



Spirit of the Andes Trek, June 2011

June 11: Flights from the US arrive in Lima. The Continental flight arrives at 1025pm. We'll have a van and driver waiting to pick us up at the airport and deliver us to a local hotel where we can rest until our morning flight out to Cuzco.

June 12: Early continental breakfast, then we return to the airport for our flight from Lima to Cuzco, I am arranging and will quote separately for the flights. From the Cuzco airport, we will proceed by private van the Sacred Valley village of Ollantaytambo and check into a hotel. The Hotel Pakaritampu has beautiful grounds and a great restaurant an you will not want to leave. After a rest, time permitting, we will have out local guide take us to the Ollantaytambo fortress Inca site, and then explore this old Inca village where people still live in house dating back to Inca times.

We'll meet up later for a nice Peruvian cuisine dinner.

June 13: We board a train to travel along the Vilcanota River into the rainforest to the deep valley where Machu Picchu is located. Once we reach the village of Machu Picchu Pueblo, we take a shuttle bus up to the Machu Picchu National Park site and our guide will take us around the site for an in-depth tour. There will be ample time to explore this huge area, with time to hike to the Sun gate or climb a Machu Picchu mountain.

We return to Machu Picchu village (aka Aguas Calientes) and meet up at a special Peruvian French restaurant.

June 14: We rise early for a return to Machu Picchu and a chance to climb Wayna Picchu Mountain and a spectacular view of Machu Picchu. Other options are available such as a hike to Machu Picchu gardens or climbing the spectacular Putukusi. Then we return by train to Ollantaytambo and begin preparing for our trek in the morning. We meet a a local restaurant for a briefing of our trek and a nice dinner with my friend Raul.



June 15, 16, 17: This trek has been selected for those wishing to experience first hand the traditional lifestyle of remote Andean hamlets, accessible only on foot. Moving between these communities entails crossing high passes that provide some of the most striking views of the ancient glacially sculpted landscape that is the high Andes. The remoteness of the paths means that you will be away from the crowds and encountering Andean life at its most natural. We try to ensure that some of staff will be from the area, thereby facilitating your access to a complete cultural experience. We only ask that you respect their customs and way of life under the guidance of your leader.



This is a more remote trekking experience offering spectacular mountain scenery and is suited for the more experienced trekker since it includes 3 passes over 4200m. The trek starts in the small village of Quishuarani and then climbs to a high pass offering great views of snow-capped mountains and the turquoise Quellacocha lakes. The trail then drops down to the village of Cuncani. However

instead of continuing to Patacancha the trail turns to the left (West) and skirts the base of Nevado Pumahuanca and past the beautiful Lake Aruraycocha before descending to the small village of Yanahuara in the Sacred Valley.

At the end out van will meet us and we then return to the Inca capital city of Cuzco. In Cuzco, time permitting we have a chance to see Inca historical sites. (Groups choice, entry fees to museums or archaeological site will be extra). The Farewell dinner at a local restaurant will be unforgettable.



We overnight at Hostal Marani, a small local hotel supporting the HoPe foundation <http://www.stichtinghope.org/> Please check their website and consider a donation. They help support education for the mountain people.

June 18: Depending on our flight dates and times, we may get to visit a local market and museums. Our driver will deliver us to the Cuzco airport for our flight to Lima and US connections.
June 18-20 Options to stay and enjoy the Cuzco area or Lake Titicaca, or the Bolivian border area

Trek " 3 days "Spirit of the Andes"

Includes 3 day trek with local guide, llamas for packing, porters, cook, tents ground pads, all necessary equipment

Each person is responsible to bring a sleeping bag (rec. 20 degree or below), day pack, water bottles, personal items.

Hotels beginning June 11, double occupancy. Single occupancy will be an extra charge and must be reserved well in advance.

All meals, inc tip, when taken with group, includes restaurants and trek.

All transportation to trek, hotel etc. including train between Ollantaytambo and Machu Picchu Pueblo

Entrance tickets to Machu Picchu, and shuttle service

Services of One Moon trip leader from starting and ending in Cuzco

One Moon donates one sleeping bag per porter and guide on trek and a portion of our proceeds to the HoPe foundation

Not included:

Entrance fee and shuttle to Machu Picchu the 2nd day, optional

Tips for guides, porters, cook, Llamalleros

Sleeping bag

TREK details:

**TREK QUISHUARANI - YANAHUARA :(2nd option Lares trek)
3 DAYS/ 2 NIGHTS.**

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Distance: 46km

Duration: 3 days

When to go: Best from April to October

Altitude: 2700m to 4500m

Difficulty: Moderate

Day 1: Cusco - Quishuarani (Lares) - Cuncani - Yanacocha 3800 masl

Scenic drive through the Sacred Valley, passing through Pisac and stopping for a brief toilet break and the chance to buy any last minute snacks, water, etc in Calca, one of the towns in the valley. Departing Calca around 06:35 we head off for the scenic drive to Quishuarani (3,700m /12,150 ft) which is the starting point for the trek. Along the way you will be able to observe small Andean communities, spectacular mountain landscapes, herds of llamas and alpacas plus Campesinos (people of the local villages) in colorful costumes as is traditional with all villages around Lares major district.

A breakfast will be served before starting the trek with arrival to Quishuarani before 10am, where we will meet our arriero horses, handlers and trek staff. We commence our beautiful trek through the Andes with a gentle climb from 3700m to 4200 masl where we will arrive at the lagoon named Queuña Cocha and can observe Mount Sawasiray (5400m) and Colque Cruz (5600m). There is then a short, steeper climb to our first pass, Hualcajasa (4400m) where Mount Veronica (5700m, a sacred Apu mountain in this Valley) can often be observed in the high mountains, after which we descend for 30 minutes to reach our lunch destination beside the picturesque 'seven lagunas'. Following lunch we descend for a further 30 minutes through the community of Cuncani, then gradually ascend beautiful hillsides for 2 hours to reach our second pass, Qolqecasa (4200m). 30 minutes descent from here past lagunas and waterfalls till we arrive at Yanacocha, our campsite for the night around 4.30pm. **Walking distance approx 14km (6-7 hours)**

Day 2: Yanacocha - Huacawasi - Mantamay 3900 masl

After our 6.30am breakfast we leave Yanacocha and will gradually descend for approx 2 hours until Chaqchapata (3950m). We will be able to observe potato crops, flocks of

llamas and alpacas developed in this part of the Andes (part of the cameloid family) and the local communities of people who continue living in houses made of stones. Along the slope we can observe the campesinos of Chaqchapata and 30 minutes further on of Wakawasi. We then ascend for approximately 1 and a half hours to our lunch destination on the 'spongy grass' by a glacial stream, Champacocha. After our lunch rest we ascend for approximately an hour to reach the highest point of our trek, the passage of Auroraqasa (4600m) where we will observe the lagoon Auroracocha. >From Auroraqasa we will descend to walk near two lagoons & traverse one more pass to enter the valley of Queuñas. We will notice a wide change in scenery before arriving at our beautiful campsite in Mantanay (3900m) after approx 2 hours.

Walking distance approx 16km (7-8 hours).

Day 3 Mantanay 3900m to Yanahuara 2700 masl

After breakfast we start our walk at 7:30 am with a much easier day ahead as we descend to lower altitude & enjoy amazing views of part of Moray Maras and Salineras, mountains and the queuñas bush valley. You will notice the sudden change of weather and environment & observe local campesinos farming different crops of corn, potatoes and local vegetables to sell later in villages in the Sacred Valley. This walk will take approx 4 hours to reach the picturesque village of Yanahuara (on Urubamba Valley) where we enjoy the last lunch in our trek and farewell our staff, arrieros horses, handlers, cooks and assistants.

