



# PROJECT DOSSIER

## *IN THE FOOTSTEPS OF THE INCAS*

CUZCO to LA PAZ  
OR  
LA PAZ to CUZCO  
15 days  
1000 kms including 35 kms trekking  
(approx.)

**Peru, Bolivia**



### **Itinerary Guideline**

#### ***CUZCO to LA PAZ***

- Day 1:** Cuzco, capital of the Inca Empire. Markets, colonial architecture and preparation for the Inca Trail.
- Days 2-6:** Hike the Inca Trail, hill forests and misty highlands to Machu Picchu - last mountain citadel of the great Incas.
- Days 7 & 8:** Cuzco & the Urubamba valley - fast rivers and steep terraced farmlands, to the great sites & fortress villages of the Incas.
- Days 9 & 10:** Through the Andes & wild Altiplano 4,000m, llama pastures & Indian villages to Puno on the shores of Lake Titicaca.
- Days 11-13:** By boat onto the still waters of Titicaca to floating reed islands. Overnight on Amantani Island as guests in homes of Indian families. Drive round lake to Copacabana.
- Days 14 & 15:** Ferry across lake in Bolivia, dramatic cliff road descent into La Paz. Day spent exploring the unique, steep back streets & Indian markets of the old city.

#### ***LA PAZ to CUZCO***

- Day 1:** In La Paz. Steep back streets & Indian markets of the old city.
- Day 2:** Cliff road from La Paz up to rim of Altiplano Plateau & Lake Titicaca. Ferry across lake to Copacabana & Peru.
- Days 3-5:** Drive round lake to Puno. By boat onto the still waters of Titicaca to floating reed islands. Overnight on Amantani Island as guests in homes of Indian families.
- Days 6-8:** Through the Andes & wild Altiplano 4,000m, llama pastures & Indian villages to Cuzco - royal capital of the Inca Empire.
- Days 9-12:** Hike the Inca Trail, hill forests and misty highlands to Machu Picchu - last mountain citadel of the great Incas.
- Days 13-15:** The Urubamba valley - fast rivers and steep terraced farmlands, to the great sites & fortress villages of the Incas. Return to Cuzco.

## Highlights & Route

### PERU

Cuzco is the ancient centre of the Inca Empire at 3,500 m in a natural hollow of the mountains. The population is still mostly Indian; the streets are lined with perfect Inca stonework - arches, entryways and walls of such solid construction that they were incorporated into both colonial and now modern architecture. Few places can match this remarkable town where 1,000 years of history opens at every turn. From Cuzco we travel to the Urubamba Valley en route to the starting point of the Inca Trail. (Optional half-day white water rafting on Urubamba River, approx. US\$ 30).

#### Hike the Inca Trail to Machu Picchu.

**Day 1:** Drive to Chilca & meet porters. 4 hours walking to ruins of Llactapata.

**Day 2:** Approx. 6 hours walking. Hardest day, starting with an easy hike up to Huayllabamba from where trail climbs steeply through forested hills to top of pass at 4,200 m. Spectacular views. Descend to Pacamayo.

**Day 3:** Approx. 6 hours walking. Easier ascent to ruins of Runkuracay and Sayacmarca. Then easy going through patches of light jungle and open tracts of wild flowers and shrub. All around are the misty jungle shrouded mountains above the steep gorges of the Urubamba. Reach Winay-Wayna, well preserved ruins of an Inca village.

**Day 4:** 2 hours hike over steep paths and narrow bridges to stairway of the Sun Gate and Machu Picchu - lost city of the Incas. This their last and distant stronghold atop a high mountain was never discovered by the Conquistadors. It remained hidden and empty in the mists until traced in 1911 by the explorer Hiram Bingham. Descend to the Urubamba River - the lodge & hot springs at Aguas Calientes.

**Day 5:** By train along the winding banks of the Urubamba River, and a switchback ascent to Chilca.

We visit the Inca sites, colossal stoneworks of the fortress at Sacsayhuaman, the mountain top temple and village at Pisac and Ollantaytambo in the Sacred Valley of the Incas. Then into the high Andes & the treeless windswept Altiplano at 4,000m, with its scattered Indian settlements & farms & highland pastures of the llama & alpaca. From here to the deep blue waters of Lake Titicaca, legendary birthplace of the Sun God. By

motorboat onto the lake, to the floating reed islands of the Uros and Aymara Indians, village settlements in perpetual drift across the waters. We stay overnight on Amantani Island as guests in the houses of Indian families. From Puno, famous for its llama and alpaca ponchos & wool goods, we drive along the lake's western shores to Copacabana before taking the ferryboat across the southern inlet to:

### BOLIVIA

To stunning canyon edge views down over the city of La Paz - the world's highest unofficial capital at 3,550 m. Dominated by the snow peaks of Mt Illimani, La Paz hangs to the lower canyon slopes below the Altiplano rim. The Spanish chose this site in 1548 for its protection from the bone chilling winds. Government, business and shopping areas cluster along the Choqueyapu River, vying with elegant residential districts for flat ground. Above, in the winding terraced streets of the old city, vendors sell spiced foods and fresh contraband, woodcarvings, alpaca rugs and devil masks, herbal potions and the bizarre ingredients of witchcraft's recipes.

### PLEASE NOTE

The above is intended as a guide only and to indicate a typical itinerary and its highlights. While our intention is to adhere to this, it should be understood that group interests and wishes together with the constraints of weather, road conditions and local restrictions can alter our exact route, its activities and timings.

### GROUP SIZE

18-24 max. including Encounter staff. Local guides will be employed at certain places of interest where their knowledge is advantageous to our visit.

### PHYSICAL DEMANDS

15 days spent at altitudes of 3,400-4,500m. Some effects of oxygen deprivation will be felt by all. The Hike of the Inca trail involves 4 days of moderately difficult walking at 3-4,000m through humid & forested mountain terrain.

### THE LOCAL PAYMENT (as in the brochure)

This is the payment made to the Project Leader at the point of departure. This payment must be made paid in US\$ dollars, either in cash notes or recognised Travellers Cheques. This payment completes the total inclusive price of the project. This amount will be utilised by the project Leader to cover a proportion but not all of the 'on the

ground' running costs of this project. There are no hidden extra payments.

### INCLUDED IN PROJECT COST

Transport, camping equipment & supplies, food (except as noted under Meals Cooking & Food below), travellers hotels in Cuzco & La Paz, local guides, communal porters on Inca Trail, entrance fees & activities as detailed from morning of Day 1 to morning of Day 15. There are no kitties or similar en route payment funds.

### PROJECT COST DOES NOT COVER

Local Payment, flights to/from Cuzco/La Paz, transfers to/from airports & airport taxes, meals in Cuzco & La Paz (see Meals, Cooking & Food below). Accommodation in Cuzco/La Paz before Day 1 and on Day 15. Vaccinations, visas, personal insurance, laundry, snacks, drinks, personal clothing/equipment & items of a personal nature. Porters for personal gear on Inca Trail. Some individual entry fees to museums and sights (minimal cost), optional half day white water rafting on Urubamba River (approx. US\$30).

### EQUIPMENT SUPPLIED

Standard Encounter truck equipment including 2 person tents, campbeds, kitchen/dining tent, tables & stools, light, cooking equipment & utensils, mosquito nets, first aid kit etc. Lightweight tents & cooking equipment on Inca Trail.

### WHAT YOU NEED TO BRING

A sleeping bag (4 seasons), a medium-sized, easily portable bag or a backpack and a daypack. Personal clothing and strong footwear. Apart from cold weather gear, no specialised clothing or equipment is necessary. You probably already have most of what is needed. A complete suggested clothing list is included in our pre-departure information. A backpack or large daypack is needed for the hike of the Inca Trail.

### TRANSPORT

Encounter expedition truck, Inca Trail on foot (4 days), motorboat on Lake Titicaca.

### ACCOMMODATION

Travellers hotels on multi-share basis in Cuzco (4 nights) & La Paz (2 nights/1 night on ex La Paz departures), simple lodge with dormitory style accommodation Aguas Calientes (1 night), as guests in homes of Indian families on Amantani Island - Lake Titicaca (2 nights). Otherwise camping throughout. Open 'bush' camping with no facilities other than standard Encounter truck

equipment. Basic camping on Inca Trail, 3 nights. Lodge at Aguas Calientes 4th night). Accommodation night 15 (Cuzco or La Paz) not included. Reservations at our Cuzco hotel (approx. US\$20 per night) before Day 1 may be made through Encounter, with payment by you directly to hotel on arrival. No reservations necessary before departure at our La Paz hotel (approx. US\$15 per night).

### MEALS, COOKING & FOOD

Camp cooked breakfast & evening meals, picnic lunches. Project members involved in daily fresh food shopping & cooking. (Fresh vegetables, fruit, meat, eggs, bread, cereals, cheese, preserves, canned & dried goods). Meals on Inca Trail prepared by porters.

Meals in major centres - Cuzco & La Paz: Days spent in these cities relaxing or in individual sightseeing cannot easily revolve around group meals. So meals here are at your own expense. We suggest you allow US\$ 15 per day in these cities.

### PASSPORTS & VISAS

You will need a passport that is valid for not less than **6 months** after the end of the project, and which contains not less than **4 blank pages**. Visa requirements and costs vary according to your nationality, and even then are subject to sudden change. Any visas you may require should be obtained before your departure to South America. Encounter or your agent can advise you of up to date visa requirements applicable to you, and their costs. We can also help you in obtaining them.

### INSURANCE

You must have personal Travel Insurance to cover Adventure Travel and it must cover all the aspects described on page 60 of the brochure. Please bring a copy of your policy with you to the pre-departure meeting. If your policy does not cover this minimum level then Encounter will not accept responsibility for the consequences.

### MEDICAL & VACCINATIONS

All vaccination requirements and medical recommendations are detailed in the pre-departure information pack at the time of booking.

### PERSONAL SPENDING MONEY

You should allow approximately **US\$145 per week** to cover personal day to day expenditure en route - drinks, snacks, laundry, souvenirs, optional activities, some museum entry fees etc. Interesting collectibles and ethnic crafts are extremely tempting in South America and their costs are

usually very reasonable. Apart from the above, Encounter has no hidden expenses, funds or kitties to surprise your spending money in South America.

**Optional activities:** Half a day white water rafting approx. US\$30.

### ARRIVING AT START OF THE PROJECT

**From Cuzco:** There will be a pre-departure meeting at our Cuzco hotel at 0800 hrs on the morning of Day 1.

**From La Paz:** There will be a pre-departure meeting at our La Paz hotel at 0900 hrs on Day 1.

We strongly suggest that you arrive in Cuzco or La Paz at least the day before Day 1 to allow yourself time to rest & acclimatise after your intercontinental flights. There is plenty to see & do if you are arriving earlier. **In Cuzco:** Streets of Inca stonework and colonial architecture, cathedrals, museums and bustling Indian markets. **In La Paz:** Mineral & Precious Metals museums (Inca artefacts, gold & silver), new city markets - handmade jewellery, textiles, musical instruments, antiques & local items, traditional music & dance at penas throughout city, golf at Mallasilla Club - world's highest course.

### LEAVING AT END OF PROJECT

Arrangements end in Cuzco or La Paz on the morning of Day 15. Any flight out could be taken on Day 15.

### COMBINATIONS & CONNECTING PROJECTS

'In the Footsteps of the Incas' connects with the 'Peru & Incas' project travelling from Lima to Cuzco or visa versa, taking in the desert landscape and coastal villages of Peru, the wildlife of the Ballestas Islands, the mysterious Nazca Lines, the city of Arequipa, the Colca Canyon and high Andean passes to Cuzco, forming the 'Incas and Andes' project. To give you a full Peru and Bolivia itinerary, you can in turn join this with the 'Bolivia & the Amazonas' project from La Paz to the lakes & salt flats of the Bolivian Andes, into the upper Amazon & the rivers of the Llanos de Mojos. Together they form the 'Peru & Bolivia' project.

### INTERESTING READING

100 Years of Solitude (Gabriel Garcia Marquez), Cut Stones & Crossroads (Penguin Travel Collection), Streets With No Names (Atlantic Press). A

full list of recommended reading in history, guidebooks and fiction is given in our pre-departure information.

### OTHER COSTS/EXPENSES

Local Payment .....	
Return flights.....	
Visas.....	
Vaccinations.....	
Insurance.....	
Personal Spending Money.....	
<b>Total</b> _____	

The information in this dossier has been compiled with care and is provided in good faith. However, it is subject to change, and does not form part of the contract between the client and Encounter Overland Ltd.