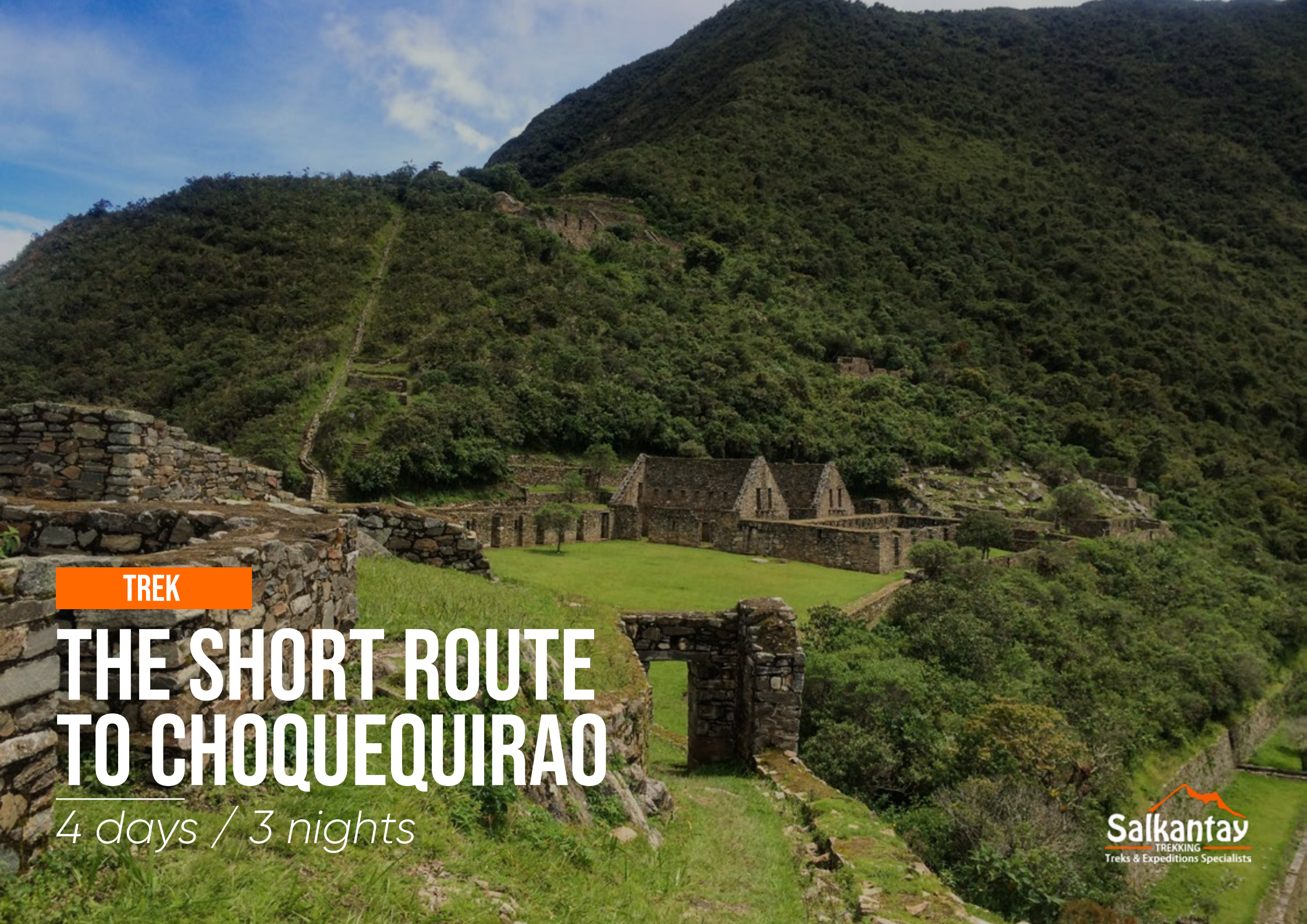

TREK

THE SHORT ROUTE TO CHOQUEQUIRAO

4 days / 3 nights

Salkantay TREKKING
Treks & Expeditions Specialists

DESCRIPTION

The Choquequirao Ultimate Challenge

If you're addicted to challenging physical activity, love nature, and are passionate about the history of ancient civilizations, this route is the perfect choice for you. Discover this off-the-beaten-path architectural jewel of the Incas on a trek that will challenge your physical and mental limits and provide you with the most epic adventure imaginable.

Choquequirao means "Cradle of Gold" in Quechua. This amazing place is located high, overlooking the Apurimac River, and is surrounded by snow-capped mountains. Because it is not as "renowned" as Machu Picchu and is only accessible by hiking, tourists hardly ever go there. But it's still magnificent and three times bigger! Join us as we discover the mysteries of this stunning site and learn why it was just recently uncovered.

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Packing List

Short Choquequirao

Trek 4 Days

Trekking Starting Point
Capuliyoc
2,890m / 9,482ft

Saywite Monolith
3,500m / 11,483ft

Capuliyoc Pass
2,890m / 9,482ft

8km-3hrs

Chiquisca
1,900m / 6,234ft

Day 3

Starting Point
Cusco
3,400m / 11,155ft

Thermal Baths
Conoc
1,780m / 5,840ft

3km-1:15hrs

4km-4:30hrs

Apurimac river

Playa Rosalinas
1,500m / 4,921ft

Santa Rosa
1,970m / 6,463ft

Day 1

4km-3hrs

Marampata
2,900m / 9,514ft

Day 2

3km-1:30hrs

Choquequirao
3,050m / 10,007ft

Qoriwayrachina
5,350m / 17,552ft

Padreyoc
5,750m / 18,864ft

- Distance / Hours
- Lunch & Rest Area
- Pass Point
- River
- Footpath
- Major Road
- Minor Road
- Raild Road

Short Choquequirao Trek

Itinerary 4 Days

Day 01: **Cusco** - Capuliyoc - Chiquisca - Playa Rosalinas - **Santa Rosa**
Day 02: **Santa Rosa** - Marampata - **Choquequirao** - Marampata
Day 03: **Marampata** - Santa Rosa - Playa Rosalinas - **Chiquisca**
Day 04: **Chiquisca** - Capuliyoc - Saywite Monolith - Conoc Thermal Baths - **Cusco**

Distance	Time	Highest Altitude	Difficulty
15km / 9.32mi	6-7 hrs.	2,890m/9,482ft	Moderate
10km / 6.21mi	6 hrs.	3,050m/10,007ft	Challenging
11km / 6.82mi	5-6 hrs.	2,900m/9,514ft	Challenging
8km / 4.97mi	4 hrs.	3,500m/11,483ft	Challenging

FULL ITINERARY

HIGHLIGHTS

- Get away from the crowds, enjoy this outstanding experience in peace, and be at one with Mother Nature.
- Trek through stunning Andean landscapes and see how they change drastically from one area to the next.
- Explore Choquequirao, the largest Inca site in existence, without many other people around.
- Hike through the stunning Apurimac landscape and see canyons, the rushing river, and snowy peaks.
- Immerse yourself in this epic trip and feel like you've been transported back in time to the last days of the Inca Empire

DAY 01

Cusco | Capuliyoc - Chiquisca -
Playa Rosalinas - Santa Rosa

1

Hike Through the Beautiful Andean Landscape and Breathe the Fresh Air

Your epic trip begins at 4:30 am when we collect you from your accommodation in Cusco and drive for five hours to Capuliyoc in our private transport. Along the way, you'll be treated to spectacular views of the Salkantay and Humantay snowy mountains.

When we arrive in Capuliyoc, you'll devour a delicious breakfast and meet the cook and horseman who'll make up your trekking team. They'll make sure your belongings arrive safely at each camp and that you're well-fed.

Once we start hiking, you'll make your way through the beautiful Apurimac landscapes through a huge valley on a 3-hour downhill walk. You'll spot two more gigantic mountains, Padreyoc and Qoriwayrachina, before we reach our lunch spot at Chiquisca.

2

3

When you're full and reenergized, we'll continue to the bottom of the valley e for another hour and fifteen minutes. Here, you'll be confronted with the rushing Apurimac River, known as "Speaking God," in Quechua. The water boasts class V rapids, making it perfect for canoeing or rafting.

Finally, we'll make the last 2-hour descent until we reach Santa Rosa (1,970 m / 6,463 ft), our first campsite. You'll enjoy a tasty dinner before heading to bed for some well-earned sleep.

4

5

6

DAY FACTS

» MEALS:
Breakfast, Lunch, and Dinner.

» ACCOMMODATION:
Camp

» DIFFICULTY:
Moderate to Challenging

» WALKING DISTANCE:
15 km / 9.32 mi

» WALKING TIME:
6-7 hours

» HIGHEST ELEVATION:
2,890 m / 9,482 ft

» CAMP ELEVATION:
1,970 m / 6,463 ft

1. *Walk through impressive landscapes in the Apurimac River canyon.*
2. *Padreyoc Snowcapped Mountain*
3. *The hike to Choquequirao is demanding but rewarding.*
4. *Chiquisca Campsite*
5. *The vegetation along the route is unique.*
6. *You will enjoy a spectacular sunset upon arrival.*

DAY 02

Santa Rosa | Marampata - Choquequirao Archaeological Complex - Marampata

1

Arrive at the Epic Choquequirao Complex

In the morning, you will be served a big breakfast to give you the energy you will need throughout the hike. Then, you will depart around 5:30 a.m. and zigzag your way up for three hours to Marampata (2,900 m / 9,514 ft.). There, you will be amazed by the incredible scenery and have the opportunity to capture some shots of the canyon and snow-capped peaks. After a brief rest and to organize your gear, you will hike for another hour and thirty minutes to the Choquequirao complex (3,050 m / 10,007 ft).

On this day, you will have the opportunity to immerse yourself in the surroundings and let the energy of this ancient site take hold of you. You will take your time and discover every part of the complex located in the deep canyon. You are probably already imagining the breathtaking scenery that awaits you. Your guide will take you around the site and teach you about the history and other interesting stories.

Choquequirao is much larger than Machu Picchu, although experts believe that only 40% is currently

2

3

discovered, so there is likely to be much more to explore in the future. You will visit plazas, temples and impressive terraces. All of this will make you wonder how the ancient civilization could have built such a feat on top of the mountains.

Don't miss some of the most important parts of the complex, such as the white stone llamas that were built to protect the important mountain overlooking the area known as Apu Qoriwayrachina. Choquequirao remains a mystery in many ways and imagine that in the coming years you will learn more. At noon, you will stop at this magnificent site to enjoy lunch.

In the afternoon, you will return to your camp at Marampata to enjoy another great dinner and rest for the night. Once the sun has set, you will notice that the night sky is filled with stars and constellations. Contemplate their meaning before going to bed.

DAY FACTS

- MEALS: **Breakfast, Lunch, and Dinner.**
- ACCOMMODATION: **Camp**
- DIFFICULTY: **Challenging**
- WALKING DISTANCE: **10 km / 6.21 mi**
- WALKING TIME: **6 hours approx.**
- HIGHEST ELEVATION: **3,050 m / 10,007 ft**
- CAMP ELEVATION: **2,900 m / 9,514 ft**

1. *Monumental archaeological complex of Choquequirao*
2. *Beginning of the final stretch*
3. *Detail of the magnificent Inca architecture*
4. *Spaces frozen in time in Choquequirao*
5. *Llama figures on the terraces of Choquequirao*
6. *The windows of Inca buildings are very characteristic.*

DAY 03

Marampata | Santa Rosa - Playa Rosalinas - Chiquisca

The great return in the midst of magnificent landscapes

You will start the day with another hearty breakfast before heading back after having enjoyed some beautiful moments during your tour of Choquequirao.

You will return along the same trail until you reach Santa Rosa (1,970 m / 6,463 ft), where you will stop to visit a local family's agricultural hacienda, where they cultivate sugar cane that is used for the preparation of Cambray, a popular liquor in the area.

After enjoying a delicious lunch and a short rest, you will continue your descent until you reach Playa

Rosalinas (1,500 m / 4921 ft), where you will cool your feet in the cold waters of the Apurimac River before starting to ascend.

You will continue the return trek, but this time you will start climbing for approximately one hour and fifteen minutes until you reach the warm Chiquisca (1,900 m / 6,234 ft), where you will spend the night and enjoy a tasty dinner while talking to your trekking companions about all the exciting things you witnessed today. You will be more than ready for bed when the time comes.

4

5

6

DAY FACTS

- MEALS: **Breakfast, Lunch, and Dinner.**
- ACCOMMODATION: **Camp**
- DIFFICULTY: **Moderate to Challenging**
- WALKING DISTANCE: **11 km / 6.82 mi**
- WALKING TIME: **7 hours approx.**
- HIGHEST ELEVATION: **3,050 m / 10.007 ft**
- CAMP ELEVATION: **1,900 m / 6,234 ft**

1. *The route goes through different ecosystems.*
2. *Majestic Apurimac River.*
3. *Arrival at Marampata.*
4. *The arid landscape reminiscent of Western films.*
5. *Last night of camping.*
6. *Breathtaking sunsets in the Peruvian Andes.*

DAY 04

Chiquisca | Capuliyoc - Saywite Monolith - Conoc Hot Springs - Cusco

1

Retrace Your Steps and Unwind in the Hot Springs of Conoc

You will enjoy a final breakfast before starting the last part of the hike to Capuliyoc, where you will say goodbye to the rest of the team. Afterwards, you will board your private transportation to visit the Saywite Monolith. Afterwards, you can relax in the Conoc hot springs and enjoy a delicious lunch.

In the afternoon, it will be time to board the private transportation back to Cusco. On the way, you will observe beautiful landscapes through the window and enjoy this last opportunity to soak in the panorama. Finally, you will be dropped off at the door of your accommodation in Cusco.

2

3

DAY FACTS

- MEALS: **Breakfast and Lunch.**
- DIFFICULTY: **Challenging**
- WALKING DISTANCE: **8 km / 4.97 mi**
- WALKING TIME: **4 hours**
- HIGHEST ELEVATION: **3,500 m / 11.483 ft**

1. *Capuliyoc Square*
2. *Enigmatic Saywuite stone.*
3. *Return to Cusco in our comfortable private transportation.*

INCLUSIONS

WHAT IS INCLUDED?

» Permits & Entrance Tickets

- Entrance Ticket for Choquequirao Trek

» High Quality Service & Safety

- Pre-departure Briefing

  You'll meet your trekking guide and group in our office for an orientation before your trek. There, we'll provide you with the duffle bags, which our horses will carry. The meeting will be at 5:00 pm the evening before the trip begins.

- Experienced Tour Guide

  English and spanish speaking official tour guide. All our guides are graduates of the professional career of Tourism of the National University San Antonio Abad of Cusco. We choose them for their professionalism, experience, responsibility, seriousness, unbridled passion for exploring, and sincere desire to proudly share in our culture and history. He or she will keep you safe, sound, and comfortable on your trek so that you can enjoy your time worry-free!

- Private Camping Equipment

  You'll have spacious dining and kitchen tents where you can enjoy your food without problems. All our equipment like tables, chairs, cooking equipment, etc., will be carried by our horses.

- Portable Travel Toilet
- One Duffle Bag

  On the trek, you can carry your personal belongings up to a maximum weight of 7 kg / 15.4 lb (this weight includes your sleeping bag).

- Inflatable mattress

  Our camping mattresses will help you sleep comfortably whilst camping!

- Medical Kit or First AID Kit

  All Salkantay Trekking guides have received specialized training in first aid. We hold mandatory training sessions with our guides every February. Your guide will always carry a first aid kit to face basic emergencies (altitude sickness, travelers' diarrhea, cuts, scrapes, etc.) as well as oxygen. If necessary, we'll evacuate you from the path as quickly as possible and ensure that you arrive at a clinic for treatment.

- Extras Included in our Service

  We believe that attention to small details is what sets us apart from other local companies. You'll receive a cover to protect your backpack on the road.

- 24/7 Customer Service

  We have telephone service available 24 hours/day for ease of communication with Salkantay Trekking leading up to your trek.

- Satellite Phone

  Our main priority will always be the tranquillity of our clients. All of our guides are prepared for emergencies in the mountains; however, being a phone call away from any doctor, hospital, or friend helps you feel more secure. For this reason, each Salkantay Trekking guide has a satellite phone that can be used anywhere on the mountain to call anywhere in the world in case of an emergency.

» Accommodation

- 3 Nights Accommodation in Tents

  Salkantay Trekking uses the best equipment to ensure your safety and comfort. Every 2 people will share Eureka Timberline or Mountain Hard Wear tents with a capacity for 4 people.

» Meals

- 4 Breakfasts, 4 Lunches, and 3 Dinners

  Our chef prepares the best dishes in the middle of the mountain. Our passengers love our food! We respect all diets (vegetarian, vegan, or special menus are available at no extra cost), so let us know if you have any particular allergies or restrictions on your reservation form and remind your guide during the briefing. You'll enjoy breakfast, lunch, and dinner, in addition to hot drinks and snacks.

- Water on the trail

  We'll provide you boiled, filtered, and cooled water during your trek. For this, you need to bring a camel bag or an empty bottle (we recommend a capacity of 2 liters).

- Wake up tea

  Every morning at the campsite, you'll be woken up with a cup of hot coca tea. Our staff will provide you the tea in your tent so that you will be warm from inside out

before you start your day.

- Tea Time or Happy Hour

  Every afternoon before dinner, the cooks will provide you popcorn, biscuits/cookies, coffee, hot chocolate, teas, hot water, etc. After a long day of hiking, you won't have to wait until dinner to relax, warm-up, and enjoy a bite to eat!

- Snacks on the trail daily

  Before starting your trekking, your tour guide will provide you a cloth bag with local fruits, cookies, chocolate, caramels, etc. Every morning, we'll refill it so that you can enjoy your snacks during the walk.

- One cloth snack bag per person

  To avoid the usage of plastic bags that contaminate our environment, we'll give you a cloth bag for your snacks.

- Hygiene Products

  You'll be provided with a small towel and soap before each meal to clean your hands.

» Transportation

- Transport
  - Day 1: You'll be picked up from your hotel in the morning and will travel in our private transportation to Capuliyoc, the trek's starting point.
  - Day 4: Once you complete the tour, we'll take you back to the door of your hotel in Cusco.
- Cargo Mules

  While trekking, cargo mules will carry all the camping equipment and your baggage allowance (7 kg / 15.4 lb). Our muleteers will be responsible for your duffle bag and personal items, and they'll hand them to you when you get to each camp.

WHAT IS NOT INCLUDED

» Sleeping Bag

You can rent one from our company if you don't have your own. Our sleeping bags are effective and durable to protect you 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.

- **US$ 20.00 per person**

» Walking Sticks

Walking Sticks (with rubber tips) can be very useful on rough terrain and for ascending and descending. You can rent a set from our company if you'd like.

- **US$ 20.00 per person**

» Day 4 Dinner in Cusco

» Hiking Clothes & Gear

» Travel Insurance

» Tips for our staff

Tipping is the norm on any excursion to Machu Picchu. Although we pay good salaries to our entire team, something extra is always welcome, especially considering the hard work they do. Typically, group participants collect their tips to hand out to the horsemen and chefs together.

» Additional costs or delays beyond our control

Landslides, bad weather conditions, itinerary modifications due to a safety concern, illness, pandemia, government policy changes, political instability, strikes, act of God, etc.

BEFORE YOU GO

We want to make your trip to Peru as memorable and as carefree as possible. In this section, you'll find the answers to all the questions you have about traveling with Salkantay Trekking in one place. Please read the following information carefully – it will help you with any questions about our services.

Have another question that we haven't answered here? Drop us a line and we will get back to you asap!

» How many days do I need to acclimate in Cusco before the Trek?

It's very important to be well acclimated to the altitude before exerting yourself on a trek. We recommend that you arrive in Cusco at least 2 or 3 days before the trek starts to help you adjust and avoid possible problems with altitude sickness while on the trek.

You might have already been in another area of Peru at a high altitude before arriving in Cusco. In that case, we still recommend you have a whole day in Cusco to rest, recover from your travel, and enjoy the sights and sounds of Cusco before departing for the trek.

Here some suggestions for activities to do in the Cusco vicinity before starting your adventure trek:

City Tour

Sacred Valley

Maras Moray

» Briefing or Informative Meeting

All information meetings and briefings are held in our main office in Cusco (or your hotel) at 5:00 pm, one night before the tour begins. These meetings last approximately 30 to 45 minutes. If you're unable to attend, you must coordinate another time by email, by phone or at the Salkantay Trekking office.

» Trek Balance Payment (in Cusco)

If you still have a pending balance, you must pay it 2 days before your hike/tour. Otherwise, your trip reservation will not be confirmed.

If possible, it would be greatly appreciated if you could settle the remaining balance for the trek/tour in cash, either in US dollars or the local currency, at our office in Cusco. You can withdraw funds from various ATMs located along Avenida Sol, offering both US dollars and Peruvian Soles. Alternatively, you have the option to pay using a credit/debit card or PAYPAL, either online or in person, but please note that a 5% service charge will be applied by our payment gateway (Niubiz) and PAYPAL. We regret to inform you that we are unable to accept bank checks or traveler's checks as forms of payment for the balance.

» Duffel Bag or Canvas Case

You'll receive a canvas case or duffel bag during your briefing. Our horses will carry them, and the horsemen will hand them to you when you get to each camp. They measure 60 x 24 x 22 cm (23.6 x 9.45 x 8.66 in).

A maximum of 7 kg / 15.4 lb is allowed for each duffel bag, including the weight of your sleeping bag, sleeping mat, clothes, and other personal items.

» Can I store my luggage at your office?

Of course! During the trip, your main luggage can be stored at our office (you can organize it with us on the briefing day or by email) or at your hotel, both free of charge.

Any equipment that you won't need on the trek can be stored safely in your hotel. Nearly every hotel will provide this service. Don't leave items of value with your bags; put them in the hotel safe and obtain an itemized receipt (in the unlikely case of theft, many insurance companies require that you have a copy of the receipt itemizing everything). It's best to put items such as credit cards inside a sealed, signed envelope for extra peace of mind.

» Pick up of guests

Salkantay Trekking can pick you up from your hotel, as long as it's in the Historical Center of Cusco. Your guide will coordinate the pickup time in the briefing session, but please keep in mind that the time may vary between 30 and 45 minutes due to traffic.

Cusco is an old city, meaning it has many narrow cobbled streets. Some hotels and Airbnbs may be located on streets without access to cars or on long, steep slopes, making it difficult to transport luggage. We strongly recommend that you book accommodation with good access.

» Group Tours

Group tours are made up of different types of people, then physical conditions and ages can vary. By agreeing to be part of a group tour, you also accept that some people may be faster or slower than you. Therefore, each person can go at their own pace on the route.

It may be the case that a group wishes to modify the tour; however, the guide will be the one who decides, after consulting with all the participants, if such modifications are possible.

» Strikes and demonstrations

Strikes and demonstrations are common in Peru, and this may interrupt some of our tours. Roads can be blocked, and train tracks can be taken over. However, we will try to keep your trip as originally planned, even if it means leaving the night before the scheduled date.

Under these circumstances, tours may also be canceled. In case of changes or cancellations, everything will be coordinated with you by our operations department. Your safety is our highest priority, and our decisions will be made to protect it.

» Lost objects

Please pay attention to where you leave your things and remember to take everything once you leave our transport, tents or restaurants. You're the only one responsible for your objects during the tour.

WHAT SHOULD YOU BRING?

» Valid Passport
» Extra money (recommended soles)
» Personal medication
» Water bottle or CamelBak - (optional water purifying pills)
» Sunblock: factor 70 or more
» Insect repellent
» Personal Care Products
» Hiking boots or shoes (preferably waterproof)
» Light footwear or sandals
» Trekking pants (*)
» Trekking socks
» Pair of thermal pants
» Shorts
» Waterproof gaiter
» Long sleeve t-shirts
» Warm jacket
» Waterproof jacket
» Raincoat or rain poncho.
» Waterproof or wool gloves
» Sun hat to protect neck and face
» Wool hat for the cold
» Neck gaiter or buff
» Sunglasses with UV protection
» Sleeping bag (-15°C)
» Trekking poles
» Medium trekking backpack (15 - 25 liter)
» Camera and charger
» Power bank
» Snacks: Energy bars, chocolate, candies, dried fruits, etc.
» Bathing suit
» Towel
» Flashlight

*It is advisable to wear waterproof pants during the rainy season (September to March).

Salkantay
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Monday to Saturday
9:00 am to 7:00 pm