



Travel
Group *Perú*

CUSCO ONE DAY ADVENTURE TOURS



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These soft adventure tours are designed for travellers who want to do a day of activities, backcountry across natural environments while enjoying daily full action adventures such as hiking, mountain bike and river rafting. They all are rated from easy to moderate with the chance to stay overnight in comfortable hotels, or in country inns and lodges. In fully day excursions a picnic or box lunch is included. We can add extra touches and upgrade services in outdoor picnic lunch or meals in nice local restaurants.

I. RIVER RAFTING

URUBAMBA RIVER PRIVATE SERVICES. (Half Day)

Level : Class 2--3 rapids

Duration : 2 hours in the river

Location : Sacred Valley of the Incas - Cusco

Season : All year round

Departures : Every day

Rafting trip with beautiful Sacred Valley and mountain range view, it is a introductory trip for first timers, kids and people without any experience. Flotation option available for kids and mature.

Itinerary description:

At 9:30 am. our guides will be waiting the passengers arrival with all the equipment ready at our river put in location in Pachar, Sacred Valley of the Incas. Here passengers will receive rafting equipment and a safety briefing (toilet facilities and changing rooms available). After a brief practice on the flat parts of the river, we will start our journey on easy waters while admiring the spectacular views of the mountains and archaeological remains. Afterwards we will continue towards Ollantaytambo and its amazing Inca terraces. At that time we will experience class 2--3 rapids, to finish with "El Resbaladero" (The Slide), a strong class 3 rapid that includes waves and small whirlpools. We will then reach our river take out located in the community of Cachiccata (Toilets and changing rooms available) just 10 minutes by car from Ollantaytambo.

OPTIONAL UPPER SECTION, SOUTH OF CUSCO FOR CLIENTS STAYING IN CUSCO:

At 8:30AM the guide will pick you up from your hotel in Cusco. Then we will drive southwards to Piñipampa town where we will pump the raft and will receive our gear and safety talk. After a period of training we will board our rafts and start descent by the Vilcanota river. We will cross a narrow canyon with some class 2--3 rapids. The scenery is beautiful and give us the chance to see villagers working on their crops, fishermen and Andean wild birds. Back to the hotel.

Includes:

Top of the line rafting equipment (V river rafting gear) and self bailing rafts Safety and professional river procedures.

Best class V river guides (international training, swift water rescue and wilderness first responder courses or similar)

First aid kit

Safety kayak

Environmental care

Transportation for guides and gear

Does not include:

Tips and extra expenses

Services not described in the program

Visit to Ollantaytambo archaeological site.

Transportation for passengers

NOTE 1: Equipment and guides will be ready waiting to depart upon the arrival of clients. Clients must reach departure point by their own means. Picnic lunch is not included.

NOTE 2: From Mid-- April to mid-- December we run the Ollantaytambo section and from mid-- December to mid-- April we run the Cusipata section, located south of Cusco.

If we have to pick passengers up and drop them off in the sacred valley, there is an additional fee for these extra transfers (15 December --15 April)

2. VILCANOTA -- URUBAMBA RIVER PRIVATE SERVICES. (Full Day)

Level : Class 2--3 rapids

Duration : 2 hours in the river

Location : Sacred Valley -- Cusco

Season : All year round

Departure : Every day.

Beautiful and easy trip by the Sacred Valley of the Incas with mountain range views, safe and fun whitewater rafting.

Experience is not necessary, flotation option available.

Itinerary description:

At 8:30 am. our guide will pick you up from your hotel (Cusco) and drive through the mountains towards the Sacred Valley of the Incas until we reach our private river put--in located in Pachar. Here you will receive your rafting equipment and a safety briefing. (Toilet facilities are available). After a brief period practicing on the flat parts of the river, we will start our journey on easy waters, while we admire the spectacular view of the mountains and archaeological remains. We will continue towards Ollantaytambo and its amazing Inca terraces, at the time we will experience class 2---3 rapids, to finish with "El Resbaladero" (The Slide), a strong class 3 rapid that includes waves and small whirlpools. We will then have lunch in a traditional restaurant located on the riverside owned by the local community. This is a great chance to enjoy the Andean cuisine while supporting community projects. Finally, you will return to your hotel in Cusco or to your hotel in the Sacred Valley.

OPTIONAL UPPER SECTION, SOUTH OF CUSCO FOR CLIENTS STAYING IN CUSCO:

At 8:30AM the guide will pick you up from your hotel in Cusco from We will drive South towards Piñipampa town where We will pump the raft and will receive our gear and safety talk. After a period of training we will board our rafts and start the descent by the Vilcanotariver. We will cross a narrow canyon with some class 2--3 rapids. The scenery is beautiful and will give us the chance to see villagers working on their crops, fishermen and Andean wild birds. Then we will go back to the hotel.

Includes:

Private transportation from hotel to the starting point and from the end of the adventure back to hotel.

Picnic lunch

Top of the Line rafting equipment (V river rafting gear) and self bailing rafts

Safety and professional river procedures.

Best class V river guides (international training, swift water rescue and wilderness first responder courses)

Safety kayak

Professional First Aid Kit

Environmental care

Does not include:

Tips and extra expenses or services not described in the program

Visiting Inca ruins or other towns.

NOTE: From Mid-- April to mid-- December we run the Ollantaytambo section and from mid-- December to mid-- April we run the Cusipata section, located south of Cusco, so passengers have to stay in Cusco, to be picked up from there, otherwise there will be an extra cost to pay for transportation:

Includes:

Professional rafting and trekking guide

Safety kayak

Private transportation as mentioned in itinerary

Top of the line rafting equipment (V river rafting gear) and self bailing rafts

Safety and professional river procedures.

Best class V river guides (international training, swift water rescue and wilderness first responder courses)

Professional First aid kit

Environmental care

Lunch at Cachiccata community restaurant: 1 entrée, 1 main course, 1 dessert & soda or bottled water.

Does not included:

Alcoholic beverages

Tips

Extras not mentioned in itinerary

NOTE: This tour works just during the dry season: April – December.

3. RIVER RAFTING & MOUNTAIN BIKE IN THE SACRED VALLEY. (Full Day)

Level : Easy

Duration : 7 Hours. 2 hours in the river and 2 hours of mountain bike

Location : Sacred Valley of the Incas

Season : From Mid April to Mid December

Activities : River Rafting and Biking

Departure : Every day upon request

River Rafting Level : Class 2--3 Rapids

Mountain Biking Level : Easy Ride. No prior experience required

Beautiful Vilcanota mountain range view, safe and fun whitewater rafting.

Experience is not necessary, flotation option available. Afternoon mountain bike ride through corn fields and archeological sites. There is opportunity to watch the local Andean people on their daily work.

Itinerary description:

At 8:30 a.m. the guide will pick you up from your hotel (Cusco) and drive for 1 ½ hours to our private river put in where we will start our River Rafting adventure in the Sacred River of the Incas. Here passengers will receive their river rafting equipment and a proper safety briefing. (Toilet facilities are available). After a brief practice on the flat parts of the river, we will start our journey on easy waters, while we admire the spectacular views of the mountains and archaeological remains. We will continue towards Ollantaytambo and its amazing Inca terraces, at the time we experience class 2-3 rapids, to finish with "El Resbaladero" (The Slide), a strong class 3 rapid that includes waves and small whirlpools. We will then have lunch in a traditional restaurant located on the riverside, owned by the local community. This is a great chance to enjoy the Andean cuisine while supporting community projects. Later, the guide will provide you with the proper equipment and front suspension bikes and will give you a complete safety briefing, before departing in a two-hour car-supported bike ride from Cachiccata to Chilca. This bike ride soft adventure will take passengers through a very little visited area of the Sacred Valley following the sacred river of the Incas, the "Urubamba River". We will take the old route used to get to Machu Picchu before the construction of the railway, so we will be riding on history surrounded by breathtaking views of the snowy peaks of Mount Veronica, Chicón and others that form the Vilcanota mountain range, passing by small traditional Quechua villages and Andean terraces known in Quechua as "Andenes" still used by peasants for agriculture for centuries. From here we will board our private vehicle that will transfer us to the Ollantaytambo train station from where we will board our afternoon train to Machu Picchu or just back to our hotel.

Includes:

Professional river rafting and Mountain Bike. English speaking guide

Safety kayak

Private transportation

Excursions mentioned in itinerary

Class V River rafting equipment

Safety kayak

Front suspension bike

Helmet and gloves

VIA FERRATA

1. What is a viaferrata?

A via ferrata is a path used to climb a mountain with a safety system permanently installed. It gives the chance to people without any experience in climbing, the opportunity to move through spectacular mountain scenery using a minimum of equipment.

The climber is permanently tied to a steel cable that runs through the entire route. It does not usually require any climbing rope. Metal ladders, bridges and similar facilities are used. This helps maintain the physical difficulty of climbing and mix beginners skills while providing access to a very high, and extreme vertical sections of a mountain, that could only be accessible to experienced rock climbers.

2. Who can climb via ferrata?

Anyone who is in good health and physical condition is able to climb via ferrata. The minimum age to climb the Sacred Valley via ferrata is 7 years old. Without exception, via ferrata climbers must always be accompanied by a guide.

3. What kind of equipment is used?

A standard climbing harness, helmet, gloves and a via ferrata lanyard, (double system with strength dissipater especially designed for via ferrata climbers). These elements will be provided by us.

4. Security at via ferrata

The equipment used allows the person to remain tied to a "life line", in this case a steel cable. Through the via ferrata lanyard the person can go up securing himself with the carabineers. If a fall occurs, the person will remain tied to the "life line" without any risk. All our guides are mountain guides trained in vertical rescue and ropes.

5. What you need to bring?

Use light clothing and good shoes (tennis, light hiking boots, etc.. No sandals). Note that as you go up the weather will be colder and windier. You can carry extra clothing in a small backpack. Bring at least 1 lt. of water.

ZIP LINE

1. What is a zip line or canopy?

A zip line (also known as a flying fox, foefie slide, zip wire, aerial runway) consists of a pulley suspended on a cable mounted on an incline. It is designed to enable a user propelled by gravity to traverse from the top to the bottom of the inclined cable, by holding on or attaching to the freely moving pulley.

2. Who can try the zip-line?

The minimum age for the Sacred Valley Zip Line is 6 years old. We reserve the right to admission to determine whether people are suitable for the zip line or not. Without exception, the zip--line clients must always be accompanied by a guide.

3. What kind of equipment is it used?

A pelvic harness, helmet, gloves and a zip line kit, (pulley, 3 carabiners, and lanyard) and via ferrata lanyard.

4. Zip Line Security

All paths between lines are equipped with via ferrata systems. The lines are extended, in a way, that people do not need any break system. The person loses speed in the same proportion she or he is getting closer to the end of the line.

5. What do you need to bring?

Use light clothing and comfortable shoes (tennis, light hiking boots, etc... not sandals). Note that as you go up the weather will be colder and windier, you can carry extra clothing in a small backpack. Bring at least 2 lt. of water. Use pants better than shorts.

6. Zip Line Duration

Thirty five minute hike to get to the first line, and 3 to 5 hours zip-line

NOTE: this tour works just during the dry season: April – December.

III. MOUNTAIN BIKE RIDES

1. BEST DOWN HILL INCUSCO (Half Day)

Level : Soft adventure, don't need experience. Advanced options upon request

Duration : 3 hours approximately. 2 hours of biking

Location : Out of the city of Cusco.

Season : All year round

Departures : Every day. All year round

Cross country mountain bike down hill ride, we offer different option on this activity depending on the travellers level from easy to technical rides with single track options upon request.

Itinerary description

The guide will pick passengers up from their hotels and transfer them to Yuncaypata; from there we will start biking downhill and flat traversing beautiful woods to visit some communities. After a brief rest we will continue across the wilderness to visit Inkilltambo (Inka jail) and further to the Chuquiquirao site, a nice place with terraces, fountains and an ancient astronomical observatory located in a small valley. The ride continues down to Rumiwasi and ends at Las Salineras – San Sebastian; here our van will be waiting for you. Return to the hotel.

Includes:

Orientation meeting

Transportation

Professional guide

Repair equipment

Front suspension mountain bikes

Helmet and gloves

First-aid kit

Does not include:

Entrances and visit to archaeological places

NOTE: Passengers must be in Cusco, it is not possible to do this tour if we have to pick passengers up from the Sacred Valley.

2. BIKING AT THE SACRED VALLEY: PISAC TO CALCA or CALCA TO HUALLYABAMBA.(Half Day)

Level : Moderate adventure, mid physical condition required

Duration : 4 hours. (around 2 ½ hours biking).

Location : Pisac – Taray - Calca or Calca -- Hurquillos to Wayllabamba

Season : All year round

Departures : Every day. All year round

Full support guiding trip. Cross country and off road through the Sacred Valley of the Incas, agriculture fields, Andean terraces and villages. There is the opportunity to watch the local Andean people on their daily work.

Itinerary description

Early in the morning, we will pick you up from your hotel and drive you through the mountains and valleys, combining the Andean landscapes, local culture and traditional villages. We will bike by a dirt road crossing an impressive landscape to Taray and Calca and other small villages. Return to Cusco.

Includes:

Briefing (orientation meeting) prior to departure date

Private transportation

Professional mountain bike English speaking guide

Repair equipment and kit

Front suspension mountain bike

Helmet

Gloves

First aid kit.

Does not include:

Tips

Extras not mentioned in itinerary

NOTE:for this tour, passengers must be in Cusco, if we have to pick you up from the Sacred Valley (Urubamba or Ollantaytambo), there is an additional cost

3. BIKING AT THE SACRED VALLEY: YANAHUARA TO OLLANTAYTAMBO INCA BRIDGE (Half Day)

Level : Easy Ride. No prior experience required Duration : 4 hours. (Around 1.30 hours of biking).
Location : Sacred Valley of the Incas Season : All year round / From Dec to March rain jacket required
Departures : Every day / all year round
Full support guiding trip. Cross country off road through the Sacred Valley of the Incas, agriculture fields, Andean terraces and villages. There is opportunity to watch the local Andean people on their daily work.

Itinerary description

We will pick you up from your hotel in Cusco and transfer you for one hour to Paucarbamba bridge. Here we will receive a safety briefing and will adjust our bikes for the ride. We will go through a trail following the Urubamba river, the sacred river of the Incas, until we reach the town of Pachar. From here we will take an easy descend through an ancient Inca trail that passes through farming fields and Inca terraces until we will get to the Inca bridge.

Services Include:

Briefing (orientation meeting)
Private transportation from hotel to start point of ride and from end of ride to hotel
Professional bilingual mountain bike guide
First aid Kit
Repairing kit
Front suspension mountain bike
Helmet
Gloves

Services not included:

Visit to Ollantaytambo Inca ruins, Tips, Extras

4. BIKING TO MORAY & MARAS SALT MINES. (Full Day)

Level : Easy to moderate. Cross country off road. Duration : 7 hours. (4 hours on the bike, approximately).
Location : Moray - Maras Salt mines -- Pichingoto-- Urubamba
Season : All year round / From Dec to March rain jacket required
Departures : Every day. All year round
Full support guiding trip. Off road circuits through the Sacred Valley of the Incas, agriculture fields, Andean terraces and villages. There is opportunity to watch the local Andean people on their daily work.

Itinerary description

After picking you up from your hotel we will transfer you to Cruzpata on Maras's plateau, where we will start our mountain bike adventure enjoying lovely views of impressive Andean peaks, many cactus plants and Andean villagers on their daily activities, optional visit of the Inca experimental agricultural terraces of Moray. A picnic lunch will be provided here. Then we will proceed on a dirt road to Maras, where we will stop and visit the Salt mines.. Return to the hotel.

Includes:

Briefing (orientation meeting)
Private transportation from hotel to start point of ride and from end of ride to hotel
Professional bilingual mountain bike guide
First aid Kit
Repairing kit
Front suspension mountain bike
Helmet
Gloves
Water re fill

Picnic lunch
Entrance fees to attractions

Does not include:
Tips and extras

NOTE: Trip starts in Cusco. An extra will be charged if passengers had to be picked up from the Sacred Valley, though no extra charge will be made if passengers are dropped in a hotel in the Sacred Valley; below I send you the additional if we have to pick you up from the Sacred Valley:

IV. HIKING & TREKKING

1. CUSCO HIKING

1. CUSCO CITY GUIDED HIKE. (Half Day)

Level : Easy to moderate hike mostly down hill

Duration : 3 hours hike

Location : Around Cusco city.

Season : All year round

Departures : Every day. All year round

This hike offer a view of Cusco city and its country side. Some up and down hills. Off the beaten path with cultural interaction.

Itinerary description

We will pick you up from your hotel. This hike starts by visiting a different side of the city and also the country side border of the city. We will go by foot and sometimes in local transportation to see local markets, the colonial side of Cusco and its "barrios" and shop for typical products. For private groups we can tailor-made the visit and focus it on a special issue. After three hours of walking and fun we will finish the tour. Return to your hotel.

Includes:

English speaking guide

Does not include:

Entrance fee

Transportation

NOTE: passengers must be in Cusco city if not will be an extra charge for transportation

2. CHACAN RAINBOW TEMPLE – CUSILLUCHAYOC HIKE. (Full Day)

Level : Demanding. Need good shape

Duration : 4---5 hours

Location : Cusco

Season : All year around

Departures : Every day upon request.

This hike offer a view of Cusco city and its country side also some high Andean landscape. Small up and down hills. Out off the tourist circuits, intercultural contact.

Itinerary description

We will pick you up from your hotel and drive for you for 15 min. through the paved road up near to Sacsayhuaman from where we will have a nice sight of the city of Cusco. On the route we will see, the peasants' houses, fields with different kind of crops, like potatoes, corn, barley and also some llamas coming to Cusco from the Andean villages along with their owners, all of them beautifully dressed for the photos with the tourists in Cusco City. At arrival, we will get off from the bus and start our hiking to the temple of the Rainbow, where we will see the spectacular rainbow, made by a small waterfall under the sun light. After watching this view we are going to cross a cave, following the stream, and then we go back to hiking to Cusilluchayoc Temple, for about two hours where there will be an hour for lunch. After lunch we will explore this Inca temple and caves. Then we will cross the last agriculture field and continue our hiking down to the city of Cusco visiting the old part of the city like the San Cristobal and San Blas neighborhoods. Finally, we arrive to our hotel. Throughout our hike we are going to see beautiful landscapes, Inca remains and the local people's costumes. Go back to Cusco.

Includes:

- English speaking guide
- Transportation
- Box lunch
- First aid kit with oxygen

Does not include:

- Entrance fee

NOTE: passengers must be in Cusco

2. SACRED VALLEY HIKING

1. PUMAHUANCA HIKE. (Full Day)

Level : Easy to moderate trek.

Duration : 3-- 4hours hike

Location : Sacred Valley of the Incas in Cusco Season : All year round

Departure : Every day upon request

This hike on the sacred valley offer a natural environmental and cultural interaction with local Andean people and Inca sites. Native Andean ecosystems and archeological sites

Itinerary description:

We pick you up from the hotel and take you to the Urubamba cemetery where we will visit an archeological place; after this we will walk along a path that goes along a brook of crystal clear waters flowing down from the snow of Puma-huanca. This area is always green and it is an ecosystem favorable for the abundance of birds, forests, and native flowers. Both the landscape and the archeological places will make your hiking an amazing adventure.

Before we arrive to the highest point we will find a small archeological complex, the Incan Racaqniyoc, which used to house former Incan settlers. After visiting this place, we will go back to Urubamba; at the end of the trail we will be met by our transportation that will take you back to the hotel.

Includes:

Professional English speaking guide

Private vehicle

First aid kit

Box lunch

Does not include:

Tips

Extras not mentioned in itinerary

2. HUCHUYQOSQO HIKE. (Full Day)

Level : Demanding, good physical condition required.

Duration : 7--8 hours hiking

Location : Chinchero--Lamay--Sacred Valley

Season : All year round

Departures : Every day upon request.

Spectacular high altitude trek. Andean landscapes and valleys. Archeological sites.

Itinerary description

We will pick you up from your hotel and drive you through the Andes, we will depart from Piuraylake near the Chinchero community to start hiking in the morning from the Cuper Alto community and capture the sunlight on Mount Verónica and the Vilcabamba range. The walk first is uphill, then downhill over the altiplano overlooking the snowcapped mountains, slowly descending to the Inca site of Huchuyqosqo. This place was a palace in Inca times and is well preserved with high Inca structures made of stone and adobe (mud-bricks). The beauty of these ruins is that they are built on the mountain top, with clear blue skies above and many streams running on either side. After relaxing in the shade of the Queñua trees (Andean Oak) while feasting on the prepared lunch, it will be time to continue on the hike. We will continue our trek across the open terrain and begin the zigzag trail down the face of the mountain, until we meet our vehicle at Lamay, which will take us back to Cusco in the early evening.

Includes:

English speaking guide

Transportation

Box lunch

First aid kit with oxygen

Does not include:

Entrance fee to Huchuyqosqo

NOTE: Trip starts in Cusco. An extra will be charged if passengers had to be picked up from the Sacred Valley, though no extra charge will be made if passengers are dropped in a hotel in the Sacred Valley; below I send you the additional if we have to pick you up from the Sacred Valley:

3. OLLANTAYTAMBO--CACHICCATA QUARRY HIKE. (Full Day)

Level : Demanding. Good physical condition required

Duration : 6-7 hours hiking

Location : Ollantaytambo – Sacred Valley

Season : All year round

Departures : Every day upon request

Spectacular hike to the lytic workshop and quarry of Ollantaytambo.

Spectaculars Andean valley and snow peaks views.

Itinerary description

Early in the morning, we will pick you up from your hotel and head to the Sacred Valley of the Incas. On the way, we will admire the imposing Urubamba range, along with potato fields belonging to the town of Chinchero. The route continues to the Sacred Valley of the Incas, driving through Urubamba, the most important province of the valley, heading then towards Ollantaytambo. Our hike will begin at the Inca Bridge over the Vilcanota River.

Our hike starts going up an Inca trail through terraces and tombs, until reaching the base of one of the most important mountains of the area, the Apu Buena Negra, a granite geological formation. Here a quarry is located from where the Incas used to get material to build the Ollantaytambo fortress, you will receive explanation about the process of working and transporting stones; in fact, on our way up, we will follow the very same path used to move massive rocks of several tons down to the fortress of Ollantaytambo. From the quarry of Cachiccata we will have an impressive view of the Verónica Mountain, one of the most important in the Urubamba range, as well as a great view of the Pakaritampu pyramid, based on the agricultural terraces, and the town of Ollantaytambo and its fortress. Here we will enjoy our box lunch, followed by our descent while we admire breathtaking views in the Sacred Valley of the Incas and its beautiful typical little houses, and its green corn fields, crossed and irrigated by the sacred river of the Incas. The hike ends at "El Rancho" in the nice community of Cachiccata's. The houses in this community were built on stone foundations, using adobes (mud bricks) to build houses of only one or two stories high, all with roofs made of straw. Transportation will wait for us in the community of Cachiccata, to take us to our hotel in Cusco or the Sacred Valley, or straight to the train station where we will take the train to Machu Picchu or just back to your hotel.

Includes:

English speaking guide

Transportation

Box lunch

First aid kit with oxygen

Price does not include:

Extra services not mentioned

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