

## 7 Day Mountain Bike Adventure in Peru

### Itinerary

- Day 1: Arrival and transfer to Ollantaytambo in the Sacred Valley.
  - Arrive Cusco, transfer 2 hours to Ollantaytambo, build bikes, afternoon ride "Cacchicata", about 1000 feet of climbing dirt road/singletrack, awesome lookout above and over Ollantaytambo with countless Inca sites visible, nice descent by the river back down to town, total distance around 6 miles.
- Day 2: Ride Pumamarca and Moray
  - AM ride "Pumamarca", drive up and outside of town about 1500 feet vert to Pumamarca, a preIncan ruin, with no tourists. Check it out on foot if desired, after is a wicked fun descent right back to town on some exposed singletrack. Lunch at a restaurant in town. Afternoon ride to "Salt Mines and Moray". There are multiple versions of this ride. Approx 2000 feet of descending, 300 feet of climbing, over a little under 10 miles- super fun riding.
- Day 3: Ride the Inca Avalanche Course
  - Morning ride "Inca Avalanche", nearly 5000 feet from top to bottom. Either once, twice, or one and a half times. Lunch at a restaurant in town. Afternoon riding in the Salt Mines/Moray/"Paucarbamba" zone. Same as yesterday, around 2000ft of shuttle descending, virtually no climbing.
- Day 4: Calca Canyon
  - A ride known as "Calca" or "Lares", similar to Inca Avalanche, start at high pass at nearly 15,000 feet, drop down a beautiful grass Inca road at the perfect incline angle, turns into singletrack in narrow canyon with Inca steps and 1000+ year old mummies. One of our best rides. Approximately 5,000 feet of descent over around 12 miles. After, back up to "Salt Mines/Moray" zone for more of that fast dry low singletracks.
- Day 5: Machu Picchu.
  - Roundtrip train from Ollanta, 6am to 6pm. \* See note below for details about Machu Picchu day. Optional Machu Picchu day. If you decide not

to travel to Machu Picchu, this day will be a free day to explore Ollanta on your own

- Day 6: Ride Lamay
  - Typically we do a ride today called "Lamay" and "Lamay 2", similar to Calca, but with more flowing singletrack. This is also our 'flex' day, which means it can be changed based on how everyone is feeling.
- Day 7: Flexible day- either ride or sightseeing around Cusco.

## Machu Picchu

Machu Picchu is not included in your tour as some people choose to skip it. If you choose to go, you will need to book a train ticket and Machu Picchu entry ticket.

- To book your entry, use this website: [www.machupicchu.gob.pe](http://www.machupicchu.gob.pe)
- To book your train ticket from Ollantaytambo to Machu Picchu, use this website: [www.perurail.com](http://www.perurail.com)
- To book your bus ticket from the train station to Machu Picchu, use this website: <https://www.ticketmachupicchu.com/book-bus-machu-picchu/>

There are two hikes in Machu Picchu- Huayna Picchu and Machu Picchu Mountain. Both are steep climbs that take you to great views of the ruins and surrounding areas. When you book your ticket to Machu Picchu, you can add on one of these hikes. Make sure to check the timing of when you can start and what time the trail closes! If you get access to one of the hikes, you might want to get it done first and then explore the rest of Machu Picchu after.

If you are on the fence about going to Machu Picchu- go! We highly recommend seeing this amazing place, even if you are not into "touristy" things.

## Important details

### **Accommodations**

While in Peru, we will be staying in a hotel in Ollantaytambo. It is centrally located to be able to walk around town and to the train station to take you to Machu Picchu.

### **Food**

Food is not included in the tour. Some rides will stop at restaurants for lunch or for a post ride meal. There are plenty of great restaurants in Ollantaytambo for dinners in the evening.

### **Peru Recommendations**

There are many sights to see in Peru! Let us know if you wish to stay extra in the Cusco area and we can arrange additional rides or tours.

### **Flights/Arriving in Peru**

Some of the airlines that fly to Peru currently have baggage policies that allow a bike as one of your checked bags. These include American and Delta. Make sure to check the baggage policy before you book your flight if you want to take your own bike with you!

Also, please make sure your flight arrives into Cusco the morning on the arrival day (the first day of the trip) or arrive a day early. We will be departing Cusco in the morning to take the 2 hour drive to the Sacred Valley and make it in time to build our bikes and do a short ride.

### **Flying with a bike vs. renting one in Peru**

There are not a lot of high quality bike rentals in Peru, so please plan to travel with your own bike. If you have never flown with your bike before, we have created a guide to help you with the process ([insert link](#)). Reach out if you have any questions about this!

### **Upon arrival in Cusco**

A driver will be at the airport waiting for you when you land in Cusco if you arrive the morning of the trip. They will be at the exit of baggage claim/customs and will



have a sign with your name on it. If you are traveling with a bike bag, they will be able to easily spot you. If not, make sure to look out for them. If you are arriving the day before the trip, please send us your hotel information so that the driver knows where to pick you up.

## **Visa**

There is no need for a visa if traveling to Peru for less than 90 days. When you arrive in the country, you will go through customs and immigration with your passport. Make sure your passport is current and does not expire within 6 months of your travel date.

## **Currency**

Some places accept credit cards in Peru, but it is mostly a cash based culture. It is recommended to get Peruvian currency from an ATM once you arrive in Cusco or Ollantaytambo. You can also exchange US dollars at a foreign currency exchange.

## **Luggage**

We will be bringing all of our luggage with us to the Sacred Valley with us, including bike bags and boxes.

## **Weather**

The weather in Peru is generally dry when we run our trips, sunny with highs in the 60's and 70's F and lows around 55 degrees F. It is unlikely to rain but we do recommend being prepared in case it does. The nights can be quite chilly, so make sure to bring a jacket and some warmer layers.

## **Gratuities**

Gratuities are not included in your trip and can make a big difference for them. We recommend 50-100 soles per guest per day. These get split between your guide and driver. If you would like to tip more, your guide and driver will very much appreciate it!

## **Gear Donations**

World Ride trips help to support the growth of women's mountain biking in Peru. Gear is a limiter for the Peruvian ladies who are getting into mountain biking due to



financial limitations. Any donations that you can bring to Peru to leave with the ladies is very much appreciated! Things that are needed include:

- Bikes (getting a new one? Travel down with your bike and then leave it there!)
- Helmets
- Pedals
- Shoes
- Tires
- Gloves
- Hydration Packs

## **Travel Insurance**

Travel insurance is recommended for your trip that includes medical. Typically bikes are not 100% covered by travel insurance policies. Many homeowners or renters policies do cover bikes while traveling abroad, so be sure to check into this before the trip. If you wish to get extra insurance for your bike, we recommend Velosurance.

## **Packing List**

Anything you need for your own bike if bringing

- Derailleur hanger
- Extra brake pads
- Any special bike tools -Multitool, mini pump, spare tube

Bike gear

- Helmet (we highly recommend a full face helmet for this trip)
- Sunglasses (or goggles)
- Buff/scarf
- Pack (at least 15L in size to carry layers and capacity of 3L of water)
- Bike shoes
- Gloves
- -3-4 pairs of bikes shorts or more depending on preference. (There are laundry services in Ollantaytambo that take a day or two to get your laundry back to you)
- -3-4 jerseys

- Socks
- Long sleeve base layer
- Waterproof rain jacket

#### Other gear

- Warm jacket (the nights can be chilly)
- Either a bike light or a headlamp
- Other clothing for after ride
- Comfortable shoes to hike and walk around in
- Clothes to sleep in
- Swimsuit
- Any medication you might need
- Toothbrush and other necessities
- Sunscreen

#### Personal items

- Passport
- COVID-19 Vaccination card
- Proof of travel insurance if you purchased it
- Credit and debit cards
- A small amount of cash to travel with
- Camera (or just your cell phone)
- Cell phone (plenty of wifi along the way)
- USB Battery pack (optional- there are outlets in all of the hotels)
- Electronics cords and chargers
- Power adapter (Peru uses 220v)

#### Misc

- Any extra mountain bike gear you might be able to collect for the ladies over there :)