

# SALKANTAYTREK

THE SAVAGE MOUNTAIN TREK TO MACHU PICCHU

The grand andean experience







## The grand andean experience

#### **DESCRIPTION**

The **Salkantay Trek to Machu Picchu** is an alternative to the Inca Trail and considered by most to be the best alternative route (and maybe even better!). This magnificent trail is perfect for adventurers who wish to become personally integrated in changing ecosystems from one day to the next. You will walk through sweeping, magical landscapes of a snowy mountain paradise to a tropical jungle where you will find a wide range of animals and medicinal plants and flower varieties. Witness with your own eyes a living, but ancient, culture in remote villages hardly ever seen by foreigners!

The Cordillera Vilcabamba is an impressive mountain range

extending over 260 km,. The snow-capped **mountain Salkantay** rises to 6271 MASL– 20574 FASL in height. It is an outstanding snowy peak, located less than fifty miles northwest of the city of Cusco in south-central Peru. Because of its proximity to the city, it is easily accessible by car and it has been climbed by professional mountaineers since 1952.

In order to complete the **Salcantay Trek**, you need to have a reasonable level of fitness, but age shouldn't be a barrier. The most important thing is to be well-acclimatized to the altitude. The highest you will trek the entire time is (4, 650 MASL – 15092 FASL). Two

days of acclimatization before the trek is ideal for visiting the city of Cusco, its nearby Inca ruins, and the **Sacred Valley of the Incas**.

### **ITINERARY**

## SALKANTAY TREK TO MACHU PICCHU

5 Days | 4 Nights

DAY 1

CUSCO | MOLLEPATA – CHALLACANCHA – SORAYPAMPA (HUMANTAY LAKE) DAY 2

SORAYPAMPA | SALKANTAY PASS -HUAYRACMACHAY - CHAULLAY DAY 3

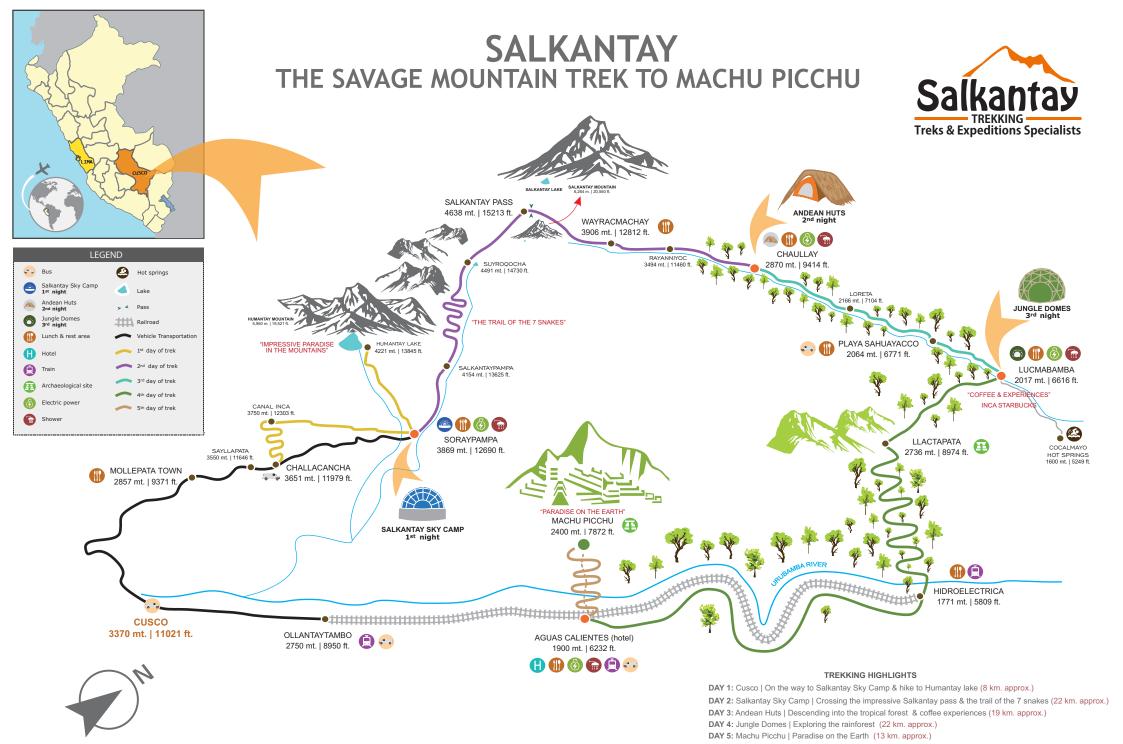
CHAULLAY | COLLPAPAMPA - LA PLAYA - LUCMABAMBA DAY 4

LUCMABAMBA | LLACTAPATA -HIDROELECTRICA - AGUAS CALIENTES DAY 5

THE MOST IMPORTANT DAY – MACHU PICCHU!



	LOCATION	ALTITUDE	ALTITUDE		DISTANCE		ANCE	TIMES	TOTAL TIMES
		FEET	METERS	MILES	KM	MILES	KM		
D A Y	Cusco	11,021	3,360						Bus: 2h 40m Trek: 2h
	Cusco - Izcuchaca	11,008	3,356	17	27	- 68 11		Bus: 35m	
	Izcuchaca - Huillque (Salkantay view pont)	12,120	3,695	17	27			Bus: 25m	
	Huillque - Tarawasi Archeological Site (Limatambo)	8,751	2,668	14	23			Bus: 25m	
	Limatambo - Mollepata Town (coffee break)	9,371	2,857	13	21			Bus: 35m	
	Mollepata - Challacancha	11,979	3,651				110	Bus: 40m	
	Challacancha - Soraypampa (Salkantay Sky Camp)	12,690	3,869	2	4			Trek: 2h	
	Soraypampa (Salkantay Sky Camp) - Lake Humantay	13,845	4,221	1	2			Trek: 2h	Trek: 3h 30m
	Lake Humantay – Soraypampa	12,690	3,869	1	2			Trek: 1h 30m	
D A Y	Soraypampa – Salkantay Pampa	13,625	4,154	2	3	13 22	22	Trek: 1h 25m	Trek: 6h 25m
	Salkantay Pampa - Soyrococha	14,730	4,491	2	3			Trek: 1h 25m	
	Soyrococha - Salkantay Pass	15,213	4,638	1	1			Trek: 45m	
	Salkantay Pass - Ichupata	13,799	4,207	2	3			Trek: 1h 10m	
	Ichupata - Huayraccmachay	12,812	3,906	2	3			Trek: 1h	
	Huayraccmachay – Rayampata	11,460	3,494	3	4			Trek: 1h 30m	Trek: 4h
	Rayampata - Chawllay	9,414	2,870	3	5			Trek: 2h 30m	
D A Y	OL III ME	0.040	0.544	-	1			T 1 0	
	Chawllay - Wiñaypocco	8,246	2,514	5	8	11	19	Trek: 3h	Trek: 6h Trek: 45m
	Wiñaypocco - Lluscamayo	7,938	2,420	1	2			Trek: 30m	
	Lluscamayo – Loreta	7,104	2,166	3	4			Trek: 1h 30m	
	Loreta - La Playa(Sahuayaco)			2	3			Trek: 1h	
	La Playa - Lucmabamba(Jungle Domes)	6,616	2,017	1	2			Trek: 35m	
D A Y	Lucmabamba - Llactapata (Machu Picchu view point)	8,974	2,736	3	5	13		Trek: 3h 15m	Trek: 5h 45m
	Llactapata Pass - Hydroelectric (Train Station)	5,809	1,771	4	7		22	Trek: 2h 30m	
	Hydroelectric (Train Station) - Aguas Calientes	6,232	1,900	6	10			Trek: 3h	Trek: 3h
D A									
	Aguas Calientes - Machu Picchu	7,872	2,400	5	9			Trek: 1h 30m	Trek: 1h 30m
Υ	Aguas Calientes - Ollantaytambo	8,950	2,750	18	30				Train: 2h
5	Ollantaytambo – Cusco Hotel	11,021	3,360	44	71				Bus: 2h



#### CUSCO | MOLLEPATA - CHALLACANCHA - SORAYPAMPA (HUMANTAY LAKE)

Walking Distance – 12 km / 7.45 miles

 $\textbf{Campsite Elevation} - 3920\,\text{meters}\,\text{ASL}/\,12861\,\text{feet}\,\text{ASL}$ 

Starting Elevation – 3350 meters ASL / 10990 feet ASL

Difficulty: Moderate

Highest Elevation – 4600 meters ASL / 15091 feet ASL

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

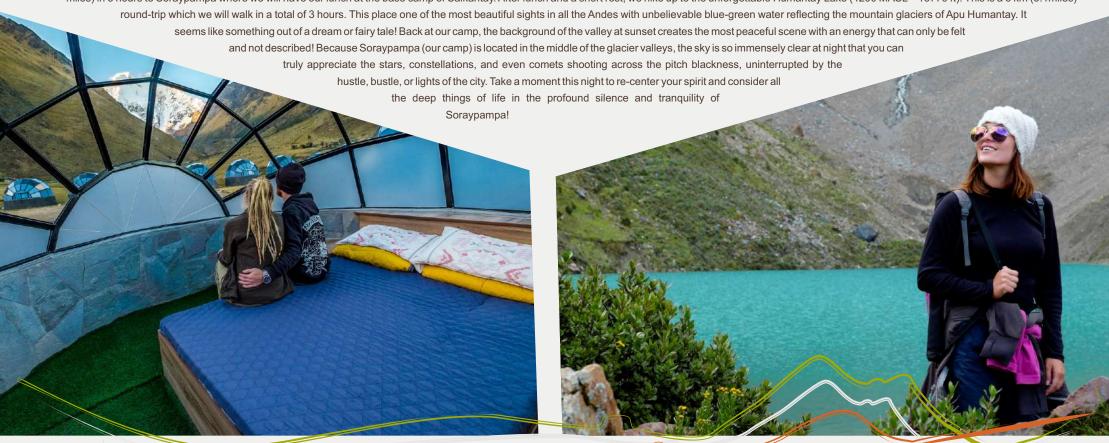
Accommodation: Glass-Topped Sky Camp

**Adventure:** Moderate-High! (Especially the trek to Humantay Lake!)

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 from 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)



#### SORAYPAMPA | SALKANTAY PASS - HUAYRACMACHAY - CHAULLAY

Walking Distance – 22 km / 13.7 miles

Starting Elevation - 3800 meters ASL / 12467 feet ASL

Campsite Elevation - 2750 meters ASL / 9022 feet ASL

Maximum Altitude: 4650 meters ASL / 15255 feet ASL

**Difficulty:** Challenging

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

time)

Accommodation: Wooden Camping CHOZAS (Andean Huts)

**Adventure:** Absolutely, 100%! The raw and breath-taking beauty of this day's hike along with its challenging nature will quench any wanderlust

you've been trying to cure!

Today's Highlights: Hike along the winding Salkantay trail with the mountain's tallest peak in front of your eyes all morning! Challenge yourself as we make our way up some steep slopes while looking out on the valley far below until we reach the base of Apu Salkantay. Around midday, you will be standing in the middle of the Andes mountain range! In the afternoon, we make our way into the incredible cloud forest and tropical jungle around Chaullay. This is your most challenging day but also your most rewarding!

After an early wake-up with the first daylight at 05:30 AM and a quick but energizing breakfast, we will start trekking up to the highest point of the trail: the Salkantay Pass (4650 MASL – 15255 FASL). The distance is a 7 km (4.34 miles) of difficult ascent in 3 hours between the rocky valley base and the magnificent Salkantay Mountain (6271 MASL– 20574 FASL). When we reach the top of the pass, we will appreciate the spectacular views of the surrounding valleys and the imposing snowy peaks of Salkantay, Humantay, Tucarhuay and Pumasillo mountains. Salkantay Mountain is the second highest mountain in the Cusco region and one of the Inca gods called "Apu". Continuing from this climax of today's trek, there is a 5 km (3.1 mile) downhill walk to the site for lunch. The walk downwards is on a serpent-shaped, rocky, gravel path which leads to the Huayracmachay lunch campsite. To rest on



#### CHAULLAY | COLLPAPAMPA - LA PLAYA - LUCMABAMBA

Walking Distance – 18km / 11.2 miles

Starting Elevation – 2750 meters ASL / 9022 feet ASL

Campsite Elevation – 2400 meters ASL / 7874 feet ASL

Difficulty: Easy

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

Accommodation: Newly constructed Jungle Domes

**Adventure:** Absolutely! You will be in the middle of the tropical forest you

have dreamt about!

Today's Highlights: We leave our camp early today to enjoy a serene and empty trail and appreciate landscape, scenery, and wildlife, including the roaring river below us in the valley us for much of the day. While trekking through the luscious jungle, you will find countless wild fruits such as banana, avocado, passion fruit, and granadilla.

There are also waterfalls and streams where you can refresh your feet and cool off! After having lunch in the small town of La Playa, we will take a short hike to our base camp at Lucmabamba and visit organic plantations of coffee, oranges, and avocados!

At 06:00 AM, we will start our trek to the small town of La Playa through the Santa Teresa valley. You will be able to soak up this new, lush landscape during our 6 hours of hiking today! During the hike we will see rivers, waterfalls, wild orchids, and plantations of coffee, banana, and avocado. You can taste the famous passion fruit and granadilla fruit along the way! We will see a village called Colpapampa, also called the "brow of the cloud forest," where waterfalls, birds, hot springs, fruit-bearing trees, and flora and fauna can be observed. If we are lucky, we will even be able to see the beautiful bird called "The Cock of the Rocks," the national bird of Peru! After a hearty lunch at La Playa, we will hike for approximately 1 hour to our base camp called Lucmabamba (2400 MASL – 7874 FASL). We will explore the tropical forest for a little while and visit at an organic coffee farm. If you are a coffee lover, this will be especially heavenly for you – you can taste coffee freshly prepared by the local people! If not, you can still enjoy the decadent aroma of freshly roasted and ground coffee wafting through the air! Coffee is the main farming industry of the local people here in the jungle, and they farm many acres of coffee to export to the USA, Asia, and Europe. Coffee was first discovered in Ethiopia, but it wasn't until the Spanish invaded Cusco that it was brought to this region. We will also explore an orange plantation and an avocado plantation this afternoon.



#### LUCMABAMBA | LLACTAPATA – HIDROELECTRICA – AGUAS CALIENTES

Walking Distance – 18 km / 11.2 miles

Starting Elevation – 2450 meters ASL / 8038 feet ASL

Campsite Elevation - 2000 meters ASL / 6561 feet ASL (Aguas

Calientes hostel)

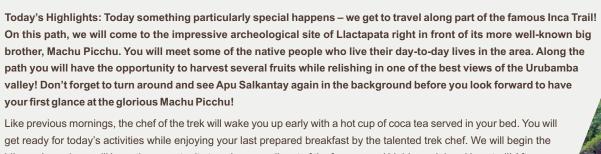
Difficulty: Moderate to Challenging

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

Accommodation: Comfortable Hostel

Adventure: Moderate-High! How could it not be an adventure

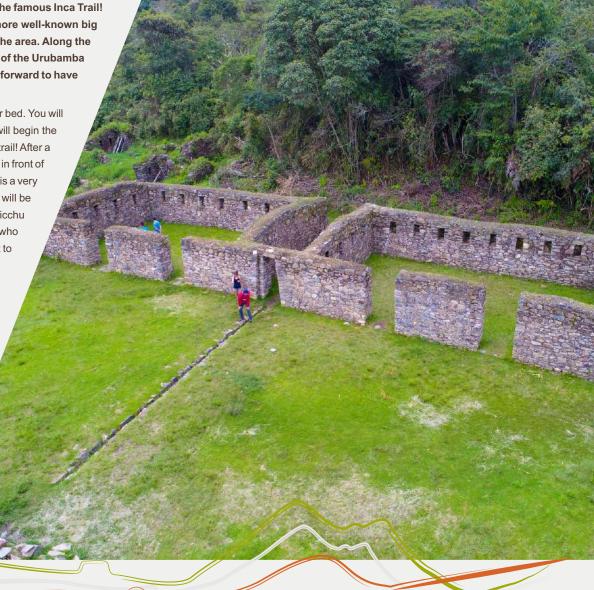
travelling back in time to visit with the Incan people?!



get ready for today's activities while enjoying your last prepared breakfast by the talented trek chef. We will begin the hike early, and you will have the opportunity to enjoy a small part of the famous and highly-acclaimed Inca trail! After a climb of 2 hours with amazing views of the Santa Teresa valley we will arrive at the Llactapata Inca site right in front of Machu Picchu. This will be the first archaeological site we will see of the mysterious Lost City of the Incas! It is a very special place to enjoy together and spend time learning a bit more about this land's roots and history. We will be able to see not only the ruins of Machu Picchu from this spot, but also Huayna Picchu and Machu Picchu Mountain. We will explore this Inca site with the guide, and he will continue telling the history of the Incas who used and worshipped this land. Of course, you will have plenty of time to take as many photos as you want to capture these memories and share with your friends back home!

After the Llactapata ruins, we will continue our trek with a 2-hour downhill hike. On this part of the trail, you are always able to view Machu Picchu until we arrive at the Hidroelectrica train station to have lunch. One of the most impressive sites in this area is the 300-meter-tall natural waterfall which generates electricity for the entire region of Cusco! After lunch, we will arrive at Intiwatana, a famous ancient rock used as a sundial in the Incan era. According to history, Intiwatana worked together with the famous sundial stone in the Machu Picchu site. The people used these two stones to measure and read the winter solstice, which was the beginning of the new farming season for the Incas. After passing this interesting Inca site, we will reach train tracks which lead to the town of Aguas Calientes. Here you will have two options: 1) If you are exhausted, you may take the train to Aguas Calientes (\$31.00 extra). 2) If you are still eager to hike, you may walk from Hidroelectrica to Aguas Calientes for about 3 hours along the train track. Next to the tracks, there is a nice path we will through the warm paradise of the cloud forest. This is the same trail used by the American professor Hiram Bingham who rediscovered Machu Picchu after centuries of it being lost to the outside world!

Note: During the rainy season, the hike up the Llactapata Trail is not 100% guaranteed due to safety concerns. When heavy rains are frequent, this trail becomes very dangerous.



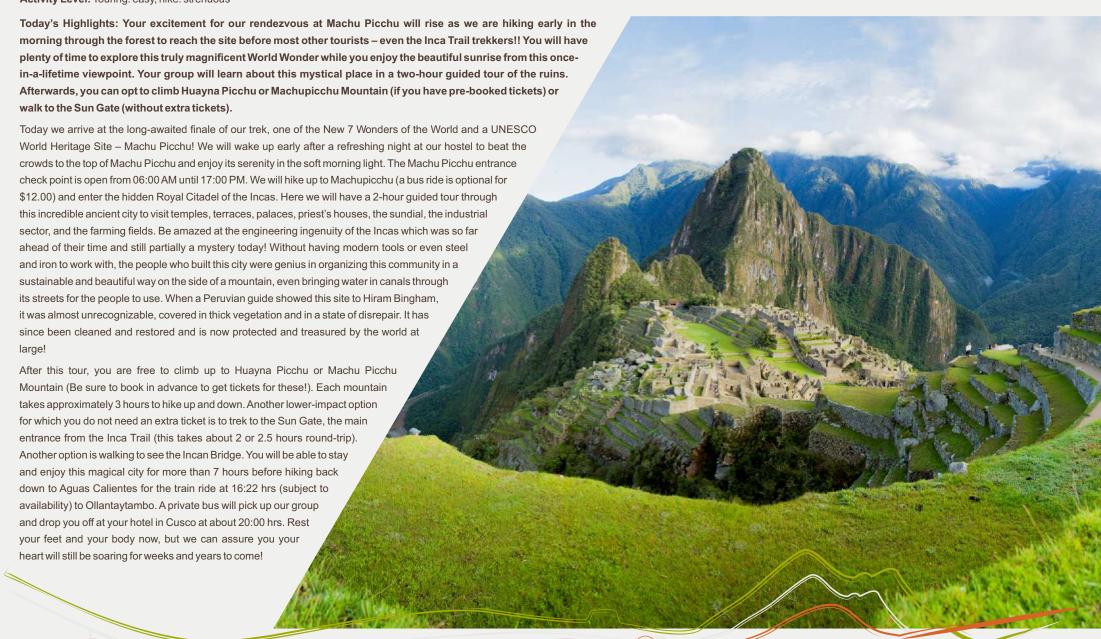
#### THE MOST IMPORTANT DAY - MACHU PICCHU!

Activity Overview: Touring Machu Picchu with optional hike

Activity Level: Touring: easy, hike: strenuous

Activity Length: 2-5 hours exploring and optional 2-3 hour

strenuous hike; Machu Picchu is at 7,972' elevation



WHAT IS INCLUDED?

NOT INCLUDED

- Pre-departure briefing: You will meet your guide and group in our office for an orientation before your trek. At this time, we will provide you with the duffle bags which will be carried by our horses. The meeting will be at 6:00 PM the evening before the trip begins.
- **Transport:** You will be picked up from your hotel in the morning and will travel by private transportation to Challacancha, the starting point of the trek.
- **Experienced Guide:** English speaking, professionally educated, and official tour guide. Your guide will explain the culture and surroundings along the entire route, including leading your group in ancient ceremonies! He or she will keep you safe, sound, and comfortable on your trek so that you can enjoy your time worry-free!
- Personal accommodation in private campsites: Like our ancestors, we are very considerate of the Pachamama (Mother Earth). Therefore, our campsites and lodges are adapted to the environment to avoid generating negative impacts.
- Night 1: Relax on your soft bed in our state-of-the-art Sky Camp under the
  watchful eye of Apu Salkantay on one side and Apu Humantay on the
  other. Spend as many hours as you would like star-gazing through your
  elegant glass ceiling!
- Night 2: Enjoy our camping huts, made of ichu (Peruvian feather grass)
  and wood to guarantee a pleasant rest with protection during cold nights in
  the mountains. 2 people will stay in each 4-person tent inside of each
  individual hut. We provide you with a thick camping mattress free of
  charge.
- Night 3: Experience our Jungle Domes, brand new this year! In your dome, you will find a comfortable bed, twin or double (depending on your stated preferences). These domes have been ecologically designed to not interrupt the beautiful, raw surrounding landscape of the cloud forest.
- Night 4: Hostel in Aguas Calientes
- **Camping equipment:** Dining and kitchen tents, tables, chairs, and cooking equipment (all carried by the horses).
- Entry ticket to Machu Picchu Archeological Site: There are different schedules to visit Machu Picchu. It will depend of the season and the availability. If you do your reservation with the due anticipation, you will be able to visit Machu Picchu starting at 6 am but if this schedule is full, you will have a different ticket than the group.
- Basic accommodation (hostal) in Aguas Calientes: The last night of this trek is spent in a hostel in Aguas Calientes with a double or triple room, private

- bathroom, hot shower, wifi, breakfast, and luggage storage while you visit Machu Picchu.
- 1 Duffle Bag: You can put your personal luggage, up to 7 kgs (15.4 lbs), including your sleeping bag, in this bag to be carried by our horses.
- Cargo Mules: On days 1 and 2, cargo mules carry the all camping equipment and your allowance of personal baggage (7 kgs/15.4 lbs). On days 3 and 4, your luggage will be carried by car or train to your destination.
- Trekking Cook: A chef specialized in cooking on the trail, with an assistant, will prepare all of your delicious meals along the journey to replenish your energy. You will never go hungry!
- Meals: 4 Breakfasts, 4 Lunches, 4 Dinners (Vegetarian, vegan, or special menus are available at no extra cost)
- Wake up tea: Every morning at the campsite, you will woken up with a cup of coca tea! Our staff will bring the tea to your tent so that you will be warmed from inside out before you start your day.
- Tea time daily: Every afternoon before dinner, the cooks will provide popcorn, biscuits, coffee, hot chocolate, teas, hot water, etc. After a long day of hiking, you will not have to wait until dinner to relax, warm up, and enjoy a bite to eat!
- Snacks on the trail daily: Our snacks consist of local fruits, biscuits, chocolate, caramels, etc. We will give this snack to you at the beginning of each day in your cloth bag.
- One cloth snack bag per person: To avoid the usage of plastic bags that contaminate our environment, we will give you a cloth bag for your snacks.
- Products for hygiene: You will be provided with a small towel before each meal to clean your hands.
- Medical kit: Our crew will bring a 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: Private transport from Ollantaytambo train station to your hotel in Cusco (Day 5)
- 24-hour guest service: We have telephone service available 24 hours/day for ease of communication and preparation with the agency leading up to your trek.
- We will create a Memorable Lifetime Experience for you.

- Entrance fee to Salkantay Trail (S/.10 per person)
- Sleeping Bags: You can rent one from our company if you do not have your own. Our sleeping bags are effective and durable to protect from temperatures as low as -18°C (0°F). They are mummy form and include a sleeping liner. The bags are cleaned after every use and have a maximum usage of 30 trips.
- Walking Sticks: You can rent a set from our company if you would like.
- Day 1: Breakfast
- · 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.
- Option: If you feel tired after the trek to and from Llactapata, you have the option to take a train from Hidroelectrica to Aguas Calientes. (Cost: USD \$34.00)
- Additional costs or delays out of control of the management (landscape, bad weather condition, itinerary modification due to a safety concern, illness, change of government policy, political instability/strike, etc.)

#### **PAYMENT SCHEDULE BOOKING FORM**

Booking a Salkantay trek requires a deposit of 50% of the total trek price. Please note that this deposit is required to purchase train and Machu Picchu entrance tickests, all subject to availability. After your deposit and booking confirmation, your outstading balance is due when you arrive in Cusco either 48 hrs prior to departure or during your briefing session. Failure to pay any outstading balances prior to departure will result in the inability to partake in your trek. Final acceptance of any participant is subject to receipt and review of all required forms, documents, and payment.

#### **TRIP ITINERARIES**

All Salkantay Trekking hikes are subject to itinerary changes based on a variety of circumstances, including, Salkantay Trekking reserves the right to cancel or change any trip due to river, road, weather conditions, or political climate. We also reserve the right to cancel any trip due to client unsuitability because of age, ill health, poor fitness, intoxication etc.

Any missed tours due to the above listed incidences (eg weather conditions or political climate) cannot be refunded or recuperated.

The price and duration of a hiking trip will never change once you're registered. Payments are not refundable for itinerary changes or public land closures. If a trip is cancelled due to circumstances beyond our control a trip credit equal to the full amount paid will be issued.

#### **CHANGE POLICY:**

If you wish to change the date of departure/ and or route of your trek after making the reservation/deposit, there will be a \$50 per person fee to make the change, except if the change is made in the 48 hours prior to the trek, when the change will cost \$100 per person.

#### **CANCELLATION AND REFUND POLICY**

The Salkantay Trekking reserves the right to cancel trips. If this is the case a full refund of the amount paid will be given, including the deposit. The Salkantay Trekking Company is not responsible for additional expenses incurred by preparing for the trip (for example: non-refundable advance purchase air tickets, clothing, equipment, visa fees, medical expenses, etc.).

#### If you cancel or leave a multi-day trip for any reason:

- 1.- All 50% deposits needed for the confirmation of any Salkantay trek, are non-refundable and non-transferrable.
- 2.- Full payment is required 48 hrs prior to departure. In case of not being able to make full payment
  within said time frame, an alternative payment system must be arranged and coordinated. Failure to
  do either of the above can result in CANCELLATION of your tour.
- 3.- In case of delayed arrivals to Cusco (due to delayed flights, buses etc.), Salkantay Trekking
  assumes no responsibility for missed tours or trek departures. Salkantay Trekking staff will do their
  best to accommodate and make the required modifications. However, all additional costs for such
  modifications will not be included in the original trek price.
- 4.- Trek cancellations as a result of illness, missed flights and any other reason made within 48 hours
  of the scheduled trek departure, are considered NO-SHOWS and will be subject to full payment AND
  no refunds.
- 5.- In case of sickness while on the trail, emergency costs for transportation, etc. are not included.
- 6.- For any Inca Trail reservation (i.e. Inca Trail 2D, Inca Trail 4D, Salkantay + Inca Trail 7D and Inca
  Trail 6D), cancellations, whether ahead of time or last minute, are considered NO-SHOWS and the
  full trek price will need to be paid.

#### **MEDICAL RELEASES**

We require medical releases for prospective guests over 70 years of age and for various circumstances such as history of cardiovascular disease, chronic illness, and other conditions and factors.

Let know to the guides if you consume any medical tab, pill or chronic illness to prevent the any accident or emergency case, if you have the first aid kit bring for the trail will be very useful for member's hikers.

#### **TRAVEL INSURANCE**

For your protection, we strongly recommend the purchase of travel insurance. Travel insurance provides you with trip cancellation or interruption, travel delay, medical expenses, emergency assistance, baggage and baggage delay coverage to protect your financial investment. Medical coverage purchased with your policy will also satisfy our requirement for health insurance.

#### **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 dished and caring the entire ingredient, let's remember the menu is make by the expert Andean nutritionist, the local dishes are very nutritive and have a lot carbohydrate good for trek.

Every chef prepares different meals depending on what food is available as well using the families recipe to make more tasted 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 varieties of the local dishes to make special and unforgettable trips, who are the responsible on the food preparing are expert mountaineers cooks, some of our customers rates the meals provide on the mountain is much better 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 professionals 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 tasted 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 stimulate 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 benefice 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/165lb for your gear.

