.

Cycling distance: 75km

meals: **B,L,D**

DAY 11 Aguas Calientes (Machu Picchu town)

From Santa Maria we carry on through the river valley to Santa Teresa. Don't be fooled though, today is time for a challenge, altitude is not a problem for us here but this road CLIMBS! The views are spectacular though and we are rewarded at the end of the day with a long downhill to the township. After a late lunch here we catch our train connection to Aguas Calientes. This little tourist town is our base for exploring Machu Picchu.

Cycling distance: 30km

meals: **B,L**

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trip grading

To determine the grade of a particular adventure we consider a number of factors. These include the condition of the terrain, the altitude, the number of pass crossings and the length of the trip. The Canyons, Condors and Machu Picchu is graded introductory. You will need a reasonable level of fitness and we suggest 30 minutes of aerobic type exercise, (either cycling or jogging) three times a week for the three months leading up to your trip.

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote areas and in other countries do not expect the standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may need to be altered as a result. To get the most out of your adventure it is important that you are mentally flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 12 Aguas Calientes (Machu Picchu town)

We have an early breakfast to get us up to Machu Picchu in time to see the sunrise over the ruins. We take a guided tour in the morning and after that you have more time to explore the ruins independently, even climb the peak of Wayna Picchu if you are feeling energetic and the rest of the afternoon is free for you to head back into town for lunch and shopping or if you like you could spend the whole day exploring the ruins.

We regroup later to have our final dinner together.

meals: B,D

DAY 13 Return Cusco – Tour ends before lunch

We have a relaxing morning after the early start yesterday and catch the train back to Ollantaytambo (Catching a coach transfer to get us back to Cusco). In Cusco we drop everyone off at their hotels or at the airport if you have a connection from here. Arrangements will be made for airport transfers for those people leaving the following days.

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

country information

Most nationalities can enter Peru without a visa; you will be issued a 30-90 day visa on arrival. It is your responsibility to arrange visas before you travel if you do need one, your travel agent can assist. Passports are required by all visitors to Peru. Passports must be valid for a period of not less than six months beyond the date the visitor intends leaving Peru.

The roads we cycle on in Peru are a mixture of sealed and gravel and/or hard packed dirt roads. The Peruvians are rapidly improving their road infrastructure so you may encounter some construction. We have chosen the best cycling on quiet rural roads, which take you through fantastic scenery and give you the chance to experience firsthand the day to day life of the rural villages. You will however always expect to see a bit of local transport between villages and taxis, motor-taxis and cycle-taxis in the villages. It is always possible to use the support van in the areas you prefer not to cycle but we do not use any busy or main roads for cycling for your safety and to give you the best overall riding experience.

Our guides all speak English & will be close at hand to interpret for you. Apart from isolated rural areas, basic English is widely spoken, especially among the younger people & most service staff will speak some English. It is however very important that you speak slowly to be understood.

We recommend that you do not drink any tap water in Peru, even for brushing your teeth in the hotels. Bottled water is available everywhere and is quite cheap. In the support van bulk water is provided for you, along with your own water bottle, we encourage you to use this to reduce the number of plastic bottles being used in Peru, as there are few facilities to recycle them. Restaurants are more aware of the issue of ice and in most places it is made with purified water but always check with staff or your guides first. We choose our restaurants for their local character, great cuisine and hygiene standards. Meals are based around rice, meat and potatoes, but there are limited vegetarian options available in all places. There are usually both western options and local classics on the menu if you are brave (even Guinea Pig!!). We eat at a few buffet restaurants which are a great opportunity to try a little of some of the more exotic local dishes. Peruvian food is rarely very spicy, they tend to have a Salsa made from local chillies that can be added to taste. Breakfasts at the hotels are buffets of cereal, fresh fruit, bread, meats and cheese as well as great local coffee.

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Note –on some cycling days we are in very isolated areas so we have little choice for lunch venues.

Peru is very safe to travel in; tourism is a very important part of the economy & the authorities crack down heavily on people who transgress against foreigners. However there are a lot of poor people in the country & it pays to take the usual precautions with your valuables when travelling in a foreign country.

climate

The climate in Peru is dry and has large fluctuations in temperature between night and day. In many areas it will be very hot during the day (around 25 degrees Celsius), but early in the morning and when the sun goes down in the afternoon you will notice a dramatic change (it may drop as low as 5 degrees Celsius). When we drop into the high jungle behind Cusco, it changes to a more humid, hot climate. It pays to be prepared with a variety of layers, including some very warm clothes for both riding and casual wear.

a typical day

A typical day sees us cycling an easy 50 > 70 km, with options for more distance for strong riders. By late afternoon we are enjoying the comfort of our lodgings or out exploring the local attractions in the company of your local guides. The local food is a highlight and your guides will introduce you to an array of great local dishes.

accommodation on the trip

During the tour we stay at a high standard of accommodation, mostly three to four star hotels, and a resort with its own private hot pools. The home stay at Lake Titicaca is the exception, as you will be welcomed into the home of a local family, so expect clean twin share rooms and shared bathroom facilities with no showers. All rooming is based on a twin/double share with en-suite facilities. A guaranteed room to yourself is available for an extra payment of USD \$400. Please note this does not apply for the home stay night, you may have to share on this occasion.

pre and post tour accommodation

If you would like some help booking pre/post tour accommodation speak to our staff as they can help with different suggestions.

equipment provided

We use mountain bikes on all our tours, as travel is on both sealed and unsealed roads. Mountain bikes offer the extra comfort of shocks and have nice low gearing to make your job easier on any climbing we do. Our bikes have 24 speed gearing (3 cogs on front and 8 on back) and have mechanical disc brakes.

We use Specialized, Hardrock Sport Disc bikes on our tours, with smooth front suspension, better breaks and nice component touches it makes the bike ideal for our tours. Please be aware that from time to time we may use different bikes to those listed due to availability, but they will be of the same quality specs.

what you carry

The tour is fully supported so you won't have to carry anything! If hiring one of our bikes it will have a small rear carry bag on a rack system. Enough space to put your camera, wallet, phone etc. We recommend you pack your luggage in a soft sports bag for easy stowing in the trailer/vehicle. We urge you to keep your luggage to a minimum. As the trip starts and finishes in different locations it is not possible for us to offer luggage storage.

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equipment required

A bicycle helmet is compulsory on this trip, we can provide one for the trip, or if you prefer you can bring your own to use. A comprehensive gear list will be provided on booking.

what's not included

- Optional activities listed in the itinerary
- Items of a personal nature such as laundry
- Beverages and meals not listed in the itinerary
- International airfares and departure taxes
- Visa costs and or vaccinations
- Travel insurance
- Tips (tips are gratefully received in Peru, especially when you have received excellent service)

private groups

The adventures featured in our brochures, and on our website, are just a starting point. Planning and providing special group departures is something we do exceptionally well. Over the past 18 years we have developed some exceptional itineraries, from cycling to hiking or combination multi-adventure trips. School groups, charities, work colleagues and cycling buddies have all been part of our experience. Our team can assist you with all aspects of your private group to ensure the trip is tailored just right for your group. Contact our team today.

subscribe to our e-newsletter

To keep up to date with the new and exciting trip releases, special offers plus more please subscribe to our free e-newsletter at www.advsouth.com

Or why not view past travellers images and join in on the conversation at <http://www.facebook.com/AdventureSouthNZ>

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. A popular reason to travel with Adventure South is because of our small group sizes. These can fill quickly so it is important to check your availability well in advance. We always need to ensure other services, like train tickets or accommodations, are also available before we can confirm your place on our tours. To ensure we can assist you onto your New Zealand adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book an Adventure South holiday, you can book directly online (<http://www.advsouth.com/booking.aspx>) or you will need to complete a booking form (found at the back of our brochure). You can also download a copy from www.advsouth.com . On completion, please fax or post the form to Adventure South or your nearest World Expeditions office, along with your non-refundable deposit. If you're unsure what would be the best option for you call us NZ free phone 0800 00 11 66, AUS free phone 1800 10 70 60, USA free phone 1866 479 9827 anywhere else +64 3 942 1222 or email us on guide@advsouth.co.nz

