



WALKS WORLDWIDE

The Walking Holiday Specialists

ADVENTURE DOSSIER FOR:

BIKE the ANDES

(2 DAYS)

CUSCO-LARES-HOTSPRINGS- INCA TRAIL - CALCA -CUSCO

Mountain biking in Peru offers some of the best down-hills in the world. Using a mix of rarely used dirt roads, ancient Inca Trails and smooth mule tracks we descend an amazing 3000m, visiting delightful villages, Inca Ruins and relaxing hot-springs. A full support vehicle is on-hand at all times for the tired and weary.

We start by driving high into the Andes, to our first downhill of a lifetime on a dirt road into the rarely visited valley of Lares ending with a relaxing soak in the spectacular hot-springs. Another day of big down-hills follows a classic bike route down and ancient Inca Trail through a spectacular gorge and then by dirt road to bring us to Calca and so back to Cusco. Please note this trip may run in reverse.

DETAILED ITINERARY

DAY 1: LARES HOTSPRINGS DESCENT

From Cusco we drive high into the Andes, for those who wish a chance to climb to 4400m. Then from the top of the pass we enjoy an awesome downhill on dirt road into the Lares valley. Arriving at the village of Lares (famous for its weavings and where traditional Inca clothing is still worn by many), we camp below and soak away the afternoon in “Los Banos del Inca”- a perfect temperature hot spring in an awesome location. (B / L / D)

DAY 2: LARES TO CALCA INCA TRAIL

Driving back up into the Andes (or for those who want a really tough high altitude climb) we descend into the Sacred valley using a mix of ancient Inca trails and rough dirt road. We have a chance to hone our cycling skills on original Inca steps and can see Inca tombs en route as we cycle through an absolutely gorgeous ravine far from the road. We meet our vehicle and in total we will have done 1400m of descent bringing us to Calca for a short drive to Cusco. (B / L)

Included: Quality full-suspension Mountain bike, gloves, helmet, bi-lingual guide/mechanic, support vehicle and transfers to and from Cusco, first aid kit, camping fees, hot-springs entrance, all meals as indicated (B- Breakfast, L- Lunch, D-Dinner), one night camping in two person tents, Therm-a-rests.

Not included: Sleeping bag (-5°C), cycling shorts, optional toe-clips/SPDs, travel insurance, personal belongings, meals & accommodation in Cusco, personal expenses and tips.

WHAT TO BRING: On this expedition we will be experiencing all extremes of Peruvian climate, from freezing Altiplano to extremely hot sunshine.

- Smart clothes for nightlife
- Sleeping bag (-5°C)
- Sunglasses with attaching string
- Water bottle
- Swim suit
- Suntan lotion Factor 15+
- Personal toilet kit
- Pocket knife
- Money belt
- Bike Shorts
- Warm fleece or down jacket
- Warm hat, gloves, scarf
- Raincoat / rain trousers / poncho
- Biking trousers
- SPDs Pedals & Shoes / Toe clips (optional)
- Personal first aid kit to include: painkillers, plasters (band-aids), moleskin, anti-biotic cream, general anti-biotic (ask your GP), after-bite (tiger balm), anti-diarrhea tablets, throat lozenges, re-hydration salts & personal medication.
- Comfortable clothes for journeys
- Towel
- Peaked cap
- Torch & Spare Batteries
- Lip-balm
- After sun
- Camera & spare film 100 & 400
- Book, Notepaper & Pen (optional)
- Spare Glasses / Lenses
- Biking T-shirts
- Thermal underwear
- Sweater (Available in Cusco)
- Socks / underwear
- After Bike trousers & t-shirt
- After bike shoes

AND LASTLY PLEASE NOTE

The “Bike the Andes” travels through a remote and rarely visited part of Peru and we believe our clients should be aware that the remoteness that makes this trip so very special could also cause certain problems. Thus, whilst our agent endeavours to minimise the chances of anything unexpected happening, it has to be noted that no itinerary can or should be rigidly adhered to. This is the very nature of Adventure Travel and we expect our clients to be prepared for delays and slight alterations in our programmed events.

You should also be aware that adventure travel, in particular trekking, rainforest river travel and traveling in remote areas such as Southern Peru, does carry with it certain inherent risks that you, the client, will have to assume.

The majority of dietary and medical requirements can be catered for, but we must be notified of these at the time of booking. Obtaining the correct vaccinations and visas required for Peru is the responsibility of the clients’.

You will have to take out adequate travel insurance to cover these risks and any costs incurred due to sickness, delayed flights and other factors out of our control. The majority of dietary and medical requirements can be catered for, but we must be notified of these at the time of booking.

All clients will be asked to sign a release and waiver form and must provide a photocopy of their passport, Peru entry stamp and details of their travel insurance.

Price £ 250 per person – minimum 2 persons

Extra nights in the 3 Hotel Mabey in Cusco £30 per person (2 persons twin share inc breakfast)*