



Mystical Peru: From the Source of the Amazon to the Heights of Machu Picchu

ITINERARY

MEETING PLACE:	Jorge Chávez International Airport - Lima, Peru
MEETING TIME:	An O.A.R.S. representative will greet you at the airport
RETURN TIME:	Day 16 for afternoon or evening flights home
RIVER RATING:	Class III-IV
RIVER MILES:	50; Apurimac River
TREKKING MILES:	32; Salcantay Trail
AGE LIMIT:	Minimum age is 14
TRIP LENGTH:	16 days/15 nights, including travel
ACTIVITIES:	Trekking, rafting, hiking, guided archaeological exploration

Join O.A.R.S. on this one of a kind adventure to the center of the Inca Empire—the Peru experience to which all others will be compared. It is an in-depth exploration of the culture, archaeology and scenic grandeur that make this South American nation undeniably unique. Combining an epic four day rafting trip on the Apurimac River at the source of the Amazon and a ground breaking six day lodge-to-lodge trek from Salkantay to the incomparable Machu Picchu, this is a trip that defines the possibilities of Peru.

Imagining the depths of the Apurimac and the heights of Machu Picchu will reveal only part of this tale of adventure. With a fusion of indigenous and Spanish influences, Peruvian culture boasts an impressive array of creative expressions. This two-week expedition is uniquely suited to providing intimate interaction with the people and rural authenticity of Andean villages, as well as the urban energy of Lima and Cusco. We'll add exquisite Peruvian cuisine and some of the finest lodging in the region to the equation, demonstrating once and for all that the best in international adventure travel is best found in Peru.

Why Peru?

Steeped in pre-Columbian history, Peru is a land of rich cultural heritage, archaeological treasures, astounding natural diversity and magnificent colonial cities. Add to all this the most strikingly familiar image of South America – Machu Picchu, the lost citadel of the Incas – and you have a destination unrivaled by any other in South America.

INTI RAYMI

- Inti Raymi was a religious ceremony of the Inca Empire in honor of the Sun God Inti. It also marked the winter solstice and a new year. Since 1944, a theatrical representation of the Inti Raymi and a festival mark the celebration in and around Cusco on June 24th, drawing thousands of visitors from around the world.

APURIMAC RIVER

- The Apurimac River forms as glacial meltwater from the ridge of Nevado Mismi, an 18,363-foot high peak in the Arequipa Province in southern Peru. The Apurimac is the source of the Amazon, the world's longest river, and it flows through narrow gorges up to 9,842 feet deep—twice as deep as the Grand Canyon. We run the river in rafts powered by a configuration called “oar with paddle assist”, where the

guide rows from the back of the boat with a long pair of oars and is assisted by each passenger with a paddle. The rafting is rated class IV.

HISTORY

- For many, the first word that comes to mind when thinking of Peruvian history is “Inca”. Certainly, the Inca civilization is the most studied and well recognized of South America’s pre-Columbian cultures, but Peru’s first inhabitants were nomadic hunters who are believed to have migrated across the Bering Straight and into the Americas about 20,000 years ago.

Domestication of the llama, alpaca and guinea pig began by about 4000 BC and around the same time, people began planting seeds and learning simple horticulture methods. Various forms of the Andean staple, the potato, began to be grown as a crop around 3000 BC and weaving and fishing became commonplace.

Between 2000 and 1000 BC, ceramics began to evolve from basic, undecorated pots to sculpted, incised and simply colored pots of high quality. Weaving and fishing also improved, as well as horticulture due to the development of irrigation. Toward the end of this period, agricultural terraces began to be constructed in the highlands.

Between the initial years of civilization in Peru and the rise and fall of the Inca Empire, many cultures shared in the development of weaving, pottery, agriculture, religion and architecture. But for all its greatness, the Inca Empire existed for barely a century. Beginning in the 1430s, the Inca conquered most of the cultures in the area stretching from southern Colombia to central Chile. Like the Wari before them, the Incas imposed their way of life on the peoples they conquered and created magnificent cities with impressive urban developments. Thus, when the Spanish arrived, most of the Andean area had been politically united by Inca rule. *(For more information on the history of Inca and post-Inca civilization in Peru please refer to our recommended reading list).*

ARCHAEOLOGY

- Peru is unequalled in South America in its archaeological wealth, and many experts find Peru’s ancient sites and cultures as exciting as those of Mexico, Egypt and the Mediterranean. Learning about and visiting these centuries-old ruins is one of the highlights of this program. The archaeological exploration begins in the city of Cusco, the center of the Inca Empire, then continues on to the ruins at Sacsayhuaman, Kenco and Tambomachay. In the Sacred Valley, we make stops at Ollantaytambo and Pisac along an unforgettable visit to Machu Picchu.

CULTURE

- Peru is multi-cultural society, with one part containing predominately white and mestizo middle and upper classes, and the other made up of mostly poor Amerindian campesinos. Ninety percent of the population is Roman Catholic, and soccer and bullfighting are among the most popular pastimes.

Traditional Andean music is popularly referred to as musica folklorica and is frequently encountered at street fairs and fiestas. The most representative wind instruments are quenenas and zampoñas. Although string instruments were introduced by the Spanish, musica folklorica groups make use of the charango—a tiny 10-stringed guitar with the box traditionally made of an armadillo shell. Percussion instruments include drums made from hollowed-out tree trunks and stretched goatskin and rattles of goat hooves.

Peruvian crafts are based on pre-Hispanic necessities such as weaving, pottery, and metallurgy. Today, beautifully colored woven cloth is seen in traditional ponchos, belts, rugs and tapestries. Pottery and jewelry are based on ancient designs.

GEOGRAPHY

- Peru lies in the tropics, just south of the equator, and can be divided into three distinctly different geographical regions: the Pacific coastal strip, the Andes Mountains and the Amazonian lowlands. On the coast, the capital city of Lima and the world-class Pacific surf are mainly desert, extending south to Atacama Desert, one of the driest places on earth.

Second only to the Himalaya, the Andes rise to over 18,000 feet just miles from the Peruvian coast with year-round glaciers above 15,000 feet. This rugged Andean landscape boasts dramatic jagged ranges separated by deep, vertical canyons, rewarding you with the incredible mountain scenery that is the backdrop for much of our adventure.

The eastern slopes of the Andes are cloaked in green cloud forests receiving abundant rainfall as they drop into the fabled Amazon Basin. Over half of Peru lies within the vast wilderness of the Amazon Basin, penetrated by few roads and houses and less than 5% of the country's population. However, there are thousands of animal and bird species that call the remote jungle home, making Peru one of the most biologically diverse nations on the planet.

MULTI-SPORT

- Something for everyone! Increasingly popular with our repeat travelers, our multi-sport adventures are an easygoing way to explore—combining rafting and hiking with other fun-filled activities that take advantage of the best this region has to offer. Activities on the itinerary include trekking, rafting, hiking, guided archaeological exploration and time for relaxing on your own agenda. The high-elevation trekking, in particular, will be quite strenuous and those considering the trip should be in good physical condition with prior hiking experience.

Sample Itinerary

We pride ourselves in running a relaxed and always flexible schedule. Every trip is different depending upon the group, other trips in the area and sometimes the weather. The following is a sample of what your trip might be like. (The itinerary is subject to change as it is dependent upon lodge availability, weather, water levels and participants' abilities)

June 21: Arrive Lima, Peru

- Fly to Lima and transfer to our hotel in the modern Miraflores District. Upon arrival, an O.A.R.S representative will greet you outside of the baggage claim area.
Casa Andina Miraflores or similar

June 22: Lima, Cusco, Urubamba

- After breakfast, we'll transfer back to the airport for our 55-minute flight to Cusco—the center of the Inca Empire. Our guides will meet us in Cusco and we'll make the 1-hour drive down to Urubamba and the Hotel Sol y Luna. Urubamba is several thousand feet lower than Cusco, which will aid in our acclimatization to the heights of Peru. We'll enjoy a welcome dinner this evening in great anticipation of the adventure to come.
(B, D) Hotel Sol y Luna or similar

June 23: Ollantaytambo Ruins, Pisac Market, Return to Cusco

- We'll spend the first part of the day exploring the ruins at Ollantaytambo. Located at the north end of the Sacred Valley, Ollantaytambo is a massive citadel that served as both a fortress and a temple in pre-Inca times. We'll then move on to the village of Pisac, home to a bustling market brimming with authentic highland culture and bursting with the multi-colored hues of Quechan clothing. Following a visit to the

equally impressive Pisac ruins and a traditional lunch, we'll make the return trip to Cusco, which, at over 11,000 feet above sea level, is one of the highest cities in the world. We'll check into our hotel and have the evening free to explore on our own.

(B, L) *Casa Andina Koricancha or similar*

June 24: Cusco and the Inti Raymi Festival

- Today marks the official celebration of the Inti Raymi Festival and the winter solstice in the southern hemisphere. Before the Spanish banned the celebration in the mid-sixteenth century, the local inhabitants gathered to honor Inti, the Sun God, and plead for his return. The festival is an all-day event that will include a procession to the ancient fortress of Sacsayhuaman, located in the hills above Cusco. People come from all over the continent and the world to join in what is now a weeklong celebration and one of the largest festivals in South America.

(B, L) *Casa Andina Koricancha or similar*

June 25: Cusco, Naihua, Apurimac River

- After breakfast, we'll depart Cusco and begin the 4-hour drive to the village of Naihua, our put-in location for our four day trip on the Apurimac River. The Apurimac is born of glacial melt and is considered the primary source of the Amazon – the world's longest river. At Naihua, a place untouched by the forces of modernity, we'll prepare the rafts and ourselves with a thorough safety briefing and wave goodbye to the friendly villagers before heading downriver. As the slanting rays of late afternoon disappear above the canyon rim, we'll make our first camp on the bank of the river.

(B, L, D) *Riverside Camping*

June 26: Apurimac River

- After a hearty breakfast, we'll begin the day with a short hike to admire the lush canyon vegetation showcasing brilliant bromeliads and orchids. Then, we'll be off to face challenging rapids with names like "Submarine" and "Cramps", enjoying a morning of plentiful class III and IV whitewater. After lunch, we'll descend into a gorgeous granite canyon chock full of fun class III rapids. In the early afternoon, we'll make camp on a wide, sandy beach and watch the stars come out as we listen to the soothing sounds of the river.

(B, L, D) *Riverside Camping*

June 27: Apurimac River

- Today, we'll run numerous class III rapids before entering what we consider the most beautiful part of the canyon—a calm stretch of river known as Black Canyon—where we'll hope to catch a glimpse of river otters, deer, foxes, torrent ducks and tropical Andean birds. Following lunch at a sandy beach, we'll move toward the confluence with the Santo Tomas River, passing beneath many suspension bridges that span the narrow gorge. We'll make camp for our final night on the river, reveling in the incredible landscape around us.

(B, L, D) *Riverside Camping*

June 28: Apurimac River, Return to Cusco

- Following our morning meal, we'll be back on the river and enjoying many class III and IV rapids with names like "The Other Right" and "Tres Condores" on the final stretch toward take-out. We'll enjoy lunch while the boats and equipment are de-rigged and loaded on the truck. Then, we'll begin the 5-hour drive back to Cusco, arriving in the late afternoon. We'll check into our hotel, no doubt enjoying a hot shower and a relaxing dinner on our own.

(B, L) *Casa Andina Koricancha or similar*

June 29: Cusco, Salkantay Lodge and Adventure Resort

- After breakfast, we'll begin the journey to the Salkantay Lodge, about 3 ½ hours away. En route, we'll spend some time at the impressive Inca ruins at Tarawasi near the town of Limatambo. Then, we'll pass through the mountain village of Mollepata where we'll have lunch before ascending a winding mountain track to the magnificent valley of Soraypampa. The afternoon will be free to soak in our surroundings or join in on one of the activities offered at the lodge. An evening briefing will be followed by aperitifs and dinner.

(B, L, D) *Salkantay Lodge and Adventure Resort*

June 30: Soraypampa

- Today is spent at leisure for rest or activities, depending on our levels of acclimatization. A guided hike to a nearby glacial lake is the most popular activity or with incredible scenery all around, you may take some time to record your anticipation of the trek in your journal. In the evening, our guide will present the specifics regarding our itinerary for the next four days before we enjoy a hearty dinner.

(B, L, D) *Salkantay Lodge and Adventure Resort*

July 1: Soraypampa to Wayra Lodge at Huayracmachay

- Today, our four-day trek to Machu Picchu officially begins. We'll get an early start and hike up the Rio Blanco Valley in the shadow of Humantay Peak. We'll soon come to the highest point on the trek—a pass at 15,000 feet. From the pass, we'll have out-of-this-world views of the snow-capped peaks of the Vilcabamba Range in all directions—the south face of Salkantay towering above us. We will keep our eyes out for the Andean condors often soaring on air currents above or below us. From the pass, we'll begin our descent toward Wayra Lodge—the place where the wind lives—our destination for the evening. Dinner and overnight at the Lodge.

(B, L, D) *Wayra Lodge*

July 2: Huayracmachay to Colpa Lodge at Collpapampa

- With our first long day behind us, we'll enjoy a leisurely morning at Huayracmachay and a bit of free time for exploration. Lacing up our boots, we'll begin our hike downhill above the Salkantay River through increasingly verdant scenery. We'll have our lunch at the Colpa Lodge—situated on an open promontory above the confluence of three rivers. We arrive in time for an optional excursion to a nearby hot spring. Dinner and overnight at the Lodge.

(B, L, D) *Colpa Lodge*

July 3: Collpapampa to Lucma Lodge at Lucmabamba

- Breakfast will be prepared early to allow for an ambitious start of our hiking descent of the Santa Teresa River Valley. We'll be passing through more populated rural areas interspersed with coffee plantations and orchards. Lunch will be served riverside. From the river, there is a short climb to Lucma Lodge, set in an avocado orchard. We'll arrive with time for exploration of the village and to mingle with the local community. Dinner and overnight at the Lodge.

(B, L, D) *Lucma Lodge*

July 4: Lucmabamba to Aguas Calientes

- Today, we'll begin the final leg of our trek, eager to catch our first glimpse of the fabled Machu Picchu. After a morning of ascent toward Llactapata Pass, we'll have our lunch and then continue to a viewpoint where we'll be able to get a special view of Machu Picchu from the southwest—a vista few tourists have ever seen. In this vicinity, we'll also take some time to explore the recently restored Llactapata Ruins. We'll then start our final descent to the Vilcanota River, passing through lush bamboo forests and plantations. Perhaps a bit sad to have completed our trekking journey, we'll climb aboard a train for the short trip into Aguas Calientes, checking into our hotel in the late afternoon with time to wander the streets of this bustling tourist mecca.

(B, L, D) *Machu Picchu Pueblo Hotel*

July 5: Machu Picchu

- Today, we'll want to get an early start to make the most of our time at the unparalleled Machu Picchu. Here, high above the Urubamba River, we'll enjoy an all-day guided tour of the extraordinary 'Lost City of the Incas.' Made up of approximately 200 distinct buildings, Machu Picchu is believed to have been a religious retreat and royal estate, rather than an administrative or commercial center. The residences, temples, storage areas and public areas are built mainly from blocks of granite, each piece fitting together with almost unbelievable precision. No mortar was used in the construction, yet at most junctions even the slimmest of blades cannot wedge between the pieces of stone. We'll certainly develop a hearty appetite hiking amongst the ruins—all the better to enjoy a buffet lunch at the beautiful Sanctuary Lodge. At approximately 3:30 PM, we'll need to board the train for our return rail journey to Cusco. We'll check into our hotel and enjoy a farewell dinner at a local restaurant, toasting to an incredible adventure.

(B, L, D) *Casa Andina Koricancha or similar*

July 6: Cusco, Lima

- After breakfast, we'll transfer to the airport for our flight back to Lima. We'll have use of a day room and will enjoy a ½-day guided tour, visiting both the colonial and modern sections of the city. Sights will include the Cathedral and the Catacombs of San Francisco, along with the modern districts of Miraflores, San Isidro and Barranco. Transfer to the airport for departing flights and bid farewell to a Peru we'll not soon forget.

(B, L) *Day room at Casa Andina Miraflores or similar*

What's Included?

- Skilled professional guide service
- 7-nights hotel accommodation (based on double occupancy)
- 5-nights lodging at Mountain Lodges of Peru (based on double occupancy)
- 3-nights riverside camping
- All meals as outlined in the itinerary
- All activities and related equipment as outlined in the itinerary, including rafting and camping gear
- Airport transfers on scheduled days
- Ground transportation

What's Not Included?

- Flights to and from Lima, Peru
- Early arrival/delayed departure Lima airport transfers (may be arranged at additional cost)
- Roundtrip flight Lima-Cusco US\$340 (*subject to change until ticketed*)
- Domestic airport security taxes approximately US\$7.00
- Airport departure tax US\$31.00
- Salkantay Trail Entrance Fee US\$50
- Single supplement US\$1375
- Excess baggage charges
- Meals not covered in itinerary
- Insurance of any kind, including travel or mandatory medical evacuation insurance
- Cost of immunizations (if necessary)
- Alcohol and personal items (an equipment list will be provided)
- Gratuities

Why O.A.R.S.?

- Since 1969 we've led travelers of all ages and abilities to some of the most beautiful places on Earth, never losing sight of one of our foremost goals: to make the joys of the wilderness accessible to everyone—no matter how experienced.
- We're excited to have created this one of a kind itinerary showcasing the best of Peru—a nation of phenomenal ancestral, historical and archaeological wealth and home of pre-Hispanic cultures flourishing to this day. Crowned from north to south by the impressive Cordillera of the Andes, which divides the Amazon basin from the lush Pacific Coast, Peru offers a unique mix of adventure, nature, history, and culture renowned for its food and hospitality.
- Our Peruvian connection couldn't be better as we team up with our friends at Apumayo and Mountain Lodges of Peru. Well-trained in health, safety, and environmental matters, we abide by the highest standards of quality and environmental responsibility, thereby preserving Peru's natural environment and ancient treasures.
- We believe it is a fundamental part of eco-tourism to work with local guides, while at the same time bringing our wealth of experience to the table. We've chosen our partners carefully, so you can rest assured you will be in good hands. We hope you have an opportunity to join us for this journey of discovery and adventure in Peru.
- For a detailed packing list please call us at **1-800-346-6277** in the USA or Canada or **1-209-736-4677** if outside the USA or Canada or email us at info@oars.com for our Mystical Peru Trip Planner, also included in your trip confirmation packet when you book. You can also shop online for all your adventure travel needs at www.oars.com in the **OARStore**.

How Do I Get to Peru?

- Lima, Peru is the meeting place for your Mystical Peru Adventure. Consult your travel agent or your favorite online booking site for your travel arrangements. For your reference, American Airlines offers direct service from Miami, Continental Airlines from Houston, Delta from Atlanta and Lan Peru from Los Angeles, San Francisco, New York (JFK) and Miami. Connections through other Central and South American cities are also available.
- Please contact Exito Travel for assistance in making your flight arrangements. Exito has been an airfare specialist to Latin America since 1994. With 15 years regional experience, Exito knows Latin America intimately, along with the region's potential airfare pitfalls and how to avoid them. To obtain a quote, fill out an online request form at: <http://www.exitotravel.com/affiliate/templateform.php?id=OARS> or contact Exito at info@exitotravel.com or 800-655-4053.

Please do not purchase airfare until your departure has been confirmed by the minimum number of required guests.

A Few Important Details

Reservations & Deposit

- An \$800/person deposit is required at the time of reservation. The balance is due 120 days prior to departure.

Cancellations & Refunds

- If you find it necessary to cancel your trip, notify us as soon as possible. All payments are nonrefundable and we regret that we cannot make exceptions for personal emergencies. For this reason, we strongly urge our participants to investigate trip

cancellation insurance (see Insurance).

Medical

- Under most circumstances, if you are of an adventurous spirit and in reasonably good health, you should have no problem enjoying this trip. People with medical conditions, including pregnancy, should have a physician's approval before taking an adventure travel trip.

Insurance

- Although every effort is made to insure a safe trip for all, **we require that you purchase medical evacuation insurance** to participate in this expedition. Call Travel Insurance Services at 800-937-1387 or visit their website at <http://www.travelinsure.com/what/imedhigh.htm?32635> for inexpensive options that cover this requirement. We also strongly recommend that you protect yourself, your belongings, and your vacation through the purchase of a short-term traveler's policy. A trip cancellation policy covers your non-refundable payments in most cases, should you have to cancel your trip at the last minute due to illness or injury, as well as including the coverage required above. Trip participants should realize that in the event of illness or injury on a river trip, evacuation could be prolonged, difficult, and expensive. Personal belongings and cameras are carried entirely at the owner's risk, and we accept no responsibility for lost, damaged, delayed, or stolen property.

Liability Waiver

- Everyone is required to sign a standard liability release before the trip, acknowledging awareness that some risks are associated with the trip. Safety is of the utmost concern on our trips. However, due to the nature of the activities, a condition of your participation is that you will sign this form before the trip begins. Anyone who refuses to sign the form will not be allowed to participate, and consistent with Travel Outdoors, Inc. cancellation policy, there will be no refund of the trip fees at that time.

Responsibility – An Important Notice

- Travel Outdoors, Inc., Apumayo Expediciones, Mountain Lodges of Peru and cooperating agencies act only in the capacity of agent for the participants in all matters relating to transportation and/or all other related travel services, and assume no responsibility however caused for injury, loss or damage to person or property in connection with any service, including but not limited to that resulting directly or indirectly from acts of God, detention, annoyance, delays, and expenses arising from quarantine, strikes, theft, pilferage, force majeure, failure of any means of conveyance to arrive or depart as scheduled, civil disturbances, government restrictions or regulations, and discrepancies or change in transit over which they have no control. Reasonable changes in itinerary may be made where deemed advisable for the comfort and well-being of the participants, including cancellation due to water fluctuation, insufficient bookings (this trip requires a minimum of 4 guests), and other factors. There is risk in whitewater rafting, particularly during high-water conditions. Rafts, dories and kayaks do capsize. You could be swept overboard. Your guide will make every attempt to assist, but you must be strong and agile enough to "self-help" and "float-it-out" without further endangering yourself or others. We reserve the right not to accept passengers weighing more than 260 pounds or with a waist/chest size exceeding 56 inches.
- We are experienced at accommodating people with various disabilities. Please give us an opportunity to make you feel welcome. However, we need to discuss any special requirements ahead of time. We may decide, at any time, to exclude any person or group for any reason we feel is related to the safety of our trips. On advancement of deposit the depositor agrees to be bound by the above recited terms and conditions. Prices and itinerary are subject to change without notice.

Apumayo Expediciones and Mountain Lodges of Peru:

- Apumayo Expediciones and Mountain Lodges of Peru, travel partners of Travel Outdoors, Inc., are the operators of this trip. Upon arrival, a representative will meet you and escort you throughout the program. These staff members are the very best and will strive to ensure your complete satisfaction.

Contact Information:

- For more information on this or any of our over 75 rafting, sea kayaking or multi-sport adventures, please call 1-800-346-6277 in the USA or Canada or 1-209-736-4677 if outside the USA or Canada or email us at info@oars.com and one of our knowledgeable adventure consultants will be happy to help you.

Did you know that travel related activities account for about 1/3 of the greenhouse gas emissions worldwide? Visit www.oars.com/CarbonNeutral.html to join O.A.R.S. in making your entire travel experience environmentally friendly and 100% carbon neutral.