



INCA TRAIL FACT SHEET

Live for today...

INTRODUCTION

The Inca Trail to Machu Picchu, the Lost City of the Incas, is undoubtedly the most famous and popular trek in South America, with a spectacular setting in a part of the Andes still rich in relics of the Inca civilisation. Built over 500 years ago, this mythical trail to Machu Picchu was a pilgrimage route reserved only for Inca nobility. It remains an exclusive trail, with permit numbers strictly controlled.

From windswept mountain passes to lush tropical jungle and from bustling villages to lonely ruins, this is a journey of a lifetime through some of the most beautiful and varied scenery of any trek in the world. The Inca Trail trek allows the opportunity to explore extraordinary ruins, enjoy beautiful mountain views, walk through strikingly different climatic zones and finally experience the unique feeling of arriving at Machu Picchu on foot.

There are several options for the Inca Trail trek with Chimu, from Short and Classic versions to Superior and Grand options. This enables you to experience the awe and glory of Incan history at your own pace and comfort level.

Here is a quick link for more information about South America's best treks:

<http://www.chimuadventures.com/blog/2015/11/south-americas-top-5-treks-5/>

GENERAL INFORMATION

Due to restrictions on the number of people allowed to trek the Inca Trail daily by the Peruvian Government, we recommend booking at least 3 months in advance (6 months for the May-September peak season), to ensure that you can trek on your desired dates.

The "Inca Trail" travels through a fairly remote part of Peru and we believe our clients should be aware that the remoteness that makes the Inca Trail so very special could also cause certain problems. Whilst we endeavour to minimise the chances of anything unexpected happening, it has to be noted that no itinerary can or should be rigidly adhered to. This is the very nature of Adventure Travel and you should be prepared for delays and slight alterations in our programmed events.



INCA TRAIL

FACT SHEET

The Inca Trail involves trekking over several high passes up to 4,200m and involves steep descents on old Inca steps. It is recommended that all clients should have some previous trekking experience and have a reasonable level of fitness.

Please note that there is an entry fee for anyone wanting to trek up Huayna Picchu when on an Inca Trail Trek. Please let us know at the time of booking if you would like to hike this mountain to ensure that we book the Inca Trail Permit inclusive of Huayna Picchu entry for you. If you decide at a later stage that you wish to trek up Huayna Picchu, then there will be an additional cost of \$160 (subject to change) to amend and rebook your permit, and there are no guarantees that we will be able to secure a permit for you. The number of daily visitors allowed to enter Huayna Picchu is restricted to 400 and permits are on a first come first served basis.

Huayna Picchu or Wayna Picchu (Quechua: "Young Peak") rises over Machu Picchu and divides it into sections. The Incas built a trail up the side of Huayna Picchu and built temples and terraces on its top. The peak of Huayna Picchu is at 2,720 metres (8,920 ft.) above sea level, or about 360 metres (1,180 ft.) higher than Machu Picchu. A steep and at times exposed climb leads to the summit. Some portions are slippery and steel cables provide some support.

The Inca Trail is closed annually every February for cleaning and maintenance. Alternative trek routes such as the Lares and Salkantay Treks are available in February.



Please note that last minute international and internal flight changes, train schedule changes and excess baggage charges are out of our control. In all cases we will advise you of any changes in the itinerary as early as possible. We have taken all these possibilities into account when planning these treks and have allowed sufficient leeway to enable us to successfully run these exceptional trips.

The majority of dietary and medical requirements can be catered for, but please ensure that we are notified of these at the time of booking. Obtaining the correct vaccinations and visas required for Peru is the individual passenger's responsibility.

You should also be aware that adventure travel, in particular trekking, white-water rafting, inflatable canoeing, mountain biking and travelling in remote areas such as Southern Peru, does carry with it certain inherent risks that you, the client, will have to assume. You must take out adequate travel insurance to cover these risks and any costs incurred due to sickness, delayed flights and other factors that are out of our control.

A pre-departure meeting will be held the night before your trek at 19.00 in your hotel reception. It is important that you attend. Your guide will hold the trip briefing and you will be given an outline of what lies ahead and asked for details of your travel insurance as well as a photocopy of your passport and Peru entry stamp. The guide will check that your passport matches the Inca Trail permit and check any dietary or medical requirements. You will also be asked to sign a risk assumption form.

The guide will hand out the kit bags for the porter carried items - 5kgs for Classic, 8kgs for Superior and 12kgs for Grand Inca Trail Treks.

Please ensure that you bring your passport with you on the trek as you will not be allowed on the train or into Machu Picchu without it. Your passport is also required for hotel check-ins.



INCA TRAIL

FACT SHEET

If you have any problems at any time during your travels, please telephone the Cusco office (Mon-Fri, 8am-2pm) on +51 84 261 369 or email larry@kichwaperu.com.pe or operaciones@kichwaperu.com.pe or contact our emergency out-of-hours mobile telephone: +51 946028114. This emergency mobile number can also be used on WhatsApp.

TOUR INCLUSIONS & EXCLUSIONS

THE SHORT INCA TRAIL (4 DAYS/3 NIGHTS)

Inclusions:

- An Inca trail pre night briefing
- Pick-up from your hotel, transport to the train station
- Tourist train from Cusco or Ollantaytambo to Km 104
- A registered English-speaking guide
- Meals during the excursion (1 Breakfast, 1 Lunch Box, 1 Dinner)
- All entrance fees including the Inca Trail and Machu Picchu
- Bus transfers between the ruins and Aguas Calientes
- Transport from Machu Picchu to your hotel in Cusco by Tourist Train service and private transfer
- Standard category hotel in Cusco and Aguas Calientes
- An emergency first-aid kit and oxygen
- Minimum 2 people, maximum 16 people in one group

Not Included:

- Entrance ticket to Huayna Picchu
- Thermal Pools in Aguas Calientes

CLASSIC INCA TRAIL (6 DAYS/5 NIGHTS)

Inclusions:

- An Inca trail pre night briefing
- Pick-up from your hotel, transport to the Inca Trail
- All camping and cooking equipment including sleeping mats, sleeping bags, two-person tents, dining tent and toilet tent
- A registered English-speaking Inca Trail guide, all porters, cook team, guided tour in Machu Picchu
- All entrance fees including the Inca Trail and Machu Picchu
- Bus transfers between the ruins and Aguas Calientes
- Transport from Machu Picchu to your hotel in Cusco by Tourist Train service and private transfer
- Standard category hotel in Cusco
- Meals as outlined in itinerary, including all meals on trek
- An emergency first-aid kit and oxygen
- Porters for personal gear up to **5kg per pack**
- Minimum 2 people, maximum 16 people in one group

Not Included:

- Entrance ticket to Huayna Picchu
- Thermal Pools in Aguas Calientes



INCA TRAIL

FACT SHEET

SUPERIOR INCA TRAIL (7 DAYS/6 NIGHTS)

Inclusions:

- An Inca trail pre night briefing
- Pick-up from your hotel, transport to the Inca Trail in a private vehicle
- All camping and cooking equipment including Thermarests, sleeping bags, spacious two-person tents, dining tent and toilet tent
- A registered English-speaking Inca Trail guide, all porters, cook team, guided tour in Machu Picchu
- All entrance fees including the Inca Trail and Machu Picchu
- Bus transfers between the ruins and Aguas Calientes
- Transport from Machu Picchu to your hotel in Cusco by the Vistadome Train service and bus transfer
- Superior category hotel in Cusco and Aguas Calientes
- Meals as outlined in itinerary, including all meals on trek
- An emergency first-aid kit and oxygen
- Porters for personal gear up to **8kg per pack**
- Minimum 2 people, maximum 16 people in one group

Not Included:

- Entrance ticket to Huayna Picchu
- Thermal Pools in Aguas Calientes



GRAND INCA TRAIL (7 DAYS/6 NIGHTS)

Inclusions:

- An Inca trail pre night briefing
- Pick-up from your hotel, transport to the Inca Trail in a private vehicle
- All camping and cooking equipment including self-inflating deluxe mattress (5cm thick), sleeping bags, spacious two-person tents, dining tent, toilet tent and shower tent.
- Sleeping bags, pillow & blankets
- Masseuse
- Deluxe menu including alcoholic beverages
- Champagne at the Sun Gate
- Stainless steel cutlery & china crockery
- A registered English-speaking Inca Trail guide, all porters, cook team, guided tour in Machu Picchu
- All entrance fees including the Inca Trail and Machu Picchu
- Bus transfers between the ruins and Aguas Calientes
- Transport from Machu Picchu to your hotel in Cusco by the Vistadome Train service and private transfer
- Deluxe category hotel in Cusco and Aguas Calientes
- Meals as outlined in itinerary, including all meals on trek
- An emergency first-aid kit and oxygen
- Porters for personal gear up to **12kg per pack**
- Minimum 2 people, maximum 16 people in one group

Not Included:

- Entrance ticket to Huayna Picchu
- Thermal Pools in Aguas Calientes



INCA TRAIL

FACT SHEET

CAMPARISON OF INCLUSIONS FOR INCA TRAILS

	SHORT	CLASSIC	SUPERIOR	GRAND
DURATION	4D/3N	6D/5N	7D/6N	7D/6N
INCA TRAIL PRE NIGHT BRIEFING	Included	Included	Included	Included
INCLUDED CAMPING EQUIPMENT	N/A	Sleeping Mats Sleeping Bags 2 Person Tents Dining Tent Toilet Tent	Therm-a-rests Sleeping Bags Spacious 2 Person Tents Dining Tent Toilet Tent	Self-inflating deluxe mattress (5cm thick) Spacious 2 Person Tents Dining Tent Toilet Tent Shower Tent Sleeping Bags, Pillows, Blankets
GUIDE	Registered English Speaking Guide	Registered English Speaking Inca Trail Guide	Registered English Speaking Inca Trail Guide	Registered English Speaking Inca Trail Guide
PORTERS	N/A	Included – personal gear up to 5kg	Included – personal gear up to 8kg	Included – personal gear up to 12kg
COOK TEAM	N/A	Included	Included	Included
MEALS	1 Breakfast, 1 Lunch Box, 1 Dinner	See Itinerary	See Itinerary	Deluxe Menu with Alcoholic Beverages
MASSEUSE	N/A	Not Included	Not Included	Included
CHAMPAGNE AT SUN GATE	Not Included	Not Included	Not Included	Included
INCLUDED ENTRANCE FEES	Inca Trail & Machu Picchu	Inca Trail & Machu Picchu Guided Tour Machu Picchu	Inca Trail & Machu Picchu Guided Tour Machu Picchu	Inca Trail & Machu Picchu Guided Tour Machu Picchu
BUS TRANSFERS RUINAS TO AGUAS CALIENTES	Included	Included	Included	Included
TRANSPORT MACHU PICCHU TO CUSCO	Tourist Train, Private Transfer	Tourist Train, Private Transfer	Vistadome Train, Bus Transfer	Vistadome Train, Private Transfer
ACCOMMODATION - CUSCO, AGUAS CALIENTES	Standard Category Hotels	Standard Category Hotels	Superior Category Hotels	Deluxe Category Hotels
EMERGENCY 1ST AID KIT & OXYGEN	Included	Included	Included	Included
GROUP SIZE	Min 2, Max 16	Min 2, Max 16	Min 2, Max 16	Min 2, Max 16



INCA TRAIL

FACT SHEET

INCA TRAIL PACKING LIST

On the Inca Trail treks you are likely to experience all extremes of Peruvian climate, from freezing Altiplano to extremely hot sunshine. During the day it is often sunny enough for shorts and T-shirts, though having a fleece and rain gear handy is advisable. It gets cold especially in the evenings (as low as -5°C whilst camping) so a warm fleece jacket, a good waterproof and some warm clothes including thermal underwear, gloves, scarf and wool or fleece hat are recommended.

What to Bring:

- Daypack (35L daypack is recommended) & rain cover
- Soft trek bag (this will be given to the porters with the belongings you don't wish to carry with you while hiking such as sleeping bag, mat, extra clothes, toiletries). Alternatively kit bags are available for use during the trek
- Rainwear (waterproof jacket/poncho & trousers)
- Walking boots
- Complete change of clothing
- Socks/underwear/thermal underwear
- Trekking trousers or zip-off shorts
- After trekking trousers/shirt/sandals
- Warm layers (e.g. fleeces and/or lined jacket)
- Gloves, scarf and wool/fleece hat
- Water bottle and sterilising tablets
- Flashlight/torch & spare batteries
- Broad-brim or peaked cap
- Sun block & lip balm
- Sunglasses
- Insect repellent
- Toiletries, toilet paper & small towel
- Selection of small snacks such as chocolates, dried fruit, biscuits
- Camera (in plastic bag or dry sack) with spare memory cards, batteries
- Cash (for minor purchases on trek, tips, souvenirs, lunch in Aguas Calientes etc.)
- Passport
- Money belt
- Trekking poles (optional) – must be rubber tipped
- Book, notepaper & pen (optional)

- Personal First Aid Kit to include painkillers, plasters (Band-Aids), moleskin, antiseptic cream, after-bite, anti-diarrhoea tablets, throat lozenges, re-hydration salts & personal medication

Please note that you will probably be separated from your guide and porters for portions of the day and so you will need to carry a water bottle with sufficient water for up to 3 - 4 hours hiking.

CLIMATE

	Av. Max. Temp (°C)	Av. Min. Temp (°C)	No. Wet Days
January	20	7	18
February	21	7	13
March	21	7	11
April	22	4	8
May	21	2	3
June	21	1	2
July	21	-1	2
August	21	1	2
September	22	4	7
October	22	6	8
November	23	6	12
December	22	7	16

TIPPING

Please note that tips for your porters and guides are welcomed. Staff are paid well however, they do rely on tips as part of their regular salary. We recommend tipping the following:

- Guides: US\$15–25 per person, for the duration of the trek
- Porters: US\$10–20 per person, for the duration of the trek

Please note that this is a guide, and tips can be what you deem fit.

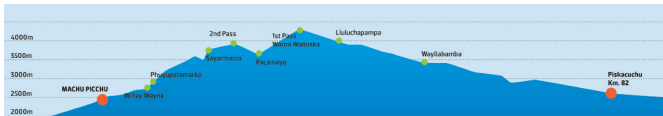


INCA TRAIL

FACT SHEET

Generally money is put in a "kitty" for the porters by a member of the group, and is then divided between them later. We recommend that you carry local currency for tips in small denominations.

INCA TRAIL MAP



ALTITUDE SICKNESS

On reaching heights above 3,000m, shortness of breath and heart pounding are a normal response to the lack of oxygen in the air. For some visitors these symptoms can deteriorate into a condition known as acute mountain sickness (AMS) with resulting headaches, loss of appetite, extreme tiredness, insomnia, dizziness and sometimes nausea. Symptoms usually develop within the first day or two at altitude. To prevent altitude sickness you should try to take things easy as soon as you arrive, rest and drink plenty of fluids. Do not plan any strenuous treks until you have acclimatised for a few days. You should avoid alcohol, cigarettes and heavy foods. Drinking mate de coca, an infusion of coca leaves may help. If symptoms become more severe and prolonged you should quickly seek medical attention and make arrangements to descend to a lower altitude. After recovery you can re-ascend slowly or in stages. Some visitors use the drug Diamox to speed up the acclimatisation process and counteract the symptoms of altitude sickness.

Cusco is located at an altitude of 3,400m above sea level. If arriving from sea level, for example from Lima, we recommend that you spend at least 2 days in Cusco prior to starting the Inca Trail. This will allow you to acclimatize and give you time to enjoy the beautiful city and its surrounds.

ADDITIONAL INFORMATION

- Good quality sporting equipment is very hard to find in Peru, so if anyone wishes to donate any outdoor clothes, sleeping bags etc. they will be gratefully received by any of our staff.
- We support a local native-tree re-forestation program www.ecoanperu.org and have planted over 205,000 trees since 2007. We are dedicated to reducing our 'foot-print' by reducing waste, sourcing produce as locally as possible, recycling and discouraging the use of plastic bottles.



INCA TRAIL

FACT SHEET

· If you would like to make a donation to a charity whilst in Peru then please consider Chicuchas Wasi – The Children's Project. The charity's focus is on providing free education by teaching academic skills to poor indigenous girls who are otherwise forgotten by mainstream education. One of our head guides was a student and is now a patron. The school can be contacted directly via the website:

www.chicuchaswasi.org.

RECOMMENDED READING

- Turn Right at Machu Picchu – Mark Adams
- The White Rock or Cochineal Red – Hugh Thomson
- Bradt Peruvian Wildlife – Gerard Cheshire, Huw Lloyd & Barry Walker
- Exploring Cusco – Peter Frost
- The Inca Trail – Richard Danbury
- Neo-tropical Companion – John C Kricher
- The Last Days of the Incas – Kim MacQuarrie
- Conquest of the Incas – John Hemming
- Birds of Peru – Clive Byers
- Lost City of the Incas – Hiram Bingham
- Touching the Void – Joe Simpson
- Into the Forests of the Night – John Simpson
- Inca Gold – Clive Cussler
- Heart of the Amazon – Yossi Ghinsberg
- Inca Kola – Matthew Paris
- 1491 – Charles Mann
- Realm of the Incas – Max Milligan
- Manu or Where the Andes Meets the Amazon – Kim MacQuarrie & Andre Bartschii

Enjoy your journey!

If you have any further questions or concerns, please do not hesitate to contact your booking agent!

The Team at Chimu Adventures

