

EXPLORE!

BEST SELLER

Inca Trail Trek
9 days

Peru - Trip code PQ



Inca Trail Trek

Walk along the classic Inca Trail to Machu Picchu, one of the New Seven Wonders of the World. Learn about traditional Andean culture on the four-day trek to 'The Lost City', passing other fascinating Inca ruins en route. Discover the Sacred Valley, visit lively Pisac Market and explore the historic town of Cusco.

Trip highlights

- ★ **The Inca Trail** - Fully supported four-day trek along the classic Inca Trail
- ★ **Machu Picchu** - Discover one of the New Seven Wonders of the World
- ★ **Cusco** - Explore the ancient capital city of the Incas
- ★ **Sacred Valley** - Visit the lively market town of Pisac. Opportunity to go whitewater rafting

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

WALKING GRADE:

Moderate To Challenging

Combining moderate grade walks with some more strenuous hikes. This grade is ideal if you are fit and want to challenge yourself with a few longer, more demanding trekking days, possibly on difficult terrain or at higher altitudes.

GROUP SIZE:

10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip Cusco

Our journey begins in Cusco, the old heart of the Inca Empire and the archaeological capital of the Americas. One of the oldest continuously inhabited city on the continent, Cusco is imbued with an atmosphere of mystery and grandeur. The Spanish-style city of today, with its attractive pink tiled roofs, arcaded plazas and steep winding alleyways, stands upon tremendous Inca foundation stones, its links with the Inca Empire everywhere to be seen, from the stone walls that line the city streets, to the museums filled with artefacts and relics of a long dead people. After a chance to freshen up and meet with your Explore Leader the rest of the afternoon is free to acclimatise and maybe gently begin to explore.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Walking tour of Cusco; afternoon free for acclimatisation

This morning we take a walking tour of Cusco taking in the grandeur of the city's more recent colonial past amongst the churches and galleries of the Plaza de Armas (main square) and learning about the incredible remains of Qoricancha, the most important temple of the Inca Empire dedicated to the Sun God Inti. The afternoon is left free to acclimatise and explore the city more. You may want to visit the cathedral or one of Cusco's museums, or enjoy the atmosphere of Plaza de Armas.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Visit to the colourful and vibrant Pisac market

This morning is left free. There is the option to go white water rafting in the Sacred Valley (not included). In the afternoon we leave Cusco and head for the stunningly beautiful setting of the Sacred Valley to visit the market town of Pisac, strategically located at the head of the Urubamba Valley. We spend time at the famous market before returning to Cusco for the evening.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Commence Inca Trail; walk to Llaqta-pata ruins

We drive to Km 82, stopping at the Inca site of Ollantaytambo. The major highlight of the trip is without doubt the trek along the Inca Trail. The trail was first explored by Hiram Bingham in 1911 and opened for walkers in 1970. The famous ruins of Machu Picchu are not the only historical remains within the area: many other interesting sites are hidden in places which can only be reached on foot, and have scarcely been explored. Our trek starts by crossing the Urubamba river, then follow its rapids down the Sacred Valley of the Incas to Llaqta-pata (2,700m). Here we camp below the ruins of Llaqta-pata. Today's 6km walk is expected to take around 2.5hrs with an ascent of 100m



Accommodation: Llaqta-pata Camp (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

DAY 5 - Follow river to Wayllabamba village; continue to Lulluchapampa

Following the course of the Kusichaca river the trail leads to Wayllabamba, a quiet village of Inca origins and the last settlement on the route. We continue to Lulluchapampa (3,800m) which affords stunning views of the snowy peaks around us. Here we set up camp for the night. Today's 12kms walk is expected to take around 6hrs with 1,080m ascent.



Accommodation: Lulluchapampa Camp (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

DAY 6 - Cross 'Dead Woman's Pass' (4,200m).; hike through cloudforest to Phuyupatamarca

Today we trek over the Warmiwanusca (Dead Woman's) Pass (4,200m), to the valley of the Pacamayo river with its tropical vegetation. We then cross the Runkuraqay Pass (3,950m). Here the selva (jungle) becomes visible on the slopes of the mountains. Sapaqmarca ruins are on a rocky promontory. They command an imposing view and have only one means of access, a narrow

granite stairway. Our trail goes through cloud forest with vines, exotic flowers (among them orchids) and luxuriant trees, then on through an Inca tunnel and along a ridge above the Urubamba river to the lovely Phuyupatamarca ruins (3,579m). The views of the Urubamba and (if we are lucky) the snowcapped peaks of Veronica (5,750m) and Salkantay make these ruins one of the most beautiful places on the trail. We set up camp nearby. Today's 15km walk is expected to take around 9hrs with 1000m ascent and 630m descent.



Accommodation: Phuyupatamarca Camp (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

DAY 7 - Arrive to Machu Picchu through the Sun Gate

We descend to Winay-Wayna ruins (2,591m), a small Inca site which, like Machu Picchu, was abandoned for unknown reasons. Then from Inti Punku - the Gate of the Sun - there is a sudden and fantastic view of the Lost City itself, Machu Picchu, set in a grandiose landscape that amazes all spectators. We walk down through the site, then travel down to our simple accommodation in the town of Aguas Calientes situated on the valley floor below Machu Picchu. Today's 12km walk is expected to take around 6hrs with 1000m descent.



Accommodation: El Santuario Hotel (or similar)



Simple Guesthouse



Meals Provided: Breakfast

DAY 8 - Revisit Machu Picchu; return to Ollantaytambo by train before continuing by bus to Cusco

Our final morning is spent at Machu Picchu, probably the most astounding 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. We have a guided tour with our Explore Leader then have some free time to explore further. It is also possible to climb the steep peak of Huayna Picchu to look down on the Temple of the Sun, or the nearby peak of Machu Picchu Mountain. However these must both be pre-paid at time of booking. (If you change your passport between your time of booking and travelling it is important for both the Inca Trail pass and these excursions that you bring your original passport with you). Later we return to Cusco by train and bus.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 9 - Trip ends Cusco

Our trip ends in Cusco after breakfast.



Meals Provided: Breakfast

Walking and Trekking information

DAILY DIS

Day 4	6km
Day 5	12km
Day 6	15km
Day 7	12km
Day 8	1/1.5km

Optional Walks

Walking grade

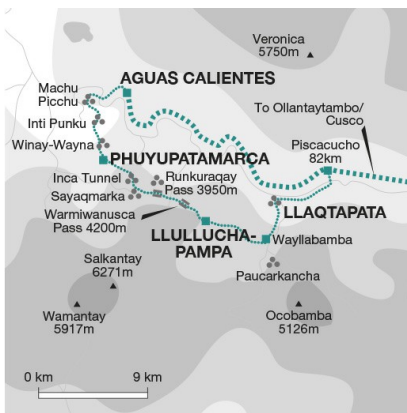
Moderate to challenging

Trek details

4-day trek walking for an average of 5 hours each day. Maximum altitude of 4,200m. This trip has been graded moderate to challenging.

Max walking altitude (m)

4200



Why book this trip

Our three night Inca Trail trek is designed so that we stay on quieter campsites away from the crowds. We also ensure that our porters are local people, so that the communities benefit from your visit, and we abide by the strict guidelines regulating both their working conditions and care of the Inca Trail. Our local partner also actively supports community projects in the villages of Mismanay and Ancocoto.

What's included?



Included meals

Breakfast: 8
Lunch: 3
Dinner: 3



Transport

Bus
Train



Trip staff

Explore Tour Leader
Cook
Driver(s)
Local Guide(s)
Porter(s)



Accommodation

3 nights simple camping
1 nights simple guesthouse
4 nights standard hotel

Trip information

Country information

Peru Holidays & Tours

Climate

There is a rainy season from Dec - Mar however on the coast it rarely rains. Jun-Oct is damp and misty, but temperatures never drop below 10°C. At high altitudes although there are sunny days temperatures can drop dramatically, and conditions can change suddenly.

Time difference to GMT

-5

Plugs

2 Pin Flat

Religion

Catholicism

Language

Spanish

Budgeting and packing

Optional activities

Ollantaytambo - Rafting on Urubamba River US\$ 45 depending on numbers. Huayna Picchu - £60; Machu Picchu Mountain £60 - Subject to availability - these must be pre-paid at time of booking. If you change your passport between your time of booking and prior to travel please take your original passport with you to avoid being fined.

Clothing

In the highlands conditions can be dry and sunny during the day but bring warm clothing such as a warm fleece, thermal underwear, warm hat and gloves. These will be needed when the temperatures drop, especially at night when temperatures can

drop dramatically. Lightweight waterproofs are also essential. You may also wish to bring your swimsuit. Thermals: Useful for walking when cold, around camp and much more practical (and warmer) to sleep in than pyjamas. Trainers or Trekking sandals: Useful around camp, in towns and when travelling. Waterproof sandals are ideal for rafting. Socks: Use good quality socks that you are used to walking in, plus liner socks if you are used to these. Waterproofs: Breathable waterproofs not only protect against rain and wind, but also stop you from overheating. Thick jumper/fleece jacket: A thick jumper or fleece jacket is necessary as nights can be very cold at altitude, especially in their winter months (June to September). Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece. T-shirts: We recommend t-shirts made from wicking materials as these keep you drier and warmer. Shorts: Shorts can be comfortable to walk in but carry long trousers with you in case of strong sun or you feel cold. Remember we shall be passing through the occasional remote village and short shorts (especially on women) can give offence to the local inhabitants. Gloves and Hat: Essential around camp in the morning, and in the evening, at higher altitudes.

Footwear

We recommend you bring well broken in and comfortable walking boots with ankle support. We do not recommend borrowing or renting boots. It is a good idea to carry your boots in your hand luggage on international flights or wear them - should your luggage be delayed, your boots are the one thing which will be irreplaceable. If you are rafting bring shoes that you don't mind getting wet.

Luggage

20kg

Luggage: On tour

For your trek bring one main piece of baggage and a daypack. Main luggage: Your main bag should be lockable as this will be left in storage in Cusco whilst on the trek. Trek Kit Bag (provided): Before leaving Cusco there is time to re-organise your luggage. Your trek luggage, including sleeping bag, should be packed into a kit bag (provided), to be carried by the porters. The weight limit for this is 7kg but you will probably find that you do not need this much. Advice on how to pack will be given at the trek briefing. Small Rucksack/Daypack: During the course of a trekking day, you do not have access to the luggage, which is being carried for you by the porters. In any mountain region the weather can change rapidly and you must be equipped for this eventuality. Your daypack should be large enough to carry your day things including: waterproofs, sweater, long trousers (if walking in shorts), warm hat and gloves, sun hat, suncream, water bottle, tissues and your packed lunch. Camera equipment can be heavy so think carefully when deciding what to take. A rucksack with 20 or 25 litres capacity is usually sufficient.

Equipment

Remember to bring: torch, water bottle, insect repellent, suncream (at least factor 30), lip salve, good quality sunglasses and sunhat. You may also wish to bring binoculars and your own sleeping bag. Sleeping Bag: This may be down or synthetic, but should be 4-season. A cotton liner helps to keep your bag clean. You do not need a foam mat as thermarests are provided. It is possible to hire an appropriate down sleeping bag for the trek locally (US\$ 20). Personal Equipment On Trek Trekking poles: Trekking poles are recommended. Please note metal tipped trekking poles are NOT permitted so please ensure they have rubber/plastic tips Water Bottle: Water along the trail must never be considered as drinkable. The camp staff provide purified water each day with which to fill your bottle. Your bottle should hold at least one litre. Disposable plastic bottles are not allowed on the trail. Metal bottles can also double up as hot water bottles when hot water is available. Torch/Batteries/Bulb: A small torch is essential for finding things in your tent, visiting the 'toilet' in the night etc. Often a head torch is the most practical option as it allows you to have both hands free. Remember to bring spare batteries. Toiletries: Only bring essential toiletries such as toothbrush/paste, soap and a small towel. Wet wipes are great for a quick clean up in your tent. Personal First Aid Kit: On each trek a first aid kit is carried but you should have your own blister kit, supply of plasters, pain relief etc. for your own use. The following equipment list is provided by Explore once you are on the trek: \bullet 2-person tents \bullet Dining tent \bullet Thermarest sleeping mat \bullet Stools and table

Tipping

Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff look to members of the group for personal recognition of particular services provided. Accordingly you should allow approximately US\$ 45 for tipping. It is customary to tip our Porters, Cooks and Trail Guide at the end of the Trek, although this is entirely at your discretion.

Country Information

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Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Breakfast price

£4.00 - 7.00

Dinner price

£6.00 - 8.00

Beer price

£2.00 - 4.00

Water price

£1

Foreign Exchange

Local currency

Nuevo Sol

Recommended Currency For Exchange

Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US\$400-\$500 of your total spending money in cash for your tour, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where To Exchange

Most major towns - your Tour Leader will advise you on arrival.

ATM Availability

Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance

In major restaurants. In some establishments Master card is not accepted.

Travellers Cheques

Travellers Cheques are not always easy to exchange.

Transport, Accommodation & Meals

Transport Information

Bus, Train

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Avoid the crowds on our three night trek, and camp away from the main campsites. Two-man tents are provided with plenty of room for two people and bags. The trek is fully supported by our team of porters who set up and take down the tents, and prepare our meals. They also carry water and all bags except daysacks, under strict guidelines. Your guesthouse on day 10 has ensuite twin rooms.

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office

[advice click here.](#)

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Peru: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Other nationalities should consult the relevant consulate. USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done online - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to be refused boarding. You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover. If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel. Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information. (Not necessary if in transit) For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html> Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp> Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Maximum altitude (m)

4200

Altitude information

This trip goes to an altitude where there is a risk of being affected by Acute Mountain Sickness (AMS), a common and usually harmless condition caused by reduced air pressure and a lower concentration of oxygen. Whilst the itinerary has been specifically designed to allow your body to acclimatise gradually, the speed of onset and severity - as well as the height at which AMS develops can vary greatly between individuals; being physically fit affords no special protection. If symptoms occur while on your trip you must let your Explore Leader know immediately. For further advice when travelling at altitude we recommend visiting the medical advice website of 'Medex' and downloading their information booklet: http://medex.org.uk/medex_book/english_version.php Travellers with heart or lung conditions, anaemia, asthma, high blood pressure, or taking the contraceptive pill must seek the advice of their GP and specifically mention the maximum altitude the trip reaches (please refer to Tour Essentials box on front page of your Trip Notes). Please take the trip notes to your medical appointment so that your doctor has the full details of your trip. You must have adequate travel insurance for your trip. Please ensure that your insurance policy covers you to the maximum altitude indicated above. If you have Explore insurance you will be covered to this altitude.

Included activities

Additional notes for trips that include the Inca Trail 1. In order to regulate the number of people walking on the Inca Trail it is necessary to buy an Inca Trail Pass specific to the days that you wish to travel. There are 200 passes per day for tourists, the remainder are for guides and porters. 2. If you are travelling on an Explore trip, Explore buy the necessary permit on your behalf. This is non-refundable and can't be refunded or transferred after you have confirmed your booking. 3. Passes sell out quickly, so we would urge that you book your tour well ahead of your intended travel date. New Inca Passes are released in early October of each year, so ideally we would recommend that you book your trip at least 6 months ahead and by December for the following year where possible. 4. Please note that due to the way the passes are distributed in October although a tour departure may be 'Guaranteed' we are unable to guarantee individual Inca Trail passes until we have confirmation that the passes have been purchased. On booking we will be able to tell you the date that your pass should be confirmed, and will contact you immediately in the (unusual) event that it is not. Because of this we would recommend that you either book your flights through Explore or ensure that your tickets are flexible / refundable. 5. In order to buy your pass we will need to take an additional £125 per person non refundable deposit and require your: name as per passport, passport number, date of birth and nationality. If you change passport before travelling it will be necessary to provide a copy of both passports in advance of travelling and to carry a copy of your previous passport with you. 6. The Peruvian authorities may change the regulations for the Inca Trail Pass at any time. In the event of this we will inform you as soon as possible.

Non refundable permits

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Vaccinations

Nothing compulsory, we recommend protection against typhoid, tetanus, polio and hepatitis A. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.