



Inka Trail Expeditions Perú

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# Overnight "Lodge del Cielo" Sky Lodge

## SALKANTAY AND INCA TRAIL

6 DAYS - 5 NIGHTS



DAY 1

HUMANTAY LAKE



DAY 2

SALKANTAY MOUNTAIN



DAY 3

INCA JUNGLE



DAY 4

LLACTAPATA



DAY 5

SUN GATE



DAY 6

MACHUPICCHU



# Welcome!

## **With ITEP “Every step is a great Adventure”**

...A once in a lifetime physical, cultural, and spiritual journey that will take you through the magnificent **Salkantay trek and the Short Royal Inka Trail** to the legendary **Machu Picchu**...

...Have a great 1<sup>st</sup> impression of **Machu Picchu** through the Sun Gate. Inti Punku “The Sun Gate” Is one of the most important spiritual gates that connects with **Machu Picchu**, and is dedicated also to the cult of the INTI, the sun god, and that’s because the sun in determined times of the years, comes out from this building.

...Have a sweet dream under the universe, because you have chosen to spend 03 nights in our Lodge del Cielo exclusive experience + 02 nights in a hotel in Aguas Calientes village ...

...Marvel at the exquisite beauty of the **Salkantay Peak** ...

...Share the culture and customs of **local Andean families** who maintain centuries-old traditions...

...Challenge yourself as you hike through nine different bio-zones, changing altitudes and varied terrain...

...Indulge in the comfort of our **Service**, the innovative gourmet cuisine, the warmth of our people, and your daily retreat to a **Shangri-La for recovery of mind and body**...

...Be inspired by the **majesty of your surroundings** and the knowledge that you are following in the footsteps of the Incas.

...Witness environmental and social initiatives to **maintain the natural integrity** and improve quality of life in the region...



# THE SACRED SALKANTAY TREK AND THE SHORT ROYAL INCA TRAIL TO MACHU PICCHU 6D5N!

## By ITEP "Inka Trail Expeditions Perú"

...The Salkantay trek and the Short Royal Inka Trail to **Machu Picchu** in Perú are parts of an extensive Inka system trails of more than 23,000 kilometers that integrated the **Tahuantinsuyo empire "The Inka country"** (which means four regions) that covered many South American countries such as Colombia, the west of Brazil, Ecuador, **Peru**, Bolivia, to the center of Chile and the north of Argentina. These trails tended to be principally on the coast or in the mountains but in a few cases, they reached the tropical edge of the jungle at the Amazon Jungle.

The Qhapaq Ñan (**Inka Trail** in Quechua "the Inca Language") - refers to the network of trails were without a doubt is one of the **Tahuantinsuyo** marvels according to the Peruvian history. José Antonio Del Busto explains that the Inca "King" Huayna Capac increased the network of trails in order to mobilize his army. The trails has diversity qualities and sizes that it could be 6 to 8 meters in width on the coast, but in the mountains the paving is only one meter in width, but the path was audaciously steep and climbed over the difficult andean mountains.

The Sun Gate in **Machu Picchu** or **Intipunku** are made of steps that makes believe that these were some kind of control gate for the people who enter to **Machu Picchu** Sanctuary, being one of the most important archeological constructions that connects the **Inka trail** with **Machu Picchu**, also this construction is dedicated to the Sun or INTI. This god on determined times of the years, comes out from this building.

Getting to Inti Punku means the end of the of the road, due that from that place is all downhill, and from that you can watch the entire **Machu Picchu** Sanctuary, the view is amazing, takes your breath away observed The **Machu Picchu** Mountain, the Vilcabamba or Urubamba River, the Putukusi sacred mountain and the **Huayna Picchu** sacred mountain.

## ... The Salkantay trek and the Short Inka Trail to Machu Picchu

**The Salkantay Trek** and the Short Inka Trail is a great option for reach **Machu Picchu**. The trek crosses the **Salkantay** Pass at 4600m, descends into the cloud forest.

The trail starts in Mollepata/Markocasa or Soraypampa, a couple of hours away from Cusco and ends in **Machu Picchu** Inka City.

The Royal Inka Trail is considered one of the top 03 best treks in the World and the Salkantay trek (also sometimes called the Salkantay Trek), was named among the 25 best treks in the World, by National Geographic Adventure Travel Magazine. The part around Mount Salkantay has some outstanding views and the descent later down to 1,000 m above sea level is amazing and not too steep.

The purpose of the **Salkantay Inka Trail to Machu Picchu** was religious and ceremonial, that included rituals to honor the mountains and peaks of the route, like **Salkantay** Mts.



## SALKANTAY & SHORT INKA TRAIL HIKING, TREKKING DIFFICULTY SCALE

					
Day 01:	Day 02:	Day 03:	Day 04:	Day 05:	Day 06

*"Please see the meaning of each symbol on the penultimate sheet"*

## CAMPING AT OUR LODGE DEL CIELO “SKY LODGE”

**ITEP “Inka Trail Expeditions Perú”** is dedicated to making sure we have the best Campsite available in the route to Machu Picchu.

Our Lodge del Cielo “Sky Lodge”: Lodge del Cielo is an experience for adventure lovers in the process of continuous improvements; it consists of having the overnight under the sky of the Andes. The project has the vision to develop our sky Igloos in the strategic campsites of the Salkantay route “Soraypampa campsite”

We have double / matrimonial, and triple rooms. Hopefully you will be completely satisfied on the route to Machu Picchu.

Salkantay Treks to Machu Picchu has world’s most renowned trails, winding through stunning cloud forests and mighty mountain peaks to arrive at the lost city of Machu Picchu. The Salkantay and classic short Inka Trail with the SunGate to Machupicchu is a true bucket list experience. But it’s important to be prepared, particularly since it requires you to spend several nights camping beneath the vast Peruvian night sky. Here’s everything you need to know about our exclusive Lodge del Cielo “Sky Lodge” on the sacred Salkantay Trek and the short Inca trail to Machu Picchu... Our team (Guides, Cooks, Porters and Horsemen) and our equipment are what really makes ITEP Eco-Travel stand out from all of our competitors....



## Is this tour for me?

- Experience:** Salkantay trek and short Royal Inka Trail to **Machu Picchu**  
**Duration (days):** 06 Days including Classic Short Royal Inka Trail **Machu Picchu**  
**Duration (nights):** 03 nights in our Lodge del Cielo “Sky Lodge” along the Salkantay route “Included in final price”  
+ 02 nights in 2 star hotel in **Machu Picchu** town  
**Language:** English & Spanish “Not Included in final price”  
“Other Languages on request”  
**Close Airport:** Cusco /Perú

**The attraction:** The Classic royal **Inka Trail** is by far the **most** famous trek in South America and is rated by many to be in the top 5 treks in the world, and the Salkantay trek (also sometimes called the Salkantay Trek), was named among the 25 best Treks in the World, by National Geographic Adventure Travel Magazine. The total distance is 45 miles (74km).

**Travel Style:** Active

Unique Experience, Hiking, trekking, adventures to **Machu Picchu**, made for outdoor types.

**Trip Type:** Small Group

Small group experience; Max 16, Avg 12 “Be in mind small group size means more authentic experience”.

**Age requirement:** 12+ all travelers under age 18 must be accompanied by an adult.

**Physical Rating/ Grading:** 1 2 3 4 5

4 - Demanding

For some high-altitude hikes or hardworking activities but accessible to the healthiest travelers

PERU & LATIN AMERICAN

**The Distance:** The **Inka Trail** difficulty starts with the distance that will be 74 km (45 miles) in total covered over 6 days and 5 nights. The 6<sup>th</sup> day in **Machu Picchu** is more relaxing and in general you’ll see the following itinerary:

- **Day 1:** By car: **Cusco** – Soraypampa; Trekking *Soraypampa – Humantay Lake*: 13 Km (8.08 miles) “Acclimation day/ Moderate”
- **Day 2:** *Soraypampa to Collpapampa*: 26 Km (16.16 miles) “Very difficult day”
- **Day 3:** *Collpapampa to Lucmabamba*: 16 Km (9.94 miles) “Moderate day”
- **Day 4:** *Lucmabamba – Llactapata Inca Site- Aguas Calientes*: 19 Km (11.81 miles) “Most difficult day”
- **Day 5:** *Aguas Calientes – Short Inka Trail – Wiñayhuayna – Sun Gate*: 21 Km (13.30 miles) “Moderate day”
- **Day 6:** *Machu Picchu town to Machu Picchu*: 4 Km (2.49 miles) “Easy Day”.



**Price:** Prices will oscillate according the service level and inclusions.

Classic Services	Salkantay Sky Lodge "Lodge del Cielo" and Royal Short Inca Trail to <b>Machu Picchu</b> with Expedition Train.
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Please check our prices table and their inclusions on the final attached.

**Activity:** Trekking, Adventure

**Country:** Peru

**City:** **Cusco**

**Acclimatization:** Please to prevent any causality, you need acclimatize 2 days before in **Cusco** for enjoying much better your trek to **Machu Picchu**.

**Highlights:** Overnight in our Lodge del Cielo "Sky Lodge", Humantay Lake, Salkantay sacred mountain, Short royal Inca Trail and **Machu Picchu** royal Inca city.

**Limited Spaces:** YES. To protect the historical trail of the Incas, the number of people allowed to 500 persons each day. That's why; you need to reserve your space as soon as possible, if you don't reserve the space with a lot time before, maybe three to six months in advance. Perhaps you can't find a space for this trek and remember that the high tourist season in **Cusco**, the spaces will filled up more quickly than low season, for that reason, remember these dates. High season: from May to September. Low season: from October to April.

**More about the experience:** The ancient trail by the Incas from Salkantay Mountain to the royal Inca trail, then through the Sun Gate to **Machu Picchu**. You'll have the experience that feels the winds around the mountains, trekking over two high Andean passes on the route and a lot of landscape that remembered the great route of the Peru ancestors. Also, the views of snowy-capped mountains and cloud forests with orchids and extensive wildlife over this amazing trek are completely unforgettable.

**You Book, You Go...Don't Worry... We Won't Cancel:** We guarantee that we will never cancel a trip with a low signing-up participation or a few people to the departure on your selected date neither get our travelers to other tour operators! With these rules, our travelers will assurance and peace safety to know their travel plans are insured and guaranteed.

**Request a Quote:** We can customize this private trek just for you. Any details can be personalized according your request on hotels and other destinations.

**Video about the Salkantay and Short Inca Trail to Machupicch:**

<https://www.youtube.com/watch?v=iv4AiyLkw4&feature=youtu.be>



## About ITEP Eco Travel

(ITEP) INKA TRAIL EXPEDITIONS PERÚ, offers “Exclusive Adventure at best” the opportunity to experience the essence of adventure with a lot of emotions, but for ITEP Eco Travel a great adventure doesn’t end there: In order to have a life-changing experience for our guests, we believe that the experience has to be an adventure of many levels and rejoice in whole feelings that we can provide you.

That’s why our proposal goes far beyond comfortable adventures and great trek. Because it’s a unique opportunity to has great experiences into our ancient history, contemporary manifestations, exotic wildlife and exuberant vegetation, culinary surprises, friendly country persons, new friends and like-minded souls.

## The Proposal

We propose an expedition and an exciting Sky adventure that includes surprising comfort on the ancient Inka trail called the “Salkantay Inka Trail”. The road less traveled to the lost city of the Incas. The route pass through Vilcabamba range snowcapped mountain discovering a world surrounded by magical moments which stay with you forever seeing the majestic peaks with their emerald-green glacial lakes. Where you will receive the energy of these mountains and feels the powerful of these lands.

Walking into the trails of the mysterious Incas, through mountains and slopes it creates an intimate bond among our guides and travelers grounded on mutual trust and for the excitement of the journey ahead.

Each day of trekking ends in our exclusive Sky Lodges, with gourmet meals and highly personalized service provided by local staff.

In our Sky Lodges, the travelers spend 02 nights along the **Salkantay** trek: Sky Lodge “inspired by the blue of our universe”, that is part of the local families in this part of Peru”. The last night of the tour will stay in a hotel on **Machu Picchu** town and then you have a great ending of the tour visiting **Machu Picchu**, the lost Inca city.









# Day to Day Itinerary

## DAY 1 | Cusco to Soraypampa “Lodge Del Cielo”

### Highlights: Humantay lake trek “Soft trekking day” – Acclimatization day.

Overnight at Soraypampa Lodge Del Cielo “Sky Lodge” at 3,869 m/12,690 ft

**About our Lodge del Cielo in Soraypampa:** Our camp is located at 10 minutes by foot from the village of Soraypampa, this gives us a huge advantage to have a 360 panoramic view of Humantay glacier, also it’s a perfect place to escape away from the crowd, where we can appreciate the beautiful scenery of the Andean Valley and enjoy the company of our Alpacas.

**Note:** On the evening before of the first day, there will be a briefing with your guide in **Cusco**. After an early breakfast at your hotel, we are picked you up starting at 6:00 am at your Cusco hotel by ITEP guide and vehicle “Pick up time can oscillate and will be confirmed only on the day of your briefing”.

a resting place in route to the Chinchaysuyo.

We pass through the Mollepata village where we stop for a short break before

ascending to Soraypampa.

Here in Soraypampa our campsite is called Lodge del Cielo. After Lunch time, we’re going to Humantay Lake surrounded by glaciers on the slopes of the impressive Humantay Mountain. Our 4-hours walking are necessary to reach the lake, but the view is worthy it and the braves can go for a swim at that altitude! Remember that the whole tour will be guided by a professional and experienced Tour guide.

6 hours (including a picnic lunch in the route)

**Walk and Terrain:** Walk, high routes, open routes, dirty roads and more.



# SALKANTAY TREK 4 DAYS - 3 NIGHTS

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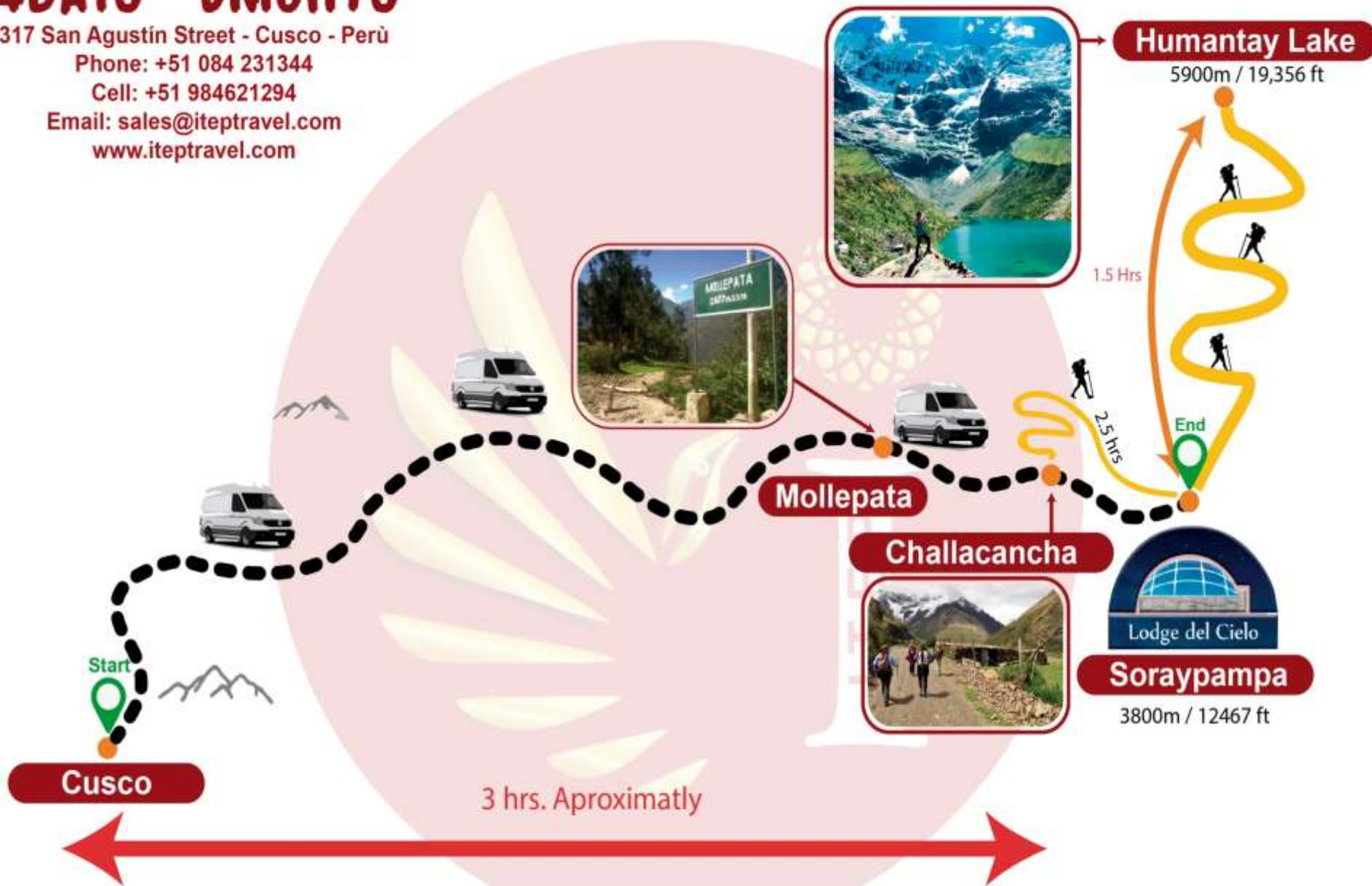
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## 1ST DAY



Note: All times are approximate and can vary according physical conditions or the impact of weather conditions.

## DAY 2 | Crossing the Salkantay Pass “The challenge day”

Overnight at Collpapampa Sky Lodge at 2,870 m/9,414 ft.

This day we will wake you up at 4:00 am and we'll give you a hot tea, then at 4:30 am we're going to have a nice breakfast for starting our trek at 5:00 am, will be the most difficult climbing day but we are going to go directly to Salkantay Pass. Our journey continues to **Machu Picchu** going through the Rio Blanco valley, Humantay Peak and in front of Salkantay Peak. This part will be the highest point on the trek, called Salkantay Pass (4,638 meters or 15,213 ft). Into this high pass we'll stop more than 30 minutes to take photos and appreciate the snow-capped mountains of the Vilcabamba Range and the south face of Salkantay Mountain. We will keep our eyes out for condors on this area. From this high pass we'll descend towards to Wayracmachay that means “the cave where the wind lives” where we're going to enjoy a delicious lunch. After finished, we are going to continue by 03 hours descending by foot until we reach our next campsite; dinner and overnight at the Sky Lodge.

**Trekking Time:** Approximately 12 hours (including picnic time). Our style is just walk slow, enjoy the landscapes and talk with our tour guide.

**Walk and Terrain:** Walk, on mostly steep trails, and some open slopes.

### A LITTLE OF HISTORY:

The name Salkantay or Salcantay is coming from the Inca's word **Sallqa**, a Quechua word meaning wild, uncivilized, savage, or invincible, and was recorded as early as 1583. The name is often translated as "Savage Mountain".

Directly to the north of Salkantay lies **Machu Picchu**, which is at the end of a ridge that extends down from this mountain. Viewed from **Machu Picchu's** main sundial, the Southern Cross is above Salkantay's summit when at its highest point in the sky during the rainy season. The Incas associated this alignment with concepts of rain and fertility, and considered Salkantay to be one of the main deities who controls weather and fertility in the west region of Cuzco.

**About Our Lodge del Cielo base in Collpapampa:** Our camp is located 10 minutes walking from the village of Chaullay, a very crowded campsite. However, our Campsite in Collpapampa gives us a huge advantage to have a 360 panoramic view of the Salkantay Valley, it is a perfect place away from the crowd where we can know a little of the local family.



# SALKANTAY TREK AND SHORT INKA TRAIL 6D/5N

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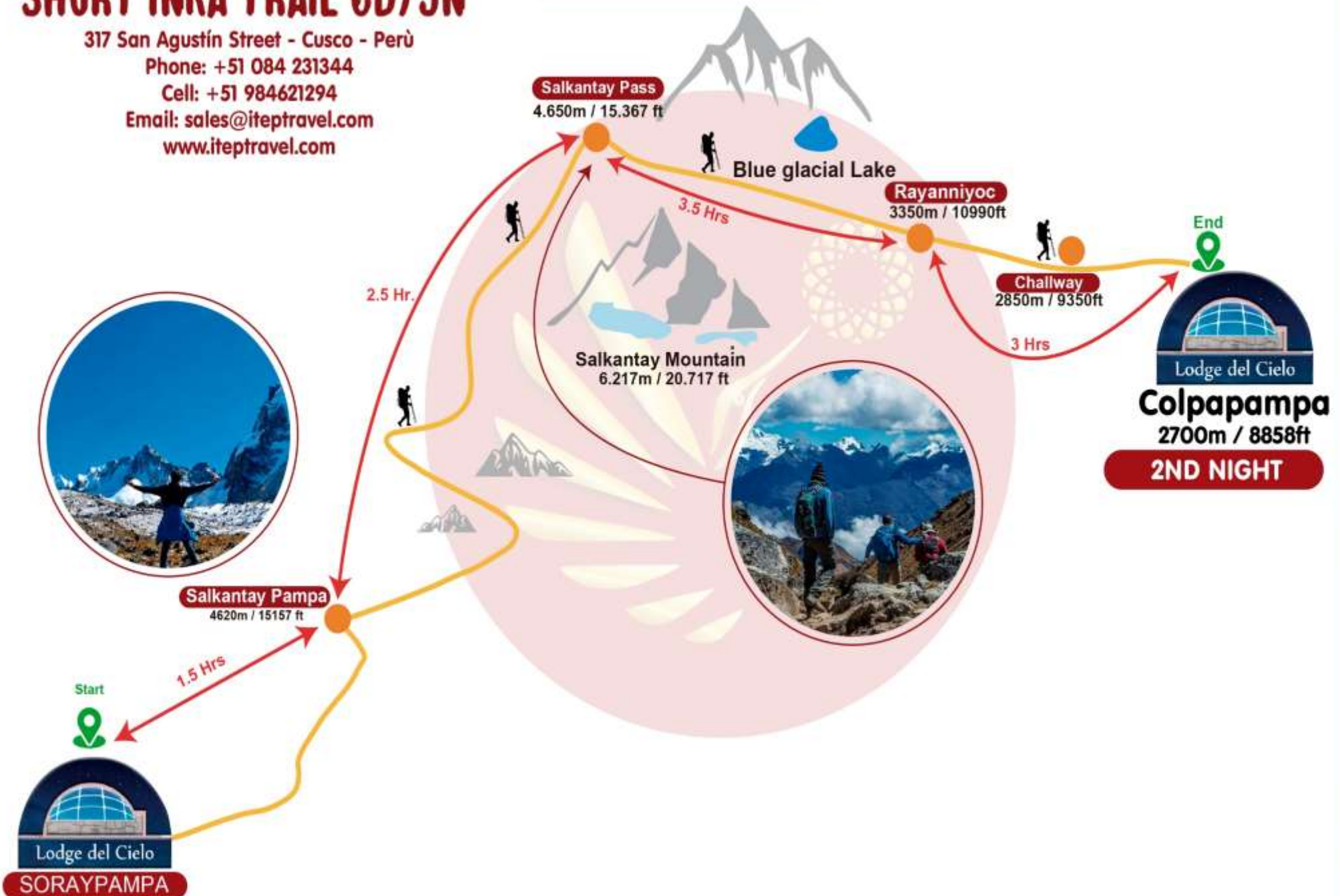
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## 2ND - DAY



## DAY 3 | Descending into the Cloud Forest

Overnight at Lucmabamba Sky Lodge “Lodge del Cielo” at 2,062 m/6,765 ft

On this day we'll walk along the Santa Teresa valley going through rural areas, banana, passion fruit, avocado, orchards and coffee plantations. The coffee which grows here one of the best organic coffees in the world. Our ride takes us to the beginning of the “Llactapata Inca Trail”, where we'll say goodbye to our horses and muleteers staff then we'll continue through one of the most variety landscapes of this trek. A short 30 minutes walking through avocado plantations to reach to our Sky Lodge in Lucmabamba. Dinner and overnight at our Sky lodge

**Trekking Time:** Approximately 5 hours

**Walk and Terrain:** Walk on narrow trails

**About our Lodge del Cielo base in Lucmabamba:** Our camp is located in Lucmabamba it's a perfect place away from the crowded groups where you can see the customs of the country men and farmers.

At this time their main economy is cultivate the coffee farms. Is our responsible to give them the opportunity to show themselves.

**Optional:** If you request a Private Service: We can have a local coffee experience

### RESPONSIBLE TOURIST DEVELOPMENT FOR INKA COMMUNITY, “MACHU PICCHU'S HERITAGE”

#### THE INCA'S COFFE

Peru has a global reputation for producing traditionally shade grown and high-quality coffee beans.

Coffee production came to Peru in the 1700s. After two centuries, the farmers still comprise with this kind of production and the 60 percent goes outside as exportation. There are more than 110,000 coffee farms in Peru where the farmers are most indigenous.

The 'Flor de Cafe' (Coffee Flower) Rural Community Tourism Association from Lucmabamba - Bayona, is located in the Inca Trail (Lucmabamba – Llactapata - Ahobamba) with a final destination in Machu Picchu at a height of 2026 a.s.l where we can find 15 families that lives with this association.

These families found an opportunity to improve their life quality through touristic activities; sharing their ancient knowledge with tourists as well the visitors live the experience of flavors of this Coffee Tour (Ruta del Cafe).



# SALKANTAY TREK AND SHORT INKA TRAIL 6D/5N



## 3RD - DAY

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Start



**Colpapampa**

2700m / 8858ft



End

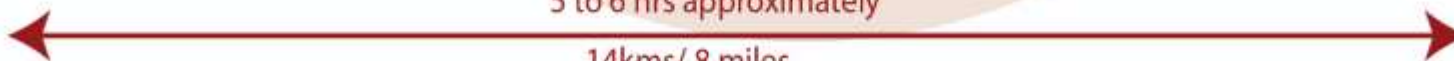


**Lucmabamba**

2000m / 6551 ft

5 to 6 hrs approximately

14kms/ 8 miles



## DAY 4 | Inca Trail by Llactapata “1<sup>st</sup> view of Machu Picchu”



### Overnight in Aguas Calientes at 1,900 m/6,232 ft

After a hearty breakfast, we will continue with the last day of our trek. We'll trek for 2-3 hours to Llactapata Pass (2,736 m/8,974ft), where we'll have an spectacular view of **Machu Picchu** Sanctuary from the southeast, a view that few travelers ever get a chance to admire. Here we take a short break to explore the Llactapata complex and then we'll receive the lunch at this scenic viewpoint looking out **Machu Picchu**. After seeing the amazing landscapes we'll begin with our final part of the trek to Aobamba river and through lush bamboo forests, orchards and coffee plantations. We'll arrive to Hydroelectric train station, for continue walking into the trails of the rail way until Machu Picchu town or also known as Aguas Calientes (approx. 3 hours). After this soft trek, we're going to our hotel then we'll have a celebration dinner with our guide and one last briefing for our next day experience!

Note - Those who prefer not to hike from Hydroelectric train station to Machu Picchu town, can take the train by 40 minutes of traveling, but remember that price isn't included in your package or tickets. They will meet with the rest of the group at the train station in Machu Picchu town. (The guide confirms your preferences the night before.)

**Hiking Time:** 5–6 hours

**Hiking Level:** Moderate to challenging.

**About our overnight in Machu Picchu town:** Hotel in Machu Picchu will depend according your request and expectations before starting the whole trek.

#### **A LITTLE OF HISTORY:**

Bingham discovered Llactapata in 1912. "We found evidence that some Inca chieftain had built his home here with ten or a dozen buildings. Bingham locates the site between the valleys of Aobamba and Salkantay with 5,000 meters of Huaquina farm." "Here we discovered Inka constructions and two or three modern huts. The people around said the place was called Llactapata, that's why Bingham did not investigate the ruins thoroughly, however they were not studied for 70 years.

In 2003 Thomson and Gary Ziegler did an study that concluded the location of Llactapata along the Inka trail suggested that it was an important roadside shrine on the journey to **Machu Picchu**. This and subsequent investigations have revealed an extensive complex of structures and features related to and connected with.



# SALKANTAY TREK AND SHORT INKA TRAIL 6D/5N



## 4TH - DAY

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**End**  
**Machupicchu Pueblo**  
**4TH NIGHT**

**Llactapata**  
2700m / 8858 ft

**Inca Trail**  
3.5 Hrs

Start

**Lucmabamba**  
2000m / 6561 ft

2 Hrs

**Urubamba River**

**Lunch**  
**Hidroelectrica**



9hrs approximately  
15kms / 9 miles



## DAY 5 | Short Classic Royal Inka Trail

Today trek takes us along the most impressive part of the **Inka Trail**. We'll visit beautiful Inca sites, see a variety of wildlife, exotic vegetation and get to take into fantastic landscapes of Andean mountains. Our journey begins in the Sacred Valley through the original Inka Trail of **Wiñay Wayna** before continuing to **Machu Picchu** via the Sun Gate (**Inti Punku**). As we make our way to **Machu Picchu**, we'll pass through the cloud forest that covers the mountain and see a great variety of plants, flowers and birds along the way. Also, we'll see mammals such as Vizcachas (rabbit-like Chinchillas) and Spectacled Bears (if we have lucky). After a full day of trekking, we'll arrive to **Sun Gate** (Inti Punku) here we'll have our first views of **Machu Picchu** citadel. The light of sunset provides you a beautiful view, at this time there will be fewer tourists in the site and its perfect time to take some pictures of the site without people.

**Free time to Enjoy the Sunset in Machu Picchu** after we've passed the Sun Gate, we'll carry on along the trail to get **Machu Picchu** town where we'll check in to our hotel

**Meals:** Breakfast, Lunch, Dinner

**Distance:** 6 kms/3.7mls

**Difficulty:** Easy



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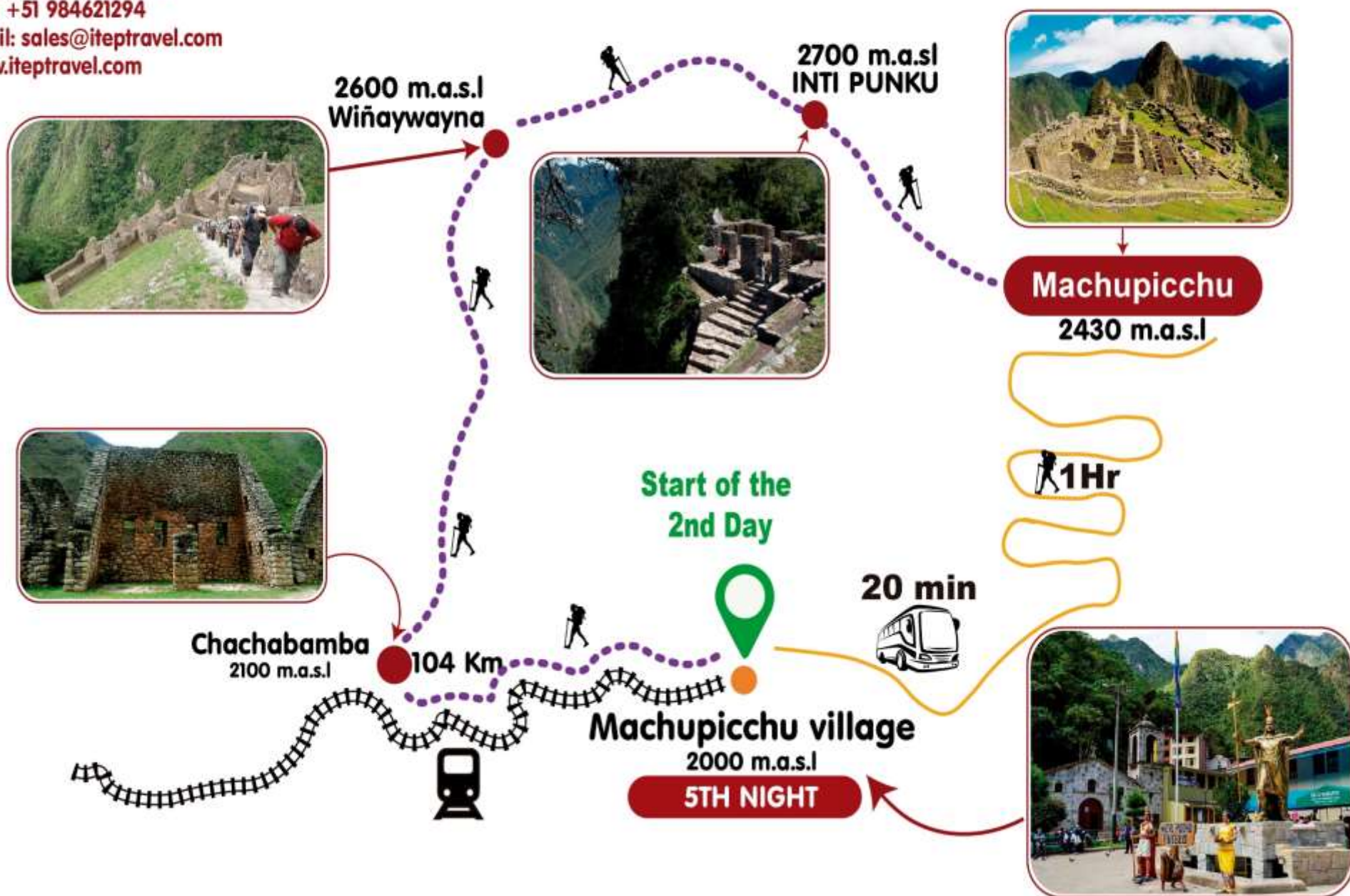
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## 5TH - DAY





## DAY 6 | Visit Machu Picchu Sanctuary

After a very early buffet breakfast at your hotel, we'll take the bus to get to **Machu Picchu** Sanctuary (around 30 min). Our trip leader will give us an introductory guided tour of this place.

**Machu Picchu** Tour: We're going to be in the Inca City between 6 am or 7 am. The visit on this place starts with the best views on "The Guardian House" after 30 minutes of free time, our guide will give us a lot of information about the Inca City for around 1 hour and a half.

We'll continue into the Inca city by another 1 hour more passing the main plaza, the temple of 13 windows and much more, then we'll arrive to the Sacred Rock "a very close to the entrance gate for **Huayna Picchu** Sacred Mountain", Our tour guide will give us some free time to explore the Inca city by our own. Climb up **Huayna Picchu** or **Machu Picchu** Mountain is a choice that depends of you before starting the whole trek (not included in the price, spaces are limited, please let us know)

**Very Important 1:** According to **Machu Picchu** regulations, once we enter to the sacred city we aren't allowed to get back by the same paths "there are a lot of signs about which route we should follow and is forbidden to stop in some places", For that reason we recommend you to enjoy every minute that you will be here on each inca place.

**Very Important 2:** According to **Machu Picchu** regulations, entrance fees have only one paid; it means once you go out from the Inca city you can't return, unless you get a new ticket.

**Back to Cusco:** You will descend to **Machu Picchu** town by bus and later you'll board the expedition train at 16:22 hrs. to arrive **Ollantaytambo** Train Station where you will meet our private transport to get at your hotel in **Cusco**.

Return to **Cusco** at 3,360 m/11,021 ft

**Meals:** Breakfast

**Distance:** 6kms/3.7mls

**Difficulty:** Easy

## About Salkantay and Inka Trail Campsites:

**Please note:** Campsites may change (be different from this itinerary) depending on booking time and availability, weather conditions or restrictions undertaken for safety reasons by Peruvian Government.

# SALKANTAY TREK AND SHORT INKA TRAIL 6D/5N



## 6TH - DAY

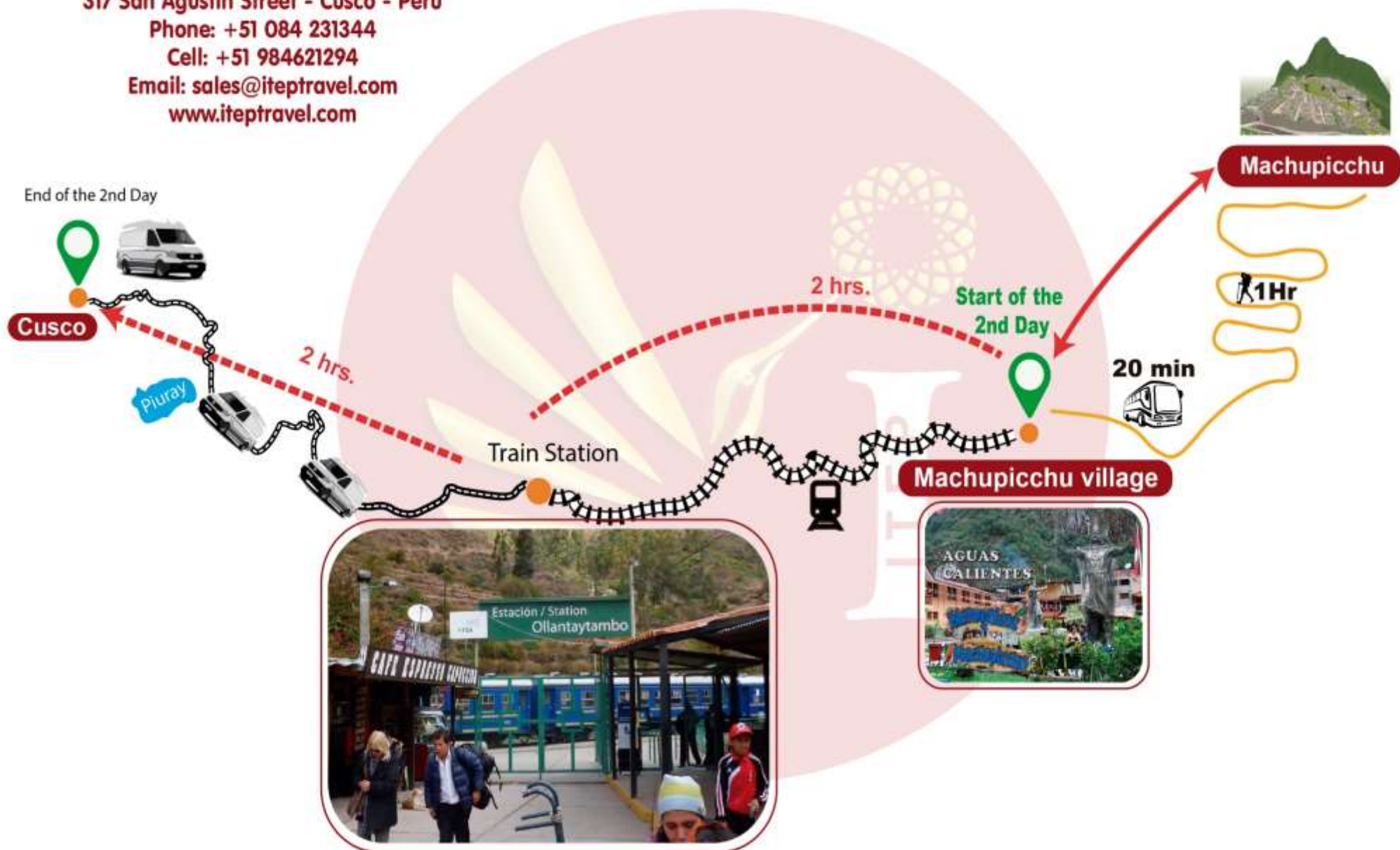
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# SALKANTAY TREK AND SHORT INKA TRAIL 6D 5N

## CLASSIC STYLE “CLASSIC IGLOO AND FOAM MAT”

### What is Included?

- **Pre-departure briefing:** You will meet your **Salkantay** and short Inka trail guide and group in our office for an orientation before your trek. At this time, we will provide you with the duffle bags which will be carried by our horses. The meeting will be at 6:00 PM the evening before the trip begins. In case you can't come at this time “please let us know” to coordinate another time.
- **Touristic Transport:** You will be picked up from your hotel in Cusco in the morning and will travel by private transportation to Challacancha, the starting point of the **Salkantay** and Short Inka Trail trek.
- **Adventure Experienced Salkantay Inka Trail Tour Guide:** English speaking, professionally educated, and official tour guide with tourism certification. They all grew up in this region and have a true passion to teach others about their heritage. Your guide will explain the culture and surroundings along the entire route, including leading your group in ancient ceremonies! He or she will keep you safe, sound, and comfortable on your trek so that you can enjoy your time along the inca path and will ensure you are safe and happy.
- **Tour Guide in Machupicchu Cultural Experienced:** English speaking, professionally educated, and official tour guide with tourism certification. For visit the sacred city of Machupicchu.
- **Private campsites:** Each campsite is carefully choosed for have a very local experience.
  - **Night 1:** Relax on your soft bed in our Lodge del cielo in Soraypampa Campsite under the watchful eye of Apu Sacred mountain Humantay and Salkantay. Spend as many hours as you would like star-gazing through your elegant glass ceiling!
  - **Night 2:** Enjoy the **2nd night** in our Lodge del cielo in Collpapampa campsite. You will find comfortable bed and a thick camping mattress free of charge. Camping is surrounded by the Sacred Mountains.
  - **Night 3:** Experience the **3rd** night in our “Lodge del Cielo”, in your dome, you will find a comfortable bed, twin or double (depending on your stated preferences). Raw surrounding landscape of the cloud forest. We going to be very close to the local Families, they are heirs of the Inka culture and are very happy to share their lands with us.
  - **Night 4 and 5th:** The 4th and 5th night in the 2 star Hotel House of the Luz is included, which is in the town of *Aguas Calientes*; it is also known as Machupicchu Village; but if you prefer we can upgrade to 3 star hotel for USD 45 per night; the prices of hotels will vary according to your expectations and budget. However, we can offer you the option of joining us at in the 2 star Hotel House of the Luz "at no extra cost". The 2 star hotel in *Aguas Calientes* have elevator, simple, double or triple bed rooms, with private bathroom, hot shower, Wi-Fi, breakfast, and luggage storage while you visit **Machu Picchu**.
  - **Note:** It is not usual that campsites, lodges or hotels change after the confirmation, however it can vary per government regulations and authorization, also for bad weather conditions and maybe because physical condition of our visitors: Any changes in this matter ITEP travel will be informing you previously and as soon as possible.
- **Camping equipment:** Dining and kitchen tents, tables, chairs, and cooking equipment (all carried by our porters and horses).
- **Entry ticket to Salkantay/Humantay lake**
- **Entry ticket to Short Inca Trail “the Sungate”**
- **Entry ticket to Machu Picchu Inka Site**
- **1 Duffle Bag:** You can put your personal luggage, up to 5 kgs (11.02 lbs.), including your sleeping bag; this bag will be carried by our horses.
- **Loading Mules/horses:** We will give you your duffel bag at your briefing the night before; to be filled with the things you will need for the next night and day. You will not have access to your duffel bag until you arrive at your evening campsite. On days 1 and 2, our mules/horses carry all

camping equipment and your allowance of personal baggage (5 kgs/11.02 lbs). On days 3 and 4, your luggage will be carried by car or train to your destination until we arrive to Machupicchu. On day 5th your luggage can be storage at your hotel.

- **Professional Trekking Chef:** A professional chef specialized in cooking on the trail, with an assistant, will prepare all of your delicious meals along our journey on the Trail to replenish your energy every day. You will never go hungry!
- **Meals: 5 Breakfasts, 5 Lunches, 5 Dinners (Vegetarian, vegan, or special menus** are available at no extra cost) Please be in mind (1st breakfast and last lunch is not included”
- **Boiled Water:** Beginning from your first lunch until your last breakfast, Inka Trail Expeditions will supply all the water needed. This water will be boiled, filtered and then cooled, before distributing. You must supply your own water bottles or camel back. We recommend carrying about 3L worth. We will refill our waters at each meal.
- **Wake up tea:** Every morning at the campsite, you will wake up with a cup of coca tea! Our staff will bring the tea to your tent so that you will be warmed from inside out before you start your day.
- **Tea time daily during the Salkantay Trek part:** Every afternoon before dinner, the cooks will provide our tea time with popcorn, biscuits, coffee, hot chocolate, teas, hot water, etc. After a long day of hiking, you will not have to wait until dinner to relax, warm up, and enjoy a bite to eat!
- **Products for hygiene:** You will be provided with a small towel before each meal to clean your hands and every morning will be also a bucket with warm water for washing your personal hygiene.
- **Medical kit and Oxygen bottle:** Our crew will bring a first-aid kit, including emergency oxygen bottle.
- **Train tickets:** From Aguas Calientes “Machupicchu village” to Ollantaytambo train station (departure time is confirmed the day of briefing and it’s subject to availability)
- **Transfer back to Cusco:** Private touristic transport from Ollantaytambo train station to your hotel in Cusco (Day 6)
- **24-hour guest service:** We have telephone service available 24 hours/day for ease of communication and preparation with the agency leading up to your trek.

## Not Included:

- **Sleeping Bags:** You can rent one from our company if you do not have your own. Our sleeping bags are effective and durable to protect from temperatures as low as -18°C (0°F). They are mummy form and include a sleeping liner. The bags are cleaned after every use.
- **Bus Consettur to Machupicchu inca City:** Most of the times the wait to board the bus to Machupicchu is from 1 hour to 1:30 min, so we prefer that you decide a day before your visit to the Inca city of Machupicchu. If you wish to take the bus considering the waiting time. Or if you prefer to do the last stretch of ascent walking up 45 to 1 hour "everything will depend on your physical state, after the trekking done".
- **Walking Sticks:** You can rent a set from our company if you would like.
- **Day 1: Breakfast:** Approx. Usd 5 to usd 10.00, Price can vary according your selection.
- **Last Day: Lunch and Dinner** in Aguas Calientes. Approx. Usd 20 to usd 25.00, Price can vary according your selection.
- **Personal clothing and gear**
- **Travel Insurance**
- **Tips for our staff:** Please note that our agency staff is well paid so please feel free to tip or not as you wish “Recommendation usd 6 to usd 8 per day per traveler for all the trek staff”- Once again it is optional and can vary according your satisfaction.
- **Option:** If you feel tired after the trek to and from Llactapata, you have the option to take a train from Hidroelectrica to Aguas Calientes. (Cost: USD \$34.00)
- **Additional costs** or delays out of control of the management (landscape, bad weather condition, itinerary modification due to a safety concern, illness, change of government policy, political instability/strike, etc.)

## *Thank you for choosing ITEP “Inka Trail Expeditions Perú”!*

With ITEP “Inka trail Expeditions Perú” every step is a great Adventure!!! Working hard for create a Memorable Lifetime Experience for you!!!.

### *STUDENT DISCOUNT: \$20 off per person*

Student discounts apply to anyone who has a valid UNIVERSITY STUDENT CARD at the time of the trek or who is 17-years-old or younger. For those using a university student card to receive the discount, we need to see a copy of the card at booking. For those booking children 17-years-old or younger, we need a copy of their passport at booking time. Please send us a copy of your student card

### *ADDITIONAL ITEMS:*

There are several optional upgrades you can include in this trip. Below is a quick list of it, but check our Overview section for more details.

- Sleeping Bag –USD25 per person per trek (It will be clean and warm)
- Walking Poles –USD 15per pair per trek (Professional Poles that can be extended)
- Vistadome Train Upgrade “Panoramic train” –USD50 per person (Return Only)
- Concetur Bus to Machupicchu day 7th “25 minutes drive” –USD24, “in case you want to spend your energy in the Inca City of Machupicchu and don’t want to walk more, will be better to have ready your tickets”
- Huayna Picchu Sacred Mountain –USD75 per person (Please request when you book your Trek)
- Machu Picchu Sacred Mountain –USD 75per person (Please request when you book your Trek)
- Buffet Lunch Celebration in Sanctuary Lodge on the last day in Machupicchu. – USD40 per person (all fresh drinks are included)
- Extra Horse for Ride on the trek “in case you don’t want to walk really much and you think you going to need some help –USD120 per person (Only day 1, 2, 3 and 4) next days is not allowed horses because we going to be into the National park”.
- Extra luggage load Horse/Porter “15 kls or 33.06lbr” “- USD140 for the entire trip”.

### **PERU LUXURY SALKANTAY TREK:**

Luxury Igloo Style Salkantay Trek “Igloo and Bed”: Price just on request, only on private service.

Perú Igloo Camping Adventure is where stunning and amazing nature meets modern luxury camping. Some call it luxury camping. Some call it glamorous camping. Either way, this camping style is dedicated to inspiring and guiding those who are seeking a different kind of luxury trekking trip in Perú, the kind that encourages cultural immersion and a deeper engagement with the surroundings enjoying this upscale approach to sleeping under the stars.

## *OUR SALKANTAY TREK ON PICTURES!*



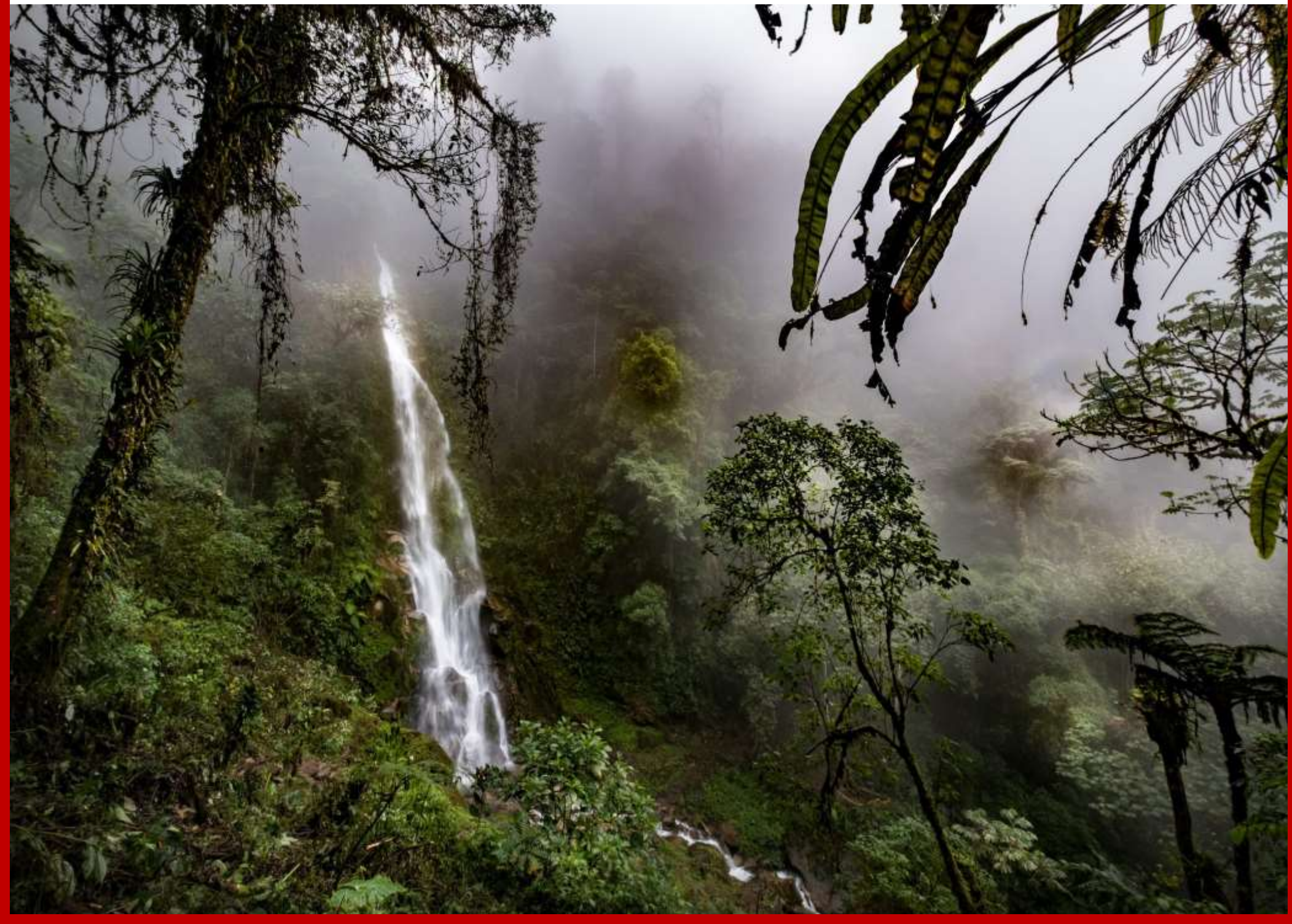
*1<sup>ST</sup> Day: "Cusco/ Humantay Lake"*



*2nd Day: "Salkantay Pass"*



*3rd Day: "Lucmabamba"*



*4th Day: "Llactapata Inka trail"*



*5th Day: Short Royal Inka Trail and the Sun Gate*



*6th Day: Machu Picchu Sunrise*



# Spend an Extra Day at Machu Picchu

Even though you have enough time to see the core of **Machu Picchu** Sanctuary during the regular guided tour, most of our guests realize that they would have liked to stay a little longer because there is so much to explore! Let us know at time of reservation if you would like to add this optional day. By spending an extra day at **Machu Picchu**, you will be able to make the best of your time visiting a World Heritage Site situated on a spectacular mountain ridge, overlooking the confluence of three rivers.

Explore areas of the site that are less visited by most travelers, such as climbing **Machu Picchu** Mountain (special permit to be purchased in advance) or hiking to the Inca Bridge or the Sun Gate.

Visit **Machu Picchu** town and shop in the local craft markets. Treat yourself to a relaxing end to your vacation and enjoy the magnificent gardens, top of the line spa, and hospitality of the unique Inkaterra Pueblo Hotel.

## HUAYNA PICCHU MOUNTAIN

**Huayna Picchu** is one of the mountains that stands next to **Machu Picchu** and has amazing views from above. This hike is done after your tour with us and takes 45 minutes to the top and 45 minutes back down. Allow for time to take lots of photos, because the views are incredible. The **Huayna Picchu** Mountain is the one that you see behind **Machu Picchu** on any postcard; its Incas paths hidden alongside the mountain; it may frighten those of you who have a fear of heights. For those of you who struggle with heights you may need to know that you will be steps away from hundred-foot plummets into an abyss, and in some places the path can be very steep and narrow. There are times when you need to use security cables to support yourself; it is a challenge for anyone. If you suffer from vertigo or you have a hard time controlling your fear of heights, we would recommend taking a different route.

You will have to place reservations 6 months before if you would like one of the 400 available tickets to go up to the **Huayna Picchu** Mountain.

## MACHU PICCHU MOUNTAIN

**Machu Picchu** Mountain is an unforgettable and lesser-known hike above the **Machu Picchu** ruins with stunning panoramic view of the valley. Reaching ruins is only one part of the **Machu Picchu** experience. The other one is climbing the summit of **Machu Picchu** Mountain at 3,050 meters above sea level for dramatic views of the ruins and lush mountains separated by deep valleys and Urubamba River. As spectacular as seeing **Machu Picchu** are the ruins of lost Incas city tell very little if you don't see them in a perspective with the surrounding mountains. It's when you can appreciate the enormous effort of Incas for building a city 2,430 meters above sea level without any use of metal tools or wheel. Why the city was initially built still remains a mystery.

## MACHU PICCHU MUSEUM

The historic sanctuary of **Machu Picchu** achieves the objectives of the preservation and dissemination of cultural and archaeological research. Within a modern and dynamic exhibition, the reopening of **Manuel Chavez Ballón** museum has become the primary means of communication and information for the most important cultural Historical Sanctuary of Peru.

The museum is organized in seven phases; they emphasize the beauty and historical significance of the large collection of artifacts, construction tools (copper and bronze), pins, mirrors, tweezers and needles. Also appearing are the headed orthomorphic ibis, toucans and oropendolas. The exhibit shows in detail the metallurgical expertise in the Inca city; the spectacular examples of dexterity in stone quarrying as well administrative center intertwined between the Amazon and the Andes as significant objects in various other materials. These displays express to the world view of the life sustenance of **Machu Picchu**.

**Please note:** Please confirm if you want to climb of the mountains in **Machu Picchu** or visit the museum, because they needed to be booked in advance, please., "Ticket are not included and will be charged according **Machu Picchu** Entrance fees rates at the time of your booking"; **Please note**, if you get the permits you will probably have to miss/skip the **Machu Picchu** guided tour.



# Pre and Post Salkantay Trek and short inka trail to Machupicchu Additional Travel Service

Our travelers recognize us for something unique and it's not for the building lodges or mountain trails, the people recognize us for the experience, service and magic that we have created for them. As a consequence of our success with the journey to **Machu Picchu**, the market values us as a boutique operation, highly focused on customer service, always struggling for the excellence and mixed with a significant attention on details. Our motivation is to design super travel experiences and create unforgettable memories for our guests.

## Lima

Did you know that most international flights arrive at Lima Airport at night (23:00 hrs.) or very early in the morning (05:00 hrs.) and connecting flights to start your journey at 06:00 hrs. in Cusco, spending the night at Lima hotel (even for a few hours). We can book a range of hotels (from 3 to 5 stars) for you at the airport or in the cosmopolitan Miraflores, San Isidro districts of Lima.

## Cusco

We always recommend that our guests spend at least two nights in Cusco before your trekking adventure will start (if your flight tickets allow it) in order to acclimatize. We would be happy to take care of you and hotel reservations, transfers personalized tours during your stay in Cusco. Enjoy exploring the Cusco city and its surroundings which offer many great cultural situations, historical attractions as: Sacred Valley of The Incas, The Rainbow Mountain. Additionally, you can enjoy fine dining, traditional shows and shopping.

## Extension Packages

Do you want to explore more about Peru? Ask for the extension, explore the island communities of Titicaca Lake (the highest navigable lake in the world), adventure into the rich the Peruvian amazon jungle or visit Colca Canyon, with incredible depths, Inca terraces and soaring condors.





# The SALKANTAY TREK Map

## SALKANTAY TREK AND CLASSIC INKA TRAIL 6D/5N

San Agustin Street # 317  
 Phone: +51 084 231344  
 Cell: +51 984621294  
 Email: sales@iteptravel.com  
 www.iteptravel.com

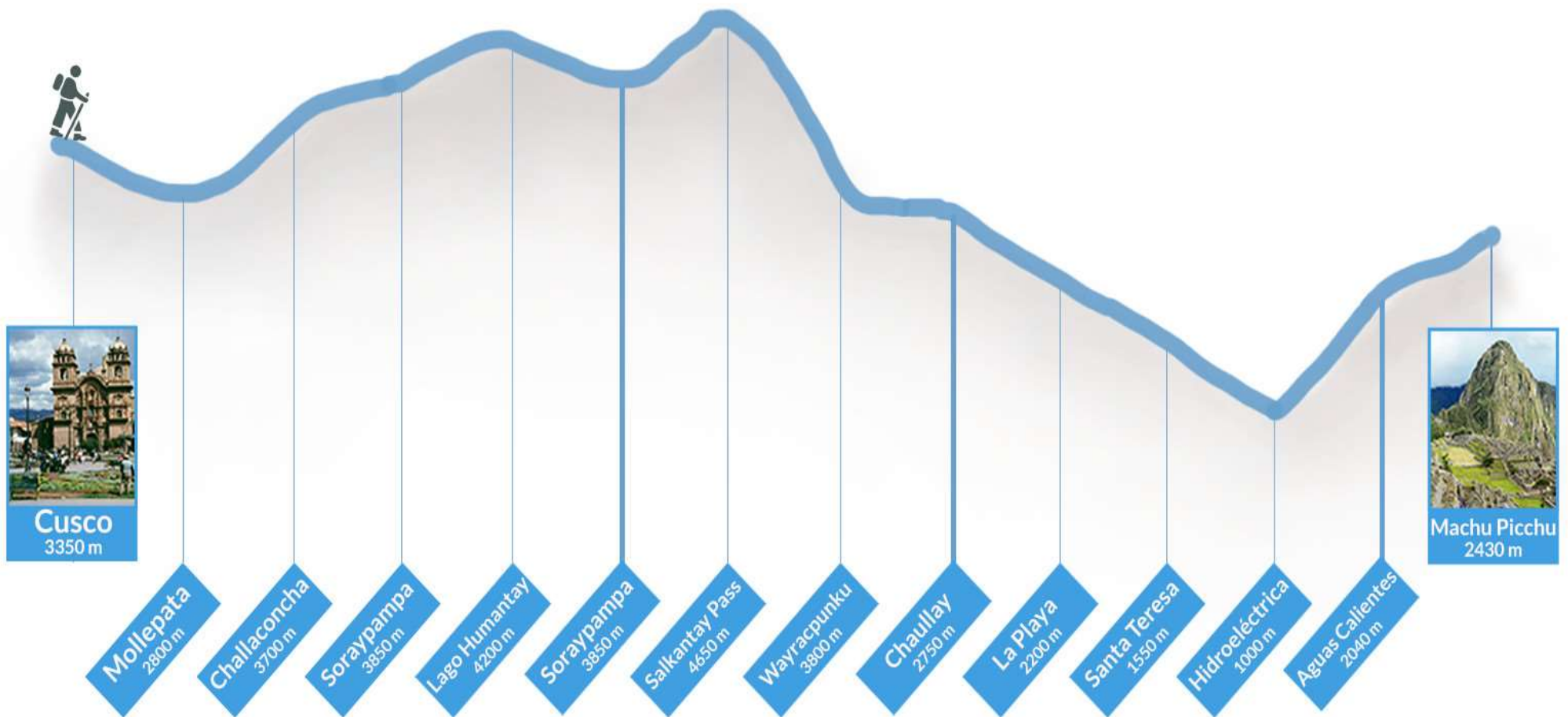


First Day	13 km. / 6 hrs.
Second Day	22 km. / 9 hrs.
Third Day	16 km. / 5 hrs.
Fourth Day	19 km. / 6 hrs.
Fifth Day	16 km. / 10 hrs.
Sixth day	4 km. / 1.5 hrs.



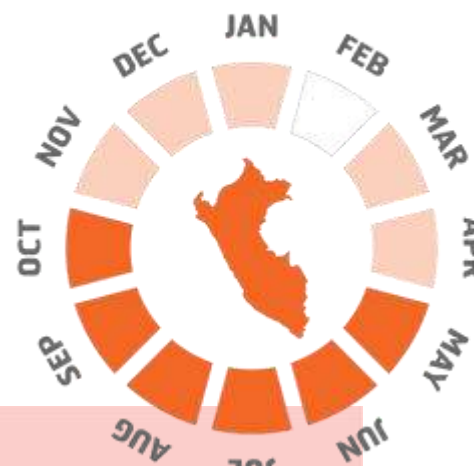
# Locations, Altitudes, Distances and Times

## Salkantay trek



The weather can make a big difference to your Inca Trail hike. Heavy rain, freezing nights, blazing sun and howling winds are all possible on your fourth day hike to Machu Picchu. If you pick the right months though (see below), the days will generally be warm and dry, and the nights mostly above freezing. Just make sure you pack warm clothes for the evenings and a decent sleeping bag.














## PERU



**Peak Season**  
Winter is the dry season and perfect temperature for hiking. The most popular time to visit.

**Quiet Trails**  
Enjoy the quieter trails but prepare for the odd shower of rain.

**Inca Trail Closed**  
Trail is closed for maintenance.

	J	F	M	A	M	J	J	A	S	O	N	D
<b>Weather</b>												
<b>Avg High</b>	20°C 68°F	21°C 70°F	21°C 70°F	22°C 72°F	21°C 70°F	21°C 70°F	21°C 70°F	21°C 70°F	22°C 72°F	22°C 72°F	23°C 73°F	22°C 72°F
<b>Avg Low</b>	7°C 45°F	7°C 45°F	7°C 45°F	4°C 39°F	2°C 36°F	1°C 34°F	0°C 32°F	1°C 34°F	4°C 39°F	6°C 43°F	6°C 43°F	7°C 45°F
<b>Wet days</b>	18	13	11	8	4	2	2	4	7	8	12	16
<b>Rain (mm)</b>	140	115	100	40	8	3	3	8	20	50	65	105

*Follow the sunny symbols and ease the Inca Trail difficulty... a little, anyway*



# Preparing for the SALKANTAY TREK

We recommend that our guests spend at least 2 nights in **Cusco** prior to departure. This helps with acclimatization to the altitude and also provides an opportunity to explore the beautiful city of **Cusco**.

Travelers can feel the effects of higher altitudes as low as 6000 feet (2000 meters) above sea level. They differ in their tolerance for high altitude conditions and how their bodies react to the changes in air pressure and oxygen level. Therefore, we encourage our guests to undergo appropriate preparation by regular cardio-vascular exercise, even if conducted at low elevation, and to adopt a healthy, balanced diet prior to the trip. Without at least *some* pre-trip training, or a good basic level of fitness, trekking is hard work. Let's be real – it's hard work anyway. The toll for a great trek is paid in sweat. Sore calves and aching quads are badges of honor, with blisters and lost toenails marks of pride.

But in return, you get some of the most untouched, pristine and jaw-dropping scenery on the planet. And you know what? The more you train for your epic hike, the easier it'll be. And you don't have to be an Iron Woman/Man to climb to Andean Mountains or reach the top of **Machu Picchu** Mt. Far from it. Trekking is available to anyone; you just have to be sensible and work a bit for it. Here are a few of our top prep tips for your upcoming trek:

## 1. Start walking now (it's never too early to start training)

This may seem like the most obvious step to start with (pardon the pun), but you'd be surprised how many people don't do it. The best way to prepare for a really long walk is to do some really long walks. You should start with smallish distances and work up to the length you'll be trekking on your trip. When you start your training, leave a day in between each walk to let your body recover. But as your body gets fitter, try to do back-to-back sessions each day – it'll help build your stamina for the relentless nature of a ten days trek, where you won't have the luxury of rest days. Ideally, you want to be able to walk 4-6 hours – comfortably – before you leave.

## 2. Make leg-based cardio part of your routine...

As well as doing long walks, you should also work some leg-based cardio into your daily routine. Cycling is awesome for building up muscle in your legs, but soccer, football, squash and swimming are all great too. If you're more into gym workouts, mix up your spin classes or cycling bursts with squats and lunges (the more weight, the better).

## 3. Take the stairs every chance you get

Stair climbing is also a good one for building up calves and quads, so take the stairs instead of the lift or escalator when you're at work or the train station.

## 4. Make sure you're walking properly

You've been doing it since you were around one year old, but it's super important to monitor how you're walking and if you're doing it correctly. Make sure you're hitting the ground with your heel first, then rolling onto your toe, which propels you onto the next step (this will help reduce the risk of shin splints and tendon pulls – ouch). Walk with your head up, eyes forward and shoulders level.

## 5. Mix up your training terrain...

When you're on your trek, it's unlikely you'll be walking on level footpaths and roads, so avoid training solely on level footpaths and roads. Instead, try to train on surfaces that will be similar to the trails on the trek. If you're heading to Everest or Kilimanjaro, aim to train on steep, rocky terrain and loose shale; if it's Kokoda, try to find muddy paths. It's really important you prepare your feet, ankles and knees for the stress they'll experience on the trip.

## 6. Walk in all types of weather

It's also unlikely you'll get ten straight days of perfect weather on your trek, so prepare yourself for all conditions by walking in cold, windy, rainy, warm and humid conditions (where possible, of course!).

## 7. Try using walking poles

Walking poles will become your two new best friends. They take the pressure off your knees on the downs, and give you extra support on the ups. Incorporate poles into your training sessions so you get used to walking with them.

## 8. Train with a backpack

On almost all of our trekking trips, you won't be carrying your main pack, but you *will* need to carry a small daypack, packed with essentials like your camera, snacks, sunscreen, water and wet-weather gear. So, with all your days/weeks/months of training, make sure you're challenging yourself with a weighted bag. If you really want to push it, pack your bag with a few extras, so it's a little heavier than what you're planning to hike with on the trip – it'll make the eventual trek feel like a walk in the park (chortle).

## 9. Keep the tank fueled

It's SO important you're stocked with enough water and food during a trek (hydration is key!). Nuts, dried fruit, muesli bars and chocolate are all good, quick sources of energy and protein; keep a selection of these healthy snacks in your daypack. Also, bring along a reusable canteen; alpine streams are usually a great source of fresh water, but our guides provide boiled (and cooled) water daily throughout your trek. While you're in training-mode, try to eat and drink 'on the go' as much as you can, so your body can get used to digesting during strenuous exercise.

## 10. Invest in a good pair of shoes

Your feet are your most crucial body part on a trek, and it doesn't take much to keep them in toe-tappingly tip-top shape. First, invest in a pair of good-quality, water-resistant hiking boots; you want plenty of support and ventilation too. Then, wear them in. How do you do this? Wear 'em everywhere. On your training runs, on walks to the shops, to work, to formal events (well, maybe not). You get the idea though; by wearing them in as much as possible in the weeks and months leading up to the trek, it'll help avoid blisters, bunions and lost toenails. Then, stock up on a few pairs of really good hiking socks (preferably a wool/nylon blend), that will wick moisture and keep your feet dry. If you want to get a bit crazy, wear two pairs while walking to minimize your chance of blisters.





## Specifications

- Please, no hard suitcases or wheeled bags. Soft duffel bags and/or backpacks (“soft” luggage) are recommended.
- We provide a limited amount of electric energy, due to limited supply in the route and environmental concerns.
- Bathrooms are equipped.
- Any additional clothing and luggage that you won’t need on the trek can be stored at your hotel in **Cusco** or at our office.
- If you do not have an appropriately sized duffel bag, we can provide a duffel bag on loan at the pre-trek briefing (the night before departure from **Cusco**). Please return it to your trip leader after the trek.
- Though we do not establish a weight limit for luggage or charge for excess baggage, we inform guests that luggage is mainly transported by mules and/or porters along the trail. We kindly ask that you consider restricting the weight of your luggage on the trail to 5kg/11lbs.

## Packing List

- |   |   |
|---|---|
| <input type="checkbox"/> Original Passport                    | <input type="checkbox"/> Headlamp   |
| <input type="checkbox"/> Day Pack                             | <input type="checkbox"/> Sunglasses   |
| <input type="checkbox"/> Full rain gear or poncho             | <input type="checkbox"/> Hiking Socks   |
| <input type="checkbox"/> Gloves (thin riding and warm gloves) | <input type="checkbox"/> Sunscreen  |
| <input type="checkbox"/> Trekking pants                       | <input type="checkbox"/> Insect repellent   |
| <input type="checkbox"/> Breathable dry fit top-wear          | <input type="checkbox"/> Bathing suit   |
| <input type="checkbox"/> Comfortable shoes/flip-flops         | <input type="checkbox"/> Casual Mountain wears for                                |
| <input type="checkbox"/> Cold-weather jacket                  | <input type="checkbox"/> Evenings Photo/video cameras and                         |
| <input type="checkbox"/> Long-sleeve fleece/sweater           | <input type="checkbox"/> Chargers Binoculars                                      |
| <input type="checkbox"/> Wool hat                             | <input type="checkbox"/> Refillable water bottle (hydration bags are recommended) |
| <input type="checkbox"/> Hiking boots                         |   |
| <input type="checkbox"/> Baseball cap, sombrero and bandana   |   |





Santiago Ballon



Jorge Sanchez



Yesenia Carreño



Elio Sanchez

## SALKANTAY TRAIL Guides

We provide one cultural and one equestrian guide and his/her assistant(s) for each group. Our guides are among the best in Peru (some have even won international awards!) and have on average at least 15 years of experience guiding in the mountains, not only in Peru but around the world. Many of them are considered pioneers in this area as well, having scouted many of the current routes in the country. All ITEP Eco Travel guides have excellent language skills, and are highly trained in managing group dynamics. All guides undergo continuous medical and rescue training, with a certification in "Wilderness First Aid." You will appreciate their knowledge of history and cultural traditions, local flora and fauna, as well as their great insight (and stories) that goes far beyond any guide or history book! Since these leaders have been guiding this particular ride for several years now, they have made friends in the local communities, thus allowing genuine and spontaneous encounters during the journey which often provide unforgettable experiences for our guests. In their hands, you will feel safe and well taken care of! In addition, the equestrian support team traveling with our group is trained to treat health issues and injuries of our horse pack.

## Pre-Trek Briefing and Meet & Greet

We provide a pre-trekking briefing in **Cusco** on the evening prior to the start of the ride. The meeting is held in a central restaurant by the trip leader and all participants are requested to attend. The briefing consists of the following:

- "Meet and greet" with the group and the lead guide
- Review of the detailed itinerary and any last-minute changes
- Confirmation of specific dietary and medical information of the participants
- Address frequently asked questions (and answers)
- Verify that participants have the necessary gear and equipment

**Important Note:** You will be receiving an invitation via email with the time and place of the briefing, including a map with directions to the briefing. Please note that if your arrival into **Cusco** is delayed and you're unable to join your group for the transfer on Day 1 to the first basecamp, we can arrange private transfer for you to join the group at additional cost.

## Brief Technical Trip Description

The trek consists of 4 days of moderate to strenuous trekking experience (plus 01 full day experience in **Machu Picchu**, ("extensions or extra days on request") at elevations of 2,000m - 4,600m (6,600 - 15,000ft) on diverse types of trails ranging from flat and grassy to steep and rocky slopes. The trail crosses nine different eco zones in five days, with the possibility of changing weather conditions.

**Level of difficulty:** Intermediate to advance. Beginners are recommending taking at least 6 hours of trekking lessons prior to arriving in Peru.

**Age Limits:** The recommended minimum age of participants is 12 years old. However, we may consider exceptions depending on experience and physical condition.

## OUR MEALS ALONG THE SALKANTAY INCA TRAIL

With ITEP each day we awake the smell of something fantastic cooking in the chef's tents and it was this smell (and maybe the warm coca tea).

**It is also important to note that if you have any food allergies or happen to be a vegetarian or vegan, ITEP will cater to you along the way.**

### SAMPLE MENU

NOTE: This is only a sample menu for your hike. Exact food selections subject to change

#### OUR BREAKFAST SELECTION INCLUDED:

- Pancakes with caramel drizzle that represented a series of ancient geoglyphs located in the Nazca lines Desert (a UNESCO World Heritage Site) in southern Peru.
- Thick oatmeal with large fresh chunks of sweet apples.
- Andean Chuta Bread (traditional bread baked in colonial ovens)
- Omelets stuffed with peppers, celery, carrots, radishes and cheese

#### OUR SNACK PACK INCLUDED:

Following our daily breakfast, our chefs prepared little care packages for us to take along our journey to snack on. These little packages came in handy when you just need a little pick me up before continuing on your journey.

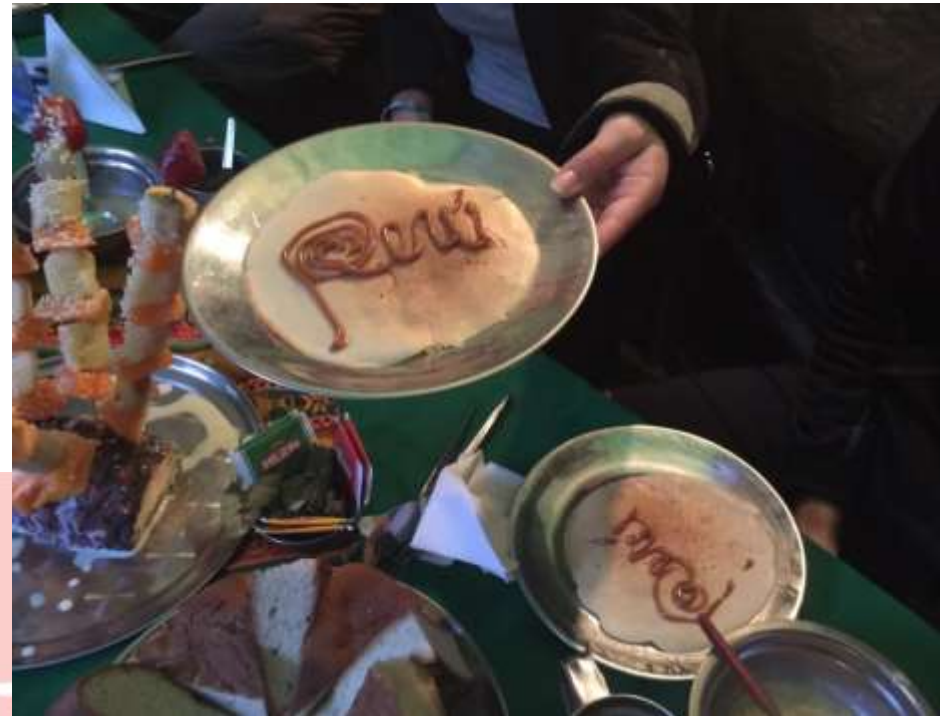
- Bananas
- Chocolate Bars, Sublime (I highly recommend you stock up on these to take home with you)
- Candies – think Jolly Ranchers
- Mandarin Oranges
- Granola Bars
- Apples
- Juice

#### OUR LUNCH SELECTION INCLUDED

After hiking for sometimes 4 hours before a full meal, our lunches always had a great balance of just enough protein and the quantity control (never wanted to be so full you just felt like sleeping). Our chefs came up with some excellent dishes including:

- Asparagus Cream Soup
- Quinoa Soup
- Vegetable Soup
- Peruvian Chicken Salad
- Native Peruvian Potato Chili with Rice & Spinach Cake
- Chicken Rolls
- Vegetable Salads
- Russian Salads

After lunches, we continued our hike along the trail for sometimes 4 more hours before reaching camp. After settling into our tents (and cleaning ourselves up), we enjoyed traditional teatime that happened at 5pm and instantly put us in a relaxing mood. These teatime sessions included:



- An assortment of teas (Coca, Anis, Manzanilla, Tea Puro)
- Hot Chocolate
- Coffee
- Freshly baked cookies
- Crackers with marmalade, honey and butter
- Popcorn
- Crispy Wontons

#### OUR DINNER SELECTION INCLUDED:

Our final culinary experience of the day would come at dinnertime with various wonderful three-course meals. Nestled in their tent, our talented team of chefs would compile the following dishes with only an aid of a flashlight and a minimalist propane torch.

- Potato Soup
- Rice and Vegetable Soup
- Andean Corn Soup – more like a chowder
- Steamed trout in a mushroom sauce served with garden vegetables
- Lightly fried chicken with fresh cut potato chips
- Stir-fried noodles with mushrooms and steamed kale
- Apple and Cinnamon Pudding
- Chocolate Cake and Pudding
- Gelatin (yes, Jell-O in the middle of the mountain range!)



# Travel Insurance

The Journey to **Machu Picchu** is an adventure travel activity which takes place in remote locations and at certain times at very high altitudes. As such, it contains a certain level of risk. In order to ensure a safe experience for every guest, we kindly request that every guest presents valid proof of insurance coverage as a minimum for medical emergency treatment and evacuation. Please note that some insurance policies exclude adventure travel activities or similar from the coverage, so please be careful when assessing and/or purchasing your insurance policy and please make sure that the insurance policy includes adventure Travel activities or similar coverage.

## Definition of 'Valid Proof of Insurance'

Inka Trail Expeditions Peru (ITEP) requires presentation of the following information at least 60 days prior to trip start date:

- Name of Insurance Company and Name of Specific Policy (if applicable)
- Coverage registration number or code
- 24hours emergency telephone numbers provided by the insurance company

ITEP partners with an insurance company called IHI – a member of the BUPA group to offer insurance coverage for medical emergency treatment and evacuation, including adventure travel activities. Upon your request, ITEP Travel may purchase this insurance coverage ON YOUR BEHALF from the mentioned supplier at a rate of US \$8 per person per day. The full terms of coverage of the mentioned policy can be found at:

<https://global.ih.com/travel+insurance/single+trip/cover.aspx>

ITEP Eco Travel can provide the aforementioned insurance policy (IHI) at the rate of US \$ 8 per person per day. Please consult with your Travel Specialist for more details.



# FAQ: Below you'll find answers to some very common questions.

## Is the Inca Trail difficult?

Great question! The **Inca Trail** is considered a moderate hike; however, there are a lot of staircases to climb, and the altitude can also affect the body. We recommend renting a wooden walking stick as it helps with your balance and reduces stress on the knees. If you have mobility issues, please let your CEO know during booking

## How many hours will I hike a day?

Make sure you pack your comfortable hiking boots, because it is estimated you'll be walking six to nine hours for each of the first three days and about two hours on the last day.

## What are the requirements to hike the Inca Trail?

To trek the Inca Trail with ITEP Travel you must be over the age of 12, with a moderate level of fitness, and hold a passport that is valid for up to six months.

## How high is the trail?

The trek begins at 2,800m (9,186 ft). The highest point you'll reach on the trek is approximately 4,200m (13,780ft). You'll also sleep at 3,600m (11,811 ft) for at least one night.

## How cold does it get?

It can get chilly due to the altitude. During the Andean winter (May – September) the temperature can drop below zero at night. It can be cool during the summer months too, so we suggest bringing thermal underwear and a warm sleeping bag.

## Is altitude sickness common?

It's impossible to predict who will be affected by the altitude as your ability to adapt can vary from person to person. (We do recommend you undertake the trek in a good state of physical fitness.) Most of our travelers have no problem, as long as they take the time to acclimatize when you book. We'll arrange for you to spend two nights properly. This might include spending a full day in **Cusco** and then take the train to the town of **Machu Picchu** (3,249m [10,659 ft] above sea level) and drinking plenty of water.

## When is the high season on the Inca Trail?

Hiking the Inca Trail is popular all year round, however May to September is considered the high season. This means that permits can be sold out months in advance. However, if permits are not available, there are other options to walk along the Andean Mountains, which still takes you to **Machu Picchu**.

## How far in advance should I book my tour?

To reserve a spot on the **Inca Trail**, we recommend you book your tour at least six months in advance during high season (May to October) and three months in advanced during low season (November to April).

## Do I need a permit to hike the Inca Trail?

Yes. We require a copy of your passport. Please note that any attempts to modify your personal information will result in the loss of the permit. A refund will not be possible so make sure you double-check your information. As well, there are a limited number of permits in effort to preserve the trail.

## When do we reach Machu Picchu and how much time will we spend at the ruins?

Reaching **Machu Picchu** depends on the campsite assigned to your group on the third night. However, many groups will reach the Sun Gate at around 6:00am. You'll have plenty of time to soak in the ruins thanks to a two-hour guided tour and some free time to explore afterwards.

## How do we get back to Cusco?

After you've taken in all the beauty of **Machu Picchu**, your group will travel by bus to **Machu Picchu** town and then catch a train back to **Ollantaytambo**, where you meet, you'll take a bus back to **Cusco**.

## Is it possible to skip the Inca Trail even if the tour includes

Yes! Let us know that you don't want to hike the Inca Trail when you book. We'll arrange for you to spend two nights in **Cusco** and then take the train to the town of **Machu Picchu**. You will rejoin your group at **Machu Picchu**.

## What type of accommodation can I expect on the Inca Trail?

We use three-man tents to accommodate two same-sex travelers. There are a few places on the trail where permanent (but very rustic) toilet facilities exist, and when they're not available, your crew will set up portable toilet tents.

## Do porters carry our luggage on the Inca Trail?

Yes! We'll provide you with a large stuff sac where you can place 5kg of your personal items (including your tent and sleeping bag). Our skilled porters will carry these bags while you hike the Inca Trail. Your other personal items will be stored safely at our hotel in Cusco. All you need to carry is a daypack containing the things you'll need during the day like water, camera and sunscreen.

## Will I be given a sleeping bag and mat?

Great question! Sleeping bags are not provided, so we recommend bringing a compact three-season sleeping bag. You can also rent a sleeping bag in **Cusco**; just let us know when you book. We provide our travelers with foam mats, but please feel free to bring your own-self inflating mat if you'd like.

## What type of food will be served on the Inca Trail?

Our cooks prepare excellent high-quality meals that are perfect for a day of trekking. The menu usually includes: pasta, rice, chicken, fresh fruit and vegetables, oatmeal, and eggs. If you're a vegetarian, no problem! We're able to cater to your needs. If you have any dietary restrictions or allergies, please let your CEO know.

## Is purified water available on the trail?

Bottled water can be purchased on day one and on the evening of day three of the trek. However, we discourage trekkers from purchasing bottles as it increases the amount of waste. Instead, we strongly recommend bringing a refillable water bottle, as boiled water will be provided with every meal.

### Can I bring my own walking stick?

Yes, as long as it is not a metal-tipped walking stick, as they are not permitted on the trail. You can rent a wooden walking stick from us as well along with additional equipment like sleeping bags and air mattresses.

### What is the suggested amount that I should tip the guides and porters?

Tipping is at your discretion, but is always appreciated. If you enjoyed the service you enjoyed from your guides and porters, we suggest tipping among \$6-8 dollars a day.

## Terms & Conditions

- A non-refundable deposit of 50% per person is required at time of booking.
- A reservation will not be confirmed until the deposit is made. Space may be allocated to the next request on the waiting list, if applicable.
- INKA TRAIL EXPEDITIONS PERU (ITEP) will issue a 48-hour HOLD on a reservation and will contact the party concerned before releasing space.
- ITEP will honor and guarantee any reservations with status of Payment in Process.
- Full payment is required 60 days before departure date.
- ITEP Travel requires full guest information to be handed in 60 days prior to departure.

- For a single willing to share, ITEP will request payment of the 10% single supplement 60 days prior to departure, together with full payment, in the case that a roommate has not been found. If a roommate is found for that guest between 59 to 0 days prior to departure, ITEP will fully refund the single supplement paid by that guest. In the event that the roommate of a guest who is willing to share cancels within 59 to 0 days prior to departure, the remaining roommate will not be subject to the 10% supplement.

### Cancellations

In the event of a guest's cancellation ITEP requires notification of cancellations in writing, by email or fax and the following cancellation fees apply:

- Until 60 days prior to trip start date: Deposit of 50% per person
- 59 - 30 days prior to trip start date: 80% of the total trip cost
- 29 days or less prior to trip start date: 100% of the total trip cost

### Transfer Fees

If a guest wants to change tour dates, the following fees apply:

- Until 60 days prior to trip start date: 20% per person
- 59 to 30 days prior to trip start date: 30% of the total trip cost
- 29 days or less prior to trip start date: 50% of the total trip cost

Additional notes on Transfers:

- Guests do not have to decide when requesting a transfer which future departure date they would like to join. The transfer fee is due when confirming the future departure date.
- Transfers are only valid until the end of the following year depending on availability (for example: if a guest cancels in 2019, the guest must travel on a departure

date by December 2020).

- If there is an increase in the rates from one year to the next, the guest is responsible for assuming the difference, in addition to the transfer fee.

### Cancellation & Transfers of Additional Services

In the event of a guest's cancellation or transfer of additional services (extensions, additional hotel nights, tours, etc.), the following fees apply:

- Until 60 days prior to trip start date: No charge
- 59 - 30 days prior to trip start date: 50% of the total trip cost
- 29 days or less prior to trip start date: 100% of the total trip cost

Note: Special terms and conditions apply to our Travel experience. Your Travel Specialist will advise of specific reservations and cancellation terms.

### Peruvian Citizens (18% IGV):

As a way of promoting tourism, the Peruvian Government exempts foreign tourists from 18% general sales tax (locally known as Impuesto General a las Ventas, or "IGV") on hotel lodging only. The rates provided by INKA TRAIL EXPEDITIONS PERÚ and/or any other hotel exclude this sales tax for hotel lodging. If you are a Peruvian citizen, resident, or have been traveling in Peru for more than 60 consecutive days please note that you will be charged 18% sales tax on top of the rate you paid for your hotel nights. All hotels require "proof of non-residency" by asking you to present your foreign passport upon check-in. If you cannot produce your foreign passport with the Peruvian immigration entry stamps and your tourist card, you will be asked to pay the applicable additional sales tax. **A copy of your passport is not permitted.** Please carry your passport with you when checking into any hotel.

# Travelers' Quotes



Finsovaries  
Phoenix, Arizona



★★★★★ Escribió una opinión el 9 de octubre de 2018

## Best time ever!!

We booked a 5 day salkantay trek. It was an unbelievable time. Our tour guide, Alvina was the best. She was funny and very knowledgeable in Peruvian history.

The meals that were made by our chef, Sebastian were outstanding. We always ate something new and it felt like we were on a food tour instead of actually being in the Andes.

Pick up and drop off were as explained in the meeting before the trip. Anyone who is interested in doing the trek, bring poles! I am fairly young and in good shape and never would have thought my knees would hurt as much as they did.

Overall, an amazing time. I would book again!



Jade N



★★★★★ Escribió una opinión el 12 de agosto de 2018

## Teacher (NYC)

ITEP tour company was amazing to work with! There were 4 people total in our group and we booked Sacred Valley as well as the 2 Day Inka Trail. We felt safe and cared for throughout our entire trip. While the trail was difficult for some of us, our tour guide was with us every step of the way. This company was highly professional and punctual. Communication was great with everyone in this company. Would highly recommend!

[Mostrar menos](#)

[Pregunta a Jade N sobre ITEP Eco Travel](#)



Caleb J



★★★★★ Escribió una opinión el 26 de octubre de 2018

## Trip of a lifetime

Percy was our guide and he was knowledgeable, helpful and patient. We had the best chef and ate the best food! I was a bit nervous because I have never hike before or been in high altitude but I had no problems completing the trek. 10/10 would recommend.



Roberto S  
Roma, Italia



★★★★★

## SHORT INCA TRAIL

My girlfriend and I spent two fantastic days visiting Machu Picchu. The first day we survived the Short Inca trail!!! Alvina, our guide, with her upbeat attitude kept us always motivated to face the trek under the pouring rain. Moreover she gave us lots of interesting information about indigenous plants and animals. At the end of first day we finally conquered Machu Picchu. We spent the whole next morning visiting the archeological complex. Alvina explained very well, with words and images, about the buildings and most importantly Inca's culture. She also gave us time to take pictures and to explore the site on our own. I thank ITEP TRAVEL and Alvina for the great time we had.



Anita P



★★★★★ Escribió una opinión el 7 de octubre de 2018

## Excellent hike - Must see!

Opinión sobre: [Salkantay Trek en 5 días](#)

Great tour, an absolute must for travellers and outdoor nerds. Great tour company and easy to deal with. Reasonable prices, nice variety of tours, friendly staff, great way to meet new friends. Would definitely recommend and use again when I'm back in S.A!!



Visit S



★★★★★

## Great Experience in Choquequirao

We booked the 4d3n trip to Choquequirao at ITEP and we can really recommend it. The service you get for your money is really really good - we didn't expect such a good service. Our tour guide Santiago and his team was really helpful and careful! We hadn't to care about anything, neither to build up our tent nor if we have enough snacks during hiking... They really took care about every little thing. We also booked a extra horse to carry our things and sleeping bags. The horses seemed to be healthy and the equipment was also good quality. The meals were absolutely amazing! I have no clue how our chef Nazario could do that but it was always delicious! I am vegetarian and it was no problem. We would definitely book it again at ITEP!



Rochelle K44



★★★★★ Escribió una opinión el 8 de agosto de 2018

## Maribel - Machu Picchu Tour Guide

Spent 3 days touring Aguas Calientes and Machu Picchu with Maribel from ITEP tour agency. Her wealth of knowledge of the history, flora and fauna of Peru, her command of English, her patience with questions, and keeping up the morale of the group were very well appreciated.

[Mostrar menos](#)

# ITEP Eco-Travel Awards



## ITEP ECO TRAVEL RECIBIÓ PREMIO EMPRESA PERUANA DEL AÑO

Por su liderazgo como la mejor Agencia de Viajes de Cusco, Itep Eco Travel recibió el Premio Empresa Peruana del Año 2016. William Escalante Taype, Gerente General; Karelyn Luero Zárate Paucarmayta, Gerente de Operaciones Premium; Liz Katherine Enriquez Lozano, Minelva Tarapaqui Sipaucar e Isaud Otto Josué Vela Santana, Gerente Ventas Corporativas.



## Visit Our Blog

Comment about your adventure!

<https://www.iteptravel.com/blog/>

## DOING THE RIGTH THINGS!!!

<http://www.inka-foundation.org/>



Choosing **ITEP Eco travel**, you help to make our world a little bit better!!!

Don't just see our world, enjoy it and make it better.

"The activist is not the man who says the river is dirty. The activist is the man who cleans up the river." - *Ross Perot*

We know our **Planet Earth** is an amazing place, but it's far from perfect, **ITEP Eco Travel** is trying to do the right things to keep our World better for all of us and those that are not considerate.

When you travel with us, you help our **Inca Foundation** and you're giving back as much – if not more – but important for all of us!!!

**ITEP Eco Travel** is a social enterprise, which means the social value of what we do is going back to the destiny that you are visiting.

Our **sustainability** program "**Fundación Inka**" **Code of Ethics for Tourism** to promote responsible and sustainable tourism in those destinations where we operate, minimizing actions that may generate a climatic change, aiming for the welfare of our employees, clients, partners, providers and the community.

Wonder  
PERU

With our **Inca Foundation** you are supporting the local entrepreneurs, small businesses strengthen communities, raises the overall quality of life, and ensures that the places you love will continue to be loved, Teaching students to be environmental stewards, Together with your support, we transform local orphanages into homes, provide clean water and quality healthcare, and fund scholarships for education.

We try to help some children experience difficulties in school, ranging from problems with concentration, learning, language, and perception to problems with behavior and/or making and keeping friends.

**ITEP Travel** is investing in the future by directing a strong focus on sustainable tourism projects and practices. Our objectives are to set in place responsible practices that will have a minimal impact on the environments and communities in which we work while at the same time ensuring our clients enjoy a memorable trip.

There are many reasons to choose **ITEP Eco Travel**, but the most important reason is that you can engage in a better world

Please visit our web site:

<http://www.inka-foundation.org>

If your Institution or Community needs our support:

Contact us to [info@iteptravel.com](mailto:info@iteptravel.com)

## HIKING, TREKKING DIFFICULTY SCALE AND WHEATEAR CONDITIONS FOR OUR TRAILS IN PERÚ



The hiking difficulty scale and wheatear conditions were developed for two reasons:

- To help guests to determine which hikes best match their skill-set and fitness level
- To increase the quality and safety of our tours

Guests who have realistic expectations about the difficulty of their upcoming adventure are more likely to have an enjoyable experience.

Please review the information below before booking your tour:

Avoid booking tours that exceed your hiking skills/physical abilities. During our group hikes, guests who are unable to maintain the group's hiking pace and/or do not have the required skills to hike safely, may be required by the guide to turn back. Guests who would like to hike with a guide, but believe that the difficulty-level of our group hikes exceed their skills/abilities; have the option of booking private tours that can be tailored specifically to their needs. In such cases, we ask that inquires be sent via email.

**IMPORTANT:** \*The following scale indicates the difficulty day by day.



**Suitable for:** All people ages, including teenagers and seniors, who are in good conditions.

**Trail conditions:** Facilitated and wide, with hardened smooth surfaces. Excellent and extensive signage and trail markings.

**Type of terrain:** Flat/hilly.

**Distance, duration and elevation:** 2-3 km, 2-3 hours per day, with little/some increases in elevation.

**Guide role:** Facilitator, logistics, interpretation, and technical skills, and safety.



**Suitable for:** People of most ages - teenagers – and senior who are in general good condition, and have previous hiking experience.

**Trail conditions:** At times facilitated (wooden/stone staircases, bridges, railings). Narrower and more technical, although mostly firm and stable surfaces. Rocks and other obstacles are present. Some signage, good trail-markings.

**Type of terrain:** Hilly, with some steeper, rocky sections where good eye/hand/feet coordination is required.

**Distance, duration and elevation:** 3-8 km, 3-5 hours per day, with quite a lot of elevation gain.

**Guide role:** Facilitator, logistics, interpretation, and technical skills, and safety.



**Suitable for:** People of most ages – teenagers and senior – that are in very good condition, and have previous hiking experience.

**Trail conditions:** At times facilitated with simple technical equipment (i.e. chains, ropes). Narrow/nonexistent trails mostly marked with simple signs/cairns. At times more technical “off-the-beaten-track” hiking.

**Type of terrain:** Mountainous. Steeper sections with rocky surfaces requiring good eye/hand/feet coordination. Unsteady surfaces and a variety of obstacles (i.e. creeks, swamps, bushes and boulders) occur.

**Distance, duration and elevation:** 8-12 km, 5-7 hours per day, with significant gain in elevation.

**Guide role:** The guide behaves mostly as a mentor, focusing on the trail, technical skills, and safety. Logistics are planned well in advance. Interpretation and host Manship are executed whenever possible.

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**Suitable for:** People of most ages – teenagers and senior – that are in extremely good condition, and have extensive hiking experience.

**Trail conditions:** Rarely facilitated with very simple technical equipment (i.e. chains, ropes). Mostly non-existent, unmarked trails. Mainly technical “off-the-beaten-track” hiking and scrambling.

**Type of terrain:** Mountainous. Mainly unsteady surfaces and a wide variety of obstacles (i.e. creeks, rivers, swamps, bushes, boulders, and steep rock surfaces).

**Distance, duration and elevation:** At least 12 km, and more than 7 hours, with at least 1500 meters gain in elevation per day.

**Guide role:** Expedition leader with great focus on the trail, technical skills, and safety. Logistics are highly tailored and planned well in advanced. Interpretation and host Manship are executed when possible.

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This symbol indicates that the organized tour might include snow/ice conditions. In such cases, your guide during your pre departure briefing will provide you with all the necessary information about the weather on the trip your selected. Bringing along good wind/water-proof hiking clothes, suitable for winter conditions, is necessary. Provably required equipment – typically hiking poles, spikes and/or snowshoes – which are not included in the tour’s price. Snow activities can include all levels of difficulty.

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<b>MAY / AUGUST :</b> Day time : Cold / Dry / Warm Night time : Very Cold / most probably is not going to be rainy	
<b>SEPTEMBER   ABRIL:</b> Day time : Cold   Rainy sometimes Night time : Very Cold   Rainy most of the time	

### Disclaimer

This scale, symbols and descriptions as shown above are under constant development, based on our guides’ experiences and guests’ feedback. Although we do our very best in providing our guests with the best information possible, the hiking difficulty scale has a purely indicative function. ITEP Travel Group does not accept any liability for using our hiking difficulty scale. For all our tours, our general conditions of contract apply.





WE ARE PROUD TO BE MEMBERS IN:



*For additional information and reservations please contact:*

[info@iteptravel.com](mailto:info@iteptravel.com)

[www.iteptravel.com](http://www.iteptravel.com)



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**Machupicchu Office:** Urb. Las Orquideas, F-6