

INCA TRAIL TREK TO MACHU PICCHU

July 31 - August 10, 2014



HBS ALUMNI
TRAVEL

**BOOK NOW!
INCA TRAIL
PERMITS ARE
LIMITED AND SELL
OUT QUICKLY!**

CUSCO - SACRED VALLEY OF THE INCAS - MACHU PICCHU



INCA TRAIL TREK TO MACHU PICCHU

Immerse yourself in the myths, legends and history of the Inca on our **Inca Trail Trek to Machu Picchu**. Start with a day in **Cusco**, one of the most beautiful towns in Peru and the southern capital of the Inca Empire. Then travel to the **Sacred Valley of the Incas** and explore this fertile valley lined with picturesque Andean markets, impressive churches, and remarkable Inca ruins. Stop at **Awanacancha** to learn about the four types of Andean camelids and observe local artisans demonstrating traditional Andean weaving techniques. Visit the Inca ruins of **Pisac**, bargain with local craftsmen in the town's famous textile market, and visit a local ceramic artist's studio. Opt for horseback riding in the Sacred Valley on Peruvian Paso horses. Explore the archaeological complex of **Ollantaytambo**.

Then, hike the Inca Trail or take the train to Machu Picchu... the choice is yours! Arrive in awe at the Inca citadel that was lost in the dense jungle for hundreds of years.



- **4 Day Inca Trail Hike:** Hike to the “Lost City of the Incas” via the famous Inca Trail. Hikers walk in the footsteps of the Inca—each day includes 6-9 hours of hiking across mountain passes and through verdant valleys. Inca Trail trekking permits are available on a first-come, first-served basis, and typically sell out 4-5 months prior to the trip departure.
- **Train:** Enjoy a breathtaking train ride to Machu Picchu. Travelers who opt to take the train to Machu Picchu will also have the opportunity to take in the spectacular scenery en route to the high Andean village of Chinchero and admire its imposing Inca wall and one of the most important churches of the colonial era, and tour the Inca farming terraces of Moray and salt mines of Maras. You'll walk through the rustic high Andean village community of Patakancha and spend some time with local school children.
- **1 Day Inca Trail Hike:** Take the train part of the way and enjoy a 1 day hike along the Inca Trail to Machu Picchu.

WHY TRAVEL WITH HBS ALUMNI

HBS Alumni Travel programs include special activities planned exclusively for HBS alumni travelers. In addition to the trip itinerary, HBS travelers enjoy memorable receptions with local alumni, special access to sites, and meetings with local businesses and organizations that are confirmed shortly before departure.

CONTACT US

The Harvard Alumni Association is handling the registrations for this trip. For more information please call HAA Travels at 800-422-1636 or 617-496-0806, or email haatravels@harvard.edu. To make a reservation, see the Reservation Form on the last page.



Group photo at Machu Picchu



TRIP ITINERARY

LIMA, PERU / CUSCO

Thursday, July 31 and Friday, August 1

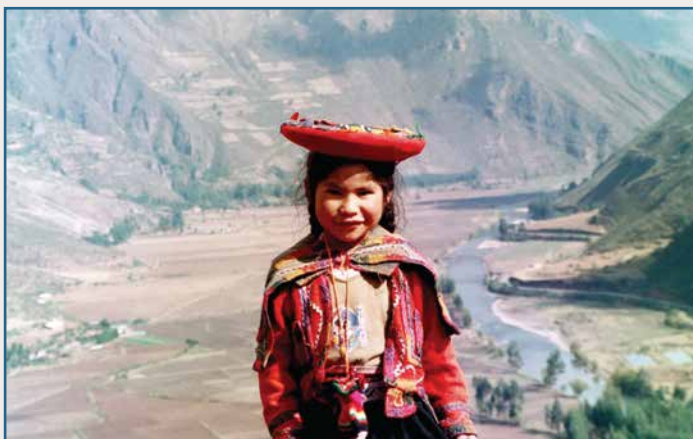
Depart for Peru late today and arrive early the next morning.

Arrive into Lima International Airport (LIM), collect your luggage, and proceed to the check-in counter for your flight to Cusco. Arrive into Cusco International Airport (CUZ - 11,150 feet, 3,400 meters). Meet your tour leader and driver outside the baggage collection area and transfer to your Cusco hotel.

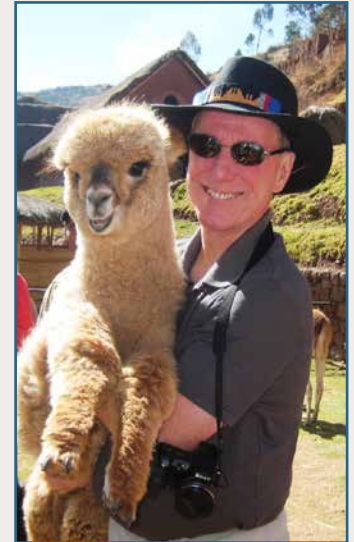
Cusco was the southern capital of the Inca Empire and is one of the most beautiful towns in Peru. At its peak, the Inca Empire stretched for miles in every direction: north to the southern areas of Colombia, south to northern Chile and Argentina, and west across the Andes to the Amazon Basin. Marvel at the skill and artistry of the intricate stonemasonry work on the numerous Inca walls that serve today as the foundations of Cusco's colonial buildings. The crisp air, surrounding mountains and Andean sky provide the perfect backdrop for Cusco's many hidden treasures. Spend the afternoon exploring the cobblestone streets, churches and ancient Inca history of Cusco and the surrounding area.

Gather this evening for an orientation briefing at the hotel followed by a welcome dinner in town.

Overnight: *Hotel Novotel Cusco (D)*



From Top: Cusco | Sacred Valley



From Left: Pablo Seminario | Awanacancha

CUSCO / SACRED VALLEY

Saturday, August 2

Depart this morning for the Sacred Valley of the Incas (9,500 feet; 2,900 meters), a fertile valley located approximately 40 miles to the north of Cusco. The Sacred Valley is lined with picturesque Andean markets, impressive churches, and remarkable Inca ruins. Begin today's adventure with a visit to Awanacancha to learn about the four types of Andean camelids: llamas, alpacas, vicuñas, and guanacos. During this visit, feed the friendly llamas and alpacas and also observe local artisans demonstrating traditional Andean weaving techniques. Next, explore the ruins of Pisac and visit its famous produce, textile, and handicraft market. Villagers from miles around gather here regularly to buy and sell produce and local handicrafts.

After lunch, visit the studio of local ceramic artist Pablo Seminario who uses ancient Peruvian ceramic techniques in his contemporary art. In the late afternoon, transfer to your hotel in the Sacred Valley. Trekkers will receive an Inca Trail briefing this evening.

Overnight: *Hotel Pakaritampu (B, L)*



Awanacancha



Sacred Valley Horseback Riding



Inca Trail campsite

SACRED VALLEY

Sunday, August 3

Relax at the hotel this morning. Alternatively, take an optional horseback riding tour or Moray and Maras tour.

After lunch on your own, take a guided walking tour of Ollantaytambo, a charming town that retains the street plan of the original Inca town making it the only surviving example of Inca urban planning. Visit a local family's home and tour the archaeological site of Ollantaytambo. Several structures of importance to Inca history can be seen at this site. For example, the impressive ruins of Ollantaytambo Fortress stand at the top of sixteen massive terraces. This is where the Inca fought some of their strongest battles. When the complex was built, huge and precisely carved stones were transported by hundreds of men down from a distant mountain range to Ollantaytambo. Workers fitted the gigantic stones perfectly to support this strategic fortress that has stood the test of time. Walk into town for dinner and toast those who will begin hiking the Inca Trail tomorrow.

Overnight: Hotel Pakaritampu (B, D)

Optional Horseback Riding (\$200): Experience the Peruvian Paso horses and scenic vistas with this half-day tour. During the 2-3 hour ride, visit small villages, local farmlands, and Quechua communities.

Optional Moray and Maras (\$150): Explore the archaeological site of Moray, comprised of impressive agricultural terraces that were used by the Incas as open-air crop laboratories or greenhouses. Next, visit the pre-Columbian salt mines of Maras that are still active today.

INCA TRAIL TREK TO MACHU PICCHU

Monday, August 4

Begin the famous 4-day pilgrimage trek to Machu Picchu this morning with a 1½-hour transfer by private coach to Kilometer 82. Upon arrival at the beginning of the trail, meet the porters and begin trekking along the left bank of the Urubamba River. Take a break after a couple of hours of gentle hiking and visit the Inca ruins of Llactapata. Then hike upwards and follow the Qusichaca River to the village of Huayllabamba, a small agricultural settlement. Continue on to the campsite at Huayllabamba (10,500 feet, 3,200 meters). Enjoy your first night of camping in the Andes and marvel at the sparkling night sky of the Southern Hemisphere. The length of today's hike is approximately 7.5 miles (12 kilometers) and takes approximately 7 hours.

Overnight: Inca Trail (B, L, D)

INCA TRAIL TREK TO MACHU PICCHU

Tuesday, August 5

Wake up early and eat a nourishing breakfast in preparation for this morning's short, but strenuous hike to the Machu Picchu Sanctuary control station located just above the village of Huayllabamba. Register at the control station before ascending a tough trail to the first pass. This challenging hike offers fantastic views and a chance to witness clear changes in vegetation as you gain altitude. Take a well-deserved break for lunch and then continue on through a protected cloud forest of native trees. Continue the tough ascent toward the trail's highest pass, Warmiwañusqa or "Dead Woman's Pass" (13,800 feet; 4,200 meters). Work your way to the top where you will be rewarded with unparalleled views of the snow-covered peaks of the Cordillera Urubamba and the lush valley vegetation. Next, descend the Inca pavement to the Pacamayo River to tonight's campsite at 11,815 feet (3,600 meters). The length of today's hike is approximately 6.25 miles (10 kilometers) and takes approximately 8 hours.

Overnight: Inca Trail (B, L, D)

INCA TRAIL TREK TO MACHU PICCHU

Wednesday, August 6

Rise early and eat a hearty breakfast before beginning the day's trekking. Visit several magnificent archaeological sites before slowly climbing the second pass of Runkuraqay (13,000 feet; 3,950 meters). This section of the trail features masterful Inca engineering and the Inca site of Sayacmarca (11,950 feet; 3,640 meters), a true highlight of the trail. Eat a delicious hot lunch, and then hike a couple more hours before arriving at Phuyupatamarca (11,485 feet; 3,500 meters), tonight's campsite. Also known as "The Place Among the Clouds," Phuyupatamarca seemingly floats on a mountaintop and provides spectacular views of the surrounding Andes. Soak up some of the magical charm of this site before eating dinner and turning in for the night. Today's hike is approximately 6.88 miles (11 kilometers) and takes approximately 9 hours.

Overnight: Inca Trail (B, L, D)



Along the Inca Trail



Gifting ceremony

INCA TRAIL TREK TO MACHU PICCHU

Thursday, August 7

Rise early and enjoy a cup of tea or coffee on the mountaintop as you watch the sun rise. Eat breakfast and participate in a special gifting ceremony where we can show our appreciation for our porters' hard work. Then begin the day's hike and pass the Phuyupatamarca ruins, following the flagstone trail and Inca stairs down into the cloud forest. Stop for lunch and visit the beautiful ruins of Wiñay Wayna. The final section of the trail has some incredible, steep stairways – some are carved in stone while others look out on to impressive Inca agricultural terraces. Reach Inti Punku or the "Gate of the Sun" and descend into the lost citadel of Machu Picchu via an easy and scenic trail. Finally arrive at Machu Picchu and experience this wonder of the ancient world. The hike into Machu Picchu (8,000 feet; 2,400 meters) is 6.25 miles (10 kilometers) and takes approximately 7 hours.

Machu Picchu is perhaps the most famous and awe-inspiring of all the ruins discovered during the 20th century. Lost in the dense jungle for hundreds of years, the Inca city was so well-hidden by the towering ramparts of the Cordillera Vilcabamba that it was never discovered by the Spaniards during their years of conquest. American historian and explorer Hiram Bingham came upon the city in 1911 and brought the ruins to the attention of the outside world. After a brief visit to the ruins, transfer to your hotel in the village of Aguas Calientes, located just below the ruins. Reconnect with the rest of the group, sharing stories about your respective adventures over dinner at the hotel this evening.

Overnight: Inkaterra Machu Picchu Pueblo Hotel (B, L, D)

MACHU PICCHU / CUSCO

Friday, August 8

Travelers who hiked the Inca Trail enjoy a guided visit of Machu Picchu this morning, learning about the construction and probable usage of the buildings and reflecting on life in this spectacular setting. Train travelers relax this morning or enjoy the craft market in Aguas Calientes.

This afternoon, take the train back to Ollantaytambo, retracing the route through the Urubamba Valley. Drive to Cusco and check into your hotel. Meet your group for a farewell reception and dinner at a local restaurant.

Overnight: Hotel Novotel Cusco (B, D)

CUSCO / LIMA / ALOFT

Saturday and Sunday, August 9 and 10

Spend a final morning in Cusco before departing for Lima and your international flight home, or fly to Lima in the morning and participate in an optional afternoon city tour before an evening flight home, arriving the following day.

Overnight: Aloft (B)

Optional Lima City Tour (\$150): During a 4-hour guided tour, visit the Cathedral, convent of San Francisco, Plaza Mayor, Government Palace, and Museo Rafael Larco Herrera.

WHAT TO EXPECT ON THE INCA TRAIL

While no previous trekking experience is required, all trekkers must be in excellent physical condition for this challenging trip. You will hike 6-9 hours each day at elevations over 10,000 feet, up and down mountain trails that are steep and rocky. Porters carry the bulk of the group's supplies, however hiking at high altitudes is extremely demanding and can compound physiologic stress even if you are just carrying a day pack. If you have serious concerns about your ability to trek the Inca Trail, we recommend that you take the train to Machu Picchu and enjoy additional sites in the Sacred Valley along the way.

Start with tea or coffee brought to your tent, followed by a basin of hot water for washing. Pack your duffel bag and day pack and go to breakfast. Each traveler is responsible for carrying a day pack with water, camera, and any extra clothing needed during the day of hiking, which usually begins by 8:00 am. Walk at your own pace with a guide at the front and another guide at the back of the group. Stop for a hot lunch mid-day. Reach camp in the late afternoon – all the tents are usually set up by the time you arrive and dinner is served in the evening.

Top quality staff including a team of trained and experienced guides, cooks, assistants and porters accompany the group along the trail to ensure the most pleasant trekking experience possible. All camping equipment except sleeping bags will be provided: tents, sleeping mats, chairs, tables, kitchen supplies, first-aid supplies, toilet tent, dining tent, etc. Although showers are not available at any of the camps along the Inca Trail, washing water is provided in a basin in the morning and evening. All of the group camping and cooking gear is carried by porters (there is no vehicle support), but you will be pleasantly surprised by the level of comfort and service on this camping experience.



EXTEND YOUR TRIP WITH A CUSTOM EXTENSION TO THE GALÁPAGOS ISLANDS, LAKE TITICACA, OR THE AMAZON! CUSTOMIZED EXTENSION INFORMATION WILL BE PROVIDED UPON REQUEST.

TRAIN ALTERNATIVE

Travelers looking for a less active trip have the option of reaching Machu Picchu by train then reuniting with the rest of the group at Machu Picchu. Train travelers follow the same schedule listed for July 31 - August 3 and August 8-12 on the Trip Itinerary. The itinerary for August 4-7 is described below.

SACRED VALLEY

Monday, August 4

Spend the morning visiting the town of Chinchero and its ruins. En route, see the magnificent snow-capped peaks of the Cordillera Vilcabamba. Explore the archaeological site of Moray, comprised of impressive agricultural terraces that were used by the Incas as open-air crop laboratories or greenhouses. The terraces represent true Inca ingenuity as each level is believed to have a different microclimate, enabling the growth of a wide variety of plants in the same area. Next, visit the pre-Columbian salt mines of Maras that are still active today. These white salt terraces on overhanging cliffs seem to tumble down the mountainside and are a true paradise for photographers. Enjoy a late lunch along the Urubamba River before returning to the hotel for the rest of the afternoon. Enjoy dinner as a group this evening.

Overnight: Hotel Pakaritampu (B, L, D)

SACRED VALLEY

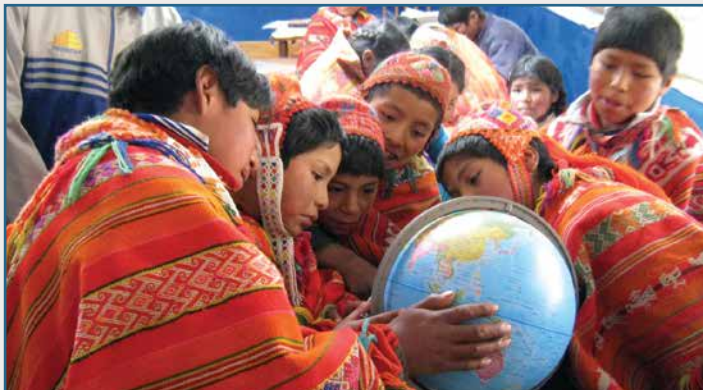
Tuesday, August 5

This morning, drive up an unpaved road in the Patakancha River Valley to visit the remote Andean village of Patakancha. Electricity is a recent development in little-known Patakancha, where modern-day wares are now becoming more readily available. At the Sunday market, for example, villagers from different traditional communities and hamlets in the area come to exchange and sell their goods. Local people, however, still live traditionally off their llamas and alpacas and their living standards are very basic. Many of Patakancha's inhabitants supplement their income each year by working as porters during the tourist season. Our visit is very special because the porters we use for our Inca Trail treks come from the Patakancha community.

Walk through the village and spend some time with the local school children. Travelers are welcome to bring school supplies, which will be gathered and given to the head teacher on behalf of the group.

After lunch, enjoy an optional hike to one of the Sacred Valley's smaller and less well-known ruins, Pumamarca. Enjoy dinner on your own in the Sacred Valley tonight.

Overnight: Hotel Pakaritampu (B, L)



SACRED VALLEY / AGUAS CALIENTES

Wednesday, August 6

Board a morning train from Ollantaytambo to Machu Picchu. As the journey begins, the surrounding valley quickly becomes a canyon and the cloud forest begins to appear. Follow the mighty Urubamba River through spectacular scenery called "the eyebrow of the rain forest" and pass through several small villages where local Indian farmers tend their crops and live as they have for hundreds of years. Upon arrival in Aguas Calientes, continue by bus to Machu Picchu.

Machu Picchu is perhaps the most famous and awe-inspiring of all the ruins discovered during the 20th century. American historian and explorer Hiram Bingham came upon the city in 1911 and brought the ruins to the attention of the outside world. Take a guided tour of the ruins, learning about the construction and probable usage of the buildings and reflecting on life in this spectacular setting. If you prefer a more active day, disembark the train at Kilometer 104 and hike with a private guide to Machu Picchu. Following the guided tour, return to Aguas Calientes and check into your hotel. Enjoy lunch on your own and the remainder of the day relaxing at the hotel or exploring the town.

Overnight: Inkaterra Machu Picchu Pueblo Hotel (B, D)

Optional Inca Trail Day-Hike to Machu Picchu (\$625):

Those who prefer to hike the Inca Trail for one day have the option of disembarking the train at Kilometer 104 and spending the day hiking with a private guide. Hike up to the beautiful ruins of Wiñay Wayna and enjoy a picnic lunch in the scenic surroundings. Continue on to Inti Punku or the "Gate of the Sun" and follow the trail downhill into the lost citadel of Machu Picchu. Please note that this option requires special Inca Trail trekking permits purchased at least 4-5 months in advance. Therefore, please book this optional tour as early as possible to secure the required permits.

MACHU PICCHU

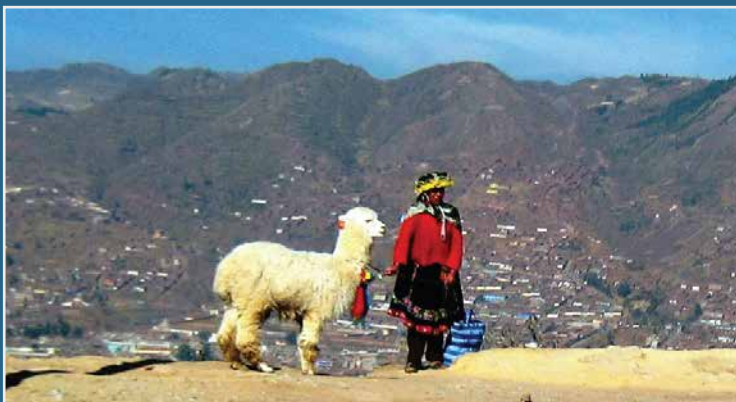
Thursday, August 7

Return to Machu Picchu to continue exploring the ruins. Watch the sun rise over Machu Picchu or take a later transfer to the ruins. Early morning options include a guided hike up to the Sun Gate.

There are a variety of places to enjoy lunch on your own this afternoon. Spend the afternoon at leisure and explore the ruins or shop in the markets of Aguas Calientes. Reconnect with the Inca Trail trekkers this evening, sharing stories about your respective adventures over dinner.

Overnight: Inkaterra Machu Picchu Pueblo Hotel (B, D)





Reserve Your Space Today!

Call: 800-422-1636 or 617-496-0806

E-mail: HAAtravels@Harvard.edu

GENERAL INFORMATION

PROGRAM RATES:

Room Type	Check Payment	Credit Card Payment
Double: Inca Trail Trek (minimum of 6 travelers required)	\$4,995 per person	\$5,200 per person
Double: Machu Picchu by Train (minimum of 4 travelers required)	\$5,495 per person	\$5,700 per person
Single Supplement: Trek or Train	\$1,500 per person	

A \$205 discount is available when both trip deposit and final payment are paid by check.

WHAT IS INCLUDED: Harvard Study Leader and lectures • professional tour director • English-speaking Peruvian guides • airport transfers on designated arrival and departure dates • best available ground transportation • accommodations as indicated • meals as indicated (B=Breakfast; L=Lunch; D=Dinner) • activities as indicated • entrance fees as indicated • bottled water at meals and on group transfers and tours • taxes, service charges, and handling fees • local porters for transportation of camping gear and packs (for Inca Trail Trekkers) • gratuities for guides, drivers, hotel porters, and restaurant staff at included meals • \$50,000 emergency medical assistance and evacuation insurance provided by HAA

WHAT IS NOT INCLUDED: international USA – Cusco – USA flights • international airport departure tax (included in most international tickets) • meals not included • beverages • travel insurance • passport fees, visas, and visa photos as required • phone calls, laundry, and other items of a personal nature • other items and activities not specifically mentioned as included

EXPERIENCE REQUIRED: This trip is rated Challenging. Guests should be in good physical health in order to be able to make the most of their trip to Peru. Travel in Cusco, the Sacred Valley of the Incas, and Machu Picchu involves walking through Andean towns and Inca ruins at altitudes of up to 12,000 feet. The 4-day trek into Machu Picchu along the Inca Trail includes high altitude passes in the Peruvian Andes. For those opting to do the Train Alternative, this trip is considered Moderate.



RESERVATION FORM

PLEASE MAKE CHECKS PAYABLE TO "HARVARD UNIVERSITY" AND MAIL WITH THIS RESERVATION FORM TO:

HAA Travels
124 Mount Auburn Street, 6th floor
Cambridge, MA 02138

TRIP DEPOSIT (NON-REFUNDABLE)

Enclosed is my check for \$ _____
(\$1,000 per person) made payable to Harvard University

Please charge my deposit of \$ _____
(\$1,000 per person) to my:

VISA MasterCard American Express

Card Number _____

Expiration Date _____ Security Code _____

Authorized Cardholder Signature _____

Date _____

TRAVELER INFORMATION

of People in Group _____ # of Rooms Needed _____

Name 1 (as on passport) _____

Date of Birth _____ HBS Affiliation _____

Name 2 (as on passport) _____

Date of Birth _____ HBS Affiliation _____

Street Address _____

City _____

State _____ Zip Code _____

Home Phone _____ Work _____

E-mail _____

ROOM PREFERENCE (CIRCLE ONE) One Bed Two Beds

INCA TRAIL TREK (CIRCLE ONE) Yes No

Trekking permits are limited and available on a first-come, first serve basis. If trekking, please send a copy of passport with registration.

SINGLE TRAVELERS

I prefer single accommodations

I plan to room with _____

I prefer to share accommodations (If a roommate is not available, I will pay the single rate)

By submitting my non-refundable \$ _____ trip deposit I am registering _____ people for the 2014 HBS Alumni Travel: Inca Trail Trek to Machu Picchu trip. I/We have carefully read and accept the general information explaining the terms and conditions for this trip found at <http://alumni.hbs.edu/travel>.

SIGNATURE

DATE

SIGNATURE

DATE