



Adventure tours that delve deeper

One day trip: The South Valley

STARTS AND ENDS: Cusco

The South Valley is little known to foreign tourists, but very popular with locals. It's a brilliant place to visit lakes, wetlands, mad churches, and ruins, and on weekends, enjoy a variety of specialty local food.

We'll pick you up from your accommodation in Cusco at 9am. Our first stop, half an hour out of town, is Oropesa, Peru's bread capital. Here we'll meet local bakers and try their famous chuta bread. One food speciality per town is the rule in the South Valley, which is also home to Tipón (cuy – guinea pig), Saylla (chicharrones – pork with mint) and Lucre (pato – duck).

The church of Andahuaylillas is so elaborate it's known as the Sistine Chapel of the Americas, and has to be seen to be believed, as do the deliberately deformed skulls of departed Inca nobles displayed in the museum next door.

We'll also visit fascinating pre-Inca ruins and the tiny village of Huasao, locally known for its brujos (witches), who can read your future in coca leaves before we head back to Cusco.

What's included:

- Lunch
- Entrance to all sites mentioned
- Aspiring Adventures guide
- Pickup and drop-off at your hotel

What's not included:

- Tip for your guide and driver
- Drinking water (apart from at lunch)

What to bring:

- Drinking water
- Sunscreen and sunhat
- Comfortable shoes for walking
- Warm jumper (Sweater)
- Rain jacket
- Camera

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