

# Lares Trek: Hikes That Will Discover the Beauty of Peru's Nature?

When traveling to Peru, it is impossible to miss its main attraction and the country's calling card – the ancient Inca city of Machu Picchu lost among the mountains and jungles at the foot of the majestic Andes. The history of Machu Picchu is shrouded in riddles and legends. Scientists still cannot agree on what purpose the city served, nor on why the locals hid its location from the eyes of Europeans for so long. The [Lares Trek](#) is the most famous of these hidden gems, and it gives hikers the rare chance to explore Peru's untouched nature.

## Unveiling the Lares Trek

Adventurous travelers will undertake a tour from one mountain and into the Lares Valley through the Andes. The trek to this site is located in the Cusco region of Peru. It offers adventure seekers and explorers the possibility to connect to local indigenous populations and the Andes mountains majestically.



## The Beauty of Peru's Nature

1. **High Mountain Scenery:** The Lares Trek has the reputation of having spectacular scenic beauty at an enormous altitude. Walkers are passing through high mountain passes, green valleys, peaceful lakes, pure meadows, and amazing peaks of the Andes. Beautiful snow-capped mountains and glaciers in the area enhance aesthetical attractiveness for a photographer to capture.
2. **Cultural Encounters:** The Lares Trek is unique in that one gets a chance to interact with the local Quechua community as one proceeds. You will also interact with the local population, visit traditional settlements, and learn about their past way of living. This cultural exchange is a key highlight of the walk and allows for a different view of Peruvian diversity.
3. **Hot Springs:** In the Lares Trek, one of the advantages is the option to take a bath in naturally hot springs at the end of the day. The hot springs such as Lares and La Calera have been relaxing the weary muscles and presenting a calming environment for sightseeing. Just

think of a warm bath while looking at snowy summits.

4. **Flora and Fauna:** Lares Valley hosts a wide range of vegetation and wildlife. As they trek, they may see alpacas, llamas, and Andean condors. Besides, there are so many indigenous plants and flowers in the valley which attract nature lovers as well. The landscapes come alive with colors as you walk, making everything look like a picture postcard.
5. **Local Cuisine:** When you travel through Lares Valley, you will be allowed to try out the local Andean dishes. Local chefs cook using fresh ingredients from this place. This completes what one has already witnessed along the journey. Savor locally made local dishes to experience the true flavors of Peru.

## Preparing for the Lares Trek

The hike to Lares is usually done in four days, with a distance of about 10-15 km per day. The highest altitude of the trek exceeds 4,660 m, so it is necessary to acclimatize in Cusco for a few days before starting the trip. The first few days in Cusco will be an acclimatization period to avoid altitude sickness.

However, trekkers should know that the weather may differ with time from cold in the morning, to quite warm and cold in the evening. One requires proper gear for hiking, namely, layers of clothing that adjust to the change in temperature, water-proof clothes in case the weather turns wild, and strong boots for the trek.

## The Route

The Lares Trek offers several alternative routes, however, they are all characterized by incredible sceneries and cultural experiences. Here is a typical route:

## **Day 1: Cusco – Lares Thermal Baths – Kiswarani Falls**

- The trek begins with a scenic drive from Cusco to the village of Lares.
- You'll have the opportunity to soak in the Lares hot springs.
- The first day of hiking will take you to the village of Wacawasi, where you'll camp for the night.

## **Day 2: Kiswarani Falls – Condor Pass – Cancha Cancha Village**

- The longest and most challenging day. After breakfast, you will have a difficult climb to Condor Pass (4700 m / 15354 ft), the highest point of this trip.
- You'll have the chance to interact with locals and learn about their way of life.

## **Day 3: Cancha Cancha Village – Huaran – Ollantaytambo – Aguas Calientes**

- After starting the day with beautiful mountain views and a delicious breakfast, be ready for the final descent from the highlands into the sacred valley.
- Along the way, you'll observe different types of ecosystems, from the cold highlands where only potatoes are grown to the fertile soils of the sacred valley where corn is the staple.
- Board a train to Aguas Calientes, the gateway to Machu Picchu.

## Day 4: Machu Picchu – Return to Cusco

- The final day includes visiting the iconic Machu Picchu, where you can explore the ancient ruins.
- Afterward, you'll return to Cusco, concluding your adventure.

## To Sum Up

For any nature lover seeking to explore new places for hiking, the Lares Trek should be considered among the possible alternatives for your visit to Peru. This is an opportunity to experience the beauty of nature in Peru, visit the indigenous communities, and make unforgettable memories.