

# Peru Bike

Bike from Lake Titicaca to Machu Picchu in 5 days



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Peru is frequently referred to as the 'land of the Incas' and has some of the most spectacular and varied scenery in South America. The Peruvian Andes are arguably the most beautiful on the continent and the mountains are home to millions of highland Indians who still speak the ancient tongue of Quechua and maintain a traditional way of life.

Our stunning 5-day biking route will take us from Lake Titicaca the world's highest navigable lake standing at 3820 metres to the lost city of Machu Picchu; Peru's most famous Inca ruin, which had been abandoned to the forest for over 500 years until it was re-discovered in 1911 by an American historian Hiram Bingham.

This is a tough cycling challenge that takes us across remote altiplano, through Andean villages and past incredible snow capped mountains. Along our route we will also visit several spectacular Inca ruins and colourful Andean villages. At the end of the trip we spend time in the beautiful colonial city and ancient Inca capital of Cusco.

An incredible journey taking in the highlights of Peru from your saddle!



# Detailed itinerary

## Day 1: Depart London

Depart London for Lima where we will have a welcome reception and transfer to overnight hotel.

## Day 2: Lima to Lake Titicaca

Transfer to Lima airport and fly to Juliaca airport, Lake Titicaca. Here we will meet our guides and transfer to Puno, the folkloric capital of the antiplano. Puno lies just across from Bolivia on the world's highest navigable lake at 3,820 Metres. At altitude it is best to just relax and enjoy watching the world go by in order to best acclimatise to the rarefied air of the Andes. We will go for a short and very gentle orientation walk around the beautiful centre of Puno. Then in the evening we will sample one of the many good restaurants that Puno has to offer.

## Day 3: Acclimatisation day

We have the change to take a morning trip to the famous Uros islands. The Uros Islands on Lake Titicaca are made of piles of reeds on which the Uros people still live, they continue to practice traditional crafts; and fishing on the lake. Visitors have to be careful that they don't stand still in one place for too long - to avoid slipping through the reeds!!

## Day 3: cont.

We will then return to Puno. In the afternoon we will have an optional excursion to pre Inca ruins at Sillustani. Sillustani is an ancient burial ground near lake Titicaca where tombs shrouded in symbolism are built above the ground. We recommend a quiet afternoon exploring the centre of Puno and its many artisan shops assisting with your acclimatisation.

## Day 4: Puno to Juliaca (50km, Altitude 3800m)

We have the morning free in Puno to grab any last minute bargains, before transferring by bus to the outskirts of Juliaca where we will have lunch whilst we customise your bikes and fit them to individual requirements. In the afternoon we will start gently cycling through the altiplano towards our first campsite near some ancient Inca ruins.



## Day 5: Over the high pass (80km, Altitude 3800m – 4100m)

Setting off in the morning for a full day on our bikes we will continue cycling through the altiplano getting a better understanding of the local culture and way of life. Passing herds of alpacas and llamas with their shepherds in attendance we will head to our lunch spot before continuing to our campsite just before the highest point of the trip the Abra La Raya.

## Day 6: Up and down to Rachi (80km, Altitude 4200m – 4500m - 3800m)

A short but tiring day where we climb the final short section of the pass. Arriving at Abra La Raya (4500m) we will have a well-earned break and take some photos for what for most people will be the highest point on terra firma in their lives. We then enjoy a long freewheel down the far side of the pass before having our lunch beside some spectacular hot springs. In the afternoon we have a generally downhill bike to the town of Rachi where we camp nearby some spectacular Inca ruins.

# Detailed itinerary

## Day 7: The Long Stretch to Huambutio (100km, Altitude 3800m – 2900m)

Another beautiful days biking where we start leaving the altiplano down into the more fertile region approaching the famous Sacred Valley of the Inca's. At the head of the Sacred Valley of the Incas we turn off the main Puno to Cusco road and camp beside the Rio Urubamba near the village of Huambutio. A beautiful day of biking, generally downhill with some stiff uphill sections to stretch our legs. As we lose a bit of the altitude, our lungs begin to work even if our legs are beginning to feel a bit tired!

## Day 8: The final leg to Ollantaytambo (80km, Altitude 2900m – 2800m)

Our final days biking brings us through the Sacred Valley of the Incas past the beautiful market town of Pisac and through the famous town of Urubamba (from which the river we follow gets its name), before we arrive at our destination for the night Ollantaytambo. This sleepy little town 50kms from Machu Picchu is of great historic interest as it's still very much how the Inca's left it, with its superb ruins and unchanged streets the citadel served as both a temple and a fortress.

## Day 9: Machu Picchu

A highly recommended optional early morning train transfer to Aguas Calientes for our day trip to Machu Picchu or for those not visiting the ruins, we will transfer back to Cusco where you can relax or shop for last minute gifts. We will all then meet up back in Cusco and have a final farewell dinner to celebrate our achievements and for those with the energy explore Cusco's amazing nightlife!

## Day 10

Transfer to Cusco airport for our flight back to Lima. Overnight flight back to London via Madrid.

## Day 11

Arrive London.

*© Ultimate Challenges. This itinerary is complex and subject to change*

## Challenge grade

Tough

## Best time of year

April, May, September or October

