

## Inca Trail to Machu Picchu 4d/3n – Non-Private

Peru's best-known hike, visited by thousands of tourists every year. The classical 43-km trek leading to the Sacred Inca City of Machu Picchu combines the visit of mysterious archaeological sites, amazing mountain scenery and lush cloud forest rich in Andean flora and fauna. Machu Picchu is reached at sunrise on the fourth day.

We can also offer this trek on a private guided basis, which includes portage of your baggage. There is also the 2 day 1 night shorter Inka Trail, which does not require any camping.

### Itinerary

#### *Day 1: Cusco to Wayllabamba*

Between 04.00-04.30am our private transport and staff will pick you up from your hotel. We drive to Piskacuchu (2700m/8856ft), a community located on the 82nd kilometer of the Cusco –Machupicchu railroad, which is the starting point of the Inca Trail. We begin our hike by crossing the bridge over the Urubamba River and walking along its left shore as it flows northwest along the Sacred Valley. Following the trail along a flat terrain, we arrive in Miskay (2800m/9184ft), to then ascend and finally see, from the tallest part of an overlook, the impressive Inca city of Llactapata (2650m/8692ft). We continue trekking along the valley created by the Kusichaca River, gradually climbing for about five hours until we reach the community of Wayllabamba (3000m/9840ft), where we set our first camp. All along the way we enjoy spectacular views of the Vilcanota ridge on the opposite side of the Urubamba River, where the impressive Veronica peak reigns at 5832 meters above sea level. Not to mention the diversity of wild flora and fauna that can be found all along the valley.

*Meals: B, L, D*

**Total distance: 12 km (7,47 miles)**

**Estimated walking time: 5-6 hours**

**Maximum altitude point: 3,000 m (9,840 ft)**

**Campsite altitude: 3,000 m (9,840 ft)**

#### *Day 2: Wayllabamba to Pacaymayo*

We wake up at around 6:00 am and after breakfast, we begin the most difficult part of the trek, which consists of an abrupt and steep ascent that stretches for 9 km. Along this climb, the landscape changes from sierra to puna (a dry and high area with little

vegetation). On the way to the first mountain pass, the Abra Warmihuañusca (Dead Woman's Pass – 4200m/13776ft), we may see domesticated llamas and alpacas grazing on ichu, one of the few plants that grow at high altitude. We also cross an area of the so called cloud forest, which is the habitat for many different kinds of birds like hummingbirds and sparrows, and the Andean bear, which is also called the Spectacled Bear (*Tremarctus Ornatus*). We advise that on this day specially, your daypack is well stocked with candies, chocolates and coca leaves that will keep your sugar level high, and help with altitude sickness. Immediately after the pass, we descend into the Pacaymayo valley (3600m/11808ft), where we camp after approximately 7h of hiking.

*Meals: B, L, D*

**Total distance: 11 km (6,84 miles)**

**Estimated walking time: 6-7 hours**

**Maximum altitude point: 4,200 m (13,776 ft)**

**Campsite altitude: 3,500 m (11,480 ft)**

### ***Day 3: Pacaymayo to Wiñaywayna***

This day is the longest but also the most impressive and the most interesting, due the number of archaeological sites and the lush cloud forest area that we cross, so rich in Andean flora and fauna. From Pacaymayo we climb to the second pass, the Abra Runkurakay (3970m/13022ft). Halfway up, we stop to visit the archaeological complex with the same name. This site, located at 3800m/12464ft, consists of a small oval structure that is believed to have served the purpose of a watchtower. After going over the pass, we descend towards Yanacocha (Black Lagoon) and enter the cloud forest to finally arrive at Sayacmarca (3624m/11887ft). This is a beautiful complex made up of a semicircular construction, enclosures at different levels, narrow streets, liturgical fountains, patios and irrigation canals. Continuing up an easy climb, we arrive at the third pass, the Abra Phuyupatamarca (3700m/12136ft). Along this climb we can appreciate the magnitude of the Incas' ancient craft, by walking along paths semi-detached from the mountain, and seeing rocks that fill up ravines in perfect order, saving the trail from the multileveled Andean geography. We go through an Inca tunnel to later arrive at the aforementioned pass and down to the complex of the same name. This is one of the most complete and best-preserved archaeological complexes along the Inca Trail to Machupicchu, and is located on the highest point of a mountain. Curiously, Phuyupatamarca means "town over the clouds". From above, one can observe a sophisticated sacred complex made up of water fountains with solid foundations, and also impressive views of the Urubamba River valley. We continue our trek down the long descending stone steps that lead us to Wiñaywayna (2650m/8692ft), an impressive Inca complex made up of an agricultural center with numerous terraces, a religious sector and an urban sector, close to which our camp is located. This campsite hosts a

trekker lodge, a bar and bathrooms with hot shower facilities. After visiting the impressive archaeological site, we enjoy our farewell dinner at our camp.

Meals: B, L, D

**Total distance: 16 km (9,94 miles)**

**Estimated walking time: 8 hours**

**Maximum altitude point: 3,900 m (12,792 ft)**

**Campsite altitude: 2,650 m (8,692 ft)**

### ***Day 4: Wiñaywayna to Machupicchu***

On this fourth and last day we get up at 4.00 am to leave Wiñaywayna an hour later and climb to the Intipunku, or The Sun Gate. This will take an hour of hiking along a trail of flat stones on the edges of cliffs in highland jungle. From this fabulous spot, we may see the sunrise over the sacred citadel of Machupicchu. From Intipunku we descend into Machupicchu, and 40 minutes later we enter the citadel from the highest point through the "House of the Guardians". We then descend to the control point where we register ourselves and leave our backpacks. We immediately begin a complete guided tour of the Inca citadel that will take approximately two hours. You will then have free time to walk around, climb the Huaynapicchu Mountain, where one can experience spectacular views of all of Machupicchu, the valleys and mountains that surround it, or visit the Temple of the Moon or the fabulous Inca Bridge. In the afternoon, we meet in the town of Aguas Calientes where, if you like, you can visit and relax in its hot springs. From here we take the train back to the city of Cusco, where we arrive after nightfall.

Meals: B

Total distance: 4 km (2,49 miles)

Estimated walking time: 2 hours

Maximum altitude point: 2,700 m (8,829 ft)

Machupicchu altitude: 2,400 m (7,872 ft)

**\* Departure and arrival times are approximated.**

**\*\* Campsites are subject to change according to the designation of the governmental institution regulating the use of the Inca Trail, as well as to our guide's criteria and the group progress**

**Difficulty degree of this hike:** Moderate to challenging

### **Important Notice**

According to the Resolution #002-2004-UGM-CD, published in El Peruano on Nov 12, 2004, modifying chapter III of the Inca Trail Regulation which refers to Inca Trail space

bookings, bookings will only be guaranteed by the governmental institutions when providing full names, nationalities and passport numbers of passengers, and when having paid the full amount of passengers and staff (cook and team of porters) entrance fees.

THEREFORE we will guarantee the spaces booked provided:

- The booking has been first confirmed by our Reservation Department by e-mail, this meaning that spaces are available on the Inca Trail for the requested date at the moment of the booking.
- The full passenger data have been provided and the required deposit has been paid for. Since the Inca Trail has a maximum allowance of 500 people per day (including passengers and agency staff), we strongly recommend to make your bookings as much in advance as possible to make sure you will find spaces on the desired departure date. We are already receiving bookings for departures scheduled as far as one year prior to the trek departure date, so if you wish to travel with us to the Inca Trail, please make sure to confirm your booking as soon as possible. Otherwise, we have also available alternative routes of equally awesome beauty and interest to offer to you.

### **VERY IMPORTANT:**

The following client information is requested for any Inca Trail booking:

Complete names and surnames

Nationality

Passport number

Date of Birth

Gender

The exact information provided by you will be submitted to the governmental institution in charge of regulating the access to the Inca Trail and will be included in the official permit to enter the Inca Trail on the requested date. Should there be any change in the above-mentioned data (ie. New passport number), we kindly request you to inform our Reservation Department as soon as possible. The government reserves the right not to allow the entry to any visitor whose data are not the exact ones as those in the official permit. Worldwide Holidays excludes any responsibility for a no entry in case the passenger information has changed without prior notice to us.

**Group Size:** *Maximum 12.*

### **What is included**

- Collection from your hotel in the morning and transfer in private transport to km.82 (starting point of the trail)
- Inca Trail and Machu Picchu entrance fee

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- Personal tents: 2 people in each 4-people-capacity tent, to allow for higher comfort and a safe keeping of backpacks. Our tents are 3-season, highly maintained to ensure an excellent performance in field
- One foamy sleeping pad per person
- Dining tent with tables and chairs
- Kitchen tent
- Toilet tent (only if assigned campsites do not have toilets)
- English speaking professional guide (2 guides for groups of over 8 people)
- Chef and cooking equipment
- Porters (to carry tents, food and cooking equipment)
- Accommodation for all our staff
- Meals (04B, 03L, 03D + daily morning snack + daily tea service except last day). Vegetarian menu is available at no extra cost
- Others: hot water every morning and evening for washing purposes / boiled water to fill in your water bottle every morning and night, and at lunch time if requested with enough time ahead
- First-aid kit including emergency oxygen bottle
- Bus ticket from Machu Picchu ruins down to the village of Aguas Calientes
- Backpacker train ticket from Aguas Calientes to Cusco

### **What is not included**

- Sleeping bag (please inform our Reservations Department if you wish to book this extra service at the moment of your booking)
- Visit to the hot springs in Aguas Calientes: a relaxing way to end-up the trek while you're awaiting the return train to Cusco, only 10 minutes from the village centre, entrance fee is Peruvian Soles s/10.00 per person. Towels can be hired in Aguas Calientes
- Tips: please note that our agency staff is well paid so please feel free to tip or not as you wish

### **What we recommend that you bring**

- A backpack with a change of clothes for the whole period of the trek
- Rain gear (jacket and pants if available) or rain poncho (plastic ponchos can be purchased in Cusco)
- Strong footwear, waterproof trekking boots recommended
- Sandals or jogging shoes for a higher comfort while at camp
- Warm clothes, including jacket, fleeces. Thermal clothing is also recommended, especially for sleeping
- Sleeping pad: will be provided by us but is to be carried by you
- Flashlight/headlamp and batteries

- Camera, films and batteries (batteries consume more quickly under cold conditions)
- Hat or cap to protect you from the sun, rain and cold
- Sun block
- After-sun cream or hydrating cream for face and body
- Insect repellent – minimum recommended 20% DEET – no malaria risk has been reported
- Handkerchiefs
- Toilet paper
- Snacks: biscuits, energy bars, chocolate, raw fruits, muesli, etc. Please note that we do provide a daily morning snack and our meal service is very complete and well supplied. This recommendation applies for all clients being used to a specific snack, as it may happen that it is not included in our selection
- Non-disposable canteen (Nalgene type) and water for the first morning. Optionally: water-sterilizing tablets in case you pick up water from streams or rivers along the route. Otherwise, we provide filtered boiled water, which is safe to drink and has not reported any health problem so far
- Small towel
- Swimsuit (if you wish to go to the hot springs in Aguas Calientes)
- Cash in soles and/or US\$
- Original passport
- Optional: walking sticks or poles (rubber covers required in order not to damage the Inca Trail)

### **Optional services to be hired**

- An extra porter to carry your personal items. A porter can carry up to 18 kg, which should be enough for 2 people
- Vistadome Service train (First Class) instead of the Backpacker one (Tourist train), at an additional cost
- Sleeping bag rent US\$5.00 per day. The sleeping bags are –18°C-comfort (0°F) and mummy form and include a sleeping liner. They are cleaned after every use and have a maximum usage of 30 trips
- Therm-a-rest inflatable sleeping pad rent: US\$6.00 per day

### **Appropriate clothing along the Inca Trail**

Hiking pants and T-shirts are commonly used during the day, complemented by sweaters, fleeces and waterproof jackets. It is very convenient to have light raingear available in the daypack (rain poncho or jacket and/or rain pants) as the weather changes easily and rains can suddenly occur. At night, warm clothing is required in the first two campsites, down jackets can be useful, otherwise a fleece and a jacket. During the third day (if sunny) and in Machu Picchu, convertible hiking pants are useful, and

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can be switched into shorts if necessary. Machu Picchu has a warm climate, getting only cold at night. The rest of necessary implements are included in the "What we recommend that you bring" list.

## **Climate**

Cusco's climate is divided into two differentiated seasons: the rainy season, from November to April (the heaviest rainfalls occurring usually between January – March); and the dry season, from May to October. The dry season is colder, so temperatures can drop to below 0 degrees at night.

Along the Inca Trail, temperatures range from 15-20°C during the day if it's sunny, to 05-10°C during the day if not sunny or 0-05°C at night in the first 2 campsites. At Wiñaywayna and Machupicchu, at lower altitude, temperatures are usually warmer though warm clothes are still recommended at night.