

› INKATERRA ◀
AUTHENTIC NATURE TRAVEL IN PERU
SINCE 1975

CUSCO

– Traveler's Guide –

Discover Cusco, former capital of the Inca Empire and later a major city of the Spanish Viceroyalty—where the encounter between pre-Columbian culture and colonial heritage is visible in every street and square. Declared a UNESCO World Heritage Site in 1983, Cusco tells its story through ancient temples, baroque churches, and the living traditions of its people.

As you wander through the Main Square or the cobbled streets of San Blas, visit the Cathedral, La Merced Church or the Coricancha sanctuary, and feel how history blends with local pride and daily life. To help you make the most of your stay, we have prepared this guide for a memorable journey.





► LANGUAGE

The official languages in Peru are Spanish (spoken by 80% of the population), Quechua (in the highlands and Andean regions), and Aymara (in the Puno highlands). You will be able to communicate in English with tourism service staff such as guides, travel agency personnel, and staff at 3–5-star hotels.

► WEATHER AND RECOMMENDED PACKING

During the rainy season (November to March), mornings are usually clear and dry, with heavy rain in the afternoon. The average daytime temperature is around 18 °C (64 °F), dropping to approximately 15 °C (59 °F) at night.

In the dry season (April to October), days are sunny and mild (20 °C–25 °C / 68 °F–77 °F), while nights can be cold, reaching as low as 0 °C (32 °F) in June and July. Sunscreen is highly recommended due to the sun's intensity at high altitudes, and warm clothing and a waterproof jacket are essential.

For updated weather information, visit espanol.weather.com. It is recommended to bring:

- Light, comfortable clothing for the day and warm layers for the evening.
- Walking shoes or boots
- Rain jacket or waterproof outerwear
- Daypack or small carry-on for excursions
- Hat or cap
- Sunglasses
- Walking stick (if needed)
- Binoculars and a water bottle
- Basic medications or a small first-aid kit (pain relievers, adhesive bandages, cotton, alcohol)
- Sunscreen and lip balm
- Insect repellent
- Wet wipes or hand sanitizer





► ARRIVAL AND TRANSPORTATION

Cusco is the main gateway to the Sacred Valley and Machu Picchu. It is easily accessible by air, with daily flights from Lima and other cities in Peru. The flight from Lima takes approximately **1 hour and 15 minutes**, and Alejandro Velasco Astete Airport (CUZ) is located just **15 minutes** from the city's historic center.

Although less common, it is also possible to reach Cusco by road from Lima, in a journey that can take between 18 and 22 hours, depending on the route and road conditions. There are interprovincial bus services that operate this route with regular departures.

Excursions in and around the city of Cusco can be done in vans or minivans, though the area can also be explored by bicycle or on horseback. Some archaeological sites require a certain level of physical agility and may be challenging for visitors with reduced mobility.

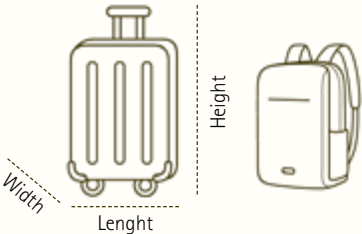
► LUGGAGE WEIGHT AND SIZE INFORMATION

Before traveling, check your airline's baggage restrictions regarding weight and number of pieces allowed. As a general reference, many airlines operating within Peru allow up to 23 kg (50 lbs) for checked baggage and up to 10 kg (22 lbs) for carry-on luggage. If your itinerary includes multiple destinations, we recommend packing light and bringing only the essentials for greater convenience.

Train baggage limits to Machu Picchu

If you are traveling to Machu Picchu by train with Peru Rail or Inca Rail, please note that only one carry-on bag per passenger is allowed; therefore, it is recommended to bring light luggage with only the essentials for greater comfort. The restrictions are:

Maximum weight:	8 kg (17 lbs)
Maximum dimensions:	Peru Rail: Total of 157 cm (62 inches) adding height + length + width Inca Rail: Total of 118 cm (46 inches) adding height + length + width
Examples of allowed luggage:	suitcase, backpack, handback, briefcase





► ACCLIMATIZATION

Acclimatization is the process by which the body adapts to the lower concentration of oxygen at high altitudes. Since Peru has regions at varying elevations, it is recommended to visit lower-altitude destinations first before ascending to higher ones. This process may take a few days, during which the body gradually adjusts to reduced oxygen levels, improving its ability to adapt.

► ALTITUDE SICKNESS PREVENTION

Altitude sickness, or soroche, is caused by the lower air pressure at elevations above 2,400 meters (8,000 feet). Cusco is located at 3,300 meters (10,800 feet). The main symptoms include headache, nausea, and dizziness, and they usually occur when ascending too quickly. To prevent altitude sickness, avoid overeating before travel, rest upon arrival, limit physical activity on the first day, avoid alcohol, and stay well hydrated.

► HEALTH AND PREVENTION DURING YOUR TRIP

To avoid health issues during your trip, be especially cautious with food and water. It is recommended to drink only bottled or boiled water and to avoid raw, exotic, or street vendor foods. If you require medical assistance, please contact the hotel reception. Hospitals and clinics in Lima and other major cities offer adequate services and can coordinate directly with your health or travel insurance provider.

For added peace of mind, we suggest purchasing travel insurance that covers medical emergencies, cancellations, lost luggage, or other unforeseen events.

► CURRENCY / CREDIT CARDS / EXCHANGE RATE

Peru's official currency is the Sol (S/. or PEN), divided into 100 céntimos. Banknotes in circulation are 10, 20, 50, 100, and 200 soles, and coins include 1, 2, and 5 soles, as well as 10, 20, and 50 céntimos. While the US dollar is widely accepted in hotels (usually only for smaller amounts), restaurants, and stores in major cities, it is recommended to use soles.

The most commonly accepted credit cards are Visa, MasterCard, American Express, and Diners Club. However, not all businesses accept them—especially in rural areas—so we recommend carrying cash in soles. At Inkaterra, credit card payments are accepted.

Currency exchange houses, usually located in city centers and near ATMs, tend to offer better exchange rates than banks or hotels. At the airport, there is a currency exchange office on the first floor and ATMs on the second floor. If you still have soles at the end of your trip, you may exchange them back to dollars before your international flight. For updated exchange rates, visit www.xe.com/ucc.



► COMMUNICATION / TELEPHONE / WI-FI

When making international calls from Peru, dial:

00 + country code + city code + phone number

For national calls: **0 + city code + phone number**. Most hotels in Peru offer internet access and Wi-Fi, making it easy to stay connected via WhatsApp.

All our hotels in Cusco provide Wi-Fi and good mobile data coverage. Our Amazon lodges have limited landline service and no mobile phone signal. Inkaterra Reserva Amazónica does not have internet access; at Hacienda Concepción & Amazon Field Station by Inkaterra Wi-Fi is limited. In case of emergencies, the guest services area can communicate with the city office via radio.

► ELECTRICITY / VOLTAGE

The standard voltage in Peru is 220 volts. Most 4- and 5-star hotels offer 110-volt outlets (most electronic devices are compatible with voltages ranging from 110 to 220 volts). Outlets are typically located in hotel bathrooms or near the beds, and some hotels (though not all) offer portable transformers (upon request).

If you need adapters or voltage converters, you can request them at the front desk. Below are the types of plugs you may encounter in Peru:



Plug type A



Plug type B



Plug type C



► TRAVEL SAFETY & PREVENTION

We recommend taking care of your personal belongings, just as you would in any cosmopolitan area—especially in tourist zones and markets. Learning a few basic phrases in Spanish before your trip can help you appear as a more aware and confident traveler. We suggest the following safety precautions:

- Ensure your passport is valid for at least 6 months prior to travel.
- Make copies of your passport, hotel reservations and flight tickets.
- Store your original travel documents (passport, tickets, hotel reservations, etc.) in the hotel safe and carry only photocopies. IMPORTANT: Please note that the original passport or ID is required to enter the Machu Picchu citadel.
- Get informed about unsafe areas and avoid visiting them, especially at night.
- Exchange money only at banks, currency exchange offices, or at your hotel. Avoid doing so in public or visible areas.
- While there is no direct threat to travelers, remain alert for pickpockets, particularly in crowded places such as airports, markets, and tourist attractions.

› INKATERRA ‹

LA CASONA
CUSCO - PERU

Inkaterra La Casona is Cusco's first boutique hotel and the first Peruvian property to become a member of Relais & Châteaux. Located on the Plaza de las Nazarenas, this 16th-century manor house has been carefully restored to reflect the confluence of cultures and traditions. Its history includes hosting the conquistador Diego de Almagro (1534) and the liberator Simón Bolívar following the Battle of Ayacucho (1825).





► THE EXPERIENCE

Thoughtfully restored to highlight its original architecture, Inkaterra La Casona embodies the encounter of cultures and traditions across four centuries. Its decor evokes the authenticity of Cusco through colonial furnishings and original murals, seamlessly blended with contemporary elements.

► FACILITIES & SERVICES

The eleven suites surround the main courtyard and feature fireplaces, heated floors, and spacious bathtubs. This boutique hotel includes elegant lounges, a dining room, and a therapy room. For an exclusive experience, the property operates behind closed doors and may be rented in its entirety.

The culinary offering features fresh, nutritious dishes made with local ingredients, inviting guests to discover the flavors of Andean cuisine. Private excursions and special events can be arranged upon request.

► MAIN ATTRACTIONS

Qorikancha Temple (just a 10-minute walk from Cusco's Plaza de Armas)

An ancient Inca temple dedicated to the sun god, considered the most sacred site in the empire. Its precisely fitted stone walls now form the foundation of the Santo Domingo Convent, reflecting the fusion of Inca and colonial cultures. A must-visit for understanding the Inca legacy and the arrival of the colonial era.



Cusco Cathedral (located in Cusco's Plaza de Armas)

Also known as the Basilica Cathedral of the Assumption of the Virgin. This majestic Baroque structure was built atop the former Inca palace of Viracocha. It houses priceless artworks from the Cusco School, including the famous "Last Supper with guinea pig." A powerful testament to Peru's religious and artistic blending during the colonial period.

Sacsayhuamán Archaeological Park (2 km from Cusco's historic center, approx. 10 min by car)

One of the masterpieces of Inca architecture, built with massive stone blocks precisely fitted without mortar. From its esplanade, you can enjoy panoramic views of Cusco. Each year, it serves as the main stage for *Inti Raymi*, the Festival of the Sun.



Q'enqo Archaeological Complex (4 km from Cusco's center, approx. 15 min by car)

A ceremonial Inca site carved into rock, featuring altars, channels, and underground passages used for rituals. Its name means "labyrinth," and its winding design reveals the mysticism of the Andean worldview. It's part of the archaeological circuit near Sacsayhuamán.

San Pedro Market (a 10-minute walk from Cusco's Plaza de Armas)

Colorful and vibrant, this market is the everyday heart of Cusco. A perfect spot to enjoy fresh juices, see traditional Andean products, and observe local life in motion. A delicious and authentic stop for curious travelers.





► INFORMATIONAL MATERIAL

In addition to the information available on our website, www.inkaterra.com, we have curated a selection of links that may be of interest.

[Official Portal of the Peru Brand](#)

[FROMMERS – Cusco Travel Guide](#)

[JORDAN GASSNER – Cusco Travel Guide: A Complete look at a high altitude city](#)

[SALKANTAY TREKKING: Cusco Travel Guide: Tips and Recommendations for your Trip](#)

► GASTRONOMIC & LEISURE RECOMMENDATIONS

[Experience Perú: Gastronomy, Culture, and Style](#)



www.inkaterra.com