



## PERU

Women Only Adventure | Cusco | Sacred Valley | Machu Picchu

### Day 1 – Cusco

(D)

Bienvenidos! Your women's expedition begins in **Cusco**, the historic heart of the ancient Inca Empire. Perched high in the Andes, at an altitude of 3400m, this vibrant city is the perfect place to acclimatise before the adventures ahead.

On arrival, a representative will greet you at the airport and transfer you to your hotel. Take some time to settle in or wander the cobblestone streets, where layers of history unfold at every turn. Here, magnificent **Inca stone walls** stand shoulder-to-shoulder with elegant **Spanish colonial churches and baroque convents**.

At **6 pm**, meet your group leader and fellow travellers at the welcome meeting. Afterwards, celebrate the beginning of your journey with a delicious welcome dinner at **Nuna Raymi** - an award-winning, female-owned restaurant serving authentic Andean cuisine crafted from organic, locally sourced ingredients.

*Accommodation: Abittare Hotel, Cusco 3 nights (or similar)*

---

### Day 2 – Discover the Heart of Cusco

(B)

After breakfast, set out on a guided orientation walk through Cusco's captivating streets.

Begin in the lively **Plaza de Armas**, framed by colonial arcades and grand churches including the impressive Cusco Cathedral. From here, admire the legendary **Stone of Twelve Angles**, a masterpiece of Inca stonework that has stood perfectly aligned for centuries.

Continue to a bustling local market filled with vibrant textiles, fresh produce, and the aromas of traditional food. Here you'll meet a local female juice vendor, sample her refreshing creations, and hear about her journey as an entrepreneur.

Your walk concludes at **Qorikancha**, once the most sacred temple of the Inca Empire.

Later in the afternoon, head to **Casa Intrepid** for a lively mixology workshop led by a talented female bartender. Learn to craft Peru's iconic cocktail—the **Pisco Sour**—while discovering the fascinating story behind this national drink.

Enjoy a free evening to explore Cusco at your own pace. Your leader will be happy to recommend the best restaurants and hidden gems.

**Walking distance:** approx. 3 km

---

### **Day 3 – Yoga at the Temple of the Moon & Sacsayhuamán**

**(B)**

This morning, travel by private vehicle to the mystical **Temple of the Moon**, an ancient Inca ceremonial site carved into a natural cave and dedicated to Mama Killa, the moon goddess.

Surrounded by sacred ruins and sweeping mountain views, enjoy a rejuvenating **yoga session led by a local female instructor**—a truly unforgettable setting for practice.

Afterwards, begin an easy downhill walk back toward Cusco. Along the way, stop at the impressive **Sacsayhuamán**, a colossal Inca fortress overlooking the city, built with enormous stones that fit together with astonishing precision.

You'll also pause at **Cristo Blanco**, the towering statue known as the protector of Cusco, for panoramic views across the red rooftops of the city below.

Spend the afternoon relaxing at your hotel or continuing your exploration of Cusco.

**Hiking:** 3.5 km | approx. 2 hours | max altitude 3700 m

---

### **Day 4 – Sacred Valley Adventure & Community Connection**

**(B,L)**

Today you journey into the breathtaking **Sacred Valley of the Incas**, once known as **Wilcamayo**.

Rolling fields of corn stretch across the valley floor as snow-capped peaks tower above. Along the way, stop for photos at scenic viewpoints before visiting a traditional **Andean community**.

Meet local women who will share their knowledge of traditional weaving techniques passed down through generations. Try your hand at creating your own woven bracelet as you learn about the cultural significance of these textiles.

Next, experience an ancient **Andean healing ceremony** led by a female shaman. Using coca leaves, seeds and ceremonial chicha, she will guide you through a ritual of gratitude to **Pachamama (Mother Earth)**.

In the afternoon, hike along a quiet **Inca trail from Chinchero to Urquillos**, passing farmlands, terraces and sweeping valley views. After the hike, transfer to your hotel in the Sacred Valley.

**Hiking:** 8 km | approx. 3 hours | max altitude 3750 m

**Travel time:** 2 hours

*Accommodation: Sacred Valley 2 nights*

---

### **Day 5 – Chocolate, Hummingbirds & Sacred Valley Leisure**

**(B)**

Today begins on a sweet note with a hands-on **chocolate workshop at AMA**, a social enterprise supporting vulnerable local women.

Learn how cacao beans are transformed into rich Peruvian chocolate under the guidance of one of the inspiring women working there. Hear her story while crafting your own delicious treat.

Later, visit the **Ensifera Camp Hummingbird Garden** within the Mantamay Private Conservation Area. With the help of a naturalist guide, watch these dazzling birds dart and hover among the flowers—more than **ten species** can be spotted here.

The rest of the afternoon is free to relax and soak up the beauty of the Sacred Valley. Enjoy the gardens at your hotel or opt for a little adventure with paddleboarding or kayaking on nearby **Piuray Lagoon**.

---

## Day 6 – Pumamarca Hike to Ollantaytambo

(B,L)

After an early breakfast, travel to a local community where today's hike begins.

Together with a team of inspiring **female porters**, set off along mountain trails toward the lesser-visited **Pumamarca ruins**, an ancient fortress that once guarded the Sacred Valley. As you hike, share stories and learn about the lives of the women supporting the trek.

From the ruins, continue a scenic descent following historic **Inca aqueducts** until you arrive at the charming village of **Ollantaytambo**. Its dramatic terraces and stone streets make it one of the most photogenic towns in the Andes.

Celebrate the end with a glass of **chicha**, the traditional Inca corn beer, at a local **chichería**. Your guide will explain how this ancient drink is brewed and its role in Andean culture.

The afternoon is yours to relax and prepare for tomorrow's highlight.

**Hiking:** 6 km | approx. 4 hours | max altitude 3550 m

**Travel time:** 1 hour

*Accommodation: Ollantaytambo 1 night*

---

## Day 7 – Machu Picchu: The Lost City of the Incas

(B)

Bucket list day - **Machu Picchu!**

Board the **Voyager train** for a spectacular journey through the Sacred Valley, following the winding **Urubamba River** as the landscape transforms from mountain valleys into lush cloud forest.

Upon arrival in **Aguas Calientes**, take a scenic bus ride up the zigzagging road to the legendary citadel.

Explore **Machu Picchu** on a guided tour with your leader, discovering temples, terraces, and stone houses scattered across the mountaintop. As you wander through the ruins, imagine life here during the height of the Inca Empire.

Afterwards, return to **Aguas Calientes** for some free time to browse the lively artisan market before boarding the train back to Ollantaytambo and driving on to Cusco.

**Travel time:** 6 hours

*Accommodation: Cusco 1 night*

---

## Day 8 – Farewell Cusco

(B)

Sadly your Andean adventure ends after breakfast this morning. If you're not ready to say goodbye just yet, consider extending your stay to further explore Cusco's museums, markets, and vibrant food scene.

---

## Departure Dates:

**2026** | 26 Sep | 10 Oct | 07 Nov | 05 Dec

**2027** | 06 Mar | 10 Apr | 08 May | 05 Jun | 10 Jul | 07 Aug

## Price:

NZ\$3460 per person twin share\*

NZ\$4155 own room

\* if you are travelling solo and would like a room-mate let us know – this will be subject to availability

## Tour Inclusions:

- Arrival transfer
- 7 nights 3\* accommodation
- Transportation by private vehicle, train & local bus
- Local English-speaking guide / Tour Leader
- 7 breakfasts, 2 lunches, 1 dinner
- Cusco - Welcome dinner at Nuna Raymi
- Complimentary Arrival Transfer
- Cusco - Pisco Sour Demonstration, Local Market Visit and Juice Tasting
- Cusco - Walking tour, Sacsayhuaman to Cusco Walk
- Cusco - Morning Yoga at Moon Temple, Sacsayhuaman Archaeological Site.
- Sacred Valley - Chincheros Village Visit, Chincheros to Urquillos Hike
- Sacred Valley - Community Textile Workshop, Healing Ceremony with a Female Shaman
- Sacred Valley - Hummingbird Watching, Chocolate Workshop at AMA Social Enterprise
- Ollantaytambo - Chicha Celebration at a Local Chicheria
- Sacred Valley - Pumamarca to Ollantaytambo Hike, Pumamarca Visit
- Ollantaytambo - Village Visit
- Machu Picchu - Entrance & Guided visit

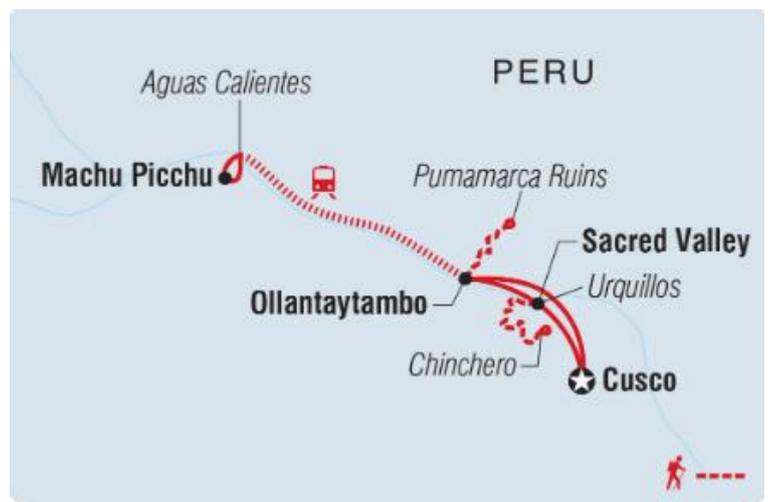
## Exclusions:

- Flights to/from Cusco – ask for best options at time of booking
- Travel Insurance (compulsory)
- Optional tours - Piuray Lagoon - Stand Up Paddle Boarding (excl. transport & based on 4 participants) - USD51. Piuray Lagoon - Kayaking (excl. transport & based on 4 participants) - USD51
- Items of a personal nature
- Meals not specified
- Visas
- Departure transfer

## Group Size:

Maximum 12

*Price is subject to change until confirmed and paid in full. This tour is operated by Intrepid Travel. Non-refundable deposit of \$400 required at confirmation.*



Tel: +64 021 881 063  
Email: [hello@roamtravel.co.nz](mailto:hello@roamtravel.co.nz)  
Web: [roamtraveladventures.com](http://roamtraveladventures.com)