

PLAN A MACHU PICCHU TRIP



Always Mateo blog

7-Day Machu Picchu & Peru Itinerary

Disclosure: This document contains affiliate links

The Ultimate Peruvian Adventure

This itinerary covers [Machu Picchu](#) and other fascinating sights in [Peru](#), blending history, nature, and local culture for an unforgettable experience.

Day 1: Arrive in Lima – Exploring the Capital

- Land in [Lima](#), Peru's vibrant capital.
- Visit the [Historic Center](#), including [Plaza Mayor](#) and [San Francisco Monastery](#) with its eerie catacombs.
- Enjoy a sunset stroll along the [Malecón in Miraflores](#), overlooking the Pacific Ocean.

- Dine at a top-rated restaurant in [Barranco](#), known for its bohemian vibe.

Day 2: Cusco – Gateway to the Inca Empire

- Take a morning flight to [Cusco](#) (11,152 ft/3,399 m).
- Acclimate to the altitude with a light stroll through [Plaza de Armas](#) and [San Blas](#).
- Explore [Koricancha Temple](#), once the most important Incan temple, later transformed by Spanish conquistadors.
- Visit [Sacsayhuamán](#), an impressive Incan fortress with massive stone walls.
- Sip **coca tea** to help with altitude sickness.

Day 3: Sacred Valley – The Heart of the Incas

- Head to the [Sacred Valley](#), stopping at [Pisac](#) to see its colorful market and archaeological site.
- Visit [Ollantaytambo](#), a well-preserved Inca town with an incredible fortress.
- Board the scenic [Vistadome Train to Aguas Calientes](#), the Machu Picchu base town.
- Rest early for the big day ahead.

Day 4: Machu Picchu – The Lost City of the Incas

- Take the **early morning bus** to [Machu Picchu](#) for breathtaking sunrise views.
- Enjoy a guided tour of the **Temple of the Sun, Intihuatana Stone, and the Temple of the Condor**.

- For adventurers, hike [Huayna Picchu or Machu Picchu Mountain](#) for panoramic views.
- Return to [Cusco](#) by train in the evening.

Day 5: Rainbow Mountain & Humantay Lake – Natural Wonders

Option 1: Rainbow Mountain (Vinicunca)

- Early morning drive to [Mt. Vinicunca](#) (17,060 ft/5,200 m).
- Hike to see the stunning striped mountain, a geological marvel.

Option 2: Humantay Lake

- Trek to [Humantay Lake](#), a breathtaking turquoise glacial lake.
- Enjoy views of [Salkantay Mountain](#) and the surrounding Andes.

Return to [Cusco](#) for a relaxing evening.

Day 6: Journey to Puno – The Floating Islands of Lake Titicaca

- Take a scenic **bus or train** to **Puno** on the shores of [Lake Titicaca](#).
- Visit the [Uros Floating Islands](#), handmade from *totora* reeds.
- Experience local life on [Taquile Island](#), where ancient traditions thrive.

Day 7: Return to Lima & Farewell to Peru

- Fly back to [Lima](#) in the morning.
- Explore [Museo Larco](#), home to Peru's best pre-Columbian art collection.
- Try *ceviche* before heading to the airport for your departure.

Bonus Add-Ons (If You Have Extra Days!)

- **Nazca Lines**: Take a flight over the mysterious desert geoglyphs.
- **Amazon Rainforest**: Visit Puerto Maldonado for a jungle adventure.
- **Arequipa & Colca Canyon**: Spot Andean condors soar over one of the deepest canyons.

This itinerary balances adventure, history, and cultural experiences, ensuring you see the best of Peru while making the most of your time at **Machu Picchu**.

[Source](#)