

# The Inca Trail and Beyond

Trip Code: INC

Version: INC Inca Trail and Beyond Trek



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Acclimatise in the colourful city of Cusco and explore Sacsayhuaman
- Enjoy a further four days of trekking in the Silque Valley and across the Ancascocha Pass (4625m)
- Trek into Machu Picchu in the atmospheric early morning via Inti Punk 'the Sun Gate'
- Explore the Inca ruins at Ollantaytambo, the Maras Salt Pans and the Sacred Valley of the Incas

## AT A GLANCE

- 7 days trekking
- Max altitude - 4625m
- Join at Cusco

## ACCOMMODATIONS & MEALS

- 12 Breakfasts
- 7 Lunches
- 6 Dinners
- 6 nights Hotel
- 6 nights Camping

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

The Inca Trail is without doubt one of the world's greatest walks and as such should be relished, not rushed! We invite you to join us on our extended version of this iconic trek, which includes 4 additional days hiking in the peaceful Silque Valley and across the stunning Ancascocha Pass (4625m), where we are likely to encounter few other trekkers, before joining up with the classic Inca Trail and entering Machu Picchu via the iconic 'Sun Gate'. In 7 days of walking we will cross high passes, follow stone pathway created by the Incas over four centuries ago and enjoy tremendous views of spectacular forested valleys and of the snow-capped peaks of the Vilcabamba, like the mighty Salkantay (6271m). Extending our time in the mountains also helps to ensure that we are well acclimatised by the time we join the Inca Trail meaning that we can enjoy every step and really make it a walk to remember. Before our hike we will enjoy time exploring the vibrant and colourful ancient Inca capital of Cusco and the Sacred Valley of the Incas, with 2 days of sightseeing and acclimatisation including visits to the fortresses at Sacsayhuaman and at Ollantaytambo. With blue glacial lakes, cloud forest, orchids, hummingbirds, magnificent Inca settlements and stone-paved trails, there is no other short trek in the world that offers such a variety of experiences. This is the Inca Trail for trekking aficionados!

### BOOK EARLY for the Inca Trail!

The strict rules governing the issue of Inca Trail permits mean that these are limited and allocated on a first-come, first-served basis. With only 500 permits per day on offer (including those for crew) they disappear fast, so early booking is advised to secure the date you want. Inca Trail permits are included in the cost of the holiday, make your booking today and our dedicated team in Cusco will be ready and waiting to make all the arrangements for you.

Why not combine this Inca Trail and Machu Picchu holiday with a [Galapagos Holiday](#)?

View our full range of [walking and trekking holidays in Peru](#).

### Is this holiday for you?

This classic adventure offers a variety of trekking conditions. Most of the walking is on well-defined tracks, including sections of ancient Inca highways, which are paved with stone. You should be comfortable with walking for 5 or 6 hours each day with the occasional longer day, and for several days continuously. You will encounter some long ascents and/or descents on some days. There are also long

sections of Inca built steps to negotiate on a couple of the days! This is a fully supported trek, and you will only be required to carry your day pack each day. Our friendly camp crew will take care of all the camp chores, so when in camp you can relax, rest and enjoy the views. To help you acclimatise and enjoy your trekking holiday, we have allowed 3 nights at around 3000 metres, before we start trekking. Not only does this help you acclimatise, it also allows the chance to enjoy exploring all the sites in Cusco and around the Sacred Valley.

# Itinerary

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Version: INC Inca Trail and Beyond Trek

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## DAY 1

**Meet at the group hotel in Cusco. Transfers from the airport to hotel are provided.**

Arriving in the former Inca capital of Southern Peru, we are met by our guide or a KE representative who will arrange the transfer to the group's hotel. After checking in we are free to explore this utterly charming city. The group hotel is a short walk away from the main square - the Plaza de Armas, where there are numerous cafes, restaurants and craft shops as well as the stunning architecture left behind by both the Inca and Spanish colonial empires that made Cusco their capital city. As we are now at an altitude of 3200 metres, we will want to take it easy in order to acclimatise to the rarefied air. In the evening, we can relax in one of the excellent restaurants that overlook the square.



**Accommodation**  
Hotel

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## DAY 2

**A day for acclimatisation and sightseeing in Cusco. included guided visits to the main Inca sites.**

A day for acclimatisation in Cusco. We have a relaxing walking tour of the city. Every small street or alleyway that we enter and every corner that we turn, brings another surprise, in the form of superbly constructed Inca walls or the rather more architecturally extravagant Spanish Colonial churches and palaces. The city, once capital of the extensive Inca Empire, has seen many changes since Pizarro took control of the city (with apparent ease) in 1535. The highlight of this guided tour is our visit to the impressive fortress citadel of Sacsayhuaman, which is set high above Cusco and affords wonderful views of the city. The afternoon is free for further independent exploration.

Meals: **B**



**Accommodation**  
Hotel

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## DAY 3



## Drive to the Sacred Valley of the Incas, trek through the Maras salt pans and Ollantaytambo ruins visit

After breakfast, we set off for an impressive drive to the Sacred Valley of the Incas. The road climbs out of the valley to reveal stunning views of the Vilcabamba peaks, Salkantay Este and Huayanay - our first glimpse of the high mountains. We take a detour from the main road to visit the 16th century church at Maras. Set in an imposing position high above the Sacred Valley, its red roof is visible for miles around. From the church we take a leisurely stroll down to the valley floor, passing through the spectacular salt mines at Moray. This walk takes about 2 hours and is an easy introduction to our trek. Reunited with our transport, we make the short drive along the Urubamba River to Ollantaytambo situated below an important Inca ruin. We spend the night at a hotel in the town. In the evening, we will have a final briefing and repack our clothing and equipment for the ensuing trek.

Meals: **B**

	<b>Accommodation</b> Hotel		<b>Ascent</b> 50M		<b>Descent</b> 225M		<b>Time</b> 2 hrs trekking		<b>Distance</b> 3KM
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### DAY 4

## Begin trekking in the Silque Valley ascending to our first campsite at Hatumrumiyoc (3000m).

Today, we start trekking from Ollantaytambo. Crossing the Urubamba River on a bridge after 10 minutes, we head west for 3 hours to the junction with the Silque Valley where there is a good place to stop for a picnic lunch. Our trekbags will have been taken by road to Chilca to meet up with our porters. There is a short-cut into the Silque Valley which means that we do not need to go as far as Chilca. After lunch, we make the easy one and a half hour ascent, through potato and quinoa farms, to our first campsite at Hatunrumiyoc (c.3000m), a name that means 'big stone' in the local Quechua language.

Meals: **B L D**

	<b>Accommodation</b> Camping		<b>Ascent</b> 700M		<b>Descent</b> 300M		<b>Time</b> 4 - 5 hrs trekking		<b>Distance</b> 13KM
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### DAY 5

## Trek to the head of the valley, with views of Peak Veronica (5700m) to the place known as Ancascocha.

We continue our beautiful walk up the Silque Valley with great views of the peak known as Veronica (5700m). Immediately above camp we enter a narrow gorge, taking the path on the left side. We cross a number of small bridges and then the path begins to climb above the river on its west side. Turning the corner, we contour above several small grazing settlements, where the local Quechua people tend their

herds of sheep and horses. Our campsite is in a beautiful location at the head of the valley, at the place known as Ancascocha (cocha meaning lake) - the lake is half an hour's walk above the campsite at an altitude of around 4000m

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 900M		<b>Descent</b> 100M		<b>Time</b> 7 - 8 hrs trekking		<b>Distance</b> 8KM
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## DAY 6

### Cross the Ancascocha Pass (4625m) and then descend to camp at Muyu Muyu.

Above the village, we turn towards the southwest and continue our ascent in a narrow valley, with waterfalls and a small lake. A walk of around 3 hours takes us to the Ancascocha Pass (4625m) where we are treated to excellent views of deeply incised valleys and forested ridges in the distance and the snow-capped peaks of Salkantay Este and Huayanay nearer to hand. The scenery is truly spectacular, as we descend into the Q'esqa Valley to our campsite, at Muyu Muyu (3810m).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 750M		<b>Descent</b> 800M		<b>Time</b> 7 hrs trekking		<b>Distance</b> 15KM
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## DAY 7

### Trek down the valley to Q'esqa and descend to the ruins at Paucarcancha (3048m).

We continue to follow this beautiful valley, descending through several small hamlets, scattered grazing pastures and patches of woodland the village of Q'esqa. Glaciers tumble down from Huayanay, immediately above as we begin a gradual climb out of the valley along a ridge. After 20 minutes, we start to descend and after a further hour we arrive at the first Inca ruin. We continue to descend on a delightful path to the junction with the Pampacahua River, and the nearby semi-circular Inca ruins of Paucarcancha.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 30M		<b>Descent</b> 750M		<b>Time</b> 3 - 4 hrs trekking		<b>Distance</b> 7KM
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## DAY 8

## Today we join the Inca Trail and continue uphill to Llulluchapampa (3810m).

Crossing the Cusichaca River we contour above the village of Huayllabamba. At this point, we have joined the main Inca Trail and begin an ascent through beautiful patches of cloud forest, to the campsite at Llulluchapampa (3810m). There are great views of Huayanay during this part of our walk and we will also see many species of orchid, as well as some of the more than 250 varieties of hummingbirds that can be found in the Machu Picchu National Park.

Meals: **B L D**



	<b>Accommodation</b> Camping		<b>Ascent</b> 850M		<b>Descent</b> 250M		<b>Time</b> 5 - 6 hrs trekking		<b>Distance</b> 7KM
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### DAY 9

## Cross Dead Woman's Pass (4200m) and trek onwards via the 2 other passes to Phuyupatamarca (3650m)

After breakfast, we start the hour and a half climb towards the Huarmiwansca (Dead Woman's) Pass (4200m) which affords superb views of Huayanay to the south and also of the Pacaymayo Valley, which lies in front of us, to the west. Dropping down into this valley takes about two hours and then we start the ascent to Runccuracay, a small Inca "tambo" or inn. We take lunch near here, before setting out for our second pass, the Runccuracay Pass (3985m) where, weather permitting, we should have great views of the Vilcabamba range in the far distance. The trail here becomes wider, now paved with the original Inca stones and weaves through a forest which is becoming ever more luxuriant. We make a short detour to climb the 98 steps which lead up to Sayacmarca "the place with a dominant view" - an impressive Inca ruin which looks out towards the Aobamba Valley some 2000 metres below. Continuing our descent, we pass the small Inca site known as Qonchamarca and then climb to the so called "third pass," trekking through magnificent forests (and also negotiating a tunnel carved by the Incas) to our next campsite at Phuyupatamarca (3650m). This is another camp with incredible views of the Urubamba Valley ahead of us to the north and north-west. There are magnificent views of Salkantay, Humantay and the whole Vilcabamba range.

Meals: **B L D**

	<b>Accommodation</b> Camping		<b>Ascent</b> 1100M		<b>Descent</b> 1250M		<b>Time</b> 6 - 7 hrs trekking		<b>Distance</b> 10KM
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### DAY 10

## After watching sunrise on Salkantay (6271m), trek to Machu Picchu, via Inti Punku, the Sun Gate.

An early start to catch the sunrise on Salkantay (6271m) from a viewpoint above camp. As the alpenglow

shines on the snow-capped peak, we can contemplate this amazing start to a special day. Then, after breakfast, we say farewell to our porters and kitchen crew and begin the descent of the more than 3000 steps which lead down to the beautiful Inca ruined settlement of Winay Huayna, a name which means eternally young. A detour away from the main trail leads to this wonderful citadel overlooking the Urubamba River. A further hour of descent and a final 30 minute climb, takes us to the famous Inti Punku, or Sun Gate, where we will have our first, and most impressive view, of Machu Picchu, the famous lost city of the Incas. The view remains hidden until the last moment, and the first view of the citadel is an unforgettable experience. Passing through the Sun Gate, we descend past the site itself and then catch the bus down to the town of Machu Picchu Pueblo, formerly Aguas Calientes, (2040m) where we spend the night at our designated hotel. This little town has a very special atmosphere, nice hot springs (a swimsuit is a must!) and good restaurants and bars.

Meals: **B L**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 375M		<b>Descent</b> 1600M		<b>Time</b> 5 - 6 hrs trekking		<b>Distance</b> 11KM
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## DAY 11

### Guided tour of Machu Picchu with a guide, before taking the train to Ollantaytambo and Cusco.

Today we visit Machu Picchu, the site that was lost to the jungle but rediscovered in 1911 by the Yale academic, Hiram Bingham. Declared a UNESCO world heritage site in 1983, Machu Picchu exceeds all expectations. Perched high on an inaccessible hilltop the citadel is protected by huge cliffs and the raging Urubamba River. The bus transfer up to the site takes around 20 minutes and saves us from the relentlessly steep climb. A local guide will give us an interpretive tour of Machu Picchu and we will have ample time to soak up the mystical atmosphere of this incredible site. After the tour of the main buildings and structures with our expert guide, we can walk to the Inca Bridge, discover hidden corners of the ruins, or just soak up the atmosphere of one of the most famous places on earth. We return back down to Aguas Calientes in time to catch an afternoon train back to Ollantaytambo and transferring back to Cusco. We check into our hotel and have time to enjoy the evening in the city.

Meals: **B**

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	<b>Accommodation</b> Hotel
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## DAY 12

### A free day to explore Cusco. Enjoy further sightseeing, last minute souvenir hunting or just relax.

A free day in Cusco, for more sightseeing, last minute souvenir buying, or just relaxing in the special



ambience of this charming city.

Meals: **B**



**Accommodation**  
Hotel

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### DAY 13

#### **Departure day. Cusco Airport transfers are provided.**

KE Land Only package services end after breakfast. Complimentary group transfers to the airport are provided. Why not extend your holiday in Peru to include a visit to the Amazon Rainforest, an excursion to Lake Titicaca or a trip to Colca Canyon to watch condors. We can also arrange flights to Ecuador and cruises around the Galapagos Islands. Contact our office for further details.

Meals: **B**

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# Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.

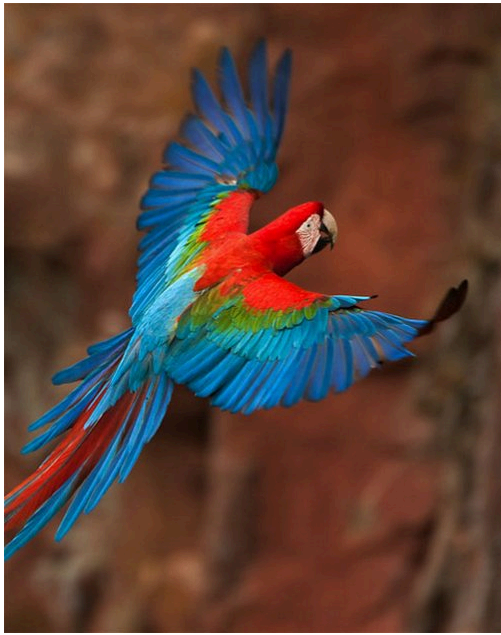


## Lake Titicaca by Train

Forming part of the border between Peru and Bolivia, this sacred lake of the Incas at an elevation of 3830 metres was where the god Viracocha rose and created the sun, moon, stars and the first people. It is the largest navigable lake in the world. There are several islands in the lake including the 'floating' Uros Islands which are man-made from reeds and are home to a pre-Incan people who live a simple traditional life. We travel by luxury train across the altiplano from Cusco to Puno, on the shores of Lake Titicaca. Note: Train operates on Wednesdays, Fridays and Sundays only.

4 days from

✕9,223,372,036,854,776,000 per person



## Peru Rainforest Extension

Visit Tambopata National Reserve, a haven of pristine Amazon wilderness where the river provides access to an uninhabited and vast 2.5 million acre area, home to the Amazon's five top predators - Jaguar, Giant Otter, Black Caiman, Harpy Eagle and Anaconda. It is a short flight to Puerto Maldonado, and then a ride in a motorised canoe to our jungle lodge. Highlights are the macaw clay-lick, otters, monkeys and an array of colourful birds.

4 days from  
US\$910 per person



## Galapagos Islands Cruise

Situated over 600 miles from the mainland of South America, the remote archipelago of the Galapagos Islands needs little introduction. The Galapagos Islands are considered to the crown jewels of the natural world, achieving near mythological status following visits by Charles Darwin. It was on his second visit aboard HMS Beagle in 1835 that Darwin's scientific studies introduced the world to the theory of evolution. The islands teem with life, much of which seem totally unphased and perhaps curious of visitors. Of the thirteen major islands, on five have any form of human habitation. The environmental footprint is kept to an absolute minimum, allowing you, the visitor, a chance to explore the incredible biodiversity of these famous islands untouched by human development. Expect close encounters with blue-footed boobies, frigate birds, albatross, giant tortoises, seals, turtles and dinosaur-like lizards amongst many, many other examples.

7 days from  
US\$5,105 per person



## Lake Titicaca by Bus

Forming part of the border between Peru and Bolivia, this sacred lake of the Incas at an elevation of 3830 metres was where the god Viracocha rose and created the sun, moon, stars and the first people. It is the largest navigable lake in the world. There are several islands in the lake including the 'floating' Uros Islands which are man-made from reeds and are home to a pre-Incan people who live a simple traditional life. We travel by comfortable tour bus across the altiplano from Cusco to Puno, on the shores of Lake Titicaca.

4 days from

£9,223,372,036,854,776,000 per person

# Holiday Information

## What's Included

- A professional and qualified tour leader
- Inca Trail permit fee and entrance to Machu Picchu
- Cusco Airport transfers (on Day 1 and Day 13)
- All land transport required in the itinerary
- Hotel accommodation as described
- Meals as detailed in the Meal Plan
- Guided sightseeing tour of Cusco
- A full service on trek including food and all equipment (excluding personal equipment)
- Thermarest camping mat whilst camping

## What's not Included

- Travel Insurance
- Tips for porters and other trek staff
- Some meals as described in the Meal Plan
- Miscellaneous personal expenses - drinks and souvenirs etc.

## Joining Arrangements & Transfers

The group will meet at the hotel in Cusco.

Airport transfers are provided for all clients.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All breakfasts, 7 lunches and 6 dinners are included in the holiday price. Where there are a wide range of dining options to suit all tastes and budgets it is sensible to leave this choice to you and therefore we have not included meals (other than breakfasts) while staying in Cusco, Ollantaytambo and Aguas Calientes (Machu Picchu Pueblo). You will need to pay for a total of 6 lunches and 6 dinners. While trekking a full trek services included all meals is provided.

## Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

On trek the food provided will be a mixture of local and worldwide favourites, with all ingredients purchased in Peru and cooked for us by highly trained staff cooks. The food our cooks are able to produce on trek will be a taste sensation! Lunch is usually a picnic - fresh fruit, salad and bread, cheeses, cold meats, avocado and plenty to drink. Dinners will be three courses and the menus will be flavoursome and varied. There will be no problem catering for vegetarians.

In Cusco, Ollantaytambo and in Aguas Calientes there is a wide range of restaurants cafes and bars serving excellent and varied cuisine! Meals, apart from breakfast, are not included here so you are free to make your own choice of restaurant and menu. If you are looking to sample some traditional Peruvian fare we can recommend trying Ceviche, a dish of raw fished marinated in citrus juice (the acid in the citrus juice effectively 'cooks' the fish), which is the unofficial national dish of Peru! The name Ceviche actually comes from the Quechua word 'siwichi', meaning fresh fish. Guinea Pig or 'Cuy' is also a common delicacy in the Andes and has been eaten at special occasions since the time of the Incas! Usually served roasted or barbequed, Guinea Pig meat has a gamey taste. It is very high in protein and low in cholesterol.

When it comes to drinks, before and during your trek we can recommend drinking Mate de Coca. It takes a little time to acclimatise to Cusco's 3400m elevation and one of the things that is said to help acclimatisation is supping this mildly stimulating, greenish and unusual tasting 'tea' made by steeping fresh coca leaves in boiling water. Those looking to celebrate the end of their holiday with an alcoholic beverage (best saved till post trek when you are fully acclimatised!) should seek out a 'Pisco Sour'. This classic South American cocktail, made by mixing the Peruvian liquor Pisco with lime juice, egg white and bitters, is incredibly moreish!



## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

During the holiday there are a total of 4 nights in a comfortable and well located 3\* hotel in Cusco, which is a beautifully converted old colonial house and just a short walk from the Plaza de Armas. We will also spend 1 night in a comfortable and well located hotel in Ollantaytambo in the Sacred Valley and 1 night in a comfortable and well located 3\* hotel in Aguas Calientes (Machu Picchu Pueblo).

Whilst trekking there will be a total of 6 nights camping where you will receive a full service from our friendly camp crew. You will sleep in roomy 2 man dome tents, with a porch, and inflatable camping mattresses are provided. All the camp equipment and luggage will be transported between camps by horses on the extended trek, and by porters on the Inca Trail, so you need only carry your day pack each day. Our camp crew will erect and dismantle the tents for you, cook, and take care of all the camp chores.

During walking days, having stayed behind to collapse camp, it is usual for the crew and the porters and/or pack animals to overtake the group during the day and you will usually arrive into camp to find it already established and the kettle on!

In camp, as well as the tents used for sleeping, there will also be a mess tent, with chairs and tables, where the group will dine (and socialise into the evening) and a toilet tent. Hot water for washing will also be provided to you in the mornings and when you arrive at the camp each day.

All accommodation is allocated on a twin-sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek for an additional cost. This must be arranged ahead of departure and is subject to availability (please note that single tent hire does not include single rooms in hotels). Depending on availability, it may also be possible to pre-book single hotel rooms. For additional hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website.

## Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. Whilst on trek the group will be supported by a trek crew including cook, baggage animals (additional 3 day trek) and porters (Inca Trail).

## Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude on our website which can be viewed via the link below. You can also talk to one of our trekking experts if you have any concerns about altitude. [www.keadventure.com/page/altitude.html](http://www.keadventure.com/page/altitude.html)

## Park Fees & Permits

The cost of your permit for the Inca Trail is included in the trip price. Please note that the Peruvian Authorities strictly limit the amount of Inca Trail Permits issued for each day and that permits are issued on a first come, first served basis. The permits are only issued against a name and a passport number. Once issued they cannot be amended, cancelled or transferred. In order to ensure your place on the Inca Trail, KE will purchase your permit as soon as the trip is guaranteed to run or when you make your booking if the trip is already guaranteed. To cover this you will be asked to pay an additional deposit at the time of booking. Once the trip is guaranteed to run, the cost of your Inca Trail permit cannot be refunded (unless we cancel the trip).

### IMPORTANT INFORMATION REGARDING YOUR PASSPORT AND INCA TRAIL PERMITS:

Please note that Inca Trail permits are highly restricted and sell out, months in advance. Your permit will be tied to your passport details and you will need to have this with you when you join the trek.

If you change passport between booking and travelling, you must bring your old passport with you, as your ticket will be linked to the passport details you booked with.

## Machu Picchu Permits

New regulations for visiting Machu Picchu came into force in 2022.

Daily visitor numbers are limited and visitors must be accompanied by a guide on one of five designated 'circuits' that are walked in a one-way direction, with a maximum of 4 hours allowed within the site.

A ticket, issued by the Peru Ministry of Culture, and included in your trip cost, needs to be purchased in advance of your visit. The ticket will stipulate an entry time and one of the 5 circuits. KE will aim to book the most comprehensive Machu Picchu tour available.

Tickets are linked to your name and passport number and usually sell out 2-3 months in advance. **It is therefore important for you to supply us with your passport details at the time of booking to allow us to secure the required tickets.**

If you are completing the Inca Trail, a set Machu Picchu circuit is included with your Inca Trail Permit.

**IMPORTANT:** If you change passport between booking and travelling, you must bring your old passport with you, as your ticket will be linked to the passport details you booked with.

## Spending Money

We estimate that \$300-\$350 (or equivalent in £/€) will be sufficient to cover your requirements including the non-included meals and incidental expenses, as well as tips for drivers, trek crew and local guides. There are a total of 6 lunches and 6 dinners which you will need to pay for directly and we recommend you budget \$10 - \$25 dollars per meal. There is no need to purchase local currency prior to travelling. It is possible to withdraw your money in local currency from ATMs in Cusco. If you are bringing your travel money with you we recommend you bring it in the form of US dollars in cash as this provides for the easiest exchange and in emergency can even be used to purchase goods. Credit cards can be used to purchase goods and to pay for meals in Cusco, Ollantaytambo and Aguas Calientes.

## Guidance on Tipping

Tipping is common in Peru, however you must remember that it is voluntary, and how much you give depends on how you feel about the service you have received. Airport baggage carriers are the only exception and tipping is compulsory. These people are unwaged and make a living by carrying your luggage. The general rule is 1 or 2 soles per bag. For hotel staff, tipping is not expected, but is welcome. For hotel porters 1 or 2 soles per bag is reasonable. Drivers of standard taxis do not usually expect a tip. As with most countries, it is usual to tip in restaurants and 10% is expected for good service. For the support crew on trek (guides, cooks, porters etc.), it is recommended that each client contributes around £50 to £60 to a group tipping pool.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Pack animals are not allowed on the Inca Trail and all baggage will be carried by porters, though we may use pack horses for the trek through the Silque valley. Each group on the Inca Trail is restricted to a maximum number of porters designated by the park authority. The limit is imposed by the Peruvian National Park Authorities and is designed to minimise the impact on the Inca Trail from the many visitors it receives. Before starting on the Inca Trail you will be provided with an 'approved' Inca Trail kit bag. Whilst trekking, the packed weight of this bag INCLUDING your sleeping bag, should be around 8 - 10kgs. It is possible to leave clothes and other items not required on trek at the group hotel in Cusco. For international flights please check your baggage allowance with your airline.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

### Visa Peru

UK and USA passport holders do not require a visa for short stays. When passing through immigration you will need to request a copy of your TAM Migration form. You will need to retain this document and keep it safe, as you will be asked to produce it before you depart Peru.

### IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD\$21 and you should apply for it at <https://esta.cbp.dhs.gov/esta/>. With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Cuba, Iran, Syria or North Korea since March 2011\* you will have to apply for a visa rather than the Visa Waiver Programme (\* a full and up to date list of countries can be found on the US government website [here](#).)

### IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

All citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD\$7 and you should apply for it at <http://www.cic.gc.ca/english/visit/eta-start.asp>

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

## Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. You should be aerobically fit and comfortable with walking for around 6 or more hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training, and we would suggest that you try to fit in a number of long weekend walks before you depart. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

There is little you can do to prepare for the altitude but if you have an excellent level of fitness this can help.



## Climate

The climate of the Andean valleys of Peru which corresponds to the region between 3000 and 4000 metres is characterised by hot wet summers and cool dry winters. The Southern Hemisphere winter season in the Andes runs roughly from March through to October and this is the optimum period for trekking in this part of Peru. At this time we can expect the days to be warm and generally sunny, with temperatures between 12 and 20°C. Above c. 3500m during this season, the night-time temperatures will fall below freezing. At our highest camps we might experience night-time temperatures as low as -5°C at any time and in mid-winter (July and August) temperatures may dip to minus10°C overnight.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Trekking and Climbing in the Andes. (Globetrotter Adventure). Val Pitkethly and Kate Harper.
- The Conquest of the Incas. (MacMillan). J. Hemming.
- The South American Handbook.
- Exploring Cusco. Peter Frost (available in Cusco).
- Inca Cola. Matthew Parish.
- Latin America Spanish phrasebook. Lonely Planet.

## Maps

### **Inca Trail 150; Machu Picchu. 1:50,000 Editorial Lima 2000**

This topographic map from the Lima-based publisher Lima 2000 shows the Inca Trail from Kilometre 88 to Machu Picchu. Peak altitudes and shading show relief and the contours interval is 100m. The map shows towns and villages, roads and footpaths, rivers, ruins, terraces etc. A small inset shows a street plan of Aguas Calientes, another shows the Machu Picchu ruins.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

For conservation reasons the packed weight of your kit bag (including your sleeping bag and camping mattress) when trekking on the Inca Trail is limited to a maximum of 10 kgs. A small duffel bag will be

provided for your baggage whilst trekking. Items not required on trek can be stored at the group hotel in Cusco.

**You must bring the following items:**

- Sleeping bag (comfort rated -10°C)
- Daypack 30 litres\*\*
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc)
- Water bottles 1 Litre (x 2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Hiking boots
- Trainers or similar for travelling and camp use
- Socks & underwear
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Thermal baselayer shirts (2 short sleeve, 2 long sleeve)
- Casual shirts and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)

- Sunhat
- Lightweight thermal gloves
- Warmer gloves or mittens
- Warm hat
- Washbag and toiletries
- Small towel
- Sunglasses

**The following items are optional:**

- Trekking poles \*\*\*
- Thermal baselayer - leggings
- Swim wear (for the hot springs at Aguas Calientes)
- Travel clothes
- Antibacterial handwash
- Sleeping bag liner
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Small padlock
- Camera

- Spare laces
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), Diamox, painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).
- Reusable cloth bag for shopping (to avoid plastic bags)

#### Notes:

An inflatable camping mattress (thermarest) is provided.

#### \*\* Daypack

Perurail has a strict policy on hand baggage on the train to the Inca Trail and from Machu Picchu. The weight of your hand baggage on the train must not exceed 5kg and the sum of its dimensions (length + width + height) must not exceed 157 cm. If your daypack exceeds these dimensions it must be placed inside your trek bag for transportation on the train.

#### \*\*\* Trekking Poles

For conservation reasons, trekking poles cannot be used on the Inca Trail unless they have rubber tips. Please make sure that when flying, sharp objects such as trekking poles and knives are packed into your check-in luggage.

### Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[>> Find out more](#)

### Land Only Information

The dates shown are for the LAND ONLY itinerary, joining in Cusco, Peru. Airport transfers are provided from / to Cusco Airport.

### Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Cusco with Outbound flights will depart the UK in the evening, arriving the following day (day 1 of the itinerary). Return flights will usually depart Cusco airport in the morning of the last day of the itinerary, arriving in the UK in the afternoon of the following day.

## Why Choose KE



## Why KE

KE's Inca Trail and Beyond includes the full trek to Machu Picchu, with a further 3 days off-the-beaten-track walking across the dramatic Ancascocha Pass. Great acclimatisation for the trail and a beautiful trek.

**Please Note** This document was downloaded on 05/05/2024 and the trip is subject to change