



Peru Discovery Tour

1 Week

From valley to mountain, see the incredible sights of Peru with our Discovery Tour Programme. Learn about the country's rich history as you visit ancient Inca ruins and dig a little deeper with a day of archaeology.

This week is a great opportunity to immerse yourself in the culture of Peru and learn about the history that's not often taught in schools.

Get your walking boots on and join us on this adventure to explore brilliant landscapes and traditions and meet like-minded individuals to share the moments with.



Highlights

- ▶ Take in the culture of the Incan Empire in Cusco city
- ▶ Get hands-on with an Archaeology Project
- ▶ Visit the historic Sacred Valley
- ▶ Hike the ancient Inca trails
- ▶ Marvel at the beauty and mystery of Machu Picchu
- ▶ Trek to the majestic and unique wonder, Rainbow Mountain

Accommodation

Hotel

Transport

Private bus, foot

Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive by 2024!

By travelling with us, you're making a positive contribution to the economies of communities around the world and supporting local jobs.

Day 1

Welcome to Peru and Orientation

On arrival day, a Projects Abroad staff member will be waiting to collect you from the Alejandro Velasco Astete International Airport (CUZ) in Cusco.

You walk through the airport to find a Projects Abroad staff member waiting for you. The staff member is easy to spot because they're by the airport exit holding a sign.

You will be driven to your accommodation by Projects Abroad staff and given a moment to settle in. After a short orientation of the area, you'll have the rest of the day to start exploring Cusco and relax in your new environment.

Day 2

Sacred Valley Tour

You'll awake to the smell of Peruvian coffee and will be greeted with a Peruvian breakfast of freshly baked bread and rolls, golden yoked eggs, cheese, and fresh fruit when you sit down to eat.

After breakfast, you'll visit the Sacred Valley which is a great starter tour to help you with your acclimatisation. It'll be a day packed full of charm, history and luscious scenic views for days.

Take a step back through time and see the beautiful Inca ruins on this fantastic tour.

Day 3

Inca Trail to Machu Picchu

After breakfast, you'll start the pilgrimage to Machu Picchu like many conquistadors, adventurers and like-minded travellers before you. The trail will take you through the vast abundance of diverse flora and fauna, and see the breathtaking archaeological sites of Chachabamba, Wiñay Wayna and Intipunku. You'll be greeted by cloud forests with the pinnacle of your trip just on the horizon of your gaze.

At dusk, you'll cross the Sun gate into Aguas Calientes, where you'll feast on a traditional Peruvian dinner. Think ceviche, croquettes, humitas, salads and lots more!

Day 4

Machu Picchu Excursion

You'll wake up early to begin your day. As you get ready for breakfast, take a few moments to just gaze at the vast scenery and take in the rich mountain air before you have that first sip of coffee.

You'll then take the first bus up to the Machu Picchu ruins to catch the sunrise at the ancient site. This Inca citadel is located at 7,970 ft (2,430 m) above sea level and is a majestic feat of engineering. Machu Picchu, which means "Old Mountain," is considered one of the new Seven Wonders of the World.

Days 5

Incan and Wari Archaeology Project

You'll have spent the last few days exploring some of the world's most majestic and famous archaeological sites.

You'll assist with the discovery and registration of new archaeological artefacts, maintain current sites, and attend workshops and presentations about the work that happens on the project.

Use your evening to explore Cusco with your group. You can walk along streets lined with beautiful cobblestone passages and cathedrals that tower over the Inca temples. You can also feed your appetite with the bountiful supply of street vendors and brush up on your Spanish with the locals.

Day 6

Visit Rainbow Mountain

Your morning will start with a quick tea or coffee before a drive to the start of your trek at Chilca. Once you arrive at the trailhead, you'll be greeted with an appetising Peruvian breakfast to help fuel your three-hour hike ahead.

You'll see breathtaking views of the Andes, glacial peaks, red mountains and rocky hills, peppered with llamas and alpacas grazing along the valley.

Before long, you'll arrive at the top of the majestic and natural wonder which is Rainbow Mountain. Take in your surroundings and adore the splendour of the red mountains that surround you. You'll have a great shot of the distant valleys below, not forgetting the Ausangate Glacier Peak - the tallest mountain in the Cusco region.

Day 7

Saying Goodbye to Peru

After an amazing week of learning, sightseeing and new experiences, it's time to leave Peru. You'll be picked up from your accommodation by a staff member and taken to the departure point.



Wildlife

Peru is a paradise for animals and the whole country is teeming with biodiversity. Peru is home to jaguars, pumas, spectacled bears, howler monkeys, snakes, bats, turtles, macaws, toucans, and so much more!



Food

With a tropical climate, Peru is home to many fresh foods that aren't easily found elsewhere. Staples include corn, potatoes, and legumes. When the Spanish arrived, Peruvian food became more varied, with the population consuming more chicken and rice.

A diverse climate means that different food is available depending on the region visited.

Get in Touch!

We've designed our trips to maximise your impact and experience. If you have any questions or specific requests, please don't hesitate to get in touch!

We have Project Experts available 9:00-17:30 Monday-Friday to help you with anything you might need.



Culture

Peru has a diverse range of cultures, from the uncontacted native tribes to the immigrants living in the big cities. There is a carefully balanced harmony between indigenous peoples and the descendants of Spanish colonialists.

The majority of Peruvians identify as Catholic and religion plays an important role in the lives of many local people.



Community

A sacred concept passed down the generations from the ancient Incas, community is highly valued by the Peruvian people. This is often expressed through family units or religious gatherings.

While in Peru, volunteers are expected to engage with this community, learning from it while leaving a positive impact.

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