

MOUNTAIN LODGES OF PERU

DETAILED ITINERARY

HIKING THE SALKANTAY INCA TRAIL

Nov 13/18



An exciting adventure of surprising comfort that takes you on an ancient Inca trail called the “Salkantay Inca Trail”, the road less traveled to the lost city of the Incas. The route winds through the Cordillera Vilcabamba, a spectacular Andean mountain range, before plunging into forested canyons. Discover a world surrounded by magical moments which will stay with you far beyond your return home. See why the majestic peaks with their emerald-green glacial lakes inspired awe among the natives who consider them gods.

In a way, we are all like the Inca chaskis, the relay runners who delivered messages along the vast web of footpaths that linked Cusco to the far flung corners of the empire. Following in their footsteps, we too are on a mission, though perhaps a more personal, spiritual one. While experiencing the real outdoors and its rugged elements, you can anticipate returning to a refuge for the mind and body within our lodges where you can rest and relax. Each day’s trek ends not in a freezing tent but in one of four cozy lodges with hot showers, fine

FACTS & HIGHLIGHTS

- 7 land days • Maximum 12 travelers • Start and finish in Cusco • All meals included • Exclusive and remote lodge to lodge trekking • Machu Picchu - UNESCO- Ancient Wonder of the World

DEPARTURE DATES & PRICE

Weekly Departures

Low Season From: \$2990 USD

High Season From: \$3990 USD

Low Season: Mar 1 - Mar 31 and Nov 1 - Dec 14.

High Season: Apr 1 - Oct 31 and Dec 15 - Dec 31.

Per person based on double occupancy. Single supplement 50%. Share occupancy supplement 25% may be available.

Triple occupancy on request.

Activity Level: 5

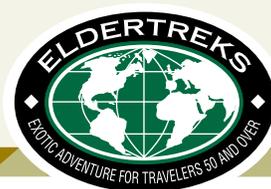
Comfort Level:

Very comfortable but physically challenging. 7 days over 9,000 feet

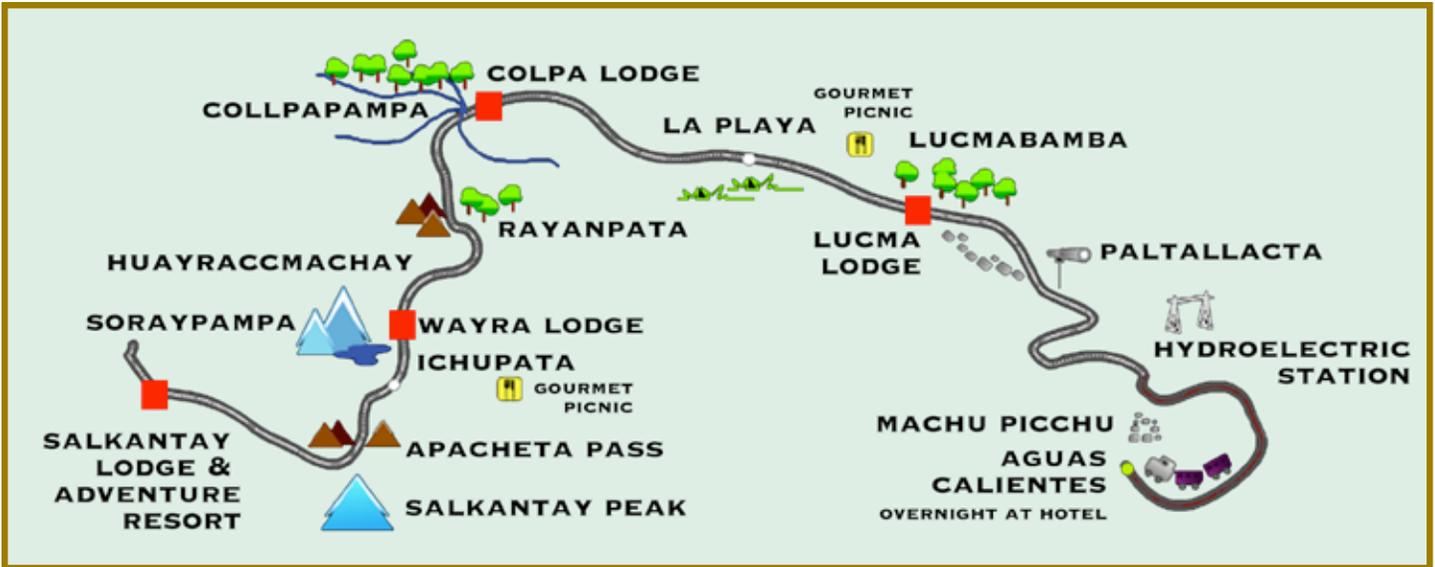
ACCOMMODATIONS

Enjoy boutique lodges, removed from the crowd with great views, comfort, private facilities.

ELDERTREKS



SMALL GROUP
EXOTIC ADVENTURES
FOR TRAVELERS 50 PLUS



gourmet meals, select wines, goose-down bedding, outdoor jacuzzis, and highly personalized service provided by local staff.

In our Machu Picchu Lodge-to-Lodge experience, trekkers spend two nights at the Salkantay Lodge, and one night at each of three other lodges located along the trail: Wayra Lodge, Colpa Lodge and Lucma Lodge. The last night of the journey is spent in a luxurious hotel in the town of Machu Picchu in anticipation of the grand finale: a visit of Machu Picchu, the Lost City of the Incas.

This is not an ElderTreks operated tour. As such, participants on this tour are not exclusive ElderTreks clients and it may not adhere to ElderTreks' maximum size restrictions of our tours.

DAY 1 CUSCO TO SALKANTAY LODGE

3,869 m/12,690 ft

Note: On the evening before this day there will be a briefing with your guide in Cusco.

After an early breakfast, we are picked up starting at 7:00 am at our hotel in Cusco by your guide and vehicle for the drive to the Salkantay Lodge in Soraypampa. Enroute we take a short break to



visit the Inca ruins of Tarawasi near the town of Limatambo (approx. 1.5 hrs from Cusco). After leaving Limatambo, we pass through the mountain village of Mollepata where we stop for a short coffee break before ascending a winding mountain road to a place called Marcoccasa (30 minutes from Mollepata by vehicle).

Here, we begin our trek to Soraypampa, on an old route called the “Camino Real” (Royal Path). This is a good opportunity for everyone to acclimate, while enjoying a beautiful six hour trek. Salkantay Lodge takes its name from the majestic peak at the head of the valley - Mt. Salkantay, the second most sacred peak in Inca mythology and, at 6,270 m (20,600 ft), the highest in the region. After a warm welcome by our friendly staff, we are shown to our rooms and have time to wash-up before tea and cookies. The trip leader will hold a briefing by the fireplace, followed by aperitifs and dinner.

Trekking Time: Approximately 6 hours (including picnic lunch enroute)

Hiking Level: Moderate

Option: Guests who do not wish to trek may be transported to the lodge by vehicle

DAY 2 HIKE TO THE HUMANTAY LAKE

3,869 m/12,690 ft

Today we take an acclimatization hike on the slopes above the lodge to Lake Humantay, fed by the hanging glaciers of Mt. Humantay. The hike is optional, but the views are amazing, and those brave enough can even go for a dip. We return to the lodge for lunch, after which you may choose to trade the glacial swim for a relaxing soak in our outdoor jacuzzi. Afternoon at leisure. We spend the night at the Salkantay Lodge with gourmet food and warm,

comfortable beds. In the evening, the guide briefs us on gear and the itinerary for the following day. All meals are served at the Lodge.

Trekking Time: Approximately 4 hours

Hiking Level: Moderate to Challenging

Option: Horseback Riding

DAY 3 CROSSING THE SALKANTAY PASS

3,906m/12,812 ft

This is the big day! After an early start, we hike up the Rio Blanco valley, circling Humantay Peak across from Salkantay Peak. The highest point on the trek is the Salkantay Pass at 4,638 m (15,213 ft). At the pass we stop to take in views of snowcapped peaks of the Vilcabamba Range in every direction, the glaciated south face of Salkantay towering above us. We will keep our eyes out for Andean condors, often visible in this area. From the pass we descend towards Wayra Lodge (“Wayra” means wind; so ‘the place where the wind lives’) our destination for the evening. A hot lunch is served enroute; dinner and overnight at the Lodge.

Trekking Time: 6-8 hours (including lunch)

Hiking Level: Challenging, crossing a 4,640m (15,200 ft) mountain pass

DAY 4 DESCENDING INTO THE CLOUD FOREST

2,870m/9,414 ft

On this day we enjoy a leisurely breakfast at Wayra Lodge. Then we continue our descent along the left bank of the Salkantay River, through increasingly verdant scenery. We can feel the warm air rising from the jungle, accompanied by colorful butterflies and striking orchids. Upon arrival at Colpa Lodge

we are greeted with a Pachamanca meal, a traditional festive Peruvian meal cooked by layering meat and vegetables with hot stones, and then covering the whole thing up to bake. Colpa Lodge is located on an open plateau at the confluence of three rivers. The outdoor jacuzzi has panoramic views of lush green mountains. We spend the afternoon relaxing or exploring the nearby orchid trail. Dinner and overnight at the lodge.

Trekking Time: 3-4 hours

Hiking Level: Easy to Moderate

DAY 5 FOLLOWING THE SANTA TERESA RIVER VALLEY

(2,135m/7,003 ft)

Today we hike along the Santa Teresa river valley, through more populated rural areas. We pass through banana, granadilla, and avocado orchards and coffee plantations (said to be one of the best organic coffees in the world). A hot picnic lunch is served by the river. After lunch, we hike another hour before a private vehicle meets us for a short drive to the beginning of the "Llactapata Inca Trail" (30 minutes or so). From the head of the newly restored Inca trail we easily make our way to Lucma Lodge, set in an avocado orchard. Dinner and overnight at the lodge.

Trekking Time: 5-6 hours (including lunch)

Hiking Level: Moderate to Challenging (because of distance, not terrain)

DAY 6 FIRST VIEWS OF MACHU PICCHU FROM LLACTAPATA PASS

(1,900 m/6,232 ft)

After a hearty breakfast, we tackle the last day of our trek. We head uphill for 2-3 hours towards

Llactapata Pass (2,736 m/8,974ft), where we come upon a distant but spectacular view of Machu Picchu Sanctuary from the southeast, a view few travelers ever get a chance to admire. We take a short break to explore the Llactapata Ruins, which have recently been restored. Lunch is served in a scenic viewpoint, looking out to Machu Picchu. We then begin our final descent to the Aobamba River through lush bamboo forests, orchards and coffee plantations. Aguas Calientes, the town of Machu Picchu, is a short, scenic train ride away. Upon arrival, we check into our lovely hotel for celebration dinner with our guide and one last briefing!

Trekking Time: 4-6 hours

Hiking Level: Moderate to Challenging

DAY 7 VISIT MACHU PICCHU SANCTUARY

After a very early buffet breakfast at the hotel, we make our way to the bus station for the ride up to Machu Picchu Sanctuary (30 min). Our trip leader will give the group an introductory two-hour guided tour of the ruins, after which we have the rest of the morning to explore the site on our own - there is a lot to do and see! Afterwards, we return by bus to Aguas Calientes for a late lunch and to meet our train. The ride from Aguas Calientes to Ollantaytambo takes about one and a half hours, and then a private vehicle will drive us back to Cusco (an additional hour and a half). Upon arrival in Cusco (approximately 7 or 8 p.m.), we are dropped off at our hotel.

Option: Climb Huayna Picchu or Machu Picchu Mountain. Permits have to be purchased in advance.





QUESTIONS & ANSWERS

1. HOW BIG ARE THE GROUPS?

Each group is limited to 6 rooms. Small groups are an important ingredient in adventure travel. They allow for more interaction and more personalized service throughout the itinerary.

2. WHAT IS INCLUDED IN THE TOUR PRICE?

5 nights accommodation at private Mountain Lodges of Peru facilities, 1 night hotel accommodation in Aguas Calientes, meals starting with lunch on Day 1 and ending with lunch on Day 7, all transportation as noted on the itinerary beginning with pickup in Cusco on Day 1 and ending with drop off in Cusco on Day 7, services of a Mountain Lodges of Peru trekking guide, transportation of personal belongings on the trek by packhorse/mules and/or porters, guided visit of Machu Picchu including entrance to the site.

3. WHAT IS NOT INCLUDED IN THE TOUR PRICE?

Transportation to and from Cusco, alcoholic drinks and other items of a personal nature such as massage services (Salkantay Lodge), laundry service, travel insurance, gratuities to trek guides and staff, pre and post trek accommodation and services, internet/satellite telephone charges from the lodges.

4. ARE THESE “EDUCATIONAL” TOURS?

Yes, we visit historical sites and have talks and discussions on many aspects of history, culture and nature. Mountain Lodges of Peru support over 30 local community programs with micro-funding projects to promote self sufficiency, renewable resource management and education. We hope to visit several projects and villages along our route.

5. HOW DO WE TRAVEL DURING THE TOUR?

All transportation is included beginning with pick up at your hotel in Cusco on Day 1 and ending with drop off at your hotel in Cusco on Day 7. We use 4 X 4 vehicles or minivans for road travel, train between Hydroelectric station /Aguas Calientes and Aguas Calientes/Ollantaytambo, horses or mules if necessary on trails.

6. WHAT ARE OUR ACCOMMODATIONS LIKE?

All 4 lodges have been designed and built in accordance with traditional building techniques, Inca architectural and mythological concepts and respect for the environment. The Salkantay Lodge has 12 private double or twin rooms with private bathroom facilities. Each Trekkers Lodge (Wayra, Collpa, Lucma) has 6 private double or twin rooms. Lodges are fully equipped and serviced including hot water for showers, hairdryers. Three of the lodges have an outdoor hot tub. Room heating ensures that the temperature remains a comfortable 68F/23 C. Satellite

telephones which work with phone cards (purchased at the lodge) and internet is available (additional cost) at the lodges. 1 night hotel in Aguas Calientes with private washroom.

7. WHAT ABOUT THE WEATHER?

Weather in the region is extremely variable and you should pack for a variety of conditions. In addition, the trek passes through 15 bio-zones ranging from high altitude alpine conditions to high jungle. Here is a rough guideline: December to March: rain/cold; April - June: fair; July - August: dry/cold; September - November: occasional rain/fair.

8. WHEN IS PAYMENT DUE?

A non-refundable deposit of \$750 USD (plus insurance if you require it) is due at time of booking and will reserve your place on the tour. Payment of the full land cost is due 120 days before departure. Cancellation charges are applicable and are outlined in the “Terms and Conditions” section of our brochure.

9. IS MEDICAL INSURANCE REQUIRED?

Insurance coverage is not included in the cost of your trip. Please note that medical insurance is not required for this adventure but is recommended. ElderTreks offers comprehensive travel insurance and we are happy to provide you with a quote if you call our office. If you are purchasing insurance elsewhere, please ensure you provide the details to ElderTreks as soon as possible.

10. WHAT SHOULD I TAKE ON THE TOUR?

An equipment list and further information will be sent to you after you have booked the trip.

11. WHAT MEALS ARE INCLUDED?

All meals during the itinerary beginning with lunch on Day 1 and finishing with lunch on Day 7. “Andean Energetic Cuisine” is prepared at lodges. Trek lunches may be box lunches or hot lunches served at a lodge or on the trail.

12. CAN YOU ARRANGE MY FLIGHTS?

We would be happy to take care of your air arrangements. ElderTreks offers personalized flight itineraries — not group flights. Stop over en route, come in a few days early, or extend your stay. Call us for a customized itinerary.

13. WHAT IF I WOULD LIKE MORE INFORMATION?

If you have any further questions about the trip, please do not hesitate to contact our office for additional information. A detailed packing list and further details will be forwarded to you once you have booked the trip. Our office is happy to assist with information on required additional services in Cusco pre and post trek.

