



Trekking in Peru: Trekking and Travelling in the Huaraz, Cusco and Arequipa Regions (Lonely Planet CUSTOM Guide)

Sara Benson

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The trekking in Peru is world-class – you can camp below tropical mountains, reach Machu Picchu via the Inca Trail or lesser-known routes, and descend into one of the planet's deepest canyons in Arequipa. If you're looking for one guide to help plan your trip and your trekking in Peru, this book is for you. It combines in-depth trekking information from our 2003 *Trekking in the Central Andes* guide, with detailed travel information from our 2007 *Peru* guide.

- Getting Started section to help plan your adventure
- Insight into Peruvian history, culture and the fascinating world of the Inca
- Detailed maps, descriptions, and access information for treks in the Huaraz, Cusco and Arequipa regions
- All the facts about gear, permits, regulations and safety, plus information on organized treks and suggestions for heading out on your own
- Full coverage of Lima, Huaraz, Cusco, and Arequipa – including maps, sights, how to get around, and up-front hotel and restaurant reviews for any budget
- Easy-to-use language guide to Spanish, Quechua and Aymara

Just a word of warning: while the route information from *Trekking in the Central Andes* is still valid, some of the other information might not be – that's where the *Peru* chapters come in. So here you have it – all your essentials for Peru, and the lowdown on trekking too.

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