

EXPLORE!

Private Guided - Inca Trail Trek
8 days

Peru - Trip code PJPQ



Private Guided - 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 summit of 'The Lost City', passing other fascinating Inca ruins en route. Also discover the Sacred Valley, visit the lively Pisac Market and explore the historic town of Cusco.

Note: This tour starts in Cusco on Sunday, Tuesday and Thursday.

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 famous market in 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.

Itinerary

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

DAY 1 - Join trip Cusco

Your 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. The rest of the day is free to acclimatise and maybe gently begin to explore Cusco.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Walking tour of Cusco. Free afternoon for acclimatisation

This morning you make a walking tour of Cusco with a local guide, 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 Sacsayhuaman and Pisac market

Today you visit Sacsayhuaman, an archaeological site and Inca masterpiece just outside Cusco, with a local guide. You will also visit Kenko Temple (dedicated to animal worship) and Puca Pucara (a fort and administrative centre) and Tambomachay (Inca baths) close by. You will then be taken to the Sacred Valley for a visit to the local town of Píscac and the famous Pisac market, before returning to Cusco.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Commence Inca Trail. Walk to Wayllabamba

For your Inca Trail you will be joining a small international group organised by our local agent. (The days for these group departures are Sunday, Wednesday and Friday). Early in the morning we drive to Km82. 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. Your trek starts by following the Urubamba river to Llaqtapata (2,700m) where lunch will be prepared for you by the trek crew. The trek continues along the valley and then ascents to Wayllabamba, a quiet village of Inca origins and the last settlement on the route, where the trek crew will make the first camp. (PLEASE NOTE: If you change your passport between buying your Inca Pass and travelling it is important that you also bring the original passport with you.)



Accommodation: Huayllabamba Camp (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

DAY 5 - Cross 'Dead Woman's Pass' (4,200m). Descend to Pacaymayo

After breakfast we start climbing up Warmiwanusca (Dead Woman) Pass (4,200m), which will take most of the morning. You will then descend to the valley of the Pacamayo River with its tropical vegetation, where we will set up camp for the night. Lunch is served en route.



Accommodation: Pacaymayo Camp (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

DAY 6 - Through cloudforest to Phuyupatamarca. Continue to WinayWayna

This morning we cross the Runkuraqay Pass (3,900m), and descend to Sayaqmarca ruins on a rocky promontory. They command an imposing view and have only one means of access, a narrow granite stairway. The trail goes through cloud forest with vines, exotic flowers (among them orchids) and luxuriant trees, then on through an Inca tunnel and along the ridge above the Urubamba river to the lovely Phuyupatamarca ruins (3,579m) and over the Phuyupatamarca pass (3,800m). The views of the Urubamba River and (if you are lucky) the snowcapped peaks of Veronica (5,750m) and Salkantay, make the Phuyupatamarca ruins one of the most beautiful places on the trail. From the pass the trail descends to our last campsite at Winay-Wayna. The ruins here (2,591m), are a small Inca site which, like Machu Picchu, was abandoned for unknown reasons. (Note: If the campsite is full at WinayWayna you will stay at the alternative campsite at Phuyupatamarca).



Accommodation: Wiñaywayna Camp (or similar)



Simple Camping



Meals Provided: Breakfast, Lunch & Dinner

DAY 7 - Arrive to Machu Picchu through the Sun Gate. Return to Cusco

After an early breakfast you will hike for two hours to reach Inti Punku - the Gate of the Sun - from where there is a sudden and fantastic view of the Lost City itself, Machu Picchu. You walk down through the site and have a guided tour. Later you will be taken down to Aguas Calientes town on the local bus for a late lunch and to catch the train back to Ollantaytambo. From here you will return to Cusco by bus, arriving late evening.

NOTE: It is possible to spend an extra night in Aguas Calientes and revisit Machu Picchu for a supplement. This must be requested at the time of booking.



Accommodation: Inkarri Hostal (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - Trip ends Cusco

Your tour ends this morning in Cusco.



Meals Provided: Breakfast

Walking and Trekking information

DAILY DISTANCE

Day 4	12km
Day 5	11km
Day 6	16km
Day 7	4km

Walking grade

Moderate to challenging

Trek details

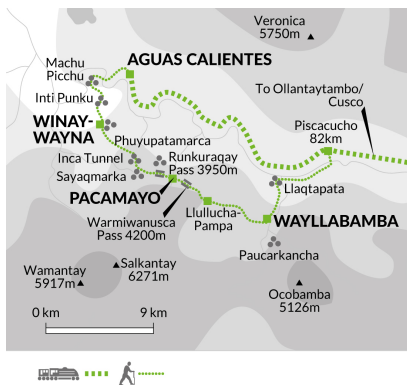
4-day trek walking for an average of 5 hours each day. Maximum altitude of 4,200m. This trip has been graded moderate to challenging.

Max walking altitude (m)

4200



Inca Trail top



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

Why book this trip

This Private Departure allows you to choose when you travel. The excursions at the beginning of the trip are private just for you and your travelling companions. For the Inca Trail part of the trip (Day 4 onwards) you will join a small international group organised through our local partner with set days of departure: Sunday, Wednesday and Friday. A minimum two people is needed. At the end of the trip it is possible to stay on in Aguas Calientes and revisit Machu Picchu for a supplement. This needs to be confirmed at the time of booking.

What's included?



Included meals

Breakfast: 7
Lunch: 3
Dinner: 3



Transport

Bus
Train



Trip staff

Cook
Driver(s)
Local Guide(s)
Porter(s)
Trek Crew



Accommodation

3 nights simple camping
4 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\$ 45 (minimum 4 people)

Aguas Calientes: Extra nights accommodation and ticket for second visit to Machu Picchu £120 (payable at time of booking)

Only if staying an extra night in Aguas Calientes - Huayna Picchu climb £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

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 they can drop dramatically. Lightweight waterproofs are also essential.

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 - 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

Your boots should be well broken in and comfortable. 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 well broken in 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 (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, sunscreen, 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, sunscreen (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:

- 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

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.

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.

Whilst on trek you will wild camp in two-man tents with plenty of room for bags. At the camps a dining tent is set up and tables and stools are provided. There is also a toilet tent. Due to the nature of the environment, personal washing water is limited. The trek is fully supported by a team of porters. They set up and take down the tents, prepare all the meals, carry all your bags except daysacks and gear and generally ensure your well-being during the trek. We ensure their wellbeing by adhering to good working practice.

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.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

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>

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 tour you must let your tour 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 Tour Notes). Please take these 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 deposit and require your: full name, 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.
