



INCA CYCLE

PERU • CYCLE • YELLOW 2

ABOUT THE CHALLENGE

Machu Picchu, the legendary Lost City of the Incas, is one of the most iconic sights in South America. Cycling through the heartland of the Incas, away from the crowds, is an unforgettable way to reach it.

We take quiet roads and wide tracks which undulate gently through farmland and colourful Andean villages. Our route is scattered with fascinating ruins including Sacsayhuaman and Maras; you will be astounded at the rich culture and magnificent scenery of the Sacred Valley. Our ride culminates in a wonderful descent from an Andean viewpoint to the rainforest below.

Time to explore Machu Picchu and Cuzco tops off a rewarding week in the saddle.

INCA CYCLE • 11 DAYS

Day 1: Fly London to Lima

Transfer to hotel in Lima or connect directly to Cuzco, depending on flight schedule. Night hotel / in flight.

Day 2: Arrive Cuzco

Morning arrival in Cuzco (3400m); transfer to our hotel. After some time to check in, we will meet up with our local guides for a short walking tour of Cusco, to explore the beautiful historic centre and adjust to the altitude. In the evening, we meet for dinner and a detailed trip briefing. Night hotel.

Day 3: Acclimatisation Ride

Today's ride is designed to help us to adjust to the altitude, increasing our chances of conquering the Andean roads ahead of us, and giving us an introduction to the Inca heritage of Peru. Cycling mainly downhill, with a few gentle climbs, this half day acclimatisation ride gives us a relaxing and enjoyable chance to get to grips with the challenge ahead of us. After a short transfer to Abra Corao, just above Cuzco, we start our cycle heading for the ruins of Tambomachay, with its finely-preserved water features. From here, we continue onwards to the stunning ruins of Sacsayhuaman, with its distinctive zig-zag ramparts. Heading downhill by smooth road brings us to San Cristobal church, where we can enjoy fantastic views of Cuzco, then passing back through the Plaza de Armas (Cuzco's main square), and on to our hotel for the evening. Night hotel.

Cycle approx. 18km

Day 4: Cuzco - Pisac

Following a short bus ride out of Cuzco, our route takes us further into the Sacred Valley of the Incas. Heading first for Huambutio, we then turn to follow a beautiful and rarely-used road beside the Rio Urubamba, cycling on either smooth tarmac or dirt trails across gently undulating terrain. With an abundance of picturesque spots, we stop for a picnic lunch, before continuing on to today's end destination of Pisac (3100m), known for its colourful artisan market. Night hotel.

Cycle approx. 45km

Day 5: Pisac – Urubamba

Leaving Pisac, we begin with a short convoy through the town and on towards the small village of Taray. We set off on our bikes on a dirt track, undulating between local villages and haciendas, where we will see traditional farming methods still in use against the beautiful backdrop of glaciated mountains and Inca ruins. We cycle through the villages of Qoya, Lamay and Calca, before continuing on into Urubamba. There is always something to see on today's ride – it's a great insight into the local way of life here in this beautiful and historic area. Night hotel.

Cycle approx. 45-47km

Day 6: Urubamba - Ollantaytambo

After breakfast, we take a short drive to town of Maras, which is well known for its salt evaporation ponds, which have been in use since the Incan empire and are still harvested by hand today. Our cycle today starts amongst the fields of the Chinchero plateau, where potatoes, beans, corn, kiwicha and quinoa combine their colours to lend a patchwork effect to

this very traditional agricultural area. The terrain once again is gentle, mostly on flat trails, with a few small hills to climb en-route to Moray. The Moray ruins are easily identifiable, with concentric circle terracing which is thought to have been used as an early agricultural laboratory. The different depths and aspects allowed by the circular terracing allowed the Incan empire to improve yield of a number of different plant varieties in the harsh conditions of the Andes. From here, we cycle downhill into the Sacred Valley at Pacchar (where there just happens to be an award-winning Craft brewery) via a rarely used dirt road. Continuing along the beautiful Sacred Valley, we will pass Inca terraces, before reaching our night stop in Ollantaytambo. Night hotel.

Cycle approx. 30km

Day 7: Ollantaytambo - Santa Teresa

This morning we have an early rise for a drive up to the pass of Abra Malaga (4200m); we follow in the footsteps of the last of the Incas during the Spanish Conquest. In good weather, we can expect spectacular views to snow-topped Mt Veronica and the road we'll descend into the jungle below. From this impressive vantage point, we begin our final day of cycling and jump on our bikes for an exhilarating 75km descent on tarmac. As we start heading downhill, the change in scenery is fascinating as we descend through cloud forest into the Amazon basin, passing tea and coffee plantations along the way. Upon reaching the town of Huyro, the road flattens and we have a few short climbs, all the while continuing to enjoy the surrounding scenes of fruit plantations. After approximately 20km, we finish our cycle in the town of Santa Maria, from where we continue by vehicle to the charming village of Santa Teresa. This small village boasts some amazing hot springs nearby, giving us the chance to soak away the aches and pains of the past few days of cycling. Night hotel.

Drive approx. 1.5 hours; cycle approx. 95km (75km steady downhill)

Day 8: Santa Teresa – Machu Picchu - Cuzco

We can't leave the Sacred Valley without visiting iconic Machu Picchu, one of the highlights of South America! We start early for the beautiful train ride and a short bus journey to the famous and mysterious Incan site - this journey is a highlight in itself, with wonderful views as it winds its way up through the Andean valleys. We enjoy a guided tour around this extraordinary site, before meeting up in Aguas Calientes. In the afternoon we take the train back to Ollantaytambo and return to Cuzco by bus. Night hotel.

Day 9: Free Day in Cuzco

After a good night's sleep and a relaxing lie-in we have the remainder of the day free to explore Cuzco or do any last-minute shopping. Those looking for an adrenaline fix may wish to pre-book on to a White Water Rafting Activity (see extensions for details). Later this evening we all meet up again for dinner to celebrate our achievements. Night hotel.

(Lunch not included)

Day 10: Depart Cuzco

Free to explore or relax until it's time to transfer to the airport for our flight to Lima and connection on to the UK.

(Lunch not included)

Day 11: Arrive UK

WHAT'S INCLUDED

- All transport from London to Cuzco return
- All meals except where specified, and accommodation
- Experienced leaders; doctor with a group of 15 or more participants; local guides/mechanics and drivers
- Local support and back-up equipment
- Entrance to sites visited as part of the itinerary
- Full Suspension Mountain Bike (e-bike upgrades are available at extra cost)

WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Cycle helmet (compulsory) and water bottle
- Personal spending money, souvenirs and drinks
- Tips for local support crew
- Inbound airport departure tax (no tax applied at the time of writing)
- Fees for any optional sites, attractions or activities
- Airline taxes: we cap these so that £250.00 is the maximum you would pay
- Any applicable surcharges as per Terms and Conditions

CYCLE TRAINING WEEKENDS

£180 Special Offer - Only when you book at the same time as registering for your main challenge

Discover Adventure Cycle Training Weekends take place in and around the valleys and ridges of the chalk downs around Salisbury. They are designed to gauge your fitness so that you can be confident you are well prepared for the challenge ahead!

GRADE | YELLOW

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken

into account.

[Trip grading explained](#)



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 22 Mar 2019, and the challenge is subject to change.