



TREK

LARES TREK & INCA TRAIL

5 days / 4 nights

Salkantay
TREKKING
Treks & Expeditions Specialists



DESCRIPTION

The Epic Off-the-Beaten-Path Combo Trek

If you want to skip the crowds and still enjoy an epic trek to the World Wonder of Machu Picchu, look no further and venture on this combined Lares Trek & Inca Trail. This 5-day tour will take you through the most stunning scenery while interacting with rural Andean communities and retracing ancient steps on one of the best treks in the world, the Inca Trail.

Expect to see majestic mountain glaciers, shockingly blue and green lakes, waterfalls, streams, llamas, and alpacas along this gorgeous picturesque route. Spend three days in the Andean heights before dipping into the Short Inca Trail for the best of both worlds. You'll connect with nature while visiting incredible archaeological sites before ending your trip in the magical Machu Picchu.

CONTENT



Map



Itinerary



Inclusions



Packing List



DAY 01: Cusco - Lares Hot Springs - Cuncani - Willkikasa - Quiswarani

DAY 02: Quiswarani | Qoyalay Lake - Pachacutec Pass - Cancha Cancha

DAY 03: Cancha Cancha | Huaran - Salt Mines of Maras - Ollantaytambo

DAY 04: Ollantaytambo | KM 104 - Chachabamba - Wiñay wayna - Sun Gate - Machu Picchu - Aguas Calientes

DAY 05: Aguas Calientes - Machu Picchu - Ollantaytambo - Cusco

FULL ITINERARY

HIGHLIGHTS

- » The Lares Trek is a wild and fantastic alternative route to Machu Picchu to escape the big crowds.
- » Explore a part of the world-famous Inca Trail.
- » Spend time with rural Andean communities and learn their customs and traditions.
- » Witness some of the most spectacular natural scenery in the world.
- » Visit several Inca archaeological sites and learn all about this culture's fascinating history.
- » Enjoy a train ride through stunning landscapes alongside the roaring Urubamba River.
- » End your epic trip with a guided tour of the World Wonder, Machu Picchu, and discover its best-kept secrets.

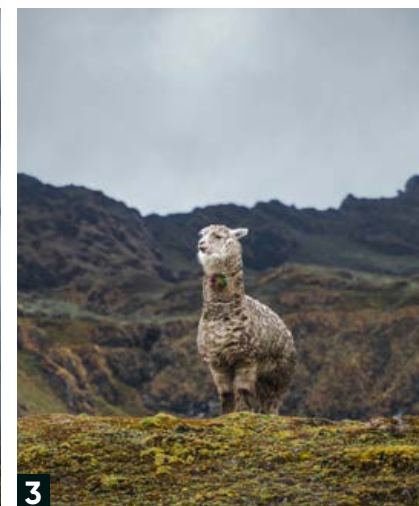
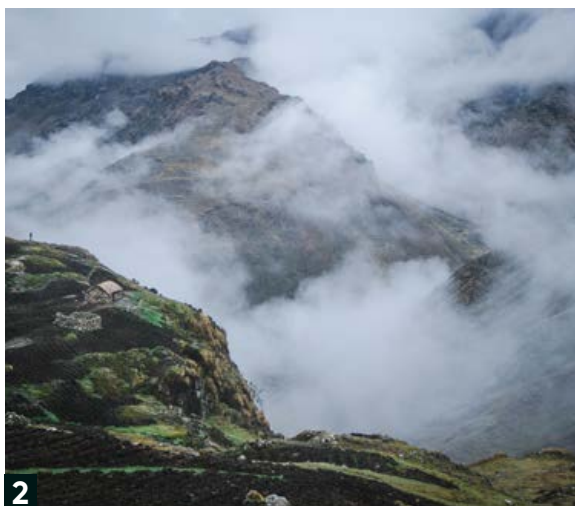
DAY 01

Cusco | Calca - Lares Hot Springs - Cuncani -
Willkikasa Pass - Quishuarani



Take a Dip in the Hot Springs and Embark On Your Exciting Trek

We kick off this adventure with an early pickup and a drive to the Sacred Valley of the Incas. We'll have a short stop in Calca and then continue to the Lares hot springs. There, you'll enjoy breakfast and take a relaxing dip at any of the thermal baths before driving to the starting point of our trek in Cuncani. We'll hike to the Pacchayocc waterfall and beat the highest point of the day, the Willkikasa pass, before taking the final stretch down to the camp in Quishuarani.



DAY FACTS

- » MEALS:
Breakfast, Lunch, and Dinner
- » ACCOMMODATION:
Camp
- » DIFFICULTY:
Moderate
- » WALKING DISTANCE:
7 km / 4.35 mi
- » WALKING TIME:
4-5 hours
- » STARTING ELEVATION:
3,800 m / 12,467 ft
- » LARES HOT SPRINGS
ELEVATION:
3,200 m / 10,499 ft
- » HIGHEST ELEVATION:
4,400 m / 14,436 ft
- » CAMPSITE ELEVATION:
3,850 m / 12,631 ft

1. Thermal baths of Lares
2. Traditional crops in the mountains
3. Alpaca breeding

DAY 02

Quiswarani – Qoyalay Lake – Pachacutec Pass –
Cancha Cancha

Immerse Yourself in Andean Culture As You Enjoy Stunning Surroundings

We'll wake you up early with a hot drink to get ready and have an energizing breakfast before we start our hike. First, we'll head up to the Pachacutec pass, the highest part of the trek. We'll take in the astounding 360° views all around and head downhill again for lunch. From there, it's another 2 hours to our camp in Cancha Cancha.

In this small village, you'll spend the afternoon with the local people, observe their beautiful handicrafts, and learn more about their lifestyle. In the evening, you'll have another great dinner and then settle in for a good night's rest.



DAY FACTS

- » MEALS:
Breakfast, Lunch, and Dinner
- » ACCOMMODATION:
Camp
- » DIFFICULTY:
Challenging
- » WALKING DISTANCE:
11 km / 6.83 mi
- » WALKING TIME:
7-8 hours
- » STARTING ELEVATION:
3,850 m / 12,631 ft
- » MINIMUM ELEVATION:
3,850 m / 12,631 ft
- » HIGHEST ELEVATION:
4,700 m / 15,420 ft
- » ALTITUDE OF THE CAMP:
3,950 m / 12,959 ft

1. Qanchispaccha Waterfall
2. Qoyalay Lagoon
3. Landscape along the route

DAY 03

Cancha Cancha – Huaran – Maras Salt Mines – Ollantaytambo



Stop Off at Amazing Sites in the Sacred Valley of the Incas

Enjoy the last leg of your trek this morning through beautiful scenery on a route toward the Sacred Valley. Our trek ends in Huaran, where we enjoy lunch and say goodbye to our trekking team of horsemen and cooks.

This afternoon, we'll take you to visit the fascinating Maras, Salt Mines before continuing to the quaint town of Ollantaytambo. We'll enjoy dinner in a local restaurant and then catch the train to Aguas Calientes at the base of Machu Picchu, where we'll spend the night in a hotel.

DAY FACTS

- » MEALS:
Breakfast, Lunch, and Dinner
- » ACCOMMODATION:
Hotel
- » DIFFICULTY:
Moderate
- » WALKING DISTANCE:
9 km / 5.59 mi
- » WALKING TIME:
4 hours
- » MINIMUM ELEVATION:
2,040 m / 6,693 ft
- » HIGHEST ELEVATION:
3,950 m / 12,959 ft
- » ACCOMMODATION ELEVATION:
2,040 m / 6,693 ft

1. Maras Salt Mines.
2. Ollantaytambo
3. Ollantaytambo

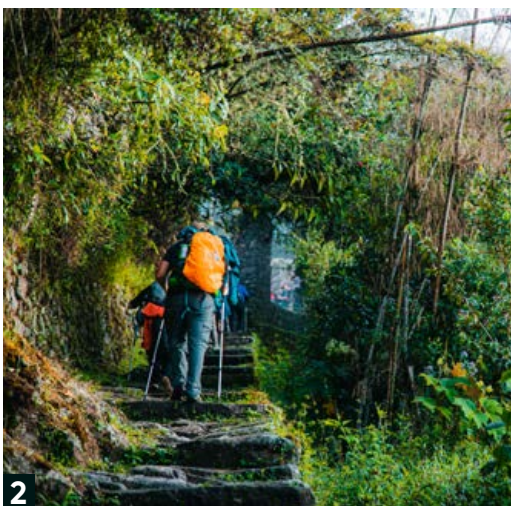
DAY 04

Ollantaytambo | KM 104, Chachabamba –
Wiñay Wayna – Sun Gate – Machu Picchu –
Aguas Calientes

Retrace Ancient Steps and Travel Back in Time at Historic Sites

Our Inca adventure starts today. We'll eat breakfast, then board the train to KM 104, where we'll start our hike. First, we'll stop at the archaeological site of Chachabamba to get your first insights into the trail. You'll see waterfalls and many wild orchids on our way to Wiñay Wayna, an extremely important Inca site. You'll learn all about its past and observe the incredible structures before enjoying lunch.

This afternoon, we'll keep hiking until Inti Punku, the famous Sun Gate, from where you can take in your first amazing views of Machu Picchu. Then, we'll hike to the Machu Picchu entrance to take the bus down to Aguas Calientes. You'll have dinner in a nice restaurant before spending the night in a hotel.



DAY FACTS

- » MEALS:
Breakfast, Box Lunch, and Dinner
- » ACCOMMODATION:
Hotel
- » DIFFICULTY:
Moderate
- » WALKING DISTANCE:
9 km / 5.59 miles
- » WALKING TIME:
5 hours
- » STARTING ELEVATION:
2,100 m / 6,890 ft
- » MINIMUM ELEVATION:
2,040 m / 6,693 ft
- » HIGHEST ELEVATION:
2,720 m / 8,924 ft
- » ACCOMMODATION ELEVATION:
2,040 m / 6,693 ft

1. View of Machu Picchu from the
Sungate
2. Inca Trail Section
3. Wiñay Wayna

DAY 05

Aguas Calientes – Machu Picchu –
Ollantaytambo – Cusco



Explore the Lost City of the Incas, Machu Picchu

Today we'll start the day early to avoid the crowds at Machu Picchu. Once inside, take in the spectacular views and enjoy a one-and-a-half-hour guided tour of the most significant sites of the site. Afterwards, you'll be able to hike one of the additional mountains if you booked your tickets in advance.

Afterwards, we'll return to Aguas Calientes for lunch before boarding the train to Ollantaytambo; from there, our private transportation will take you back to your accommodation in Cusco to rest after your 5-day adventure.



DAY FACTS

- » MEALS:
Breakfast
- » DIFFICULTY:
Easy
- » ACTIVITY DURATION:
2-5 hours exploring
- » OPTIONAL ACTIVITIES:
Moderate to Challenging (2-4 hours)
- » MACHU PICCHU CITADEL
ELEVATION:
2,430 m / 7,972 ft
- » MACHU PICCHU MOUNTAIN
ELEVATION:
3,000 m / 9,843 ft
- » HUAYNA PICCHU MOUNTAIN
ELEVATION:
2,720 m / 8,924 ft

1. Machu Picchu, Inca wonder
2. Impressive Inca architecture at
Machu Picchu complex
3. Temple of the condor

INCLUSIONS



WHAT IS INCLUDED?

» Permits & Entrance Tickets

- Entrance Ticket for Lares Hot Springs
- Entrance Ticket for Maras Salt Mines
- Permits and Ticket for Inca Trail

As soon as we receive your complete information and the deposit that secures your reservation, we'll buy all the necessary permits (subject to availability). These permits are issued for a specific date and will be in your name. They cannot be changed under any circumstances. Change of passport number is only allowed for renewal reasons. In that case, you must bring both your old and new passport.

- Entry to Machu Picchu Archaeological Site (Circuit 3)

» 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. In addition, tables, chairs, and cooking equipment (all 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).

- 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 small sleeping pillow, a foam mattress, 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 tranquility 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

- 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. Because of this, we are insistent that our campsites don't generate any negative environmental impact. Remember that the accommodations are double and shared.

- Best Camping 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.

- Hostel in Ollantaytambo

The third night of this trek is spent in a hostel in Ollantaytambo.

- Comfortable Hotel in Aguas Calientes

The last night of this trek is spent in a hotel in Aguas Calientes with a double or triple room, private bathroom, hot shower, wifi, breakfast, and luggage storage while you visit Machu Picchu.

» Meals

- 5 Breakfasts, 4 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 hike, from your first lunch to your last breakfast. 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 bring the tea to your tent so that you will be warmed 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 Lares Hot Springs and then to Cuncani, the trek's starting point.
- Day 3: Transport from Huaran to Maras Salt Mines and then to Ollantaytambo.
- Day 5: Transport from Ollantaytambo train station to your hotel in Cusco.

- Train Tickets

- Day 4: From Ollantaytambo to KM 104 (Starting point of the Short Inca Trail).
- Day 5: From Aguas Calientes to Ollantaytambo.

- Round-Trip Bus Ticket Aguas Calientes - Machu Picchu

- Day 4: From Machu Picchu to Aguas Calientes.
- Day 5: From Aguas Calientes to Machu Picchu.

- Personal Belongings Transportation

On days 1,2, and 3, cargo mules will carry all the camping equipment and your baggage allowance (7 kg / 15.4 lb). Muleteers will be responsible for your duffle bag and personal items.

WHAT IS NOT INCLUDED?

» Extras and important equipment

All our travelers need a sleeping bag to camp. Inflatable mattresses and walking sticks (with rubber tips) are optional but highly recommended. If you do not have them, don't worry, you can rent them with Salkantay Trekking.

- **Sleeping bag: US\$ 20.00**
- **Inflatable mattress: US\$ 20.00**
- **Walking poles (pair): US\$ 20.00**

» Huayna Picchu Mountain

You can climb the famous mountain you always see in the photos behind the archaeological site of Machu Picchu. It's 45 minutes uphill, and coming back down can be scary if you fear heights. You can take this excursion once your guided tour to Machu Picchu ends. The permit must be issued at least one month in advance due to high demand. Consider that there could be changes to protect your integrity, mainly due to weather conditions.

- **The ticket for Huayna Picchu Mountain has an extra cost of US\$ 60.00 per person.**

» Machu Picchu Mountain

Machu Picchu Mountain is another of the mountains that surround the archaeological site of Machu Picchu. It offers less steep, wider, and visually less frightening trails than Huayna Picchu, and it takes 1.5 hours to reach the top. This walk requires an entrance ticket which we can secure for you if we have time in advance.

- **The ticket for Machu Picchu Mountain has an extra cost of US\$ 60.00 per person.**

» Lunch in Aguas Calientes and Dinner in Cusco (Day 5)

» Personal Hiking Clothing and 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.

» Return to Cusco

Returning from Machu Picchu requires quite a bit of logistics, but don't worry. Everything is included in your tour!

- In Machu Picchu, you'll board a bus that'll take you for 25 minutes to the small city of Aguas Calientes. The buses are boarded according to arrival.
- In Aguas Calientes, you'll board a train to Ollantaytambo (or Poroy). Your guide will give you the train tickets where the boarding time will be shown. Make sure you're on the platform 30 minutes early. The train from Aguas Calientes to Ollantaytambo takes 1:45 hours.
- Once you arrive at the station, our representative, identified with the Salkantay Trekking clothing, will be waiting to transfer you to Cusco or directly to your hotel. The trip from Ollantaytambo to Cusco takes 1:30 hours.
- In Cusco, depending on your hotel's location, we'll take you to a smaller car from our company (Hyundai H1) to transfer you faster to your hotel.

Note: For an extra One-Way Consettur Bus Ticket Aguas Calientes – Machu Picchu, you'll need to pay an extra of US\$ 12.00.

» 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)aa
- » Sunblock: factor 70 or more
- » Insect repellent
- » Personal Care Products
- » Hiking boots or shoes (preferably waterproof)
- » Light footwear or sandals
- » Trekking pants (*)
- » Trekking socks
- » Shorts
- » Waterproof gaiter
- » Long sleeve t-shirts
- » Warm jacket
- » Waterproof jacket
- » Raincoat or rain poncho.
- » Sun hat to protect neck and face
- » 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).



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Main Square Cusco



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