



**ESCAPE**

by MTP

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# Who we are

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We are active explorers, absolutely passionate about our country and the many wonders it offers. We are constantly seeking new adventures and escapes, driven by our love for the outdoors, nature and cultural immersion.

Our earliest memories are of navigating through the Amazon river in search of wildlife, hiking in the Andes mountains to discover ancient cities and their culture, or road tripping along the coast in search of the perfect beach to set up a camp.

Now, after many years of traveling through Peru's different regions, we share with you our knowledge and experience and invite you to Escape with us.

*Alonso Roffera*

Country Manager Metropolitan Touring Peru





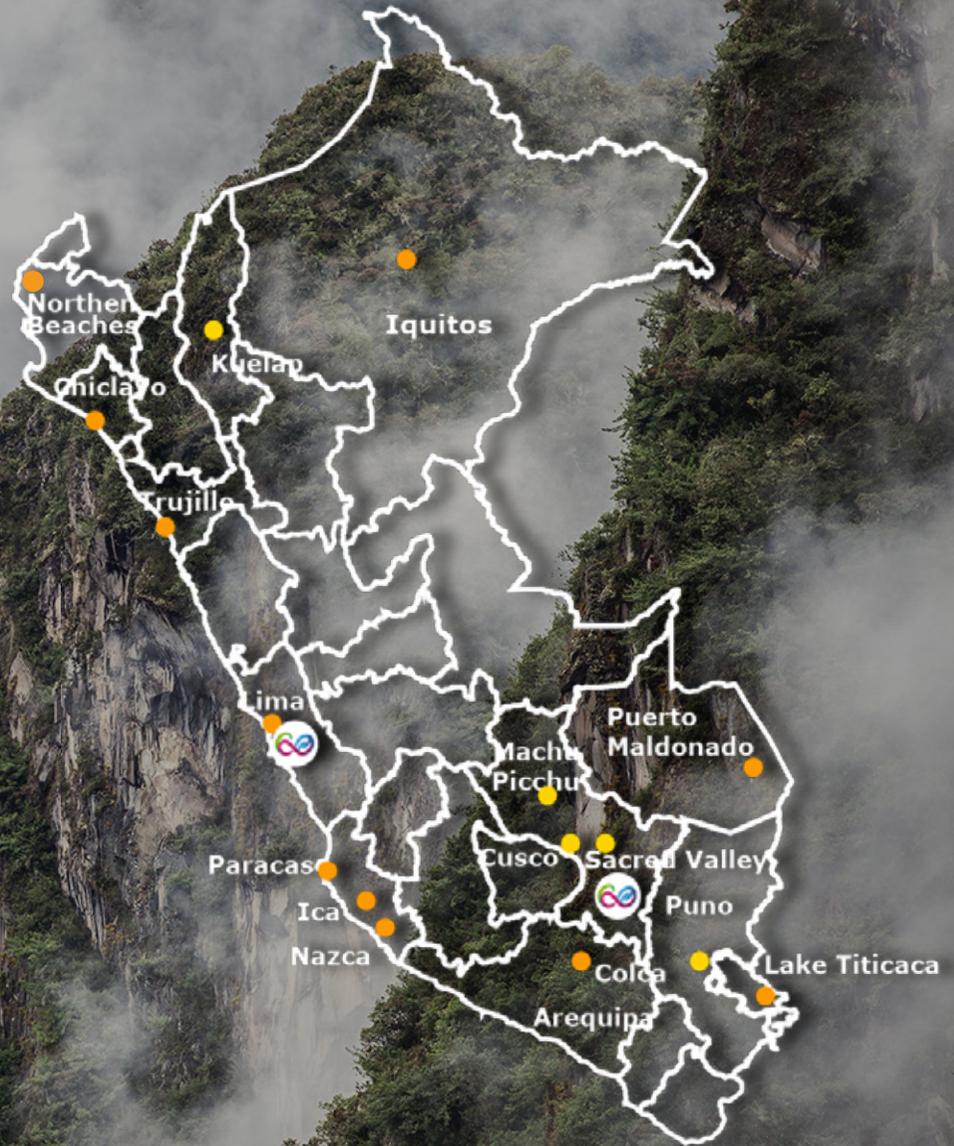
# *Why escape with MTP?*

In these hectic times, it's getting harder by the day to feel connected with ourselves, nature and others. The need to Escape from our daily routine is constant and the desire to explore must be fulfilled. We know that through outdoor adventures we can transform our lives in the most intimate and personal way and achieve the connection we are looking for. Each of our escapes has been carefully designed and selected to immerse you in the culture, history, nature, beauty, and magic of our unique country.

# About Peru

Peru is so rich and diverse that it is almost impossible to summarize it in a couple of lines. Its geography makes it a perfect destination for those who carry an adventurous spirit.

Just imagine yourself trekking through the Andes Mountain Range surrounded by unbelievable landscapes from The Great Inca Empire, meeting one of the 82 indigenous cultures that still remain authentic and alive, paddling in the world's highest navigable lake, surfing the longest wave in the world in a small fisherman port or exploring the mysterious Amazon river basin. These are just a few of the cultural and natural treasures that Peru has to offer.





# Choose your Escape

## Experiences



Nature



Amazing views



Photography



Family



Relax



Soft Adventure



Trekking



Culture

## Difficulty



**Easy**

Explorers should be in good health and comfortable walking or standing for extended periods of time.



**Medium**

Explorers should be physically fit and prepared for multiple hours of activity.



**Hard**

Designed for experienced active travelers in excellent physical condition.



You can find this adventure in all three levels: easy, medium and hard.

A scenic landscape featuring a person standing on a dirt path in the foreground, looking towards a large, calm lake. The lake's surface reflects the bright sun, which is positioned high in the sky, creating a starburst effect. In the background, there are rugged mountains with significant snow cover, partially obscured by white clouds. The overall scene is bright and clear, suggesting a high-altitude or alpine environment.

# *New Escapes*



# Huayhuash Expedition



**Difficulty:**  
Medium



**Duration:**  
6 days 5 nights



**Season:**  
All year round

In this Escape you can explore one of the most beautiful mountain ranges in the world from the comfort of a fully equipped camp with all necessary equipment for your stay. Seagulls, caracara, hummingbirds, and many more birds will accompany you while you contemplate the Rondoy, the Jirishanca and the Yerupajá peaks standing on a SUP in the middle of a lagoon in a glacial valley. Thanks to our team of local experts you can connect with the culture of the area and be part of a world-class mountain expedition.





# Huascaran National Park



**Difficulty:**  
Easy



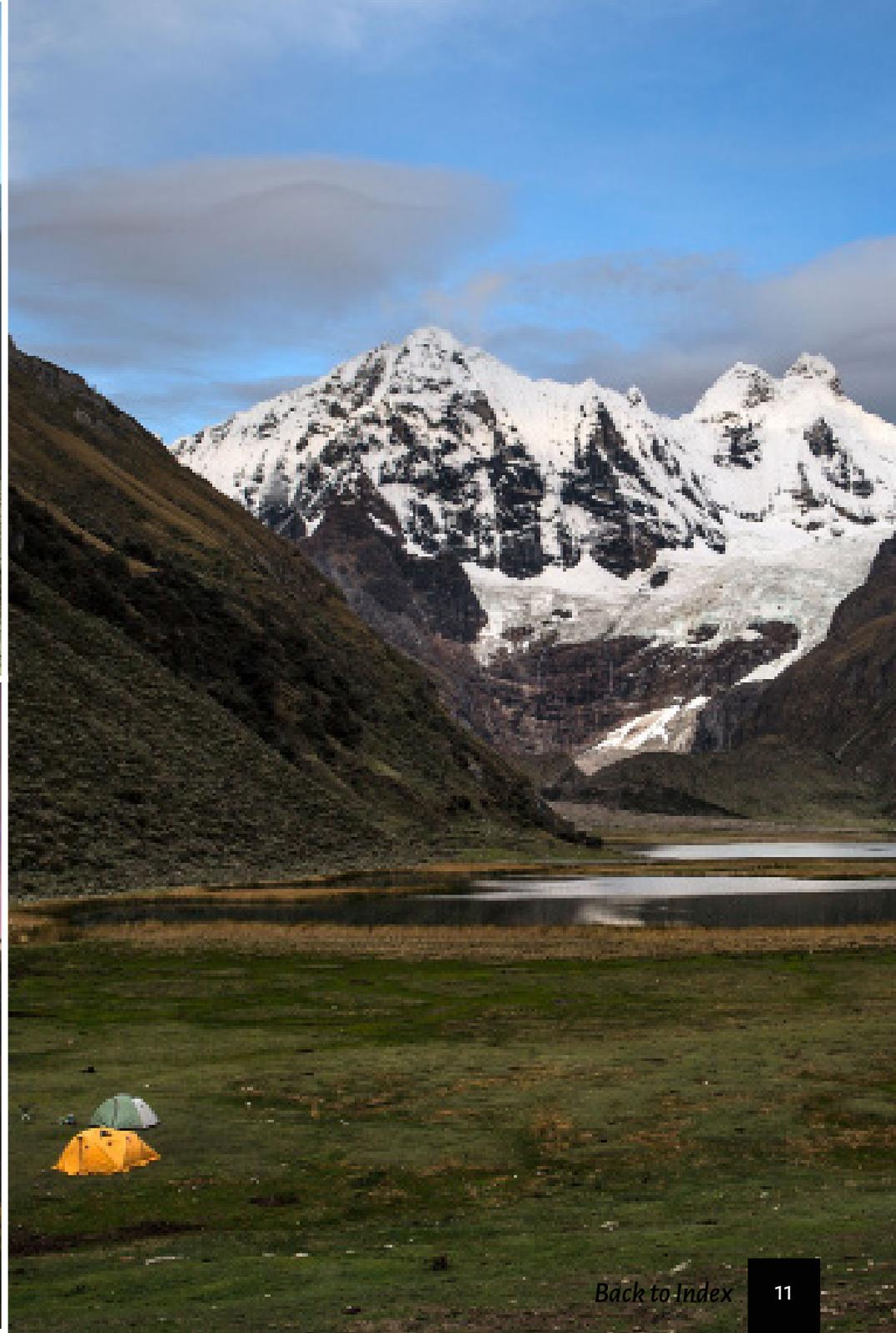
**Duration:**  
5 days 4 nights



**Season:**  
All year round

In this Escape, you will visit one of the highest mountains in South America and you can enjoy a road trip with friends and/or family from the comfort of your pickup truck. This is a mountain lodge and a camp stay designed for both the most adventurous and those who are just beginning to go out into nature and want to connect with the magic of a night under the stars. High-quality camping equipment and all the included services guarantee us to focus our energy on enjoying the outdoors.







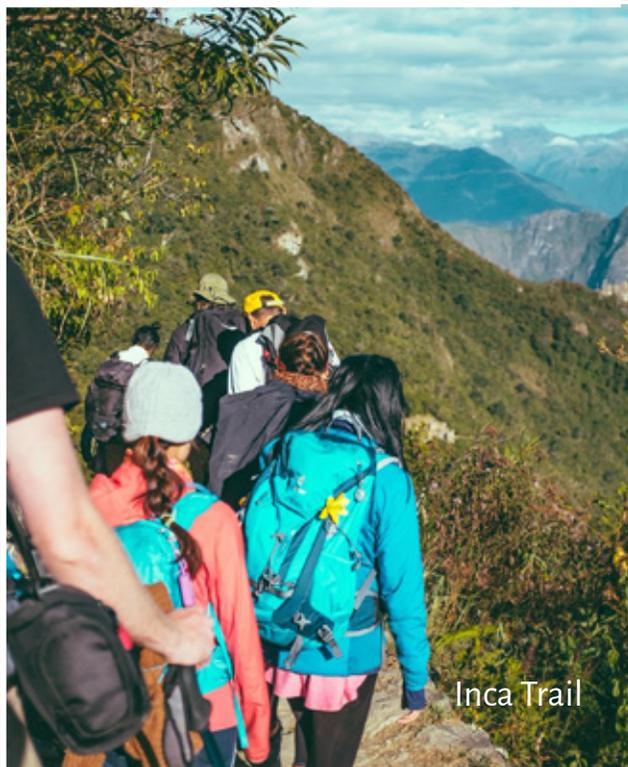
# *Trek & Camp*



Choquequirao Trek



Huayhuash Trek



Inca Trail

# What to bring?

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## Clothing

- Trekking pants & jacket
- Long and short sleeved shirts
- Cap or Hat
- Sunglasses
- Trekking shoes
- Raincoat
- Trekking gloves

## Toiletries

- Small towel
- Sunblock
- Insect repellent
- Lip balm
- Energy bars

## Extras

- Prescription medicines
- Camera
- Water bottle or Hydration pack
- Passport/ID
- Trekking Poles
- Headlamp/Flashlight
- Small day backpack
- Power bank



# Inca Trail to Machu Picchu



**Difficulty:** Medium



**Duration:** 4 days 3 nights



**Season:** Mar - Ene

Walk along the ancient trail laid by the Incas from the Sacred Valley to Machu Picchu and you will get to experience all the beauty and mystery of this world-renowned trek. During the 4 day trek, you will experience views of snowy mountain peaks, distant rivers and ranges, cloud forests, and many ancient Inca sites only accessible by this trail! After all the effort undertaken, on the last day you will be rewarded with spectacular views from the sun gate of “The lost city of the Incas”.







# The Choquequirao Trek



**Difficulty:** Hard



**Duration:** 4 days 3 nights



**Season:** Mar - Nov

Continuous declines and ascents through the slopes of one of the deepest canyons of the world, the Apurimac canyon, will lead us to the recently discovered citadel of Choquequirao. Surrounded by lush rainforest and snow-capped peaks, the Choquequirao route has new views at every turn and it should come as no surprise that this mountain-top city is being praised as the “new Machu Picchu”.







# Moonstone Trek



**Difficulty:** Medium

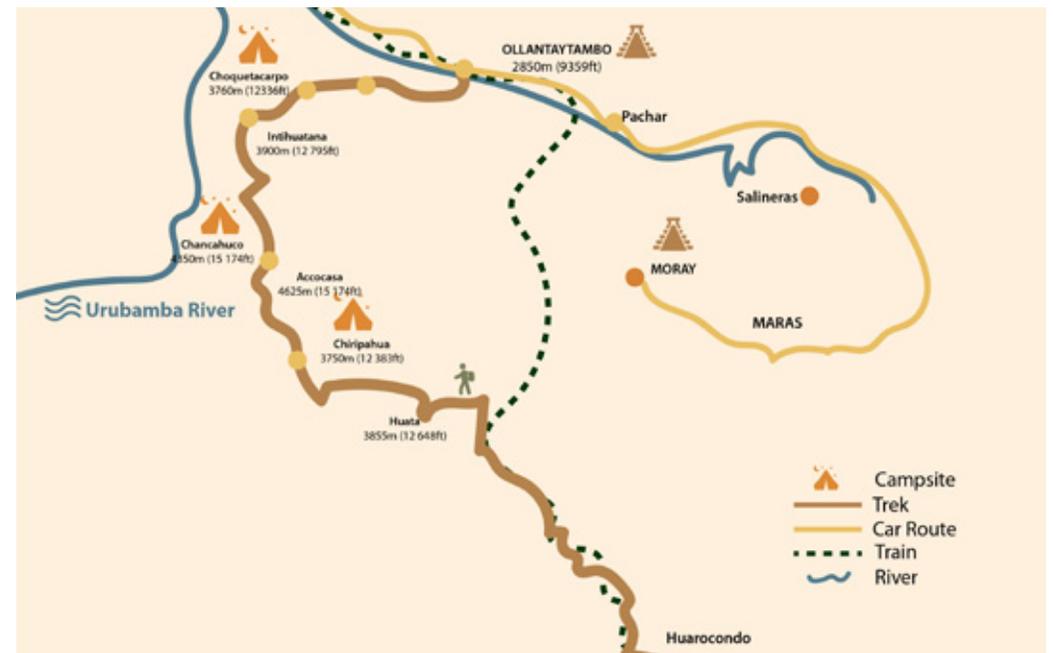


**Duration:** 4 days 3 nights



**Season:** Mar - Nov

Get your feet ready to go through an isolated route with untouched ruins everywhere! Walk along 37km (22 miles) with great mountain views surrounding you while you follow the Inca steps and get in touch with various Inca cities. An unforgettable experience to get close to the natural and cultural richness of the Andes.







# Huayhuash Expedition



**Difficulty:** Hard



**Duration:** 8 days 7 nights



**Season:** Mar - Oct

Camp alongside crystal clear rivers and discover the beauty of the turquoise lagoons while you walk accompanied by an impressive view of the huge snowy peaks from the Huayhuash Mountain Range. These are some of the details that make this expedition one of the best and most beautiful trekking circuits in the world. Escape from the routine with this circular route of 120 km (75 miles) around the mighty Huayhuash mountain range with several peaks above 6,000 m.a.s.l (19 685 f.a.s.l).

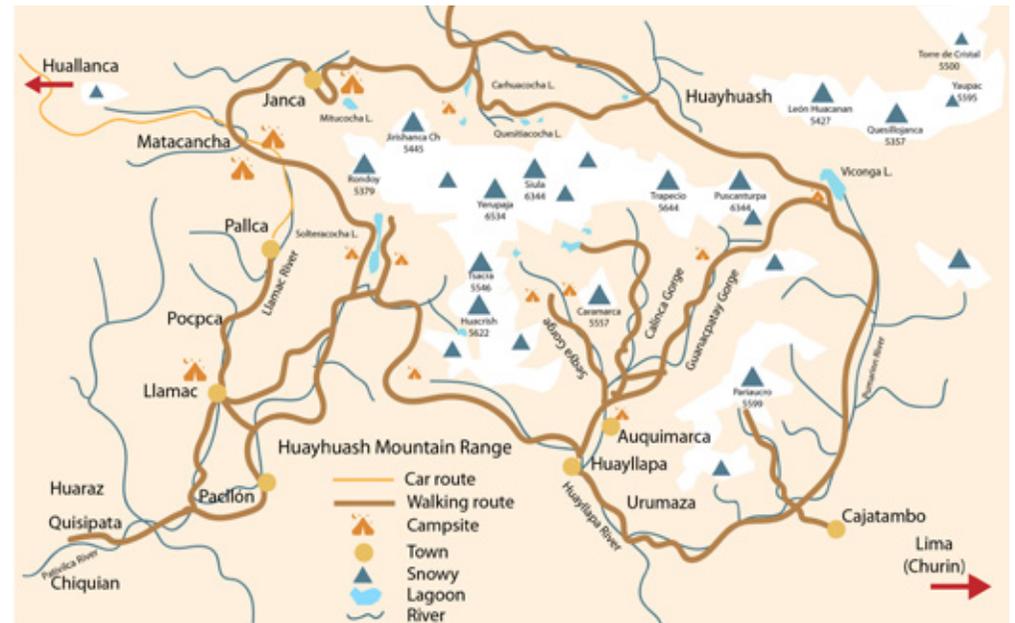






Photo by @dermessing

# Climbing Nevado Pisco



**Difficulty:** Hard



**Duration:** 3 days 2 nights



**Season:** Abr - Set

Get yourself ready to walk for 3 days passing by beautiful villages and amazing lagoons to reach the summit of Nevado Pisco at 5752 m.a.s.l.(18871 f.a.s.l.) with unbelievable 360° summit views over the Cordillera Blanca. Even resting will be a complete escape from routine as you will camp with the outstanding view of the Huandoy, Pisco, Chopicalqui, Huascarán and Yanapaccha peaks.







*Lodge to lodge trekking*



Lamay Lodges



Ausangate Trek





# Lares Trek



**Difficulty:** Medium



**Duration:** 5 days 4 nights



**Season:** All year

This route, starting at Lares town, will take you to the heart of the Andean indigenous communities and give you the unique opportunity to learn more about the lifestyle of their ancient inhabitants, which remains the same for hundreds of years. During four days you will cross different valleys with spectacular views of mountains and lakes whilst nourishing your bodies with excellent food.

\*Available in 3d/2n

Optional Extension: transfer to Ollantaytambo to take the train to Machu Picchu.







# Apu Ausangate Trek



**Difficulty:** Hard

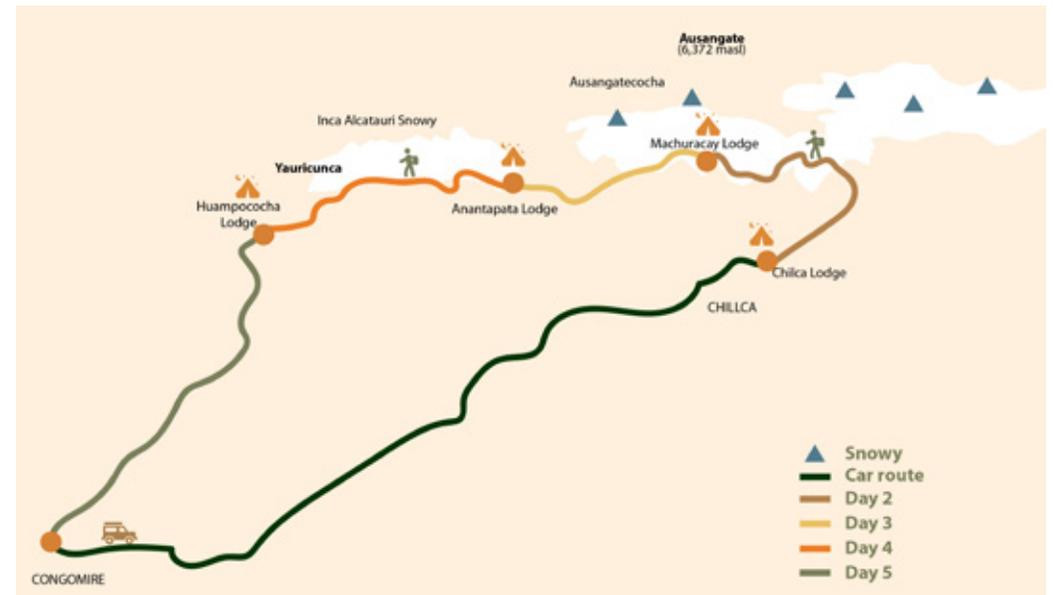


**Duration:**  
5 days 4 nights



**Season:**  
Mar - Nov

A five-day breathtaking trek in the Vilcanota Mountain Range on a route called the “Path of the Apu Ausangate” located in close proximity to the highest sacred mountain in the Cusco region. The “Apu” is the bearer of life and the guardian of one of the most pristine mountain ecosystems in the world. Enjoy all of this while you stay in comfortable designed local “Tambos”. With several high passes over 5000 m.a.s.l. (16404 f.a.s.l.), the Ausangate Trek is considered fairly difficult.







# *Short Treks*



# The short Inca Trail



**Difficulty:** Easy

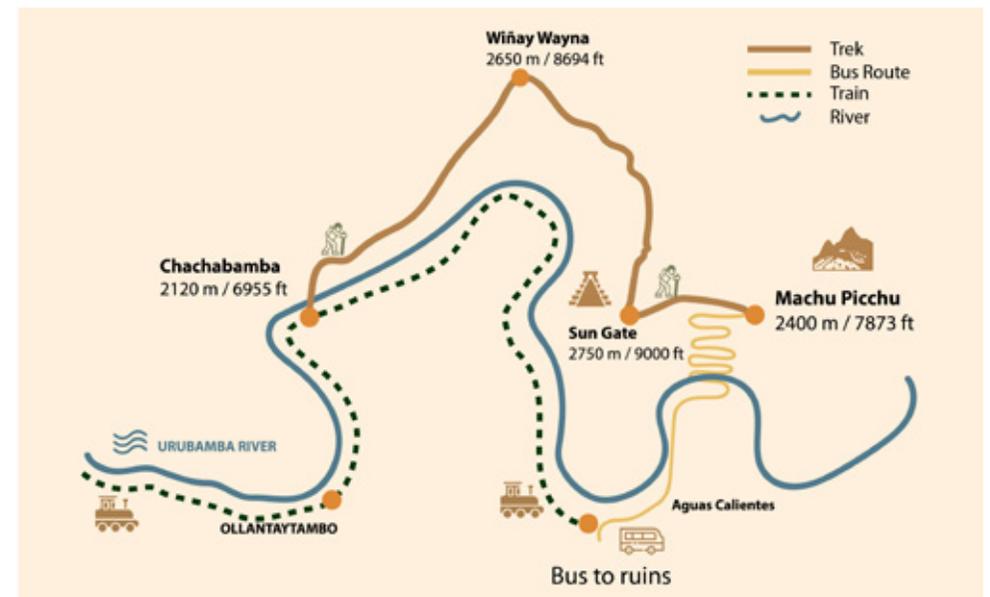


**Duration:** 2 days 1 night



**Season:** Mar - Ene

Discover the Inca Trail on a two-day, one-night walk to “The lost city of the Incas” and get to know the longest and most important communication network of the Pre-Hispanic American Continent. A short train ride from Ollantaytambo to Chachabamba will take you to the starting point of this trek. This is a highly recommended option for those who don’t want to miss the Inca Trail but don’t have much time or prefer to undertake the trek without camping. Highest altitude is 2750 m.a.s.l. (9000 f.a.s.l.).





# Vinicunca Rainbow Mountain



**Difficulty:** Easy

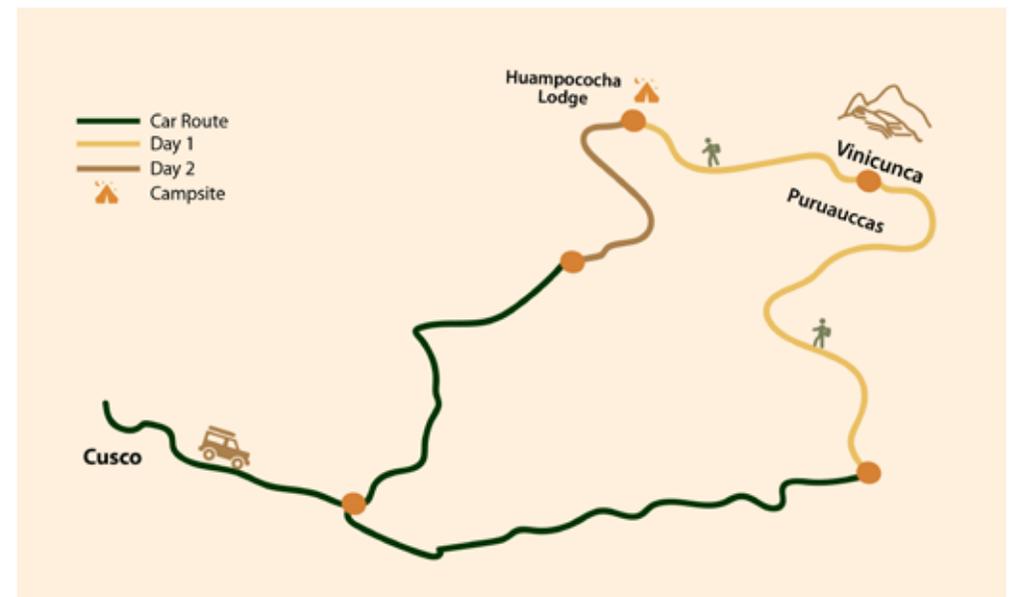


**Duration:**  
2 days 1 night



**Season:**  
Mar - Nov

Venture yourself to the less known southern valley of Cusco and discover a dream-like landscape nestled in the greater Andes Mountains. As you hike you'll witness geological wonders and admire the beauty of this unique landscape as you reach the Vinicunca Mountain at 5100 m.a.s.l. (16732 f.a.s.l.), also known as the "Rainbow Mountain", renowned worldwide and one of the most spectacular vantage points of the route and of the entire Andes Mountains range.





# Huchuyqosqo trek



**Difficulty:** Medium

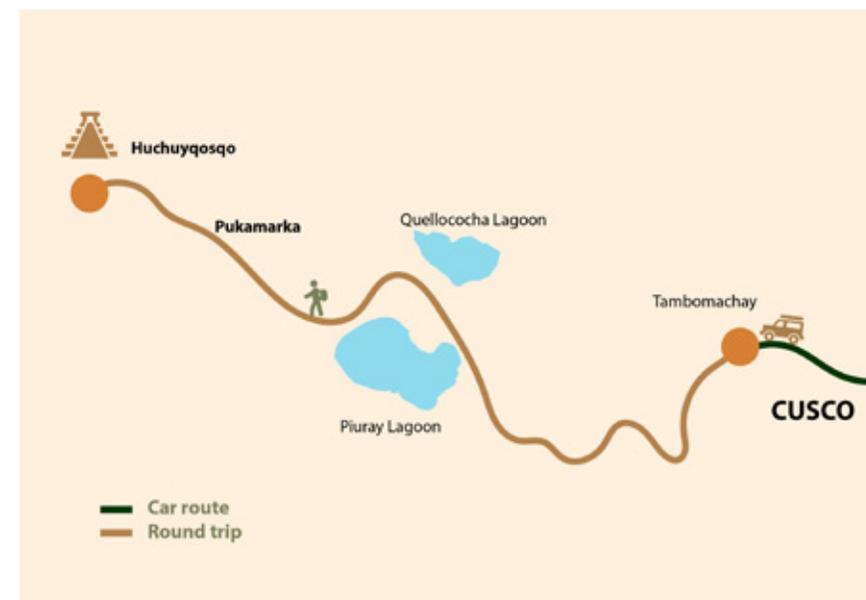


**Duration:**  
2 days 1 night



**Season:**  
Mar - Nov

Experience two days of hiking along ancient Inca trails located in the Sacred Valley going through mountain passes of 4200 m.a.s.l. (13779 f.a.s.l.), alongside stunning lakes, overlooking some of the most impressive snow peaks of the Cordillera Urubamba, in order to reach this important but mostly unexplored archaeological site. It is an ideal trip for families or those who have little time but want to experience the adventure of camping in the Andes. On the first day, you will walk from 6 to 7 hrs of hiking, and the second day it will be from 5 to 6 hrs.





# *Sacred Hikes*

Between the old imperial city of Cusco and the enigmatic Machu Picchu, lies the Sacred Valley of the Incas, a place full of natural beauty and mystical feeling. Get to experience the hidden treasures of this place through our especially designed full day and half day hikes. This selection of routes has been developed for you to choose between your different interests, time constraints and fitness degrees, always ensuring off the beaten path experiences that have elements of nature, culture, and outstanding scenarios.



## Yucay Aqueducts



**Difficulty:**  
Easy



**Duration:**  
Half day



### Pumamarca - Ollantaytambo



**Difficulty:**  
Easy - Medium



**Duration:**  
Half day



### Chincho - Urquillo



**Difficulty:**  
Medium



**Duration:**  
Half day



### Misminay - Moray - Maras - Pichingoto



**Difficulty:**  
Medium



**Duration:**  
Full day



### Huchuyqosqo



**Difficulty:**  
Hard



**Duration:**  
Full day



*Wildlife*



# What to bring?

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## Clothing

- Long sleeve light pants
- Long sleeve light shirts
- Cap or Hat
- Sunglasses
- Rain boots
- Rain jacket

## Toiletries

- Small towel
- Sunblock
- Insect repellent
- Energy bars

## Extras

- Prescription medicines
- Binoculars
- Camera
- Water bottle or Hydration pack
- Passport/ID
- Headlamp/Flashlight
- Small day backpack
- Power bank



# Tambopata National Reserve

 **Suggested duration:**  
4 days 3 nights

 **From:**  
Cusco or Lima

The most diverse forests on the planet can be found in Madre de Dios region and the Tambopata National Park is the most accessible area for adventurers and nature lovers. Delight yourself with the sight of giant river otters, macaws salt cliffs, capuchin monkeys, black and white caymans, and with a bit of luck, the king of the jungle: The Jaguar.



 **Lodging facilities:**





# Manu Tambo Blanquillo Reserve

 **Suggested duration:**  
5 days 4 nights

 **From:**  
Cusco

Recognized as a Biosphere Reserve and a World Heritage Site by UNESCO, Manu is one of the most biodiverse places on the planet. Manu's pristine rivers, lagoons, and tropical forests are ideal for seeing all types of wildlife, from the vibrant cock of the rock to the curious Giant river otters and the illustrious Jaguar.



 **Lodging facilities:**





# Cruising the Amazon



**Suggested duration:** 4 days 3 nights **From:** Cusco or Lima **Minimum Age:** 9 years old

Navigate along the Amazon River and immerse yourself in the Pacaya Samiria National Reserve, also known as the “mirror jungle” because of the intense reflection of the forest in the black waters. This ecosystem is a flooded rainforest and navigating it in an exclusive river cruise is the best option you can choose. Be ready to see the pink dolphin, black cayman’s and many types of beautiful birds amongst other wildlife.



**Lodging facilities:**





# Condor Canyon

 **Duration:**  
Full day

 **From:**  
Cusco



Get in touch with the Andean worldview, the Inca astronomical knowledge and much more about the Inca culture in this 100% experiential and natural tour. Visit Andean communities, well-preserved ruins, snowy mountains full of great mysticism and historical importance and have the opportunity to see the impressive owner of the Andean sky: The Condor! Childer should be minimum 8 years old for this activity.





Cusco



## Abra Malaga Birdwatching



**Duration:**  
Full day



**From:**  
Sacred Valley

Venture at early morning into Abra Malaga at the Sacred Valley, to find endemic species such as the Taczanowski's Tinamou, Peruvian Pygmy-Owl, White-tufted Sunbeam and many others. With a little bit of luck you will spot the Andean Condor so keep an eye out whilst enjoying the wonders of the Andes!





# Huacarpay Lagoon Birdwatching

 **Duration:**  
Half day

 **From:**  
Cusco

Enjoy your day to the fullest, starting at 6am to see the Andean birds in the Huacarpay lagoon, located in the South Valley of Cusco. Here you will find the best bird watching spot at the top of the tower of the lagoon. In addition, a walk around the lagoon will allow you to observe the arrival of wild ducks migrating to the area in search of food.





Lima



## Villa Marshes Birdwatching



**Duration:**  
Half day



**From:**  
Lima

Venture yourself in the Villa Swamp Reserve and be ready for some serious birdwatching in the middle of Lima city! These 263 hectares (650 acres) protected natural area is home to 210 types of birds and 65 types of plants and you get the chance to view them through the reserve's 3 different circuits.





# Giants of the ocean

 **Duration:**  
Half day

 **From:**  
Mancora

 **Season:**  
Jul - Oct

The adventure begins in the port of Órganos, where marine biologists will guide you through the waters of the Pacific Ocean to find dolphins, sea lions, turtles, blue-footed boobies and impressive humpback whales. You will be able to observe its incredible jumps, flapping and even through a hydrophone you will be able to listen to its fascinating singing live.





Lima



## Sea lion islands



**Duration:**  
Half day



**From:**  
Lima

Live a day at the sea watching various colonies of guano birds and Humboldt penguins while enjoying a boat ride to the islands of San Lorenzo, Cabinzas, and El Fronton. The best awaits for you when you arrive at Palomino Island where you will have the opportunity to see a large colony of sea lions.



A group of five people, including a child, are in a raft navigating a rocky river section. They are wearing helmets and life jackets, and holding paddles. The water is turbulent and white with foam. Large, dark rocks are visible in the background and foreground. The scene is captured from a low angle, emphasizing the scale of the rocks and the intensity of the rapids.

*Conquering the rivers*

Cusco



# Sacred river rafting



**Difficulty:**  
In all 3 levels.



**Duration:**  
Half day / Full day



**Season:**  
Year around

The serene and clear waters and also the surrounding nature and good rapids, make this section of the Urubamba river our favorite for those families who love adventure and would like to share with their little ones (above 10 years old) a perfect day of easy adventure in a responsible way. It hosts the most fun section for boating excursions with clear waters and great rapids. A section recommended for those adventure lovers who are seeking a little adrenaline and action.





# Apurimac Expedition



**Difficulty:** Medium

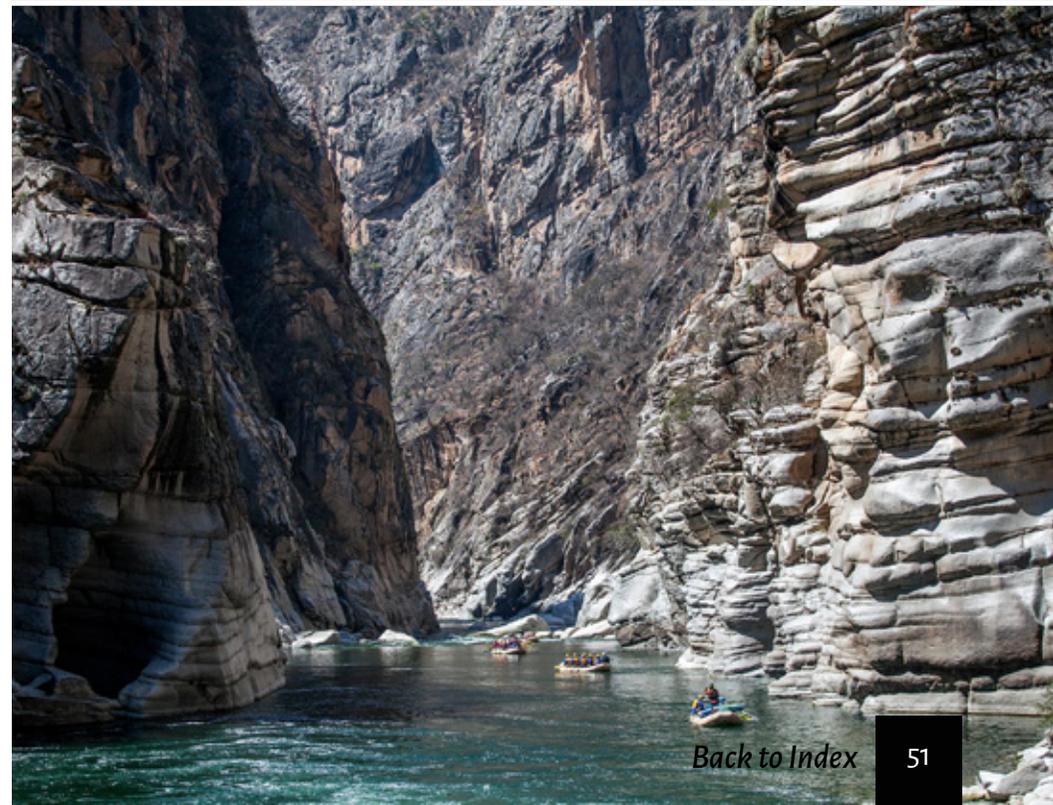


**Duration:**  
3 days 2 nights



**Season:**  
May - Oct

The Apurimac River is the most distant source of the world's longest river: the mighty Amazon. In its final thrust from the Andes into the jungle, the waters of the Apurimac flow through a gorge of 3,000m (9,840ft), forming countless Class III, IV and V rapids. This inner canyon with its imposing granite walls, impressive geological formations, crystal clear waters, and beautiful sandy beaches create one of the most popular river expeditions on Earth.





# Tambopata Expedition



**Difficulty:** Medium

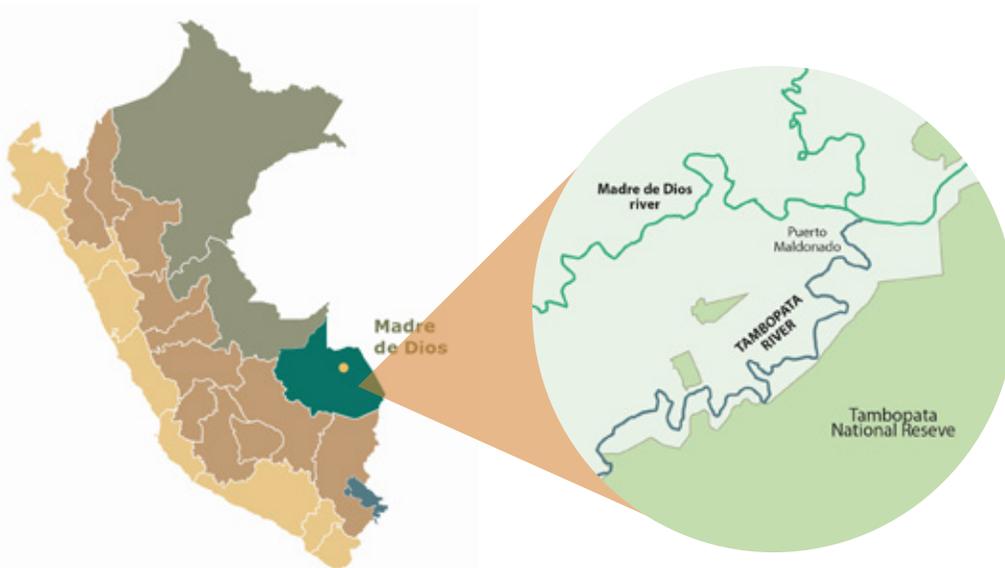


**Duration:**  
9 days 8 nights



**Season:**  
May - Oct

This adventure will include rafting down rapids in the high Tambopata River as well as a visit to the Macaw Clay Lick featured in the January 1994 by National Geographic. You will have ample time to acquaint yourself with the wildlife and indigenous life of the region. You will descend from the highlands above 4,500 meters (14,760ft) through the cloud forests, into the Amazon rainforest at 250 meters (820 ft). You will camp on the beaches along the river and visit the Tambopata Research Center plus a wonderfully designed jungle lodge.



Cusco



# Piuray Lagoon kayak & SUP



**Difficulty:** Easy

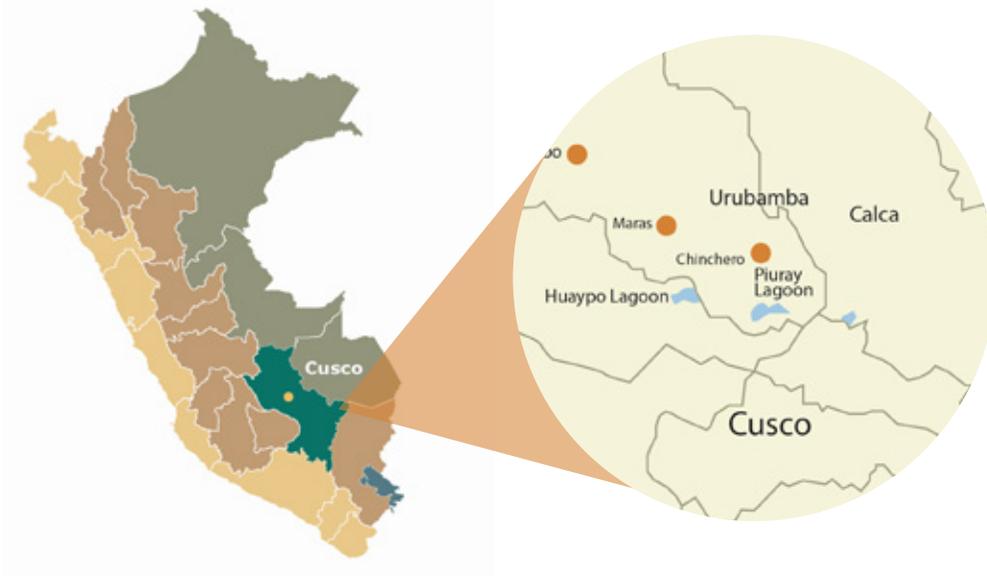


**Duration:** Half day or Full day



**Season:** Year around

How incredible would it be to escape into a day that combines sport, adventure, spectacular scenery and culture? This escape, departing from Cusco city or the Sacred Valley, will take you into one of the most beautiful lagoons of the Cusco region for you to enjoy the outdoors and outstanding andean nature.



Cusco



# Nature Paddle kayak & SUP



**Difficulty:** Easy

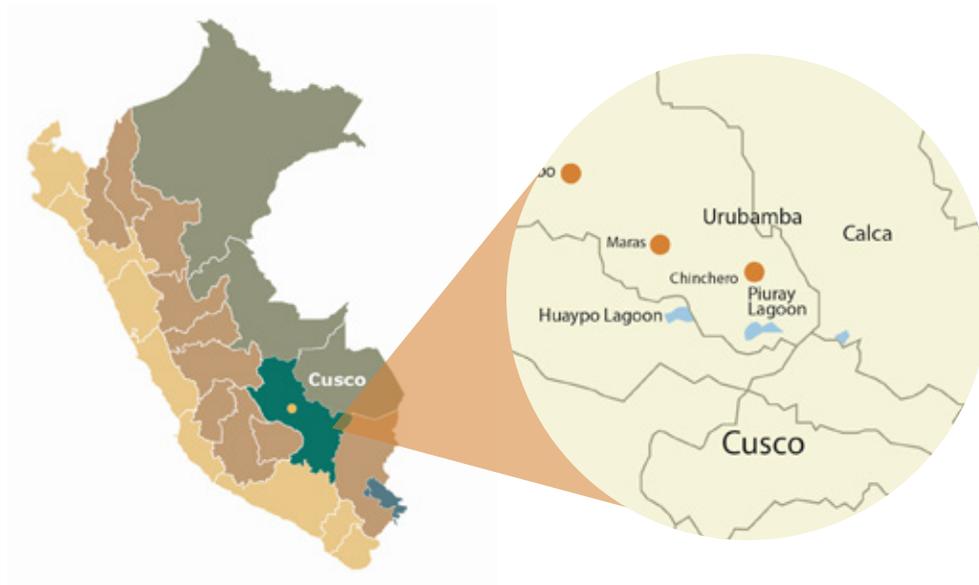


**Duration:**  
Full day



**Season:**  
Year around

The escape departs from Cusco or Sacred Valley to Huaypo, a gorgeous lagoon perched on the heights of the Andes; its deep blue waters reflect a stunning view of the hills, mountains, and nature surrounding it. Here you will paddle around in a sea kayak or SUP, a graceful ride that will allow you to appreciate the surrounding nature in all its dimensions. After that, you will delight your palate with a delicious outdoor picnic!





# Rowing the Titicaca



**Difficulty:** Easy



**Duration:** Half day



**Season:** Year around

Lake Titicaca is known by its beautiful landscapes, by that clear light, radiant from the heights, and by having spectacular sunrises. The tour takes place around the island, looking for a quiet place to witness the sunrise and observe a large number of birds that inhabit this majestic place. Enjoy this natural spectacle in the best possible place, on board a canoe, paddling on the waters of the Titicaca. Without a doubt an unforgettable experience!





# El Candelabro Sea Kayak



**Difficulty:** Easy



**Duration:** Half day



**Season:** Year around

Depart early in the morning from your hotel towards the Paracas National Reserve, where your kayak will be awaiting you to start this adventure in the Pacific Ocean. An easy paddle through shores, beaches, and caves, while sighting different birds such as the Inca tern or the Pacific Pelican will lead you to the magnificence of the “Candelabro” (Candelabra), an enormous and mysterious geoglyph carved on the desert soil, making this a morning of archeological and natural history discovery.



## Lima



# Sea Kayak in the capital city



**Difficulty:** Easy

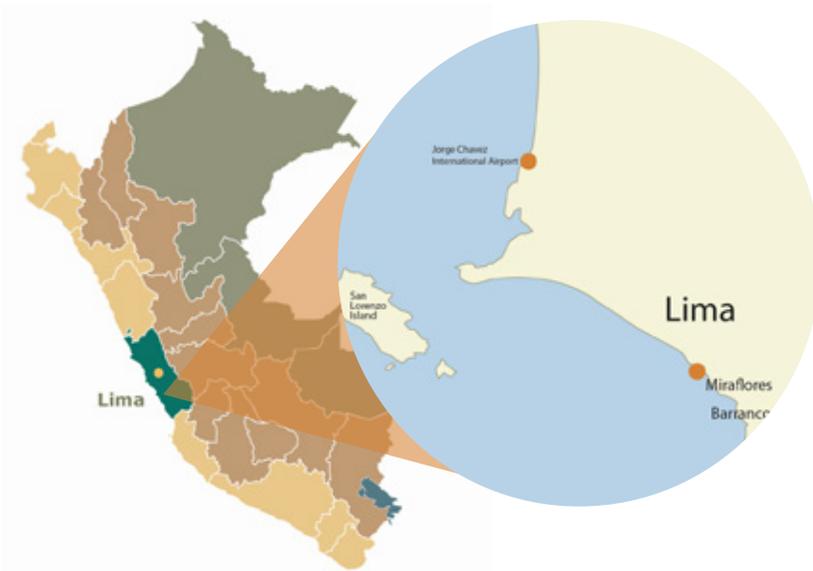


**Duration:**  
Half day



**Season:**  
Year around

Enjoy the wonderful views of the city of Lima on the cliffs, while kayaking across the Pacific Ocean. Experience the sensation of sailing through the open sea and start the day with a great outdoor sports activity and appreciate Lima's coastline from a unique perspective.





# Taquile Kayak & lunch



**Difficulty:** Medium



**Duration:** Half day



**Season:** Year around

Start the day kayaking 7km (4 mi.) in open water at one of the highest navigable lakes in the world, Lake Titicaca (3800 m.a.s.l. / 12467 f.a.s.l.), from the Capachica peninsula to Taquile Island, complementing the experience with a walk along a cobbled path to Taquile Square where you will enjoy a delicious lunch involving typical dishes of the town. A complete and relaxing experience!



A person wearing a blue shirt, dark shorts, a blue backpack, and a helmet is riding a blue mountain bike on a dirt trail. The trail is on a hillside overlooking a valley. In the valley, there is a town with white buildings and a winding dirt road. The surrounding hills are rocky and have some green vegetation. The text "On two wheels" is overlaid on the image in a white box with a black border.

*On two wheels*

## Sacred Valley



# E-Bikes Sacred Valley



**Difficulty:** Easy



**Duration:**  
3h 30min



**Season:**  
Year around

Immerse yourself into breathtaking landscapes while you travel by the Sacred Valley of the Incas on a 12 to 13 km. (7 to 8 miles) bike ride. The adventure begins in Urubamba with a short safety briefing and information on the use of the e-bikes in the lobby of the Tambo del Inka hotel. Then, we will pedal south of the valley until we will stop at the edge of the river Vilcanota where we will visit a local house.



## Sacred Valley



# Lamay to Pisac route



**Difficulty:** Easy



**Duration:**  
3h 30min



**Season:**  
Year around

The route starts in Lamay at the Sacred Valley. A 13km (8 mi.) tour takes us through the side of the Urubamba River all the way to Pisac's town. The route is 95% flat and 5% moderate rise with some bridges and landscapes. We finish the route with a nice walk through the crafts market of Pisac and with a delicious fusion snack at Mullu Restaurant.





# Chincherero to Tiobamba route



**Difficulty:** Medium



**Duration:** 3h



**Season:** Year around

The route starts at Chincherero. A tour of approximately 11km (7 mi.) leads us through small Andean communities along the Huaypo Lagoon. The route is 70% flat, 25% soft slope and 5% soft gentle climb. We finish the route at Tiobamba´s Church with a picnic in the middle of the mountains.





# Maras to Pachar route



**Difficulty:** Medium



**Duration:**  
Half day



**Season:**  
Year around

The route starts beside the Church of Maras. A tour of 13km (8 mi.) gives us a panoramic view of Yanahuara and Pachar. The route is 20% flat and 80% moderate slope. We finish the route with a visit to Cerveceria del Valle for a tasting of craft beer and organic snacks. This tour includes a donation to the Sacred Valley Project.



Lima



# Lima & Pachacamac routes



**Difficulty:** Easy



**Duration:**

Half day or Full day



**Season:**

Year around

Enjoy this experience on two wheels, pedaling through the rocky mountains and fertile valleys of the Pachacamac and Lima region. Here the routes are adapted to the level of experience of the cyclist and the season, having among their options, downhill or cross-country trails.



A photograph of a steep, rocky mountain slope. In the foreground, a thick metal cable is anchored into the rock. In the middle ground, a climber in a black jacket and tan pants is seen from behind, ascending the rock face. Further up, another climber in a white shirt and orange helmet is visible, also ascending. The rock is reddish-brown and textured. The sky is bright and overcast.

*Other activities*



# Via ferrata



**Difficulty:** Easy



**Duration:** Half day



**Season:** Year around

Via Ferrata is a path used to climb a mountain with a safety system permanently installed. It gives the chance to people without any experience in climbing, to move through spectacular mountain scenery using a minimum of equipment. Join us in this pure adrenaline experience, departing from Cusco or Sacred Valley. Childer should be minimum 7 years old for this activity.





## Andean Horseback Riding



**Difficulty:** Easy



**Duration:**  
4h - 8h



**Season:**  
Year around

Venture yourself into a relaxing and unique way of knowing the Andean culture and scenery. You will cross rivers, see snow-capped mountains, agricultural terraces, and Andean style villages, through paths only accessible by horse. This escape is available in Cusco city surroundings and at the Sacred Valley. Childer should be minimum 8 years old for this activity.





# Pacific Scuba Diving



**Difficulty:** Easy



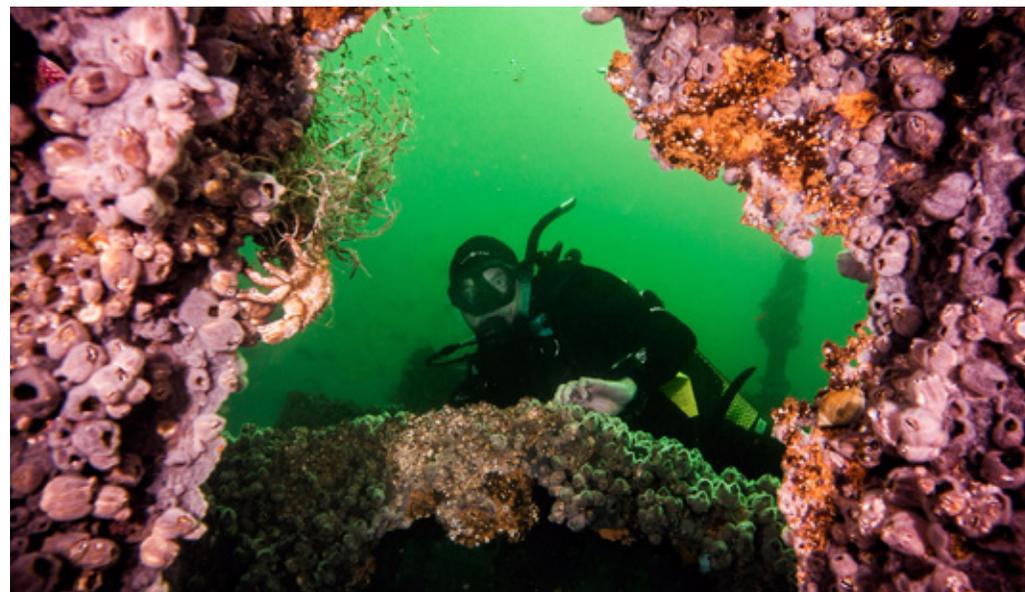
**Duration:**  
Half day or Full day



**Season:**  
Year around

The Pacific Ocean is the largest and deepest of Earth's oceanic divisions. In the Peruvian coast, the Humbolt and El Niño currents meet, creating a very rich and special ecosystem full of marine wildlife. Scuba diving in these waters is a completely different experience where wildlife sighting is guaranteed. This activity can be done in Lima city or Northern Peru at Mancora.

No previous experience needed.





# Surfing in Lima



**Difficulty:** Easy



**Duration:**  
Half day



**Season:**  
Year around

Spend a morning or afternoon surfing the perfect waves of our capital city, Lima. We will pick you up from your hotel and take a short drive down to the Costa Verde or, approximately 1 hour, towards the south of Lima, depends on your choice. Once there, we will start with the on-land lessons until we feel ready to venture into the waves.





# *From our Explorers*



*I just wanted to drop you a note of Great Thanks. We all enjoyed our tour of Peru immensely. The trip was fantastic. The hotels were wonderful and the guides were super. Everything went so well.*

*I think we all have fallen in love with Peru and with Metropolitan Touring Peru!*

*Jenny Gupta*



# *From our Explorers*



*It's truly been an adventure of a lifetime and I feel like we really saw and did sooo much in that time window.*

*Metropolitan Touring Peru was wonderful, as were all the hotels, and accommodations, it was amazing!!*

*Thank you so much! You are a star!!*

*Sarah*



[www.metropolitan-touring.com.pe](http://www.metropolitan-touring.com.pe)

For further information or booking, please contact our Destination Experts:

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