

## The Classic Inca Trail



### TREK OVERVIEW

Without a doubt the Inca Trail is, and always will be, one of the world's awe-inspiring walks. It is not long (as far as treks go), but does go to quite a significant altitude (4200m) before dropping down to the most famous pile of rocks in the world – Machu Picchu. Steeped in mystical history, the classic trail passes many other interesting ruins before arriving at the extensive ruined – Lost City of the Incas – Our itinerary allows more time than most on the trail, making the walking easier, giving you more time to acclimatise and more time to explore and learn about the history and culture surrounding this region. We visit Machu Picchu early in the morning before the crowds arrive, returning to Cusco using the Vistadome train in the afternoon. A full day is scheduled in Cusco after the trek when you can choose simply to relax in this delightful city, or try some rafting, horse riding or mountain biking.

There are alternative walks that lead to Machu Picchu, but they are not the Inca Trail. You must have a permit to walk the trail, and these are limited. Working closely with our colleagues in Cusco, we will obtain these permits for you but the earlier you book the more certain we can be to secure a permit.

### Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

### Adventure Travel – Accuracy of Itinerary

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

### PREVIOUS EXPERIENCE/FITNESS

If you are used to regular multi day hill walking you will have the right level of fitness to fully enjoy your time on this trek. Previous walking experience is not essential but will help you get the most out of this trip. Non hill walkers must come with a reasonable degree of fitness. Most days involve 5 - 7 hours walking plus plenty of rest stops.

### GROUP AND LEADERS

A fully qualified, English-speaking, Peruvian leader will accompany all groups. He / she will ensure your safety and provide an insight into the culture of the area. On this trip you will be joined by walkers who have booked with other agencies.

### WEATHER

Mountains are notorious for creating their own, localised weather conditions, so you should always be prepared for inclement weather conditions. April to October is the driest season and best for trekking. November and December are likely to be wetter but are usually warmer. Whilst on trek you can expect temperatures to drop to below freezing at night at any time of year.

### WHAT TO CARRY

This trek is fully supported by a team of porters who will transport your main baggage. You will only need to carry a light daypack at the very most. A 35l rucksack is a useful size to comfortably fit in essential items such as water bottle, camera, wet-weather gear and extra layers etc.



### CATERING ARRANGEMENTS

Our cooks pride themselves on their cooking, and ensure all food on the trek is freshly prepared using local ingredients and there is plenty for everyone. A typical menu on this trip would be:

**Breakfast:** Porridge or cereal, bread with cheese, jam, margarine, tea, coffee, hot chocolate and hot milk.

**Lunch:** A picnic lunch will be provided for you to carry with you.

**Dinner:** A hot meal is served every night consisting of soup, traditional or European main course and dessert. In Cusco you will find wide choice of international restaurants providing an excellent range of food. Coca tea, a local brew known to combat the effects of altitude, is widely available and well worth drinking.

### ACCOMMODATION

In Cusco and Aguas Calientes you will stay in 3\* hotels in rooms with private facilities. Twin, double or single rooms are available. In the mountains you will be in two-person tents. Toilet tents, or long drop loos, are provided at camps. Warm washing water will be supplied.

### LANGUAGE AND TIME

**Language:** Spanish and Quecha are the official languages but your guide and many hoteliers and restaurant owners will also speak English

**Time:** GMT-5 hours.

### HEALTH

All our leaders hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. However you should bring your own supplies of plasters, blister prevention pads (Compeed), Paracetamol etc. and any medication you are taking. There are no compulsory vaccinations for Peru but the following are recommended: TB, Hepatitis A, Tetanus, Polio, Typhoid and possibly Rabies. Yellow Fever and malaria protection is only required if you are extending to visit the Amazon rainforest. Consult your GP or a vaccine specialist for professional advice or refer to this website: [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk). Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling.

### INSURANCE

Insurance which covers mountain rescue, evacuation and medical expenses is **essential**. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for walking above 4000m (some will exclude this option).

### ALTITUDE

If you are new to altitude you may have concerns about the effects. Cusco is at 3300m, so you need to take it easy to start with. The trek starts a lot lower but ascends to 4200m on Day 5. Our itineraries allow sufficient time to acclimatise. Take it slowly and most people suffer no more than some breathlessness. The best way to avoid such symptoms is to walk at a gentle steady pace and drink plenty of fluid, especially the coca tea!

### USEFUL TIPS

Just in case your main luggage goes missing en route, it is a good idea to wear your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots cannot. Pack important items in strong plastic bags.

### EQUIPMENT

A detailed equipment list is provided on booking but normal winter walking equipment is all that is required, together with a three to four season sleeping bag which can be hired from us. For equipment purchases Adventure

Peaks offers a 15% discount off the RRP from their shop in Ambleside or online.

### BAGGAGE

For your own comfort travel light. Normally airlines restrict baggage to 20kg and on trek the weight for porters **must be kept to a maximum of 8kg**. (You will be wearing boots and one set of trekking clothes, so this is not difficult!). Some items can be left at the hotel in Cusco for your return.

### VISAS AND PERMITS

Visas for entry into Peru are not required by nationals of the UK, Ireland, USA, Canada, Australia, New Zealand and most EU countries.

The cost of your Inca trail permit **IS** included in the holiday price. We will obtain the permit for you for which you need to provide us with **full details of the passport which you will be travelling with**. A photocopy or scan is best. Permits are non-refundable and non-transferrable. You must carry with you the passport against which your Inca Trail permit was issued.

### LOCAL COSTS

All accommodation and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes, tips for local staff. Optional entries to Huayna Picchu (US\$55) and Machu Picchu Mountain (US\$50) are not included.



### CURRENCY

The currency in Peru is the Nuevo Sol (PEN). ATMs and change bureaux are available in the arrivals hall at the airport and in Cusco. You may like to bring USD cash with you, ensuring you have some small denomination

notes, as these can also be used directly. However you will get change in Sols.

### TIPPING

Tipping is an accepted part of life in Peru. We generally tip our local trek staff as a whole and would recommend around £40 per person. Detailed tipping guidelines will be sent to you before departure. Tipping at meals and in hotels is also normal practice.



### ADVENTURE PEAKS KITBAG

All Adventure Peaks clients who reside in the UK will receive a **FREE** kitbag for any treks outside the UK. The bag will be posted to you approx. 3 weeks prior to your departure. If you have travelled with us before and already have an Adventure Peaks kitbag, or reside outside the UK, we will send an alternative gift.

### FLIGHTS AND JOINING ARRANGEMENTS

Flights are NOT included as part of this holiday. The best way to fly to Cusco is with LAN Chile (and partners) from London via Madrid and Lima. Adventure Peaks would be delighted to arrange your flights for you. The earlier you book, the better price we can obtain for flights. The cost of flights will be quoted to you separately and will vary with departure and booking date. Whatever flight you take, you will be met at the airport and transferred to the hotel in Cusco.

**The rendezvous for this trip is ARRIVALS HALL IN CUSCO AIRPORT when your flight arrives on Day 2.**

You will meet other member of the trekking group arriving on different flights in the hotel in Cusco. There will be a briefing with your guide in the evening of Day 2.

**PLEASE ENSURE YOU DO NOT PURCHASE YOUR INTERNATIONAL TRAVEL (FLIGHTS OR OTHER) UNTIL WE HAVE GUARANTEED YOUR TRIP IS RUNNING.**

## THE CLASSIC INCA TRAIL ITINERARY

No	Day, date	Today we...	We stay at...	Accommodation...	Meals...
1	Tue / Fri	Fly	Plane	Plane	
2	Wed / Sat	Arrive Cusco	Cusco	Hotel	
3	Thu / Sun	Trek 1	Llactapata	Camp	BLD
4	Fri / Mon	Trek 2	Llulluchupampa	Camp	BLD
5	Sat / Tue	Trek 3	Phuyupatamarca	Camp	BLD
6	Sun / Wed	Trek 4	Agua Calientes	Camp	BL
7	Mon / Thu	Machu Picchu	Cusco	Hotel	B
8	Tue / Fri	Cusco	Cusco	Hotel	B
9	Wed / Sat	Depart	Plane	Plane	B
10	Thu / Sun	Arrive home	Home	Own bed!	

### Day 1 Depart UK

**Day 2** On arrival from your spectacular flight along the Andes to Cusco, we transfer you to your hotel and start acclimatising to the rarefied air of this beautiful city (3326m). In the afternoon, we take a short walking tour of the centre of Cusco to familiarise you with the main sights, restaurants and a chance to stretch your legs and experience hiking at 3300m. At a convenient time you guide will arrange a full briefing for the days ahead.

**Day 3** Our Inca Trail guides pick us up this morning for the drive past the impressive Inca fortress of Ollantaytambo and a chance to buy any last minute supplies. After an interesting drive to the end of the road at Chilca we meet our support team of traditional porters before embarking on the famous Inca trail to Machu Picchu. The trek undulates along the banks of the Urubamba River and we camp the night at Llactapata (2,788m) beside some spectacular ruins which, if you have the energy, we have time to explore. This is camping and trekking in style. Whilst walking all you need to carry is a daypack, all camping equipment is carried by the porters. All camp chores are done for us and delicious food is served by a cook and his helpers.

**Day 4** We trek up the Cusichaca valley to the small hamlet of Huallayabamba, the last inhabited place on the trail. The path continues on up beautiful Inca path, past humming birds and stunted cloud forest. Our camp is at Llulluchupampa (3680m) - a beautiful grassy area with outstanding views down the valley.

**Day 5** Possibly the hardest day of the trek, we rise early and head to the top of Warmiwanusca (Dead Woman's Pass 4200m). This is the highest point of the trail before we descend into the Pacasmayo valley and then climb again passing the first of many Inca ruins Runkuracay. Our second pass of the day (3998m) gives us spectacular views of the Vilcabamba range. Walking on well preserved Inca pathway we pass Sayacmarca ruins with plenty of time for

an in depth tour and explanation before passing through a tunnel and a gentle climb which brings us to Phuyupatamarca ruins (the place above the clouds) where we camp (3650m).

**Day 6** After an early morning chance to catch the sunrise on the surrounding snow-capped mountains of Salcantay (6,200m) and Veronica (5,800m), we say a farewell to our porters with a traditional song and dance. Our final day hiking brings us down into the cloud forest on a series of Inca stairway to Winay Wayna, another interesting ruin full of swallows and orchids. Finally we contour through cloud-forest to Inti Punku, the gateway of the Sun and our first glimpse of Machu Picchu. We pass through the ruins and catch a bus down to our hotel in the colourful town of Machu Picchu Pueblo (formally known as Aguas Calientes) and celebrate our return to civilisation.

**Day 7** Returning first thing in the morning we have Machu Picchu virtually to ourselves for a full guided tour, with time to climb Huayna Picchu (due to permit restrictions, please let us know when booking if you want to climb Huayna Picchu or Machu Picchu mountain) or else just wander through the ruins, soaking up the amazing atmosphere. In the afternoon, we board the train for an exhilarating ride along the Sacred Valley of the Incas. Here our waiting bus whisks us back to Cusco and our hotel. Then if we have the energy we can explore Cusco's excellent nightlife.

**Day 8** There is so much to see and do in Cusco that we dedicate a whole day to doing just that. Whether your interest is exploring Inca ruins, visiting Colonial churches, bargain hunting in artisan markets or just relaxing over a cappuccino on a terrace overlooking the Plaza de Armas, Cusco has it all.

**Day 9** Today, we transfer to Cusco airport in time for your internal and international flights home.

**Day 10** Arrive home

### ACTIVITIES AND EXTENSIONS

*If you would like to try some mountain biking, horse riding or white water rafting on Day 8 or extend your stay in Peru to do more of these activities or to visit Lake Titicaca, the Colca Canyon, the Amazon Rainforest and the Nazca Lines, please call our office to discuss your requirements and we will provide you with a quote.*