

Inca Trail to Machu Picchu

Trip Code: IMP

Version: IMP Inca Trail to Machu Picchu



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Enjoy the famous Inca trail away from the crowds and camp in remote spots
- Trek into Machu Picchu via the iconic Sun Gate - more than just a viewpoint
- Includes a guided visit to magnificent Machu Picchu and your Inca Trail Permit
- Time to explore vibrant Cusco and the Sacred Valley of the Incas
- Maximum group size of 12 people means great service for all

AT A GLANCE

- 4 days trekking
- Max. altitude - 4200m
- Join at Cusco

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 6 Lunches
- 3 Dinners
- 3 nights Camping
- 4 nights Hotel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Trekking the Inca Trail, and then arriving at the Sun Gate above the 15th Century Inca citadel of Machu Picchu, is one of the outstanding highlights of any visit to Peru. We begin this superb 8-day walking holiday with two vital acclimatisation days, where we explore Cusco and the Sacred Valley - the former capital of both the Inca Empire and Spanish colonial government.

In the company of like-minded travellers from around the world, we then set off on the Inca Trail, the famous ancient paved pathway of the Incas, trekking from the Urubamba River to a high point at the Warmiwanusca Pass (4200m), before descending to the Sun Gate at Machu Picchu. Averaging 10 kilometres of walking on each of 4 days this brilliant fully supported short trek provides us with spectacular views of the peaks of the Cordillera Vilcabamba.

The holiday culminates in a visit to Machu Picchu with a knowledgeable guide who will bring alive the history of the city of the Incas before we take the classic train ride back to Cusco. With 2 departures each week, we're sure we will have a trip to fit your busy schedule, but be quick to secure your permit.

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. In previous years, Inca Trail permits went on sale in October, and with only 500 permits per day on offer (including those for crew) they are disappearing fast.

Note that KE offer twice-weekly departures throughout most of the year giving you the best chance of getting those elusive remaining permits on the dates that work best 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. 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 2 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

Version: IMP Inca Trail to Machu Picchu

DAY 1

Meet at the group hotel in Cusco. Transfers from the 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. 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 3400 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

DAY 2

Drive to the Sacred Valley of the Incas stopping off at Pisac market and then on to Ollantaytambo.

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 make a stop to visit the handicraft market at Pisac then continue our drive to Ollantaytambo. The town is built on top of original Inca foundations, and is one of the best surviving examples of Inca town layouts. We visit the spectacular ruins of an Inca fortress and temple complex set on top of steep terracing above the town before settling in to our hotel in Ollantaytambo.

Meals: **B L**





Accommodation
Hotel

DAY 3

Begin the Inca Trail Trek at Km82, crossing the Urubamba River and ascending to Llactapata (2600m).

We have a short drive to Piscaycucho also known as Km82 where we meet our porters and trek crew and start the Inca trail. This is an easy start to the hike as we trek above the Urubamba River, staying on the quieter side before crossing the river an Km88.. Upon our arrival to Chamana (2,600m), a small village that's part of the Llaqtapata Community, a warm lunch awaits us at our camp. As evening approaches you will have the option to visit the ruins of Wayna Q'ente and Llactapata. Back at camp you will be offered tea, a shower, and a warm dinner to keep you fuelled and refreshed for the trek ahead.

Meals: **B L D**

	Accommodation Camping		Ascent 260M		Descent 350M		Time 5 - 6 hours trekking		Distance 10KM
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DAY 4

Trek the Inca Trail to Huayllabamba, then on to Llulluchapampa (3650m). Great views of snowy peaks.

We continue our trek into the steep valley of the tributary Cusichaca River. We climb to the small hamlet of Huayllabamba, the last inhabited place on the trail. We then begin a long ascent through beautiful patches of cloud forest, to the campsite at Llulluchapampa (3650m). 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**





	Accommodation Camping		Ascent 1320M		Descent 130M		Time 7 - 8 hours trekking		Distance 11KM
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DAY 5

Trek over Dead Woman's Pass (4200m) and the 2 other passes to Phuyupatamarca (3650m).

After breakfast, we start the hour and a half climb towards the Huarmiwanusca Pass (4200m). Dropping down into this valley takes about two hours and then we start the ascent to Runkcuracay, a small Inca "tambo" or inn. We have lunch at Cochapata (3900m) beside a small lake. We then continue our trek, climbing to the Runccuracay Pass (3985m). 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, an impressive Inca ruin which looks out towards the Aobamba Valley. Continuing our descent, we pass the small Inca site known as Qonchamarca and onto our next campsite at Phuyupatamarca (3650m).

Meals: **B L D**

	Accommodation Camping		Ascent 1140M		Descent 1130M		Time 7 - 8 hours trekking		Distance 12KM
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DAY 6

Trek to Machu Picchu via Inti Punku, the Sun Gate. Descend the valley by vehicle to Aguas Calientes.

We make an early start to catch the sunrise on Salkantay (6271m) from a viewpoint above camp. 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 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. Passing through the Sun Gate, we descend past the citadel itself and then catch the bus down to the town of Machu Picchu Pueblo, formerly known as Aguas Calientes (2040m) where we spend the night at our designated hotel. This little town has a very special atmosphere, with hot springs (don't forget to bring your swimsuit!) and a range of good restaurants and bars

Meals: **B L**

	Accommodation Hotel		Ascent 300M		Descent 1500M		Time 5 - 6 hours trekking		Distance 11KM
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DAY 7

Guided tour of Machu Picchu, returning by train to Ollantaytambo and onward to 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 Cusco. We check into our hotel and have time to enjoy a final evening in the city.

Meals: **B L**



Accommodation
Hotel

DAY 8

Departure day.

Your holiday ends after breakfast. Complimentary airport transfers are provided.

Meals: **B**

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 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

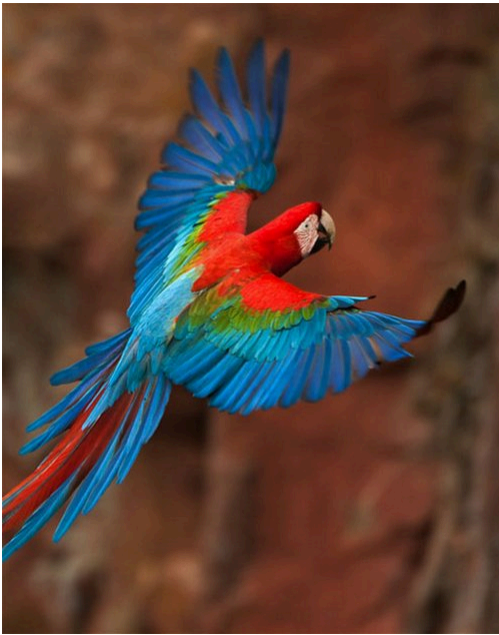


Lake Titicaca by Train

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

Holiday Information

What's Included

- A professional and qualified Tour Leader
- Airport transfers on group arrival and departure days
- All accommodation as described
- Meals as detailed in the Meal Plan
- Inca Trail Permit and entrance to Machu Picchu
- All camping equipment excluding personal equipment but including inflatable mattress
- Inca Trail trek crew including guides cook and porters
- All rail and road transfers (private vehicle for groups of 6 or more)

What's not Included

- Travel Insurance
- Tips for porters and other trek staff
- Cusco Airport transfers (other than group arrival / departure days)
- Some meals as detailed in the Meal Plan
- Airport departure taxes (if applicable)
- Miscellaneous personal expenses

Important Notice

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.

IMPORTANT: If, for any reason, you have to renew your passport, you must bring your expired passport with you as your permit will be tied to your old documentation.

Joining Arrangements & Transfers

All clients arriving in Cusco on day 1 and departing Cusco on day 8 of the trip itinerary will be met by a KE representative and provided with an airport transfer. Land Only clients must forward their flight details to the KE office. Hotel contact details together with an emergency contact number, will be provided with your booking confirmation.

Meal Plan

All breakfasts, 6 lunches and 3 dinners are included in the trip price. Where there is a wide range of dining options it makes sense to leave the choice of meals and budget to you and we have therefore not included lunches and dinners while staying in hotels in Cusco, Ollantaytambo and Machu Picchu Pueblo (Aguas Calientes).

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 is a mixture of local and European-style, all purchased in Peru and cooked for us by highly trained trek cooks. Breakfast includes fresh fruit, porridge, pancakes or omelette with plenty of toast and home-made jam. Lunch is usually a picnic - fresh fruit, salad and bread, cheeses, cold meats, avocado and plenty to drink. Dinner is served in the mess tent and is a delicious three-course meal. In Cusco, Ollantaytambo and Aguas Calientes there is a wide range of restaurants cafes and bars serving excellent and varied cuisine.

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 hotel in Cusco. 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 hotel in Aguas Calientes (Machu Picchu Pueblo).

Whilst trekking there will be a total of 3 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. During the trek on the Inca Trail the guide will be assisted by a crew of porters, cooks and assistant guides where appropriate. During the visit to Machu Picchu the group will be accompanied by a specialised guide.

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

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.

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 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 1 lunches and 4 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, depending on the group size, contributes around \$100 to a group tipping pool (in US Dollars).

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. 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 8kgs. 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.

Group Members

This trip is operated by one of our international partners. Working in conjunction with them allows us to gather together sufficient numbers of like-minded adventurers to get the holiday up and running quickly. This is particularly important with the Inca Trail as permits sell out very quickly. Although KE groups on this trip are exclusively adult, on rare occasions our partner may accept bookings from families with older children.

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.

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

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Our treks can be physically demanding, but more as a result of altitude and terrain than distances walked. We would suggest that you adopt a weekly exercise regime. Running, cycling and swimming are good for developing aerobic fitness and better stamina. You should gradually increase your exercise leading up to departure, and in the month before setting off, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The climate of Peru is very varied across different regions. For each region the determining factors are its latitude, its distance from the coast and most importantly, its altitude. The climate of the Andean valleys 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 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, with temperatures between 12 and 20°C (54 – 68°F). Above c. 3500m. / 11,000ft. 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 / 23°F at any time and in mid-winter (July and August) temperatures may dip to -10°C / 14°F overnight. As with all mountain areas, short-lived storms can occur at any time of the year.

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 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 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.
- The Andes are Prickly. Martin Slessor.
- Exploring Cusco. Peter Frost (available in Cusco).
- Inca Cola. Matthew Parish.
- Latin America Spanish phrasebook. Lonely Planet.

Maps

Inca Trail - 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 bag (including sleeping bag) when trekking on the Inca Trail is limited to a maximum of 8 kgs. A small duffel bag will be provided for your baggage whilst trekking the Inca Trail. Items not required on trek can be stored in your main luggage at the group hotel in Cusco.

You must bring the following items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Baselayer shirts (2 short sleeve, 2 long sleeve)
- Casual shirts and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Sleeping Bag (comfort rated -5°C)*
- Daypack 30 litres**
- Headtorch and spare batteries

- Water bottles 1 Litre (x2) (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, and re-hydration salts (Dioralite).

◆ **The following items are optional:**

- Down jacket
- Trekking poles *** (recommended)
- Sleeping bag liner
- Trainers or similar for camp use
- Thermal baselayer - leggings
- Shorts
- Swim wear (for the hot springs at Machu Picchu Pueblo)
- Spare laces
- Insect repellent
- 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

Please note an inflatable sleeping mat is provided. There is no need to bring your own.

* Sleeping Bag

Sleeping Bags can be hired / rented through KE Adventure Travel. Please make all requests at least 6 weeks prior to the trip departure date. Hire / rental equipment is issued in Peru.

** 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 LAND ONLY dates and prices are for the itinerary, joining in Cusco, Peru. Airport transfers are provided.

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 the following day.

Why Choose KE

Why KE

Unlike other competitors, we walk the Inca Trail and find the quietest spots. Our highly knowledgeable team of guides are the experts of this trail and we do our best to always keep you a step or two behind the crowds. Our professional team of porters and chefs go the extra mile to ensure your comfort and all camping equipment (including an inflatable mattress), Inca Trail permit and entry to Machu Picchu is included. We are committed to sustainable tourism and work in partnership with a number of enterprises and initiatives to benefit social and economic development in the local community.

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