

7 DAYS INCA TRAIL EXPRESS

DESTINATIONS

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TOUR ITINERARY

DAY 1

Destination	Cusco
Meals included	
Accommodation	N/A

Welcome to Cusco. Your adventure begins with a welcome meeting at 2 pm where you'll meet your tour leader and travel group. Please look for a note in the hotel lobby or ask the hotel reception where it will take place. After this important meeting, get acquainted with this charming city's intriguing blend of cultures on a guided walking tour with your leader. Check out some of Cusco's main attractions, as well as its lesser-known sights such as the Qoricancha temple, San Pedro market, the main square, the 12 Angled Stone, Regocijo Square and San Blas Square. End the walking tour with a visit to the Chocolate Museum where you get to sample hot chocolate made from local cacao beans. There's also a small store where you can shop handicrafts and artisanal chocolate products. Don't miss the opportunity to sample mate de coca (coca tea) while here.

DAY 2

Destination	Cusco 🚌 Sacred Valley 🚌 Ollantaytambo
Meals included	Breakfast, Lunch
Accommodation	N/A

Travel by private bus through the Sacred Valley for about two hours. Known as Wilcamayo to the Incas, the valley has been a source of livelihood to the locals for hundreds of years. You'll see maize crops covering the terraced valley walls and the sacred river beneath. Stop for lunch in a local community, where you'll also get the chance to learn about their traditional lifestyle and maybe wrap your tongue around a few words of the Quechua language. If it's market day, you'll have time to browse the local handicrafts on offer, such as beads and ponchos. Continue your journey to the town of Ollantaytambo where we check out the town's archaeological site – a magnificent example of Inca urban planning – which includes remnants of an Inca city and soaring views over the present-day settlement. Spend the night in Ollantaytambo.

DAY 3

Destination	Ollantaytambo 🚌 Inca Trail/Quarry Trail/Cusco
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Depending on the travel arrangements you made before the trip, during the next four days you'll be doing one of the following: hiking the Inca Trail (Route 1), hiking the Quarry Trail (Route 2) or staying in Cusco for another two days before taking the train to Aguas Calientes (Route 3).

While away from Cusco, the bulk of your luggage will be stored at your hotel. If you're hiking the Inca Trail or the Quarry Trail, the evening before you leave Cusco you'll receive a small duffle bag to carry your clothes in for the next four days (5kg maximum). Your team of porters will carry these bags for you, together with the food and equipment for the trail. Please note that you won't have access to these items until the end of each day, as the porters will always be ahead of the group. If you're travelling to Aguas Calientes by train, you'll be able to leave most of your luggage at the hotel in Cusco and travel with only a small bag for the excursion by train.

Route 1 Inca Trail:

Today travel by minivan to the 82 kilometre marker and meet your crew of local porters, cook and guide. The first day includes uphill trekking to the campsite, which is at 3100m above sea level. On the way you'll see the Inca sites of Ollantaytambo, Huillca Raccay and Llactapata, as well as incredible views of snow-capped Veronica Peak. In the

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TOUR ITINERARY

evening, unwind at the campsite with a nourishing meal.

The Inca Trail is within the abilities of most reasonably fit people, but please come prepared, as the trail is 45 kilometres long and often steep. Each day's journey generally consists of seven hours of walking (uphill and downhill), with stops for snacks and lunch. Trekking usually begins at 7 am (except on the fourth morning) and you reach the campsite around 5 pm. Accommodation on the trek is camping (three nights). Double tents (twin-share) and foam camping mats will be provided. The porters will set up the tents while the cook prepares meals.

Route 2 Quarry Trail:

Make an early start today and drive to Choquequilla, a small ceremonial place where Incas worshipped the moon. Drive to the starting point of the trek, Rafq'a, and meet the horsemen who join us on the hike. After an hour's walk, reach the small community of Socma. Carry on to the Perolniyoc cascade lookout, an opportunity to stop for photos and a food break. Continue to the campsite, which is 3700 metres above sea level. You should reach the campsite around lunchtime. After lunch, set off to explore the Q'orimarca archaeological site, which once served as a checkpoint to the Incas.

The Quarry Trail is within the abilities of most reasonably fit people. The hike is 26 kilometres long in total and its highest pass is at 4450 metres above sea level. Throughout the trek, horses will carry your gear and camping equipment. The first two nights are spent camping and the third night you will stay at a simple hotel. Double tents (twin-share) and foam camping mats will be provided. The porters will set up the tents while the cook prepares meals.

Route 3 Cusco:

After spending the night in the Ollantaytambo, leave around 9.30 am and take a short drive to the town of Pisac. Pisac is well known for its market. Here you'll have the opportunity to shop for souvenirs and perhaps try some local Empanadas. Arrive back into Cusco in the afternoon, where your leader will take you to San Pedro Market in order to buy some things for a picnic tomorrow.

DAY 4

Destination	Inca Trail/Quarry Trail/Cusco
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Route 1 Inca Trail:

This is the most challenging day of the trek as you ascend a long steep path (approximately five hours) to reach the highest point of the trail. Colloquially known as 'Dead Woman's Pass', Warmiwanusca sits at a height of 4200 metres above sea level, providing amazing views of the valley below. The group will then descend to the campsite in the Pacaymayo Valley at 3650 metres.

Route 2 Quarry Trail:

This is the most challenging and rewarding day of the hike. A three-hour walk takes us to the top of the first pass of Puccaqaqa (approximately 4370 metres high). After enjoying picturesque views of the valley, it's a short walk before stopping for lunch. Afterwards, make the two-hour hike to Kuychicassa, the highest pass of the trek at 4450 metres. From here, descend to the sacred site the Incas called Intipunku (Sun Gate), with views of the Nevado Veronica mountain. Head to the campsite, only a stone's throw away and at 3600 metres.

Route 3 Cusco:

Today, take a taxi to Tambomachay, an archaeological site just outside of Cusco. From here you'll take a short downhill walk (between one and three hours) back to Cusco. On the way, stop to admire some of the archaeological sites, including Puka Pukara, Qinqu Quenqo and Saksaywaman. Arrive back in Cusco in the afternoon and enjoy some free time to go shopping, or perhaps visit Merida, Mendivil and Olave art galleries and workshops. Your tour leader will be able to give you some suggestions or point you in the right direction.

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DAY 5

Destination	Inca Trail or Aguas Calientes
Meals included	Breakfast, Lunch, Dinner
Accommodation	N/A

Route 1 Inca Trail :

Start the day with a climb through the Pacaymayo Valley to Runkuracay pass (3980 metres). Enjoy views of the snow-capped mountain of Cordillera Vilcabamba before descending for around two to three hours to the ruins of Sayacmarca. Continue over the trail's third pass to the ruins of Phuyupatamarca (3850 metres), also known as 'Town Above the Clouds'. Start the two-hour descent down the Inca steps to the final night's campsite by the Winay Wayna archaeological site.

Route 2 Quarry Trail to Aguas Calientes:

Today's hike will all be downhill. The first stop is the incomplete Kachiqata quarry, where the Incas were intercepted by the Spanish. Around midday, come to the end of the trek. Explore the cobbled streets of Ollantaytambo before taking the short train journey to Aguas Calientes. This is where you'll meet up with the travellers in your group who didn't hike. Visiting the natural hot springs in town is a soothing way to spend the late afternoon. Spend the night in a comfortable hotel before tomorrow's visit to Machu Picchu.

Route 3 Train to Aguas Calientes:

After a drive to Ollantaytambo (about one and a half hours), catch a train through the winding Urubamba Valley to Aguas Calientes (another one and a half hours). The city is nestled in the cloud forest at the foot of Machu Picchu. For those who want a sneak peak, there is time to visit Machu Picchu independently before a guided tour the following day. Otherwise, you can while away the afternoon in the natural hot springs at Aguas Calientes.

DAY 6

Destination	Machu Picchu 🚗 Cusco
Meals included	Breakfast
Accommodation	N/A

Route 1 Inca Trail:

This is the final and most spectacular leg of the trek to Machu Picchu. The day starts before dawn with breakfast at 4 am. Say farewell to the porters as they descend to the train station and then begin hiking by 4.30 am. Once the final checkpoint opens at 5 am, begin the final leg of the trek. The walk to Intipunku (the Sun Gate) takes around two-and-a-half hours. Weather permitting, enjoy unforgettable views over the 'Lost City of the Incas' as you enter Machu Picchu through the Sun Gate.

Route 2 Inca Quarry Trail:

Depending on weather conditions, take a bus at 5.30 am this morning along the winding road to Machu Picchu. The journey takes around 30 minutes. At Machu Picchu, join up with the travellers in your group who hiked the Inca Trail. If skies are clear, enjoy a spectacular views over the ancient city from the Sun Gate, before going on a guided walk around the ruins.

Route 3 Train:

Take an early bus up to Machu Picchu at 5.30 am. The city was built around 1440 AD as a country retreat for Incan nobility, but there's evidence that the land had been a sacred Incan site for much longer. Take a guided tour around the ruins of temples, palaces and living quarters, and enjoy free time afterwards to wander around on your own before the group returns to Cusco.

Visiting Machu Picchu:

According to Machu Picchu visiting regulations, all visitors must follow a pre-determined route within the site. This

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TOUR ITINERARY

route must be followed in one direction only and once the guided visit commences exiting and re-entering the site is not permitted. Once the guided visit concludes, visitors must exit the site and personal exploration of Machu Picchu is not permitted.

For all routes after taking advantage of the seemingly endless photo opportunities, it's time to return to Cusco for a Pisco sour. Your evening is then free for the last night of your adventure.

DAY 7

Destination	Cusco
Meals included	Breakfast
Accommodation	N/A

Your tour comes to an end today and there are no activities planned. As there was little time spent in Cusco at the start of the trip, you may like to stay on for a few extra days to make the most of your visit here. We'll be happy to assist in booking accommodation (subject to availability). If you decide to stay on, visit some of the sites you didn't cover during your orientation tour at the beginning of the trip. These may include the Inca ruins of Coricancha, Saqsaywaman, Q'enqo, Pica Pakara, Pisac and Ollantaytambo.

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TOUR ITINERARY

Inclusions

WHATS INCLUDED

Visit Machu Picchu with Inca Trail, Quarry Trail and train options
Travel through the Sacred Valley
Explore Cusco, South America's oldest continuously inhabited city
6 breakfasts, 4 lunches, 3 dinners
Private vehicle, Taxi, Train
Cusco - Orientation Walk
Cusco - Chocolate Museum Visit & Hot Chocolate
Sacred Valley - Community visit & lunch
Cusco - 3 Night/4 Day Inca Trail (or 2 Night/3 Day Inca Quarry Trail)
Machu Picchu - Guided tour
Visit Machu Picchu with Inca Trail, Quarry Trail and train options
Travel through the Sacred Valley
Explore Cusco, South America's oldest continuously inhabited city
6 breakfasts, 4 lunches, 3 dinners
Private vehicle, Taxi, Train
Superior twin share accommodation
Sightseeing and transportation as per the itinerary

Fine Print

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HOW TO BOOK & PAYMENTS

Deposit & Payments

Book now and secure your package with only a \$xx deposit per person. Pay a 2nd instalment of \$xx per person within 28 days.

You will then be invoiced for final payment 90 days prior to departure.

Booking Process

Select the purple 'Reserve Your Seat' tab to begin your booking (you must 'Sign Up' first by entering your email and creating a password)

Then select the purple 'Book now' tab of the tour you have selected

Select your Departure Date, Departure City, Number of Passengers,

Room Configuration, any Upgrade Options, and enter any Special

Requests

Click the purple 'Proceed to Secure Checkout' tab

Enter your credit card or PayPal details to secure your

deposit/payment. You may also pay via BPAY (not available within 70 days of departure)

Once your order is complete, you will be prompted to complete a

Booking Form so that we can fulfil your booking

Your position on the tour will be confirmed within 48 hours of

completing your order. If your place cannot be confirmed, a full refund of the deposit will occur

TOUR ITINERARY

OPTIONAL TOURS

Day 1:

Cusco - Full Boleto Turistico Pass (access to 16 archaeological sites, transport & guides not included) - PEN135

Cusco - Half Boleto Turistico Pass (access to selected archaeological sites, transport & guides not included) - PEN75

Cusco - Cathedral Entrance Fee - PEN25

Cusco - City tour - USD15

Cusco - Coricancha Temple entrance fee - PEN15

Cusco - Pisco Making - Urban Adventures - USD51

Cusco - Pre-Colombian Museum - PEN20

Cusco - Inca Museum - PEN10

Cusco - Machu Picchu Museum & Botanical Garden - PEN20

Day 2:

Ollantaytambo - Archeological site - PEN70

Day 7:

Cusco - Ruins & Market Walking Urban Adventure - USD84

Cusco - Pisco Making - Urban Adventures - USD51

Cusco - Stand Up Paddle Boarding - USD75

Sacred Valley - Via Ferrata & Zipline - PEN265

Sacred Valley - Mountain Biking - USD120

Cusco - Totem painting workshop - USD59

Rainbow Mountain Hike - USD97

EXCLUSIONS

International Airfares

Personal Expenses

Travel Insurance

Optional activities

Anything not mentioned in the itinerary or optional

HOTEL LIST

Hotels assigned by Intrepid

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IMPORTANT INFORMATION

Accommodation

The accommodation listed is subject to change. Any changes will be of an equal or higher standard. Bedding configurations (double or twin) are requests only. All efforts will be made to meet your preferences, however, any changes are beyond our control.

Single Supplement

A single supplement is available on all nights of this trip from an extra AUD \$275 subject to availability.

Triple Share

Not available.

Children

Children must be 5 years old or over and share a room with parents at all times. Children are charged the same price as adults.

Tour Documentation

Final documentation will be provided approximately 30 days prior to travel.