

Machu Picchu & INCA TRAIL

Peru, South America
9 days / 8 nights

DETAILED ITINERARY 2022 May 7 - 15

DAY 1 USA / ARRIVE LIMA

- Upon your arrival to Jorge Chavez International Airport, meet Your Representative and assistance to your hotel.
- Overnight in Lima.

Meals included: None

DAY 2 LIMA

- Breakfast at hotel.
 - **PRIVATE Full Day Colonial Lima, Santo Domingo Convent, Casa Aliaga and Barranco, with lunch.**
- At the scheduled time, we will pick you up at the hotel to begin a tour of the city's main avenues, boulevards, and squares. The tour will begin with an exploration of **Colonial Lima**. First, we will stop off at the **Main Square**; to get a chance to explore the square on foot and admire the exteriors of the **Government Palace**, the **Cathedral of Lima**, and the **City Hall**, all examples of Lima's still-present colonial architectural opulence.
- We will visit the **Cathedral of Lima**; as walking through the Cathedral's numerous chapels, we'll travel to the past and discover various architectural styles (from Renaissance to Neo-Classical) and learn about the religious history of Peru.
- Next, we will make our way to **Santo Domingo Convent** a religious and architectural gem that houses holy paintings, images, and relics of Peruvian saints, as well as written accounts of the endeavors of the Dominican Order across the country.
- Then, we will visit **Casa Aliaga**, a colonial mansion that currently holds the distinction of being the oldest continuously inhabited private residence in the Southern Hemisphere.
- Finally, you will leave behind Lima's Historic Center and begin your journey through the streets of modern Lima as you head toward the most traditional of the residential zones of the capital: San Isidro and Miraflores. In San Isidro, you will pass through the heart of the city's financial district and then enjoy a panoramic view of the Huaca Huallamarca Pyramid, an important pre-Inca and Incan ceremonial center and cemetery built out of adobe mud bricks. Soon afterwards, you will travel to the district of Miraflores, a perfect spot to enjoy wonderful views of the Pacific Ocean.
- Lunch included.
- We will complete our tour of Lima with a visit to the Bohemian neighborhood of **Barranco**, an area called home by countless artists, photographers, and authors. Walk along peculiar streets lined with Republican houses, admire the splendid views, and visit the **Puente de los Suspiros (Bridge of Sighs)**, witness to untold numbers of past and present romances, and source of inspiration for one of Peru's great composers, Chabuca Granda.
- Overnight in Lima.

Meals included: Breakfast and Lunch

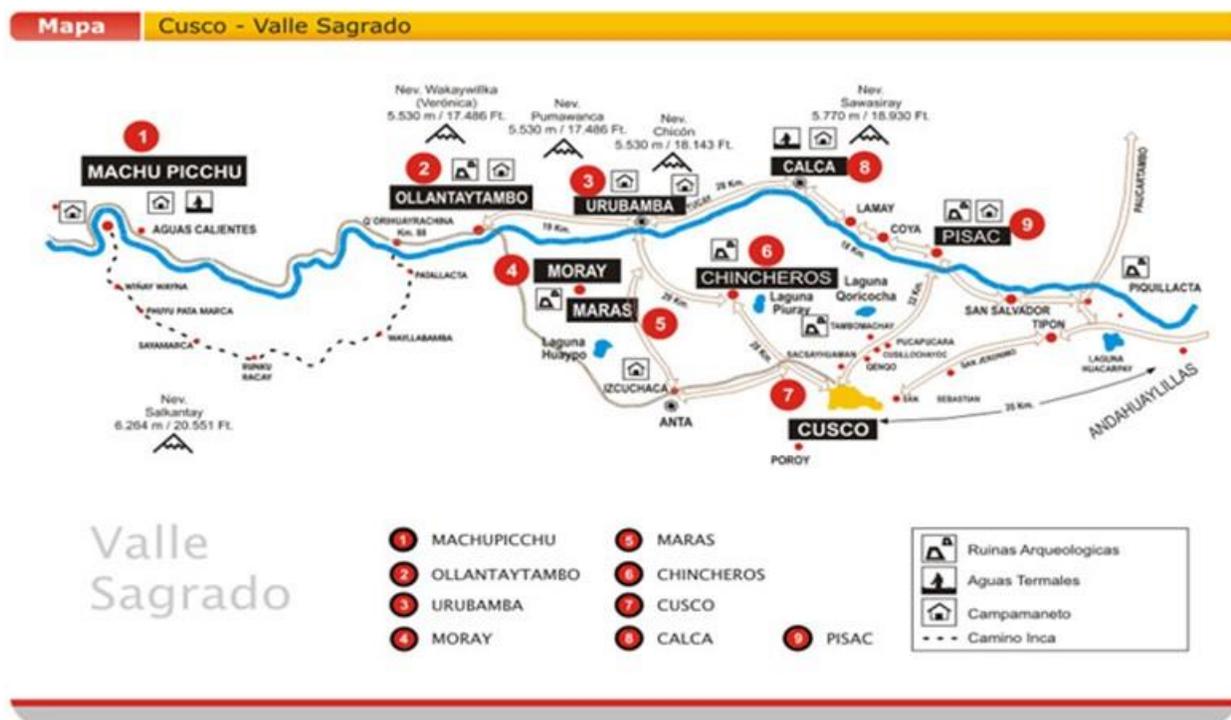
DAY 3 LIMA TO CUSCO; SACRED VALLEY; CUSCO

- Breakfast at hotel.
- **Suggested flight: LA 2027 Lima / Cusco 09:44 – 11:11 hrs. (not included)**
- Upon your arrival to Cusco, meet at the airport and transfer to the hotel.
- **PRIVATE Half Day Cusco: Sacsayhuamán, San Pedro Market, Koricancha and Catedral.**

We will visit the **Fortress of Sacsayhuaman** a colossal structure built with huge carved rocks jointed with absolute accuracy, this astounding sample of the Incan military architecture is, undoubtedly, the greatest architectonic work of the Tahuantinsuyo. We will make a short stop at **Cristo Blanco**, a large statue where we will enjoy a panoramic view of the city. Then, we will explore the **San Pedro Market**, Cusco's main street market, inundated with aromas, tastes, sights, and colors of the local products of the Cusco region. Afterward, visit the **Qoricancha** (which means room of gold in Quechua), a temple dedicated to the Sun god. Legend has it that its inner walls were once completely lined with gold. Finally, will head to **Cusco Cathedral**. We will take a guided tour to discover the mysteries of it and admire its lovely atria and priceless 17th and 18th century paintings of the Cusco school.

- Finally, return to your hotel.
- Overnight in Cusco.

Meals included: Breakfast



DAY 4 SACRED VALLEY

- Breakfast at hotel.
- **Full day tour to Sacred Valley: Awanacancha textile centre, Pisac Market and Ollantaytambo Fortress. Lunch included.**
- Today we will visit Awanacancha. Here, we will learn about the various types of camelids (Llamas, Alpacas, Vicuñas, and Guanacos) that live in the Andes region. Additionally, the local villagers will teach us about the ancestral methods and techniques used to produce their textile art. Then, we will continue the trip toward the Sacred Valley; a few miles farther along, we will reach Pisac, a beautiful place where Incan and Colonial influences

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have reached a perfect balance and created the unique way of life of the local inhabitants. We will get a chance to explore this quaint town, famous for its artisan markets where we can find extraordinarily fine jewelry and ceramic and textile craftwork.

- Lunch at local restaurant.
- Finally, we will visit one of the last remaining Incan towns, Ollantaytambo, which was once fiercely guarded by a massive fortress. We will discover the large archaeological complex of what used to serve as a wayside inn for royal delegations on long journeys. Surviving structures here include multiple walls and towers that were used to protect the citadel from possible invasions.
- At the scheduled time, return to Cusco.
- Overnight in Cusco.

Meals included: Breakfast and Lunch

DAY 5 SACRED VALLEY / INCA TRAIL TO MACHU PICCHU 4D/3N

• Breakfast at hotel. **Please feel free to leave any additional luggage at your Cusco hotel until you come back from trekking the Trail. You will need to bring your backpack with personal daily essentials for the Trail, and in an unstructured duffel bag no more than 6K of clothings and personal items for your 3 nights of camping.**

□ CUSCO – WAYLLABAMBA

• You will be picked up from your hotel at scheduled time and transferred in our private car to KM 82. The route will go through the beautiful Sacred Valley of the Incas. After approximately one hour and a half, we will cross the little town of Ollantaytambo, where we will make a little stop to take some pictures of this fortress and have a little rest.

We will continue our trip following a rural road that goes parallel to the railroad, which will lead us to the KM 82, where we will unpack and get prepared for walking with our excursion team (cookers, assistants and porters). At this point, each trekker will have to show their passports to the security personnel of the Sanctuary and once these has been reviewed, they will be able to cross a bridge that takes you to the other side of the river where they will start climbing to the Urubamba River, which goes from north to west across the Sacred Valley.

In this first section of the Inca Trail, we will visit the Community of Miskay (2800 meters), where we will stop for meeting the natives and try the popular drink known as “chicha”, which is offered by the ladies of this place. Later we will start climbing through a little tableland where we will experience an amazing Andean landscape, and see in the base of the mountains a beautiful Inca building known as “Patallacta”, located at 2750 meters over sea level. At this point we will stop and our local guide will provide us information regarding this interesting Inca legacy.

After that, we will continue walking for two hours along the Cusichaca River, going upwards until reaching a beautiful spot where we will stop for lunch and take a little break.

Shortly after that, we will continue walking through a zone full of vegetation, where is highly probable seeing the beautiful giant hummingbird native from this region. After two hours walk, we will arrive to our first camping, located in the zone of Wayllabamba at 3000 meters height.

Meals included: Breakfast, Lunch and Dinner

NOTE: It is normal if the first day feels hot during the dry season (May to September). We strongly recommend bringing light and fresh clothing, as well as a good sunscreen and a hat to protect your face. Passengers will be able to enjoy a marvelous Andean landscape and the majesty of Veronica Mountain, 5832 meters over sea level. Camps will be assigned depending on the availability of entrants to the Inca Trail, seasons.

Accommodation: Camping

Maximum altitude: 3000 M

Minimum Altitude: 2650 M

Total Distance: 12 km

Approximate time of walk: 5 to 6 hours.

DAY 6 PACAYMAYO / WIÑAYWAYNA / MACHU PICCHU / TRAIL DAY 2

□ WAYLLABAMBA – PACAYMAYO

• In this second day of the Inca Trail we will wake up early, around 06:00 am. This will be necessary in order to get ready and have breakfast before starting the excursion. Later we will start walking through a narrow road covered by plants, across a little bridge that will take us towards a cloudy forest of a unique beauty. In this section of the trip passengers should climb many stairs, for which we recommend taking all the time that is needed and stopping for a break when necessary.

Following the route, we will arrive to the Llulluchapampa sector, where we will make a quick stop just to rest and get prepared to climb to the highest point of our walk, the famous pass Warmy Huañuska, located at 4200 meters above the sea level. These sectors include about 2 kilometers of distance and are a bit steep, for which we will recommend going slowly and stopping for a break whenever needed.

In this part of the trip we will face the most difficult part of the walk, as we will be over 4200-meter height; however, this part is also known as one of the most beautiful landscapes of the world. Once we have reached the top of the mountain, we will be granted with a spectacular view of the Andean mountains.

For this special day, we recommend bringing some chocolates, lemon candy, a lot of water and even some coca leaves. On the top we will be able to take the classic pictures of the Inca Trail. After that we will descend by a winding valley until the point where we will stop and have lunch in one of the excellent restaurants of the zone.

During this last part it is possible to watch diverse type of wild birds.

At last we will arrive to the camp of Pacaymayo (3600 meters above sea level) where we will spend a comfortable night. Pacaymayo is an official camp, and that is why it has baths and showers; however, we should be aware that the water in this part is really cold.

Meals included: Breakfast, Lunch and Dinner

Accommodation: Camping

Maximum altitude: 4200 M

Minimum Altitude: 3000 M

Total Distance: 13 km

Approximate time of walk: 6 to 7 hours.

DAY 7 INCA TRAIL TO MACHU PICCHU / TRAIL DAY 3

□ PACAYMAYO- WIÑAYWAYNA

• A lot of visitors feel that this is one of the longest days of the excursion, but at the same time, one of the most beautiful due to the presence of marvelous Inca buildings along the road.

This day we will get up at 06:00 am. After a tasty breakfast we will start our walk climbing through a steep road.

Soon we will arrive to Runkurakay ruins, a beautiful Inca oval building which is believed to be as a Inca watchtower. After hearing the historical explanation, we will continue until Runkurakay pass, located at 3900 meters above sea level.

During this trip we will find a little lake where sometimes you can watch Andean goose and other native bird species. After the pass, we will descend to a beautiful valley full of plants; here we will visit Sayacmarka ruins, located 3624 meters height. This is an interesting Inca construction, built over a steep slope, surrounded by marvelous mountains.

After visiting Sayacmarka, we will continue descending to the cloudy forest, arriving to the Phuyupatamarca ruins, composed of impressive fountains and water channels that are spectacular works of hydraulic engineering made by the Incas. At this stop we will have a good time, after which we will continue down to reach one of the most beautiful Inca buildings of the place: the ruins of Wiñaywayna. These are without any doubt one of the most beautiful of all the ruins after Machu Picchu. Wiñaywayna means "forever young" and it is said that acquired said

name due to the abundance of an orchid that bears the same name. After exploring every corner of Wiñaywayna we head to our last camp, which is located a few meters away.

This will be the night on which we will say goodbye to our porters and staff to tour, so we will organize a small party to thank everyone for sharing with the group this beautiful experience.

Meals included: Breakfast, Lunch and Dinner

Accommodation: Camping

Maximum altitude: 3900 M

Minimum Altitude: 2700 M

Total Distance: 16 km

Approximate time of walk: 7 to 8 hours.

DAY 8 INCA TRAIL TO MACHU PICCHU / FINAL TRAIL DAY 4

□ **WIÑAYWAYNA - MACHU PICCHU - CUSCO**

- On this last day we will wake up very early, at 04:00 am. We will quickly go and pass the control gate to enter the path that leads directly to Machu Picchu. It is advisable to bring a good flashlight, because this time it is normally dark here. After walking for about one hour and a half, we will arrive at Inti Punku or “Sun Gate”, a magnificent point from where you can see the city of Machu Picchu. At this point we can relax for a few minutes, take pictures of the group, and finally go down to reach the recognized as one of the seventh wonders of the world: Machu Picchu.

It was long thought that Machu Picchu was only part of a legend, until in 1911 the American explorer Hiram Bingham discovered it only after many expeditions in the area. Machu Picchu rises to a height of 2430 meters above sea level, in the middle of a tropical forest with an extraordinary location. It was without any doubt one of the most amazing urban creation in Inca times. Its massive walls, terraces and ramps seem to be continually cut in the rocky cliffs. Our guide will take you on a tour of the most impressive of this beautiful Inca city. This will take us about 2 hours, after which we have free time to explore each city on our own taste and preference.

Then return by bus to the town of Aguas Calientes, to take the train that will take us back to the city.

At the time indicated on the ticket of train our staff will be waiting at the station Ollantaytambo or Poroy, from where we will transfer to your hotel again in Cusco where the remainder of your luggage awaits you.

Train: Vistadome # 32: Machu Picchu / Poroy 16:43 – 20:23 hrs.

- Overnight in Cusco.

Meals included: Breakfast and Box Lunch

Accommodation: Hotel in Cusco

Maximum altitude: 2700 M

Minimum Altitude: 2400 M

Total Distance: 6 km

Approximate time of walk: 3 to 4 hours.

DAY 9 CUSCO / LIMA

□ **LAST MORNIG IN CUSCO; TRANSER TO LIMA; INTERNATIONAL FLIGHT HOME**

- Breakfast
- At the scheduled time, transfer to the airport.
- Check out hotel: 12:00 hrs
- **Suggested flight: LA 2046 Cusco / Lima 11:31 – 13:03 hrs. (not included)**

IF YOUR INTERNATIONAL FLIGHT HOME IS LATE IN THE EVE, WE WILL ARRANGE A LATER FLIGHT INTO LIMA.

- Upon your Arrival to Lima, you will be assisted at the airport for your international flight.

YOUR ADVENTURE INCLUDES:

- Transfers on private basis
- Full Day Colonial Lima and Barranco (**on private basis**)
- Half Day City tour Cusco (**on private basis**)
- Full Day Sacred Valley (**on private basis**)
- Inca Trail to Machu Picchu 4d/3n (on shared basis)
- Includes:
 - o Briefing time one or two days before the trek.
 - o Private Transportation from Cusco to the start of the trail for Inca Trail Classic
 - o Professional English-Speaking guide.
 - o Assistant guide from more than 9 passengers.
 - o Entrance fees for the Inca Trail and Machu Picchu
 - o High Mountain Tents (**THE NORTH FACE**), model **VE-25** of 02 people of high-quality material for two people to offer more comfort and space for the pack of our customers.
 - o One inflatable sleeping pad per person (**THERMA-REST**)
 - o Kitchenware
 - o Tables and chairs
 - o Dining tent
 - o Porters (to carry tents, food and cooking equipment).
 - o All camp waste is hauled out of the park
 - o Andean chef specializes in exquisite camping meals
 - o Meals (03B, 03L, 03D + daily morning snack + daily tea service except last day).
 - o Vegetarian or special menus are available at no extra cost
 - o One Textile **Snack Bag** per person, to avoid the usage of plastic bags that contaminate our environment.
 - o 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.
 - o Toilet tent with bio-degradable toilet facilities (only if assigned campsites do not have toilets).
 - o Comprehensive first-aid kit including oxygen bottles.
- Bus ticket from Machu Picchu ruins down to Aguas Calientes – 4th day
- Train ticket (VISTADOME class) from Aguas Calientes to Ollantaytambo – 4th day
- Transfer from the train station- hotel in Cusco
- English-speaking guides
- Accommodation in selected hotels
- Mentioned meals
- Entrance fees to sites
- Tips for luggage porters at airports and hotels

NOT INCLUDED:

- International and domestic airfare
- Extra porter
- Sleeping bag
- Walking poles
- 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 center, entrance is s/10.00 (Peruvian Soles). It is recommendable bring your own towel.
- Travel insurance
- Tips for guides, drivers and waiters
- Expenses of personal nature
- Any additional not specified in the program

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WHAT WE RECOMMEND THAT YOU BRING

- An unconstructed duffel bag that the Porters will pack with gear and carry, with a change of clothes and personal items for the whole period of the trek. There is a 6K limit.
- A backpack you will carry with daily items, see below, when you are trekking
- 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
- 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
- Water container and water for the first morning. Plastic water containers (ie. Nalgene) or metal ones are recommended
- 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)

PASSPORT:

A valid passport is required for international travel. It is the customer's responsibility to verify that a passport is valid at the time of departure, remains valid for a minimum of 6 months AFTER your return travel date, and contains sufficient BLANK pages to attach any required visas if necessary for their travel.

TRAVEL INSURANCE: Optional. Travel Insurance is available and recommended

<https://www.awildadventure.com/travel-insurance>

PHOTOGRAPHY: A Wild Adventure reserves the right without further notice to make use of any photography or film taken on the tour by our photographers or use any photo given to our photographers without payment or permission. We guarantee that no photographs of a compromising nature will be used.

Terms & Conditions

All *A Wild Adventure* Terms & Conditions apply.

Policy subject to change per tour operator's conditions.

Globetrotter / Travel Icon / Machu Picchu

Sitting on a narrow ridge in the Peruvian Andes, this mysterious, 15th-century city was built, inhabited and abandoned in less than 100 years. An engineering marvel, it is believed to have been a royal estate for the Incan emperor Pachacutec. The site is surrounded by mountains said to be in alignment with astronomical events important to the Incas.

WAYNA PICCHU

The peak of this 8,924-foot mountain with ladders, caves and a small temple can be climbed in a 45- to 90-minute scramble. Buy a coveted hiking permit in advance (machupicchu.gob.pe).

TERRACES

A maze of some 700 terraces on the steep slopes anchor the city to the hillside; some provided space for planting crops. The terraces were highly permeable, which meant water could drain and be carried away.

INTIHUATANA

The "Hitching Post of the Sun," this carved rock pillar was likely used by Inca astronomers to predict solstices. It's a rare survivor, since invading Spaniards destroyed intihuatanas throughout the kingdom to eradicate pagan blasphemy.

CENTRAL PLAZA

This sprawling green area with grazing llamas separates the ceremonial sector of Machu Picchu from the more mundane residential and industrial sectors.

TEMPLE OF THE SUN

Featuring the site's finest stonework, this rounded tower has a window that frames the constellation Pleiades, a symbol of crop fertility.

ROYAL TOMB

Speculated to have had special ceremonial significance, a natural rock cave sits below the Temple of the Sun. Its steplike altar and sacred niches are visible from the entrance. Despite its name, no mummies were ever found here.

STONE WALLS

No mortar was used between the wall's stones. Instead, the Incas used precisely cut stones, geometry and L-shaped joints to hold walls in place.

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Altitude or Mountain Sickness

The Causes of Altitude Sickness

The percentage of oxygen in the atmosphere at sea level is about 21% and the barometric pressure is around 760 mmHg. As altitude increases, the percentage remains the same but the number of oxygen molecules per breath is reduced. At 3,600 metres (12,000 feet) the barometric pressure is only about 480 mmHg, so there are roughly 40% fewer oxygen molecules per breath so the body must adjust to having less oxygen.



Symptoms of Altitude Sickness

Common mild symptoms of altitude sickness may include:

- Headache
- Nausea
- Vomiting
- Fatigue
- Poor appetite
- Dizziness
- Disturbed sleep

Climbing the stairs to your hotel room can sometimes feel like the last mile in a marathon in the first few days of your trip!

Preventative Medications - Diamox

Acetazolamide (Diamox): This is the most tried and tested drug for altitude sickness prevention and treatment. Unlike dexamethasone (below) this drug does not mask the symptoms but actually treats the problem. It seems to work by increasing the amount of alkali (bicarbonate) excreted in the urine, making the blood more acidic. Acidifying the blood drives the ventilation, which is the cornerstone of acclimatisation.

For prevention, 125 to 250mg twice daily starting one or two days before and continuing for three days once the highest altitude is reached, is effective. Blood concentrations of acetazolamide peak between one to four hours after administration of the tablets.