

WASHINGTON AND LEE  
UNIVERSITY

# THE LARES TREK *Adventure*

*Hiking  
in Peru*

June 2–11, 2019

WITH James Dick,  
Director of Outdoor Education at Washington and Lee



## Dear W&L Alumni, Parents, and Friends,

We invite you to join us on a journey to Peru for the rich history, living culture and magnificent Andean landscapes of the Sacred Valley of the Incas. We'll travel on a lodge-to-lodge adventure to majestic archaeological sites that lead to remote and uncrowded trails abounding in natural beauty and dotted with Andean communities. Local traditions of weaving and agrarian traditions have been firmly rooted here since Incan times.

Our expert guides will tailor your experience with an offer of *à la carte* activities to suit your physical abilities and desires. Daily activities include natural and cultural encounters that range from easy, moderate or challenging hiking options to cooking lessons, mountain biking or visiting an ancient weavers' village. At each day's sunset, you'll settle into a lovely mountain lodge with a welcoming *Jacuzzi*, spacious room, comfortable bed, private bathroom, balcony and gourmet dinner awaiting you.

Our journey culminates with an ascent of the Andean Mountains by train to the enchanting site of Machu Picchu. Here, comfortably lodged in the town below, we'll be able to explore the serene sanctity of this "Lost City of the Incas." You'll enjoy a moment to sit quietly and listen to the wind and feel the mystical energy of this ancient site. Together, we'll tour the archaeological park, walk to the Gate of the Sun, and even climb the dramatic peak of Huayna Picchu. On our return, we'll visit the center of Incan universe, Cusco, and explore the bohemian quarter of San Blas with its cobblestone streets and Incan walls.

We've taken care of the planning and logistics, including expert leadership, so you can enjoy a unique lodge-to-lodge adventure to remote hiking routes, archeological sites and authentic cultural encounters.

Cordially,

Rob Fure, Director  
The W&L Traveller



ANDEAN LAKE, LARES TREK



BICYCLIST AND LLAMA



OLLANTAYTAMBO



### W&L STUDY LEADER

**JAMES DICK**, Director of Outdoor Education at Washington and Lee, has overseen the outing club, taught in the physical education department and managed the University's challenge course since 2002. He is a lifelong adventurer whose motto is, "let's try it"... His passion lies with encouraging people (of all ages) to get outside and explore, learn and experience what the world has to offer, whether it is a short stroll on a garden path or a high mountain expedition. He has led hiking trips to Nepal and Mount Kilimanjaro in Tanzania among other destinations with W&L hikers. James lives in Lexington with his wife Julie and three "outdoorsy" daughters.



DESSERT AT LODGE

CUSCO

RECEPTION AT LODGE



## ITINERARY

### SUNDAY, JUNE 2 (Day 1)

#### U.S. 🌿 Lima

Depart the U.S. on a flight to Lima, the capital of Peru. Arrival and short walk to the hotel. COSTA DEL SOL WYNDHAM LIMA AIRPORT

### MONDAY, JUNE 3 (Day 2)

#### Lima 🌿 Cusco

Depart on a morning flight to Cusco. Transfer to your hotel located in Urubamba known as the Sacred Valley of the Incas. On the way, stop in Sacasayhuaman fortress located just outside Cusco. Here, massive stone blocks were fitted together so tightly, without mortar, that a knife blade cannot be inserted between them. Visit Awanacancha, an Andean community weaving cooperative, to see the four kinds of American camelidae (alpaca, llama, vicuña, and guanaco) and to learn about fine wools and ancestral weaving techniques. Continue to Hacienda Sarapampa, located in the Sacred Valley of the Incas. A delicious welcome lunch will be served based on indigenous ingredients and colonial cuisine. The remainder of the afternoon is at leisure to enjoy the facilities of the hotel. Gather for an evening briefing for our Lares Trek to Machu Picchu. SONESTA POSADAS DEL INCA YUCAY HOTEL (ELEVATION 9,373 FT.) B, L

#### PHOTO CREDITS

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### TUESDAY, JUNE 4 (Day 3)

#### Begin Lares Trek 🌿 Sacred Valley of the Incas 🌿 Exploring Pisac

This morning travel to the village of Pisac to explore its colorful Indian market. Travelers seeking inspiration in nature can opt for an invigorating morning hike surrounded by amazing views of the Andes Mountains that guard this magnificent valley. Later, enjoy exclusive access to the isolated community of Viacha, where you will learn about its artisanal potato farming practices and enjoy a traditional “Pachamanca” meal, cooked under hot stones. After lunch, visit the archaeological ruins at Pisac on an afternoon excursion. Take the unique opportunity to explore this magnificent site without the crowds with the sun setting behind the peaks.

LAMAY LODGE (ELEVATION 9,705 FT.) B, L, D

### WEDNESDAY, JUNE 5 (Day 4)

#### Lares Region 🌿 Inca Sites and Villages

Enjoy a scenic drive into the mountains along the celebrated “Inca Weaver’s Trail” to visit the unique and uncrowded archeological site of Ancasmарca along the hub-town of Lares. After lunch, you can choose between visiting the traditional ancient weavers’ village of Choquecancha or opt for hiking amidst turquoise blue lakes and towering peaks to the remote village of Huacahuasi, where we all meet to spend the night. The lodge is run as a joint venture with the local community and aims to protect the cultural heritage, traditions and the environment of the area.

HUACAHUASI LODGE (ELEVATION 12,585 FEET) B, L, D

### THURSDAY, JUNE 6 (Day 5)

#### Sacred Valley of the Incas 🌿 Hiking Among Authentic Inca Trails

Spend some time in the morning learning about the heritage and day-to-day activities of the Huacahuasi community. Then, you can choose to embark on a spectacular hike through varied terrain and over a high mountain pass to the adjacent valley leading to the ancient town of Ollantaytambo, the oldest living city in Latin America; or try an easygoing hike from Lares passing through an astonishing authentic Inca Trail along a beautiful canyon down to the local community of Totorá. If you prefer to see more of the Sacred Valley, you can drive back for a visit to an ethnographic museum featuring the history of Peru’s rich civilizations of the past or choose to explore the valley on mountain bike. Afterwards, enjoy lunch in the Urubamba River countryside on your way to Ollantaytambo and spend time meandering through its charming maze-like streets.

K’UYCHI RUMI LODGE (ELEVATION 9,284 FT.) B, L, D

### FRIDAY, JUNE 7 (Day 6)

#### Sacred Valley of the Incas 🌿 Discovering Ollantaytambo

From its beginnings as the royal estate of Inca Emperor Pachacutec to a stronghold against the Spanish conquistadors, the temple at Ollantaytambo was regarded by the Incas as one of their most important ceremonial centers. On this day, an optional and short early morning hike to Inca storage structures high above Ollantaytambo will



give you a magnificent view of the town and of the main archeological site across the valley. Afterwards, your guide will lead you through a morning tour of the temple and explain its strategic architectural planning. Around noon you will embark on a scenic train ride along the famous Urubamba River to the town of Machu Picchu (formerly Aguas Calientes), located at the base of the mountain. **INKATERRA MACHU PICCHU PUEBLO HOTEL (ELEVATION 6,232 FEET) B, L, D**

**SATURDAY, JUNE 8 (Day 7)**

**Machu Picchu** 🌿 **The Sanctuary** 🌿 **Cusco**

Begin your journey to Machu Picchu with a 30-minute bus ride up to the breathtaking Lost City of the Incas. At 7,600 feet located above the rainforest on the eastern slopes of the Andes, Machu Picchu was abandoned by the Incas and remained hidden in the jungle until 1911 when Hiram Bingham rediscovered it. As you enter the "Sanctuary," the morning sun rises over the iconic Sun Gate and washes the structures and terraces with resplendent light. Prepare to be awed by the imposing and skillful architecture of the Watchtower, the Temple of the Sun, and the royal Inca residences, among many others. Take a moment to quietly sit and listen to the wind or to meditate and absorb the mystical energy that envelops you. Your imagination will soar as you contemplate the history of Machu Picchu and its mysterious origins. Some may even choose a hike to Huayna Picchu, the iconic towering mountain often seen in photographs, for dramatic views that stretch from the Urubamba River valley to the edge of

the Amazon Jungle. Later this afternoon, depart for Ollantaytambo by train and transfer to Cusco by road. **EL MERCADO TUNQUI HOTEL (ELEVATION 11,152 FEET) B, L**

**SUNDAY, JUNE 9 (Day 8)**

**Cusco**

Take a morning walking tour of the bohemian quarter of San Blas, famous for its narrow cobble stone streets, its cozy square, and atelier and handicraft workshops. Visit the church of San Blas with its famous intricately carved pulpit. Continue to the Plaza de Armas, the main square of Cusco to see the city's cathedral. Tour the famous Santo Domingo Church on what was, during the Inca Empire, the Temple of the Sun or "Koricancha" in Quechua. Lunch at the Inka Grill restaurant. The afternoon is at leisure to explore Cusco. Gather this evening for a festive farewell dinner at the MAP Café of the Pre-Columbian Museum of Art. The museum was originally an Inca ceremonial court, then the residence of a Spanish conquistador, and now is dedicated to the preservation of the arts and crafts of ancient Peruvian cultures.

**EL MERCADO TUNQUI HOTEL B, L, D**

**MONDAY, JUNE 10 (Day 9)**

**Cusco** 🌿 **Lima** 🌿 **U.S.**

The morning is free to explore Cusco on your own before an afternoon flight to Lima. Upon arrival in Lima, connect to overnight flights to the U.S. Passengers who prefer to take an early morning return flight home may overnight at the Lima airport hotel in for an additional charge and fly home on June 11. **OVERNIGHT FLIGHT B**

**TUESDAY, JUNE 11 (Day 10)**

**Return to U.S.**

Arrive in the U.S. for your connecting flight home.

**LAND PROGRAM COST**

*(Per person based on double occupancy)*

LAND PROGRAM.....\$5,975

SINGLE SUPPLEMENT .....\$1,295

**SAMPLE COACH INTERNATIONAL AIRFARE**

LIMA FROM DULLES.....\$979

*(As of March 2018, not included, quoted separately, subject to change)*

**PROGRAM COST INCLUDES ALL accommodations and meals as specified in the itinerary • In-tour flights within Peru (Lima/Cusco; Cusco/Lima) provided increases in the in-tour airfare after the initial pricing of this program are not included • Transportation by private motor coach • All activities per itinerary • Entrance fees • Taxes • Service charges • Local guides and tour manager throughout • Airport transfers for group flights • Gratuities to local guides and drivers • Baggage handling • Leadership • Pre-departure information • Coordination and administration.**

LAMAY LODGE



K'UYCHI RUMI LODGE



HUACAHUASI LODGE



INKATERRA MACHU PICCHU PUEBLO HOTEL



## ACCOMMODATIONS

### LAMAY LODGE

Located at the edge of the quaint village of Lamay in the Sacred Valley, the Lamay Lodge blends traditional heritage with original contemporary design. The large garden on the grounds is the center of activities and an excellent place to soak in the Andean Mountain views. A large Jacuzzi is an ideal place to relax at the end of a long day of adventuring. An inventive menu of International and Peruvian cuisine provides a refreshing take on the region's most iconic dishes. All offerings are locally sourced, from organic coffee blends to healthy snacks. Wi-fi is available.

### HUACAHUASI LODGE

Built into the side of the valley, perched above the small town of Huacahuasi lies your respite from a day of adventuring. The lodge has 8 rooms, each with a private bathroom and terrace with seating and a personal hot tub. The rest of the lodge is open plan and has a restaurant, bar and communal outdoor hot tub. The women working at the lodge are from the local Huacahuasi community and dress in traditional (and extremely colorful!) clothes. Wi-fi is available.

### K'UYCHI RUMI LODGE

Offers an exclusive lodging alternative for your stay in Peru. It consists of luxurious and individually designed rustic Andean lodges surrounded by beautiful gardens and native fruit orchards. The property is nestled at the foot of some of the most picturesque mountain peaks in all of Peru and is within short distance from the Urubamba River. Wi-fi is available.

### INKATERRA MACHU PICCHU PUEBLO HOTEL

Popular with those heading to the ancient citadel of Machu Picchu, the Inkaterra Machu Picchu Pueblo Hotel is an intimate Andean village with terraced hills, waterfalls, stone pathways and whitewashed adobe casitas tucked away in the cloud forest. A member of National Geographic Unique Lodges of the World, the property has 12 acres of exquisite natural beauty, where 214 bird species – such as the golden-headed quetzal and the iconic Andean cock-of-the-rock – and the world's largest native orchid collection (372 species) have been registered. Wi-fi is available.

## WHAT TO EXPECT

This exclusive expedition is designed for W&L alumni, family and friends who are interested in archaeology, history, and the ancient cultures of Peru and its rich natural environment. Throughout Andean cities, temperatures range from 30°- 40° F at night to 60°-68° F during the day. Although we are traveling during the dry season, one should always be prepared for rain. We expect to see mostly sunny days followed by cooler nights and the possibility of morning frost. The lodge-to-lodge journey features a fully flexible itinerary, with a menu of à-la-carte day hikes and cultural adventure activities, designed

to showcase not only the scenic beauty of this remote area, but also the remarkable local culture of the Andean communities and to allow passengers options. While general good health and an active lifestyle (including regular walking and/or hiking excursions) are necessary prerequisites to fully enjoy all variations of the program, participants can have confidence that there will always be an option to suit their individual interests and needs. Travel is by motor coach, van, regularly scheduled jet planes, and train. A vehicle is available to take you between lodges on the Lares Trek, if required. This is an active program that is, at times, busy. There is stair climbing and

at many ruins stairs do not have handrails. In the Andes travelers spend several days at elevations from approximately 8,000 to 12,585 feet. Those opting for longer and more challenging hiking alternatives can reach mountain passes of up to 14,644 feet in altitude on their treks. Easier and shorter hikes with lower altitudes are offered daily to accommodate a passenger's fitness level or desires. The tour has been planned to allow for gradual acclimatization when traveling to the Andean highlands. The group initially stays in the Valley at approximately 8,000 feet before leaving on the lodge-to-lodge Lares Trek. Lima, the capital of Peru, is at sea level.

## TERMS AND CONDITIONS

**PROGRAM COST DOES NOT INCLUDE:** U.S. domestic and international airfare (quoted separately) • Excess baggage charges • Meals not specified in the itinerary • Personal items such as laundry, email, fax or telephone calls • Alcoholic beverages • Dishes or beverages not included with meals • Room service • Passport fees • Private transfers • Medical expenses • Travel insurance • Optional extensions or deviations from the scheduled tour • Any increases in the in-tour airfare included as part of the land program cost • Tip to the tour director is at the passenger's discretion.

### RESERVATIONS, DEPOSITS, AND FINAL PAYMENT

To reserve a space on this tour, please mail authorization of a credit card payment or a check made payable to "Royal Adventures" for \$800 per person with a completed reservation form to: Office of Lifelong Learning, Washington & Lee University, 204 W. Washington Street, Lexington, VA 24450. Deposits may be charged to a credit card. Reservations are acknowledged in order of receipt. Final payment is due March 4, 2019 and must be paid by check only. Royal Adventures handles all invoicing. CST #2009579-40

**TOUR SIZE** This tour, exclusively designed for Washington and Lee alumni, parents, and friends on a first-come, first-served basis. The minimum group size is 12. Should the minimum not be met, we reserve the right to levy a small group surcharge.

### CANCELLATIONS AND REFUNDS

Refunds less a cancellation fee of \$500 per person are made if Royal Adventures is notified in writing on or before March 4, 2019. No refunds are made after that date. There are no refunds for unused meals, accommodations or other trip features.

**TRAVEL INSURANCE** We strongly recommend the purchase of trip cancellation insurance as a cancellation penalty in this brochure will apply. An application for travel insurance will be sent upon confirmation. Neither the Washington & Lee University nor Royal Adventures accept liability for any airline cancellation penalty incurred by the purchase of a non-refundable airline ticket or other expenses incurred by tour participants in preparing for the tour.

**QUESTIONS** Please call or email Rob Fure, Director or Tracey Riley, Senior Program Assistant, Office of Lifelong Learning (540) 458-8723 or email [spclprog@wlu.edu](mailto:spclprog@wlu.edu), or Katie Howe, Royal Adventures (925) 820-6260 or 1-800-453-4754.

**RESPONSIBILITY** Royal Adventures, its owners and employees act only as agents for the various independent suppliers and contractors providing transportation, hotel accommodations, restaurant and other services connected with this tour. Such travel and services are subject to the

terms and conditions under which such accommodations, services and transportation are offered or provided, and Washington and Lee University and Royal Adventures and their respective, employees, agents, representatives, and assigns, accept no liability therefor. Washington and Lee University and Royal Adventures, assume no liability for any injury, damage, loss, accident, delay or other irregularity which may be caused by the defect of any aircraft or vehicle or the negligence or default of any company or person engaged in carrying out or performing any of the services involved. Additionally, responsibility is not accepted for losses, injury, damages or expenses of any kind, including without limitation, those due to illness, altitude sickness, insect or animal bites, injuries sustained while hiking or biking, medical evacuation, weather, strikes, local laws, hostilities, wars, terrorist acts, earthquakes, floods, acts of nature, or other such causes. All services and accommodations are subject to the laws of the country in which they are provided. Washington and Lee University and Royal Adventures reserve the right to make changes in the published itinerary whenever, in their sole judgment, conditions warrant, or if they deem it necessary for the comfort, convenience or safety of the tour participants. They reserve the right to withdraw this tour without penalty. The right is also reserved to decline to accept or retain any person as a member of the tour, or to substitute another qualified leader or special guest. Baggage and personal effects are the sole responsibility of the owners at all times. The price of the program is given in good faith based on current tariffs and rates and is subject to change. Any tariff, exchange rate, or fuel increases will be passed onto participants. Neither Washington and Lee University nor Royal Adventures accept the liability for any airline cancellation penalty incurred by the purchase of a nonrefundable airline ticket. The air ticket when issued shall constitute the sole contract between the passenger and the airline concerned. All cancellations must be made in writing. There are no refunds for unused meals, accommodations, or other trip features. As part of the consideration and right to participate in this tour, each participant will be asked to sign a liability release.

## RESERVATION FORM

# THE LARES TREK *Adventure*

Please complete the form below.

NAME (AS ON PASSPORT) W&L CLASS YEAR DOB

NAME (AS ON PASSPORT) W&L CLASS YEAR DOB

ADDRESS

CITY STATE ZIP

HOME PHONE OFFICE PHONE

FAX

E-MAIL

### PAYMENT OPTIONS

Deposit \$800 per person. Final payment is due March 4, 2019 by check only payable to "Royal Adventures"

Enclosed is my deposit check made payable to "Royal Adventures"; OR

Please charge my deposit of \$800 per person for a total amount of \$\_\_\_\_\_ to:

AMEX  Visa  MasterCard  Discover Card

CARD #

EXP. DATE SEC. CODE

SIGNATURE AS IT APPEARS ON THE CARD

### ACCOMMODATIONS

I will require single accommodations (limited availability)

I will share accommodations with:

*I/We have carefully read the Terms and Conditions and Responsibility sections of this brochure and agree to their terms on behalf of myself and the members of my party named above.*

SIGNATURE DATE

SIGNATURE DATE

**PLEASE SIGN AND RETURN THIS FORM WITH  
DEPOSIT CHECK PAYABLE TO "ROYAL ADVENTURES"  
OR CREDIT CARD AUTHORIZATION TO:**

The W&L Traveller • Office of Lifelong Learning  
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Lexington, VA 24450

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For Questions: Call (540) 458-8723



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# THE LARES TREK

## *Adventure*

### *Hiking in Peru*

June 2–11, 2019

WITH James Dick,  
Director of Outdoor Education at Washington and Lee

#### HIGHLIGHTS

**TRAVEL** on remote Hiking Routes to Archeological Sites without the crowds.

**ENJOY** a dramatic train ride to the sacred site of Machu Picchu.

**EXPERIENCE** Authentic Cultural Encounters in the Andean highlands.

**RELAX** in Deluxe Lodges with Luxurious Amenities & Gourmet Cuisine.

**HIKE** Huayna Picchu, the sacred peak that rises dramatically above the ruins of **Machu Picchu**.

**PLAN** your own day with an Á-La-Carte Menu of Daily Activities including a choice of easy, moderate or strenuous hikes, visits to textile weavers, mountain biking or cooking lessons.

