

Frequently asked questions about the Lares Trek

1. Where is the Lares Trek located?

It takes place in the Lares Valley, north of Cusco, in the Andes mountain range, passing through traditional villages and ending in the Sacred Valley or in Ollantaytambo (connection to Machu Picchu).

2. How long does the Lares Trek take?

Between 3 and 5 days, depending on the route and itinerary.

3. How difficult is the Lares Trek?

Moderate level. Although it includes mountain passes above 4,400 meters above sea level, it is less demanding than Salkantay or Choquequirao.

4. When is the best time to do it?

From April to October (dry season). Avoid the rainy months (November to March).

5. Do you need a special permit like for the Inca Trail?

No. You only need an entrance ticket to Machu Picchu if the itinerary includes a visit to the sanctuary.

6. How does it differ from the Inca Trail?

The Lares Trek offers more cultural interaction with quechua communities, Andean textiles, hot springs, and high Andean lake landscapes, as well as fewer tourists.

7. Where do you sleep?

In camps along the route.

8. How high does it go?

The highest point is usually Abra Ipsay (4,450 m above sea level).

9. Are there mules or horses to carry luggage?

Yes, you can hire local muleteers to help carry your backpacks.

10. Do you need a guide?

It is not mandatory, but recommended for logistics, culture, and safety reasons.

11. Can I combine Lares with Machu Picchu?

Yes. Many agencies offer the Lares trek ending in Ollantaytambo, from where you take the train to Aguas Calientes to visit Machu Picchu the next day.

12. Are there bathrooms and basic services along the route?

Services are very basic. Some camps have rustic bathrooms. There is no stable cell phone signal for most of the route.

13. Is it safe?

Yes, but it is recommended to acclimatize to the altitude of Cusco before starting.

14. Is it worth it?

Yes. It is a less crowded alternative to the Inca Trail, with more cultural contact, hot springs, and spectacular landscapes. Ideal for those seeking tranquility and authenticity.