



## **Lares to Machu Picchu**

**Day 1: Cusco - Huacahuasi**

**Meals: Lunch, Dinner**

**Accommodation: Tent**

**Maximum Altitude: 3800 masl**

**Minimum Altitude: 3500 masl**

**Distance by foot: 12 km**

**Day 2: Huacahuasi - Patacancha**

**Meals: Breakfast, Lunch and Dinner**

**Accommodation: Home Stay**

**Maximum Altitude: 4200 m.a.s.l.**

**Minimum Altitude: 3500 m.a.s.l.**

**Distance by foot: 18 km**

**Day 3: Patacancha - Machu Picchu**

**Meals: Breakfast, Lunch, and Dinner**

**Accommodation: hotel**

**Distance by foot: 15 km**

**Maximum altitude: 3500 m.a.s.l.**

**Minimum altitude: 2500 m.a.s.l.**

**Day 4: Machu Picchu**

**Meals: Breakfast, Lunch, and Dinne**

**Accommodation: Hotel**

**Distance by foot: 10 km**

## Lares to Machu Picchu

### Day 1

We arrive at your lodging at 7:00 a.m. to travel to Huacawasi and get settled in our base camp. After our arrival, we will hike to the Huacawasi lagoon, approximately two hours away. We will return to Mariano's house for dinner and then spend the night in this beautiful place.

### Day 2

After a hearty breakfast we will begin our hike to the community of Patacancha. The highest point of the trek will take us to the Patacancha pass, located 4200 meters above sea level. We will have lunch at the Patacancha lagoon and continue down to the village. We will arrive at Juan's house where we will enjoy a traditional Pachamanca dinner made by his family. We will spend the night in a beautiful room in the family's guest cabin and rest for the days ahead.

### Day 3

After breakfast with Juan and his family we will head to Ollantaytambo. Before our arrival we will enter the ruins of Puma Marca, an ancient set of terraces that the Inca used to produce food to feed the entire population of their empire. Once in Ollantaytambo, we will enjoy a special surprise for lunch and make our way to the train station where we will travel to the Machu Picchu village to spend the night.

### Day 4

Early in the morning we will start our ascent to the ruins of Machu Picchu. Entry time is scheduled for 6:00am to appreciate the sunrise over the majestic Inca citadel. After a guided tour we will return to the village to take the train to Ollantaytambo and head back to Cusco, which will conclude our Lares to Machu Picchu journey.

### Summary of what is included in the trip

- An amazing trek, with an experienced English-speaking guide who will accompany you at all times.
- Meals on the trek.
- Transportation from Cusco to the starting point of the trek and from Machu Picchu by train back to Cusco.
- All entrance fees to archaeological sites and natural parks.
- All necessary camping equipment, including sleeping bags and mats.
- A hotel in Machu Picchu village for the last night of the trek.
- Horses to carry the camping equipment and your personal belongings.

### Summary of what the trip does NOT include

- Flights.
- Tips and souvenirs.
- Not mentioned food.

### What to bring

Here is a list of 20 things you should take with you on a trek:

1. Trekking backpack
2. Sturdy and comfortable trekking boots
3. Waterproof jacket for rain and wind
4. Comfortable and resistant trekking pants
5. Thermal gloves
6. Hat or cap to protect from the sun
7. Sunglasses with UV protection
8. High protection sunscreen
9. Insect repellent
10. Reusable water bottle or hydration bag
11. Snacks and energy food
12. Personalized first aid kit
13. Trekking poles for better support
14. Headlamp with extra batteries
15. Extra warm clothing (e.g. fleece)
16. Plastic bags to keep clothes dry and organized
17. Camera or smartphone to take pictures and videos of the landscape.
18. Handkerchief or small towel
19. Notebook and pencil for taking notes or drawing.
20. A compass for the trek

Remember that the weight of your backpack is important, so it is best to carry only what is essential and necessary to make the trek comfortably. In addition, it is advisable to take into account the time of year and weather conditions to choose the right clothing and equipment. This trip will take you through the spectacular scenery of the Peruvian Andes region, from snow-capped mountains to Andean valleys, passing through charming villages and culminating in the famous Inca citadel of Machu Picchu. We assure you that it will be an unforgettable experience that you will remember for a lifetime.

## FAQs

What kind of equipment do we use ?

At Ritisuyo, we care about offering our travelers the best possible experience and therefore, we make sure to use high quality equipment to guarantee the comfort and safety of our clients during the trek.

For accommodation, we use resistant and good quality mountain tents, which provide protection against wind and rain. In addition, we use insulating mattresses to provide good support and a good night's sleep.

As for food, our cooking equipment is specially designed to prepare nutritious and tasty meals in the middle of nature. We use portable cooking equipment that allows us to cook anywhere and in any weather. In addition, our chefs have extensive experience and prepare balanced and delicious meals for our travelers.

In short, we make sure to use high quality equipment on each of our trips so that our travelers can enjoy the trek in comfort and safety.

What is the physical condition that we recommend for a trek ?

At Ritisuyo, we offer treks for travelers who enjoy adventure and contact with nature. However, it is also important to keep in mind that trekking is an activity that requires a good physical condition.

We recommend travelers interested in trekking to prepare themselves physically in advance, doing cardiovascular and resistance exercises, to guarantee a pleasant and safe experience. It is important to keep in mind that the trek involves walking on uneven terrain and at altitudes above 3000 meters above sea level. Therefore, it is necessary to have a good lung capacity and be prepared to walk for several hours a day.

Although a trek is a physical challenge, the reward of reaching the summit and contemplating the landscapes of the Andes is unparalleled. For this reason, we recommend that travelers prepare themselves physically so they can enjoy this experience to the fullest.

How is the trek structured?

At Ritisuyo, we offer trek in groups, which we highly recommend. Our groups are led by expert and trained guides who know the route and can provide valuable information about the area.

On our group trips, we make sure to keep the number of people small, which allows for more interaction between hikers and makes the guide's job easier. In addition, our guide determines the pace of the trip according to the group's capabilities and adapts to the needs of the participants.

The groups we organize foster a dynamic of companionship and collaboration in which participants help each other to overcome the challenges of trekking. In addition, our group trips are an excellent opportunity to make new friends and share unforgettable moments in the majestic Andes Mountains.

What is the best time to explore and enjoy the wonder of Machu Picchu?

The best time is between the months of April and October. During these months, the dry season provides more stable and pleasant conditions for hiking and camping in the area, with daytime temperatures usually in the 15°C to 20°C range. In addition, there is less rain and less likelihood of transportation disruptions or flight cancellations. In the months of November through March, the rainy season and weather conditions are less favorable for hiking and camping in the area, making the trek more difficult and potentially dangerous due to slippery trail conditions and flooding.

### What clothing should I bring for a trek?

For the trek, it is important to bring adequate clothing that will keep you comfortable, dry and protected from the sun and cold. It is recommended to wear layered clothing, with undergarments that absorb moisture and keep your skin dry, mid layers to keep you warm and a waterproof and windproof jacket as an outer layer to protect you from rain and wind.

It is also important to wear comfortable walking clothes, including quick-drying pants and T-shirts, hiking socks and sturdy, comfortable hiking boots that have been previously worn and are well adapted to your feet. It is also recommended to bring a hat or cap for protection from the sun and a small backpack to carry personal items and essentials such as water, sunscreen, insect repellent, etc.

Appropriate clothing for a trek should be comfortable, quick-drying, layered and designed to protect you from the changing weather conditions in the mountains. It is important to remember that the weather in the Cusco region can be unpredictable, so it is best to be prepared for any eventuality.

### What is the food like during the trek?

During the trek, food is provided to hikers at camp stops, which means you don't have to worry about bringing your own food. Meals include nutritious food to ensure that hikers have the energy they need to walk long distances and cope with changing weather conditions.

The menu usually includes local Peruvian dishes. In addition, food during the trek can be adapted to special dietary needs, such as vegetarians and vegans, as long as they are informed in advance. Drinking water is also provided and trekkers are encouraged to bring their own bottle to refill and reduce the amount of waste generated during the trek.