

# LARES TREK

## To Machu Picchu

4 Days / 3 nights



TreXperience  
INSPIRING TRAVELS

HIKING  
TOUR







## A cultural path through the heart of the Andes



This experience takes you far off the beaten path to where you can meet and interact with members of traditional Andean communities and explore the Andes in solitude. You will learn all about life in these isolated villages, become familiar with their culture and traditions, hike along with llamas and alpacas, and even visit a local school. We finish your TreXperience, spending an unforgettable day exploring Machu Picchu.



## Why Lares Trek ?

- Authentic Cultural Immersion: Visit Andean villages and explore Quechua culture.
- Stunning Natural Landscapes: See llamas, alpacas, and mountain views.
- Adventure at Condor Pass: Reach 4,750 meters and enjoy the Andes.
- Exclusive Travel Experiences: Ride the Vistadome, explore Maras, relax in hot springs.
- Discover Machu Picchu: Visit the citadel with expert guides.
- Responsible Tourism: Support local communities and sustainability.





# Lares Trek to Machu Picchu

4 days / 3 nights

## Legend

### Transportation

- Van Route
- Train Route
- Hiking Route
- Van Transportation
- Train Transportation
- Hiking
- Walking Tour
- Mountain Pass

### Accommodation

- Camping
- Hotel

### Meals

- Lunch

### Experiences

- Archeological Site
- Viewpoint
- Hot Springs
- Handcrafts



### 1 Day 1

Cusco – Lares Hot Springs – Blue Lagoon

- Hike Duration 4 hours
- Distance 10 km / 6 mi
- Difficulty Moderate
- Accommodation Camping

### 2 Day 2

Blue Lagoon – Condor Pass – Canchacancha

- Hike Duration 7 hours
- Distance 16 km / 10 mi
- Difficulty Moderate
- Accommodation Camping

### 3 Day 3

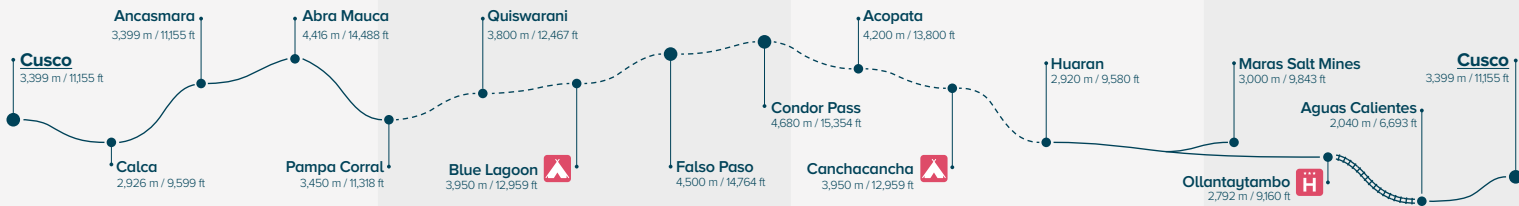
Canchacancha – Maras – Ollantaytambo

- Hike Duration 4 hours
- Distance 12 km / 7.4 mi
- Difficulty Moderate
- Accommodation Hotel

### 4 Day 4

Ollantaytambo – Machu Picchu

- Hike Duration 3 hours
- Difficulty Easy







## Tour Details

Starts / Ends	<b>Cusco / Cusco</b>
Duration	<b>4 days / 3 nights</b>
Distance	<b>38 km / 23.6 mi</b>
Difficulty	<b>Moderate to challenging</b>
Accommodation	<b>Camping, hotel</b>
Group size	<b>Up to 12</b>
Activities	<b>Hiking, Culture, Adventure</b>
Languages	<b>English, spanish</b>





# Full Itinerary

## → Day 01

Cusco – Puyas de Raymondi - Lares  
Thermal Baths – Blue Lagoon

## → Day 02

Blue Lagoon – Condor Pass –  
Canchacancha Community

## → Day 03

Canchacancha – Huaran– Ollantaytambo –  
Aguas Calientes

## → Day 04

Machu Picchu





# Day 01

## Cusco – Puyas de Raymondi – Lares Thermal Baths – Blue Lagoon

We'll start early, picking you up around 4:30 a.m. from any hotel, hostel, Airbnb, or private address in Cusco or the Sacred Valley near Pisac. After a one-hour drive, we reach Calca to explore its lively market, meet local vendors, and select fresh produce for the trek.

Next, we ascend to the rarely visited Inca site of Ancashmarca, where a guided walk reveals ancient storehouses and terraces that once controlled valley trade. Continuing uphill, we cross a plateau filled with Puyas de Raimondi—century-old bromeliads that bloom once with spectacular flower spikes, a rare sight.







Descending toward Lares, we relax in the famous hot springs with snow-capped views while our chef prepares breakfast. We then visit ADAL, a women-run weaving cooperative where artisans demonstrate natural dyes and back-strap looms—ideal for buying ethical textiles.

A short drive takes us to Pampacorral, the trailhead. The afternoon hike passes potato fields and alpaca herds, stopping in Quiswarani for lunch before climbing beside a waterfall to our campsite by the Blue Lagoon (3,900 m / 12,795 ft). Awaiting you: your tent, hot coca tea, and a starry Andean night.

Distance

**10 km / 6 miles**

Duration

**4 hours**

Max. Altitude

**3,900 m / 12,795 ft**

Meals

**Breakfast, snacks,  
lunch and dinner**

Difficulty

**Moderate**





Ancashmarca Archeological Site





Mauca Pass





Lares Hot Springs





Quiswarani Waterfalls





Blue Lagoon



## Day 02

### Blue Lagoon – Condor Pass – Canchacancha Community

Start your day with a warm cup of coffee or coca tea in your tent, then prepare for the most challenging part of the Lares Trail. After breakfast, we'll grab snacks and begin a 4-hour hike to the highest point: Condor Pass (4,750 m / 15,583 ft). Along the way, enjoy stunning lakes filled with Wallatas (Andean geese), caracaras, llamas, alpacas, and sweeping Andean views.

At the summit, take in 360° vistas while your guide performs a traditional offering to the sacred peaks. Celebrate your achievement with a warm cup of coca tea before descending two hours to Acopata for a well-earned lunch.







After lunch, continue downhill for another two hours through breathtaking scenery to the village of Canchacancha (3,750 m / 12,303 ft). There, relax with a drink and rest in your tent surrounded by mountain views. You'll also meet the local community—stroll through the village, see llamas and alpacas, play soccer with the kids, and exchange a few English or Quechua words.

Distance

**16 km / 10 miles**

Duration

**7 hours**

Max. hightness

**4,700 m / 15,354 ft**

Meals

**Breakfast, snacks,  
lunch, dinner**

Difficulty

**Moderate**





Condor Pass





Lakes in the Lares Trek





Canchacancha



## Day 03

### Canchacancha – Maras Salt Mines – Ollantaytambo – Aguas Calientes

After crossing the highest passes, we'll pack up and enjoy a healthy breakfast with stunning mountain views. You'll have time to relax and explore the village before beginning a 4-hour descent into the Sacred Valley. Along the way, we'll visit local homes and the community school, where you may donate notebooks, pens, or toys. Canchacancha remains one of the few villages without electricity or roads, and Quechua is still widely spoken.

The trail descends from cool potato fields to the warmer, greener Sacred Valley, where corn and avocados thrive. The Lares Trail ends in Huaran (2,700 m / 8,856 ft), where we'll







enjoy a scenic picnic lunch and bid farewell to our chef and muleteers.

After lunch, a private van takes us to the Salineras of Maras to explore the ancient salt ponds still worked by local families. Our final stop is Ollantaytambo, the “Last Living Incan Town,” recognized by UNWTO as a Best Tourism Village. We’ll dine at a local restaurant before boarding the 7:00 p.m. Expedition train to Aguas Calientes for a comfortable hotel stay.

Distance

**12 km / 7.4 miles**

Duration

**4 hours**

Max. hightness

**3,650 m / 11,972 ft**

Meals

**Breakfast, snacks,  
lunch, dinner**

Difficulty

**Moderate**





Huaran (Sacred Valley)





Maras Salt Mines





Ollantaytambo Streets





Aguas Calientes



## Day 04

### Explore Machu Picchu - Cusco

The day starts early with breakfast at the hotel before heading to the bus station for the ride up to Machu Picchu. We aim to arrive with the first light, and if the weather allows, catch the morning mist lifting over the citadel, an atmosphere that makes the place feel even more timeless.

Before the guided tour, we'll take a moment at the classic viewpoints to appreciate the scale and setting of the site. Then, during a 2 to 3-hour tour, your guide will walk you by the main areas of Machu Picchu, through circuit 2,







sharing its history, architectural details, and the stories behind some of its most iconic spots.

After the tour, and if you have time, you can take on one of the additional hikes like Huayna Picchu or Montaña Machu Picchu (Needs extra tickets). The hike takes about 2 to 3 hours round-trip for each. Once back in Aguas Calientes, you can grab lunch at your own pace before boarding the panoramic Vistadome train to Ollantaytambo.

From there, our private transport will take you back to Cusco, arriving at your hotel around 7:30 p.m.

Duration

**3 - 4 hours**

Meals

**Breakfast (hotel)**

Difficulty

**Easy**





Machu Picchu



## Included

- Safety briefing the day before the tour
- Door-to-door service: Pick up / Drop off at your Cusco or Sacred Valley hotel (Close Pisac)
- All transportation during the trek
- Duffle bag up to 8 kilos for your stuff
- Free luggage storage in Cusco
- Professional tour guides
- Experienced chefs on route
- Experienced porters on route
- Horses and muleteers to carry food & equipment
- 2 nights camping with comfortable equipment
- 1 night in a 3-star hotel in Aguas Calientes
- 4 delicious breakfast
- 3 tasty lunches
- 3 dinners in camping
- Vegetarian, vegan, and gluten-free meals are available on request in advance.
- Snacks during trekking
- Tents, sleeping pad, and camping equipment of high quality
- Entrance ticket to Lares Hot Springs
- Entrance ticket to Salineras of Maras
- Entrance ticket to Machu Picchu - Circuit 2
- Buses up and down to Machu Picchu
- Outward Expedition train
- Panoramic Vistadome train to return
- First-aid kit



## Not included

- Sleeping bags
- Air mattresses
- Trekking poles
- Last day Lunch and dinner
- Huayna Picchu or Machu Picchu Mountain tickets
- Tips for trekking staff





## Essential Gear

When preparing for the Lares Trek, it's important to pack properly for the altitude, cold weather, and rugged terrain. Here are some essential items you should bring:



**Backpack  
(25- 40L)**

Durable backpack for essentials and hydration.



**Upper warm clothes**

Warm layers: thermals, fleece, hat, gloves, scarf.



**Gloves**

Warm gloves against wind, moisture, and cold.



**Waterproof jacket**

Protection against rain and snow.



**Insulated or  
fleece jacket**

Insulated jacket for colder mountain nights.



**Trekking pants  
(2 pairs)**

Lightweight convertible pants for all weather.



**Sandals or  
lightweight shoes**

Comfortable, lightweight shoes to rest at camp.



**Trekking socks  
(4–5 pairs)**

Thermal socks, wool or synthetic.



**Hiking boots**

Hiking boots that fit, with strong, grippy soles.



**Wool hat or Beanie**

Warm hat to protect head and ears from cold wind.



## What Trexperience provides?

During the trek, we take care of your comfort: You'll have a duffle bag carried by our team. We also include a rain poncho, backpack rain cover, company t-shirt, and a foam mat for your rest.



**Rain Poncho**

Protects you from unexpected rain.



**Duffle Bag**

Carried by our team, up to 8 kg.



**Backpack Cover**

Keeps your backpack dry in the rain.



**Trexperience T-shirt**

A comfortable souvenir of your trek.



**Foam Sleeping Pad**

Extra comfort for your rest at camp.



## Gear you can rent from us

If you prefer, you can rent additional gear with us to make your experience more comfortable: trekking poles for better support, a sleeping bag for your camping nights, and an inflatable mat for a restorative rest.



**Trekking Poles (1 pair)**

Extra support and balance on the trail.



**Sleeping Bag**

Warmth and comfort on cold mountain nights.



**Inflatable Sleeping Pad**

Extra cushioning for a restorative sleep.



## About our camping equipment

On every trek, we never compromise on quality or safety: spacious and durable sleeping tents, a dining tent, and a restroom tent from certified brands. We also carry oxygen and satellite phones for your peace of mind at all times.



**Private Sleeping Tents**

Warmth and comfort on cold mountain nights.



**Private Toilet Tents**

Clean and practical during the route.



**Dining Tent**

Comfortable space to share meals.



**Oxygen Tank**

Extra safety in high-altitude areas.



**Satellite Phones**

Reliable communication in remote areas.



## Our service

Our service combines comfort, organization, and unique details that make the difference. We include carefully selected transportation and accommodation, plus a panoramic train ride back so you can enjoy every moment of the journey.



## Transportation and lodging

Travel is by private van, and includes a 3-star hotel stay in Aguas Calientes for your comfort.



## Return to Cusco on a Panoramic Train

After completing your Ausangate trek, you'll return to Cusco aboard the Vistadome train by PeruRail, which offer large panoramic windows so you can enjoy spectacular views of the Sacred Valley throughout the journey.







Vistadome Train from Aguas Calientes to Cusco



## Meals in the route

The trekking experience is not only about the landscapes, but also the flavors. Each meal along the route is an opportunity to connect with Peruvian tradition and recharge your energy.



During the hike, you'll enjoy Peruvian cuisine, a blend of traditional flavors and diverse influences. Some of the dishes and drinks you may try include:

- Quinoa in soups and salads
- Peruvian ceviche
- Lomo Saltado
- Ají de Gallina
- Alpaca meat and Guinea pig in different preparations
- Chicken broth
- Chicha Morada
- Coca tea

Meals during the trek combine Peruvian and international dishes, designed to keep your energy up and adapt to different tastes and diets.









## Our team

At TreXperience, our porters, chefs, and guides are the heart of every journey. All of them come from Andean communities or are local experts who carry the passion for their culture in their veins.



## Our Tour Guides

Our guides are professionals from Cusco deeply passionate about their cultural heritage. With academic training and genuine warmth, they are not only experts in history and nature but also storytellers of Andean culture, traditions, and daily life. Thanks to their knowledge, dedication, and kindness, every step of your journey will become a unique, meaningful, and enriching experience.





## Our Porters

They are the silent strength behind every journey. Coming from Andean communities, they carry the necessary equipment with dedication and a smile. Beyond their physical effort, it's their spirit of solidarity that inspires—always ready to help, motivate, and keep the trek's energy alive. Thanks to them, every step feels lighter and the experience more human.



## Our chefs

Our chefs turn every meal into a special moment. With creativity and passion, they prepare delicious dishes in the heart of the mountains, blending Peruvian tradition with the unique touch of Andean cuisine. Their flavors comfort, surprise, and become an essential part of the memories you'll take from the journey.



## Our drivers

They are the ones who welcome you at the start of the adventure and accompany you on every transfer with safety and punctuality. With experience on Andean roads and total commitment, our drivers ensure your trip begins and ends with peace of mind and confidence.





## Our Awards

Our agency has been honored with prestigious international awards that highlight the quality of our service, our commitment to sustainability, and our dedication to providing authentic experiences.



**El Inka Dorado  
Award  
2023**



**Lux Life Travel  
& Tourism  
awards  
2022**



**Premio Miradas  
2022**



**Empresa Peruana  
del año  
2022**



**Luxury Travel Guide  
Global Awards  
2023**



**Internacional  
Travel Awards  
2022**



**Travel & Hospitality  
Awards  
2022**



**Bes of the Best  
Tripadvisor  
2022**







# TreXperience

INSPIRING TRAVELS



*"Your journey is more than a trek  
it's a cultural connection that  
stays with you forever"*

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