



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Peru - The High Inca Trail (2024)

14 Days/ 13 Nights

Group Guided



Trek amidst Peru's Cordillera Vilcabamba, then join the Inca Trail to Machu Picchu. This trek spends a few days deep in the bewildering majesty of the Cordillera Vilcabamba before joining the classic Inca Trail for the approach to Machu Picchu. This high route skirts many of the great peaks and passes close to Mt. Salkantay (6271m) and its creaking glaciers. The trek continues through remote villages and crosses the spectacular Inca Chiriasqa Pass, and finishes by exploring the Inca temples and fortresses of Cuzco and the Sacred Valley.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848

Highlights

- Remote full-service camping trek through the beautiful Vilcabamba Range
- Walk on the classic Inca Trail and enjoy a guided tour of Machu Picchu
- Spectacular views of Mt Salkantay (6271m) and its glaciers
- Spend four nights in Cuzco, the old Inca capital
- Explore the fortresses and markets of the Sacred Valley

Itinerary Day by Day

DAY 1 Start Cuzco (3400m); afternoon city tour.

The trip starts in Cuzco (3400m) today. The group flights usually arrive late morning. The Inca capital - though small enough to be easily manageable - is among the most attractive cities in South America, with much of the centre comprising colonial-era buildings with Inca foundations, and it is full of interesting museums, churches and pre-Columbian sites. We will have a short walking tour of the city including a visit to the Qoricancha Sun Temple. It is recommended to take it easy upon arrival into Cuzco and to drink plenty of water to allow your body time to acclimatise to the altitude (3,400m). There will be a welcome briefing in the hotel lobby this evening. Hotel



DAY 2 Full day walking tour of nearby ruins including Tambomachay and Sacsayhuaman. 7k

The hills above Cuzco city are dotted with some of the most interesting Inca ruins. We drive to the highest, Tambomachay, and return on foot to Cuzco via Puca Pucara, Qenco and Sacsayhuaman: an easy acclimatisation walk to get used to the altitude. An open-air picnic lunch is included during the hike near the spectacular ruins. Hotel Meals included: breakfast lunch

DAY 3 Free day in Cuzco.

Free day in Cuzco to relax and further acclimatise before starting the tour. A range of optional activities and sightseeing excursions can be arranged, including visits to Inca and pre-Inca sites south of Cuzco, or walks in the hills surrounding the city but we recommend taking it relatively easy in preparation for the start of the trek tomorrow. Hotel Meals included: breakfast



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

DAY 4 Drive to Marcocasa; trek to camp at Soraypampa. 11km

A few hours drive via the interesting Inca remains of Tarawasi (optional) takes us high to the hill town of Mollepata (2980m) where we make a brief stop, before continuing on to Marcocsa (3515m), where we will start our trek. We trek from here to our campsite near of Soraypampa (3910m) where we spend our first night under canvas. The total driving time is approx. 4 hours, and the walk will take around 5-6 hours of uphill and steady climbing along well-made tracks. Full-service Camping Meals included: breakfast lunch dinner



DAY 5 Optional walk to Humantay Lagoon and climb up to base of Salkantay. 7km

Start your day with an optional 3 hour (return) walk to Humantay Lagoon to see the magnificent water mirror in the middle of the Andes. Return for an early lunch at the campsite of Soraypampa (3910m), and then continue our ascent towards the massive bulk of Salkantay (6271m) which soon dominates our view. We camp at around 4400m in the high grassy meadow of Ichu Pata, below the south face and

glaciers of the impressive peak. Full-service Camping Meals included: breakfast lunch dinner

DAY 6 Cross Inca Chiriasqa Pass and follow glaciated valley to Pampa Cahuana. 12km

The high point of the trek and this morning's goal is the Inca Chiriasqa pass at almost 5000m. Climbing more steeply now we walk close to the spectacular glaciers and ice walls of Nevado Salcantay. Passing through Pampa Japonesa, base camp for a Japanese mountaineering expedition, we finally top the pass and gain some excellent 360° panoramic views. Inca Chiriasqa means 'the Inca fell ill from cold', and the exposed situation makes it easy to see why.

Descending from the pass, we drop down into the upper reaches of a broad valley where Salcantay reappears in a new profile. After passing a huge ridge of terminal moraine, once the snout of the East Salcantay Glacier, the river suddenly becomes dead straight, canalised by the Incas centuries ago. We camp alongside the canal close to the hamlet of Pampa Cahuana (3870m). Full-service Camping Meals included: breakfast lunch dinner



OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

DAY 7 Follow river to camp at Huayllabamba. 7km

Setting off from camp this morning, we follow the canal, which soon drops into a steep-sided valley. The path follows the side of this valley all the way to Paucarcancha, an Inca watchtower which guarded the Pampa Cahuana valley. We have time to explore this small site before continuing to the village of Huayllabamba (3100m) where we camp for the night. Full-service Camping Meals included: breakfast lunch dinner

DAY 8 Join Inca Trail and cross Dead Woman's Pass (4215m). 10km

Today we join the main Inca Trail, the iconic trek to Machu Picchu. From the village of Huayllabamba, a long and steady climb takes us first through an area of cloud forest to the meadows of Llulluchapampa, then over the Warmihuañusca (Dead Woman) Pass at 4,215m. After quite a long, steep descent we camp in the scenic Pacaymayo valley (3600m). Full-service Camping Meals included: breakfast lunch dinner



DAY 9 Over Runcuray Pass (3800m) to ruins of Sayajmarca and Phuyupatamarca. 12km

We start today with an easier climb, past the small ruins of Runcuracay, which takes us over the Runcuracay Pass (3800m), and from now on the Inca Trail becomes a clearly defined path made of flat boulders. We pass the ruins of Sayajmarca and suddenly enter cloud forest. At one point the trail passes through a short Inca tunnel before crossing onto the Amazon side of the continental divide. We normally camp on the

ridge above the Inca site of Phuyupatamarca (3650m) to benefit from the views of sunset and sunrise, and to avoid the crowded Wiñay Wayna campsite. Full-service Camping Meals included: breakfast lunch dinner

DAY 10 Down Inca steps to Wiñay Wayna and Machu Picchu via the Sun Gate. 9km

From the ridge, we embark on the infamous Inca steps: a two kilometre stone staircase taking us rapidly downhill amid a panorama of overwhelming immensity, with the peaks of the Vilcabamba range above, and the river thousands of metres below. After visiting the attractive ruins of Wiñay Wayna, we have an undulating walk through cloud forest high above the river to Inti Punku, the Sun Gate. From here we get our first full sight of Machu Picchu itself, with Huayna Picchu rising behind.

The Inti Punku is traditionally busy with photo-taking trekkers in the morning, so our late afternoon arrival affords us unobstructed views of the magnificent ruins. We will also get a chance to snap some classic photos of Machu Picchu this afternoon, before we take the 30-minute bus down to Aguas

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848

Calientes for a shower and a comfortable bed for the night. Tomorrow morning we return well rested for our guided tour of Machu Picchu. **Accommodation:** Hotel Inti Punku Machupicchu (or similar)
Distance covered: 6mi (9km) Activity hours: 6-7 Meals included: Breakfast, Lunch



DAY 11 Guided tour of Machu Picchu; train to Sacred Valley.

To beat the day-trippers arriving from Cuzco and reach the ruins as early as possible, an early start is required for Machu Picchu; buses return us up the winding road to the site entrance, and during high season (May-October) there may be a bit of a wait.

Machu Picchu is one of the architectural and engineering marvels of the ancient world and what makes it all the more dramatic is the staggering mountain backdrop. The Spaniards never found it; the Incas left no records of it, and so Machu Picchu remained an enigma, a city lost for centuries in the jungle until it was rediscovered in 1911 by the American historian Hiram Bingham. Your guided tour will highlight the history, culture, architecture and mysteries that Machu Picchu still holds to this day.

We catch an afternoon train back to Ollantaytambo (1hr 30 mins) where we stay for the night. **Accommodation:** Tunupa Lodge (or similar) Meals included: Breakfast

DAY 12 Explore Ollantaytambo and Pisac; return to Cuzco.

A day exploring the Sacred Valley of the Incas, visiting the famous Inca fortress ruins of Ollantaytambo and Pisac which tower over the villages below them of the same name. We will also have time to look around Pisac Market, famous for its handicrafts, before returning by road to Cuzco. Hotel Meals included: breakfast

DAY 13 Free day Cuzco.

Today has been left free to relax or explore Cuzco further. There are a number of optional excursions available which your tour leader can arrange for you. If you still have the energy you could chose to mountain bike in the Sacred Valley taking in a 30-35km ride through Moray, Maras and then down to Sacred Valley through ancient communities, farming fields and amazing Andean landscape. Alternatively, you could try your hand at paddle boarding on Lake Piuray near the town of Chinchero. Or, if feeling more subdued, take it easy and watch the world go by in Cuzco's Plaza de Armas. Hotel Meals included: breakfast

DAY 14

End Cuzco.

For land only travellers, the trip ends in Cuzco after breakfast today. Those who are travelling on the group flights will be taken to Cuzco airport for your overnight international flight to London. Meals included: breakfast

Inca Trail Permits: An Inca Trail permit is required to walk the Inca Trail. These are strictly limited and are highly sought after, therefore we strongly recommend booking at least 6-8 months in advance to avoid disappointment.

Please note: While your departure date may be 'Guaranteed', your Inca Trail permit itself will initially be 'On Request'. If travelling within the current year we will try to purchase your permit immediately upon receiving your booking. If travelling next year, we will apply for your permit as soon as they are released for sale. In either case, in the event that we are unable to get your permit we will contact you to discuss your options.

Route



8 Days of Walking & Trekking

Pace: Approximately 6-8 hours' walking per day

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



Terrain:

High altitude; good paths with some steep ascents and lots of steps

Price per person double occupancy in Canadian Dollars- *all prices subject to confirmation on booking*

Date	Price	Optional Single Supp
18 Aug 2024	\$5128	\$703
15 Sept 2024	\$5130	\$703

All prices subject to confirmation on booking

Key information

- 7 nights en suite hotels and 6 nights full-service camping
- 7 days point-to-point walking with full portorage
- Altitude maximum 4960m, average 3550m
- Travel by private minibuss and by train
- Inca Trail Permit required - early booking essential
- 10kg personal weight limit on trek

Accommodation

All of our hotels are small and locally-owned with en suite bathrooms and breakfast facilities. In Cuzco, all are located within walking distance of the central Plaza de Armas. Most hotels have a safety deposit box in the room but if not, there will be one at the reception. Please note that central heating is very rare in Peru, even in good standard hotels. Most hotels provide plug-in heaters and spare blankets. Additionally whilst all of the hotels have a hot water supply, it can be temperamental when there is high demand. A railway line runs straight through the centre of Aguas Calientes and whilst we try to allocate rooms away from it whenever possible, the trains might be heard from some rooms.

The trek is on a full-service camping basis with full portorage, meaning that our camp staff will erect and dismantle the tents for you, cook, and do all of the camp chores for you. You need only carry your daypack. There is a separate dining tent for meal times, as well as a toilet tent for use both in camp and during lunch stops. For the first part of the trek we stay in wild campsites, and on the Inca Trail, we stay in organised campsites jointly administered by the Regional Cultural Directorate and the National Parks Service. The tents have enough room inside for the kitbags. A bowl of warm water (to wash with) will be brought to your tent each morning and evening.

Eating and Drinking

All breakfasts, 8 lunches and 6 dinners are included in the price of the tour.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Peruvian cuisine has developed a reputation for its flavours and originality and it's well worth trying out a few of the local delicacies. Amongst these are ceviche (a spicy dish of seafood or fish marinated in lime juice), lomo saltado (a Peruvian take on a beef stir-fry) and various hearty soups such as the delicious quinoa soup. Other dishes include roasted cuy (guinea pig), alpaca steak, and to drink, the national beverage: Pisco Sour. Drinking water is provided. The tap water in Peru is not safe to drink; boiled and filtered drinking water is provided on the trek and elsewhere your leader will buy large water containers for you to refill your bottle from.

Hotel breakfasts are normally simple buffet-style affairs, usually including bread/toast and jam, cereal, sometimes eggs or a cooked dish, sometimes fruit, tea/coffee and fruit juice. Regrettably, we can not guarantee that wheat/gluten-free products will be available for breakfast in all locations - if you have an intolerance you may wish to bring your own breakfast food. Where lunch and dinner is not included in Cuzco/Aguas Calientes we'll visit a variety of cafes and restaurants.

During the trek, hearty breakfasts are served and good quality cooked lunches and dinners are provided, and usually consist of soup or a starter, a main course with meat/fish and some form of carbohydrates, followed by a dessert. Some snacks between meals are also provided. Bed tea/coffee is brought to your tent each morning and juice or hot drinks are provided with all meals during the trek.

What's included

- All breakfasts, 8 lunches and 6 dinners
- 7 nights en suite hotels and 6 nights full-service camping
- All transport and listed activities
- Tour leader throughout
- Arrival and departure transfers
- Full portorage throughout trek
- Exodus kitbag
- Inflatable sleeping mat while camping
-

What's not included

- Travel insurance
- Single accommodation (available on request)
- Visas or vaccinations

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

- Sleeping bag (hire locally from US\$35)

Assisting people in realizing their touring dreams worldwide is our passion.

www.okcycletours.com



THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848