



Adventure tours that delve deeper

The Salkantay trek to Machu Picchu

TRIP LENGTH: Five days
STARTS AND ENDS: Cusco

The Salkantay Trek is our favourite alternative to the Inca Trail. From high passes between snow-capped mountains and glaciers, to lowland jungle with hot springs and coffee plantations, the Salkantay trek is a study in contrast – like Peru itself!

Day 1 Start the Salkantay trek!

We'll pick you up at 5am from your Cusco hotel to travel to the start of the trail, stopping along the way for some breakfast. At the trailhead we'll load our gear onto our packhorses then start hiking. Two hours in, our first destination is the incredibly scenic Laguna Humantay – an incredible glacial blue lake set between spectacular mountains – this is one of the most photogenic places in Peru! From here it's a 4.5 to 6 hour hike up to Soyrococha, where we spend the night in the shadow of the impressive Salkantay Glacier.

Accommodation: Camping on the Salkantay Trek
Meals: Lunch and dinner included
Walking: 12km (7.5 miles)
Min. Altitude: 3,890m (12,760ft)
Max. Altitude: 4,480m (14,700ft)
Altitude of camp: 4,480m (14,700ft)

Day 2 Over the high pass!

After breakfast, we begin our steep ascent to Abra Huayracmachay (15,100 feet), the highest point in the hike where we'll enjoy magnificent views of the high glacier of Salkantay. From here it's a long, easy descent to our second campsite. Total trekking time is about 8 hours.

Accommodation: Camping on the Salkantay Trek
Meals: All meals included
Walking: 18km (10 miles)
Min. Altitude: 2,890m (9,480ft)
Max. Altitude: 4,600m (15,100ft)
Altitude of camp: 2,890m (9,480ft)

info@aspiringadventures.com | www.aspiringadventures.com

South America HQ: Apartado 611, Cusco, Peru | Pacific HQ: 13 Wickliffe St, Mosgiel 9024, New Zealand

Free Call: 1800 ASPIRING (Australia) | 0508 ASPIRING (New Zealand) | 1 877 438 1354 (US & Canada) | +64 3 489 7474 (Worldwide)

Day 3 Hike along the riverside into high jungle

Today's first section is a lovely descent alongside the Salkantay River. You'll notice the changing environment as we move down from arid highlands into a tropical ecosystem, with waterfalls, lush vegetation, and eventually coffee, avocado and banana plantations. In the afternoon we'll likely be accompanied by flocks of colourful parrots, and if we're lucky we'll see the bespectacled bears that were the inspiration for Paddington Bear!

From the end of the trail, our vehicle will take us to the Cocalmayo hot springs where we'll camp the night – what better place to soak away the tiredness and bask in our achievements on the rugged Salkantay trail?!

Accommodation:	Camping at Cocalmayo hot springs
Meals:	All meals included
Walking:	15km (9 miles)
Min. Altitude:	2,150m (7,070ft)
Max. Altitude:	2,890m (9,480ft)
Altitude of camp:	2,150m (7,070ft)

Day 4 Rainforest stroll to Machu Picchu Pueblo

After another soak in the springs in the morning, we'll pack up, wave goodbye to our cooks, and drive to the beginning of our very pleasant 10km stroll to Aguas Calientes, through a winding rainforest gorge around the base of Huayna Picchu. Here we'll enjoy a shower and an early night – we'll be up early tomorrow to catch sunrise at Machu Picchu!

Accommodation:	Basic, comfortable hotel, Aguas Calientes
Meals:	All meals included
Walking:	15km (9 miles)
Min. Altitude:	2,000m (6,400ft)
Max. Altitude:	2,700m (8,860ft)

Day 5 Explore Machu Picchu

A spectacular stone city surrounded by incredibly steep, incredibly green mountains, Machu Picchu needs no introduction and is deservedly one of the new Seven Wonders of the World.

We'll get an early start, so there's time for your guide to show you around Machu Picchu's main citadel, as well as our favourite hidden nooks and crannies, before the crowds arrive. Then there's time for your own exploration of the massive, still-mysterious site, before we catch the train back to Cusco.

Meals: Breakfast and lunch included

What's included:

- Dedicated trekking guide
- Entrance to Machu Picchu, including extra permit to climb Huayna Picchu (*if available at time of booking*)
- Accommodation – three nights in tent, one in hotel (*based on twin-share. Single Supplement available for US\$50*)
- All ground transport (*private vehicle and train*) including pick up and drop off at your hotel in Cusco
- All meals as specified (*four breakfasts, five lunches, four dinners*)
- Drinking water on the trail

What's not included:

- Tip for your guide(s), cook, and horsemen
- Sleeping bag and mat (*available to hire for \$40 per item*)
- Mule to carry your extra gear (*available to hire for \$60*)