



**Salkantay**  
TREKKING  
Trek & Expeditions Specialists

# SALKANTAY TREK

THE SAVAGE MOUNTAIN TREK TO MACHU PICCHU

*The grand andean experience*





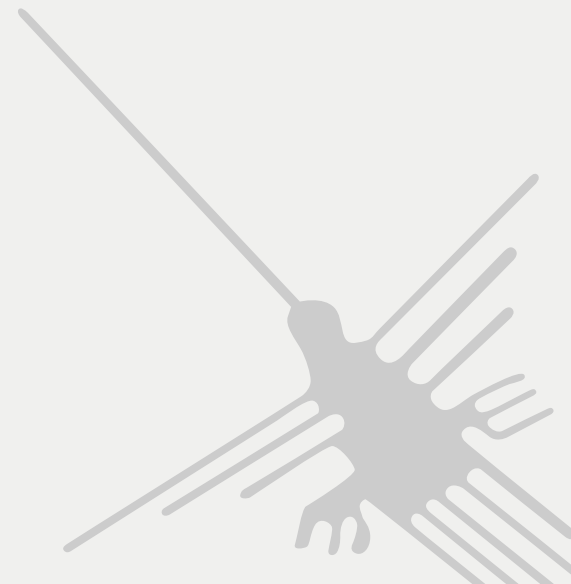


# The grand andean experience

## DESCRIPTION

The Salkantay trek to Machu Picchu is one of the most famous treks in Cusco and it is undoubtedly the best alternative route to experience the original Inca paths. This trek takes you through many different types of landscapes. You will have the best opportunity to see the typical Andean landscape up to the snowcapped mountains, down to the tropical forests and finally even venture into the dense

jungle. If you are thinking to do a hiking trip to Machu Picchu and you want to be off the beaten path, close to the Andean communities and appreciate the beautiful and diverse nature of Peru, the Salkantay Trek is highly recommended.





# ITINERARY

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## SALKANTAY TREK TO MACHU PICCHU

4 Days | 3 Nights

### DAY 1

CUSCO - MOLLEPATA – CHALLACANCHA –  
SORAYPAMPA (HUMANTAY LAKE)

### DAY 2

SORAYPAMPA - SALKANTAY PASS -  
WAYRACMACHAY - CHAULLAY

### DAY 3

CHAULLAY - LA PLAYA - SANTA TERESA -  
HYDROELECTRIC - AGUAS CALIENTES

### DAY 4

THE MOST IMPORTANT DAY – MACHU PICCHU!



LOCATION	ALTITUDE		DISTANCE		TIMES
	FEET	METERS	MILES	KM	
Cusco	11,021	3,360			
Cusco – Izcuchaca	11,008	3,356	17	27	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			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
Lake Humantay – Soraypampa	12,690	3,869	1	2	Trek: 1h 30m
Soraypampa – Salkantay Pampa	13,625	4,154	2	3	Trek: 1h 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 – Huayracmachay	12,812	3,906	2	3	Trek: 1h
Huayracmachay – Rayampata	11,460	3,494	3	4	Trek: 1h 30m
Rayampata – Chawllay	9,414	2,870	3	5	Trek: 2h 30m
Chawllay – Wiñaypocco	8,246	2,514	5	8	Trek: 3h
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
Lucmabamba – Llactapata (Machu Picchu view point)	8,974	2,736	3	5	Trek: 3h 15m
Llactapata Pass – Hydroelectric (Train Station)	5,809	1,771	4	7	Trek: 2h 30m
Hydroelectric (Train Station) – Aguas Calientes	6,232	1,900	6	10	Trek: 3h
Aguas Calientes – Machu Picchu	7,872	2,400	5	9	Trek: 1h 30m
Aguas Calientes – Ollantaytambo	8,950	2,750	18	30	
Ollantaytambo – Cusco Hotel	11,021	3,360	44	71	

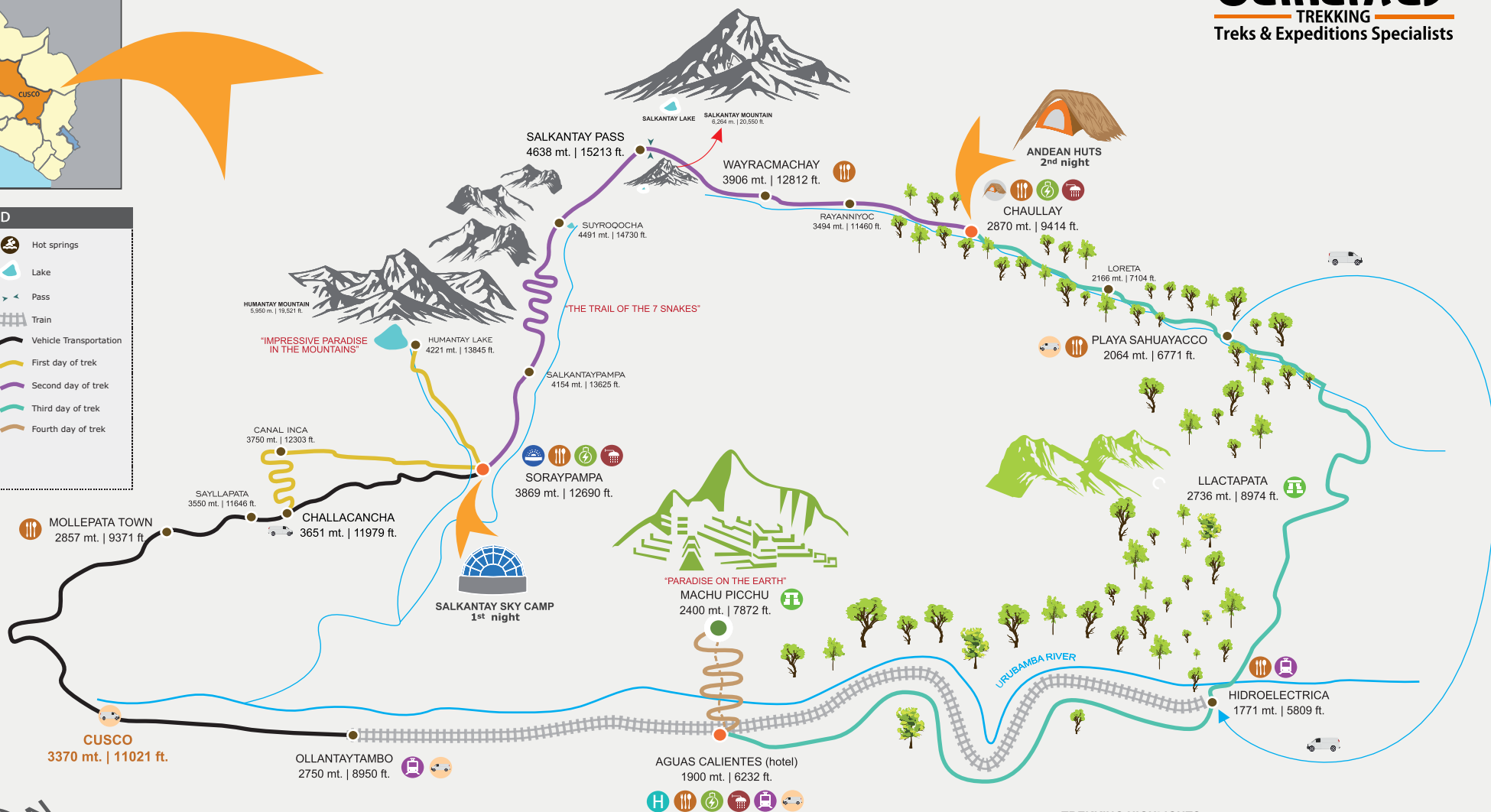
# MAP | ROUTE



## SALKANTAY THE SAVAGE MOUNTAIN TREK TO MACHU PICCHU

**Salkantay**  
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LEGEND	
	Start
	Sky Camp
	Andean Huts
	Lunch & rest area
	Hotel
	Train
	Archaeological site
	Electric power
	Shower
	Hot springs
	Lake
	Pass
	Train
	Vehicle Transportation
	First day of trek
	Second day of trek
	Third day of trek
	Fourth day of trek



### TREKKING HIGHLIGHTS

- DAY 1:** Cusco - Mollepata - Challacancha - Soraypampa (Humantay Lake) (12 km. approx.)
- DAY 2:** Sky Camp | Salkantay Pass - Wayracpunku - Chaullay (22 km. approx.)
- DAY 3:** Andean Huts | Chaullay - La Playa - Santa Teresa - Hidroelectric - Aguas Calientes (26 km. approx.)
- DAY 4:** Machu Picchu | The Most Important Day - Machu Picchu! (13 km. approx.)



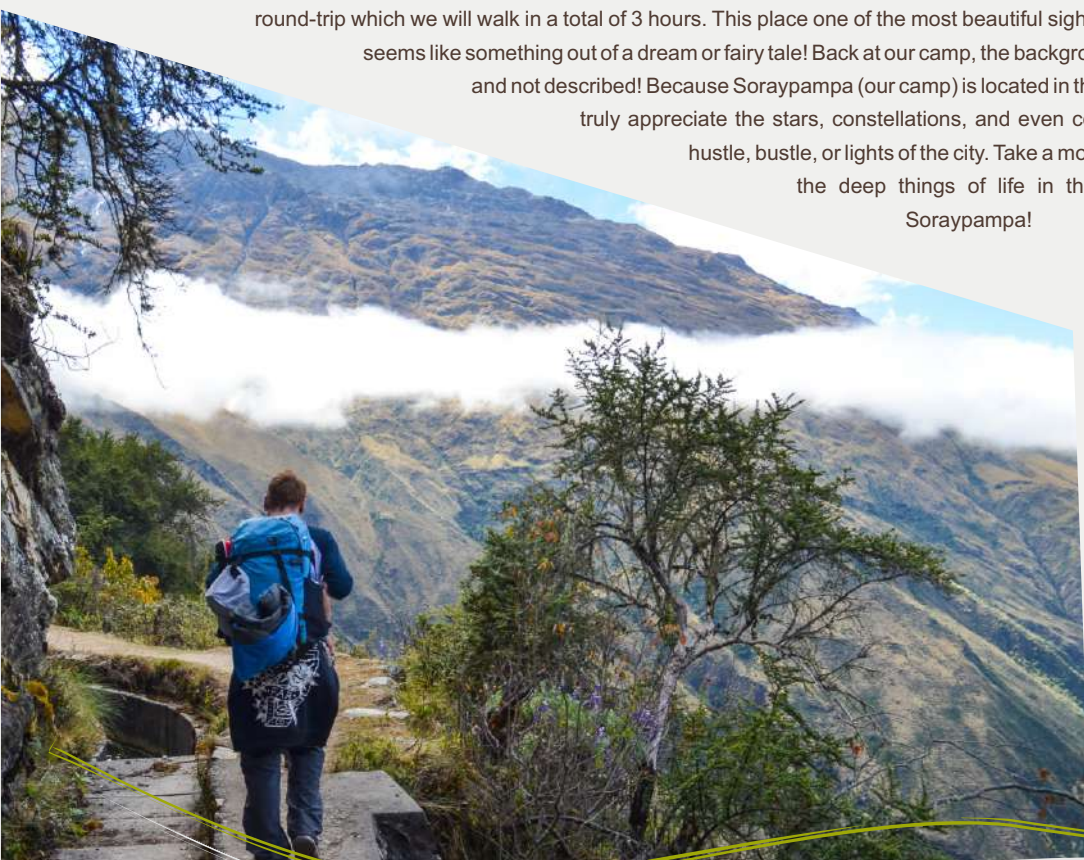
CUSCO - MOLLEPATA – CHALLACANCHA – SORAYPAMPA (HUMANTAY LAKE)

<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 from your hotel at approx 04:00 AM. We will drive for around 4 hours, crossing Anta and Mollepata and ending up at Challacancha. 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 - SALKANTAY PASS - WAYRACMACHAY - 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 & afternoon tea time)

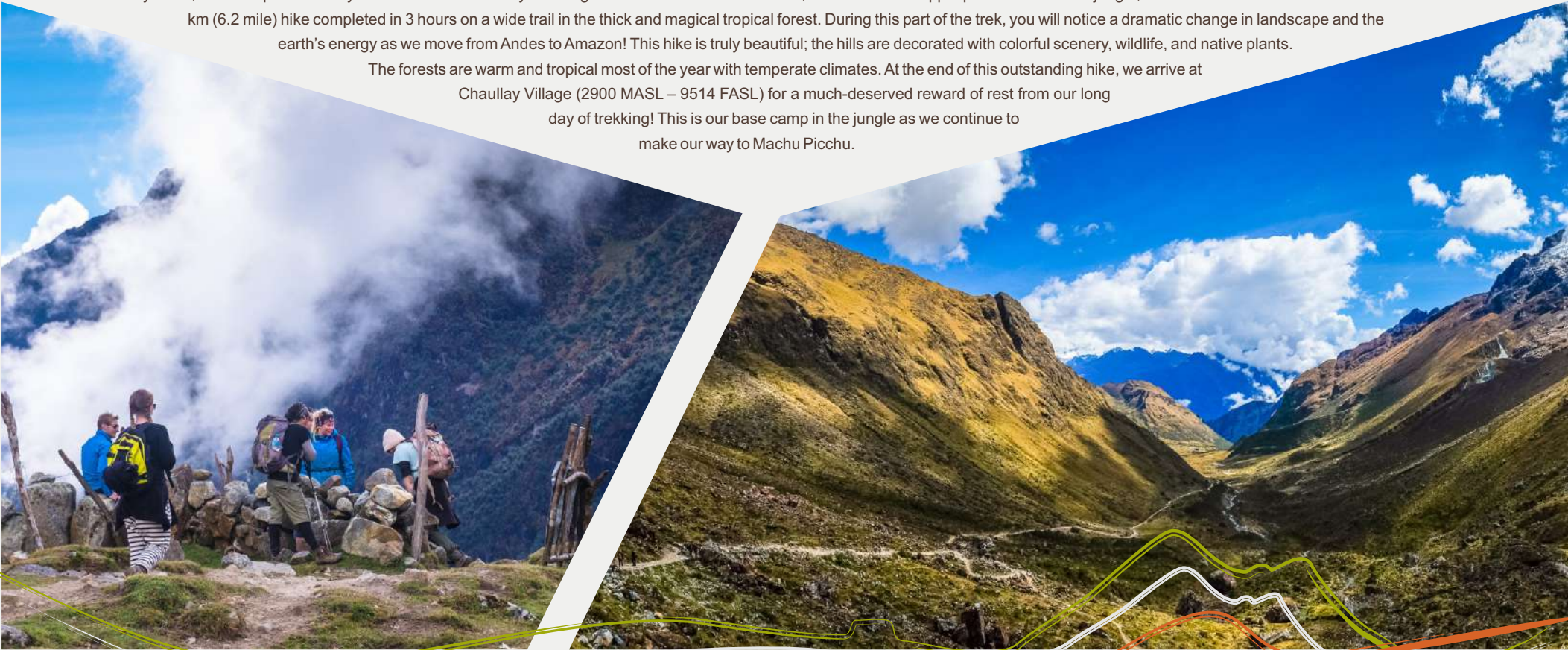
**Accommodation:** Wooden Camping CHOZAS

**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 the way down, there is a perfect valley outlook that is absolutely stunning! In the afternoon after our meal, we will enter the upper part of the Amazon jungle, which is also called "the cloud forest". This is a 10 km (6.2 mile) hike completed in 3 hours on a wide trail in the thick and magical tropical forest. During this part of the trek, you will notice a dramatic change in landscape and the earth's energy as we move from Andes to Amazon! This hike is truly beautiful; the hills are decorated with colorful scenery, wildlife, and native plants.

The forests are warm and tropical most of the year with temperate climates. At the end of this outstanding hike, we arrive at Chaullay Village (2900 MASL – 9514 FASL) for a much-deserved reward of rest from our long day of trekking! This is our base camp in the jungle as we continue to make our way to Machu Picchu.





## CHAULLAY - LA PLAYA - SANTA TERESA - HYDROELECTRIC - AGUAS CALIENTES

**Walking Distance** – 26km / 16.1 Miles

**Starting Elevation** – 2750 meters ASL / 9022 feet ASL

**Campsite Elevation** – 1600 meters ASL / 5249 feet ASL

**Difficulty:** Easy

**Meals:** Breakfast, Lunch, Dinner (Plus snacks)

**Accommodation:** Hostel

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

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.

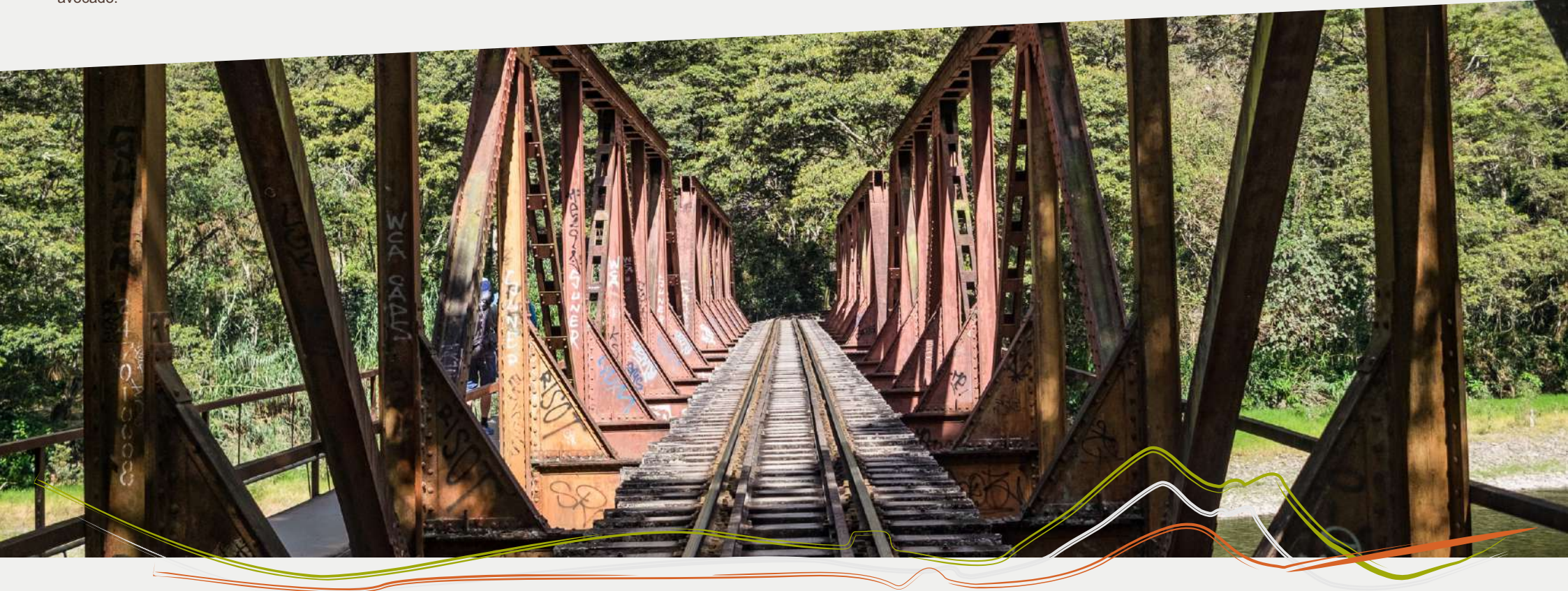
You can taste the famous passion fruit and granadilla fruit along the way! We will see a village called Colpapampa, also called the “brow of the cloud forest,” where waterfalls, birds, hot springs, fruit-bearing trees, and flora and fauna can be observed. If we are lucky, we will even be able to see the beautiful bird called “**The Cock of the Rocks**,” the national bird of Peru!

After a hearty lunch at La Playa, we will take local transportation to **the Hidroelectrica train station**.

**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. There is a nice path next to the tracks 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!

Once in Aguas Calientes, you can rest a bit before dinner or walk around this alluring place that has the feel of a California Gold Rush town. There are no cars in Aguas Calientes, so it is an especially peaceful place to be. At 7:00 PM, we will have dinner at a local restaurant. All the expenses in Aguas Calientes are covered by the company, including breakfast, lunch, dinner, and the overnight stay at our hostel. In your luxury room, you will have a private bathroom, hot shower, wifi, breakfast in the morning, and luggage storage while you visit Machu Picchu.





## 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

**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 site before most other tourists – even the Inca Trail trekkers!! 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 Sun Gate (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 at our hostel to beat the crowds to the top of Machu Picchu and enjoy its serenity in the soft morning light. The Machu Picchu entrance check point is open from 06:00 AM until 17:00 PM. We will hike up to Machupicchu (a bus ride is optional for \$12.00) 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 more than 7 hours before hiking back down to Aguas Calientes for the train ride at 16:22 hrs (subject to availability) 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!

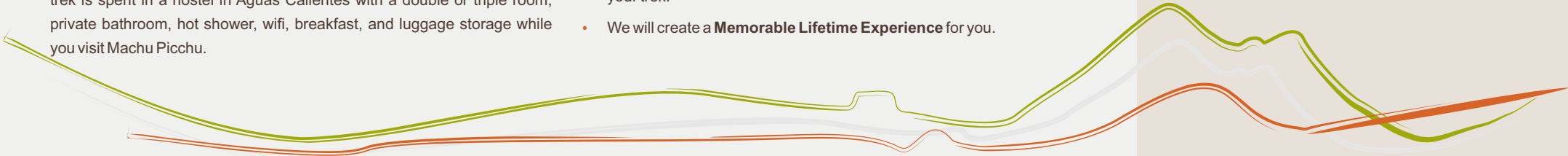




- **Pre-departure briefing:** You will meet your guide and group in our office for an orientation before your trek. At this time, we will provide you with the duffle bags which will be carried by our horses. The meeting will be at 6:00 PM the evening before the trip begins.
- **Transport:** You will 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:** 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:** 3 Breakfasts, 3 Lunches, 3 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 4)
- **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 (\$/.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 La Playa (Day 3), 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.

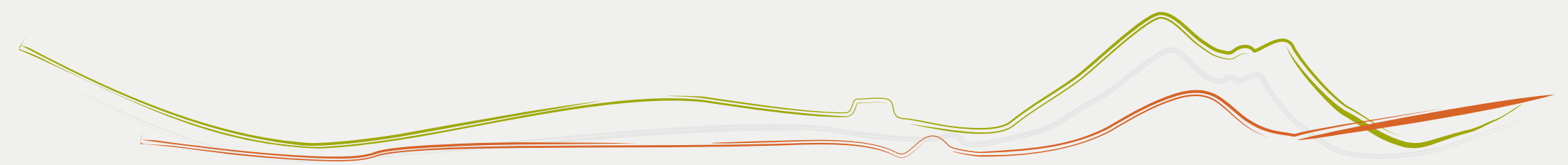
MEDICAL RELEASES

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.

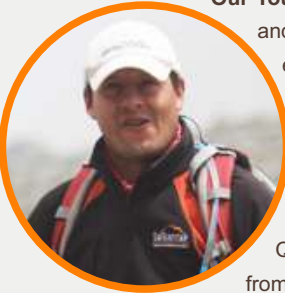
TRAVEL INSURANCE

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 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

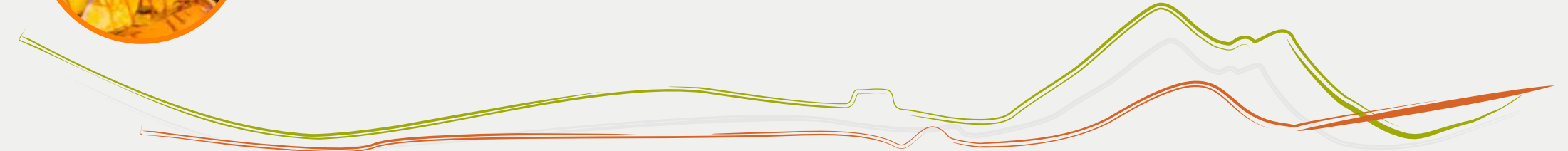
All the Horseman are from **Mollepata town** the starting point to the trek, we employed to the responsible and serious people to do a great job in transporting all the crew items along the trail using the mules are in charge of all our gear and will always await us within the safe and comfortable camp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



Our horsemen are happy working on the company with reasonable salaries and received benefits of the company on the end of the season, horseman can be very helpful in 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.







**Salkantay**  
TREKKING  
Treks & Expeditions Specialists

# CUSCO

*Imperial city of the Incas*

