

# Machu Picchu & INCA TRAIL

Peru, South America  
10 days / 9 nights

## DETAILED ITINERARY 2020

### DAY 1 US / LIMA

- Upon your arrival to Jorge Chavez International Airport, meet our Representative and assistance to your hotel.

- Overnight in Lima.

**Meals included: None**

### DAY 2 LIMA / CUSCO / SACRED VALLEY

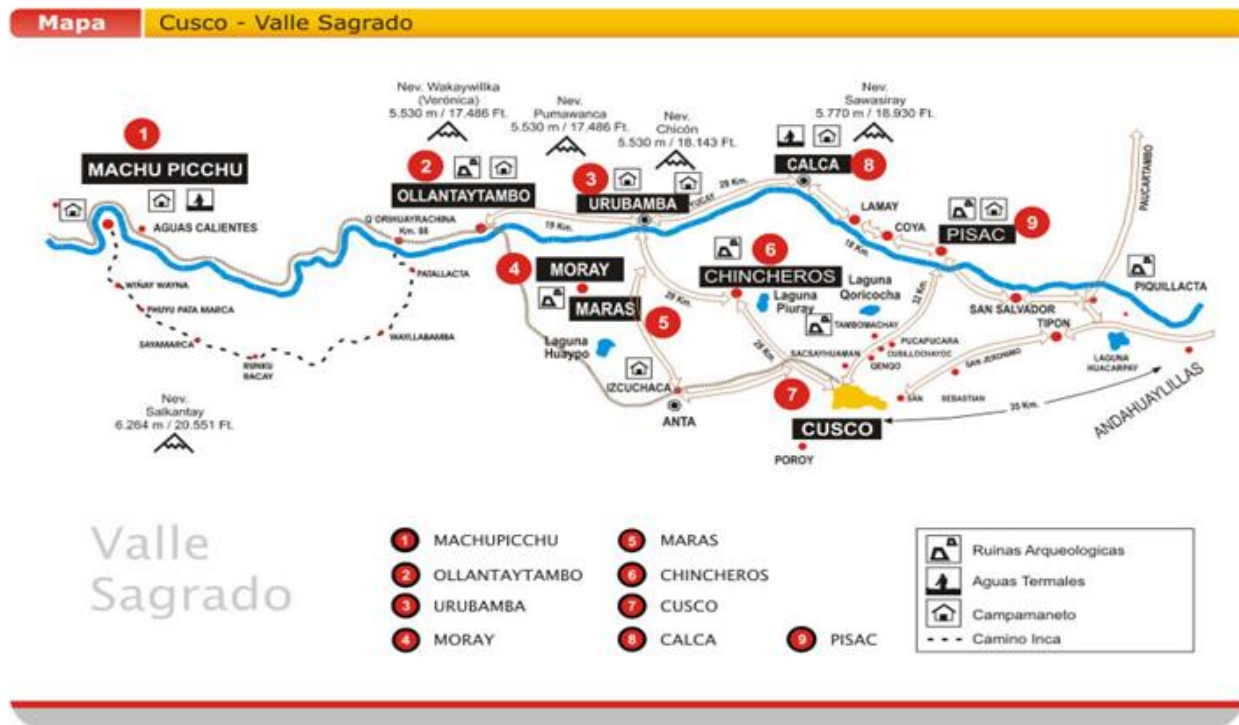
- At the scheduled time, assistance to the airport.

- **Suggested Flight: LA 2013 Lima / Cusco 07:23 – 08:50 hrs. (not included)**

- Arrival meet and transfer to your hotel in the Sacred Valley.

- **Visit to Pisac market with lunch at Sonesta Yucay restaurant**

This morning, we will continue the trip toward **Pisac**, a beautiful place where Incan and Colonial influences have reached a perfect balance and created the unique way of life of the local inhabitants. We will get a chance to explore this quaint town, famous for its artisan markets where we can find extraordinarily fine jewelry and ceramic and textile craftwork.



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- Buffet lunch at Sonesta Yucay Restaurant.
- Overnight in Sacred Valley.

**Meals included: Breakfast and Lunch**

### DAY 3 SACRED VALLEY

#### • FD Visit to Chinchero, Maras, Moray & lunch at Tunupa restaurant

This morning, we will continue the trip toward the Sacred Valley; at 17,40 miles (28 km) away from Cusco, we will find **Chinchero** village, with an altitude 12,375 feet above sea level (**3,772 meters**), famous for the extraordinary beauty and quality of its textiles, and for its Sunday fair, where local people dress in traditional colorful outfits and travel down from their villages to trade their goods. Walk along its traditional alleyways, next to your guide, and visit the **weavers' workshop of Nilda Callañaupa**, who 28 years ago decided to bring together like-minded women who shared her passion for weaving, and in time was able to motivate younger women who had lost interest in weaving to learn from their elders and connect once more with this ancestral art. She began working in the yard of her own house in Chinchero, and in 1996 her project became the Center for Traditional Textiles of Cusco, a strong organization dedicated not only to the preservation, but also the commercialization of beautiful, high quality textiles. This visit will be greatly enriched with the explanation with the protagonist of this story, **Nilda Callañaupa**.

Then we will head towards the **Salt Pans of Maras**. The sight of this still-operating salt mine, in use since Incan times, will amaze you the stark white of the steeply descending salt pans juxtaposed against the green of the surrounding mountain slopes.

The journey will continue on until we reach the **archaeological site of Moray**. Used as an agricultural testing ground, the site's system of circular terraces descends 490 feet (150 m) from where we will stand, serving as a perfect testament to the level of advancement achieved by the Incas, who excelled at building masterful constructions in harmony with nature.

- **Buffet lunch at Tunupa restaurant**
- Overnight in Valle Sagrado.

**Meals included: Breakfast and Lunch**

### DAY 4 SACRED VALLEY / INCA TRAIL TO MACHU PICCHU

#### • CUSCO - WAYLLABAMBA

• You will be picked up from your hotel at scheduled time and transferred in our private car to KM 82. The route will go through the beautiful Sacred Valley of the Incas. After approximately one hour and a half, we will cross the little town of Ollantaytambo, where we will make a little stop to take some pictures of this fortress and have a little rest. We will continue our trip following a rural road that goes parallel to the railroad, which will lead us to the KM 82, where we will unpack and get prepared to the walking with our excursion team (cookers, assistants and porters). At this point, the passengers will have to show their passports to the security personnel of the Sanctuary and once these has been reviewed, they will be able to cross a bridge that will take you to the other side of the river where they will start climbing in a parallel line to the Urubamba River, which goes from north to west across the Sacred Valley. In this first section of the Inca Trail, we will visit the Community of Miskay (2800 meters), where we will stop for meeting the natives and try the popular drink known as "chicha", which is offered by the ladies of this place. Later we will start climbing through a little tableland where we will experience an amazing Andean landscape, and see in the base of the mountains a beautiful Inca building known as "Patallacta", located at 2750 meters over sea level. At this point we will stop and our local guide will provide us information regarding this interesting Inca legacy. After that, we will continue walking for two hours along the Cusichaca River, going upwards until reaching a beautiful spot where we will stop for lunch and take a little break.

• **NOTE:** *It is normal if the first day feels hot during the dry season (May to September). We strongly recommend bringing light and fresh clothing, as well as a good sunscreen and a hat to protect your*

face. Passengers will be able to enjoy a marvelous Andean landscape and the majesty of Veronica Mountain, 5832 meters over sea level.

- **Camps will be assigned depending on the availability of entrants to the Inca Trail, seasons.**

**Meals included: Breakfast, Lunch and Dinner**

Accommodation: Camping

Maximum altitude: 3000 M

Minimum Altitude: 2650 M

Total Distance: 12 km

Approximate time of walk: 5 to 6 hours.

**DAY 5 WAYLLABAMBA / PACAYMAYO**

- In this second day of the Inca Trail we will wake up early, around 06:00 am. This will be necessary in order to get ready and have breakfast before starting the excursion. Later we will start walking through a narrow road covered by plants, across a little bridge that will take us towards a cloudy forest of a unique beauty. In this section of the trip passengers should climb many stairs, for which we recommend taking all the time that is needed and stopping for a break when necessary.

Following the route, we will arrive to the Llulluchapampa sector, where we will make a quick stop just to rest and get prepared to climb to the highest point of our walk, the famous pass Warmy Huañuska, located at 4200 meters above the sea level. These sectors include about 2 kilometers of distance and are a bit steep, for which we will recommend going slowly and stopping for a break whenever needed. In this part of the trip we will face the most difficult part of the walk, as we will be over 4200-meter height; however, this part is also known as one of the most beautiful landscapes of the world. Once we have reached the top of the mountain, we will be granted with a spectacular view of the Andean mountains. For this special day, we recommend bringing some chocolates, lemon candy, a lot of water and even some coca leaves. In the top we will be able to take the classic pictures of the Inca Trail. During this last part it is possible to watch diverse type of wild birds.

- At last we will arrive to the camp of Pacaymayo (3600 meters above sea level) where we will spend a comfortable night. Pacaymayo is an official camp, and that is why it has baths and showers; however, we should be aware that the water in this part is really cold.

- **Camps will be assigned depending on the availability of entrants to the Inca Trail, seasons.**

- **Meals included: Breakfast, Lunch and Dinner** Accommodation: Camping

Maximum altitude: 4200 M

Distance traveled: 13 km

Approximate time of walk: 6 - 7 hours

**DAY 6 PACAYMAYO / WIÑAYWAYNA / MACHU PICCHU**

- A lot of visitors feel that this is one of the longest days of the excursion, but at the same time, one of the most beautiful due to the presence of marvelous Inca buildings along the road. This day we will get up at 06:00 am. After a tasty breakfast we will start our walk climbing through a steep road. Soon we will arrive to Runkurakay ruins, a beautiful Inca oval building which is believed to be as a Inca watchtower. After hearing the historical explanation, we will continue until Runkurakay pass, located at 3900 meters above sea level. During this trip we will find a little lake where sometimes you can watch Andean goose and other native bird species. After the pass, we will descend to a beautiful valley full of plants; here we will visit Sayacmarka ruins, located 3624 meters height. This is an interesting Inca construction, built over a steep slope, surrounded by marvelous mountains. After visiting Sayacmarka, we will continue descending to the cloudy forest, arriving to the Phuyupatamarca ruins, composed of impressive fountains and water channels that are spectacular

works of hydraulic engineering made by the Incas. At this stop we will have a good time, after which we will continue down to reach one of the most beautiful Inca buildings of the place: the ruins of Wiñaywayna. These are without any doubt one of the most beautiful of all the ruins after Machu Picchu. Wiñaywayna means "forever young" and it is said that acquired said name due to the abundance of an orchid that bears the same name. After exploring every corner of Wiñaywayna we head to our last camp, which is located a few meters away.

- This will be the night on which we will say goodbye to our porters and staff to tour, so we will organize a small party to thank everyone for sharing with the group this beautiful experience.

- **Meals included: Breakfast, Lunch and Dinner**

Accommodation: Camping  
Maximum Altitude: 3900 M  
Minimum Altitude: 2700 M  
Distance traveled: 16 km

### **DAY 7 WIÑAYWAYNA / MACHU PICCHU**

- On the last day we will wake up very early, at 04:00 am. We will quickly go and pass the control gate to enter the path that leads directly to Machu Picchu. It is advisable to bring a good flashlight, because this time it is normally dark here. After walking for about one hour and a half, we will arrive at Inti Punko or "Sun Gate", a magnificent point from where you can see the city of Machu Picchu. At this point we can relax for a few minutes, take pictures of the group, and finally go down to reach the recognized as one of the seventh wonders of the world: Machu Picchu.

- It was long thought that Machu Picchu was only part of a legend, until in 1911 the American explorer Hiram Bingham discovered it only after many expeditions in the area. Machu Picchu rises to a height of 2430 meters above sea level, in the middle of a tropical forest with an extraordinary location. It was without any doubt one of the most amazing urban creation in Inca times. Its massive walls, terraces and ramps seem to be continually cut in the rocky cliffs. Our guide will take you on a tour of the most impressive of this beautiful Inca city. This will take us about 2 hours, after which we have free time to explore each city on our own taste and preference.

- At the scheduled time, take the bus down to Aguas Calientes town.

- **Overnight in Aguas Caliente.**

**Meals included: Box breakfast, Lunch**

### **DAY 8 MACHU PICCHU / CUSCO**

- Day at leisure to explore Aguas Caliente or return to Machu Picchu citadel

- **Optional:** Second Visit to the citadel.

- **Optional:** Hike up Huayna Picchu.

- **Afternoon Expeditions train** that will take us back to Poroy Station. Upon your arrival, transfer to your hotel in Cusco.

- Overnight in Cusco.

**Meals included: Breakfast.**

### **DAY 9 CUSCO**

- **AM Cusco Cultural City Tour: Sacsayhuaman, Cristo Blanco, San Pedro Market, Qoricancha & Cathedral**

We will begin the tour with the visit to the nearby **Fortress of Sacsayhuaman**, a colossal structure built with huge carved rocks jointed with absolute accuracy, this astounding sample of the Incan military architecture is, undoubtedly, the greatest architectonic work of the Tahuantinsuyo. But, in

addition, it proves the undeniable firmness of the great administrative capacity of the empire and its powerful logistic system capable of mobilizing and organizing such a work.

We will then enjoy the best view of the city of Cusco from atop Cerro **Pukamoqo (Red Peak)**, a natural scenic overlook from which the outstretched arms of **Cristo Blanco**, a massive white statue of Christ, embrace the city in a benevolent gesture.

As we return to the lower part of the city, we will stop off at the **San Pedro Market**, which being the city's main street market, will give you an opportunity to get to know the products of Cusco, overwhelming you with the sights, aromas, tastes, and colors of the region.

Just a few blocks away, we will discover one of the most impressive buildings of Incan Cusco: the **Qoricancha (the Golden Temple)** - a temple dedicated to the worship of the Sun God, whose interior walls were said to have been covered in gold. We will complete the day with a stroll through the Main Square, where we will visit the **Cathedral** and admire its exquisite vestibules and priceless paintings from the Cusco School of the 17th and 18th centuries.

- Afternoon at leisure.
- Overnight in Cusco.

**Meals included: Breakfast.**

## **DAY 10 CUSCO / LIMA**

- Transfer to Cusco's airport.
- **Suggested flight: LA 2012 Cusco / Lima 09:30 - 11:02 hrs (not included)**
- Optional:
- **Half Day Visit to Larco Museum with lunch and Colonial Lima**
- Upon your arrival to Lima's Airport, we will head to the Pueblo Libre District and visit the **Larco Museum**, an eighteenth-century Viceregal mansion that houses more than 3,000 years of Peru's pre-Columbian history. The museum boasts a supremely fine collection of gold and silver jewelry and worship paraphernalia that demonstrates the superb skill of ancient Peruvian gold and silversmiths. The Larco Museum also contains a famous collection of erotic ceramic tomb art that gives insights into various aspects of pre-Columbian sexuality.
- **Lunch at Café del Museo restaurant.**
- We will continue the tour with an exploration of **Colonial Lima**. First, we will stop off at the **Main Square**, to get a chance to explore the square on foot and admire the exteriors of the **Government Palace**, the **Cathedral of Lima**, and the **City Hall**, all examples of Lima's still-present colonial architectural opulence.
- We will visit the **Cathedral of Lima**; as walking through the Cathedral's numerous chapels, we'll travel to the past and discover various architectural styles (from Renaissance to Neo-Classical), and learn about the religious history of Peru. Our tour continues with the visit to **San Francisco Convent** built in the 17th century, and its "Catacombs" ancient underground cemetery of Lima.
- Finally, transfer to the airport in order to board your late night international flight.

**Meals included: Breakfast and Lunch**



# Globetrotter / Travel Icon / Machu Picchu

Sitting on a narrow ridge in the Peruvian Andes, this mysterious, 15th-century city was built, inhabited and abandoned in less than 100 years. An engineering marvel, it is believed to have been a royal estate for the Incan emperor Pachacutec. The site is surrounded by mountains said to be in alignment with astronomical events important to the Incas.

## WAYNA PICCHU

The peak of this 8,924-foot mountain with ladders, caves and a small temple can be climbed in a 45- to 90-minute scramble. Buy a coveted hiking permit in advance ([machupicchu.gob.pe](http://machupicchu.gob.pe)).

## TERRACES

A maze of some 700 terraces on the steep slopes anchor the city to the hillside; some provided space for planting crops. The terraces were highly permeable, which meant water could drain and be carried away.

## INTIHUATANA

The "Hitching Post of the Sun," this carved rock pillar was likely used by Inca astronomers to predict solstices. It's a rare survivor, since invading Spaniards destroyed intihuatanas throughout the kingdom to eradicate pagan blasphemy.

## CENTRAL PLAZA

This sprawling green area with grazing llamas separates the ceremonial sector of Machu Picchu from the more mundane residential and industrial sectors.

## TEMPLE OF THE SUN

Featuring the site's finest stonework, this rounded tower has a window that frames the constellation Pleiades, a symbol of crop fertility.

## ROYAL TOMB

Speculated to have had special ceremonial significance, a natural rock cave sits below the Temple of the Sun. Its steplike altar and sacred niches are visible from the entrance. Despite its name, no mummies were ever found here.

## STONE WALLS

No mortar was used between the wall's stones. Instead, the Incas used precisely cut stones, geometry and L-shaped joints to hold walls in place.

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## Altitude or Mountain Sickness

### The Causes of Altitude Sickness

The percentage of oxygen in the atmosphere at sea level is about 21% and the barometric pressure is around 760 mmHg. As altitude increases, the percentage remains the same but the number of oxygen molecules per breath is reduced. At 3,600 metres (12,000 feet) the barometric pressure is only about 480 mmHg, so there are roughly 40% fewer oxygen molecules per breath so the body must adjust to having less oxygen.



21%  
feet)  
adjust

### Symptoms of Altitude Sickness

Common mild symptoms of altitude sickness may include:

- Headache
- Nausea
- Vomiting
- Fatigue
- Poor appetite
- Dizziness
- Disturbed sleep

Climbing the stairs to your hotel room can sometimes feel like the last mile in a marathon in the first few days of your trip!

### Preventative Medications - Diamox

**Acetazolamide (Diamox):** This is the most tried and tested drug for altitude sickness prevention and treatment. Unlike dexamethasone (below) this drug does not mask the symptoms but actually treats the problem. It seems to work by increasing the amount of alkali (bicarbonate) excreted in the urine, making the blood more acidic. Acidifying the blood drives the ventilation, which is the cornerstone of acclimatisation.

For prevention, 125 to 250mg twice daily starting one or two days before and continuing for three days once the highest altitude is reached, is effective. Blood concentrations of acetazolamide peak between one to four hours after administration of the tablets.