

# SPICE ROADS

## CYCLING



## BIKING PERU FROM THE ANDES TO THE AMAZON

Tour Code  
**PER-BPA**

**11** DAYS  
**10** NIGHTS

	Destinations	Peru
	Tour Meets	Cusco, Peru
	Tour Ends	Cusco, Peru
	Fly in to	Alejandro Velasco Astete Cusco International Airport (CUZ)
	Fly out of	Alejandro Velasco Astete Cusco International Airport (CUZ)
	Group Size	2-16 riders
	Minimum Age	18 (on scheduled departures)

## ACTIVITY PROFILE



<b>7</b> Cycling days	<b>364</b> <sup>km</sup> Total cycling distance
<b>52</b> <sup>km</sup> Avg distance / day	<b>339</b> <sup>m</sup> Avg climbing / day

## PRICING



Price	US\$ 4,500
Bike Hire (Full Suspension Mountain Bike)	US\$ 350
Bike Hire (E-Bike*)	US\$ 695
Single Supplement	US\$ 775

*\*E-bikes are in limited supply, please enquire to reserve one.*

## WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks
- ✓ Lunch
- ✓ Entrance fees
- ✓ Ferry/boat fares

## WHAT'S EXCLUDED

- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

## DEPARTURES



01 June - 11 June 2025  
06 July - 16 July 2025  
03 August - 13 August 2025  
07 September - 17 September 2025  
05 October - 15 October 2025  
31 May - 10 June 2026  
05 July - 15 July 2026  
02 August - 12 August 2026  
06 September - 16 September 2026  
04 October - 14 October 2026

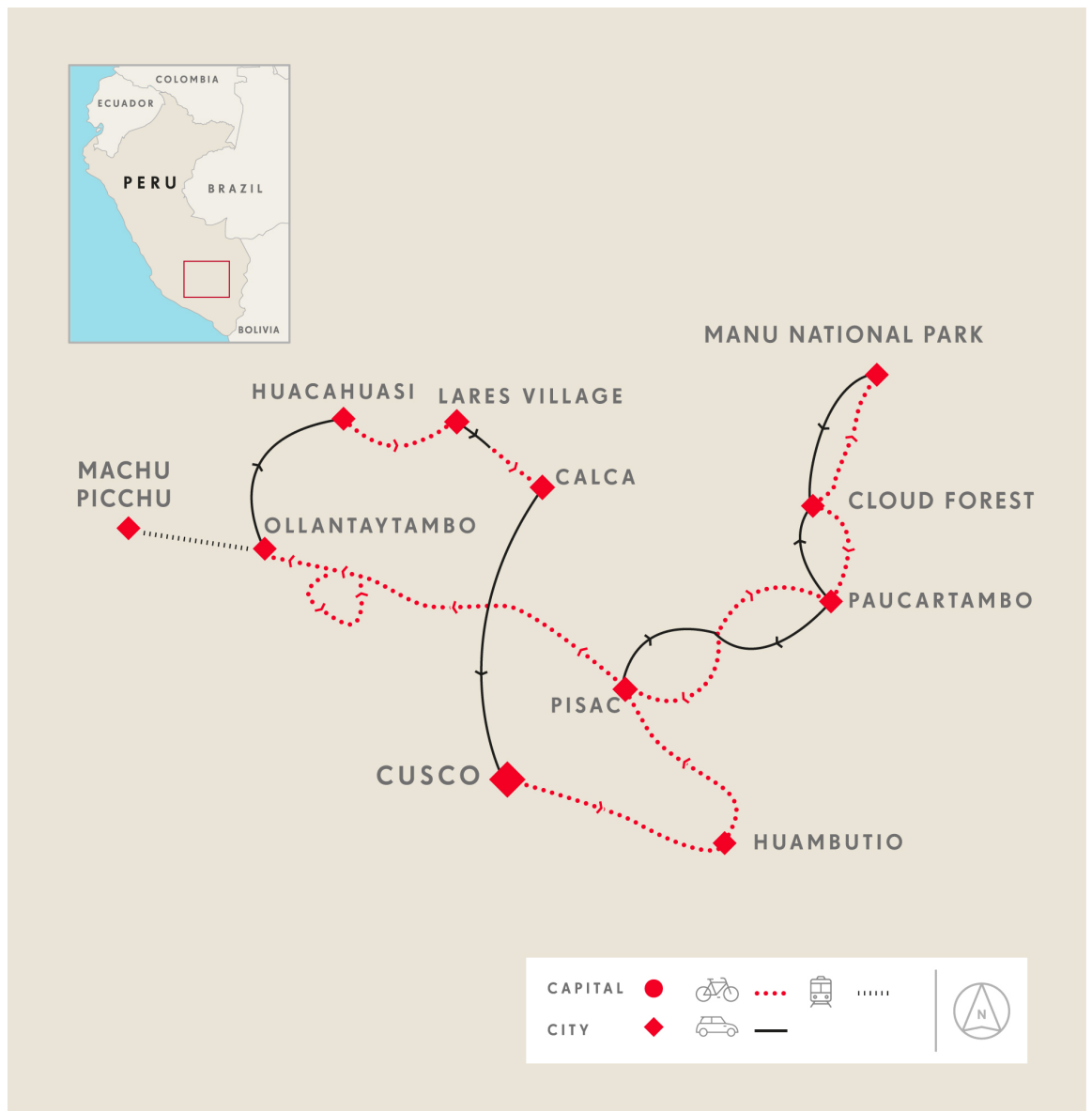
## TRIP PROFILE

Cusco is located at an altitude of 3,300 m (11,152 ft.) ASL. Please arrive one day or more before the start of the tour so your body can acclimate to the lower oxygen conditions. This will help to reduce the risk of suffering from altitude sickness. We have 7 riding days covering a total of 364 km. On most days we include a vehicle transfer before and/or after our ride to help avoid challenging climbs (very difficult at altitude, even for seasoned riders!) and keep the distances manageable. Day 5 and Day 9 are off the bike as we'll be spending time in Manu National Park and at Machu Picchu, respectively.

The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

**Suitability:** This trip is suitable for anyone with a reasonable fitness level and has been designed for all levels of rider. This trip is not a very technical off-road trip and is suitable for gravel bikes as well as mountain bikes, although gravel bike riders should be experienced on rough terrain and prepared to get off and push on occasion. The climbing is very moderate with a focus on downhill, of which are some truly incredible ones. The climbing is interspersed along undulating terrain. A support vehicle is available at all times to provide refuge for weary riders.

**Biking Conditions:** This tour follows a wide mix of roads and riding surfaces including gravel roads, dirt tracks, broken roads and some good sealed roads as well as a few sections of single-track. Most of the trails we ride are wide dirt and gravel tracks with about 30% on tarmac. We have full suspension Mountain Bikes as our default rental option and we think this is the best and most comfortable ride for this trip but the terrain is rideable on a gravel bike or hardtail MTB and you are welcome to bring your bike. E-bikes are also available for rent on this tour.



## Day 1 Meet in Cusco

Welcome to Cusco, the former capital of the Incan Empire! Located at an altitude of 3,300 m (11,152 ft), Cusco is one of the highest cities in the world. Please arrive at least one day prior to the start of the tour as living at this altitude takes some getting used to – let us know if you would like assistance with a pre-tour hotel and airport transfer. On the first day of the trip, we meet at our tour hotel in the morning and enjoy a casual walking tour along the city's cobblestone alleys. We'll visit the Plaza de Arma, the Cathedral and the impressive Incan temple of Coricancha, complemented with lunch at a local restaurant. Today we'll also arrange bike fittings, a trip briefing, and treat ourselves to a welcome dinner.



Casa Andina Premium Cusco



Lunch, Dinner

## Day 2 Cusco - Pisac

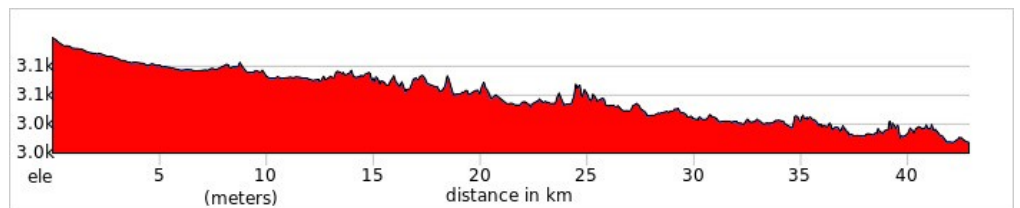
This morning we have a short 30-minute transfer out of Cuzco to avoid traffic. Saddling on near the small town of Husao, we begin cycling along a smooth tarmac road downhill towards Huambutio. There, we diverge from the main road onto a captivating, lesser-traveled path that runs parallel to the Urubamba River. Our inaugural ride is dedicated to embracing the awe-inspiring Andean landscapes that surround us – towering peaks and lush valleys with time-honored Incan agricultural terraces cascading down the hillsides. We pause for a picnic lunch and continue onwards to the charming town of Pisac, with its facade of colonial buildings nestled amidst the mountains. Our aim is to arrive in time for Pisac's lively artisan market, a fantastic opportunity to collect unique souvenirs or capture the essence of an authentic Andean market scene.



Pisac Inn



Breakfast, Lunch, Dinner



Ride 43km



+262m



-441m

## Day 3 Pisac - Cloud Forest

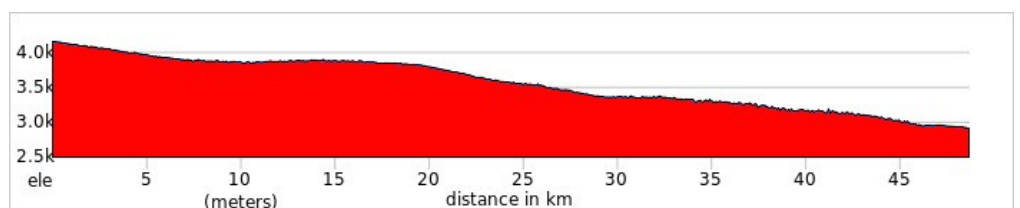
From Pisac, we transfer 45 minutes uphill to a 4,100 m ASL pass in the Peruvian Altiplano, a vast high-altitude plateau of rugged mountains, rolling plains, and tranquil lakes. We then cycle downhill for nearly 50 km to the village of Paucartambo, surrounded by striking natural scenery. After another 45-minute uphill transfer to the edge of Manu National Park – one of the world's greatest biodiversity hotspots – we get back on our bikes and descend 15 km, entering the heart of Peru's cloud forest. Based at an environmental research station dedicated to cloud forest ecology, we head out on a short hike into this mist-laden ecosystem, where a near-constant supply of moisture nurtures a rich diversity of birds, orchids, amphibians, and mammals. Spending the night here, surrounded by pristine nature and misty views, offers a truly unique experience.

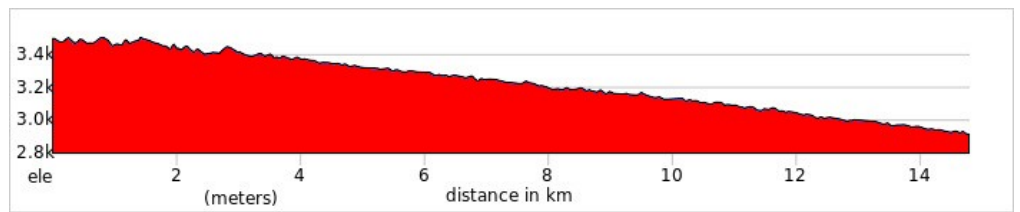


Wayqecha Cloud Forest Research Station



Breakfast, Lunch, Dinner



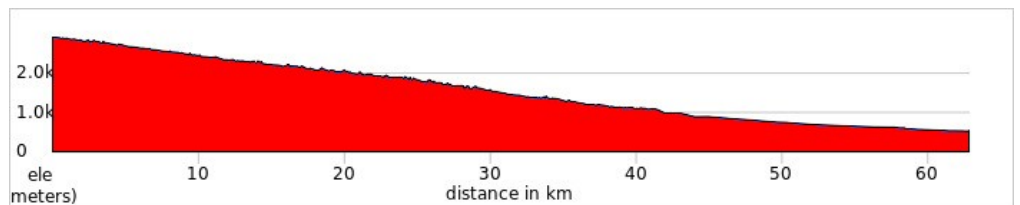


Ride 64km
 +436m
 -2253m

## Day 4 Cloud Forest - Manu National Park

Early birds should rise pre-dawn to witness an incredible sunrise over the dense, dewy canopy of the cloud forest. After breakfast, we continue our descent into Manu National Park, dropping nearly 3,000 metres into the lowlands of the Amazon Basin, where an untamed wilderness sprawls in the shadows of the Andean foothills. Our route follows winding, narrow roads — a mix of uneven pavement, gravel, and sand — so we take a steady pace as the rainforest grows lush around us. Along the way, we pass small villages, some established by early European settlers, which make for interesting refreshment stops. We finish our ride at a cosy ecolodge that partners with indigenous communities on conservation efforts and features a farm-to-table restaurant. Spending two nights here offers a wholesome and immersive experience in Peru's largest protected natural region.

Manu Biolodge
 Breakfast, Lunch, Dinner



Ride 63km
 +465m
 -2845m

## Day 5 Manu National Park Free Day

Today is a very special day inside Manu National Park. Being based at this unique Lodge we have one of the world's most incredible, diverse and fragile ecosystems literally at our doorstep. We'll give our bikes a break for the day and you have several options to get out into the jungle and explore on foot. The jungle is usually alive very early in the morning so try to get out pre-dawn as this will be your best chance to see wildlife. This is one of the best places in Peru (if not the world!) for birdwatching with more than 630 bird species recorded and an abundance of parrots, parakeets, small macaws and hummingbirds. There is plenty of time to have a siesta to avoid the hottest part of the day. Settle down on the decking (with a cold beer if so inclined), watch the humming birds and soak it all in. In the evening, you can go for a walk to catch the beautiful sunset over the Amazon Basin or join a research student for a frog walk! All meals today are included at the lodge.

Manu Biolodge
 Breakfast, Lunch, Dinner

## Day 6 Manu National Park - Pisac

After a dawn chorus from local birds and perhaps howler monkeys, we retrace our journey into the Andes, heading back to Pisac and the Sacred Valley by vehicle. The total driving time is around 4-5 hours and mostly uphill, though there are two exhilarating downhill sections which may tempt us into the saddle for some free-flowing descents. You will remember these stretches as we skipped them when they were ascents on our way down into the Amazon, so you can now fill in these gaps. Both descents are around 25 km, and the second leads directly into Pisac where we spend the night for a second time on the tour.

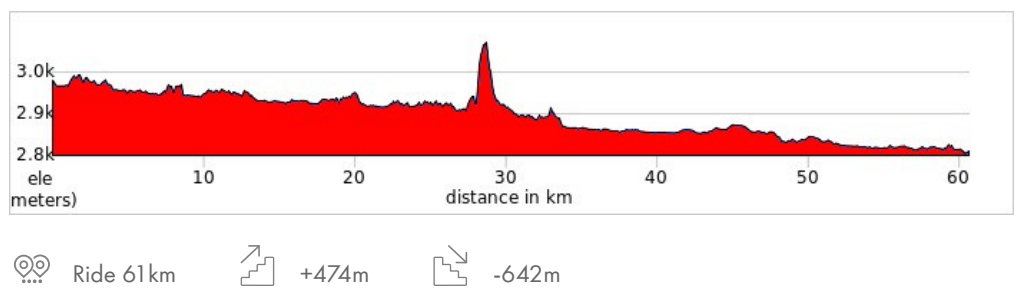
Pisac Inn
 Breakfast, Lunch, Dinner



## Day 7 Pisac - Ollantaytambo

Setting off directly from our hotel in Pisac, we cross the Urubamba River and embark on a picturesque back road, tracing the contours of the Sacred Valley. Just beyond Pisac, we transition onto a lesser-traveled dirt track winding through local villages and haciendas (agricultural estates) pressed against the beautiful backdrop of glaciated mountains and Inca ruins. We pause for a picnic lunch along the way before passing through the villages of Qoya, Lamay, and Calca. Crossing the Urubamba River once more in Huayllabamba, we continue on a well-maintained road through Yucay and Urubamba, eventually reaching Pacchar. Here we cross back for more dirt road riding as we head to the end of the Sacred Valley and the charming village of Ollantaytambo. We will be based here for the next 3 nights.

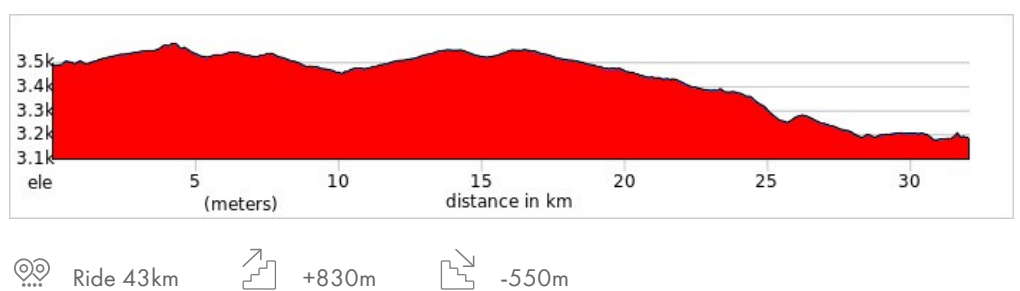
Hotel Pakaritampu    Breakfast, Lunch, Dinner



## Day 8 Ollantaytambo - Moray - Maras Salt Pans

Based out of Ollantaytambo we embark on a great ride along the fringes of the Sacred Valley. We begin with a transfer to avoid a tough ascent and visit the Incan site of Moray. Known for its spectacular circular stone terraces, Moray is a testament to the advanced agricultural practices of the Inca. We then ride across the highlands on a nice undulating trail to the shores of Lake Huaypo. Here we enjoy a picnic lunch and then hop back on our bikes to discover another rarely used dirt road that takes us to the Maras Salt Pans. Having been mined since Inca times, these spectacular, sparkling white pools of salt are a photographer's delight. We then have a final mostly downhill, 10 km stretch before a quick transfer back to Ollantaytambo where we enjoy a well-deserved dinner.

Hotel Pakaritampu    Breakfast, Lunch, Dinner



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## Day 9 Machu Picchu Exploration

Today is off the saddle as we set out to visit the most splendid Incan mountaintop ruins of all: Machu Picchu. Referred to as the "Lost City of the Incas", this incredible sanctuary is simply a must-see when visiting Peru. To get there we will take a train journey that follows the impressive Urubamba River down through the cloud forest and to the base of Machu Picchu mountain itself. Once there, we will participate in an extensive walking tour of the ruins, delving into the intricacies of Machu Picchu's construction techniques, its purpose as a sanctuary and ceremonial center, and gaining insights into the daily life of the Inca civilization that thrived within these breathtaking stone walls. We'll enjoy lunch at a nearby restaurant before heading back to the train station for the return journey along the Sacred Valley to our base in Ollantaytambo. Dinner is on your own tonight.



Hotel Pakaritampu



Breakfast, Lunch

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## Day 10 Ollantaytambo - Calca - Cusco

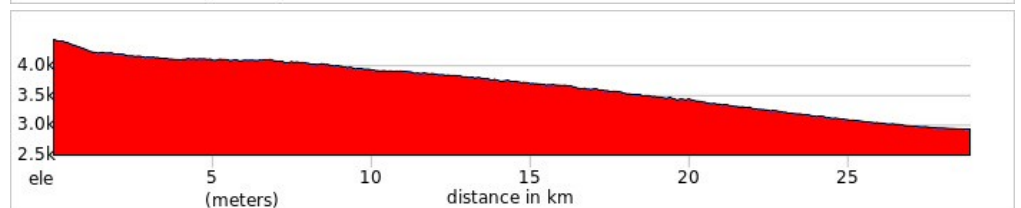
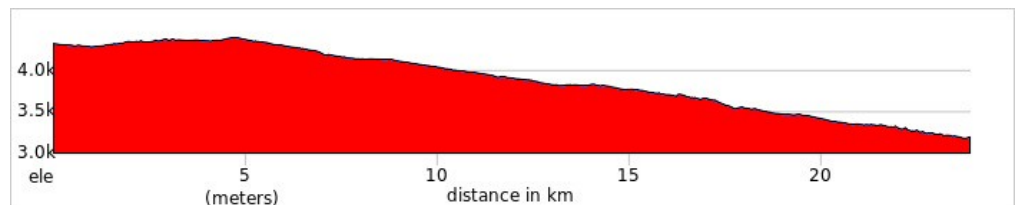
Our final day will be a total adventure well off the beaten track in the Sacred Valley. We begin with a vehicle transfer up to heights of 4,000 m ASL in the Andes and then cycle downhill into the beautiful and remote Lares Valley. Passing the village of HuacaHuasi, we descend on a good dirt road to the hot spring town of Lares where we can take a quick dip in these medicinal springs before enjoying a picnic lunch.. Another short vehicle transfer brings us to Abra Lares which, located at 4,400 m ASL, will be our springboard for a "downhill of a lifetime" taking us along a well paved road from the roof of the Andes to the valley floor below. We end our ride in the historic main square of Calca before returning to Cusco by vehicle transfer. In the evening, we meet for our farewell dinner at Hanz Restaurant, where we indulge in Nikkei cuisine, a unique fusion of Peruvian and Japanese flavors. By dining here, we're also contributing to a good cause, as the restaurant supports rescuing abandoned dogs and providing social support to children in the Andean highlands.



Casa Andina Premium Cusco



Breakfast, Lunch, Dinner



Ride 51 km



+225m



-2853m

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## Day 11 Cusco Departure

Time to say goodbye! Feel free to extend your stay in Cusco or venture onwards to discover more of incredible Peru. Please let us know if you would like assistance with a post-tour hotel and airport transfer.



Breakfast

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Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

## NUTS & BOLTS

### Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. If you bring your own bike, please make sure it is a mountain or gravel bike in good mechanical order.

We also have E-Bikes available for hire, but they are limited in number & size - please send an email to us to check on availability.

### Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

### Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

### Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

## THE NITTY GRITTY

### Passports and Visas

Citizens of many countries can enter Peru without a tourist visa. See [here](#) for a full list. If you do not need a visa, then just make sure your passport is valid for at least six months from your date of entry. Tourists must also provide evidence of return or onward travel. Travelers to Peru will receive a card from Peruvian Immigration upon arrival stating the length of approved stay (usually 90 days). Extensions are not available, and overstays will result in fines. If you do require a tourist visa, then please contact the Peruvian Embassy/Consulate near you for further information.

### A Note on Machu Picchu

To visit Machu Picchu, advance ticket purchase through the Ministry of Culture is required due to high demand and visitor regulations. Our tour price covers this, but we ask for an upfront, non-refundable payment of 250 USD per person so that we may take care of it well in advance. This will be deducted from the final balance due. Please note that this price also includes the train ticket which must also be reserved in advance. We also need a copy of your passport, as required by the authentication system of the Peruvian government platform.

### Health

See [here](#) for recommendations and detailed information.

### Weather

Peru has three seasons as well as distinctly different climates in the coast, mountains and jungle areas. The dry season runs from May – October and is the best time of year to travel, especially around Cusco when the days are sunny, the nights cold and there is very little rain. During the day the temperature can reach 24 ° C and at nightfall to Zero °C. In the lower jungle, the temperatures and humidity will be higher and temperatures can reach 30°C. and rain is always a possibility, especially in the shoulder season. You should bring a waterproof jacket and pants, while Cusco can get quite cold so bring a fleece and some colder weather riding gear such as arm-warmers and a gilet for the days at altitude. Sun cream is also a must, as is a covering for your head. ~~~

## Food

If you're a food enthusiast, you will probably already have Peru firmly in your sights as it has been fêted on the world food scene as one of the world's best culinary destinations. The country's gastronomic boom owes a great deal to its biodiversity along with its multicultural heritage and the mix of flavours in Peruvian cuisine reflects the mix of cultures that have arrived in Peru over the last 500 years. It began with pre-Hispanic cuisine that developed dishes and cooking methods like pachamanca and cuy chactado. Then, when Spanish colonization brought European and Moorish influences, followed by African, Chinese, Japanese cuisine that blended seamlessly to produce Chifa cuisine and dishes such as Ceviche, Lomo Saltado and Ají, Peruvian hot-sauce. You will have lots of opportunities to try the local cuisine and we work hard to make sure you sample a wide variety of typical dishes during your time in Peru. ~~~

## Drink

Keeping you completely hydrated is a job we take very seriously. Coldwater, some energy restoring local fruit and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. You may also want to bring electrolytes in powder or tablet form. Alcoholic drinks are available everywhere but are not included. Beer in Peru is freely available and very good. Peruvian wine is not the best in the world but near neighbours Chile and Argentina do produce world-class wines and are freely available. However, the most popular drink in Peru is Pisco. Pisco is distilled in southern regions of the country like Moquegua, Arequipa, Tacna and Ica and this brandy-like liquor served as a Pisco sour is an excellent appetizer to precede lunch or dinner. ~~~

## Solo Travelers

SpiceRoads does not require you to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your single room. The cost of the single supplement is listed above. ~~~

## Extra Expenses

We recommend that you tuck away a few extra US Dollars for possible incidentals that might arise. It is always wise to have some paper currency in case of ATM absence or credit card problems. This will save you a lot of unnecessary worries. It is also customary to tip local tour guides and drivers; however, the amount you give should be dependent on the level of service you receive. ~~~

## Money

The official currency of Peru is the Sol (S/). Banknotes have denominations of 10, 20, 50, 100 or 200 soles. Coins come in values of 1, 2 and 5 soles, as well as 10, 20 and 50 cents. ATMs that accept major credit cards can be found in all sizable towns and cities. It's best to use credit cards as a backup for cash. There are many foreign exchange offices in every city and town and at major attractions. The best currencies to take are US dollars. ~~~

## Be Aware

Overall, the level of petty crime is much less than in most Western countries. However, take the usual precautions about avoiding rowdy political demonstrations, not flashing money around and being aware of pickpockets in crowded places. ~~~

## GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

### FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour



and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

## CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our [Booking Conditions](#) in full before you make your payment and should you require further clarifications of any of the conditions below, please [email us](#) or call our office.

## TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please [email us](#) or call our office.

## BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems [please send us an email](#), or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

## BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

## DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

## FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our [cancellation policy](#).

### Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

### International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

### Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

## CONTACT US

45 (Sub Soi Pannee) Soi Pridi Banomyong 26  
Sukhumvit Soi 71 Klongtan Nua, Wattana  
Bangkok, Thailand 10110  
Tel: +66 (0) 2 026 3295  
Email: [info@spiceroads.com](mailto:info@spiceroads.com)  
Website: [www.spiceroads.com](http://www.spiceroads.com)

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