

SALKANTAY TREK TO MACHU PICCHU



Duration: 5 days / 4 nights

Fitness level: Moderate

Includes:

- English speaking professional guide
- All transfers
- Accommodation for one night in Aguas Calientes
- Private transport from Cuzco-Mollepata
- Entrance fee into Machu Picchu
- Backpacker tourist train ticket from Aguas Calientes to Cuzco
- Camping equipment including large tents and double thickness sleeping mats
- Camping equipment for the guide, horsemen and chef
- All meals including snacks (dietary requirements can be catered for)
- Professional chef with assistant and kitchen equipment
- Kitchen and dining tent with camp tables and chairs
- Mules/horses to carry all equipment
- First-Aid kit, including an oxygen bottle and an emergency horse

Not included:

- Breakfast on first day
- Lunch and dinner on the fifth day
- Sleeping bag
- **Walking poles** – *these are recommended for the descent from the Apacheta Pass*
- Riding-horses can be hired
- Tips for the guide, chef and horsemen
- Hot Springs in Santa Teresa (approximately US\$6 per person including transport)

DESCRIPTION:

The Salkantay Trek is one of the most spectacular and less well-trodden trails leading to Machu Picchu. Meandering below the imposing Mount Salcantay (6271m), one of the highest mountains in the Peruvian Andes, and taking in breathtaking views, this trek was recommended by the National Geographic Adventure Travel Magazine in 2007 as the best alternative to the traditional Inka Trail.

The name Salkantay, also spelt Salcantay, is Quechua for "Savage Mountain". Mt Salkantay was worshipped by the locals for centuries. Today, although it is growing in popularity, the Salkantay Trek remains an authentic alternative and offers a private experience.

Starting in the village of Mollepata, the trail passes through the high puna landscape, descends to the warm cloud forest and traces the Inka's steps near tropical rainforest. A difficult hike, the trail ends at Aguas Calientes, the town situated at the base of Machu Picchu. From here you can either hike a further 1.5 hours to the archaeological wonder, or take a short bus ride.



ITINERARY:

DAY 1:	CUSCO – SORAYPAMPA
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You will be picked up from your hotel early in the morning and travel in a private vehicle through Limatambo to Mollepata (2900 metres above sea level), where you will stop for breakfast. Along this scenic drive there are panoramic views of Apu Salkantay, majestic chains of snow-capped mountains and the lush Apurimac River Valley.



One of the panoramic views of the "Apu Salkantay" where we have breakfast. You can see awesome chains of magnificent snow capped mountains and the lush Apurimac River Valley.

After breakfast, you will begin the trek by walking approximately 6km to the trailhead, Cruzpata (3200masl). Here you will meet your Arrieros, or horsemen, chef and assistants. You will then continue trekking for approximately 3 hours through traditional Andean communities before arriving for lunch at Sayllapata (3450masl).

After lunch you will walk for a further 2 hours through more unspoiled Andean villages to Soraypampa (3850masl), your campsite for the night.

Note: the Institute of National Culture has indicated that it will charge an additional fee (approx US\$13) at a control in Soraypampa.

The temperature drops considerably at this altitude. Please bring clothing appropriate to -10 degrees Celsius for tonight.

Meals Included: Lunch and Dinner

Overnight: Camping

Walking Distance: Approximately 16km

DAY 2:	SORAYPAMPA – RAYAN-NIYOC or CHAULLAY
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After an early breakfast, you will hike for approximately one hour before beginning the ascent to Apacheta Pass (4600masl). Climbing for two hours, you will reach the pass from where you can appreciate the spectacular views of Mount Salkantay (6264masl), a majestic snow-capped mountain, surrounded by the mountains of

Humantay and Huayanay. Mount Salkantay is the second highest peak in the Cuzco region.

After celebrating your achievement, you will begin the two-hour descent to the lunch site at Huayracpunku, where you can rest. After lunch, it is a further three-hour downhill walk to tonight's campsite in Chaullay (2920masl).

**** Walking poles are recommended for the descent from the Apacheta Pass ****

Meals Included: Breakfast, Lunch and Dinner

Overnight: Camping

Walking distance: Approximately 23km

DAY 3:	RAYAN-NIYOC or CHAULLAY – LA PLAYA
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You will begin trekking straight after breakfast. After a four-hour downhill walk through increasingly dense, tropical rainforest, across numerous rivers and streams and beside countless waterfalls, you will arrive for lunch in La Playa (2350masl).

La Playa is a small village complete with electricity and numerous shops. **Please ensure you use plenty of insect repellent today.**

After lunch, you will travel by private bus or truck for one hour to the nearby village of Santa Teresa. After settling into your campsite, you will have the option to go to the nearby hot springs to revitalize your muscles. Upon nightfall, you will be driven back to the campsite for dinner.

Meals included: Breakfast, Lunch and Dinner

Overnight: Camping

Walking Distance: Approximately 10km

DAY 4:	SANTA TERESA – AGUAS CALIENTES
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Today begins with a short walk through the village of Santa Teresa and to the nearby river bank. You will cross the river in an exhilarating cable basket ride! Once safely on the other side, you will hike to the village of Lucmabamba, where you can see the remains of an Inka trail. You will follow this rising trail, from where you will see plantations of coffee, banana, passion fruit, papaya and a lovely view of the Santa Teresa Valley.

From this point, you will follow the Urubamba River downhill to the Hydroelectric Power Plant (1870masl). Here, sitting along the train line, you will have lunch with your horsemen for the last time.

After lunch, it's a two-hour walk along the train line, behind Huayna Picchu and beneath Machu Picchu into Aguas Calientes (2000masl). Upon arrival into Aguas Calientes, your guide will show you to your accommodation for the night.

The rest of the afternoon is yours to explore this quaint little town of 2000. You can relax in the hot springs (from which Aguas Calientes derives its name), meander

through the markets along the train line, or simply enjoying a meal in one the many restaurants and watch people go about their business.

Meals Included: Breakfast, Lunch and Dinner

Overnight: Aguas Calientes 3*

Walking Distance: Approximately 12km

DAY 4:	AGUAS CALIENTES – MACHU PICCHU – CUSCO
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To gain the most out of today, breakfast will be served at 5am. This is the last meal you will have with your chef. At 5:30am, you can either take the short 25-minute bus ride or walk the 1.5 hour trek to the Citadel of Machu Picchu. An early departure should mean you will arrive in time to see the sun rise over the nearby mountain ridge. After sunrise, your guide will take you on a two-hour tour of this amazing archaeological site.



The famous World Heritage archeological site of Machu Picchu and some resident alpacas.

After your tour, there is plenty of time to explore the ruins further. Your options include climbing Huayna Picchu, walking to Inti Punku (the Sun Gate) or visiting the beautiful Temple of the Moon and Great Caves.

In the afternoon, you will catch the bus back to Aguas Calientes in time for your train to Cusco. Arriving in the evening you will be transferred to your hotel.

Meals Included: Breakfast

Overnight: not applicable

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