

INCATRIL TO MACHUPICCHU (7days)



DETAILED ITINERARY

Day 1: Cusco

You will be picked up upon your arrival to Cusco and transferred to your hotel.

You have the option of a free day to explore the city as you would like or at an extra cost a walking tour or a full city tour including the four ruins that surround the city.



These include the Sacsayhuaman fortress overlooking the city, a pre-Inca architectural gem Kenko, the Red fortress of Puca-Pucara; a rock sanctuary whose main attraction is

the monolithic alter representing a puma, and finally Tambomachay which is a beautiful fountain fed by a spring that feeds a series of basins.

Overnight: Cusco

Meals: Dinner

Optional: City Tour

Day 2: Cusco - Km 82 – Wayllabamba - Yuncachimpa

We will leave Cusco (3350m/10990f) at 5:30 am by a tourist bus heading for the Sacred Valley of the Incas. Inca Trail Depart point Before we reach our starting point of walk, km 82, we will make a short break in Ollantaytambo for having the option to get breakfast. The official beginning of the Inca Trail is called km 82.

Here we will meet the rest of the group and take care of the

registration facilities.



After crossing the Rio Urubamba (2200m) we will start the legendary Inca Trail. The first day the trail is easy to walk and a good warm up for the following days. In Miskay we'll have lunch at a small river bank while getting some information about the archeological complex of Lllactapata. After that, we will continue our hike to Wayllabamba (3100m/10170f) and ascend to Yuncachimpa (3300m/10826f), the camping site we will spend the night in. From here, we have a great view of the mysterious Nevado de Verónica.

Level of difficulty: moderate

Hiking time: 6-7 hours

Total distance: 11km approx.

Meals: Included

Day 3: Yuncachimpa -

Llulluchapampa –

Warmihuañusca pass -

Pacaymayu - Runkurakay pass -

Chaquicocha

The second day is the 'Free-Hike-Day'; that means, that everybody should walk in his/her own pace – of Sayac Marcacourse you will meet during the small breaks or see each other while beating the stairs. Early in the



morning the trail first leads through the Valley of Llulluchapampa (3850m/12631f).

The first 3km are step - enjoy the humid woodland and the water sounds. From Llulluchapampa follow the way for 2-3 hours until you reach the highest point of this section, the Warmihuañusca Pass (Dead Woman Pass) (4200m/113780f). This climb is known as the most difficult part of the Inca Trail. After a short break at the summit, you continue your hike down with a long and steep descent to the river Pacaymayo (Sunrise River) towards the Runkurakay pass (3050m/10007f) until you reach our camping site called Chaquicocha at (3650m/11975f). Here you can relax your body from the tough day while enjoying an amazing view over the mountains.

Level of difficulty: challenge

Hiking time: 8-9 hours

Total distance: 15 km approx.

Meals: Included

Day 4: Chaquicocha -

Phuyupatamarca – Wiñayhuayna

The third day is the most beautiful one. You can notice a change in the eco-system while walking to Wiñaywaynathetropical forest of Wiñaywayna. We will pass two small lakes at the top of the second pass (3950m). It's a gentle climb through beautiful cloud forest and a small Inca tunnel before the third pass (3700m) offers a grand view over the Rio Urubamba Valley. The nearest settlement is named Phuyupatamarca/"Town above the clouds" (3600m/11811f). A well preserved site with long chain Inca baths where one can enjoy impressive ancient engineering. We pass another Inca Tunnel before visiting the ruins of Wiñaywayna/"Forever young" (2650m/8694f).



The Inca stairs change into a zigzag trail until you reach a red-roofed white building, our last camping site, and also a location with hot water (S5) and bottled drinks.

Level of difficulty: normal, unforgettable (easy)

Hiking time: 5-6 hours

Total distance: 10 km approx.

Meals: Included

Day 5: Wiñayhuayna - Machu

Picchu – Cusco

After our breakfast at 4:30 am, we will head - equipped with our flashlights - to the Inti Punku (Sun GMachu Picchu viewate) to get the first glimpse of Machu Picchu and watch the sunrise over Machu Picchu and Wayna Picchu. The last triumphal descent will take you almost one hour before we visit the citadel of Machu Picchu (2400m//7874f) around 8.00 am. You can enjoy its spiritual charm during a guided tour (about two hours) that helps you to understand the meaning and ancient use of the different buildings.



After this tour you will have enough time to explore the archeological site on your own (f.ex. go to the Inca Bridge, explore the variety of buildings or climb Wayna Picchu for an amazing panorama picture). After a long day of exploring this lost city, you will take the bus down to Aguas Calientes in order to get a buffet lunch afterwards we will catch the train back to Cusco. Upon arrival to Cusco in the late afternoon you will be brought back to your hotel.

Overnight: Cusco

Meals: Breakfast, Buffet Lunch

Day 6: Cusco

After breakfast you will be able to continue your tour with Arequipa (Colca Cañon) or Bolivia, or return to Lima. **Meals:** Breakfast **End of service**

Flight tickets: Domestic Flights: Lima – Cusco – Lima: from \$165.00 to \$399.00 per person. Lima – Cusco – Lima to be quoted on the day of enquiry (prices vary from US\$100 to US\$399 per person depending on the season).

MORE INFORMATION

What to take

What voltage do the sockets have - 110 or 220 V? And what kind of plugs are standard?

Voltage in Peru, Bolivia, Chile and Argentina is 220 V, in Ecuador it's 110 V. Depending on the country there are different plugs used and you might need to get an adaptor. Usually, your hotels / hostels should be able to lend you adaptors or you can buy an adaptor in the respective country.

If I pack light, do you think I'll get a chance to just buy t-shirts or sweaters in South America? If so, will they be priced for tourists?

Definitely. This is the smartest way to go: you get essential clothing & souvenirs in one. There will be for example t-shirts with typical prints on them and you can also bargain for these.

What do I need to bring with me?

This will depend very much upon which area you are visiting and what kind of travel option you chose. The secret is layering. Peel off during the warm day and layer on for cool nights. Here is a rough guide to help you decide:

Jungle

- Sandals (you'll be given rubber boots at the lodge)
- Comfortable walking shoes / hiking boots (nothing that you wouldn't want to get muddy!)
- Loose long sleeved tops and long pants
- Hat with netting
- Rain Poncho
- Insect repellent

- Torch

Trekking

- Hiking boots
- Rain Poncho (Dec - Feb)
- Warm jacket
- Warm clothes, cap and gloves for the evening
- Loose long sleeves / shirts for the day
- Walking pole, with plastic or rubber bottoms only!

Inca Trail

- Original passport (and *International Student card (ISIC) if applicable).
- Travel Insurance is essential.
- Sleeping bag (Extra cost of US\$ 40.00 per person for three nights).

- Walking boots.
- Waterproof jacket/rain poncho.
- Warm jacket, hat and gloves.
- T-shirts.
- Comfortable trousers.
- Sun hat, Bathing suit (for hot springs in Aguas Calientes).
- Water Purification tablets (recommended micropur).
- Sun protection cream (factor 35 recommended).
- Insect repellent (for Aguas Calientes and Machu Picchu).
- Toiletpaper.
- Personal medication.
- Camera and films.
- Torch with spare batteries (we recommend head lights).
- Some extra snacks (like chocolates, candies).

Recommended Travel Accessories

- Camera & binoculars
- Writing journal
- Sun block
- Mosquito Repellent
- Sunglasses
- Hat
- Personal Medicines

A duffel bag with wheels is a good combination as you will go through some cobblestone roads. Make sure you are able to put a little lock on them for extra security. In this luggage, pack a small backpack which you will use for the things you just need e.g. for the Inca Trail or when you go off to your Jungle Lodge.

open minded and used to people coming from all parts of the world having different types of fashion. You can by all means wear what you're used to.

Should we pack only backpacks to carry with us through the journey or will we be able to bring the roller luggage (carry on) with us?

Are we likely to encounter a dress code anywhere we visit on our tour?

No dress codes, nobody will get offended. South Americans are very

Safety and health

In terms of safety, especially for the children, is there anything we should be concerned about, be prepared for etc.?

Something to be careful about is what you allow your children to eat and drink, because they are more susceptible to diarrhea. You can be assured that the food in good hotels and reputable restaurants are ok.

For children with asthma, it would be best to consult your doctor before traveling, especially if you are visiting a city at high altitude such as Cuzco or Puno.

What are the conditions for personal safety?

Regarding traveling safely, you simply have to avoid wearing flashy jewelry and always keep your belongings close to you. Since you will always be traveling with us, you can feel safe with our tour guides who will take good care of you. Traveling in a group or with our guide, you can always feel secure.

Any shots we need?

Any vaccination is mandatory unless you are coming from an infected area. If you are going to the rain forest we recommend to get a Yellow Fever vaccination and a certificate for this. For the jungle we strongly recommend taking anti-malarial. We suggest also vaccination against Hepatitis A, Tetanus and Typhoid before departure. The best thing to do would be to consult your doctor or vaccination centre for any doubt you can have.

Should we take some precautions while in Peru, such as drinking only bottled water and buying food such as fruit?

Drinking only bottled water is a good idea. You'll find many brands in supermarkets or in little stores and they are all good. There are 2 types of water you can buy: "Sin gas", meaning un-carbonated "normal" water, and "con gas" which is carbonated. We are working with good hotels & food here is of good quality. Make sure to eat in good restaurants & buy fruits from supermarkets that you clean before eating.

Altitude sickness: Recommendations

When travelling to high regions such as Cuzco, Peru (3,326m / 10,975ft), Puno, Peru (3,809m / 12,496ft), La Paz, Bolivia (4,058m / 13,313 ft) or Quito, Ecuador (2,850m / 9,350ft)

some travelers suffer from the altitude sickness that commonly occurs above 2,400m. Symptoms include headache, fatigue, stomach illness, dizziness, and sleep

disturbance. It is hard to determine who will be affected by altitude sickness, as there are no specific factors that correlate with a susceptibility to altitude sickness.

Prevention is the best treatment: Before travelling to high located destinations, don't eat too much. Avoid fatty food opting for anything easy to digest instead & keep on drinking a lot of water. Once you're there, take "baby steps" as your body gets used to the altitude.

If you want to be extra safe you can bring/buy Sorochoi or Graval pills(over the counter medicatio nto be taken 24 hours before). These are abundant both in the drugstores found almost at every corner. But please don't forget to ask your doctor's advice before taking these medications.

Once arriving in Cuzco a lot of people will be offering or recommending you Muna & Coca Tea, all natural helpers to open up your lungs that will make you feel better.

Passports and Visas

This is very important for everyone, because all nationalities require a full Passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to get the correct personal documents and your own visa (if it is required), in accordance with the regulations of the country you are going to visit or if you are travelling via the USA. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise and any subsequent effects. If you are in any doubt please contact the nearest Peruvian Embassy, or contact yours.

Vaccinations and Health

Any vaccination is mandatory unless you are coming from an infected area. If you are going to the rain forest we recommend to get a Yellow Fever vaccination and a certificate for this is sometimes checked at Puerto Maldonado airport. For the jungle we strongly recommend taking anti-malarial. We suggest also vaccination against Hepatitis A, Tetanus and Typhoid before departure. The best

thing to do would be to consult your doctor or vaccination center for any doubt you can have.

Insurance

This is a very important condition of joining any of our trips, you must be insured against medical and personal accident risks(to cover repatriation costs and air ambulance or helicopter rescue services if it is required).With any policy you must be sure that you

are covered for any activities that you are taking part in.

Money matters

Exchange rates

Peru

Currency: Nuevo Sol (PEN, S/.)

Exchange rate:

1 USD = ca 3.4 PEN

1 € = ca. 3.4 PEN

Where to change currency

We suggest you change your cash in South America, as in most places they will accept US\$, but for more remote areas and small shops it is better to always have local currency with you. The exchange rate should be better in South America than in the US or Europe. You could change some money at the airport you are arriving at (Lima, Santiago, Buenos Aires,

Quito,...) and the rest of it at your other destinations.

You can easily change dollars in all cities. We advise you to change as much as you need until you get to your next destination where there are money changing facilities. The best places to exchange your US\$ or Euros are at the airport, at your hotel or at an exchange office. At the

beginning of your trip you can pay with US\$ as in most of the places they are easily accepted, until you manage to change your money. You can also use ATMs to withdraw money in most of the cities but not in very remote areas but we recommend to have some money available on your arrival, to make sure you are secured with cash until you find an ATM.

Are American Dollars readily accepted?

Yes, US\$ and € are widely accepted in South America (in Ecuador US\$ is the official currency). You can pay with US\$ at most of the hotels, supermarkets and restaurants, but please carry the local currency with you for remote areas or for shopping in small shops.

Can I change Canadian Dollars or Euros easily in Peru, or do I need to change to US dollars before the trip?

It would be easier for you to have US Dollars, as you can directly buy products with them. Also, it is possible that in some places they won't be able to change your Canadian Dollars or Euros and you would have to make an extra effort to find a place where you can change them!

Budget: Roughly how much do you think we are likely to need for our trip?

It depends to which country you are travelling: in Peru, Bolivia and Ecuador are more "economic" than Argentina and Chile. But in general, the price level in South America is lower than in the US or Europe and you can purchase things like food, clothes and services like bus or train rides to remarkably lower prices. A lunch menu in Peru for example will be about 3 US\$, a nice dinner in Chile about 15 US\$.

How much should one tip and who?

This is a difficult issue and it is handled differently in different countries. Restaurants usually get 10%. Please talk to your Travel Advisor or Travel Guide about that. In general, you should tip according to how well you were served.

Here's an idea of the usual custom here:

- Waiters in Restaurants: 10%
- Tour guide: According to the service
- Bellboys: US\$ 1 - 2 for all your luggage
- Drivers: US\$ 1 - 2

Are there any costs that are not included in our tour?

Trip costs do not include:

- International flights to and from Peru from your country of origin
- Airport taxes
- Excess baggage fees
- Meals not specified on day by day itinerary
- Personal expenses
- Gratuities for guides and trip leaders
- Travel insurance

IMPORTANT INFORMATION

Please always you should take the time to read this Confirmation of Service, because it is the correct version and supersede any brochure or information you read before, it covers the average range of conditions likely to be found on this fantastic trip. Different events beyond our control can prevail at any time, particularly in remote areas or destinations, therefore all holidays can be subject to unexpected changes; you should be flexible and patient if it is necessary, our staff will find always the best solution to maintain the integrity of the original itinerary

Full joining instructions and all details of how to reach the start point, will be sent to you approximately 3 weeks prior to departure. Please if you do not get these at least 10 days before departure, or require them earlier please contact our office or your travel agent.

It is important to know that Inka Rainbow has a 24 hour duty office for emergencies, which can be contacted any time you wish..