Destino Perú
EL MUNDO ES TUYO

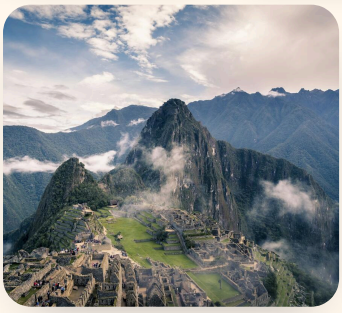
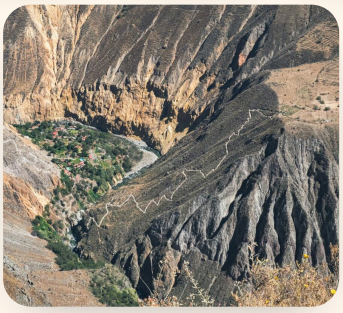
FREE ROUTE PLANNER

Peru in 7, 10 or 14 days

Three day-by-day routes, in an order your body will like

Peru is big and goes up fast: from the Pacific to 3,800 m at Lake Titicaca. The order of the stops matters as much as the stops. Here are three routes we run every season, built from our own journeys, with real travel times and the legs worth flying.

Altitude order · 7 · 10 · 14 days · Fly or bus · Add-ons



BEFORE YOU PICK A ROUTE

Go up slowly: the order is the plan

Flying from Lima (sea level) straight to Cusco (3,399 m) is the most common way to feel awful on day one. Two simple orders avoid it, and every route in this guide uses one of them.

A · Start low in the Sacred Valley

- Land in Cusco and drive straight down to the valley (≈ 1 h 30)
- Sleep at ≈ 2,800 m, not 3,400 m, for the first nights
- Machu Picchu (2,430 m) comes next, Cusco city last
- Best for 7 days and short trips

B · Climb in steps via Arequipa

- Fly Lima → Arequipa (2,335 m) and spend a day there
- Colca Canyon (3,635 m), then Puno and Titicaca (3,810 m)
- By Cusco you are already used to the height
- Best for 10 days or more

The altitude ladder

STOP	ALTITUDE	HOW IT FEELS
Lima · Paracas · Nazca	0 – 520 m	Sea level
Arequipa	2,335 m	Gentle
Machu Picchu	2,430 m	Gentle
Sacred Valley (Urubamba)	≈ 2,870 m	Moderate
Cusco	3,399 m	High
Colca (Chivay)	3,635 m	High
Puno · Titicaca	3,810 – 3,830 m	Very high
Passes on the road (Patapampa, La Raya)	4,335 – 4,910 m	Pass through only

The rule of thumb: sleep low before you sleep high, take the first afternoon easy, and save hard hikes (Rainbow Mountain, Humantay) for the end of your time in Cusco.

ROUTE 1 · 7 DAYS

Lima, the Sacred Valley, Machu Picchu and Cusco

The essential first trip, in order A: down to the valley on landing, Machu Picchu in the middle, Cusco city when you are ready for it.

1. **Arrive in Lima**
   Transfer to Miraflores. Ceviche and a walk along the clifftops.
2. **Lima: old town & flavours**
   Historic Lima City Tour in the morning, Museo Larco or our Gastronomic Walk after.
3. **Fly to Cusco, down to the valley**
   ≈ 1 h 20 flight, then ≈ 1 h 30 by road. Pisac ruins and market on the way. Sleep in the valley.
4. **Maras, Moray & Ollantaytambo**
   Salt pans, Inca terraces, the fortress. Evening train to Aguas Calientes (≈ 1 h 30).
5. **Machu Picchu**
   First bus up, guided tour of the citadel. Train and road to Cusco in the afternoon.
6. **Cusco & San Blas**
   Qorikancha, the Plaza de Armas, the San Blas lanes and Sacsayhuamán.
7. **Fly home**
   Cusco → Lima and your international connection. Leave a few hours' margin.

Our journeys with this shape: *Peruvian Flavours Express* (7 days, Lima + Cusco + Sacred Valley + Machu Picchu) and, if you already have Lima covered, *Cusco & Sacred Machu Picchu* (4 days).



Ollantaytambo, where the train leaves



Machu Picchu on day 5

ROUTE 2 · 10 DAYS

Arequipa, Colca and Titicaca on the way up to Cusco

Order B: three extra days buy you the condors, the lake and a body already used to altitude when you reach the Incas.

1. **Arrive in Lima**
   Transfer and rest; Lima city tour if you land early.
2. **Fly to Arequipa**
   ≈ 1 h 30. Santa Catalina monastery and the white volcanic-stone centre.
3. **Into the Colca**
   ≈ 3–4 h over the altiplano, vicuñas on the way. Hot springs at Chivay.
4. **Condors, then Puno**
   Cruz del Cóndor at dawn; tourist bus to Puno (≈ 6 h 30).
5. **Lake Titicaca**
   Uros floating islands and Taquile, or a night with a family on Amantaní.
6. **The Andean road to Cusco**
   Full day by tourist bus: Pucará, La Raya pass, Raqchi, Andahuaylillas.
7. **Imperial Cusco**
   Qorikancha, the cathedral, San Blas and the ruins above the city.
8. **Sacred Valley**
   Pisac, Ollantaytambo; train to Aguas Calientes.
9. **Machu Picchu**
   Guided visit in the morning; back to Cusco.
10. **Fly home**
    Cusco → Lima and your connection.

Our journey: *Essential Peru* (10 days) follows this route. Prefer the coast to the canyon? *Peru of Wonders* swaps Arequipa and Colca for Paracas, the Nazca Lines and Ica, and ends at Titicaca.


Colca Canyon


The Uros islands on Titicaca

ROUTE 3 · 14 DAYS

The whole south: desert coast, canyon, lake and Incas

Route 2 plus the Pacific desert and a free day in Cusco: the full southern loop, still in order B.

1. **Lima**
   Arrive, rest, sunset on the Miraflores clifftops.
2. **Lima city & Museo Larco**
   Historic centre, San Francisco catacombs, pre-Inca gold at Larco.
3. **Paracas & Nazca Lines flight**
   South along the desert coast (≈ 3 h 30 by road); fly over the geoglyphs.
4. **Ballestas Islands, back to Lima**
   Morning boat to the sea lions and penguins; return to Lima.
5. **Fly to Arequipa · 2,335 m**
   ≈ 1 h 30 flight. The white city and Santa Catalina monastery.
6. **Colca Canyon · 3,635 m**
   Over the altiplano past vicuñas (≈ 3–4 h); hot springs in Chivay.
7. **Condor Cross, on to Puno**
   Condors at dawn, then the tourist bus to Puno (≈ 6 h 30).
8. **Lake Titicaca · 3,810 m**
   Uros reed islands and the weavers of Taquile.
9. **Andean road to Cusco**
   Full day by tourist bus with stops at Pucará, La Raya pass and Raqchi.
10. **Cusco & its Inca ruins**
    Qorikancha, the cathedral, San Blas and Sacsayhuamán.
11. **Sacred Valley, evening train**
    Pisac, Ollantaytambo; train to Aguas Calientes.
12. **Machu Picchu**
    Guided morning in the citadel; train and road back to Cusco.
13. **Free day in Cusco**
    Your buffer: rest, markets, or Rainbow Mountain if you feel strong.
14. **Departure**
    Fly Cusco → Lima (≈ 1 h 20) and connect home.

Our journeys: *Grand Tour of Southern Peru* (14 days) is this route. *Along the Roads of Peru* (15 days) drives Nazca → Arequipa instead of flying and adds a trek near Cusco.



Sea lions on the Ballestas Islands



The Nazca monkey from the air

GETTING BETWEEN STOPS

Fly the long legs, ride the scenic ones

The legs in these routes

LEG	BEST WAY	TIME
Lima → Cusco	Fly	≈ 1 h 20 (by road: about a day)
Lima → Arequipa	Fly	≈ 1 h 30
Lima → Paracas	Bus / private car	≈ 3 h 30 – 4 h
Nazca → Arequipa	Night bus	≈ 9 – 10 h
Arequipa → Colca (Chivay)	Road	≈ 3 – 4 h
Colca → Puno	Tourist bus	≈ 6 h 30
Arequipa → Puno	Bus	≈ 5 – 6 h
Puno → Cusco	Tourist bus or train	Bus with stops: a full day · Titicaca train ≈ 10 h 30
Cusco → Ollantaytambo	Road	≈ 1 h 30 – 2 h
Ollantaytambo → Aguas Calientes	Train only	≈ 1 h 30 – 2 h

ADD-ON MODULES

Plug in 2 to 7 days more

Amazon · Puerto Maldonado

≈ 55 min from Cusco or ≈ 1 h 40 from Lima, then by boat to a lodge. Our *Amazon Lodge Escape* (3 days) or *Tambopata Macaw Clay Lick* (2 days). Easiest jungle to add after Cusco.

Amazon · Iquitos

≈ 1 h 50 from Lima; no road reaches it. Pink dolphins and deep river: our *Amazon River Cruise* (4 days) or *Amazon Jungle Adventure* (3 days).

North · Chachapoyas & Kuélap

≈ 1 h 30 flight from Lima. Kuélap fortress, Gocta falls, the Karajía sarcophagi. Our *Gods of the Classic North* (8 days) adds Chiclayo and Sipán.

North coast · Trujillo

≈ 1 h 15 flight from Lima. Chan Chan, the Moche temples, Huanchaco's reed boats. Our 15-day *Hidden Treasures of Peru* joins it to Kuélap and Cusco.

BEFORE YOU BOOK

Six things that make these routes work

Machu Picchu first

Entry tickets are capped per day and sell out weeks ahead from May to September. We fix that date, then build the trip around it.

Inca Trail: months ahead

Permits are limited, sold by name and gone months ahead in high season. The trail closes every February.

Keep a buffer day

Flights in the Andes get delayed by weather. One loose day before your flight home protects the whole trip.

Fly in, fly out

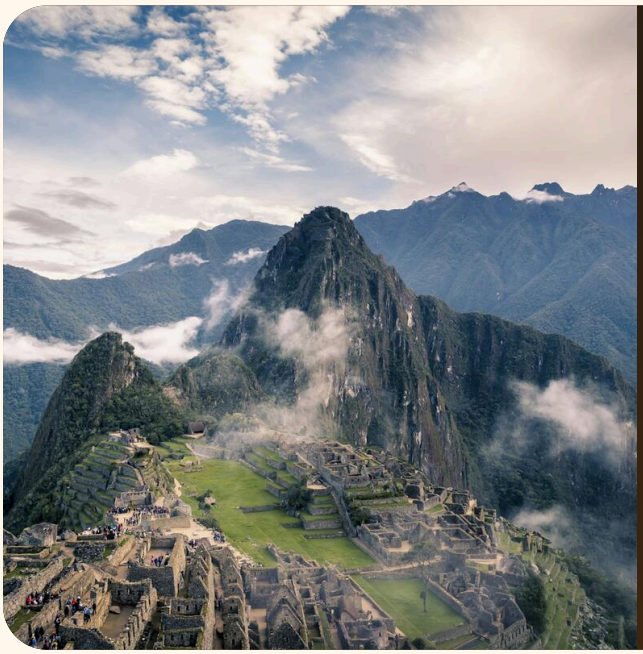
Lima is the hub. Flying out from Cusco to Lima on the last day saves a long backtrack.

Choose your season

May to September is dry in the Andes; the coast is sunniest from December to March.

Travel light for the train

The Machu Picchu trains allow a small bag only. Leave the suitcase at your Cusco or valley hotel.



We tailor this to you

Tell us your dates, your pace and what you love. We'll send back a day-by-day plan with hotels, trains and tickets, from our team in Lima.

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Travel times are typical published durations (airlines, PeruRail, tourist-bus operators), checked October 2026, and change with weather and season. Photos: Wikimedia Commons (see the site's photo credits).