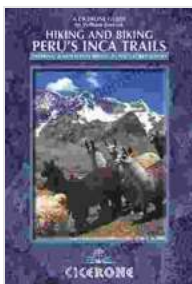


# 40 Trekking and Mountain Biking Routes in the Sacred Valley

The Sacred Valley of the Incas is a breathtakingly beautiful region of Peru, located just north of Cusco. It's home to some of the most iconic Inca ruins in the world, including Machu Picchu, as well as lush cloud forests, snow-capped mountains, and vibrant Andean villages.



## Hiking and Biking Peru's Inca Trails: 40 trekking and mountain biking routes in the Sacred Valley (Cicerone Guides) by Robert Arellano

★★★★☆ 4.6 out of 5

Language : English  
File size : 33304 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 413 pages



There are endless ways to explore the Sacred Valley, but two of the most popular are trekking and mountain biking. With its diverse terrain and stunning scenery, the Sacred Valley offers something for everyone, from beginner hikers and bikers to experienced adventurers.

If you're planning a trekking or mountain biking trip to the Sacred Valley, Cicerone Guides has you covered. We offer a wide range of guidebooks

and maps to help you plan your trip and get the most out of your experience.

## Trekking Routes

- **Inca Trail to Machu Picchu:** This is the most famous trek in the Sacred Valley, and for good reason. The Inca Trail is a challenging but rewarding hike that takes you through some of the most beautiful scenery in the Andes. The trail is well-maintained and there are plenty of places to camp along the way.
- **Salkantay Trek to Machu Picchu:** This is a slightly longer and more challenging trek than the Inca Trail, but it's also less crowded and more scenic. The Salkantay Trek takes you through the Salkantay Pass, which is the highest point on the Inca Trail.
- **Lares Trek to Machu Picchu:** This is a great trek for those who want to experience the Sacred Valley without the crowds. The Lares Trek takes you through the Lares Valley, which is home to beautiful Andean villages and stunning scenery.
- **Choquequirao Trek:** This is a challenging but rewarding trek that takes you to the ruins of Choquequirao, which is often called the "lost city of the Incas." The Choquequirao Trek is not as well-known as the Inca Trail, but it's equally beautiful and less crowded.
- **Ausangate Trek:** This is the longest and most challenging trek in the Sacred Valley, but it's also one of the most rewarding. The Ausangate Trek takes you around the Ausangate mountain, which is the highest mountain in the Cusco region.

## Mountain Biking Routes

- **Sacred Valley Bike Tour:** This is a great mountain biking route for beginners and intermediate riders. The tour takes you through the Sacred Valley, past Inca ruins, Andean villages, and stunning scenery.
- **Death Road Bike Tour:** This is a challenging but rewarding mountain biking route that takes you down the world's most dangerous road. The Death Road Bike Tour is not for the faint of heart, but it's an unforgettable experience.
- **Lares Valley Bike Tour:** This is a great mountain biking route for those who want to experience the Sacred Valley without the crowds. The Lares Valley Bike Tour takes you through the Lares Valley, which is home to beautiful Andean villages and stunning scenery.
- **Choquequirao Bike Tour:** This is a challenging but rewarding mountain biking route that takes you to the ruins of Choquequirao, which is often called the "lost city of the Incas." The Choquequirao Bike Tour is not as well-known as the Death Road Bike Tour, but it's equally beautiful and less crowded.
- **Ausangate Bike Tour:** This is the longest and most challenging mountain biking route in the Sacred Valley, but it's also one of the most rewarding. The Ausangate Bike Tour takes you around the Ausangate mountain, which is the highest mountain in the Cusco region.

## Planning Your Trip

When planning your trekking or mountain biking trip to the Sacred Valley, there are a few things you need to keep in mind:

- **Altitude:** The Sacred Valley is located at a high altitude, so it's important to acclimatize yourself before you start your trek or mountain

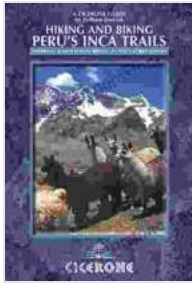
bike ride. This means gradually increasing your altitude over a few days before you start your activity.

- **Weather:** The weather in the Sacred Valley can be unpredictable, so it's important to be prepared for all types of weather conditions. Bring layers of clothing, rain gear, and sunscreen.
- **Accommodation:** There are a variety of accommodation options available in the Sacred Valley, from hostels to guesthouses to luxury hotels. Book your accommodation in advance, especially if you're traveling during peak season.
- **Food:** There are a variety of restaurants and cafes in the Sacred Valley, serving a variety of Peruvian and international cuisine. Be sure to try some of the local specialties, such as ceviche, alpaca, and quinoa.
- **Safety:** The Sacred Valley is generally a safe place to travel, but it's always important to be aware of your surroundings. Be sure to keep your valuables safe and avoid walking alone at night.

The Sacred Valley is a truly amazing place to visit, and there's no better way to experience it than by trekking or mountain biking. With its stunning scenery, rich history, and vibrant culture, the Sacred Valley is sure to leave a lasting impression.

If you're planning a trekking or mountain biking trip to the Sacred Valley, be sure to check out Cicerone Guides for all the information you need to plan your trip and get the most out of your experience.

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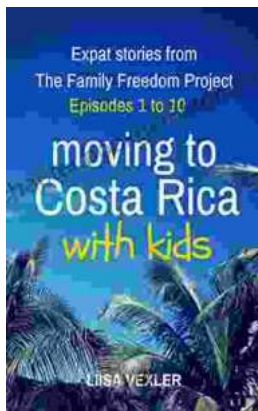
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