



Terres d'Aventure presents :

## Inca trail to Machu Picchu, the IRIS Mundial challenge



### You will enjoy:

- The magnificent Inca trail, the only arriving on foot to Machu Picchu
- A complete discovery of the Sacred Valley of the Incas
- An acclimatization carefully studied
- The guidance of a French and English-speaking local guide and a representative of Terres d'Aventure

### Technical Info:

**Duration:** 10 days

**Number of days of activities:** 4 days walking

**Activities:** Hiking, sightseeing and discovering the cultural heritage and local culinary

**Environment:** Heritage and Nature, Mountains

**Trip type:** Hiking

**Group size:** 5 to 15 participants

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## Introduction

Through this tour, we offer you a very complete discovery of the Cusco region: beyond the unmissable sites of Machu Picchu and the Sacred Valley of the Incas, a short trek will unveil the many faces of this region rich in nature and of culture. First, visiting the numerous sites of the sacred valley will make you discover the universe still so present and so rich of the era of the great Inca cities, in natural landscapes still very preserved and only cultivated by the local peasants. Then, the superb Inca Trail to Machu Picchu is an unmissable itinerary that takes you through the semi-tropical landscapes to the Inca city. A fascinating double of diversity and grandeur !

## Itinerary

### Day 1 - Flight from Canada to Lima

Departure from Canada to Lima.

Meals not included

### Day 2 - Lima - Cusco

Connection in the night for Cusco (1h30). Welcome and transfer to our hotel to finish our night. In the morning, we meet our local team which sets up a workshop to inform us about the high-altitude travel, the safety rules and the use of the hyperbaric chamber. Follow a little free time of rest, then we go to the center to taste a local specialty.

We then travel through the city center, in a maze of narrow streets lined with Inca walls: the Plaza de Armas, the cathedral, the convent of Santo Domingo built on the remains of the Koricancha (the ancient temple of the Sun). During our walk, superb colonial houses with Inca foundations appear at the turn of an alley and pass before our eyes.

In the evening, dinner in a local restaurant while enjoying a dance and traditional music show.

Meals included: breakfast, lunch, dinner

Accommodation: hotel

### Day 3 - Cusco (3350m) - 4 ruins - Pisaq - Yucay

Today's Cusco, built on the foundations of the ancient capital of the Inca Empire, is undoubtedly a testimony of advanced architecture and urbanism. After the period of the conquistadors, Cusco was transformed by the Spaniards because it was necessary to make always bigger and more beautiful to better conceal the Inca past. In the morning, we begin our visit of the city by the 4 Inca ruins located above the city of Cusco. Departure to Tambomachay before descending to the heart of the capital by visiting the other ruins. Tambomachay: the temple of water, exceptional site inca that makes us perceive all the past glory of this pre-Colombian civilization. We cross PucaPucara, keeping the entrance to the capital and offering a splendid view of the valley and the Andean peaks. We continue our visit to Qenqo, consisting of remarkable buildings torn from the limestone rock and important sanctuary to the altars consecrated by the Incas to the sacrifices of llamas and alpacas. We then visit the site of Sacsayhuaman, located in the vicinity of the city. This Inca citadel famous for its cyclopean blocks, symbolized the head of a puma of which Cusco is the body.

We then head towards the impressive Inca site of Pisaq (3400m), which dominates the Sacred Valley (2900m). This site is remarkable for its majestic and vertiginous edification; It was from there that the Incas controlled and dominated the Sacred Valley. After having lunch in the colonial village of Pisaq, the site surprises us by the richness of its terraces, fountains, neighborhoods, observatories and the largest cemetery in the region (nearly 10,000 people buried). The site itself is superb, overlooking the valley embedded between the high peaks of the Cordillera Urubamba. Our day continues by going down to the village and visiting the traditional market.



In the late afternoon we reach the small village of Yucay in the heart of the Sacred Valley to spend the night.

Meals included: breakfast, lunch, dinner  
Accommodation: hotel

#### **Day 4 -Yucay -Moray - Maras - Chinchero - Yucay**

By car, we leave for the site of Moray located on the heights of Maras. After visiting this former agricultural laboratory, we walk to the village of Maras located below. A last moment of sharing with our guests during lunch before heading down to the amazing salt pools of Maras (3000m), which offer a magical spectacle rich in colors to take your breath, perhaps already admired in the books of photographer Yann Arthus-Bertrand. This salt mine dating from the Inca period is still exploited by the inhabitants of the plateau of Maras (3400m) and Pichinqoto (2800m). This site has more than 3500 basins, fed by the tepid flow of a saline source at high concentration, exploited in an artisanal way. After the visit we take the road to the village of Chinchero, the "city of the rainbow". Visit of its ruins then return to Yucay at the end of the day.

Trekking hours: 3.00.  
Ascent: 100 m.  
Descent: 400 m.  
Type of transfer: Minibus.  
Transfer time: 1h30.

Meals included: breakfast, lunch, dinner  
Accommodation: hotel in Yucay

#### **Day 5 - Yucay - Km 82 - Huayllabamba (2850 m)**

We leave Yucay and then we go from Ollantaytambo until kilometer 82, where we meet our team of porters and cooks. Our trekking can begin. Dominated by the pristine summits of the Veronica mountain, we follow the Urubamba River towards Llaqtapata (in the Quechua language), and climb up the narrow Kusicacha valley to Huayllabamba.

Trekking hours: 5:30.  
Ascent: 300 m.

Meals included: breakfast, lunch, dinner  
Accommodation: tent

#### **Day 6 - Huayllabamba (2850 m) - Warminwañusca Pass (4200 m) - Pacaymayo (3550 m)**

The trail takes us to the heights, making us cross a beautiful forest whose trees are covered with moss and bromeliads, plants important to keep the moisture from the mist that goes up from the valley. Leaving the forest, we come face to Llulluchapampa (3800 m) dominated by a bare landscape where only grows grass called ichu (grass that serves as food llamas) and some other varieties of plants adapted to this climate Rough and cold. The path then climbs to the Warminwañusca pass (4200 m), the highest point of the trekking. Descent to Pacaymayo.

Trekking hours: 7.00.  
Ascent: 1350 m.  
Descent: 650 m.



Meals included: breakfast, lunch, dinner  
Accommodation : tent

**Day 7 - Pacaymayo (3350 m) - Runkuracay Pass (3900 m) - Phuyupatamarca (3680 m)**

Today, we are embarking on the second major climb of the trekking, which brings us to the Runkuracay pass. On the way, we visit the Inca site of the same name. Then on the other side of the pass, we discover that of Sayacmarca. This small citadel lies on a rocky outcrop hidden in the clouds. The surrounding trees seem to carry a beard of lichens and moss in which grow orchids and bromeliads. True water reserves, the latter can accumulate almost 3 liters in their leaves. After the visit of Sayacmarca, we continue on a stony path that winds through the forest to reach Phuyupatamarca (3680 m), the "city above the clouds".

Trekking hours: 6:30.  
Ascent: 550 m.  
Descent: 250 m.

Meals included: breakfast, lunch, dinner  
Accommodation: tent

**Day 8 - Phuyupatamarca (3680m) - Wiñaywayna (2700m) - Intipunku (2750m) - Machupicchu (2450m) - Aguas Calientes (2050m)**

Departure in the morning for our last day of walking on the Inca Trail. Dinner at the Wiñaywayna site. We leave the local team to go to the Inti Punku, the Gate of the Sun, which offers one of the most beautiful views of the lost city of the Incas. We then cross the Machu Picchu site before descending to Aguas Calientes by shuttle bus. Overnight accommodation at our hotel.

Trekking hours: 3.00.  
Ascent: 50 m.  
Descent: 1310 m.

Meals included: breakfast, lunch, dinner  
Accommodation: hotel

**Day 9 - Aguas Calientes (2050 m) - Machu Pichu (2450 m) - Ollantaytambo (2750 m) Cusco (3350 m)**

Rise early in the morning to get to Machu Picchu by shuttle bus. We discover this architectural complex built on a narrow ridge bordered by precipices: an impressive vision that evolves with the progression of the sun. Discovered on July 24, 1911 by the American explorer Hiram Bingham, the Machu Picchu remains a jewel of Inca architecture. We then walk through the alleys, the quarters, the squares, the royal houses, the agricultural areas, the paths and the observatories with our guide. We then discover the Huayna Picchu, a mountain that culminates at 2667 meters above sea level. At the top, we can enjoy unrivaled views of the main site. After the visit, we descend by collective shuttle to Aguas Calientes and then take the train to Ollantaytambo. We visit the Inca fortress which overlooks this small village from the 15th century before taking our vehicle back to Cusco.

Meals included: breakfast, lunch, dinner  
Accommodation: hotel



### **Day 10 - Cusco - Lima - Canada**

Depending on your flight schedule, you are taken to Cusco Airport by private vehicle. Arrival in Lima and connection for your international flight

Private vehicle in Cusco

Transfer : plane (1h30)

### **OPTIONAL**

### **Day 10 - Cusco - Lima**

You are taken to the airport of Cusco by private vehicle. Arrival in Lima and transfer to your hotel.

Meals included: breakfast

Accommodation: hotel

Private vehicle in Cusco and Lima

### **Day 11 - Lima - Cañete - Lima**

Early in the morning you take the road to Cañete. After spending the day with the members of your organization, you return to Lima at the end of the day.

Private vehicle with a Spanish-speaking driver

Meals included: breakfast

Accommodation: hotel in Lima

### **Day 12 - Lima - Canada**

Depending on your international flight, you are taken to the airport.

Private vehicle

Meals included : breakfast





**Your budget :**

<b>Inca Trek Challenge</b>	<b>Rate in CAD \$ per person</b>
Land portion of the trip - base 10 to 15 travelers	<b>\$ 2850</b>
Cañete extension- base 10 to 15 travelers	<b>\$ 275</b>

**The price includes:**

- Accomodation in standard double room
- Private and collective transportation
- The trek logistics (French and English-speaking local guide, cook, porters, etc ..)
- Meals included as detailed in the itinerary
- Guided visits as detailed in the itinerary
- Sites entrance
- A guide from Terres d'Aventure Canada

**The price does not include:**

- International and local flights (estimate 1300\$)
- The travel insurance
- Meals non detailed in the itinerary
- Tips and personal expenses
- The drinks

