



Inka Trail Expeditions Perú

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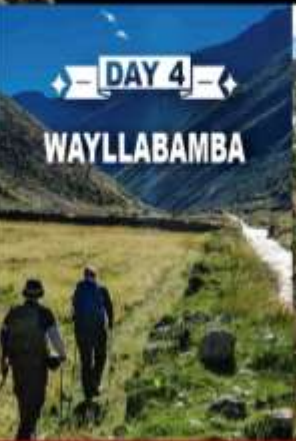


Perú Register Sales Tax License: 20528015752

Overnight "Lodge del Cielo" Sky Lodge

SALKANTAY AND INCA TRAIL

7 DAYS - 6 NIGHTS



DAY 1

HUMANTAY LAKE

DAY 2

SALKANTAY MOUNTAIN

DAY 3

INCA CHIRIASKA

DAY 4

WAYLLABAMBA

DAY 5

PACAYMAYUC

DAY 6

WIÑAYHUAYNA

DAY 6

MACHUPICCHU

Welcome!

With ITEP “Every step is a great Adventure”

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

... Have a great 1st impression of Machupicchu through the **Sun Gate**. Is one of the most important archeological constructions that connects with Machu Picchu, is dedicated also to the cult of the INTI, the Sun god, and that's because the Sun in determined times of the years, comes out from this building.

...Have a sweet dream under the universe, because you have Chosen to spend the 1st night in our **Lodge del Cielo exclusive experience + 05 nights in Exclusive camping tent experience surrounded by the Mother Earth “Pachamama”**.

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

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

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

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

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

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



THE SACRED SALKANTAY TREK AND THE CLASSIC ROYAL INCA TRAIL TO MACHUPICCHU!

By ITEP "Inka Trail Expeditions Perú..."

...The Salkantay trek and the Classic Royal 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 (**Inka Trail** in Quechua "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 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 Sun Gate in Machu Picchu or Intipunku is made of steps that makes believe that these were some kind of control gate for the people who enter to Machupicchu Sanctuary.

Is one of the most important archeological constructions that connects the Inka trail with Machu Picchu, is dedicated also to the cult of the INTI, the Sun god, and that's because the Sun on determined times of the years, comes out from this building.

Getting to Inti punku means that we are close to reach the stunning place of Machu Picchu, from that place is all downhill, and from this place you can enjoyed of the amazing view of Machu Picchu Sanctuary, which is breath taking from this point you are able to have a view of the Machu Picchu Mountain, the Vilcabamba or Urubamba River, the Putukusi sacred mountain and Huayna Picchu sacred mountain.

... The Salkantay trek and the Classic Royal Inka Trail to Machu Picchu

The Salkantay Trek and the Classic Royal Inka Trail is a great option for reach Machu Picchu through the Sun gate. The trek crosses the Salkantay Pass at 4600m, descends into the cloud forest.

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

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



SALKANTAY TREK & INCA TRAIL, TREKKING DIFFICULTY SCALE

Day 01:		Day 02:		Day 03:		Day 04:		Day 05:		Day 06:		Day 07:	
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"Please see the meaning of each symbol on the penultimate sheet"

OUR ITEP CAMPING EQUIPMENT

ITEP “Inka Trail Expeditions Perú” is dedicated of making sure we have the best Campsite available in the route Salkantay and Royal **Inka trail to Machupicchu.**

Here’s everything you need to know about our camping style in the Salkantay and Royal **Inka trail to Machupicchu...** Our team (Guides, Cooks, Porters and Horsemen) and our equipment are what really makes ITEP Eco-Travel stand out from all of our competitors.... Please take the time to look at the information on what we really offer you in comparison to our competitors!

ITEP Eco Travel Our Best Camping Equipment

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

Classic Style “Classic Igloo and Classic tents and foam mat” Enjoy a good night sleep in our spacious Pro-Aconcagua 4 season tent. All our tents are built to be four-man tents, but you will be used only for two people. This leaves a lot of room to spread out comfortably and store your duffels. They are an A-frame design, with entrances on both sides of the tent. They also include a vestibule in front, giving you some extra outdoor space to leave your boots and walking sticks. A foam mat is included to separate and insulate you from the ground. For adding comfort, you may want to consider upgrading, by renting an inflatable sleeping pad, which adds three inches of comfort on top of the provided foam mat. We use Thermarest inflatable air mattresses.

Luxury Glamping Style “Luxury Igloo and Glamping tent and Bed”

Perú Glamping is where stunning nature meets modern luxury camping. Experiential travel is an authentic way to connect adventure with nature. Together, the experience is about stepping off the beaten path, walking away from superficial tourist activities and embracing an immersive cultural environment. 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 trip, the kind that encourages cultural immersion, a broadening of horizons, and a deeper engagement with one’s surroundings with enjoying this upscale approach to sleeping under the stars.



Is this tour for me?

Experience: Salkantay Trek and classic royal Inca Trail to **Machu Picchu**.

Duration (days): 03 Days in the Salkantay route and 03 days along the Classic Royal Inca Trail and 01 day in **Machu Picchu**.

Duration (nights): 01 nights in Lodge del Cielo "Sky Lodge" in Soraypampa camp site + 05 nights in Camping "tent experience" surrounded by the mother earth "Pachamama".

Language: English & Spanish "Other Languages on request"

Close Airport: Cusco /Perú

The Highlights: The Salkantay snow peak, Humantay lake and the classic Inca trail through the Inca villages such as Runkurakay, Sayacmarka, Phuyupatamarca, Wiñayhuayna, sun gate and **Machu Picchu** citadel.

Travel Style: Active

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

Trip Type: Small Groups

Small group experiences, Avg 12 "keep in mind that small groups mean authentic experience".

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

Physical Rating/ Grading: 1 2 3 4 5

STRENUOUS: Full-day hikes (6-12 hours), mountainous, steep terrain (hiking up and down with more than 3,500 meters) in some sections of the route, some high-altitude hikes or more strenuous activities, but accessible to most healthy travelers.

- The Distance: The Salkantay and **Inca trail** has an 87.9 km (54.61 miles) in total, covered over 7 days and 6 nights; at the 7th day guided tour at Machupicchu archaeological center. 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 Pampa Japonesa:* 13 Km (8.0 miles) "challenging day"
- **Day 3:** *Pampa Japonesa to Sisaypampa:* 13.5 Km (8.0 miles) "Moderate day"
- **Day 4:** *Sisaypampa to Huayllabamba:* 14 Km (8.6 miles) "Moderate Day"
- **Day 5:** *Huayllabamba to Pacaymayo:* 14 Km (8.6 miles) "Difficult"
- **Day 6:** *Pacaymayo – Phuyupatamarca-Wiñaywayna:* 14.4 Km (8.8 miles) "Moderate Day"
- **Day 7:** *Wiñaywayna – Sun Gate – Machupicchu:* 6Km (3.7 miles) "Moderate Day"

Price: Prices will vary according service level and inclusions.

Classic Service	Salkantay sky lodge "Lodge del Cielo" and Classic Royal Inca Trail to Machu Picchu with Expedition Train.
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Please check our prices table in attached and their inclusions

Activity: Trekking, Adventure

Country: Perú

City: **Cusco**

Acclimatization: Please allow yourself a minimum of 1 or 2 days in **Cusco** before your hiking experience to **Machu Picchu**.

Highlights: Overnight in our Lodge del Cielo "Sky Lodge", Humantay Lake, Salkantay Sacred Mountain, Classic Royal Inca Trail and **Machu Picchu** Royal Inca City.

Limited Spaces: YES. To protect the historical trail of the Incas, the number of people allowed to get in the Inca Trail each day is limited to 500 spaces.

That is why, we suggest to make your reservations in advance, spaces can be filled up three to six months in advance spaces are highly booked in the high season which is from May to September.

More about the experience: The ancient trail laid by the Inkas from the Sacred Salkantay Mountain to the royal Inka trail through the Sun Gate 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 Salkantay and Classic Inka Trail to Machupicchu:

<https://www.youtube.com/watch?v=nXYCnM1WVJc&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 to make the experience to be a life-time changing experience for our guests, we believe that the experience has to be an adventure on many levels.

That’s why our proposal goes far beyond comfortable Adventure and great trek 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, and the traditional dishes.

ITEP INKA TRAIL EXPEDITIONS propose to contribute to the development of the local families.

The Proposal

We propose an expedition an exciting Sky adventure of surprising comfort that takes you on an ancient Inka 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.

In your tour to **Machu Picchu**, in our (Sky -Lodge) you will experience, the beauty of our lodge “inspired in the Blue of our universe”.

In the service during the tours, you are going to enjoy the traditional Peruvian cuisine prepared by our professional chef.







Day to Day Itinerary

DAY 1 | Cusco - Soraypampa "Lodge del Cielo" campsite

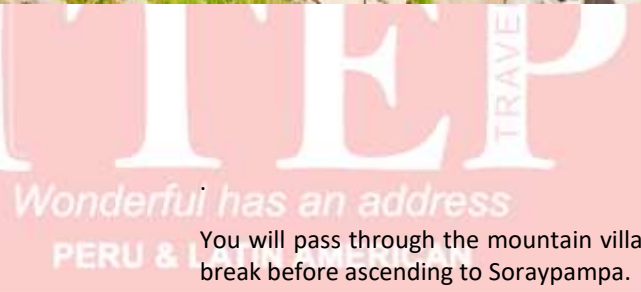
Highlights: Humantay Lake trek

"Smooth trekking day" Acclimatization day.

Overnight at Soraypampa Lodge del Cielo "Sky Lodge" at 3,869 m/12,690 ft.

About Our Lodge del Cielo base in Soraypampa: This camp site is located 10 minutes away walking from the village of Soraypampa, this will give you a huge advantage to have a 360 panoramic view of the Humantay 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, we are picked up starting at 6:00 am at your **Cusco** hotel by ITEP guide and vehicle "Pick up time can vary and will be confirmed only on the day of your briefing".



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

Here in Soraypampa is going to be the first campsite Lodge del Cielo "sky lodge". After Lunch time, our excursion will take us to the Humantay Lake, which is 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

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



Wonderful has an address
PERU & LATIN AMERICAN

SALKANTAY TREK 4DAYS - 3NIGHTS

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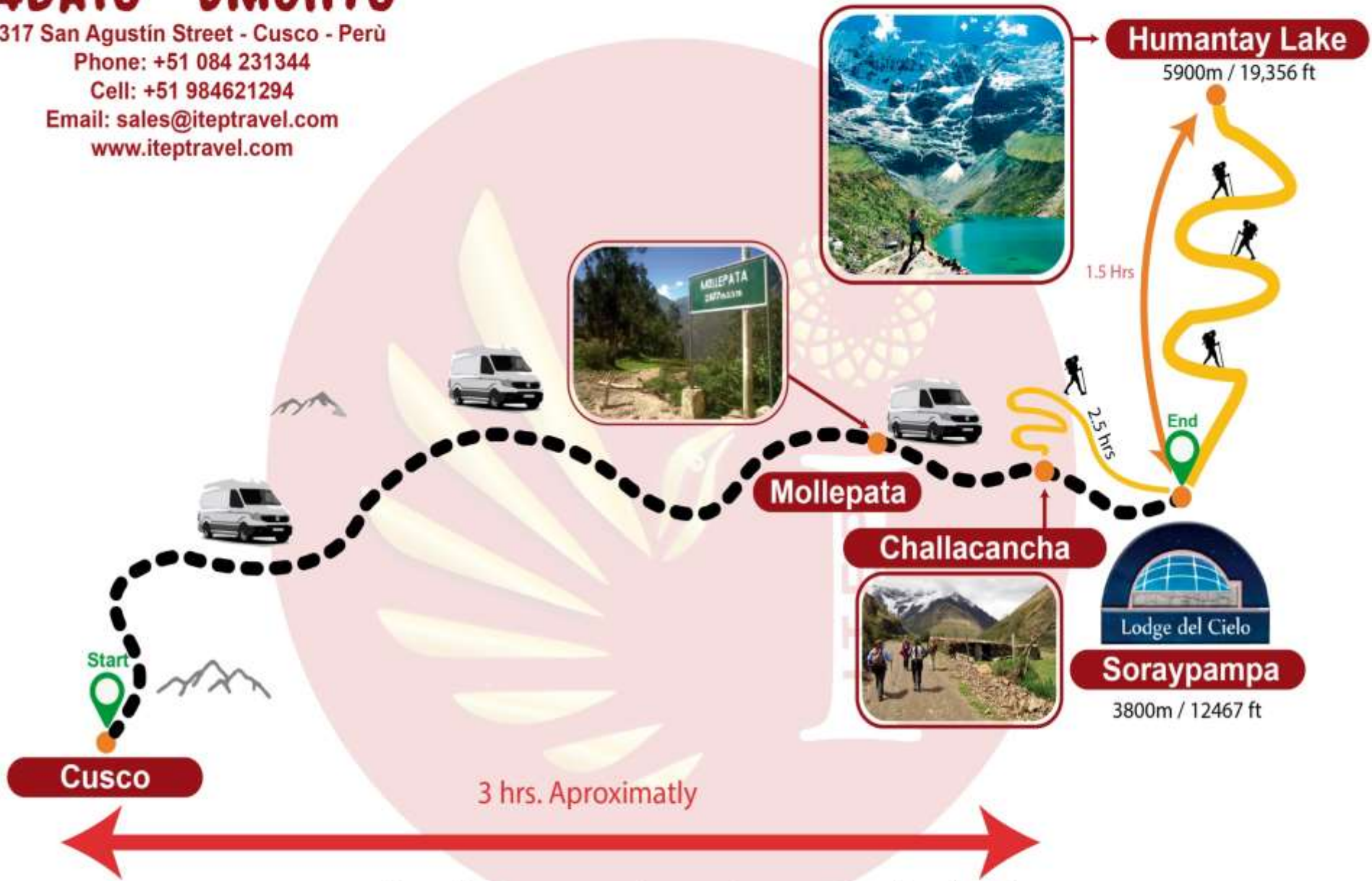
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1ST DAY



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

DAY 2 | Soraypampa – Pampa Japonesa “The challenge day”

We start our day, after enjoying a delicious breakfast, starting very early in the morning with the directions to Choqueckilla, meanwhile we start descending, you are going to enjoy the landscape and the stunning snow peak of Salkantay.

Our camp site is located in the lower part of the snowy pick of Salkantay with an elevation of 4.000 meters / 13.123 feet.

You'll enjoy views of the mountainous landscape of Vilcabamba, where we are going to enjoy a rewarding lunch. After 7 hours walking through the stunning areas to finally reach our camp site.

Meals: Breakfast, Lunch, Dinner

Trekking Time: Approximately 7 hours (including picnic lunch in the route), and 2 hours for the lunch time.

This day is not easy but you will enjoy the beauty of the landscape surrounded by snow peaks and some representative fauna of the place all the time, having the explanations of your tour Guide. A local man can make this trail in just 3 hours. But we're going to do it in 9 hours approx. including the Lunch time.

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



SALKANTAY TREK AND CLASSIC INKA TRAIL 7D/6N

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Salkantay Mountain
4.630m / 20.717 ft



2ND - DAY

2ND NIGHT



4250 msnm

Pampa Japonesa



Salkantay Pampa
3.950 m.s.nm



START DAY



Lodge del Cielo

SORAYPAMPA

3912m / 12467 ft

9 Km / 5.5 miles

DAY 3 | Pampa Japonesa – Sisaypampa “The challenge day”

We will wake up with a cup of hot coca tea because this day is going to be quite cold as soon as the breakfast is ready you will enjoy a delicious breakfast to warm up and start our third day walking. With a fairly steep ascent of straits, this trail with constant ascents and rocky structures through place named Inca Chiriasca pass (5,200 meters high) the trek will last for around 3 to 4 hours approximately, with a constant walking pass.

To appreciate the imposing Andean topography with incredible views of mountains, glaciers and mountain ranges of the valley, lakes and some Flora and fauna of this region.

Well, once you cross the pass of Inca Chiriasca, as a reward you will have the beauty of the landscape of this region.

Going ahead with the walk you will began descending along the route with 1,700 meters or 5577 feet, arriving to our camp site you can have a rest and enjoy a rewarding lunch

Meals: Breakfast, Lunch, Dinner

Trekking Tim: Approximately 8 hours

Walk and Terrain: Walk on narrow trails



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3RD - DAY



DAY 4 | Sisaypampa – Huayllabamba “This day the Salkantay trek will connect to the Inka trail to Machupicchu”

Today you will begin the trekking for 4 hours descending through the Inca Channel that will lead us to the archaeological center of **Paucarcancha**.

Continuing with the trek you are going to visit the archaeological place named **Paucarcancha** then you will get into the valley of Cusichaca, where you are going to enjoy the lunch and meet with the support staff (the porters), from this point you are going to get into Inka trail and finally this is the fort camp site where you are having overnight.

Meals: Breakfast, Lunch, Dinner

Trekking Tim: Approximately 8 hours

Walk and Terrain: Walk on narrow trails



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4TH - DAY



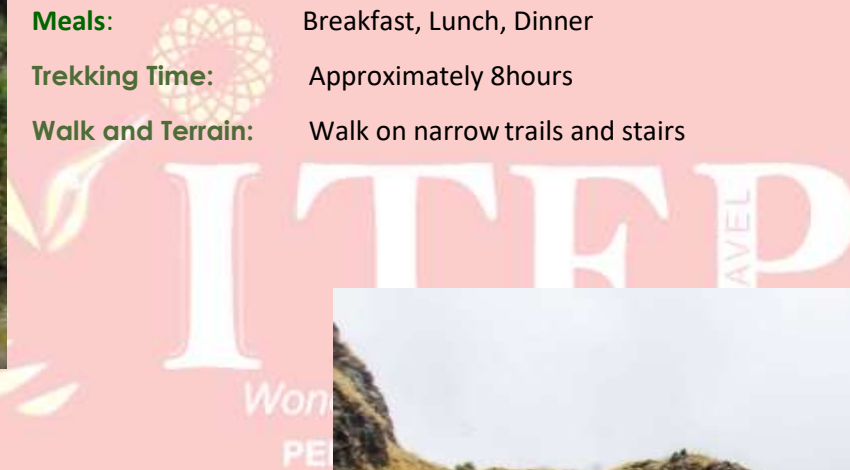
DAY 5 | Huayllabamba - Pacaymayu.

At around 5:00 - 5:30 am after you wake up, the breakfast will be ready; today we will start our trekking with a steep ascent towards the highest pass named Abra Warmi Huañusca also known as dead Woman's Pass at 4200 masl. From this place you are going to begin the descent To the Pacaymayu camp site (3550 meters).

On the way down of the pass we will be able to see lots of hummingbirds and other birds. Also, we will have time to appreciate an incredible variety of native plants such as the Polylepis or Q'ueuña trees which grow in the astonishing cloud forest located at 3650 meters.

We will reach the campsite of Pacaymayu; you should feel proud of reaching the top! Of the pass which is very high, after resting at this place you will enjoy a lunch.

Meals:	Breakfast, Lunch, Dinner
Trekking Time:	Approximately 8hours
Walk and Terrain:	Walk on narrow trails and stairs



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5TH - DAY



DAY 6 | Pacaymayu- Phuyupatamarca- Wiñayhuayna.

In our opinion, this is the most impressive day! We will wake up for breakfast around 6am and start the day with a gentle climb to visit the archaeological site of Phuyupatamarca (meaning Town in the Clouds) and to reach the third highest point on the trail at 3680 meters). From this place you will be able to have amazing views of the mountains and canyons, the surrounding area is spectacular.

The Inca site, Phuyupatamarca is located a few minutes walk from the third pass after visiting this we'll continue walking (3000 steps!) through the cloud forest and the impressive agricultural Inca.

We'll arrive at our third campsite Wiñay Wayna (2680 meters). Today we will walk only for about 4 to 5 hours and have arrived to camp by lunch time! A short distance.

This campsite is the Inka site with the same name, Wiñay Wayna (Forever Young). Even if you are tired after your day's trek; don't miss out on visiting the most impressive sites on the trail.

Meals: Breakfast, Lunch, Dinner

Trekking Tim: Approximately 8.30 hours

Walk and Terrain: Walk on narrow trails



SALKANTAY TREK AND CLASSIC INKA TRAIL 7D/6N



6TH - DAY

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Runkurakay
3800 msnm

2nd Pass
3950msnm

3.585 m / 11.608 ft



Sayaqmarka



Phuyupatamarca
3680 msnm

3rd Pass



START DAY
Pacaymayu
3.000 m.s.n.m

Chaquicocha
3600 m / 11800ft



Wiñay Huayna
2650msnm

6TH NIGHT

11 Km / 6.8 miles

DAY 7 | Wiñayhuayna – Machu Picchu - Cusco.

At around 4:00 am it's time to wake up, have breakfast and start day 7 on the Inka trail to get to **Machu Picchu** on time. This is the final part of your journey; we will go at 6:00 am to reach Inti Punku or The Sun Gate. At that point, the majestic **Machu Picchu** Citadel is in front of us with its intense beauty – an incredible sight for all to see. The reality of what the Inca people must have encountered on their taxing journey to this expansive temple of **Machu Picchu**. At this point, we walk downhill towards the **Machu Picchu** Citadel. (2400m/7872 ft.) After walking 40 minutes, we will enter the citadel from the top through the “House of the Guardians”. From there we will proceed to the control point where we register and leave our belongings. Your professional guide will direct you throughout the astounding ruins and its main streets. You can wander around the town squares as well as climb the intricately carved stairways made from stone. **Machu Picchu** is considered as the world's spiritual center by esoteric wisdom. Once the guided tour is over, you will have free time to explore the site on your own.

You will also have time to indulge in a few of the following activities on your own if you choose (not included in the price).

- Climb up **Huayna Picchu** or **Machu Picchu** Mountain and appreciate the beauty and magnificence of **Machu Picchu** from there.
- Other optional activities in **Machu Picchu** Town includes a visit to the new local museum or bathe in the hot springs.

Back to **Cusco**: You will descend to **Machu Picchu** town by bus (included) and later board the Expedition train by 4:22pm to the **Ollantaytambo** Train Station where you will meet our private van and be transferred to your hotel in **Cusco** arriving around 8:30pm.

Meals: Breakfast

Distance: 6kms/3.7mls

Difficulty: Moderate

*** Huayna Picchu or **Machu Picchu** Mountains hike depends on availability; please let us know if you want to add one of these extra hikes at the time of your booking.

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



SALKANTAY TREK AND CLASSIC INKA TRAIL 7D/6N



7TH - DAY

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About Salkantay and Inca Trail Campsites:

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

SALKANTAY & ROYAL INKA TRAIL 7D 6N

CLASSIC STYLE “CLASSIC IGLOO AND CLASSIC TENT AND FOAM MAT”

What is Included?

- **Pre-departure briefing:** You will meet your **Salkantay** Royal Inca Trail guide and group in our office for an orientation before your trek. At this time, we will provide you with the duffel bags which will be carried by our horses. The meeting will be at 6:00 PM the evening before the trip begins. In case you can't come at this time “please let us know” to coordinate another time.
- **Touristic Transport:** You will be picked up from your hotel in Cusco in the morning and will travel by private transportation to Challacancha, the starting point of the **Salkantay** and Royal Inca Trail trek.
- **Adventure Experienced Salkantay Inca Trail Tour Guide:** English speaking, professionally educated, and official tour guide with tourism certification. They all grew up in this region and have a true passion to teach others about their heritage. Your guide will explain the culture and surroundings along the entire route, including leading your group in ancient ceremonies! He or she will keep you safe, sound, and comfortable on your trek so that you can enjoy your time along the Inca path and will ensure you are safe and happy...
- **Tour Guide in Machupicchu Cultural Experienced:** English speaking, professionally educated, and official tour guide with tourism certification. For visiting 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 Apu Sacred mountain Humantay and Salkantay. Spend as many hours as you would like star-gazing through your elegant glass ceiling!
 - **Night 2:** Enjoy the 2nd night in pampa Japonesa on the route Salkantay /Royal Inca Trail and sleep in our 4 season Pro Aconcagua Doite tents. *All our tents are 4-man tents, but ONLY sleep 2, leaving lots of room to spread out comfortably and store your duffel bags.* They also include a little vestibule in front, giving you some extra outdoor space to leave your boots and walking sticks so you don't have to bring in dirt.
 - **Night 3:** Enjoy the 3rd night in Sisay Pampa on the route Salkantay /Royal Inca Trail and sleep in our 4 season Pro Aconcagua Doite tents. *All our tents are 4-man tents, but ONLY sleep 2, leaving lots of room to spread out comfortably and store your duffel bags.* They also include a little vestibule in front, giving you some extra outdoor space to leave your boots and walking sticks so you don't have to bring in dirt.
 - **Night 4:** Enjoy the 4th night in Wayllabamba on the route Salkantay /Royal Inca Trail and sleep in our 4 season Pro Aconcagua Doite tents. *All our tents are 4-man tents, but ONLY sleep 2, leaving lots of room to spread out comfortably and store your duffel bags.* They also include a little vestibule in front, giving you some extra outdoor space to leave your boots and walking sticks so you don't have to bring in dirt.
 - **Night 5:** Enjoy the 5th night in Pacaymayu campsite on the route Salkantay /Royal Inca Trail and sleep in our 4 season Pro Aconcagua Doite tents. *All our tents are 4-man tents, but ONLY sleep 2, leaving lots of room to spread out comfortably and store your duffel bags.* They also include a little vestibule in front, giving you some extra outdoor space to leave your boots and walking sticks so you don't have to bring in dirt.
 - **Night 6:** Enjoy the 6th night in Wiñayhuayna Campsite on the route Salkantay /Royal Inca Trail and sleep in our 4 season Pro Aconcagua Doite tents. *All our tents are 4-man tents, but ONLY sleep 2, leaving lots of room to spread out comfortably and store your duffel bags.* They also include a little vestibule in front, giving you some extra outdoor space to leave your boots and walking sticks so you don't have to bring in dirt.

Note: It is not usual that campsites, lodges or hotels change after the confirmation, however it can vary per government regulations and authorization, also for bad weather conditions and maybe because physical condition of our visitors: Any changes in this matter, ITEP travel will be informing you previously as soon as possible.

- **Camping equipment:** Dining and kitchen tents, tables, chairs, and cooking equipment (all carried by our porters and horses).
- **Entrance ticket to Salkantay/Humantay lake**
- **Entrance ticket to Royal Inka Trail “Spaces are limited”**
- **Entrance ticket to Machu Picchu Inka Site**
- **1 Duffle Bag:** You can put your personal belongings.
- **Loading Mules/horses:** We will give you your duffel bag at your briefing the night before; to be filled with the things you will need for the next night and day. You will not have access to your duffel bag until you arrive at your evening campsite. On days 1,2, 3 and 4, Our mules/horses carry all camping equipment and your allowance of personal baggage (5 kgs/11.02 lbs).
- **Porters “Inca Sherpas for the Royal Inka Trail”:**
On day 5, 6,7th we include a personal porter for your personal baggage (5 kgs/11.02 lbs.), who is responsible for carrying your duffel bag. There is no additional fee for this. You will not have access to your duffel bag until your evening campsite. Also last day your luggage will be carried by our porters to Machupicchu village “Aguas Calientes” and you will get it after your guided tour in Machupicchu. Porters can’t enter in Machupicchu Inca City with luggages.
- **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:** 6 Breakfasts, 6 Lunches, 6 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 7**)
- **24-hour guest service:** We have telephone service available 24 hours/day for ease of communication and preparation with the agency leading up to your trek.

Not Included:

- **Sleeping Bags:** You can rent one from our company if you do not have your own. Our sleeping bags are effective and durable to protect from temperatures as low as -18°C (0°F). They are mummy form and include a sleeping liner. The bags are cleaned after every use.
- **Bus Consettur to Machupicchu inca City:** Most of the times the wait to board the bus to Machupicchu is from 1 hour to 1:30 min, so we prefer that you decide a day before your visit to the Inca city of Machupicchu. If you wish to take the bus considering the waiting time. Or if you prefer to do the last stretch of ascent walking up 45 to 1 hour "everything will depend on your physical state, after the trekking done".
- **Walking Sticks:** You can rent a set from our company if you would like.
- **Day 1:** Breakfast: Approx. Usd5 to usd 10.00, Price can vary according your selection.
- **Last Day: Lunch and Dinner** in Aguas Calientes. 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: \$40 off per person

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

ADDITIONAL ITEMS:

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

- Sleeping Bag –USD25 per person per trek (It will be clean and warm)
- Walking Poles –USD15 per pair per trek (Professional Poles that can be extended)
- Vistadome Train Upgrade "Panoramic train" –USD50 per person (Return Only)
- Consettur Bus to Machupicchu day 7th "25 minutes' drive" –USD12, "in case you want to spend your energy in the Inca City of Machupicchu and don't want to walk more, will be better to have ready your tickets"
- Huayna Picchu Sacred Mountain –USD75 per person (Please request when you book your Trek)
- Machu Picchu Sacred Mountain –USD75 per person (Please request when you book your Trek)
- Buffet Lunch Celebration in Sanctuary Lodge on the last day in Machupicchu. – USD40 per person (all fresh drinks are included)

- Extra Horse for Ride on the trek “in case you don’t want to walk really much and you think you going to need some help –USD120 per person (Only day 1, 2, 3 and 4) next days is not allowed horses because we are going to be into the National park”.
- Extra luggage load Horse/Porter “15 Kls or 33.06lbr” “- USD140 for the entire trip”.

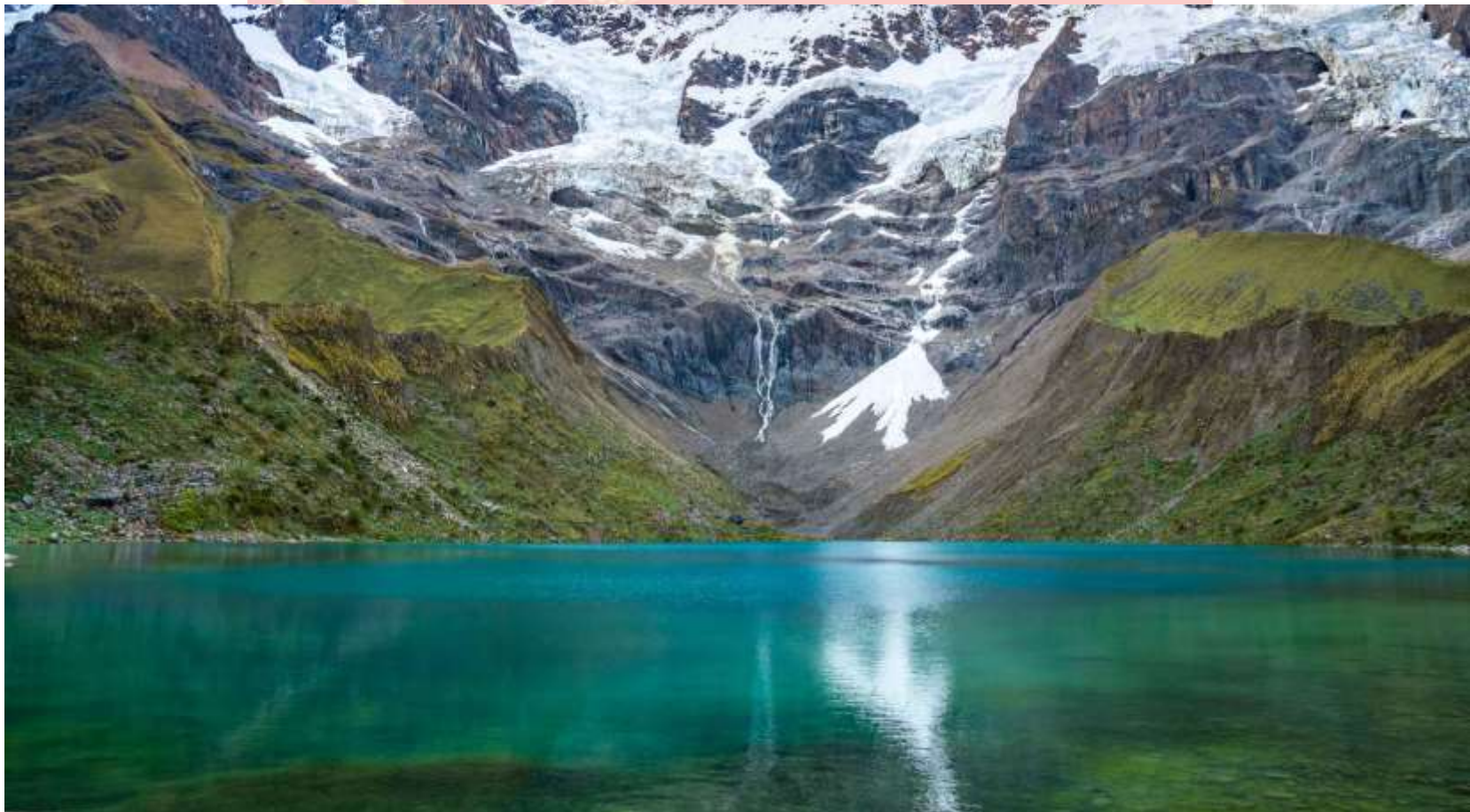
PERU LUXURY SALKANTAY AND INKA TRAIL TREK:

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

Perú Luxury 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 AND INKA TRAIL TREK ON PICTURES!

1ST Day: “Cusco / Humantay Lake”



2nd Day: "Salkantay Pass"



3rd Day: "Paso Inka Chiriasca"



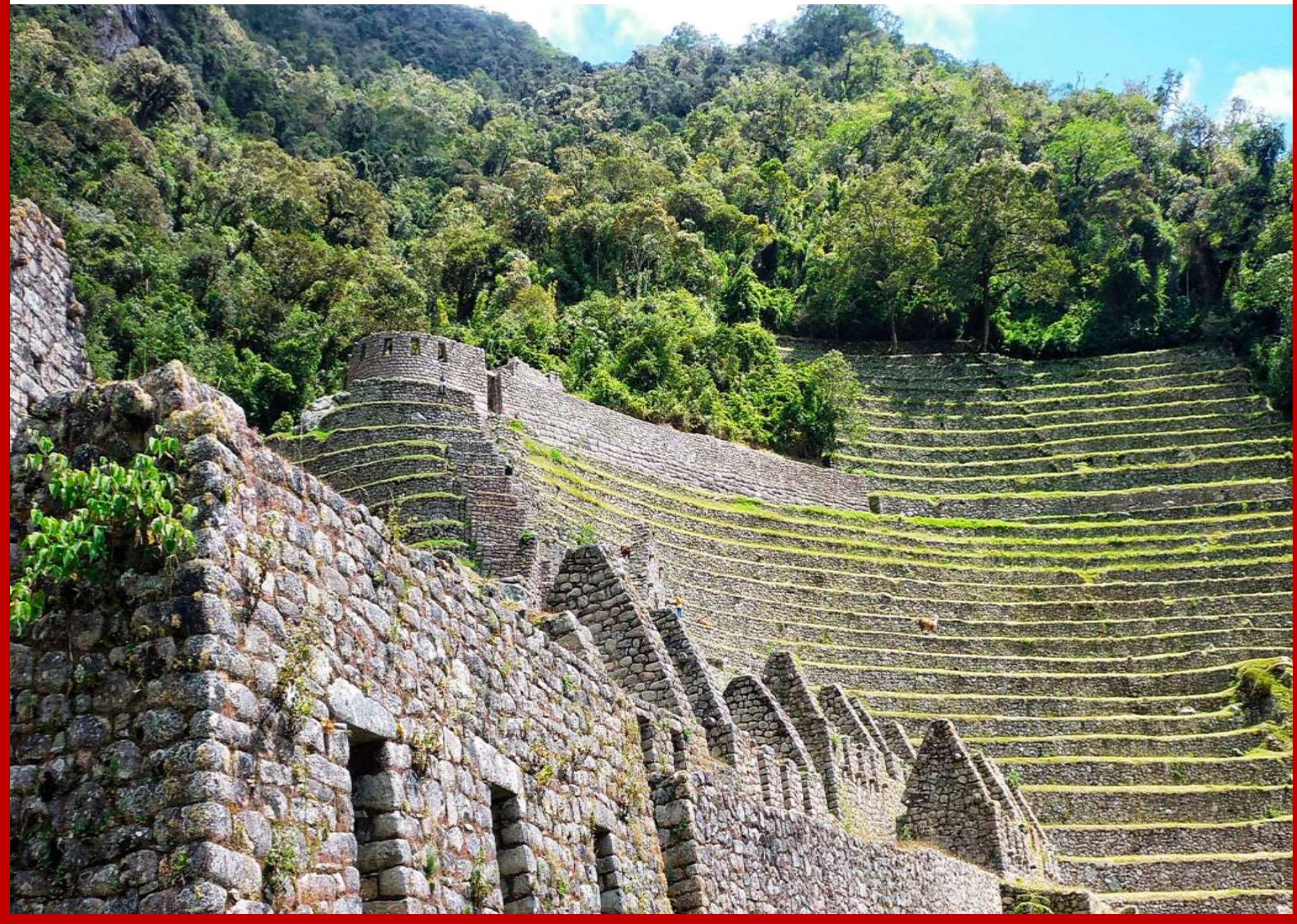
4th Day: "Walk to Huayllabamba."



5th Day: "Abra Warmi Wañusca"



6th Day: Wiñayhuayna "Forever Young"



7th 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 is so much to explore! Let us know at time of reservation if you would like to add this optional day. By spending an extra day at **Machu Picchu**, you will be able to...

Make the best of your time visiting a World Heritage Site situated on a spectacular mountain ridge, overlooking the confluence of three rivers.

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

Visit the town of **Machu Picchu** 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** and has amazing views from above. This hike is done after your tour with us and takes 45 minutes to the top and 45 minutes back down. Allow for time to take lots of photos, because the views are incredible.

The Huayna Picchu Mountain is the one that you see behind Machu Picchu on any postcard; its Inca paths hidden alongside the mountain; it may frighten those of you who have a fear of heights. For those of you who struggle with heights you may need to know that you will be steps away from hundred-foot plummets into an abyss, and in some places the path can be very steep and narrow. There are times when you need to use security cables to support yourself; it is a challenge for anyone. If you suffer from vertigo or you have a hard time controlling your fear of heights, we would recommend taking a different route.

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

MACHU PICCHU MOUNTAIN

Machu Picchu Mountain is an unforgettable and lesser-known hike above the **Machu Picchu** ruins with stunning panoramic view of the valley. Reaching ruins is only one part of the **Machu Picchu** experience. The other one is climbing the summit of **Machu Picchu** Mountain at 3,050 meters above sea level for dramatic views of the ruins and lush mountains separated by deep valleys and Urubamba River. As spectacular as seeing **Machu Picchu** is, the ruins of lost Inca 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.

MACHU PICCHU MUSEUM

The Historic Sanctuary of **Machu Picchu** achieves the objectives of the preservation and dissemination of cultural and archaeological research. Within a modern and dynamic exhibition, the reopening of 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 want to climb one of the Mountains or Visit the Museum as they need to be booked 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 and royal Inka trail to Machupicchu Additional Travel Service

Our travelers recognize us for something unique, and is 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 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 Salkantay and Inka trail Map

SALKANTAY TREK AND CLASSIC INKA TRAIL 7D/6N

317 San Agustín Street - Cusco / Perú

Phone: +51 084 231344

Cell: +51 984621294

Email: sales@iteptravel.com

www.iteptravel.com



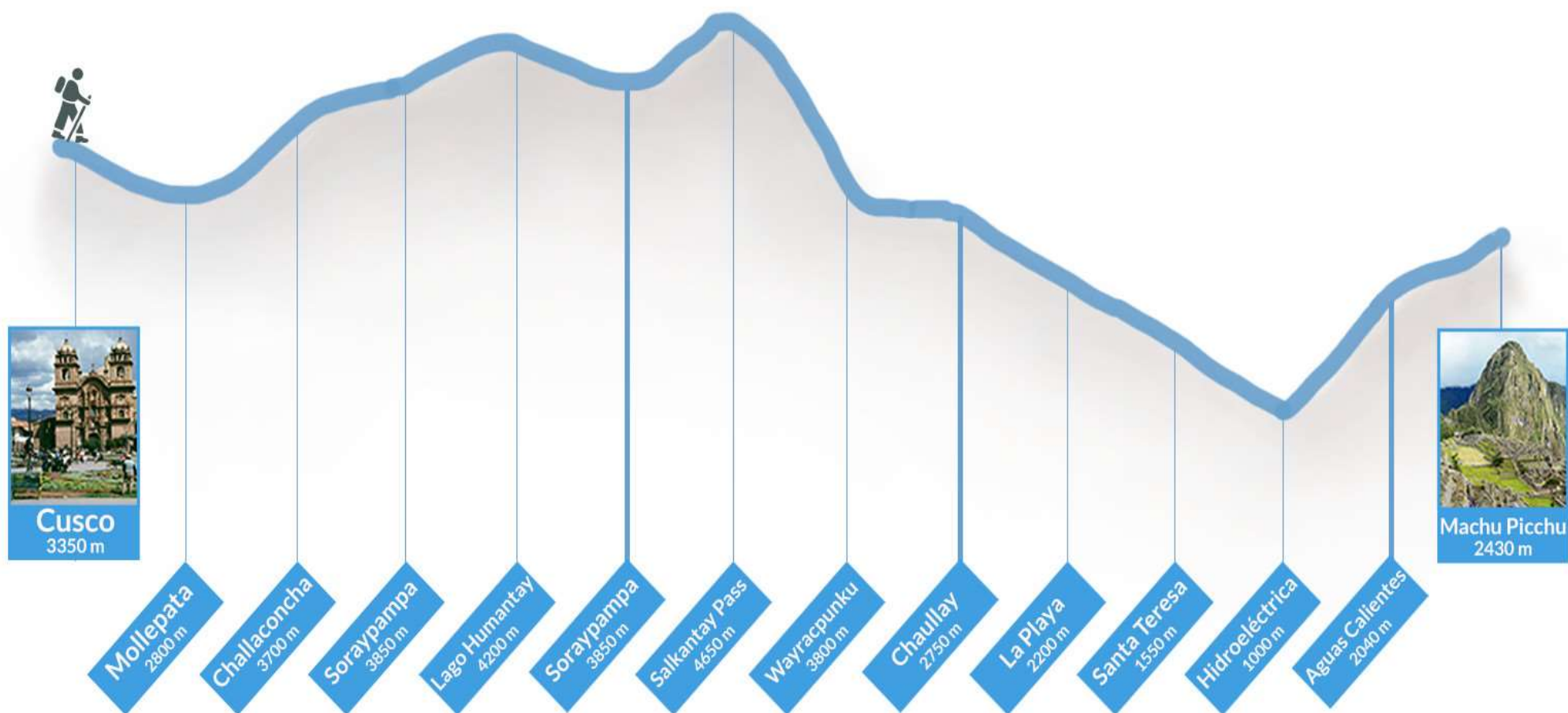
7TH - DAY



5 Km / 3 miles

Locations, Altitudes, Distances, and Times

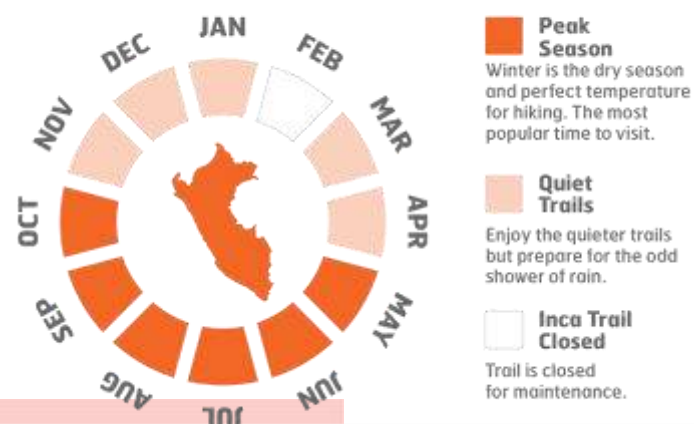
Salkantay trek
















SALKANTAY AND INCA TRAIL WEATHER

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

PERU



	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 and Inka Trail Trek.

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

Travelers can feel the effects of higher altitudes as low as 6000 feet (2000 meters) above sea level. They differ in their tolerance for high altitude conditions and how their bodies react to the changes in air pressure and oxygen level. Therefore, we encourage our guests to undergo appropriate preparation by regular cardio-vascular exercise, even if conducted at low elevation, and to adopt a healthy, balanced diet prior to the trip.

Without at least *some* pre-trip training, or a good basic level of fitness, trekking is hard work. Let's be real – it's hard work anyway. The toll for a great trek is paid in sweat. Sore calves and aching quads are badges of honor, with blisters and lost toenails marks of pride.

But in return, you get some of the most untouched, pristine and jaw-dropping scenery on the planet. And you know what? The more you train for your epic hike, the easier it'll be. And you don't have to be an Iron Woman/Man to climb to Andean Mountains or reach the top of 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.





Baggage 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 mountainswear for evenings |
| <input type="checkbox"/> Cold-weather jacket | <input type="checkbox"/> Photo/video cameras and chargers |
| <input type="checkbox"/> Long-sleeve fleece/sweater Wool hat | <input type="checkbox"/> Binoculars |
| <input type="checkbox"/> Hiking boots | <input type="checkbox"/> Refillable water bottle (hydration bags are recommended) |
| <input type="checkbox"/> Baseball cap, sombrero and bandana | |



Santiago Ballon



Jorge Sanchez



Yesenia Carreño



Elio Sanchez

SALKANTAY AND INCA 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 to take 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 AND ROYAL INCA TRAIL TO MACHUPICCHU 7D

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 you are vegetarian or vegan, ITEP will cater to you along the way.

SAMPLE MENU

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

OUR BREAKFAST SELECTION INCLUDED:

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

OUR SNACK PACK INCLUDED:

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

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

OUR LUNCH SELECTION INCLUDED

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

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

After lunches, we continued our hike along the trail for sometimes 4 more hours before reaching camp. After settling into our tents (and cleaning ourselves up), we



enjoyed traditional teatime that happened at 5pm and instantly put us in a relaxing mood. These teatime sessions included:

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

OUR DINNER SELECTION INCLUDED:

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

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

Travel Insurance

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

Definition of 'Valid Proof of Insurance'

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

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

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

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

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



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

Is the Inca Trail difficult?

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

How many hours will I hike a day?

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

What are the requirements to hike the Inca Trail?

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

How high is the trail?

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

How cold does it get?

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

Is altitude sickness common?

It's impossible to predict who will be affected by the altitude as your ability to adapt can vary from person to person. (We do recommend you undertake the trek in a good state of physical fitness.) Most of our travelers have no problem, as long as they take the time to acclimatize 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 is limited number of permits in effort to preserve the trail.

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

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

How do we get back to 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



Finissovartus
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



Calob J

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

Trip of a lifetime

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



Roberto S
Roma, Italia

SHORT INCA TRAIL

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



ArisPT

★★★★★ 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.

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.

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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,

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

TREKKING DIFFICULTY SCALE AND WHEATEAR CONDITIONS FOR OUR TRAILS IN PERÚ



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

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

Guests who have realistic expectations about the difficulty of their upcoming adventure are more likely to have an enjoyable experience. Please review the information below before booking your tour:

Avoid booking tours that exceed your hiking skills/physical abilities. During our group hikes, guests who are unable to maintain the group's hiking pace and/or do not have the required skills to hike safely, may be required by the guide to turn back.

Guests who would like to hike with a guide, but believe that the difficulty-level of our group hikes exceed their skills/abilities; have the option of booking private tours that can be tailored specifically to their needs. In such cases, we ask that inquires be sent via email.

IMPORTANT: *The following scale indicates the difficulty.



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 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, 3-6 hours per day, with quite elevation gain.

Guide role: Facilitator, logistics, interpret with, technical and safety skills.



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, 6-7 hours per day, with significant gain in elevation.

Guide role: The guide behaves mostly as a mentor, focusing on the trail, with technical and safety skills. Logistics are planned well in advance.



Suitable for: People of most ages – teenagers and senior – that are in a really good physical condition with 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 (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 with technical and safety skills. Logistics are highly tailored and well planned in advanced.



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.

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:

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