



# The Best Cusco & Inca Trail

08 days | 07 nights



## Description



# Discover a Magical Journey in the Present through Inca Wonders of the past

Hello, explorer! This tour will take you through the best parts of Cusco and the Inca Trail; it absolutely has to be on your shortlist! These are 8 days of excitement with all the conveniences included. We'll provide all the transportation and coordinate the amazing activities you need to do to experience the Inca capital and its surroundings to the fullest. You'll explore the imperial city and visit its archeological sites and impressive colonial churches before taking off on the mountain adventure of a lifetime.

the best of Peruvian cuisine from the hands of our talented chef. On top of all that, you'll visit the Sacred Valley and Rainbow Mountain, two of the most important destinations in all of South America. Without a doubt, this is one of the most incredible journeys you can experience to make the most of your Peruvian adventure. Take a look at this program, and join us for the adventure!

After adapting to the Andean altitude, you'll hike on the world-famous Inca Trail, spending time in snow-covered mountains, the lush cloud forest, and a magnificent mix of Inca ruins. You'll stay in private, comfortable accommodations along the trail, trek with just a light backpack, and taste

The background features a light gray map of a region with a complex coastline. On the left side, there are detailed topographic contour lines. A solid teal horizontal line spans across the middle of the image, passing behind the text. At the bottom, there is a dark gray, textured area representing a mountain range, with a jagged black silhouette of peaks overlaid on it.

# Full Itinerary

## Day 01

Arrival to Cusco > City Tour



# Explore the Incredible Inca Capital

Welcome to the imperial city! We'll be waiting for you at the Cusco airport to take you to your hotel in this charming city. To help you get used to the altitude, the first day will be a great opportunity to do a City Tour. You'll walk through its historic, cobbled streets and see various colonial buildings constructed on the foundations of what were once grand Inca palaces. We'll start you out with a tour around the central plaza of Cusco and a visit to the Cusco Cathedral, a prime example of Baroque-style architecture. It holds dozens of secrets hidden in the paintings and sculptures that call it home. You'll then continue on to Qoricancha, or the Temple of the Sun, the most important religious complex of the extensive Inca Empire.

Next, we'll go a few kilometers outside of the city to visit Sacsayhuaman, an

extraordinary site and one of the icons of Inca architecture and engineering. Close to this complex of gigantic stones, you'll find Genqo, which, in Quechua, means "labyrinth" and is considered to be a temple dedicated to the Pachamama or Mother Nature. After that, you'll visit Puca Pucara, a military construction with a wonderful view of the Cusco Valley. Puca Pucara, in Quechua, means "Red Fort."

Lastly, you'll see Tambomachay, which means "resting place," an ancient temple of water worship, which is considered to be one of the main natural deities of the Incas. After an incredible afternoon, we'll take you back to Cusco and leave you at the door of your hotel. You'll have free time before going out to dinner at one of the best restaurants in Cusco and trying this country's exquisite cuisine for the first time.



## Day Facts

Meals:  
Dinner

Accommodation:  
Hotel in Cusco

Tour Duration:  
5 hours approx.

Min. Altitude:  
3,390 m / 11,122 ft

Max. Altitude:  
3,800 m / 12,467 ft

01 Q'enqo

02 Sacsayhuaman

03 Tambomachay



## Day 02

Cusco > Sacred Valley of the Incas: Chinchero > Moray > Maras > Ollantaytambo



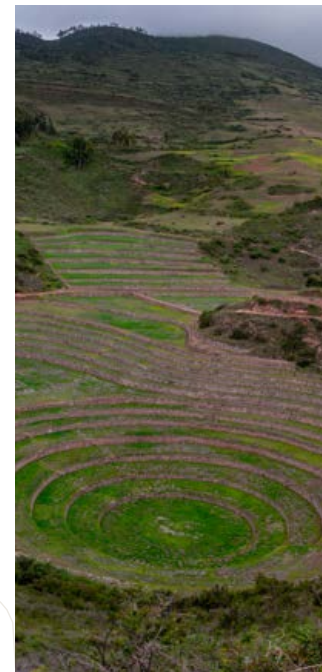
# Culture and Tradition in the Sacred Valley of the Incas

Early in the morning, you'll leave your hotel, and we'll take you to the Sacred Valley of the Incas. Our first stop will be in Chinchero, where you'll learn about traditional weaving from the locals. You'll see how they produce various colors of natural dyes to create the beautiful wools of our colorful Cusco, which they later turn into gorgeous pieces of clothing. You'll also see buildings there that were built on top of the original Inca foundations, like in Cusco: great adobe and stone walls showing you a mixture between Inca and Spanish architectural styles.

After Chinchero, we'll take you to Moray, an Inca agricultural investigation complex with circular terraces that create distinct microclimates on each level for growing crops not native to the area. Ingenious! We'll then go to the small town of Maras. There, you'll visit its colonial churches, which contain

Cusqueña paintings representing the Last Supper and Jesus with his twelve apostles. Here, you'll also have the privilege of visiting the famous Salt Mines of Maras and its more than 3,000 natural salt pools, along with their breathtaking surroundings.

After exploring this part of the valley, we'll continue to Urubamba, and you'll enjoy a traditional lunch buffet with a huge variety of Andean foods to choose from. Eat adventurously! We'll then take you to Ollantaytambo, a monumental Inca complex built for military, religious, administrative, and agricultural purposes. Here, you'll enjoy a guided tour of its spectacular landscapes and Inca constructions, including its unfinished but impressive Sun Temple. You'll stroll through its streets, traveling through time to that age long past. Of course, you'll spend the night at a hotel in this charming Inca town, taking in the positive energy it shares.



## Day Facts

### Meals:

Breakfast and Lunch

### Accommodation:

Hotel in Ollantaytambo

### Tour Duration:

9 hours approx.

### Min. Altitude:

2,792 m / 9,160 ft

### Max. Altitude:

3,762 m / 12,343 ft

01 Ollantaytambo

02 Maras salt mines

03 Moray

## Day 03

Ollantaytambo > Piscacucho (KM - 82) > Canabamba > Llactapata > Huayllabamba > Ayapata



# Start your Adventure on the Ancestral Inca Trail

Today, you'll wake up early to have breakfast and head out from the hotel. We'll ride the train for an hour to Piscacucho, located at Km 82 of the tracks, the trailhead of the age-old Inca Trail. You'll start the hike by crossing a bridge over the Urubamba River, entering into a high-altitude forest with amazing views of Waqayhuilca (Veronica glacier), the highest mountain in the Urubamba Mountain Range.

You'll walk northwest along the Sacred Valley, and after a couple of hours on a flat path, you'll arrive at Miskay. Here, our guide will give you coca leaves to chew, and a glass of chicha, considered the sacred drink of the Incas. After that, you'll hike up to Willkarakay to visit the impressive Llactapata archeological site.

You'll continue through the Kusichaca Valley to Tarayoc, and there, we'll

provide the first lunch prepared by the expert hands of our chef. Next, you'll gradually climb an hour to the community of Wayllabamba. From there, keep going until you reach our campsite in Ayapata. Along the trail, enjoy the fabulous views of the valley and its diverse flora and fauna, much different than what you're used to seeing at home!



## Day Facts

### Meals:

Breakfast, Lunch, and Dinner

### Difficulty:

Moderate

### Accommodation:

Camp

### Hiking distance:

14 km / 8.7 mi

### Hiking time:

6 to 7 hours

### Starting Altitude:

2,700 m / 8,858 pies

### Min. Altitude:

2,620 m / 8,596 ft

### Max. Altitude:

3,300 m / 10,827 ft

01 Llactapata

02 Llactapata

03 Trek to Ayapata

## Day 04

Ayapata > Warmi Wañusqa Pass > Pacaymayo > Runkurakay Pass > Sayacmarca > Chaquicocha



The **Reward** at the end  
of the **Trail** makes  
it all **Worth** it

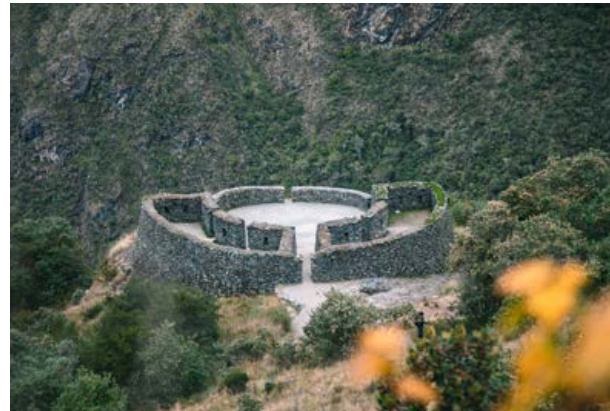
We'll wake you up with a hot cup of coca tea and then have breakfast, and that will give you the energy you need for the day. You'll start off the morning on the hardest part of the trek, a steep climb through the lush cloud forest. After four hours, you'll conquer the first mountain pass of the day, Warmi Wañusqa, or the Dead Woman's Pass.

Once you're at the peak, you'll be able to admire the majestic mountains all around you. After taking incredible pictures here, you'll head downhill to have lunch in Pacaymayo. After a well-deserved rest, you'll hike uphill once again, this time to the Runkurakay Pass (3,970 m / 13,022 ft). Halfway there, you'll visit a small, oval-shaped archeological site that was used as a watchtower.

After that, you'll descend to Yanacocha, which, in Quechua,

means "black lagoon." Then you'll go deeper into the cloud forest to Sayacmarca (3,624 m / 11,887 ft), a beautiful, semi-circular archeological site of various levels with narrow streets, fountains of water, courtyards, and irrigation canals. Here, you'll be able to see one of the best sunsets of your life over the Aobamba Valley.

Half an hour away, you'll reach our campsite in Chaquicocha, a calm and isolated place. This is the perfect opportunity to look up at the clear, Andean sky and learn about Inca constellations. The night sky of the mountains offers a truly astonishing view!



## Day Facts

### Meals:

Breakfast, Lunch, and Dinner

### Difficulty:

Challenging

### Accommodation:

Camp

### Hiking distance:

16 km / 9.94 mi

### Hiking time:

8 to 9 hours

### Starting Altitude:

3,300 m / 10,827 ft

### Min. Altitude:

4,215 m / 13,829 ft

### Max. Altitude:

3,300 m / 10,827 ft

01 Sayacmarca

02 Runkurakay

03 Warmi Wañusqa Pass



## Day 05

Chaquicocha > Phuyupatamarca > Intipata > Wiñay Wayna



# Wake Up in the Mountains!

Today will be easier than yesterday. You'll enjoy breakfast with unbelievable surroundings and then start the two-hour hike to the Inca ruins of Phuyupatamarca (3,680 m / 12,073 ft), a magical site known as "the city above the clouds." From here, you'll see Machu Picchu Mountain and Huayna Picchu Mountain in the distance before exploring the area with our guide.

Later, you'll go even deeper into the cloud forest of the high jungle of the Andes. You'll descend for two and a half hours to Intipata, an important agricultural center where you'll get yet another great view of the surrounding landscape and be able to take amazing pictures of the Sacred Valley of the Incas. Here, there are also beautiful orchids unique to this part of the Andes. Continuing on, you'll reach our campsite in Wiñay Wayna (2,680

m / 8,792 ft).

After having lunch and resting for a moment, you'll get to visit the archeological site of Wiñay Wayna, or "eternal youth," famous for its spectacular, vertical terraces. You'll spend about an hour here with our guide, who'll teach you about its interesting history. Back at the campsite, you'll have a moment to say goodbye to the porters and chefs who've helped you on the trail, and we'll have a small celebration to successfully end the day. That night, you'll be able to rest and recuperate to prepare for tomorrow's adventure.



## Day Facts

### Meals:

Breakfast, Lunch, and Dinner

### Difficulty:

Moderate

### Accommodation:

Camp

### Hiking distance:

9 km / 5.59 mi

### Hiking time:

4 a 5 hours

### Starting Altitude:

3,600 m / 11,811 ft

### Min. Altitude:

2,650 m / 8,694 ft

### Max. Altitude:

3,650 m / 11,975 ft

01 Wiñay Wayna

02 Phuyupatamarca

03 Phuyupatamarca



## Day 06

Wiñay Wayna > Puerta del Sol (Inti Punku) > Machu Picchu > Cusco



# Traverse the Ancient streets of the Inca citadel

We'll wake you up early to hike the last few kilometers of the Inca Trail. After breakfast, you'll walk about an hour on an easy path to Inti Punku, also known as the Sun Gate. This was the old entrance to the sacred city of Machu Picchu, and you'll finally be amazed by your first views of the majestic citadel! If the weather's good, you'll be able to watch the first sunbeams of the day coming over the mountains.

From there, you'll walk downhill on a beautiful stone path to the entrance of the citadel. We'll take you to the classic spot for the perfect picture of the city. Later, after a short rest, we'll start the guided tour of this famous Wonder of the Modern World; it will last two hours. All of our guides are experts on its history and Inca mythology; they'll truly make this long-awaited place come to life!

After a fantastic tour, we'll take you down to Aguas Calientes to have lunch in a restaurant of your choice. Later, we'll board the train to Poroy or Ollantaytambo, and then our private car will take you back to your hotel in Cusco. The return time will depend on the time of your train ticket.



## Day Facts

Meals:  
Breakfast

Difficulty:  
Moderate

Accommodation:  
Hotel in Cusco

Hiking distance to Machu Picchu:  
5 km / 3.11 mi

Hiking time:  
2 to 4 hours in total

Starting Altitude:  
2,650 m / 8,694 ft

Min. Altitude:  
2,040 m / 6,693 ft

Max. Altitude:  
2,720 m / 8,924 ft

- 
- 01 Puerta del Sol (Inti Punku)
  - 02 Machu Picchu
  - 03 Puerta del Sol (Inti Punku)

## Day 07

Cusco > Cusipata > Llacto > Rainbow Mountain > Red Valley Viewpoint > Llacto >

Cusipata > Cusco



# Traipse through the Incredible colors of the Andes

Today, you'll visit yet another of the most famous places around Cusco! In the morning, we'll take you out of Cusco once again, this time about two hours away to the town of Cusipata; there, we'll provide breakfast. We'll continue down the zig-zagged road through small Andean towns until we reach Llacto, the trailhead of our hike. You'll go uphill on a somewhat steep path, and the increasing altitude will make each step more difficult than the last. However, you'll be motivated by your picturesque surroundings: the incredible natural beauty of the Andes Mountain Range.

On the trail, you'll see Apachetas all along the way, small rock towers left by other hikers as a tribute to the mountain. There will also be local wildlife around, blending into the landscape; herds of llamas and alpacas will accompany you on the way to the grand mountain.

You'll spend a breathtaking hour

hiking to the foot of Rainbow Mountain. At that point, the trek will become much more difficult. You'll go uphill for 30 more minutes, now on a very steep path that leads to the highest viewpoint of the famous Rainbow Mountain, or Vinicunca. Once you're there, you'll have an amazing view of the great Vilcanota Mountain Range and its majestic Ausangate, the guardian Apu of the high Andean towns of the region.

After spending time considering this colorful beauty, you'll have a chance to explore the surroundings with our guide, who will explain the geological origins of this mountain and its significance. Later, you'll take the same trail to return an hour and a half downhill to where you started. From there, our private care will take you back to Cusipata for lunch, and then you'll return to Cusco, storing the best moments of this trip in your heart and soul.



## Day Facts

Meals:  
Breakfast and Lunch

Difficulty:  
Moderate

Hiking distance:  
7 km / 4.35 mi

Hiking time:  
3 hours

Starting Altitude:  
4,630 m / 15,190 ft

Min. Altitude:  
3,310 m / 10,860 ft

Max. Altitude:  
5,100 m / 16,732 ft

01 Customer viewing Ausangate mountain

02 Rainbow Mountain

03 Red Valley



## Day 08

Cusco > Lima

# Say Goodbye to Imperial Cusco



Enjoy the morning with free time in the city - buying souvenirs, walking around the historical center of town, or just relaxing. Later on, we'll get you to the airport in time for your flight.

Cusco still has so much more to offer. If you have time, you can do the unforgettable hike to Humantay Lagoon or take any of our other tours to finish out your adventure.



## Day Facts

Meals:  
Breakfast

- 01 Cusco's Main Square
- 02 Customer pick-up for airport transfer
- 03 Cusco's Main Square

The background features a light gray map of a region with a complex coastline and topographic contour lines. A dark gray silhouette of a mountain range is positioned at the bottom of the frame. Two horizontal teal lines are placed on either side of the word 'Packing' in the title.

# Inclusion & Packing List



# What is Included?

## High Quality Service & Safety

- **Pre-departure Briefing (Inca Trail)**  
Detailed trek briefing with your Guide the day before the tour. The meeting is at 5:00 pm in our office.
- **All Tours and Activities according to the Program**
- **Experienced Tour Guides**  
On each tour, you'll be with official English and Spanish-speaking Guides. They will enlighten you about the culture and surroundings and make sure you are safe, sound, and comfortable to enjoy your trip worry-free!
- **Private Camping Equipment (Inca Trail)**
  - A spacious dining tent to enjoy your meals worry-free
  - Tables, chairs, dishware, and cooking equipment
  - A portable travel toilet
  - Inflatable mattress  
All equipment carried by our horses
- **One Duffle Bag**  
For the Inca Trail, you'll receive a duffle bag to pack your personal belongings up to a maximum weight of 7 kg / 15.4 lb (this weight includes your sleeping bag). Our porters will carry it on the route.

- **Medical Kit or First AID Kit**  
All Ausangate Peru guides have received specialized training in first aid. We hold mandatory training sessions for them every February. Your guide will always have a first aid kit and oxygen to face basic emergencies (altitude sickness, travelers' diarrhea, cuts, scrapes, etc.). If necessary, we'll evacuate you from the path as quickly as possible and ensure that you arrive at a clinic for treatment.
- **24/7 Customer Service**  
We have telephone service available 24 hours/day for ease of communication with Ausangate Peru leading up to your tour.

## Accommodation

- **3 Nights Accommodation in Tents**  
Ausangate Peru uses the best equipment to ensure your safety and comfort. Every 2 people will share a Eureka Timberline or Mountain Hardwear tent with a capacity of 4 people.
- **4 Nights in Selected Hotels**
  - Cusco: 3 Nights
  - Sacred Valley (Ollantaytambo): 1 night

## Meals

- **Meals in Cusco and the Sacred Valley**
  - 3 Breakfasts, 2 Lunches, 1 Dinner
- **Meals in the Inca Trail**
  - 4 Breakfasts, 3 Lunches, and 3 Dinners
- **Water (Days 2 to 7)**  
"For the Inca Trail: A good supply of boiled, filtered, and cooled water. Please bring a camel bag or an empty bottle (2 liters recommended) which you can refill during each meal. For Rainbow Mountain and the Sacred Valley: A water bottle"
- **Wake up tea**  
You'll wake up every morning at the camp with a cup of coca tea! It'll be brought to your tent so you can warm up before you start the day.
- **Tea Time or Happy Hour**  
Every afternoon before dinner, the cooks will provide you popcorn, cookies, coffee, hot chocolate, tea, 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!
- **Snacks (Days 2 to 7)**  
For the hikes, we'll provide you with snacks of local fruits, cookies, chocolate, caramels, etc., to enjoy

during the walk. To avoid the use of plastic bags that contaminate our environment, you'll receive a cloth bag.

## Transportation

- **Private Transport**  
All transportation and transfers between indicated hotels, airports, and bus or train stations are included (according to the itinerary).
- **Train Ticket from Aguas Calientes to Ollantaytambo (Day 6)**
- **Bus Ticket from Machu Picchu to Aguas Calientes (Day 6)**
- **Personal Belongings Transportation (Inca Trail)**  
Our Porters Team carry all camping equipment, including the duffle bags and all supplies for the trek.

## Permits & Entrance Tickets

- **Entry to the Rainbow Mountain**
- **Admission to the Inca Trail**
- **Entry Ticket to Machu Picchu Archaeological Site**



## What is **NOT** Included?

### ✦ Boleto Turistico or Cusco Tourist Ticket

This ticket is required to access many of the most popular attractions in Cusco and the Sacred Valley, including archaeological sites and museums (applies to days 1 and 2).

- From PEN 70.00 (US\$ 20.00) to PEN 130.00 (US\$ 40.00) per person.

### ✦ Cusco's Cathedral Entrance Ticket

- Adult: PEN 40.00 (US\$ 11.00)
- Students and Children (11-17): PEN 20 (US\$ 6.00)
- Children (under 10): Free

### ✦ Qorikancha Entrance Ticket

- Adult: PEN 15.00 (US\$ 5.00)
- Students and Children (11-17): PEN 8.00 (US\$ 3.00)
- Children (under 10): Free

### ✦ Extras and important equipment

You will need a sleeping bag to camp. Walking sticks are optional but highly recommended. If you don't have them, don't worry, you can rent them with Ausangate Peru.

- Sleeping bag: US\$ 20.00

- Walking poles (pair): US\$ 20.00

- ✦ Meals not indicated
- ✦ Personal Hiking Gear
- ✦ Travel Insurance
- ✦ Tips for our staff

Tipping is the standard in any excursion in Peru. Although we pay good salaries to our team, something extra is always welcome, especially considering the hard work they do.

- ✦ Additional costs or delays beyond our control

Landslides, bad weather conditions, itinerary modifications due to a safety concern, illness, pandemics, government policy changes, political instability, strikes, an act of God, etc.



# What Should you Bring

## Essential packing list

- ☐ Duffle Bag
- ☐ Daypack

## Documents

- ☐ Original Passport

## Clothing

- ☐ Underwear
- ☐ Base Layer
- ☐ Trekking Shirts
- ☐ Hard Shell Jacket and Rain Gear
- ☐ Insulated Jacket
- ☐ Fleece Jacket
- ☐ Trekking Shorts and Trousers

## Headgear

- ☐ Hat for Sun Protection
- ☐ Head Band or Beanie
- ☐ Neck Gaiter or Balaclava

## Hands

- ☐ Inner Gloves
- ☐ Outer Gloves

## Footwear

- ☐ Hiking Boots
- ☐ Trainers (Trekking shoes / sandals)
- ☐ Hiking Socks
- ☐ Thermal Socks
- ☐ Gaiters

## Important Accessories

- ☐ Sleeping Bag
- ☐ Trekking Poles
- ☐ Sunglasses
- ☐ Headlamp
- ☐ Water Bottle or Hydration Bladder
- ☐ Camera / Videocamera
- ☐ Notebook / Journal and Pen



# Personal Gear and Medications



## ✦ **Trekking Towel:**

A small to medium sized hiking towel can come in great use. LifeVentures or Discovery provide good, quick-drying trekking towels.

## ✦ **Small Locks:**

To protect your belongings in your rucksack or duffle bag

## ✦ **Waterproof Ziplock Bags:**

These come in handy for storing important / valuable items like your money, a passport and electrical equipment

## ✦ **Isotonic Powder:**

Can be used to flavour your water nicely and helps replace electrolytes, improving energy levels and aiding water absorption. Here are some good Isotonic powdered drinks

## ✦ **Diamox:**

Also known as acetazolamide, is a medication that can be used as a prophylactic (preventative) solution for altitude sickness. It does not cure altitude sickness and should never therefore be used as a method to continue ascending to high altitudes. It can however help prevent the onset of altitude sickness and is commonly used by high altitude climbers and trekkers.

## ✦ **General Medications:**

We recommend taking paracetamol or aspirin for headaches (a common altitude sickness symptom on the Salkantay Trek) and Imodium for diarrhoea (another common problem as food preparation can be a little unhygienic)

## ✦ **Basic First Aid Kit:**

If you are joining an organised trek, your guide will most likely be carrying a first aid kit. If you are hiking unsupported or independently then a first aid kit is a must. Here are some compact and good outdoor first aid kits: Outdoor First Aid Kits

## ✦ **Suncream / Lip balm:**

No one wants burnt skin or cracked lips! Be sure to bring 1 x suncream (SPF 30) and 1 x lip balm

## ✦ **Baby wipes:**

For quick and easy wet washes when no showers are in sight! bring 1 x baby wipes

## ✦ **Blister Plasters:**

The dreaded blisters! We recommend taking Compeed blister plasters

## ✦ **Hand Sanitizer:**

Great for disinfecting hands before and after eating, or when they get dirty during the hike



## Our Hiking Team **Our** Tour Guides

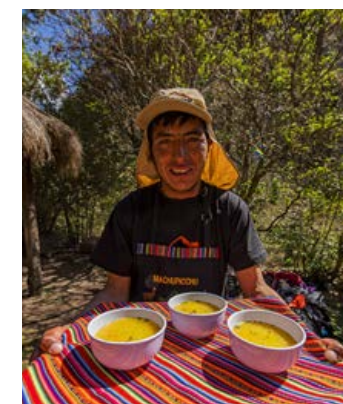
Your tour will be led by a trained and highly experienced professional with a very solid guiding background, years of hiking and wilderness experience, medical certifications, and a passion for leading people into unforgettable adventures.



## Our Hiking Team

# Our Cook

After a challenging trek we know how important a good hot meal can be to prepare your body and warm you up. That's why on every trek with Salkantay Trekking we employ chefs with years of experience cooking on the trails so that they provide filling.





## Our Hiking Team **Meals** What to Expect

All of our hiking tours include a diversity of tasty meals packed full of critical carbohydrates, proteins and fats. We carry foods that travel well in the backcountry – rice, pastas, lentils, beans, couscous, packaged meats, nuts, breads, oatmeal, granola.



## Our Hiking Team **Our Horseman & Horses**

Our Horseman and his horses are in charge of all our gear and will always await us within the safe and comfortable camp sites.







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