

ORIENT-EXPRESS

INCA TRAIL TO MACHU PICCHU One-Day Hike Pre Departure Information

The Inca trail is by far the most famous trek in South America and what makes it unique is that it is the only trek in the world that takes you to a major archaeological site, which is Machu Picchu, visiting three major sets of Inca ruins along the way. In addition to this, the landscape is breathtaking, as it takes you from the highlands to puna grasslands across to major passes, and on to cloud forest as you reach the mythical citadel of Machu Picchu.

General Information

- Trek is rated as moderate, but we strongly suggest spending at least one night in Cusco area before the start of the trek to totally adjust to the altitude.
- Do some exercise before you go.
- Elevation on the Inca Trail : Minimum 6500 ft / Maximum 8850 ft
- Keep hydrated. Drink Plenty of water that also helps to acclimatize to the altitude
- No refund will be possible for any unused part of the tour or entrance fee bought in advanced.

Regulations

The booking system managed by the UGM (Management office for **Machu Picchu** Sanctuary) is complicated and allows to enter de Inca Trail just 500 people including tourists, guides, porters and cooks per day. That is why it is important to make the booking as soon as possible, as permits need to be purchased well in advance.

In order to make bookings, following information is mandatory

- **Name** (names provided must be the same as shown on passport)
- **Age – Date of Birth**
- **Nationality**
- **Passport Number**

Very Important

- In case there is a change of passport, you must bring both, the old and the new one, in order to be able to go into the Inca Trail.
- If there is an error in the given number, you will not be allowed to enter the Inca Trail.
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- No amendments nor change of dates are allowed.
- Entrance fee can not be transferred to another traveller. This is prohibited by law.

Also important

- Any special food requirements (Vegetarian, low salt, low fat, diabetic or other)
- Any special medical requirements

Luggage

Luggage for the hike is limited to a day-pack (not provided) containing the essentials you will need along the trail: Rain jacket, hat, sunscreen, insect repellent, water bottle, camera.

Overnight luggage should be kept to what you may need for an overnight stay in Machu Picchu and should be clearly labeled since it will go on board the train to Machu Picchu and you will find it upon your arrival to your hotel.

Weather

The Andean weather can be unpredictable, despite the sharp divide between dry and wet seasons. The dry season runs from May to October or November (**the best time for trekking**); the rainy season goes from December through April. Nevertheless, in the forested fringes of the Amazon basin where **Machu Picchu** lies, **showers are not uncommon at any time of year.** Daytime temperatures can vary greatly, from **about 10°C/50°F to 28°C/82°F.**

Tours

Av. Alcanfores 775- Miraflores, Lima 18 – Perú Teléfono: (51-1) 612-6700 Fax: (51-1) 445-0414

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What to Wear and to Bring

Dressing in layers is highly recommended, as altitude and temperature variations will force you to add or peel off layers on the go.

- 1 Rain proof Jacket
- 1 Fleece Sweater or Jacket
- Lightweight quick-drying pants, if you enjoy hiking wearing shorts you may consider bringing some or zip-off pants
- Lightweight hiking shoes
- 1 pair trekking socks
- 1 set of warm underwear for camp (polypropylene is best)
- T-shirt or lightweight shirt
- A hat or cap to protect you from sun and/or rain
- Bandanna
- Sun glasses with string attached
- Sun screen lotion
- Insect repellent
- Knife (Swiss army is good)
- Reusable water bottle or canteen (plastic not allowed)
- Camera with extra batteries
- Retractable walking stick (must have rubber tip)

First Aid Kit

Please note that we carry a fully equipped First Aid Kit, but you may want to bring your own supply of personal medicines as well as "moleskin" and "second skin" band aids that come very handy during your trek.

Recommended Reading List

- Lost City of the Incas, The Story of Machu Picchu and its Builders
by Hiram Bingham EXPLORATION • 2001
- The Inca Trail, Cuzco & Machu Picchu
by Richard Danbury GUIDEBOOK • 2005
- The Incas, People of the Sun
by Carmen Bernard EXPLORATION • 1994
- The Incas and their Ancestors, The Archaeology of Peru
By Michael Moseley ARCHAEOLOGY • 2001
Machu Picchu Historical Sanctuary,
by Peter Frost & Jim Bartle. Nuevas Imagenes, Lima, 1998.
- Exploring Cusco,
by Peter Frost. Nuevas Imagenes, Lima, 1999.
- A Field Guide to the Birds of Machu Picchu,
by Barry Walker,
- Machu Picchu, the Sacred Center,
by Johan Reinhard. Instituto Machu Picchu, Lima 2002.

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