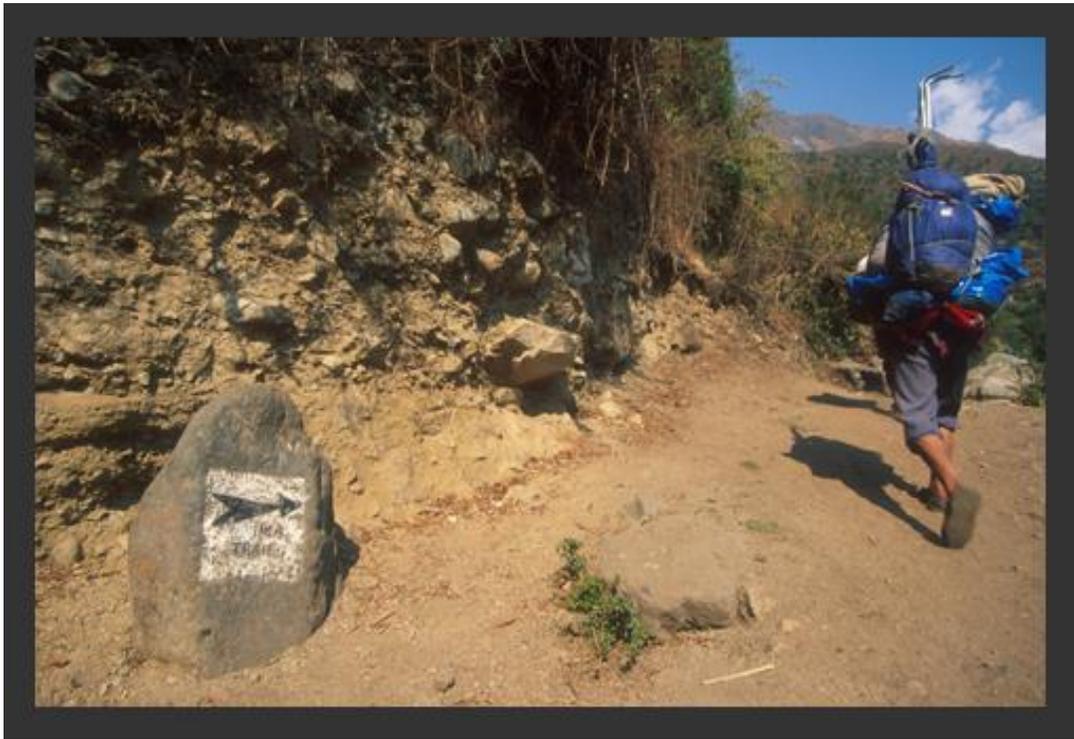


THE INCA TRAIL



The vast Inca's Empire was connected by an extensive Inca trail system. This Inca Trail system linked about 25,000 miles (40,000 kms.) Nowadays, the Traditional Inca Trail is the most popular and better preserved trail. The Inca Trail is the only trail in Cusco that has as final destination, Machu Picchu. There are several places from where it is possible to start the Inca Trail, but the most popular ones are the 2 Day Inca Trail and the Traditional 4 Day Inca Trail.

4 DAY TRAIL

The Inca Trail starts at the kilometer 82 (railroad from Cusco to Machu Picchu Town) where the small Andean community of Piskacucho is located. Piskacucho is located about 8,500 feet above sea level. On the way to your first campsite you will be able to observe the Urubamba River, beautiful snowy mountains, and the ruins of Huillcaraccay, Patallacta, and Pulpituyoc. Wayllabamba is the name of your first campsite and is located about 10,160 feet above sea level.

The second day of the Inca Trail is the most difficult one because you will hike at a constant incline until you reach the first pass named Warmiwañuska or Dead Women's Pass which is located about 13,770 feet above sea level. This is the highest point of the Inca Trail and you will be able to enjoy a beautiful view. Your second campsite is named Pacaymayo which is located about 11,800 feet above sea level. This is a magical spot where you will enjoy of the mystical view provided by a sky full of stars.

The third day of the Inca Trail is the most beautiful one. A magical path is going to take you to your next campsite named Wiñaywayna. Right after starting the day, you will visit the ruins of Runkurakay and then you will reach to the second pass named Runkurakay located about 12,330 feet above sea level. On the way to your last campsite, you will visit the ruins of Sayacmarca and Phuyupatamarca. Once at Wiñaywayna, you might visit the ruins of the same name.

The fourth day of the Inca Trail, you will wake up very early and then you will start your hike at about 5:30a.m. in order to arrive at dawn to the Gate of the Sun or Intipunku which is located about 8,920 feet above sea level. If it is not cloudy, you will have an incredible view of Machu Picchu. Once at Machu Picchu, your guide will take you to the main temples and rooms of Machu Picchu for about two hours. Later on, you will take a bus to Aguas Calientes. Once in Aguas Calientes, you will take a train to Ollantaytambo and then a transfer will drive to your hotel in Cusco.

5 DAY TRAIL

The 5 day option sees you start further up the valley towards Cusco at KM 82 allowing for an easier introduction to the trail as the 1st day is relatively flat and also keeps you away from the crowds doing the 4 day trail. You arrive into Machu Picchu on day 4 but overnight in Aguas Calientes for a 2nd visit to Machu Picchu before returning to Cusco.

2 DAY TRAIL

This short Inca Trail route to Machu Picchu takes the trekker from the well-preserved Incan ruins of Wiñaywayna to the amazing Gate of the Sun through a colorful Incan path. At the Gate of the Sun an amazing view of Machu Picchu will astonish the visitor. This Inca Trail excursion is perfect for ones who are not avid trekkers or have limited time.

WEATHER IN CUSCO AND THE INCA TRAIL

Cusco City: From May to September, it is sunny and a little cold during the day and very cold at night with temperatures between 29°F and 69°F. This period of time is usually semidry. From October to April, it sometimes rains with temperatures between 42°F and 72°F. January is usually the month with more rain with about 17 days of rain. During this period of time air flights might be delayed and sometimes cancelled due to poor weather conditions.

Inca Trail: From May to September, it is sunny and a little cold during the day and very cold during the night with temperatures between 29°F and 72°F. The second day will be cold and windy at the Dead Women's Pass. From October to April, it sometimes rains with temperatures between 40°F and 73°F. January is usually the month with more rain with about 17 days of rain

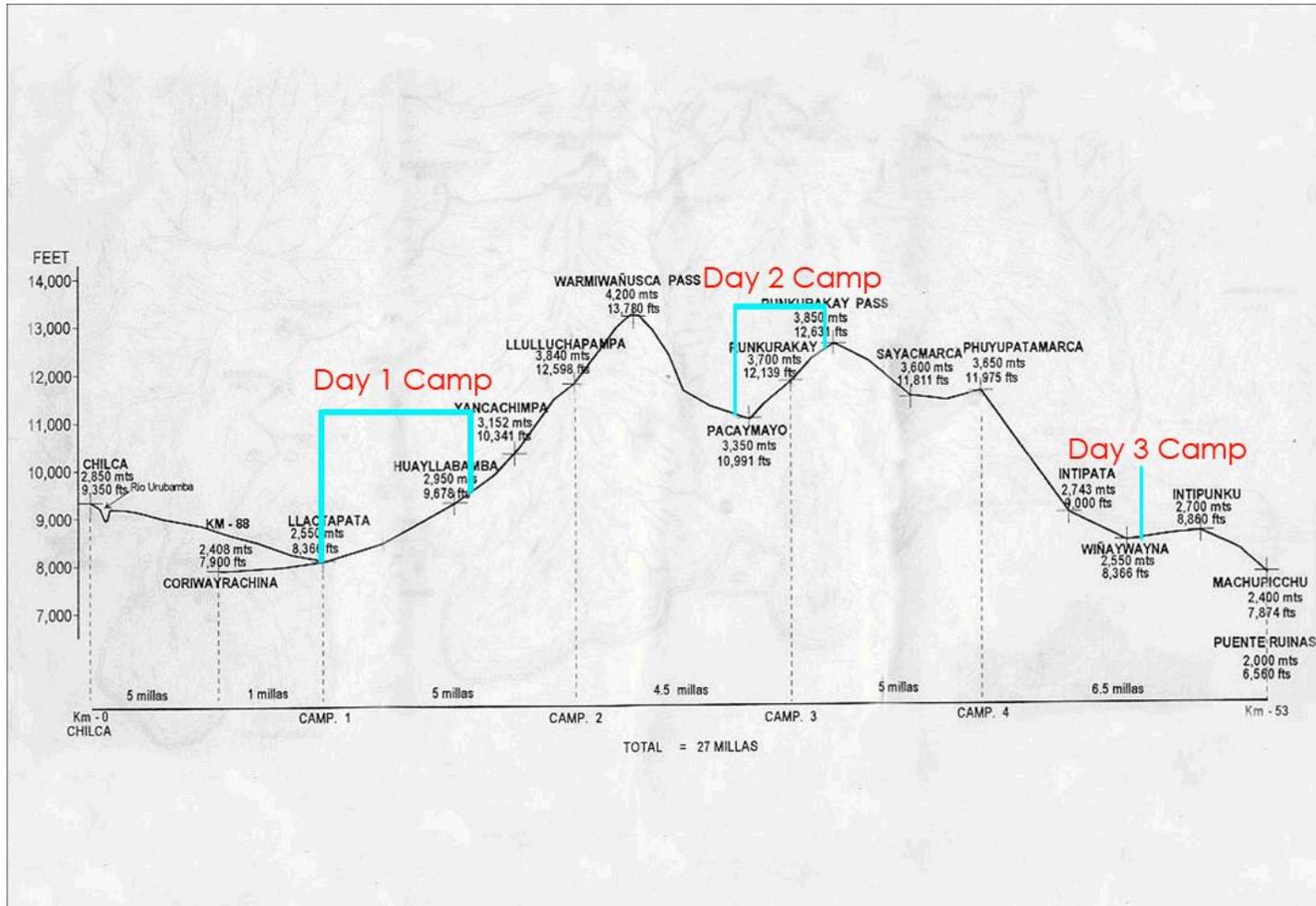
Inca Trail Weather

Average weather conditions on the Inca Trail

	J	F	M	A	M	J	J	A	S	O	N	D
Av. Max Temp °C	20	21	21	22	21	21	21	21	22	22	23	22
Av. Max Temp °F	68	70	70	72	70	70	70	70	72	72	73	72
Av. Min Temp °C	7	7	7	4	2	1	-1	1	4	6	6	7
Av. Min Temp °F	45	45	45	40	36	34	30	34	40	43	43	45
Wet days / month	18	13	11	8	3	2	2	2	7	8	12	16

The best months to do the Inca Trail are from May to September when the conditions are fairly dry and the weather generally sunny. However the months of June, July and August can also be very cold at night so bring a good quality 4 season sleeping bag.

INCA TRAIL - MAPS

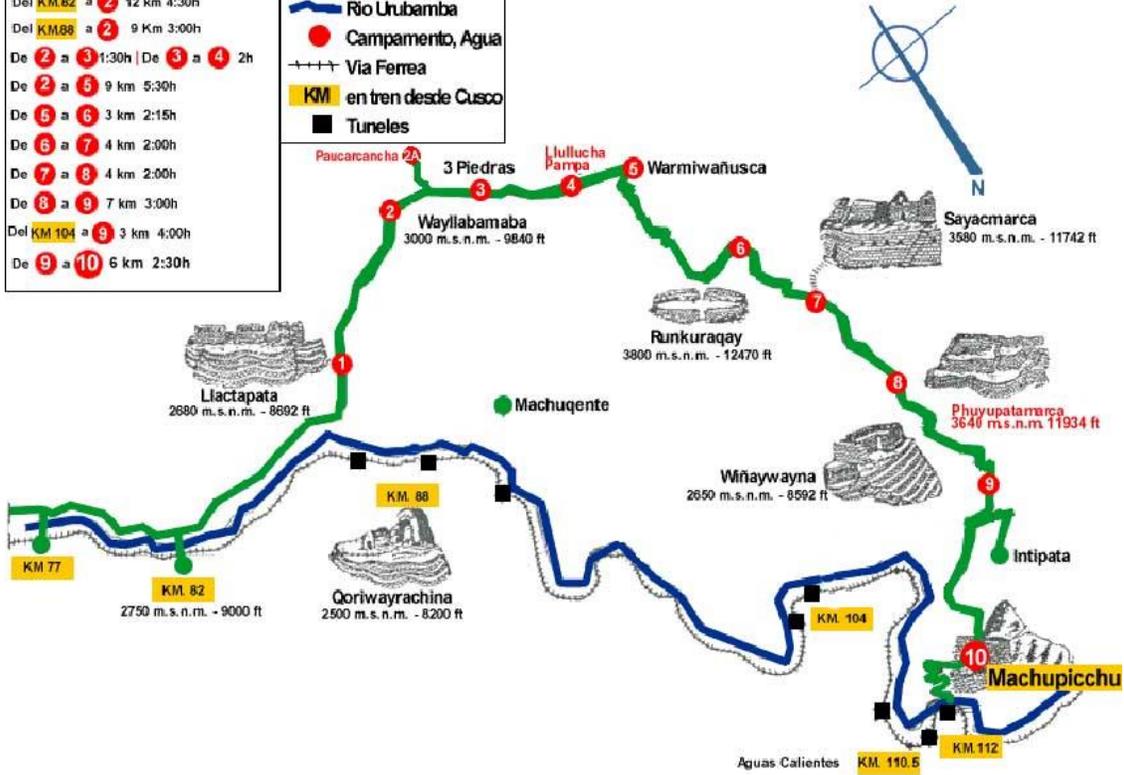


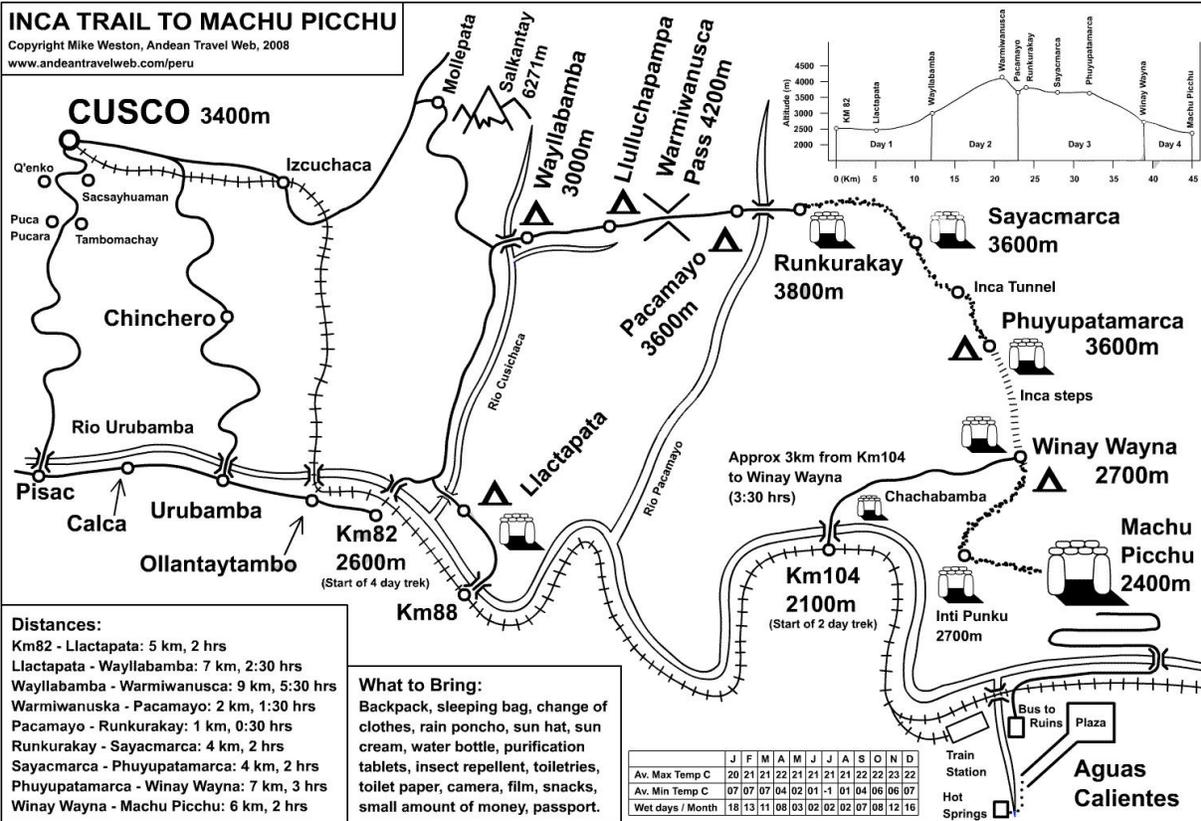
TIEMPO DE CAMINATA	
Del KM.82 a 1	5 km 2:00h
Del KM.82 a 2	12 km 4:30h
Del KM.88 a 2	9 Km 3:00h
De 2 a 3	1:30h
De 3 a 4	2h
De 2 a 5	9 km 5:30h
De 5 a 6	3 km 2:15h
De 6 a 7	4 km 2:00h
De 7 a 8	4 km 2:00h
De 8 a 9	7 km 3:00h
Del KM.104 a 9	3 km 4:00h
De 9 a 10	6 km 2:30h

LEYENDA	
	Camino Inca
	Rio Urubamba
	Campamento, Agua
	Via Ferrea
	en tren desde Cusco
	Tuneles

CAMINO INCA A MACHUPICCHU

Machupicchu (Cusco-Perú) 2400 m.s.n.m. 7872 ft





Inca Trail - When to Go

Average weather conditions on the Inca Trail

	J	F	M	A	M	J	J	A	S	O	N	D
Av. Max Temp °C	20	21	21	22	21	21	21	21	22	22	23	22
Av. Max Temp °F	68	70	70	72	70	70	70	70	72	72	73	72
Av. Min Temp °C	7	7	7	4	2	1	-1	1	4	6	6	7
Av. Min Temp °F	45	45	45	40	36	34	30	34	40	43	43	45
Wet days / month	18	13	11	8	3	2	2	2	7	8	12	16

The **best months** to walk the Inca Trail are from **May to September** when the conditions are fairly dry and the weather generally sunny. However the months of June, July and August can also be very cold at night so bring a good quality 4 season sleeping bag.

Services for the Inca Trail.

1. Available Programs

- 5 Days / 4 Nights (Fitness level: Challenging /Medium)
- 4 Days / 3 Nights (Fitness level: Challenging)
- 2 Days / 1 Nights (Fitness level: Soft)
- 1 Day (Fitness level: Soft)

2. Logistics - Camping Equipment

- Passenger tents Double occupancy
- Dinning tent
- Kitchen tent
- Toilet tent
- Chemical Toilet
- Chairs & Tables
- Light: Gas Lantern-Dinning tent
- Kitchen: Gas Stove, Aluminum Pots.
- Cutlery: Stainless Steel.
- Flatware: Stainless Steel. / Melamine
- Staff: Cook and assistant.

Water: Boiled Drinking water provided at every campsite and meal stop. Iodized water used for food preparation. Hot water for personal hygiene each morning and before and after meals.

Campsites We choose alternative campsites to many other operators, with small group sizes we can occupy preferred sites away from crowds.

Menu Breakfast: A selection of Fresh Fruits, eggs, Pancakes & hot drinks, (Tea, Coffee, hot chocolate Milk), Bread, Marmalade & Butter, Granola, Yogurt.
Snacks: Cookies, Fruits, Candies, granola bar.
Lunch: Vegetables Soup, Main Dish (Pasta dishes, Fish, Chicken, Meats, Vegetables). Bread, Cheese. Drinks.
Dinner: Vegetables Soup, Main dish (Pasta dishes, Fish, Chicken, Meats, Vegetables) Desserts (Chocolate pudding, Jell-O, Flan) & Drinks.

The menu is flexible and we are happy to accommodate any special diets and preferences.

Comms Radio: For coordination of Logistics between Guide and cook, to coordinate timings and location of meals and progress of group to allow for change in campsite if necessary. Satellite Phone: For emergency contact in case of incident and for logistics to maintain contact with main office. Passengers may also use the phone if they have an urgent need to contact the main office or thier families. (If passengers need to be in regular contact by telephone for business or personal reasons we can arrange the hire of a personal satellite phone for the duration of their trip.)

First Aid & Rescue Every group carry a comprehensive First Aid kit, oxygen and mountain rescue equipment including harnesses, carabiners and ropes.

INCA TRAIL - KNOW BEFORE YOU GO

PERMITS

NOTE – DUE TO THE POPULARITY OF THE TRAIL AND DEMAND FOR PERMITS WE ADVISE TO ALLOW A MINIMUM OF 4 MONTHS TO PURCHASE YOUR PERMITS. AVAILABILITY OF PERMITS CAN CHANGE WITHIN HOURS. AS SUCH WHEN YOU ARE READY TO BOOK NORMAL LAND DEPOSIT MUST BE PAID IMMEDIATELY AS WELL AS THE INCA TRAIL PERMIT FEE OF \$200

The maximum number of Inca Trail permits is 500 per day. Support staff is included within the five hundred, meaning that about 200 permits are allocated for tourists and about 300 for cooks, porters and guides each day.

Inca trail permit availability is directly provided by the Peruvian Government.

During the peak months of July and August from 1996 to 2001 as many as 1500 people were starting the trek everyday (about 1000 tourists and 500 porters) . There were no regulations and many trekkers camped wherever they wanted, using the ruins as toilets and discarding rubbish along the trail. The Inca Trail was starting to receive a lot of negative press and UNESCO threatened to remove its status as a World Heritage Site. In order to protect the site the Peruvian government introduced new Inca Trail Regulations in 2002. These regulations restrict the number of trekkers and prevent trekkers from doing the trail independently.

In 2005 the number of people permitted to start the Inca trail has been strictly limited to 500 persons per day. This figure is made up of about 200 tourists and 300 porters. The Peruvian authorities should be praised for their progressive stance on successfully protecting the Inca Trail for future generations, we only wish they would do the same for Machu Picchu itself which currently has no restrictions on the numbers allowed to enter the ruins. However trekkers visiting Machu Picchu from the Inca Trail arrive very early at sunrise and get to see Machu Picchu at its best, well before the hundreds of day-trippers arrive by train at midday.

The Inca Trail is part of the Machu Picchu Sanctuary, a protected area managed by the Peru National Institute of Natural Resources.

All visitors must obey park regulations prohibiting littering, cutting or damaging trees, removing or damaging stones of ruins and the Trail, removing plants, killing animals, lighting open fires or camping in the archeological sites (only authorized campsites can be used).

The following procedures must be followed:

1. Payment of entrance fees:

- The only valid document granting the right to walk the Inca Trails Network - the Machu Picchu Historical Sanctuary Network RED or SHM - is the ticket issued by the Instituto Nacional de Cultura. This ticket is personal, non-transferable and includes the entrance fee to Machu Picchu.

- Under no circumstances, payment for the use of the RED will be accepted at its registry and entry control points. **IE IT MUST BE PAID AND BOOKED IN ADVANCE.**

- Payment for the right to use the RED must be made a minimum of thirty (30) days before beginning the trip and the acquisition must be made under your name.

NOTE – DUE TO THE POPULARITY OF THE TRAIL AND DEMAND FOR PERMITS WE ADVISE TO ALLOW A MINIMUM OF 4 MONTHS TO PURCHASE YOUR PERMITS. AVAILABILITY OF PERMITS CAN CHANGE WITHIN HOURS. AS SUCH WHEN YOU ARE READY TO BOOK NORMAL LAND DEPOSIT MUST BE PAID IMMEDIATELY AS WELL AS THE INCA TRAIL PERMIT FEE OF \$200

- A refund of payment for the permit is not possible under any circumstance.

2. Reservations

- Reservations will be made in the offices of the Departmental Headquarters of the Instituto Nacional de Cultura in Cusco, receiving confirmation with corresponding reservation code.

Note: Reservations will be subject to the daily capacity emitted by the UGM (500 people, including guides, porters, helpers and visitors), therefore we recommend you to reserve your place far in advance.

- To secure your trail permits you must provide full name, passport numbers, ages and nationalities of all those going on the trip. **A copy of your passport reflecting this information MUST BE PRESENTED WHEN YOU BEGIN THE TRAIL. Failure to do so will see you denied access to the trail.**

- Wrong information on travelers will result in the non-acceptance of their entrance permits, and no reimbursement of fees will be made in this case.

GENERAL INFORMATION

Now that you are preparing for your Inca Trail hike we have put together the following information for you as a guideline. If you are an experienced walker or it is your first trekking experience we hope that you will find it useful.

ALTITUDE SICKNESS On reaching heights above 3000m, heart pounding and shortness of breath are a normal response to the lack of oxygen in the air. However, for some visitors these symptoms can deteriorate into a condition known as Soroche (or acute mountain sickness) when you can start to experience headaches, loss of appetite, extreme tiredness, sleeplessness and often nausea. Symptoms usually develop within the first day or two at altitude.

To prevent Soroche, try to take things easy as soon as you arrive. Once settled in your hotel room have a lie down for a while and drink plenty of fluids. Don't plan any strenuous treks until you've acclimatized for a few days. Avoid alcohol, cigarettes and heavy food. Drinking mate de coca (an infusion of coca leaves - and perfectly legal in Peru) may help. If symptoms become more severe and prolonged it is best to quickly seek medical attention and make arrangements to descend to a lower altitude. On recovery one can re-ascend slowly or in stages. The drug Diamox is often used by many visitors to speed the acclimatization process and counter the symptoms of Soroche.

Cusco is located 3400m above sea level so it is important that you have a healthy respect for the altitude. If arriving from sea-level (Lima) try to spend at least 2 days in Cusco prior to starting the Inca Trail (3 days is recommended). This period will allow you to acclimatize and also give you time to enjoy the city of Cusco, the nearby Inca ruins of Sacsayhuaman, Q'enko, Pucacpucara and Tambomachay, as well as taking a day trip out to the Sacred Valley of the Incas to visit the traditional Quechua market at Pisac and the stunning Inca village and ruins at Ollantaytambo.

CLIMATE & CLOTHING – The trail has a large temperature range so layering is the best system. At night time and in the early morning it is cold (0-5 C) whilst in the daytime it is warm (approx 18-22 C) please be prepared for this by bringing layers of clothes that you can put on and take off as the temperature changes. In late May there is still a reasonable chance of rain so don't forget your waterproof jacket. Your clothes should be comfortable to walk in and if possible quick drying. A comfortable pair of hiking boots, with ankle support, are essential for this trail. The path is paved (an Inca Path) but it is uneven with a lot of steps. It is important that you wear in your boots if they are new.

WATER – we provide purified drinking water for you throughout the trail, however when you leave Cusco please fill your water bottle before you go! You will have a chance to refill at lunchtime and in the campsites. There is water along the trail, if you need it! **YOU MUST PURIFY THIS WATER.**

CASH – There is not a lot to buy along the trail, however when you arrive in Aguas Calientes you may feel you deserve a drink or a cake to celebrate. You may also need cash for tipping your porters and guide. (See below) There are no Cash Machines in Aguas Calientes and the exchange rate for dollars to Soles is always bad. We recommend you bring money in a mixture of dollars and Soles (\$150.00 US Dollars per person should be plenty)

PASSPORT – The Inca Trail is a national park. The cost of your entrance fee \$50.00 is included in your trip. Entry to the sanctuary is strictly controlled to protect the environment. Each passenger is pre registered by us and you will be checked on entry to the park. For this you will need your passport or a legalized copy. (This is a photocopy of your passport, which has been checked against the

original by a lawyer. This is a common practice in Peru for many documents. If you do not wish to carry your passport on the trail then please contact our Cusco office who, for a small fee, will obtain a legalized copy.

TIPPING – It is usual practice to tip your guide, porters and cook. Please do not feel pressured into this each member of the team is paid by us. However if you are happy if you are happy with the service then a tip of about s/.50.00 per porter between the whole group is usual.

EQUIPMENT LIST

The equipment list is divided into two parts – firstly essential items. If you are missing any of these items or are unsure about them please contact us. The second part is a list of non-essential items, which we leave to personal preference. We provide tents, cooking equipment, plates etc. Almost without exception our trails are supported with personal porters. This means someone to carry your main backpack while you are walking. There are strict weight limits on the amount a porter can carry, we allow 10 KG per passenger (including the rucksack). So please keep this in mind when packing. If you feel that you need extra allowance contact us in advance and we can arrange this for you.

For the extra items you are not taking your Cusco hotel should be able to store them for you. If you have any problems contact our Cusco office.

The following items you will need for the Inca Trail

Sleeping Bag
Day bag
Water Bottle
Sun cream
Sun Hat and Sunglasses
Insect Repellent
Waterproof Jacket
Torch
PASSPORT
CASH (US Dollars + Soles)
Hiking Boots (with ankle support recommended)
Lightweight trousers for hiking (NOT JEANS!!)
ONE complete change of clothes
Warm Hat and Gloves
Toothbrush
Water purification Tablets or Iodine

Any personal Medicine for the duration trail + some extra days.

The following items you may find useful
Change of shoes (trainers or sandals) for campsite
Camera
Cigarettes
Extra Socks
Extra change of clothes
Waterproof trousers (if hiking during the rainy season)
Toiletries
Towel

	SIMILAR TO:	AMOUNT	LOCAL/OTHER NAME
<u>ANALGESICS/ANTI-FLAM</u>			
Aspirin	Aspro , Disprin	100	Aspirina
Acetaminophen	Tylenol, Paracetamol	100	Panadol, Acetaminofén
Naproxeno	Anti-inflammatory tabs- Throat	20	Naproxeno
Acetaminophe whit Codeine	Tylenol whit Codeine	1/2 g.r x 50Rx	Voltaren
Diclofenaco Injections & tabs		75mg x 3 ml, 50mg	Diclofenaco for Moderate pain
Ibuprophen	Bufren, Advil, Motrin	400mg x 50	Motrin, Ibuprofeno
Meperidine	Demerol, Talwin	50mg x 25Rx	Talwin
Narcotic Analgesic inj.			Tramal - Tramadol
Pirydate	Piridium	200mg x 10Rx	Piridium
Ketorolaco Injections & tabs		30mgx 1ml, 10mg	Ketorolaco for " SEVERE PAIN "
<u>GASTRO-INTESTINAL</u>			
Diphenoxylate	Phenatol, Lomotil	50Rx	Lomotil
Diphenhyreninate	Dramanine	24	Dramanine
Antacid Tabs	Pepto-Bismol, Alamag	100	Bismutol
Bisacodyl	Dulcolax	25	Dulcolax
Anti-Nausea tabs	Compazine, Tigen	50 mg	Gravol
Anti-Nausea Injections	Dramamine, Compazine	50mg/ml x 2Rx	Gravol
(Dimenhydrinate)			
Mebendazole	Wormin, Vermox	3Rx	Pantelmin
Rehydration Salts	Jeevan Jal Packets	10	Sal Salvadora
Anti-Diarrea tabs	Loperamida	2 mg	Donofan - Diafrin
<u>RESPIRATORY/ALLERGIC</u>			
Diphenhydramine	Benadril	50mg x 25	Benadril
Prednisone	Prednisolone	10mg x 25Rx	Meticorten
Slow Release Decongestant	Ornade, Histade	10mg x 25Rx	Rynatan
Asthma Inhales	Proventil, Alupent	50Rx	Alupent, Ventolin, Ventimax
Tripolidine	Sudafed, Actifed	50	Actifed - Roletra
Dexacort	Dexametasona Corticoide	4 mg ampule/ 1mg tabs	Dexametasona - Dexacort
Adrenalin 1:1000	Epinephrine	1cc ampule x2Rx	
Throat Lozenges	Vicks, Halls	50	
Robittusin cough Lozenges	Dextromethorphan	16	Robbitusin
Vicks Vapor Rub		1	Vicks Vaporub
<u>RENAL/DIURECTICS</u>			
Acetazolamide	Diamox	250mg x 50Rx	Diamox
Furosemide	Lasix	40mg x10Rx	Furosemida tabs.
Furosemide Ampules	Lasix	20-40mg x2Rx	Furosemida Inj.
<u>NEUROLOGIC</u>			
Diazepan	Valium	10mg x 30Rx	Valium

Dexamethasone	Decadron IV	4 mg ampule	Dexametasona
Dexamethasone		4mg x 10Rx	Decadron
OPHThALMIC/ OTIC			
TetracadeineDrops	Ophthain, Suframycin	1Rx	Visadron
Ophthalmic Antibiotic Drops	Sulamycin, Terramicin	Terramicina 1Rx	Conjuntin
Ear Suspension	Cortisporin Otic	1Rx	Otozambon
Antibitic Ophtalmic cream			Terramicina crema
SKIN			
Anti-Fungal Lotion	Tinactin, Lotrimin	1	Tioconazol
Antibiotic Cream	Triple AB, Neosporin	1	Multimicin
	Bacitracin		
Steroid Cream	Hidrocortisone	1	Terracortil, Betametasona
	Triamcinolone		Halciderm
Fluorinated Steroid Cream		1	Betnovate
Kwell Lotion or Shampoo	Linade Shampoo	1	Kitoso
Antibacterial Cream	Betadine	1	Halcomb
Gynelotrimin	Mycostatin vaginal cream	7	Micostatin Vaginal
Campho-Phenique		1	
ANTIBIOTICS			
Ampicillin		500mg x 100Rx	Penbitrin-Ampicilina
Trimethprin-Sulfamethozole	Bactri, Septra	800mg x 40Rx	Bactrim
Tinidazole	Tinida	500mg x 50	Fasigyn
Metronidazole (other country)	Flagyl	250mg x 50Rx	Flagil
Cephalexin	Keflex, Sproidex	500/250mg x 100Rx	Keflex
Erythromycin		500/250mg x 50Rx	Pantomicina
Cipro	Ciprolin	500mg x 50Rx	Ciproflaxino
Norofloxine	Uroflox, Noroxin	400mg	Norofloxino
CARDIAC			
Inderal	Propanolol	40mg x 20Rx	Inderal
Dogoxin	Lanoxin	0.25mg x 10Rx	Digoxina

5 DAY INCA TRAIL

The Inca Trail is a famous journey, rich in Andean Culture, Inca History and natural beauty. This ancient roadway surrounded by exquisite scenery and staggering slopes, is lined with archaeological remains of great importance. These sites untouched by the Spanish conquerors provide a valuable insight into the lives and customs of the Inca people. They are strategically located between lush Cloud forest and the high Sierra. These ruins lead to the sacred center of the Incas. Machu Picchu.

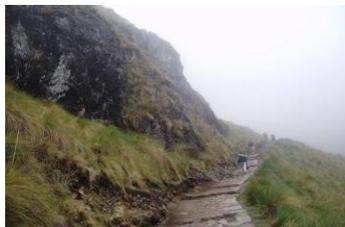
5 days / 4 nights

DAY 1 CUSCO – LLAQTAPATA

We depart Cusco in the morning in a private transport, which will drive us to km.82, the starting point of the Inca Trail. We start our hike walking along the left shore of the Urubamba River. Following the trail along a flat terrain, we arrive in Miskay (2800m/9184ft), to then ascend and finally see, from the tallest part of an overlook, the Inca city of Llaqtapata (2750m/9020ft). From this point, we descend to the ruins, next to which we set the first camp. In the afternoon we will explore the archaeological site.

Total Distance: 5km (3, 11 miles)
Walking time approximated: 2 ½ -3 hours
Maximum altitude: 2,650 m (8692 ft)

DAY 2 LLAQTAPATA – LLULLUCHAPAMPA



We wake up early to continue trekking along the valley created by the Kusichaca River, gradually climbing until we reach the farming community of Wayllabamba (3000m/9840ft). All along the way we see spectacular views of the Vilcanota mountain range on the opposite side of the Urubamba River, where the impressive Veronica peak reigns at 5832 masl. Continuing through the trail, we leave Wayllabamba behind to begin the most difficult part of the trek, which consists of an abrupt and steep ascent that stretches for 9 km and reaches the first

mountain pass in the Inca Trail Warmihuañusca (Dead Woman's pass). We only climb half way up the pass, stopping at Llulluchapampa, where we camp and spend the night. Along the climb, the landscape changes from sierra to puna (a dry and high area with little vegetation), having the chance to spot domesticated llamas and alpacas grazing on Andean grass (ichu), one of the few plants that grow at that altitude. We also cross an area of the so called cloud forest, which is the habitat for many different kinds of birds like hummingbirds and sparrows and the Andean bear.

Total Distance: 12 km (7, 46 miles)
Walking time approximated: 5-6 hours
Maximum Altitude: 3850 m (12,589 ft)

DAY 3 LLULLUCHAPAMPA – PHUYUPATAMARCA

After breakfast, we continue our hike up the highest point in the Inca Trail, reaching the mountain pass of Abra Warmihuañusca (Dead Woman's Pass – 4200m/14,200ft) after about 2 hours. Immediately



after the pass, we descend into the Pacaymayo valley (3600m/11808ft), from which we then start to climb to the second pass, the Abra Runkurakay (3900m/13800ft). Half way up, we visit the archaeological complex with the same name. This site, consists of a small oval structure that is believed to have served the purpose of a watchtower. After going over the pass, we descend towards Yanacocha (Black Lagoon) and enter the cloud forest to finally arrive at Sayacmarca (3624m/11887ft). This is a beautiful complex made up of a semicircular construction, enclosures at different levels, narrow streets, liturgical fountains, patios and irrigation canals. Continuing up an easy climb, we arrive at the third pass, the Abra Phuyupatamarca (3800m/13600ft). Along this climb we can appreciate the magnitude of the Incas' ancient craft, by walking along paths semi-detached from the mountain, and seeing rocks that fill up ravines in perfect order, saving the trail from the multileveled Andean geography. We go through an Inca tunnel to later arrive at the aforementioned pass and down to the complex of the same name. This is one of the most complete and best preserved archaeological complexes along the Inca Trail to Machupicchu, and is located on the highest point of a mountain. Phuyupatamarca means "town over the clouds". From above, one can observe a sophisticated sacred complex made up of water fountains with solid foundations, and also impressive views of the Urubamba River valley. We set our camp in Phuyupatamarca and spend the night there.

Total Distance: 15 km (9, 32 miles)
Walking time approximated: 8 hours
Maximum altitude point: 4,200 (14,200 ft)

DAY 4 PHUYUPATAMARCA – MACHUPICCHU

Today, we might have the chance to appreciate one of the most spectacular sunrises in the Inca Trail, provided the sky is clear, as Phuyupatamarca's location offers awesome views at this moment of the day. We then start our way through the long descending stone steps which will lead us to Wiñaywayna (2650m/8692ft) the biggest archaeological site in the Inca Trail besides Machu Picchu and consists of an impressive complex made up of an agricultural center with numerous terraces, a religious sector and an urban sector, offering spectacular views over the already narrower Urubamba River valley. After our visit, we leave Wiñaywayna to climb to Intipunku, or The Sun Gate. This will take an hour of hiking along a trail of flat stones on the edges of cliffs in highland jungle. From this fabulous spot, we may enjoy spectacular views over the sacred citadel of Machu Picchu, weather permitting. From Intipunku, a short walk brings us down to the entrance of Machu Picchu from where we continue to aboard the bus toward Aguas Calientes where you will spend the night in the hotel of your preference.

Total Distance: 11 km (6, 84 miles)
Walking time approximated: 5 hours
Maximum altitude: 3,600 m (11,772 ft)
Machu Picchu altitude: 2,400 m (7,872 ft)

DAY 5 MACHUPICCHU – CUSCO

Very early in the morning we will take a bus to visit the fantastic stone constructions of Machu Picchu, probably the most outstanding feat of engineering in all of ancient America, temples, stairways palaces and gabled stone dwellings are scattered everywhere, testifying to the energy and ingenuity of the builders. In the afternoon we return by train to Cusco.

4 DAY Traditional INCA TRAIL

The Inca Trail is a famous journey, rich in Andean Culture, Inca History and natural beauty. This ancient roadway surrounded by exquisite scenery and staggering slopes, is lined with archaeological remains of great importance. These sites untouched by the Spanish conquerors provide a valuable insight into the lives and customs of the Inca people. They are strategically located between lush Cloud forest and the high Sierra. These ruins lead to the sacred center of the Incas. Machu Picchu.

4 days / 3 nights

DAY 1: CUSCO – HUAYLLABAMBA

Early morning transfer from the Sacred Valley to the head of the trail at Km 82 from where we continue along the Urubamba River to the first archaeological site of "Llaqtapata". Here enjoy lunch in a beautiful ancient Incan outpost with the Urubamba River flowing nearby. After a rest we continue into the valley from which point the trekking remains uphill until we get to the last village Huayllabamba where we camp for the night.

Total Distance: 12 km (7, 47 miles)
Walking time approximated: 5 – 6 hours
Maximum altitude: 3,000 m (9,840 ft)

DAY 2: HUAYLLABAMBA – PACAYMAYO

After a healthy breakfast we start climbing up to the first pass "Warmiwañusca" (Dead Women's Pass 4200 Mt/ 14'200 Ft). The climb will take us most of the morning. Part way we walk through a cloud forest where the ever present clouds bring constant moisture and in turn lush vegetation to the area. Breaking from the forest Dead Women's Pass is seen in the distance. Once reaching the highest altitude on the trip – Dead Women's Pass - we descend for about 2 hours into the valley to our next camp "Pacaymayo".

Total Distance: 11 km (6, 84 miles)
Walking time approximated: 6 -7 hours
Maximum altitude: 4,200 m (13,776 ft)

DAY 3: PACAYMAYO – WIÑAYWAYNA

Today is going to be the most diverse day. We start in the morning with the ascent of the second pass "Runcuracay" (3900 Mt/ 13'800 Ft) and descend on the other side for about 2 hours to the beautiful archaeological site "Sayacmarca". After having explored this unique outpost we continue on the original stone path of the Incas through semi-tropical cloud forest and onto the third pass "Phuyupatamarca" (3800 Mt/ 13'600 Ft). With good weather we have spectacular views of the surrounding snow peaks and the valley below. From here it is all downhill to our camp at "Wiñaywayna" (one of the most beautiful sites in the area for its construction and setting).

Total Distance: 16 km (9, 94 miles)
Walking time approximated: 8 hours

Maximum altitude: 3,900 m (12,792 ft)

DAY 4: WIÑAYWAYNA – MACHUPICCHU-CUSCO

Early after a tasty breakfast we hike another 2 hours through cloud forest to the famous sun gate "Intipunku" from where we have the first breathtaking view and best panorama of the mysterious "Machu Picchu". A short walk brings us down to the site. After refreshing a little we will visit "the lost city of the Incas" in a guided tour for app. 2 hrs. After that we descend by bus to the village Aguas Calientes. Late afternoon we take the train back to Ollantaytambo and then transfer by bus to Cusco.

Total Distance: 4 km (2, 49 miles)

Walking time approximated: 2 hours

Maximum altitude: 2,700 m (8,829 ft)

2 DAY INCA TRAIL

DAY 1 CUSCO- CHACHABAMBA – WIÑAYWAYNA –MACHU PICCHU

Pick up from your hotel and transfer to the Train station. Train stops at Km 104 we cross a hanging bridge and we continue to Chachabamba site , These ruins, discovered in 1940, are located on the old Inca road that ran along the southern bank of the Urubamba river.

The style of buildings and stonework suggest that this was an important religious site, as well as having the secondary function as a gate house guarding this entrance to Machu Picchu.



From Chachabamba the Inca Trail climbs the hillside, entering some woods and crossing a small stream.

After about 2 hours after leaving Chachabamba, the path at last descends into a nice Valley where it becomes a canyon and the cloud forest begins to appear. (Box Lunch time)

After lunch we continue and we will reach a beautiful waterfall, and soon after leave the forest to arrive at the foot of the superb ruins of Wiñay Wayna.

You will climb up stairway and pass through the urban area of the terraces and many stone buildings passing a series of Inca baths.

In the afternoon we will finally reach the door of the sun (INTIPUNKU) from where the trail winds



downhill. The Traditional view into the lost citadel will be a unique experience; we descend toward the town of Aguas Calientes (Overnight at the hotel where you have the reserve)

Total Distance: 13 km (8, 08 miles)
Walking time approximated: 6 -7 hours
Maximum altitude: 2,650 m (8,692 ft)

DAY 2 MACHUPICCHU - CUSCO

After an early breakfast we will take the bus to get Machu Picchu and make a guided tour to the Inca Citadel and surroundings.

After lunch return by train to Ollantaytambo, at this place the bus wait for us and we will transfer to the hotel in the Sacred Valley or Cusco.

ALTERNATE INCA TRAIL

LADES TREK - CUSCO VALLEY

Many visitors to Peru head to this South American nation so they can witness Machu Picchu. Along with this, travelers try to gain a spot on the Inca Trail. The Inca Trail is a 3-4 day hike that ends at Machu Picchu's Sun Gate entrance. Unfortunately, there is a 500 person cap on the Inca Trail each day. So, getting a permit is tough.

For those who do not book far enough in advance (usually several months) or simply cannot book that far ahead and permits become unavailable, there are other hikes that can be just as challenging and rewarding as the Inca Trail. Most notable among these is the Lares Trek.

Unlike the Inca Trail, there is no limit on the number of those who can hike the Lares route. Despite this, though, it is always significantly less crowded than the Inca Trail. However, it ends prior to the entrance of Machu Picchu and Lares trekkers must take the bus up to the site.

The Inca Trail is the ONLY TRAIL that walks in to the ruins!

The Lares region has changed little over the last few centuries. So, trekkers can truly get a feel for traditional Peruvian life. The trail crosses through a few villages and there are often people selling local crafts along the way.

On the Inca Trail, hikers are challenged by thousands of stone steps. The Lares Trek is somewhat different. Hikers have to head up and down many steep, rocky passes, which can be greatly aided by taking along a walking stick. Also, the Lares Trek reaches higher altitudes than its Inca counterpart. At its highest pass, the Lares Trek is roughly 4,500 m tall.

With stunning landscapes and remote settlements, the area has remained largely untouched by tourism and retains its authenticity, offering a glimpse of life the way it used to be in Peru. You will meet traditionally dressed Andean farmers, and wander markets trading as they have done for

centuries, see thatched stone and adobe houses and watch herds of llamas and alpacas roaming free.

MOUNTAIN LODGES TO MACHU PICCHU SALKANTAY TREK

Cusco - Salkantay Trek- Machu Picchu - Cusco

....a once in a lifetime physical, cultural, and spiritual journey that will take you through the magnificent Salkantay Valley en route to the legendary ruins at Machu Picchu.

....Indulge in the comfort of our enchanting mountain lodges, the re-vitalizing salts and minerals of natural hot springs, the innovative local cuisine, the warmth of our people, and your daily retreat to a mind-and-body recovery shangri-la....

The crown jewel of this lodge adventure through the Andes is the Salkantay Lodge & Adventure Resort (SLAR), located in the high Andean valley of Soraypampa at 3,800m above sea level. In addition to high-quality "Andean Energetic Cuisine" featuring guest-friendly regional organic cuisine, the Lodge offers an outdoor hot jacuzzi, cozy reading rooms, a bar/lounge (with Pisco Sour classes and all!) and 12 well-appointed private double (or twin) rooms with private bathrooms and hot showers.

The enchanting valley of Soraypampa is also the starting point of the 'other' four-day trek to Machu Picchu - one that is much less travelled but, by many accounts, more scenic and exclusive than the famous "Inca Trail" itself.

Trekkers spend one night each at three Trekker's Lodges located at strategic points along the route: Huayraccmachay, Collpapampa and Lucmabamba. Although the Lodges are smaller in size (only 6 guest rooms per lodge), each one of them offers the same amenities as the base lodge.

Day 1. Cusco To Salkantay Lodge & Adventure Resort At Soraypampa

(3,800 m / 12,500 ft)

After an early breakfast, guests will be picked up starting at 7:00 am at their hotel in Cusco by an MLP guide and vehicle in direction to the Salkantay Lodge & Adventure Resort (SLAR) in Soraypampa. En route we will take a short break to visit the Inca ruins of Tarawasi near the town of Limatambo (approx. 1.5 hrs from Cusco). After leaving Limatambo, we pass through the mountain village of Mollepata where we stop for a short coffee break before ascending a winding mountain road to a place called Marcoccasa (30 minutes from Mollepata by vehicle).

Here, we will begin our trek to Soraypampa, on an old route called the "Camino Real" (Royal Path). This is a good opportunity for guests to acclimate and enjoy a mild & beautiful 4 hour trek on their first day. (Hiking level: moderate). (Optional: guests who do not wish to trek may be transported to the lodge in the vehicle).

The SLAR takes its name from the majestic peak at the head of the valley "the Salkantay", the 2nd most sacred peak in Inca mythology and, at 20,600 ft (6,270 m), the highest in the region.

After a warm welcome by our friendly staff, the guests will be shown to their rooms and have time to wash-up. The first afternoon is spent at leisure to adjust to the altitude. An evening briefing by the fireplace is followed by aperitifs and dinner.

Note.- Lunch on DAY 1 is a box lunch.

Day 2. Soraypampa

This day is spent at leisure for rest or activities, depending upon guests' level of acclimatization.

The most popular activity at Soraypampa is a half-day hike (**3-4 hours. Hiking level: moderate to challenging**) to a glacial lake where the more adventurous might take a very short swim! This activity is excellent for acclimatization and a first immersion into high-mountain trekking! In the afternoon, guests may choose to trade the glacial swim for a relaxing soak in our outdoor jacuzzi. In the evening, the guide will brief the trekking party on gear and the itinerary for the next four days. Breakfast, lunch and dinner are taken at the Lodge. **BLD**

Days 3. Soraypampa To Wayra Lodge At Huayracmachay (3, 850 m / 12, 600 ft)

This is the big day: the start of the four-day trek to Machu Picchu. After an early start we will hike up the Rio Blanco valley, circling Humantay Peak across from the Salkantay.

The highest point on the trek is a pass at 4, 600 m (15, 000 ft). At the pass we stop to take in views of snow-capped peaks of the Vilcabamba Range in every direction, the south face of Salkantay towering above us. We will keep our eyes out for Andean condors, often visible in this area.

From the pass we continue our descent toward the Wayra Lodge ("Wayra": wind; 'the place where the wind lives') our destination for the evening. A hot lunch is taken en route. Dinner and overnight at the Lodge. (Hiking time: 4-6 hours. Total excursion time for day: 5-7 hours. Hiking level: challenging with a 15, 000ft mountain pass). **BLD**

Days 4. Huayracmachay To Colpa Lodge At Collpapampa (2, 800 m / 9, 200 ft)

Following the long first day we enjoy a leisurely breakfast at Wayra Lodge. We then begin our trek by hiking downhill above the Salkantay River, through increasingly verdant scenery. Our arrival at the next lodge encounters a "Pachamanca"-style lunch (subject to availability; traditional underground stone cooking). The Colpa Lodge is located in an open promontory at the confluence of three rivers. The outdoor hot tub in this lodge has prominent views of lush green mountains and a small, far-away, local town. Dinner and overnight at the lodge. (Hiking time: 3-4 hours. Hiking level: easy to moderate). **BLD**

Day 5. Collpapampa to Lucma lodge at Lucmabamba (2, 100 m / 6, 900 ft).

After an early breakfast we head down the Santa Teresa River Valley, through more populated rural areas with coffee plantations (said to be one of the best organic coffees in the world!), bananas, 'granadillas', and orchards. We stop along the river for a hot picnic lunch.

After another hour of trekking a private vehicle arrives to take us to the beginning of the "Llactapata Inca Trail" (30-minute drive). From the head of the trail it is a short climb (30 min.) to the Lucma Lodge, set in an avocado orchard.

We arrive in time to allow for exploration of the small village of Lucmabamba and possible meeting with members of the local community. (Hiking time: 5-6 hours. Total excursion time for day: 6-8 hours. Hiking level: moderate to challenging, basically due to distance, not terrain). **BLD**

Day 6. Lucmabamba to aguas calientes

(1,900 m / 6,200 ft).

After an early start and a hearty breakfast, we tackle the last day of our trek. We head uphill for 2-3 hours towards Lactapata pass (2,700 m/8,900ft), where we come upon a distant but quite special view of Machu Picchu from the southwest, a view few tourists ever glimpse; an added value are the Lactapata Ruins, which have recently been restored.

Lunch is provided at the observatory, in view of Machu Picchu. We then begin our final descent to the Aobamba River through lush bamboo forests and more orchards and coffee plantations (2-3 hour descent). Aguas Calientes and Machu Picchu are a short (30 minutes), scenic train ride away. (Total hiking time: 4-6 hours. Hiking level: moderate to challenging). Tonight as we arrive into Aguas Calientes we will stay at the Inkaterra lodge. **BL**

Day 7. Machu Picchu - Cusco

Today is spent exploring the ruins of Machu Picchu with your guide. After lunch we return to Agua Calientes to board the Vista Dome train for our journey back to Cusco. We hop off at Ollantaytambo and change to motorised transport arriving into Cusco in the early evening. **B**

NOTE: This night's accommodation IS NOT INCLUDED in the trip price. See below for our pre and post module add on.

TIPPING

Tipping is always encouraged for good service and we have yet to have any client not receive excellent service on any of our Inca Trails.

Each group for a trail will consist of your guide, Head porter / cook, assistant cook and porters.

A minimum total of is recommended for each of the following based on a 4 or 5 day trail:

Guide	\$120
Head Port Cook	\$80
Assistant Cook	\$50
Porters	\$30

For a group of 15 walkers there will be approximately 25 porters

These amounts are contributed to by your group on the Inca Trail which normally averages 15 people.

Based on 25 porters with 15 walkers total amount to allow for tipping would be \$65 to \$75 per person.

Inca Trail - Porter Welfare

Thousands of people make the Inca Trail trek each year. They typically complete the 43km mountainous trail in 4 days. For many the experience is an trip of a lifetime and the fulfillment of a personal ambition. The satisfaction of having completed the trek and arriving at the spectacular Inca ruins of Machu Picchu is hard to beat. However the feeling is even better if you know that all the porters helping you along the way have been well looked after and treated with the respect and dignity that they deserve.

Now that most trekkers on the Inca Trail take a trek organized by a local tour operator, the camping equipment (tents, dining tent, kitchen tent, tables, chairs, stove, gas bottle and food) is carried on the backs of human porters. Pack animals such as horses, mules and llamas are now banned from the trail. The prices that tour operators charge for this 4 day trek can vary considerably as can the rates of porter pay and conditions provided by each company. However trying to find out if a company looks after its porters can be quite difficult. Often tour companies are not completely honest about the wages that they say that they pay their porters and real facts are difficult to verify. If you ask a porter how much he gets paid then very rarely you will get a straight answer. If a porter is well paid he is likely to tell you that he is poorly paid so that you give him a better tip! If he is badly paid it is likely that the company has instructed him to lie and tell you that he receives more than he actually does. If he complains about his pay to tourists on the trek then he is unlikely to work much longer!

How you can help

1. Book your trek with a responsible trekking company.

At the moment none of the trekking agencies are perfect and there is still plenty of room for improvement. However if you pay under US\$350 for a 4 day group Inca Trail trek it is very unlikely that porter welfare is high on the company's concerns. When you book with a company let them know that the treatment the porters receive is important to you. Porters need fair wages, decent meals and warm and dry accommodation.

2. Hire a porter.

Hiring a porter will make your trek more enjoyable, giving you time to enjoy the scenery rather than looking at your boots! You'll also be giving employment to people who really want and need to work.

3. Interact with your porters.

Talk to your porters, learn about their traditions and villages. Share some coca leaves. Even ask them to sing some of their local songs. Most porters suffer from low self-esteem so make the first move, don't wait for them to talk to you first.

4. Thank your porter.

Show your porters that you appreciated them. Thank them verbally and leave a tip.

5. Report instances of porter neglect.

If you are unhappy about how your porters are treated then complain to the guide. If he/she can't resolve the problem then make a big fuss back at the office when you return to Cusco. Make sure

the office is full of other potential clients. If you bought your trek in another country then make a complaint in writing when you return home.

If you are a member of South America Explorers let them know that you were unhappy with the service.

The Porters Law

Porters' Wages

The Peruvian government can be praised for introducing the Porters Law which states that a porter should receive a minimum wage of 41 Soles per day (about US\$14). Sadly not all trekking companies are paying their porters this wage.

Weight Limit

The maximum weight that a porter can carry on the Inca Trail has been limited to 25kg. This includes a 5kg personal allowance for items such as blankets and clothes. Each porter is weighed at the start of the trail and then again at Wayllabamba at the start of the second day. This regulation was introduced in 2002 and has been strictly enforced. Companies that are caught overloading their porters receive fines and the risk of losing their licenses. However, as with most regulations, many companies make great efforts to get around them. Tourists who have hired a personal porter are often asked to carry their own bags through the check points and guides and assistants temporarily take some of the load. If you hire a personal porter to carry your equipment do not accept this practice and ensure that you porter is fully loaded when he is weighed at the check points. Some of the worst companies also restrict the amount of personal items that a porter can take with him, imposing upon his personal allowance of 5kg. Many porters are scared that if their blankets are too heavy or they have packed too many warm clothes then they will exceed the 25kg limit and receive a fine which the company will then deduct from their wages. Obviously responsible companies do not practice such activities.

Meals & Sleeping Conditions

The biggest difference between a responsible company and an irresponsible one is how they look after their porters on the trek. Many porters are given very little to eat on the trail. They have to wait to see how much the tourists have eaten before the left-overs are divided up amongst them. Many porters end the trail tired and hungry. In general porters sleep together in the group dining and kitchen tents. This is fine since there is warmth in numbers. However, when you are on the Inca Trail remember not end up talking all night in the dining tent as there may be tired and cold porters outside waiting to go to bed. You may also notice that very few dining tents have integral floors to keep out the cold and damp. When it rains the floor can become like a river running through the tent. Very few porters have sleeping mats or even warm sleeping bags. They usually put one blanket on the ground and cover themselves with another one. There is still plenty of room for improvement for even the most expensive and professional trekking companies when it comes to providing warm, comfortable and dry accommodation for their porters.

Porter Culture

The Quechua race has a history of being down-trodden, first by the Incas, then by the Spanish and then by the landowners. Only in fairly recent reforms have the Quechua people started to own their own land. Because of their long history of being dominated by others many have a low self-esteem. It is important on the Inca Trail to try to involve the porters in your group. Take some coca leaves to share with them and try to learn a couple of basic words in Quechua (your guide will be pleased to help you). Many of the porters have amazing stories to tell about traditions and life in their villages.

At the end of the trek don't forget to show them that you appreciated their work and valued their contribution towards the trek by thanking them verbally and giving them a tip.

How much to tip?

Tipping the guide and cook should be dependent on the quality of the service that you received. If their tips are consistently poor then they will soon get the message that they need to improve. However, even if the food was terrible and the guide spoke no English (which we hope will not be the case), the porters were probably still working away hard carrying the camping equipment and tents so don't forget to leave a tip. The amount you pay depends on you but as a guideline we recommend that each porter in your group takes home an extra 25-30 soles (a combined tip from everyone in the group). Try to take plenty of small change so that you can give the tips directly to the porters. This is much better than giving the money to the cook or the guide to be divided up later amongst the porters as often the money is unfairly distributed.

I have heard many stories where trekkers have wanted to show their appreciation of the porters by tipping hundreds of dollars! Over-tipping can often be as bad as leaving no tip at all. Unfortunately it is a fact that if they receive large tips they often end up drinking in Aguas Calientes or Urubamba for several days after the trek after and little of the intended benefits reach their families who often need it most. Try to keep your tip to a sensible amount and if you want to help the porters more then contribute to one of the existing porter welfare projects in Cusco.

AGUAS CALIENTES

Aguas Calientes is the town in the valley below Machu Picchu. A vibrant and bustling hamlet, it is the gateway to and from Machu Picchu. It is here that the train starts and finishes: that the only road transport to the ruins starts and finishes and where the hot springs after which the town is named, are located.

Due to the importance and vital link that the town takes in visits to Machu Picchu, Goway has laid out below a short "How does it work" for people visiting Machu Picchu by foot or rail.

There is no direct road access to Machu Picchu. To visit the famed ruins you must either walk one of the Incas Trails (see our Inca Trail manual) or take the train from Cusco or the Sacred Valley to Aguas Calientes.

NOTE: All tickets such as train, bus and entrance to Machu Picchu will be delivered to you on arrival into Cusco – the gateway to Machu Picchu.

IF ARRIVING BY TRAIN DAY 1

Please pack a day pack for your day 1 visit to Machu Picchu.

The train line as far as tourism goes, ends in Aguas Calientes. Your guide will meet you at the train station. After you disembark from your train please look for a sign with your name and or with Goway Travel on it. The Bellman of your hotel will also be there to transfer your bags to the hotel.

After you have met your guide he / she will arrange for your luggage to be taken to your hotel if you are staying Aguas Calientes. You will be given time to transfer and or repack what is needed into your day pack for your visit to Machu Picchu before your large bags are taken to your hotel.

Your guide will then walk you through the nearby market, over the river that feeds the main Urubamba River to your left and on to the pickup / drop off point of the small buses that transfer people between Aguas Calientes and Machu Picchu. Your guide will have your bus tickets and will arrange

The bus ride from Aguas Calientes to the entrance of Machu and the Sanctuary Lodge hotel takes 15 to 20 minutes. On arrival at the entrance you will be handed your Machu Picchu entrance tickets and guided through the entrance formalities by your guide. After passing through the entrance of Machu Picchu your tour guide will give you privately guided tour of the ruins which lasts approximately 2 to 3 hours. You will see the principal highlights of the site, and your guide can point out some of the other attractions that will not be covered, but that you may wish to include on your self-guided tour tomorrow.

If you have chosen the lunch option at the sanctuary Lodge, at the completion of your guided tour, your guide will say goodbye leaving you at the Sanctuary Lodge Restaurant "Tinkuy".

Your guide will advise you of the time you must be back in Aguas Calientes to board your train back to Cusco for the next day. After lunch, if you would like you will have time to explore the ruins on your own. (Using the same Machu Picchu entrance. The entrance is valid for the day)

Finally, you will take your bus trip back to Aguas Calientes and then to your hotel. The rest of the day is free time to relax or explore the many restaurants of this mountain village. Baths fed by local hot springs, which are the namesake of the Aguas Calientes, are available to the public (check schedules of operation locally, fee paid in destination).

For those who are staying at the Sanctuary Lodge your baggage will be sent to the hotel and you can walk to the hotel at the conclusion of your guided tour of Machu Picchu.

DAY 2

Today you have your second visit to Machu Picchu (entrance and round-trip shuttle bus ticket included). This is a self-guided visit to the citadel.

After breakfast, at your hotel lobby, you will be met by your guide who will walk with you to the shuttle bus station at the south end of town near the bridge that crosses the river Vilcanota. Buses begin running from Aguas Calientes to Machu Picchu at 530AM. No reservation is required. A guide will assist with boarding your bus in Aguas Calientes and advise you of the time you must be back in Aguas Calientes to board your train back to Cusco.

He / she **WILL NOT** join you in Machu Picchu unless requested (extra costs apply).

After ascending the multi- switch-back dirt road, you will be dropped off at the entrance to Machu Picchu. Enjoy Machu Picchu where you will have the ruins virtually to yourself for a self-guided tour. The second day is designed for you to explore the ruins at your own pace or partake in one of the following.

- Climb Wayna Picchu (the famed peak in the ruins). This must be pre booked at the time of your Machu Picchu reservation with Goway Travel. A cost of \$20 per person is applicable. Two time slots per day of 700AM and 1000AM. Time to climb to the peak on average is 1 hour. Not allowing for time at the top. NOTE Costs, starts times and climbing times are all subject to change.
- Walk to the Incan bridge – no costs. Approx. time 90 minute round trip. Not allowing for time at the bridge
- Walk to the Sun gate – no cost. Approx. time 2.5 hours round trip. Not allowing for time spent at the Sun Gate

At the appropriate time you board any bus heading back to Aguas Calientes, check out of your hotel or collect your bags from your hotel if you have already checked out. At the shuttle bus terminal in Aguascalientes, your guide will be waiting to assist with boarding your train for your return to Cusco (departs approx. 4 pm - schedules vary and subject to change without notice). **NOTE: You need to be at the Aguas Calientes train station 30 minutes before your trains departure time.**

If you stayed at the Sanctuary lodge the same procedure applies and a guide will meet you when you get off the bus in Aguas Calientes and then assist with your boarding of the train back to Cusco. **NOTE: You need to be at the Aguas Calientes train station 30 minutes before your trains departure time.**

ARRIVING TO MACHU PICCHU VIA THE INCA TRAILS

On day 4 of the trail you will enter the ruins via the Sun Gate whether on the 4 or 5 day trail.

4 Day trekkers on the 4th day of your trek you will enjoy a guided tour of the ruins before moving as a group, with your guide to Aguas Calientes via the buses. **If your Inca Trail was booked as a Private service**, your guide will then assist with checking in for your train journey back to Cusco. For the shared Inca Trail services, at the completion of your guided tour you make your own way to Aguas Calientes and the train station. NOTE: You need to be at the Aguas Calientes train station 30 minutes before your trains departure time. **NOTE: You need to be at the Aguas Calientes train station 30 minutes before your trains departure time.**

5 Day trekkers on the 4th day of your trek you will enjoy a guided tour of the ruins before moving as a group, with your guide to Aguas Calientes via the buses where you check into your hotel for the night. The following morning – **day 5** – your guide will assist with boarding your bus in Aguas Calientes and advise you of the time you must be back in Aguas Calientes to board your train back to Cusco.

Mountain Lodges to Machu Picchu

On **day 6** you will have your first views of Machu Picchu. You drop from the mountains to the valley floor and take a 30 minute train ride to Aguas Calientes where you overnight.

Day 7 and 8 follow the same layout as day 4 and 5 of the 5 day Inca trail (above).

Your guide on the second visit to Machu Picchu **WILL NOT** join you in Machu Picchu unless requested (extra costs apply).

DAY 5 (5 day Inca Trail) or Day 8 (Mountain Lodges to Machu Picchu)

After ascending the multi- switch-back dirt road, you will be dropped off at the entrance to Machu Picchu. Enjoy Machu Picchu where you will have the ruins virtually to yourself for a self-guided tour. The second day is designed for you to explore the ruins at your own pace or partake in one of the following.

- Climb Wayna Picchu (the famed peak in the ruins). This must be pre booked at the time of your Machu Picchu reservation with Goway Travel. A cost of \$20 per person is applicable. Two time slots per day of 700AM and 1000AM. Time to climb to the peak on average is 1 hour. Not allowing for time at the top. NOTE Costs, starts times and climbing times are all subject to change.
- Walk to the Incan bridge – no costs. Approx. time 90 minute round trip. Not allowing for time at the bridge
- Walk to the Sun gate – no cost. Approx. time 2.5 hours round trip. Not allowing for time spent at the Sun Gate

At the appropriate time you board any bus heading back to Aguas Calientes, check out of your hotel or collect your bags from your hotel if you have already checked out. At the shuttle bus terminal in Aguascalientes, your guide will be waiting to assist with boarding your train for your return to Cusco (departs approx. 4 pm - schedules vary and subject to change without notice).

