



Inca Trail to Machu Picchu

Day 1: Cusco - Piscacucho - Huayllabamba

Meals: Lunch, Dinner

Accommodation: Tents

Maximum Altitude: 3,850 masl

Minimum Altitude: 2,850 masl

Distance by foot: 10 km

Day 2: Huayllabamba - Warmiwañusca - Pacaymayo

Meals: Breakfast, Lunch and Dinner

Accommodation: Tents

Maximum Altitude: 4,200 m.a.s.l.

Minimum Altitude: 2850 m.a.s.l.

Distance by foot: 15 km

Day 3: Pacaymayo - Puyupatamarca - Wiñayhuana

Meals: Breakfast, Lunch, and Dinner

Accommodation: Mountain capsules

Distance by foot: 15 km

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

Minimum altitude: 1900 m.a.s.l.

Day 4: Wiñayhuayna - Machu Picchu - Cusco

Meals: Breakfast, Lunch, and Dinner

Accommodation: Hotel

Distance by foot: 18 km

Maximum altitude: 2450 m.a.s.l.

Minimum altitude: 2000 m.a.s.l.

Inca Trail to Machu Picchu

To hike the mythical Inca Trail to Machu Picchu is to go back 500 years in time and relive part of Inca culture. On this trek, we will walk in the literal footsteps of ancient Peruvians as we traverse the paths they created to transit stretches of the Inca empire.

Day 1

We start the day in Cusco to travel in the direction of Piscacucho. After passing through the towns of Chincheros, Urubamba and Ollantaytambo, we will arrive in Piscacucho at Km. 82 of the Cusco - Machu Picchu railway. This marks the starting point of our adventure. We will have lunch and enjoy a guided visit to the Archaeological Group of Llactapata, after which we will begin the trek to the first camp in Huayllabamba.

Day 2

After breakfast, we begin the most physically challenging part of the trail: a steep ascent followed by three hours of walking to the first pass, Warmiwañusca, located at 4,200 m.a.s.l. Here, we will rest and enjoy an incredible view of the Machu Picchu National Park, and then descend to Pacaymayo to camp.

Day 3

After a hearty breakfast, we begin our ascent to the second highest pass of the route at 3,800 m.a.s.l. Along the way we will enjoy a guided visit to the archaeological zone of Runkuraqay, and then continue to Sayacmarca to have lunch. As we continue along the trail, we will note how the landscape changes from dry and arid to lush and tropical. We will also pass Puyupatamarca, another important archaeological site in the region. We will end the day at our last camp in Wiñayhuayna, where we will have dinner and rest for the night.

Day 4

Finally, we arrive at the majestic Machu Picchu. After breakfast, we will walk for an hour to Inti Punku, also known as the gateway to Machu Picchu. From here, we will enjoy an impressive panoramic view of the citadel. As we enter the site, we will tour important landmarks including the main square, the circular tower, the sundial, the royal quarters, the temple of the Three Windows and the cemeteries. We will also have free time to walk around the citadel until we descend for lunch and catch the train Ollantaytambo. We will then travel to Cusco, which marks the end of our journey along the Inca Trail 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.