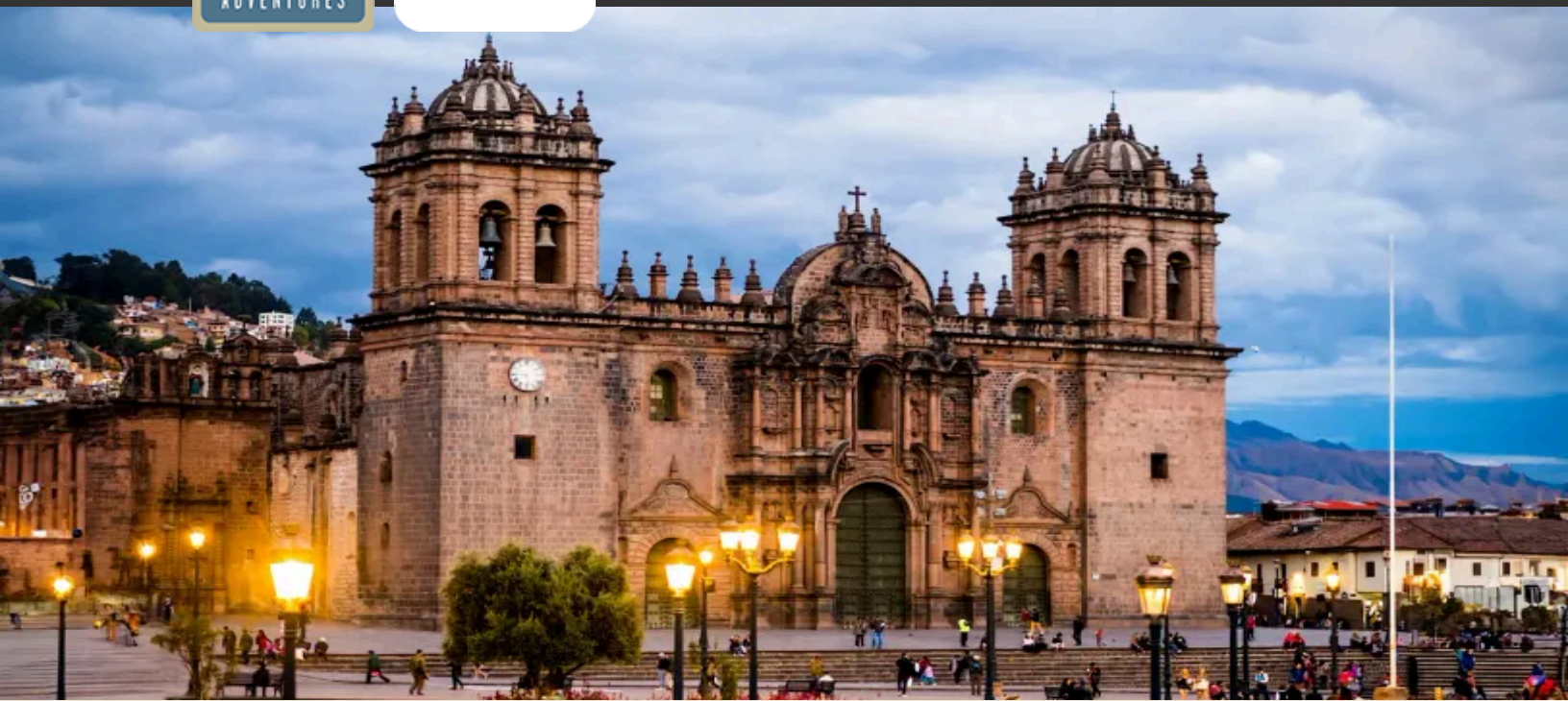




Discovering Our Planet Together



# Machu Picchu & the Sacred Valley

*An In-Depth Journey into the Ancient Wonders of the Inca Civilization*



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#### Trip Details:

**Days**

7 Days / Year-Round

**Price**

From \$6995 (+Air)

**Physical**

**Requirements**  
Moderate

## Machu Picchu & the Sacred Valley

### An In-Depth Journey into the Ancient Wonders of the Inca Civilization

High in the Peruvian Andes, the ruins of Machu Picchu rest amid knife-edged ridges and vertical slopes draped in emerald jungle. Hidden from Western explorers until 1911, when a Quechua guide led Yale historian Hiram Bingham to the site, the marvelous Inca city was mesmerizing, even in its dereliction. Built on a granite mountaintop close to the sun, its intricate architecture reveals the ingenuity of its 15th-century designers. Massive blocks of stone were cut to fit together so precisely that no mortar was necessary. The site also reflects the Incas' extraordinary knowledge of astronomy, with many elements aligning with heavenly events such as the solstice sunrise. Far below the ruins, the Urubamba River rushes through a green gorge into the Sacred Valley. Our journey into the mysteries of Inca civilization also includes Cusco, once the gold-laden capital of the empire.

### Trip Highlights

With rich interpretation from our Expedition Leader, explore the mysteries and marvels of Machu Picchu, the "Lost City of the Incas," on two immersive visits

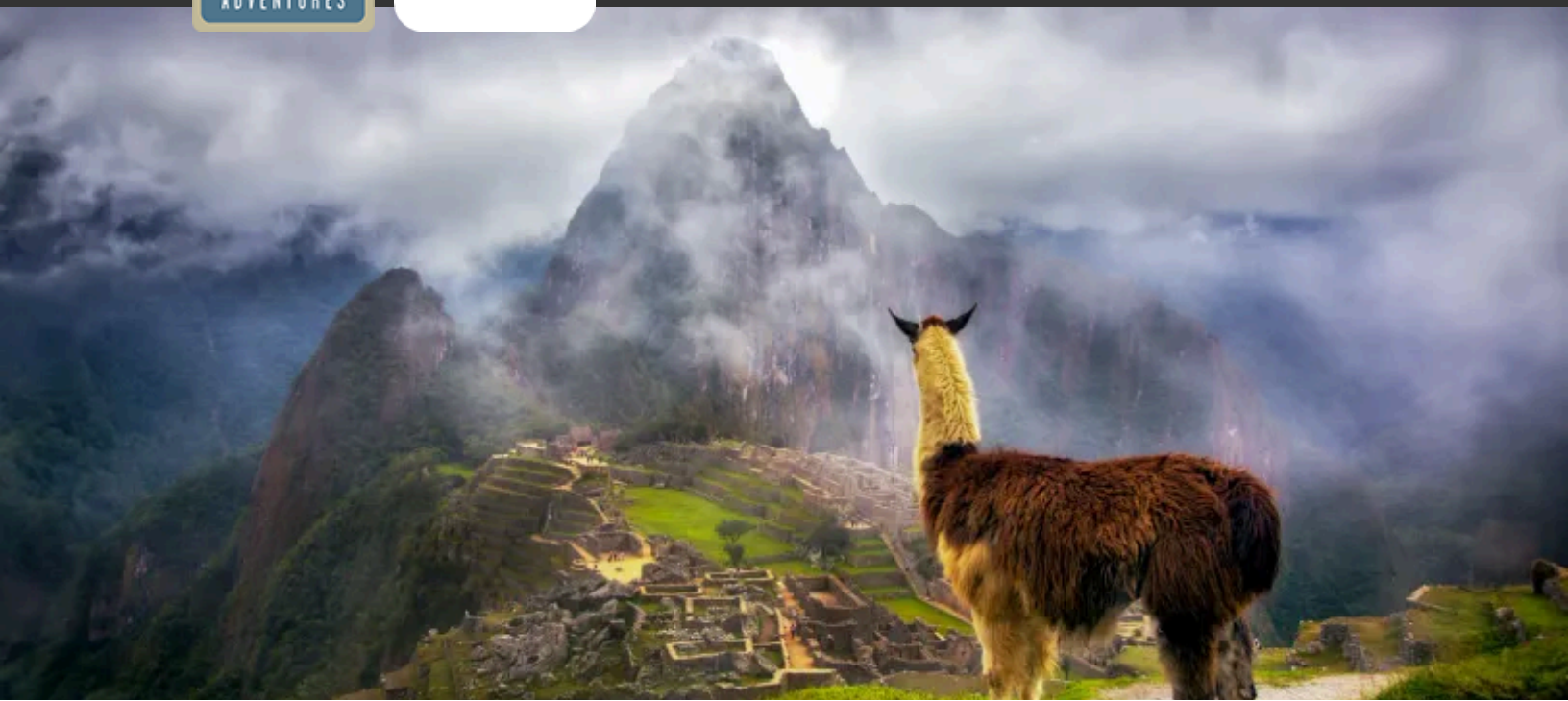
Wander through the ruins of Inca cities and farming terraces in the Sacred Valley, stopping for cultural encounters with local Quechua residents

Stay at intimate luxury hotels and boutique inns that exude regional character, from colonial splendor to traditional Andean ambience





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## Itinerary At A Glance

### Day 1

Lima, Peru

### Day 2

Cusco / Sacred Valley—Pisac /  
Huayllabamba

### Day 3

Exploring the Sacred Valley of the  
Incas—Hummingbird Sanctuary

### Day 4

Train to Aguas Calientes / Machu  
Picchu

### Day 5

Machu Picchu / Wayna Picchu

### Day 6

Garden Tour / Cusco

### Day 7

Sacsayhuaman / Cusco City Tour /  
Lima / Depart

## Machu Picchu & the Sacred Valley Itinerary

An In-Depth Journey into the Ancient Wonders of the Inca Civilization

### Day 1: Lima, Peru

Arrive in Peru's capital where your journey to Machu Picchu and the Sacred Valley begins. You are met on arrival at the airport in Lima where our representative will be waiting just outside baggage claim to assist you with your transfer to our hotel, conveniently located nearby.







## **Day 2: Cusco / Sacred Valley—Pisac / Huayllabamba**

Fly this morning to Cusco, heart of the once-grand Inca Empire, and meet your Expedition Leader on arrival. From the indigenous Quechua word *qosq'o*, Cusco means the “navel of the earth.” Set in a high Andean valley, Cusco was founded in the 12th century and thrived until Spanish conquistadors destroyed the Inca civilization in their 16th-century colonial quest. From the Cusco airport, we head to the town of Pisac in the Sacred Valley, where we stop for lunch and explore the 16th-century village during the market town's quieter afternoon hours. This community on the Vilcanota River and its famous Inca ruins are surrounded by ancient agricultural terraces that remain in use to this day. As the sun begins to set, settle in to our luxurious hacienda-style hotel near Huayllabamba to spend two nights in the heart of the Sacred Valley.

## **Day 3: Exploring the Sacred Valley of the Incas—Hummingbird Sanctuary**

The treasures of the Sacred Valley unfold today as we follow the Urubamba River past tawny hillsides dotted with traditional villages, small farms and Incan architectural ruins. The original vast empire of the Incas was connected by a network of 10,000 miles of stone roads woven through the imposing terrain of the Andes. Suspension bridges spanned rivers and aqueducts carried water from mountain streams to irrigate terraced fields of crops, vestiges of which we see on our journey today, backdropped by knife-edged peaks.

On a visit to Maras, witness pre-Incan salt flats where salt has been harvested for over a thousand years. The intricate network of shallow pools carved into the hillside glistens in the sun as mineral-rich water from subterranean streams fills the pans and eventually evaporates, leaving behind crystalline layers of fine salt. We then head to the Ensifera Hummingbird Garden where a picnic lunch awaits, plus a talk on hummingbirds by a local expert. Depending on our timing, we may also stop at the agricultural terraces in Yucay or have a chance to meet a local shepherd. Later this afternoon, there's time to relax at our hotel before dinner, drinking in views of the valley and imposing green mountains.



#### **Day 4: Train to Aguas Calientes / Machu Picchu**

This morning we board the train at Ollantaytambo for a 1-1/2-hour journey along the Urubamba River, which narrows into turbulent whitewater as we travel deeper into the mountains. At the village of Aguas Calientes, we disembark and board a bus for the short remaining drive to Machu Picchu. Little prepares one for the spectacle that awaits. As we ascend into the ruins, there's a sense of wandering through a mystical city in the sky, surrounded by green mountain ramparts that soar into the clouds. Our Expedition Leader helps interpret all we see as we explore the labyrinth of granite houses, temples, walls and cisterns. Llamas wander among terraced steps that once grew maize and potatoes for some 1,200 inhabitants. Archaeologists believe Machu Picchu may have been a royal estate and religious retreat, based on its sacred geography and astronomical orientation. Important ceremonies were conducted here, including a winter solstice rite at which a priest would "tie the sun" to a hitching post stone to prevent it from disappearing altogether.

We spend the next two nights at Inkaterra Machu Picchu Pueblo Hotel in private casitas built of stone, tile and cedar, surrounded by the thick greenery of the cloud forest. More than 300 varieties of orchids grace the grounds of this secluded luxury retreat on the river, and a network of trails on the grounds invites a serene stroll.

#### **Day 5: Machu Picchu / Wayna Picchu**

Return to Machu Picchu this morning for further exploration on a walking circuit revealing different portions of the complex from those we saw yesterday. Among the ruins, take the opportunity to ponder, in Hiram Bingham's words, the "bewildering romance" of a place that "appears to have been expressly designed by nature as a sanctuary for the oppressed." Those who wish may hike to the top of Wayna Picchu, the imposing mountain that provides the famous backdrop for the Lost City in classic photos. The Incas constructed the original trail to the top, where they built temples and farming terraces. Local myth holds that the summit of Wayna Picchu was the residence for the high priest of the ancient city. This challenging hike takes 2-3 hours and climbs approximately 1,200 feet from the base at Machu Picchu, ascending a steep face using stairs and cables for support. The hike is not recommended for guests with physical limitations or those with a fear of heights. Guests who do not wish to tackle Wayna Picchu will explore elsewhere with a local guide, visiting additional temples we didn't see earlier. Should entrance tickets for Wayna Picchu be sold out, an equally challenging hike to the top of Machu Picchu Mountain will be available.



### **Day 6: Garden Tour / Cusco**

Early this morning, explore the lush gardens and grounds around our hotel, a haven for wildlife. The property is renowned in Peru for its commitment to preserving nature and sustainability and has long been a leader in the ecotourism space. More than 1,500 plant species are found on the premises, including three new types of orchid found here in 2023 alone. We'll see a great variety of flora and fauna on a naturalist-guided tour around the property's expansive 11 acres. Then it's time to make the return journey back to Cusco by train and bus. We take an introductory walk on arrival with our Expedition Leader, who offers a brief orientation to the city's historic core, followed by free time this afternoon to browse the plazas and lanes before we reconvene for dinner. Local markets hum with activity, with traditional textiles and handicrafts for sale, while the savory aromas of street food fill the air.

### **Day 7: Sacsayhuaman / Cusco City Tour / Lima / Depart**

This morning, head just outside Cusco to explore the ruins at Sacsayhuaman, where we witness one of the most impressive examples of Inca walls found in the region. The site is still enveloped in mystery, and we ponder how the Incas moved these enormous stones to this site without the advantage of wheeled carts, and how they managed to fit such large, perfectly honed granite stones together so tightly that a pocketknife blade cannot be inserted between them.

We then return to Cusco for a guided immersion in its layered cultural heritage, focused on its impressive architecture set against the backdrop of the Andes. As the former capital of the Inca Empire, Cusco is the main gateway to the ruins of Machu Picchu and other important Sacred Valley sites, but it also stands alone as a trove of historic treasures. Strolling through its cobblestone streets, encounter the fusion of Incan and Spanish colonial architecture, most notably the Qorikancha Temple and the Cathedral of Santo Domingo. Following our tour, gather for a farewell lunch before our flight to Lima late this afternoon where you will either meet your homeward flight this evening, or transfer to our airport hotel to spend the night.





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#### Accommodation Details:

Wyndham Costa del Sol

Palacio del Inka

Inkaterra Hacienda Urubamba

Machu Picchu Pueblo Hotel

For detailed descriptions, visit [nathab.com/south-america/machu-picchu-adventure/accommodations](http://nathab.com/south-america/machu-picchu-adventure/accommodations)

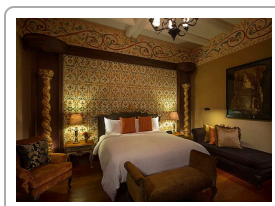
## Machu Picchu & the Sacred Valley Accommodations

An In-Depth Journey into the Ancient Wonders of the Inca Civilization



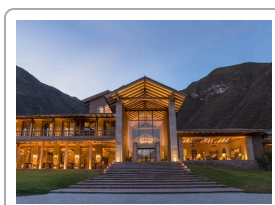
### Wyndham Costa del Sol

Ideal for late arrivals or early departures, this contemporary hotel located at the Lima airport offers meals round the clock and a 24-hour fitness center and spa to unwind when you need to.



### Palacio del Inka

A storied mansion dating back nearly five centuries, this luxury hotel located in the historic center of Cusco evokes Peru's colonial past while offering an array of contemporary amenities.



### Inkaterra Hacienda Urubamba

Surrounded by 100 acres of countryside in the Sacred Valley, this contemporary luxury hotel offers accommodations in individual casitas with stunning views of Andes peaks.



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### **Machu Picchu Pueblo Hotel**

One of National Geographic's Unique Lodges of the World, this secluded hotel on the Urubamba River enjoys an ideal location near the famous ruins of Machu Picchu but away from the crowds.



## An In-Depth Private Journey with Peru's Most Outstanding Guides

Machu Picchu is an architectural and civil engineering wonder. No one knows why the Incas chose to build this city in such a remote location or why it was so suddenly vacated. While we may never know the answers, on this expertly guided foray you'll experience a rare level of illumination that standard tours don't provide. Our Expedition Leader offers expert insight into the mystical ruins of Machu Picchu, plus a rich perspective on Incan culture, which we further explore on a journey through the Sacred Valley.

1

### Travel with a Top Expedition Leader

Most other tour companies offer either an unguided visit to Machu Picchu or they rely on local "step-on" guides who provide only scant interpretive services at the ruins. On our immersive encounter, you'll benefit from the full services of our own Expedition Leader from start to finish, plus the enhancement of a carefully vetted local guide who joins us onsite. Our award-winning guides in Peru average 15 years' experience. And their expertise in both natural and cultural history makes all the difference when it comes to a rich understanding of the sites we explore. **See Expedition Leader bios** and traveler comments regarding the quality of our leaders.

2

### A Small Group Is a Must

Machu Picchu offers one of the world's most captivating travel experiences. But it's also a world-renowned destination, and trying to tour the site in a big group with multitudes of tourists jostling for photos and competing to hear the guide, your visit to this World Heritage Site can lose its magic. Our groups are limited to just 12 guests, allowing for in-depth exploration and more intricate insight.

3

### Luxury Accommodations in Natural Settings away from Crowds

We choose our accommodations to enhance your experience of Peru's mountain culture in peaceful settings. Near Machu Picchu we stay at Inkaterra Machu Picchu Pueblo Hotel, a luxury lodge secluded in lush cloud forest. The hotel enjoys a private setting surrounded by 12 acres of flower gardens containing more than 300 orchid species. In the Sacred Valley, we hand-pick our accommodations for atmosphere and privacy, away from crowds.

4

### Our Quality-Value Guarantee Ensures Your Outstanding Machu Picchu Adventure

With Natural Habitat Adventures, you receive our exclusive guarantee that clearly states that we will meet the high expectations we set forth in our promotional materials. To our knowledge, this is the most ambitious guarantee made by any adventure travel company.





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5

### **Feel Good About Your Carbon-Neutral Journey**

We care deeply about our planet, as we know you do. When you travel with us, the carbon emissions from your trip are 100% offset—including your round-trip flights from home. Natural Habitat Adventures has been the world's first carbon-neutral travel company since 2007.

6

### **Natural Habitat Adventures is WWF's Travel Partner**

Because of our commitment to environmentally friendly travel, as well as the exceptional quality of our small-group nature adventures, World Wildlife Fund, the world's leading environmental conservation organization, has named Natural Habitat Adventures its worldwide travel partner—a designation that makes us exceedingly proud!



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## Dates & Pricing Summary:

**Prices:**  
From \$6995  
(+Air)

**Group Size:**  
Limited to 12  
Travelers

**Physical Requirements:**  
Moderate

# Machu Picchu & the Sacred Valley Dates, Pricing & Info

An In-Depth Journey into the Ancient Wonders of the Inca Civilization

## 2025 Departures

Departure	Return	Notes
Apr 26, 2025	May 2, 2025	Pair with our Amazon trip
May 10, 2025	May 16, 2025	
May 17, 2025	May 23, 2025	
May 24, 2025	May 30, 2025	
May 31, 2025	Jun 6, 2025	Pair with our Amazon trip
Jun 7, 2025	Jun 13, 2025	
Jun 14, 2025	Jun 20, 2025	
Jun 28, 2025	Jul 4, 2025	Habitat Club Pricing Available
Jul 12, 2025	Jul 18, 2025	
Jul 19, 2025	Jul 25, 2025	
Aug 2, 2025	Aug 8, 2025	



## Discovering Our Planet Together

### Dates & Pricing Summary:

**Prices:**  
From \$6995  
(+Air)

**Group Size:**  
Limited to 12  
Travelers

**Physical Requirements:**  
Moderate

Departure	Return	Notes
Aug 9, 2025	Aug 15, 2025	
Aug 16, 2025	Aug 22, 2025	
Aug 23, 2025	Aug 29, 2025	
Aug 30, 2025	Sep 5, 2025	
Sep 6, 2025	Sep 12, 2025	Pair with our Amazon trip
Sep 13, 2025	Sep 19, 2025	
Sep 20, 2025	Sep 26, 2025	
Sep 27, 2025	Oct 3, 2025	Women's Journey
Oct 4, 2025	Oct 10, 2025	Pair with our Amazon trip
Oct 11, 2025	Oct 17, 2025	
Oct 18, 2025	Oct 24, 2025	
Oct 25, 2025	Oct 31, 2025	
Nov 1, 2025	Nov 7, 2025	
Nov 8, 2025	Nov 14, 2025	
Nov 15, 2025	Nov 21, 2025	Pair with our Amazon trip
Nov 22, 2025	Nov 28, 2025	Pair with our Amazon trip
Nov 29, 2025	Dec 5, 2025	
Dec 6, 2025	Dec 12, 2025	
Dec 13, 2025	Dec 19, 2025	
Dec 20, 2025	Dec 26, 2025	Pair with our Amazon trip
Dec 27, 2025	Jan 2, 2026	Pair with our Amazon trip

### 2026 Departures

Departure	Return	Notes
Jan 3, 2026	Jan 9, 2026	





## Discovering Our Planet Together

### Dates & Pricing Summary:

**Prices:**  
From \$6995  
(+Air)

**Group Size:**  
Limited to 12  
Travelers

**Physical Requirements:**  
Moderate

Departure	Return	Notes
Jan 10, 2026	Jan 16, 2026	
Jan 17, 2026	Jan 23, 2026	
Jan 24, 2026	Jan 30, 2026	Pair with our Amazon trip
Jan 31, 2026	Feb 6, 2026	Pair with our Amazon trip
Feb 7, 2026	Feb 13, 2026	
Feb 14, 2026	Feb 20, 2026	
Feb 21, 2026	Feb 27, 2026	
Feb 28, 2026	Mar 6, 2026	Pair with our Amazon trip
Mar 7, 2026	Mar 13, 2026	
Mar 14, 2026	Mar 20, 2026	
Mar 21, 2026	Mar 27, 2026	
Mar 28, 2026	Apr 3, 2026	Pair with our Amazon trip
Apr 4, 2026	Apr 10, 2026	
Apr 11, 2026	Apr 17, 2026	
Apr 18, 2026	Apr 24, 2026	
Apr 25, 2026	May 1, 2026	Pair with our Amazon trip
May 2, 2026	May 8, 2026	
May 9, 2026	May 15, 2026	
May 16, 2026	May 22, 2026	
May 23, 2026	May 29, 2026	
May 30, 2026	Jun 5, 2026	Pair with our Amazon trip
Jun 6, 2026	Jun 12, 2026	
Jun 13, 2026	Jun 19, 2026	
Jun 20, 2026	Jun 26, 2026	



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### Dates & Pricing Summary:

**Prices:**

From \$6995  
(+Air)

**Group Size:**

Limited to 12  
Travelers

**Physical Requirements:**

Moderate

Departure	Return	Notes
Jun 27, 2026	Jul 3, 2026	Pair with our Amazon trip
Jul 4, 2026	Jul 10, 2026	Pair with our Amazon trip
Jul 11, 2026	Jul 17, 2026	
Jul 18, 2026	Jul 24, 2026	
Jul 25, 2026	Jul 31, 2026	
Aug 1, 2026	Aug 7, 2026	
Aug 8, 2026	Aug 14, 2026	
Aug 15, 2026	Aug 21, 2026	
Aug 22, 2026	Aug 28, 2026	
Aug 29, 2026	Sep 4, 2026	
Sep 5, 2026	Sep 11, 2026	
Sep 12, 2026	Sep 18, 2026	
Sep 19, 2026	Sep 25, 2026	
Sep 26, 2026	Oct 2, 2026	Women's Journey
Oct 3, 2026	Oct 9, 2026	
Oct 10, 2026	Oct 16, 2026	
Oct 17, 2026	Oct 23, 2026	Pair with our Amazon trip
Oct 24, 2026	Oct 30, 2026	
Oct 31, 2026	Nov 6, 2026	
Nov 7, 2026	Nov 13, 2026	
Nov 14, 2026	Nov 20, 2026	Pair with our Amazon trip
Nov 21, 2026	Nov 27, 2026	Pair with our Amazon trip
Nov 28, 2026	Dec 4, 2026	
Dec 5, 2026	Dec 11, 2026	



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### Dates & Pricing Summary:

**Prices:**  
From \$6995  
(+Air)

**Group Size:**  
Limited to 12  
Travelers

**Physical Requirements:**  
Moderate

Departure	Return	Notes
Dec 12, 2026	Dec 18, 2026	
Dec 19, 2026	Dec 25, 2026	Pair with our Amazon trip
Dec 26, 2026	Jan 1, 2027	

### 2027 Departures

Departure	Return	Notes
Jan 2, 2027	Jan 8, 2027	
Jan 9, 2027	Jan 15, 2027	
Jan 16, 2027	Jan 22, 2027	
Jan 23, 2027	Jan 29, 2027	Pair with our Amazon trip
Jan 30, 2027	Feb 5, 2027	Pair with our Amazon trip
Feb 6, 2027	Feb 12, 2027	
Feb 13, 2027	Feb 19, 2027	
Feb 20, 2027	Feb 26, 2027	
Feb 27, 2027	Mar 5, 2027	Pair with our Amazon trip
Mar 6, 2027	Mar 12, 2027	
Mar 13, 2027	Mar 19, 2027	
Mar 20, 2027	Mar 26, 2027	
Mar 27, 2027	Apr 2, 2027	Pair with our Amazon trip
Apr 3, 2027	Apr 9, 2027	
Apr 10, 2027	Apr 16, 2027	
Apr 17, 2027	Apr 23, 2027	
Apr 24, 2027	Apr 30, 2027	Pair with our Amazon trip
May 1, 2027	May 7, 2027	
May 8, 2027	May 14, 2027	





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### Dates & Pricing Summary:

**Prices:**

From \$6995  
(+Air)

**Group Size:**

Limited to 12  
Travelers

**Physical Requirements:**

Moderate

Departure	Return	Notes
May 15, 2027	May 21, 2027	
May 22, 2027	May 28, 2027	
May 29, 2027	Jun 4, 2027	Pair with our Amazon trip
Jun 5, 2027	Jun 11, 2027	
Jun 12, 2027	Jun 18, 2027	
Jun 19, 2027	Jun 25, 2027	
Jun 26, 2027	Jul 2, 2027	Pair with our Amazon trip
Jul 3, 2027	Jul 9, 2027	Pair with our Amazon trip
Jul 10, 2027	Jul 16, 2027	
Jul 17, 2027	Jul 23, 2027	
Jul 24, 2027	Jul 30, 2027	
Jul 31, 2027	Aug 6, 2027	
Aug 7, 2027	Aug 13, 2027	
Aug 14, 2027	Aug 20, 2027	
Aug 21, 2027	Aug 27, 2027	
Aug 28, 2027	Sep 3, 2027	
Sep 4, 2027	Sep 10, 2027	
Sep 11, 2027	Sep 17, 2027	
Sep 18, 2027	Sep 24, 2027	
Sep 25, 2027	Oct 1, 2027	Women's Journey
Oct 2, 2027	Oct 8, 2027	
Oct 9, 2027	Oct 15, 2027	
Oct 16, 2027	Oct 22, 2027	
Oct 23, 2027	Oct 29, 2027	



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Departure	Return	Notes
Oct 30, 2027	Nov 5, 2027	
Nov 6, 2027	Nov 12, 2027	
Nov 13, 2027	Nov 19, 2027	Pair with our Amazon trip
Nov 20, 2027	Nov 26, 2027	Pair with our Amazon trip
Nov 27, 2027	Dec 3, 2027	
Dec 4, 2027	Dec 10, 2027	
Dec 11, 2027	Dec 17, 2027	
Dec 18, 2027	Dec 24, 2027	Pair with our Amazon trip
Dec 25, 2027	Dec 31, 2027	



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## Pricing

### 2025 Prices

#### ➤ Trip Price

\$6995 (+internal air)

**Internal Air Fee:** \$474 per person

**International Air Fee:** \$574 per person if connecting with the Galapagos

**Single Occupancy:** For a single room add \$1495

**Deposit:** \$500 per person (nonrefundable)

**Make It Private:** **View pricing** to take this trip privately with just you and your select travel companions.



Trip prices are per person based on double occupancy and are given in U.S. dollars. Prices for Dec are not yet confirmed. Contact an Adventure Specialist for more details: 800-543-8917. **Please read our Payment & Refund Policy here.**

If you are participating in this trip as a scheduled extension to one of our Galapagos trips or Great Amazon River Expedition, we will gladly match you with another traveler (if you wish), should others elect to participate. In that situation, you will be charged at the highest rate listed above, at the single-occupancy price, upon booking. Should you be matched, your rate will be adjusted to the double-occupancy price.

### 2026 Prices

*Mouse over or tap dates above to view prices for specific departure dates.*

#### ➤ Trip Price

\$6995 to \$7295 (+internal air)

**Internal Air Fee:** \$494 per person

**International Air Fee:** \$574 per person if connecting with the Galapagos

**Single Occupancy:** For a single room add \$1495

**Deposit:** \$500 per person (nonrefundable)

**View pricing** to take this trip privately with just you and your select travel companions on our Machu Picchu & the Sacred Valley adventure.

Trip prices are per person based on double occupancy and are given in U.S. dollars. If you are participating in this trip as a scheduled extension to one of our Galapagos trips or Great Amazon River Expedition, we will gladly match you with another traveler (if you wish), should others elect to participate. In that situation, you will be charged at the highest rate listed above, at the single-occupancy price, upon booking. Should you be matched, your rate will be adjusted to the double-occupancy price.

**Please read our Payment & Refund Policy here.**

### 2027 Prices

We're still in the process of confirming 2027 pricing. Please contact an Adventure Specialist for more details: 800-543-8917.



## Discovering Our Planet Together

### Included

- **Trip price includes:** Accommodations, services of Nat Hab's professional Expedition Leader(s), round-trip train from Ollantaytambo to Aguas Calientes, all meals from breakfast on Day 2 through lunch on final day, some gratuities, airport transfers on Day 1 and final day, all activities and entrance fees, all taxes, permits and service fees.
- **Internal air fees includes:** The internal air fee includes round-trip flights from Lima to Cusco, and if you are connecting with the Galapagos it also includes a flight to or from Lima.

### Not Included

Travel to and from the start and end point of your trip, dinner on Day 1, alcoholic beverages, some gratuities, passport and visa fees (if any), optional activities, items of a personal nature (phone calls, laundry and internet, etc.), airline baggage fees, airport and departure taxes (if any), required medical evacuation insurance, optional travel protection insurance.

### Physical Requirements

#### *Moderate — High Altitude*

The bulk of the trip takes place at elevations between 8,000 and 11,000 feet, and guests should be prepared for possible challenges in adjusting to high altitudes. Days 2 – 5 will primarily be spent between 8,000 – 9,400 feet. On Day 6, we return to the highest elevation portion of the trip in Cusco at 11,000 feet. The relative lack of oxygen may manifest in altitude sickness symptoms that can include headaches, dizziness, tiredness, nausea and vomiting during the first few hours or days of the trip. Hydration and rest usually help symptoms resolve, though participants may wish to talk with their doctor about taking along a prescription for a medication to better manage potential physical reactions to high altitude. On Day 2 we travel over rough, sometimes bumpy mountain roads to crest a 12,700-foot mountain pass, then descend to 9,700 feet and ascend again to 11,400 feet at Pisac, in the span of approximately three hours.

Our visit to Machu Picchu, at an elevation of 8,000 feet, involves walking over uneven natural terrain and up and down hundreds of irregular stone stairs within the ruins complex. While walking options of varying lengths are provided, guests should be able to comfortably walk two miles and/or for two hours in such conditions. They must also be able to get in and out of vehicles with ease. We do not recommend this trip for travelers with heart or respiratory ailments or those with bad ankles, knees or hips, and we recommend speaking with your doctor before participating. All activities on this trip are optional, though minimum mobility levels must be met in order to participate.

### Important Information About This Trip

Our Machu Picchu adventure differs from the way most others experience this site in that we have a top Peruvian Expedition Leader at the helm from the time you arrive in Cusco to the time you depart. Traveling with a highly experienced local specialist is the only way to get the most out of the region's rich nature, culture and history in the integrated way it deserves.

At certain times of the year, two of our scheduled Galapagos trips may end on the same day and will have concurrent dates for their respective Machu Picchu extensions. Should this occur, we will combine all Natural Habitat travelers booked on the two extensions together onto one trip. This enables us to use one vehicle and Expedition Leader, thus reducing our environmental footprint.



## Mandatory Insurance

Since the areas we travel to are remote and wild (that's why we go there!), we require that all guests have, at minimum, medical evacuation insurance for this program. This is for the safety of all guests. We require that your chosen independent insurance plan includes at least \$250,000 in medical evacuation coverage.

To protect your investment and to provide peace of mind while you travel, we also strongly recommend purchasing comprehensive travel insurance. Plans may cover everything from medical treatment to trip cancellations and delays and lost luggage. Please contact our office if you would like more information about the medical evacuation and comprehensive travel insurance policies we offer by calling 800-543-8917.

## Getting There & Getting Home

Arrival: Arrive in Lima anytime on Day 1.

Departure: Depart from Lima after 9 pm on Day 6.

Generally, international flights depart Lima in the late evening.

### Arriving in Lima, Peru

If you are arriving on Day 1 or earlier and staying at the group hotel, you will be met by a Nat Hab representative and escorted to the hotel. Upon exiting Immigration and Customs, please look for our representative holding a Nat Hab sign.

### Departing from Lima, Peru

You will be escorted to the airport on the final day of the adventure.

### If booked following our Galapagos adventures aboard the Petrel:

When you are flying back to the mainland from the Galapagos, you will return to Quito and overnight at an airport hotel. The next day, you will fly to Lima (Day 1) and stay at an airport hotel in Lima. On the morning of Day 2, you will fly to Cusco. Our representative will be on hand to assist you with your flight transfer and arrivals at the Quito and Lima airports. At the end of your Machu Picchu tour, you will return to Lima at approximately 6:30 pm on Day 6. You are free to depart after 10 pm on the final day, and most flights to the U.S. leave around midnight.

### If booked before our Great Amazon River Expedition:

At the end of your Machu Picchu tour, you will return to Lima at approximately 7:30 pm on Day 6 and will be transferred to an airport hotel for an included overnight. You will then require one additional overnight in Lima before Day 1 of your Great Amazon River Expedition. Please consult your Adventure Specialist for more details.

We can best serve you if our Natural Habitat Adventures Travel Desk makes your reservations, as we are intimately familiar with the special requirements of this program and can arrange the most efficient travel. Please call us at 800-543-8917. Note that while we offer you the best possible rates available to us on airfare and additional nights' accommodations, you may find special web rates or better fares online.





Discovering Our Planet Together



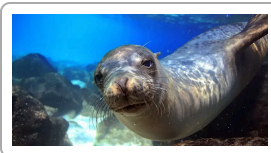
## Extension Details:

**Galapagos Discovery: The Nat Hab Experience**  
\$8395

**The Great Amazon River Expedition**  
\$8995

## Machu Picchu & the Sacred Valley Extensions

An In-Depth Journey into the Ancient Wonders of the Inca Civilization



### Galapagos Discovery: The Nat Hab Experience

Small-group adventures aboard your choice of private yachts, led by our outstanding naturalist guides and photography pros. Snorkel and swim with sea lions, sea turtles and penguins on this incomparable nature odyssey.

**\$8395** (+air/park fees)



### The Great Amazon River Expedition

Encounter rainforest wildlife from monkeys to macaws as our deluxe riverboat follows more than 400 miles of the Peruvian Amazon and its main tributaries to explore the river's remote headwaters.

**\$8995** (+air)



**Natural Habitat & WWF: Discovering Our Planet Together**

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