

# *Coffee Trail & Machu Picchu*

**PERU**





# Explore Peru with us!

**Dates:** 7 - 12 September 2019

**Tour Operator:**

Responsible Travel Peru

**Starting point:** Taraputo

**Ending point:** Lima

**Costs**

**Tour:** €740

**Flights:**

approx. €300\*

\*Actual price depending on the flight prices at the time of booking. Since they will be booked through an agent, you will get a better price than when you would book your own flights.

For a detailed outline of expenses included in the Tour price and expected costs that are not included, see page 6.

## General Tour Itinerary

- |                          |   |
|--------------------------|---|
| • Saturday 7 September   | Tarapoto – Cusco - Ollantaytambo                  |
| • Sunday 8 September     | Coffee Route Day 1: Ollantaytambo - Huayopata     |
| • Monday 9 September     | Coffee Route Day 2: Huayopata – Huacayupana       |
| • Tuesday 10 September   | Coffee Route Day 3: Huacayupana – Aguas Calientes |
| • Wednesday 11 September | Machu Picchu ending the day in Cusco              |
| • Thursday 12 September  | Cusco – Lima                                      |

## Coffee Trail versus the Inca Trail

The coffee trail is part of the Inca Trail, but it avoids the part of the trail that is most well known and therefore very busy with tourists. By avoiding the part of the trail that is commonly referred to as 'the Inca Trail', we support small local businesses and keep the tourism in Peru sustainable and conscious. It is also more enjoyable as we will be able to enjoy the trail without getting stuck in overly touristy areas as much as possible.



### *Day 1: Saturday 7 September / Tarapoto — Cusco - Ollantaytambo*

We start our trip by taking the flight from Tarapoto to Lima and on to Cusco. Upon arrival in Cusco in the afternoon, our driver will be waiting for us. He will bring us right away to the Sacred Valley in the beautiful village Ollantaytambo, where we can get used to the high altitude.

We will stay at Hostel Iskay: a very nice boutique hostel with only seven double rooms. The garden is beautiful and all rooms have views of the ruins of Ollantaytambo! The rooms are small, but there is the possibility to upgrade to superior rooms for an extra charge.

### *Day 2: Sunday 8 September / Coffee Route Day 1: Ollantaytambo (1500 m)*



We will be picked up early in the morning in Ollantaytambo and drive to the Abra Malaga pass at 4300m and from there down to Huayopata. On the way we will experience different ecosystems and climates: from grasslands and glaciers to high jungle and banana trees.

Julia will be waiting for us when we arrive at our house. We have time to freshen up. The rooms each have a private bathroom with a shower with hot water.

In the afternoon, Julia or her husband José takes us for a walk around their property. We will get to know different types of coffee, fruit and cocoa grown there, try the fruits and make a juice out of them. We also get to make our own chocolate if Julia has some cocoa (the season is short)!



### *Day 3: Monday 9 September / Coffee Route Day 2: Huayopata — Huacayupana (1650m)*

After a delicious breakfast, it's time to say goodbye to Julia and her family. Together with our guide, we travel towards Santa Maria to the starting point of our hike. From here we walk along a path with beautiful views to Alejandro and his family's farm and his family. Alejandro's wife Elvira will welcome us with a delicious lunch.

In the afternoon, Alejandro, one of Peru's best coffee specialists, will show us his coffee plantation and explain the process of making coffee: from the bean harvest to your own cup of coffee.

We spend the night in Alejandro's simple but cozy guesthouse.



### *Day 4: Tuesday 10 September / Coffee Route Day 3: Huacayupana — Aguas Calientes (2100m)*

After breakfast, we hike for about four hours from Alejandro's house to Santa Teresa. If the water level of the river allows it, we will hike along a beautiful path that runs along the riverbank. On the way we cross the river with a cable car. Please let us know in advance if you have a fear of heights.

When we arrive at the hot springs of Cocalmayo (about 10 minutes before Santa Teresa), we have time to relax before taking a taxi to Hidroelectrica Station. From here we continue to Aguas Calientes and either walk about 2.5 to 3.5 hours along the train tracks or take the train. This can be decided on site.



We will enjoy a lunch either in Santa Teresa or at the train station (not included). In Aguas Calientes we can enjoy dinner in one of the many restaurants (not included) before we go to bed early so we can get to Machu Picchu as early as possible the next day! The gates open at 6:00 in the morning.



### *Day 5: Wednesday 11 September / Machu Picchu (2430m)*

From Aguas Calientes, we take the early morning bus to Machu Picchu, also known as "The Lost City of the Incas". At an altitude of 2430m, Machu Picchu is spectacularly high above the Urubamba River. It was built by the Incas for their Emperor Pachacutec around 1430 AD and strategically located between the deep gorges and impressive mountains called Apus (mountain gods of the Incas). In the morning we will have a two to two and a half hour tour in Machu Picchu, after which we can explore the site on our own.

Our tip is to climb the Machu Picchu mountain instead of the over visited Huayna Picchu. Machu Picchu Mountain is a bit higher (one and a half hours ascent) and offers great views over Machu Picchu, Huayna Picchu (see picture above) and the Urubamba River in the valley. In addition, the nature that surrounds the path is fantastic and less crowded.

In the afternoon, we take the train back to the Sacred Valley in Ollantaytambo and from there we travel by private transport back to Cusco.

## *Day 6: Thursday 12 September / Cusco — Lima*



In the morning you can explore Cusco on your own. We will stay at hotel Qenqo from where you can walk to Sacsayhuaman: impressive ruins with a wonderful view of the city. Another area that is nice to explore is the San Blas area, or you can visit the famous Sun Temple (Qorikancha).

In the afternoon we go to the airport, from where we fly to Lima.

### *Included in Tour & Flight Price*

#### Day 1:

- Flight from Tarapoto via Lima to Cusco
- Private transport from Cusco airport to Ollantaytambo
- Accommodation in Hostal Iskey in a double room

#### Day 2:

- Transport from Hostel Iskey in Ollantaytambo to Julia's house in
- Lunch, Dinner and activities
- English guide
- Accommodation at Julia's house

#### Day 3:

- Private transport from Julia, via Santa Maria, to the starting point of our walk
- English guide
- Breakfast, Lunch and Dinner
- Activities
- Accommodation in a double room at Alejandro's house

#### Day 4:

- Breakfast
- Accommodation at Killa Inn in Aguas Calientes in a double room

#### Day 5:

- Bustickets from Aguas Calientes to the entrance of Machu Picchu (back and forth)
- Entrance macho Picchu and Machu Picchu Mountain
- Machu Picchu tour with English guide
- Train from Aguas Calientes to Ollantaytambo
- Private transport back to Cusco
- Accommodation in a double room

#### Day 6:

- Transfer to the airport

### *Not included in Tour & Flight Price*

- Transfer to Tarapoto airport
- Dinner in Ollantaytamboon day 1. There is a nice organic restaurant El Albergue where we can go together for dinner.
- Snacks outside the meals
- River crossing with cable car
- Entrance fee for hot springs (optional)
- Taxi's or other public transport (train / bus)
- Lunch and dinner on day 4
- Breakfast and lunch on day

Expected costs are between €150 - €200

### *Booking Details*

Please note there are only 8 spots available for this trip. In order to book your trip a full payment of the tour package is required.

On 15 February your flights will be booked and you will be informed about the costs of your flights and requested to complete the payment before they are actually booked. It is possible that the price of the flights go up closer to the date of the trip, which is only relevant if you book after 15 February. Once your flights are booked, prices can not change anymore.

For the booking conditions, please follow this link:

<https://www.globalflowretreats.com/booking-policy>

For the cancellation policy, please follow this link:

<https://www.globalflowretreats.com/cancellation-policy>

Please note that the trip can only be booked in combination with the retreat.

To complete your booking, please follow this link:

<https://globalflow.secure.retreat.guru/program/creating-magic-in-passionate-peru-yoga-sustainability-retreat/?form=1&lang=en>

*See You in Peru!*