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2. August 2019

PERU: FROM THE SACRED VALLEY OF THE INCAS TO CUSCO



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[In our last post](#) I already shared some of my impressions from traveling Peru in spring this year. From Machu Picchu Pueblo (Aguas Calientes) we went on to the Sacred Valley of the Incas and the historic Inca capital Cusco. Read on to find out what we experienced.

ECO LUXURY AND IMPRESSIVE BEAUTY IN THE SACRED VALLEY OF THE INCAS

From Aguas Calientes we went by train to the Sacred Valley of the Incas where the [Inkaterra Hacienda Urubamba](#) is located. You simply cannot imagine how wonderful it is here! Even the most impressive photos cannot reflect the feeling waking up in the morning with the view of the reddish mountains. In the luxurious Inkaterra Hacienda Urubamba one can only feel amazing because no desire remains open, from the generous cabañas with terrace, to the restaurant with his Earth-to-Table-Concept and of course the Mayu Spa where I selected and picked fresh herbs for my massage.





Eco-Luxury at its best: Impressive view from the lobby and the terrace of our cabaña over the valley and amazing regional food. © Inkaterra

However, even if it is hard to leave the Hacienda, the valley is worth to be explored! An Inkatarra guide accompanied us to the ruins of Moray, the endless seeming salt terraces of Maras and the center for traditional textiles Cusco. Here you learn how wool is spun, colored and woven to different textiles.

When deciding for an authentic souvenir you also contribute to the well-being of women, because they are provided a secure job and fair wages. By the way, every worker of the wool production is responsible for the whole process from production to sale. The fabrication of a poncho takes approx. three months, which is something you could consider when negotiating.



Ruins of Moray, salt mines of Maras and the textile center: we discovered all of this with our amazing guide from Inkaterra. © Hanna Bossmann

HOME IN THE HEART OF CUSCO

From our last stop in the Sacred Valley of the Incas, we went to Cusco, where we stayed at the historical boutique hotel Inkaterra La Casona located at the Plaza Las Nazarenas. The building originates from the 16th century and was restored with lots of love for detail. Today it is home to eleven spacious and wonderful suites. Some of the furniture and design highlights are almost as old as the building and could only be conserved by gentle restoration. The wooden carvings in doors and balcony railings as well as some antique pieces of furniture are particularly impressive.



The patio of Inkaterra La Casona in the evening, the suites and rooms are accessible by the balcony. © Inkaterra

IN AND AROUND CUSCO: DAILY TOURS AND CULINARY

Also, Cusco itself offers a lot, even if it can be very touristic at some corners. The quarter San Blas invites to just stroll along, gazing at the famous dodecagonal stone in a wall built by the Incas or visiting one of the tasty organic restaurants which also offer vegetarian and vegan food – which is not easy to find in Peru at all. We loved the food at the Organika but to get a seat you must be lucky.



Half-day trip to Laguna Huaypo – the colors up here are just amazing! © Hanna Bossmann

From Cusco we also went on some excursions, for example, to the Laguna Huyapo. Here you meet nearly anybody (only isolated Quad tenants get lost) and can go for a wonderful walk around the lagoon – perfect to acclimatize, because Cusco is located at an altitude of 3,400 meters. A great attraction is also the Inca ruin Sacsayhuamán with its impressive view on the town.

RAINBOW COLORS AND ALTITUDE

Most tours to the Rainbow Mountain and the Red Valley start in Cusco as well. Unfortunately, the Rainbow Mountain is so overcrowded that a photo without tourists is almost impossible as well as just enjoying the natural wonder. But only a few travelers make the small swerve to the Red Valley, so the view of the red mountains is all yours. By the way, do not underestimate the height: though the distance is not far, the height puts a lot of pressure on the body. For me as well it was onerous and it took a while to reach the peak –to take one of the mules still was no option! Either I can do it myself or leave it 🙄

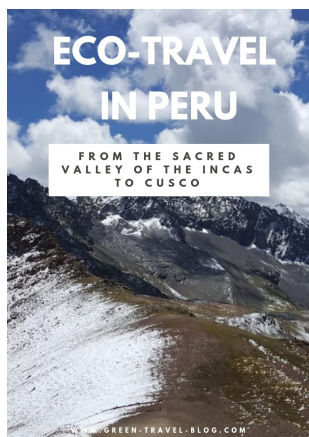
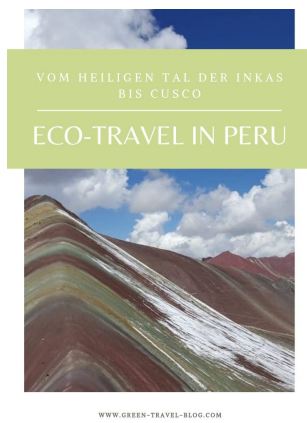


Rainbow mountain (top), view on the other side to impressive partly snow-covered peaks (middle) and the Red Valley (below). © Hanna Bossmann

We made so many great experiences and gained many impressions, in part 3 we take you to Arequipa and to the coast!

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Tags: Inkaterra Hacienda Urubamba, Inkaterra Hacienda Urubamba, Inkaterra La Casona, Inkaterra La Casona, Peru

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Recently I have traveled through Peru for a month making a lot of exciting experiences. From tours in the rain forest, to demanding hikes, city trips and days at the beach, we have got all of them. Today I want to share some of my [...]

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