



PERUVIAN ANDES ADVENTURES

LARES TREK TO MACHU PICCHU 04 DAYS "THE WEAVERS TREK"

Length: 04 days including Machu Picchu tour

Grade: Moderate Trek

The Lares Valley trek, also known as the "Weavers Trek" takes you on a route through high Andean Scenery visiting many highland villages where life goes on much as it did centuries ago. The native people, descendants of the Incas, continue living a very traditional way of life and maintain ancient customs, agriculture and way of dressing. They still practice the ancient Incas weaving techniques and are known for producing high quality colourful traditional textiles.

This trek combines exciting and varied Andean scenery with lush forests, mountains and lakes with ancient culture and the opportunity to meet and make friends with local people.

This is a moderate level trek, and while the hiking is not hard, you do have to climb up to a high pass at 4550m on day two of the trek. You do need to have a reasonable level of fitness and be able to hike climbing steadily uphill for 2 to 3 hours and hike up to 7 hours on the longest day to enjoy this trek.

Day 01: Cusco - Lares - Waca Wasi

The program begins with early departure. Meet up in the hotel at 05:00 and drive to Calca town in the "Sacred valley of Incas". After a brief stop at Calca we continue driving on a recently asphalted road, then to climb on a narrow dirt road up to the highest point (Chayña Pass at 4265m). From this point we are able to see the Sawasiray and Pitusiray snowy mountains. The road then descends into the warm Lares valley and arrives in Lares village. Lares a typical colonial village with a small church located in the main plaza. We keep driving for 10 more minutes up to Lares hot baths (3100m) where we have the opportunity to take a swim in the natural hot spring pools. While we relax our team will make us a quick breakfast. After breakfast we meet up with our muleteers and start our hike. The hiking up the valley is very scenic passing by corn and potato fields and small Andean settlements with stone walled homes with thatched roofs and in the middle of nowhere we will come across a grassy green local football field. We cross a small river named Trapiche and will have lunch next to the river. After lunch we continue hiking up towards Waca Wasi (3800m) which is a charming little community of mud brick and grass thatched houses, where we set up our first camp. We have the opportunity to meet llama herders, local traditional weavers and kids dressed in their colourful traditional clothing.

Driving Cusco to Lares hot springs = 3 hours by road

Walking Distance = 09kms

Hiking Time = approx. 4 hours

Meals Included: Breakfast, Lunch, Dinner



Lares Valley & Thermal Baths



Day 02: Waca Wasi – Mantamay.

The second day is the hardest day of the trek with a high pass to cross. We depart camp after breakfast and walk through Waca Wasi Village. If it is a school day we will see lots of local kids wearing their colourful typical clothing running to school. We also meet many local women who like the children wear brightly coloured and decorated traditional clothing, full skirts and colourful hats. These local women are specialist weavers and they lay out displays next to the trail for us of their high quality textiles (hence the name "Weavers Trek"). We can buy quality weavings direct from these lovely humble and shy highland ladies at cheaper prices than in Cuzco and at the time will be paying a fair price direct to the people who have spent hours of hard work lovingly crafting these textiles. The other attractive of the Lares Valley trek are the many herds of Llamas seen grazing along the trek route.

After Waca Wasi the trail makes a short climb to Huahua Gasa (also known as Waca Wasi) Pass at 4550m before descending for about 30 minutes to Arorayqocha & Millpoqocha lakes, formed by the melt waters of Pumahuanca and Q'apacsaya snow peaks. This section of Lares hike offers a unique and unforgettable landscape through the Urubamba Mountain Range. We have lunch by the lake and then continue walking for about 2 hours to the second camp at

Mantanay at 3650m. If we are lucky during the day we may see a lot of different Andean birdlife and from the pass at times we have witnessed Condors.



Distance hiking = 14kms approximately
Hiking time = around 7 hours
Meals Included: Breakfast, Lunch, Dinner



Day 03: Mantamay - Yanahuara – Ollanta – Aguas Calientes.

An easy final day hiking today. The trail descend gently down valley for about three hours, passing through stands of native polylepis forest and finally joining into the famous Incas Sacred Valley. The trail ends at the charming tiny hamlet of Yanahuara (2800m) with its agricultural terraces sown with corn and irrigated by glacial water. We have lunch to Yanauara and then our private trek transport takes us for the short 20 minute drive to Ollantaytambo. We catch the afternoon Vistadome train to Aguas Calientes (departs about 03:30pm), arriving there about 05:10pm. Check in to our hotel and enjoy a delicious dinner in a local restaurant

Distance hiking = 08km approximately

Hiking time = around 4 hours

Meals Included: Breakfast, Lunch, Dinner.



Day 4: Machu Picchu Tour & Back to Cusco

Early wake up (by 05:30a.m.), have breakfast and after leaving our luggage in safe storage at the hotel, we will take the early tourist bus up to Machu Picchu. The first bus leaves at 06:00am and it is a 35 minute ride. Usually we arrive at Machu Picchu around 6:50am so that we can enjoy the peace, relative solitude and magic of Machu Picchu before the tourist trains arrive from Cusco. We have a guided tour of about 2 ½ hours.

The rest of the day you have free to enjoy the atmosphere of this amazing site or do some extra hiking (not included in the price):

1. Climb Huayna Picchu; for the most adventurous people, we suggest to go up the Huayna Picchu from where you can appreciate the immensity of Machu Picchu, even more amazing being high and distant.

NOTE: it is necessary to buy an entrance ticket in Cuzco to hike up Huayna Picchu, at the same time as we purchase your Machu Picchu entrance ticket

**Please advise at the time of booking if you want us to buy entrance tickets to Huayna Picchu*

2. Walk to Sun Gate; approx. 1 hour up to the Sun Gate (Inti Punku)

Take bus down and you can have lunch in Aguas Calientes Restaurant

Train back to Cusco: In the afternoon you will return to the train station in Aguas Calientes for the trip back to Cusco. Upon arrival to Cusco meet and transfer to the Hotel

Meals Included: Breakfast





Machu Picchu – Huayna Picchu Mountain is behind



Aguas Calientes