Puno  
High above sea level, spend one day acclimatizing in town while visiting museums.

Lake Titicaca  
Spend a day exploring the floating reed islands.  
To Puno, then 1 hr to Cuzco

Cuzco  
Admire the ancient capital of the Inca empire, starting with Qorikancha and Sacsaywamán.  
4½ hrs to Parque Nacional Manu

Parque Nacional Manu  
Factor in at least three nights in this Amazon jungle park.

Machu Picchu  
Base yourself at Aguas Calientes. Stick around for at least two days.  
3 hrs to Cuzco, then 4½ hrs to Parque Nacional Manu

Lima  
Ease into the journey with a relaxed day in Lima.  
2 hrs, then 1 hr to Puno