

# The Inca Trail and Beyond

Trip Code: INC

Version:



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Acclimatise in the colourful city of Cusco and explore Sacsayhuaman
- Explore the Inca ruins at Ollantaytambo, the Maras Salt Pans and the Sacred Valley of the Incas
- Enjoy an additional 4 days of trekking in the Silque Valley and across the Ancascocha Pass (4625m)
- Watch the sunrise on Salkantay (6271m) and trek to Machu Picchu via Inti Punk, 'the Sun Gate'

## AT A GLANCE

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

## ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

The Inca Trail is undeniably one of the world's greatest hikes—an experience to be savoured, not rushed! We invite you to embark on our extended version of this iconic trek, which includes four additional days of breath-taking hiking through the peaceful Silque Valley and across the Ancascocha Pass (4625m). Here, far from the crowds, we'll traverse remote trails before joining the classic Inca Trail and making our grand entrance into Machu Picchu through the legendary Sun Gate.

Over seven days of trekking, we'll cross high-altitude passes, follow ancient stone pathways laid by the Incas more than four centuries ago, and take in awe-inspiring views of forested valleys and the snow-capped peaks of the Vilcabamba range, including the mighty Salkantay (6271m). This extended itinerary also allows for better acclimatization, ensuring we reach the Inca Trail fully prepared to enjoy every step of this unforgettable journey.

Before setting off on our hike, we'll spend two days exploring the vibrant, historic Inca capital of Cusco and the breath-taking Sacred Valley. Our time here includes visits to remarkable archaeological sites such as the fortresses of Sacsayhuaman and Ollantaytambo, providing a deeper connection to the rich heritage of the region.

With shimmering glacial lakes, lush cloud forests, vibrant orchids, darting hummingbirds, and magnificent Inca ruins along stone-paved trails, no other short trek in the world offers such an extraordinary variety of experiences. This is the Inca Trail at its finest—crafted for true trekking enthusiasts!

### 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 will be ready and waiting to make all the arrangements for you.

Why not combine this Inca Trail and Machu Picchu holiday with a spectacular wildlife experience on an [Amazon River Boat Cruise](#) or a [Galapagos Island Adventure](#)?

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 and there are also some 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:

# 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 Luxury Train

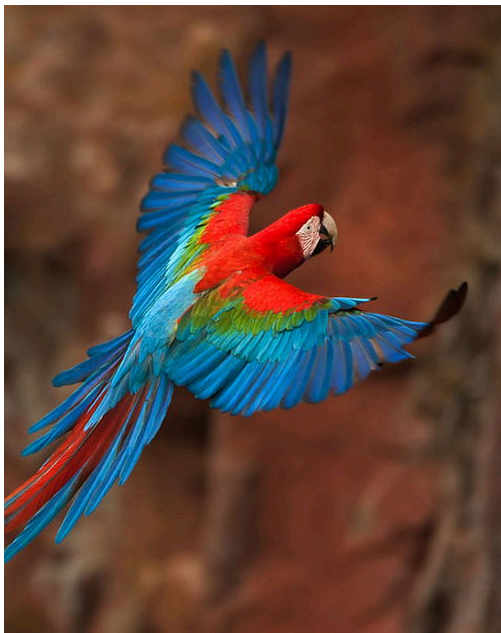
**Travel in style on the luxurious Titicaca scenic train from Cusco to Puno, on the shores of Lake Titicaca.**

Enjoy stunning landscapes, lively regional music and dance, and exquisite onboard cuisine. Along the route you'll make a stop at Abra La Raya, the journey's highest point at 4,300m. After an overnight in Puno we travel to the floating 'Totora' reed islands of the Uros people. Here we watch them harvesting and weaving the reeds. Travelling onto Amantani Island we overnight in a traditional village house being hosted by a local families. This gives us a great insight into the livelihood of these pre-Incan people. We return the following day by boat to Puno and then transfer to the nearby airport of Juliaca. This extension starts in Cusco and ends in Juliaca.

**Train departures:** Every Wednesday, Friday, and Sunday

**4 days from**  
**US\$710** per person





## Peru Rainforest Extension

**Embark on an unforgettable journey to Tambopata National Reserve, a vast, untouched expanse of Amazonian wilderness covering 2.5 million acres.**

Our Rainforest Extension is four days / three nights and allows for two full days of immersive jungle walks and scenic river excursions. A short flight to Puerto Maldonado followed by a motorized canoe ride will transport you deep into the heart of the Amazon.

In Tambopata, we've carefully selected two exceptional lodges, each offering prime access to breath-taking wildlife viewing opportunities. From the vibrant macaw clay lick to playful otters, curious monkeys, and a dazzling array of colourful birds, every moment in this ecosystem is a chance to witness nature at its finest. This pristine habitat is also home to the Amazon's five top predators: the elusive jaguar, the playful giant otter, the stealthy black caiman, the majestic harpy eagle, and the formidable anaconda.

We offer a choice of a standard or luxury lodge package. Please contact us to check availability and to get a quote. The itinerary shown is an example and will differ depending on which lodge you stay at. All lodge bookings are subject to availability.

The extension starts and ends in Puerto Maldonado, with most flights connecting from Cusco. Flights are also available from Lima. We're happy to assist with internal flights and additional accommodations in Cusco or Lima to enhance your journey.

**Immerse yourself in the wonders of the Amazon—adventure awaits!**

**4 days from**  
**US\$1,275** per person



## Galapagos Islands Cruise

**Create the perfect holiday-of-a-lifetime by adding an exploratory cruise of the stunning and unique Galapagos Islands**

Needing little in the way of introduction, the Galapagos Islands are one of the most pristine natural environments left on Earth. Over 600 miles separate them from mainland Ecuador, meaning they have enjoyed splendid isolation and provide a habitat for a bewildering array of birds, reptiles, mammals and sea life you simply won't find anywhere else.

We have a variety of ships and itineraries and you can choose from two levels of service - Standard and Upgraded, many of which are more affordable than you may have thought. Itineraries are typically between 7 and 10 days which is the optimum length for visiting this natural paradise. During your cruise you will visit a number of the islands, each distinct and renowned in their own right. Sometimes these will be 'dry' landings where you step onto a pier and at others you will make 'wet' landings where you reach the island by small inflatable boats and step directly onto the beach. Every boat has a slightly different itinerary but all are focused on seeing as much of the amazing Galapagos wildlife as possible. There is also plenty of time for relaxation and for swimming and snorkelling from the boats. All of our itineraries begin and end in Quito and include the flight out to the islands.

**Please contact us for details on availability, itinerary options and pricing.** *(Sample itinerary detailed below)*

You might also want to consider our 10 day [Galapagos Islands Adventure](#), for a more active and immersive experience of these diverse islands. This shore based trip stays in cosy small hotels and guesthouses, allowing us to experience the beaches and wildlife in the early mornings and evenings when the main tourists have disappeared on their boats. Alternatively, if you are looking for something a more luxurious why not spoil yourself on one of our [Galapagos Cruises aboard the luxury Monserrat Motor Yacht](#).

Book this trip as a stand alone tour or in addition to any of our Latin America holidays.

7 days from  
**US\$3,505** per person



### Lake Titicaca by Luxury Bus

**Travel by luxury tour bus from Cusco to Puno, across the Peruvian Andes to the shores of Lake Titicaca.**

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. After an overnight in Puno we travel to the floating 'Totoras' reed islands of the Uros people. Here we watch them harvesting and weaving the reeds. We continue onto Amantani Islands and stay overnight in a traditional village house hosted by local families, giving us a great insight into the livelihood of these pre-Incan people. We return the following day by boat to Puno and then transfer to the nearby airport of Juliaca. This extension starts in Cusco and ends in Juliaca.

4 days from  
**US\$440** 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)
- Sleeping bag and 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 7 dinners are included in the holiday price. On the first night in Cusco the evening meal will be included following the Trip briefing from the Tour leader. For the remaining nights in Cusco, Ollantaytambo and Aguas Calientes there is a wide range of dining options to suit all tastes and budgets so it is sensible to leave this choice to you so meals other than breakfast are not included. You will need to pay for a total of 6 lunches and 5 dinners. While trekking a full trek services included all meals is provided.

## Food & Water

### Drinking 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 for 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 meals 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](#). You can also talk to one of our trekking experts if you have any concerns about altitude. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

## 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 the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.



# General Information

## 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.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

### 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. Please note that a paper copy of travel insurance is required for people travelling to Huaraz and the Huayhuash region.

### 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

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. On holidays to more remote areas you should also have a dentist check up. 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. In addition you should check whether any specific vaccinations are needed to the regions that you are travelling to. A good online resource is [Travel Health Pro](#).

### Malaria

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.

### Yellow Fever

There is a risk of Yellow Fever transmission in some parts of the country including the Amazon Rainforest. For more information and details of specific areas please check the [Vaccine Recommendations](#) on the Travel Health Pro website. If you have been in Peru for more than 10 days and are travelling onto Ecuador and/or the Galapagos Islands you will require a Yellow Fever Vaccination Certificate to enter the country.

### Dengue Fever

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

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>.

### Severe Allergies

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.

## 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 minus 10°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 before 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 directly 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.

## Private Groups Information

**Make this KE Adventure holiday your own!**

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

### Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

## 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 sleeping bag and inflatable camping mattress (thermarest) are provided by our local agent. A small duffel bag will also 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:**

- 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 base-layer 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 base-layer - 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:

### \*\* 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.

## Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

## 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

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Regional departures and/or alternative carriers are available on request.

## 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 4 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 02/09/2025 and the trip is subject to change