



4 Day Inca Trail to Machu Picchu

The Inca Trail trek to Machu Picchu is a truly amazing, educational, challenging and must have experience. Our 4-day traditional trek covers 33.7 miles over 3 high passes, with the highest at **4,215m/ 13,828 feet**. The trip starts and finishes in Cusco, Peru, which sits at **3,400m/ 11,152 feet** and the highlight of the journey happens when you walk into the city of Machu Picchu, which sits at **2,430m/ 7,972 feet**, perched on the edge of the Amazon. The journey to Machu Picchu will leave you inspired with true admiration for the incredible Incan people who ran these trails over 500 years ago.

Our itinerary includes two nights in Cusco prior to the trek, as acclimatization to the low levels of oxygen. During the time in Cusco, we include a full day trip through the Sacred Valley, exploring more of the Inca culture and buildings they left behind. This also serves as excellent acclimatization.

We have our own staff on the ground in Cusco and we are available 5 days a week in support of your training and preparation for the trip. You will have access to our office staff who have all trekked on this incredible trail many times. We have the experience and expertise to help you prepare and fully enjoy your journey on the Inca Trail. Once you confirm your booking with us, we send out our trek dossier with full information and details on this adventure. Join us on this unique itinerary to the lost city of the Incas. adventure.

Itinerary

- Day 1: Arrive in Cusco/Free time in Cusco**
- Day 2: Sacred Valley Tour**
- Day 3: Start of Inca Trail – Wayllabamba Camp**
- Day 4: Inca Trail – Pacaymayu Camp**
- Day 5: Inca Trail – Wiñayhuayna Camp**
- Day 6: Inca Trail – Machu Picchu – Return to Cusco**
- Day 7: Transfer to airport for onward journey**

Detailed Itinerary

Day 1: Arrive at Cusco International airport. Our team will pick you up from the airport and bring you to the hotel for your stay in Cusco, which is on a shared basis. Because you are arriving into high altitude, we recommend taking this day to rest, rehydrate and slowly take in the sites of this beautiful and historical city! You will stay the night in the nice, 4 Star hotel of our



choice, in a shared accommodation. We will have a briefing this evening, to go over the itinerary, and then you will want to get to bed early as tomorrow will be a long day! Remember, you are arriving into high altitude in Cusco at 3,400m/ 11,152 feet above sea level.

Day 2: Full day private Sacred Valley Tour including: PISAQ remains, PISAQ market, local corn beer brewery, Ollantaytambo remains, Ollantaytambo village and return to Cusco. The PISAQ and Ollantaytambo remains are very special experiences in themselves, along with mixing with the culture, this day will live long in the memory. This day also gives your body a chance to acclimatize to the lower levels of oxygen. After a long day of travel, you will return to your hotel in Cusco. The day you will start at 8am and finish at 6pm and will include lunch along the way.

Day 3: The Inca Trail starts with a pickup from your hotel after breakfast, and then drive to the town of Ollantaytambo, where you can pick up any last-minute items you may need. From Ollantaytambo, we continue to the start of the trail, Piscacucho (AKA km 82) at 2,700m/ 8,858 feet. From here, we will have enough time to organize our backpacks and tour the entrance building, where we will learn more about the flora and fauna on the trail. Then, we will go through the controls where we need present our passports in order to enter the trail.

In the first stretch of the hike we will have beautiful views of the landscape and surrounding peaks, such as Apu Huakay Willka 5,850m/ 19,193 feet, otherwise known as Veronica. We will begin to see the many plants and trees of the region, which our team will explain as we walk. We will have our first delicious lunch, prepared by our chef and kitchen team, by the riverbank. After lunch, we will keep moving after the trek continues ascending lightly to a semi-tropical valley until we reach our campground at Wayllabamba 3,100m/ 10,170feet.

Day 4: We will rise early this morning for breakfast before we start what will be one of the toughest days on the trail. Today, we will be reaching the highest point in the Inca Trail, the high mountain pass of Abra Warmihuañusca, or the Dead Woman Pass, at 4,215m/ 13,776 feet. Along the climb today, the landscape will change from sierra to puna (a dry and high area with little vegetation). We will also have the chance to spot domesticated llamas and alpacas grazing on Ichu, one of the few plants that grow at that altitude. We also cross an area of the Cloud Forest, which is inhabited by many different kinds of birds like hummingbirds and sparrows as well as the Andean Bear, which is also called the Spectacled Bear (*Tremarctus Ornatus*).



We will have lunch at Lulluchapampa 3,850m/ 12,589 feet, where we will be treated with beautiful views out over the valley we have just come through. After lunch, we will continue further upwards to the top of the Dead Woman's Pass. After a strenuous morning and early afternoon of ascending the pass, you will get to the summit to celebrate. After enjoying the views and having a break, we will then begin the steep, downhill trek on uneven stairs, for approximately 700m/ 2,296 feet down to our campsite for the night. Tonight, we will be sleeping in Pacaymayu Camp at 3,500m/ 11,482 feet.

Day 5: After a good night's sleep we will wake early for another challenging day on the trail. After breakfast, the trail moves steeply up the opposite side of the valley wall, towards the second pass, the Abra Runkurakay at 3,970m/ 13,022 feet. Halfway up the pass, we will stop to visit the archaeological complex with the same name. This site, located at 3,800m/ 12,464 feet, consists of a small oval structure that is believed to have served the purpose of a watchtower.

After visiting the site, we will continue to the top of the pass. From there, we descend towards Yanacocha (Black Lagoon) and enter the cloud forest. We will then arrive at the beautiful complex of Sayacmarca at 3,624m/ 11,887 feet. From there, we will continue on the trail towards the third pass, the Abra Phuyupatamarca, at 3,700m/ 12,136 feet, where we will stop for our final lunch on the trail.

After lunch, we will have a short walk down to the Phuyupatamarca Ruins, where we will have an explanation of the ruins. From there, we will continue down 900m/ 2,952 feet, to reach Wiñayhuayna, on steep stairs all the way down. On the way to Wiñayhuayna, we will stop in to view the beautiful ruins of Intipata. Normally, we will reach Intipata for sunset views which are absolutely stunning! Finally, we will reach our final camp of the trek, Wiñayhuayna at 2,700m/ 8,829 feet. We will enjoy our final dinner together and we will also thank our support staff this evening and give them tips.

Day 6: The final leg of our journey on the Inca trail. We will be up very early, around 3am, for breakfast and a final quick pack up of our things. We will walk the short distances to the Machu Picchu entrance gate and wait for opening. From Wiñayhuayna to the Sun Gate, or Intipunku, is an easy trek, following a broad level path, which winds comfortably through scrub and light woodland, where colourful butterflies flutter across the trail.

Before reaching the Sun Gate, we will have a very steep section of approximately 50 steps, which leads you up to the exciting and stunning views below! With the views of Machu Picchu city below, you will stand in awe of



this unique mystical place. From Intipunku, a pathway leads directly downhill to Machu Picchu, itself which takes approximately one hour. From here, we will take pictures and enjoy the beauty of this spectacular city. We will take a full city tour of Machu Picchu for about two hours. Those who had selected to climb Huayna Picchu will branch off to climb to the top, to see the stunning views, looking back on the lost city. If you are not climbing Huayna Picchu, then you can take some time to explore the magical remains of Machu Picchu for yourself.

Once we are ready to go, we will continue down to the checkpoint, where we will take a bus from the Inca city of Machu Picchu to Aguas Calientes, or Machu Picchu town. You will have some time to explore the town of Aguas Calientes and have a bite to eat. From here, we will take the train back to Ollantaytambo, where our private transportation will await, for the journey back to Cusco. After a long day, we will reach the hotel in Cusco and you will be free to enjoy the evening in the City for your final night.

Day 7: You will be picked you up from your hotel in Cusco depending on your flight time. We will drive you to the airport in order to take your flight for your onward journey. There are options to join tours to the Amazon, Lake Titicaca and other treasures Peru has on offer.

Included in the Price of the Trip:

- Airport transfers to and from Cusco airport to hotel
- Three nights hotel in Cusco (4 Star Hotel on shared basis) breakfast included
- Day tour of the Sacred Valley (additional acclimatization)
- Lunch on Sacred Valley Tour
- Transfer from Cusco to the start of the Inca Trail
- Entrance ticket to the Inca Trail
- Entrance ticket to Machu Picchu
- Bus ticket from Machu Picchu to Aguas Calientes
- Train ticket from Aguas Calientes to Ollantaytambo
- Transfer from train station to hotel in Cusco
- Porters (carrying personal gear of 10kg/22lbs per person)
- Mess tent with chairs where you are served your meals
- Guided tour of Machu Picchu
- Bilingual Guide
- Three meals a day while on the Inca Trail
- 5 days a week individual assistance to each client prior to trek

Price Does NOT Include:

Ian Taylor Trekking - The Trekking Specialists
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- Personal trekking equipment
- International flights to/from Cusco, Peru
- Lunch and dinners while in Cusco
- Meal in Aguas Calientes
- Tips for porters/guides (we recommend \$150 per client)
- Ticket to climb Huayna Picchu (optional)
- Personal insurance coverage (Compulsory)