

# Trekking Inca Jungle

## **Day 1: Cusco - Santa Maria - 55km**

Early breakfast in your hotel and around 6:15am, our transport take us to Abra Malaga (4350m), where we will start our mountain biking. After a brief explanation of our guide, all the equipment for this activity will be lent. Then we'll start for a 3 hours bike down (55km) until the Huamanmarca village where we'll have lunch. We'll go until Santa Maria village for a first night in a rural but comfortable hostel. Once arrived there, we'll have enough time to rest and enjoy the nature and the inhabitants living here. Dinner and 4-people-bedroom with private bathroom.

*Night in hostel.*

*Food: lunch, dinner.*

## **Day 2: Santa María - Santa Teresa - 23km**

After a large breakfast, we'll leave at around 6:30am for a first 2-hours hike heading to Santa Teresa. During the trail, we'll have several breaks to learn more about the fauna and flora. One of this break will be in a family house where you'll get some rest and tropical fruit of the region. A bit later on the road, we'll walk on a part of the Inca trail which connected the sacred city Of Machu Picchu to Vilcabamba. Here our guide will tell us more about the Inca history as well as their communication system. We'll also enjoy a stunning view on the Huancarccasa Canyon. Then, we'll go down till Quellomayo village to enjoy a nice lunch and the restaurant's hammock. After the recovery break we continue our tour for 2 hours until we arrive the hot springs of Cocalmayo. Here we spent a little while and enjoy the ambiente. Afterwards we leave for our final destination Santa Teresa. We spend the second night in a ordinary hostel (since the journey goes through rural areas, there are no classified hotels). We have dinner in Santa Teresa.

*Night in hostel*

*Food: breakfast, lunch, dinner*

## **Day 3 Santa Teresa - Aguas Calientes - 16 km**

We start our day at 7:00 am to trek in the direction of Aguas Calientes. The first part lasts 3 hours and is from the Valley of Aobamba to the district of Intihuatana. We go further to Inca Rakay, where we eat lunch. On the way we see several waterfalls and have the opportunity to admire the majestic mountains Machupicchu and Haynapicchu, Intihuatana or the sun-dial on the peak of the mountain and other Inca ruins. The last part of the trek leads to Aguas Calientes and goes along train rails.

*Night in hostel*

*Food: breakfast, lunch, dinner*

## **Tag 4: Machu Picchu**

Today is the most important day of the journey, we reach one of the seven Wonders of the World. The last day of our trip starts really early, so that we can enjoy the beautiful sunrise at Machu Picchu. We start the descent at 4:30 am so that we are 1.5hours later at Machu Picchu. In a 2 hour guidance we learn a lot about the Incas and the history of Machu Picchu. Afterwards you have time to explore the ruins further by yourself. Later we go back to Aguas Calientes to take the train to Ollantaytambo and from there we go to Cusco.

*Food: breakfast*

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

### Included in the Price:

- Transport Cusco - Abra Málaga - Santa María
- Bikes and equipment
- FOX protective equipment
- experienced guide
- 3 nights in hostels
- Food - except the last day (3x breakfast, 3x lunch, 3x dinner)
- bilingual guide (Spanish and English) during the sightseeing of Machu Picchu
- train Aguas Calientes - Ollantaytambo
- bus Ollantaytambo - Cusco
- entrance Machu Picchu

### Not included in the price:

- personal spendings
- tips
- last lunch at Machu Picchu

### What one should bring:

- sleeping back
- passport (original)
- small backpack for personal belongings
- trekking boots
- cagoule or rain poncho
- Water bottle, flash light, cap, sunscreen, sunglasses
- comfortable clothes for hiking
- insect repellent
- camera and batteries
- snacks: cookies, candy, chocolate, energy bars
- Polo shirts and shorts
- bathing clothes, towel, sandals
- personal medicine