



Choquequirao to Machu Picchu

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 - Punchaynuyoc

Meals: Breakfast, Lunch, and Dinner

Accommodation: Tent

Distance by foot: 22 km

Maximum altitude: 3800 m.a.s.l.

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

Day 4: Punchaynuyoc - Maizal

Meals: Breakfast, Lunch, and Dinner

Accommodation: Tent

Distance by foot: 20 km

Maximum altitude: 3500 m.a.s.l.

Minimum altitude: 3800 m.a.s.l.

Day 5: Maizal - Santa Teresa

Meals: Breakfast, Lunch, and Dinner

Accommodation: Tent

Distance by foot: 22 km

Maximum altitude: 4200 m.a.s.l.

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

Day 6: Santa Teresa - Machu Picchu

Meals: Breakfast, Lunch, and Dinner

Accommodation: Hotel

Distance by foot: 10 km

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

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

Day 7: Machu Picchu

Meals: Breakfast

Distance by foot: 10 km

Choquequirao to Machu Picchu

Day 1

We depart from Cusco at 8:00 am, 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 3:00pm we will hike towards the community of Chiquisca. After approximately three hours we will arrive at Melchora's house where we will have dinner and spend the night in their guest rooms.

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 6:00pm. Here, we will have dinner and spend the night at Maribel's house.

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. Then, we will make the climb to the Choquequirao pass, located at 3400m, and descend to the PUNCHAYNUYOC ruins where we will camp for the night.

Day 4

From the PUNCHAYNUYOC archaeological center we will continue our descent to the White River. We will cross the river and pick up the trail on the other side to ascend to the community of Maizal. There, we will make our base camp to enjoy dinner and spend the night.

Day 5

After breakfast we will continue our trek to Machu Picchu. We will ascend to the Yanama pass at 4200m and then descend to the community of Yanama where we will have lunch. A transport vehicle will be waiting to take us from Yanama to Santa Teresa where we will spend the night.

Day 6

Early in the morning we will go to the archaeological site of Yactapata, which is known for its special view of Machu Picchu. There, we will have box lunch and continue to Hydroelectric where we will walk along the train tracks to reach the Machu Picchu pueblo, Aguas Calientes. We will spend the evening there at Casa Andina.

Day 7

Today we arrive at Machu Picchu. We will depart our hotel early in the morning to be at the entrance to the archaeological center by 6:00 am for a guided tour. The guided tour lasts approximately three hours, after which we will return to Aguas Calientes for lunch. After lunch we will take the train to Ollantaytambo and then a bus to Cusco. We will arrive in Cusco around 19:00, which will conclude our journey from Choquequirao to Machu Picchu.

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.