



**Salkantay**  
TREKKING  
Trek & Expeditions Specialists

# SALKANTAY & INCA TRAIL

THE VERY BEST TREKKING ADVENTURE THAT YOU WILL FIND IN PERU

*The grand andean experience*







# Salkantay and Inca Trail is the best Trek in Peru

## DESCRIPTION

The great adventure of the Inca Trail to Machu Picchu is for those who live passionately, always looking for a new experience! This is a fascinating dream to fulfill and is the most famous trek of all South America. The beauty of the views and the archeological sites that surround the Inca Trail are second to none. This tour is ideal for those who are filled with energy to hike all the way to Machu Picchu in the trip of a lifetime!

## HIGHLIGHTS

- The Inca Trail is the best Trek in Peru
- This trek is ideal for adventure seekers, couples, friends, nature lovers, and intrepid people
- See natural bridges, snowcapped mountains, waterfalls, wildlife, and the cloud forest
- The Inca Trail trek is listed in the TOP 5 best treks in the world by multiple different magazines



# ITINERARY

## SALKANTAY & INCA TRAIL TO MACHU PICCHU

7 Days | 6 Nights

### DAY 1

CUSCO | MOLLEPATA - CHALLACANCHA -  
SORAYPAMPA (HUMANTAY LAKE)

### DAY 2

SORAYPAMPA | SALKANTAYPAMPA - PAMPA  
JAPONESA

### DAY 3

PAMPA JAPONESA | SISAYPAMPA - CANAL INCA

### DAY 4

CANAL INCA | HUAYLLABAMBA - AYAPATA.

### DAY 5

AYAPATA | LLULLUCHAPAMPA - PACAYMAYO -  
CHAQUICOCHA

### DAY 6

CHAQUICOCHA | WIÑAYWAYNA

### DAY 7

THE MOST IMPORTANT DAY - MACHU PICCHU!





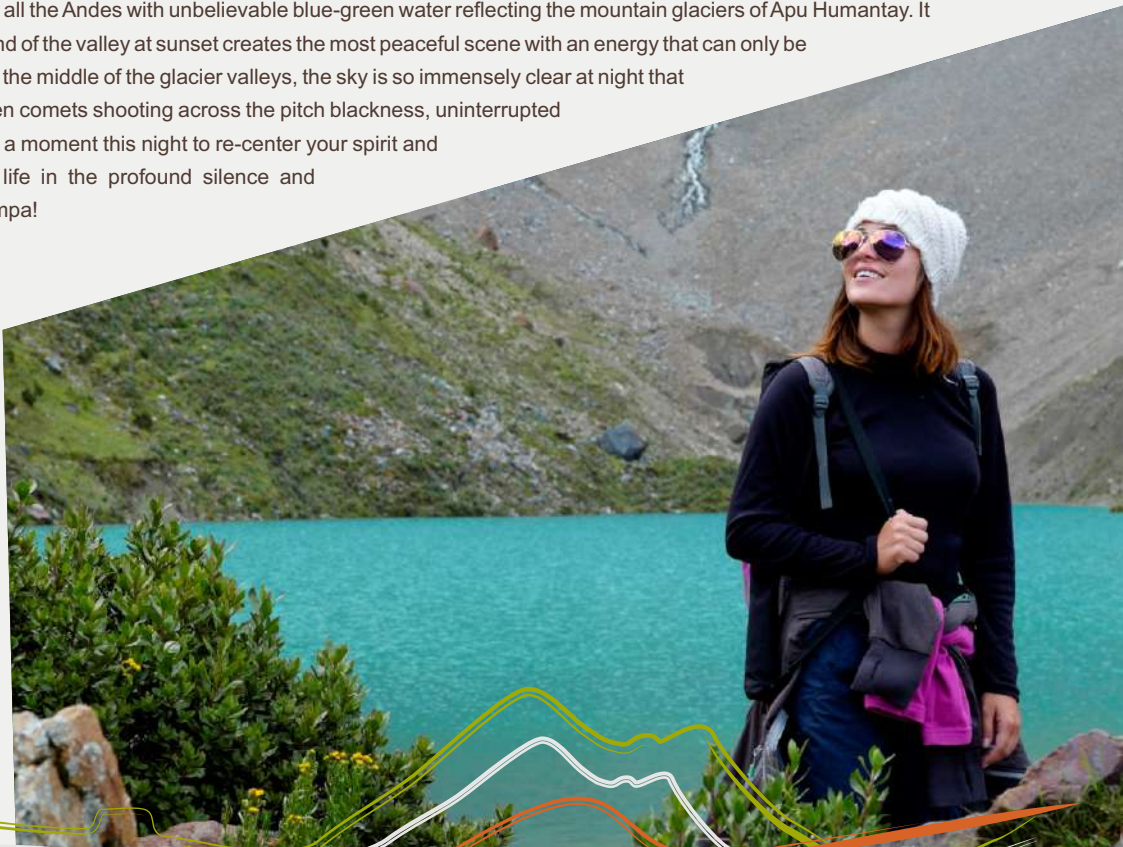
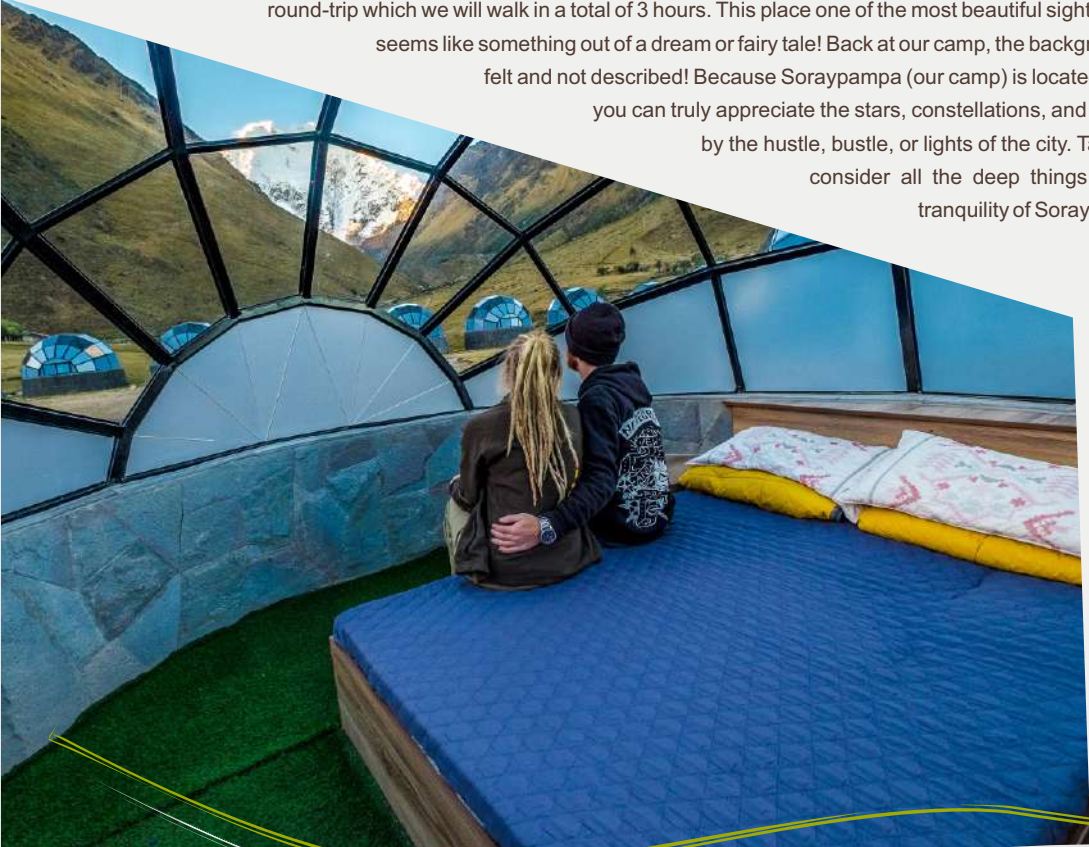
CUSCO | MOLLEPATA - CHALLACANCHA – SORAYPAMPA (HUMANTAY LAKE)

<b>Walking Distance</b> – 12km / 7.45 miles	<b>Campsite Elevation</b> – 3920 meters ASL / 12861 feet ASL	<b>Accommodation:</b> Glass-Topped Sky Camp
<b>Starting Elevation</b> – 3350 meters ASL / 10990 feet ASL	<b>Difficulty:</b> Moderate	<b>Adventure:</b> Moderate-High! (Especially the trek to Humantay Lake!)
<b>Highest Elevation</b> – 4600 meters ASL / 15091 feet ASL	<b>Meals:</b> Lunch and Dinner (Plus snacks and afternoon tea time)	

**Today’s Highlights:** Walk from Challacancha to Soraypampa with very few tourists. Relish in an afternoon visit to the absolutely whimsical Humantay Lake nestled at the base of Apu Humantay mountain. Take in your first views of the enigmatic Apu Salkantay. Spend the night in our glass-topped Sky Camp, and stargaze from your bed in our exclusive campsite!

We start the day by picking you up at your hotel at approx 04:00 AM. We will drive for around 4 hours, crossing Anta and Mollepata and ending up at Challancha. Through the windows of the bus you can clearly see the white, snowcapped mountains of Apus Salkantay and Humantay: two colossal gods of the Incas. You will also see spectacular scenery of high peaks and low valleys in a colorful and contrasting panorama filling every direction you turn your eyes! After the first two hours of driving, we will stop quickly in Mollepata to take advantage of the toilet facilities, souvenir shops, and an optional, short breakfast. We will then continue to Challacancha, the starting point for our trek. We will meet our support staff, and they will organize all of the equipment and cargo mules. Around 09:30 AM, we will begin trekking to Soraypampa (3850 MASL – 12631 FASL), the first campsite on our journey.

The first section of the path takes us over a few deep valleys along the side of a mountain. At some parts of the trail, an old aqueduct can still be seen which still supplies water to farmers in the lower valleys. We will travel 7 km (4.35 miles) in 3 hours to Soraypampa where we will have our lunch at the base camp of Salkantay. After lunch and a short rest, we hike up to the unforgettable Humantay Lake (4200 MASL – 13779 ft). This is a 5 km (3.1 miles) round-trip which we will walk in a total of 3 hours. This place one of the most beautiful sights in all the Andes with unbelievable blue-green water reflecting the mountain glaciers of Apu Humantay. It seems like something out of a dream or fairy tale! Back at our camp, the background of the valley at sunset creates the most peaceful scene with an energy that can only be felt and not described! Because Soraypampa (our camp) is located in the middle of the glacier valleys, the sky is so immensely clear at night that you can truly appreciate the stars, constellations, and even comets shooting across the pitch blackness, uninterrupted by the hustle, bustle, or lights of the city. Take a moment this night to re-center your spirit and consider all the deep things of life in the profound silence and tranquility of Soraypampa!





## SORAYPAMPA | SALKANTAYPAMPA - PAMPA JAPONESA

**Walking Distance** – 13km / 8 miles**Highest Elevation** – 4000 meters ASL / 13123 feet ASL**Difficulty:** Moderate**Meals:** Lunch and Dinner (Plus snack and afternoon tea)**Accommodation:** Camping**Adventure:** Absolutely, completely satisfactory

After an early wake up and hearty breakfast, we start on a gentle uphill to Salkantaypampa as we enjoy the views of this imposing mountain in front of our eyes all morning! Salkantay Mountain is the second highest mountain in the Cusco region and one of the Inca gods called “Apu”. As we ascend, we will make stops along the way to enjoy the outstanding mountain scenery of the Vilcabamba range. After lunch, we will gradually continue ascending to our campsite in Pampa Japonesa.





## PAMPA JAPONESA | SISAYPAMPA - CANAL INCA

**Walking Distance:** – 14km / 8.7 miles

**Highest Elevation:** – 5000 meters ASL / 16404 feet ASL

**Campsite Elevation:** – 3750 meters ASL / 12303 feet ASL

**Difficulty:** Moderate

**Meals:** Breakfast, Lunch, Dinner (Plus snack & afternoon tea)

**Accommodation:** Camping

**Adventure:** Absolutely, completely satisfactory

Today, we will conquer the last stretch to the pass (Incachiriasca, 5338 MASL – 17513 FASL). Be amazed about the incredible forthcoming views of Salkantay! From the pass, we will make our way down to our lunch camp in Sisaypampa, where the highest-living Andean rodent, the chinchilla, can be seen. After lunch, we continue heading downhill and, as we near the campsite, the valley narrows and the river becomes a canal. Our campsite this night is at the Inca canal.





## CANAL INCA | HUAYLLABAMBA - AYAPATA.

**Walking Distance:** – 14 km / 8.7 miles

**Campsite Elevation:** – 3000 meters ASL / 9842 feet ASL

**Maximum Altitude:** - 3750 meters ASL / 12303 feet ASL

**Difficulty:** Moderate

**Meals:** Breakfast, Lunch, and Dinner (Plus snack and afternoon tea)

**Accommodation:** Camping

**Adventure:** Absolutely

Today, we will start with a 3-hour steep downhill trek to the Incan ruins at Inkaracay (also known as Paucarcancha). It is an archeological site well worth exploring! Afterward, we will continue hiking down to the small village of Huayllabamba where we join the traditional Inca Trail. After making a lunch stop, we will head up to our campsite, through a steep, but very scenic, climb. Our campsite tonight is at Ayapata.





AYAPATA | LLULLUCHAPAMPA - PACAYMAYO - CHAQUICOCHA

**Maximum Altitude:** 4200 meters ASL / 13776 feet ASL

**Campsite Elevation** – 3400 meters ASL / 11154 feet ASL

**Distance:** 16 km / 9.9 miles

**Difficulty:** Difficult

**Weather:** You will experience the 4 seasons all in just one day

**Meals:** Breakfast, Lunch, Dinner (Plus snacks and afternoon tea time)

**Accommodation:** Camping

**Adventure:** Absolutely

Today, we will reach the highest point on the Inca Trail (dead woman pass) (Warmihuañusca) (4200 MASL – 13776 FASL). After a two-hour descent, we will arrive at Pacaymayo Valley (3600 MASL – 11808 FASL) where we lunch. We then continue up to the second pass (Runkurakay) (3970 MASL – 13022 FASL), stopping halfway to visit the impressive archaeological site of Runkurakay. Going over the pass, we descend toward Lake Yanacocha and enter into the cloud forest to arrive at the Sayacmarca Inca ruins (3624 MASL – 11887 FASL). Our campsite is at Chaquicocha (3400 MASL – 11154 FASL).





## CHAQUICOCHA | WIÑAYWAYNA

**Campsite Elevation** – 2600 meters ASL / 8530 feet ASL

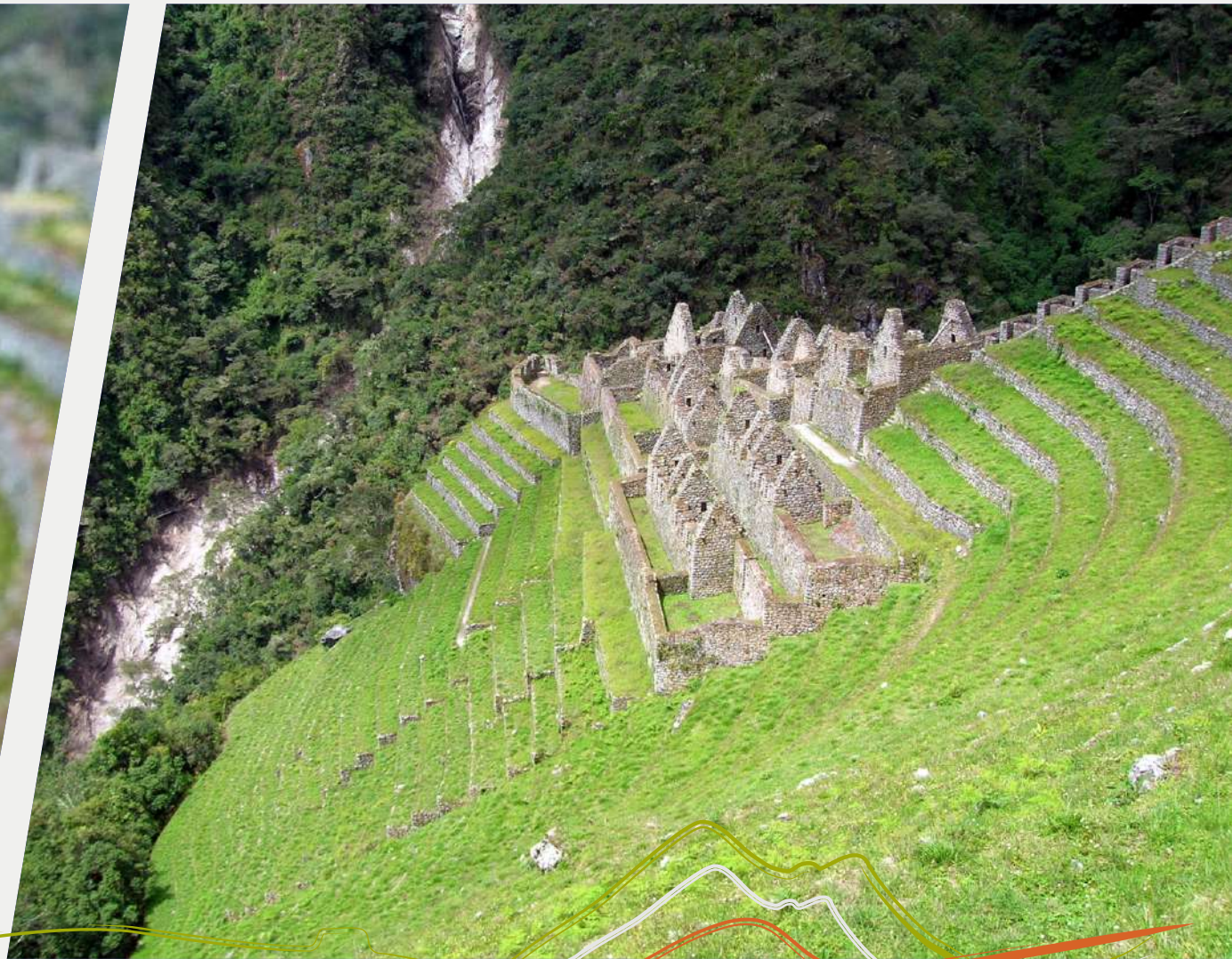
**Difficulty:** Easy

**Meals:** Breakfast, Lunch, Dinner (Plus snacks and afternoon tea time)

**Accommodation:** Camping

**Adventure:** Absolutely

Today, we will take an easy climb in the morning to the last pass with its Incan ruins of the same name (Phuyupatamarca, 3700 MASL – 12136 FASL). Here, we will also have remarkable views of the Urubamba River Valley. Afterward, we descend to the Wiñaywayna campsite (2650 MASL – 8692 FASL) and visit another archeological site there after lunch.





## THE MOST IMPORTANT DAY – MACHU PICCHU!

**Today's Highlights:** Your excitement for our rendezvous at Machu Picchu will rise as we are hiking early in the morning through the forest to reach the Sun Gate which looks down over the entire grandiose site! You will have plenty of time to explore this truly magnificent World Wonder while you enjoy the beautiful sunrise from this once-in-a-lifetime viewpoint. Your group will learn about this mystical place in a two-hour guided tour of the ruins. Afterwards, you can opt to climb Huayna Picchu or Machupicchu Mountain (if you have pre-booked tickets) or walk to the Inca Bridge (without extra tickets).

Today we arrive at the long-awaited finale of our trek, one of the New 7 Wonders of the World and a UNESCO World Heritage Site – Machu Picchu! We will wake up early after a refreshing night to enjoy the serenity in the soft morning light as hike 2 hours from Wiñay Wayna to the Sun Gate or "Inti Punku." Here, the Inca Trail officially ends. From this place, we will be able to admire the great beauty of the Inca citadel Machu Picchu! The Machu Picchu entrance check point is open from 06:00 AM until 17:00 PM. We will walk downhill for 1 hour and enter the hidden Royal Citadel of the Incas! Here we will have a 2-hour guided tour through this incredible ancient city to visit temples, terraces, palaces, priest's houses, the sundial, the industrial sector, and the farming fields. Be amazed at the engineering ingenuity of the Incas which was so far ahead of their time and still partially a mystery today! Without having modern tools or even steel and iron to work with, the people who built this city were genius in organizing this community in a sustainable and beautiful way on the side of a mountain, even bringing water in canals through its streets for the people to use. When a Peruvian guide showed this site to Hiram Bingham, it was almost unrecognizable, covered in thick vegetation and in a state of disrepair. It has since been cleaned and restored and is now protected and treasured by the world at large!

After this tour, you are free to climb up to Huayna Picchu or Machu Picchu Mountain (Be sure to book in advance to get tickets for these!). Each mountain takes approximately 3 hours to hike up and down. Another lower-impact option for which you do not need an extra ticket is to trek to the Sun Gate, the main entrance from the Inca Trail (this takes about 2 or 2.5 hours round-trip). Another option is walking to see the Incan Bridge. You will be able to stay and enjoy this magical city for as long as you need before taking the bus down to the town of Aguas Calientes. Here if you have left time before the train, you will be able to have lunch, visit the hot springs, and walk around the town and the artisan market. At 16:22 hrs (subject to availability), we will take the train to Ollantaytambo. A private bus will pick up our group and drop you off at your hotel in Cusco at about 20:00 hrs. Rest your feet and your body now, but we can assure you your heart will still be soaring for weeks and years to come!



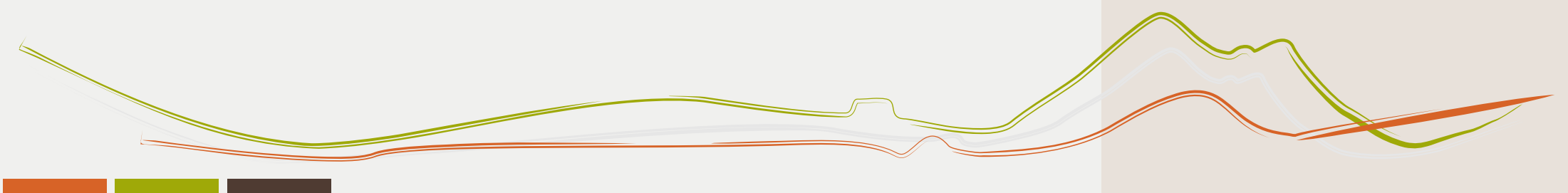


- **Pre-departure briefing:** You will meet your guide and group in our office, for an orientation before your trek and provide you the duffle bags which will be carried by our horses. meeting at 6:00 PM the evening before the trip begins.
- **Transport:** Collection from your hotel in the morning and transfer in private transportation to Challacancha (starting point of the trek).
- **Experienced Guide:** English speaking professional and official tour guide.
- **Entrance fee to Machu Picchu.**
- **Entrance fee to Inca Trail.**
- **Personal tents:** 2 people in each 4-people-capacity tent, to allow for higher comfort and a safe keeping of backpacks. Our tents are 3-season, highly maintained to ensure an excellent performance in field. Kailas, Pro aconcagua and Rei 4 Outfitter tents are employed when double accommodation is requested.
- **Camping equipment:** Dining and kitchen tents, tables, chairs.
- **Foam mats or sleeping pads:** to put under your sleeping bag (carried by horses)
- **Accommodation:** 6 nights in tent
- **1 Duffle Bag:** Where you can put your personal belongings (7 kilograms = 15 lbs) which includes your sleeping bag.
- **Porters:** We include your personal porter who is responsible for carrying your duffel with your personal items. There is no additional fee for this. We will give you your duffel bag at your briefing the night before and this should be filled with the things you need for night and the next day. You will not have access to your duffel until your evening campsite.
- **Trekking Cook:** In charge to prepared all the meals along the journey, over 6 people cook assistant
- **Meals:** 6 Breakfasts, 6 Lunches, 6 dinners and Snacks (Vegetarian, vegan or special menus are available at no extra cost)
- **Wake up tea:** Every morning at the campsite we will wake you up with a cup of coca tea our support staff will bring the coca tea to your tent in

order to wake you up.

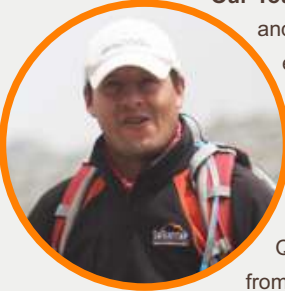
- **Tea time = Happy Hour:** Every afternoon 1 hour before dinner the cooks will let on the dining table pop-corn, biscuits, coffee, chocolate, different type of teas, hot water, etc. this is because after a day of hiking many are hungry and it is a bit annoying to wait till dinner that why we provide tea time.
- **Daily snacks - Days 1, 2, 3, 4, 5 and 6:** Our Snacks consist of local fruits, biscuits, chocolate, Caramels we will give this snack at the beginning of each day trek in a cloth bag to avoid environmental contamination.
- **One textile snack bag per person:** to avoid the usage of plastic bags that contaminate our environment
- **Water grooming:** Each morning warm water with towel
- **Medical kit:** Our crew bring the First-aid kit including emergency oxygen bottle
- **Train tickets:** From Aguas Calientes to Ollantaytambo (“Expedition” service of Peru Rail and “Voyager” of Inca Rail, from 2:30 pm - 4:22 pm, subject to availability.)
- **Transport:** Transfer from Ollantaytambo Train Station to hotel in Cusco(Day 7)
- **24-h guest service:** please ask for the emergency number available during your time of visit
- We will create a the trip of a **Memorable Lifetime Experience** for you.
- We are **Direct operators & local owners** with the best trekking team on the hike.

- **Entrance fee to Salkantay Trail (\$/.10 per person)**
- **Sleeping Bags:** (you can hire from our company), our sleeping bags are -18°C-comfort (0°F), mummy form and include a sleeping liner. They are cleaned after every use and have a maximum usage of 30 trips.
- **Walking Sticks:** you can hire from our company
- **Last Day:** Lunch and Dinner in Aguas Calientes.
- **Personal clothing and gear.**
- **Travel insurance.**
- **Tips for our staff:** please note that our agency staff is well paid so please feel free to tip or not as you wish.
- **Additional costs** or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc.





OUR TOUR GUIDES



Our **Tour Leaders** are chosen for their professionalism, experience, responsibility and seriously. Unbridled passion to explore and a desire to share in the experience. They have hiked hundreds of miles of **Salkantay trail** on the **Machupicchu Park**, slept under the stars and done almost every activity there is, and are keen to introduce you to the places that they call home.

The **tours Leaders** are on top knowledgeable....

They all speak English and of course they also speak Spanish and even Quechua, the Incan Language. They are all able to communicate with natives from around the area and will have lots of history to share with you.

Check out the Meet Our Team page for staff bios..

OUR COOKS



After a challenging trek we know how important a good hot meal can be to prepare your body and warm you up. That's why on every trek with **Salkantay Trekking** we employ chefs with years of experience cooking on the trails so that they provide filling and nutritious meals using fresh ingredients and a variety of flavors.

**Salkantay trekking** has annual course to trained and getting better work and developed the cooking skill to create a new dish and caring the entire ingredient, let's remember the menu is made by the expert Andean nutritionist, the local dishes are very nutritive and have a lot of carbohydrate good for trek.

Every chef prepares different meals depending on what food is available as well using the families recipe to make more tasty and delicious each meal.

OUR MEALS



The food is one of the most important things on the trek, we bring balance and nutritive food along the trail, most of our meals are buffet with a lot of varieties of the local dishes to make special and unforgettable trips, who are responsible for the food preparing are expert mountaineers cooks, some of our customers rate the meals provided on the mountain as much better than meals of the traditionalist restaurants, the snacks for all our treks until the last dinner.

The food quality provided by **Salkantay Trekking** during the treks – are prepared by the Andean professional chefs in a small tent on a small stove adapting to the area and trip conditions? Check out our reviews and you will see that our trekkers say it is excellent! The entire cook staffs are trained on the chef school as well by the travel agency to make tasty and delicious food, the best consistent breakfasts because are the base meal of the day to start a good journey on the day, lunches, dinners and snacks – all served with a smile! delicious buffet dinner that will undoubtedly exceed all your expectations.

All food is prepared from fresh ingredients purchased in the Cusco local market and transported by the mules, then prepared by the chef. No canned or rehydrated food here! All fresh, healthy and delicious!

Special dietary needs? No problem! We cater to vegetarians, vegans and all food allergies.

How about water? We take water tap each group bring water filter and boil mostly for each meal. There is a lot of water provided during our food hot and cold, well if you looking to get water during the day trek you can buy along the route, kindly small shop with varieties of drinks and snack.

Coca tea is very helpful on the mountain mostly prevent altitude sickness as well is a stimulant for the hiking time and some infusion tea.

OUR HORSEMAN AND HORSES

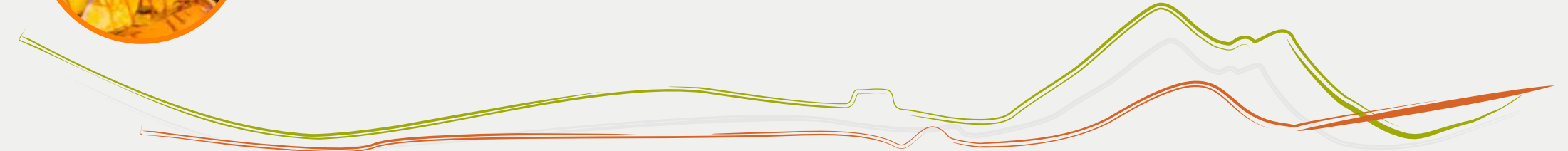
All the Horseman are from **Mollepata town** the starting point to the trek, we employed to the responsible and serious people to do a great job in transporting all the crew items along the trail using the mules are in charge of all our gear and will always await us within the safe and comfortable camp sites.



Our horsemen are happy working on the company with reasonable salaries and received benefit of the company on the end of the season, horseman can be very helpful on the emergency case because they know well the area and trail condition.

Besides trekking and camping gear every horse carries a total of 40 kg of guest's belongings, **Salkantay trekking** provide all the mountain gear like horseman uniform and cargo staff for horses.

You will have a personal allowance of 7kg/16.5lb for your gear.







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# CUSCO

*Imperial city of the Incas*

