



Canyons, Condors & Machu Picchu 12d,11n



Discover the marvels of Southern Peru, once the hub of the ancient Inca Empire on our 12d,11n cycling adventure:

Highlights:

Visit Arequipa City and Colonial buildings like the Monastery of Santa Catalina, enhanced by the knowledge of your local guide.

Cycle in Arequipa's country side, with uninterrupted views of the three surrounding Volcanoes - Misti, Chachani and Pichu

Cycle along the Colca Canyon and see the flight of the amazing Condors, one of the largest flying birds in the world.

Highlights:

Visit Puno and Los Uros, the Floating Islands on Lake Titicaca including an overnight home stay with a traditional local family on the Peninsula of Capachica.

Explore Cusco City, the Capital of the old Inca Empire and its historic Buildings.

Cycle the Sacred Valley of the Incas, enjoying stunning views of the many Inca ruins along the way

Highlights:

Descend by bike over 2500 metres from the mountain passes into the Cusco jungle.

See the sunrise over the ancient Inca Citadel of Machu Picchu ruins and spend the morning exploring the ruins with your local guide.

Take the world renowned train journey from Machu Picchu to Ollantaytambo

Explore outside the main tourist routes and get to experience first-hand the people and culture



Trip details:

Duration: 12 days, 11 nights

Grade: Recreational

Accommodation: 10 nights in clean and comfortable 3-4-star hotels and 1 night in a home stay on the Peninsula of Capachica.

- Prices are based on double occupancy

Trip Cost: \$2945 USD per person.

Additional Cost:

- Single Supplement: \$600 USD additional per person.

Day by day itinerary:

Day 1 Arequipa
 Day 2 Arequipa
 Day 3 Arequipa to El Refugio, Chivay
 Day 4 El Refugio, Chivay
 Day 5 Chivay to Puno
 Day 6 Puno to Capachica
 Day 7 Capachica to Cusco
 Day 8 Cusco
 Day 9 Cusco to Ollantaytambo
 Day 10 Ollantaytambo to Aguas Calientes
 Day 11 Machu Picchu, return Cusco
 Day 12 Tour ends after breakfast

What is included?

- 11 nights' accommodation, all breakfasts, 6 dinners and 10 lunches.
- All entrance fees and activities in Arequipa (Salinas and Aguada Blanca National Reserve), Puno (Lake Titicaca National Reserve) and Cusco (including Machu Picchu)
- All local (private) support vans and staff, plus an English speaking tour leader
- Quality Mountain bike hire, on 24 speed bikes with disc brakes

PLUS: A Cycle Peru cycling jersey!



This recreational cycle tour travels through all the highlights in the Southern Andes of Peru.

Get the chance to see the majestic flight of the Andean Condors over the Colca Canyon, also the second deepest canyon in the world, and then travel to Puno to experience the unique lifestyle of the indigenous people on the islands of Lake Titicaca.

Visit the Sacred Valley of the Incas and the ruins of Ollantaytambo, before descending into the high jungle behind Cusco to arrive at the citadel of Machu Picchu.

Enjoy the freedom of exploring quiet back-roads with the chance to get off the beaten track and experience local life first-hand.

The security of a dedicated support vehicle gives you the opportunity to take it all in at your own pace and to choose your level of challenge.

Cycling distance averages 40-50kms, with the option for extra riding on most days.

Day by day itinerary:

Day 1: Arequipa

We arrange to pick everyone up from their accommodation in the morning, and then spend some time getting those bikes fitting just right for the adventures to come. It's also an important day to start adjusting to the thin air, after your short cycle in the morning we have lunch before joining a local guide for a tour of the Monastery of Santa Catalina, known as a city inside a city. After some free time to explore, we regroup later for our first dinner together.

Total biking distance: Up to 20km

Meals: L, D



Day 2: Arequipa

Today is an important day to acclimatize and get your bike fitting just right for your adventures to come, as we transfer by van to the surrounding countryside in Arequipa for a local ride and picnic lunch. Afterwards you have the option to join us for a tour of the rest of the city and a visit to San Camillo, Arequipa's vibrant open air market. You then have some free time to enjoy the evening and pack up ready to head off to the Colca Canyon the following day.

Total biking distance: Up to 20kms

Meals: B, L

Day 3: Arequipa – El Refugio, Chivay

We depart early this morning and transfer by coach to the highest Pass in the area (Patapampa 4800m). Here we can enjoy views of the surrounding mountains and after a hot coca tea, we start our winding decent to Chivay (3700m), arriving in time for lunch. After lunch we cycle on through the surrounding countryside and down into the Colca valley, where we load up and transfer by coach to El Refugio, a hot springs resort on the banks of the Colca River, with beautiful views of the surrounding mountains. We are here for two nights while we explore the Canyon.

Total biking distance: Up to 45km

Meals: B, L, D

Day 4: Colca Canyon – El Refugio, Chivay

This morning we transfer by coach to the Cruz Del Condor, where it is possible to see these amazing birds soaring on the prevailing winds. After a short walk to appreciate views of the Canyon we make our way back to Chivay by bike and coach, enjoying the many view points and village markets along the way, then we cross to the other side of the canyon, to ride the quiet roads there. In the late afternoon we have some time to relax and enjoy the hot springs at our accommodation.

Total biking distance: Up to 40km

Meals: B, L



Day 6: Puno - Capachica

Today we step off dry land and take a boat from the port of Puno to visit the floating Islands on Lake Titicaca. The magical islands of Los Uros are man-made from reeds and have a permanent local population living on them. We spend the morning learning about their unique way of life and then after this visit we continue by boat to the Peninsula of Capachica where we meet with your local hosts and spend the afternoon with them, getting the chance to experience first-hand their traditional way of life and for those who are feeling energetic there is the option to hike up to see the sunset over the lake.

Meals: B, L, D

Day 5: Chivay - Puno

Today is mostly a travel day, but we still fit in a little blast on the bikes in the morning. We then transfer by coach for the busy main road section, taking the time to stop at points of interest along the way and after lunch we have the chance to enjoy our first ride across the Altiplano (high plains) on quiet back roads towards our final destination, Puno and the shores of Lake Titicaca.

Total travel time from Chivay to Puno is around five hours.

Total biking distance: Up to 40km

Meals: B, L



Day 7: Capachica - Cusco

After saying a sad goodbye to our hosts, we set off on bike to ride the quiet Peninsula roads on the Altiplano, finishing our ride just before entering Juliaca. From here we transfer by coach to Sicuani, where we enjoy another short ride known as the “Cuatro Lagunas”, passing through a series of high lakes and small villages before an exhilarating downhill back to the main road, where we continue by coach, arriving to Cusco early evening. The total driving time from Juliaca to Cusco is six hours.

Total Biking distance: Up to 50km

Meals: B, L, D

Day 8: Cusco

Today is a well-earned rest day in Cusco, a chance to explore the city, visit the museums and ruins around the centre or just relax and take in the atmosphere of this vibrant little tourist hub.

It is possible to join a city tour in the afternoon to take in the sights of the centre with a local guide; this is a small extra cost, paid locally.

Biking distance: Day off

Meals: B



Day 9: Cusco - Ollantaytambo

Today we get back on the bikes and take a ride around some of the ruins in the Sacred Valley, stopping along the way in the famous market town of Pisac, before continuing our cycling alongside the Urubamba River towards the town of Ollantaytambo. The afternoon ends with a short van transfer through to our accommodation and the option to explore the impressive Ollantaytambo ruins, once an Inca fortress.

Total biking distance: Up to 60km

Meals: B, L



Day 10: Ollantaytambo – Aguas Calientes

Today we drive up to Abra Malaga (4315m) the high pass in the area, for our final spectacular bike ride. Here we descend by bike from the mountain pass to the tropical rainforest! We enjoy many scenic stops along our route, before arriving for lunch in the town of Santa Maria (1200m), part of an important area for cultivation of Coca, Cacao, Tea and Coffee

After lunch we transfer by coach to the village of Santa Teresa and to the Hydro-electric station to catch our train connection to Aguas Calientes. This little tourist town is our base for exploring Machu Picchu.

Total biking distance: Up to 75km

Meals: B, L, D

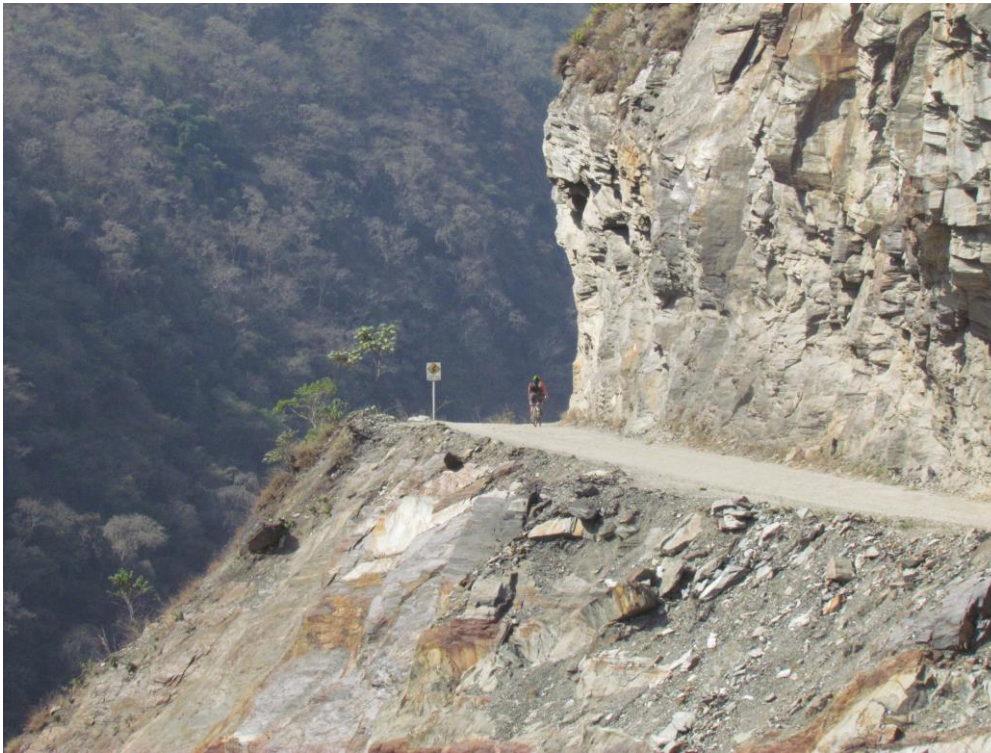
Day 11: Machu Picchu and Return Cusco

We have an early breakfast to get us up to Machu Picchu in time to see the sunrise over the ruins. We take a guided tour in the morning and after that you have more time to explore the ruins independently.

After leaving the ruins we head back into town for lunch, before boarding the famous train journey from Aguas Calientes to Ollantaytambo, before reuniting with our coach and driving the final stretch back to Cusco.

We regroup later to have our final dinner together.

Meals: B, L, D



Day 12: Departure day, Cusco

Your tour concludes after breakfast today. You may choose to stay on in Cusco to explore more, or you may be flying out this day. We are happy to help with arrangements for a transfer to the Cusco airport, but please note this is not an included service.

Meals: B

