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HIKING FOR HEALTH IN PERU

A fresh way to see the sights: trekking to ancient Inca cities and traversing tree canopies in the jungle

words by GABRIEL O'RORKE

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Say hiking and Peru in the same breath and most people think of the Inca Trail. But the Inkaterra approach is as far from backpacker-grunge as it gets. Its three hotels are for those seeking both adventure and creature comforts, and are now all strung together on a new Walking to Wellness tour, which spans the Amazon, Machu Picchu and Cusco for 16 days of adrenalin-pumping activities, healthy

local food and spa time.

At **Inkaterra Reserva Amazónica**, excursions are twice daily. The most hardcore are in the morning (partly due to the 5am wake-up call), taking on knee-knocking canopy walkways, cayman-ridden rivers in a kayak and jungle hikes.

Next it's on to the Andes and **Inkaterra Machu Picchu Pueblo Hotel** for treks around the everything-it's-hyped-up-to-be Lost City of Machu Picchu. After scaling the steps of the 15th-century Inca citadel, it's back to Pueblo for daydreaming in the Andean sauna, a candle-lit eucalyptus hut. There are also hot-stone massages with gems and coca-leaf oil (the same leaves that make the class A drug, so it gets the blood flowing).

The last stop is Cusco. The UNESCO World Heritage city is 3,400 metres above sea level and **Inkaterra La Casona's** micro-spa is one of the few in the world where therapists ask if you want extra oxygen with your massage. This trip will leave you hyper-toned from trekking, massaged to knot-free oblivion and wide- and bright-eyed having soaked up all the marvels of the Incas.

Rainbow Tours (+44 20 7666 1260; www.rainbowtours.co.uk) offers the *Walking to Wellness* trip from £6,135, including flights, transfers, excursions and activities

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Inkaterra Machu Picchu Pueblo Hotel