Peru Adventure - Inca Trail and Amazon

May 15, 2021 - May 27, 2021 (Trip #2112)

Machu Picchu and the sacred peak of Huayna Picchu

Summary

Join us on an adventure that will sample the wonders of Peru! The highlight of our trip will be a multi-day, high altitude trek along the historic Inca Trail, bringing us into one of the marvels of the old world and Inca civilization, Machu Picchu! As we acclimatize and prepare for our trek, we will explore Cusco’s markets, ruins, colonial churches and unique textile organizations. After our two-day visit in Machu Picchu, we will travel to the Amazon basin where we will explore fauna, flora and wildlife.
Daily Itinerary

Day 1: Saturday, May 15 - Arrive in Lima
You will arrive to Lima on the flight of your choice. After picking up your luggage and clearing customs, you will walk across the street to the comfortable and conveniently located Wyndham Costa del Sol Hotel. Settle into your room and rest up for your Peru tour ahead.

Meals: n/a

Day 2: Sunday, May 16 - Fly to Cusco 11,152'
After a short flight, Andean history comes alive in Cusco, where we begin both our acclimatizing and Peruvian adventure. Quechua-speaking descendents of the Incas fill the streets and markets, colonial churches sit atop bases of smooth stonework laid centuries before the Spanish Conquistadors, and campesinos (Peru’s rural farmers) in colorful dress move busily back and forth across the plazas. In the afternoon, you’ll explore Cusco’s largest open market and the adjacent El Mercado de las Brujas, or witches’ market. After tasting a few unique local foods, visit the Center for Traditional Textiles, a local organization committed to preserving the region’s weaving traditions. Watch weavers demonstrate their craft and learn about the history and processes of Peru’s most well-known art form.

Meals: breakfast, welcome dinner
Day 3: Monday, May 17 - Explore Cusco 11,152’

As we continue to acclimatize, your day will be free to relax, rest, and/or explore. We will coordinate a half-day tour for those interested, to visit the churches and surrounding ruins, such as the enormous Sacsayhuamán ruins that overlook Cusco (these ruins showcase building blocks the size of pickup trucks). You can also wander through the bustling Plaza de Armas in the heart of Cusco, shop for love potions in the local markets, or people watch from the cafes and restaurants that line these lovely streets. During the evening we will take in some of Cusco's varied and exciting nightlife where live folk music and excellent local food abound.

*Meals: breakfast, dinner*

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Day 4: Tuesday, May 18 - Sacred Valley of the Incas

This morning, journey (via van transfer) into one of the most beautiful areas of Peru. The Sacred Valley often becomes one of the highlights of your Peru trip and you will soon see why! You’ll test your bargaining skills with the locals while visiting one of the great textile markets in the area. We will also hike to the inspiring ruins of Pisac and visit the Inca agricultural terraces of Moray, thought to have been a nursery to experiment with and modify different varieties of crops. We will end our day at the living Inca city of Ollantaytambo where we will relax for the night in preparation for our trek.

*Meals: breakfast, lunch, dinner*
Days 5 - 8: Wednesday, May 19 - Saturday, May 22

Pilgrimage on the Inca Trail

Walk in the footsteps of the great Inca civilization as you journey along their ancient trail that leads to the sacred city of Machu Picchu. Andean history comes to life along this special route as each day you pass ever larger stunning combinations of Inca ruins, magnificent mountains, exotic vegetation and extraordinary ecological variety.

The scenery will change as we wind over high passes with unforgettable views through cloud forest, and finally into subtropical vegetation.

Arrieros, the Andean sherpas that accompany us, will carry all of our camping gear (up to 15 pounds of personal belongings), set up camp, and prepare our meals. You'll need to carry only a small day backpack with the things you'll require while you're hiking, such as water, trail snacks, a raincoat, and of course, your camera.

Note:
- The exact locations where we will have lunch and camp is subject to change depending on weather conditions, current Inca Trail regulations and the abilities of our group.
- We will bring only the belongings that we will need for the trail and leave any unneeded luggage at the hotel in Cusco or the Sacred Valley.

![Elevation Along the Inca Trail](image_url)
Day 5: Trek Day 1, Start to Huayllabamba (7.8 miles; 1300’ gain)

- We take a bus from Ollantaytambo to our start (9000’).
- This first day is relatively easy walking, approximately 5-7 hours.
- Hike the first 3 miles along the south bank of the River Urubamba to our lunch spot, near the ruins of Llactapata (8692’).
- After lunch, continue south along the river Cusichaca, climbing gently.
- Camp at Huayllabamba (9691’).
- Meals: breakfast, lunch, dinner

Day 6: Trek Day 2, Huayllabamba to Pacaymayo (5.1 miles; 4100’ gain)

- This is our most difficult day.
- The trail follows the River Llullucha, climbing steeply nearly 4000’ through forests and plains to the highest point on the trek, Warmiwañusca pass, aka Dead Women's pass at (13,776’).
- Lunch is provided shortly after the pass.
- After climbing Warmiwañusca Pass (Dead Woman's Pass), the rest of the hike is relatively easy.
- It’s another 1½ hours of easy walking to our camp at Pacaymayo (11,833’), near to Runkuraqay.
- Meals: breakfast, lunch, dinner
Day 7: Trek Day 3, Pacaymayo to Phuyupatamarca (4.5 miles; 2195’ gain)

- On the third day, the trail climbs gently up two passes.
- After our departure, you will hike about an hour to the rounded ruins of Runkuracay (12,470’).
- Continue up the second pass and back down to the ruins of Sayacmarca (11,742’).
- From here, climb gently up the third and final pass through lush cloud forests to the ruins of Phuyupatamarca ("Cloud-Level Town").
- At the discretion of our Tour Leader and the Peruvian National Park Service, we will camp at Phuyupatamarca (11,930’) or continue downhill to the ruins of Winay Wayna.
- Meals: breakfast, lunch, dinner

Day 8: Trek Day 4, Phuyupatamarca to Machu Picchu (6.9 miles)

- This day is mostly downhill along steep, stone steps.
- Have an early breakfast and hike the remaining 6.9 miles (approx 5-7 hours) to Machu Picchu.
- Arrive at Inti Punku, the Gate of the Sun, entrance to Machu Picchu at (7875’) in the afternoon for a guided tour.
- Short bus trip to Aguas Calientes for a hot shower in our hotel. All travelers will have the opportunity to return to Machu Picchu before dawn on the following day to watch the sunrise and spending the full morning exploring the glorious ruins of Machu Picchu!
- Meals: breakfast, lunch
Day 9: Sunday, May 23 - Hike Huanya Picchu at Machu Picchu & Return to Cusco

Today is our chance to watch the sunrise over Machu Picchu! We will book a permit to climb the sacred peak of Huayna Picchu* - where the Inca had built temples for their priests. After our hike you will have additional time to explore the ruins on your own, hike to the Sun Gate which overlooks the ruins or take a walk through the lush cloud forest to the Temple of the Moon. In the afternoon, we’ll return by train to Cusco.

Meals: breakfast, dinner

Days 10-13: Monday, May 24 - Thursday, May 27
Amazon Lodge Adventure

After our challenging and rewarding trek through the Inca highlands, we will enjoy a 4-day adventure in the Amazon Rainforest. Located in the Tambopata National Reserve, Sandoval Lake Lodge is perched above what many rainforest specialists feel is the most attractive lake in Peru, and provides access to one of the most biologically diverse areas on the planet.
Explore the beautiful forests and search for wildlife such as the caiman, hoatzin, macaws and horned screamers. Visit a jungle farm to learn about the way of life in the rainforest and go to a river to paddle around on a kayak or stand up paddle board. This is a wonderfully varied and easy-paced adventure into a completely unique part of Peru!

Day 10 (Amazon Adventure Day 1)
Monday, May 24 - Transfer from Cusco to Refugio Amazonas

After our one-hour flight into the Amazon basin, we will transfer by motorized boat to the lovely Sandoval Lake Lodge (or equivalent). During our trip into the lodge, it is common to observe macaws, herons, caiman and capybara. We will be able to look for wildlife both during the afternoon and after dinner.

Meals: breakfast, lunch, dinner

Days 11-12 (Amazon Adventure Days 2 & 3):
Tuesday, May 25 & Wednesday, May 26 - Activities at Refugio Amazonas

Over the next two days you will be able to partake in many different activities. These activities are subject to change, and are dependent on the weather and wildlife sightings. Some of the activities may include:
- Observe Macaws - Take a boat trip to the Chuncho Clay Lick inside the Tambopata National Reserve to see macaws descend to eat the clay on clear mornings.

- Follow a Scientist – Join a resident scientist and help him/her collect insects that will be genetically sequenced. Every month, a lucky guest discovers a new tiger-moth, scorpion-wasp, caddisfly or treehopper species that is new to science!

- Canopy Tower - Climb up a 30-meter scaffolding canopy tower with spectacular views of the vast expanses of standing forest. You will have a good chance of spotting toucans, parrots, macaws or mixed species canopy flocks.

- Camera Trapping at a Mammal Clay Lick – Configure camera traps at a nearby mammal clay lick and download wildlife photos from the past few days to help scientists find out what is present at The Big Grid, the 288 kilometer trail system experiment.

- Life in the Rainforest - Visit a working jungle farm and a real Brazil nut concession to learn about the way of life in the rainforest. Taste exotic tropical fruits and discover medicinal plants from the neighboring local families that they are helping integrate into the ecotourism industry.

- Lake Exploration - Paddle around Lake Condenado looking for wildlife such as hoatzin, caiman, giant otters or horned screamers.

- Adventure in Nature – Kayak and Stand-Up Paddle on the Tambopata River and rappel to a Canopy Platform.

- Wired Amazon Science Lab – Hang out with resident biologists as they peer through a stereoscope to properly identify insect specimens before mounting them and sending them off to the University of Guelph for genetic sequencing.
Wellness Center – After your trek in the Inca highlands, you might enjoy massages and aromatherapy at the Wellness Center.

Meals: breakfast, lunch, dinner

Day 13 (Amazon Adventure Day 4)
Thursday, May 27 - Return flight to Lima and Home
After breakfast we will enjoy our final motorized canoe ride back to Puerto Maldonado, where we will catch our flight back to Lima in preparation for our return home.
Meals: Breakfast

Possible Itinerary Changes
While the itinerary in this prospectus is what the leaders have planned at the time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations, natural disasters in areas to be visited, governmental or ranger recommendations, or availability of permits). The leaders reserve the right to make such changes as necessary, both before and during the trip.

Participant Profile
You should enjoy traveling and be comfortable traveling in areas which are unfamiliar to you. You should recognize that you may find yourself in closer quarters or be less comfortable than you are used to at home. You should make it a priority to help others on the trip and contribute to their having a great time. If you do that, we guarantee that you will have a great time.

This trip includes a trek on the Inca Trail, and it is generally accepted that anyone who is accustomed to hiking and camping (i.e. walking for several hours and then sleeping in tents) can hike the IncaTrail. For those less initiated in the arts of camping, a few weekend trips near home are strongly suggested. Hiking the Inca Trail should be a highlight of a trip, and participants should be properly prepared and experienced before setting out.

This trip is rated 5-6 (vigorous to strenuous) and is geared towards the experienced hiker. Expect to feel physically challenged while hiking at higher altitudes. While on
the trek, expect to perform for 5-6+ hours with brief breaks. Recent evidence of skills, fitness and references will be required. To see more about the rating system, click on this link: AMC Activity Ratings.

Experience & Risks

There are always risks associated with outdoor activities, many of which are described below.

When you participate in this activity, you should be prepared both physically and mentally, and equipped with the appropriate gear. You should always be aware of the risks involved and conduct yourself accordingly. We are not responsible for your safety—you are.

Nonetheless, it may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of group or individual safety. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant’s being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

Prior to your being accepted as a participant in this trip, you will be asked to discuss your capabilities and experience with us. We will also request references to confirm your fitness level and suitability for participating in trip activities. Please do not be offended by our questions.

Safety

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips and camps, and transportation in vehicles, on foot, by train, by boat, or on a bike. When you apply for acceptance onto a
trip, please carefully read and sign the *Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement* and call if you have any questions.

**Risks**

**High altitude:** As acute mountain altitude sickness can occur at heights of 8,000’ and above, we will be spending extra time in Cusco to allow your body to acclimate to this altitude before undertaking any serious trekking. Symptoms (such as headache, dizziness, nausea, vomiting, fatigue, shortness of breath, sleep problems, or a decrease in appetite) typically resolve within 12 - 24 hours. When first arriving at high altitude, be certain to move more slowly, listen to your body, rest, and drink plenty of water.

**Boating:** While in the Amazon basin, some of our travel will be in motorized boats on flat water. While at our lodge, participants may elect to paddle board or go for a canoe paddle. These activities are optional for those so inclined, and are not a required portion of our trip.

**Dietary Needs:** Due to the nature of this adventure, it may be very difficult to meet dietary requests other than vegetarian. Contact one of the leaders to discuss your needs to determine if they may be met.

**Trip Price**

The trip cost is $5,100.00 per person for shared occupancy for AMC members. Non-members can join for $50, and get the same price.

The price for this excursion is based on quotes or estimates obtained at the time the trip was planned. The final price of the trip will be adjusted in accordance with the best final arrangements we can make. Any savings we achieve, as well as any cost increases we incur will be shared by trip participants. Our cost estimates are conservative, and so a refund is more likely than a price increase. All Adventure Travel trips are run on a non-profit basis and refunds, if any, are issued after the trip’s financial accounting is complete.

In accordance with AMC policy, you are subsidizing the leaders’ costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip price includes
an AMC overhead fee to cover the administrative expenses of offering Adventure Travel excursions. The trip fee also includes emergency medical and evacuation insurance coverage, which is required by the AMC. It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. If these possibilities concern you, individual travel insurance is recommended. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to participants in their formal acceptance letters, which will be sent out when the trip has the required number of accepted applicants.

Deposit of $1,000 is due with the application. A second payment of $2,000 is due within 30 days of announcing the trip as a go, (estimate to be no later than March 1, 2020). The balance of $2,100 is due by June 1, 2020.

Includes:
- All breakfasts (12); most dinners (10) and lunches (8)
- Accommodations for all 12 nights, which as described above, includes a combination of hotels, lakeside lodge and tent camping while on the trek
- Park Entrance fees and Machu Picchu permits
- Emergency medical & evacuation insurance coverage
- Spanish speaking guide / interpreter
- Van and/or bus transfers
- Porters while on the trek
- Gratuities for bus drivers and porters

Does not include:
- Round trip airfare to Lima: Trip leaders will be happy to advise you. At the time of this writing (September 2019), roundtrip airfare from Boston to Lima was approximately $650-900.
- Internal airfare while in Peru: Your trip will require internal flights: Peru to Cusco; Cusco to Amazon lodge; Amazon lodge to Lima. To ensure we are all able to travel together, trip leaders will facilitate booking the internal flights by utilizing a "flight consolidator" company. About 11 months prior to our trip, participants will be responsible to pay for this airfare; anticipated cost approximately $500.
- One dinner on your own while in the Aguas Calientes / Machu Picchu area
- Four lunches while on our sightseeing and transfer days
- Beverages, trail snacks, personal items, optional activities and incidental expenses.
• Gratuities for your personal meals, guide / interpreter, and Amazon lodge staff. Suggested amounts:
  ○ Restaurants: 10-15% of the total
  ○ Bellhops: 2-3 soles (about $0.70-$1.00) per bag
  ○ Housekeeping: 2-3 soles (about $0.70-$1.00) per day
  ○ Guide / Interpreter: 20-60 soles ($7-$20) per day

Registration

We anticipate a group size of 16 people, including the 2 leaders. This trip is likely to fill quickly. If you are interested, you should apply as soon as possible. When registration is complete, we will send all participants the names, addresses, and phone numbers of all those going on the trip. A waiting list will be established if the trip is full.

To apply:

1. Complete, and submit the application
   Link: Application to Peru Adventure

2. Download, complete, and submit (by post or email) the following documents which consist of:
   • Confidential medical form (required)
   • Acknowledgement and Assumption of Risk and Release form (required)
   • Supplemental Medical Questionnaire (optional)
   Link: Required Documents to Peru Adventure

3. Mail your $1000 deposit check to:
   Beth Zimmer
   294 Chemung Road
   Meredith, NH 03253

You will not be accepted and your check will not be deposited until: all documents / deposit have been received; references have been checked; and leaders have determined by telephone conversation with you that you and the trip are a good match. Deposit checks from waitlisted applicants will not be cashed until a spot is available, the applicant is accepted onto the trip, and they confirmed their continued interest.
Participant Cancellation Policy

Our cancellation policy is based on several considerations. Cancellation will not be allowed to raise the cost to the other participants or to the leaders. Minimum penalty schedule: $200. If actual costs (expenses already incurred on your behalf, and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. There is a possibility that participants will not receive any refund. Should the leaders be able to replace you, you may be charged a reduced penalty. This will generally not be determined until after the trip. As a significant portion of this trip requires a government permit that is linked to your passport (and thus, non-transferable), participants are encouraged to purchase trip cancellation insurance. If the trip is cancelled by the AMC, participants receive a full refund for any deposits and payments.

Participants are responsible for their own airline tickets and other external expenses as noted above. Most airlines will not give refunds for cancellations; sometimes they issue coupons for a future trip with an administrative charge and an expiration date. Trip cancellation insurance is advised—policy information regarding med-evac and optional travel insurance will be supplied to all participants.

AMC Mission

AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.
Leaders

Beth Zimmer
Beth Zimmer is an active four season hiking leader and instructor with the NH Excursions (Hiking) Committee. She has led over a hundred hikes and backpacking trips, and has taught multiple workshops on winter hiking, backpacking, map and compass skills and backcountry navigation. Beth has extensive four-season experience having hiked the 48, four-thousand footers in both three-season and winter, has completed the NH200 (bushwhack list) and most recently she was the 43rd person to complete a Redline, which is to hike every trail in the AMC’s White Mountain Guidebook. Beth lived in the Republic of Panama for six years and has traveled to Machu Picchu. Beth has hiked and backpacked in Central America, Quebec, the UK and Switzerland. This will be Beth’s sixth Adventure Travel trip. Contact Beth at (603) 707-9498, or btzimr@gmail.com.

Larry Yetter
Larry is an active four-season leader with NH Excursions (Hiking) committee. He leads hikes in New England throughout all four seasons and is the Director of the AMC NH Winter Hiking Series. He has completed the NH Grid which comprises hiking each of the 48 NH 4,000 ft peaks in each calendar month of the year. He has lived in four countries outside the US and visited over 40 others while traveling to all seven continents. He has co-led Adventure travel trips to Switzerland and Southwest US and has traveled to Machu Picchu. This will be Larry’s tenth Adventure Travel trip. He looks forward to exploring this unique area with the participants on this trip. Contact Larry at (603) 554-8284 or yetter95@gmail.com.
Required Gear

**Passport** – You MUST bring your current passport. In addition, as your permit to hike on the Inca Trail is linked to your passport, if you renewed your passport after booking your trip you will need to bring a copy of your old passport along with your current passport. (Keep all documents in a plastic bag in case of rain.)

For our time in cities, hotels and lodges:
- Comfortable / leisure clothing and shoes
- Bathing suit
- Rain jacket
- Warm layers
- Toiletries
- Small travel backpack, satchel or fanny pack

For our time on the trek:
- Daypack and pack cover
- Personal first aid kit and medications
- Rain gear (both jacket and pants); plastic ponchos will also work well on the trek
- 2 one-liter water bottles and/or hydration system (porters will supply filtered and/or boiled water)
- Wool / fleece hat
- Wool gloves / mittens
- Extra wool or fleece layer for warmth
- Waterproof hiking boots or preferred hiking shoes
- Wool socks (at least 3 pair) / liner socks
- Puff jacket
- Hiking pants
- Synthetic shirts
- Synthetic long underwear (tops and bottoms)
- Sunglasses
- Sunscreen
- Ball cap / brimmed hat
- Lip balm protection
- Personal toiletries
- Head lamp with extra batteries
- Trekking Poles
- Gaiters
- Personal hygiene: supply of toilet paper, plastic bags for “leave no trace,” and hand sanitizer
- Sleeping bag and/or liner
  - Sleeping bag - Participants will need a 20 degree sleeping bag. You can bring your own from home. Or if you let us know in advance, we can arrange with the local outfitter to have one made available for you to rent for approximately $15-20. Those folks renting may wish to bring a sleeping bag liner.

Optional Recommendations
- Tevas, crocs, sandals and/or “camp” shoes
- Camera, batteries, solar charger or battery backup
- Binoculars
- Ear Plugs
- Small knife (put in checked luggage, not carry-on)
- Compass
- Extra shoelaces
- Zipper-styled closure plastic bags for packing lunches and snacks
- Reading material for breaks
- Luggage lock
- Plastic bags to separate wet items
- Snacks are provided during the trek but you may like to bring one or two extras just in case
- Insect repellent – 15-30% deet