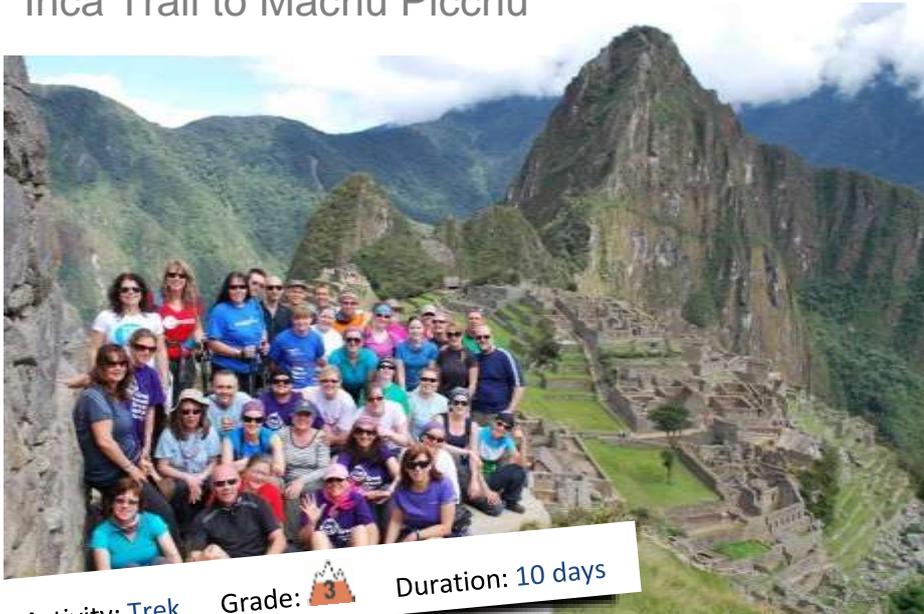


## Inca Trail to Machu Picchu



Activity: Trek Grade:  Duration: 10 days

**Machu Picchu is one of the most iconic sights in South America, and the culmination of our magnificent Inca Trail trek through the Peruvian Andes. Join us as we trek this breathtakingly beautiful route through valleys and high passes, scattered with fascinating Inca ruins.**

**Trekking on Inca-paved paths and steps, our route takes us up through lush cloudforest to the demanding Dead Woman's Pass (4200m). Continually climbing up or dropping down, our way is steep at times, and the altitude adds to the challenge. We finally come to the Sun Gate, which overlooks Machu Picchu, where your first magical glimpse provides an unforgettable reward for your efforts.**

***Permits for the Inca Trail are restricted and must be secured months in advance, so sign up in good time!***



### Challenge Grading

Our trips are graded from Challenging (Grade 1) to Extreme (Grade 5).

This trek is grade **Tough (3)**.

Main challenges lie in the long days, the steep terrain and many steps, and the altitude at which we trek.

Many factors influence Challenge Grading, such as terrain, distances, climate, altitude, living conditions, etc.

The grade reflects the overall trip; some days are likely to feel more challenging than others. Unusual weather conditions also have a significant impact, and not all people are tested by the same aspects.

Our grading levels are intended as a guide, but span a broad spectrum; trips within the same grade will still vary in the level of challenge provided.

### Detailed Itinerary

#### Day 1: Fly London to Lima

Transfer to hotel in Lima or connect directly to Cuzco, depending on flight schedule. Night hotel / in flight.

#### Day 2: Arrive Cuzco

Morning arrival in Cuzco (3400m); transfer to our downtown hotel. After a trip briefing, the afternoon is free to explore the sites of this historic city, or simply adjust to the altitude by watching the world go by in one of the numerous cafés on the Plaza de Armas. Night hotel.

#### Day 3: Tambo Machay – Cuzco

Our first day's trek takes us from Tambo Machay, an ancient ruin high in the hills above Cuzco. We pass some of the amazing Inca sites in the surrounding countryside as we walk downhill to Sacsayhuaman, the huge and impressive Inca ruin on the outskirts of Cuzco. As well as beautiful scenery and fascinating ruins, today's trekking offers excellent acclimatisation to the altitude. Night hotel.

**Trek approx 5 hours**

#### Day 4: Cuzco – Km82 – Wayllabamba

After a second night at altitude we should all be feeling ready for action! We leave



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## Trekking Information

We trek through valleys, cloudforest and over high mountain passes; paths are generally good but vary from wide, stony tracks to narrow paths that can be slippery or tangled with roots.

There are lots of sections of steps, of varying condition, and many steep sections both up and down. This trek requires a good level of fitness.

It is challenging mainly because of the altitude at which we are trekking. The trip is designed so that there is plenty of time to acclimatise to the altitude but you may still feel effects such as headaches and shortness of breath when trekking.

This trek is achievable for most people provided they train well in advance on different types of terrain. We supply you with a thorough training guide on registration.

## Weather

At 3400m, Cuzco is affected more by altitude than latitude, and is hot and sunny during the day (about 30°C) but chilly at night – a few degrees above freezing.

In the mountains it is unusual not to have some rain, and it can also be windy.

## Detailed Itinerary (cont)

Cuzco behind us, heading out along the Sacred Valley via Ollantaytambo to the Trail's starting-point at Km82. The first half-day walk is fairly easy and on an undulating path which follows the Urubamba River for much of the way. After lunch a gentle climb takes us to our camp at Wayllabamba. There are a couple of steep drops and climbs into gullies along the way, with great views of Mt Veronica standing at 5000m. We pass a couple of small places to buy cokes. The path is dusty but firm and there are no steps. Night camp (3000m).

**Drive approx 3 hours; trek approx 5-6 hours**

### Day 5: Wayllabamba – Pacamayo

Today we have the big climb – rising from camp all the way to Dead Woman's Pass at 4200m. This is a relentless and steep climb on narrow trails, first through grassland, then cloud forest (where some people start to feel the altitude), where the path is steeper and can be muddy. Eventually it opens out onto pasture where we will have lunch with snow-capped mountains behind us and a distant view up to the top of the pass, still several hours ahead. The final stretch to the top of the pass is well maintained with steps but the pace is slow because of the altitude. From the top we descend on steps to our evening's campsite at Pacamayo, below the ruins of Runkurakay. Night camp (3500m).

**Trek approx 8-12 hours**

### Day 6: Pacamayo – Winay Wayna

Now on the Inca Trail proper, the path is mostly steps which are steep in places and there are ruins every mile or so along the way. We have our second high pass at 4000m, again with steps leading up to the top and down the other side. The descent takes around an hour to Sayacmarca ruin (3600m), which is perched above more steps. From here the trail is very pretty, wide and easy-going with interesting fragments of cloud forest en route. The third pass is reached easily after passing through an Inca tunnel in the rock and a gentle climb. We continue on to the ruins of Puyupatamarca and then descend steep steps to our campsite at Winay Wayna. Night camp (2640m).

**Trek approx 8-10 hours**

### Day 7: Winay Wayna – Machu Picchu – Cuzco

We start early and have a three hour walk to Inti Punku, the Sun Gate, along a

## Accommodation & Food

When trekking we camp in two-man tents. Camps have big dining tents and portaloos, and the local crew look after us very well! The hotel in Cuzco is very good; rooms are twin-share.

All food is included except where specified in the itinerary. The food is excellent and very varied, and will give you plenty of energy. Please let us know any dietary requirements well in advance.



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## Crew & Trip Support

Your trip will be led by experienced Discover Adventure leaders. They are chosen for their experience and knowledge, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first-aid. You are in very safe hands with a Discover Adventure leader. An expedition doctor or medic also accompanies trips (unless run below minimum group size.)

Our experienced local support crew is made up of a friendly team of local guides, cooks and porters, who work closely with the Discover Adventure crew to ensure your trip runs smoothly and safely. Vehicles carry our luggage and supplies where possible, and pick us up for any transfers.

## Detailed Itinerary (cont)

beautiful stretch of trail, scattered with ruins and some steep flights of steps, with a few large drops down the side to the Urubamba River. We should arrive at Machu Picchu before the crowds arrive from Cuzco. We enjoy a guided tour around this extraordinary site, and then have plenty of time to soak up the unique atmosphere. There's no rush to leave as we have plenty of time before meeting up in Aguas Calientes in the afternoon. Anyone who wishes can go down early to soak their aching limbs in the village's hot springs. In the late afternoon we take the train back to Ollantaytambo and return to Cuzco by bus. Night hotel.

**Trek approx 3 hours; train/bus travel approx 3 hours**

### Day 8: Free day Cuzco

After a good night's sleep and a relaxing lie-in we have the remainder of the day free to explore Cuzco or do any last-minute shopping. There may also be an opportunity to visit one of the local community projects we support, before meeting up again to celebrate our achievement at dinner this evening. Night hotel.

*(Lunch and Dinner not included)*

### Day 9: Depart Cuzco

We board the morning flight to Lima and, depending on our flight schedule, we may be able to hire a bus (optional) to take us into Lima or the relaxed coastal suburb of Miraflores for a few hours, before returning to the airport in time for our onward flight back to London.

*(Lunch not included)*

### Day 10: Arrive London

***Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.***

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*For details of our amazing Amazon Rainforest Extension trip (4 extra days), Lake Titicaca / Colca Canyon extension trip (3 or 5 extra days), or our tree-planting project, please contact us.*

## Passport & Vaccinations.

A ten-year passport is essential and must be valid for at least six months after leaving Peru. There is currently no visa requirement for UK citizens.

Your routine UK schedule of vaccinations should be up-to-date (including Tetanus); check with your GP for additional travel health advice as other vaccinations are recommended.



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