

Itinerary

Trek Peru



The Inca Trail is rated amongst the ten best trekking trails in the world due to its striking beauty, ancient Inca ruins and diverse ecological zones.

Our ultimate destination is Machu Picchu – the “Lost City” of the Incas – one of the world’s most fascinating and important archaeological finds and one of the New Seven Wonders of the World.

Day 1

London – Lima

Morning flight from London to Lima via Madrid. Evening arrival and transfer (30 – 40 minutes) to overnight hotel. We have dinner on arrival.



Day 2

Lima – Cusco

Early rise to catch a domestic flight over the Andes to the historical city of Cusco (3400m above sea level). Transfer to our overnight hotel where we’ll spend the next 2 nights. This afternoon is free to explore independently or take part in an optional walking tour of Cusco. Tonight we eat together and hear more about the week ahead.



Day 3

Around Cusco

Free day in Cusco to acclimatise to the altitude. Half day walking tour of Cusco. Lunch is not included today. Dinner and overnight in hotel accommodation.



Day 4

Around Cusco

Explore the area around Cusco on a one day optional tour. This includes a visit to the Sacred Valley, the Inca site and market town of Pisac with a warm up hike over part of the Inca Trail. Lunch is not included today. Dinner and overnight in hotel accommodation.



Day 5

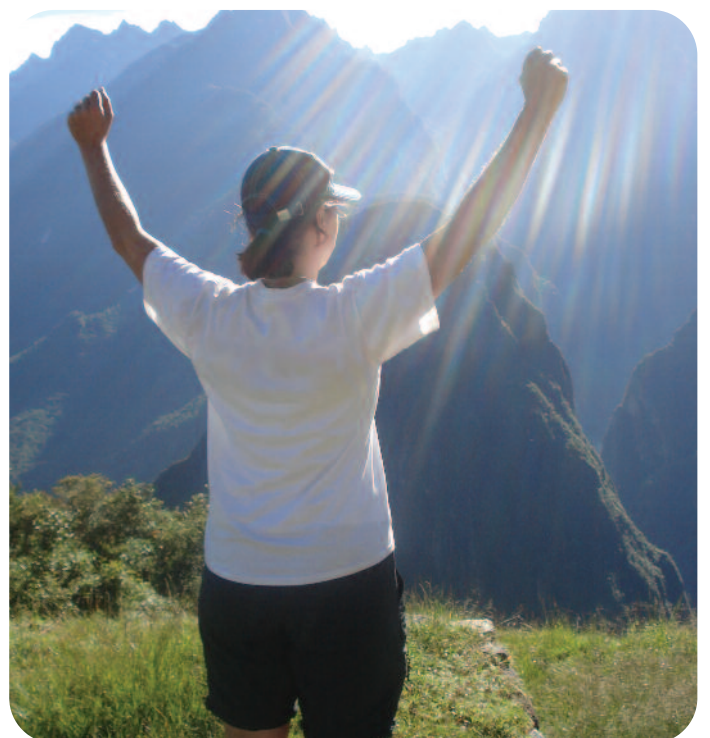
Cusco – Ollantaytambo – Huayllabamba

(4 – 5 hours approx.)

It's a very early start by coach today (2 hours approx.) to the market town of Ollantaytambo. This is the last place we visit before reaching the trail so it's a good idea to stock up on "magic sticks" (walking sticks), chocolate, coca leaves and resin etc. From here it's a further 1 hour by coach to kilometre 82, which is where we start trekking at an altitude of 2500m.

Before setting off we have to register for the Inca Trail and this can take some time. We trek for 2 hours until lunch. During the break there will be a cultural talk as we overlook the first of the Inca Ruins we see on this trail – Llaqtapata. From here it's another 2 – 3 hours to the overnight camp at Huayllabamba (3000m).

Tonight we will probably have the luxury of our own campsite (as opposed to the next 2 nights where we camp at communal sites within our own area) but maybe with more limited facilities.



Day 6

Huayllabamba – Warmiwanuska (Dead Woman's Pass) – River Paqaymayo
(7 – 8 hours approx.)

From Huayllabamba the trail climbs steeply along the banks of the River Lullucha. After about 2 hours we take a break beside the river. We continue for a further 2 hours through beautiful cloud forest to our lunch stop at Lulluchapampa at 3850m.

After lunch we set off slowly for the last 2 hours which takes us over Warmiwanuska (Dead Woman's Pass) at 4200m. This is the highest point of the trek and the altitude makes it a slow ascent with the air becoming increasingly thinner. From the top there is a steep and tiring descent to our camp in picturesque surroundings near the River Paqaymayo (3600m).

Terrain: Ascend for first 30 minutes till check post. Further 1.5 – 2 hours through forest and up steps getting steeper to lunch spot (3850m). Final 1.5 – 2 hours ascent to Dead Woman's Pass (4200m). From there 1 – 2 hours steep descent with many steps to camp at 3600m.



Day 7

River Paqaymayo – Runkuracay – Phuyupatamarca – Winay Wayna
(7 – 8 hours approx.)

We start off with a steep ascent of 45 minutes to Runkuracay (3800m), a small archaeological site here we'll be given a cultural explanation. This should take approx. 1 hour followed by another 45 minutes up to the Runkuracay Pass at 4000m. Along the way we trek close to a lake. From the pass it's a 45 minutes – 1 hour descent, starting with a short tunnel and then down steps followed by a gradual downhill stretch to the well preserved Inca ruins at Sayaqmarca (3600m).

Along the way we pass another lake. We stop for a short cultural explanation at Sayaqmarca then continue into lush forest valley to the lunch spot at Chaquiqocha (dry lake). Straight after lunch it's a steepish ascent then more gradual uphill with some level terrain. We encounter another short tunnel on the way. At Phuyu Pata Marca (Town above the Clouds) we stop to enjoy the views and another cultural explanation. Afterwards it's a 1 – 1.5 hour downhill section through beautiful cloud forest to a well known electricity pylon landmark. From there, a downhill track leads to the campsite. Today is a long and difficult day, particularly at the beginning as it is still at a high altitude.



Day 8

Winay Wayna – Intipunku – Machu Picchu – Aguas Calientes (3 hours approx.)

An early start today (we wake around 4am) in order to reach Intipunku (Gates of the Sun) for sunrise. The trail is undulating with a series of very steep steps up to Intipunku. From here it is possible to catch our first glimpses of the awe inspiring Lost City of the Incas, Machu Picchu. It takes about 45 minutes or so to reach the site. After a group photo we will have a guided visit for 2 – 3 hours.

The afternoon is free time with a choice of activities:

- further exploration of Machu Picchu site
- climb Huayna Picchu Mountain, which is quite difficult – about 1 hour up and 40 minutes down.
- take the bus straight to Aguas Calientes, a good town for shopping.

We have day access to several hotel rooms in Aguas Calientes so you can shower and freshen up. At 2pm approx. we take the train to Ollantaytambo (1.5 hours) with great mountain scenery en route. This is followed by a bus transfer (1.5 hours) to Cusco.

Tonight we celebrate with a meal together in a restaurant in the town. Overnight in Cusco.

Day 9

Cusco – Lima – London

Morning flight from Cusco to Lima. Transfer to the city centre for some free time for lunch and last minute shopping before boarding our bus back to the airport to catch the evening flight to London via Madrid. (Lunch and dinner not included today).

Day 10

London

Arrive UK.

This is a complex itinerary and is subject to change.

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