

LARES TREK

to Machu Picchu

4 days / 3 nights



TreXperience
INSPIRING TRAVELS

GROUP
TOUR





A cultural journey through the heart of the Andes.



The Lares Trek to Machu Picchu 4 Days is one of the most authentic cultural treks in Peru. This route takes you far from the busy trails and into the heart of the Andes, where Quechua communities, high-altitude lakes, llamas, alpacas, waterfalls, and mountain passes are part of everyday life.

Over 4 days, you will enjoy the Lares hot springs, visit local Andean villages, hike across Condor Pass, camp near the Blue Lagoon, descend into the Sacred Valley, visit the Salineras of Maras, travel by train to Aguas Calientes, and finish with a guided tour of Machu Picchu.

Travel in a premium small group with TreXperience, a 100% Peruvian local tour operator based in Cusco. Our team takes care of the details that matter most: hotel pickup, comfortable transportation, expert local guides, quality camping equipment, fresh meals prepared by trekking chefs, muleteers and horses for logistics, Machu Picchu tickets, train tickets, hotel in Aguas Calientes, and personal service from start to finish.

Why hike the Lares trek to Machu Picchu?

- Living Andean culture: Visit Quechua villages and local families.
- Mountain scenery: Hike through valleys, lakes, waterfalls, and wildlife areas.
- Condor Pass: Cross a high mountain pass with wide Andean views.
- Lares Hot Springs: Relax in natural hot springs before the trek.
- Machu Picchu: End with a guided visit to the Inca citadel.
- Small-group service: Enjoy guides, meals, camping, hotel, and train included.
- Responsible travel: Travel with a local team committed to fair and sustainable tourism.





4 days / 3 nights



Transportation

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

Meals

- 
- Lunch

Experiences

- Archeological Site
- Viewpoint
- Hot Springs
- Handcrafts

Accommodation

-  Camping
 -  Hotel



1 Day 1

Cusco – Lares Hot Springs – Kiswarani – Blue Lagoon

-  Cusco - Lares Hotsprings - Pampacorral
 Pampacorral - Blue Lagoon
10 km / 6 mi - 4 hours

2 Day 2

Blue Lagoon – Condor Pass – Canchacancha

- **Blue Lagoon - Canchacancha**
16 km / 10 mi - 7 hours

3 Day 3

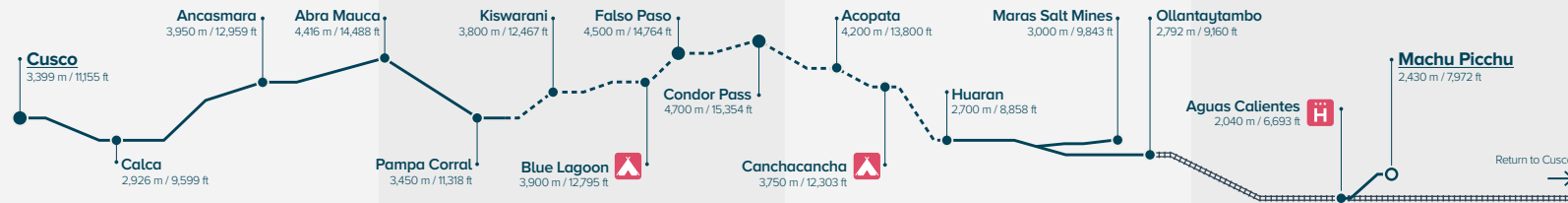
Canchacancha – Maras Salt Mines –
Ollantaytambo – Aguas Calientes

-  Canchacancha - Huaran
12 km / 7.4 mi - 4 hours
-  Huaran - Maras Salt Mines - Ollantaytambo
-  Ollantaytambo - Aguas Calientes (1:30 hrs.)

4 Day 4

Explore Machu Picchu – Return to Cusco

-  Aguas Calientes - Machu Picchu (30 min.)
Round Trip
-  2 - 3 hrs. exploring Machu Picchu





Tour Details

Starts / Ends	Cusco / Cusco
Duration	4 days / 3 nights
Distance	38 km / 23.6 mi
Difficulty	Moderate to challenging
Accommodation	Camping, hotel
Group size	Around 12 persons
Activities	Hiking & Camping, Culture, Archeology, Adventure
Languages	English, Spanish



Full Itinerary

→ Day 01

Cusco – Lares Hotsprings – Kiswarani –
Blue Lagoon

→ Day 02

Blue Lagoon – Condor Pass –
Canchacancha Community

→ Day 03

Canchacancha – Maras Salt Mines –
Ollantaytambo – Aguas Calientes

→ Day 04

Explore Machu Picchu – Return to Cusco



Day 01

Cusco – Lares Hot Springs – Kiswarani – Blue Lagoon

We'll start early, picking you up around 4:30 a.m. from your hotel, hostel, Airbnb, or private address in Cusco or near Pisac. After a scenic drive to Calca, we visit the local market to choose fresh ingredients and see daily life in the Sacred Valley.

From there, we continue to Ancashmarca, a rarely visited Inca site with ancient storehouses and terraces overlooking the valley. Your guide will explain its role in controlling old trade routes before we head higher to see the impressive Puyas de Raimondi, giant native plants that bloom only once.





Descending toward Lares, we stop at the famous hot springs, where you can relax in warm mineral pools while your chef prepares breakfast. Afterward, we visit a local weaving project to learn about traditional techniques and natural dyes.

Finally, we drive to Pampacorral and begin a gentle hike through valleys, waterfalls, potato fields, and alpaca herds to our campsite by the Blue Lagoon at 3,900 m / 12,795 ft.

Distance

10 km / 6 mi

Duration

4 hours

Max. heightness

3,900 m / 12,795 ft

Difficulty

Moderate

Accommodation

Camping

Meals

**Breakfast,
snacks, lunch,
dinner**



Ancashmarca Archeological Site

Mauca Pass



Lares Hot Springs



Kiswarani Waterfalls



Traditional Weaving in Lares

Day 02

Blue Lagoon – Condor Pass – Canchacancha Community

Start your day with coffee or coca tea in your tent, then prepare for the most challenging section of the Lares Trek. After breakfast, we take snacks from the chef and begin the steady climb toward Condor Pass, the highest point of the route.

The ascent takes around 4 hours, passing high-Andean lakes, open valleys, grazing llamas and alpacas, and wide mountain views. At the pass, around 4,700 m / 15,354 ft, we stop to rest, enjoy the scenery, and share a quiet moment with the mountains. Your guide may lead a traditional





offering to the Apus, the sacred mountain spirits, before we descend.

We hike down for about 2 hours to Acopata, where lunch will be waiting. Then we continue through beautiful scenery to Canchacancha, one of the most traditional communities on the route. In the afternoon, you can rest at camp and connect respectfully with local life, from meeting families and seeing alpacas to learning a few Quechua words.

Distance

16 km / 10 mi

Duration

7 hours

Max. hightness

4,700 m / 15,354 ft

Difficulty

**Moderate to
challenging**

Accommodation

Camping

Meals

**Breakfast,
snacks, lunch,
dinner**



Condor Pass



Lagoons in the Route



Canchacancha

Day 03

**Canchacancha – Maras Salt mines –
Ollantaytambo – Aguas Calientes**

After crossing the highest mountain pass, we enjoy breakfast with beautiful views and get ready for the descent into the Sacred Valley. Before leaving Canchacancha, there may be time to walk through the village and learn about local life, farming, weaving, and daily traditions.

The trail gradually descends from cold highlands into warmer, greener valleys. Along the way, you will see the landscape change from potato fields and mountain pastures to corn and avocado-growing areas, one of the most beautiful transitions of the Lares Trek.





The route ends in Huaran, at 2,700 m / 8,856 ft, where we enjoy a picnic lunch and say goodbye to our chef and muleteer team. After lunch, private transport takes us to the Maras Salt Mines, still harvested by local families using traditional methods.

Our final stop is Ollantaytambo, a living Inca town with ancient streets and water channels. After dinner, we board the Expedition train to Aguas Calientes, where a 3-star hotel will be waiting.

Distance

12 km / 7.4 mi

Duration

4 hours

Max. height

3,650 m / 11,972 ft

Difficulty

Moderate

Accommodation

Hotel

Meals

**Breakfast, snacks,
lunch, dinner**



Huaran (Sacred Valley)



Maras Salt Mines



Ollantaytambo Town



Aguas Calientes

Day 04

Explore Machu Picchu – Return to Cusco

The final day starts early with breakfast at the hotel before taking the bus up to Machu Picchu. After several days of walking through living Andean culture, mountain landscapes, and quiet villages, this is the unforgettable finale of the journey.

Your guide will lead you through the assigned Machu Picchu circuit, sharing the history, architecture, sacred spaces, and meaning of this extraordinary Inca city. Circuit 2 is included by default whenever available because it offers one of the most complete visits. If Circuit 2 is sold out, we will secure the best available alternative, usually Circuit 1 or Circuit 3.





After the guided tour, and if you booked the extra ticket in advance, you may hike Huayna Picchu or Machu Picchu Mountain. These optional hikes take about 2 to 3 hours round trip, depending on the mountain. Once back in Aguas Calientes, you can have lunch at your own pace before boarding the panoramic Vistadome train to Ollantaytambo.

From Ollantaytambo, our private transportation will take you back to your hotel in Cusco or the Sacred Valley. The expected arrival time in Cusco is around 7:30 p.m.

Duration

2 - 3 Hours

Machu Picchu Altitude

2,430 m / 7,972 ft

Difficulty

Easy

Meals

Breakfast (hotel)



Machu Picchu

Included

- Safety briefing the day before the tour
- Door-to-door pickup and drop-off at your hotel in Cusco or the Sacred Valley near Pisac
- All transportation during the trek
- Duffle bag for up to 7 kg / 15 lb of your personal belongings
- Free luggage storage in Cusco
- Professional bilingual tour guide in English and Spanish
- Experienced trekking chefs to prepare fresh meals on the route
- Horses and muleteers to carry food, camping equipment, and duffle bags
- 2 nights of camping with comfortable equipment
- 1 night in a 3-star hotel in Aguas Calientes
- 4 breakfasts
- 3 lunches
- 3 dinners
- Vegetarian, vegan, and gluten-free meals available with advance notice
- Snacks during the trekking days
- High-quality tents, sleeping pad, and camping equipment
- Entrance ticket to Lares Hot Springs
- Entrance ticket to the Salineras of Maras
- Entrance ticket to Machu Picchu
- Bus tickets up and down to Machu Picchu
- Expedition train from Ollantaytambo to Aguas Calientes
- Panoramic Vistadome train for the return journey
- First-aid kit

Not included

- Sleeping bag, air mattress, and trekking poles (available to rent from us)
- Lunch and dinner on the last day
- Huayna Picchu or Machu Picchu Mountain tickets (optional)
- Travel insurance (strongly recommended)



Travel Essentials



Original Passport



Peruvian
soles cash



Good-quality
daypack



Water bottle



Personal
Medication



Sunscreen



Lip balm



Hand sanitizer



Insect repellent



Toiletries

This section covers the basics you'll want for a smooth start. Think documentation, personal needs, and simple preparation for the trail. Pack only what truly supports comfort and safety, and avoid adding weight you won't use.

What to wear

Trekking days can bring sun, wind, rain, and noticeable temperature shifts. That's why dressing in layers and choosing comfortable hiking clothing matters. The goal is to adjust easily as conditions change, staying dry and warm when needed.



High-top
hiking boots



Hiking crew sock



Comfortable
underwear



Thermal
base layers



Moisture-wicking shirts



Hiking pants/
trousers



Fleece



Waterproof and
windproof jacket

What to put in the Daypack?

Your daypack should hold only what you'll use while hiking. Focus on hydration, weather protection, and personal items you want within reach. Keep it light and easy to access, so you can walk comfortably without stopping to dig for things.



Sun hat or cap with
neck cover



Sunglasses



Beanie or chullo



Gloves



Buff or bandana



Snacks



Camera + extra
batteries



Power bank



Gaiters (optional)



Earplugs

What to put in your duffle bag?

Your duffle bag holds your main gear and is carried during the route by our porters. Pack neatly within the stated weight limit and group items by type. This protects your belongings and makes it easier to find what you need at camp.



Light footwear
or sandals



Quick-dry towel



Warm down jacket



Sport pants



Shorts



Sleeping bag



Sleeping Foam pad



Swimwear

What TreXperience provide you

All our tours include an agency T-shirt, a backpack cover, and a rain poncho. In addition, our hiking programs include a duffel bag (up to 7 kg), carried by our porters. Check here to see if your itinerary includes it.



Duffel Bag 7kg / 15lb



Trexperience T-shirt



Backpack Rain cover



Foam mattresses



Plastic Rain Coat

Equipment for Rent

We offer rental equipment to make your hiking experience more comfortable, including a sleeping bag, inflatable sleeping pad, and trekking poles. You can add these items based on your needs to enjoy a more comfortable rest and a better-prepared trek.



Sleeping Bag



Air Sleeping Pad



Hiking Poles

About our camping equipment

Our camping equipment is selected with your comfort and safety in mind. It includes sleeping tents and dining tents, portable toilets, plus support equipment such as oxygen tanks and satellite phones, depending on the route and itinerary.



Private Sleeping Tents



Private Dining Tents



Private Toilet Tents



Oxygen Tank



Satellital Phones

Our service

Our service is designed to make your journey smooth, comfortable, and well organized from start to finish. From quality transportation and carefully arranged accommodation to reliable camping equipment, every element is selected to give you a higher level of comfort and peace of mind along the way.



Transportation

We manage your transfers in comfortable private vans, and your return journey includes a train ride back to Ollantaytambo. It's a smooth mix of comfort and scenery, with everything arranged to keep travel simple and stress-free.

The best equipment and accommodation

Our tour combines high-quality camping equipment on the trail—tents for sleeping, a dining tent, portable toilet tents, tables, chairs, and key comfort essentials—with a comfortable hotel stay. You'll enjoy better camp conditions outdoors, then recharge in quality lodging with comfortable rooms, clean bathrooms, hot showers, and Wi-Fi.





Vistadome Train from Aguas Calientes to Ollantaytambo

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
- 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

Our on-trail team helps make your journey safe, comfortable, enriching, and unforgettable. They're highly trained local professionals, committed to delivering attentive service and a smooth experience from start to finish.



Our Tour Guides

Our guides are local professionals from Cusco who take great pride in their cultural heritage. University-trained and fluent in English, they bring deep knowledge of Andean history, culture, geography, and nature—and share it in a clear, engaging way through stories, traditions, and everyday life. Responsible, approachable, and always ready to help, they focus on your safety and comfort while giving their best at every step. With ongoing training and a strong service mindset, they turn each day on the trail into a meaningful, enriching experience.



Our Muleteers

Our muleteers, from Andean communities, are essential to keeping the trek safe and well organized. They guide and care for horses and mules that carry key gear and supplies, allowing you to hike with less weight. With strong mountain experience, they understand trails and weather, and work responsibly and respectfully, always prioritizing animal wellbeing.



Our Trail Chefs

Our cooks are local professionals who bring Peru's culinary traditions to the mountains. They use fresh, organic ingredients sourced locally, combining Andean and Peruvian dishes with select international options, while following high hygiene standards. With care and flexibility, they adapt meals to dietary requirements and keep you fueled on the trek.



Our drivers

Our drivers are the first to welcome you and make every transfer smooth, safe, and on time. With deep experience on Andean roads and a service-first mindset, they drive with care so you can travel with confidence. Our vehicles are modern, comfortable, and well maintained, meeting high safety standards so your journey starts and ends with peace of mind.



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 to 2026



Best of the Best
Tripadvisor
2022 to 2026



Peru Quality Award
2023 to 2026



Empresa Peruana del año
2026



Premios LuxLife
2025



LTG Global Awards
2025



Travel & Hospitality Awards
2025



Internacional Travel Awards
2025





TreXperience

INSPIRING TRAVELS



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

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