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Inca Trail to Machupicchu

04 D - 03 N

The trek is rated moderate and any reasonably fit person should be able to cover the route. It is fairly challenging nevertheless, and altitudes of 4200m are reached, so ensuring that you are well acclimatized is important. If arriving from sea level, plan to spend at least 2 full days in Cusco (**3 days is better**) prior to commencing the trek. This should allow plenty of time for acclimatization and give you sufficient opportunity to visit the **City of Cusco** and nearby Inca ruins at Sacsayhuaman, Quenqo, PucaPucara & Tambomachay, as well as spending a day or two exploring the **Sacred Valley of The Incas**, visiting the tradition market town of **Pisac**, and the fascinating Inca fortress at **Ollantaytambo**.

If the Inca Trail is already fully booked on the departure date that you require you can always consider one of the Alternative Inca Trails Trek (**Salkantay & Machupicchu 05 Days / 04 Nights**)

Day 01: Cusco - km 82 - Huayllabamba

At approximately 6:30 am, our guide will pick you up from your hotel to transfer you by bus to the km 82 where you will arrive at approx. 10:30 am. Here you will meet the team that will join you during the trek, such as the porters, camp assistants and cooks. You will begin the walk, the first day is quite easy and during the first kilometres you will have a beautiful view of the snow peaked Veronica Mountain, walking alongside the Vilcanota River until you arrive at the Archaeological Complex of Patallacta, where you will have lunch and gain energy to reach Huayllabamba, where the first camp is set up.

Meals Included: Lunch & Dinner



Day 02: Huayllabamba - Pacaymayo

After breakfast, the hardest part of the trail begins, with a steep ascent, followed by 3 hours walking until reaching the first step, called Warmiwañusca (**Dead Woman**), up to 4200 m.a.s.l. approximately. You will not only enjoy incredible panoramic views from here but you will also have the satisfaction to have reached the top. After lunch in Vizcachayoc we will descend towards Pacaymayo (**3500 m.a.s.l.**) for dinner and camp.

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Meals Included: Breakfast, Lunch & Dinner



Day 03: Pacaymayo - Wiñayhuayna

After breakfast the ascent will begin until the second most important step of the route, up to 3900 m.a.s.l., where you will enjoy a guided visit to the Archaeological Complex **Runkurakay** and the Inca Citadel of **Sayacmarca** (**3,600 m.a.s.l.**). Lunch in Chaquicocha. Then, you will continue walking towards **Phuya Patamarca** (**Town in Clouds**), another important archaeological monument. After a brief rest, we will continue walking until arriving at Wiñay Huayna (**Always Young**), for a guided visit to this spectacularly located Archaeological Complex . Dinner and overnight in the camp. Note: The above are the regular camp sites according to the circuit operated by **Peru Tourist Information**, however, these can vary according to disposition levied by the Machu Picchu Management Unit without previous warning, but which will not affect the itinerary.

Meals Included: Breakfast, Lunch & Dinner



Day 04: Wiñay Huayna - Waynapicchu - Machupicchu - Cusco

After breakfast (**05:00 approx.**), start walking for one hour by the forest until the Inti Punku (**Door of the Sun**), known like the front door to Machu Picchu, from where we will be able to have an impressive panoramic view of the Inca Citadel.



Climbing 6 km of winding road, to the incredible site of **Huayna Picchu** also known as **Wayna Picchu** (**Quechua " Young Peak "**) The number of daily visitors allowed to enter Huayna Picchu is restricted to 200 is a mountain in Peru around which the Urubamba River bends. It rises over Machupicchu, the so-called lost city of the Incas, and divides it into sections.

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The Incas built a trail up the side of the Huayna Picchu and built temples and terraces on its top. The peak of Huayna Picchu is about 2,720 metres (**8,920 ft**) above sea level, or about 360 metres (**1,180 ft**) higher than Machu Picchu. According to local guides, the top of the mountain was the residence for the high priest and the local virgins.



After climb Huaynapicchu we go down to Machupicchu ruins, you will have a guided tour of the ruins and monuments, such as the Main Square, the Circular Tower, the Sacred Solar Clock, the Royal Quarters, the Temple of the Three Windows and the cemeteries. Free time to stroll around the Citadel and then meet the rest of the group to be transferred by bus to Aguas Calientes for lunch (not included). In the afternoon return to Cusco by train. Upon arrival in Cusco, transfer to your selected hotel. **Machupicchu** Every morning before sunrise, the high priest with a small group would walk to Machu Picchu to signal the coming of the new day. The **Temple of the Moon** , one of the three major temples in the Machu Picchu area, is nestled on the side of the mountain and is situated at an elevation lower than Machu Picchu. Adjacent to the Temple of the Moon is the Great Cavern, another sacred temple with fine masonry. The other major local temples in Machu Picchu are the Temple of the Condor, Temple of Three Windows, Principal Temple, " **Unfinished Temple** ", and the Temple of the Sun, also called the Torreón. Then we'll participate in a guided tour of the Citadel, visiting the Main Plaza, the Circular Tower, **The Sacred Sun Dial** the Royal Quarters, the Temple of the Three Windows and various burial grounds.



Garden Waterfall of Mandor - Hot Spring - Ollantaytambo

Afternoon Excellent opportunity to enjoy the Town of Aguas Calientes and visit its Hot Springs Thermal Waters. Then, you will have time to perform some of the following activities:

Mandor Waterfall. Visiting Mandor Waterfall is an unforgettable adventure. It is an area of lush forest surrounding the town of Machu Picchu. You just have to follow the railway line from Machu Picchu Pueblo for a 45 minute-hike. You will reach a railway crossing, from which you will see a small group of houses whose dwellers will tell you how to reach Mandor Waterfall

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Hot Spring

Is a distance of 800 m. east of the town of Machupicchu, there are under ground hot sulfur springs wich bubble up from the rocky under ground at varying temperatures. The especially – Built pools at this resort are the basis of its use as hot mineral baths. The hot spring offer natural resources for medical therapy, and also is a great treatment for Rheumatism. It help to rid of stress and toxins, anhanche your metabolism and avoid high blood pressure. The average temperature of the water runs from 38° to 46°C. There are also changing rooms, bathrooms sand and a small snack bar.

at 14.55 p.m train back to Ollantaytambo & Cusco upon arrivel transfer to your selected hotel for overnight.

Meals Included: Breakfast



Include:

In Machu Picchu: Inca Trail + Climb Huaynapichu & Guided visit of the Citadel

- Briefing where the guide will explain and give you more details about the trek
- Transfer by bus from Cusco – Km 82
- Daily tours with all bilingual guided tours (**English - Spanish**) as described in the itinerary
- 1 Train ticket Machu Picchu - Ollantaytambo and go on by bus to Cusco
- Entrance fee to the Inca Trail and Machu Picchu
- Porters for equipment and cooks service (**no for your equipment**)
- All Meals as indicated on the itinerary
- Bus tkt Machupicchu Ruins to Aguas Calientes town

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- Camping equipment including Tents - Sleeping Bag - Mattresses, Kitchen Tent, Lunch Tent, etc
- 03 Nights Camping
- **Entrance to Machupicchu & Huaynapichu**
- Sleeping Bag **must be carry for You and no for our porters**

Not Include:

- International flights
- Walking stick
- Transport of luggage
- Personal items
- Alcoholic drinks, soda or bottled mineral water
- Personal expenses
- Tips for cooks, porters, guide
- International or National personal telephone calls
- Meals not mentioned

Price per person double occupancy in Camping: 840\$UA

Important:

- Daily departures (except in the month of february, which makes maintenance of the route of Inca Trail) .
- At time of booking, all data must match with your passport.
- It is required bring your original passport which you made the reservation during the Inca Trail.
- For students, it is requirement bring the original ISIC Card together with ther passport during the Inca Trail.
- If the Ministry of culture find fraudulent ISIC Cards, the admission to the Inca Trail will be denied without a claim or refund.
- In case of find ISIC Card expired, the admission to the Inca Trail will be denied without a claim or refund.
- The campsites may change according to availability.

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- The return train schedule may change according to availability.
- The tip for guides, cooks and porters are not included in the tour price.

Essential Inca Trail Packing List

1. Your Passport

You'll of course need your passport to get into Peru, but you'll also need your passport when you start on the Inca Trail. There's an official government checkpoint at the start of the trail that works to enforce the strict limits on how many visitors can walk the trail per day, and for every foreigner beginning a trek it's required that a passport be shown.

An optional passport stamp is also offered, and it's a very cool way to remember your trip. Because you can't even begin the trek without it, your passport is an absolute necessity on your Inca Trail packing list!

2. Proper Hiking Attire

First of all, keep in mind that you will either be showering just once or not at all during your four-day trek. This means that you're certainly going to want an ample supply of underwear and socks - the articles of clothing that tend to get dirty the fastest and are the most miserable to put on unclean for a second time!

As far as other attire goes, the most important thing to keep in mind is that you want clothes that you can layer. The temperature is going to differ quite intensely from daytime to nighttime, and your own body heat is going to spike during intense treks and drop whilst you relax. You need clothes that can handle all of these situations.

Ideally, you'll have hiking/athletic pants that can zip off into shorts if necessary. You should bring both short and long-sleeved shirts, and also a light jacket. You should also have some

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cold weather gear for the nights, including hats, gloves, and scarves - especially if you're designing your Inca Trail packing list for the colder parts of the year.

3. Proper Footwear

Whether you choose to bring hiking boots or a hiking shoe/boot hybrid, absolutely make sure they're waterproof! There's a good chance you'll experience some rain or mud at some point during your trek, even if you're visiting during the dry season.

When it comes to choosing between boots and shoes for your Inca Trail packing list, consider this: boots provide more ankle support while shoes are significantly more lightweight.

And one last footwear recommendation - make sure whatever you're wearing fits well and is somewhat worn in, as blisters on a four-day trek are no fun at all.

4. Other Waterproof Goods

Once again, even if you're trekking during the dry season, don't forget the rain gear! A poncho or rain jacket as well as some plastic bags to separate your wet clothes from your dry ones are absolute musts for your Inca Trail packing list.

5. Sleeping Bag

Considering that this will be the source of your rest and relaxation every night of your trek, you shouldn't neglect to choose an appropriate sleeping bag for your journey. We recommend a four-season bag regardless of what time of year you'll be visiting Peru.

6. Toiletries

If you're walking the Inca Trail, you have to face the facts - you're going to be roughing it for a few days. That being said, there are some essential toiletries you can bring to make things at least a bit more pleasant. These include:

- toilet paper
- moist wipes

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- deodorant
- soap
- toothbrush/toothpaste
- sunblock
- chap-stick

7. Flip-flops (thongs - sandals)

Especially if you plan on taking a shower on the third night, these are essentials for your Inca Trail packing list. Even if you don't end up showering, they can be useful for relaxing and allowing your feet to breathe for a bit in the evenings.

8. Water Bottles - Snacks

Though food and water will be supplied by your tour company, you're more than likely to find yourself thirsty or with some hunger pangs as you trek throughout the day. These will help to keep you going until it's time to stop for a meal.

9. First-Aid Kit/Personal Medications

Once again, your guides should carry a first-aid kit with them at all times. That being said, it can't hurt to carry a basic first-aid kit on your person during your Inca Trail trek!

Basic medications for stomach problems and the like as well as any medications that you specifically need to take should also of course not be forgotten.

10. Flashlight (torch)

This item is easy to forget but is a necessity for navigating around your campsite after dark. Simply put, it's a must for any Inca Trail packing list.

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11. Batteries, Memory Cards, or Whatever Else You'll Need for Your Electronic Goods

It should go without saying that there won't be any opportunities to plug in and charge your electronic devices during your Inca Trail trek. If you can bring extra batteries, it's certainly recommended. And if you can't, make sure to use your devices sparingly! There's plenty to see after day 1 and you won't want your camera dead by then.

12. Cash

Though you're certainly not going to need a lot of money on the trail, it's still a good idea to have some cash on you. You'll pass a few small, locally-run stores over the course of the trail and you'll obviously need to pay for any goods you want. It also comes in handy if you decide to tip your guides/porters!

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