

2024

HARVARD ALUMNI TRAVELS

DISCOVER • LEARN • CONNECT • EXPLORE

Lares Adventure Trek to MACHU PICCHU

with **Jeffrey Frost,**

Associate at the Peabody Museum of
Archaeology and Ethnology at Harvard University

May 26 to June 4, 2024



HARVARD
Alumni Travels



Lares Adventure Trek to Machu Picchu

Travel on a lodge-to-lodge adventure to majestic archaeological sites that lead to remote and uncrowded trails abounding in natural beauty and dotted with Andean communities. Local traditions of weaving and agrarian traditions have been firmly rooted here since Incan times.

Expert guides will tailor your experience with an offer of á la carte activities to suit your physical abilities and desires. Daily activities include natural and cultural encounters that range from easy, moderate or challenging hiking options to cooking lessons, mountain biking or visiting an ancient weavers' village. At each day's sunset, settle into a lovely mountain lodge with a welcoming Jacuzzi, spacious room, comfortable bed, private bathroom, balcony and gourmet dinner awaiting you.

The journey culminates with an ascent of the Andean Mountains by train to the enchanting site of Machu Picchu. Here, comfortably lodged in the town below, explore the serene sanctity of this "Lost City of the Incas." On the return, visit the center of Incan universe, Cusco, and explore the bohemian quarter of San Blas with its cobblestone streets and Incan walls.

Activity Level 3: 

CHOOSE YOUR ADVENTURE

My walking shoes are laced up tight and I'm ready to keep up with my traveling companions. I look forward to getting to know them on the drives and/or flights we'll take between cities. I enjoy getting around in Zodiac rafts and 4x4 vehicles for short durations. A little mental and physical stimulation will do me good!

Study Leader



Jeffrey Frost,
*Associate at the
Peabody Museum
of Archaeology
and Ethnology at
Harvard University*

Jeffrey Frost received his BA from Ripon College (Wisconsin) and holds a PhD in Anthropology from the University of Wisconsin at Madison. He is an archaeologist specializing in the prehistory of southern Central America and the Central Andes. He has conducted extensive fieldwork in southern Costa Rica and western Panama where he aims to understand the development and organization of non-state complex societies. His research focuses on the regional patterning and spatial organization of late pre-Columbian mortuary complexes. For the past nine years Jeff has been contributing to research on several research projects in Peru investigating the daily lives of Moche and the Chimu people through the excavation of commoner households.

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Highlights

- **DISCOVER** the fabled Inca city of Machu Picchu, one of the New Seven Wonders of the World.
- **HIKE** amidst turquoise blue lakes and archaeological sites away from the crowds.
- **VISIT** the famous market and ruins of PISAQ.
- **TOUR** the ancient weavers' village of Choquecancha.
- **EXPLORE** Cusco, the capital of the ancient Inca Empire.

Make friends along the way

Schedule by Day

(B=Breakfast, L=Lunch, D=Dinner)

SUNDAY, MAY 26

Depart from Home City / Lima

Depart the U.S on a flight to Lima, the capital of Peru. Arrival and a short walk to the hotel. *Wyndham Costa del Sol Lima Airport Hotel*

MONDAY, MAY 27

Lima / Cusco / Sacred Valley

Depart on a morning flight to Cusco. Transfer to your hotel located in the Sacred Valley of the Incas. On the way, stop at the Museo Sulca Textiles where Mr. Walter Sulca, invites you to explore pre-Inca and Inca fabrics explaining the significance and weaving pattern in his workshop. The collection is also enriched with modern and colorful Andean tapestries and khipus. Continue to Sacasayhuaman fortress located just outside Cusco. Here, massive stone blocks were fitted together so tightly, without mortar, that a knife blade cannot be inserted between them. Next, head to the private Hacienda Sarapampa, located in the Sacred Valley of the Incas. A delicious welcome lunch will be served based on indigenous ingredients and colonial cuisine. Upon arrival at your hotel, the remainder of the afternoon is at leisure to enjoy the facilities of the

hotel. Gather for an evening briefing for the Lares Trek to Machu Picchu. Dinner at the hotel. *Lamay Lodge (elev. 9,705 ft.)*, (B, L, D)

TUESDAY, MAY 28

Sacred Valley of the Incas / Begin Lares Trek / Explore PISAQ

Start your day with either an invigorating hike from the village of Amaru to the community of Viacha or a visit to the Awanakancha textile center followed by an exploration of the lively town and colorful artisan marketplace of PISAQ. Midday, both cultural explorers and hikers will reunite in the village of Viacha to learn about Andean artisanal farming. Afterward, either hike or drive to the PISAQ archaeological site. Take the unique opportunity to explore this magnificent site without the crowds and with the sun setting behind the peaks. Enjoy a traditional "Pachamanca" meal, cooked under hot stones for dinner at the Lamay Lodge. *Lamay Lodge (elev. 9,705 ft.)* (B, Box lunch, D)

WEDNESDAY, MAY 29

Lares Region / Into the Heart of Lares

Take a journey to the small town of Lamay followed by a scenic drive into the mountains, along the celebrated "Inca Weaver's Trail" to visit the unique and

uncrowded archeological site of Ancasmарca. After lunch, you can choose between visiting the traditional and ancient weavers' village of Choquecancha, or opt for hiking amidst turquoise blue lakes and towering peaks to the remote village of Huacahuasi, where we all meet to spend the night. The lodge is run as a joint venture with the local community and aims to protect the cultural heritage, traditions, and the environment of the area. Lunch is included for those taking the cultural visit (Choquecancha) and box lunch for those taking the hike. *Huacahuasi Lodge (elev. 12,585 ft.)*, (B, Lunch (Cultural option), Box lunch (Active), D)

THURSDAY, MAY 30

Sacred Valley of the Incas / The Road to Ollantaytambo

Begin the day with a scenic drive to the community of Huilloc. From there, choose a morning hike from the village of Huilloc to the historic ruins of Pumamarca, or explore the village and the nearby shepherding community before regrouping for lunch and a midday exploration of the Pumamarca archaeological site. After lunch, choose to hike from Pumamarca to Ollantaytambo or drive and spend the afternoon exploring Ollantaytambo's maze-like alleys and passageways. Note: Afternoon hikers will meet the rest of the group at the hotel upon arrival in the Sacred Valley. *Willka T'ika Lodge (elev. 9,400 ft.)*, (B, L, D)

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FRIDAY, MAY 31

Ollantaytamno / Machu Picchu

From its beginnings as the royal estate of Inca Emperor Pachacutec to a stronghold against the Spanish conquistadors, the temple at Ollantaytambo was regarded by the Incas as one of their most important ceremonial centers. On this day, an optional and short early morning hike to Inca storage structures high above Ollantaytambo will give you a magnificent view of the town and of the main archeological site across the valley. Afterward, your guide will lead you through a morning tour of the temple and explain its strategic architectural planning. You will then embark on a scenic train ride along the famous Urubamba River to the town of Machu Picchu (formerly Aguas Calientes), located at the base of the mountain. Begin your journey to Machu Picchu with a 30- minute bus ride up to the breathtaking Lost City of the Incas. *Inkaterra Machu Picchu Pueblo Hotel (elev. 6,232 ft.). (B, L, D)*

SATURDAY, JUNE 1

THE Citadel of Machu Picchu / Ollantaytamno / Cusco

In the morning, enjoy a second visit to Machu Picchu. At 7,600 feet located above the rainforest on the eastern slopes of the Andes, Machu Picchu was abandoned by the Incas and remained "hidden" in the jungle until 1911 when Hiram Bingham "rediscovered" it. As you enter the "Sanctuary," the

morning sun rises over the iconic Sun Gate and washes the structures and terraces with resplendent light. Prepare to be awed by the imposing and skillful architecture of the Watchtower, the Temple of the Sun, and the royal Inca residences, among many others. Take a moment to quietly sit and listen to the wind or to meditate and absorb the mystical energy that envelops you. Your imagination will soar as you contemplate the history of Machu Picchu and its mysterious origins. Later this afternoon, depart for Ollantaytambo by train and transfer to Cusco by road. *Costa del Sol Wyndham Cusco (elev. 11,152 ft.). (B, L)*

SUNDAY, JUNE 2

Cusco

In the morning, tour the famous Santo Domingo Church on what was, during the Inca Empire, the Temple of the Sun or "Koricancha" in Quechua. Take a walking tour of the bohemian quarter of San Blas, famous for its narrow cobblestone streets, its cozy square, and artisan workshops. Visit the church of San Blas with its famous intricately carved pulpit. Continue to the Plaza de Armas, the main square of Cusco to see the city's cathedral. Enjoy lunch at the Inka Grill restaurant. The afternoon is at leisure to explore Cusco. In the evening, gather for a farewell dinner at the Main Plaza of Cusco. *Costa del Sol Wyndham Cusco (elev. 11,152 ft.). (B, L, D)*



MONDAY, JUNE 3

Cusco / Lima / U.S.

The morning is free to explore Cusco on your own before an afternoon flight to Lima. Upon arrival in Lima, connect to overnight flights to the U.S. Passengers who prefer to take an early morning return flight home may overnight at the Lima airport hotel for an additional charge and fly home on June 4.

TUESDAY, JUNE 4

Arrive U.S.

Arrive in the U.S. and connect with a flight home.

Enjoy fun activities, like a cooking class, along with the charming hospitality of our mountaintop hosts.



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Lares Trek Lodge-to-Lodge Accommodations



Lamay Lodge

Located at the edge of the quaint village of Lamay in the Sacred Valley, the Lamay Lodge blends traditional heritage with original contemporary design. The large garden on the grounds is the center of activities and an excellent place to soak in the Andean Mountain views. A large Jacuzzi is an ideal place to relax at the end of a long day of adventuring. Free Wi-fi is available in common areas and in rooms.



Huacahuasi Lodge

Built into the side of the valley, perched above the small town of Huacahuasi lies your respite from a day of adventuring. The lodge has 12 rooms, each with a private bathroom and a terrace with seating and a personal hot tub. The women working at the lodge

are from the local Huacahuasi community and dress in traditional (and extremely colorful!) clothes. Free Wi-fi is available in common areas and in rooms.



Inkaterra Machu Picchu Pueblo Hotel

The Inkaterra Machu Picchu Pueblo Hotel is an intimate Andean village with terraced hills, waterfalls, stone pathways, and whitewashed adobe casitas tucked away in the cloud forest. The property has 12 acres of exquisite

natural beauty, with 214 bird species including the golden-headed quetzal and the iconic Andean cock-of-the-rock. In addition, the property has a large native orchid collection (372 species.) Free Wi-fi is available in common areas.

Willka T'ika Lodge

This luxury wellness retreat and boutique hotel, is located in Peru's Sacred Valley between Cusco and Machu Picchu. Willka T'ika is home to the renowned Chakra Gardens, filled with exotic plants and native Andean medicinal plants. All rooms are designed with feng shui principles, with mountain and garden views. Free Wi-Fi is available in designated areas.



Costa del Sol Wyndham Cusco

Situated in the city's renowned historical center, this hotel is situated in a 17th century colonial mansion that combines high beamed ceilings, carved wooden doors, and elaborate murals with contemporary comforts. The spacious rooms have been designed for the comfort of the guests and have Wi-Fi internet connections and cable television.



Llama

Program Rates, per person

DOUBLE OCCUPANCY	\$7,595
SINGLE OCCUPANCY	\$9,190
SAMPLE INTERNATIONAL COACH AIRFARE	
BOSTON/LIMA/BOSTON	\$628

International Airfare not included, price as of May 2023, quoted separately and subject to change



AIR ARRANGEMENTS U.S. domestic and international airfare is not included in the program rates. Valerie Wilson Travel, Inc., can help with airline arrangements for this trip and can be reached at 800-447-3560. You are also welcome to book your air transportation through your local travel agent, an online travel site, or the airline of your choice.

PROGRAM SIZE This tour, (exclusively developed for Harvard Alumni Association Travels), is limited to 22 participants on a first-come, first-served basis.



What to Expect

This exclusive expedition is designed for Harvard alumni, family, and friends who are interested in archaeology, history, and the ancient cultures of Peru and its rich natural environment. Throughout Andean cities, temperatures range from 30°- 40° F at night to 60°-68° F during the day. Although we are traveling during the dry season, one should always be prepared for rain. We expect to see mostly sunny days followed by cooler nights and the possibility of morning frost. The lodge-to-lodge journey features a fully flexible itinerary, with a menu of à-la-carte day hikes and cultural adventure activities, designed to showcase not only the scenic beauty of this remote area but also the remarkable local culture of the Andean communities. While general good health and an active lifestyle (including regular walking and/or hiking excursions) are necessary prerequisites to fully enjoy all variations of the program, participants can have confidence that there will always be an option to suit their individual interests and needs. Travel is by motorcoach, van, regularly scheduled jet planes, and train. A vehicle is available to take you between lodges on the Lares Trek if required. This is an active program that is, at times, busy. There is stair climbing and at many ruins stairs do not have handrails. In the Andes, travelers spend several days at elevations from approximately 8,000 to 12,585 feet. Those opting for longer and more challenging hiking alternatives can reach mountain passes of up to 14,644 feet in altitude on their treks. Easier and shorter hikes with lower altitudes are offered daily to accommodate a passenger's fitness level or desires. The tour has been planned to allow for gradual acclimatization when traveling to the Andean highlands. The group initially stays in the Valley at approximately 8,000 feet before leaving on the lodge-to-lodge Lares Trek. Lima, the capital of Peru, is at sea level.

TOUR COST INCLUDES: The services of a tour director throughout the trip • Professional English-speaking Peruvian guides • Domestic airfare for two in-tour flights (Lima/Cuzco; Cuzco/Lima) up to \$275 per passenger (*see Exclusions below) • 1 night in Lima at Costa del Sol Wyndham • 2 nights night at the Lamay Lodge • 1 night at the Huacahuasi Lodge • 1 night at the Willka Tikka Lodge • 1 night in Machu Picchu at the Inka Terra • 2 nights in Cusco at the Costa del Sol Wyndham Cusco • Meals as set forth in the itinerary • Bottled water throughout the trip at all excursions and in the bus (plus snacks) • Potable water at all group meals • Wine and beer with welcome and farewell meals • Transportation by private motor coach • Transfers and baggage handling for participants on recommended flight schedule • Guided field trips, excursions, and tours • Train ticket to Machu Picchu (Aguas Calientes) and return • Baggage handling • Tips to tour director, local guides, porters, restaurants, service charges, and taxes • Entrance fees including 2nd entrance fee to Machu Picchu (2 days) • pre-trip notes including a Travel Guide

PROGRAM COST EXCLUDES International airfare to Lima and return • Passport or visa fees • Room service • Alcoholic beverages, meals, and nonalcoholic beverages not mentioned above as included • Personal items such as laundry • Fax, internet, and phone calls • Excess baggage charges • Travel insurance • Personal, evacuation, and medical insurance • Private transfers or airport transfers outside of group arrival and departure days • Personal insurance • Medical expenses • Covid-19 testing • Quarantine expenses • Optional Huayna Picchu hike entry permit (approximately \$99 per person) • optional extensions or deviations are not included • *Any increases in the in-tour airfare (included as part of the land program cost at a maximum rate of \$275, per person), airport taxes, security, or fuel surcharges imposed after the initial pricing of this program

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All bookings are conducted online only.

Find complete trip-specific terms and conditions on the trip web page (link above).



For full terms and conditions, please review on **HARVARD ALUMNI TRAVELS'** webpage, at alumni.harvard.edu/travel or contact us at **800-422-1636**