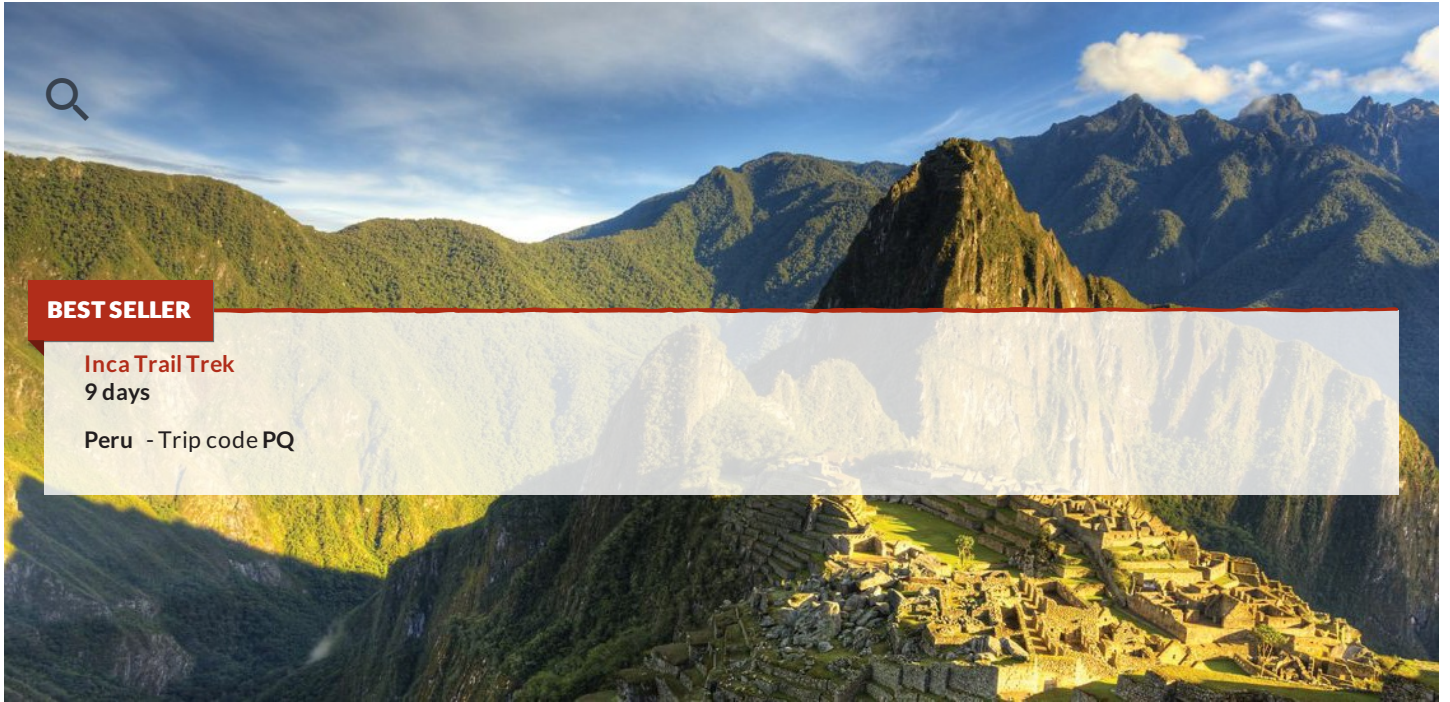


EXPLORE!



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. Hike past impressive Inca ruins and through cloud forest while learning about traditional Andean culture on the four-day trek to 'The Lost City' as you follow rivers through the dramatic Andes Mountains. Discover the Sacred Valley, visit lively Pisac Market and explore the historic city 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.

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 local guide 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; free morning for acclimatisation

This morning is at leisure to rest and acclimatise, you may want to visit one of Cusco's museums and enjoy the lively atmosphere of Plaza de Armas (main square). In the afternoon 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 Arma and learning about the incredible remains of Qoricancha, the most important temple of the Inca Empire dedicated to the Sun God Inti.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Visit to the colourful and vibrant Pisac market

In the morning 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 a late lunch. Today there is the option to go white water rafting in the Sacred Valley, this is a whole day excursion (not included).



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Commence Inca Trail; walk to Llaqtaapata ruins

This morning we leave the city of Cusco behind and drive to Ollantaytambo, an original Inca town. Here we have a short walking tour to stretch our legs, visiting a traditional house and our first view of Inca terracing. We continue by bus for another hour to reach KM82, the starting point for the classic 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.

We meet our porters and support staff, beginning our trek after lunch. The route crosses the Urubamba river, following a wide dirt trail alongside the riverbank. The undulating path takes us into the Sacred Valley of the Incas to Llaqtaapata (2,700m). Here we camp opposite the ruins of Llaqtaapata, a spectacular spot with amazing night skies.

Today's six kilometre walk is expected to take around two-and-a-half hours with an ascent of 100 metres.



Accommodation: Llaqtaapata Camp (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

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


After a hearty breakfast we cross the river to visit the Llaqtaapata Inca ruins before continuing with the trek. Today we follow the course of the Kusichaca river past small communities, crossing it to reach Wayllabamba, a quiet village of Inca origins and the last settlement on the route. After lunch we gradually ascend through the start of the cloud forest to Llulluchapampa (3,800m) which affords stunning views of the snowy peaks of Veronica (5,750m). Here we set up camp for the night; there is a well maintained toilet block at this site.

Today's nine kilometre walk is expected to take around six hours with 1,080 metres ascent.



Accommodation: Llulluchapampa 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 is an earlier start as we trek over the Warmiwanusca (Dead Woman's) Pass to 4,200 metres. The two hour ascent is one of the more challenging sections of the trek, we take it slow and steady with many stops to admire the view and sunrise. After a rest and photo opportunity we descend along a stepped path to the valley of the Pacamayo river with its tropical vegetation. Here we break for brunch before beginning the ascent (mainly on steps) to the second pass of the day. We visit the ruins of Runkuraqay and then it's the final ascent to cross the Runkuraqay Pass (3,950m).

After the pass it was a long gradual descent passing into the start of the main cloud forest to reach the bottom of the valley. The Sayacmarca ruins are visible on a rocky outcrop, they command an imposing view and have only one means of access, a narrow granite stairway. We cross the valley to reach the Sayacmarca campsite for a late lunch. From here the trail goes through cloud forest with vines, exotic flowers (among them orchids) and luxuriant trees, with views (if we are lucky) of the snowcapped peaks of Salkantay. We walk through an Inca tunnel and along a ridge above the Urubamba River to our campsite above the Phuyupatamarca ruins (3,579m). The campsite has amazing panoramic views of the surrounding peaks and down the valley towards Machu Picchu mountain.

Today's 10 kilometre walk is expected to take around eight hours with 1,000 metres ascent and 630 metres descent.



Accommodation: Phuyupatamarca Camp (or similar)

 Simple Camping

 Meals Provided: Breakfast, Lunch & Dinner

DAY 7 - Arrive to Machu Picchu through the Sun Gate

Today is our final day walking along the Inca Trail. We say thanks and goodbye to our porters and begin our trek into Machu Picchu. We pass the Phuyupatamarca ruins and spend the majority of the morning going down following stone paths and stairways, 80% of which are original Inca architecture. Coming out of the cloud forest we are greeted by the spectacular views down the valley, walking through the impressive Inca terraces at Intipata we reach our lunch stop at Winay-Wayna (2,591m). Those who wish can visit the ruins here, this Inca site is built into the steep hillside and like Machu Picchu, was abandoned for unknown reasons.

Winding our way along the edge of the mountain we follow a wide path adorned with wild flowers and orchids to we take the final steps up to reach Inti Punku - the Gate of the Sun. passing through 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 and then take the public bus down the mountainside to our hotel in the town of Aguas Calientes situated on the valley floor below Machu Picchu.

Today's eight kilometre walk is expected to take around six hours with 1,000 metres descent.



Accommodation: El Santuario Hotel (or similar)

 Standard Hotel



Single room available



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 local guide then have some free time to explore the site further for as long as you wish before taking the bus back down to Aguas Calientes.

It is also possible to climb the steep peaks of either Machu Picchu Mountain or Huayna Picchu Mountain to look down on the citadel. Machu Picchu Mountain is a 700m climb from the top of the citadel. There are cobbled stairs all the way up with a few eye-opening drops in some parts, and the round-trip takes about two and half to three hours. Huayna Picchu Mountain is only 350m, half the size of Machu Picchu Mountain, but much steeper. There are many more sheer drops, and it is definitely not suitable for someone with a fear of heights. For those who fancy doing the one hour climb, you'll be rewarded with world-beating views of Machu Picchu, and the feeling that you're standing on a precipice at the top of the world.

These climbs 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. Those doing one of the optional climbs will take the first bus back up the Machu Picchu to begin the climb at 7am after which you will meet up with the rest of the group to take the guided tour.

In the afternoon we get the train to Ollantaytambo, located in the Sacred Valley of the Incas, and then return to the historic town of Cusco by bus. Depending on the time of the train, you may have a free afternoon in Aguas Calientes, where there are many restaurants and cafes and a large covered market.



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 DISTANCE

Day 4	6km
Day 5	9km
Day 6	10km
Day 7	8km
Day 8	1/1.5km

Optional Walks



Inca Trail top



Walking grade

Moderate to challenging

Trek details

Trek for 4 days for between 2.5 to 8 hours, reaching a maximum altitude of 4,200m. Well-defined paths with original Inca steps.

Max walking altitude (m)

4200

Inca Trail Trekking Top - [Click here to order](#)

What is it like to trek the Inca Trail?

Read the blog by Customer Support Manager Becky Powney to find out.

Inca Trail permit availability

In order to regulate the number of people walking on the Inca Trail it is necessary to buy an Inca Trail trekking permit, these are included in our trips but can sell out quickly for certain months.

Extend your trip

Why not extend your holiday with some time in the Amazon. Hike through the jungle, go wildlife spotting and stay at Nape Lodge in the indigenous community of Infierno. [Click here](#) for details.

Why book this trip

Walking the Inca Trail to Machu Picchu is one of the best ways to discover the culture and history of Peru. Avoid the crowds on our three night Inca Trail trek, designed so that we stay on quieter campsites. Spacious tents are provided and the trek is fully supported by our excellent cook and team of porters who set up and take down the tents, provide water and carry all bags except day-sacks. Our porters are from the local villages, so that the surrounding communities benefit from your visit, and we abide by the strict guidelines regulating both their working conditions and care of the Inca Trail. The Inca Trail is doable for anybody that leads a reasonably active life, you can take as long as you need and stop to take in all the marvellous views and Inca ruins along the route.

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
5 nights standard hotel

Trip information

Country information

Peru

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

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Ollantaytambo - Rafting on Urubamba River US\$ 65 depending on numbers.

Huayna Picchu - £65; Machu Picchu Mountain £65 - Subject to availability - these must be pre-paid at time of booking and is non-refundable. 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 at the hotel in Cusco whilst on the trek.

Trek Kit Bag (provided by Explore at the hotel in Cusco):

Before leaving Cusco there is time to re-organise your luggage. Your trek luggage, including sleeping bag, should be packed into the kit bag which is to be carried by the porters. The weight limit for this is 7kg, 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, fleece, 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, toilet roll 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:

2-person tents
Dining tent
Thermarest sleeping mat
Stools and table
Toilet tent

Equipment Hire and Trek Training Days - Trek Hire UK hire out a wide range of kit including quality sleeping bags, down jackets and walking poles <http://www.trekhireuk.com>. They also run regular trek training and preparation days from their base in the Surrey Hills, ideal for getting an indication of your overall fitness level and also covering advice on kit and altitude.

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

In this region, tipping is a recognised part of life across the service industry. Local staff will look to members of the group for personal recognition of particular services provided.

To assist with this your Explore Leader may organise a group tips kitty for included activities and meals, they will then account for kitty use throughout the tour.

For this we suggest US\$45 per person

For all non-included services and meals on your trip please tip independently at your discretion.

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

Peru

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.

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.

Price Guarantee

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 and Passport 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 on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely 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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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

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.

Peru

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. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.
