

Luxury Salkantay Trek to Machu Picchu

Trip Code: SAL

Version: SAL Luxury Salkantay Trek to Machu Picchu



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Tackle the beautiful Salkantay Trek whilst staying in luxury mountain lodges
- Rest weary limbs at the end of each day with the lodges' luxury facilities including hot tubs, cosy fireplaces and optional massages.
- Wander past glacial peaks, dramatic valleys and rare wildlife
- Immerse yourself in the magnificent surroundings of the Inca Citadel of Machu Picchu

- Enjoy superior hotels in Cusco and Aguas Calientes

AT A GLANCE

- 6 days trekking
- max. altitude - 4638 metres
- Join at Cusco

ACCOMMODATIONS & MEALS

- 9 Breakfasts
- 7 Lunches
- 6 Dinners
- 4 nights Hotel
- 5 nights Luxury Lodge

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Of all the classic trekking routes through the Sacred Valley into Machu Picchu, only one offers unparalleled luxury to the discerning traveller. The Salkantay Trek follows an ancient pre-Inca trade route and passes by the eponymous snow-capped mountain, delivering a wild and remote experience. Salkantay (6271m) is widely considered to be one of the most spectacular of all Andean peaks and with its glaciers stands sentry, high over the mountain passes. With wood-burning stoves and hot tubs with dramatic views, our luxury lodges await the weary trekker at the end of each day. Chefs prepare regionally inspired gourmet meals and there is even the option for a relaxing massage at most of the lodges (at additional cost). After a hot shower, it is a sublime experience to sink into goose-down bedding and be enveloped by the dark and silence of the mountains. Each lodge features only six rooms, each with ensuite, making this an exclusive and intimate experience. Making full use of these scenically-located lodges, we hike for 6 days through this pristine mountain region, home to rare wildlife and imbued with the Quechua culture. The climate will distinctly change as you move through the 15 different eco-systems, from the cold crisp high-altitude mountain air to the hot, steamy jungle climate. Your reward for tackling the challenging Salkantay trek is the ancient Inca citadel of Machu Picchu. It isn't hard to share the sense of awe that Hiram Bingham must have felt when he discovered the ruins, virtually reclaimed by vegetation, in 1911. The site sits high above the Urubamba valley, surrounded by deep precipices and steep mountains that had protected its secrets so effectively for centuries and mists rise from the valley to add to the sense of beauty and mysticism. This holiday also enjoys a private guided tour of Cusco and the surrounding area and stays in superior hotels in the city.

Is this holiday for you?

This holiday offers a variety of trekking conditions, from the farmland and coffee plantations of the lower valleys to high and windswept Andean passes. Most of the walking is on well-defined tracks and we are able to relax each night in our superb lodge accommodation. There are a couple of quite tough days - but overall the trekking is straightforward and not sustained. We have allowed a couple of nights in Cusco to allow us to begin the process of acclimatisation, followed by two nights and a potential rest day at the first of the lodges on our route to continue this important process.

Itinerary

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DAY 1

Meet at the group hotel in Cusco. Transfers from Cusco Airport are provided.

Arriving in the former Inca capital of Southern Peru, we are met by our guide or a KE representative who will arrange the transfer to the group's comfortable hotel. After checking in we are free to explore this utterly charming city. The group hotel is a short walk away from the main square - the Plaza de Armas, where there are numerous cafes, restaurants and craft shops as well as the stunning architecture left behind by both the Inca and Spanish colonial empires that made Cusco their capital city. As we are now at an altitude of 3200 metres, we will want to take it easy in order to acclimatise to the rarefied air. In the evening, we can relax in one of the excellent restaurants that overlook the square.



Accommodation
Hotel

DAY 2

Acclimatisation day in Cusco. A guided tour of the city's main sights including Sacsayhuaman.

A day for acclimatisation in Cusco. We have a relaxing walking tour of the city. Every small street or alleyway that we enter and every corner that we turn, brings another surprise, in the form of superbly constructed Inca walls or the rather more extravagant Spanish Colonial churches and palaces. The city, once capital of the extensive Inca Empire, has seen many changes since Pizarro took control of the city (with apparent ease) in 1535. The highlight of this tour is our visit to the impressive fortress citadel of Sacsayhuaman, which is set high above Cusco. The afternoon is free for further independent exploration. In the evening, we will meet our trekking guide who will give us a briefing about the days ahead. Overnight at the group hotel.

Meals: **B**



Accommodation
Hotel

DAY 3

Drive to start of the trek at Marcocassa. Walk the Camino Real to Salkantay Lodge (3869m).

After an early breakfast, there is a 7am pick up at the hotel for the drive to the start of our trek. En route we take a short break to visit the Inca ruins of Tarawasi near the town of Limatambo (approx. 1.5 hrs from Cusco). After leaving Limatambo, we pass through the mountain village of Mollepata, where we stop for a short coffee break, before a further half-hour drive on a winding mountain road takes us up to the place called Marcocassa. Here, we begin our trek to Soraypampa on an old route called the 'Camino Real' (Royal Path), stopping off for a picnic lunch on the way. This is a good opportunity for everyone to acclimatise, whilst enjoying a beautiful 5-hour trek. Our first night's accommodation, Salkantay Lodge, takes its name from the majestic peak at the head of the valley. Mount Salkantay is the second most sacred peak in Inca mythology and the highest in the region at 6270 metres. After a warm welcome by our friendly staff, we are shown to our rooms and have time to wash-up, before tea and cookies. The trip leader will hold a briefing by the fireplace, followed by aperitifs and dinner. Altitude at Salkantay Lodge is 3869 metres.

Meals: **B L D**

 Accommodation Luxury Lodge	 Ascent 985M	 Descent 470M	 Time 5 hours trekking	 Distance 13KM
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DAY 4

Day walk from Salkantay Lodge to Lake Humantay with time to relax in the afternoon.

To assist with our acclimatisation and to enjoy this wonderful area, we have a free day at Salkantay Lodge. There is the option of a 4-hour guided walk on the slopes above the lodge, which will take us up to Lake Humantay, fed by the hanging glaciers of Mount. Humantay. This walk offers amazing views and those brave enough can even go for a dip. We return to the lodge for lunch, after which you may choose to trade the glacial swim for a relaxing soak in the outdoor jacuzzi. Afternoon at leisure. We spend a second night at the Salkantay Lodge with gourmet food and warm, comfortable beds. In the evening, the guide will brief us on the itinerary for the following day and the gear we will need.

Meals: **B L D**






 Accommodation Luxury Lodge	 Ascent 530M	 Descent 530M	 Time 4 hours trekking	 Distance 6KM
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DAY 5

Cross the Abra Salkantay Pass (4638m). Descend to Wayra Lodge at Huayracmachay (3906m).

This is the big day and we have an early start! Our trek takes us up into the Rio Blanco Valley and makes a loop around the peak of Humantay, with our high point at the pass known as the Abra Salkantay (4638m). At the pass, we stop to take in the views of the snowcapped peaks of the Vilcabamba Range in every direction. The glaciated south face of Salkantay is most impressive, towering above us. We will also keep our eyes peeled for Andean condors, which can often be seen in this area. From the pass, we descend towards Huayracmachay and our overnight accommodation at Wayra Lodge, whose name means 'the place where the wind lives'. During today's walk a hot lunch will be provided. Altitude at Wayra Lodge is 3906 metres.

Meals: **B L D**




 Accommodation Luxury Lodge	 Ascent 900M	 Descent 870M	 Time 7 hours trekking	 Distance 14KM
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DAY 6

Follow the Salkantay River to Colpa Lodge (2870m) where we enjoy a Pachamanca Peruvian dinner.

On this day we enjoy a leisurely breakfast at Wayra Lodge. Then, we continue our descent along the left bank of the Salkantay River, through increasingly verdant scenery. We can feel the warm air rising from the jungle, accompanied by colorful butterflies and striking orchids. Upon arrival at Colpa Lodge we are greeted with a 'Pachamanca' meal, a traditional festive Peruvian meal cooked by layering meat and vegetables with hot stones and then covering the whole thing up to bake. Colpa Lodge is located on an open plateau at the confluence of 3 rivers. The outdoor jacuzzi has panoramic views of lush green mountains. We spend the afternoon relaxing or exploring the nearby orchid trail. Altitude at Colpa Lodge is 2870 metres.

Meals: **B L D**

 Accommodation Luxury Lodge	 Ascent 155M	 Descent 1201M	 Time 3 - 4 hours trekking	 Distance 9KM
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DAY 7

Trek along the Santa Teresa Valley. Drive to the Llactapata Trailhead and walk to Lucma Lodge (2135m).

Today we hike along the Santa Teresa river valley, through more populated rural areas. We pass through banana, granadilla and avocado orchards and coffee plantations (said to be one of the best organic coffees in the world). A hot picnic lunch is served by the river. After lunch, we hike another hour before a

private vehicle meets us for a short drive to the beginning of the Llactapata Inca Trail. From the head of the newly restored Inca trail we easily make our way to Lucma Lodge, set in an avocado orchard. The altitude at Lucma Lodge is 2135 metres.

Meals: **B L D**

 Accommodation Luxury Lodge	 Ascent 800M	 Descent 800M	 Time 5 hours trekking	 Distance 15KM
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DAY 8

Trek to Llactapata Pass (2736m) for distant views of Machu Picchu. Descend to Aguas Calientes.

After a hearty breakfast, we tackle the last day of our trek. We head uphill for 2 to 3 hours towards the Llactapata Pass (2736m), where we are treated to a distant but spectacular view of Machu Picchu from the southeast, a view few travellers ever get to see. We take a short break to explore the recently restored Llactapata Inca ruins and enjoy our lunch at a scenic viewpoint. We then begin our final descent to the Aobamba River through lush bamboo forests, orchards and coffee plantations. Aguas Calientes (1900m), the gateway to Machu Picchu, is just a short and scenic train ride away. Upon arrival, we check in at our excellent hotel and have a celebration dinner with our guide.

Meals: **B L D**

 Accommodation Hotel	 Ascent 980M	 Descent 1300M	 Time 5 hours trekking	 Distance 13KM
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DAY 9

Guided visit to Machu Picchu. Return to Cusco by train and vehicle.

Today we visit Machu Picchu, the site that was lost to the jungle but rediscovered in 1911 by the Yale academic, Hiram Bingham. Declared a UNESCO world heritage site in 1983, Machu Picchu exceeds all expectations. Perched high on an inaccessible hilltop the citadel is protected by huge cliffs and the raging Urubamba River. The bus transfer up to the site takes around 20 minutes and saves us from the relentlessly steep climb. A local guide will give us an interpretive tour of Machu Picchu and we will have ample time to soak up the mystical atmosphere of this incredible site. After the tour of the main buildings and structures with our expert guide, we can walk to the Inca Bridge, discover hidden corners of the ruins, or just soak up the atmosphere of one of the most famous places on earth. We return back down to Aguas Calientes in time to catch an afternoon train back to Ollantaytambo in the Sacred Valley. From here we transfer by bus over the pass and down into Cusco where we check into our hotel. We will no doubt wish to enjoy an evening meal in one of Cusco's many excellent restaurants.

Meals: **B L**



Accommodation
Hotel

DAY 10

Departure day. Cusco Airport transfers are provided.

KE Land Only package services end after breakfast. Complimentary group transfers to the airport are provided. Why not extend your holiday in Peru to include a visit to the Amazon Rainforest, an excursion to Lake Titicaca or a trip to Colca Canyon to watch condors. We can also arrange flights to Ecuador and cruises around the Galapagos Islands. Contact our office for further details.

Meals: **B**

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Peru Rainforest Extension

Visit Tambopata National Reserve, a haven of pristine Amazon wilderness where the river provides access to an uninhabited and vast 2.5 million acre area, home to the Amazon's five top predators - Jaguar, Giant Otter, Black Caiman, Harpy Eagle and Anaconda. It is a short flight to Puerto Maldonado, and then a ride in a motorised canoe to our jungle lodge. Highlights are the macaw clay-lick, otters, monkeys and an array of colourful birds.

4 days from
US\$910 per person



Galapagos Islands Cruise

Situated over 600 miles from the mainland of South America, the remote archipelago of the Galapagos Islands needs little introduction. The Galapagos Islands are considered to be the crown jewels of the natural world, achieving near mythological status following visits by Charles Darwin. It was on his second visit aboard HMS Beagle in 1835 that Darwin's scientific studies introduced the world to the theory of evolution. The islands teem with life, much of which seem totally unphased and perhaps curious of visitors. Of the thirteen major islands, five have any form of human habitation. The environmental footprint is kept to an absolute minimum, allowing you, the visitor, a chance to explore the incredible biodiversity of these famous islands untouched by human development. Expect close encounters with blue-footed boobies, frigate birds, albatross, giant tortoises, seals, turtles and dinosaur-like lizards amongst many, many other examples.

7 days from
US\$5,105 per person



Lake Titicaca by Train

Forming part of the border between Peru and Bolivia, this sacred lake of the Incas at an elevation of 3830 metres was where the god Viracocha rose and created the sun, moon, stars and the first people. It is the largest navigable lake in the world. There are several islands in the lake including the 'floating' Uros Islands which are man-made from reeds and are home to a pre-Incan people who live a simple traditional life. We travel by luxury train across the altiplano from Cusco to Puno, on the shores of Lake Titicaca. Note: Train operates on Wednesdays, Fridays and Sundays only.



Lake Titicaca by Bus

Forming part of the border between Peru and Bolivia, this sacred lake of the Incas at an elevation of 3830 metres was where the god Viracocha rose and created the sun, moon, stars and the first people. It is the largest navigable lake in the world. There are several islands in the lake including the 'floating' Uros Islands which are man-made from reeds and are home to a pre-Incan people who live a simple traditional life. We travel by comfortable tour bus across the altiplano from Cusco to Puno, on the shores of Lake Titicaca.

Holiday Information

What's Included

- An experienced English-speaking local leader
- Cusco Airport transfers (on designated group arrival and departure days only)
- All land transport required in the itinerary
- Hotel accommodation in Cusco and Aguas Calientes on twin share basis
- Luxury lodge accommodation during the trek on twin share basis
- Guided sightseeing tour of Cusco
- A guided visit to Machu Picchu
- Meals as described in the Meal Plan

What's not Included

- Travel Insurance
- Cusco Airport departure taxes
- Salkantay Trail fee of \$50 payable locally
- Tips for local staff
- Lunches and dinners when in Cusco
- Miscellaneous personal expenses - drinks and souvenirs etc

Joining Arrangements & Transfers

Cusco Airport transfers are provided for all clients.

Meal Plan

When in Cusco, there is a wide range of dining options and it makes sense to allow you to explore these options. So, your holiday price does not include meals other than breakfasts when staying in this city. You will pay directly for a total of 2 lunches and 3 dinners (see itinerary for details) and you should allow approximately US\$10 - 15 per meal. Whilst trekking and staying in lodges and at the hotel in Aguas Calientes, a full service including all meals is provided.

Food & Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

There are a huge variety of restaurants in Cusco catering for every budget and palate. If you want to seek out some traditional Peruvian fare you should be sure to sample some Ceviche (the word ceviche comes from the indigenous Quechua word 'siwichi', meaning fresh fish); this healthy, zesty and fresh dish is one of the most popular dishes in Peru. Also worth tasting is Lomo Saltado, a beef and vegetable dish cooked in a wok, which blends both Peruvian and Chinese ingredients. Drink recommendations include Mate de Coca (Coca Tea), a herbal tea made from the dried leaves of the coca plant and said to prevent altitude sickness and, of course, Pisco Sours! No trip to Cusco would be complete without sampling this alcoholic cocktail, which is made by mixing the peruvian liquor, Pisco, with egg white, ice, lime juice and angostura bitters. Throughout the trek, all meals will provided by the lodges. Prepare to indulge yourself! The lodges all have their own inventive gourmet menus, which will provide a refreshing take on the region's most iconic dishes. All the offerings are locally sourced - from the organic coffee blends to healthy snacks! Lunches will be prepared by the cooks on the spot and will consist of hot soup, gourmet sandwiches or a hot lunch, snacks and salads. Additionally, you will be handed a 'snack-pack' to carry in your day pack with dry fruits, peanuts, chocolates and fresh fruits.

New for 2020: alcohol is now included whilst staying at our luxury lodges.

Accommodation

Whilst in Cusco we will spend 3 nights at the elegant El Mercado hotel (or similar). The El Mercado is a charming property located just a stone's throw from the Plaza de Armas, the main square of Cusco.

Formerly part of the old farmers' market, El Mercado has been designed to incorporate some of the elements of the market, in its original décor, which mixes the best of colonial and contemporary architecture, its relaxed atmosphere and innovative cuisine.

During our trek we will stay at four beautifully-appointed mountain lodges, which are truly one of a kind. Each has been created with traditional Incan building techniques and is designed to blend perfectly with the surrounding environment. At each of our intimate 6-room lodges, you will enjoy hot showers, fine gourmet meals, select wines, goose-down bedding, massages, outdoor hot tubs and highly personalised service from the local staff.

All accommodation is allocated on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. Depending on availability, it may be possible to pre-book single rooms throughout the holiday. For additional hotel prices and single supplement costs please refer to the dates and prices page of the trip on our website.

Group Leader & Support Staff

When in Cusco and during the Salkantay Trail trek the group will be accompanied by professional, English-speaking local tour guides.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude on our website which can be viewed via the link below. You can also talk to one of our trekking experts if you have any concerns about altitude. www.keadventure.com/page/altitude.html

Park Fees & Permits

New regulations for visiting Machu Picchu came into force in 2022.

Daily visitor numbers are limited and visitors must be accompanied by a guide on one of five designated 'circuits' that are walked in a one-way direction, with a maximum of 4 hours allowed within the site.

A ticket, issued by the Peru Ministry of Culture, and included in your trip cost, needs to be purchased in advance of your visit. The ticket will stipulate an entry time and one of the 5 circuits. KE will aim to book the most comprehensive Machu Picchu tour available.

Tickets are linked to your name and passport number and usually sell out 2-3 months in advance. **It is therefore important for you to supply us with your passport details at the time of booking to allow us to secure the required tickets.**

If you are completing the Inca Trail, a set Machu Picchu circuit is included with your Inca Trail Permit.

IMPORTANT: If you change passport between booking and travelling, you must bring your old passport with you, as your ticket will be linked to the passport details you booked with.

There is a charge of US\$50 for entrance to the Salkantay Trail. This is payable locally.

Spending Money

We estimate that \$350 will be sufficient to cover your requirements including the above mentioned meals, the \$50 Salkantay Trail fee, as well as expenses such as tips for drivers, trek crew and local guides. Soft drinks, wine and beer are available every night and if you intend to partake you should budget accordingly. There is no need to purchase local currency (Peruvian Soles) prior to travelling. It is possible to withdraw your money in local currency from ATMs in Cusco. If you are bringing your travel money with you we recommend you bring it in the form of US dollars in cash as this provides for the easiest exchange and in emergency can even be used to purchase goods. Credit cards can be used to purchase goods and to pay for meals in Cusco.

Guidance on Tipping

Tipping is common in Peru, however you must remember that it is voluntary, and how much you give depends on how you feel about the service you have received. Airport baggage carriers are the only exception and tipping is compulsory. These people are unwaged and make a living by carrying your luggage. The general rule is 1 or 2 soles per bag. For hotel staff, tipping is not expected, but is welcome. For hotel porters 1 or 2 soles per bag is reasonable. Drivers of standard taxis do not usually expect a tip. As with most countries, it is usual to tip in restaurants and 10% is expected for good service. For the support crew on trek (guides, cooks, porters etc.), it is recommended that each client contributes around £50 to 60 to a group tipping pool.

Additional Information

Single traveller - possible additional cost

This holiday is priced on a 2-person-sharing basis. If you are travelling by yourself and do not request single room occupancy, we will make every effort to pair you up with another single traveller of the same sex. If this proves not to be possible, you will be liable for an additional single traveller payment.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft and sturdy duffel bag, and one day pack. Your bag on trek will be carried by porters or pack animals and should not weigh more than 15kg. All you will have to carry in your day pack will be items such as a water bottle, waterproofs and camera. It is possible to leave extra baggage at the hotel in Cusco. Please note that baggage allowance on internal flights in Peru is 20kgs and that this limit is usually strictly enforced. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Visa Peru

UK and USA passport holders do not require a visa for short stays. When passing through immigration you will need to request a copy of your TAM Migration form. You will need to retain this document and keep it safe, as you will be asked to produce it before you depart Peru. Please note that a paper copy of travel insurance is required for people travelling to Huaraz and the Huayhuash region.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

You will require an ESTA (Electronic System for Travel Authorisation), and you must get this before boarding any US-bound aircraft or ship, or entering on a land border. The fee is USD\$21 and you should apply for it at <https://esta.cbp.dhs.gov/esta/>. With the ESTA complete, the majority of British Citizen passport holders can enter the US under the Visa Waiver Programme, VWP. You will be required to have a passport with an integrated chip. Note that if you have travelled to Cuba, Iran, Syria or North Korea since March 2011* you will have to apply for a visa rather than the Visa Waiver Programme (* a full and up to date list of countries can be found on the US government website [here](#).)

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

All citizens (except for USA citizens) will require an eTA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD\$7 and you should apply for it at <http://www.cic.gc.ca/english/visit/eta-start.asp>

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

Zika virus has been confirmed as active in this country. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take the usual precautions to avoid mosquito bites. The mosquitoes that transmit ZIKV are unlikely to be found above 2,000m altitude. For more information, visit the website of the National Travel Network and Centre (NaTHNaC) at <https://travelhealthpro.org.uk>

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

On holidays to more remote areas you should also have a dentist check up. A good online resource is [Travel Health Pro](#).

You should attend your doctor and dentist for a check-up. Your doctor will have access to the most up to date information on the required vaccinations for the country you are visiting. In general we recommend vaccinations against the following: Polio, Tetanus, Typhoid, & Hepatitis 'A'. Malaria prophylaxis is not recommended for this trip unless you intend to visit the rainforest as an extension to your trip. A good online resource is the National Health Travellers website at fitfortravel.nhs.uk

Preparing for your Holiday

It makes a lot of sense to undertake some additional exercise before coming on a trekking trip. The fitter you are, after all, the more enjoyable you will find the experience. Our treks can be physically demanding, but more as a result of altitude and terrain than distances walked. You should gradually increase your exercise leading up to departure and in the month before setting off, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The climate of Peru is very varied across different regions. There are three major influences on the climate of any particular region, these being: its general geographical position as part of equatorial South America, its proximity to the cooling effect of the Humbolt current and most significantly, its altitude. The climate of the Andean valleys which corresponds to the region between 3000 and 4000 metres is characterised by hot wet summers and cool dry winters. The Southern Hemisphere winter season in the Andes runs roughly from April through to October and this is the optimum period for trekking in this part of Peru. At this time we can expect the days to be warm and generally sunny, with temperatures between 12 and 20°C. Above 3500 metres, during this season, the night-time temperatures will fall below freezing. At our highest locations the outside night-time temperatures may drop as low as minus 5°C at any time and in mid-winter (July and August) temperatures may dip to minus 10°C overnight.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lost City of the Incas. Hiram Bingham
- Exploring Cusco. Peter Frost
- Inca Kola. Matthew Paris
- Inca Gold. Clive Cussler
- Field guide to the birds of Machu Picchu. Walker
- The last days of the Incas. Kim MacQuarrie
- Conquest of the Incas. John Hemmingway
- Into the forests of the night. John Simpson
- Realm of the Incas. Max Milligan

Maps

Peru: 100K Topographical Survey Maps IGN (Peru Survey). 1:100.000

Peruvian Survey mapping, by the Instituto Geografico Nacional, is of very high quality and at a good scale for following the route on the ground. Contours are given at 50 metre intervals and spot heights are also shown. The legend includes settlements, roads, etc, plus a great deal of terrain and vegetation detail.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through one of our international partners. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You must bring the following items:

- Hiking boots

- Trainers / sandals

- Socks

- Walking socks (2 or 3 pairs)

- Trekking trousers

- Travel clothes

- Waterproof over-trousers

- Waterproof jacket

- Underwear

- Thermal baselayer shirts (2 short sleeve, 2 long sleeve)

- Casual shirts and/or T-shirts

- Fleece jacket or warm jumper
- Warm jacket (down)
- Lightweight thermal gloves
- Warm gloves
- Warm hat
- Daypack 30 litres
- Headtorch with spare batteries
- Sun protection (including total bloc for lips, nose etc)
- Water bottles 1 Litre (x 2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Small towel
- Sunhat
- Sunglasses
- Swimwear
- Basic First Aid Kit. Including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Trekking poles (strongly recommended)

- Antibacterial handwash
- Pen-knife (note: always pack sharp objects in hold baggage)
- Small padlock
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [>> Find out more](#)

Land Only Information

The LAND ONLY dates and prices are for the itinerary joining in Cusco, Peru. For clients making their own flight arrangements, Cusco Airport is the most convenient for transfers to the group hotel. Please refer to the 'Joining Arrangements and Transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Cusco with Iberia/LATAM. Outbound flights will depart the UK in the evening, arriving the following day (day 1 of the itinerary). Return flights will usually depart Cusco airport in the morning of the last day of the itinerary, arriving in the UK in the afternoon of the following day. Regional departures and/or alternative carriers are available on request.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

Why Choose KE

Why KE

If you want to trek on Inca trails and visit Machu Picchu, but in comfort and style, this is the holiday for you! Deluxe lodge accommodation, with real fires, fine dining and hot tubs make this a wonderful way to explore the Andes on foot. Upgraded hotels in Cusco have been specially selected for this itinerary and we include an exclusive, private tour of Cusco to round off your trip! If you are unable to book on of our featured departures, other departure dates are available. Please contact the office to let us know when you want to travel.

Please Note This document was downloaded on 03/11/2024 and the trip is subject to change