

# Bike and Hike

## Machu Picchu

### 6 days

This 6-day expedition offers a profound and active journey through the historical heartland of Peru, immersing you in the legacy of the Inca Empire while providing thrilling Andean adventures. The journey begins with a deep dive into Cusco, the ancient Inca capital, where you'll explore the spiritual center of the Coricancha (Temple of the Sun) and witness the powerful fusion of Inca and Colonial architecture.

Biking

Archeology

Culture

Trekking

Foodie

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# Bike and Hike Machu Picchu

The adventure quickly progresses to the Sacred Valley, blending history with high-octane fun. You'll marvel at Inca engineering at the agricultural laboratory of Moray and the ingenious Maras salt mines, then embark on a thrilling downhill mountain bike ride to the valley floor. The climax of the trip is the epic One-Day Inca Trail trek, culminating in your first unforgettable glimpse of Machu Picchu from the sacred Sun Gate. You'll spend the next morning with an in-depth, guided exploration of the Citadel itself, witnessing the sheer genius of this mountaintop architectural wonder.

Activity level : Easy to Moderated

Season: Year Around

Minumum age: 8 years old

6 days





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Finally, the expedition challenges you with the high-altitude trek to Rainbow Mountain (Vinicunca), rewarding your effort with a breathtaking panorama of the mountain's spectacularly colored slopes, completing an unparalleled exploration of both Peru's human history and natural majesty.

6 days





# Highlights

- **The Ultimate Arrival at Machu Picchu:** Trekking the final section of the One-Day Inca Trail to the Sun Gate (Inti Punku) for the unforgettable, panoramic first view of the Citadel.
- **Guided Exploration of the Citadel:** An in-depth guided tour of Machu Picchu, witnessing the sheer genius and engineering of the Inca Empire's greatest architectural masterpiece.
- **The Rainbow Mountain Challenge:** A rewarding high-altitude trek to Vinicunca, offering breathtaking views of the mountain's spectacularly striated, multi-colored slopes.
- **Sacred Valley Adventure:** A thrilling 15km downhill mountain bike ride through the Sacred Valley, blending history with high-octane fun.
- **Inca Engineering Marvels:** Discovering the agricultural laboratory of Moray and the ingenious, still-active Maras Salt Mines.
- **Cusco's Historical Heart:** An immersive walking tour of the Inca capital, exploring the Coricancha (Temple of the Sun) and witnessing the powerful fusion of Inca and Colonial architecture.
- **Authentic Culinary Journey:** Savoring the local great gastronomy throughout the trip, experiencing the richness and authenticity of traditional Peruvian cuisine.
- **Expert Local Leadership:** The entire expedition is seamlessly led by professional local guides, ensuring deep cultural insights, historical accuracy, and unparalleled safety at every step.

Eco-Friendly Accommodations



# Arrival in Cusco – Heart of the Inca Capital

## Day 1

Upon arrival at Cusco Airport (please aim for a morning landing between 9 AM and 12 PM), your driver will transfer you to your hotel. After settling in, your guide will lead you on a fascinating three-hour walking tour of the city, beginning in the Plaza de Armas, the historical and spiritual heart of the legendary Inca civilization. Here, you'll be greeted by the statue of King Pachacutec, the brilliant Inca ruler credited with designing and initiating the construction of Machu Picchu.

We will continue on foot through authentic narrow Inca streets to explore the Coricancha (Temple of the Sun). Once covered in sheets of gold, this site reveals the remarkable stone craftsmanship of the Inca, who built their spiritual center here. Observe firsthand the collision of two worlds: the foundational Inca architecture blending seamlessly yet forcefully with the colonial structures imposed by the Spanish, forming the enchanting hub of modern Peruvian culture. At night enjoy a traditional dinner in a nearby restaurant.

Overnight: Encantada Spa and Boutique or similar

Meals: Dinner









# Sacred Valley Adventure – Inca Engineering and Downhill Biking

## Day 2

This morning, we drive into the Sacred Valley of the Incas. Our first stop is Chinchero, a picturesque Quechua village where local women will demonstrate traditional Inca weaving and dyeing techniques, preserving a centuries-old craft.

Next, we witness remarkable Inca ingenuity at the Maras salt mines, where thousands of terraced pools, built along a mountainside, are still actively harvested today using an ancient evaporation technique. We then drive to Moray, a complex of unusual terraced geological sinkholes. The Inca carved these terraces into a landscape masterpiece, believed to have served as an agricultural laboratory to test crop cultivation at different microclimates.

The day then shifts to high adventure as you begin a thrilling 15km downhill mountain bike ride over wide dirt roads to the valley floor of the Urubamba River. The final 5-6km is a flat, scenic ride to your hotel in Ollantaytambo, the oldest continuously occupied village in Peru, built atop massive Inca foundations. Here, you will pack your essential overnight gear for the Inca Trail hike tomorrow.

Overnight: Tunupa Lodge or similar

Meals included: Breakfast and Box Lunch









# The Ultimate Trek – One-Day Inca Trail to Machu Picchu

## Day 3

An early start sees you board a train to KM 104, the starting point of your epic 12km Inca Trail trek. This historic trail, once traversed by the Inca people, climbs steeply out of the canyon, passing majestic waterfalls and leading you to the astonishing ruins of Wiñay Wayna (meaning "Forever Young").

The climax of the day arrives as you trek to the Sun Gate (Inti Punku). From here, you will capture your first, unforgettable, panoramic glimpse of Machu Picchu (cloud cover permitting). After soaking in the classic view from the upper terraces, we descend to exit the park and take a shuttle to the valley village of Aguas Calientes.

Overnight: Terraza de Luna or Similar

Meals included: Breakfast and Box Lunch









# Exploring Machu Picchu Citadel & Return to Cusco

## Day 4

After breakfast, we take the bus back up to Machu Picchu for a guided exploration of the Citadel. Your two-hour tour will focus on the Lower Circuit, revealing the mysteries and sheer architectural genius of this mountaintop wonder, from its precision-cut stone temples to its residential sectors. This is the pinnacle of the Inca civilization—a testament to their engineering prowess and spiritual devotion.

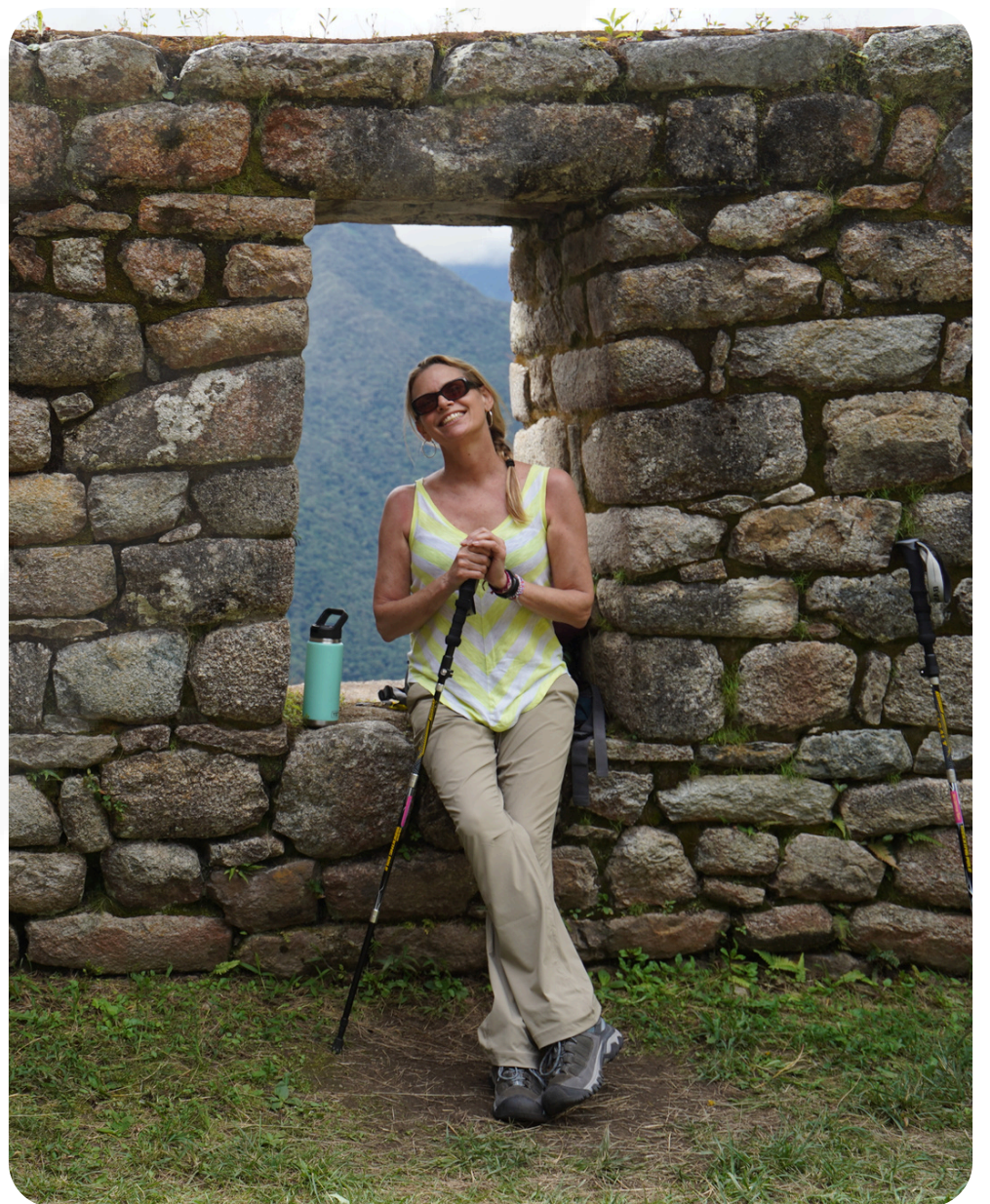
After the tour, you will exit the park and take the bus back down to the village for lunch (at your own expense). In the afternoon, you board the train to Ollantaytambo, where you meet your driver, retrieve your excess luggage, and enjoy a scenic 2-hour drive back to your hotel in Cusco.

Overnight: Encantada Spa and Boutique or similar

Meals included: Breakfast









# Altitude Challenge – Rainbow Mountain

## Day 5

Today is dedicated to the spectacular geology of the Andes. We begin with a 3.5-hour drive to the trailhead of Rainbow Mountain (Vinicunca). From the parking area, you will begin a challenging 2-hour hike up to the 16,000 ft (4,900 m) viewpoint. Alternatively, you may choose to rent a horse from a local wrangler for the ascent before hiking the final distance. The reward is a breathtaking panorama of the mountain's striated slopes, painted in vibrant mineral colors. After descending, we return by van to Cusco.

Overnight: Encantada Spa and Boutique or similar

Meals included: Breakfast









# Departure Day

## Day 6

Enjoy a final Peruvian breakfast before your transfer to Cusco Airport, scheduled to ensure you arrive at least two hours prior to your flight's scheduled departure time.

Meals included: Breakfast





## Included

- 1-way Cusco airport transfer on arrival
- 5N in 3\* hotel with private bathroom and breakfast
- Mtb bikes, helmet, gloves (with support vehicle)
- All ground transportation to all activities listed in the itinerary
- English-speaking tour guide for all activities
- Inca Trail hiking permits (subject to availability)
- Box lunch for Inca Trail hike
- 1 Entry to Machu Picchu lower circuit
- Private, guided activities and tours in small group up to 10 people
- Bus tickets to Machu Picchu
- Round trip train tickets
- Rainbow Mtn snacks + entry fees



## Exclusions

- International flights to Lima, Peru
- Lima Hotel
- Domestic flights in Peru (use Latam Airlines)
- Tips
- Travel insurance (mandatory)
- Ticket to hike Huayna Picchu (add \$75 USD per person. Subject to availability)
- Horse rental on Rainbow Mountain (bring cash about 60-80 soles pp)





# Packing list

This packing list is tailored for your 6-day active expedition across the high-altitude Andean region, including high-elevation treks, mountain biking, and cultural city tours. The key strategy for success in the Peruvian highlands is layering due to the extreme temperature swings between sunny days and frigid nights.

## Technical Clothing & Layering System (CRUCIAL)

- **Outer Shell Protection (Must-Haves):**
  - **Waterproof/Windproof Jacket:** A high-quality, breathable shell is essential for protection against wind at high passes and unexpected rain.
  - **Waterproof/Hiking Pants:** Recommended for the downhill bike ride and any heavy rain or muddy conditions on the Inca Trail.
- **Insulation & Mid-Layers:**
  - **Fleece/Insulating Jacket:** A warm mid-layer (down or synthetic) is vital for cold Cusco evenings and for wearing under your shell on Rainbow Mountain.
  - **Mid-Layer Shirts:** 2-3 long-sleeve shirts or thin fleece tops for general layering.
- **Base Layers (Next-to-Skin):**
  - **Thermal Tops & Bottoms (1 set):** Highly recommended for sleeping and wearing under your gear for the very cold early morning start to the Rainbow Mountain trek (elevation 17,060 ft).
- **Trekking & Activity Wear:**
  - **Quick-Dry Trekking Shirts (3-4):** Moisture-wicking material (avoid cotton) for hiking and the Inca Trail.
  - **Convertible/Hiking Pants (2):** Comfortable and fast-drying for hiking, biking, and daily excursions.
- **Socks & Underwear:**
  - **Wool/Synthetic Hiking Socks (4-5 pairs):** Cushioning and warmth are crucial.
  - **Underwear (6 pairs):** Quick-drying is best.





# Packing list

## Footwear

- Waterproof Hiking Boots (1 pair): Must be well broken-in, sturdy, and have good ankle support and grip for the 1-Day Inca Trail and Rainbow Mountain.
- Casual Shoes/Sneakers (1 pair): Comfortable pair for walking tours in Cusco, relaxing at hotels, and use in Aguas Calientes.

## Accessories & Protection

- Daypack (20–30L): Essential for carrying water, layers, and snacks during the 1-Day Inca Trail and daily excursions.
- Sun Protection:
  - High-UV Sunglasses (1 pair): The sun is extremely strong at high altitude.
  - Wide-Brimmed Hat/Cap (1): Protection for your face and neck.
  - Sunscreen (SPF 50+): Must be high factor.
  - Lip Balm with SPF: To prevent chapping.
- Cold Weather Gear:
  - Warm Hat/Beanie (1): Essential for cold mornings and high passes.
  - Gloves (1 pair): Warm, preferably waterproof or fleece-lined, necessary for Rainbow Mountain.
- Miscellaneous:
  - Headlamp/Flashlight: Necessary for early morning starts (like Machu Picchu) and in case of hotel power issues.
  - Reusable Water Bottle or Hydration Bladder: Critical for staying hydrated and preventing altitude sickness.





# Packing list

## Health, Safety, & Toiletries

- **Altitude Medication:** Bring any medication prescribed by your doctor (e.g., Diamox) and consider bringing over-the-counter pain relievers.
- **First Aid Basics:** Band-aids, antiseptic wipes, and blister treatment (moleskin or medical tape).
- **Insect Repellent:** Required for the lower, humid jungle-edge environment of Machu Picchu and Aguas Calientes.
- **Personal Toiletries:** Include hand sanitizer.

## Documentation & Money

- **Original Passport:** ABSOLUTELY REQUIRED for entry to the Inca Trail, Machu Picchu, and all hotels/flights.
- **Cash:** Bring Peruvian Soles for small purchases and tips. Small US Dollar bills are also useful for tipping.
- **Credit/Debit Cards:** Inform your bank of your travel dates.
- **Copies:** Keep copies of your passport and itinerary separate from the originals.





# Important Information

- **Itinerary Disclaimer:** Even though we have a detailed itinerary, changes can be made by your guides, due to weather or safety reasons. Please also note that none of the wildlife sightings mentioned on the itinerary are guaranteed.
- **Visas and Passports:** Make sure you check your visa and passport validity and requirements per country. It is important your passport is valid for at least 6 months before your travel.
- **Accommodation:** We strive to use small and charming places that are unique and provide stellar service.
- **Single Supplement Costs:** Generally, apply to solo travelers who do not have a roommate to share accommodation with.
- **Transportation:** Driving time can take more than expected in Peru, as it is a country with roads meandering through the Andes mountains. We assure your comfort during transit no matter the size of the group.
- **Gear:** We always make sure our guests have top of the line gear from well-known and reputable international brands as we understand that the best gear gives extra confidence to our travelers.
- **Level of Activity:** This trip is considered as 3 out of 5. No prior experience is required and your guides will always brief you about safety and proper use of gear on every leg of the trip. Biking and trekking will take place on varying terrain of dirt and rock. There will be a transport support for the majority of the activities in the case that someone wants to take a break or just wants to relax.





# Important Information

- **Weather and Elevation:** This is a high-altitude expedition across the Peruvian Andes, where the climate is defined by two primary seasons: the Dry Season (May to October) and the Rainy Season (November to April).
  - Dry Season (May – Oct): Characterized by consistently sunny days and very cold nights, with temperatures in Cusco (approx. 11,152 ft / 3,399 m) dropping near or below freezing. This season offers the clearest visibility for the high-altitude trek to Rainbow Mountain (over 17,060 ft / 5,200 m), where temperatures are always frigid.
  - Rainy Season (Nov – Apr): Features warmer days and milder nights, but with frequent, often heavy, rain showers. The landscape is lush and green, though visibility can be reduced by cloud cover and fog, especially in the mornings.
  - Machu Picchu (approx. 7,972 ft / 2,430 m) is warmer year-round, but still experiences this seasonal pattern. Be prepared for dramatic temperature swings and dress in layers, as weather can change rapidly at these varied elevations regardless of the time of year.
- **Sustainability:** We do our best to not produce any trash; we believe that recycling is not enough so we try to avoid using any plastic or materials that pollute our environment. Every day we work towards being a zero-waste tour operator and our staff is well trained to leave the least impact possible in our service areas. We also work with local indigenous communities in the different regions. By doing so we are able to teach our guests about the rich culture Ecuador, all the while helping the people preserve their traditions and lands. By working directly with local peoples, we are able to create a sustainable touristic income for the community.





# Important Information

- **Guides:** All our guides have a professional background from the Tourism University; this means they have a degree in guiding, so their knowledge and skills when leading a group are top-notch. Each guide has many years of experience and they all have taken additional courses for other outdoor activities as well as have International First-Aid certifications. On top of all of this, they are all extremely personable and strive to deliver travel experiences of a lifetime.
- **Health advices:** No vaccinations needed for this trip.

