



Choquequirao

Day 1: Cusco - Chiquisca

Meals: Lunch, Dinner

Accommodation: Home stay

Maximum Altitude: 3000 masl

Minimum Altitude: 2500 masl

Distance by foot: 10 km

Day 2: Chiquisca - Marampata

Meals: Breakfast, Lunch and Dinner

Accommodation: Home stay

Maximum Altitude: 3200 m.a.s.l.

Minimum Altitude: 1500 m.a.s.l.

Distance by foot: 20 km

Day 3: Marampata - Choquequirao - Santa Rosa

Meals: Breakfast, Lunch, and Dinner

Accommodation: Home Stay

Distance by foot: 20 km

Maximum altitude: 3200 m.a.s.l.

Minimum altitude: 2500 m.a.s.l.

Day 4: Santa Rosa - Cusco

Meals: Breakfast, Lunch, and Dinne

Accommodation: Tent

Distance by foot: 15 km

Maximum altitude: 3200 m.a.s.l.

Minimum altitude: 1500 m.a.s.l.

Choquequirao

One of the most well-preserved jewels of Inca culture is the great "Choquequirao." As the site was re-discovered just over a hundred years ago, its significance remains a mystery. It has only been open to visitors since the year 2000, which makes this magical place an off-the-beaten-path destination that one can enjoy without the large crowds of other tourist sites in the region. This trek is a unique experience given the physical effort it requires of visitors who wish to earn their encounter with the Inca world.

Day 1

We depart from Cusco at 08:00, heading north for approximately four hours to our starting point at the small community of Capulyoc. We will have lunch at Gladys's house and take time to rest before we begin the first portion of the trek. At 15:00 we will hike towards the community of Chiquisca. After approximately three hours we will arrive at Melchora's place where we will have dinner and spend the night in the Chiquisca base camp.

Day 2

After breakfast at Melchora's house, we will start our second day of trekking. At 7:00am we will start our trek to Marampata. We will make the entire descent to the Rosalina bridge (a few hours from our starting point), and then take the trail up. After three to four hours of climbing we will arrive at the community of Santa Rosa to have lunch at Flor's house. Once we have eaten and rested we will resume the hike to reach Marampata where we should arrive around 18:00. Here, we will have dinner and spend the night at Marampata base camp.

Day 3

Today we will explore the Choquequirao site. Early in the morning we will leave for the archaeological center, approximately two hours from Marampata. At the site we will explore the main areas of Choquequirao and enjoy a picnic lunch before our return to Marampata. Once in Marampata, we will pick up the rest of our luggage and begin the descent to Santa Rosa (where we had lunch the day before). We will spend the night in Santa Rosa base camp and rest for our last day of trekking.

Day 4

After breakfast with Flor, we will begin the journey back to Capulyoc. As the trail will already be familiar to us, we will have a good idea of what to expect for the initial descent to the bridge and the climb back to our starting point. A well-deserved lunch will await us in Capulyoc, after which we will begin the trip back to Cusco and end our expedition.

Summary of what is included in the trip

- An amazing trek, with an experienced English-speaking guide who will accompany you at all times.
- Meals on the trek.
- Transportation from Cusco to the starting point of the trek and from Machu Picchu by train back to Cusco.
- All entrance fees to archaeological sites and natural parks.
- All necessary camping equipment, including sleeping bags and mats.
- A hotel in Machu Picchu village for the last night of the trek.
- Horses to carry the camping equipment and your personal belongings.

Summary of what the trip does NOT include

- Flights.
- Tips and souvenirs.
- Not mentioned food.

What to bring

Here is a list of 20 things you should take with you on a trek:

1. Trekking backpack
2. Sturdy and comfortable trekking boots
3. Waterproof jacket for rain and wind
4. Comfortable and resistant trekking pants
5. Thermal gloves
6. Hat or cap to protect from the sun
7. Sunglasses with UV protection
8. High protection sunscreen
9. Insect repellent
10. Reusable water bottle or hydration bag
11. Snacks and energy food
12. Personalized first aid kit
13. Trekking poles for better support
14. Headlamp with extra batteries
15. Extra warm clothing (e.g. fleece)
16. Plastic bags to keep clothes dry and organized
17. Camera or smartphone to take pictures and videos of the landscape.
18. Handkerchief or small towel
19. Notebook and pencil for taking notes or drawing.
20. A compass for the trek

Remember that the weight of your backpack is important, so it is best to carry only what is essential and necessary to make the trek comfortably. In addition, it is advisable to take into account the time of year and weather conditions to choose the right clothing and equipment. This trip will take you through the spectacular scenery of the Peruvian Andes region, from snow-capped mountains to Andean valleys, passing through charming villages and culminating in the famous Inca citadel of Machu Picchu. We assure you that it will be an unforgettable experience that you will remember for a lifetime.

FAQs

What kind of equipment do we use ?

At Ritisuyo, we care about offering our travelers the best possible experience and therefore, we make sure to use high quality equipment to guarantee the comfort and safety of our clients during the trek.

For accommodation, we use resistant and good quality mountain tents, which provide protection against wind and rain. In addition, we use insulating mattresses to provide good support and a good night's sleep.

As for food, our cooking equipment is specially designed to prepare nutritious and tasty meals in the middle of nature. We use portable cooking equipment that allows us to cook anywhere and in any weather. In addition, our chefs have extensive experience and prepare balanced and delicious meals for our travelers.

In short, we make sure to use high quality equipment on each of our trips so that our travelers can enjoy the trek in comfort and safety.

What is the physical condition that we recommend for a trek ?

At Ritisuyo, we offer treks for travelers who enjoy adventure and contact with nature. However, it is also important to keep in mind that trekking is an activity that requires a good physical condition.

We recommend travelers interested in trekking to prepare themselves physically in advance, doing cardiovascular and resistance exercises, to guarantee a pleasant and safe experience. It is important to keep in mind that the trek involves walking on uneven terrain and at altitudes above 3000 meters above sea level. Therefore, it is necessary to have a good lung capacity and be prepared to walk for several hours a day.

Although a trek is a physical challenge, the reward of reaching the summit and contemplating the landscapes of the Andes is unparalleled. For this reason, we recommend that travelers prepare themselves physically so they can enjoy this experience to the fullest.

How is the trek structured?

At Ritisuyo, we offer trek in groups, which we highly recommend. Our groups are led by expert and trained guides who know the route and can provide valuable information about the area.

On our group trips, we make sure to keep the number of people small, which allows for more interaction between hikers and makes the guide's job easier. In addition, our guide determines the pace of the trip according to the group's capabilities and adapts to the needs of the participants.

The groups we organize foster a dynamic of companionship and collaboration in which participants help each other to overcome the challenges of trekking. In addition, our group trips are an excellent opportunity to make new friends and share unforgettable moments in the majestic Andes Mountains.

What is the best time to explore and enjoy the wonder of Machu Picchu?

The best time is between the months of April and October. During these months, the dry season provides more stable and pleasant conditions for hiking and camping in the area, with daytime temperatures usually in the 15°C to 20°C range. In addition, there is less rain and less likelihood of transportation disruptions or flight cancellations. In the months of November through March, the rainy season and weather conditions are less favorable for hiking and camping in the area, making the trek more difficult and potentially dangerous due to slippery trail conditions and flooding.

What clothing should I bring for a trek?

For the trek, it is important to bring adequate clothing that will keep you comfortable, dry and protected from the sun and cold. It is recommended to wear layered clothing, with undergarments that absorb moisture and keep your skin dry, mid layers to keep you warm and a waterproof and windproof jacket as an outer layer to protect you from rain and wind.

It is also important to wear comfortable walking clothes, including quick-drying pants and T-shirts, hiking socks and sturdy, comfortable hiking boots that have been previously worn and are well adapted to your feet. It is also recommended to bring a hat or cap for protection from the sun and a small backpack to carry personal items and essentials such as water, sunscreen, insect repellent, etc.

Appropriate clothing for a trek should be comfortable, quick-drying, layered and designed to protect you from the changing weather conditions in the mountains. It is important to remember that the weather in the Cusco region can be unpredictable, so it is best to be prepared for any eventuality.

What is the food like during the trek?

During the trek, food is provided to hikers at camp stops, which means you don't have to worry about bringing your own food. Meals include nutritious food to ensure that hikers have the energy they need to walk long distances and cope with changing weather conditions.

The menu usually includes local Peruvian dishes. In addition, food during the trek can be adapted to special dietary needs, such as vegetarians and vegans, as long as they are informed in advance. Drinking water is also provided and trekkers are encouraged to bring their own bottle to refill and reduce the amount of waste generated during the trek.