



## Classic Inca Trail

Country Peru

Max altitude 4200m

Price \$690

Duration 9 Days

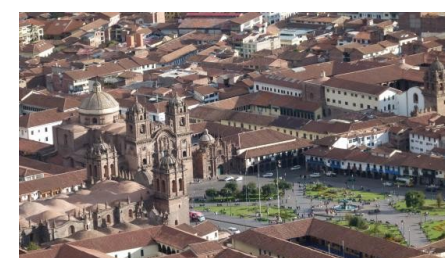


- Lost City of the Incas Machu Picchu at sunrise
- Excellent acclimatisation
- Explore the fascinating Sacred Valley
- Professional and Qualified Guides, with specific Mountaineering training and instruction received in Cusco and in Huaraz to ensure your safety.

The Inca Trail Trek high in the Peruvian Andes is an epic once-in-a-lifetime adventure and ideal for those looking to combine the cultural highlights of the Sacred Valley with the challenge of one of the world's best known treks. Our adventure begins in the Inca Capital of Cusco, full of colonial charm, hidden deep in the Andes Mountains. At an altitude of 3,200m, we spend our first day exploring this fascinating city before heading to the famous Sacred Valley to take in the sights and acclimatising for our trek.

Our journey in total of 50 kilometres, passes through the heart of the Andes, the only trek to take you along the original Inca Trail, an authentic hand-built stone footpath where you will walk in the footsteps of ancient Inca royalty, the final destination of the trail just cannot be beaten as we enter the "Lost City of the Incas" Machu Picchu through the Inti Punku (Sun Gate) at sunrise for awe-inspiring views as the ancient Incas did a thousand years ago.

In just 50km the Inca Trail it manages to combine beautiful mountain scenery, lush cloud-forest, subtropical jungle and of course, a stunning mix of Inca paving stones, ancient culture and history. The Classic Inca Trail is a truly incredible and unforgettable experience, by choosing to come with us not only do you have the experience of a lifetime but also the knowledge of our local English speaking guide.



#### Participation Statement

We recognise that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

#### Accuracy of Itinerary

While it is our intention to adhere to the route described below, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors.

The itinerary is brief, due to our style of travel and the regions we visit, travel can be unpredictable. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events

are beyond our control and we would ask for your patience.

The itinerary is a general guide to the trip and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered

#### Groups and Guides

A fully qualified guides, , with specific Mountaineering training and instruction received in Cusco and in Huaraz, ample experience in trekking.

He/she may be assisted by an experienced in country leader.

Our leader to group ratios on this trip never exceed 1:8

#### Previous Experience/Fitness

Previous walking experience is not essential, but a reasonable degree of fitness is. Most days involve around 5 – 7 hours walking plus plenty of rest stops. If you are used to regular multi day hill-walking in the UK you will have the right level of fitness to fully enjoy your time on this trek.

#### Weather

May to September is the sunniest and driest season and best for trekking.

It can be cold during the night with temperatures dropping to below freezing at any time of year.

Some days can be cold and windy and you should always be prepared for inclement weather conditions.

#### Equipment

A detailed equipment list is provided on booking but normal walking equipment is all that is required.

#### Baggage

This trek is fully supported by a team of Porters who will transport our tents, cooking equipment and your baggage.

Your baggage is restricted to 6 kilograms per person, you will be wearing your boots and have wet weather gear and set of trekking clothes in your day bag so this is not difficult. Some items can be left at the hotel in Cusco for your return. You will need to carry a light daypack whilst trekking, a 35L rucksack is a useful size to comfortably fit in essential items such as a water bottle, camera, wet-weather gear and extra layers.

It is advisable for your own comfort to travel light. Normally airlines restrict baggage to 20kg and on trek the weight for porters must be kept to a maximum of 6kg per trekker.

#### Health

Please note inoculations may be required for the country visited. It is your responsibility to consult your doctor for up-to-date medical information well before departure.

All our Qualified Guides hold first aid certificates and carry a fully equipped first aid kit for medical emergencies. We recommend that you carry a personal First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the information and itinerary and assess your ability to cope with our style of travel. Please refer to the trek rating for trip specific information. If you have any concerns, please contact us before booking. Best Andes Travel reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of your guide they are unable to complete the itinerary without undue risk to yourself and/or the rest of the group.

Tap or stream water should never be drunk without first sterilizing with chlorine dioxide tablets or by boiling.

#### Altitude

If you are new to altitude you may have concerns about the effects. Cusco is at 3300m, the trek starts a lot lower but ascends to 4200m. Altitude affects each traveller differently and until you have visited an area with high altitude, it is impossible to predict how your body will react. For this reason all our itineraries always allow sufficient time to acclimatise. This time allows your body to begin to acclimatise, take it slowly and most people suffer no more than some breathlessness. You may experience mild altitude symptoms such as fatigue, headache, or light-headedness, the best way to avoid such symptoms is to walk at a gentle steady pace and drink plenty of fluid. It is important to ask your doctor whether or not travel to high altitude is advised, especially if you have a pre-existing heart or lung condition such as high blood pressure, asthma, angina, etc. Our porters on the Inca trail have oxygen available for travellers feeling the effects of the elevation.

### Insurance

Insurance which covers mountain rescue, evacuation and medical expenses is essential. We will require a copy of your insurance prior to departure. Please also ensure your insurance covers you for walking above 4000m (some will exclude this option). We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects.

### Visa and Permits

All countries require a valid passport (with minimum 6 months validity). Visas for entry into Peru are not required by nationals of the UK, Ireland, USA, Canada, Australia, New Zealand and most EU countries. Contact your local embassy, or consulate for the most up-to-date visa requirements. It is your responsibility to have the correct travel documentation. The cost of your Inca trail permit is included in the trek price. We will obtain the permit for you, we will need from you full details of the passport which you will be travelling with. A photocopy or scan is best. You must carry with you the passport against which your Inca Trail permit was issued.

### Local Costs

All accommodation and most meals are included; please see the itinerary page for full details. Additional costs would include any drinks or snacks outside of mealtimes, tips for local staff.

### Currency

The currency in Peru is the Nuevo Sol (PEN). ATMs and change bureaux are available in the arrivals hall at the airport and in Cusco. You may like to bring USD cash with you, ensuring you have some small denomination notes, as these can also be used directly. However you will get change in Sols. You must keep in mind that you will be charged more if you try to exchange currency other than the American dollar. To exchange money, the most advisable thing to do is to go to official banks or foreign exchange offices.

### Tipping

It is accepted part of life in Peru to tip, at approximately 10%, depending on the service. Tipping is expected, though not compulsory, but an expression of satisfaction with the persons who have assisted you. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. Also at the end of your trip if you felt you're Local Guide and porters did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline \$10-15 USD per person, per week can be used. We generally tip our local trek staff as a whole and would recommend you budget £40 for this.

### Catering Arrangements

A cook accompanies our group on the Inca trail. Breakfast, lunch, dinner, and hearty snacks are provided for our trek. Meals are a mix of local specialties and international favorites. Vegetarian meals are also available upon request. Other special dietary requests can usually be accommodated as well with sufficient notice. Please bring with you extra snack for during the day if required.

### Accommodation

In Cusco we stay in a clean, comfortable hostel in rooms with private facilities. We use Dorm accommodation but Twin, double or single rooms are available. In the mountains you will share a four-person tent between two trekkers. Toilet tents are provided at camps. Warm washing water will be supplied.

### Flights and Joining Arrangements

Flights are NOT included as part of this trip, please contact us for up to date information on flights as sometimes very cheap deals can be found.

Whatever flight you take, you will be met at the airport and transferred to the hotel in Cusco.

You will meet other member of the trekking group arriving on different flights in the hotel in Cusco. There will be a briefing with your guide in the evening of Day 2.



## Classic Inca Trail Itinerary

Day 1 Depart USA/CAN/UK

Day 2 On arrival from your spectacular flight along the Andes to Cusco, we transfer you to your hotel and start acclimatising to the thinner air of this beautiful city (3326m). In the afternoon, You can take time to explore the centre of Cusco to familiarise you with the main sights, restaurants and a chance to stretch your legs and experience hiking at 3300m. Meet with your leader at 7.30pm in the hostel for a full briefing for the days ahead.

Day 3 Today we transfer to the sacred valley exploring old ruins and enjoying the local culture. The sacred valley is famous for the richness of produce grown there. The Incas used this ecosystem to their advantage creating thousands of farming terraces covering the steep mountainside. Tonight we spend our first night under canvas and look forward starting the trail tomorrow.

Day 4 This morning is the official start of our exciting journey to discover one of the 7 wonders of the world. We hike along rolling hills in the Vilcanota River Valley passing by several small archaeological sites along the way. Lunch will be prepared half-way and you will have time to relax before reaching Wayllabamba camp (2,980m). (11 km trek; 6 hour duration).

Day 5 Today we hike up to the ominously named Dead Woman's Pass at 4,215m. We will take our time and rest as much as we feel necessary as there is a fair bit of ascent up to the pass don't worry though because there is no shortage of breathtaking view. At Dead Woman's Pass you will be rewarded with spectacular views of nearby snow-capped mountain peaks and roaring waterfalls. We will then make our way down to Pacaymayo Camp (3,660m) to enjoy the scenery. After we have arrived at our camp we then spend the late afternoon early evening relaxing soaking up the culture and listening to the sounds of the nearby waterfalls. (3,660m) (10 km trek: 7 hour duration).

Day 6 An unforgettable journey along ancient Inca stairways, mountain lakes, intriguing archaeological sites and lush jungle. We then make our way up to Runquracay Pass (3,950m) where you can climb to the summit of your first mountain in Peru to discover a 360 panoramic like no other. In the afternoon we will then explore archaeological sites called Sayacmarca & Phuyupatamarca with our local guide and by late afternoon you will reach Wiñayhuayna High Jungle camp (2,650m) set above a deep gorge surrounded by rain forest. After dinner, we have the hardest task of saying a big THANK YOU to our porters for their invaluable contribution to our journey. (15 km, 9 hours duration).

Day 7 A unique and magnificent experience today as we wake up before the sunrise. We trek for about an hour to reach the famous Inti-Punku "Sun Gate" to glimpse the first sights of Machu Picchu, truly a once-in-a-lifetime unforgettable experience. We continue down the final length of the trail to reach the wondrous Machu Picchu archaeological complex perched delicately on the top of the sacred Machu Picchu Mountain. (7 km; 2 hours duration). We make a transfer back to Cusco for a celebratory meal.

Day 8 Day in Cusco organised cultural and historical tour.

Day 9 Transfer to airport for your return flight home.



If you would like to join us on this adventure please visit  
[www.bestandesttravel.com](http://www.bestandesttravel.com) to book!