

### Inca Exploration Trek 1 - Peru

This trip has been designed to offer you the opportunity to discover the wonders of **Inca Peru**. Covering **twelve days** (\*with an option to stay longer and see Lake Titicaca, Nazca and Arequipa) you will have time to explore (and acclimatise in) the ancient city of **Cusco**, tour the **Sacred Valley**, trek through the **Andean** scenery, discover ancient **Inca** sites, raft on the **Urubamba** river and take in the unique magic of **Machu Picchu**.

#### Itinerary: 12 Day Exploration and Trek

Day 1: Depart UK - arrive Lima - Hotel  
Day 2: Flight to Cusco (am) - Hotel - city exploration  
Day 3: Acclimatisation - local Cusco sites (Sacsayhuaman +)  
Day 4: Full day tour to Sacred Valley or Rafting  
Day 5: \*Depart for Inca Trail (day 1) - km88 to Huayllabamba  
Day 6: Inca Trail (day 2) - Cloud forest and high passes (4200m)  
Day 7: Inca Trail (day 3) - Salkantay vista and Inca steps  
Day 8: Inca Trail (day 4) - Machu Picchu explore- night at Aguas Calientes or return train to Cusco  
Day 9: train to Cusco - Rest Day - Cusco  
Day 10: Sacred Valley Tour or Rafting or Mountain Biking  
Day 11: Return Lima (onwards flight home)  
Day 12: Arrival back to UK



\* Full details of trail conditions / ascents / distances are shown below

The most famous trek in South America - **the Inca Trail** (from Km88 on the Urubamba River to Machu Picchu) takes four days. Starting at 2600m on the Urubamba river the path winds its way up through mountains, cloud forest and jungles to a maximum height of 4200m. The trail traverses a varied and majestic landscape whilst revealing the remains of Inca fortifications and staging posts before reaching the lost city of **Machu Picchu**.

A local **Guide** and **porters** accompany the trek - leaving you to carry just a sleeping bag, clothes and personal items ie. photographic equipment. Tents are carried (and set up by the porters) for the **3 nights camping** and all food is provided and cooked for you - leaving you to enjoy the sights and sounds along the way (see detailed outline).

**Cusco**: the ancient capital of the **Inca Empire** is the most attractive (and oldest) city in Peru. Founded around AD1100, it was seized by the Spanish in 1533, but today exists as the hub for explorations to the numerous ruins and sites in the region. **Six nights** will be spent here.

Much of the present day architecture incorporates the amazing stonework of the Inca walls which together with the elegant Spanish colonial churches and houses gives an overall fascination and beauty. Many markets, cafes and restaurants can be found hidden down the narrow streets and around the busy town squares.

The present population (around 275,000) is of predominantly indigenous **Quechua** people - whose friendly and laid back attitude combined with the magnificent scenery makes for a welcoming atmosphere.

Indeed, the **high altitude** here (3310m/10800ft) also helps you adopt a slower pace to life (until you are fully acclimatised!! - which takes 2-3 days)

**Sacred Valley**: 20km to the northwest of Cusco is the Urubamba (or Sacred) Valley. It contains many towns, ruins and places of interest all hidden amongst snow capped mountains and dramatic gorges. Highlights include the fortresses of **Pisac** and **Ollantaytambo**, together with the market and churches of **Chincero**.

**Additional Activities**: Many outdoor activities and attractions can be found in the Cusco region. A days river **rafting** (or **mountain biking**) is included in the trip. It is possible to add other activities such as horse trekking and paragliding as required.

## Trek Ascents and Distances:

A typical trek is outlined below although variations are possible due to availability of camp sites.

### **DAY 1**

**Start: km 82 - Inca Trail** checkpoint (2600m)

2hrs easy walk up Urubamba river valley to **Miskay** (2650m)

30mins gentle uphill to **Huillca Raccay** ruin (viewpoint)

2hrs 30mins start easy uphill to **Huayllabamba** village (3000m)

up to 1hr uphill to **campsite** (Tres Piedras max 3300m)

Maximum uphill total =700m, distance 10km

### **DAY 2**

3hrs 30mins uphill climb through 'Cloud Forest' to **First Pass** (4200m)

1hr descent to **Pacaymayu** campsite for lunch (3500m)  
(possible camp)

2hrs ascent to **Second Pass** (3950m) via **Runcu Raccay** ruin

1hr descent to **Sayac Marca** ruin (3600m)

20mins easy walk to **Chaquicocha campsite** (3660m)

Maximum uphill total =1400m, distance 12km

### **DAY 3**

1hr 20mins easy high level walk to **Third Pass** (3650m). **Salkantay** vista

3hrs descent via 500m steps to **Winay Wayna camp/ruin**

Maximum ascent 200m, distance 13km

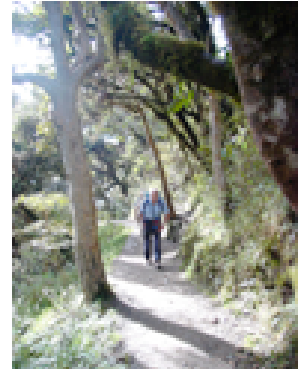
### **DAY 4**

2hrs easy 'dawn' walk to **Inti Punco (Sun gate)**

45mins descent to **Machu Picchu**

Day to explore the sites of **Machu Picchu** (Guided tour)

stay at Aguas Calientes or return to **Cusco** - approx 21.00hrs



The **TRAIL** is a well maintained path for the most part. There are sections of steep rough steps but it is all straight forward. The pace of walking is left up to the Group and it is possible to allow the group to split as the path is easy to follow and camps obvious (porters look out for the group as they run ahead to erect tents and cook tea). It would be possible to split DAY 2 if thought too hard (but suggest not). If someone was to suffer from any **altitude related sickness** this would be apparent on the first night/second morning. They would have to return but would have their gear carried by a porter if necessary and would be supervised and taken back to Cusco by train the same day. A direct visit to Machu Picchu by train would be the alternative arrangement.

**Clothing** - general gear suitable for hill walking in the UK - shorts would be acceptable for the day but the evenings can get cold. A 2-3 season sleeping bag is recommended (which can be hired in Cusco cheaply) A **full equipment list** will be issued before departure.

All **food** is provided and many local dishes will be served. **Veggie** meals are available and very good! Personal **drinking water** must be carried. Bottled water can be purchased at a few places up to the First Pass (day 2) and then clean streams/sources for top ups after that. Use of purification tablets is optional.

**Sleeping** arrangements are two persons to a tent. **Toilets** are a bit basic but available at all camps.

**COSTS:** The **cost** includes all **accommodation** (mid range hotels in the cities - camping on the trek). All **food** is provided on the **trek** and **breakfast** in hotels. The numerous cafes and restaurants in Cusco offer all types of **dinner** menus and are **inexpensive**. Also included is the **Sacred Valley Day tour** and either a days **rafting** or **mountain biking**. Additional days, activities or visits can be arranged at an extra cost.

**Cost: £1495 (tbc)**

**Dates: Sept-Oct 2012**

**Bookings**

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