

cusco peru travel guide

Cusco Peru Travel Guide: Nestled in the heart of the Andes, Cusco is a city that seamlessly blends rich history with breathtaking natural beauty. As the former capital of the Inca Empire, this UNESCO World Heritage site boasts a unique cultural heritage that attracts travelers from around the globe. Whether you're an adventure seeker, a history buff, or a culture enthusiast, this Cusco Peru travel guide will provide you with all the essential information you need for an unforgettable trip.

Getting to Cusco

Traveling to Cusco can be an adventure in itself. The city is easily accessible by air, bus, or train.

By Air

The most convenient way to reach Cusco is by flying into Alejandro Velasco Astete International Airport (CUZ). Here are some points to consider:

- **Direct Flights:** Several airlines operate direct flights from Lima, the capital of Peru, to Cusco. The flight duration is approximately 1 hour and 15 minutes.
- **International Connections:** For international travelers, it's common to fly into Lima and then take a domestic flight to Cusco.

By Bus

If you prefer overland travel, numerous bus companies operate services from Lima and other cities like Arequipa and Puno. The journey can take anywhere from 18 to 24 hours, depending on your starting point.

By Train

For a scenic experience, consider taking a train from Ollantaytambo to Cusco. This route offers stunning views of the Sacred Valley and is a popular choice for those heading to Machu Picchu.

Best Time to Visit Cusco

Cusco has a diverse climate with two main seasons: dry and rainy.

- Dry Season (May to September): This is the peak tourist season, characterized by sunny days and cool nights. It's the best time for outdoor activities and exploring Inca ruins.

- Rainy Season (October to April): Expect heavy rainfall, particularly from December to February. While the landscapes are lush and green, some trails may be muddy.

Choosing the right time to visit will depend on your preferences for weather and crowd levels.

Top Attractions in Cusco

Cusco is rich in history and culture, with numerous attractions to explore.

1. Sacsayhuamán

This impressive archaeological site is located just outside the city and is known for its massive stone walls, some of which are made from stones weighing over 200 tons. It offers panoramic views of Cusco and is an essential part of any visit.

2. Qorikancha (Temple of the Sun)

Once the most important temple in the Inca Empire, Qorikancha was dedicated to Inti, the sun god. Today, it houses the Santo Domingo Church, blending Inca and colonial architecture.

3. Plaza de Armas

The heart of Cusco, this vibrant square is surrounded by stunning colonial buildings, restaurants, and shops. It's a perfect spot to relax and soak in the local atmosphere.

4. Cusco Cathedral

Located on the Plaza de Armas, this cathedral is a masterpiece of colonial architecture, showcasing intricate woodwork and a collection of religious art.

5. San Pedro Market

For a taste of local life, visit San Pedro Market, where you can find fresh produce, traditional handicrafts, and delicious street food.

Exploring the Sacred Valley

The Sacred Valley of the Incas is a must-visit area near Cusco, known for its stunning landscapes and significant archaeological sites.

1. Pisac

Famous for its terraced ruins and vibrant market, Pisac is a great place to start your exploration of the Sacred Valley. The ruins offer spectacular views and insights into Inca agricultural practices.

2. Ollantaytambo

This ancient town is known for its well-preserved Inca ruins and is a popular departure point for Machu Picchu. The impressive terraced hillsides and the town's layout provide a glimpse into Inca urban planning.

3. Moray

Known for its unique circular terraces, Moray was an agricultural laboratory used by the Incas for experimenting with crop growth.

4. Maras Salt Mines

Just a short drive from Moray, the Maras salt mines are a fascinating sight. The terraced pools have been used for salt extraction since Inca times and provide an incredible photo opportunity.

Cusco Cuisine: What to Eat

Cusco offers a variety of culinary delights that reflect its rich cultural heritage. Here are some must-try dishes:

- Ceviche: A refreshing dish made from raw fish marinated in lime juice, typically served with onions, cilantro, and sweet potatoes.
- Lomo Saltado: A popular stir-fry dish made with beef, tomatoes, onions, and fried potatoes, often served with rice.
- Aji de Gallina: A creamy chicken dish made with aji amarillo (yellow chili pepper) and served with rice and boiled potatoes.
- Cuy Chactado: A traditional Andean dish featuring fried guinea pig, often served with potatoes and salad.

- Chicha Morada: A traditional Peruvian beverage made from purple corn, spices, and fruit, perfect for quenching your thirst.

Tips for Traveling in Cusco

To make your visit to Cusco smooth and enjoyable, keep these tips in mind:

- Acclimatize: Cusco is located at an altitude of 3,400 meters (11,200 feet). Spend a day or two acclimatizing to avoid altitude sickness.
- Transportation: Taxis and local buses are available, but be sure to negotiate fares in advance. Walking is also a great way to explore the city.
- Currency: The local currency is the Peruvian Sol (PEN). It's advisable to carry some cash, as smaller shops may not accept credit cards.
- Language: While Spanish is the official language, many locals also speak Quechua. Learning a few basic phrases can enhance your experience.
- Cultural Etiquette: Be respectful of local customs and traditions. It's common to greet with a handshake and to say "buen provecho" when you see someone eating.

Final Thoughts

A trip to Cusco, Peru is an enriching experience filled with history, culture, and stunning landscapes. By following this Cusco Peru travel guide, you'll be well-equipped to navigate this incredible city and its surroundings. From exploring ancient ruins to savoring delicious local cuisine, Cusco promises unforgettable memories that will last a lifetime. So pack your bags and get ready for an adventure in one of the world's most captivating destinations!

Frequently Asked Questions

What is the best time to visit Cusco, Peru?

The best time to visit Cusco is during the dry season, which runs from May to September. During these months, you can expect sunny days and minimal rainfall, making it ideal for trekking and exploring.

What are the must-see attractions in Cusco?

Must-see attractions in Cusco include the Sacsayhuamán ruins, Qorikancha

(Temple of the Sun), the San Pedro Market, and the historic Plaza de Armas, where you can find beautiful colonial architecture.

How do I acclimatize to the altitude in Cusco?

To acclimatize to the altitude in Cusco, it is recommended to spend a few days in the city before engaging in strenuous activities. Drink plenty of water, avoid alcohol, and consider trying coca tea, which can help with altitude sickness.

What is the best way to get from Cusco to Machu Picchu?

The best way to get from Cusco to Machu Picchu is by taking a train from Cusco to Aguas Calientes, the nearest town to Machu Picchu. Several companies offer services, and it's advisable to book in advance, especially during peak season.

Are there any local dishes I should try in Cusco?

Yes, while in Cusco, you should try local dishes such as Cuy (guinea pig), Alpaca steak, and the traditional Peruvian dish Lomo Saltado. Don't forget to try the local corn and potatoes, which come in many varieties.

What cultural events should I experience in Cusco?

Cultural events to experience in Cusco include Inti Raymi (the Festival of the Sun) in June, and the Cusco Carnival, which features colorful parades and traditional music. These events showcase the rich cultural heritage of the region.

Is it safe to travel to Cusco?

Yes, Cusco is generally considered safe for travelers. However, like any tourist destination, it is essential to stay vigilant, avoid displaying valuables, and be cautious in crowded areas to minimize the risk of petty crime.

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