

Walking in Peru

The Sacred Valley & the Lares Trek

May 17-26, 2019



ITINERARY

Friday, May 17

Arrive on independent flights to Lima, Peru. Overnight at our convenient airport hotel.
Wyndham Costa Del Sol Hotel

Saturday, May 18

Lima / Cusco

Take a morning flight to Cusco and transfer to our hotel. Enjoy lunch on your own and time to settle in to the altitude. This afternoon enjoy a talk about archeoastronomy, and our welcome dinner.

Palacio del Inka Hotel (B,D)

Sunday, May 19

Cusco

This morning we take in the major archeological and cultural sites of Cusco, including the Cusco Cathedral, the Sacsayhuaman fortress-temple complex, and the Temple of the Sun (Coricancha), believed to be the most important temple of the Incan empire. This afternoon try your hand at a Peruvian cooking class or explore the San Pedro market.

Palacio del Inka Hotel (B,L,D)

Monday, May 20

Sacred Valley of the Incas

Journey to the Sacred Valley of the Incas, full of lush green fields and surrounded by striking mountain peaks. Explore the beautiful archeological site of Chinchero, where colonial buildings rest atop Inca foundations. Then choose between a hike through authentic Inca trails from Chinchero to the town of Urquillos (3 hours) or take a guided tour of Moray Inca Agricultural site and the Salt Mines of Maras.

Lamay Lodge (B,L,D)



Tuesday, May 21

Sacred Valley / Písaq

The town square is often the center of activity throughout this region, but so too is the town market, and none is more alive than the famous market at Písaq. Travelers can visit the market, or opt for a morning hike surrounded by amazing views of the Andes Mountains. Later, enjoy exclusive access to the isolated community of Viacha, where you will learn about its artisanal potato farming practices and enjoy a traditional “Pachamanca” meal, cooked under hot stones. After lunch visit the archaeological complex at Písaq.

Lamay Lodge (B,L,D)

Wednesday, May 22

Lares Valley / Inca Sites and Villages

We take a scenic drive into the mountains along the celebrated “Inca Weaver’s Trail” to visit the unique archeological site of Ancasmарca and on to Lares. Choose between visiting the traditional and ancient weavers’ village of Choquecancha, or opt for hiking amidst turquoise blue lakes and towering peaks to the remote village of Huacahuasi, where we spend two nights. This lodge, which is run in joint venture with the local community, aims to protect the cultural heritage and the environment, and provides an interesting insight into the evolving role of the Andean people in both the culture and commerce of modern-day Cusco.

Huacahuasi Lodge (B,L,D)

Thursday, May 23

Lares Valley / Exploring Huacahuasi

If you’re in the mood for a cultural experience today, you can walk through the village of Huacahuasi and learn more about its heritage and daily activities, with a possible visit to a farmer’s home. The expert weavers and farmers will share their stories, each depicted in artful textiles full of traditional Incan symbols and imagery.



For those who want to go deeper into these remote mountains, challenge yourself with an all-day hike from the community of Quiswarani onto the “Trail of 1,000 Lakes”. See herds of alpacas and llamas grazing on hillsides, and make your way over challenging mountain passes. (An easier hike option is also offered this day.)

Huacahuasi Lodge (B,L,D)

Friday, May 24

Sacred Valley and Inca Trails

Today we embark on a spectacular drive over a high pass to the adjacent valley leading to the ancient town of Ollantaytambo, the oldest living city in Latin America. At the village of Huilloq observe a traditional sheep ceremony and then hike (or ride to) an authentic Inca trail to the archeological site of Pumamarca for lunch. Continue hiking downhill along dramatic Inca terraces or continue by car and explore the town of Ollantaytambo. This afternoon board the train from Ollantaytambo to Aguas Calientes.

Inkaterra Pueblo (B,L,D)

Saturday, May 25

Machu Picchu

At dawn, you begin your journey to Machu Picchu with a short uphill bus ride. As you enter the “Sanctuary” the morning sun rises over the iconic Sun Gate and washes the structures and terraces with resplendent light. Prepare to be awed by the imposing and skillful architecture of the Watchtower, the Temple of the Sun, and the royal Inca residences, among many others. Take an optional hike to Huayna Picchu, the iconic towering mountain often seen in photographs, for dramatic views that stretch from the Urubamba River valley to the edge of the Amazon Jungle. Enjoy lunch at the Sanctuary Lodge next to the ruins.

Inkaterra Pueblo (B,L,D)

Sunday, May 26

Cusco / Lima / U.S.

Take a mid-morning train back to Cusco with a stop to explore the Ollantaytambo archeological site. Take an afternoon flight to Lima to connect with homeward bound flights.

(B,L)

WHAT TO EXPECT

Participants must be in very good health and able to keep up with an active group of walkers to enjoy the trip. Most walks are moderate with some strenuous segments, and involve uneven gravel and dirt hiking trails. While trails are well marked, some include rocky sections and steep ascents and descents. Sturdy walking/hiking shoes are required; ankle-high shoes are highly recommended. Hiking poles are recommended.

On average guests will walk 2-6 miles each day over 3-5 hours. Our longest planned hike is 5 ½ miles. Most walking activities take place between 9,000-14,000 feet, and the guides will encourage a slow pace, with frequent stops. Travelers should discuss the altitude of this trip with their physician.

One does not have to participate in every activity and walks are optional. If one chooses not to hike, there are options for cultural activities and visits to traditional communities. However, all travelers should be able to use stairs without handrails; stand for periods of two hours at a time during touring; and walk on uneven terrain, along narrow paths and up steps, especially around the archeological sites. An experienced guide will be with the group to provide interpretation as well as advise on the activities and the terrain.

In order to join the trip travelers are required to purchase medical evacuation insurance and complete a health and medical form.



TRIP DETAILS

Dates: May 17-26, 2019 (10 days)

Group Size: Minimum 8, Maximum 16 (not including staff)

Cost: \$5,985 per person, double occupancy, \$7,190 single room occupancy (limited)

Included: Tour leader and guides; activities as specified in the itinerary; transportation throughout; airport transfers in Cusco; 9 nights accommodations; round-trip flight from Lima to Cusco; 9 breakfasts, 7 lunches, 8 dinners; wine and beer with welcome and farewell events; Commonwealth Club representative with 10 or more participants; gratuities to tour leader; local guides, drivers, and for all included group activities; pre-departure materials

Not included: Air arrangements to and from Lima; visa and passport fees; meals not specified as included; optional outings and gratuities for those outings; alcoholic beverages beyond welcome and farewell events; travel insurance (recommended, information will be sent upon registration); items of a purely personal nature



(415) 597-6720

OR

TRAVEL@COMMONWEALTHCLUB.ORG

Walking in Peru

The Sacred Valley & the Lares Trek



Phone: (415) 597-6720

Fax: (415) 597-6729

RESERVATION FORM

May 17-26, 2019

NAME 1 _____

NAME 2 _____

ADDRESS _____ CITY/STATE/ZIP _____

HOME PHONE _____ CELL PHONE _____

E-MAIL ADDRESS _____

SINGLE TRAVELERS ONLY:

If this is a reservation for one person, please indicate: _____ I plan to share accommodations with _____

OR _____ I wish to have single accommodations OR _____ I'd like to know about possible roommates. I am a smoker / nonsmoker (circle one).

PAYMENT:

Here is my deposit of \$ _____ (\$1000 per person) for _____ place(s).

_____ Enclosed is my check (make payable to *The Commonwealth Club*) OR

_____ Charge my deposit to my _____ Visa _____ MasterCard _____ AMEX

CARD # _____ EXP. DATE _____ SECURITY CODE _____

AUTHORIZED CARDHOLDER SIGNATURE _____ DATE _____

_____ I/We have read and agree to the terms and conditions for this program

SIGNATURE

We require membership to The Commonwealth Club to travel with us.

Please check one of the following options:

_____ I am a current member of The Commonwealth Club.

_____ Please renew my membership with the credit card information provided here.

_____ I will visit commonwealthclub.org/membership to sign up for a membership.

PLEASE RETURN THIS FORM
ALONG WITH YOUR DEPOSIT TO:

Commonwealth Club Travel,
110 The Embarcadero, San Francisco, CA 94105
You may also fax the form to 415.597.6729

Terms and Conditions

The Commonwealth Club (CWC) has contracted Mountain Lodges of Peru to organize this tour.

Reservations: A \$1000 per person deposit, along with a completed and signed Reservation Form, will reserve a place for participants on this program. The balance of the trip is due 90 days prior to departure and must be paid by check.

Eligibility: We require membership to the Commonwealth Club to travel with us. People who live outside of the Bay Area may purchase a Worldwide membership. To learn about membership types and to purchase a membership, visit commonwealthclub.org/membership or call (415) 597-6720.

Cancellation and Refund Policy: Notification of cancellation must be received in writing. At the time we receive your written cancellation, the following penalties will apply:

- 91 or more days or more prior to departure: \$350 per person
- 90-1 days to departure: 100% fare

Tour pricing is based on the number of participants. Tour can also be cancelled due to low enrollment. Neither CWC nor Mountain Lodges of Peru accepts liability for cancellation penalties related to domestic or international airline tickets purchased in conjunction with the tour.

Trip Cancellation and Interruption Insurance: We strongly advise that all travelers purchase trip cancellation and interruption insurance as

coverage against a covered unforeseen emergency that may force you to cancel or leave trip while it is in progress. A brochure describing coverage will be sent to you upon receipt of your reservation.

Medical Information: Participation in this program requires that you be in good health and able to walk several miles each day. The "What to Expect" outlines what is required. If you have any concerns see your doctor on the advisability of you joining this program. It is essential that persons with any medical problems and related dietary restrictions make them known to us well before departure.

Itinerary Changes & Trip Delay: Itinerary is based on information available at the time of printing and is subject to change. We reserve the right to change a program's dates, staff, itineraries, or accommodations as conditions warrant. If a trip must be delayed, or the itinerary changed, due to bad weather, road conditions, transportation delays, airline schedules, government intervention, sickness or other contingency for which CWC or Mountain Lodges of Peru or its agents cannot make provision, the cost of delays or changes is not included.

Limitations of Liability: In order to join the program, participants must complete a Participant Waiver provided by the CWC and agree to these terms:

CWC and Mountain Lodges of Peru its Owners, Agents, and Employees act only as the agent for any transportation carrier, hotel, ground operator, or other suppliers of services connected with this program

("other providers"), and the other providers are solely responsible and liable for providing their respective services. CWC and Mountain Lodges of Peru shall not be held liable for (A) any damage to, or loss of, property or injury to, or death of, persons occasioned directly or indirectly by an act or omission of any other provider, including but not limited to any defect in any aircraft, or vehicle operated or provided by such other provider, and (B) any loss or damage due to delay, cancellation, or disruption in any manner caused by the laws, regulations, acts or failures to act, demands, orders, or interpositions of any government or any subdivision or agent thereof, or by acts of God, strikes, fire, flood, war, rebellion, terrorism, insurrection, sickness, quarantine, epidemics, theft, or any other cause(s) beyond their control. The participant waives any claim against CWC/ Mountain Lodges of Peru for any such loss, damage, injury, or death. By registering for the trip, the participant certifies that he/she does not have any mental, physical, or other condition or disability that would create a hazard for him/herself or other participants. CWC/ Mountain Lodges of Peru shall not be liable for any air carrier's cancellation penalty incurred by the purchase of a nonrefundable ticket to or from the departure city. Baggage and personal effects are at all times the sole responsibility of the traveler. Reasonable changes in the itinerary may be made where deemed advisable for the comfort and well-being of the passengers.