

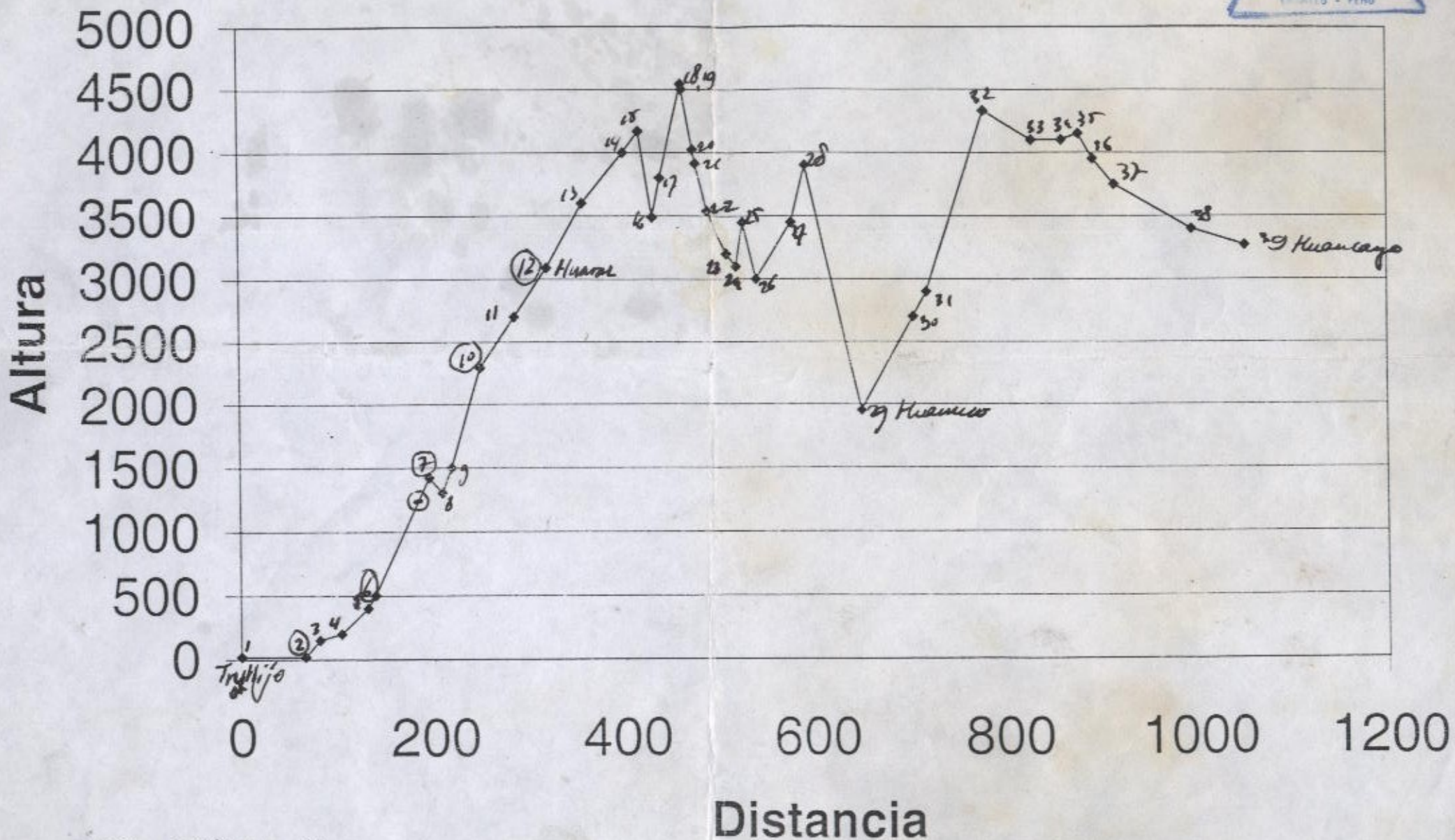
LUGAR	ALTURA	KM ASFALT	KM TIERRA	KM TOTAL	
1 TRUJILLO	20		0	0	
2 CHAO	20		66	66	
3 Camino privado	150		15	81	
4 TANGUCHE	200			22	103
5 PUENTE	400			28	131
6 CHUQUICARA	500		8	139	
7 YURAMARCA	1420			55	195
8 HUALLANCA	1300			14	209
9 CAÑON DEL PATO	1500			10	219
10 CARAZ	2290		30	249	
11 CARHUAZ	2700		38	285	
12 HUARAZ	3090		34	319	
13 CATAO	3600		37	356	
14 CRUCE	4000		43	399	
15 PASO	4170		16	415	
16 CRUCE	3490		14	429	
17 PACHAPAQUI	3800		8	437	
18 ABRA YANA SHALLA	4540		22	459	
19 CRUCE	4500		1	460	
20 CRUCE	4025		11	471	
21 MINA HUANZALA	3915		3	474	
22 HUALLANCA	3540		12	486	
23 LA UNION	3200			21	507
24 PUNTO GASO	3100			10	517
25 PACHAS	3450			7	524
26 TINGO CHICO	3000			14	538
27 CHAVINILLO	3450			37	575
28 PASO	3900			15	590
29 HUANUCO	1950			59	649
30 SAN RAFAEL	2700		54	703	
31 HUARIACA	2900		14	717	
32 CERRO DE PASCO	4330		59	776	
33 CARHUAMAYO	4100		50	826	
34 JUNIN	4100		31	857	
35 Principio bajada	4150		18	875	
36 CRUCE	3950		15	890	
37 LA OROYA	3750		23	913	
38 JAUJA	3400		82	995	
39 HUANCAYO	3270		58	1051	

Grifo-Hostal GENERAL
Rest.-Policia

GHRP Casa de cicl Av Santa 347
HR
camino de tierra duro
fin camino privado
GR asfaltado hasta Chuquicara
GHRP hostal cerca de policia, camino malo
GHRP
cañon del Pato 35 tunel, despues asfalto
GHR
GHR buena vista de las montañas
GHRP ciudad turistico
GHR
todo recto (der. va a Aquia)
todo recto (izq. va a Antamina)
GHRP pueblo
GHRP gran pueblo, aguas ther, 5 km despues con hostal
camino de piedras hasta Pachas
HR pueblo
R pueblo, tome der. despues del puente
GHRP no lugares para campar
hay pueblo al paso y muchos hasta Huanuco
GHRP asfaltado despues de aqui
GHR pueblo
GHR pueblo, mas grande, muy amable (Hostal Rosa)
GHRP pueblo 5 km desvio (10 km ida-vuelta)
GHR
GHR museo a la Batalla 5 km despues del pueblo
carretera sigue el ferrocarril
RP camino a la izq. va a Tarma
GHRP aire malo mucho pollution (minas), muy longue
GHR ciudad antigua y tranquil
GHRP Hostal Baldeon (Amazonas 543), bicimax (Mantaro 258?)



Trujillo-Huancayo



LUGAR	ALTURA	KM ASFALT	KM TIERRA	KM TOTAL	Grifo-Hostal GENERAL Rest-Policia
1 HUANCAYO	3270		0	0	GHRP cuidado
2 HUAYUCACHI	3250		9	9	RP camino asfaltado
3 ALTO DE IMPERIAL	3890		22	31	
4 ACOSTAMBO	3650		12	43	GHRP pueblo, cascades minerales mas abajo
5 IZCUCHACA	2930		25	68	GHRP tome der. a la puente, asf. malo hasta Huancavelica
6 HUANDO	3600			83	HRP trabajo en la carretera, arena suelta
7 PASO	3740			90	
8 FUENTE PALCA	3270			99	H habitaciones
9 ABRA AYACOCCHA	3830			108	R pueblo
10 CASABLANCA	4090			126	H habitaciones
11 PUENTE	3640			140	fin de abajado
12 HUANCVELICA	3680			144	GHRP hostal camacho, jr carabaya 481
13 LACHOCC	4150			164	pueblo, camino de piedras pero bueno
14 PUCOPAMPA	4575			189	pueblo, muchas llamas muy lindo
15 PASO CHONTA	4853	→ Obrero 3.5km		199	tome der. (abajo) izq va hasta Lircay
16 CHOCLOGOCHA	4540	Linda (cañón?)		212	pueblo, paisaje muy linda
17 SANTA INES	4590	masa 5059 msn		222	GHRP hay 2 pueblitos, el viejo esta cerca, no va abajo
18 PILPICHACA	4180	de altura		245	R pueblo, mas grande que Santa Ines
19 PUENTE RUMICHACA	3950			254	GHRP hay un hostal simple
20 PASO	4250			260	
21 FUENTE	3970			266	
22 LICAPA	4300			274	pueblo
23 ABRA APACHETE	4750			291	principio abajado
24 NIÑOBAMBA	3970			301	GR Aguas calientes
25 JATUMPAMPA	3560			331	R acampamiento antes Jat. muy facil
26 CRUCE	3180			349	R tome der.
27 SALLALLI	3560			359	pueblo, buenas vistas de la valle
28 ABRA YANABAMBA	3912			366	principio abajado
29 AYACUCHO	2780			391	GHRP ciudad antigua y historica
30 PUENTE	2580			393	
31 CHONTAYA	3431			423	R
32 ABRA 2	3446			441	
33 PUENTE	3250			445	camino de piedras
34 ABRA 1	3414			449	
35 ACOCRO	3350			451	GR pueblo
36 ABRA NINUELA	4010			489	toma izq. en encima de la abra
37 ORCOS	3300			480	GHRP camino malo del paso hasta aqui
38 CHUMBES	2900			500	GR pueblo
39 PUENTE PAMPAS	1950			519	RP camino bueno de aqui hasta Urpa
40 AYAHUARA	2030			534	R pueblo, gente muy amable
41 CHINCHEROS	2800			549	GHRP pueblo

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41	URIPA	3240		9	538
42	CRUCE	3870		11	569
43	ABRA SORACOCOA	4240		19	588
44	CRUCE	3800		17	605
45	NUEVA ESPERANZA	3500		5	610
46	GHICMO	3250		7	617
47	TALAVERA	2800		15	632
48	ANDAHUAYLAS	2900		5	637
49	CRUCE	3250		9	646
50	CRUCE	3400		4	650
51	PASO	3550		5	655
52	ABRA HUAYLLACOYA	4080		20	675
53	PUENTE	3770		10	685
54	CRUCE DE KISHUARA	3800		9	694
55	ABRA CRUZCCASA	3920		8	702
56	PUENTE ARHACACHA	1800		55	757
57	ABANCAY	2460	15		772
58	ABRA SORAQASA	3970	36		808
59	PISONAY PATA	2780	31		839
60	CURAHUASI	2681	5		844
61	PUENTE	2180	11		855
62	PUENTE CUNYAC	1910	14		869
63	CRUCE	2250	11		880
64	LIMATAMBO	2651	10		890
65	PAMPACONGA	3370	15		905
66	ABRA HUILLQUE	3780	11		916
67	IZCUCHAGA (ANTA)	3340	27		943
68	ABRA ARCOPUNCO	3660	18		961
69	CUSCO	3400	8		969

GHRP pueblo (mas grande) taller de bici
tome der. (ariba)

tome izq. (todo recto)

GRP

GHRP camino de piedras

GHRP

GHRP Hostal Americas y Wari son bueno
tome der.
tome der.

campos de papas

hay un pueblo mas abajo
vistas magnificas durante descenso

GP asfaltado de aqui hasta Cusco

GHRP ciudad amable

pueblo

GHRP pueblo
buenas vistas

RP muchas moscas picandos
todo recto

GHRP hostel Rivera
R dificil por acampar en esta valle

GHRP gran pueblo

GHRP ciudad turistica

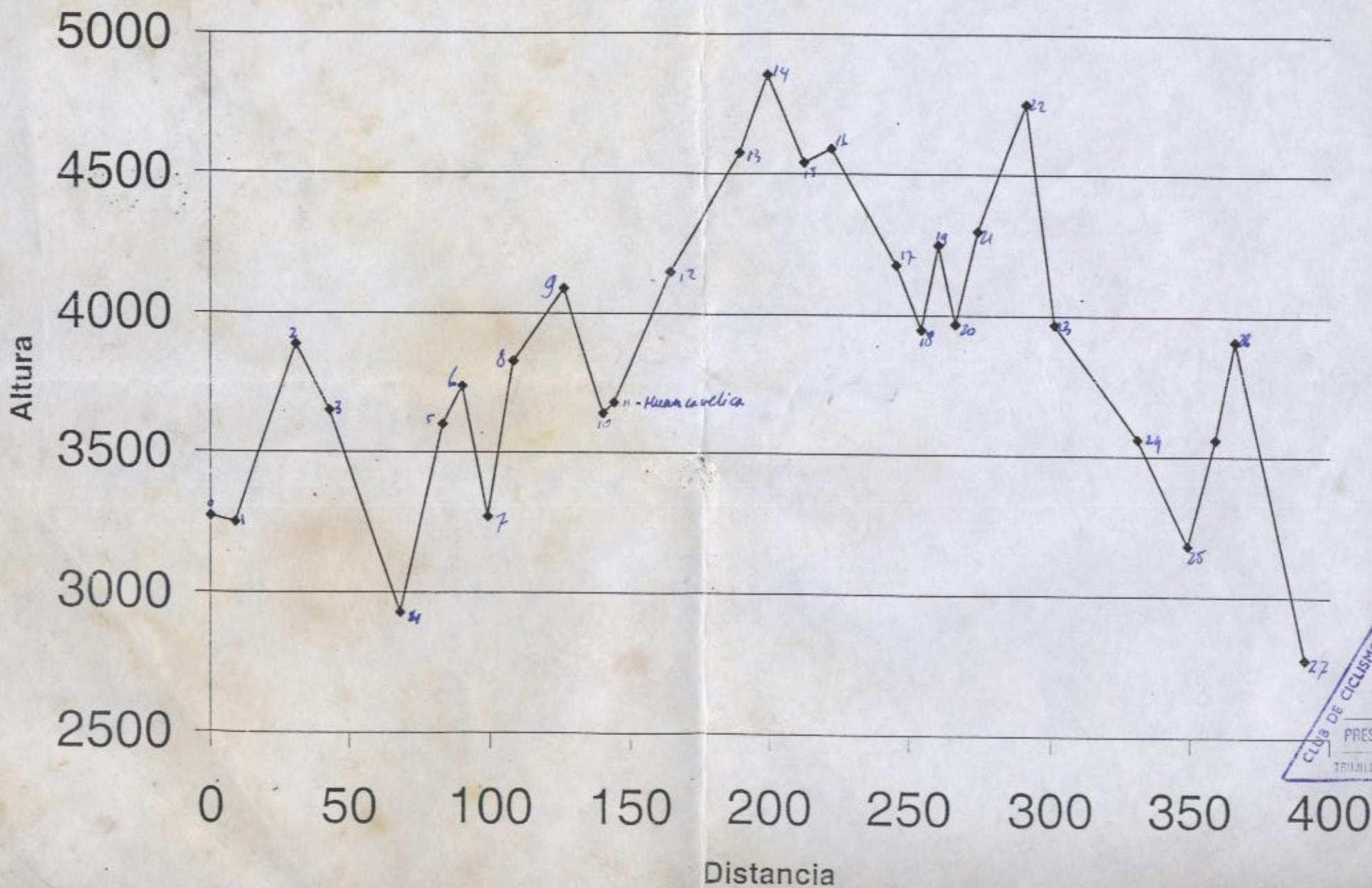


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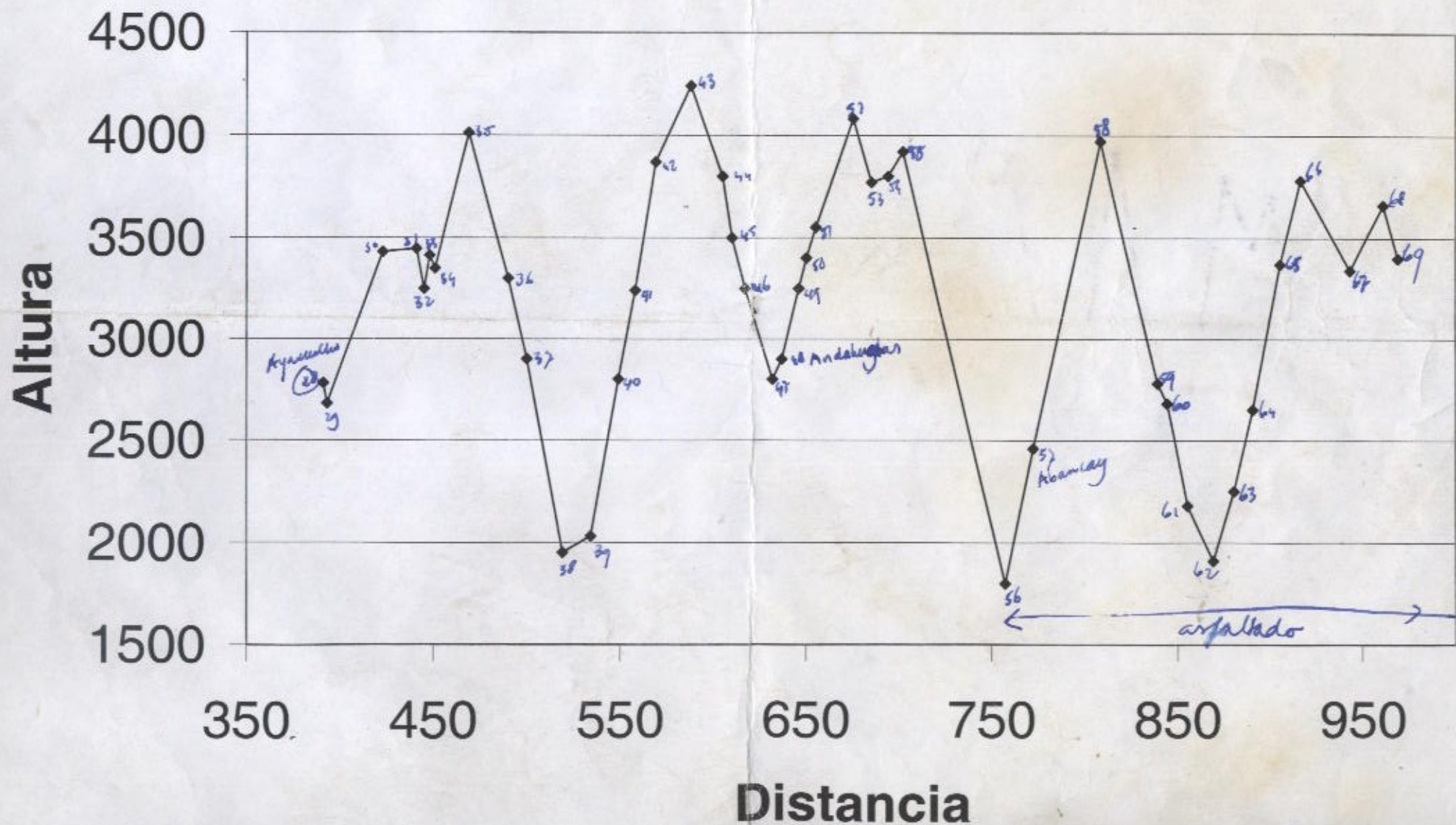
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HUANCAYO-HUANGAVELICA-AYACUCHO



AYACUCHO-CUSCO



is not paved and climbs as much, but is probably shorter). Then climb during 12 kms, then long downs and very slightly ups till Junin. Villages at km 46 Carhuaymayo (has 3 hospedajes of which Savoy at exit of village looks best) and at km 56.5 Huayre (calm and picturesque, shops, but no accom).

ATM

2 August 2007 Junin - La Oroya - Jauja (3250m) 139.1 km (309 meters climbed)

All paved. First climb out of Junin for 12 kms up to 4200m, then up and down for another 6 kms, then mostly downhill to La Oroya at 56 km (big city, accom). Then along the river Mantaro more down than up to Jauja (small touristic town, accom). Headwind from La Oroya on. Till La Oroya there is nothing, afterwards some road restaurants about every 20 kms. Bigger village San Francisco at km 96 and a few smaller villages after that.

3 August 2007 Jauja - Huancayo (3244m) 49 km (110 meters climbed)

All paved. There are 2 roads, one on each side of the river. We took the left side of the river, but no safety lane and narrow road. Headwind. Up and down, but more up than down. After 29 kms road gets broader and there are 4 lanes. There are nice villages all the way. Accom in La Concepcion at km 25. Some steep climbs riding into Huancayo.

4 August 2007 Huancayo - Izcuchaca - Mariscal Caceres (3031m) 76.8 km (789 meters climbed)

Paved till Izcuchaca (km 63). Headwind. First about 10 kms through suburbs. Then climb till pass of 3988m at km 31. Then descent to Izcuchaca (accom) during 32 kms. Then unpaved but not too bad road during 14 kms, mostly downhill, but some climbs till M. Caceres (very basic accom).

From here on you'll encounter annoying bloodsucking little flies, called zancudos. They leave bites that itch like mosquito bites. Normal insect repellent will keep them away, but only for a very short time. Better buy the local brand "Zzzcudo" which is sold in botica (= pharmacist) and also in some grocery stores in the small villages. This helps for at least 4 hours. These flies are there only during daylight. The hotter it is, the more active they are. As soon as the sun disappears, they disappear too.

5 August 2007 Mariscal Caceres - La Esmeralda (aka Anco) (2450m) 75.8 km (686 meters climbed)

All dirt road. Hot (33 degrees Celsius) and lots of zancudos (see above). Lots of ups and downs. Lots of villages till bigger village Quichuas at km 27 (accom). Then no villages, only some houses, but no shops, till Anco. At km 56.5 starts steep climb for 2 kms (180m), then a climb of 30m in 500m, then down, then a climb of 12m in 200m, then down a bit, then a climb of 15m in 300m, then up and down, but more down than up till Anco, where the best hostel is Yance, down at the park (plaza), but before descending to the park, talk to the owner of the restaurant El Camionero on the main road. He also owns the hostel, but at the hostel there is nobody to attend, so, you'll find yourself before a closed door.

6 August 2007 Anco - Huanta (2682m) 67.2 km (995 meters climbed)

All dirt road. Hot (40 degrees Celsius) and lots of zancudos (see above). Steep climb out of Anco.

Then lots of short steep climbs and 2 long ones till Mayocc at km 35 (accom). Steep climb out of Mayocc, and then some short steep climbs. Road gets worse after Mayocc till bridge with small shop (refrigerated drinks) at km 45.5 (2242m). After bridge better road and gradual climbing all the way to Huanta. In Huanta steep paved climb of 2 kms to center of city.

7 August 2007 Huanta - Ayacucho (2750m) 47.8 km (682 meters climbed)

All paved. No safety lane, but not a lot of traffic. Paving is wobbly and sometimes very rough, except from km 17.5 till km 30 where it is very smooth. First climb 260m during 8 kms (first 2 kms are somewhat steep). Some short dirt stretches from km 6.5 till km 8. Then go up and down. Then long descent from km 20 to km 30. Then climb about 600m gradually during 17 kms. Lots of villages underway.

8 - 10 August 2007 Ayacucho (2750m)

11 August 2007 Ayacucho - Chontaca (3436m) 50.2 km (1077 meters climbed)

All unpaved. Lots of ups and downs, sometimes steep, sometimes really bad road, but a lot more up than down. Villages with shops on the road itself at km 13 Niño Jesus de Neque, km 20 Condoray (2930m), km 25.5 Alanya (3030m), km 26.5 Tambillo (3085m), km 28.5 Ccehcca (3230m), km 31.5 Penao (3320m), km 45 Seccelambras (3450m), km 49.7 Chontaca (3436m), which is the biggest village and where there is also a restaurant and where we could sleep in the Centro de Salud which has 4 beds. Sr Chime is building rooms upstairs of his shop (in the turn, on the left hand side) which should soon be finished.

There is another road which goes a lot higher, over the El Tocto Pass (at about 4300 meters), but then you encounter no village till Ocos (115 kms from Ayacucho).

12 August 2007 Chontaca - Chumbes (2832m) 64.3 km (891 meters climbed)

All unpaved and bad. From km 4.7 till 8.7 descent from 3430m to 3240m over really bad road. Then from km 8.7 till 11.7 ascent to 3393m over bad road. Then from km 15 to 31.5 ascent from 3330m to 3988m over sometimes bad road. Then from km 31.5 to 52.5 Ocos descent over really, really bad road, then further descent to km 64.3 Chumbes over bad road. Villages at km 11.2 Paccpayoc (no shop, just a couple of houses) (3375m), km 14.1 Matara with shop (3330m), km 52.2 Ocos with shop, restaurant and accom (3190m), km 64.3 Chumbes with shop, restaurant and basic accom (2832m).

13 August 2007 Chumbes - Uripa (3175m) 59.4 km (1286 meters climbed)

All unpaved. Descent on bad road to km 19.3 Puenteampas (1960m), then up and down till km 34, then steady climb (first kms very steep) till km 59.4 Uripa on good road till last 5 kms which are bad again. Villages with shops at km 13.5 Pajonal (2210m), km 16 Ninabamba (2105m), km 19.3 Puenteampas (small basic shop, only water and Inca Kola) (1960m), km 27 Ahuayro at 2026m (very nice village with 5 big shops, restaurants, very basic hospedaje and puesto de salud. There is a nice big shop riding into the village, left hand side, seems to be a good place to ask to sleep, big wall around it and large clean house), km 34 Callebamba (2070m), km 50 Chincheros at 2780m (rather big place, with 2 hotels, restaurants, shops and hospital) and km 59.4 Uripa which is as big as, or

maybe bigger than Chincheros, but no hospital.

14 August 2007 Uripa - Andahuaylas (2980m) 80 km (1076 meters climbed)

All unpaved, except last 5 kms paved. Climb on very bad rocky road in 11.4 kms to 3650m. Then 2 roads. We took right (= the high road). Climb in 19 km to a pass of 4145m on rather good road. Then descend on somewhat bad road during 45 kms to Talavere, which is a big town. From km 51 to 58 there are villages and houses all the time, at about km 53 are some big shops. You have to pedal in the descent at about km 58 and 61. Then from km 75 Talavere (2830m) 5 kms slightly uphill on paved road to Andahuaylas (2898m) which is a really big town.

15 August 2007 Andahuaylas (2980m)

16 August 2007 Andahuaylas - Kishuara (3794m) 60.4 km (1287 meters climbed)

All unpaved, except for first 2.7 kms to village San Jeronimo (60m climb). Climb to km 9.6 (3375m) where there are crossroads. Take right (= straight ahead) for the high road. Then climb further till km 18.3 (3660m), where you descend to 3635m at km 21.9. Then climb till the pass at km 38.9 (4185m). Then downhill, some pedaling (during 1.5 kms) after the bridge at km 49, and some pedaling after the bridge at km 52. Then downhill till km 55. Then uphill till km 57.6 (70m climb). Then crossroads for Kishuara (take left) and downhill with short climb till hostel San José at entrance road to village Kishuara. No villages on this road.

17 August 2007 Kishuara - Abancay (2378m) 83.6 km (898 meters climbed)

Unpaved, except last 18 kms paved. Climb out of Kishuara during 3 kms (135m, to 3929m) where you join the main road again (first 2 kms steep). At km 6.4 is a restaurant La Cabañita (no village, no houses, only this restaurant) which might be an alternative place to sleep. At km 7.8 (3980m) you are at the top of the pass. Descent starts out very gradual, you have to pedal and climb some from km 10.5 to km 13. Then from km 16.1 to km 16.8 climb 15m, then pedaling from km 18 to 19.5. At km 21.8 you are at 3706m. At km 24.6 (3625m) climb till km 24.9 (15m, to 3640m). From km 24.9 till 25.9 climb to 3665m. At km 26.6 there is a big empty building which looks like a good place to camp. At km 30 is a really small village. From km 38 to 39.5 pedalling again. At km 51.2 the other road joins our road. At km 54.5 village Alquibamba with shop. At km 62.8 to 63.3 climb 50m. At km 65.5 you join the paved road at Puente Sahuinto at 2034m. There should be another road which joins the paved road 5 kms earlier, at Puente Pachachaca, but we did not see it. Once over the bridge Sahuinto, left is direction Abancay. Gas station with very small restaurant at km 67.5. At km 69.5 starts the climb to Abancay (it starts at 2000m, where the dirt road coming from Puente Pachachaca joins the paved road). At km 74.6 there is a shop, and at km 74.7 (2270m) gas station "El Piloto" with restaurant and clean looking hospedaje. From 5 kms before the center of Abancay, there are houses and shops.

18 August 2007 Abancay - Curahuasi (2712m) 70.8 km (1568 meters climbed)

All paved. Climb steeply out of Abancay (60m in 0.5 km). Keep on climbing. At km 23.4 (3388m) village Caserio Waraccoña (small, only 5 houses, but with shop and empty building of Provias Nacionales, which could be a place to sleep). Reach the pass at km 35.2 (3903m). Then descend. At km 43.2 Inca ruins Sayhuite (3620m). At km 49 shop just before bridge. In Curahuasi, several hostals,

but Hostal Santa Catalina is the best (very, very clean and modern), it is 250m off the Panam on the road to the center (go right at Restaurant Union on the Panam). Near Hostal Santa Catalina is a pizzeria.

19 August 2007 Curahuasi - Limatambo (2634m) 46.1 km (840 meters climbed)

All paved, except for km 3.5 to km 4.5 dirt. Descent, except km 11 Puente Quebrada Honda, where you climb 50m till km 12.3. At km 16 and km 19 you have to pedal some. At km 18 village with several shops. At km 19.9 Restaurant Hospedaje Quinta Recreo Cañaverl (address: Panam km 105, in village Carmen) which is very nice and clean, with swimming pool, and the homemade pasta is really succulent. Km 20.3 till km 22.3 climb 45m. Then down again and up, till real ascent starts at km 28.5. Really hot in the canyon. At km 37 restaurant in shack. Steep climb last 2 kms to get to Limatambo. In Limatambo 2 basic hospedajes on Panam (Villa Limatambo + El Tambo), 1 basic on the Plaza de Armas (Hosp. Plaza) and Hostal Rivero about 1 km further, 50m off the Panam. This last one is probably the best (big rooms on groundfloor, clean, shared bathroom). Several restaurants in Limatambo.

20 August 2007 Limatambo - Cusco (3326m) 79.8 km (1446 meters climbed)

All paved. First 9 kms steep climb (485m). Then normal climb till top of climb at km 26.2 (3630m). Then real descent till km 37. Then slightly downhill till km 44. Then flat or slightly up and down till climb starts at km 59.5 (at 3380m). At km 64.8 you are at 3455m, then down 10m to 3445m at km 65.5. Then more or less flat. Then climb again, but last 3 kms to top at km 71.5 (3622m) are steep. Then descent into Cusco.

At km 2 Inca ruins Tarahuasi. At km 3.6 (2822m) Restaurant Hospedaje Limatambo Country Club (looks very basic). At km 14 (3255m) village with shops. At km 33 (3400m) big village Ancahuasi with shops. At km 44 (3280m) village Compone with shop. At km 45.6 shop. At km 46.8 (3280m) village Cotabambas with shop. At km 46.9 gas station with shop. At km 50.3 couple of houses with shop. At km 53 (3293m) small town Anta (Izcuchaca) with shops and restaurants. At km 64.8 (3455m) are 2 modern gas stations with shop and restaurant. At km 65.5 (3445m) village Poroy with some basic outdoor restaurants.

21 - 25 August 2007 Cusco (3326m)