



Salkantay
TREKKING
Treks & Expeditions Specialists

LARES TREK

THE BLUE TREK OF THE SACRED VALLEY

The great Andean experience





Millenary textiles, waterfalls and lakes

DESCRIPTION

The trek from **Lares to Machu Picchu** of 4 days will provide you with a magical and breathtaking experience that you'll never forget. Along the trail, you'll find **rivers, lakes**, waterfalls and impressive views of snow-capped peaks of the Andes mountain range. If you're interested in Andean culture, this trail will be the best option for you. You'll see various countryside communities who raise llamas and alpacas and also keep tradition alive through their sophisticated

weavings. Textile art from these communities is truly impressive! Take advantage of this opportunity to make new friends and open your mind. The path is intense, but not as much as others. The rivers will roar by your side, and impressive waterfalls will appear in front of you to help you relax and catch you by surprise. You'll also see eye-like ponds of all colors: blue, green, turquoise, yellow. After this magical experience in the mountains, you'll finish your trek with a

visit to one of the Seven Wonders of the Modern World: the historical sanctuary of **Machu Picchu**.

ITINERARY

LARES TREK TO MACHU PICCHU

4 Days | 3 Nights

DAY 1

CUSCO | AGUAS TERMALES OF LARES-
QUISWARANI

DAY 2

QUISWARANI | ABRA PACHACÚTEC-CANCHA
CANCHA

DAY 3

CANCHA CANCHA | HUARÁN-MARAS SALT
MINES-OLLANTAYTAMBO-AGUAS CALIENTES

DAY 4

THE MOST IMPORTANT DAY: MACHU PICCHU!



CUSCO | AGUAS TERMALES OF LARES-QUISWARANI

Distance: 9 km / 5.6 miles

Trekking time: About 5 hours

Starting altitude: 3,100 MASL / 10,170 FASL

Maximum altitude: 4,400 MASL / 14,435 FASL

Lodging type: Campsite

Lodging altitude: 3,850 MASL / 12,631 FASL

Difficulty: Moderate

Meals: Breakfast, lunch, dinner; besides that, snacks and tea time in the afternoon

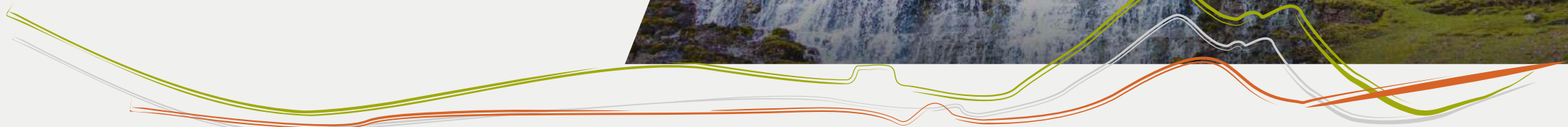
The most amazing parts of the day: Traversing the beautiful Sacred Valley of the Incas. Taking a dip in the hot springs of Lares, and taking advantage of its medicinal properties. Being surprised by the precious lakes and impressive waterfalls. Getting to know more of the Andean culture.

We'll pick you up from your hotel at 5:00 AM to start our fantastic adventure. You'll be able to see how the city of Cusco wakes up while we go toward the Sacred Valley of the Incas. After an hour of driving, we'll stop in Calca to visit the local market. There, you'll see a bit of the Andean culture and will be able to buy some last-minute things: snacks, fruit, water, etc. We'll continue our journey for 2 more hours to arrive at the hot springs of Lares where we'll be spoiled by an energizing breakfast accompanied by the mountains. Then will come the time for a dip in the waters. This recreational complex possesses various pools of different temperatures. The smallest are very hot. Be careful getting in! The volcanic water of these pools is medicinal and helps in treatment of bone and muscle illnesses. It also helps with stress and headaches. After spending a few minutes in the waters, we'll get back in the car to go to Punta Carretera (3,300 MASL / 10,827 FASL). Here, we'll have a meeting with our trekking team who will accompany us on the excursion. The porters will carry your luggage with the horses and will wait for you at each campsite. The only thing left for you is to enjoy the trek! The Lares trail won't disappoint. Soon, you'll find yourself in front of the impressive waterfall of Pacchayocc, a true gift of nature. We'll continue about 2 more hours until we get to an area filled with lakes. There, we'll enjoy a delicious lunch prepared by our chef.

We'll continue with our trek and arrive at the highest point on the trail for the day, the Willkikasa Pass (4,400 MASL / 14,435 FASL). Take it easy; altitude sickness is a serious thing! From here, you'll just have to go downhill an hour and a half to our campsite in Quiswarani.

In Quiswarani, you'll have enough time to explore the town and visit some of the houses there. You'll learn about the lifestyle and traditions of the people from this part of the world. We'll also be able to visit the school where boys and girls speak Quechua, their mother tongue. If you'd like, you can bring toys, notebooks or other school supplies to share with them.

We'll enjoy hot drinks while the sky darkens and the stars begin to appear. Finally, we'll have dinner prepared in this same place. You'll be able to stargaze and then take refuge in your tent to rest.



QUISWARANI | ABRA PACHACÚTEC-CANCHA CANCHA

Distance: 13.5 km / 8.4 miles

Trekking time: About 8 hours

Starting altitude: 3,850 MASL / 12,631 FASL

Maximum altitude: 4,700 MASL / 15,419 FASL

Lodging type: Campsite

Lodging altitude: 3,900 MASL / 12,795 FASL

Difficulty: Challenging

Meals: Breakfast, lunch, dinner; besides that, snacks and tea time in the afternoon



The most amazing parts of the day: Seeing the surprising valley of Quiswarani. Touching the clouds at the Pachacútec Pass. Letting the power of the Qanchispaccha waterfall clean your internal energy. Being submerged in Andean culture and making new friends.

Today, we'll wake up around 5:30 AM, being offered hot drinks. At this time, people from the town will already be taking their llamas and alpacas out to graze. Breakfast will be served as soon as we finish getting the luggage ready to go. We'll fill our water bottles and receive snacks to start the day strengthened for the trail. There will be 3-4 hours of ascent toward the highest point of the entire trek: the Pachacútec Pass (4,700 MASL / 15,419 FASL). We'll hike upward in zigzag to lessen the strain due to the altitude. The landscapes of this place are surprising. You'll see the beautiful lake of Palcoyo and the impressive Qanchispaccha waterfall. If you feel bad or too tired, don't worry, we'll always have an emergency horse available. We'll find ourselves above the clouds once we get to the Pachacútec Pass. From there, the 360 degree view is truly astounding. In front of you, you'll see the majestic mountains of Pitusiray and Qolqe Cruz. Take advantage of this point to take amazing photos because we'll soon start going downhill! We'll start a one-hour descent down the slope to a place where we'll enjoy our lunch. Recuperate your energy, you'll still need to walk 3 more hours! Our campsite is found in the town of Cancha Cancha (3,900 MASL / 12,795 FASL). Here, 85% of the houses are made with traditional techniques and materials: stone walls and thatched roofs. Since our support team will be in charge of setting up the tents, you'll have time to spend with the local people. After that, your guide will take you to one of the community houses to learn about their lifestyle. You'll be able to see guinea pigs being raised and learn about traditional, hand-made textiles made of alpaca and llama wool. In the afternoon, you'll enjoy hot drinks and dinner.

CANCHA CANCHA | HUARÁN-MARAS SALT MINES-OLLANTAYTAMBO-AGUAS CALIENTES

Distance: 9 km / 5.6 miles

Trekking time: About 4 hours

Starting altitude: 3,900 MASL / 12,795 FASL

Maximum altitude: 3,900 MASL / 12,795 FASL

Lodging type: Hotel

Lodging altitude: 2,000 MASL / 6,562 FASL

Difficulty: Easy

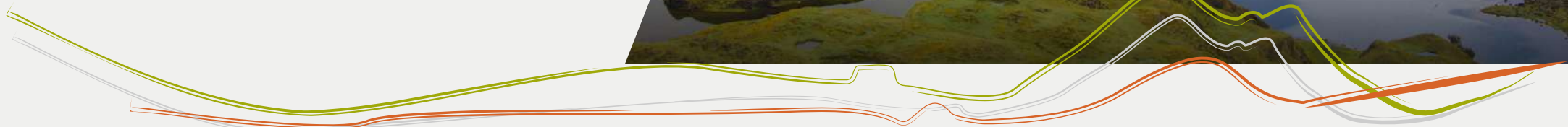
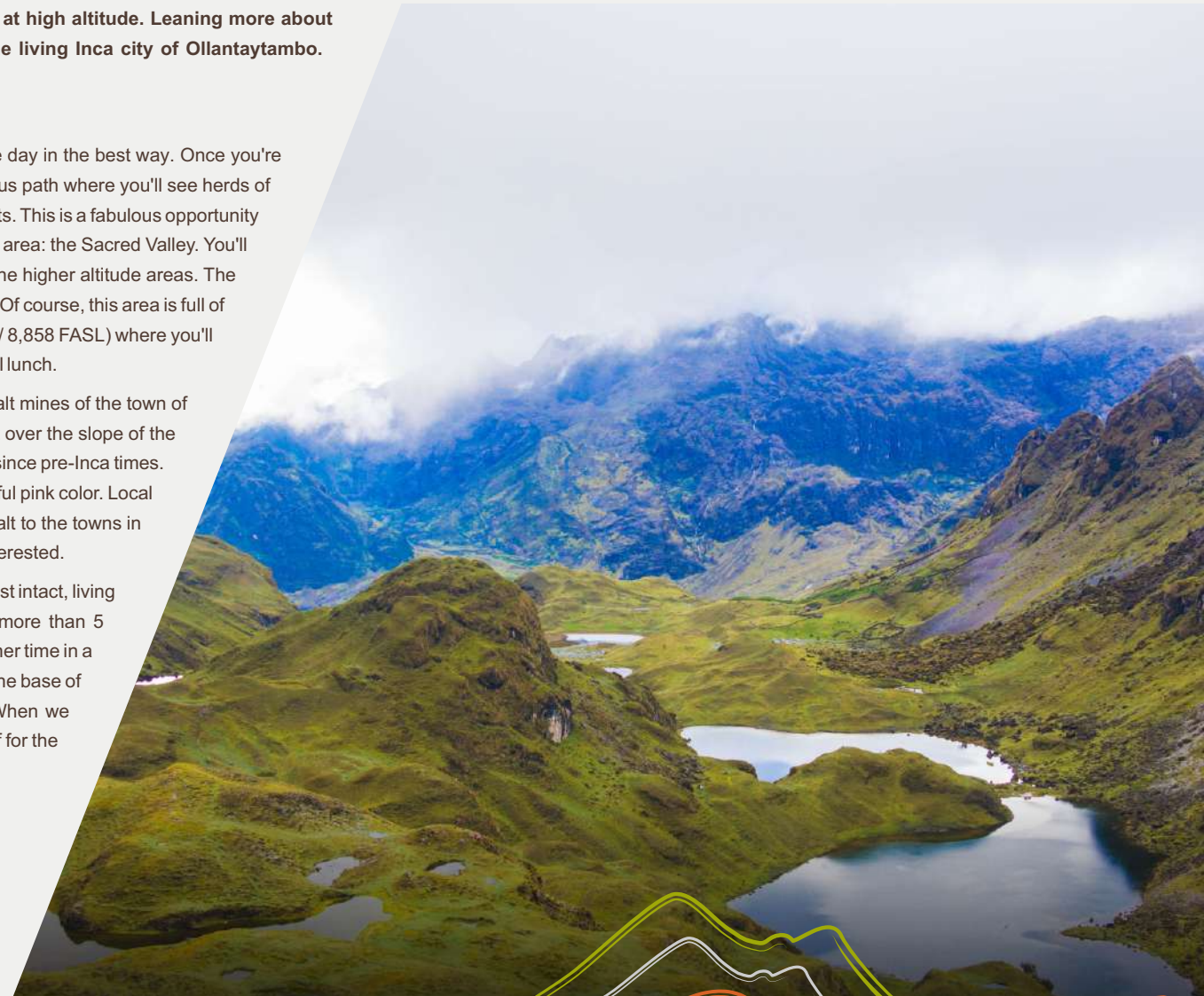
Meals: Breakfast, lunch, dinner; besides that, snacks

The most amazing parts of the day: Seeing the work of the shepherds who live at high altitude. Learning more about ancient Inca agriculture. Being surprised by the pink salt of Maras. Visiting the living Inca city of Ollantaytambo. Relaxing in the town of Aguas Calientes and preparing to go to Machu Picchu.

Just like every morning, our trekking team will wake you up with a hot drink to start the day in the best way. Once you're prepared, you'll start the last leg of the trek. We'll walk 4 hours downhill along a gorgeous path where you'll see herds of llamas and alpacas again. We'll pass by fields of potatoes, haba beans and other products. This is a fabulous opportunity to learn more about Andean agricultural techniques. We'll start descending to a warmer area: the Sacred Valley. You'll feel the changes between micro-climates and will see different crops than you saw in the higher altitude areas. The Sacred Valley cultivates corn, quinoa, kiwi, peaches, avocados and other types of fruits. Of course, this area is full of history and Inca culture. We'll finish the tour in a small town called Huarán (2,700 MASL / 8,858 FASL) where you'll say goodbye to the trekking team and the horses. Here, you'll enjoy a delicious, nutritional lunch.

In Huarán, transportation will be waiting for us to go through the Sacred Valley to the salt mines of the town of Maras. Here, at 3,380 MASL / 11,089 FASL, a salty spring of water flows and spills out over the slope of the mountain. You'll be able to see 3,000 small evaporation chambers that have been used since pre-Inca times. This salt has curative properties due to the minerals it contains and which turn it a beautiful pink color. Local families possess every one of these chambers and support themselves by supplying salt to the towns in this zone. There's a small shop there where you can buy some of the pink salt, if you're interested.

After visiting the salt mines, the van will take us 45 minutes away to Ollantaytambo, the last intact, living Inca town that exists. There, you'll see water canals, as well as houses and walls more than 5 centuries old. Your guide will drive around so you can see more of this small city until dinner time in a local restaurant. We'll board the train at 7:00 PM for Aguas Calientes, the town found at the base of Machu Picchu. Remember that train schedules can vary depending on availability. When we arrive to Aguas Calientes, you'll be registered at a hotel. Now relax and prepare yourself for the most astounding day of the whole trip.



THE MOST IMPORTANT DAY: MACHU PICCHU!

Distance: 6 km / 3.72 miles

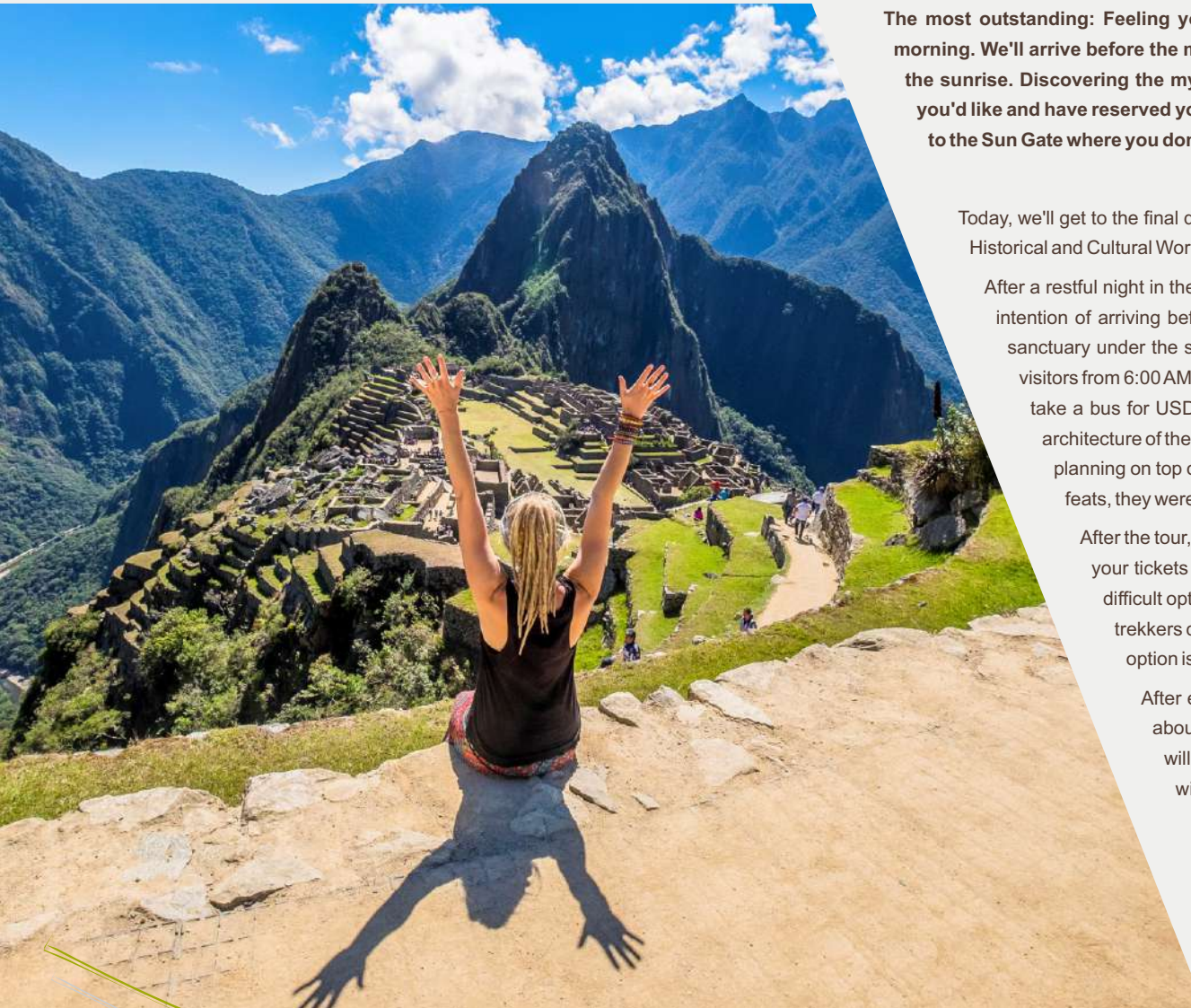
Trekking time: About 2 hours

Starting altitude: 1,900 MASL / 6,232 FASL

Maximum altitude: 2,400 MASL / 7,872 FASL

Difficulty: Moderate to challenging

Meals: Boxed breakfast



The most outstanding: Feeling your heart accelerate as you walk closer and closer to Machu Picchu early in the morning. We'll arrive before the majority of other tourists! Exploring this sacred wonder of the world while you enjoy the sunrise. Discovering the mysteries of Machu Picchu with your professional guides in a two-hour tour. Next, if you'd like and have reserved your tickets in advance, hiking up Wayna Picchu or Machu Picchu mountain or walking to the Sun Gate where you don't need extra tickets.

Today, we'll get to the final destination of our trek. Machu Picchu, one of the Seven Wonders of the Modern World and Historical and Cultural World Heritage Site.

After a restful night in the hotel, we'll get up very early to go to the archeological complex of Machu Picchu with the intention of arriving before the majority of the tourists. In this way, you'll be able to enjoy a serene view of this sanctuary under the smooth light of the morning. The control point in the entrance of Machu Picchu is open to visitors from 6:00 AM until 5:00 PM. It's important to know that this trek is challenging, and there's also an option to take a bus for USD \$12.00 extra. There, we'll have a 2-hour guided tour around the entire ancient city. The architecture of the Incas is truly surprising! The Incas were able to construct a safe, sustainable city with excellent planning on top of the mountains thanks to their deep relationship with the surrounding nature. Among other feats, they were able to distribute water to the whole population through canals!

After the tour, you'll be able to hike Huayna Picchu or Machu Picchu mountain. For this, be sure to reserve your tickets in advance. It takes about 3 hours round-trip to hike either one of these mountains. A less difficult option for which you don't need an extra ticket is to walk to the Sun Gate, the main entrance for trekkers coming from the Inca Trail. This hike takes about 2 to 2.5 hours round-trip. Another interesting option is to walk to the Inca Bridge.

After enjoying the magic of this city-state, you'll return to the town of Aguas Calientes where, at about 4:22 PM (subject to availability), we'll take the train to go back to Ollantaytambo. This trip will take 2 hours. In Ollantaytambo, we'll get on a bus to take us back to Cusco. Arrival to the city will be at about 9:00 PM.

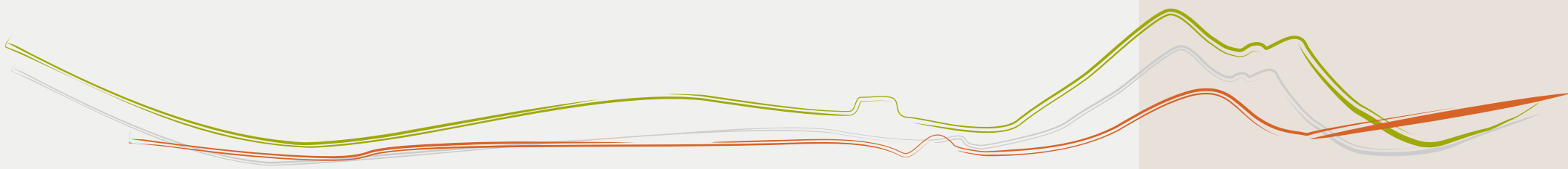
We've finished this vibrant adventure, and now you can rest your body. However, we assure you that your heart will keep beating in joy for weeks, years or maybe eternally.

- **Informative session before departure (Briefing):** You'll meet your guide and group that will accompany you in this informative session before your trek. The meeting will take place the night before your trip at 6:00 PM in our office (Calle Triunfo 392, office 212, second floor, Centro Artesanal Arte Inca. Click here to see the map).
- **Transportation:** Cusco-Punta carretera / Huarán-Ollantaytambo-Aguas Calientes-Ollantaytambo-Cusco
- **Qualified guides:** Our guides have dominion of English and Spanish, professional education and official certification. They will explain to you about the history, culture and environment along the trail, as well as lead the group in ancestral rituals and ceremonies. They'll also take care of your safety, health and comfort during the trip so you can enjoy the trek worry-free.
- **Lodging in campsites:** We have a series of campsites that offer you true comfort. Besides that, just like our ancestors, we have a profound link of affection and respect for our Mother Earth, and because of this, we are insistent that our campsites don't generate negative environmental affects. Remember that the accommodations are double and shared.
- **Camping equipment:** We have tents for cooking and eating, as well as tables, chairs and complete kitchen equipment. All of this is transported by horses.
- **Entrance ticket to the archeological complex of Machu Picchu**
- **Hotel in the town of Aguas Calientes:** During the last night of the trek, you'll spend the night in a shared room with private bathroom, hot water, wi-fi, boxed breakfast and luggage storage while you visit Machu Picchu.
- **1 duffle bag:** There, you can carry your personal belongings (including your sleeping bad) up to a maximum weight of 7 kg / 15 lbs.
- **Pack mules:** Our pack mules will transport all camping equipment, as well as your personal luggage in the canvas bag.
- **Cooking services:** A specialized trekking chef, along with his assistant, will prepare you delicious dished of Peruvian cuisine along the way so

you can replenish your energies. You'll never be hungry!

- **Meals:** 3 breakfasts, 3 lunches and 3 dinners. Special menus such as vegetarian or vegan meals are available without additional costs.
- **Morning tea:** Every morning in our campsites, you'll enjoy a cup of hot coca tea as soon as you wake up. It will be an excellent way to start the day.
- **Tea time:** In our campsites, we'll serve you popcorn, cookies, coffee, chocolate, tea, hot water, etc. After a long day of hiking, you won't have to wait until dinner to fill your stomach.
- **Snacks (Days 1, 2 & 3):** We'll offer you delicious snacks in a cloth bag: local fruits, cookies, chocolates, candy, etc.
- **1 cloth bag:** As we've already mentioned, we'll give you a cloth bag to carry your snacks. In this way, we avoid using plastic bags, which contaminate our environment.
- **First-aid kit:** We have a the necessary materials ready for any minor incident.
- Oxygen bottle
- **Trail tickets:** From Aguas Calientes to Ollantaytambo at about 4:22 PM, depending on the availability

- **Sleeping bag:** However, you can rent one from us. We have sleeping bags that will protect from down to -18 °C (0 °F).
- **Trekking poles:** You can also rent these from us.
- **Lunch and dinner on the last day**
- **Clothing and personal equipment**
- **Travel insurance**
- **Tips for our team:** Keep in mind that our personnel receive payment for their services, so feel free to give tips or not.
- **Bus tickets Aguas Calientes-Machu Picchu-Aguas Calientes**
- **Additional costs:** There could be additional expenses, delays or modifications of the itinerary that are outside of the responsibility of the agency, such as: bag weather conditions, security or health problems, changes in government policies, political instability, strikes, 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.

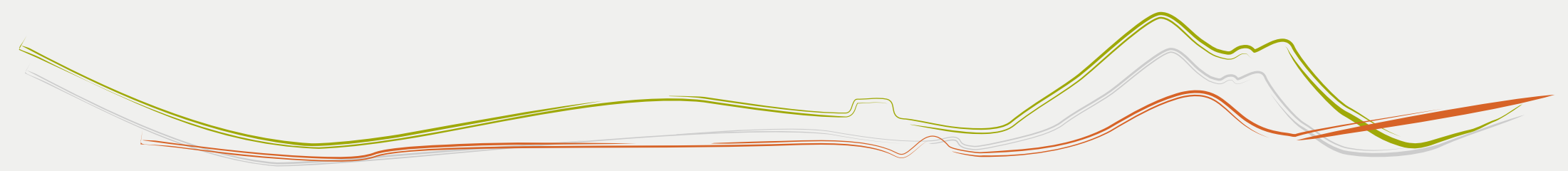
MEDICAL RELEASES

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.

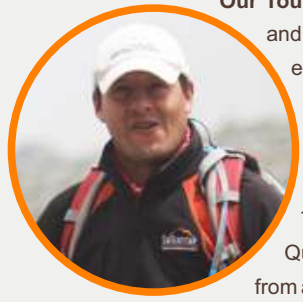
Let know to the guides if you consume any medical tab, pill or chronic illness to prevent the any accident or emergency case, if you have the first aid kit bring for the trail will be very useful for member's hikers.

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 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 of varieties of the local dishes to make special and unforgettable trips, who are responsible on the food preparing are expert mountaineers cooks, some of our customers rates the meals provided on the mountain is 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 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

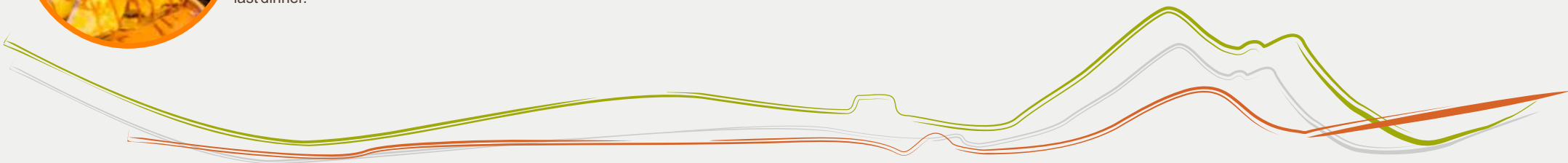


All the Horseman are from Mollepata town the starting point to the trek, we employed to the responsible and serious people to do a great job in transporting all the crew items along the trail using the mules are in charge of all our gear and will always await us within the safe and comfortable camp sites.

Our horsemen are happy working on the company with reasonable salaries and received benefits 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.





Salkantay
TREKKING
Treks & Expeditions Specialists

CUSCO

Imperial city of the Incas

