



**Tourist Guide - Urubamba**



The traditional town of Urubamba, located between the city of Cusco and the Historic Sanctuary of Machu Picchu, is one of the seven districts that belong to the Province of the same name. It is also known as "The Heart of the Sacred Valley of the Incas" or "La Perla del Vilcanota" which is one of the main attractions of the region.

The Sacred Valley of the Incas is one of the essential destinations when visiting Cusco, it is known for its archaeological monuments – such as the circular ruins of Moray and the Maras salt mine – and for its colonial towns, scattered among green mountains and ravines. With one of the most pleasant climates in the Andes, the Sacred Valley was where the Incas established their farmland, to produce a wide variety of corn, potatoes and local inputs.

Urubamba with its sublime climate all year round, located at 2600 meters above sea level, will allow you to better acclimatize in Cusco to visit cities with a little more altitude, in addition to enjoying beautiful landscapes, popular arts, colorful crafts and the friendliness of its people. In the Valley you can also enjoy ecological adventure sports, such as hiking, horseback riding, mountain biking and river rafting.

Kallpawasi, are located in the Chichubamba sector, center of agrotourism in the District of Urubamba, Province of Urubamba. Located 15 minutes from the Plaza Mayor of Urubamba, the commercial area and 1.5 km from the bus terminal.



## **PREVENTION OF ALTITUDE SICKNESS**

Altitude sickness, also known as acute mountain sickness or “soroche”, is the condition caused by exposure to low air pressure, usually being above 2,400 meters above sea level (approximately 8,000 feet). Cusco is located at 3,300 meters / 10,800 feet above sea level. The main cause of altitude sickness is climbing too fast; symptoms include headache, nausea, vomiting, fatigue, dizziness, and sleep disturbances.

Before traveling to high-altitude destinations, avoid eating a lot. If you stay in a high destination, it is best to rest. Limit any activity or walking; you can explore the area, but take it easy, especially on the first day. Drink plenty of water and avoid alcoholic beverages.

## **MEDICAL PRECAUTIONS**

Although no vaccinations are officially required, travelers are advised to take precautions, especially if they will be traveling to the Amazon regions. The most common ailments suffered by visitors are stomach ailments and altitude sickness. Medical assistance is limited in the jungle area, so the necessary measures must be taken when ingesting food or alcoholic beverages.

## **CLIMATE AND CLOTHING**

The Urubamba Valley has a semi-dry and temperate climate, with temperatures that vary between -5 °C (28 °F) and 18 °C (64 °F) in the areas located between 2,800 and 3,800 meters above sea level; while in areas located below 2,500 meters above sea level, temperatures vary between 9°C (48°F) and 23°C (73°F). The driest month of the year is June, and the rainy season is from November to March. It is recommended that you carry a waterproof coat and warm clothing for the nights and during the time you stay in unheated places. The sun in this region is strong and the use of sunscreen is recommended.

## **WE RECOMMEND YOU BRING:**

- Comfortable clothes for walking, a light jacket and rain gear
- Appropriate footwear for long tours
- Binoculars
- Canteen
- Sunscreen, hat, sunglasses, insect repellent and protection cream for the lips
- The voltage is 220v.; a limited number of transformers are available at Kallpawasi, but it is recommended that you bring your own
- Liquid for contact lenses and an extra pair of contact lenses or glasses



- Extra batteries or chargers for your camera or video equipment. Thank you for considering that Peru does not have a battery recycling project. Please take your used batteries with you or leave them with our Assistant.

## **COMMUNICATION / TELEPHONE**

When making international calls from Peru dial 00 + country code + city code + phone number. For national calls: 0 + city code + phone number. Public telephones accept coins and prepaid cards which can be purchased at newsstands and supermarkets. Make sure the card you buy is for the phone company you want to use. Mobile phones to make local or international calls while traveling in Peru can be rented at the Lima airport. There is internet connection in most hotels in Peru.

## **FOREIGN EXCHANGE / EXCHANGE RATE**

The official currency is the Sol (PEN) divided into 100 cents. Visa is the most widely accepted card, but major international cards, including Diners Club, American Express, and MasterCard, are accepted at many – but not all – locations. Travelers checks can be difficult to cash in small cities and towns. Travelers are advised to have cash with them. US dollars are the easiest currency to exchange, and many restaurants, hotels, and shops in major cities accept US dollars as payment. Exchange houses often give better exchange rates than hotels and banks, and can be located in the city center, as well as ATMs.

## **SECURITY**

When traveling through Cusco, take care of your personal belongings as you would in any cosmopolitan area. Caution is recommended, especially in busy tourist areas or markets. Do not leave your camera or wallet on the table when you go to a cafe, or walk through dark alleys or areas that you do not know well. Try to learn some key Spanish phrases before your trip; this will help you and appear to be a more conscientious and careful traveler.

## **Kallpawasi**

Kallpawasi is made up of 02 villas built in the agricultural area of the Urubamba District (Cusco), between mountains and trees that create an environment conducive to mental, spiritual and physical rest. It is located 06 minutes by car from the Urubamba train station to Machu Picchu, 30 minutes from the Maras and Moray salt mines. 35 minutes from the archaeological center of Ollantaytambo and 50 minutes by car from the archaeological



center of Pisac. The road to the Alejandro Velasco Astete International Airport takes just over 80 minutes.

### **Our facilities**

Kallpawasi has been inspired by the architecture of the region, it has 02 independent villas with impressive views of nature, allowing the traveler to enjoy the open space and the tranquility of the valley. We have a campfire area, terrace and balconies where you can relax and recharge with energy from nature and the mountains.

### **Food and drinks:**

At Kallpawasi we offer you daily breakfast (included in the rental price) between 7 am and 9:30 am. It consists of local fruit juice, organic coffee - grown locally in the nearby town of Quillabamba - selected infusions, eggs (usually scrambled), milk, bread, butter and jam.

Likewise, we can help you with options for meals at home. In the area there is a wide variety of local culinary creations prepared with the highest professional standards and cooked with great care. (\*)

Finally, Kallpawasi is located a 15-minute walk from the Qhatu Wasi mini market and a 20-minute walk from Frank's Market.

(\*) Food orders must be made at least 2 hours in advance. Credit card payment is available (VISA only). Please add 5% credit card charge.

## **RECOMMENDED READING**

In addition to the information available on our website [www.kallpawasilasvillas.com](http://www.kallpawasilasvillas.com), we have selected a list of books and links that may be of interest to you:

- MacQuarrie, K. (2007). Los Últimos Días de los Incas. (1er edición)
- Box, B. (2013). Footprints South American Handbook 2014 (90 edición)
- Wehner, R.; Del Gaudio, R. (2011) Moon Peru Handbooks (3er edición)
- Stewart, A.(2013) The Inca Trail, Cusco & Machu Picchu includes Santa Teresa Trek, Choquequirao Trek, Vilcabamba Trail, Lima City Guide ( 5ta edición)

## **INFORMATION LINKS**

- [www.peru.info](http://www.peru.info)
- [www.frommers.com/destinations/cusco/2873010001.html](http://www.frommers.com/destinations/cusco/2873010001.html)
- [www.lonelyplanet.com/worldguide/peru/cuzco/](http://www.lonelyplanet.com/worldguide/peru/cuzco/)



Kalpawasi