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Walk Peru's Inca Trail and Palccoyo Rainbow Mountain

PERU - TRIP CODE PM

WALKING AND TREKKING

Why book this trip?

Discover the diversity of Peru on this fascinating journey through the highlights of the country. Explore the floating reed islands of Lake Titicaca, travel through the Andes mountains to Cusco, the ancient Inca capital and head into the Sacred Valley to trek the spectacular Inca Trail.

- **Lake Titicaca** - The highest navigable lake in the world home to the Uros people
- **The Inca Trail** - Follow in the footsteps of the Incas to Machu Picchu
- **Alternative Rainbow Mountain** - Spectacular Palccoyo trek through a landscape of multi coloured mountains
- **Quarry Trail** - When Inca permits have sold out we are offering the Quarry Trek. Experience spectacular

views on this quieter alternative route, joining the Inca Trail to trek into Machu Picchu.

					
INCLUDED MEALS Breakfast: 13 Lunch: 7 Dinner: 3	TRIP STAFF Explore Tour Leader / Trek Guide Boat Crew Cook Local Guide(s) Porter(s)	TRANSPORT Bus Flight Train	ACCOMMODATION 3 nights simple camping 10 nights comfortable hotel	WALKING GRADE: Moderate To Challenging	GROUP SIZE: 10 - 16

Itinerary

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

DAY 1 - Join trip Lima

Arrive in Lima, Peru's capital, that was founded in 1535 AD by the Spanish conquistador Francisco Pizarro. It was built on the Pacific coast, by the Rimac River and close to the natural harbour of Callao, on land that had already been inhabited for thousands of years. Today Lima is a modern city, but there are obvious reminders of its ancient and colonial past.

For those arriving on time our Leader plans to meet you in the hotel reception at 2pm for the welcome meeting and for those that wish, there is the chance to go out for lunch at a local restaurant. There are no activities planned today, so you are free to arrive in Lima at any time.

If you would like to receive a complimentary airport transfer today, you'll need to arrive into Jorge Chavez International Airport (LIM), which is 45 minutes to one hours' drive (traffic dependant). Should you miss the welcome meeting, your Leader will inform you of any essential information as soon as you catch up.

If your flight arrives earlier in the day, perhaps you might choose to take an independent stroll along the coastal path to Miraflores and through the bohemian district of Barranco. The city is also gaining a reputation as a culinary centre; try some ceviche (fish marinated in citrus) or sip on a Pisco sour.



ACCOMMODATION:

Britania Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Fly to Juliaca; drive to Puno

This morning we take a short Lima city tour, passing through the colonial squares and by the convent of San Francisco. In the early evening we fly up to Juliaca on the high Altiplano after. On arrival we will take a short drive to our hotel in Puno on the shores of Lake Titicaca, the highest navigable lake in the world at an elevation of 3,860m, and also the legendary birthplace of the Inca civilisation. The local Aymara, Quechua and Uros people have larger lungs, hearts and spleens, and blood that is particularly rich in red corpuscles, so have adapted to high altitude living.



ACCOMMODATION:
Qelqatani Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Visit Sillustani pre-Inca burial ground. Explore around Lake Titicaca

This morning we drive to the 'chullpas' (funeral towers) of Sillustani, which probably date from the 14th century. They are positioned on a peninsula overlooking a lagoon amongst stunning highland scenery. There is also the opportunity to visit a local farmers house (optional). In the afternoon we explore the small town of Chucuito, visiting the colonial churches, Inca fertility temple and the Titora Museum.



ACCOMMODATION:
Qelqatani Hotel (or similar)

Grade: Comfortable Hotel



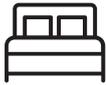
SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Visit to Uros and Taquile Islands

Today we take a boat trip on Lake Titicaca to explore the floating reed islands, home to the Uros people who live on the lake itself. Their islands are made from totora, a reedlike papyrus that grows in the shallows and is used in most aspects of their life, including the construction of their boats and homes. We then continue to the less visited island of Taquile which has preserved much of its Inca and pre-Inca heritage and the islanders still speak the language of the Inca - Runa Simi or Quechua.



ACCOMMODATION:
Qelqatani Hotel (or similar)

Grade: Comfortable Hotel



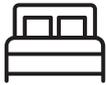
SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Travel through the Andes to Cusco

Today we follow the legendary route taken by the first Inca ruler - Manco Capac - on his way to find Cusco, passing through a landscape that is both desolate and magnificent, where flocks of llamas and alpacas graze amongst the windswept meadows. Rising early, we head to the public bus terminal where our coach awaits us. During the ten hour bus trip, we make several stops including at the small market town of La Raya, and the Inca ruin of the Temple of Wiracocha in Raqchi. Traversing the northern extremes of the Altiplano, we cross the La Raya pass (4321m) and the continental divide, before beginning the descent towards Cusco along the Rio Vilcanota. We arrive into the fascinating city in the late afternoon and check into our hotel.



ACCOMMODATION:
Yawar Inka Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 6 - Walking tour of Cusco; free afternoon

Our discovery of Cusco begins with a walking tour this morning. Taking in the grandeur of the city's more recent colonial past amongst the churches and galleries of the Plaza de Armas and learning about the incredible remains of Qoricancha, the most important temple of the Inca Empire dedicated to the Sun God Inti.

The old capital of the Inca Empire survives only in its ruins, imbued with an atmosphere of mystery and grandeur. The Spanish-style city of today's Cusco, with its attractive pink tiled roofs, arcaded plazas and steep winding alleyways, stands upon tremendous Inca foundation stones. The interlocking stones, assembled so carefully that a knife blade cannot be forced between the multi-sided joints, were highly functional as well as beautiful - they are earthquake-proof! We also visit San Pedro market, jammed with rows of stalls selling everything from head sized bread to colourful corn and handmade ponchos.

The remainder of the day is at leisure to rest, you may want to visit one of Cusco's museums and enjoy the lively atmosphere of Plaza de Armas.



ACCOMMODATION:
Yawar Inka Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Palccoyo trek (alternative Rainbow Mountain)

We will be picked up from the hotel in Cusco early this morning, around 6am and drive south for three hours to the town of Palccoyo (4,202m). The Palccoyo trek is a quieter alternative to the Rainbow mountain trek, the trail is shorter with far less crowds. Walking in the Vilcanota Mountain Range of the Andes we slowly and gradually ascend to the top of the red mountains passing llamas and alpacas. After walking for approximately two hours we will reach the Palccoyo, Montaña Colorada at 4,980 metres. Here you can admire this unique landscape of multi coloured layered mountains.

We continue exploring the area ascending up a steep path through the forest of stones, to a magnificent viewpoint of the snow capped Ausangate in its splendor. The descent back to the bus is along the same route, from where we return to Cusco.

Today's moderate 10 kilometre walk is expected to take around four hours with an ascent and descent of 700 metres, following a path with uneven underfoot and steep in places .



ACCOMMODATION:

Yawar Inka Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 8 - Drive to Ollanta in the Sacred Valley; Picnic by Piuray Lake

This morning we leave the city of Cusco behind and drive to Ollantaytambo, an original Inca town.

We will stop at Puray lake within the mountains near Chinchero for a Peruvian picnic prepared with ingredients from local farmers. After lunch you could take a walk around the lake shore.

On arrival into Ollantaytambo we have a short walking tour, visiting a traditional house and our first view of Inca terracing.



ACCOMMODATION:

Hotel Tikawasi Valley (or similar)



Grade: Comfortable Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 9 - Commence Inca Trail walking to Llaqtapata ruins or walking to the site of Q'orimarca on the Quarry Trail

Today the group will split for the next four days, depending on which trek you have chosen.

Inca Trail

This morning 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 Llaqtapata (2,700m). Here we camp opposite the ruins of Llaqtapata, a spectacular spot with amazing night skies. There are no permanent facilities here, the camp crew will set up a toilet tent for the group to use.

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

Quarry Trail

This morning we drive to Rafq'a, the starting point for the Quarry Trek and where we meet our porters and support staff. After walking for an hour, we will reach the small remote community of Socma, from where we take a trail to the viewpoint of the Perolnyoc waterfall. The path continues towards the camp, located at 3750 meters above sea level. We'll arrive in time for lunch and the afternoon is free to rest and explore the archaeological site of Q'orimarca, which once served as a control point for the Incas.

Today's nine kilometre walk is expected to take around five hours with an ascent of 800 metres.



ACCOMMODATION:
Campsite (or similar)



Grade: Simple Camping



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 10 - Follow the river to Lulluchapampa on the Inca Trail or cross Kuychicasa pass (4,450m) and visit Intipunku site on the Quarry Trail

Inca Trail

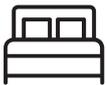
After a hearty breakfast we cross the river to visit the Llaqta-pata Inca ruins before continuing with the trek. Today we follow the course of the Kusichaca river past small communities, crossing it to reach Wayllabamba, a quiet village of Inca origins and the last settlement on the route. After lunch 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 facilities block with flushing toilets and sinks at this site.

Today's moderate 10 kilometre walk is expected to take around six hours with 1,080 metres ascent.

Quarry Trail

This is the most challenging and rewarding day of the hike. After three hours of trekking, we will reach the top of the first pass of Pucca-qa-sa (4,370m), with spectacular view of snowy mountains on one side, and the Sacred Valley on the other, some of the best views in the Andes! From here we descend for half an hour to the lunch spot. In the afternoon, we'll arrive to Kuychicasa, the highest pass of the trek (4,450m). Continuing, we will visit the sacred site that the Incas called Intipunku or "Puerta del Sol" (Gate of the Sun), where we can see the Veronica Mountain and the Sacred Valley of the Incas in all its splendor. Tonight's campsite is Choquetacarpo camp (3,600m).

Today's challenging 15 kilometre walk is expected to take around nine hours with an ascent of 700 metres.



ACCOMMODATION:
Campsite (or similar)



Grade: Simple Camping



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 11 - Cross 'Dead Woman's Pass' (4,200m), hike through cloudforest to Phuyupatamarca on the Inca Trail or descend to Ollantaytambo on the Quarry Trail

Inca Trail

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. There is a toilet block but it's not kept in the best condition so the camp crew will set up a toilet tent for the group to use.

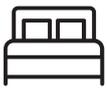
Today's challenging 15 kilometre walk is expected to take around eight hours with 1,000 metres ascent and 630 metres descent.

Quarry Trail

Today's walk is mainly downhill, our first stop will be Cachicata, the Inca quarry, where it is told that the Incas were intercepted by the Spanish conquerors and was subsequently never finished. Here we can observe the Inca stone works before continuing our descent for three hours to reach Ollantaytambo. Ollantaytambo, is an original Inca town, we'll have lunch here and take a short walking tour to visiting a traditional house and viewing the of Inca terracing. The rest of the day is for relaxing ahead of an early start tomorrow, we stay in a hotel here tonight.

There is an optional excursion this afternoon to visit a traditional Peruvian farm, learning about artisanal distillation methods and coffee production and enjoying a delicious Pachamanca lunch (stew baked underground).

Today's moderate five kilometre walk is expected to take around four hours with an descent of 1,500 metres.



ACCOMMODATION:
Campsite or Hotel (or similar)

Grade: Simple Camping



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 12 - Arrive to Machu Picchu through the Sun Gate

Inca Trail

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 Puyupatamarca 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.

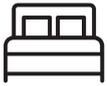
Today's moderate 14 kilometre walk is expected to take around six hours with 1,000 metres descent.

Quarry Trail

This morning is our final day trekking and we join the Inca Trail. We drive to Ollantaytambo train station and board the train towards km 104, where we begin our trek crossing the River Vilcanota, following the Inca Trail through woodland ascending to the magnificent ruins of Wiñay Wayna (2,591m). From Wiñay Wayna the route is the same as above, trekking through the Sun Gate into Machu Picchu.

Today's moderate 12 kilometre walk is expected to take around six hours with an ascent and descent of 500 metres.

The group will be reunited in Aguas Calientes to enjoy a celebratory dinner together tonight.



ACCOMMODATION:

El Santuario Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

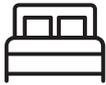
DAY 13 - Revisit Machu Picchu. Return to Ollantaytambo by train. Continue by bus to Cusco

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 Leader 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:
Yawar Inka Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 14 - Trip ends in Cusco

The trip ends after breakfast at our hotel in Cusco.

There are no activities planned today, so you are free to depart from Cusco at any time. If your flight is departing later in the day, luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Alejandro Velasco Astete International Airport (CUZ), which is around 15 minutes' drive.

Depending on the schedule of your flights, you may have some additional time to visit a museum or do some souvenir shopping in the winding streets and alleys of the city.

If you are travelling onto the Amazon, you will be transferred to Alejandro Velasco Astete International Airport this morning for your flight to Puerto Maldonado.



MEALS PROVIDED: BREAKFAST

Trip information

Climate and 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	Plugs	Religion	Language
-5	2 Pin Flat	Catholicism	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.

Lima - Half day Urban cooking classes Sky Kitchen class US\$97 pp; Yummy Class US\$77 (both based on a minimum of 2 pers) - These are available to those who arrive early or have pre tour accommodation. On arrival you will receive a message in Reception.

Lima detour - alternative view of the city of Lima US\$ 35 (price may go up if less than 4 passengers)
Pucusana Fishing Village US\$65 (based on 3); Pachacamac site US\$45 (based on 4) inc. pottery class US\$60 (time permitting)

Puno - Titicaca Train £190, subject to availability and cost may fluctuate depending on demand. This 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.

Machu Picchu - Huayna Picchu Mountain £60; Machu Picchu Mountain £60. 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

Aguas Calientes - Hot springs US\$ 4

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 the summer months. 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.

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, 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. Please note drones are prohibited in most tourist areas in Peru. 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 or camelback. Your bottle should hold at least two litre and be reusable as 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, face cloth and a trek/quick dry towel.

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.

Cloth bags: Single use plastic bags are not allowed on the trail.

Personal First Aid Kit: On each trek a first aid kit is carried but you should have a blister kit, supply of plasters, pain relief etc. for your own use.

The following equipment list is provided by Explore for 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, therm-a-rest sleeping mats 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

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline

Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, your leader may organise a group's tips kitty for included activities and meals and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow US\$ 75, approx. 250 Soles per person for group tipping

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

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.

Lunch price	Dinner price	Beer price	Water price
£5.00-8.00	£15.00	£2.00 - 4.00	£1

Foreign Exchange

Local currency

Peruvian Sol (PEN)

Recommended Currency For Exchange

You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the PEN is approximately PEN 4.3 to the British Pound. We recommend you take some emergency cash in USD as the GBP exchange rate isn't very good. Notes should be in good condition otherwise they might be difficult to exchange. Please check on line for up to date information

Where To Exchange

Your Tour Leader will advise you on arrival.

ATM Availability

ATMs can be found in the major towns and cities for cash withdrawals in Nuevos Soles. Always have some cash back up as they are not always reliable

Credit Card Acceptance

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

Travellers Cheques

We do not recommend Travellers Cheques

Transport, Accommodation & Meals

Transport Information

Bus, Flight, Train

Accommodation notes

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. A single tent is available on request prior to departure costing £40, please discuss with your sales consultant (limited availability). Llactapata camp - We camp opposite the ruins in a field to ourselves, there are no permanent facilities.

Llulluchapampa camp - High camping ground with views down the valley. Here there is a well-maintained facilities block with sinks and with 3 toilets squat flush style for women and 3 for men.

Phuyupatamarca camp - Campsite above the clouds, with the best views of the trail, some tent pitches are on an incline. There is a toilet block but it's not kept in the best condition.

Essential Information

Government Travel Safety 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 citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry. Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any time.

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

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 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 be able to apply 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 receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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)

4980

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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Ability to swim

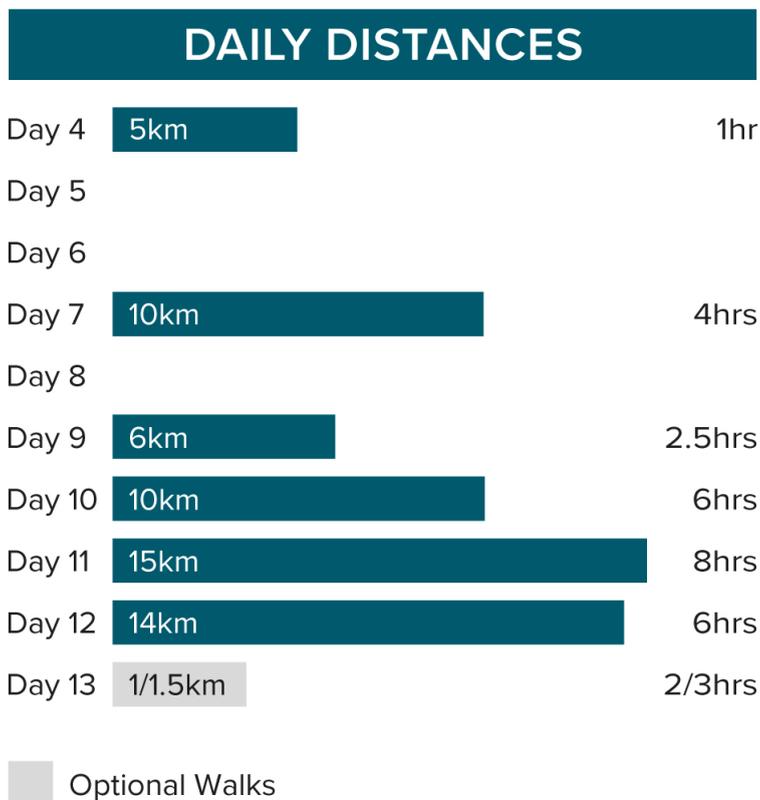
An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

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.

Walking and Trekking information



2020 Itinerary

Walking grade

Moderate to challenging

Trek details

The Inca Trail section is 4 days trekking for between 2.5 to 8 hours, reaching a maximum altitude of 4,200 metres. Well-defined paths with original Inca steps.

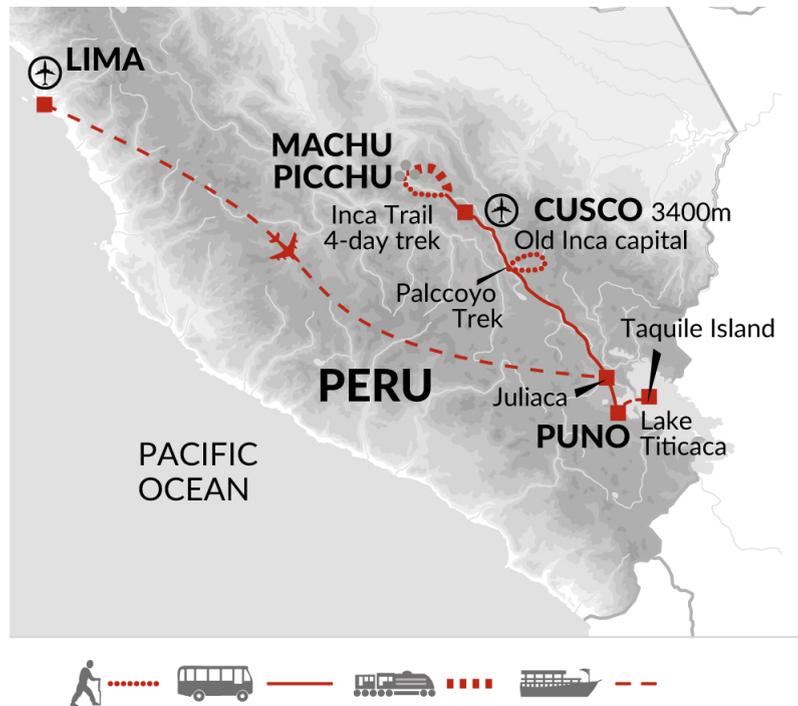
Quarry Trail - Trek for 4 days for between 4 to 9 hours, reaching a maximum altitude of 4,450m.

The trek on day seven in the Vilcanota Mountain Range to Palccoyo viewpoint follows an established path reaching an altitude 4,980 metres.

Max walking altitude (m)

4980

Additional Information



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.

With Inca Permits limited to 200 trekkers per day and popular dates selling out months in advance we now have an alternative trek that can be substituted into our Inca Trail trips (PE, PM, FPT). When the permits have sold out on a given departure date, the Quarry trail can be booked instead. We are offering a three-day trek along the Quarry route combined with the one-day Inca Trail from KM104, giving you the opportunity to still trek through the Sun Gate down to Machu Picchu. The quarry trek follows a quieter and less trodden path, taking in spectacular views across the Andes Mountains, Inca ruins and isolated communities. Talk to one of our adventure consultants about requesting this.

Extend your trip

Why not extend your holiday with some down time in the Amazon. A complete contrast to the Inca Trail, stay in an eco-lodge and go wildlife spotting on hikes through the jungle and boat rides on the Madre de Dios river. [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 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.

Reviews



AWARD WINNING
EXPLORE LEADERS



PRICE GUARANTEE
PROMISE



AIRPORT
TRANSFERS