



Inka Trail Expeditions Perú

Proud member of:



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SALKANTAY

5 DAYS - 4 NIGHTS

TREK



Overnight "Lodge del Cielo"
Sky Lodge



DAY 1

HUMANTAY LAKE



DAY 2

SALKANTAY MOUNTAIN



DAY 3

INCA JUNGLE



DAY 4

LLACTAPATA



DAY 5

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 Inca Trail** to the legendary **Machu Picchu**...

...Have a sweet dream under the universe, because you have Chosen to spend the night in our Lodge del Cielo “Sky Lodge” exclusive experience ...

...Marvel at the exquisite beauty of the **Salkantay Peak** and **Humantay Glacier Lake**...

...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!

By ITEP "Inka Trail Expeditions Perú" ...

...The Salkantay Inka Trail to **Machu Picchu** in Perú is part of an extensive Inka 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 Qhapaq Ñan (in Quechua means Inka Trail "In the Inka Language") - 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 Inka "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 Salkantay Inka Trail to Machupicchu

The Salkantay Trek is an alternative to the traditional Classic Inca Trail for reaching Machu Picchu. The trek crosses the Salkantay Pass at 4600m, descends into the cloud forest and passes through the archaeological place named Llactapata, with one of the wonderful views of Machu Picchu.

The trail starts in Mollepata/Markocasa or Soraypampa, a couple of hours away from Cuzco and ends in Hidroeléctrica giving access to town of Aguas Calientes-MachuPicchu. The trek is not as popular as the overbooked Inca Trail but many people find this trek just as beautiful as the Inca trail.

This trek was nominated as the 25 best Trek in the World, by National Geographic Adventure Travel Magazine. Salkantay has some outstanding views and the altitude will descend till 1,000 meters above sea level, the landscape is gorgeous and not too steep.

The purpose of the **Salkantay Inka Trail to Machupicchu** was religious and ceremonial, a that included rituals to honor the mountains and peaks and lakes of the route, like Salkantay and Humantay.



SALKANTAY TREKKING DIFFICULTY SCALE



"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, Collpapampa campsite and Lucmabamba 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 trek 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 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 Inca Trail to Machupicchu
Duration (days): 05 Days including Machupicchu
Duration (nights): 03 nights in our exclusive "Lodge del Cielo" Sky Lodge along the Salkantay route "Included in final price" + 01 night in 2 star hotel at Aguas Calientes
Language: English & Spanish
"Other Languages as a request"
Close Airport: Cusco /Perú

The attraction: This trek was nominated as the 25 best Trek in the World, by National Geographic Adventure Travel Magazine. Salkantay has some outstanding views and the altitude will descend until 1,000 meters above sea level, the lands cape is gorgeous and not too steep. Although the total distance is only about 45 miles (74km).

Travel Style: Active, trekking, adventures made for outdoor tour lovers.

Trip Type: Small Group

Small group experience; Max 16, Avg 12 "have 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

Some high-altitude hikes or more strenuous activities, but accessible for most healthy travelers.

STRENUOUS: Full-day hikes (6-12 hours), mountainous, steep terrain (hiking up or down as much as 3,500 feet) on many hikes. Trips with hiking at average altitudes of 10,000 to 14,500 feet are in this category.

The Distance: The difficulty starts with the distance. It's 74 km (45 miles) in total, covered over 4 days and 3 nights; 5th day is Machupicchu. The hike is generally broken down into:

- **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) "Challenging day"
- **Day 3:** *Collpapampa to Lucmabamba*: 16 Km (9.94 miles) "Moderate day"
- **Day 4:** *Lucmabamba – Llactapata - Aguas Calientes*: 19 Km (11.81 miles) "Challenging Day"
- **Day 5:** *Aguas Calientes to Machu Picchu*: 4 Km (2.49 miles) "Easy Day".



Machupicchu Face

Price: Prices will vary according to service level and inclusions.

Classic Service	Salkantay Sky Lodge "Lodge del Cielo" with Expedition Train "Backpacker"
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Please Check our Prices and inclusions table in attached

Activity: Trekking, Adventure

Country: Peru

City: Cusco

Acclimatization: Please keep in mind that you will need at least 1 or 2 days in Cusco before your hike to Machupicchu.

Highlights: Overnight in our "Lodge del Cielo" Salkantay Sky Lodge, Humantay lake / Salkantay mountain, Royal Inca Trail by Llactapata, and Machupicchu royal city.

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 to 500. That's why we suggest to make your reservations in advance as soon as possible.

Spaces can be booked three to six months in advance. Spaces are booked faster in the high touristic season, from May to September.

More about the experience: The ancient trail laid by the Incas from the Sacred Salkantay Mountain to Machu Picchu winds its way up and down and around the mountains, snaking over two high Andean passes in the route, which have collectively led to the route being dubbed 'the Salkantay Inca 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 Inca Trail: https://www.youtube.com/watch?v=or_gZ5RSJT4&t=5s



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 to have 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 Sky adventure of surprising comfort that takes you on an ancient Inca trail called the “Salkantay Inca 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 emerald-green glacial lakes 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.

Each day’s trek ends in our exclusive Sky Lodge, fine gourmet meals, and highly personalized service provided by local staff.

In our Machu Picchu Sky Lodge-Lodge experience, travelers spend 03 nights along the Salkantay trail: Sky Blue Lodge “inspired in the Blue of our universe”, that is part of the local Families in this part of Perú”. The last night of the journey is spend in a hotel in the town of Machu Picchu in anticipation of the grand final: A visit to Machu Picchu, the lost city of the Incas.







Day to Day Itinerary

DAY 1 | Cusco - Soraypampa “Lodge del Cielo” campsite.

Highlights: Humantay Lake trek

“Smooth trekking day” Acclimatization day.

Overnight at Soraypampa Lodge del Cielo “Sky Lodge” at 3,869 masl/12,690 ft.

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

Note: On the evening before this day there will be a briefing with your guide in Cusco. After an early breakfast at your hotel, our pick up time can vary and will be confirm only on the day of your briefing your Cusco hotel by ITEP guide and vehicle “Pick up time can vary and will be confirmed only on the day of your



briefing”.

we pass through the mountain village of Mollepata where we stop for a short break before ascending to Soraypampa.

Here in Soraypampa our first campsite is going to be” Lodge del Cielo”. After Lunch time, our excursion takes us to Humantay Lake, fed by glaciers far above on the slopes of the impressive Mt. Humantay. Our 4-hour walk is necessary in order to reach the lake, but the view is well worth and those brave enough, can go for a swim! Performed by our local Tour Guide, in full view of the awe-inspiring Mt. Salkantay, tops off this unique experience. Return to the Lodge.

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

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



SALKANTAY TREK 5DAYS - 4NIGHTS

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1ST - DAY



DAY 2 | Crossing the Salkantay Pass “challenge day”

Overnight at Collpapampa camp site Sky Lodge at 2,870 masl/9,414 ft.

Today very early in the morning at 4:00 am we will wake up with a very hot wake up té, at 4:30 am after a nice breakfast and at around 5:00 am we will be starting our trek to climb the Salkantay Pass “we will take advantage to walk in a fresh early morning and before the sun comes out, the characteristic heat of the Andes.

We continue our journey towards Machu Picchu, walking up the Rio Blanco valley and circling Humantay Peak across Salkantay Peak. The highest point of the ride is the Salkantay Pass at 4,638 masl (15,213 ft). At the pass we stop to take a nice view of snow-capped peaks of the Vilcabamba Range in every direction, with the glaciated south face of Salkantay towering above us. We will keep our eyes out for Andean condors, often visible in this area. From the pass we descend towards the “Wayracmachay”: (‘the cave where the wind lives’) where we are going to enjoy a delicious lunch, later on we will continue 03 hours trek downhill until we reach our Campsite in the route dinner and overnight at the Sky Lodge.

Trekking Time: Approximately 12 hours (including picnic lunch in the route) our style is just walk slow, enjoy the scenery, and talk with our tour guide. A local man can make this trail in just 3 hours. But we are going to do it in 10 hours including the Lunch time.

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 **Salqa**, 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 Salcantay’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 principal deities controlling weather and fertility in the region west of Cusco.

About Our campsite “Lodge del Cielo” in Collpapampa: Our camp is located at 10 minutes walking from the village of Chaullay. Our Camp site in Collpapampa gives us a huge advantage to have a 360 panoramic view of the Salkantay Valley, also it is a perfect place, away from the crowd and where we can get to know the local families



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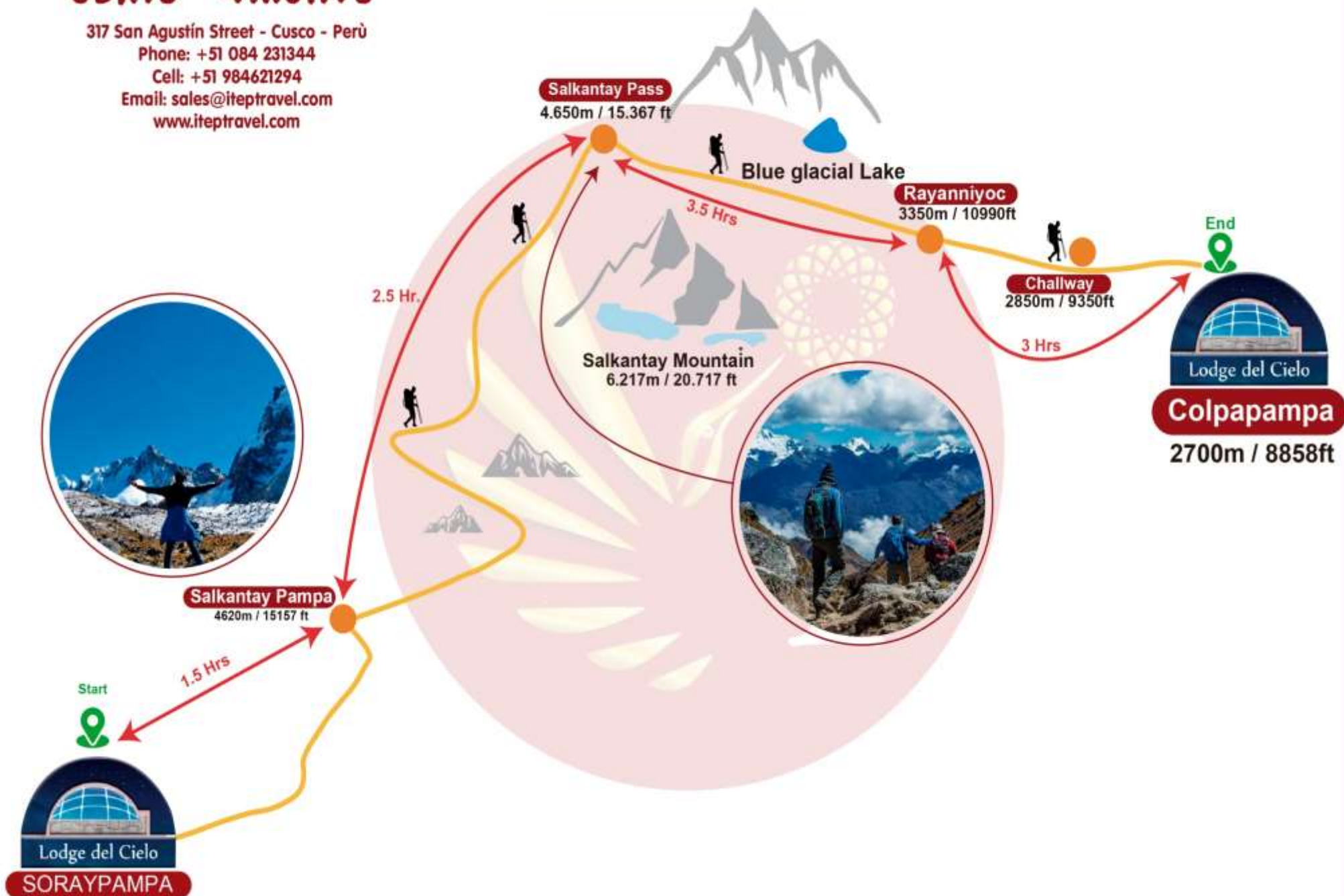
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2ND - DAY



DAY 3 | Descending into the Cloud Forest

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

This day we walk along the Santa Teresa river valley, through more populated rural areas. We pass through banana, passion fruit, avocado orchards and coffee plantations. The coffee from this region is considered as the best organic coffees in the world.

Our ride will take us to fascinating place named “Llactapata Inca Trail”, where we say goodbye to our horses and equestrian staff.

A short 30-minute walk through an avocado orchard brings us 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 at Lucmabamba, it is a perfect place, away from the crowded groups and where we be in touch with a local family.

At this time their economic activity is based in the Coffee plantations and is our responsibility to help them and also, we can learn a little bit more about the coffee.

Optional: If you request a Private Service, we can have a Local Coffee Experience



RESPONSIBLE TOURIST DEVELOPMENT FOR THE INKA COMMUNITY, “HEIR OF MACHUPICCHU”

THE COFFEE OF THE INKA’S

Peru is quickly building a global reputation for producing traditionally cultivated, shade grown, high quality coffee beans.

Coffee production came to Peru in the 1700s. After two centuries, the heirloom typical variety still comprises 60 percent of the country's exports. There are more than 110,000 coffee growers in Peru, most of them are indigenous to these landscapes and speak Spanish as a second language.

The 'Flor de Cafe' (Coffee Flower) Rural Community Tourism Association from Lucmabamba - Bayona is located in the Inca Trail (Lucmabamba-Llactapata-Aobamba), with a final destination in Machupicchu, at a height of 2026 m. a.s.l it was a dream of 15 families.

These families found an opportunity to improve their quality of life through touristic activities, sharing their ancient knowledge inviting tourists to live the experience of flavors and knowledge of the Coffee Tour (Ruta del Cafe).

PERU & LATIN AMERICAN

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3RD - DAY

Start



Lodge del Cielo

Colpapampa

2700m / 8858ft



Fruit plantations



Coffee and
Cacao trees



End



Lodge del Cielo

Lucmabamba

2000m / 6551 ft

5 to 6 hrs approximately

14kms/ 8 miles



DAY 4 | Inca Trail by Llactapata “1st view Machupicchu”



Picchu by a continuation of the Inca Trail leading onward into the Vilcabamba. Llactapata may have been a member of the network of interrelated administrative and ceremonial sites which supported the regional center at Machu Picchu. It probably played an important astronomical function during the solstices and equinoxes.

Overnight in Aguas Calientes at 1,900 masl/6,232 ft.

After a healthy breakfast, we tackle the last day of our trek. We head uphill for 2-3 hours towards Llactapata Pass (2,736 m.a.s.l./8,974ft), where we come upon a distant view of Machu Picchu Sanctuary, from the southeast view, few travelers ever get a chance to admire the magnificent of the place, we take a short break to explore Llactapata archaeological place, which had been recently restored.

Lunch is served at a scenic viewpoint, looking out to Machu Picchu. After we begin our final descent to the Aobamba River through lush bamboo forests, orchards and coffee plantations.

We arrive to Hydroelectric Village “Train station Village”, we continue our walk a side of the rail way until Aguas Calientes also known as Machupicchu Village (approx. 3 hours)

Upon arrival, we check into the hotel for a celebration dinner with our guide and one last briefing for our next day experience!

Note - Those who prefer not to hike from Hydroelectric Village to Aguas Calientes can take the train experience, 40 minutes’ trip “price is not included”. They will meet the rest of the group at the train station in Aguas Calientes together. (The guide confirms your preferences the night before.)

Hiking Time: 5–6 hours

Hiking Level: Moderate to challenging.

About Our overnight in Machupicchu Village: Hotel in Aguas Calientes will vary according your request and expectations.

A LITTLE OF HISTORY:

Bingham first discovered Llactapata in 1912. "We found evidence that some Inca chieftain had built his home here and had included in the plan ten or a dozen buildings. Bingham locates the site "on top of a ridge between the valleys of the Aobamba and the Salcantay, about 5,000 feet above the estate of Huaquina." "Here we discovered a number of ruins and two or three modern huts. The Indians said that the place was called Llactapata." Bingham did not investigate the ruins thoroughly so they were not studied again for another 70 years.

A mid-2003 study of the site conducted by Hugh Thomson and Gary Ziegler concluded that the location of Llactapata along the Inca trail suggested that it was an important rest stop and 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 Machu

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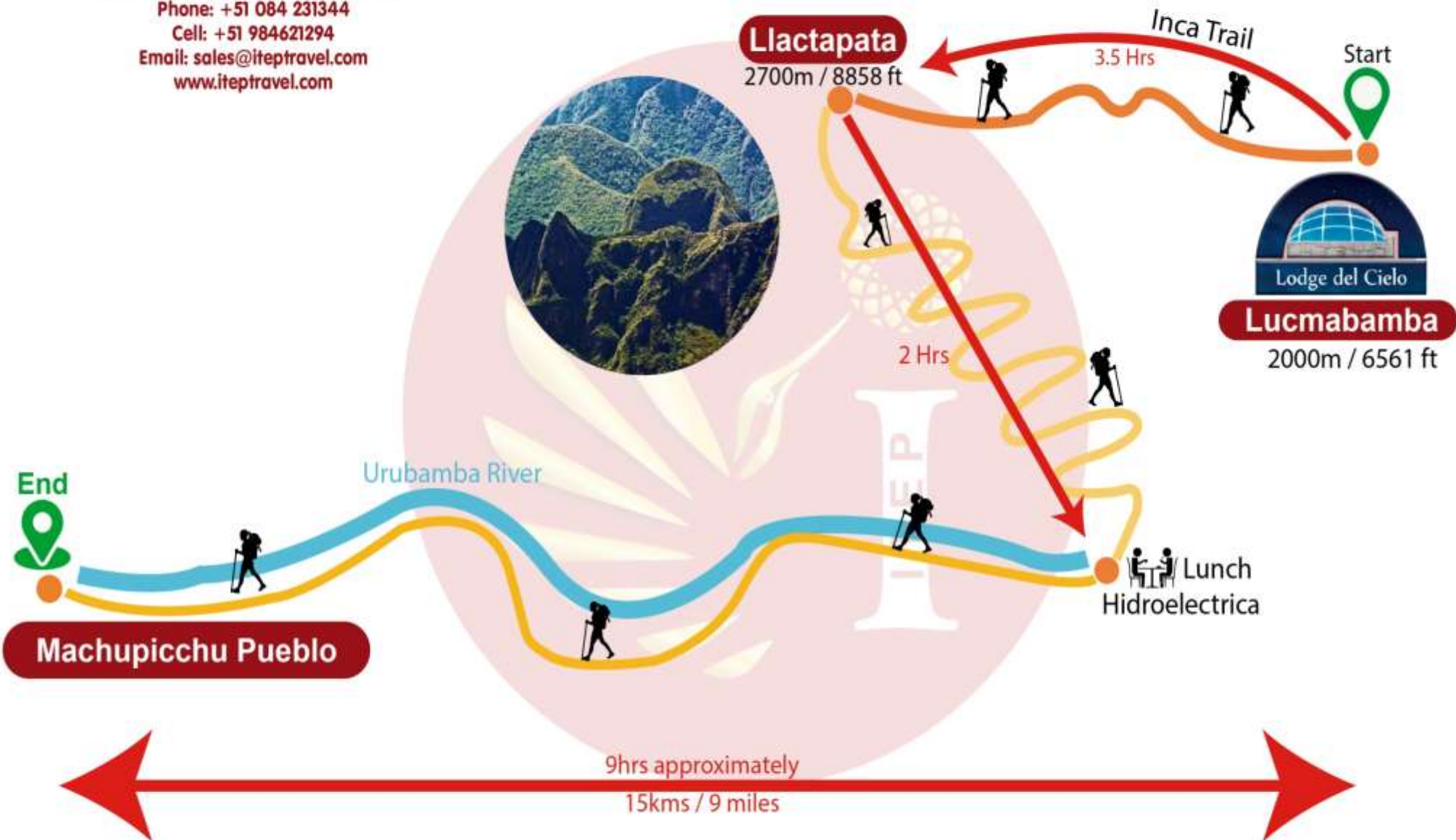
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4TH - DAY





DAY 5 | Visiting Machu Picchu Sanctuary

After a very early buffet breakfast at your hotel, we make our way to the bus station for the ride up to Machu Picchu Sanctuary (30 min). Our trip leader will give an introductory guided tour of the Inca city.

Machu Picchu Guided Tour: Machu Picchu Inca City opens at 6 am. We are going to be in the Inca City between 6 am and 7 am, after we show our entrance ticket, we will climb the best point to take some pictures in the “The Guardian House”, after a 30 minutes free time at your own discretion, your guide will give you information about the Inca City for around 1 hour.

After the guardian House Guided explanation, you are going to have 02 options.

1. - After the explanation of your Tour Guide from the Guardian’s House. – You can choose to climb the Sun gate. A trek up around one hour, a really great option to get the best panoramic pictures of all the Andes and the fascinating **MACHUPICCHU**. Those who make the Inca trail will arrive through the Sun Gate later on; you can come back to the Inca city and visit by your own the Inca City.

2. - After the interpretation of your Tour Guide from the Guardian’s House. – We continue into the Inca city by another 1 hour, passing the main plaza, the temple of 03 windows and much more, once we arrive to the Sacred Rock “very close to the entrance gate for Huayna Picchu Sacred Mountain”, our tour guide will give you some free time in order to explore the Inca city at your own. Climb up Huayna Picchu or Machu Picchu Mountain (not included in the price, spaces are limited, please let us know)

Very Important 1: According Machu Picchu regulation, once you enter to the sacred City is not allowed to get back by the same paths is just one way tour “there are a lot of signs about which route we should follow, and is forbidden to stop in some places”, For that reason we advise you to enjoy every minute you will be in each Inca place.

Very Important 2: According Machu Picchu Regulation, entrance fees are only one time, 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 Aguas Calientes by bus (included) and later board the Expedition train by 4:22pm (it depends of the train availabilities) to the Ollantaytambo Train Station where you will meet our private van and be transferred to Cusco arriving around 8:30pm.

Returning to Cusco: 3,360 masl/11,021 ft.

Meals: Breakfast

Distance: 6 km/3.7mls

Difficulty: Easy

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5TH - DAY



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

About Salkantay 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 the Peruvian Government.

SALKANTAY TREK 5D4N

SALKANTAY TREK CLASSIC STYLE “CLASSIC LODGE DEL CIELO IGLOO AND FOAM MAT”

What is Included?

- **Pre-departure briefing:** You will meet your **Salkantay** 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** trek.
- **Adventure Experienced Salkantay 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 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 chosen 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 Apus, sacred mountains Humantay and Salkantay. Spend as many hours as you would like star-gazing through your elegant glass ceiling!
 - **Night 2:** Enjoy our **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 our **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:** The 4th night in the 2 star Hotel 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 more USD 45 per person. The prices of hotels will vary according to your expectations and budget. The 2 star hotel in *Aguas Calientes* have double or triple rooms, elevator, private bathroom, hot shower, Wi-Fi, breakfast, and luggage storage while you visit *Machu Picchu*.
- **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 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 a 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.

- **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:** 4 Breakfasts, 4 Lunches, 4 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 lunch, 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 Trek:** 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 washes 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 5)
- **24-hour guest service:** We have telephone service available 24 hours/day for easy 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. Usd5 to usd 10.00, Price can vary according your selection.
- **Last Day: Lunch and 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.
- **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 –USD per person per trek (It will be clean and warm)
- Walking Poles –USD per pair per trek (Professional Poles that can be extended)
- Vistadome Train Upgrade “Panoramic train” –USD per person (Return Only)
- Huayna Picchu Sacred Mountain –USD per person (Please request when you book your Trek)
- Machu Picchu Sacred Mountain –USD per person (Please request when you book your Trek)
- Buffet Lunch Celebration in Sanctuary Lodge on the last day in Machupicchu. \$40 USD per person (all fresh drinks are included)
- Extra Horse to ride on the trek “in case you don’t want to walk really much and you think you going to need some help –USD per person (Only day 1 and 2) next days the way is much easy and is not necessary to ride horses.
- Extra luggage load Horse/Porter “15 Kls or 33.06lbr” “- USD 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 one’s surroundings with enjoying this upscale approach to sleeping under the stars.

OUR SALKANTAY TREK ON PICTURES!

1ST Day: "Cusco / Humantay Lake"



2nd Day: "Salkantay Pass"



3rd Day: "Lucmabamba"



4th Day: "Llactapata Inca trail"



5th Day: Machupicchu 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 are 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 the 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 the town of Aguas Calientes and shop the local craft markets.

Treat yourself to a relaxing end to your vacation and fully 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 that 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 enough 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.

MACHUPICCHU 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 is, the ruins of lost Incan 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 the wheel. Why the city was initially built still remains a mystery.

MACHUPICCHU 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 Site **Museum Manuel Chavez Ballón** 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 ornitomorfa 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 as significant objects in various other materials. These displays express to the world, a view of the sustenance of life in Inca Machu Picchu, the strategic administrative center intertwined between the Amazon and the Andes.

Please note: Please confirm if you love to climb one of the Mountains or Visit the Museum as they need to book well in advance too, "Ticket are not included and will be charged according Machupicchu Entrance fees rates at the time of 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 Additional Travel Service

Our travelers recognize us for something unique, and it's not for building lodges on a remote mountain trail, 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 in 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 for enjoying better 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.

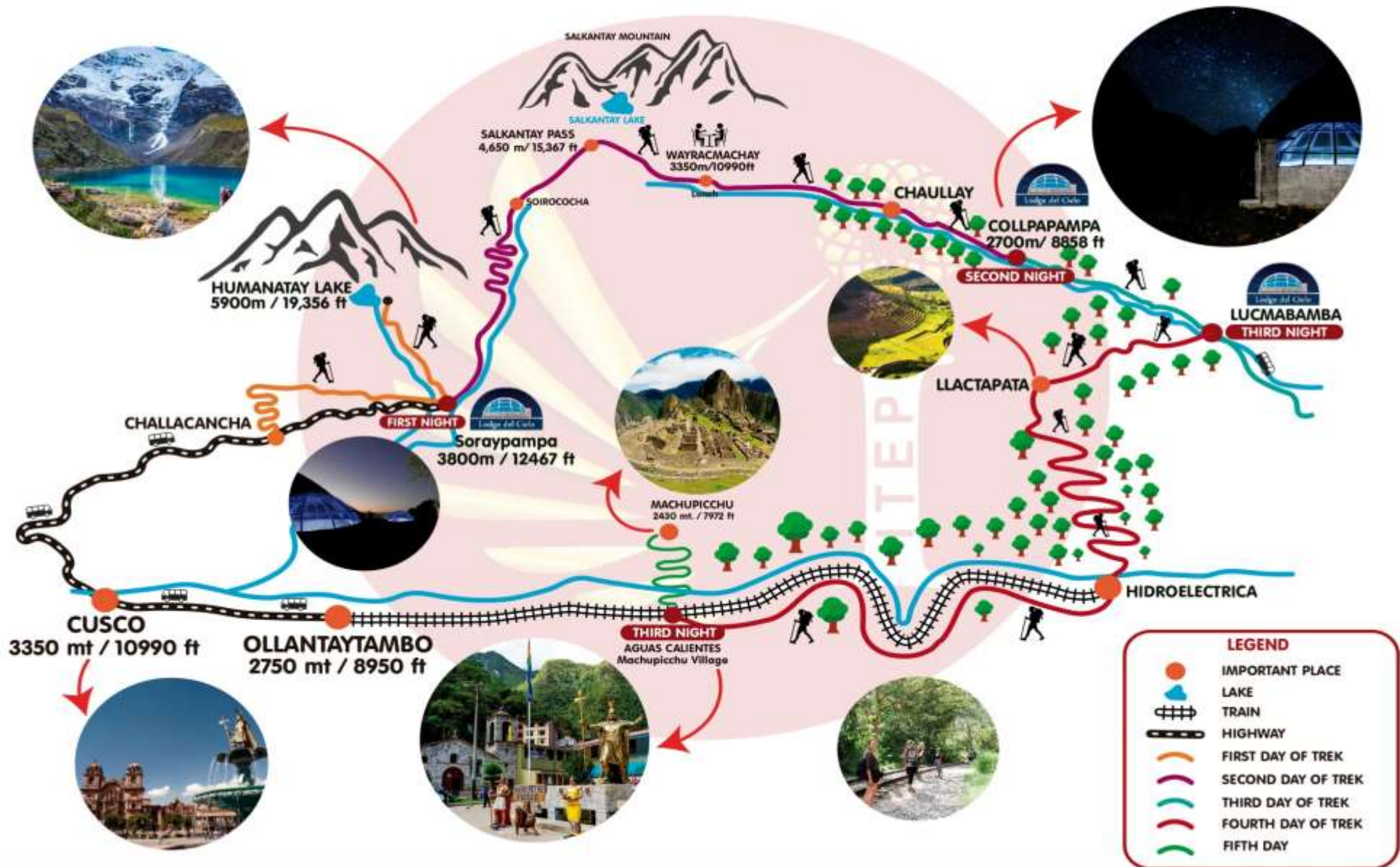


The SALKANTAY TREK Map

SALKANTAY TREK 5 DAYS - 4 NIGHTS

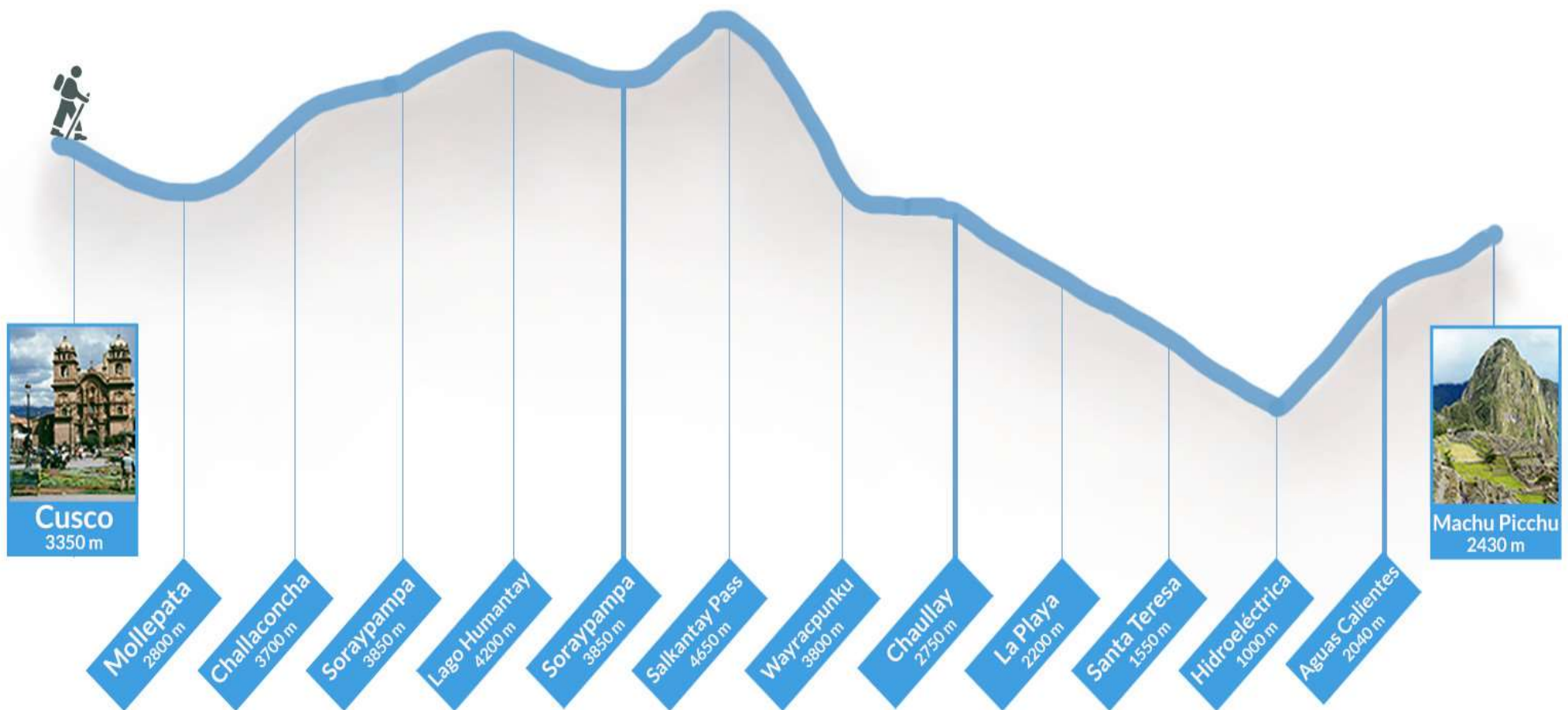


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Locations, Altitudes, Distances, and Times

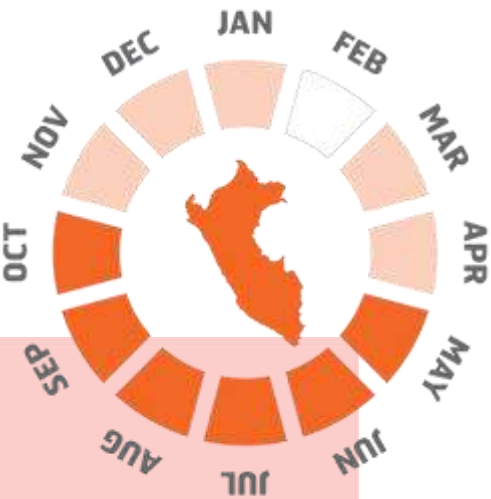
Salkantay trek
















SALKANTAY TREK WEATHER

The weather can make a big difference to your Salkantay trek. 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
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 SALKANTAY TREK

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 cardiovascular 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!).

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 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 mountains wear for evenings |
| <input type="checkbox"/> Cold-weather jacket | <input type="checkbox"/> Photo/video cameras and chargers |
| <input type="checkbox"/> Long-sleeve fleece/sweater | <input type="checkbox"/> 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 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 recommended 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!)

ITEP Eco Travel Our Best Camping Equipment

"Please check our Prices and inclusions in order to have more information about your camping equipment"



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'

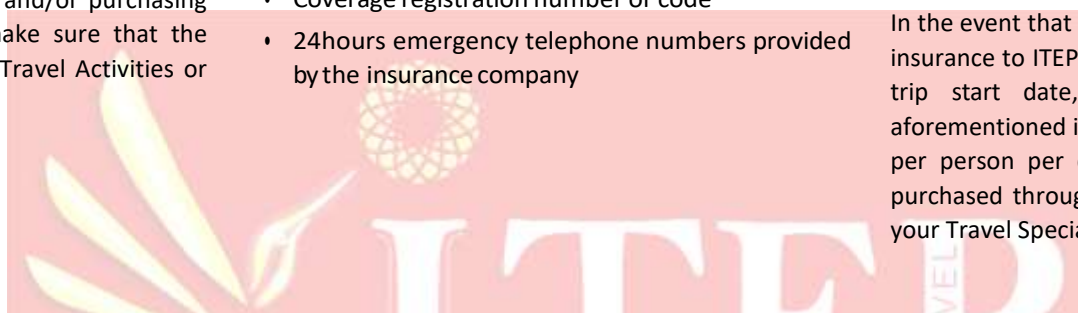
Inka Trail Expeditions Peru (ITEP) requires presentation of the following information at least 60 days prior to trip start date:

- 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.ihl.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 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 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 are limited numbers 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 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 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 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



Finessovanes
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](#)



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.



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.



AlvinaPT



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!



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.

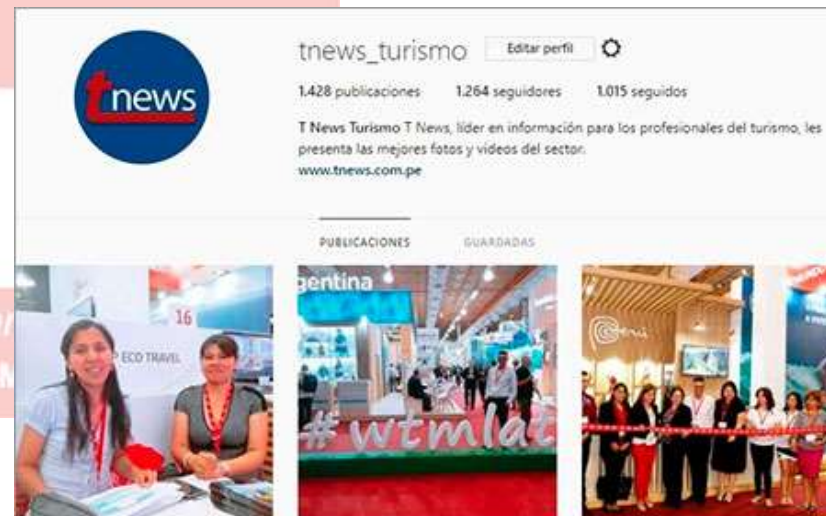
[Mostrar menos](#)

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 **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.

With our **Fundación Inka** 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

HIKING, TREKKING DIFFICULTY SCALE AND WHEATEAR CONDITIONS



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

- To help passengers determine which one of the hikes could 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:

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 options of booking private tours that can be tailored specifically to their needs. In such cases, we would like to suggest to make your inquires via email.

IMPORTANT: * please we kindly remind that the minimum age to participate is specified in each day by day hike.

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

Trail conditions: facilitated access, wide with perched and 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, technical skills and safety.



Suitable for: people of most ages – excluding young* children – who are in general good physical condition, and have previous hiking experience.

Trail conditions: at times facilitated (i.e. 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 elevation.

Guide role: facilitator, logistics, interpretation, technical skills and safety.



Suitable for: people of most ages – excluding young* children – who are in very good physical 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. 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 this day, with significant 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 man are executed whenever possible.

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Suitable for: people in their best physical prime – excluding people under 18 years old. – Who are in really good condition, and have lot of 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 rocky surfaces).

Distance, duration and elevation: At least 12 km, and more than 7 hours, with at least 1500 meters increase 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 man 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 you have to bring good wind/water-proof hiking clothes and shoes, suitable for winter conditions, is necessary.

Probable 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 will 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
www.iteptravel.com



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