

# Choquequirao to Machu Picchu

Trip Code: CHQ

Version: CHQ Choquequirao to Machu Picchu Trek



WALK & TREK



GUIDED GROUP



CHALLENGING



## HIGHLIGHTS

- A full day to explore the secluded Inca fortress of Choquequirao
- Camp on Inca terraces and hike through the awe-inspiring Apurimac Canyon
- Trek over high passes and beneath the dramatic 6000m peaks of the Cordillera Vilcabamba
- Visit both of Peru's premier Inca ruins with a guided visit to Machu Picchu also included

## AT A GLANCE

- 9 days trekking
- Max altitude - 4500 metres

## ACCOMMODATIONS & MEALS

- 12 Breakfasts
- 9 Lunches
- 8 Dinners
- 4 nights Hotel
- 8 nights Camping

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

Sitting astride a high ridge amongst the snow-capped peaks of Peru, the Inca fortress of Choquequirao is one of the most important discoveries of Inca antiquity; we invite you to discover the secrets of this abandoned city on this classic 2 week trekking holiday. Already a rival to Machu Picchu in terms of its size and splendour, more buildings and llama-decorated terraces are being exposed at Choquequirao each year. More remote and challenging to access than Machu Picchu, it is far less visited and still offers you the chance to wander freely amongst the evocative ruins and explore the terraces in relative solitude. Our fully supported trek to this so-called 'Cradle of Gold' is by way of the awe-inspiring canyon of Apurimac River, involving an exciting descent and ascent of almost 2000 metres to reach our camp beside the citadel of Choquequirao (3000m)! We will have a full day to explore the ruins before setting off on a 5-day trek through the rugged and beautiful Cordillera Vilcabamba, a region dominated by impressive snowy 6000 metre peaks including Pumasillo and Salkantay.

Following a former Inca trail which once connected Choquequirao to Machu Picchu, we then cross the Totoro Pass (4500m) then turn north to descend the Rio Colpa, passing untouched Andean villages whose Quechua inhabitants still wear traditional dress. Arriving at the cloud forest cloaked valley of the Rio Urubamba, our trek concludes with a guided tour of Machu Picchu and a welcome free day in Cusco. This is a fantastic holiday in Peru and a must for adventure seekers who want to follow in the footsteps of the early explorers and for those searching for a genuine 'Inca Trail' experience, but without the crowds. This could well be the best trek in Peru!

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

## Is this holiday for you?

This walking holiday to Choquequirao in Peru is a classic mountain trek and on which you will cover a variety of terrain, from sections of paved Inca highways and rocky mountain passes, to river crossings and cloud forest trails. It is possible that the highest passes might have a light covering of snow! Most of the walking is on well-defined tracks and there are some steep sections of trail, especially on the descents and ascents out of the Apurimac and Rio Blanco Canyons where it can also get quite hot. There are several consecutive long trekking days and some reasonably high passes to cross and we will accumulate more than 5000 metres of ascent and descent during the course of the holiday. 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. A

good level of fitness is essential, but this is an achievable challenge for any regular hill-walker and the rewards for our trekking efforts will be quiet trails, and chance to explore the ruins of Choquequirao in relative solitude.

# Itinerary

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Version: CHQ Choquequirao to Machu Picchu Trek

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## DAY 1

### Meet at the group hotel in Cusco. Transfers from Cusco Airport 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. As we are now at an altitude of 3200 metres we spend most of today taking it easy in order to acclimatise to the rarefied air. Depending on arrival time, we have the afternoon to relax and explore at our leisure and we may want to sample the local altitude remedy, coca tea.



Accommodation  
Hotel

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## DAY 2

### Acclimatisation day in Cusco (3200m), with a walking tour of the city including Sacsayhuaman.

We have a full day in Cusco to explore and acclimatise to the altitude. We have the option of taking a relaxing walking tour of the city. Every small street or alley-way that we enter and every corner that we turn, brings another surprise, in the form of superbly constructed Incaic 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 in 1535. The highlight of this tour is our visit to the impressive Inca fortress citadel of Sacsayhuaman, which is set high above Cusco. The afternoon is free for further independent exploration. In the evening, we can relax in one of the excellent restaurants close to the main square - the Plaza de Armas.

Meals: **B**



Accommodation  
Hotel

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## DAY 3

## Drive to the start of the trek at Capuliyoc and descend to the campsite at Chiquiska (1875m).

After an early breakfast at our hotel, we will set off on the scenic drive westwards from Cusco. We pass to the south of impressive Andean peaks such as Huayanay and Salcantay and have the chance to visit the Inca ruins at Tarawasi. We also stop off at Sahuite, where there is an incredible boulder, which was carved by the Incas into the form of animals, plants, houses and streets. Turning off the main highway onto a dirt road, we arrive at the beautiful village of Cachora (2900m). From here we take the dirt road high above the Apurimac Canyon to Capuliyoc where we meet our muleteer team and have lunch. In the afternoon we'll begin our trek by hiking down into the Apurimac Canyon to our first campsite at Chiquiska at 1875m. The path is straightforward with a few switchbacks and downhill all the way, and there are fantastic views of the surrounding snow peaks and Choquequirao in the far distance.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Descent</b> 1100M		<b>Time</b> 3 - 4 hrs trekking		<b>Distance</b> 8KM
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### DAY 4

## Traverse the Apurimac Canyon and ascend to Choquequirao.

Our arrieros load the group's gear onto mules and after breakfast we set off towards Choquequirao, descending further into the Apurimac Canyon for the first hour on a switchback trail. The temperature increases as we lose height and close to the river we find ourselves amongst lush vegetation; trees, cacti and colourful flowers. We reach Playa Rosalinda in the bottom of the valley (1475m) and cross the small bridge over the mighty Apurimac. We are then faced with a steep climb up the other side of the canyon. The trail climbs upwards, again with sections of switchbacks, through lush vegetation and cloud forest up to Marampata (2930m) where we will stop for lunch after the long trek. The views to snowy peaks and across the canyon are a stunning diversion from the uphill walking. After lunch we traverse the undulating path to the campsite situated below the ruins at Choquequirao (2860m).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 2190M		<b>Descent</b> 1230M		<b>Time</b> 8 - 10 hrs trekking		<b>Distance</b> 15KM
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### DAY 5

## Full day visit and exploration of the Choquequirao ruins.

It is a short walk to the site (45 mins), which is on a prominent spur between two tributaries of the Apurimac and situated at around 3000m above sea level. This is a spectacular spot, with views of snow-covered peaks to the north and east and southwards across the vastness of the Apurimac Gorge to the small town of Huanipaca. The Inca ruins here are extensive and only partly cleared of vegetation. In fact,



it is anticipated that Choquequirao will be just as impressive as Machu Picchu when its full glories are revealed. Excavation of the site continues to unearth new archaeological surprises, some totally unique to this site. Amongst the ruins that have been unearthed are an enormous curving bank of fine terracing, a chain of ritual baths and a central plaza surrounded by ceremonial and high status residential architecture. In the morning we visit the main plaza, the unique llama terraces and the Usnu (altar) before returning to our campsite by an alternative route for lunch. In the afternoon there is the option to visit the most recently cleared section of the Choquequirao site at Pacchayoq, or "House of the Cascades" close to a waterfall below our campsite. The terraces here are thought to have been used for agriculture, whereas the llama terraces are likely to have had a more ceremonial purpose.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 600M		<b>Descent</b> 600M		<b>Time</b> 4 - 5 hrs trekking		<b>Distance</b> 6KM
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## DAY 6

### Trek across the Choquequirao Pass (3340m) to the ruins at Pincha Unuyoc.

Today we ascend back to Choquequirao for another quick look at the ruin site. Arriving early in the morning, it's possible we will have the site to ourselves and we can enjoy further exploration of the ruins. From the main plaza, we strike uphill, initially following an Inca aqueduct, to the Choquequirao Pass (3340m). There are great views from this point including down into the Rio Blanco valley, our next challenge. From here it's a steep descent to the Inca terraces at Pincha Unuyoc, the "Water Shrine" where we set up camp either on or close to the terraces. We'll take a late lunch at camp and enjoy some time to relax or explore this lovely Inca site in the late afternoon.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 530M		<b>Descent</b> 900M		<b>Time</b> 6 hrs trekking		<b>Distance</b> 8KM
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## DAY 7

### Trek to Maizal above the Rio Blanco.

Today we begin by descending further into the deep valley of the Rio Blanco (shown on the IGN map as the Rio Victoria). We descend for almost 600 metres to the Rio Blanco, crossing the river on a rudimentary bridge in the rocky bottom of the canyon. After a short break here we will begin the tough 1200m climb through cloud forest and bamboo to the small campsite at Maizal (3000m). This is another steep pull uphill, but with glorious vegetation and views to enjoy on the way and there will be some time to relax at camp in the late afternoon.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 1170M		<b>Descent</b> 620M		<b>Time</b> 5 hrs trekking		<b>Distance</b> 8KM
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## DAY 8

### Cross the San Juan Pass (4150m) and descend to the Rio Yanama Valley.

A superb day's trekking as we climb to cross the Abra San Juan (4150m) and have spectacular views of the peaks of the Cordillera Vilcabamba, including Sacsarayoc, Pumasillo and Choquetecarpo. Climbing up to the pass, we see in the distance another recently discovered Inca ruin, Corihuayrachina and the equally interesting old silver mines of Mina Victoria, thought to have been worked for over 1000 years. Descending to the north into the Rio Yanama Valley, we follow a high trail which traverses steep slopes and provides another excellent opportunity to spot condors. We camp at the charming Andean village of Yanama (3500m).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 1200M		<b>Descent</b> 650M		<b>Time</b> 7 hrs trekking		<b>Distance</b> 11KM
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## DAY 9

### Trek over the Totora Pass (4660m) with views of Salkantay (6271m), the highest peak in the area.

A stunning days trekking up the Yanama Valley and bearing right towards the 4660m Totora Pass. Again we follow ancient Inca trails as we wind upwards steadily. From the pass spectacular views of the snow capped Sacsayraoc peak dominate, and once we've crossed the pass, the largest peak in the area, Salkantay comes into view. We descend from the pass on alternating sections of trail and dirt road until we arrive at Hornopampa. From here it's a short walk on to the village community of Totora (3400m).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 1220M		<b>Descent</b> 1400M		<b>Time</b> 8 - 10 hrs trekking		<b>Distance</b> 19KM
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## DAY 10

## Descend to the semi-tropical valley and follow the Rio Santa Teresa to Lucmabamba (1800m).

Today offers an incredible range of changing scenery as we descend almost 2000m from the high altitude trails down into the semi-tropical environment of the valleys below. We follow the Rio Santa Teresa for approximately 6 - 7 hours passing numerous waterfalls on the way. The variety of birdlife, the butterflies and differing vegetation make the trek down to Lucmabamba through the cloud forest quite special and continually interesting. We make camp on the outskirts of the village (2100m).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 730M		<b>Descent</b> 1920M		<b>Time</b> 7 - 8 hrs trekking		<b>Distance</b> 23KM
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### DAY 11

## Trek into the Urubamba Valley to Machu Picchu.

Our final day's trekking on this outstanding Andean journey. Through the lush vegetation of coffee and tropical fruit plantations we are soon climbing through pristine cloud forest and join another ancient Inca trail leading to Llactapata, an Inca site that has only recently been excavated. We will also have a truly amazing view of Machu Picchu as we approach from the back of the Inca citadel, a sight very view visitors to the area are afforded. We then descend into the Urubamba Valley from where we will enjoy the spectacular train journey on the railway track which parallels the Urubamba river gorge to reach the bustling tourist town of Aguas Calientes. Here we check into our hotel and enjoy a hot shower in the afternoon before heading out to one of the excellent restaurants nearby.

Meals: **B L**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 940M		<b>Descent</b> 1170M		<b>Time</b> 5 - 6 hrs trekking		<b>Distance</b> 13KM
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### DAY 12

## Guided tour of Machu Picchu, then return to Cusco via the Sacred Valley.

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 Cusco. We check into our hotel and



have time to enjoy a final evening in the city.

Meals: **B**

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#### Accommodation

Hotel

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### DAY 13

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

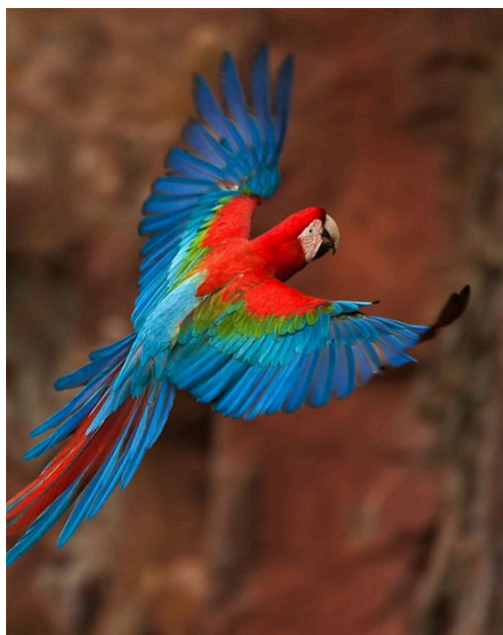
Your holiday ends after breakfast. Transfers to the airport are provided. Why not extend your holiday in Peru to include a visit to the Amazon Rainforest, an excursion to Lake Titicaca or a trip to Colca Canyon to watch condors. We can also arrange flights to Ecuador and cruises around the Galapagos 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.



## 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 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



## 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
- Cusco Airport transfers on Day 1 and Day 13
- All accommodation as described
- Meals as detailed in the Meal Plan
- When camping a full service including food and all equipment (excluding personal equipment)
- Inflatable sleeping mat while camping
- All land transport involved in the itinerary
- A guided walking tour of Cusco
- All activities/excursions/entrance fees mentioned except where specified as 'optional'

## What's not Included

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

## Joining Arrangements & Transfers

### CHANGES TO FLIGHTS

Please be aware that the flight industry is experiencing a high level of service fluctuation and changes to your flights may occur. This may also require amends to the transfers and joining arrangements. Thank you all for continuing your patience and understanding.

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Airport transfers are provided for all clients arriving on Day 1 and departing on the last day of the Land Only itinerary. If your flight schedules do not fit with these airport transfers we can provide private transfers at an additional cost. Hotel contact details and an emergency number will be provided with your booking confirmation.

### Meal Plan

All breakfasts, 9 lunches and 8 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 and in Machu Picchu Pueblo (Aguas Calientes). You will need to pay for a total of 3 lunches and 3 dinners. While trekking a full trek service including all meals is provided.

### Food & Water

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! We will usually be in camp in time for lunch to be served in the mess tent, or the crew will set up the mess tent en route. Both lunches and dinners will be three courses and the menus will be flavoursome and varied. There will be no problem catering for vegetarians.

In Cusco 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 barbecued, 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!

## Accommodation

During the holiday there are a total of 3 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 3\* hotel in Aguas Calientes (Machu Picchu Pueblo).

Whilst trekking there will be a total of 8 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 mules, 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 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.

## 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)

## Spending Money

We estimate that \$300 will be sufficient to cover your requirements including the above mentioned non-included meals, and incidental expenses such as tips for drivers, trek crew and local guides. There are a total of 3 lunches and 3 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 (Peruvian Soles) 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 and in Machu Picchu Pueblo.



## 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 £60 to £80 to a group tipping pool.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Your bag on trek will be carried by porters or pack animals and should not weigh more than 10kg (NOT including your sleeping bag and thermarest), and you will be provided with a special duffel bag at the trek briefing in Cusco in which to repack for the trek. It is possible to leave clothes and other items not required on trek at the group hotel in Cusco.

## 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

### 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.

## 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 8 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 Southern Hemisphere winter season in the Andes runs roughly from April 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. The major influence on regional climate is the altitude. On this holiday you will experience a wide variation in altitude in the initial part of the trek and consequently a big range of temperatures. It will be very hot in the bottom of the Apimurac canyon although we trek most of the lower canyon in the coolest parts of the day. For the majority of the holiday you will be near or above 3000 metres and daytime temperatures will range between with temperatures between 12 and 20°C. Evenings can be quite chilly and it is likely that night-time temperatures will fall below freezing at our highest camps.

## 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.

## Books

- The last days of the Incas - Kim MacQuarrie
- The Conquest of the Incas. J. Hemming.
- The Andes are Prickly. Martin Slessor.
- Exploring Cusco. Peter Frost (available in Cusco).
- Inca Cola. Matthew Parish.

## Maps

### **Cuzco Region & Peru South ITMB Publishing - 1:110,000 / 1:1,500,000**

A detailed road map of the region around Cuzco with a clear street plan of central Cuzco. Road detail distinguishes paved and unsurfaced roads and includes dirt tracks. Elevation tinting and faint contours at 100m intervals represent the general relief, with spot heights for many peaks. Symbols mark ruins and archaeological sites, and an index has a separate list of Inca ruins. An insert shows Machu Picchu at 1:50,000 and on the reverse is an indexed road map of southern Peru at 1:1,500,000

### **Cusco Peru Trekking Map - 1:130,000 / 1:160,000**

A topographic map from Lima-based publisher, Lima 2000, covering the Inca Trail as well as the Choquequirao trekking route. Full colour, with contours at 100m intervals and showing all main sights and major landmarks.

# Equipment Information

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## 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.

### YOU MUST BRING THE FOLLOWING ITEMS:

- Hiking boots
- Socks & underwear
- Trekking trousers\*
- Waterproof over-trousers
- Base layer shirts (short sleeve and long sleeve)\*
- Casual shirts and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat including neck protection
- Warm hat
- Sunglasses
- Lightweight thermal gloves
- Warmer gloves
- Sleeping bag (comfort rated to -5°C)
- Daypack 30 \*\*

- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre (x2) – preferably wide-necked Nalgene refillable bottles (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep kit bag contents dry)
- Small padlock

Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), Diamox, painkillers, plasters and blister treatment, insect repellent (DEET or similar as sandflies and mosquitoes can be a problem), and re-hydration salts (Dioralite).

## **THE FOLLOWING ITEMS ARE OPTIONAL:**

- Trekking poles (strongly recommended)
- Trainers or similar for travelling and camp use
- Sleeping bag liner and pillow case
- Spare laces
- Thermal base layer - leggings
- Shorts

- Warm jacket (down)
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

## NOTES

\*We would highly recommend walking in full length trousers and packing at least one light weight long sleeved top to protect against biting insects whilst trekking and camping at lower elevations.

You will experience a wide range of temperatures on this trip. It will hot in the Apurimac Canyon, pleasantly warm on the majority of trekking days, and cooler in the evenings with overnight temperatures possibly below freezing at the highest camps.

Camping mattress - An inflatable camping mattress is provided.

Whilst on trek you will be limited to 10kg (not including your sleeping bag or thermarest) and you will be provided with a suitable duffel bag at the trek briefing in Cusco in which to repack.

\*\* 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.

## 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 LAND ONLY dates and prices are for the itinerary joining in Cusco, Peru. A transfer is included from Cusco Airport.



## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Cusco. 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 afternoon of the last day of the itinerary, arriving in the UK in the afternoon of the following day.

# Why Choose KE

## Why KE

KE have been running the Choquequirao trek for the last 10 years and it is now one of our signature "classic" treks. Over this time we have refined the itinerary to work perfectly, breaking up some of the longer days and using campsites that enable everyone to acclimatise to the altitude and enjoy the visit to Choquequirao and the pass crossings. We also allow a full day to explore the ruins at Choquequirao, so that everyone can explore the main site, the llama terraces and the recently uncovered terraces below the site at Paqchayoc.

**Please Note** This document was downloaded on 18/05/2024 and the trip is subject to change