



THE PERU MTB TRIP

TRIP LENGTH: Seven days

STARTS AND ENDS: Cusco

Biking is the best way to see the area between Cusco and Machu Picchu. Our Peru MTB trip puts Peru's awesome, varied biking, incredible scenery, and adventure in the outdoors within everyone's reach.

In just one week our most popular Peru biking trip takes in all the highlights – Machu Picchu, Cusco, Pisac, Ollantaytambo, Salineras, and more – plus as much or as little time the saddle as you like. Whether you're a seasoned biker or just starting out, if you enjoy getting around by pedal power, this trip is for you!

DAY 1 WELCOME TO CUSCO!

Your guide will pick you up at 1pm and take you for a traditional Peruvian meal at a local favourite restaurant. In the afternoon there's time for a stroll around Cusco's beautiful historic centre with your guide, and our mechanic is on hand to help you assemble your bike if you've brought it from home. It's a good idea to take it easy and drink plenty of water today to aid acclimatisation, as we start experiencing Peru's incredible biking tomorrow!

Accommodation: Basic, comfortable hotel in Cusco

Meals: Lunch included

DAY 2 RIDE TO PISAC AND ALONG THE SACRED VALLEY

We start the biking today with a fun, easy ride on paved and dirt road and easy single track to Pisac – an Inca township that's the gateway to the Sacred Valley and home to a famous handicraft market which we'll have time to explore. In the afternoon we saddle up again and ride along the flat, fertile floodplain of the Sacred Valley to our spectacularly scenic campsite.

Accommodation: Camping by a little-known ruin in the Sacred Valley

Meals: Breakfast and dinner included

DAY 3 BIKE INTO THE LARES VALLEY

This morning we'll drive up to Amparaes Pass and then descend on easy gravel road or single track into the remote Lares Valley, starting in high-altitude rock and cold, and ending up in a warm, green river gorge. The chance to enjoy a beer and barbecue at the surreal and beautiful water park that is Lares hot springs is worth a trip in itself. Naturally occurring hot springs are surrounded by lovingly landscaped terraces and lawns dotted with tents. This is one of our favourite places in the world – there is no better end to a day's biking than soaking in the springs and staring up at the stars.

Accommodation: Camping at Lares Hot Springs – magic!

Meals: All meals included

DAY 4 AMPARAES PASS TO OLLANTAYTAMBO - PERU'S BEST BIKE DAY!

This morning an incredibly scenic drive takes us up to the dizzying Amparaes Pass, and to the top of one of the world's best off-road descents. Section follows section of llama track, gravel riverside, and eventually scenic river gorge. We'll end with an array of undulating riverside single track (or take the open, speedy gravel backroad alongside) into the outskirts of Calca. Here we'll have a late lunch before more cycling through the beautiful, verdant Sacred Valley towards Ollantaytambo, one of the most beautiful villages in Peru, and our destination for the night.

Accommodation: Cosy, family-run hotel in Ollantaytambo

Meals: Breakfast included

DAY 5 SCENIC BIKING AND SALINERAS

This is the most popular bike trip in Peru – even non-riders get on bikes to enjoy this morning's scenic, easy riding through rolling countryside, past lakes and ruins. And our next ride is a treat – one of the best single track descents in Peru, it has something to teach everyone from novice to expert. Best of all, it ends at our favourite Inca attraction, Salineras – a surreal and beautiful patchwork of pools and paths that still produces salt using Inca technology. Later we'll take a train to Aguas Calientes.

Accommodation: Basic hostel in Aguas Calientes

Meals: Breakfast included

DAY 6 MACHU PICCHU!

An early start rewards us with sunrise at Machu Picchu – a peak moment for anyone. A spectacular stone city surrounded by incredibly steep, incredibly green mountains, Machu Picchu needs no introduction and is deservedly one of the new Seven Wonders of the World. Your trip leader will take you on a guided tour – a necessary start to orient you in this massive site – then you'll have plenty of time to explore the site and some of the surrounding peaks on your own before we catch the train back to Cusco for our last night together.

Accommodation: Basic, comfortable hotel in Cusco

Meals: Breakfast and lunch included

DAY 7 DEPARTURE DAY

You can book your flight out of Cusco for any time today. If you're staying on in Peru, we're delighted to help out with suggestions and assistance for the rest of your time here, including hooking you up with more of Peru's incredible biking!

Meals: Breakfast included

WHAT'S INCLUDED:

- Mountain bike (late-model, dual-suspension Specialized, Scott or Giant)
- Bike helmet and gloves
- Dedicated Aspiring Adventures guide/bike mechanic
- Four nights basic hotel accommodation (based on twin-share – Single Supplement available for US\$100)
- All activities specified in itinerary
- All ground transport (including full vehicle support/SAG wagon while biking)
- Entrance to all specified attractions
- Extra permit to climb Huayna Picchu at Machu Picchu (if available at time of booking)
- Meals as specified in itinerary

WHAT'S NOT INCLUDED:

- Drinks and some meals
- Tips for your guides
- Tent, sleeping bag and mat for two camping nights (hire for US\$25 per item or bring your own)
- Private trip for just you and your party, plus your guide (US\$300)

ACCOMMODATIONS:

Roofed accommodation (in Cusco, Ollantaytambo and Aguas Calientes) on this trip is clean, comfortable and backpacker-budget level. For two nights, in the Sacred Valley and at the Lares hot springs, we camp in tents.