

ANDES ADVENTURES

3106 Voltaire Dr • Topanga, CA 90290

PHONE (310) 395-5265

e-mail: info@andesadventures.com

www.andesadventures.com

INCA TRAIL TO MACHU PICCHU RUNNING ADVENTURE

September 9 to September 17, 2022

OR

September 9 to September 18, 2022 (with Rainbow Mountain extension)

Day 1 Friday — September 9, 2022: Lima/Cusco

Early morning arrival at the Lima airport, where you will be met by an Andes Adventures representative, who will assist you with connecting flights to Cusco. Depart on a one-hour flight to Cusco, the ancient capital of the Inca Empire and the continent's oldest continuously inhabited city. Upon arrival in Cusco, we transfer to the hotel where a traditional welcome cup of coca leaf tea is served to help with the acclimatization to the 11,150 feet altitude. After a welcome lunch we will have a guided sightseeing tour of the city, visiting the Cathedral, Qorikancha, the most important temple of the Inca Empire and the Santo Domingo Monastery. You will receive a tourist ticket valid for the length of the trip enabling you to visit the many archaeological sites, temples and other places of interest. After lunch enjoy shopping and sightseeing in beautiful Cusco. Dinner and overnight in Cusco.

Overnight: [Costa del Sol Ramada Cusco](#) (Previously Picoaga Hotel).

Meals: L, D.

Today's run: None scheduled.

Day 2 Saturday — September 10, 2022: Cusco

Morning visit to the archaeological sites surrounding Cusco, beginning with the fortress and temple of Sacsayhuaman, perched on a hillside overlooking Cusco at 12,136 feet. It is still a mystery how this fortress was constructed. Gigantic stones, some of them weighing 125 tons, were carved into huge trapezoidal blocks that fit together with extraordinary precision. The tour continues with visits to the semicircular shrine of Kenko, Puca Pucara and the [Royal Baths of Tambomachay](#), a beautiful ceremonial bath, adorned with waterfalls, which continues to flow 500 years after being built.

Following the tour, we run downhill to Cusco, passing through the village of Yuncaypata, and the Temple of the Moon. We enter Cusco through San Blas and finish at the Plaza de Armas. After lunch, we will spend the afternoon relaxing, shopping and sightseeing in beautiful Cusco and its surroundings.

Overnight: [Costa del Sol Ramada Cusco](#) (Previously Picoaga Hotel).

Meals: B, L, D.

Today's run: 4.5 mile acclimatization run.

Day 3 Sunday— September 11, 2022: Chinchero/Yucay

Our tour takes us on a scenic drive to Urubamba, the Sacred Valley of the Incas. We travel across a high plain with splendid views of the Cordillera Urubamba to the ancient Inca town of Chinchero at 12,350 feet. There, we will visit a highland home and observe a demonstration of the traditional weaving process and

shop for local handicrafts. Acclimatization run, starting on flat terrain, passing through the salt mines of Maras and finishing down a scenic trail leading to the Urubamba River.

We prepare for the Inca Trail Running Adventure and spend the afternoon relaxing in Yucay and its surroundings. Overnight in the town of Yucay.

Overnight: [Sonesta Posada del Inca Hotel](#) in Yucay, Peru's [Leading Boutique Hotel](#) in 2011, 2012 and 2013 (World Travel Awards).

Meals: B, L, D.

Today's run: 5 mile acclimatization run.

Day 4 Monday— September 12, 2022: Ollantaytambo/Llactapata

We visit the village of Ollanta and Ollantaytambo, the best surviving example of an Inca town. Most of its buildings sit upon Inca walls and the street plan is still the original laid out by its Inca builders. Its stonework, narrow cobbled streets, family courtyards and water system is exactly as it was built in Inca times. You will be able to appreciate the Inca agricultural terraces that create small tiers of fertile land on very steep slopes.

We have a light lunch in Ollantaytambo and continue on a short ride by bus to the trailhead at km 82 "Piscacucho," where we begin our run to km 88 "Qoriwayrachina." There we enter the Machu Picchu Sanctuary National Park. About a mile later we arrive at our camp in the archaeological site of Llactapata "Town on Hillside" at 8,400 feet. Upon arrival in camp we enjoy hot coca tea and a great view of the Urubamba mountain range.

Note: We no longer offer rafting on the Urubamba River in Cusco because pollution of the river has increased and the water quality is not suitable for rafting on any section of the river.

Overnight: Camp at Llactapata.

Meals: B, L, D.

Today's run: About 6.5 miles along the Urubamba River. Some runners choose to hike this day.

Day 5 Tuesday — September 13, 2022: Phuyupatamarca

Early breakfast and start of our Inca Trail run. The trail continues along the Cusichaca River and follows it upstream on a gradual climb for another three miles leaving behind the Urubamba valley and a magnificent view of snow-capped Mount Veronica (18,865'), the highest peak in the Cordillera Urubamba. We reach the village of Wayllabamba at 9,680 feet, the last inhabited village on the Inca trail. Penetrating the spectacular Lulluchayoc gorge; the trail becomes steeper as we enter mossy woods and continue our uphill climb through a thick forest, before emerging into a large meadow "pampa", Lulluchapampa high above tree line at about 12,350 feet. We continue to Warmiwañusq'a pass "Pass of the Dead Woman" at 13,779 feet, the highest pass in the Inca Trail. A descent into the valley brings us to Pacaymayo River at 11,880 feet. *We will have an aid station here.* Ascending steps, we begin the climb towards Runkurakay pass. On the way we encounter the Runkurakay watchtower ruins at 12,464 feet and pass by a couple of small lakes, before reaching the Runkurakay pass at 13,000 feet. From here you will have excellent views of the glaciated peaks of the Cordillera Vilcabamba. Most of the climb is behind us; the trail descends rocky slopes and reaches the strategic fortress of Sayacmarca "Dominant Town" at 11,880 feet. Beyond Sayacmarca the trail enters dense groves and you will find impressive evidence of Inca road construction, with its six feet wide and carefully constructed stone-paved trails. An amazing engineering accomplishment! We will negotiate a 20 meter Inca tunnel with carved steps and soon the trail becomes a magnificent stone staircase leading to Phuyupatamarca "Town in the Clouds" at 12,000 feet. We summit the third pass and have our first look into the deep gorge of the Urubamba River and reach our camp in Phuyupatamarca.

Overnight: Camp at Phuyupatamarca.

Meals: B, L, D.

Today's run: 13.1 miles. Optional ½ marathon or run at your own pace.

Day 6 Wednesday — September 14, 2022: Machu Picchu

The trail follows down a series of hundreds of steps, passing by ceremonial Inca baths where mountain water still flows through carved stone channels. As we descend into the cloud forest, we will be surrounded by abundance of exotic varieties of plants, orchids and flowers until reaching the ruins of Wiñay Wayna "Forever Young." We run down a dirt trail about three and a half miles to Intipunku "Gateway of the Sun" at 8,860 feet. Suddenly, the full grandeur of the world's greatest ruins are revealed, the domed peak of Huayna Picchu and the lost City of the Incas, MACHU PICCHU at 7,900 feet. Our evening includes Machu Picchu Pueblo (previously known as Aguas Calientes), where we will enjoy a celebration dinner.

Overnight: [El Mapi Hotel Machu Picchu](#).

Meals: B, L, D.

Today's run: 5.5 miles.

Day 7 Thursday— September 15, 2022: Machu Picchu

We spend the early part of the morning with our expert guide, for a tour of the mysterious city, its magnificent temples, terraced hillsides, archaeological curiosities, irrigation channels, fountains, elaborate stone work and chambers of unknown purpose. As we listen to the theories about the mysteries of Machu Picchu, we wonder how and why this city was built in such a remote place and what its purpose might have been. Fortunately this outstanding citadel was never discovered by the Spaniards and was spared from destruction.

Continue exploring the ruins of Machu Picchu, or relax in Aguas Calientes. You may also choose from several additional (unguided) activities such as a moderate hike or run to the Inca Bridge; or an optional climb to the 9,500 feet summit of Machu Picchu mountain or an optional climb to the airy summit of Huayna Picchu at 9,000 feet (the optional climb has to be arranged in advance).

Overnight: [El Mapi Hotel Machu Picchu](#).

Meals: B, L, D.

Today's run: Optional distances.

Day 8 Friday — September 16, 2022: Pisac/Cusco

This morning we board the train to Urubamba. We continue by bus to visit the Andean village of Pisac. Our guide takes us through the village to visit its colorful market where extensive selections of colorful weavings, ceramics, sweaters and other handicrafts are sold at bargain prices. The afternoon is free for shopping and enjoying Cusco. In the evening, we will have our farewell dinner in one of Cusco's finest restaurants. Overnight in Cusco.

Overnight: [Costa del Sol Ramada Cusco](#) (Previously Picoaga Hotel).

Meals: B, L, D.

Today's run: Optional distances.

Day 9 Saturday— September 17, 2022: Cusco/Lima/Flight home OR stay one more day in Cusco to visit Rainbow Mountain

Runners that choose to stay one more day to visit Rainbow Mountain will fly to Lima on Sunday. [See the details for the special Rainbow Mountain Extension below](#). Program in Lima will be the same for those that go to Rainbow Mountain.

After breakfast, transfer to the Cusco airport for the flight to Lima. Upon arrival we are met at the airport and we continue on a sightseeing guided city tour of colonial and modern Lima. Highlights include Lima's Cathedral, government palace in Plaza Mayor, San Francisco monastery, San Isidro, Miraflores and a scenic view of the coastline. We end the tour at the restaurant for lunch and from there we go to check-in at the hotel in Miraflores, where a day-room is available. Those departing tonight have a day-room and a transfer to the airport in the evening and depart on homeward-bound flights.

Overnight: [Hotel San Agustín Exclusive](#) in Miraflores.

Meals: B, L.

Today's run: None scheduled.

(Or continue on [Extension](#)).

Rainbow Mountain Extension

Those that choose the extension to Rainbow Mountain will stay in Cusco one more day and will fly to Lima on Sunday. The program in Lima will be the same for those that take the extension and those that return to Lima on Saturday.

Runners that choose to stay one more day to visit Rainbow Mountain will fly to Lima on Sunday instead of Saturday. See the [details for the special Rainbow Mountain Extension](#) below. Program in Lima will be the same for those that go to Rainbow Mountain.

- Altitude hike with great scenery

- You will reach about 5,100 meters (16,700 feet). You will be acclimatized at the end of trip.

This extension is literally offered "at cost"

Cost: \$150 per person

Single Supplement: \$50

EXTENSION INCLUDES:

Tour/hike on Rainbow Mountain, large bus transportation, guides, lunch, dinner at a fine restaurant in Cusco and overnight Costa del Sol Ramada hotel - double occupancy.

Day 9 Saturday — September 17, 2022: Rainbow Mountain

Early morning buffet breakfast at Costa del Sol Ramada hotel and we depart at about 5:00 AM.

We drive to Cusipata, continue to the town of Chirihuani and finally arriving at the trailhead in Fula Wasi Pata 4,630 meters (15,190 feet), the trailhead of the Red Valley – Vinicunca "Rainbow Mountain.

We hike uphill with gradually changing views of the stunning colors created by natural minerals that give the colors to the mountain. The multi-colored mountain, with sediment created from mineral deposits over millions of years has been uncovered recently due to climate change.

We reach the summit of **Rainbow mountain, also known as 7 Color Mountain – Vinicunca**, at about 5,100 meters (16,700 feet). We spend some time in the summit for pictures and enjoy the views of the red and multicolor mountains. In this valley you will see herds of alpacas, llamas and Andean birds as well as Andean people in traditional clothing. You will also have views of the glaciers and snow-capped mountains of the Vilcanota mountain range, the view dominated by Mount Ausangate 20,905' - the highest mountain in Cusco and considered by the highlanders as the sacred Apu "Mountain Spirit." On a clear day it is possible to see Mount Salcantay the highest mountain in the Vilcabamba mountain range as well as Mount Veronica - the highest mountain in the Urubamba Mountain Range. Our descent will take about one hour.

On our return to Cusco we will visit 2 sites in the Quispicanchi district:

Church of Andahuaylillas - Its construction dates from 1580, baroque style church dedicated to San Pedro Apóstol. The church is nicknamed "The Sistine Chapel of the Andes." because of its colorful murals, a coffered painted ceiling and an ornate gold-leaf altar

Pikillacta - Pre Inca city of the Wari people whose apogee dates between the 800 and 1100 years AC. It was the entrance door to the Sacred City of the Incas.

We will arrive in Cusco before 7:00 PM. Dinner and overnight in Cusco.

Overnight: Costa del Sol Ramada Cusco (Previously Picoaga Hotel).

Meals: B, L, D.

Drive: The drive through Peruvian countryside will be 3 to 3.5 hours each way

Hike: The hike will be +/- 1.5 hours to summit, plus time on the summit, descent +/- 1 hour.

Day 10 Sunday— September 18, 2022: Cusco/Lima/Flight home

After breakfast, transfer to the Cusco airport for the flight to Lima. Upon arrival we are met at the airport and we continue on a sightseeing guided city tour of colonial and modern Lima. Highlights include Lima's Cathedral, government palace in Plaza Mayor, San Francisco monastery, San Isidro, Miraflores and a scenic view of the coastline. We end the tour at the restaurant for lunch and from there we go to check-in at the hotel in Miraflores, where a day-room is available. Those departing tonight have a day-room and a transfer to the airport in the evening and depart on homeward-bound flights.

Overnight: Hotel San Agustín Exclusive in Miraflores.

Meals: B, L.

Today's run: None scheduled.