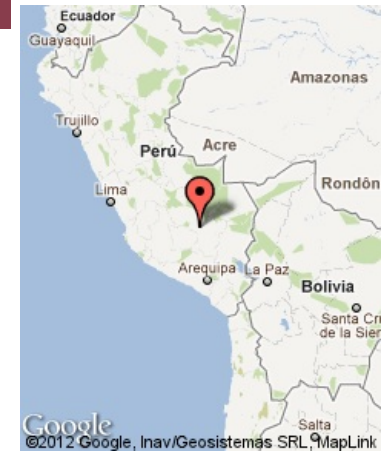


Trek the Inca Trail in Peru



Highlights

Walk amongst the clouds and trek the Inca Trail in Peru! Starting in Cusco, once the capital of the Inca empire, you cross some intense but beautiful trails in the Andes mountains until you get to the breath taking Machu Picchu. Prepare to be inspired! To read more about trekking to Machu Picchu, the alternatives and best times to trek read our [guide to trekking the Inca Trail](#).

Peru is a magical country with the mix of indigenous and western present in everything from cuisine to clothing to music. Cusco, the ancient Incan capital, is a beautiful town nestled right in the mountains. You will see the legacies of the Spanish conquistadors with the main plaza and cathedral, but what lies beneath is the importance of Cusco to the indigenous Incas. The site of **Machu Picchu** was only discovered by the wider world in 1911 but it had been an important site since the mid 1400s. Archaeologists are still trying to agree on exactly what Machu Picchu was used for and since you get a full guided tour of the site once you arrive, maybe you'll come up with your own theory!

Your four day trek will be against a backdrop of stunning mountain views, lush sub-tropical vegetation and archaeological ruins, which you will have chance to explore en-route. As you walk along the walking routes that have been used for centuries, it will be impossible not to feel connected to the history and people of this ancient empire. Some days the hiking will be intense, like on the notorious day two when you will reach Warmiwañusca, otherwise known as Dead Woman's Pass, which sits at an altitude of 4,200 meters (13,780 feet). But after you conquer the trail you will be rewarded with the most beautiful view of the majestic Andes you could ever hope for. On your final day, you'll reach Machu Picchu in time to see the sun rise over the ancient site and will then have a two hour guided tour which will give you more of a sense of how important Machu Picchu was. Then it's time to sit back, congratulate yourself on your achievement and muse on the cultural and historical significance of your location.

Is it for me?

If you want to participate on a trek where you will push yourself physically, but at the same time gain an insight into an ancient people and culture, then this will be right up your street. If you need to be surgically separated from your hair straighteners, then please stop reading, there is not a plug socket in sight on the Inca trail!!

Let's not beat about the bush here, this trek is about hiking so you do need to be in good shape to participate. It is recommended that you do some regular exercise in the month before you depart. That said, you don't have to be a fitness freak; children as young as 7 and adults of 68 have completed the trail. You will be hiking at altitude, so it is recommended that you **acclimatise** for a couple of days before embarking on the trip.

It has become very popular to trek the Inca trail in Peru and to that end, the government has now limited places on the trail by issuing an allocation of 500 permits per day. This includes all porters, guides and cooks, so it fills up quickly. The high season on the trail is from May – September so you will need to book quite a way in advance – we recommend at least 5 to 6 months in advance. If you want to trek in quieter times, you may want to consider dates outside of the high season.

The maximum group size is 16 people. The guide to walkers ration is 1 : 9. Don't worry about being rushed along too fast, there will be plenty of time for comfort breaks and chances to admire the views along the way. The guide will always walk at the back with the last person in the group, so you really don't need to be concerned about taking too long. This is a cultural journey, not a running race!

Prices from

484 GBP (4 days) per person

Why book with Tourdust?

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This trek is organized by a professional and licensed tour operator who has been operating in the region for the past 12 years. They know what they're doing and treat their porters well, ensuring that they are well equipped and fairly paid. To read more about trekking to Machu Picchu, the alternatives and best times to trek read our [guide to the Inca Trail](#).

If you have any other questions, please refer to our [frequently asked questions page](#) or contact us.

Accommodation

You will be camping for the duration of this tour in equipment provided by the tour operator. The tents are 4 man tents, but actually only sleep 2 people in each, giving you a bit more space. All of the camping equipment and luggage (7kgs worth) will be carried from campsite to campsite by your group porters. These are local Quetcha people who know the area very well. They will leave each day ahead of you and will pitch the tents at camp ahead of your arrival.

Most meals are included in the tour price and you'll have a cook who will concoct tasty and filling meals that will give you the energy you need to make it to Machu Picchu. Breakfasts typically of porridge, scrambled eggs or bread, lunch and dinner start with soup, followed by a main course and a dessert. There will also be snacks available when you arrive at the campsite in the afternoon and then dinner. Vegetarians can be accommodated for too so no worries if you have special dietary needs. Water is also provided during the trek.

Itinerary

The Classic Inca Trail (as described below) is a four day (three night) trek. We can also offer a shorter 2 day (1 night) trek if you have less time. Please see booking box for more details.

Day 1: Your guide will collect you at your hotel and will drive you to the start of the trail, about two hours outside of Cusco. On the way you will pass the Sacred Valley to Ollantaytambo and onto the start of the trek. Your guide will be able to tell you about the land you're travelling on and answer any questions about the area you may have. Before you start walking you'll have your first photo op of the Veronica Snow Mountains. With that beautiful vista as your backdrop, it will be time to start walking! The first part of the walk will take about three hours past farms and through woods and you will stop for lunch near the Llapacata Ruins. You will make camp for the night at Wayallabamba.

Day 2: This day's breakfast is the most important - carbo load because you will need it! Three hours after the start you'll reach the highest part of the trail which is called Warmiwañusca or Dead Woman's Pass. Once you stop for lunch you'll have a bit of a descent to Pacaymayo, where you'll spend the night and probably crash immediately after dinner! But you will fall asleep proud of yourself that you conquered the hardest part of the trail.

Day 3: On day three you will reach the Ruins of Runkurakay and the Inca citadel called Sayacmarca. After that you will be heading to Puya Patamarca which is literally at cloud level. You'll enjoy lunch there and learn even more about the rich archaeological history of the area. Your next stop of the day is called Wiñay Huayna, which means forever young, which is another Inca archaeological site. You'll make camp near the ruins and enjoy your delicious dinner with that amazing and inspiring backdrop.

Day 4: This day starts very early but you'll be treated to a great morning as you'll reach the Inti Punku (Sun Gate), the gateway to Machu Picchu at sunrise for a magnificent morning. The ruins are just a short walk way and once you get there you will have a fully guided tour. You'll have a bit of free time to explore before hopping on a train back to Poroy/Ollantaytambo and a ride back to your hotel.

Details

Getting there

Cusco is about a one hour flight from Peru's capital, Lima. Getting to Lima should be relatively easy from any other major world city.

Price includes

Included: Porters to carry camping equipment, all meals on the trek (except breakfast day 1), English speaking guide, emergency first aid and oxygen, tents, Vistadome train ticket and bus transfer back to Cusco.

Excluded: Breakfast on Day 1 of trek, Sleeping Bag rental (can be arranged for \$25 per person, or you can bring your own, Walking poles (can be rented), tips, pillows and thermarests (can also be hired).

Price details

If there are less than six people on the trek on your dates then higher rates will apply and the price will be confirmed when you enquire. Private treks just for your group are available, please contact us if you would like to discuss this option.

When is best

The rainy season is from the end of October to the end of March, the trail is closed during February for maintenance.

Available

Mar—Jan

Typical Duration

4 days

Comfort level

Down to earth (hostels, camping, huts)

Experience required

A reasonable level of fitness and interest is all that is needed

Travellers should bring

Inca Trail: If you have chosen a porter to carry your personal luggage, you will have a strict weight allowance of 7kg and will be provided with a duffel bag to pack your belongings into. The rest of your luggage will be stored in Cusco.

In addition, you will need the following:

Day Pack

Plastic Bags to pack essentials into in case it rains

T-Shirts

Shorts / Trousers

Gloves

Hat winter & sun

Waterproofs (jacket & trousers in the wet season)

Walking Boots

Sandals / trainers to wear around camp

Socks

Sleeping Bag (you can hire one if you want)

Torch

Water Bottle

Wet Wipes

Sunblock

Insect Repellent

First Aid Kit

Pillows, sleeping bags, walking poles & thermarest mats can all be hired for an additional charge.

Tips

It is customary to tip in Peru, read our [article](#) for more information:

Guideline amounts:

Porters 60 80 soles per porter from the group

Cooks: approx 80 100 soles from group

Guides: 160 200 soles per group

Reviews (2)

Reviews of this experience

“ My sister, her boyfriend and I had a fantastic time.

Both guides were excellent, spoke good English and were very knowledgeable.

The food was also excellent - some of the best I had during my 4 months in South America!

The taxi arrangements were good and on time to get us started on the first day and overall we had a really great time and would definitely recommend the trip to anyone! ”

flange reviewing Trek the Inca Trail in Peru

“ From beginning to end the service from both Tourdust and the local operator was fantastic. Despite being the rainy season we had a fair bit of good weather, and even when we didn't it couldn't take away from the great experience and amazing sites. Our guide Odon really made it for us. There was a smallish group of 8 of us. He understood everyone's needs and tailored our days to make sure everyone got the most out of it. Whenever he could he made sure that we were ahead of other groups and got time at the most interesting sites on our own. He also had fantastic knowledge and always had really interesting things to tell us which made the trip even better. Our team of porters were also fantastic. The food was amazing and you wouldn't believe they were cooking it in a camp tent. Thank you to the whole team for making this such a great trip. I would highly recommend Pachamama if you are thinking of doing the trail. Becks and Will - Jan 2011 ”

beak101 reviewing Trek the Inca Trail in Peru