

Kat's Great Adventures

Peru - Peru by Bicycle Tour 2023
Guided Tour
10 Days / 9 Nights



Peru is a land of mysteries, legends, and ancient cultures. Step into the past as you discover the country's different traditions that people have preserved and still practice today. Surround yourself with impressive landscapes: from the arid desert and sand dunes on the coast, the snow-capped mountains and volcanoes in the Andes, to the lush Amazon rainforest. Indulge in incredible gourmet meals, fresh seafood and ceviche, or try unique fruits, different types of potatoes, and exquisite chocolate. Whether you enjoy culture, adventure, or nature, your experiences in Peru will become memories of a lifetime.

Itinerary Day to Day

Day 1: Arrival in Lima

You will be welcomed at the airport and driven to your hotel in Lima. Lima, also known as the “City of Kings”, was founded in 1535 by the Spanish conqueror Francisco Pizarro. Located directly on the Pacific coast, Peru’s capital city is a melting pot of cultures where you will encounter people, flavors, and history from different regions. The bustling metropolis has something for all tastes and ages: indulge in exquisite, internationally-praised cuisine, catch some waves on the coast, visit museums, and stroll around the historical center or the bohemian district of Barranco.

Day 2: City Tour Lima with optional Bicycle Tour 11.7 km

In the historical center, admire the colorful colonial architecture around the “Plaza San Martín” and the main square “Plaza de Armas”, where you can also see the Government Palace, the Cathedral, and the Municipality. From here, visit the San Francisco Monastery and discover its underground maze of tunnels and catacombs. Finally, head to Lima’s contemporary districts, Miraflores and San Isidro, that combine beautiful parks, such as “El Olivar” and “Parque del Amor”, shopping centers, and modern architecture. End your tour at the Larco Museum and appreciate over 45,000 objects including pre-Columbian ceramics, textiles, gold and silver pieces. Don’t miss the museum’s

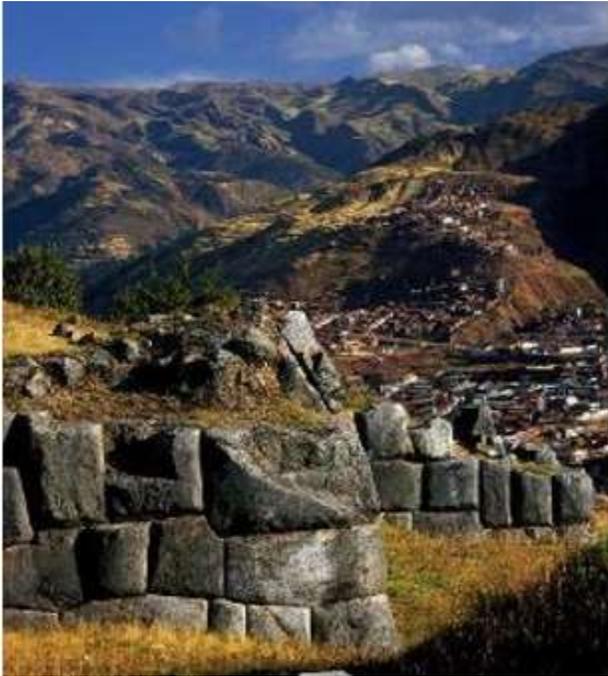


famous and unique erotic ceramics collection from the Mochica culture. Optional: Bike and Food Tour in Barranco (4h 30 min) Begin your culinary bike tour at a typical Peruvian market. Admire the colorful stands filled with national products and taste exotic fruits. Bike along the “Malecón” and admire the coastal views. Stop for lunch and try a national dish called “ceviche”: raw fish marinated in lime juice. A little further, indulge in a dish known as “lomo saltado”: stir fry strips of sirloin with onions and tomatoes. End your tour with a sample of craft beers.



Day 3: Lima - Cusco Cusco Walking City Tour 3.5 hours

You will be picked up from your hotel and driven to the airport for your flight to Cusco. You will be welcomed at the airport and driven to your hotel in Cusco. Start your walking tour at the “Plaza de Armas” and visit the impressive renaissance style Cathedral. Make your way through small alleys edged with Incan walls until you reach Koricancha, the temple dedicated to the sun, “Inti”. Believed to be the most important temple for the Incas, it was destroyed by the Spanish conquerors in the 16th century. Its foundations were used to build the Catholic Church Santo Domingo, marking an evident clash of cultures.



Day 4: Biking Yuncaypata Cusco 4 hours, 2.5 hours biking

You will be picked up from your hotel and driven to the high valley of Cusco, the Corao Pass, we will pass through the mountains that divide Cusco from its most famous Valley renowned for its fertile soil and the sacred river all this combined with its traditional people. We will bike on a Dirt-road crossing an impressive landscape through highlands of our city, crossing potato and quinoa crops, and enjoying of the fresh air away from Cusco city, we will finally end this adventure in the district of San Sebastian at Noon and you will be taken back to your hotel.

Optional: Tour to the nearby ruins of Cusco 3 hours

Journey into the past as you explore the different Inca ruins around Cusco. Start at Sacsayhuamán, the Inca ceremonial fortress dedicated to the sun. Admire the gigantic rocks used to build the site and the way they were perfectly fitted together: some are as high as 8.5 meters and weigh up to 200 tons. Nearby, head to Qenqo, a temple carved in a gigantic monolith. Admire the tunnels and chambers that were hand carved by men thousands of years ago. Visit the Puca Pucara fort. Its strategic location, large walls, terraces and stairs was a

military checkpoint for Inca Empire. End your tour at the Inca Baths known as Tambomachay and learn about the aqueducts and channels that allow the water to flow naturally.

Optional: Culinary experience at night 2 hours

At the determined time, pick up from your hotel and take a walking transfer to the start point of the tour. You will be welcomed by our Chef with a traditional Pisco Sour and will give you a short introduction about the Peruvian culinary culture. At Uchu restaurant you will enjoy an Amuse Bouche. After that you will start walking through the main Cusco streets talking about the different concepts of our gastronomy. In a next stop you will taste the Andean Tamales. We will also talk about the African influence in our gastronomy and will taste Anticuchos. After that we will finish our culinary experience tasting one of the most popular desserts: Picarones.

Day 5: Cusco – Biking tour South Valley – Tipon to Huarpacay Lagoon 5 hours, 2.5 hours biking

This biking tour is known for combining beautiful natural landscapes, Lake Huacarpay, Inca architecture in Tipon, pre - Inca Wari architecture in Pikillaqta and a beautiful bakery village of Oropesa. We leave Cusco towards Tipón in the south valley of Cusco, where we can make a brief visit to the archaeological complex. We will start pedaling along a dirt road to the colonial town of Oropesa, where most of the bread consumed in Cusco is currently made, then we continue towards the lagoon of Huacarpay, a circuit where we can observe the different birds, of which this lagoon is its habitat, as well as the archaeological remains around it. To conclude the tour we can go as well to the archaeological complex of Pikillaqta place where the bus awaits for our returning to Cusco.



Day 6: Cusco Bike tour Chincheros, Urquillos and Lares full day

A fascinating bike ride, beginning in Chincheros Inca town, an Andean village renowned for its original textiles and ending in the Sacred Valley. The challenging bike route follows a downhill line which meets the Vilcanota River in the Sacred Valley. Our guides and equipment will pick you up from your hotel between 8.00 and 8:30 am, and you will be transported to Chincheros, 40 minutes away from Cusco or away from the valley. Here we will start our mountain bike adventure enjoying lovely views of Chincheros Archeological Site. After only 20 minutes of smooth riding we will get to the top of the mountain and from here we will start the downhill ride for approximately 1.5 hours until we cross the bridge over the Vilcanota River. Continuing the bike adventure we

will be taken by car to the pass of Lares over 4000 meters above sea level. From this high point begins our descent towards Calca. It will take two hours to complete the route. A boxed lunch will be provided between these two sections.

Day 7: Cusco - Yucay Biking over Huaypo, Maras and Moray 7 hours, 4 hours biking

Early pick up from your hotel and transfer to Huaypo Lagoon, where we will receive an orientation talk from our experienced tour guide and then we can start with our bike ride to Cruzpata. On our way we will observe incredible Andean and snowy peaks, which are part of the Vilcanota range. We will feel like part of the colorful farming crops and very picturesque small towns. Then we will visit the town of Maras and the terraces of Moray agricultural experimentation site. The first part of our journey ends in Moray where we will take our picnic lunch. After a short rest, we will follow a path that descends towards the impressive salt mines of



Maras, where we will have a guided tour. After the tour you will be transferred to your hotel in the Sacred Valley. The Sacred Valley, located at approximately 2,800 meters in the Peruvian Andes, was the heartland of the Inca Empire. Bordering the Urubamba River, its fertile soils were ideal for maize production, which was an esteemed crop and key ingredient to make "chicha", a fermented maize drink highly consumed by the Incas during festivities and ceremonies. As you drive through the winding roads, stop to explore many fascinating ruins, citadels, and agricultural terraces. Some of the Sacred Valley's favorite attractions include Pisac, Ollantaytambo, Maras, Moray, and the weaving village of Chincheros.



Day 8: Yucay - Machu Picchu - Cusco

You will be picked up at your hotel and taken to the train station of Ollantaytambo. Here, board the panoramic train and enjoy the stunning Andean views filled with small communities and snow-capped mountains in the Sacred Valley. When you arrive to Aguas Calientes, the small village nestled at the bottom of Machu Picchu, take the shuttle bus up to the ancient citadel. Learn about the Inca civilization, the site's discovery, and the different theories on this mysterious and spectacular archeological site. After this incomparable day, take the bus back down to Aguas Calientes and then continue with the train. You will be picked up at a given time at Ollantaytambo and brought back to Cusco.

Day 9: Free Day in Cusco

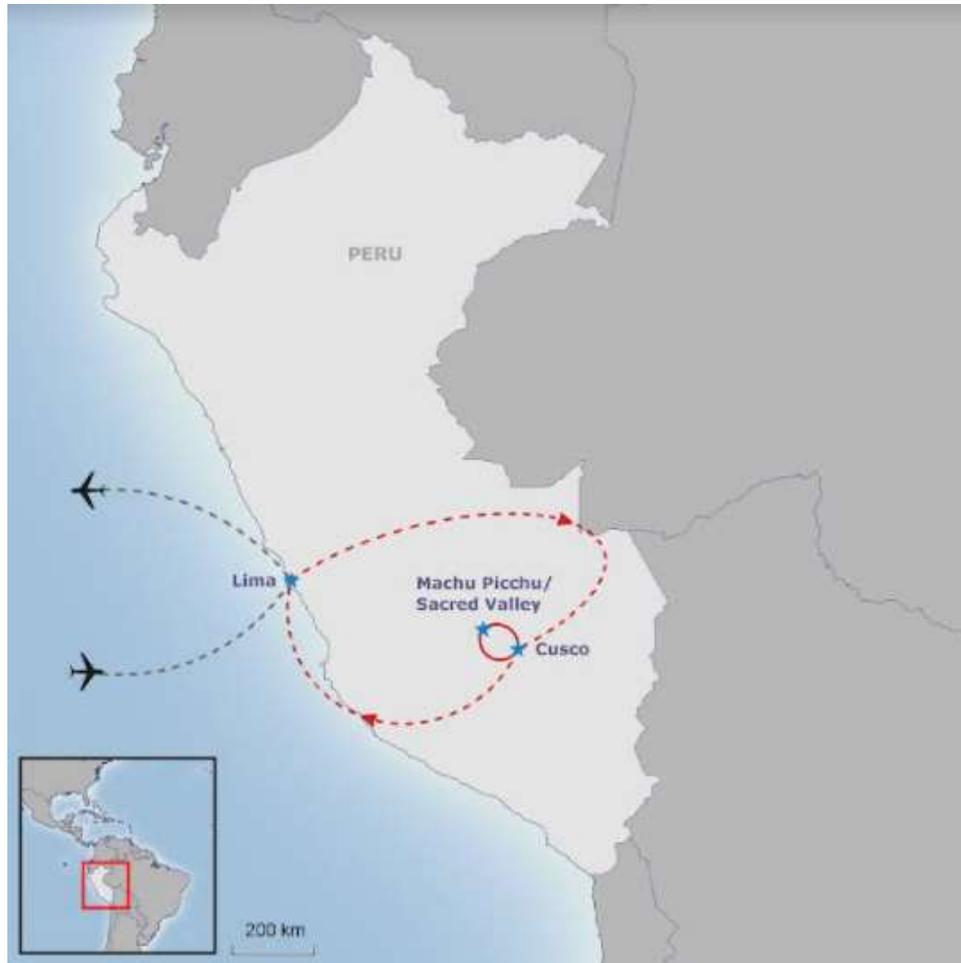
Enjoy a day at leisure and explore the city at your own pace.

Day 10: Departure

You will be picked up from your hotel and driven to the airport.



Route



Technical Characteristics:

Tour Profile: Easy. The tours and routes require physical effort, as well as a good state of health and experience in handling and riding bicycles. It will be the guide's decision to allow the passenger to continue with the tour, if he sees cause for concern he will ask the participant to continue the day in the transportation.

Travel Season: Departures on request from January 2 to December 20, 2023



Price per Person:

| | |
|---|----------------|
| Double Occupancy | \$ 2350.00 USD |
| Single Occupancy | \$ 2750.00 USD |
| Bike and Food Tour in Barranco on Day 2 | \$ 105.00 USD |
| Culinary Experience at Night on Day 4 | \$ 90.00 USD |
| Tour to the Nearby Ruins on Day 4 | \$ 55.00 USD |

*Group rates available for this tour. As this is a guided tour, the pricing improves with more people participating. Please ask us for details

Accommodation:

3* hotels and haciendas, all with private washrooms.

Included:

- 9 nights' accommodation
- Meals mentioned in the tour description (9x breakfasts and 2x lunches)
- All guiding services
- Luggage transfers between hotels
- Entrance fees
- Tax and service charge at the hotels
- Mandatory luggage handling fees at the hotels based on one piece per person
- Rental of hybrid or electric bicycle

Not Included:

- Optional tours
- Cusco tourist tax \$ 46.50 USD per person
- Domestic airfares
- Airport taxes
- Personal expenses
- Extras at the hotels
- Drinks during meals if not otherwise mentioned
- Non-mandatory tips

Bikes

Trek Aluminum



- **Frame:** Alpha Silver Aluminium, internal routing, chainstay disc-brake mount, rack and kickstand mount, 135x5 mm QR
- **Fork:** RockShox Judy, coil spring, preload, TurnKey lockout, 100 mm QR, 80mm tr
- **Number of Gears:** 10
- **Gear Shifters:** Shimano Deore M4100, 10 speed
- **Chainset:** FSA Alpha Drive, Boost, XS, S, M 170mm length,
- **Chainrings:** 28T
- **Rear Cassette:** Shimano Deore M4100, 11-46, 10-speed
- **Chain:** KMC X10, 10-speed
- **Rear Derailleur:** Shimano Deore M5120, long cage
- **Bottom Bracket:** FSA, 73 mm, threaded cartridge, 122.5 mm spindle
- **Pedals:** VP-536 nylon platform
- **Rims:** Bontrager Kovee, double-wall, Tubeless Ready, 28-hole, 23 mm width, Presta valve
- **Front Hub:** Formula DC-20, alloy, 6-bolt, 5x100 mm QR
- **Rear Hub:** Formula DC-22, alloy, 6-bolt, Shimano 8/9/10 freehub, 135x5 mm QR
- **Front Tire:** Sizes M, ML, 29x2.2"
- **Rear Tire:** Sizes M, ML, 29x2.2"
- **Brakes:** Shimano MT200 hydraulic disc
- **Handlebars:** Bontrager alloy, 31.8 mm, 5 mm rise, XS 690 mm width, all other sizes 720mm width
- **Handlebar Grips:** Bontrager XR Trail Comp Nylon Lock-on
- **Headset:** Semi-integrated, 1-1/8"
- **Stem:** Bontrager alloy, 31.8 mm, Blendr-compatible, 7-degree, XS 50mm length, S 60mm, M 70mm, ML, L 80mm, XL, XXL 90mm
- **Saddle:** Bontrager Arvada, steel rails, 138 mm width
- **Weight:** M 13.77kg/30.35lb (with tubes)