

DAY 1 • March 9*

ARRIVE IN LIMA

OVERNIGHT	DIFFICULTY	ALTITUDE
Lima	Easy	Low altitude

WHAT YOU'LL SEE

- Airport arrival; private transfer; hotel check-in; welcome dinner.

WHAT TO WEAR

- Comfortable travel clothes; sneakers; light layer for the plane.

WHAT TO PACK

- Passport; phone/charger; medications; toiletries; water bottle; one change of clothes.

MEALS

- Breakfast/airline meals as applicable; welcome dinner.

TRANSPORTATION

- Boston → Lima flight; airport transfer; hotel.

TRAVEL TIP

Recovery day. Hydrate, eat, shower, and sleep rather than trying to add sightseeing.

Daily notes: _____

DAY 2 • March 10*

LIMA: HISTORY & CULTURE

OVERNIGHT	DIFFICULTY	ALTITUDE
Lima	Easy-Moderate	Low altitude

WHAT YOU'LL SEE

- Morning briefing; Larco Museum; lunch at the museum; catacombs/Monastery of San Francisco; Barranco neighborhood.

WHAT TO WEAR

- Comfortable walking shoes; light pants/shorts; T-shirt/polo; light jacket; sunglasses.

WHAT TO PACK

- Small daypack; water; sunscreen; sunglasses; camera/phone; light rain/wind layer.

MEALS

- Breakfast; Larco Museum lunch; dinner.

TRANSPORTATION

- Private vehicle/minibus; walking tours.

TRAVEL TIP

City walking day. Barranco is a great place to slow down and enjoy the neighborhood.

Daily notes: _____

DAY 3 • March 11*

LIMA → CUSCO

OVERNIGHT	DIFFICULTY	ALTITUDE
Cusco	Easy-Moderate	HIGH — ~11,000 ft

WHAT YOU'LL SEE

- Fly to Cusco; afternoon city tour; likely Plaza de Armas, Cathedral, Inca stonework and Qorikancha/Temple of the Sun.

WHAT TO WEAR

- Layers: T-shirt, long pants, fleece/light jacket; comfortable walking shoes.

WHAT TO PACK

- Water; sunscreen; sunglasses; hat; fleece; rain shell; small backpack.

MEALS

- Breakfast; lunch; dinner. Keep dinner simple if altitude affects appetite.

TRANSPORTATION

- Flight Lima → Cusco; private vehicle; walking tour.

TRAVEL TIP

Altitude is the priority. Walk slowly, hydrate, eat normally, and avoid strenuous exercise/alcohol. Tell your guide if you feel unwell.

Daily notes: _____

DAY 4 • March 12*

SACRED VALLEY → OLLANTAYTAMBO

OVERNIGHT	DIFFICULTY	ALTITUDE
Ollantaytambo	Moderate	High altitude, generally lower than Cusco in parts

WHAT YOU'LL SEE

- Sacred Valley scenery; Inca sites/terraces; villages/markets as scheduled; Ollantaytambo.

WHAT TO WEAR

- Hiking shoes; hiking pants; moisture-wicking shirt; fleece; rain jacket.

WHAT TO PACK

- Daypack; water; sunscreen; sunglasses; hat; rain jacket; snacks; camera.

MEALS

- Breakfast; lunch; dinner.

TRANSPORTATION

- Private minibus/van; walking.

TRAVEL TIP

Good acclimatization day. Enjoy the scenery and don't rush the walking portions.

Daily notes: _____

DAY 5 • March 13*

SHORT INCA TRAIL → AGUAS CALIENTES

OVERNIGHT	DIFFICULTY	ALTITUDE
Aguas Calientes	Hard	Moderate-high; variable by route

WHAT YOU'LL SEE

- Section of the Short Inca Trail; ancient stone paths; mountain/cloud-forest scenery; archaeological sites; Aguas Calientes.

WHAT TO WEAR

- Broken-in hiking shoes/boots; hiking pants/shorts; moisture-wicking shirt; hiking socks; fleece; rain shell.

WHAT TO PACK

- Small daypack; 1-2 L water; sunscreen; sunglasses; hat; rain jacket; snacks; extra socks; blister supplies.

MEALS

- Breakfast; trail/packed lunch; dinner.

TRANSPORTATION

- Vehicle to trailhead; hiking; train depending on exact route.

TRAVEL TIP

Do not wear new hiking boots. Keep your pack light and protect your feet—tomorrow is another major day.

Daily notes: _____

DAY 6 • March 14*

MACHU PICCHU + HUAYNA PICCHU

OVERNIGHT	DIFFICULTY	ALTITUDE
Ollantaytambo	Very Hard	High, but Machu Picchu is lower than Cusco

WHAT YOU'LL SEE

- Machu Picchu citadel; temples/terraces; Huayna Picchu mountain hike; return toward Ollantaytambo.

WHAT TO WEAR

- Full hiking outfit; hiking shoes; lightweight pants/shorts; moisture-wicking shirt; fleece; rain shell.

WHAT TO PACK

- Very light daypack; water; sunscreen; hat; camera/phone; snacks; rain layer.

MEALS

- Breakfast; light/packed lunch; dinner.

TRANSPORTATION

- Walking; shuttle bus; train; vehicle back to Ollantaytambo.

TRAVEL TIP

Confirm exact Machu Picchu and Huayna Picchu entry times. Huayna Picchu is steep and demanding; pace yourself.

Daily notes: _____

DAY 7 • March 15*

MARAS + MORAY + CHINCHERO

OVERNIGHT	DIFFICULTY	ALTITUDE
Cusco	Moderate	High altitude

WHAT YOU'LL SEE

- ATV excursion to Maras and Moray; Chinchero community; traditional Pachamanca lunch; textile workshop.

WHAT TO WEAR

- Long pants; closed-toe shoes; T-shirt; light jacket; sunglasses.

WHAT TO PACK

- Sunglasses; sunscreen; water; camera; rain layer; small backpack.

MEALS

- Breakfast; Pachamanca lunch; dinner.

TRANSPORTATION

- Van; ATV; walking.

TRAVEL TIP

Expect dust on the ATV. Pachamanca and the textile workshop are highlights for learning about Andean culture.

Daily notes: _____

DAY 8 • March 16*

HUMANTAY OR PALCOYO — WEATHER DEPENDENT

OVERNIGHT	DIFFICULTY	ALTITUDE
Cusco	Very Hard	VERY HIGH

WHAT YOU'LL SEE

- Humantay Lake OR Palcoyo, depending on weather and operator plan; long drive; high-altitude mountain scenery; hiking.

WHAT TO WEAR

- Base layer; hiking pants; fleece; waterproof shell; warm hat; gloves; hiking boots; warm socks.

WHAT TO PACK

- ~2 L water; electrolytes; snacks; sunscreen; sunglasses; hat; gloves; rain shell; extra layer.

MEALS

- Very early breakfast; packed breakfast/lunch; dinner in Cusco.

TRANSPORTATION

- Long van/bus ride; hiking.

TRAVEL TIP

Clarify whether this is HUMANTAY OR PALCOYO. Do not attempt to push through significant altitude symptoms.

Daily notes: _____

DAY 9 • March 17*

RAFTING OR BIKING

OVERNIGHT	DIFFICULTY	ALTITUDE
Cusco	Hard	Moderate-high, route dependent

WHAT YOU'LL SEE

- Option A: Apurimac River rafting with rapids and mountain scenery. Option B: biking through the Sacred Valley.

WHAT TO WEAR

- Rafting: swimsuit/quick-dry clothing, water shoes. Biking: athletic clothing and secure shoes.

WHAT TO PACK

- Water; sunscreen; sunglasses; light jacket; small snacks. Safety gear should be supplied by operator.

MEALS

- Breakfast; lunch; dinner.

TRANSPORTATION

- Rafting outfitter transport OR cycling transport/route.

TRAVEL TIP

Choose based on energy after the hiking days. Confirm rafting level, included safety gear, and water conditions.

Daily notes: _____

DAY 10 • March 18*

CUSCO → LIMA

OVERNIGHT	DIFFICULTY	ALTITUDE
Lima	Easy	Altitude drops to near sea level

WHAT YOU'LL SEE

- Free/slow morning in Cusco; afternoon flight to Lima; evening in Lima.

WHAT TO WEAR

- Comfortable travel clothes; sneakers; light layer.

WHAT TO PACK

- Daypack; passport/ID; water; charger; valuables; medications.

MEALS

- Breakfast; lunch; dinner in Lima.

TRANSPORTATION

- Hotel → airport; flight Cusco → Lima; Lima transfer.

TRAVEL TIP

Recovery day after the most active stretch of the trip. Enjoy being back near sea level.

Daily notes: _____

DAY 11 • March 19*

BALLESTAS ISLANDS + ICA DESERT

OVERNIGHT	DIFFICULTY	ALTITUDE
Ica	Moderate	Low altitude

WHAT YOU'LL SEE

- Boat around Ballestas Islands; sea lions and seabirds; travel to Ica; desert sand-buggy ride; possible Huacachina area depending on route.

WHAT TO WEAR

- Light layers; windbreaker for boat; T-shirt; shorts/light pants; sneakers.

WHAT TO PACK

- Sunscreen; sunglasses; hat; water; camera; light jacket; secure phone/camera case.

MEALS

- Breakfast; lunch; dinner.

TRANSPORTATION

- Van/bus; boat; sand buggy.

TRAVEL TIP

Ocean + desert means changing conditions. Secure electronics from wind and sand during the buggy ride.

Daily notes: _____

DAY 12 • March 20*

ICA → LIMA + FAREWELL DINNER

OVERNIGHT	DIFFICULTY	ALTITUDE
Lima	Easy	Low altitude

WHAT YOU'LL SEE

- Bus ride back to Lima; free time; final shopping/packing; farewell dinner.

WHAT TO WEAR

- Comfortable travel clothes; sneakers; light layer.

WHAT TO PACK

- Souvenir protection; valuables; passport; charger; organized carry-on.

MEALS

- Breakfast; lunch; farewell dinner.

TRANSPORTATION

- Bus Ica → Lima; local/private transfer.

TRAVEL TIP

Keep the day relaxed. Organize luggage before the farewell dinner and separate anything needed for the flight home.

Daily notes: _____

DAY 13 • March 21*

LIMA → BOSTON

OVERNIGHT	DIFFICULTY	ALTITUDE
—	Easy	Low altitude

WHAT YOU'LL SEE

- Hotel breakfast; airport transfer; international flight home.

WHAT TO WEAR

- Comfortable airplane clothes; layers.

WHAT TO PACK

- Passport; phone; chargers; medications; valuables; travel documents; one change of clothes; toiletries.

MEALS

- Breakfast; airport/airline meals.

TRANSPORTATION

- Hotel → Lima airport; international flight.

TRAVEL TIP

Confirm the airport transfer time and international check-in requirements with the tour operator/airline.

Daily notes: _____

PERU TRIP — QUICK REFERENCE

Packing checklist + altitude reminders

CLOTHING

5-7 T-shirts; 2-3 hiking shirts; 2 hiking pants; 1-2 shorts; casual pants; fleece; waterproof shell; windbreaker; underwear; hiking socks; regular socks; sleepwear; swimsuit; warm hat; baseball cap; light gloves.

SHOES

Broken-in hiking shoes/boots; comfortable sneakers; optional sandals/flip-flops. Avoid new hiking footwear.

DAYPACK

Water/hydration bladder; sunscreen; sunglasses; hat; rain jacket; fleece; snacks; phone/camera; portable charger; tissues/hand sanitizer; blister supplies.

HEALTH KIT

Regular medications; extra supply for delays; electrolyte/oral rehydration packets; normal pain medication; motion-sickness or stomach medications if appropriate; blister/bandage supplies. Discuss altitude medication with your physician before travel.

ALTITUDE

Cusco is about 11,000 ft. Take the first 24-48 hours easy. Hydrate, eat, avoid heavy exertion/alcohol initially, and tell your guide about symptoms. Severe symptoms require prompt medical attention and descent.

CONFIRM WITH TOUR OPERATOR

Day 8: Humantay OR Palcoyo? Day 6: exact Machu Picchu/Huayna Picchu entry times? Day 5: exact Short Inca Trail route/distance? Day 9: rafting level and safety gear? International flight/Day 1 and Day 13 timing?

DATE CHECK

If Boston departure is March 8 on an overnight flight, the itinerary as written places Day 1 on March 9 and Day 13 on March 21. Confirm the operator's official calendar before purchasing flights.