

Lares Trek & Royal Inca Trail to Machu Picchu, Peru

Enter Machu Picchu through the Sun Gate, trek for three days across the beautiful Lares region and explore the impressive sights of the Sacred Valley of the Incas.



Group departures

See overleaf for departure dates

Holiday overview

Style	Trek
Accommodation	Hotels, Camping
Grade	Moderate / Vigorous
Duration	13 days from London to London
Trekking / Walking days	On trek: 3 days, Walks on: 4 days
Min/Max group size	5 / 12. Guaranteed to run for 5
Trip Leader	Local Leader Peru
Land only	Joining in Cuzco, Peru
Max altitude	4,450m/14,600ft, Huchayccasa Pass, Day 8

Private Departures & Tailor Made itineraries available



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Departures

Group departures

2020 Dates:

Tue 21 Jul - Sun 02 Aug
Tue 01 Sep - Sun 13 Sep
Tue 06 Oct - Sun 18 Oct
Tue 03 Nov - Sun 15 Nov

Will the trip run?

This trip is guaranteed to run for 5 people and for a maximum of 12. In the rare event that we cancel a holiday, we will refund you in full and give you at least 6 weeks warning. Many trips do fill up quickly - we advise you to book early if you want to secure a place(s) on the dates of your choice.

Deposit

A higher deposit is required to secure your booking on this holiday, this includes a prepayment for your Trek permit. For full details contact the office or refer to our terms and conditions on our website <http://www.mountainkingdoms.com/essential-information>.

Group prices and optional supplements

Please contact us on +44 (0)1453 844400 or visit our website for our land only and flight inclusive prices and single supplement options.

No Surcharge Guarantee

The flight inclusive or land only price will be confirmed to you at the time you make your booking. There will be no surcharges after your booking has been confirmed.

Insurance

We offer a travel insurance scheme - please contact us for details.

Private Departures

We can also offer this trip as a private holiday. A Private Departure follows exactly the same itinerary as the group departure but at dates to suit you (subject to availability) - please contact us with your preferred dates.

Tailor Made service

We pride ourselves on the level of quality and choice we provide for our clients who want a fully tailor made holiday. A holiday will be created especially for you by one of our well-travelled experts, who will have first-hand experience of the destination/s you want to visit. They will be able to advise on the accommodation best suited to your needs, the sights you should visit (and those to avoid!) and the best walks and activities matched to your ability. In short, we will work together with you to create your perfect holiday. If you would like to explore the idea of a Tailor Made holiday with Mountain Kingdoms then please call us on +44 (0)1453 844400 or see the Tailor Made pages of our website for further inspiration.

Your guide



You will be accompanied throughout your trip by a local English-speaking guide. These leaders are very knowledgeable and extremely charming and friendly and in their company you will enjoy an insider's view of Peru.

Your trip highlights

- Step back in time on a superb trek in the beautiful and remote Lares region
- Walk the final day of the Royal Inca Trail and arrive at Machu Picchu through the iconic Sun Gate
- Enjoy Sightseeing and acclimatisation walks in Cuzco and the surrounding hills
- Explore Inca ruins including Pisac, Moray and Sacsayhuaman
- Relax in the beautiful mountain city of Cuzco

At a glance itinerary

Days 1-2	Fly London to Cuzco, transfer to your hotel, afternoon at leisure.
Days 3-4	Walking tour of Cuzco and visits to Inca ruins at Sacsayhuaman and Tambo Machay.
Days 5-6	Drive to the Sacred Valley. Visit Pisac ruins and market. Acclimatisation walk from Moray to Salinas.
Days 7-9	Drive to Totora, begin Lares trek. Trek to Quishuarani, cross Huchayccasa Pass to village, continue to Patacancha valley and end at Ollantaytambo.
Days 10-11	Transfer to Km 104 and trek to Machu Picchu along the Royal Inca trail. Transfer to Aguas Calientes. Half day guided tour of Machu Picchu. Return to Cuzco by train and car.
Days 12-13	Free morning in Cuzco. Transfer to airport for overnight flight home.

Trip summary

An alternative to the classic Inca Trail, this superb holiday combines exploration of several key Inca sites, a three day trek away from the crowds in the beautiful Lares region, time in the vibrant mountain city of Cuzco and a single day hiking on the Royal Inca Trail to reach Machu Picchu through the iconic Sun Gate. Unlike the restrictive Inca Trail permits, those required for this trek rarely run out, so you can really relax and enjoy the best of all worlds.

You start your adventure at a gentle pace, adjusting gradually to the high altitude of Cuzco with a walking tour of the city, visits to the nearby Inca ruins of Sacsayhuaman and Tambo Machay and time to soak up the atmosphere of this delightful mountain city. Leaving Cuzco behind, you head down into the Sacred Valley spending time at the Inca hill top complex at Pisac as well as the lively artisans' market that the town is equally famed for. The following day you enjoy a scenic acclimatisation walk, descending from the site of the fascinating Inca crop nurseries at Moray, to the pre-Inca salt mines at Salinas.

Acclimatised to the thinner mountain air, you now set out on your three day trek in the Lares region. Immediately you feel that you've stepped back in time and into another world. The verdant landscape is cleft with deep valleys rising steeply into foothills then rising again to form the towering, snow-capped Urubamba mountains. Small hamlets and stone cottages nestle in the valleys and you will see the local Quechua people clad in hand woven red ponchos and felt hats, still tending their alpacas and farming their land using methods little changed since the time of the Incas. Your trail takes you from east to west crossing two high passes with spectacular views and descending past emerald blue lakes to camp in the valleys below until, finally, you end your trek in the beautiful the Patacancha Valley.

Your journey though is not yet complete. Catching a train along the Sacred Valley you alight at Km104 to walk the final day of the Royal Inca Trail, passing the ruins at Winay Wayna and arriving at Machu Picchu through the Sun Gate where you will experience one of the most iconic and impressive views in the world. You return to Machu Picchu the next day for a guided tour with ample time to explore this most remarkable of all Inca sites; a really memorable end to a thrilling adventure.

Your trip itinerary

Day 1: Fly London to Cuzco.

Depart London on your overnight flight to Cuzco.

Overnight: In flight

Day 2: Arrive Cuzco. Group transfer to hotel. Afternoon at leisure.

On arrival in Cuzco you will be met and transferred to your hotel. You are at 3,353m/11,483ft here so for the rest of the day you will need to take it easy to help your body acclimatise to the thin air at this altitude. It is a good idea to rest or maybe explore locally and enjoy your first impressions of this vibrant city.

Overnight: Quinta San Blas or Similar

Day 3: Morning walking tour of Cuzco. Afternoon at leisure.

Today you have the opportunity to stretch your legs and acclimatise to the high altitude with a delightful short walking tour led by a local guide.

Whether your interest is exploring Inca ruins, visiting colonial churches, bargain-hunting in Indian markets, or just relaxing on a cafe terrace overlooking the Plaza de Armas, Cuzco has it all. Formerly the capital of the extensive Inca Empire, today the foundations and walls of Inca buildings are overlaid by Spanish architecture. Fine Inca stonework has survived centuries of both earthquakes and Spanish colonialism.



When the tour is finished you will enjoy lunch at the Museo del Café after which the rest of the day is yours to do a little further exploration, browse the city's many tempting shops, or simply relax at your hotel. Later in the afternoon you will be given a full briefing for the adventure ahead.

Overnight: Quinta San Blas or Similar (Meals: B L)

Day 4: Visit Cuzco's outlying ruins at Sacsayhuaman and Tambo Machay.

You venture a little further afield today to visit two of the most celebrated Inca sites that are scattered around the Cuzco hills. Sacsayhuaman is the closest and most impressive of the sites with its magnificent Inca walls built from huge rocks fitted together with such precision that not even a piece of paper will fit between them. The site was originally thought to be a fortress but more recent theories suggest a great temple to the Sun with evidence of an altar and seats cut into the rock.

Not far from Sacsayhuaman lie the ruins of Tambo Machay. These ceremonial Inca springs or baths are still in excellent condition and comprise several water fountains on three different levels and a rock pool which is ingeniously filled via a hidden channel. Having explored the site you will return to your hotel for the evening.

Overnight: Quinta San Blas or Similar (Meals: B L)

Day 5: Transfer to the Sacred Valley. Explore Pisac town and market.

After breakfast you say au revoir to Cuzco and drive into the Sacred Valley of the Incas. The Sacred Valley, or Vilcamayo to the Incas, is a beautiful, fertile valley carved by the Urubamba River which flows from the high Andes all the way to the Amazon jungle. Marking the opposite ends of the Sacred Valley are the two remarkable Inca citadels of Pisac and Ollantaytambo.

Pisac lies at the eastern end of the valley and here, situated above the town, is an extensive Inca complex clinging to the mountain top. The citadel at Pisac was originally positioned on a major Inca route into the Sacred Valley and controlled access to the eastern jungle. The ruins are set high above the valley floor and there are tremendous views from there. Terraces, water ducts and steps are cut out of solid rock, and in the upper sector of the ruins, the main Intihuatana is equal to anything at Machu Picchu.

Above the temple lie still more ruins, mostly unexcavated, and among the higher crevices and rocky overhangs several ancient burial sites are hidden. You will have time to explore on foot for an hour or two with time to take in the best of the ruins and to enjoy the superb scenery and commanding views. You will also have time to visit Pisac's famous market with its many artisan stalls before continuing to your hotel.

Overnight: Villa Urubamba or Similar, Urubamba (Meals: BLD)

Day 6: Walk from Moray to the salt pans at Salinas and on to your hotel.

Your acclimatisation walk today combines big views and ancient towns, local farming techniques and pre-Inca salt pans with an easy descent to the valley below.

Firstly, you drive out of the valley and across the grassy plain to the extraordinary Inca earthworks of Moray. There is no other Inca site quite like Moray - three crater like depressions are lined with a series of concentric circular terraces disappearing down into the earth. Some think that this may have been the site of sophisticated Inca agricultural experiments with each terrace representing an altitude zone. It is thought that the terraces' containing walls were filled with fertile earth and watered by complex irrigation systems which enabled the Incas to grow more than 250 plant species.



From Moray you then follow an old mule trail the short distance to the ancient town of Maras with its vast church and outstanding colonial Spanish door arches. Maras was formerly famous for its spies, due to its strategic location above the Sacred Valley enabling the local inhabitants to keep track of the movement of all travellers in and out of the valley. From Maras you will then walk back down into the Sacred Valley, a descent of a couple of hours. En route you will walk through the shimmering terraced salt-pans of Salinas where salt has been harvested since pre-Inca times. The salt pans cover the whole hillside and in sunny weather you will be dazzled by the white of the pools.

Overnight: Villa Urubamba or Similar, Urubamba (Meals: BLD)

Day 7: Transfer to Totora for the start of the Lares trek. Trek and then transfer to Quishuarari.

A scenic two hour drive through the Sacred Valley of the Incas takes you to the start of your trek at the small village of Totora. From here you start walking following an ancient Inca Trail into a narrow canyon where you will find Inca tombs perched high up in the cliffs. Emerging from the canyon you pass through tiny rural communities where it seems time has stood still before reaching a lovely spot where you will have a picnic lunch. After lunch you are transferred by vehicle to the small and very traditional community of Quishuarari, 3,700m/12,139ft, where you will be camping overnight.

Overnight: Camp (Meals: BLD)

Day 8: Trek to Cuncani via the Huchayccasa Pass, 4,450m/14,600ft. Bus to camp at Chancachaca, 3,440m/11,286ft.

This is a stunning day's trekking. You leave camp behind and climb past colourfully dressed locals, and up towards the native forests that, our partners, Amazonas Explorer, have been heavily involved in re-planting. These forests harbour Andean deer, vizcachas and several rare species of birds and are essential to the future of this area. A further push and you reach the stunning views from your highest pass of the trek, the Huchayccasa Pass, 4,450 m/14,600 ft. A chain of emerald blue lakes fills the hillside below you, and in the distance rise the snow clad Urubamba mountains. Descending through hand turned potato fields you come to the upper reaches of the ancient community of Cuncani at, 3,800m/12,4600 ft. From here our bus takes you twenty minutes to your camp at Chancachaca, 3,440m/11,286ft. There is an option to visit the Lares hot springs after lunch.



Overnight: Camp (Meals: BLD)

Day 9: Trek to the Patacancha Valley via the Ipsaycocha Pass, 4,200m/13,780ft. End trek and transfer to hotel.

This is a day filled with encounters with locals. Men head off to work in the potato fields, wooden ploughs slung over their shoulder. Women sit, legs outstretched weaving their traditional clothes on wooden looms. And small children sit motionless guarding herds of alpaca and llama, their ever faithful dog by their side.

You start your trek this morning fifteen minutes' drive from camp to begin towards the final pass. Lying at 4,200m/13,780ft the Ipsaycocha Pass marks the border between Lares and the Patacancha Valley. You start gently and then climb one final steep section to gain the summit. If you are lucky, you will have spectacular views of Mount Veronica. You take lunch by the beautiful Ipsay Lake then follow an ancient trail to the Patacancha Valley and the village of Patacancha where the trek ends. A vehicle takes down the valley and to your hotel for the night.

Overnight: Hotel Pakaritampu or Similar (Meals: BLD)

Day 10: Transfer by train to Km104 and trek the Royal Inca Trail to Machu Picchu.

From the station at Ollantaytambo you catch a train to km104, the starting point for those taking the short Inca trail to Machu Picchu. Your trek starts by visiting the recently restored ruins of Chachabamba before gradually ascending through tropical cloud forest up towards the base of the spectacularly situated Inca ruins called Wiñay Wayna (Forever Young). Here you climb more steeply on old Inca stairways through beautiful terraces, stopping to explore the various buildings and water features.

After a picnic lunch you continue on perhaps the loveliest part of the whole Inca Trail. Lush vegetation flanks you on either side, the scent of wild orchids fills the air, and brightly coloured tropical birds fill your ears with song. Soon you will reach a final set of stairs to arrive at Inti Punku, the gateway of the Sun. As you step through the old stone gate-way, Machu Picchu appears laid out before your eyes. A truly magical sight. After plenty of photos you carry on along the trail and then through the incredible ruins to catch the bus down to the lively town of Aguas Calientes, also known as Machu Picchu Pueblo.

Overnight: El Mapi Hotel or Similar, Aguas Calientes (Machu Picchu Town) (Meals: BLD)

Day 11: Return to Machu Picchu for a guided tour. Return to Cuzco by train and car.

After an early breakfast, you drive the short distance back up the zigzag road to Machu Picchu to get there before the main crowds and also when the light is better for those all-important photos. Machu Picchu is a place that really lives up to expectations; the setting is breath-taking and the ruins themselves are sensational.

For years it was lost to the jungle. Rediscovered in 1911 by the Yale professor Hiram Bingham, declared a UNESCO World Heritage Site in 1983 and one of the New Seven Wonders of the World in 2007, Machu Picchu exceeds all expectations. You will enjoy a guided tour lasting around two hours covering all the main points of interest such as the Temple of the Sun, the Royal Tomb, the Sacred Plaza and Intihuatana - 'the hitching post of the sun'. Before the tour you have a few hours free to wander amongst the old Inca walls and just sit and take in the scale of the place on your own. Eventually the time comes to catch the bus down to Aguas Calientes and board your train back along the Urubamba River. The scenery is beautiful and the train jolts softly along, allowing you to sit, stare out the window and reflect on a wonderful adventure. You alight from the train and make the final stretch of your journey back to Cuzco by car.



Overnight: Quinta San Blas or Similar (Meals: B L)

Day 12: Morning free in Cuzco. Group transfer to airport for return flight to UK.

This morning is free to enjoy a final wander through the streets of Cuzco and perhaps buy some souvenirs to take home. In the afternoon you will be transferred to the airport for your return flight to the UK.

Overnight: In flight (Meals: B)

Day 13: Arrive UK.

Today you will arrive back home in the UK.

Our grading system

Lares Trek & Royal Inca Trail to Machu Picchu is graded as a Moderate/Vigorous trekking holiday, as described below.

Moderate

Holidays in this grade typically involve 5 to 10 days of walking or trekking. They will often venture into more remote country and can cross mountain passes. Altitudes though are still relatively low, going no higher than around 4,300m/14,000ft. Accommodation can include simple hotels, tea houses, lodges and camping.

Vigorous

Typically these trips involve 8 to 14 days (occasionally more) trekking in relatively remote landscapes. High passes up to 4,900m/16,000ft may be crossed (sometimes snow-covered) and there may also be glacier travel and peak ascents. Walking days can be between 5 and 8 hours with considerable ascents and descents. This grade also covers some European treks of shorter durations. Overnight stops on trek could be in tea houses, mountain huts or camping.

These holidays would suit enthusiastic hill/mountain walkers.

Trip altitude

Important - please be aware that this trip involves travel at altitude. Whilst all our itineraries are carefully designed to optimise acclimatisation to high altitudes, participants on this trip are likely to experience some symptoms of being at altitude. The Dossier pack we provide when you book your holiday includes comprehensive advice on safe travel at altitude. If you require further information or advice on travel at altitude prior to booking please contact the office to speak to an experienced member of our team. Alternatively we recommend www.medex.org.uk as a good source of information.

What the price includes

Mountain Kingdoms aims to offer the best value for money. We do not charge extra for meal packages or apply local charges and try to ensure that all the key elements of your holiday are included.

What's included:

- ✓ A Local English-speaking leader
- ✓ Good standard hotel accommodation (3 star) in Cuzco, Ollantaytambo and Aquas Calientes on a twin share, bed and breakfast basis
- ✓ Lunches in Cuzco and Aquas Calientes
- ✓ All camping facilities and all meals on trek
- ✓ Camp staff to carry out all camp work
- ✓ All road transport by private vehicles
- ✓ Sightseeing where specified
- ✓ Trail permit for Royal Inca Trail
- ✓ Economy class return air fares from the UK & UK Departure Tax (flight inclusive bookings)
- ✓ Single, timed, group airport transfers for international flights on arrival and departure
- ✓ Carbon offset for clients taking our flight-inclusive option
- ✓ A free Mountain Kingdoms Water-to-Go bottle (see below) or a free Mountain Kingdoms fleece

Airport transfers

The cost of a transfer to/from the airport is included in the price of your holiday. This is a single group transfer which is arranged to coincide with the timings of the group flights. If you book your own flights which arrive/depart at different times to this, or we book flights at your request that have different timings, we will be happy to provide a quote for a separate transfer. Please contact us should you require any further information.

What's not included:

- × Travel insurance
- × Visa fees
- × Sleeping bag
- × Some lunches and evening meals
- × Optional trips
- × Airport departure taxes (if applicable), excepting UK Departure Tax
- × Tipping

Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

For our clients who are not given a free Mountain Kingdoms kit bag (these are required for certain treks), there is the choice of receiving either a free Water-to-Go bottle or a free Mountain Kingdoms fleece. If you are not eligible for a free bottle, you will still be able to buy a special Mountain Kingdoms Water-to-Go bottle from us at a discounted rate.

For further information about our campaign visit [For further information about our campaign visit <https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>](https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign).

Your accommodation

We will endeavour to secure the hotels named in the itinerary but if our first choice of hotel is not available we will book a suitable alternative of a similar standard.



Quinta San Blas or Similar

Located in the charming neighbourhood of San Blas, the Quinta San Blas is a converted Colonial-Republican hotel within easy walking distance of the Cuzco's central sights. Comfy, en suite rooms have Wi-Fi and the hotel provides a buffet breakfast and has a cafe.



Villa Urubamba or Similar, Urubamba

Villa Urubamba is a quietly situated 3 star hotel in the Sacred Valley just outside the town of Urubamba. The hotel is landscaped in lovely gardens with lots of birds and good mountain views. The large, en suite rooms are attractively decorated in local style and the hotel has a restaurant and free wifi in public areas.



Camp

We believe in camping and trekking in style. Whilst walking all you need to carry is your daypack. Your support team of traditional porters carry all camping equipment and perform all camp chores. All your meals will be prepared by your cook.



Hotel Pakaritampu or Similar

This attractive hotel is situated in the small town of Ollantaytambo in the Sacred Valley. It has a restaurant, bar and terraces whilst the well appointed rooms have Wi-Fi, hairdryers and a small safe.



El Mapi Hotel or Similar, Aguas Calientes (Machu Picchu Town)

This is a contemporary hotel, located in the heart of Machu Picchu town (Aguas Calientes) just a few steps from the main square and the train station. The hotel is friendly and rooms are comfortable with all facilities.

Meal arrangements

All meals included except for dinner on days 2, 3, 4 and 11, and lunch on day 12.

Flight arrangements

Flight inclusive from price

Our 'Flight inclusive from' price is based on the best fare available at the time of printing. As airfares change on a constant basis, this should be used only as a guide price. Rest assured that, at the time of booking, we will endeavour to get the best possible price for the flights you need. Remember, the earlier you book the greater your chances of securing the best fare.

Flight inclusive packages booked through Mountain Kingdoms are protected through our ATOL bonding scheme.

Flight upgrades and regional Airports

Please call us on +44 (0)1453 844400 for flight options from regional UK airports, Business Class upgrades, alternative airlines and stopovers. Please also check our website for the most up to date flight inclusive 'from' prices.

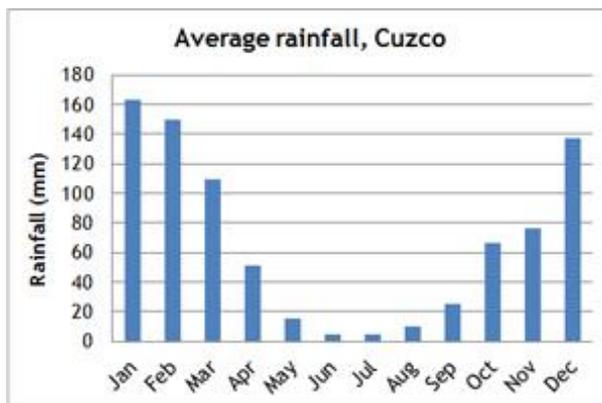
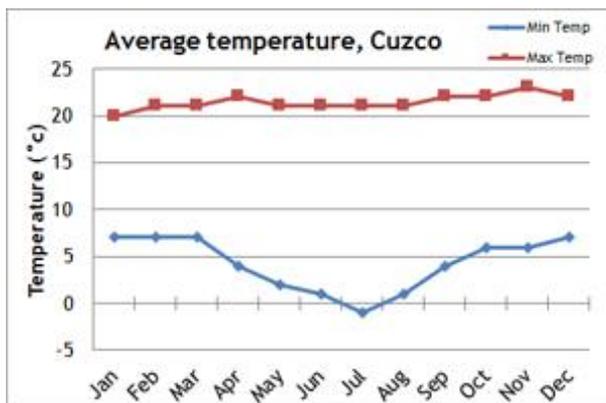
Further information

When we receive your booking, we send you a full Trip Dossier which contains details of any visas and vaccinations required, a suggested gear and clothing list and lots of useful information. If you do have queries at this initial stage do call us on 01453 844400 and we will be pleased to offer advice.

The nature of adventure travel

Every effort will be made to keep to this itinerary but we cannot guarantee that things may not change, either before you travel or while you are away. By its very nature, adventure travel involves an element of the unexpected, particularly in more remote areas. A variety of factors such as adverse weather conditions, changes to local schedules and difficulties with transportation can all contribute to the need to make changes to the itinerary, often at the very last minute. Our Operations Manager and your Trip Leader will make every effort to maintain the integrity of the original itinerary and minimise the impact of any changes, but an easy-going and flexible nature is a real asset! Please note that all timings and distances given are approximate.

Climate information



Extensions

Extending your holiday

If you would like additional inspiration on how or where to extend your holiday please call us on 01453 844400. Alternatively, you can download a range of extension information sheets on our website, at www.mountainkingdoms.com.



Peru has so many attractions. There are numerous ways you can extend your holiday with Mountain Kingdoms.

Additional hotel nights

If you would like to stay longer in Cuzco we can book extra nights or upgrades from our selection of hotels. We can also arrange a personal sightseeing tour or other exciting activities.

Lake Titicaca

Lake Titicaca is the largest lake in South America and is generally considered to be the highest navigable lake in the world. Our two night extension begins with a ride on the tourist bus from Cuzco to Puno stopping en route to see several cultural attractions. At Puno, which lies on the shores of Lake Titicaca, you will spend a full day exploring the beautiful landscape and visiting the fascinating people of Taquile Island and the Uros Islands.



Amazon jungle

For a complete contrast to your trek or tour in the Andes why not visit the lush Amazon jungle? A short but spectacular flight will take you to the city of Puerto Maldonado from where you will travel down river to your jungle lodge. We offer a selection of lodges with a range of fantastic wildlife experiences. Stay for 2 or 3 nights or we can book an even longer, more adventurous 5 day expedition for you, to the Tambopata Research Centre.



Ballestas Islands and the Nazca Lines

You could travel south from Lima to take a cruise out to the Ballestas islands - Peru's own 'Little Galapagos'. Whilst there, you could also take a flight to overview the enigmatic Nazca lines.

Arequipa or Colca Canyon

A visit to the beautiful colonial city of Arequipa would be a very enjoyable experience, as would a visit to the Colca Canyon. This is the deepest canyon in south America and is famed for both its scenic beauty and its many condors.



Galapagos Islands

A cruise amongst the Galapagos Islands is an unforgettable experience and we can organise this for you from Peru. You can join a cruise that best matches your interests and budget. We work with a variety of different sizes of boat, with cruises typically of four to eight days duration.

Why book this holiday with Mountain Kingdoms?

- Unique to Mountain Kingdoms, this superb holiday is an excellent alternative to the classic Inca Trail. It combines trekking in the remote Lares region, walking to Machu Picchu on the final day of the Royal Inca Trail and exploring key Inca sites in just two weeks.
- Our carefully planned itinerary allows for gradual acclimatisation to the high altitude and time to relax and enjoy the attractive mountain city of Cuzco.
- This holiday avoids the issues of restricted trail permits on the classic Inca Trail. None are required for the Lares region and permits for the one day Royal Inca Trail almost never run out.
- The Lares trek is fully portered and done in comfort with all camp facilities provided. You only need to trek with your daysack.
- We use excellent English-speaking guides who are well-educated and great fun.
- We have a wealth of experience within the company and staff members who have travelled in Peru and done this trek. If you have any queries about this holiday then contact Seraphina Berry who will be happy to help.
- We offer a flexible service and can extend your holiday with extra hotel nights, upgrades and other exciting tours and activities.
- We are an IATA accredited agent and work directly with some of the world's major airlines. If you wish to fly with a specific airline, from a regional UK airport or on alternative dates to the main group we would be happy to arrange this for you. Please contact our Flights Manager, April, for flight options, quotes and further information.

If we've tempted you to take your next holiday with us, we advise you to check availability and you can do this via our website: www.mountainkingdoms.com or by calling the team on +44 (0)1453 844400. Bookings can be made online, by phone or by completing a booking form and returning it to us. We can also provisionally hold places if you need time to consider your options.

What our clients say



Everything went like clockwork from first to last. Our local guides looked after us amazingly well and were mines of information about everywhere we visited. We saw fantastic sights - from remote mountain villages on the Lares Trek, to tourist hot-spots around the Sacred Valley and Machu Picchu, to city sophistication in the Miraflores district of Lima. We met interesting people, encountered amazing wildlife, ate (too much!) wonderful food and all in all had the most memorable experience on a continent we had never visited before.
- Mr K Siddle, Rutland



It was great to visit mountain communities and to trek traditional ancient paths once used by the Incas and still in constant use by the local farmers today. The high passes that you cross feel wild and remote, but one of the great pleasures of the trek was meeting locals along the way, herding their llamas and tending to their high pastures. The Sacred Valley, with its amazing Inca remains, can at times feel quite busy, but out on the Lares trek you really do get away from it all.
- Seraphina Berry, Mountain Kingdoms

Mountain Kingdoms - distinctly different

Truly independent

In an age where many so-called 'independent' travel companies have in fact been bought out by multi-national giants, we remain fiercely independent with all the benefits this offers our clients.

Value for money prices with an emphasis on quality

We are not in the business of cutting our itineraries and services to the bone to offer eye-catching cheap prices. We use some of the best airlines, and typically 3 or 4 star hotels in cities. We include the majority of meals and private transport for road travel. We use excellent equipment and appoint well-trained staff and leaders. Last year, over 98% of our clients rated their Mountain Kingdoms holiday as 'excellent' or 'good'. We are members of AITO and bound by their quality charter.

Complete financial security

You can book with us confident that your holiday has full financial protection. Flight inclusive holidays are financially protected by the Civil Aviation Authority under ATOL licence number 2973 and 'Land Only' holidays are covered by a bond secured with ABTOT.

No Surcharge Guarantee

Your peace of mind is important to us so we have a No Surcharge Guarantee on all Land Only and Flight Inclusive bookings. This means that there will be no change to the price of your holiday once we have confirmed your booking, regardless of fluctuations in exchange rates or fuel prices.

Award winning Responsible Tourism

We feel strongly that all our holidays should benefit local communities, protect the environment and respect local traditions, religion and heritage. You can read more about the charities we support and our Responsible Tourism commitments and initiatives on the following page or at www.mountainkingdoms.com.

Genuine small group travel

Almost all of our holidays have a maximum group size of just 12, plus leader. This provides more contact with your leader, readier access to off-the-beaten-path areas, greater interaction with local communities and a reduced environmental impact.

Loyalty Discount

If you have previously travelled with us we recognise your loyalty with a discount on future trips.

Booking your holiday - it couldn't be easier

Once you've chosen your Mountain Kingdoms holiday you can book online, call the office or complete and post a booking form which can be found in our brochure or downloaded from our website. If you would like to hold a place on one of our trips, whilst you make up your mind, please give us a call to make a provisional booking. This is a no-obligation, no-cost booking and we will hold your place until space comes under pressure or we need your decision.

Comprehensive information

When we receive your booking we send you a full trip dossier which contains details of visas and vaccinations required, a suggested gear and clothing list and lots of useful information. In fact, everything you need to know to give you peace of mind and allow you to prepare for your trip of a lifetime.

Mountain Kingdoms & Responsible Tourism

Our commitment

Mountain Kingdoms is committed to responsible tourism, through policies and practices which permeate all aspects of its business. Our policies aim to ensure that we and our clients act in a way which is socially, environmentally and culturally sound. We feel strongly that all Mountain Kingdoms holidays should benefit local communities, protect the environment by minimising pollution, and respect local traditions, religion and heritage. We tread lightly - low volume, low impact trekking/touring is the best way of preserving the beautiful and fragile places we visit.

We work with organisations such as Tourism Concern, International Porter Protection Group (IPPG), Ecoan, AITO and various charities, to help achieve our responsible tourism goals.

Our initiatives

We support a range of projects around the world both on an ongoing basis and in response to disasters and emergencies.

Examples of our recent ongoing work are the Kerala Partnership helping flood victims in southern India, the Simien Mountains Mobile Medical Service in Ethiopia, the Ginette Harrison School in Nepal, a tree planting project in Peru, the Village Education Project in Kilimanjaro and Kidasha charity supporting children in crisis in Nepal, and many more.



If you know of a registered charity that does good 'hands on' work in a country that we operate in please send us details and we will consider adding it to the list of charities we support.

Further details of all our Responsible Tourism initiatives can be found at www.mountainkingdoms.com/about/responsible-travel

Water-to-Go Reusable Bottle Campaign

We have joined the campaign to help cut down on the use of plastics and, in particular, single-use water bottles. To do this we have teamed up with the revolutionary company, Water-to-Go who have developed a multi-use drinking bottle with a reusable filter that eliminates over 99.9% of all microbiological contaminants. This makes water from virtually any source safe to drink and significantly reduces the need for travellers to buy bottles of water wherever they are in the world.

Depending on the holiday booked, clients travelling with us may be eligible for a free Mountain Kingdoms Water-to-Go bottle (please see the What the Price Includes section of this itinerary), or to purchase a bottle from us at a discounted rate. For further information about our campaign visit <https://www.mountainkingdoms.com/water-to-go-reusable-bottle-campaign>.

Porter Protection

In the countries where we use porters we feel that the issue of porter protection is immensely important. We support the work and the aims of the IPPG (International Porter Protection Group) and as such we have a set of guidelines to adhere to and which we apply worldwide.



Carbon off-setting

Working with Ecoan tree-planting project in Southern Peru we offset the carbon emissions for every Mountain Kingdoms holiday that includes an international flight.

