



TREK

THE CLASSIC CHOQUEQUIRAO TREK

5 days / 4 nights

Salkantay
TREKKING
Treks & Expeditions Specialists



DESCRIPTION

Trek to the Last Refuge of the Incas

How does heading out on an adventure to a place just as incredible as Machu Picchu sounds but with fewer tourists? Our Classic Choquequirao Trek is just that. Join us on this epic journey to one of the most amazing Inca complexes in existence.

The name Choquequirao means "Cradle of Gold" in the Quechua language. This spectacular archaeological site is located above the furious Apurímac River and is surrounded by towering glacier peaks. Very few tourists visit it because it's not as well-known as Machu Picchu, but it's 3 times bigger! It's said to have been one of the last refugees of the Incas who tried to resist the Spanish invasion. Later, Choquequirao was abandoned, and the dense vegetation of the cloud forest ended up covering it and hiding it from civilization.

CONTENT



Map



Itinerary



Inclusions



Packing List



- DISTANCE / HOURS
- CAMPS
- LUNCH & REST AREA
- PASS POINT
- RIVER
- FOOTPATH
- MAJOR ROAD
- MINOR ROAD

DAY 01: Cusco | Capuliyoc - Chiquisca

DAY 02: Chiquisca | Playa Rosalinas - Santa Rosa - Marampata

DAY 03: Marampata | Archaeological Complex of Choquequirao - Marampata

DAY 04: Marampata - Santa Rosa - Playa Rosalinas - Chiquisca

DAY 05: Chiquisca | Capuliyoc - Saywite Monolith - Conoc Hot Springs - Cusco

FULL ITINERARY

HIGHLIGHTS

- » Escape the big crowds while you visit a site just as incredible as Machu Picchu.
- » Hike through varying landscapes in the stunning Andes.
- » Discover and explore one of the most significant Inca sites that very few people have had the privilege of seeing.
- » Immerse yourself into the adventure and feel as though you're living in the last days of the Inca empire.
- » Trek into one of the deepest canyons of Peru and Latin America, the Apurimac.
- » Enjoy some of the most beautiful scenery imaginable with unique flora and fauna to this part of the world.

DAY 01

Cusco | Cachora – Capuliyoc – Chiquisca

A day full of beautiful landscapes and fresh Andean air

We'll start our exciting adventure very early in the morning. We'll pick you up at your hotel at 4:30 am and travel on our private transport to Cachora. On the way, we'll contemplate the impressive glacier mountains of Salkantay and Humantay in the distance.

Once we get to Cachora, we'll visit the town and walk through its picturesque streets that tell us all about its rich culture. We will enjoy a nutritious and delicious breakfast. Then, we continue to Capuliyoc (2,890 m / 9,482 ft) and meet the rest of our trekking team: cooks and muleteers, who will carry our belongings all the way. After going over the last details, we will trek through the Apurimac Canyon. We will zigzag down for approximately three hours to Chiquisca (1,900 m / 6,234 ft), a beautiful hamlet full of fruit fields.



During the trail, we'll be able to contemplate the impressive scenery offered by the Apurimac Valley and appreciate the majestic flight of the condor and the impressive views of two giant glacier mountains called Padreyoc and Qoriwayrachina. As we approach deeper into the valley, the heat, the abundant vegetation, and the rhythmic sounds of the rushing Apurimac River become more noticeable.

Hours later, we'll arrive at the tropical hamlet of Chiquisca, a warm green camp in the middle of the arid mountain, where we will have dinner and spend the night.



4



5



6

DAY FACTS

- » MEALS:
Breakfast, Lunch, and Dinner.
- » ACCOMMODATION:
Camp
- » DIFFICULTY:
Moderate
- » WALKING DISTANCE:
13 km / 8.08 mi
- » CAMP ELEVATION:
1,970 m / 6,463 ft
- » HIGHEST ELEVATION:
2,890 m / 9,482 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

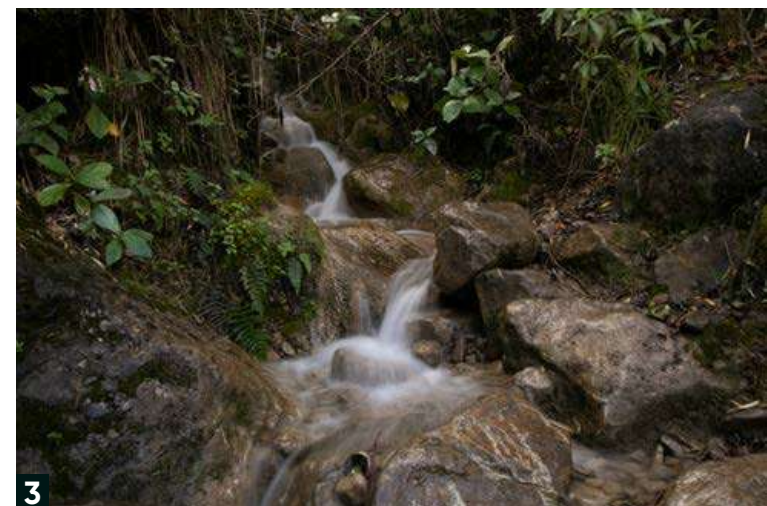
Chiquisca | Playa Rosalinas – Santa Rosa –
Marampata

Witness the beautiful sunset in the Andean sky

After enjoying a delicious breakfast to recharge your batteries, we'll continue our journey and begin our hike. A zigzagging ascent to Marampata (2,900 m / 9,514 ft) awaits us, where you can take impressive photos of the canyon and the snow-capped peaks that surround you.

We'll start with a descent of one hour and fifteen minutes to reach the deepest part of the valley known as Playa Rosalinas (1,500 m / 4,921 ft). We will cross the pedestrian bridge to begin the toughest part of our trek.

On the way, we'll make a brief stop at the hamlet of Santa Rosa (1,970 m / 6,463 ft), where you can enjoy a delicious lunch prepared by our team to recover



energy; we'll continue ascending for approximately three hours until we reach the Marampata camp. In the afternoon, you will enjoy the impressive surroundings and feel this spectacular place's energy near the citadel of Choquequirao. In addition, you will take the time to stretch your muscles and enjoy a beautiful sunset that floods the endless valleys and white glacial mountains with its soft orange light.

When it starts to get dark, we will see the beautiful sunset accompanied by a sky full of thousands of stars covering the landscape and the vegetation around us. Then it will be time to have dinner before going to bed to rest.



DAY FACTS

- » MEALS:
Breakfast, Lunch, and Dinner.
- » ACCOMMODATION:
Camp
- » DIFFICULTY:
Challenging
- » WALKING DISTANCE:
11 km / 6.82 mi
- » CAMP ELEVATION:
2,900 m / 9,514 ft
- » HIGHEST ELEVATION:
2,900 m / 9,514 ft

1. Travel through the ancient Inca trails still used by the local indigenous people.
2. The ascent to Choquequirao will test your adventurous spirit.
3. Enchanting waterfalls will beautify your hike.
4. Bridge over the Mighty Apurimac River.
5. Spectacular panoramic views of the Apurimac Canyon.
6. Feel the magic and energy of the Andes.

DAY 03

Marampata | Archaeological Complex of
Choquequirao – Marampata

Explore and discover the ancient wonder of Choquequirao

We'll start the day with a delicious breakfast that will give you a boost of energy. Then, we'll take the day to explore every detail of this incredible Inca site located in the mountains and very close to the deepest canyon of the entire South American continent. You can already imagine the incredible landscapes that surround this colossal Inca construction. We'll visit the most impressive corners of this place, and our guide will share the fascinating stories of the past and why it was built.

Choquequirao (3,050 m / 10,007 ft) is much larger than Machu Picchu, with plazas, temples, and impressive platforms that will make you constantly ponder the question: How could the Incas build this on top of the mountains? You'll enjoy a picnic lunch at noon and have time to rest and recover your energy.



Don't miss the famous white stone llamas that adorn the platforms built on the hillside and are located in the direction of the mountain that protects this sector, known as the Apu Qoriwayrachina. According to experts, only an average of 40% of the entire site is visible, and, in many ways, Choquequirao remains a mystery. We are sure that we will learn even more about this amazing complex in the coming years.

At the end of the day, we will return to our camp at Marampata (2,900 m / 9,514 ft) and enjoy a delicious dinner. Afterward, you can go to bed to contemplate the incredible day you have just had and rest.



DAY FACTS

- » MEALS:
Breakfast, Picnic Lunch, and Dinner.
- » ACCOMMODATION:
Camp
- » DIFFICULTY:
Easy
- » WALKING DISTANCE:
6 km / 3.73 mi
- » 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 04

Marampata | Santa Rosa - Playa Rosalinas - Chiquisca



1

Relax and Enjoy the Surrounding Natural Beauty of This Amazing Part of the World

After another delicious breakfast, we'll start our return from Choquequirao. It's goodbye to this unique site now, so ensure you get the last glimpse before heading off. First, we will have another opportunity to take pictures of the great canyon from Marampata; then, we will descend for two hours until we reach Santa Rosa (2,970 m / 6,463 ft), lunch point. On the way, you will have the opportunity to observe the enormous variety of vegetation on this part of the trail.

After lunch, we'll continue to Playa Rosalinas and dip our feet and freshen up in the cold waters of the



2



3

Apurimac River in the middle of the canyon. Then, we'll go up to Chiquisca camp (1,900 m / 6,234 ft), located in the backyard of the home of a local family. Use this time to make new friends and learn about the Andean lifestyle, like their customs and traditions. You'll be able to closely observe the deep relationship that the Andean communities have with Pachamama or, as you know her, Mother Nature.

After a delicious dinner, you can rest peacefully for the night in our cozy camp and reflect on your journey up to this point.



4



5



6

DAY FACTS

- » MEALS:
Breakfast, Lunch, and Dinner.
- » ACCOMMODATION:
Camp
- » DIFFICULTY:
Moderate
- » WALKING DISTANCE:
11 km / 6.82 mi
- » 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 05

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



1

Relax In The Hot Springs Before Heading Back to Cusco

Enjoy your last breakfast of the trip before we set off on the last leg to Capuliyoc. Once you're there, you'll say goodbye to your trekking team and then board our vehicle to the intriguing Saywite rock. You'll then be able to relax in the Conoc hot springs before enjoying a delicious lunch.

In the afternoon, you'll enjoy the drive back to Cusco and witness some incredible scenery out of the window. Use this last opportunity to soak up the landscape. We'll drop you off at the door of your accommodation around 6:00 p.m. so you can relax and unwind.



2



3

DAY FACTS

- » MEALS:
Breakfast, Lunch
- » DIFFICULTY:
Challenging
- » WALKING DISTANCE:
8 km / 4.97 mi
- » HIGHEST ELEVATION:
3,500 m / 11,483 ft

1. Capuliyoc Square
2. Enigmatic Saywite 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

- Inflatable mattress

Our camping mattresses will help you sleep comfortably whilst camping!

- 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).

- 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 and a rain poncho.

- 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

- 4 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

- 5 Breakfasts, 5 Lunches, and 4 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 5: 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?

» Extras and important equipment

» 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\$ 25.00 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\$ 25.00 per person**

» Day 5 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).



www.salkantaytrekking.com



info@salkantaytrekking.com



+51 958 191 179



Triunfo Street 346
Main Square Cusco



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