South America

Peru Hike, Bike & Kayak






trip highlights

- Explore Machu Picchu via the final section of the Classic Inca Trail
- Cycle quiet roads and villages in the Sacred Valley
- Kayak on Lake Piuray surrounded by Andean landscapes
- Discover Amazon wildlife on guided jungle walks and canoe trips
- Learn to play the Andean Flute and make your own one pan flute



Trip Duration	11 days	**Trip Code:** PFS
Grade	Introductory	
Activities	Adventure Touring, Day Walking, Family Adventures, Cycling	
Summary	9 day trip, 8 nights hotel	

welcome to World Expeditions

Since 1975 we have run expedition-style adventures for active travellers, from our first trek in Nepal to remote routes on all seven continents.

Our philosophy is simple: take the paths less travelled. That means small groups, local crew, low impact, and routes most travellers never see.

Everything you need to know about the Peru Hike, Bike & Kayak is in these notes.

why travel with World Expeditions?

Our Peru trips offer exceptional value for money, using good quality, centrally located hotels, the best internal flights with the best airlines, private transportation in vehicles that are driven by our drivers and maintained by recognized mechanics, many meals, all your entrance fees and permit fees, expert leadership and much more. Compare our prices and all our inclusions and we feel that few trips can compare in terms of value for money. In addition, responsible travel is important to us and we are very proud of our industry leading porter protection policies. Given our local knowledge, experience and excellent leadership, we are quite sure that this trip will be the adventure of a lifetime.

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We pair you with a traveller of the same gender, and if we can't, the room (and/or tent) is yours at no charge. Prefer your own space? Add the optional single supplement

Inclusions Valued at USD$:

Park & Entry Fees:	USD$180

the trip

This carefully designed family adventure showcases Peru's highlights through a mix of gentle hiking, cycling, kayaking and cultural experiences. Explore the Sacred Valley, Cusco and Machu Picchu while engaging with local communities, learning traditional skills and travelling at a pace suited to families. The journey continues into the Amazon rainforest, where guided walks and river excursions reveal extraordinary wildlife and ecosystems. With varied activities, expert guides and well-paced days, this is an enriching and memorable introduction to Peru for all ages.

about your leader/escort

Our guides are bilingual and our treks are conducted in English.

at a glance

DAY 1	JOIN CUSCO & DRIVE TO SACRED VALLEY (2,800M / 9,186FT)
DAY 2	SACRED VALLEY EXPLORATION VIA PISAC (2,800M / 9,186FT)
DAY 3	SACRED VALLEY CYCLING DAY (2,800M / 9,186FT)
DAY 4	LAMAY VILLAGE & INKARIY MUSEUM (2,800M / 9,186FT)
DAY 5	INCA TRAIL TO MACHU PICCHU VIA SUN GATE (2,745M / 9,006FT, 12KM / 7.5MI, 5–7 HRS)
DAY 6	MACHU PICCHU EXPLORATION & RETURN TO CUSCO (2,430M / 7,972FT)
DAY 7	CUSCO CITY TOUR & NEARBY RUINS (3,400M / 11,155FT)
DAY 8	LAKE PIURAY KAYAKING EXPERIENCE (3,700M / 12,139FT)
DAY 9	TRIP CONCLUDES CUSCO

additional deposits required

This trip requires the prepayment of KM 104 Inca Trail Permit fees (which includes entrance into Machu Picchu) of US$132 in total (paid in your local currency at the current rate of exchange) which is non refundable. This payment is required at the time of booking together with our normal per person deposit. The cost of your trip includes the KM 104 Inca Trail Permit fee and this prepayment should not be viewed as an additional cost. We recommend you take out travel insurance at the time of booking.

It is essential that if you obtain a new passport at a later date that you MUST bring both the OLD & NEW passports, or you will not be allowed to enter the Inca Trail as your permit will be linked to your old passport number. You must also inform World Expeditions that you will be travelling with a new passport and provide the new passport details when received. All travellers must present their original passport or copy of passport page at the entrance of the following archaeological sites in the Cusco region: Sacsaywaman, Quenqo, Puca Pucara, Tambomachay, Pisaq, Maras, Moray and Ollantaytambo.

Peruvian authorities have implemented entry restrictions to protect Machu Picchu from the impact of its immense popularity. There are three time slots in which patrons can enter Machu Picchu for a maximum of four hours and must follow one of three predetermined routes. Admission is not allowed after 4pm. Additionally, all visitors must be accompanied by a guide at all times. These changes have been made to improve the visitor experience and in an effort to deal with overcrowding. World Expeditions endeavours to ensure you get the most of your Machu Picchu experience regardless of these restrictions.

what's included

- 10 breakfasts, 7 lunches, 3 dinners
- Sightseeing and site entrance fees as listed
- Good quality mountain bikes, helmets

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trip dates

2026 13 Dec - 23 Dec

2027 28 Mar - 07 Apr
04 Jul - 14 Jul
01 Aug - 11 Aug
19 Sep - 29 Sep
12 Dec - 22 Dec

important notes

Note: - Flights Lima/Puerto Maldonado/Cusco/Lima are not included.

Note: - Daily departures are available on request. Depature date is dependent on Inca Trail Permit availability.

Note: - Additional surcharges apply over Easter, Christmas and New Year.

1 - This trip has been confirmed below our normal minimum group size. There may be a small surcharge to pay if you join this departure, which will be removed if minimum numbers are met. Please ask us for details regarding the additional cost.

fast facts

Countries Visited:
Peru

Visas:
Please check visa requirements with your reservations consultant*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Private Groups:
Available for this trip*

Leader:
Expert local bi-lingual leader

Advice for people with limited mobility
Not suitable

*Ask our staff for more information.

- Kayak tour in shared service
- Support vehicle
- Train Mappi to Poroy
- Accommodation in comfortable hotels
- Private internal transportation
- Airport transfers (Day 1 and Day 11)
- Expert bilingual guides
- Filtered drinking water
- Group medical kit

Many adventure operators ask travellers to hand over cash on the ground. It avoids local taxes and shifts the cost and the risk of carrying cash onto you.

We do not ask for local cash payments on this trip.

what's not included

- International flights
- Internal flights Cusco/Jungle/Cusco (the domestic flights in Peru will be quoted separately as they can often change considerably and depends on the international airline that you fly with to Peru. Certain airlines flying to Peru offer special discounted fares for domestic flights if booked in conjunction with the international ticket.)
- Visa fees
- Travel Insurance (compulsory)
- Meals not listed as included
- Personal expenses such as beverages, laundry costs, phone calls
- Tips and gratuities
- Any items not listed as included

detailed itinerary

DAY 1 Join Cusco & drive to Sacred Valley (2,800m / 9,186ft)

Arriving in Cusco, you travel directly into the Sacred Valley, where the altitude eases and the landscape opens into a greener, more relaxed setting. Surrounded by rivers and mountains, this quieter region provides a gentle introduction to Peru. The afternoon is free to rest and settle in, allowing time to adjust to the altitude and prepare for the days ahead.

Accommodation: Sol Naturaa Hotel or similar

PLEASE NOTE: There is only one transfer today from Cusco airport to the Sacred Valley. If travellers arrive at different times, we will wait for the last family to arrive. Please don't arrive later than 5pm as the transfer takes 2-3 hours.

meals: NIL

DAY 2 Sacred Valley exploration via Pisac (2,800m / 9,186ft)

Travelling through the Sacred Valley, you arrive at Pisac, where the ruins sit high above the valley floor. Walking among the terraces, the scale of the landscape becomes clear, with sweeping views across fields and surrounding peaks. Descending into the village, the vibrant market offers a lively introduction to local life, with stalls of textiles, produce and handmade goods reflecting Andean traditions.

Accommodation: Sol Naturaa Hotel or similar

meals: B,L

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thoughtful travel

Every trip runs with local guides and crew, in small groups, using low-impact camping and trekking practices.

Our porter welfare standards are set out in these notes. Our community partnerships and the work of the World Expeditions Foundation are on our website.

trip grading

Introductory

Although there is no commitment to extended walking on this journey we nonetheless want to keep the 'accent on the active'. We therefore advise that any physical training you complete before undertaking the trip will be to good effect. The day walks and cycling components are real highlights of this itinerary. There is no shortage of advantages of packing as much into your time in Peru as possible.

adventure travel

Adventure travel involves the unexpected. In remote regions conditions change, and itineraries may be altered at short notice.

Flexibility gets you far more out of the trip than a fixed plan will.

If you are unsure whether this trip suits you, talk to us before you book.

important note

These notes are current at the date shown on each page and replace any earlier version.

The itinerary is a guide. It may change due to weather, conditions on the ground or other circumstances beyond our control.

DAY 3 Sacred Valley cycling day (2,800m / 9,186ft)

Today's cycling follows quiet roads along the Urubamba River, passing farmland, small villages and open valley landscapes. The pace is relaxed, allowing time to enjoy the surroundings and take in everyday life in rural Peru. With gentle riding and regular stops, the experience is designed to be enjoyable for families while offering a different perspective of the Sacred Valley.

Accommodation: Sol Naturaa Hotel or similar

meals: B,L

DAY 4 Lamay village & Inkariy Museum (2,800m / 9,186ft)

A visit to Lamay offers insight into daily life in the Sacred Valley, where traditional farming and community practices continue as they have for generations. Time spent here provides a more personal connection to the region. Later, the Inkariy Museum brings Peru's ancient cultures into focus, presenting the history and achievements of civilisations that shaped the Andes.

Accommodation: Sol Naturaa Hotel or similar

meals: B,L

DAY 5 Inca Trail to Machu Picchu via Sun Gate (2,745m / 9,006ft, 12km / 7.5mi, 5–7 hrs)

An early start brings you by train to Km 104, where your Inca Trail walk begins. The trail winds through lush vegetation, with visits to the archaeological sites of Chachabamba and Wiñay Wayna along the way. Following the original stone pathways, the journey builds toward Inti Punku, the Sun Gate, where Machu Picchu comes into view for the first time. After descending by bus, you continue to Machu Picchu Village for the night.

Accommodation: El Mapi Hotel or similar

PLEASE NOTE: All trekking distances and walking hours per day are approximate and the length, distance per day, start and finish time can vary depending on the group size, ability and weather conditions.

meals: B,L,D

DAY 6 Machu Picchu exploration & return to Cusco (2,430m / 7,972ft)

Returning to Machu Picchu, you explore the site with your guide, learning about its terraces, structures and significance within the Inca Empire. The pace allows time for questions, photos and a deeper understanding of the site. After your visit, you travel back through the Sacred Valley by train and continue on to Cusco, marking the end of this stage of the journey.

Accommodation: Hotel Abittare or similar

NB - depending on train schedules, we may arrive into Cusco very late at night.

*Important: To ensure the protection and conservation of the Inca citadel of Machu Picchu and enhance the visitor experience, several restrictions and regulations are in place. The site features three main circuits divided into ten predetermined routes. Visitors are limited to a maximum of four hours within the site to reduce congestion and preserve the ruins, and admission is not permitted after 4pm. Additionally, all visitors must be accompanied by a guide. Despite these restrictions, World Expeditions endeavours to ensure you have a memorable and fulfilling Machu Picchu experience.

OPTIONAL HUAYNA PICCHU CLIMB OR MACHU PICCHU MOUNTAIN CLIMB - For the adventurous, you can purchase a permit for either the Huayna Picchu or Machu Picchu Mountain climb (please enquire for costs). Choosing this option means

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forgoing the guided tour of Machu Picchu, which is non-refundable and non-transferable. Huayna Picchu, with its narrow trails, reaches an elevation of 2,963m, while Machu Picchu Mountain, with a wider path, peaks at 3,082m. Both climbs are steep, slippery, exposed, and involve vertiginous drops, requiring a minimum of 3 hours return. Note that these climbs are not guided. Permits are non-refundable and non-transferable, and a waiver form must be signed before purchase. Both permits are limited and sell out quickly, so please contact us if interested.

meals: B,L

DAY 7 Cusco city tour & nearby ruins (3,400m / 11,155ft)

Today brings Cusco's history into focus as you explore its key sites with a guided hlaf day tour. Beginning at Coricancha and the Cathedral, the layers of Inca and colonial influence become clear. Moving beyond the city, the impressive stonework of Sacsayhuaman rises above Cusco, offering views across the surrounding valley. Nearby ceremonial sites reveal how the Incas shaped both the land and their spiritual world. Returning to the city, there is time to wander markets and streets at your own pace.

Accommodation: Hotel Abittare or similar

meals: B

DAY 8 Lake Piuray kayaking experience (3,700m / 12,139ft)

This morning we head to the peaceful waters of Lake Piuray for a relaxed and family-friendly kayaking experience. After a briefing and gentle warm-up, we paddle across the calm lake surrounded by mountain scenery and farmland. Bicycles are available afterward for those who wish to cycle around the lake, while others may prefer to relax by the shore. A delicious Andean buffet lunch completes the experience before returning to Cusco.

Accommodation: Hotel Abittare or similar

NOTE: This evening, please be sure to re-pack your luggage for the jungle. Dependent on your accommodation in the jungle the luggage policy differs. Please see pre-departure information (under 'luggage') for more details. You will also be advised on arrival in Lima on the applicable luggage regulations.

meals: B,L

DAY 9 Trip concludes Cusco

After breakfast, you are transferred to Cusco airport for your onward flight.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

suggested extensions

- Cusco to La Paz
- Nazca, Ballestas and Colca Canyon
- Iguazu Falls Experience
- Atacama Adventure
- Galapagos

country information

Peru is located on the Pacific coast of South America, spans over 1.3 million square kilometres and is one of the most culturally and geographically diverse countries in the region. Its population is a rich mix of Indigenous peoples, including the Quechua and Aymara, and those of

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mixed Indigenous and European descent (mestizo). The capital, Lima, is a vast coastal metropolis and home to more than a third of Peru's population. Founded in 1535, Lima served as the seat of Spanish colonial power in South America for nearly three centuries. Today, it's a dynamic hub where colonial architecture, contemporary culture, and sprawling urban neighbourhoods converge. Geographically, Peru is shaped by three distinct regions: the narrow coastal plain, where the cold Humboldt Current creates one of the world's richest marine ecosystems; the towering Andes mountains, which run north to south and form the backbone of the country; and the Amazon Basin, a vast area of dense rainforest and biodiversity. At an altitude of 3,400m (11,155ft), Cusco was once the capital of the Inca Empire and remains the cultural heart of the Peruvian Andes. The city is renowned for its Inca stonework, Spanish colonial churches and plazas, and vibrant artisan markets. It also serves as the gateway to Machu Picchu, the UNESCO-listed citadel and one of the world's most iconic archaeological sites.

climate

Peru's climate varies widely by region. In the Andes, the dry season runs from May to September, with sunny days and cold nights. Daytime temperatures average 15–20°C (59–68°F), dropping to 0–5°C (32–41°F) at night. The wet season is from October to April, with heaviest rainfall between January and March. Along the coast, including Lima, summers (Dec–Mar) are warm and humid, around 24–30°C (75–86°F), while winters (Jun–Sep) are cooler and overcast. In the Amazon, it's hot and humid year-round, with temperatures between 28–34°C (82–93°F). Expect daily rainfall from November to April, with drier conditions from May to October.

mountain flights

The flight from Lima is a spectacular 55-minute trip which takes you across the Andes to Cusco set at 11,200' (3,400m). If possible try and get a seat on the left side of the aircraft as some of the best views of the Andes can be seen during the last 20 minutes of the flight.

a typical day

Touring Routine:

Depending on the itinerary for the day, you will either be travelling or sightseeing. Local experts generally fill the mornings with tours to the local sites. After lunch, further sightseeing will take place or there will be leisure time for you to read, relax at the hotel or explore.

Cycling Half Day:

Our 3 hour cycling tour is supported by an experienced local guide. There will be plenty of opportunities to stop and rest and enjoy the views along the way. The leader will carry a first aid kit and basic repair kit.

dietary requirements

Tell us at least one month before departure and we can cater for vegetarian diets and most medically recommended diets, including allergies and intolerances. Options are limited in remote locations. Some alternatives cost more or are not available, and on some trips you may need to bring your own food. We cannot guarantee a peanut-free or allergen-free trip. Travellers with severe allergies must carry their own medication and be able to self-administer it.

equipment provided

Mountain Bike and helmets are provided. Gloves, knee and elbow pads also available.

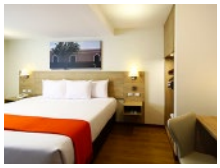
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accommodation on the trip






While in Lima or Cusco, you will typically stay at a Casa Andina hotel, or another property of a similar style. The Casa Andinas specialise in integrating the characteristics of each destination such as architecture, decoration, gastronomy and music to create an authentic experience for our travellers. They are centrally located and come with good service and comfort. Most of the hotels and lodges we use can be described as 3 star accommodation, some of them are categorised as 4 stars. In smaller towns and villages hotel options are often limited and we might have to use more basic accommodation with a lower or without star rating. Please note that the star rating in South America is very fluid and can't be compared to a western standard star rating, however you can be assured of clean, comfortable and well located lodgings.

While in the jungle the lodges we stay at are basic though comfortable and they beautifully blend into the natural surroundings. At times, electricity can be sporadic or limited however most of our travellers attest to the joy in being unplugged and in the inky darkness of the Amazon basin (albeit with a torch or candle!). Expect mosquito nets and at times rooms which are partially open to the outdoors.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. All group gear and your luggage is moved by our team.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

Above 2,500 m / 8,202 ft your body has to adjust to less oxygen. Our itineraries are built to ascend slowly so that adjustment can happen.

While you acclimatise you may get a headache, tiredness, disturbed sleep, loss of appetite or nausea, shortness of breath, a cough, palpitations, or swelling of the hands and face. These are common and do not always mean you should stop.

People acclimatise at different rates. Take your time and drink plenty of water.

Tell your leader about any symptom, every time. All our leaders hold extensive first aid training and monitor the group daily.

The only cure for acute mountain sickness is to descend. Your leader has the final say and may ask you to descend.

porter initiatives

Porters make this style of trekking possible. We take travellers off the beaten track, away from congested trails, on often remote tent-based adventures. On the trail, travellers, guides and porters are one team with the same need for safety.

Our Peruvian porters receive:

The same access to medical services as our travellers

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Three meals a day from a menu the porters choose, plus gas stoves for all cooking

Basic life and accident insurance

Full cover of medical costs for porters and their families, work-related or not. If a porter is hurt in their fields or falls ill, we fund treatment until they are well again.

Interest-free long-term loans, for a clearly stated purpose

Private bus and train transport to and from the trek start and finish

Sleeping tents, sleeping pads (sleeping bags on request), shoes or boots, warm jackets and raingear

A yearly meeting to discuss porters' needs

Load limit 20kg of camp gear plus 5kg of personal gear. Minimum age 20, maximum age 58.

We support international organisations working for the health and education of porters:

International Porter Protection Group: www.ippg.net

International Mountain Explorers Connection: www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc.: www.kiliguides.org

high altitude travel by vehicle

Travellers sometimes drive or fly to high altitude (above 2000m) and therefore run a risk of altitude illness. This risk increases the faster one ascends and the higher the final altitude gained. The risk is reduced if the night following the ascent (sleeping altitude) is spent at low altitude, ie. If you are travelling by road, cross a high pass and descend to an altitude not more than 300 m from your starting point, the risk of altitude illness is minimized. Gaining height rapidly and staying high definitely risks developing altitude illness and you should be aware of, and watch for, the symptoms (see "Acute Mountain Sickness"). You should also consider the use of acetozolamide (Diamox) as an aid to acclimatization and discuss this with your doctor or leader before departure. Should altitude illness occur the treatment is to descend and/or visit a hospital or clinic where the appropriate oxygen and medications can be administered.

vehicles & safety

We use a range of vehicles, each chosen for the route and the conditions.

Transport safety laws differ from those at home. We use vehicles with seatbelts wherever they are available, but some vehicles will not have them fitted.

visas

A visa is exempt for passport holders from the following countries visiting Peru for short term tourism purposes:

Australia

New Zealand

Canada

United States

United Kingdom

For all other nationalities and longer stays please contact the relevant embassy.

If you are entering Peru from Bolivia, Ecuador, or any land border, please ensure you source a Peruvian entry stamp at the border. Take initiative at the immigration checkpoint, as they may not approach you. Failure to obtain an entry stamp requires applying for an exit or expulsion order at the Immigration Office in Lima. Without this order, air travel out of Peru is not allowed, and it may lead to a 10-year ban on re-entry. Please note however that passports will not receive immigration

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entry or exit stamps at any international airport in Peru. Instead, entry and exit from the country will be digitally recorded.

You may also need visas for countries you transit on the way. Check the requirements for every country on your route.

Visa costs and rules change often, so confirm with your Reservations Consultant or travel agent. Obtaining your visas is your responsibility.

carbon footprint & climate action

We measure the estimated carbon emissions of our trips to better understand their environmental impact and identify opportunities to reduce emissions, rather than relying on carbon offsets.

Our Carbon Labels, calculated with independent carbon consultancy ecollective, estimate emissions from accommodation, meals, ground transport, activities and guiding. International flights are not included and can represent a significant proportion of your overall travel footprint.

You can help reduce your travel emissions by choosing direct flights where practical, flying economy and taking fewer, longer trips.

Learn more under Climate Action in the Responsible Travel section of our website.

webinars & events

Join a live webinar to hear about a trip from the people who run it, and ask your questions directly. Can't make it live? Watch it on demand.

Upcoming sessions are on our website and in our enewsletter.

private groups

The adventures you see on our website are just the starting point. We can tailor an itinerary around your interests, preferred dates and group.

Whether you're travelling with friends, family, colleagues, a club or community, talk to our team about creating an adventure that's uniquely yours.

subscribe to our e-newsletter

New trips, new departure dates and offers, straight to your inbox. Subscribe free on our website.

social networking

Follow @worldexpeditions on Facebook, Instagram and YouTube.

Tag #WorldExpeditions on your trip photos and videos to be featured.

trip availability

We run small groups, so places go early. Check availability online, or call our team, who can often find options the website does not show.

Some trips depend on services we cannot confirm until you book, such as internal flights or permits. Booking early is the surest way to get the departure you want.

how to book

Book online, or call or visit one of our offices. You will complete a Booking Form and pay a non-refundable deposit.

Please do not book flights or make any other arrangements until your Reservations Consultant has confirmed every service on your trip.

WORLD expeditions