



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 artesan 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

CHALLENGE INFORMATION

DETAILED INFORMATION

Flight Information

Group flights leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route, details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Roomshare Arrangements

Accommodation is usually on a twin-share basis in hotels or camp. Occasionally we may use hostel-style accommodation. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

Accommodation

We stay in a variety of hotels/lodges ranging from quite simple, friendly guesthouse-style to more international-style hotels in larger towns or cities. Standards are generally good, in great locations, but there may be a night or two where facilities are more basic, as you'd expect in very remote, untouristed or rural areas.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten in camp or at the hotel, depending on accommodation. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. Not all support crew will speak English well, but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided

with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! All our local crew are paid wages, but bear in mind that the average wage in many countries we travel to is far below what you would spend on a normal night out.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 20-30 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees, amendment fees and insurance premiums are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

PREPARING FOR THE CHALLENGE

Clothing

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. To find out if you need a visa you can check your requirements using our partner, Visa Machine, website [here](#); please ensure you allow plenty of time.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Cultural Differences

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for! We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges - all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow participants and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

CHALLENGE EXTENSIONS



AMAZON RAINFOREST EXTENSION

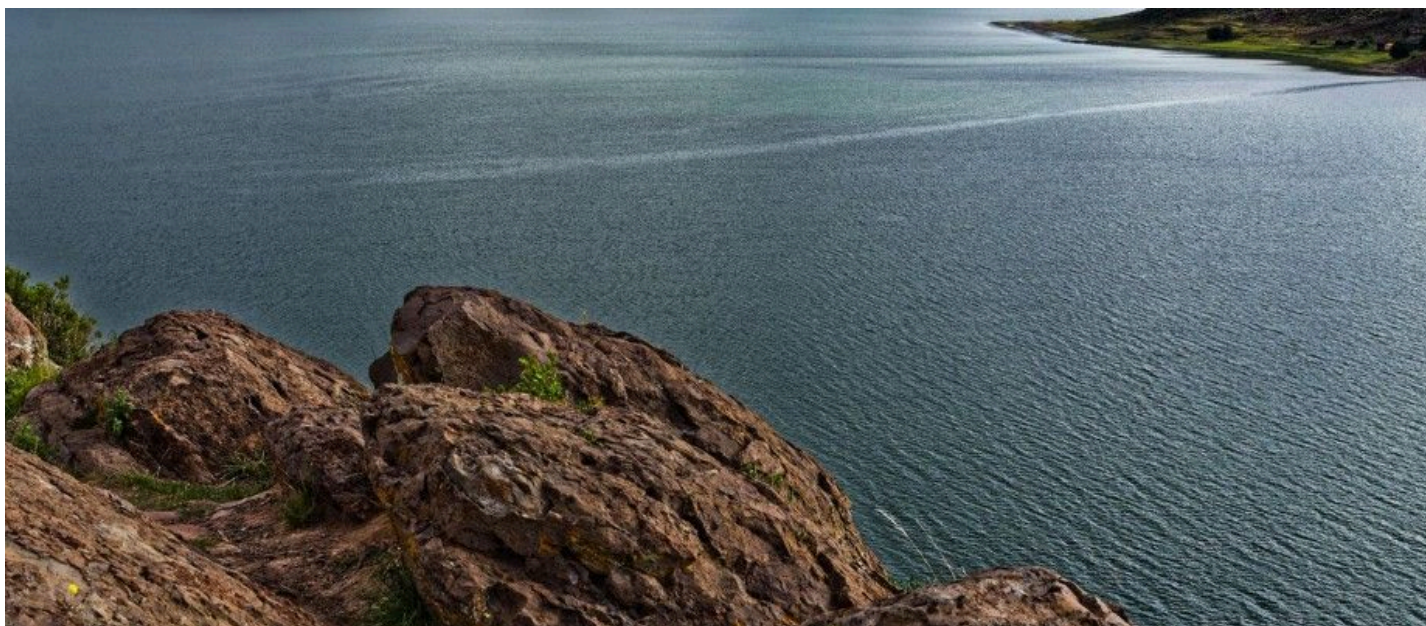
The Amazon rainforest is legendary throughout the world as an ecosystem rich in vegetation, wildlife and indigenous culture, and one which is currently under constant threat from mankind.

The River Amazon's source is in Peru, and the river carries around 20% of the world's fresh water. The rainforest covers almost half of Peru and extends into 9 other South American countries. It contains approximately 50,000 species of higher plants – a staggering twenty percent of the world's total. The tree canopy is so dense that almost no sunlight penetrates to the forest floor and there is very little undergrowth. Animal and bird life is incredibly rich, including colourful macaws and toucans, several species of monkey and the rare tapir, jaguar and Andean spectacled bear. Giant otters, caimans, capybara and piranha live in the many waterways.

This is your chance to experience the amazing diversity of flora and fauna set in part of the most famous and awe-inspiring rainforest in the world! We travel by plane and then river boat to our lodge on the banks of the Tambopata River, and explore the trails and waterways on foot and by boat. This isn't a luxury experience, but it's an unforgettable adventure in a unique and threatened world.

PRICES

2019	£525
2020	£575



LAKE TITICACA EXTENSION

Lake Titicaca is the highest navigable lake in the world, lying on the high altiplano at 3856m above sea level, straddling the Peru-Bolivian border. It is home to the legendary Uros Islands – floating reed islands where the Uros people have lived for centuries. We visit Amantani Island, with its mountaintop temples to Pachamama and Pachatata (earth mother and father), and stay overnight with local families. We then move on to Taquile, famous for its intricate, brightly-coloured weaving. The lake views are fabulous, but the highlight of the trip is the glimpse into the everyday lives of the local people, from cultures pre-dating the Incas by a thousand years.

Those with less time or not wishing to continue to the Colca Canyon will transfer from Puno to the airport at Juliaca (approx. 45 mins) for the flight to Lima; connect with international flight to UK (arriving Day 5). Please refer to the above itinerary for more details on this extension to include the Colca Canyon.

PRICES

2019	£425
2020	£475



LAKE TITICACA AND COLCA CANYON EXTENSION

Following on from Lake Titicaca (see below), we then move on to the magnificent Colca Canyon, the deepest canyon in the world, where we immerse ourselves in jaw-dropping scenery and fascinating small towns. We also have time to stop at Cruz del Condor, the famous observation point, to marvel at condors flying breathtakingly close – likely to be one of your top highlights from Peru!

Those with less time can fly to Lima after their time on Lake Titicaca (please refer to the below option).

Min 3 pax - £50 supplement for 2 pax

PRICES

2019	£575
2020	£625



WHITE WATER RAFTING OPTIONAL ACTIVITY

Anyone looking for a fun day of alternative adventure should try this great white-water rafting trip, which takes you down a beautiful section of the Urubamba. Rafting is a fun sport, suitable for all ages – no experience necessary!

The Urubamba River rises in the Andes and flows through the heartland of the former Inca Empire. The section we run is usually the Class III-IV Chuquicahuana section located above Cuzco, where a gentle start allows us to practise our technique before the river takes us through a beautiful canyon with views of the surrounding peaks and fun, adrenaline-pumping rapids. Rafting is a participatory team event, so your paddle is not just for decoration! Beware: you will get wet!

This day-trip takes place on Day 8 of your main trekking itinerary (in place of the free day in Cuzco); you will get back to the hotel mid-to-late afternoon.

Requires a minimum of 4 people to run. Please contact us for more details.

PRICES

2019	£135
2020	£150

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](#)



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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 May 2019, and the challenge is subject to change.