



Inka Trail Expeditions Perú

INKA

2 DAYS - 1 NIGHT

TRAIL



Proud member of:



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INKA TRAIL  
"WIÑAYHUAYNA / SUN GATE"

DAY 1

DAY 2

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

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

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

...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 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 the surroundings** and the knowledge that you are following in the footsteps of the Incas.

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



# THE ROYAL INKA TRAIL!

## By ITEP "Inka Trail Expeditions Perú" ...

...The Inca 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, the center of Chile and the north of Argentina. These trails tended to be principally on the coast or in the mountains; in few cases they reached the tropical edge of the Amazon jungle.

The **Inka Trails** is called in *Quechua* "the Inka Language" *Qhapaq Ñan* - ( refers to the network of trails) without a doubt is one of the marvels of *Tahuantinsuyo*, according to the Peruvian historian, *José Antonio del Busto*, who explains that the Inka "King" *Huayna Capac* increased the network of trails in order to quickly mobilize his army.

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

## ... The Royal Inka Trail to Machupicchu

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



## INKA TRAIL HIKING, TREKKING DIFFICULTY SCALE



Day 01:



Day 02:

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

# Is this tour for me?

**Experience:** Royal Inka Trail to Machupicchu  
**Duration (days):** 02 days including Machupicchu  
**Duration (nights):** 01 night in 2 star hotel is included in final price  
**Language:** English & Spanish, "Other Languages on request"  
**Close Airport:** Cusco /Perú

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

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

**Trip Type:** Small Group  
Small group experience; Max 8, Avg 6 "Be in mind small group size means more authentic experience".

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

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

2 - Moderate

Could be a challenge to first time trekkers and are tougher than easy treks. So these Inca trek is suitable for any walker looking for something a little more challenging and energetic. Most people who enjoy a weekend in the hills, mountains or at home are capable of undertaking a trek of this level: You need to be in good health and reasonably fit, and you will almost certainly be taking regular exercise. A trek could be graded Moderate either as a fairly easy medium-duration walk, or as a harder, shorter walk. Some walking at higher altitude and the occasional longer or more difficult day may be involved, but generally, conditions underfoot will be fair. A walking day would normally be between 5 to 8 hours as long, experience is necessary for this short Inca trail.

**The Distance:** The Inca Trail difficulty starts with the distance. It is 16 km (10 miles) in total, covered over 2 days and 1 night. The hike is generally broken down into two days:

**Day 1:** 16 km (10 miles).

**Day 2:** 4 km (no walks) unless you would like to hike the *Huaynapicchu* or Machupicchu sacred mountain.



*Machupicchu Face*

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

Please Check our Prices table in attached

**Activity:** Trekking, Adventure

**Country:** Perú

**City:** Cusco

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

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

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

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

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

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

**Video about the Inca Trail 2 days:** <https://www.youtube.com/watch?v=HAeiRVCHyQU>



## 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 EcoTravel, a great adventure does

not end there: In order for it to be a life changing experience for our guests, we believe that the experience has to be an adventure on many levels.

This is why our proposal goes far beyond comfortable Adventure and great 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, culinary surprises, the determination of local people to progress, new friends and like-minded souls.

## The Proposal

We propose an expedition... an exciting Inca adventure of surprising comfort that takes you on an ancient Inca trail called the "Royal 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 lost Inca village during centuries inspired awe among the natives who consider them gods.

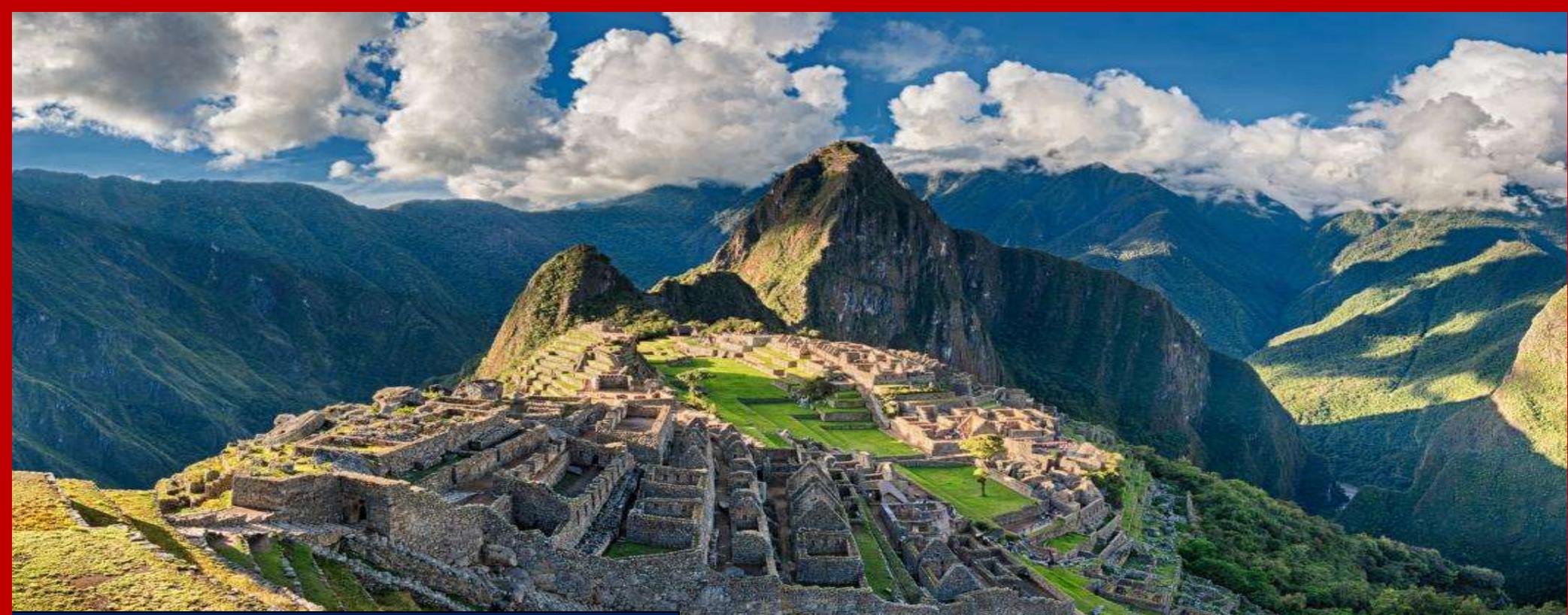
Walking on the unbeaten trails of the mysterious Incas, high in the mountains and on winding slopes creates an intimate bond between our Tour Guides and Travelers based on mutual trust and the excitement of the journey ahead.

Each day's trek ends in our exclusive **chooses hotels**, fine gourmet meals, and highly personalized service provided by local staff.

In our Machu Picchu Inca trail experience, travelers spend **01 night in Machupicchu**: The 1<sup>st</sup> afternoon of the journey is spent in Inti Punku Inca Site "The Sun Gate" in anticipation of the grand finale: A visit to Machu Picchu, the lost city of the Incas.







## Day to Day Itinerary

### **DAY 1/ Transfer by ITEP Van, from Cusco to Train station, later train service to Km 104 “Inca Trail Entrance”. Trekking Km 104 “Chachabamba to Inti Punku, the Sun Gate”**

Today our trek takes us along the most impressive stretch of the Inka Trail. We'll visit beautiful Inka sites, see a variety of flora and fauna and get to take in the fantastic panoramas of the Andes mountains. Covering 16km of the trail our journey begins in the Sacred Valley and works its way up along an original Inca Trail to the Inca site of *Wiñay Wayna* before continuing on to Machu Picchu via the **Sun Gate** (*Inti Punku*).

As we make our way to **Machu Picchu** we'll pass through the lush and verdant cloud forest that covers the mountain and get to see a variety of plants, flowers and birds along the way. We may also see some larger mammals such as *Viscachas* (rabbit-like Chinchillas) and Spectacled Bears (if we are very lucky).

After a full day trekking we'll arrive to the Sun Gate (*Inti Punku*) in the late afternoon and get our first views of Machu Picchu spread out on the mountain below. The light at this time of day is great for photos because there are few tourists so it's a perfect time to take some pictures of the site. After we've passed through the Sun Gate, we'll carry on along the trail a little way before taking a side trail that leads us to Aguas Calientes, in the valley below where we'll check in to our hotel.

**Meals:** Box Lunch and dinner.

**Accommodation:** Overnight in Aguas Calientes town. (2 star Hotel)

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

**Difficulty:** Easy/Moderate.

**WalkingTime:** Approximately 6 hours (including picnic lunch en route)

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

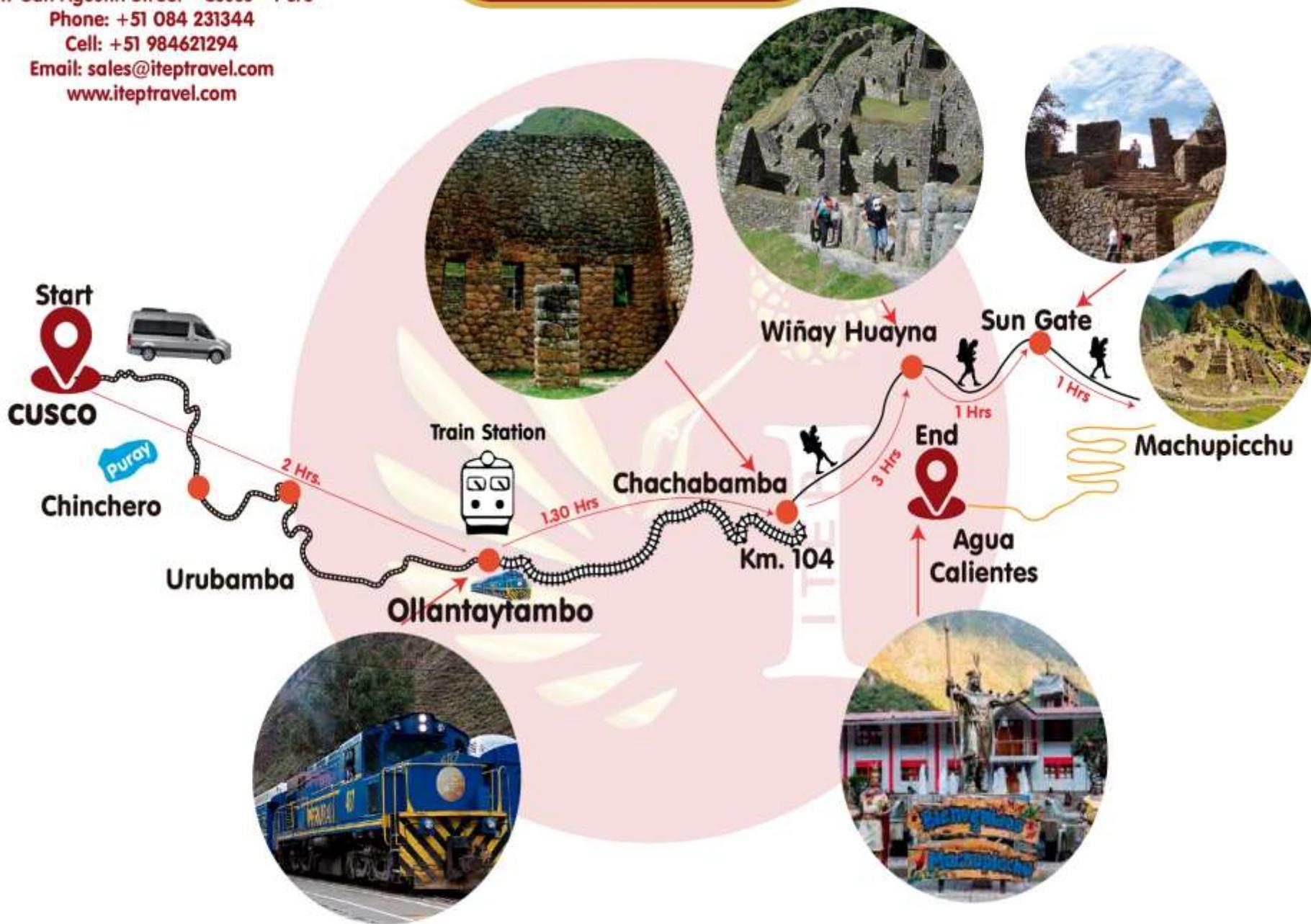
# INCA TRAIL 2 DAYS- 1 NIGHT

317 San Agustín Street - Cusco - Perú  
Phone: +51 084 231344  
Cell: +51 984621294  
Email: sales@iteptravel.com  
www.iteptravel.com



Inka Trail Expeditions Perú

## 1ST DAY



## DAY 2 | Machupicchu “The Sunrise Experience”

Waking up early (04:00am) we'll take one of the first buses back up to Machu Picchu to enter the site as soon as it opens (06:00am) we'll have 2-hours guided tour in the site where you'll learn about the Inkas and visit all the most important areas of the citadel. After your tour, you'll have free time to explore the site by yourself and if you have permits to climb either Huayna Picchu (2 hours round trip) or Machu Picchu Mountain (3 hours round trip).

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 Aguas Calientes are a visit to the new local museum or bathe in the hot springs.

**Back to Cusco:** You will descend to Aguas Calientes by bus and later board the Expedition train to the Ollantaytambo Train Station “Train departure time can vary according train schedule and availability”. In Ollantaytambo Train station, you will meet our private van and be transferred to your hotel in Cusco.

**Meals:** Breakfast (If you booked the hotel with us)

**Distance:** 8.9kms/5.5mils “By Bus in 25 minutes”

**Difficulty:** Easy waking

\*\*\* **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 only take ITEP EcoTravel passengers in our small vans / auto** – We do not use public transport.

## About Machupicchu Hotels:

**Please note:** Hotels may change (be different according to your request) depending on booking time and availability; Campsite for Inka Trail 2d/1n also is possible, we just need to follow Machupicchu government rules or restrictions undertaken for safety reasons by the Peruvian Government.

# INCA TRAIL 2 DAYS- 1 NIGHT

317 San Agustín Street - Cusco - Perú

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Cell: +51 984621294

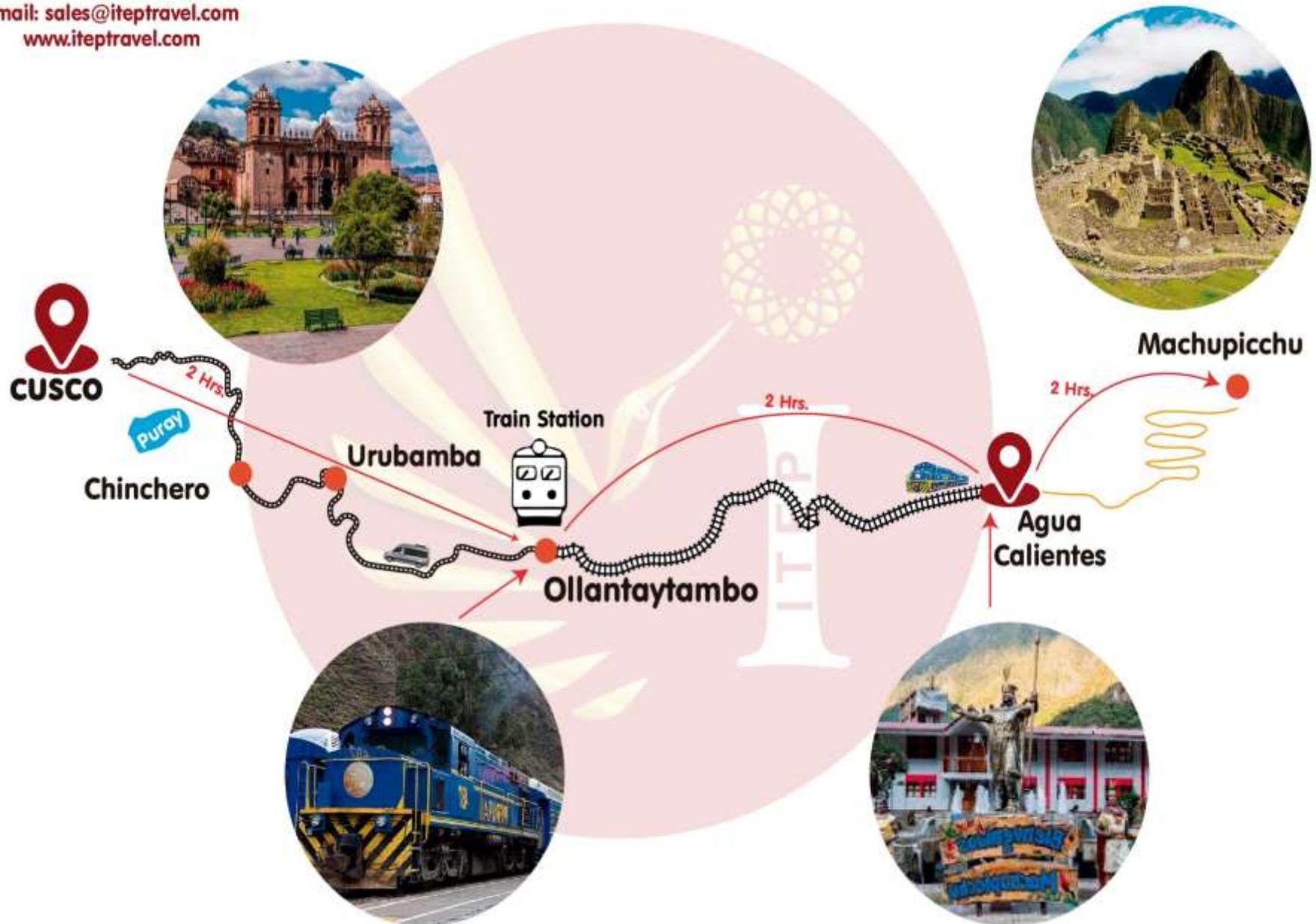
Email: [sales@iteptravel.com](mailto:sales@iteptravel.com)

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



Inka Trail Expeditions Perú

# 2ND DAY



## SHORT INKA TRAIL 2 DAYS & 1 NIGHT

### INKA TRAIL TO MACHUPICCHU CLASSIC STYLE

#### What is Included?

- **Pre-departure briefing:** You will meet your royal Inca Trail guide and group in our office for an orientation before your trek. The meeting will be at 6:00 PM, the evening before the trip begins. In case you can't come at this time "please let us know" to coordinate another time.
- **Touristic Transport:** You will be picked up from your hotel in Cusco in the morning and will travel by private transportation to **Ollantaytambo Train Station.**
- **Touristic Train Expedition Service:** Train leaves from Ollantaytambo Train Station until Chachabamba "Km 104" the starting point of the Short Inca Trail to Machupicchu. Optional upgrade for Vistadome Train at extra cost.
- **Adventure Experienced Short 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 and comfortable on your trek so you can enjoy your time along the Inca path and will ensure that you are safe and happy.
- **Tour Guide in Machupicchu Cultural Experienced:** English speaking, professionally educated, and official tour guide with tourism certification. For visit the sacred city of Machupicchu.
- **Overnight in Machupicchu Village:** Each hotel is carefully chosen for having a very local experience "please check options".
  - **Night 1:** The 1st night in the **2 star Hotel** is included, which is in the town of *Aguas Calientes*; it's also known as *Machupicchu Village*; but if you prefer we can upgrade to 3 star hotel more USD 45 per person; The prices of hotels will vary according to your expectations and budget. However, we can offer you the option of joining us at **2 star Hotel** "at no extra cost". The hotel in *Aguas Calientes* has double or triples rooms, private bathroom, hot shower, Wi-Fi, breakfast, and luggage storage while you visit *Machu Picchu*.
- **Entry ticket to **The Short Inca Trail "Sun Gate to Machupicchu"****
- **Entry ticket to Machu Picchu Inka Site**
- **Meals:** 1 box lunch, 1 Dinner (**Vegetarian, vegan, or special menus** are available at no extra cost) Please be in mind (1st breakfast and last lunch after Machupicchu on 2nd day of trek is not included"
- **Water:** Inka Trail Expeditions Perú will supply a liter of water for you hike, after you arrive to Machupicchu Village/Aguas Calientes, you will be able to find plenty shops and restaurants. You must supply your own water bottles or camel back. We recommend carrying about one more 01 liter of water.
- **Medical kit and Oxygen bottle:** Our crew will bring a first-aid kit, including emergency oxygen bottle.
- **Train tickets back:** From Aguas Calientes "Machupicchu village" to Ollantaytambo train station (departure time is confirmed the day of briefing and it's subject to availability)
- **Transfer back to Cusco:** Private touristic transport from Ollantaytambo train station to your hotel in Cusco (**Day 2**)
- **24-hour guest service:** We have telephone service available 24 hours/day for easy communication and preparation with the agency leading up to your trek.

## Not Included:

- **Bus Consettur to Machupicchu Inka 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. 5 usd to 10 usd, Price can vary according your selection.
- **Meals in Machupicchu village: Lunch and Dinner** in Aguas Calientes. Approx. 20 usd to 25 usd, 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 6 usd to 8 usd 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:** \$20 off per person

Student discounts apply to anyone who has a valid UNIVERSITY STUDENT CARD at the time of the trek or who is 24-years-old or younger. For those using a university student card to receive the discount, we need to see a copy of the card at booking. For those booking children 17-years-old or younger, we need a copy of their current passport at booking time. Please send us a copy of your student card

## ADDITIONAL ITEMS:

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

- Walking Poles –\$15 USD per pair per trek (Professional Poles that can be extended)
- Vistadome Train Upgrade "Panoramic train" –\$50 USD per person (Return Only)
- Huayna Picchu Sacred Mountain –\$75 USD per person (Please request when you book your Trek)
- Machupicchu Sacred Mountain – \$75 USD per person (Please request when you book your Trek)
- Buffet Lunch Celebration in Sanctuary Lodge on the last day in Machupicchu. \$40 USD per person (all fresh drinks are included).

## PERU LUXURY SHORT INKA TRAIL TO MACHUPICCHU TREK:

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

Perú Luxury Short Inca trail to Machupicchu is where stunning and amazing nature meets modern luxury camping. Some call it luxury camping. Some call it glamorous camping. Either way, this camping style is dedicated to inspiring and guiding those who are seeking a different kind 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 INCA TRAIL EXPERIENCE ON PICTURES!*

*1<sup>ST</sup> Day: "Cusco, Chachabamba/Km 104, Inti Punku, Machupicchu"*



*2nd Day: (Machupicchu Sunrise, Cusco)*



# 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 like to stay a little longer since 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 Ink a Bridge or the Sun Gate.

Visit the town of Aguas Calientes and shop the local craft markets.

Treat yourself to a relaxing end to your vacation and fully enjoy the magnificent gardens, top of the line spa, and hospitality of the unique Inka terra 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 Inkas paths hidden alongside the mountain; it may frighten those of you who have a fear of heights. For those of you who struggle with heights you may need to know that you will be steps away from hundred-foot plummets into an abyss, and in some places the path can be very steep and narrow. There are times when you need to use security cables to support yourself; it is a challenge for anyone. If you suffer from vertigo or you have a hard time controlling your fear of heights, we would recommend taking a different route. You will have to place reservations 6 months before if you would like one of the 400 available tickets to go up to the Huayna Picchu Mountain.

## MACHUPICCHU MOUNTAIN

Machu Picchu Mountain is an unforgettable and lesser-

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

## MACHUPICCHU MUSEUM

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

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

**Please note:** Please confirm if you 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 - Inca Trek Additional Travel Service

Our travelers recognize us for something unique, and is not for building lodges on a remote mountain trail, it is for the experience, service and magic we have created. As a consequence of our success with the journey to Machu Picchu, the market values us as a boutique operation, highly focused on customer service, always striving for excellence, and it's used 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 just 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 Inkas, The colorful Rainbow Mountain. Additionally, you can enjoy fine dining, traditional shows, and bargain shopping.

## Extension Packages

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



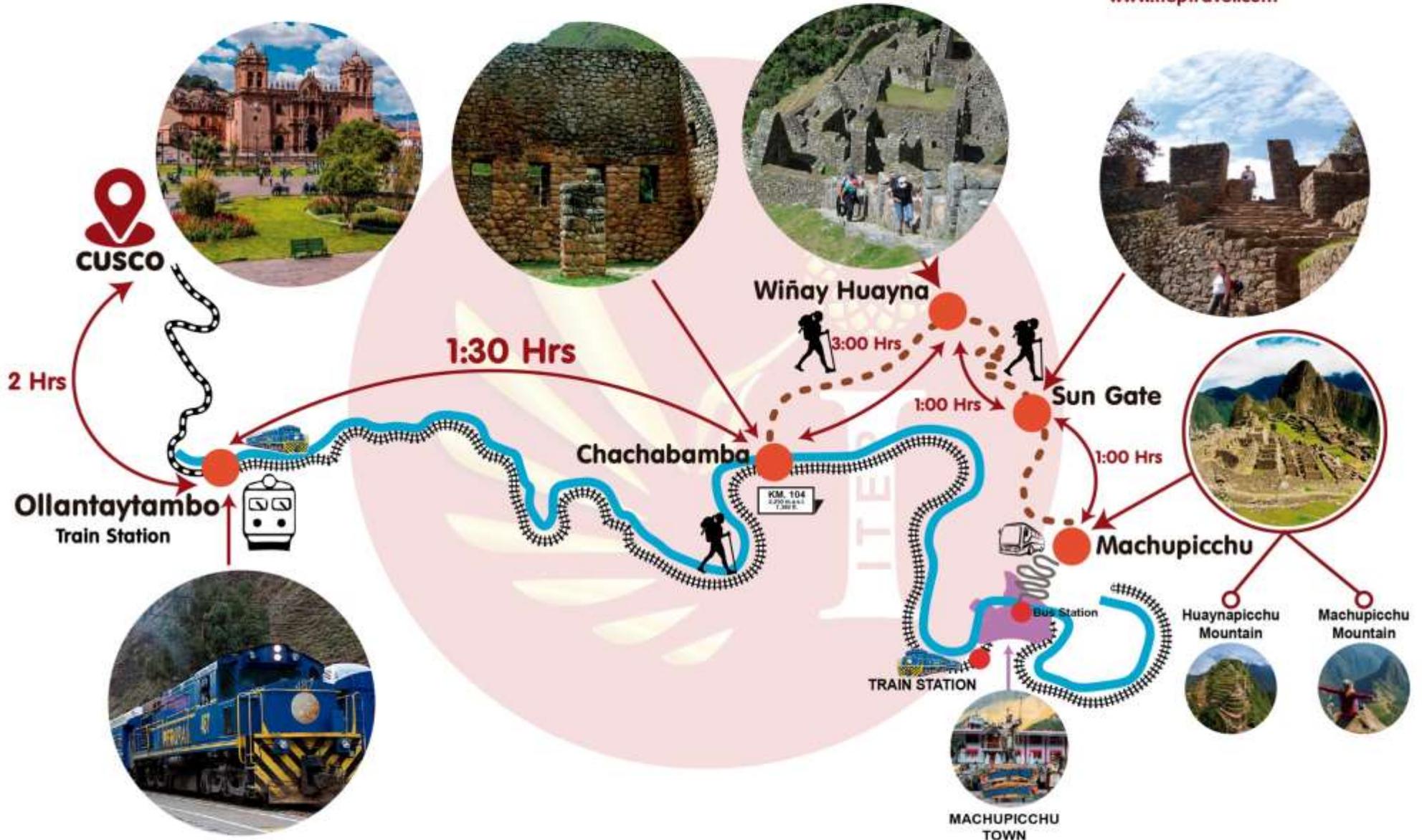
# The INCA TRAIL Map

## INCA TRAIL 2 DAYS- 1 NIGHT



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www.iteptravel.com



CUSCO

2 Hrs

Ollantaytambo  
Train Station

1:30 Hrs

Chachabamba

Wiñay Huayna

3:00 Hrs

Sun Gate

1:00 Hrs

1:00 Hrs

Machupicchu

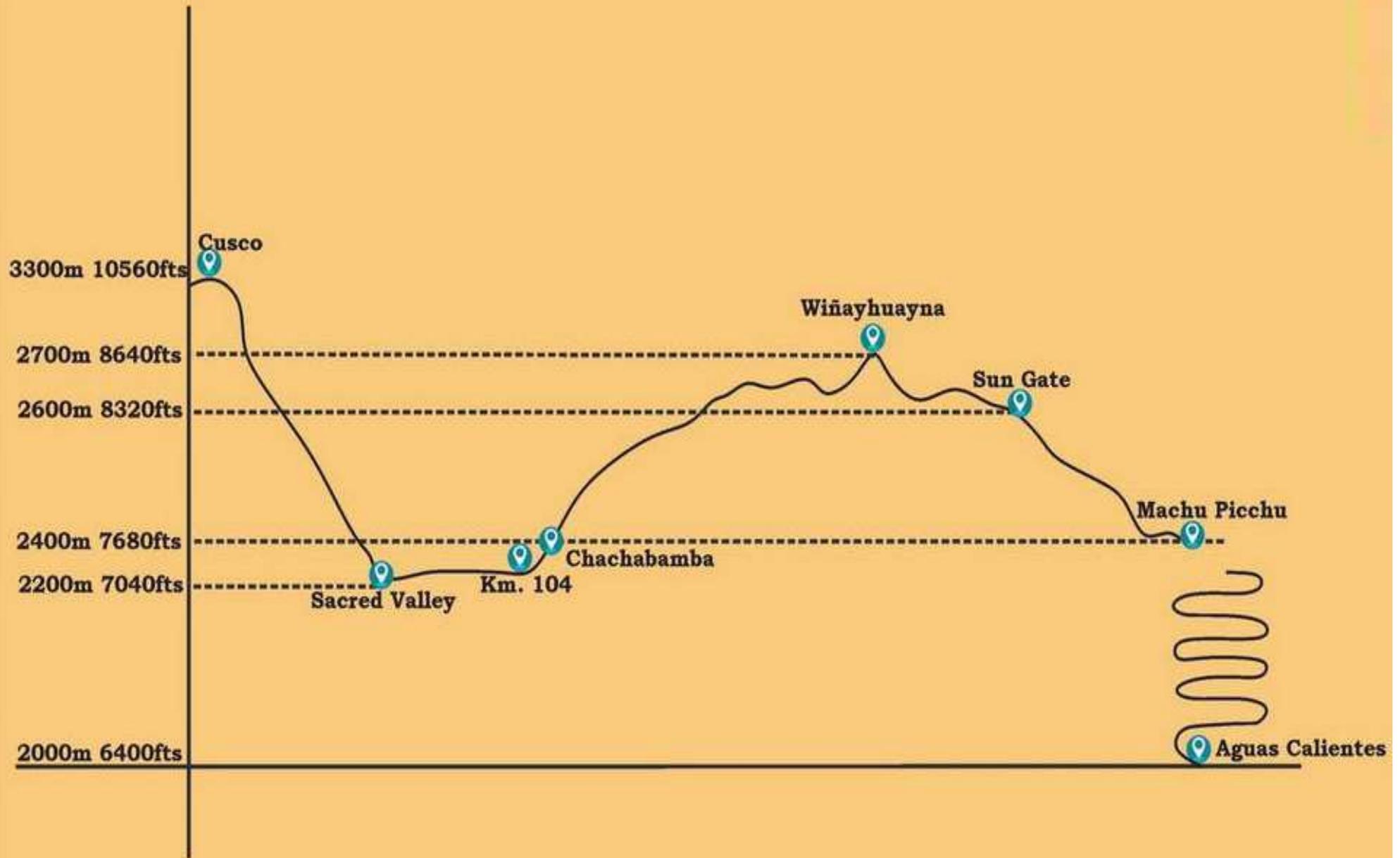
TRAIN STATION

MACHUPICCHU  
TOWN

Huaynapicchu  
Mountain

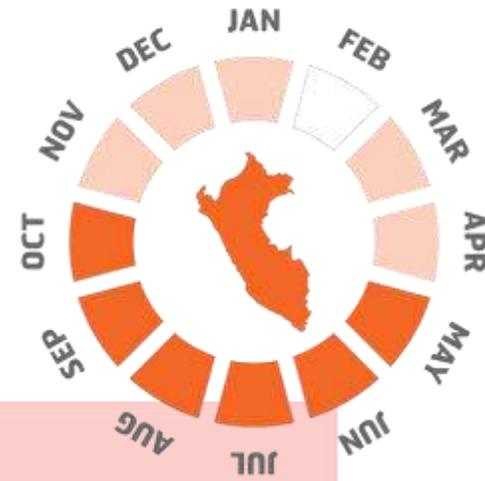
Machupicchu  
Mountain

# Locations, Altitudes, Distances and Times



## INKA TRAIL WEATHER

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



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

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

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

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

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



# Preparing for the INCA Trek

We recommend 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 have an appropriate preparation by regular cardio-vascular exercise, even if conducted at low elevation, and to adopt a healthy, balanced diet prior to the trip.

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

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

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

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

to be able to walk 4-6 hours – comfortably – before you leave.

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

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

## **3. Take the stairs every chance you get**

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

## **4. Make sure you're walking properly**

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

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

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

## **6. Walk in all types of weather**

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

*Wonderful has an address*

### 7. Try using walking poles

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

### 8. Train with a backpack

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

### 9. Keep the tank fuelled

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

### 10. Invest in a good pair of shoes

Your feet are your most crucial body part on a trek, and it doesn't take much to keep them in toe-tappingly tip-top shape. First, invest in a pair of good-quality, water-resistant hiking boots; you want plenty of support and ventilation too. Then, wear them in 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” backpack day use) are recommended.
- Bathrooms are Basic use.
- 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.

## Packing List

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





Santiago Ballon



Jorge Sánchez



Yesenia Carreño



Elio Sanchez

## INKA TRAIL Guides

Our guides are among the best in Peru (some have even won international awards!) and have on average at least 5 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

## Brief Technical Trip Description

The trek consists of 2 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-2700m (6,600-8,800ft) on diverse types of trails ranging from flat and grassy to steep and rocky slopes.

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

**Age Limits:** The recommended minimum age of participants is 8 years old. However, we may consider exceptions depending on experience and physical condition.

# Travel Insurance

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

## Definition of 'Valid Proof of Insurance'

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

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

ITEP partners with an insurance company called IHI – a member of the BUPA Group to offer insurance coverage for Medical Emergency Treatment and Evacuation, including Adventure Travel Activities. Upon your request, ITEP Travel may purchase this insurance coverage ON YOUR BEHALF from the mentioned supplier at a rate of US\$8 per person per day. The full terms of coverage of the mentioned policy can be found at:

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

In the event that a guest has not presented valid proof of insurance to ITEP EcoTravel at least 60 days prior to the trip start date, ITEP EcoTravel will provide the aforementioned insurance policy (IHI) at the rate of US\$8 per person per day, for the duration of the itinerary purchased through ITEP EcoTravel. 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's a limited amount of permits in effort to preserve the trail.

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

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

## How do we get back to Cuzco?

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

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

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

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

We use three-man tents to accommodate two same-sex 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, 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 travellers 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.

# Estamos aqui-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



Finessevarius  
Phoenix, Arizona

★★★★★ Escibió 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!



AntioP7

★★★★★ Escibió 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!!



Jade N

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

## Teacher (NYC)

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

Mostrar menos

Pregunta a Jade N sobre ITEP Eco Travel



Caleb J

★★★★★ Escibió 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.



Aun Yeong C  
Ottawa, Canada

★★★★★

## Henry Chauca, Inca trail and Machu Picchu

Fantastic guide in terms of knowledge and experience. Extremely helpful, never too much to ask. Strained my knee and he ended up carrying my backpack for half the trail. Took time to allow us to take in the scenery and catch up! Knew the good spots for photos along the trail and at Machu Picchu.

Took me back to the hotel at the end of day and then went to buy some anti inflammatories for my knee. I would most definitely recommend.



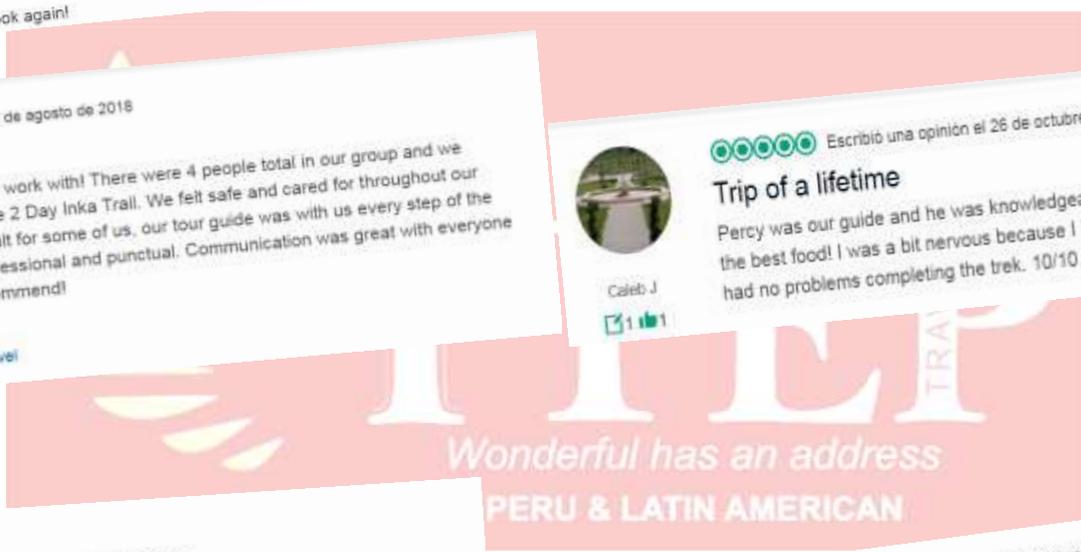
RochelleK44

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

## Maribel - Machu Picchu Tour Guide

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

Mostrar menos



# ITEP Eco Travel Honors



## ITEP ECO TRAVEL RECIBIÓ PREMIO EMPRESA PERUANA DEL AÑO

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



## Visit Our Blog

Comment about your adventure!

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

## DOING THE RIGHT THINGS!!!

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



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

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

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

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

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

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

Our **sustainability** program "**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 strengthens communities, raises the overall quality of life, and ensures that the places you love will continue to be loved, Teaching students to be environmental stewards,

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

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

Please visit our web site:

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

If your Institution or Community needs our support:

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

## HIKING, TREKKING DIFFICULTY SCALE AND WHEATEAR CONDITIONS



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

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

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

Please review the information below before booking your tour:

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

IMPORTANT: \*The minimum age to participate is specific to each hike. Please click on individual hikes for more information.



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

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

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

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

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



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

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

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

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

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



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

**Trail conditions:** At times facilitated with simple technical equipment (ie 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 (ie creeks, swamps, bushes and boulders) occur.

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

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

.....



**Suitable for:** People in their physical prime – excluding people under 18 yrs. – who are in extremely good condition, and have extensive hiking experience.

**Trail conditions:** Rarely facilitated with very simple technical equipment (ie 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 (ie creeks, rivers, swamps, bushes, boulders, and steep rock surfaces).

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

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

.....



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



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**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:*

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

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



#### PERU OFFICES:

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

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

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