

# Salkantay Trek to Machu Picchu

5 DAYS / 4 NIGHTS



**INKA TRAIL**  
EXPEDITIONS PERÚ



## › Salkantay Trek

### 5 days / 4 nights




This Salkantay trek is a spectacular adventure that connects us with Machupicchu, the views are made up of glaciers, mountains and the Humantay lagoon and a lot of vegetation, which makes the trek one of the most beautiful.


We will cross the highest snow peak of the Vilcabamba mountain range until we reach Lactapata, which is located in front the Machupicchu Mountain. This path will finally take us to Aguas Calientes, which is located at the foot of the Historic Sanctuary of Machupicchu. In this way, we will culminate with an unbeatable adventure that allows us to connect with nature, culture and history.


### Highlights


- Enjoy the best alternative route to Machu Picchu.
- Observe the impressive Apu Salkantay glacier and snow-capped mountain peaks in one of the most beautiful landscapes you'll ever see.
- View turquoise lagoons, colorful valleys, waterfalls, crystalline streams, cloud forests, and unique flora and fauna.
- Explore the magical and mystical Machu Picchu in the company of our expert guide, who'll explain the history of the Incas.


 **Duration**  
5 days / 4 nights

 **Activities**  
Trekking,  
Camping

 **Group Size**  
Aprox. 12

 **Difficulty**  
Moderate

 **Accommodation**  
Camping

 **Languages**  
English, Spanish

 **Hiking Distance**  
71 km / 44 mi.



**INKA TRAIL**  
EXPEDITIONS PERÚ

# SALKANTAY TO MACHU PICCHU

**5 DAYS**



## LEGEND

- Main road
- Second road
- Rail road
- River
- Hotel
- Cabin
- Pass point
- Train station
- Restaurants
- Accommodation
- Meals
- Camps
- Camping areas



**TREKKING**

**5 DAYS**



› Salkantay Trek to Machu Picchu  
5 days / 4 nights

# Full Itinerary



**INKA TRAIL**  
EXPEDITIONS PERÚ


## › Day 1


Cusco – Mollepata – Challacancha – Soraypampa – Laguna Humantay - Lodge Del Cielo




 **Campsite Altitude**  
3,900 m /  
12,795 ft


 **Highest Altitude**  
4,200 m /  
13,780 ft

 **Hiking Distance**  
12 km/ 6.21 mi

 **Duration**  
5 to 6 hours

 **Meals**  
Lunch and  
dinner.

 **Accommodation**  
Double (2 people  
of the same sex).

 **Difficult**  
Challenging

Very early, we leave Cusco, passing through the towns of Izcuchaca and Limatambo. After a 3-hour journey from Cusco, we arrive at Mollepata. After a light breakfast we continue the trip in our transport to Challacancha, where we will meet our muleteer and horses and then start the walk, until we reach our Soraypampa camp, after lunch we will ascend to visit the beautiful Humantay lagoon, after the visit, we will descend again towards Soraypampa until we reach our first camp, where we will have dinner and spend the first night.



# Humantay Lagoon

Lagoon

4,200 msnm / 13,780 ft



**INKA TRAIL**  
EXPEDITIONS PERÚ

## › Day 2

Soraypampa – Paso Salkantay – Wayraqmachay – Chaullay



**Campsite  
Altitude**  
2,900 m /  
9,514 ft



**Highest  
Altitude**  
4,630 m /  
15,190 ft



**Hiking Distance**  
24 km/ 13.67 mi



**Duration**  
10 hours



**Meals**  
Breakfast, lunch  
and dinner.



**Accommodation**  
Cabins Double



**Difficulty**  
Challenging

After breakfast, we will start the most difficult part of the trek, walking through the site known as Pampa Salkantay. Then we will take the left side of the Salkantay glacier. Around noon, we will reach the highest point of the imposing snow-capped Salkantay located at 4,630 m (15,190 feet), we will be able to appreciate all the majesty of the area, its chain of mountains, glaciers and ravines, we will feel the magic of the Andes, after a rest we will begin the slow descent towards Wayracmachay, where we will have lunch and a well-deserved rest.

We will continue descending and enter the edge of the jungle where we will have indescribable views of the place, and then continue to our second campsite located in Chaullay.

Finally, we will have dinner and spend the second night here.



# Salkantay Pampa

Site

3,900 msnm / 12,795 ft



**INKA TRAIL**  
EXPEDITIONS PERÚ



# Salkantay Pass

Pass

4,600 msnm / 15,092 ft



**INKA TRAIL**  
EXPEDITIONS PERÚ

## › Day 3

Chaullay – La Playa – Lucmabamba – Cocalmayo



**Campsite  
Altitude**  
2,000 m /  
6,562 ft



**Highest  
Altitude**  
2,900 m /  
9,514 ft



**Hiking Distance**  
18 km/ 11.18 mi



**Duration**  
5 to 6 hours



**Meals**  
Breakfast, lunch  
and dinner



**Accommodation**  
Sky Lodge



**Difficulty**  
Moderate

After a delicious breakfast, we will start our trek at 06:00 am along the Inca Trail Network. This day will be unforgettable. We will continue with the walk through the jungle, we will appreciate the flora and fauna of this area, especially the coffee, tea, passion fruit, trees, the climate is temperate and humid in this area, so it is It has formed a favorable micro climate for the production of orchids that, due to their colors and varieties, have been classified by experts as the most beautiful in the world. Our departure from Loreta to Lucmabamba is recommended to take a car to avoid the dust on the road.

### OPTIONAL:

- Zip line
- Coffee tour
- Cocalmayo by car from Lucmabamba



# Waterfalls

2,850 msnm / 9,350 ft





 **Coffee Experience**





## › Day 4


Lucmabamba – Llactapata – Hidroeléctrica – Aguas Calientes




 **Highest Altitude**  
2,800 m /  
9,186 ft

 **Hiking Distance**  
25 km / 15.53 mi

 **Duration**  
6 to 7 hours

 **Meals**  
Breakfast, lunch  
and dinner

 **Difficulty**  
Moderate

Very early, immediately after breakfast at the Lodging we will hike up for 3 hours approx. from Lucmabamba to Llaqtapata mountain, which is an Inca site where you can have a view toward the citadel of Machu Picchu. After that will descend the mountain of Llaqtapata to hydroelectric train station for another 3 hours where we will have lunch in one restaurant (the restaurant is in charge of sending the duffle bags by train to Aguas Calientes town).

We continue walking from Hydroelectric to Aguas Calientes Town for another 3 hours. This walk is mainly next to the train tracks on a gravel path.

Finally, we will reach to Aguas Calientes Town where you will have your accommodation in one hotel. You will coordinate with the guide the time of dinner as well as the place and moment to pick your duffle bags up at the train station.

**Note:** Those who prefer not to walk from Hidroeléctrica to Aguas Calientes can take the train experience, the 40-minute ride "price is not included". They will meet the rest of the group at the Aguas Calientes Town. (The guide confirms your preferences the night before).



# Llactapata

Archeological Site

2,700 msnm / 8,858 ft



**INKA TRAIL**  
EXPEDITIONS PERÚ



# Llactapata Viewpoint

Viewpoint of Machupicchu

2,700 msnm / 8,858 ft



**INKA TRAIL**  
EXPEDITIONS PERU

## › Day 5

The Big Day! Wonderful Machupicchu



**Highest Altitude**  
 3,000 m /  
 9,843 ft



**Hiking Distance**  
 6 km / 3.7 mi



**Duration**  
 5 hours



**Meals**  
 Breakfast



**Difficulty**  
 Easy

Very early, immediately after breakfast at the Lodging, we will go by bus to the citadel of Machupicchu in an ascending way for the period of half, until we reach the access point and entrance control Machupicchu where we will have a guided tour of the urban and agricultural area, as well as the towers, ceremonial squares, sacred fountain, or sundial and terraces from where you can contemplate the domains of the Inca. After a guide of approximately 2 hours, we will have free time to take photos and in coordination with the guide, we will descend to the town of Aguas Calientes. We will board the return train to Ollantaytambo where the transport awaits us to take us back to Cusco; finally, we will leave you at your respective hotel.



# Machu Picchu

Archeological Site

2,430 msnm / 7,972 ft



**INKA TRAIL**  
EXPEDITIONS PERU



 **Expeditions**  
Train



› Salkantay Trek to Machu Picchu  
5 days / 4 nights

# Inclusions



**INKA TRAIL**  
EXPEDITIONS PERÚ

# › Inclusions



## ✔ Is Included

- Quality and safe service.
- Briefing and pre-departure assistance. The night before the trip, you have to come to the office for briefing.  
Highly qualified professional guide with experience (English – Spanish).
- First aid kit and oxygen cylinder. All our guides receive first aid, rescue and evacuation training. Each guide carries basic equipment for emergency care, also carries an oxygen tank.
- Private camping equipment: We have accommodations in our camps. Additionally, all our equipment such as tables, chairs, kitchen equipment, etc. They are transported by our muleteers.
- We will give you a canvas bag prior to your departure (1 day before). The allowed luggage that we can carry is 5kg / 11.02. (Per person).
- Customer service 24/7.
- Overnight:
  - Lodge Del Cielo in Soraypampa
  - cabin in Chaullay
  - Lodge in Lucmabamba
  - Accommodation in Aguas Calientes.
- Professional cook.
  - Our cooks prepare the best meals in the middle of the mountain, if you have any dietary restrictions (options: Vegetarians, vegans, celiacs, etc). Indicate us in the reservation and indicate in the informative meeting to the guide.
- Food:
  - 4 breakfasts, 4 lunches, 4 dinners.
  - Every day we provide the refilling of water in your empty bottles (we recommend the capacity of 2 liters).
  - Every morning we will wake you up with tea (only in camps).
  - Tea time. In the evenings before dinner, the cooks will provide a table with snacks.
  - Snacks for trekking days.
- Hygiene products, we will provide a towel, ecological soap for constant hand washing.
- Private transport:
  - Day 1 - The pick up will be from your hotel to Mollepata.
  - Day 2 - Transport from La Playa to Hidroeléctrica.
  - Day 5 – Transportation from the Ollantaytambo station to your hotel in Cusco (PeruRail Expedition Service).
- Train tickets from Aguas Calientes to the Ollantaytambo train station.
- Transport of your belongings

- The first day will be transported by the 5kg / 11.02 mules. (per person)
- The second day the briefcase will be transported by car and train.
- Income tickets
  - Entrance ticket to the Humantay Lagoon.
  - Entrance ticket to the Sanctuary of Machupicchu.
  - Consettur bus to the Inca city of Machupicchu (up and down).

## ✗ Is Not Included

- Sleeping bag.
- Trekking poles.
- Food:
  - Day 1 – Breakfast.
  - Day 3 – Lunch and Dinner in Cusco.
- Train from Hidroeléctrica to Aguas Calientes (If the passenger's condition is bad after the walk, we recommend that you take this train).
- Personal equipment.
- Travel insurance.
- Additional income (Huayna Picchu – Machupicchu Mountain).

Both mountains are quite high, but with very different characteristics. Huayna Picchu reaches 2,720 m / 8,924 feet, but it consists of an almost vertical ascent with much more extreme and narrow trails. On the other hand, the Machu Picchu Mountain reaches 3,000 m / 9843 feet, almost 650 meters above the citadel. The path to the top of this mountain is less demanding than Huayna Picchu, it has a wider path and can be done by anyone. Although care must be taken with altitude sickness and weather conditions.

Walking time Huayna Picchu (45 min)

Walking time Machupicchu Mountain (1.5 h)

- **Option:** if you feel tired after the hike on day 2, you have the option of taking a train from Hidroeléctrica to Aguas Calientes.
- Additional costs or delays beyond our control such as natural disasters, bad weather conditions, itinerary modifications due to passenger health problems (suffering from a disease or health problem), pandemic, changes in government policies, political instability, strikes etc.

**RENTAL AND ADDITIONAL COSTS**

All our passengers require a sleeping bag, poles (with rubber tips) are optional, but highly recommended. Here we detail the costs of additional services.

EXTRA	COST USD	OBSERVATIONS
Pair of trekking poles	USD 15.00	Includes rubber tips.
Sleeping bag	USD 25.00	-
Breakfast in Mollepata	USD 10.00	-
Cheap lunch in Aguas Calientes.	USD 15.00 – USD 20.00	-
Gourmet lunch in Aguas Calientes.	USD 50.00 – USD 70.00	-
Saddle horse (for one person)	USD 150.00	-
Hydroelectric Train to Aguas Calientes	USD 36.00	If the passenger feels tired, they have the option of taking a train from Hidroeléctrica to Aguas Calientes.
Entrance Huayna Picchu or Machupicchu Mountain	USD 75.00	Subject to availability.

› Salkantay Trek to Machu Picchu  
5 days / 4 nights

# Packing List & Equipment



**INKA TRAIL**  
EXPEDITIONS PERÚ

# › What to wear

---



## Base Layer

A light thermal layer or a long-sleeved top.



## Long - sleeve Shirts

Be sure to pack at least 2 or 3 along with short - sleeve t-shirt.



## Fleece Jacket

A soft-shell jacket works well, too (preferably waterproof or windproof).



## Warm Jacket

To keep you warm during the coldest nights.



## Trekking pants

Good cargo or convertible pants, for every weather condition.



## Hiking Boots

Light, comfortable, and broken in. Not too tight, and not too loose



## Hiking Socks

At least 4 sets. Make sure they are made of breathable materials like wool or synthetic fiber



## Wool Hat or Beanie

To protect your head during the cold nights



## Day Pack

A good quality medium daypack to carry your personal supplies (recommended 15 to 25 liter backpack)

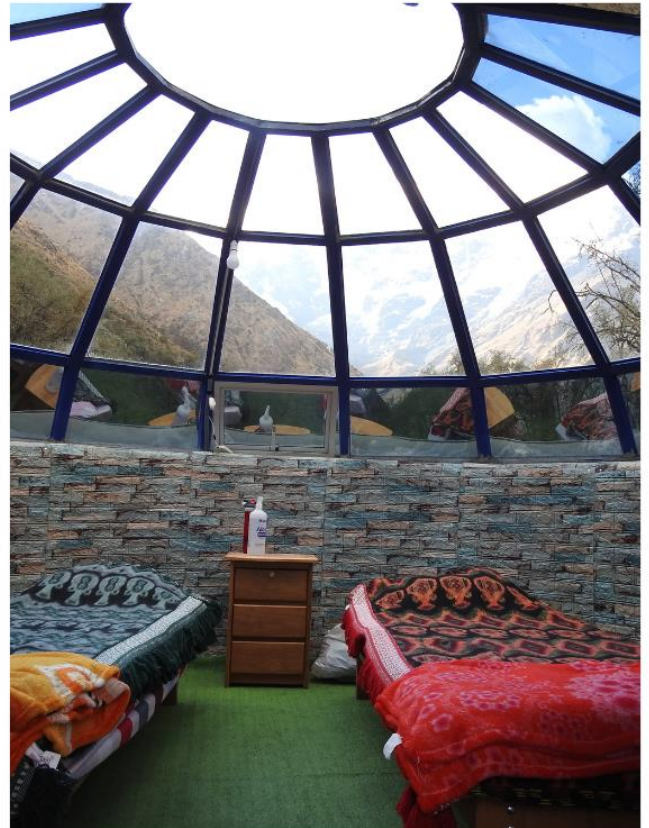


## Sandals or light shoes

To rest your feet at the campsites

## › Our Camping Equipment

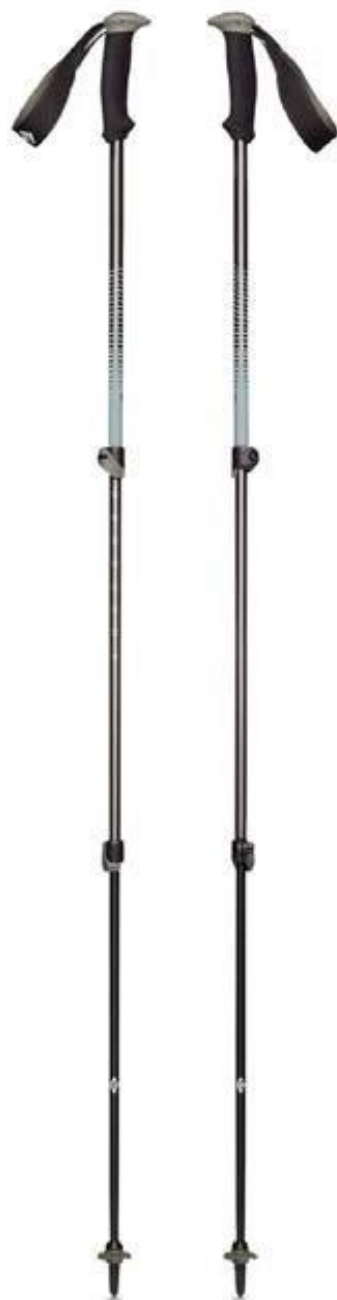
---





## › Equipment you can rent from us

---



**Trekking Poles (1 pair)**  
Trekking poles



**Sleeping bag**  
Down filled sleeping bag ( - 15°C)

› Salkantay Trek to Machu Picchu  
5 days / 4 nights

---

# Food



**INKA TRAIL**  
EXPEDITIONS PERÚ

# › Food



With Inka Trail Expeditions Perú 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, Inka Trail Expeditions Perú 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 LUNCH SELECTION INCLUDED**

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

### **OUR DINNER SELECTION INCLUDED:**

- 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!)



**Authentic  
Peruvian Recipes**  
Daily selection  
of diverse  
Peruvian food



**Surprise Details**  
A special reward  
for every Trek





## Why choose Inka Trail Expeditions Perú?

We are a 100% local Peruvian tour operator based in the city of Cusco that offers "Exclusive Adventure at its finest", the opportunity to experience the essence of adventure within the realm of revitalizing comforts. But for Inka Trail Expeditions Perú, a great adventure does not end there, in order for it to be a life changing experience for our guests, we believe that the experience has to be a adventure on many levels.



**Food in the Inca Trail**  
The best Peruvian food made by local chefs



**High-Quality Equipment**  
Superior camping equipment and gear provided



**Transportation**  
Door-to-door transport for a seamless travel experience



**Trains from Machu Picchu**  
Exclusive access to Panoramic Vistadome Train



**Safety and Security**  
Expertly trained staff and safety equipment



**Our Porters**  
An elite porter team to carry all your equipment

## Our Certifications



## Recommended





**INKA TRAIL**  
EXPEDITIONS PERÚ



**Book Now!**

[Click Here](#)

---

## Contact Us:

---

### Call us

Sales & Information

📞 + 51 908 803 679

📞 + 51 970 506 205

---

### Contact Us

Information and booking

✉ [info@inkatrail.com.pe](mailto:info@inkatrail.com.pe)

---

### Visit Us

Main Office

📍 317 San Agustín street,  
Cusco - Perú

---

[www.inkatrail.com.pe](http://www.inkatrail.com.pe)