

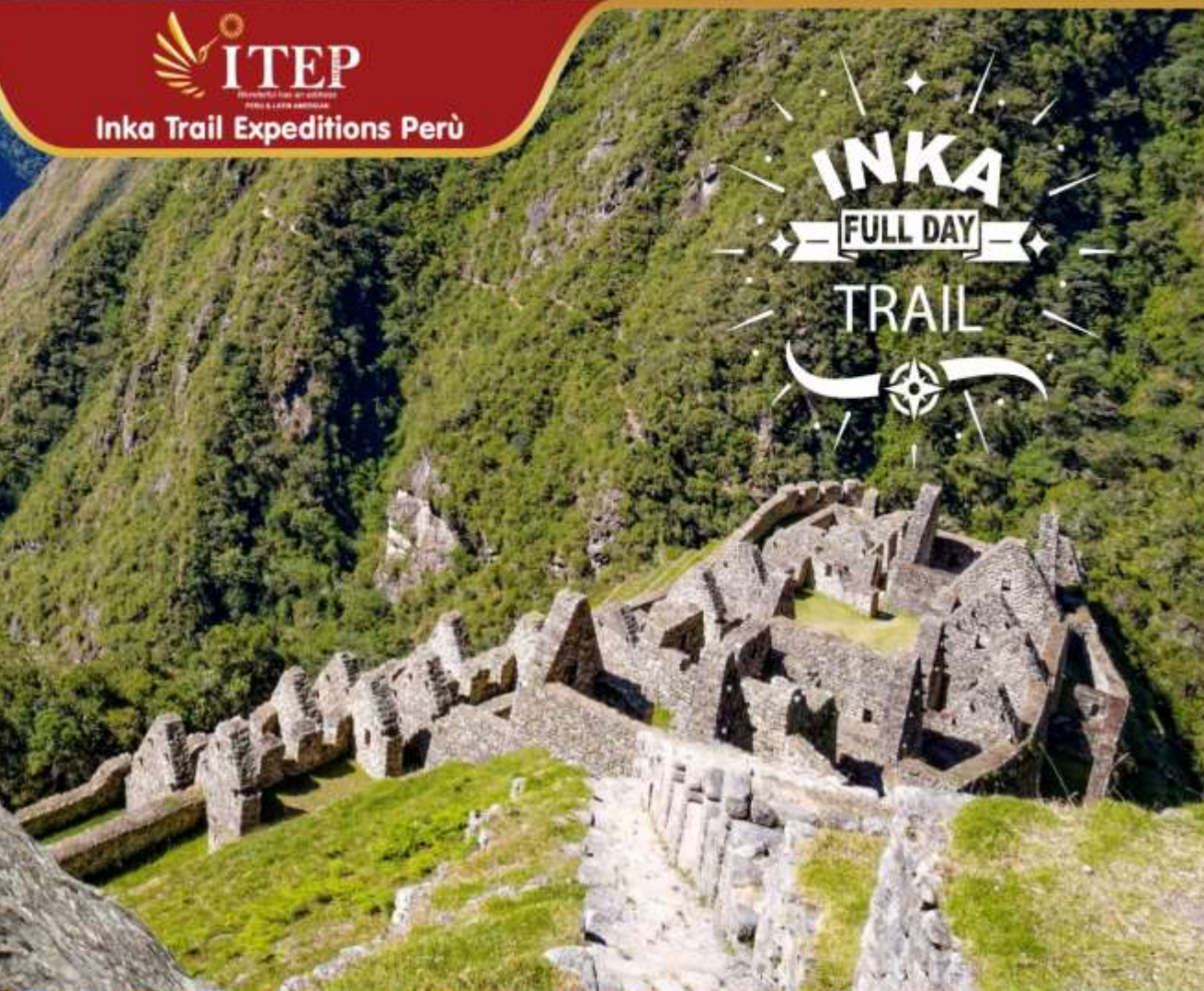
Proud member of:



Inka Trail Expeditions Perú

Perú Register Sales Tax License: 20528015752

INKA FULL DAY TRAIL



AM



PM

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 **Royal Inca Trail** to the legendary **Macchu Picchu**...

...Have a sweet dream under the inka’s Cosmos center, **Machupicchu!!!**

...Marvel at the exquisite beauty of the **Sun Gate** and **Machupicchu**...

...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 ROYAL INKA TRAIL 1 DAY!

By ITEP "Inka Trail Expeditions Perú"...

...The Inca Trail to **Machu Picchu** in Perú is part of an extensive Inca system of 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 **Inca Trails** are called in Quechua "the Inka Language" Qhapaq Ñan - refers to the network of trails) were without a doubt is one of the marvels of Tahuantinsuyo, according to the Peruvian historian, José Antonio del Busto, who explains that the Inca "King" Huayna Capac most increased the network of trails in order to quickly mobilize his army.

The trails varied in quality and size, they could be 6 to 8 meters wide on the coast but, in the mountains the paving was only one meter wide but the path was audaciously steep and climbed over the difficult Andean mountains.

... The Royal Inka Trail to Machupicchu

The Royal Inka Trail to **Machupicchu** "The Famous Inka Trail" still existed and was re-discovered by Hiram Bingham when he realized his clearing work between 1913 and 1915. The Inka trail was a royal route to Machupicchu used by the Inka (or Emperor/King) in the 15th century. There are different sites between Ollantaytambo Inka City and Machupicchu Inka City where one can note the variety in architectural resources that give rationality, importance and mysticism to the Royal Road. It did not have a commercial use; there were others more simple trails to transport products, llamas and people to Machu Picchu. The purpose of the **Inka Trail to Machupicchu** was religious and ceremonial that included rituals to honor the mountains and peaks of the route, like Veronica Mts or Wakaywilka Mts.



INKA TRAIL HIKING-TREKKING DIFFICULTY SCALE



Day 01:

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

Is this tour for me?

Experience: Royal Inca Trail to Machupicchu
Duration (days): 01 Day including Machupicchu
Language: English & Spanish
"Other Languages on request"

Close Airport: Cusco /Perú

The attraction: The Royal Inca Trail is the most famous hike in South America; the day Inca Trail is walked by dreamers every year. Although the total distance is only about 10 miles (16 km).

Travel Style: Active
Hiking, trekking, biking, rafting, and kayaking adventures all over the world, made for outdoor types.

Trip Type: Small Group

Small group experience; Max 8, Avg 6 "Be in mind small group size means more authentic experience".

Age requirement: 8+ all travelers under age 17 must be accompanied by an adult.

Physical Rating/ Grading: 1 2 3 4 5

2 - Moderate

Could be a challenge to first time trekkers and are tougher than easy treks. So these Inca trek is suitable for any walker looking for something a little more challenging and energetic. Most people who enjoy a weekend in the hills or mountains at home are capable of undertaking a trek at this level: you need to be in good health and reasonably fit, and you will almost certainly be taking regular exercise. A trek could be graded Moderate either as a fairly easy medium-duration walk, or as a harder, shorter walk. Some walking at higher altitude and the occasional longer or more difficult day may be involved, but generally conditions underfoot will be fair. A walking day would normally be between 5 to 8 hours long and no experience is necessary for this short Inca trail.

The Distance: The Inca Trail difficulty starts with the distance. It's 16 km (10 miles) in total, covered over 1 day. The hike is generally broken down into:

Day 1: 16 km (10 miles) Our trek starts in Chachabamba "Km 104" train railway from Cusco to Machupicchu village. And we finish with a guided tour in Machupicchu.



Price: Prices will vary according service level and inclusions.

Classic Services	Classic Inka Trail with Machupicchu in a full day with Expedition Train "Backpacker"
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Please check our Prices table in attached and their inclusions

Activity: Trekking, Adventure

Country: Perú

City: Cusco

Acclimatization: Please allow a minimum of 2 days in Cusco before your hike begins to Machupicchu.

Highlights: Royal Inka Trail, Wiñayhuayna “for Ever Young”, Inti Punku “Sun Gate” and Machupicchu

Limited Spaces: YES. To protect the historical trail of the Incas, the number of people allowed to hike the Inca Trail each day is limited space to 250. That is why, you should reserve your space as soon as possible. Spaces can be filled up three to six months in advance. Spaces fill more quickly in the high tourist season, from May to September.

More about the experience: The ancient trail laid by the Incas from the Sacred Valley to Machu Picchu winds its way up and down and around the mountains, snaking over three high Andean passes en route, which have collectively led to the route being dubbed ‘the Inka Trail.’ The views of snowy mountain peaks, distant rivers and ranges, and cloud forests flush with orchids are stupendous – and walking from one cliff-hugging pre-Columbian ruin to the next is a mystical and unforgettable experience.

You Book, You Go...Don't Worry... We Won't Cancel: While other tour companies generally cancel their trips due to low participation of travelers or pass their travelers to other big groups tour operators, we guarantee that we will never cancel a trip because of low signing-up or participation for the departure date neither get our travelers to other tour operators! This makes to our travelers the assurance and peace of mind to know their travel plans are insured and guaranteed.

Request a Quote: We can customize this private trek just for you. Any detail can be tailored – activities, length, hotels and other destinations.

Video about the Inka Trail 1 day: https://www.youtube.com/watch?v=G_EmlcVDVbQ&feature=youtu.be



About ITEP Eco Travel

(ITEP) INKA TRAIL EXPEDITIONS PERÚ, offers “Exclusive Adventure at its finest”: The opportunity to experience the essence of adventure within the realm of revitalizing comforts. But for ITEP Eco Travel, a great adventure does not end there: In order for it to be a life changing experience for our guests, we believe that the experience has to be an adventure on many levels.

This is why our proposal goes far beyond comfortable Adventure and great treks. It is a unique opportunity to experience ancient history in the land of the Incas, contemporary manifestations of deep-founded culture, the most interesting and exotic variety of flora and fauna, culinary surprises, the determination of local people to progress, new friends and like-minded souls.

The Proposal

We propose an expedition... an exciting Inca adventure of surprising comfort that takes you on an ancient Inka trail called the “**Royal Inka Trail**”, the road less traveled to the lost city of the Incas. The route winds through the Cordillera Vilcabamba, a spectacular Andean mountain range, before plunging into forested canyons. Discover a world surrounded by magical moments which will stay with you far beyond your return home. See why the majestic peaks with their lost Inka village during centuries inspired awe among the natives who consider them gods.

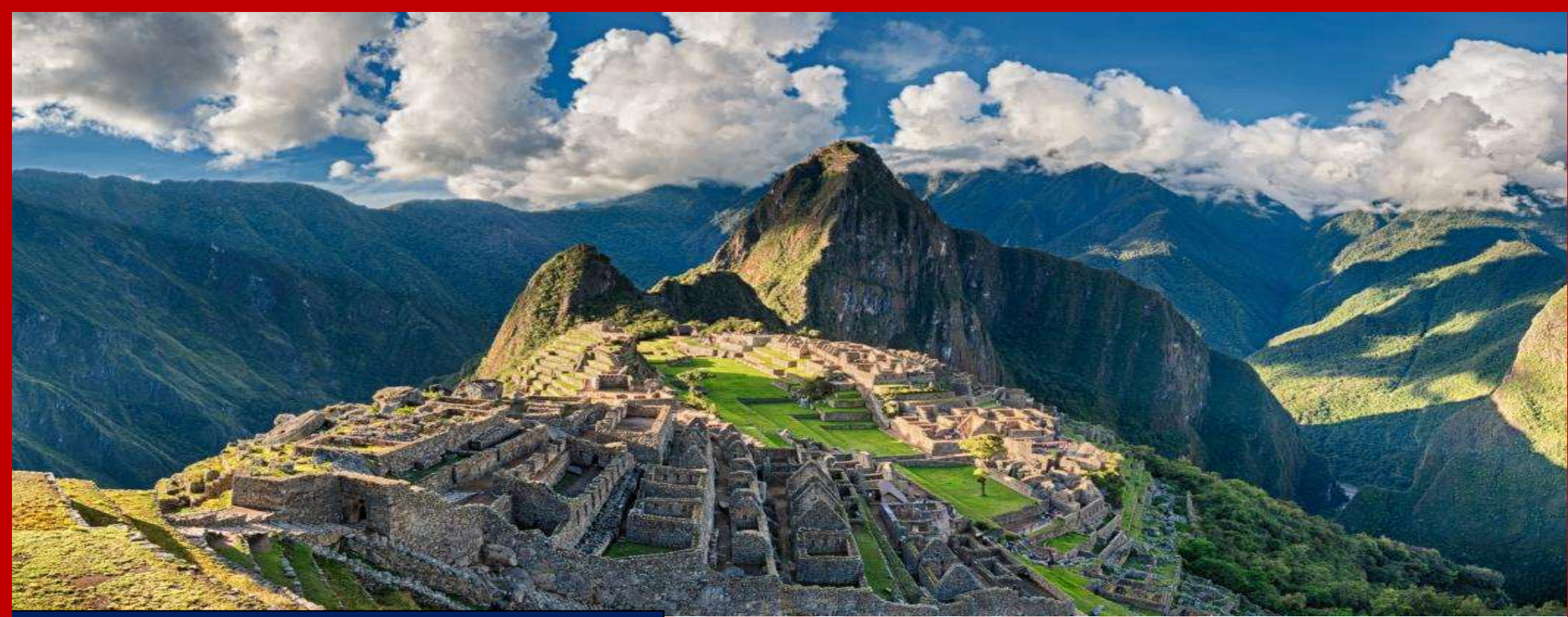
Walking on the unbeaten trails of the mysterious Incas, high in the mountains and on winding slopes creates an intimate bond between our Tour Guides and Travelers based on mutual trust and the excitement of the journey ahead.

The full day Inka Trail ends in Machupicchu, an experience with highly personalized service provided by local staff.

In our Machu Picchu Inka trail experience day tour, travelers spend the afternoon of the journey in Inti Punku Inka Site “The Sun Gate” in anticipation of the grand finale: a visit to Machu Picchu, the lost city of the Incas.







Itinerary

DAY 1 | Transfer by ITEP Van from Cusco to Train station, later train service to Km 104 “Inka Trail Entrance”.

Trekking Km 104 “Chachabamba to Inti Punku, the Sun Gate” – Machupicchu Guided Tour ends in the afternoon Train back and final Transfer to Cusco.

Today Our Inka Trail day trek take us along the most impressive stretch of the Inka Trail to Machupicchu. We will visit beautiful Inca sites, see a variety of flora and fauna and get to take the fantastic panoramas of the Andes Mountains. Covering 16km of the trail our journey begins in the Sacred Valley and works, it is the way up along an original Inca Trail to the Inca site of Wiñay Wayna “forever young” before continuing to Machu Picchu via the Sun Gate (Inti Punku).

As we make our way to Machupicchu we'll pass through the lush and verdant cloud forest that covers the mountain and get to see a variety of plants, flowers and birds along the way. We may also see some larger mammals such



as Vizcachas (rabbit-like Chinchillas) and Spectacled Bears (if we are very lucky).

After a full day Inka trekking, we will arrive to the Sun Gate (Inti Punku) in the middle day and get our first views of Machu Picchu, spread out on the mountain below. The light at this time of day is great for photos and with fewer tourists in the site; it's a perfect time to take some pictures. After we have passed through the Sun Gate we'll continue our last part of the Inca way that leads us to Machupicchu Inca city. "Free time for rest and Picture".

We will begin a guided tour of the Inka City of Machupicchu; you will learn a lot about the Inkas and will visit all the most important areas of the Inka citadel.

Back to Cusco: You will descend to Aguas Calientes by bus (if your booking includes) and later board the Expedition train to the Ollantaytambo Train Station where you will meet our private van and be transferred to your hotel in Cusco arriving around 10:30pm "time can vary according train schedule".

Meals: Box Lunch.

Distance: 16kms/10 miles (6 hours more or less of hiking)

Difficulty: Easy/Moderate.

Walking Time: Approximately 6 hours (including picnic and lunch in route)

Walk and Terrain: Walk, canter, on open roads, some steep ascending trails

*** **We only take ITEP Eco Travel clients in our vans / cars** – We do not use public transport.





Wonderful has an address
PERU & LATIN AMERICAN

The logo for ITTEP TRAVEL is displayed on a light red background. It features a stylized sunburst icon on the left, followed by the letters 'ITTEP' in a large, white, serif font. The word 'TRAVEL' is written vertically in a smaller, white, sans-serif font to the right of 'ITTEP'. Below the logo, the tagline 'Wonderful has an address' is written in a white, italicized serif font, and 'PERU & LATIN AMERICAN' is written in a white, sans-serif font below that.

INCA TRAIL 1 DAY



Wonderful has an address
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Inka Trail Expeditions Perú

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SHORT INKA TRAIL 1 DAY

INKA TRAIL TO MACHUPICCHU CLASSIC STYLE

What is Included?

- **Pre-departure briefing:** You will meet your royal Inka Trail guide and group in our office for an orientation before your trek. 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 **Ollantaytambo Train Station.**
- **Touristic Train Expedition Service:** Train leaves from Ollantaytambo Train Station until Chachabamba "Km 104" the starting point of the Short Inka Trail to Machupicchu. Optional upgrade for Vistadome Train at extra cost.
- **Adventure Experienced Short 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 Inka 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.
- **Overnight in Machupicchu Village:** **Is not needed**
- **Entry ticket to **The Short Inca Trail "Sun Gate to Machupicchu"****
- **Entry ticket to Machu Picchu Inka Site**
- **Meals:** **01 box lunch, (Vegetarian, vegan, or special needs** are available at no extra cost) Please be in mind (breakfast and dinner are not included)
- **Water:** Inka Trail Expeditions Perú will supply a liter of water for you hike, after you arrive to Machupicchu Village/Aguas Calientes, you will be able to find plenty shops and restaurants. You must supply your own water bottles or camel back. We recommend carrying about one more 01 liter of water.
- **Medical kit and Oxygen bottle:** Our crew will bring a first-aid kit, including emergency oxygen bottle.
- **Train tickets back:** 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 1)**
- **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:

- **Bus Consettur to Machupicchu Town:** optional bus to go down from Machupicchu Sanctuary to the town, the extra cost is US\$ 12.00.
- **Walking Sticks:** You can rent a set from our company if you would like.
- **Meals in Machupicchu village: Dinner** In Aguas Calientes. Approx. Usd 20 to 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.
- **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: US\$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 24-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 current passport at booking time. Please send us a copy of your student card

ADDITIONAL ITEMS:

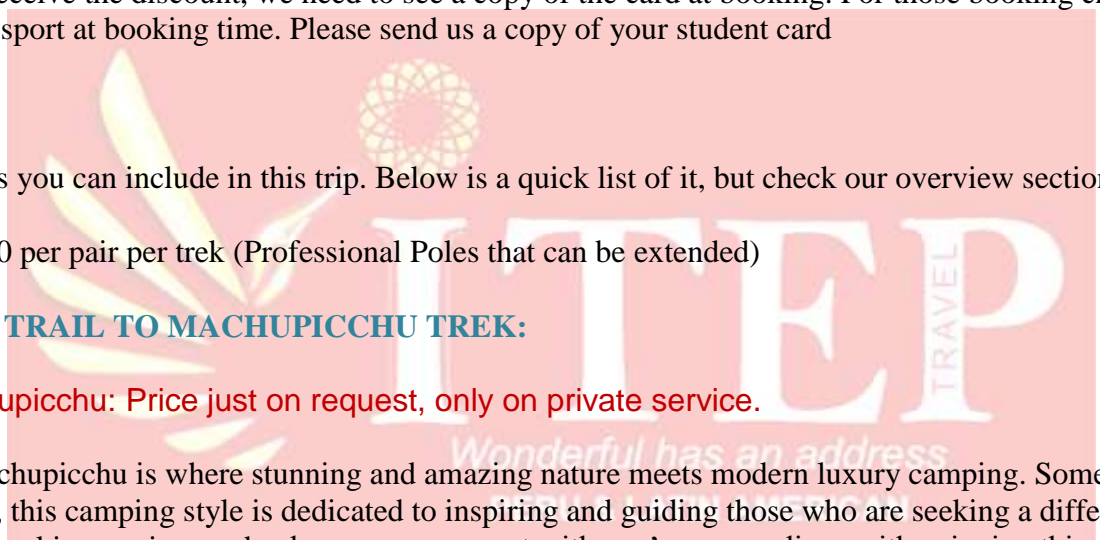
There are several optional upgrades you can include in this trip. Below is a quick list of it, but check our overview section for more details.

- Walking Poles – USD 15.00 per pair per trek (Professional Poles that can be extended)

PERU LUXURY SHORT INKA TRAIL TO MACHUPICCHU TREK:

Luxury Short Inca Trail to Machupicchu: Price just on request, only on private service.

Perú Luxury Short Inca trail to Machupicchu 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 o luxury trekking trip in Perú, the kind that encourages cultural immersion, and a deeper engagement with one’s surroundings with enjoying this upscale approach to sleeping under the stars.



OUR INCA TRAIL EXPERIENCE ON PICTURES!

1 Day: "Cusco, Chachabamba/Km 104, Inti Punku, Machupicchu and back to Cusco"



1ST Day: (Machupicchu Sunset, Cusco)



Pre and Post - Inca Trek Additional Travel Service

Our travelers recognize us for something unique, and it's not for building lodges on a remote mountain trail, It is for the experience, service and magic we have created. 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 striving for excellence, and fused with a significant attention to detail. Our motivation is to design super travel experiences and create wondrous memories for our guests - on some occasions - even life-changing ones!

Lima

Did you know that most international flights arrive at Lima Airport either late at night (11pm) or early in the morning (5am) and that connecting flights to Cusco start at 6am? Spending the night at a Lima hotel (even for a few hours) will allow you some rest so that you can better enjoy the rest of your trip. 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 prior to the start of your trekking adventure (if your travel allows it) in order to better adjust to the elevation. We would be happy to take care of your hotel reservations, transfers and can set up personalized tours during your stay in Cusco. Enjoy exploring the city of Cusco and its surroundings, which offer many great cultural and historical attractions such as the Sacred Valley of The Incas, The colorful Rainbow Mountain. Additionally you can enjoy fine dining, traditional shows, and bargain shopping.

Extension Packages

Do you feel like exploring more of Peru? Ask for the extension, explore the colorful island communities of Lake Titicaca (the highest navigable lake in the world), adventure into the rich wilderness of the Peruvian Amazon jungle, or visit Colca Canyon, with its incredible depths, Inca terraces, and soaring condors.



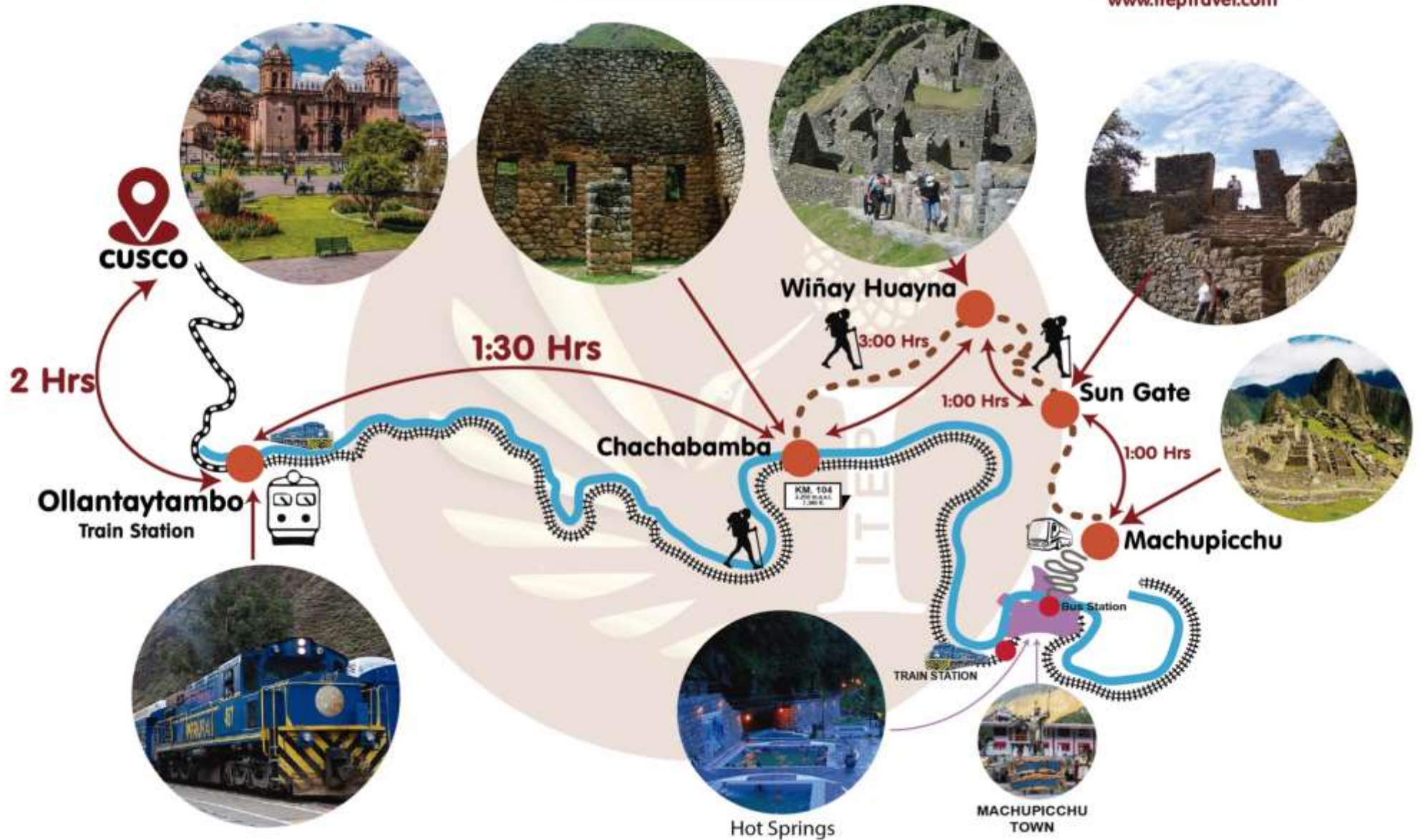
The INCA TRAIL Map

INCA TRAIL 1 DAY

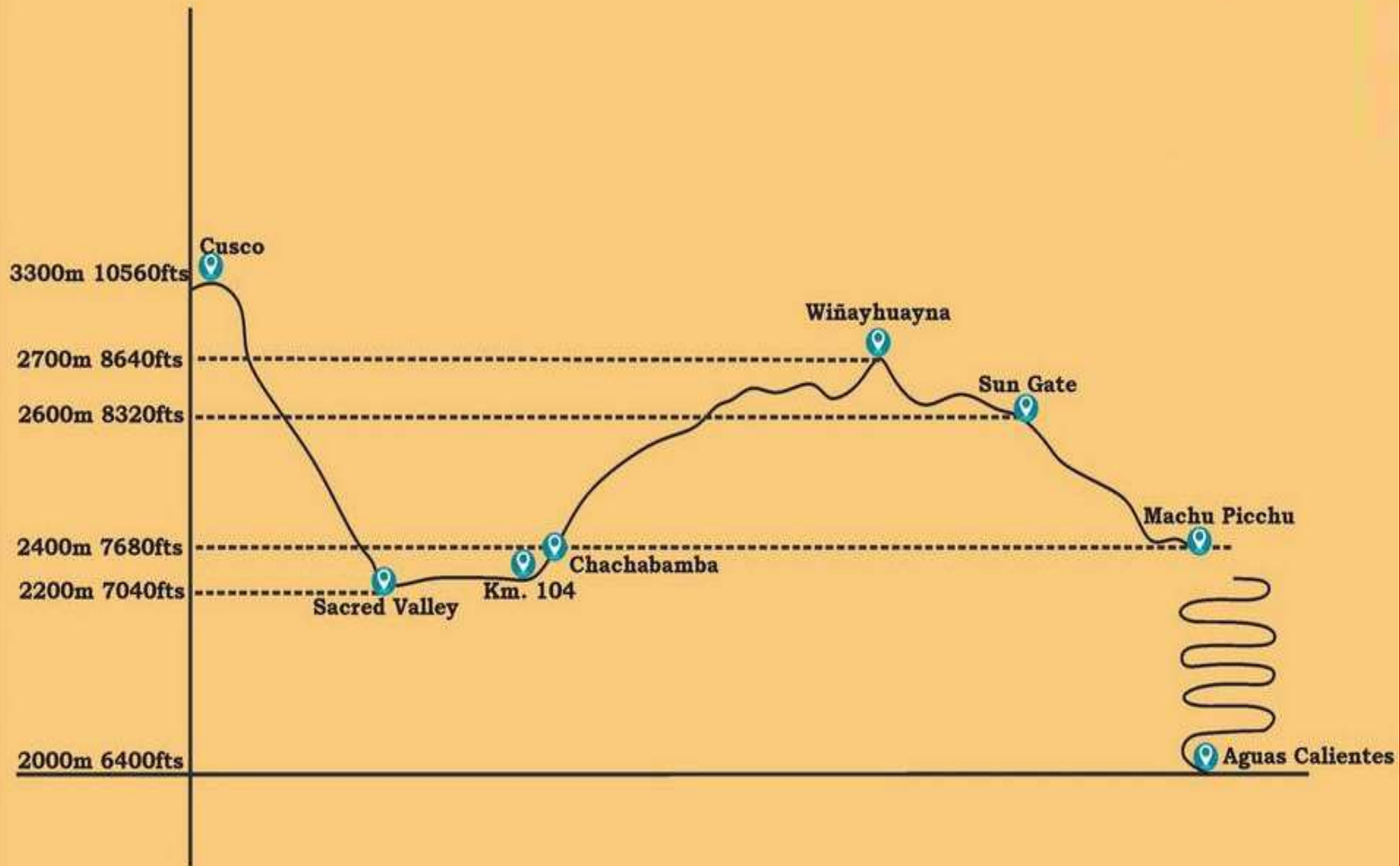


Inka Trail Expeditions Perú

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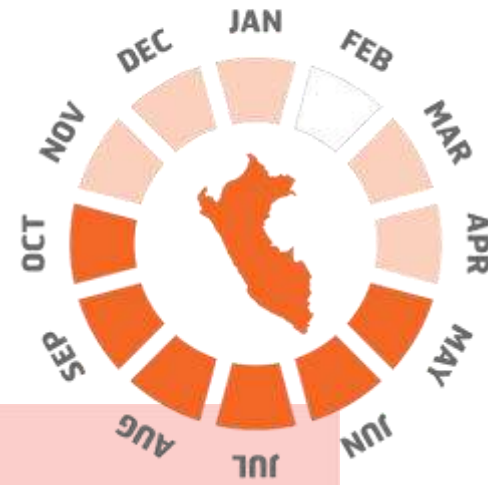


Locations, Altitudes, Distances, and Times



INCA TRAIL WEATHER














The weather can make a big difference to your Inca Trail difficulty. Heavy rain, freezing nights, blazing sun and howling winds are all possible on your two days 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.



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
Weather												
Avg High	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
Avg Low	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
Wet days	18	13	11	8	4	2	2	4	7	8	12	16
Rain (mm)	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 INKA Trail

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 Mt Machupicchu. 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? 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-day 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 Kili, 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!).

Wonderful has an address

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 and 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 fuelled

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 them 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.



Baggage Specifications

- Please, do not bring hard suitcases or wheeled bags. Soft duffel bags and/or backpacks ("soft" bag pack) are recommended.
- Bathrooms are basic use.



Packing List

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





Santiago Ballon



Jorge Sánchez



Yesenia Carreño



Elio Sanchez

INCA TRAIL Guides

We provide one cultural and one Equestrian Guide and his/her assistant(s) for each group. In addition, groups of 6 or more guests are accompanied by a route doctor (depending on availability). 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 an office / hotel 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 are 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 Machupicchu," 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 recommend 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 & SNACKS ALONG THE INCA TRAIL DAY TOUR

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 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 principal dishes including one of this:

- Peruvian Chicken Salad with quinoa.
- Native Peruvian Potato Chili with Rice & Spinach Cake
- Chicken Rolls
- Vegetable Salads
- Russian Salads
- Quinoa Chaufa is the perfect quick supper dish, and a great way to reinvent *quinoa*. Make it with roast chicken, roast pork, or vegetables. "Vegetarian or Vegan option is available".

Menu can vary day by day according to our Chef recommendation.

Now we have some extra snack for your hiking trip:

- Bottle of water
- Quinoa bar with raisings
- Brownies
- Peach juice- (Frugos)
- Chocolate bar
- Coca candy
- A fruit (an apple or banana)



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
- 24hr 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>

In the event that a guest has not presented valid proof of insurance to ITEP Eco Travel at least 60 days prior to the trip start date, ITEP Eco Travel will provide the aforementioned insurance policy (IHI) at the rate of US\$8 per person per day, for the duration of the itinerary purchased through ITEP Eco Travel. 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 seven hours for the day trek and about one hour on Machupicchu guided tour.

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 travellers have no problem, as long as they take the time to acclimatize properly. This might include spending a full day in Cuzco (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's a limited amount 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 Cuzco?

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

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

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 Cuzco and then take the train to the town of Aguas Calientes. 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 travellers. 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 Cuzco. 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 Cuzco; 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 between 6-8 dollars a day.

Terms & Conditions

- A non-refundable deposit of US\$ 300.00 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



Finessovaries
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



RochelleK44



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



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.



AntaP7



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!!



Vali 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!



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.

ITEP Eco Travel Honors



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 Lucero 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 **Inka 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 "**Foundation 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.

With our **Foundation Inka** you are supporting the local entrepreneurs, small businesses strengthens 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,

Wonder
PERU

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

HIKING, TREKKING DIFFICULTY SCALE AND WHEATEAR CONDITIONS



The Hiking Difficulty Scale and Wheatear conditions was developed for two reasons:

- To help guests 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 minimum age to participate is specific to each hike. Please click on individual hikes for more information.



Suitable for: all people ages, including teenagers and seniors, who are in fair condition.

Trail conditions: facilitated and wide, with hardened smooth surfaces. Excellent/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 increase 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 horsemanship are executed whenever possible.

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Suitable for: people in their physical prime – excluding people under 18 yrs. – who 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 horsemanship 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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MAY / AUGUST : Day time : Cold / Dry / Warm Night time : Very Cold / most probably is not going to be rainy	
SEPTEMBER ABRIL: 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:

www.iteptravel.com

PERU OFFICES:

Cusco Office: Av. San Agustin, Of. 317 Cusco 004-Peru Tel: +51 84 253617 **“Main Office”**

Lima Office: Av. La Paz, 676 Of. 204

Machupicchu Office: Urb. Las Orquideas, F-6

