

# Machu Picchu trek

Peru, Cusco to Machu Picchu



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# Trek to Machu Picchu on the ancient Inca highway

Peru is frequently referred to as the 'Land of the Incas' and has some of the most spectacular and varied scenery in South America.

Our route is on a rarely used Inca highway, a well kept secret which takes us through some of the most stunning scenery in the world. Starting in the heart of the Urubamba Valley as we follow in the footsteps of the Incas, passing snow capped mountains and glacial peaks.

We end the trek at Machu Picchu, Peru's most famous Inca ruin, which had been abandoned to the forest for over 500 years until it was re-discovered in 1911 by an American historian Hiram Bingham.



## DAY 1 & 2:

### Depart UK to Cusco, Peru

Depart London for a flight to Cusco via Madrid and Lima. After lunch, the afternoon is best spent at leisure acclimatising to the rarefied air of the High Andes.

## DAY 3:

### Cusco

We have an extra day in Cusco to assist with the acclimatisation process. Spend the day exploring this fascinating city and the nearby Inca fortress of Sacsuayhuamán.

## DAY 4: 5-6HRS TREKKING

### Cusco - Chilipahua

We have a short transfer to Papichu Bridge where we will begin our trek. The trail climbs via a small 'pampa' at Amparaki to the Watuq'asa pass (3900m) where there is an Inca wall and fortress surrounding the pass. We descend from the pass to a small valley and then head to our campsite at the small settlement of Chilipahua.

## DAY 5: 8-10HRS TREKKING

### Chilipahua - Irway

This is the longest day of our trek. We cross the Chilipahua pass (4650m) to the Silque River Valley, before re-ascending to our campsite overlooking the stunning Anascocha glacial lake. The views from the pass are breathtaking, rolling hills stretch out for miles in front of you before hitting snow capped peaks in the far distance.





**DAY 6: 6-8HRS TREKKING**

**Urway - Kamicancha**

We descend past the vivid green Anascocha Lake towards the Silque Valley. Here rare orchids are found and condors swoop overhead. We descend over 1000m past stunning cascades through the lush, green valley; the snow-capped peak of Mount Veronica looming ever larger in front of us. When we reach Kamicancha we will be greeted by the children from the village school selling local handicrafts.

**DAY 7: 3-4HRS TREKKING**

**Kamicancha - KM82**

We start the day with a visit to the local school before trekking across farmland, following the path of the Urumbamba River to our campsite. We arrive for lunch and have the afternoon to relax and prepare for our trek to Machu Picchu tomorrow. This is the last evening we will spend with all our crew so your cook will prepare a traditional Peruvian celebration meal - cooked in a covered pit in the ground.

**DAY 8: 6HRS TREKKING**

**KM82 - Machu Picchu**

We have an early morning departure by train along the Urubamba Valley to KM104 where we begin our trek. We climb up to the famous Inca ruins at Winay Wayna. Here we join the standard Inca Trail which cuts across the ridge to Intipunku - the 'door of the sun' and the first exhilarating view of Machu Picchu. From Intipunku, we head through Machu Picchu to the town of Aguas Calientes where we celebrate in style with our gala dinner and a bit of salsa!

**DAY 9:**

**Machu Picchu - Cusco**

Head back to Machu Picchu to watch the sun rise over this magical site, join an optional guided tour and really soak up the atmosphere. In the afternoon we catch a train through the Urubamba Valley to Ollantaytambo. From here we transfer back to Cusco for our final night in Peru.

**DAY 10:**

**Depart Peru**

We depart Cusco for an overnight flight back to London.

**DAY 11:**

**Arrive London**





## Optional adventures with Prostate Cymru

### Option One

#### Day 3: 11 September - White Water Rafting

Today is an acclimatisation day before the trekking challenge begins. If you are keen to experience a rush of adrenaline, there is an option to join your guides on a full-day river rafting expedition through Class III and IV rapids.

An early start. We have a 2-hour transfer passing the villages of Andahuaylillas and Urcos to Chuquicahuana; our starting point of our exhilarating river rafting challenge down the Urubamba River. After conquering the rapids we will be transferred back to Cusco to meet the rest of the group for dinner.

**Cost: £175 per person**

#### **Costs include:**

- Transfers
- Trained guides
- All safety equipment
- Lunch

#### **Not included:**

- Personal travel insurance
- Additional services
- Tips





# Optional adventures with Prostate Cymru

## Option Two

**Day 10: Sat 18 September**

### Trek Vinicunca 'Rainbow Mountain'

Approx. 5hrs trek. 10km / 6.2miles

Min Altitude: 4520m / Max Altitude: 4970m

Ascent: 540 m / Descent: 540 m

Join us for an epic extra days trek and adventure, on an incredible hike to Vinicunca, also known as 'Rainbow Mountain'. Starting out in the early morning, we'll pick you up from your hotel and transfer to Chilca, where our trek begins. En route, we'll stop: first to the town of Urcos, for a visit to its bustling and vibrant local market, and then to Checacupe, to see its charming colonial bridge that dates from the mid-eighteenth century. Checacupe boasts three bridges in fact, as well as the picturesque Church of the Immaculate Conception.

Our trek starts in Pampachiri. It's challenging ascending trail brings us to an elevation of 4,970m. Rainbow Mountain is a spectacular sight of natural colours. Layers of eroded sediment over the centuries have created these vibrantly hued striations. Climbing to the top, we'll take some time to enjoy the surrounding panoramic landscape, breathing in the rarefied, energizing mountain air. After time spent taking it all in, we'll begin our descent, taking the same path. Transfer back to Cusco for dinner and overnight in the hotel.

**Day 11: Sun 19 September**

Transfer to Cusco airport for the flight home.

**Day 12: Mon 20 September**

Arrive London

**Costs: £200 per person (based on min. of 10)**

#### Costs include:

- Transport
- Trek guide
- Breakfast and Picnic lunch
- Entrance fees
- Extra nights hotel in Cusco (twin share)

#### Not included:

- Personal travel insurance
- Additional services not mentioned above
- Single supplement in Cusco hotel (approx. £90)
- Tips

