



RIDE WORLD WIDE

PERU 2012

The Sacred Valley of the Incas & the Pacific Coast

Ride Information Sheet

Rides in Peru explore the Sacred Valley of the Incas and also the coastal desert. They use pure-bred Peruvian Paso horses, the horse used by the Spanish Conquistadors in the 16th century and a remarkable breed known for its wonderful, velvet-smooth gait. The Sacred Valley is the famous route between Cusco, the oldest city in South America, once the capital of the great Inca Empire, and the fabled ruins of the 'lost city' of Machu Picchu. The rides here take you to altitudes of up to about 4,350 metres (14,300 feet), routes in the Sacred Valley pass through remote mountain villages and a spectacular mountain landscape high in the Peruvian Andes. As you ride you will see local Quechua Indian children herding flocks of sheep and goats, 'campesinos' ploughing their terraced fields in the traditional way and an array of impressive ruins that dates back hundreds of years to the Inca Empire. During the rainy season in the Sacred Valley (November to March) the Peruvian Odyssey Ride explores the harsh Peruvian desert, starting close to the lovely colonial city of Arequipa and ending at the Pacific Coast. You will ride over sand dunes and through dramatic gorges, reaching a beautiful isolated cove on the Pacific Coast. Both itineraries culminate in the magical, never forgotten sight of Machu Picchu, every bit as magnificent as you imagine. Your guide on all rides is Eduard van Brunshot a Dutch-Peruvian who has lived in Peru for more than 15 years. Eduard has been training horses for over 25 years and is a great believer in the use of gentle and empathic methods. He gave up his life as a business man in Holland to indulge his love of Peru and passion for the Peruvian Paso, and his European background, combined with his local knowledge, years of experience and relaxed good-humour, make him an excellent companion and guide. Eduard is also keenly aware of the responsibility of tourist organisations in areas such as the Sacred Valley, to exert a minimum impact on the environment whilst also promoting the local cultures and traditions. He has carefully developed his rides to ensure his guests a wonderful insight into the culture and history of Peru, as well as a great sense of adventure, good food and comfortable accommodation.



Dates The 11 night Sacred Valley Ride is run between April and November. (Shorter rides are sometimes available on request for a minimum of 2 people). The 10 night Peruvian Odyssey is run between November and March. Please see the set dates for both rides at the end of this Information Sheet. Rides can also be arranged on request for private groups of 4 or more. Please contact us to check dates / availability.

Horses The horses used on the rides are pure-bred Peruvian Pasos. The Paso horse originates from the Andalusian horses brought to South America by the Spanish in the 16th century and with blood-lines preserved and isolated for over 400 years, the breed is now one of the purest in the world. Pasos are 'gaited' horses with a natural 4 beat lateral gait - a unique characteristic that was developed and has been preserved through selective breeding. This makes them probably the smoothest and most comfortable riding horse in the world (the isolation and preservation of the characteristic Paso gait has been referred to as "the greatest triumph of managed genetic selection ever achieved"). Typical Peruvian Pasos are usually between about 14.2hh and 15.3hh, are deep chested with strong hindquarters and a medium build, similar to a stocky Arab (Paso Fino horses, a different breed developed in and around the Caribbean, Central and other parts of South America, are smaller and much lighter in build). They are also renowned for their terrific 'brio' meaning 'energy, spirit and desire to please'! Eduard normally keeps about 15 Paso horses on his ranch in the Sacred Valley. The horses are all stallions or geldings; the mares, which are used for breeding, are usually kept at another farm. They are all in excellent condition, are fit, happy and a responsive, athletic and extremely well-schooled ride - about as far removed from many people's preconceptions of thin, overloaded mountain horses as you can get! On the Peruvian Odyssey the horses used are from La Joya ranch. There are about 120 horses; Arabs, Quarter horses from Uruguay, Peruvian Paso horses, Andalusian horses and some Pintos - but for the rides you will use the Peruvian Paso and Quarter horses. Again they are beautifully looked after, sensible and forward going.

Riding There are 6 days riding on the Sacred Valley Ride and 5 days riding on the Peruvian Odyssey with usually between about 5 and 7 hours in the saddle, broken up with rest stops and a break for lunch. There may also be places where the going is rough or difficult when you will be asked to get off and lead your horse. The horses are ridden in traditional and elaborate Peruvian tack, its shape and style developed by the need for comfort when riding long distances and over difficult terrain. Tack is all hand-made and the bridles, which have Pelham bits with a single rein, are made from a double layer of hand-woven rawhide. The saddles feel like a comfortable cross between a deep-seated dressage saddle and a Western saddle and have traditional Peruvian wooden box stirrups. Saddle-bags are provided for carrying picnic lunches and any small personal items you may want during the day. Rides are run for a minimum of 4 guests and groups are limited to 8 or 10 guests plus guide(s). There is a weight limit of 90 kgs / 14 stone 4lbs on all rides, although by prior arrangement exceptions can occasionally be made for experienced, heavier riders who have a good balanced seat. Please contact us to discuss.



Pace The riding, mostly at high altitude on the Sacred Valley Ride and sometimes over rough terrain on both itineraries, is at a walk or at the unique Paso gait with one or two chances to canter. Where the Paso gait is used, the horses cover the ground easily and smoothly giving a wonderfully, energetic and comfortable ride. The speed of the Paso gait varies - the 'paso Llano' is faster than a normal walk (about 10 to 12 kms an hour) and there is also a faster, accelerated gait called 'sobreandando' ('very fast'). As a rough guide, Eduard aims to ride for about a third of the time at 'paso Llano', the most comfortable speed and one the horses can maintain for hours, but this very much depends on the weather and state of the terrain, as well as the ability, experience and adaptability of the group. If riders have never ridden a gaited horse before, this is not always possible. There are a few opportunities for short canters but this is not really the 'forte' of the Paso horse. You will be given a detailed demonstration of how to ride at the Paso gait at the beginning of the trip.

Riding Experience The rides are aimed at riders of at least an intermediate level who are comfortable, secure and well balanced at all paces. Although the riding is not fast, some of the horses are quite spirited and to ride at the Paso gait you need a good understanding of how to collect your horse and how to use your seat. To join the rides you should therefore be a reasonably experienced, sympathetic rider who is relaxed and well balanced in the saddle. You should also be used to riding up and down hills, over rugged, varied terrain and fit enough to cope with 5 to 7 hours a day in the saddle. It is also important that you are fairly fit generally - much of the going on rides in the Sacred Valley is at a high altitude which is a strain initially for most people. Although all ride itineraries are very carefully planned, taking things slowly to help acclimatisation and with ride days on longer rides broken up with a rest day, a good level of general fitness is very important.

Terrain The ranch in the Sacred Valley where the horses are based is at about 2,800 metres (8,860 feet), Cusco is at about 3,338 metres (10,900 feet) and on the Sacred Valley Ride you climb up to about 4,350 metres (14,300 feet). The going itself varies from ancient, partially paved or cobblestone roads (Inca roads also called 'capac nan') through small mountain villages, dirt tracks and narrow, steep mountain paths that can be rocky and rough, to wide open grass covered 'altiplano' and sandy plains close to the lake shores. On the Peruvian Odyssey you also ride across open desert plains, across sand dunes and through dramatic gorges. Arequipa, close to where the horses are based, is the highest point on this ride, a beautiful colonial city at about 2,300 meters (7,590 ft). You descend from here to sea level.

Accommodation Accommodation on the rides is in a combination of carefully selected hotels (the majority of which are 3-4* or 5*) and in private camps. Generally 9 nights on the Sacred Valley Ride are in hotels or private houses and 1 night is spent camping, although in June and July, the coldest months, all nights maybe in hotels depending on the weather. The Peruvian Odyssey combines 6 nights in hotels, 2 nights camping and 2 nights in rustic beach 'cabanos'. Hotels are good quality and are chosen as far as possible for their comfort and local or colonial character or special setting. Bedrooms are twin or double bedded and have private en-suite bathroom, usually with loo and shower (rather than bath). Single rooms can be arranged for a supplement. The camps used are simple but an effort is made to make them comfortable (with thoughtful touches such as the provision of hot water bottles at night!) and they are usually in a wonderful setting, perhaps by a lake, with a superb view or close to a ruin or site of historical interest which you will be able to explore. Good sized dome tents with thick, comfortable mattresses are provided for sleeping (you will need to take your own sleeping bag), as well as chairs and tables. There is also a central mess tent, heated with a stove and big enough to seat the whole group around a table for meals, a separate kitchen tent and a small loo tent in each camp. There are no showers but warm water is provided each morning together with soap and towels for washing and shaving. The camp is moved and set up ahead of you by staff, and camp cooks and grooms travel with a 4 wheel drive back up vehicle to assist.



Meals A great effort is made with meals on the rides to give you a chance to sample the tasty regional cuisine. Breakfast is either eaten at your hotel or in camp and is usually buffet style, perhaps with a choice of bread, toast, eggs, pancakes and / or fruit when camping. Lunches are usually a picnic of sandwiches or perhaps chicken, fruit and salads. Dinners are at your hotel or in camp seated around a table or the camp-fire. The hotels and restaurants used usually offer a choice of at least 3 menus, specially selected for the group by Eduard. When camping, dinner is three courses prepared by the excellent camp cook. There is often a soup to start, followed by a main meat dish and then pudding or fruit. Tea, coffee and soft drinks are included when camping; when staying at hotels all drinks are at your own expense. All meals are included except in Lima, Machu Picchu and on free days in the city of Cusco (lunch on Day 7 & 11 and dinner on Day 6 & 7 of the Sacred Valley Ride and lunch on Day 9 & 10 of the Peruvian Odyssey). Vegetarian and other special diets will be catered for as far as possible with prior notice - please let us know of any specific requirements on your booking form.

Safety Eduard guides the rides personally, accompanied by a second guide / back up rider if the group is quite big. He carries a satellite telephone for emergencies and generally takes an extra horse as a spare in case one goes lame along the way. A 4WD vehicle transports camp equipment and is available for support if required and there are also other 4WD vehicles available at the ranch if necessary. When camping, extra staff are employed to look after the horses and as a night watch.

Weather Peru's climate varies widely, ranging from tropical in the foothills and rain forest, to arctic in the highest mountains of the Andes. In the Sierra area of Cusco and Machu Picchu, the temperature ranges seasonally from about 5 to 21 degrees C (40 to 70 °F). Rainfall is usually scanty, but there are heavy rains in the jungle and mountains between December and mid March. Rides are generally not run during these months as the going in the Sacred Valley can be wet and slippery. In Cusco, which is in the south-eastern Sierra, annual rainfall averages about 81.5 cm (32 in). In Arequipa the temperature remains pretty much the same throughout the year, averaging between 23 and 30 degrees C - the wettest month is January but rain is possible, though sparse, year round.

What to bring We will send you a clothing list with suggestions of what to bring when you book.

Example Itineraries The following are examples of the itineraries although please note that they are only examples and your guide has discretion to alter the day-by-day arrangements should the weather, riding ability of the group or other local conditions require.

The Sacred Valley Ride

Day 1 - Arrive in Lima and make your way to the Hotel Costa del Sol (just outside the arrivals hall at Lima airport) where a room will be booked in your name. Own arrangements for dinner and overnight in the hotel.

Day 2 - Breakfast at the hotel and then make your way to the airport for a spectacular one-hour flight (ticket supplied) over the Andes arriving in the ancient Inca capital of Cusco (altitude 3338 m / 10,952 ft) around mid-morning. (**OR** Day 1 - Own arrangements to arrive Cusco; see NOTE in Prices below) From here it is a one-hour drive to the hotel in the heart of the Sacred Valley of the Incas where you will spend the night. The charming hotel is perfectly located between Cusco and Machu Picchu and only 5 km from the stables. There will be time during the drive to stop for a cup of coffee or coca-tea, which helps combat altitude sickness, and when you arrive at the hotel you will have time to settle into your rooms before a short drive to the ranch where the horses are based. A relaxing barbecue lunch and the afternoon to meet the horses, for a demonstration of Peruvian riding and to familiarise yourself with the traditional Peruvian riding gear. An informal briefing about the Peruvian Paso horse before dinner, then the night at a hotel in Yucay, Sacred Valley. (B,L,D)



Day 3 - Today is a relaxing day with some sightseeing and time to acclimatise to the altitude before the ride begins in earnest. You will be collected at about 9.30am and driven a short way to Ollantaytambo to visit the ruins and village. Ollantaytambo is named for a rebellious local chieftain - Ollantay - who took up arms against his sovereign, the Inca Pachacutec in pursuit of the Inca's daughter, Nusta Cusi Collyu. Historical records say that the entire site of Ollantaytambo was actually a royal estate of Pachacutec, who was the Inca responsible for the Empire's most expansive growth and this would account for the fine stonework seen everywhere and the quality, abundance and scale of the ceremonial architecture. The modern village of Ollantaytambo is also remarkable as the only inhabited settlement that has survived much as the Incas laid it out, its streets forming a grid pattern and many people still living in the original Inca 'canchas' - blocks of multi-family homes sharing a large courtyard. Return to the ranch for lunch and in the afternoon there will be a chance to match riders to horses and continue learning about classic Peruvian equitation. Dinner at a local restaurant in Urubamba and overnight at the hotel in Yucay. (B,L,D)

Day 4 - A leisurely breakfast before a short drive to the stables. Saddle the horses and mount up, aiming to depart at around 10am. The first part of the ride takes you across the Urubamba River and there will be time to visit Pichingote, an old Andean village where the houses are built half into caves, and the 'Salinas', a series of salt pans that date back to Inca times and are still used by the locals to extract salt from mountain spring water. The salt pans consist of a series of platforms where the salty water is channelled through an impressive irrigation system, then left to evaporate in the sun. Rights to work the salt pans are passed down through families like deeds and the dazzling, salt encrusted terraces make an extraordinary sight. The next part of the ride is an ascent of almost 1000 m / 3,281 foot to reach the 'altiplano' of the Andes, a climb which usually takes about two hours, at an easy pace because the change of altitude will not only affect the horses! Once at 3,700 meters (12,140 ft.) you cannot fail to be impressed by the stunning scenery and wonderful views of the snow-capped mountains of Chicon, Veronica and Pitusuray. You continue riding to Maras, a typical Andean village with a beautiful 400 year old colonial church and here you will meet the back up team for a picnic lunch. From Maras, follow an interesting trail to the ruins of Cheqoq. At Cheqoq, the Incas constructed fascinating cold-storage depots (pre-Hispanic refrigerators) to conserve the agricultural products of the region. Cooling of the products was achieved by using a system of wind tunnels to circulate the air and a network of water-channels to circulate the cold water from a nearby mountain spring. Continue riding to the lonely church of Tiobamba where the horses will remain for the night. Meet the vehicles and drive back to the hotel in Yucaj for dinner and the night. (Riding time: 5 hours. Altitude: 2700-3700 m / 8,860-12,140 ft). (B,L,D)



Day 5 - After breakfast at the hotel you will be driven back to meet the horses. Ride on following primitive trails across the altiplano where the scenery of snow-capped mountains, wild flowers and beautiful mountain lakes, is spectacular. You will meet smiling Quechua Indian children with their herds of sheep or cattle and 'campesinos' ploughing fields with oxen and wooden ploughs in the traditional way who may perhaps share a 'chicha' (their traditional maize drink) with you. Continue riding to Chinchero and onto Lago Piuray where camp will be set up for the night. On a clear day the views from Chinchero are tremendous with a vista of rolling altiplano stretching to the west and northwest, ringed in the distance by the dramatic snow capped peaks of the Cordilleras Vilcabamba and Urubamba. The main square of the town of Chinchero is famous for its massive Inca wall, set with ten of the largest trapezoidal niches ever discovered amongst Inca remains. This was probably the base wall of a palace - perhaps that of Topa Inca - that once overlooked the square. You will have time to visit the ruins and for those interested in Andean textiles, this is also a good place for woven cloth. Ride on and, leaving the horses close to Lago Piuray, drive back to the Sacred Valley for dinner and the night. (Riding time: 5-6 hours. Altitude: 3000-3800 m / 9840-12,470 ft). (B,L,D)

Day 6 - Breakfast and drive back to meet the horses. From Lago Piuray you criss-cross through the rough and sturdy Andean landscape passing remote Quechua communities, herders' huts and small farms or 'Chacras' Today is one of the most beautiful riding days. You will travel a cobblestone-paved section of the network of Inca roads called the Capac Ñan, and enjoy beautiful vistas as you climb to an altitude of 4,000 m/13,125 ft. The scenery is absolutely breathtaking, with impressive views of the many snowcapped mountains and the altiplano. You will pass many impressive Inca ruins, like an ancient Inca aqueduct and Inca irrigation channels. Today some technical riding is required as there are some difficult gorges to cross along the route. After a hard day's riding, you will arrive at the historical city of Cusco, the oldest city in South America and once the capital of the great Inca Empire. **cont. over**

Day 6 cont The Inca Empire was called Tawantinsuyu meaning “The Four Quarters of the Earth” and Cusco was its heart with the exact centre considered to be the main square of the city. Own arrangements for dinner and the night in a 5* hotel in Cusco, a lively city with a legendary nightlife - if you still have energy! (Riding time: 6 - 7 hours. Altitude: 3800-4000 m / 12,470 - 13,125 ft). (B,L)

Day 7 - Today is free to relax, to wander the streets of Cusco, visiting the numerous churches, cathedrals and museums, shopping and generally absorbing the atmosphere. You may opt for a one-day rafting adventure on the Urubamba River or there is an excellent massage service available. Overnight in a 5* hotel in Cusco. Own arrangements for lunch & dinner. (B)

Day 8 - After breakfast you will return to the horses, which are waiting just outside Cusco. Today’s ride takes you through open country with spectacular views. Starting from Sacsayhuaman you follow a footpath leading north and from the top of a ridge can see the Pisaq highway to the right. This trail turns north, becoming the old Inca highway to Calca, traces of which are still visible. After climbing gently for about 450 m (1,480 ft.) you will see a stone-lined Inca irrigation channel which parallels the trail for about 800 m. (2,600 ft.). Then, ascending a steep and narrow valley, you reach the highest point of the ride, a pass at 4,350 m (14,275 ft.) with a lovely view of the small, shallow Lake Quellacocha. A group of stone corrals lies beyond the lake and in clear weather, the snow-capped Sawasiray is visible. Head down the high trail around the north end of the lake and then climb eastward to Lake Qoricocha, where herds of llamas, alpacas and guanacos are often seen. Camp is set up here and you may well get a visit from the people of Q’enco, who are very friendly, hardworking farmers who grow potatoes and they seldom see tourists here. The Q’enco community has been supported by Eduard and his team and projects include building a greenhouse, installing playground equipment and distributing school supplies. You should have the opportunity to buy some fine weavings made locally. Dinner and night camping near Lake Qoricocha (Riding time: 6 - 7 hours. Altitude: 3,600 - 4,350 m / 11,810 - 14,275 ft). (B,L,D)



Day 9 - From Lake Qoricocha, you head northeast to return to the Sacred Valley. The scenery en-route is absolutely spectacular and you will have plenty of breaks to soak up the atmosphere before the descent. Stop for a picnic lunch at Chinchero and then continue riding along trails that were part of the great Inca Empire’s road system, the Capac Ñan. The Inca road network was one the greatest engineering feats ever undertaken in the New World, rivaling the Roman road system in the Old World. The 25000-km network linked Cusco, the Inca capital, to the empire’s far-flung domains. After 3 or 4 hours you arrive at the village Racchi where the horses and grooms will spend the night while you meet the vehicles for a short drive to the Sacred Valley. Dinner at a local restaurant or at the ranch. Night in a hotel in the Sacred Valley. (Riding time: 6 - 7 hours. Altitude: 4,300 - 2,800 m / 14,100 - 9,200 ft.) (B,L,D)

Day 10 - Breakfast in camp and then the last day of riding. Follow an interesting trail towards Huarcocondo and after about 2 hours riding, arrive again at the village of Maras. From Maras ride on to the agricultural terraces of Moray. Hundreds of years ago, people in this region took four huge natural depressions in the landscape and sculpted them into multilevel agricultural terraces that served as an experimental agricultural station for the development of different crops. This was possible due to a remarkable natural phenomenon: the climates of many different ecological zones were present at a single site. In the thirty or so meters of altitude between the bottom and the top levels of Moray’s depression, scientist John Earls recorded a full 15 degrees C difference in temperature. This is equal to the difference between the mean annual temperatures of London and Bombay! It is possible that Moray played a key role in the original transformation of maize into a high-altitude crop. There are no great ruined structures in Moray to impress; it is more for the contemplative traveller. After lunch continue descending into the Sacred Valley, arriving back at the ranch in time for a celebratory traditional Pisco Sour. Overnight at a comfortable hotel in Urubamba. (Riding time: about 5 hours. Altitude: 2,800 - 2,600 m / 9,200 - 8,550 ft.) (B,L,D)

Day 11 - Early in the morning (departing at about 6 am) you take the memorable train journey from Urubamba to the ruins of Machu Picchu (about 2 ½ hours). The journey by train is without a doubt one of the most spectacular in the world - and then Machu Picchu itself is hard to describe! Since its discovery by Hiram Bingham in 1911, it has captivated minds and hearts of all who visit. Take lots of film as it is every bit as magnificent as you will have imagined. In the late afternoon take the train back to Urubamba arriving at about 7pm. A last chance to sample pisco sours before dinner. Overnight at the hotel in Urubamba. (B,D)



Day 12 - An early morning transfer to the airport in Cusco for a short flight to Lima. The driving time is one hour, followed by a one-hour flight, arriving Lima in the afternoon. Onward flights should be after 17.00. (B)

The Peruvian Odyssey

This is an adventurous ride through desert terrain to reach a secluded beach haven on the Pacific coast which is well suited to pioneering souls! Hot days, cool nights, barren deserts and a wild coastline where the pure simplicity of rustic beach cabanas will have you feeling like Robinson Crusoe himself!

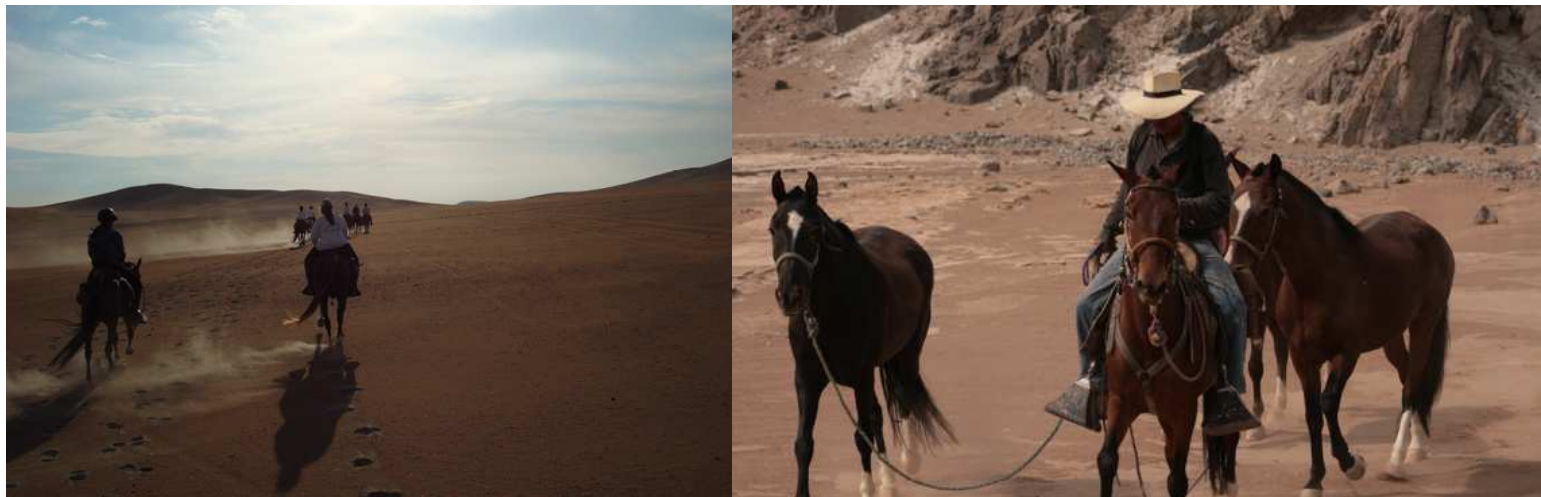
Day 1 - Arrive in Lima and transfer to a comfortable hotel in Miraflores. If time allows you will be able to visit some of the museums and shops in Miraflores or Lima's romantic and Bohemian Barranco district with its variety of nightclubs. Own arrangements for dinner, and overnight in the hotel.

Day 2 - After breakfast transfer to the Lima airport for a flight to Arequipa. Arequipa, at an altitude of around 2,300meters (7,500 ft), is beautiful city which has been awarded UNESCO's Cultural Heritage of Mankind classification. This part of the Andes is dry, desert terrain and the weather dry and sunny year round with day time temperature reaching between 20 and 25 °C (about 70-75 Fahrenheit). The wet season (December to March) is characterized by the presence of clouds in the afternoon and, very occasionally, rain. In winter (June, July), temperatures are somewhat lower and can go down to 5°C (40 °F) at night. With about 4000 hours per year of sun exposure, Arequipa truly deserves its title of "City of the Eternal Spring". After you have settled into your hotel, there will be time to explore some of the highlights of Arequipa: the famous convent of Santa Catalina and the Museum Santuarios Andinos UCSM to see the mummy of Juanita, a 500 year old Inca mummy of a 12 to 14 year old girl. Juanita the Ice Maiden was discovered in 1995 by anthropologist Johan Reinhard and his Peruvian climbing partner Miguel Zarate. She was remarkably preserved despite five centuries 'on ice' and according to Reinhard, the mummy weighed approximately 80lbs when found. Thus they came to the realization that she had been frozen rather than mummified. This extraordinary discovery means biological tests can be carried out on the lung, liver, and muscle tissue, revealing new insights on Inca health and nutrition. It is believed that the Ice Maiden was in fact a sacrifice to the mountain gods performed by Inca priests atop Mount Ampato 6,380m (20,700 feet). Dinner and night at a 3-4* hotel in Arequipa. (B,L,D)

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Day 3 - Breakfast and leave the hotel at 8.30 am for a 1¼ hour's drive to the stables in La Joya. On arrival at the ranch you are given some riding and safety instructions. Horses will then be allocated depending on ability and preferences. There are about 120 horses at the ranch; Peruvian Pasos, Arabs, Quarter horses, Andalucian and Pintos - however the horses used for the ride are mainly Peruvian Pasos. After a demonstration there will be a chance to try some of the horses and there will be some guidance to the basics of Peruvian equitation. Then, after lunch, you set off on a 4 hour ride arriving at Hacienda Samambaya in the late afternoon. Dinner and overnight at the Hacienda Samambaya in La Joya. (B,L,D)

Day 4 - After breakfast mount your horse for another day of riding through the unforgiving terrain of the desert. The day's ride is approximately 5 to 6 hours covering about 40 km with a lunch stop at midday. The scenery will change from wide-open desert plains to high dune ranges and sandy pass ways, you are crossing one of Peru's most isolated deserts, surrounded by a lunar landscape that few have set eyes on. Although most of the ride is over flat surfaces, some dunes with very loose sand must be climbed. As the priority is to carry as much water as possible, there is limited space in the saddlebags, so please understand that the picnic lunch will be fairly simple. The horses cover the ground at an impressive rate when ridden at the Paso Llano gait. This gait provides an extremely comfortable ride and shows the horses' outstanding stamina. At around 5pm you arrive at the campsite, which offers basic accommodation and facilities due to its isolated location. The back-up 4WD vehicles will carry plenty of water for the horses and for personal consumption, but there will be no showers (sorry!!) Dinner and night in camp. (B,L,D)



Day 5 - An early breakfast and set off at about 8.00 am, to take advantage of the milder morning temperatures. Today you have to cross the last of the apparently never-ending sand dunes. There will be about 5 to 6 hours riding (covering around 40km), much of the route is through the Quebrada San Jose, a narrow gorge, leading to the Pacific coast. There will be a few challenging obstacles and in some instances you may have to lead the horses for a short distance. In some parts the sandy trail is covered with very soft white volcanic ash and you will need a bandana or mask to cover your nose and face, as there will be times when you are riding in a cloud of silver dust. In the afternoon you arrive at your destination: Caleta San José, a small, privately-owned cove at the shores of the Pacific. No land vehicle is able to reach this secluded beach, so all essentials are transferred by boat. You are the guests of Don Gonzalo, who has constructed very picturesque cabaña-style accommodation, in the style of Robinson Crusoe (very basic rooms). The cool ocean beckons for an invigorating swim to celebrate your arrival, and afterwards you can relax in a gently swaying hammock while dinner is prepared for you. (B,L,D)

Day 6 - A rest day for the horses and riders. For those who still have the energy, the day is easily filled with activities such as snorkelling, fishing, canoeing or hiking, or perhaps just relaxing on the beach. After lunch you set off on a 2 to 3 hour boat trip on the Pacific Ocean, visiting the Caleta Honorado and other coves along the coast, witnessing the Peruvian coast with its massive cliffs and unpopulated desert beaches. There are sea lions, dolphins, penguins and other marine birds, a multitude of marine life that feeds on the riches brought by the cold Humbolt current. Late in the afternoon you return to the Caleta San Jose for dinner around a campfire. Overnight at the Caleta San Jose. (B,L,D)

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Day 8 - After breakfast, and a refreshing swim, you saddle up the horses and set off riding along the wide and open beach. About 4 hours riding takes you to the village of Camana. Here you stop for lunch and say goodbye to the horses, who will return to La Joya by lorry. After lunch set off driving about 1 ½ hours to Arequipa. Dinner in one of Arequipa's famous restaurants and the night in a comfortable 3-4* hotel in Arequipa. (B,L,D)



Day 9 - Breakfast and transfer to Arequipa airport for the spectacular one hour flight over the Andes which arrives mid-morning in the ancient Inca capital of Cusco (altitude 3,338 m/10,952 ft.). The rest of the day to explore this historical town on your own - perhaps visit Cusco's Cathedral, churches, some of the many museums or do some shopping. Own arrangements for lunch in one of the many restaurants. In the late afternoon meet the rest of the group for a one-hour drive to the Sacred Valley of the Incas. Dinner at the Perol Chico ranch or at a local restaurant. Overnight at a 3-4* hotel in the Sacred Valley. (B,D)

Day 10 - An early start today, taking the 7am train from Ollantaytambo to the ruins of Machu Picchu. The experience of visiting Machu Picchu is not limited to the ruins themselves; the train journey is one of the most spectacular in the world. The train arrives at the station below Machu Picchu an hour before the main tourist train arrives from Cusco. Since its discovery by Hiram Bingham in 1911, Machu Picchu has captivated the hearts and minds of the modern world. Take plenty of film, as this is every bit as magnificent as you have imagined. A full day to explore these amazing ruins. In the afternoon take the train back to Ollantaytambo, arriving around 6.30pm. Dinner is at the ranch, a last chance to sample pisco sours. Night at the hotel in the Sacred Valley. (B,D)

Day 11 - Breakfast and transfer to the airport in Cusco for the flight to Lima. The driving time is one hour, followed by a one-hour flight, arriving Lima in the afternoon. Onward flights should be after 17.00. (B)



Dates 2012:

Sacred Valley Ride

26th April to 7th May
 15th to 26th May
 25th June to 6th July
 15th to 26th July

12th to 23rd August
 2nd to 13th September
 23rd September to 4th October

Peruvian Odyssey:

6th to 16th January
 3rd to 13th February

Autumn dates to be advised

**NB - For 10 night Sacred Valley itineraries start date is one day later.
 Private departures are also available on request for groups of 4 or more**

PRICES 2012:



Please note that due to constantly fluctuating exchange rates, ride rates are quoted in US dollars. The sterling price will be the equivalent sterling rate using the USD/sterling exchange rate in force when you book/pay.

The Sacred Valley Ride - USD 4850 per person sharing (single supplement USD 595)

Sacred Valley Ride rates are based on 4 or more riders and **INCLUDE** all riding, local flights from / to Lima, guiding and equipment (except sleeping bags when camping), 11 nights twin accommodation, meals (except dinner in Lima, lunch in Machu Picchu and on Day 6 in Cusco, dinner on Days 6 and 7 in Cusco), and entrance fees to Machu Picchu and other sites visited as part of the set itinerary.

NOTE - For the Sacred Valley Ride it is possible to make your own arrangements to Cusco and meet on day 2 (between 10am & 12 noon). The price for this is USD 4250 per person sharing (single supplement USD 550)

Peruvian Odyssey - 6 to 10 riders USD 4130 per person sharing

4 to 5 riders USD 4330 per person sharing

(single supplement USD 450)

Peruvian Odyssey rates **INCLUDE** all riding, local flights from Lima to Arequipa, Arequipa to Cusco and Cusco to Lima, guiding and equipment (except sleeping bags when camping), 10 nights twin accommodation, meals (except dinner in Lima and lunch in Cusco & Machu Picchu) and entrance fees to Machu Picchu and other sites visited as part of the set itinerary.

Rates **EXCLUDE** international flights to Lima, departure taxes (there is a \$31US airport tax upon departure from Lima and a \$6 tax for domestic flights), personal medical / travel insurance (which you must have), visa fees, your bar bill, meals in Lima, Cusco & Machu Picchu, personal items such as telephone calls etc, optional activities and any tips you wish to leave.

Single rooms - Please also note that if you book alone, you will need to pay the supplement for a single room. This will be charged on all single bookings but if you are booking alone and are prepared to share a twin room with another rider (of the same sex) please let us know and we will see if there is someone to share with you. If we find you a sharer we will refund the supplement - although we cannot guarantee to find a sharer as it depends on another guest on the ride wishing to share a room.

Flights and Travel The meeting place for these rides is Lima airport and you can arrive in Lima at any time on Day 1 (the hotel is next to the airport). On the final day you return to Lima on an internal flight from Cusco. Your return international flights on this day should depart Lima after 15.00 at the earliest to allow time for the domestic flight to arrive.

There are several different options for flights from London to Lima, usually via Europe (eg with Iberia via Madrid or KLM via Amsterdam) or Sao Paulo or another South American city. We can book international flights for you - prices generally start from around £650 per person economy return. Please call if you would like further information on flights or a quote (our ATOL number for flight bookings is 6213).

Extensions to your trip If you would like to spend extra days in Lima, Cusco or elsewhere in Peru before or after riding please let us know. We can organize one day / one night sightseeing extensions in Lima with accommodation and an English speaking guide, and longer visits to other areas such as the Peruvian jungle. Please call us if you would like suggestions.

General visa and health information (NB this is a brief outline - further information will be sent to you if you make a confirmed booking)

Visas If you hold a full British Passport and are visiting Peru for a holiday only and staying less than 60 days you do not need to arrange a visa in advance.

Health The London Hospital for Tropical Diseases recommends Tetanus, Typhoid and Hepatitis A. Rabies and Hepatitis B may also be recommended in some cases. A Yellow Fever certificate may be required on entering Peru if you are coming from a tropical African / South American country. If you are travelling on in Peru, eg. to the jungle, after the ride you might need additional inoculations or to take Malaria tablets - you should in any case consult a health professional for further and more detailed advice.

DRAFT 25/11/11

