

# Trekking the Cordillera Blanca

EXPLORE THE HIGHEST TROPICAL MOUNTAIN RANGE IN THE WORLD



## TRIP DATES

2025

August 9-23, 2025

2026

July 23-August 6, 2026



Wilderness Travel

ITINERARY	3
TRIP COST, PAYMENT & INSURANCE	7
CUSCO & MACHU PICCHU EXTENSION	8
ACCOMMODATIONS	9
ARRIVAL & DEPARTURE	10
TRIP LEADERS	11
TRIP DETAILS	12
TOUCAN CLUB	14



# Trekking the Cordillera Blanca

EXPLORE THE HIGHEST TROPICAL MOUNTAIN  
RANGE IN THE WORLD

With fluted ice peaks and serene turquoise lakes, Peru's Cordillera Blanca has long been a world-class destination for trekking. More than 70 summits here top 18,000 feet, including Huascarán (22,204'), Peru's highest peak, and the extraordinary pyramid of Alpamayo (19,506'). We'll have an Exploration Day below Alpamayo Base Camp, with optional hikes to stunning overviews of the whole region. Our 10-day trek is a dramatic one—and a challenge due to the altitude—but offers exhilarating days on the trail and spectacular lakeside campsites.



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# Itinerary

## DAY 1 ARRIVE IN LIMA

Arrive in Lima anytime and walk to the Lima Wyndham Costa del Sol Airport hotel, set right across the street from the international airport terminal. No activities are planned for this day. Overnight at hotel...Meals on your own.

## DAY 2 LIMA / CONOCOCHA PASS (12,800') / HUARÁZ (10,200')

Early morning meeting in the hotel lobby for the all-day drive (about 9 hours) to Huaráz with the group. We begin by heading north on the Pan American Highway along Peru's desert coast for about 3.5 hours. After lunch, we turn inland and drive three more hours on a winding mountain road where we cross Conococha Pass and enjoy our first views of the Cordillera Blanca (12,800'), as well as the Cordillera Huayhuash in the distance. After another 1.5 hours, we arrive at the small and lively city of Huaráz, Peru's center for mountaineering, at 10,200 feet. This climbing and trekking center is located in the valley of the Río Santa, nestled between the Cordillera Negra and the Cordillera Blanca. Our hotel, the Andino, has outstanding views of the peaks of the Cordillera Blanca, including massive Huascarán (22,204'), Peru's highest mountain, and several other beautiful snow-capped peaks over 19,000 feet. We gather for a Welcome Dinner tonight. Overnight at Hotel Andino...BLD  
Approximate Driving Time: 8-9 hours

## DAY 3 ACCLIMATIZATION HIKE TO WILKAHUAÍN

Our hike begins with a walk through Jose Olaya, the only street with original homes still standing from the 1970 earthquake, followed by a drive to the well-preserved archaeological site of Wilkahuaín, with its fascinating burial and ritual chambers dating from the time of the Wari people (7th-12th centuries). From here, we hike through farming country and steeply down to the town of Monterrey, with a picnic lunch en route. We return to Huaráz in the early afternoon to do last-minute shopping or check our gear. Overnight at Hotel Andino...BLD  
Hiking Details: 3 hours, 4 miles, 1,100 feet descent  
Approximate Driving Time: 45 minutes

## DAY 4 ACCLIMATIZATION HIKE TO LAKE CHURUP (14,700')

For today's acclimatization hike, we drive north of Huaráz for about 1 hour to a trailhead below Lake Churup. We begin our hike at about 12,800 feet, following along glacial moraine for about 1.5 hours, then continue steeply up for about 1.5 hours, with some challenging rocky sections where we will be scrambling on all fours and using a fixed cable for assistance (the only time we have this experience on our entire trip). We arrive at the stunning setting of Lake Churup, set at 14,700 feet at the base of the Churup Glacier. After a picnic lunch, we hike back down and return to Huaráz in the late afternoon. Overnight at Hotel Andino...BLD  
Hiking Details: 6 hours, 5 miles, 1,900 feet ascent/descent  
Approximate Driving Time: 3 hours



## TRIP DETAILS AT-A-GLANCE

**Length:** 15 days  
**Arrive:** Lima, Peru  
**Depart:** Lima, Peru  
**Lodging:** 5 nights hotels, 9 nights full-service camping  
**Meals:** All meals included except 1 dinner (B=Breakfast, L=Lunch, D=Dinner)  
**Activity:** Hiking / Trekking  
**Trip Level:** 1 2 3 4 5 6  
Physically demanding  
10-day trek, moderate to steep trails, 6-8 hours a day, altitudes of 13,000-15,929 feet

## HIGHLIGHTS

- Experience our perfectly designed trek in the world's highest tropical mountain range
- Acclimatize with a hike to the pre-Inca archaeological site of Wilkahuaín
- Enjoy spectacular campsites at turquoise lakes, incredible views of glacier-clad peaks
- Hike across a total of seven stunning mountain passes over 15,000 feet!
- Take optional day hikes from our camp beneath the stunning pyramid of Alpamayo

# Itinerary (cont'd)



## DAY 5 YUNGAY MEMORIAL PARK / HUALCAYÁN

We depart Huaráz and drive north along the main valley, the Callejón de Huaylas. En route, we visit Yungay Memorial Park, which commemorates the 1970 earthquake and avalanche/mudslide that tragically decimated this Andean community. After the lovely town of Caráz, we turn off the main road and descend on a dirt road to cross the Rio Santa, where the landscape becomes increasingly rugged and remote. We then ascend to the farming community of Hualcayán. Our camp is near the school, set below the Wari ruins of Hualcayán (10,500'), which we can explore on an optional afternoon hike. Here we'll have good views of the Callejón de Huaylas and the Cordillera Negra...BLD  
Approximate Driving Time: 4 hours

## DAY 6 BEGIN TREK / WISHCASH (14,100')

In the morning, we meet our arrieros (horse wranglers) and the pack animals that will carry our gear. We start hiking on a steep switchback trail and pass through a landslip area, a legacy of the 1970 earthquake. Lunch is in an open green meadow on a ridge at Huaca Corral (13,070'), which overlooks our last night's camp of Hualcayán and across the Callejón de Huaylas. From Huaca Corral, we continue steadily uphill for two hours to Wishcash. A five-minute walk from camp brings us an absolutely stunning view down to Yanacocha....  
BLD

Hiking Details: 6 hours, 5.5 miles, 3,700 feet ascent

## DAY 7 LLAMPASHILLÓN PASS (15,929') QUEBRADA DE LOS CEDROS

We continue uphill, walking on a rocky trail to arrive on the edge of impossibly blue Laguna Cullicocha (15,184'), nestled below the towering Santa Cruz peaks. We walk over rocky slabs around the lake with dramatic views of the cliffs above the lake and the three peaks of Santa Cruz, the highest of which reaches 20,536 feet. We cross Llampashillón Pass (15,929'), descend to a grassy area called Osoruri at 14,900 feet, and ascend again to a second pass at 15,650 feet (a 750-foot ascent). Our day ends with a steep and long zig-zag descent of 2,480 feet into the wide, green Quebrada (canyon) de los Cedros, where we can see Inca terraces on the far side of the valley. Our camp is at Ruina Pampa (13,170').... BLD

Hiking Details: 9 hours, 9 miles, 1,829 feet ascent to first pass, 750 feet to second pass, 3,509 feet descent (cumulative)

## DAYS 8-9 ALPAMAYO BASE CAMP / REST DAY OR OPTIONAL HIKES

The hike on Day 8 will be shorter and less difficult as we continue up the valley. After an hour of hiking gently uphill, we have our first glimpse of the perfect pyramid of Alpamayo (19,506'), a favorite climbing objective of mountaineers. Our campsite (13,600') is just short of Laguna Jancarurish (out of view), with stunning views of Alpamayo. Day 9 is an opportunity to rest and take it easy in camp, or choose one of three optional hikes. The first brings us to emerald-green Lake Jancarurish (14,380'). The second option continues from the lake up a steep switchback trail to Alpamayo Base Camp at 14,800 feet. For the very fit only, a third option continues steeply to the "Mirador" (16,165'), a lookout point with stunning overviews of the whole region. Overnights at camp

*"We can depend on Wilderness Travel to offer exceptional trips and great attention to detail, and the quality of the Trip Leaders is unsurpassed."*

*Jocelyn S., Arvada, CO*

near Laguna Jancarurish...BLD each day

Hiking Details, Day 8: 3.5 hours, 4.6 miles, 430 feet ascent

Hiking Details, Day 9: Option 1, 880 feet ascent from camp; Option 2, 1,350 feet ascent from camp; Option 3, 2,665 feet ascent from camp

#### DAY 10 CARACARA PASS (15,770') / MOYOBAMBA PASS (14,670') / HUILLCA

This morning we cross the challenging and often very windy Caracara Pass at the head of Quebrada Alpamayo. We descend on a steep, rocky trail and then cross a lush grassy valley that leads to a second, yet not as challenging pass of Moyobamba Pass, with great views of the multiple peaks of Pucajirca, the other side of Alpamayo, and one of the two Safuna lakes. We continue down the valley and arrive at the community of Huillca, composed of a few farms, with sheep, goats and alpaca. Our camp is at 13,160 feet...BLD

Hiking Details: 8 hours, 9.5 miles, 2,840 feet ascent, 3,080 feet descent

#### DAY 11 PUCAJIRCA PASS (15,200') / JANCAPAMPA

This morning we have a long ascent through a delightful hanging valley that appears to be a dead-end canyon. At the far end, though, we ascend a steep trail through lupines and red-rock scree to Pucajirca Pass then descend on a long and steep path into a valley dotted with waterfalls, lakes, and native polylepis forest. We enter the lush valley of the meandering Jancapampa River, where we begin to see rural Peruvian life, with people at work in their fields and herding animals. We'll have stunning views of the Pucajirca and Taulliraju glaciers at our camp (11,670')...BLD

Hiking Details: 8 hours, 7 miles, 2,040 feet ascent, 3,530 feet descent

#### DAY 12 QUEBRADA JANCAPAMPA / LAGUNA HUECROCOCHA

Continuing down the valley, we pass village houses and cultivated areas and leave the valley with a long and steady climb up past homes and herders to Tupatupa Pass (14,320'), with lovely views down the eastern side of the Cordillera Blanca. After a descent into the beautiful valley of Quebrada Tingopampa, a final uphill push brings us to our camp next to Laguna Huecrococha (13,000')...BLD

Hiking Details: 8 hours, 9.3 miles, 2,870 feet ascent, 1,720 feet descent

#### DAY 13 PUCARAJU PASS (15,210') / CACHINA

We follow a trail around Laguna Huecrococha and eventually make our zig-zag ascent to Pucaraju Pass, where the knife-edged peak of Taulliraju (19,127') seems to tower over the pass. After enjoying a stunning view of the surrounding mountains, a steep, rocky descent leads to the upper part of Quebrada Huaripampa, and we continue to the lovely meadow of Tuctubamba (12,666'), where we have splendid views of Taulliraju and Pucajirca peaks. A descent on a rocky trail brings us through the lovely, green valley of Paria and to our destination of a small herder community of Cachina...BLD

Hiking Details: 8-9 hours, 11 miles, 2,210 feet ascent, 3,200 feet descent



*“This was an amazingly beautiful trip.”*

*Deborah S., Buffalo, NY*



# Itinerary (cont'd)

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## DAY 14 CACHINA / VAQUERÍA / HUARAZ

We continue along the river amid indigenous polylepis trees and past homes. After crossing a bridge, we have our final long steep ascent to Vaquería (12,206'), where we meet our vehicles for the return drive to Huaraz, which takes us over the stunning Llanganuco Pass for breathtaking views of Huascarán, Huandoy, Pisco, and Chacaraju. We drive past the blue Llanganuco lakes and continue into the Callejón de Huaylas, arriving in Huaraz late afternoon. Tonight we'll celebrate with a festive Farewell Dinner in town. Overnight at Hotel Andino...BLD

Hiking Details: 4 hours, 4 miles, 1,426 feet descent, 966 feet ascent

Approximate Driving Time: 5-6 hours

## DAY 15 LIMA

We get an early start for our eight-hour drive to Lima, where we have overnight rooms at the Wyndham Costa Del Sol Lima Airport Hotel. Depending on flight schedules, some trip members may depart this evening on homeward-bound flights; some may leave the next day. You may wish to join our optional Cusco & Machu Picchu Extension...BL

# Trip Cost, Payment & Insurance

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## TRIP COST

### Prices are per person, valid through 2025

\$5,295 (11-14 members)

\$5,795 (6-10 members)

Single supplement: \$575

*2026 pricing: Please call for details*

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

## CURRENCY EXCHANGE RATE

Because the prices published for our program are set so far in advance of the trip dates, we are occasionally faced with exceptional cost increases and/or currency fluctuations that affect the actual cost of running the trip. In most years, no price changes are necessary. However, we do reserve the right to raise or lower the trip price if there is a significant change in costs or exchange rates. If this is the case, your final invoice will reflect the difference in trip cost.

## TRIP COST INCLUDES

- Expert leadership of a Wilderness Travel Trip Leader and local guides
- Four hotel overnights in Huaráz, and accommodations in top quality tents on trek
- All meals included except 1 dinner
- Services of camp staff and all group camping and cooking equipment
- All land transportation and airport transfers as noted in Full Trip Brochure

## TRIP COST DOES NOT INCLUDE

International airfare; transfers for independent arrival or departure; any meals not specified after each itinerary day; airport departure taxes; optional tipping or gratuities to leaders or staff; additional hotel nights that may be necessitated by airline schedule changes or other factors; pre-trip expenses of medical immunizations (if any), emergency medical evacuation insurance (required), or passports and visas; and other expenses of a personal nature (alcoholic beverages, laundry, etc.).

## PAYMENT SCHEDULE

At time of reservation: \$600

90 days prior to departure: Balance

## CANCELLATION AND TRANSFER FEE SCHEDULE

Up to 91 days prior to departure: No charge!

61-90 days prior to departure: 25% of trip cost

46-60 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

## MANDATORY EMERGENCY EVACUATION INSURANCE

Please note: Insurance for emergency medical evacuation is required for this trip. Wilderness Travel offers a comprehensive Travel Protection Plan through Travelex Insurance that meets this requirement. For more details, visit our website: [www.wildernesstravel.com/insurance](http://www.wildernesstravel.com/insurance). Alternatively, you can purchase a different policy on your own, as long as it includes emergency medical evacuation coverage of at least \$250,000 per person. You can compare various options at [www.insuremytrip.com](http://www.insuremytrip.com).

# Cusco & Machu Picchu Extension

Discover the best of Peru's breathtaking mountain landscapes, mystical fortress-cities, and thriving cultural and artistic heritage on this extension that brings you to the heart of the Incan empire. You'll explore the beautiful Urubamba Valley, sacred to the Incas and home to the stupendous ruins of Písac and majestic Ollantaytambo. Experience two days at glorious Machu Picchu, the iconic "Lost City of the Incas," and enjoy an insider's walking tour of Cusco, the ancient heart of the Inca Empire, and nearby Inca sites including awe-inspiring Saqsayhuaman, the majestic fortress overlooking Cusco.



## DAY 1 LIMA

Arrive in Lima, Peru, in the early morning. Overnight at hotel.

## DAY 2 CUSCO / URUBAMBA VALLEY / PISAC

Fly to Cusco (11,200') and drive through the Urubamba Valley to the ruins of Pisac, well known for the Inca-built terracing that sweeps around the mountain spur on which the ruin is perched. Overnight at hotel...BL

## DAY 3 CHINCHERO / OLLANTAYTAMBO

Visit Chinchero, an old colonial settlement built upon Inca foundations atop a mesa overlooking the valley. Later, explore the major temple-fortress of Ollantaytambo and the classic village below it, virtually unchanged from ancient times. Overnight at hotel...BL

## DAY 4 MACHU PICCHU

Board the morning train with your guide for a short ride through the Urubamba Valley to Machu Picchu. At the Machu Picchu station, head up to the site by bus and explore the sanctuary on an afternoon tour, visiting the reconstructed ruins of staircases, altars, temples, and fountains and enjoying the incredible setting. Overnight at hotel...BLD

## DAY 5 MACHU PICCHU / CUSCO

Explore the wonders of Machu Picchu, with the option to climb Huayna Picchu if you wish. In the afternoon, transfer to your train bound for Cusco. You will be met on arrival and transferred to your hotel. Enjoy the evening on your own...BL

## DAY 6 CUSCO

Morning free to explore Cusco on your own. In the afternoon, enjoy a private guided walking tour that typically includes a visit to the central square called the Plaza de

Armas, Cusco's ancient and modern center, and the baroque cathedral, a great repository of colonial art that sits on the foundations of the Inca Wiracocha's palace. You will also visit awe-inspiring Saqsayhuaman, the majestic Inca fortress overlooking Cusco. Overnight at hotel...B

## DAY 7 FREE DAY IN CUSCO

Today is free for sightseeing and shopping on your own. One can spend a delightful day here just exploring on foot to see the blend of Inca and colonial architecture. The city also boasts an abundance of artisan and craft boutiques. Overnight at hotel...B

## DAY 8 LIMA

Fly to Lima, where you will join the *Trekking in the Cordillera Blanca* trip on Day 1 of the itinerary (or fly home, if doing this as a post-trip extension...B

## 2024 EXTENSION COSTS

From \$4795 per person, double occupancy

Solo Traveler: Call for Details

Single supplement: Call for Details

Seasonal & Holiday Surcharge: Call for Details

Optional Hotel Upgrades: Call for details

Prices are not guaranteed until services are confirmed.

**Extension Cost Includes:** Accommodations, meals as indicated, bilingual guide, entry to Machu Picchu on Days 4 and 5, local airport and transfer agents, all tours as indicated, all entrance fees for sites and museums.

**Does Not Include:** Airfare, meals not specified in the itinerary, soft drinks, alcoholic beverages, items of personal nature such as laundry, telephone, internet, etc., optional gratuities to hotel and lodge staff, transfer agents, drivers, and guides.



# Accommodations



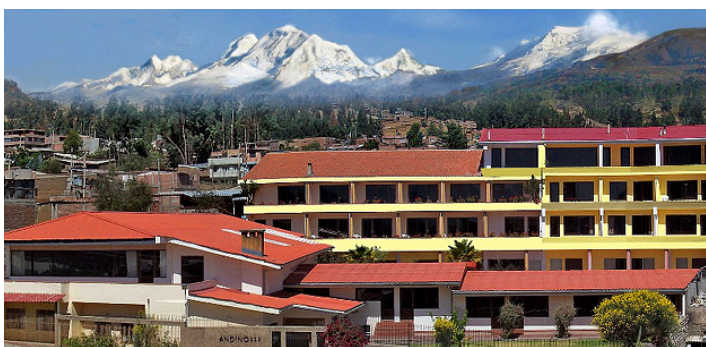
## WYNDHAM COSTA DEL SOL LIMA AIRPORT HOTEL

*Lima, Peru*

*Day 1 (1 night)*

*Day 15 (1 night)*

Very conveniently located at the Lima international airport, this hotel is just a two-minute walk across the street from the terminal, and you can wheel your bags (no need to take a taxi). Rooms are well appointed and comfortable.



## HOTEL CLUB ANDINO

*Huaraz, Peru*

*Days 2 to 4 (3 nights)*

*Day 14 (1 night)*

A 10-minute uphill walk from the main plaza, the Swiss-owned Hotel Club Andino is the best available in the remote mountain town of Huaraz. It offers clean and comfortable rooms, plenty of hot water for showers, and stunning views of the Cordillera Blanca. The restaurant offers Swiss specialties and the breakfast buffet is abundant.



## CORDILLERA BLANCA TREK CAMPS

*Cordillera Blanca, Peru*

*Days 5 to 13 (9 nights)*

On the trail, you are accompanied by our experienced team of trail guides, and all your gear is carried for you (leaving you free to hike with just a daypack to hold your camera, water bottle, rain jacket, etc.). Camp amenities include a dining tent with a table and chairs (with backs), meals prepared by our trained staff, and a toilet tent. Our camp crew takes care of all camp chores, including bringing tea or coffee to your tent each morning and providing picnic lunches each day at a scenic spot along the trail. Accommodations are in sturdy mountain-style tents. Most trip members bring their own sleeping bag, but we can arrange for you to rent one if you prefer.

These are our signature accommodations for this trip. Although it is highly unlikely, we may make substitutions when necessary. To see more photos and descriptions, please visit our *Trekking the Cordillera Blanca* webpage and click on the “Lodging” tab.

# Arrival & Departure

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Upon confirming your trip reservation, we will send you a Welcome Packet that includes a list of documents (passport, visas, etc.) required for your trip. Please feel free to call if you would like this information before making your air arrangements.

If you have booked extra services before or after the trip, an Extra Services Confirmation will be sent with your Final Documents.

## ARRIVAL & MEETING PLACE

Lima, Peru

**Suggested Airport:** Jorge Chávez Int'l Airport (LIM)

**Suggested Date & Time:** Anytime on Day 1

**Meeting Place:** You will meet your Trip Leader in the lobby of Wyndham Costa Del Sol Lima Airport Hotel in Lima by 8:00 am on Day 2.

## DEPARTURE

Lima, Peru

**Suggested Airport:** Jorge Chávez Int'l Airport (LIM)

**Suggested Date & Time:** Day 15, after 9:00 pm

On Day 15, we drive from Huaráz to Lima, with overnight rooms booked at Wyndham Costa Del Sol Lima Airport Hotel.

If you have evening flights home on Day 15, you can check out early. If you have a flight departing the next day, you have a full overnight room.

## INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to and from Lima, Peru. International flights typically arrive in Lima either very early in the morning or very late in the evening. Airlines with the most convenient schedules for this trip include:

**American Airlines** (via Miami or Dallas)

[www.aa.com](http://www.aa.com)

**Delta Airlines** (via Atlanta)

[www.delta.com](http://www.delta.com)

**LATAM Airlines** (via Los Angeles)

[www.latam.com](http://www.latam.com)

We recommend at least a two-hour connection time at the gateway city for the international flight to Lima. Although shorter connecting times are legal, you want to allow some time in case your domestic flight is delayed.

There are many online consolidators for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 1-800-655-4053 in the US or 1-800-670-2605 in Canada. They are very adept at putting flight itineraries together, to even the most far-flung places. More information can be found at [www.exitotravel.com](http://www.exitotravel.com). The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the US.

**Please do not purchase your tickets until you are confirmed on the trip and have reviewed your proposed air schedule with our office.** Once your tickets have been purchased, forward a copy of the email confirmation that shows your exact flight arrival and departure times.

# Trip Leaders

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Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. The Trip Leader scheduled for each departure is listed next to the trip date on the “Dates & Prices” tab on our *Trekking in the Cordillera Blanca* webpage:

[www.wildernesstravel.com/trip/peru/cordillera-blanca-huaraz-trek](http://www.wildernesstravel.com/trip/peru/cordillera-blanca-huaraz-trek)

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## RYAN KOST

Ryan Kost has worked, studied, and traveled in many countries and holds a Master’s degree in Socio-Cultural Anthropology. He first traveled to Peru with his parents when he was 14 and fell in love with the natural beauty and deep cultural history of the Andes. He conducted his fieldwork in the Cusco region, has worked as an outdoor leader for the last six years, and calls Peru his second home. Ryan has extensive training in outdoor leadership education, high altitude medicine, Leave No Trace ethics, and mountaineering. He has led both our Cordillera Huayhuash and Cordillera Blanca treks, and currently lives in Colorado.



## HOLLY WISSLER

Holly Wissler, a musician and ethnomusicologist, is one of our most experienced and gifted Trip Leaders, drawing upon her many years of trekking and living in Peru and Nepal. Holly is deeply passionate about Andean culture and music, the topic of her PhD in ethnomusicology and the focus of two documentaries she has produced, “Qoyllur Rit’i: A Woman’s Journey,” on Peru’s largest Andean pilgrimage festival, and “From Grief and Joy We Sing,” illuminating the musical traditions of the remote Quechua community of Q’eros, Peru. A key leader for our Peru team since 1982, Holly feels at home with the people of the Andes, especially since she adopted her godson, Dante, from the Q’eros community. She is often called “chaka warmi” (bridge woman) because of her extraordinary ability to facilitate meaningful (and fun!) exchanges between travelers and locals. Holly especially loves to bring WT trip members, our trek crews, and the indigenous Q’eros people together through conversation and music making. “People have said that I bring passion and love to my trips and that I laugh a lot—which I do!” A great storyteller too, Holly speaks Spanish, Quechua, Nepali, and ASL.

# Trip Details

## WHAT THE TRIP IS LIKE

This trip is rated a Level 6 (Very Strenuous) according to our trip grading system. It is expected that each participant be in excellent health and physical condition.

### Average Hiking Day

- 6-8 hours
- 2,000-2,500 feet gain/loss
- Altitudes range from 10,000 to 15,000 feet

### Challenge Days

- Day 6: approximately 9 hours, 2,500 feet gain/2,480 feet loss
- Day 9: approximately 8 hours, 2,270 feet gain/1,510 feet loss

### How Tough is This Trip?

You need to be able to hike on uneven surfaces on mountain trails at high elevations. You must feel comfortable and confident on your feet for up to 8 hours a day, with recent experience hiking at least 8 miles in a day (preferably at high altitude).

## TERRAIN

Trails can be rough, not the well-maintained switchbacks you may be accustomed to in the United States. Hiking distances on trek are normally measured in hours, not miles, since many maps aren't really accurate enough to assess how far we walk up and down winding mountain trails. An

average day's walk is seven or eight hours. With rest stops and photo stops, few people walk faster than one mile an hour in a mountainous region. Some hiking days are shorter than others, and some days are more difficult than others due to altitude gain and loss. The optional climb of Nevado Pisco is non-technical but requires basic knowledge of the use of ice axe and crampons (we'll have some training on one of our acclimatization hikes) and a lot of stamina.

## GETTING IN SHAPE

For maximum enjoyment of the trip, you must be in good shape and ready to hike at high altitudes. We strongly urge you to train for the trip with regular hiking, especially over hills and uneven terrain. Running, swimming, bicycling, and stair-climbing are all great options as well. As you progress, practice these hikes with your loaded daypack (full water bottle, camera gear, jacket). The object is to improve your overall level of fitness and aerobic capacity and get your legs and lungs in shape for the Andes. As the time for departure approaches, try to climb a high peak near you or go on strenuous weekend hikes that involve 6-7 hours of uphill and downhill walking. Your feet should be fully prepared and accustomed to long days in sturdy, well broken-in hiking boots.

## WEATHER

Being so close to the equator, Peru has only two seasons: a dry season from April to October, and a wet season from December to March. Altitude is the main factor controlling

HIKING DETAILS BY DAY				DRIVING DETAILS
DAY	HOURS	MILES	ELEV. GAIN/LOSS	HOURS
2				8-9 hours
3	3 hours	4 miles	-1,100'	45 minutes
4	6 hours	5 miles	+1,900'/-1,900'	3 hours
5				4 hours
6	6 hours	5.5 miles	+3,700'	
7	9 hours	9 miles	+2,579'/-3,509'	
8	3.5 hours	4.6 miles	+430'	
9	various options			
10	8 hours	9.5 miles	+2,840'/-3,080'	
11	8 hours	7 miles	+2,040'/-3,530'	
12	8 hours	9.3 miles	+2,870'/-1,720'	
13	8-9 hours	11 miles	+2,210'/-3,200'	
14	4 hours	4 miles	+1,426'/-966'	5-6 hours
15				8 hours

Average Daily Max/Min °F												
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Lima	79/68	80/69	80/69	76/66	72/63	69/61	67/60	66/60	67/59	69/61	72/63	76/66
Huaraz	68/42	66/43	68/42	68/41	68/39	68/37	68/37	68/37	68/39	70/41	72/42	70/42
Cusco	64/45	64/46	65/46	66/43	67/39	66/35	66/34	66/37	67/41	68/44	67/45	66/45
Rainfall - Inches												
Lima	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.1	0.0	0.0
Huaraz	4.4	4.1	5.4	3.3	1.1	0.1	0.1	0.4	1.4	3.2	2.7	3.3
Cusco	5.9	4.5	3.8	1.5	0.3	0.1	0.1	0.3	0.9	1.9	2.7	4.3

the climate. In the mountains, you'll encounter sunny days with daytime temperatures ranging between 65°F and 70°F, dropping to the 40s and lower at night. The sun is very strong at high altitude and it can often be warm enough to hike in shorts and a t-shirt. However, it can also get extremely cold; if you're familiar with mountain weather, you know how suddenly it can get cold even in the daytime if the sun slips behind a cloud. Nighttime is always cold and temperatures can drop to below freezing. Be prepared with warm layers for cold nights. Rain should not be a problem on our trek, but always keep in mind that mountain weather is unpredictable and sudden storms can occur, especially on high mountain passes. The best preparation for the changeable climate of the high Andes is to dress in layers. Lima lies in a coastal desert where rainfall is rare and temperatures are usually warm (70s and 80s).

### ACCOMMODATIONS

Accommodations on the trail are in sturdy mountain-style tents. Camp amenities include a dining tent with a table and chairs (with backs), meals prepared by our trained staff, and a toilet tent. Our camp crew takes care of all camp chores, including bringing a basin of warm washing water, and tea or coffee to your tent each morning. Most members bring their own sleeping bag, but we can arrange for you to rent one if you prefer.

### CUISINE

On trekking days, breakfast is normally a light meal of pancakes, oatmeal, eggs, or something similar, along with tea, coffee, and hot chocolate. Lunch is served picnic-style in a scenic spot along the trail, perhaps chicken salad, potato salad, guacamole salad, or macaroni salad, along with fruit, cheese, bread, and chocolate bars for extra energy. At camp, we have late afternoon tea (or coffee or cocoa) and snacks such as popcorn, cookies, or crackers, which hit the

spot after a long day on the trail. Dinner, served to us in a dining tent with a table and chairs, is delicious hot soup followed by a substantial main course and a dessert. Please let us know of any dietary needs and we will accommodate as best as possible.

### A TYPICAL TREKKING DAY

On a typical trekking day, wake-up is around 7:00 am, when a cup of hot tea or coffee and a basin of warm washing water are brought to your tent by one of the camp crew. After packing up our duffels and having breakfast, we set off on the trail while the crew strikes camp and the porters shoulder their loads. The crew passes us by midmorning to get ahead and prepare our lunch. We typically walk for three or four hours in the morning, then stop for a leisurely lunch of an hour or more at a scenic spot on the trail. After lunch, we walk for another three hours or so until we reach our next night's camp. The porters and crew pass us in mid-afternoon and usually have camp set up by the time we arrive. At camp, we have late afternoon tea (or coffee or cocoa) and snacks. Before dinner in the dining tent, there's free time to read or relax. Temperatures drop quickly as the sun drops behind the peaks, and it can get very cold at night, so have a few extra layers of clothing ready. It gets dark fairly early (around 6:30 pm). After dinner, we can chat away the evening in the dining tent or read by flashlight until bedtime.

For the most part, you can hike at your own speed. There is always a guide in the lead, usually the Trip Leader or the camp manager, who supervises the crew, and a "sweeper" who trails behind the slowest hiker to ensure that no one becomes lost on the trail. Most groups tend to spread out over the trail, taking photos, stopping to rest, and enjoying the scenery. We ask you not to hike ahead of the leader because trails are often not well-marked. If you feel

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breathless during a long ascent or wobbly during a long descent, by all means stop until you feel restored.

### CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 and ask for the Latin America Manager or email us at [latinamerica@wildernesstravel.com](mailto:latinamerica@wildernesstravel.com).

### REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us on this or a similar trip.

### VISIT OUR WEBSITE

At [www.wildernesstravel.com](http://www.wildernesstravel.com), you can book your trip online or find out about added departures, last-minute deals, and one-time Limited Edition adventures that aren't listed in our catalog. You can also access our complete library of detailed itineraries filled with enticing photos and videos, read bios of our Trip Leaders, find descriptions of trip accommodations, and check real-time availability of any trips that interest you.

# Toucan Club Rewards & Discounts

We are very proud to have one of the highest rates of repeat travelers in the business, and have established the Wilderness Travel Toucan Club to reward you for your loyalty. For more information, please visit the Toucan Club page of our website at [www.wildernesstravel.com/toucan](http://www.wildernesstravel.com/toucan).

Here's how it works:

## YOUR FIRST TRIP

As a first-time traveler, you receive a lightweight Wilderness Travel T-shirt and set of durable WT Luggage Tags. On subsequent trips, we're happy to send you a new WT T-shirt and set of Luggage Tags by request.

## YOUR SECOND TRIP

A top quality Wilderness Travel insulated stainless steel water bottle by CamelBak and a cozy Wilderness Travel fleece vest by Patagonia (\$130 value).

## YOUR THIRD TRIP

A versatile Wilderness Travel R-1 pullover by Patagonia (\$140 value).

## YOUR FOURTH TRIP

Discounts on the cost of your trip begin! You receive a 4% discount on the tour cost.

## FIVE AND MORE TRIPS

You receive a 5% discount on the base trip cost. On your sixth trip, you receive a 6% discount, and so on up to your 10th trip. The maximum discount is 10%, with a ceiling of \$500.

*Note: Due to special pricing considerations, Toucan Club discounts do not apply to our Private Journeys or Special Events. However, your participation on these trips does count toward your Toucan discount on future departures of Wilderness Travel's regular adventures.*

## TERMS & CONDITIONS

Toucan Club travel discounts cannot be used in conjunction with any other discount, unless otherwise specified. Discounts are deducted from the base trip cost and shown on the final invoice. The base trip cost is the main land/tier cost and does not include single supplement fees, extensions, internal airfare, or other additional charges. Bonus gifts (T-shirts, luggage tags, vests, water bottles, and pullovers) will be mailed approximately three weeks prior to trip departure. Terms and conditions of Toucan Club bonuses are subject to change or cancellation at the discretion of Wilderness Travel, Inc.



MEN'S T-SHIRT



WOMEN'S T-SHIRT



PATAGONIA SYNCHILLA FLEECE VEST PLUS INSULATED CAMELBAK WATER BOTTLE



PATAGONIA R1 PULLOVER



## WILDERNESS TRAVEL HAS BEEN AWARDED:

**Best Travel Specialists in the World:** *Conde Nast Traveler*, 2024, 4-time winner

**World's Best Tour Operators:** *Travel + Leisure*, 11-time winner

**Best Wildlife, Hiking & Walking Trips:** *AFAR Magazine*, 3 years in a row

**Best Adventure Travel Companies:** *USA Today*

**Trip of the Year:** *Outside Magazine*, 9-time winner

**50 Tours of a Lifetime:** *National Geographic Traveler*, 9 years in a row

**Best Adventure Travel Companies:** *National Geographic Adventure*, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of activities and trip routing, rather than an inflexible schedule of events; it is subject to change due to circumstances beyond our control. This trip is subject to the Limitation of Liability and all the terms and conditions as detailed in the General Information section of the Wilderness Travel Catalog.

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