

Trekking Inca Trail 4 days

Day 1: Cuzco - Km 82 - Huayllabamba (5 - 6 hours walk)

Tour group members are picked up from their hotels in Cuzco between 6:30 and 7:00 am. At 7:30 we head on the road towards the Sacred Valley, passing through the towns of Chincheros and Urubamaba before arriving at the bustling village of Ollantaytambo with its impressive Incan ruins. Here we have breakfast and buy any necessary supplies before continuing on to Km 82 (Piscacucho) where the Inca Trail starts. After two hours gentle walking we arrive at Llactapata, the first archeological site of the journey. We then continue through the Cusichaca valley and climb to the village of Huayllabamba (3,000 metres) where we spend our first night.

Included: Lunch, Dinner

Day 2: Huayllabamba - Warmiwañusca - Pacaymayo (6 - 7 hours walk)

Early in the morning after breakfast we start the most demanding day of the trek. It's three to four hours steady climb to the Warmiwañusca (Dead Woman) pass, at 4,200 metres. From here there are spectacular views on the surrounding landscape, including the jagged beauty of Mts Veronica and Huayanay. From here we head downhill for 1 1/2 hours to the campsite at Pacaymayo (3,600 metres), where we spend the second night.

Included: Full Board

Day 3: Pacaymayo - Phuyu Patamarca - Wiñay Wayna (7- 8 hours walk)

After breakfast, we start climbing towards the second pass. After an hour we arrive at the Runcuracay archeological complex, discovered in 1915 by the American explorer Hiram Bingham. We continue on to the second pass, from where there are great views of the Pacamayo valley, Mts Pumasillo (6,000 metres) and Veronica (5,700 metres), and a number of small lagoons. We then head downhill to visit Sayacmarca, the third archeological complex of the trek at 3,450 metres, before continuing to the Chaquicocha campsite where we have lunch. After lunch and a rest, we head back uphill to the next pass and on to another archeological site at Phuyupatamarca. From here, it's a dramatic 1,000-meter descent on original Incan stone steps, through cloud forest and a dazzling variety of flora and fauna, before we arrive at the campsite of Wiñayhuayna, where we spend the third night.

Included: Full Board

Day 4: Wiñay Wayna - Machupicchu - Cuzco (5 - 6 hours walk)

Today we get up at 4:00 am for an early breakfast, before heading off at 5:00 am towards Machu Picchu. On the way we see a remarkable variety of flowers, begonias, orchids and ferns as well as a diverse array of birds. After 1 1/2 hours we arrive at the Gate of the Sun (Intipunku), where we have our first view of the Machu Picchu citadel. From here we can watch the sun rise and take photos. We continue on to the end of the trail to the entrance to Machu Picchu. A two-hour guided tour takes around the fascinating and beautiful ruins of Machu Picchu, after which everyone has time to explore by themselves. We take a bus down to the village of Aguas Calientes from where we take the train back to Cuzco at around 5:00 pm.

Included: Breakfast

Price per person, based on a tour for at least 2 persons

Included:

- Pick up from hotel in Cuzco and transport to the start of the trek
- Train back from Aguas Calientes to Cuzco and drop off at hotel
- Qualified guide for the duration of the trek, English speaking if required
- Bus from Machu Picchu to Aguas Calientes village
- Entrance to Machu Picchu and guided tour of the archeological complex
- All meals while trekking
- Tents, mattresses, cooking equipment, etc.

Not Included:

- Accommodation in Cuzco before and after the trek
- Basic equipment such as pack, boots, etc (items can be hired in Cuzco at additional cost)
- Water, snacks, chocolate, etc.
- Breakfast on the morning of departure from Cuzco

What to Bring:

- Trekking pack or day pack
- Sleeping bag (rated to at least 5 degrees Celsius)
- Trekking shoes or boots with strong sole (eg, Vibram)
- Upper layers of synthetic thermal or merino wool, preferably lightweight, at least some long-sleeved
- Trekking pants
- Fleece or soft shell jacket
- Sufficient underwear and socks (wool preferred, liner socks are useful to avoid blisters while trekking)
- Lightweight synthetic thermal or merino long underwear
- Woolly hat and wool or fleece gloves
- (October to April) Lightweight Gore-tex or equivalent jacket and lightweight waterproof pants
- Cap or hat, preferably broad-brimmed, sunglasses and sunscreen
- Insect repellent
- First - aid kit including blister plasters, bandages, scissors, aspirin, etc.
- Headlamp with spare batteries.