



# LARES TREK

## FACT SHEET

*Live for today...*

### INTRODUCTION

The Lares Trek is another wonderful alternative to the Inca Trail. No permits are necessary and the trek offers not only beautiful scenery but also an insight into the traditional Andean way of life of the indigenous people.

The Lares Valley lies in the east of the Urupampa mountain range and is one of the most picturesque places in southern Cusco. The valley traverses part of the Sacred Valley and the region is home to many farmers and traditional weavers. The Lares Trek route is still used by the farmers with the trail linking the communities of Cuncani, Quisurani, Lares and the Sacred Valley. The region remains relatively unspoiled by tourism and along the trail you will pass thatched stone and adobe houses and encounter farmers and villagers in traditional Andean dress and speaking Quechua.



### GENERAL INFORMATION

The Lares Trek travels through a remote and rarely visited part of Peru and we believe our clients should be aware that the remoteness that makes the Lares Trail so very special could also cause certain problems. Thus, whilst we endeavour to minimise the chances of anything unexpected happening, it has to be noted that no itinerary can or should be rigidly adhered to. This is the very nature of Adventure Travel and we expect our clients to be prepared for delays and slight alterations in our programmed events.

The Lares Trek involves trekking at altitude and crosses two high passes at altitudes of around 4,400m. The trail involves some fairly steep descents - it is recommended that all clients should have some previous trekking experience and should have a reasonable level of fitness.

Please note that here is a US\$65 entry fee (subject to change) for anyone wanting to trek up Huayna Picchu when on a Lares Trek. Please let us know at the time of booking if you would like to hike this mountain. If you decide at a later stage that you wish to trek up Huayna Picchu, there are no guarantees that we will be able to secure a permit for you. The number of daily visitors allowed to enter Huayna Picchu is restricted to 400 and permits are on a first come first served basis.



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Huayna Picchu or Wayna Picchu (Quechua: "Young Peak") rises over Machu Picchu and divides it into sections. The Incas built a trail up the side of Huayna Picchu and built temples and terraces on its top. The peak of Huayna Picchu is about 2,720 metres (8,920 ft.) above sea level, or about 360 metres (1,180 ft.) higher than Machu Picchu. A steep and at times exposed climb leads to the summit. Some portions are slippery and steel cables provide some support.

·Please note that last minute international and internal flight changes, train schedule changes and also excess baggage charges are out of our control. In all cases we will advise you of any changes in the itinerary as early as possible. We have taken all these possibilities into account when planning these treks and have allowed sufficient leeway to enable us to successfully run these exceptional trips.

·The majority of dietary and medical requirements can be catered for, but we must be notified of these at the time of booking. Obtaining the correct vaccinations and visas required for Peru is the individual passenger's responsibility.

·You should also be aware that adventure travel, in particular trekking, white-water rafting, inflatable canoeing, mountain biking and travelling in remote areas such as Southern Peru, does carry with it certain inherent risks that you, the client, will have to assume. You must take out adequate travel insurance to cover these risks and any costs incurred due to sickness, delayed flights and other factors are out of our control.

·A pre-departure meeting will be held the night before your trek at 19.00 in your hotel reception. It is important that you attend. Your guide will hold the trip briefing and you will be given an outline of what lies ahead and asked for details of your travel insurance as well as a photocopy of your passport and Peru entry stamp. The guide will check any dietary or medical requirements and you will be asked to sign a risk assumption form.

·The guide will hand out the kit bags for the Porter/Muleteer carried items. 6kgs is the maximum weight that can be carried for you.

·Please ensure you bring your passport with you on the trek, as you will not be allowed on the train or into Machu Picchu without it and your passport is also required for hotel check-ins.

**·If you have any problems at any time during your holiday please telephone the Cusco office (Mon – Fri, 8am- 2pm) on +51 84 261 369 or email [larry@kichwaperu.com.pe](mailto:larry@kichwaperu.com.pe) or [operaciones@kichwaperu.com.pe](mailto:operaciones@kichwaperu.com.pe) or contact our Emergency out-of-hours mobile telephone: +51 946028114. This emergency mobile number can also be used on WhatsApp.**



## TOUR INCLUSIONS & EXCLUSIONS

### LARES TREK (6 DAYS/5 NIGHTS)

#### Key Inclusions

- A Lares Trek pre night briefing
- Pick-up from your hotel, private bus to Lares
- All camping and cooking equipment including sleeping mats, sleeping bags, two-person dome tents, dining tent and toilet tent
- All entrance fees including Machu Picchu
- A registered English-speaking guide, mules & muleteers, cook team, guided tour in Machu Picchu.
- Meals as outlined in itinerary, including all meals on trek
- Tourist Train from Ollantaytambo to Aguas Calientes
- Bus transfers between the ruins and Aguas Calientes
- Transport from Machu Picchu to your hotel in Cusco by the Tourist Train service and private transfer



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- Standard category hotel in Cusco and Aguas Calientes
- An emergency first-aid kit
- Mules for personal gear up to 6kg per pack
- Minimum 2 people, maximum 16 people in one group

### Not Included:

- Entrance ticket to Huayna Picchu
- Thermal pools in Aguas Calientes

## LARES TREK PACKING LIST

### What to bring:

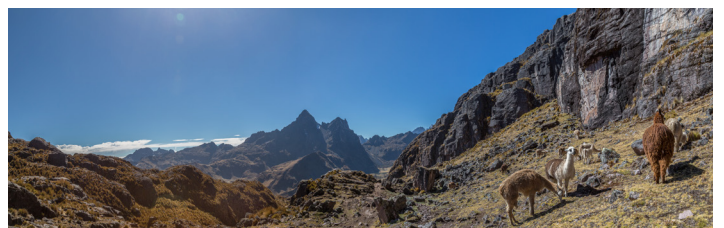
- Daypack (a 35 litre day-sack is a recommended volume) & rain cover
- A soft trek bag (this will be given to the porters/muleteers with the belongings you don't wish to carry with you while hiking e.g. sleeping bag, mat, extra clothes, toiletries). Alternatively kit bags are available for use during the trek
- Rainwear (waterproof jacket/poncho & trousers)
- Walking boots
- Complete change of clothing
- Socks/underwear/thermal underwear
- Trekking trousers or zip-off shorts
- After trekking trousers/shirt/sandals
- Warm layers (e.g. fleeces and/or lined jacket)
- Gloves and wool/fleece hat
- Water bottle and sterilising tablets
- Flashlight/torch & spare batteries
- Broad-brim or peaked cap
- Sun block & lip balm
- Sunglasses
- Insect repellent
- Toiletries, toilet paper & small towel
- Selection of small snacks such as chocolates, dried fruit, biscuits

- Camera (in plastic bag or dry-sack) with spare memory cards, batteries
- Cash (for minor purchases on trek, tips, souvenirs, lunch in Aguas Calientes etc.)
- Passport
- Money belt
- Trekking poles (optional) – must be rubber tipped
- Book, notepaper & pen (optional)
- Personal First Aid Kit to include painkillers, plasters (Band-Aids), moleskin, antiseptic cream, after-bite, anti-diarrhoea tablets, throat lozenges, re-hydration salts & personal medication

Please note that you will probably be separated from your guide and porters/muleteers for portions of the day and so you will need to carry a water bottle with sufficient water for up to 3 – 4 hours hiking.

## CLIMATE

	Av. Max. Temp (°C)	Av. Min. Temp (°C)	No. Wet Days
January	20	7	18
February	21	7	13
March	21	7	11
April	22	4	8
May	21	2	3
June	21	1	2
July	21	-1	2
August	21	1	2
September	22	4	7
October	22	6	8
November	23	6	12
December	22	7	16



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### TIPPING

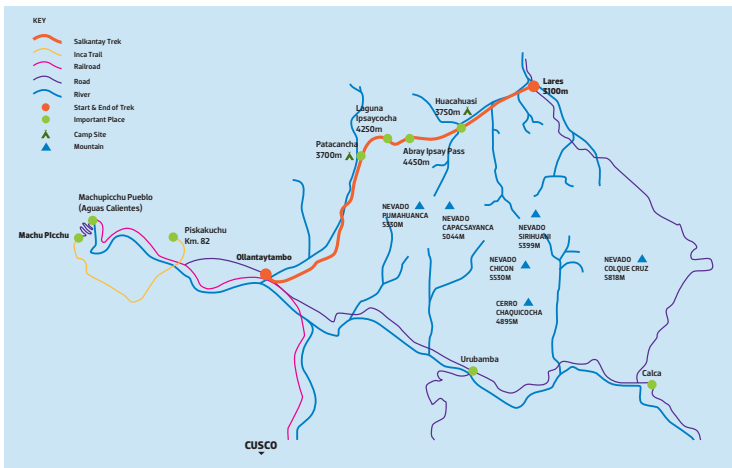
Please note that tips for your porters and guides are welcomed. Staff are paid well, however, they do rely on tips as part of their regular salary. We recommend tipping the following:

- Guides: US\$15–25 per person, for the duration of the trek
- Porters/Muleteers: US\$10–20 per person, for the duration of the trek

**Please note that this is a guide, and tips can be what you deem fit.**

Generally money is put in a "kitty" for the porters/muleteers by a member of the group, and is then divided between them later. We recommend that you carry local currency for tips in small denominations.

### LARES TREK MAP



### ALTITUDE SICKNESS

On reaching heights above 3,000m, shortness of breath and heart pounding are a normal response to the lack of oxygen in the air. For some visitors these symptoms can deteriorate into a condition known as acute mountain sickness (AMS) with resulting headaches, loss of appetite, extreme tiredness, insomnia, dizziness and sometimes nausea. Symptoms usually develop within the first day or two at altitude. To prevent altitude sickness you should try to take things easy as soon as you arrive, rest and drink plenty of fluids. Do not plan any strenuous treks until you have acclimatized for a few days. You should avoid alcohol, cigarettes and heavy foods. Drinking mate de coca, an infusion of coca leaves may help. If symptoms become more severe and prolonged you should quickly seek medical attention and make arrangements to descend to a lower altitude. After recovery you can re-ascend slowly or in stages. Some visitors use the drug Diamox to speed up the acclimatisation process and counteract the symptoms of altitude sickness.

Cusco is located at an altitude of 3,400m above sea level. If arriving from sea level, for example from Lima, we recommend that you spend at least 2 days in Cusco prior to starting the Inca Trail. This will allow you to acclimatise and give you time to enjoy the beautiful city, and its surrounds.

### ADDITIONAL INFORMATION

· Good quality sporting equipment is very hard to find in Peru, so if anyone wishes to donate any outdoor clothes, sleeping bags etc. they will be gratefully received by any of our staff.

· We support a local native-tree re-forestation program [www.ecoanperu.org](http://www.ecoanperu.org) and have planted over 205,000 trees since 2007. We are dedicated to reducing our 'foot-print' by reducing waste, sourcing produce as locally as possible, recycling and discouraging the use of plastic bottles.



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If you would like to make a donation to a charity whilst in Peru, then please consider Chicuchas Wasi – The Children's Project. The charity's focus is on providing free education by teaching academic skills to poor indigenous girls who are otherwise forgotten by mainstream education. One of our head guides was a student and is now a patron. The school can be contacted directly via the website:

[www.chicuchaswasi.org](http://www.chicuchaswasi.org)

### RECOMMENDED READING

- Turn Right at Machu Picchu – Mark Adams
- The White Rock or Cochineal Red – Hugh Thomson
- Bradt Peruvian Wildlife – Gerard Cheshire, Huw Lloyd & Barry Walker
- Exploring Cusco – Peter Frost
- The Inca Trail – Richard Danbury
- Neo-tropical Companion – John C Kricher
- The Last Days of the Incas – Kim MacQuarrie
- Conquest of the Incas – John Hemming
- Birds of Peru – Clive Byers
- Lost City of the Incas – Hiram Bingham
- Touching the Void – Joe Simpson
- Into the Forests of the Night – John Simpson
- Inca Gold – Clive Cussler
- Heart of the Amazon – Yossi Ghinsberg
- Inca Kola – Matthew Paris
- 1491 – Charles Mann
- Realm of the Incas – Max Milligan
- Manu or Where the Andes meets the Amazon – Kim MacQuarrie & Andre Bartschii

**Enjoy your journey!**

**If you have any further questions or concerns, please do not hesitate to contact your booking agent!**

### The Team at Chimu Adventures

