

Hiking the Inca Trail to Machu Picchu

April 14-October 15

from \$2149

11-Day Tour with Classic Trek: Wednesday & Sunday Departures

11-Day Tour with Discovery Trek: Wednesday Departures

Important Note: For the adventurous, the trek to Machu Picchu is an exhilarating experience filled with incredible views of the Andes. You will never forget camping at remote Inca tambos (way stations) and walking on the same trail as Inca messengers did centuries ago. The extremely high altitudes of the trek (Cuzco at 11,300 ft. and one pass at over 13,500 ft.) make preparation an imperative, which is why we include three nights in Cuzco for acclimation prior to the trek. This extra time in Cuzco is sufficient for most people and considered a minimum, unless you live at 5,000 feet altitude or more. There are important factors to consider if you are contemplating an Inca Trail Trek, such as age and overall fitness. You should also prepare at least one month in advance with a regimen of rigorous hiking for five miles three times a week. However, none of these factors hasten acclimatization. Only time matters. As a general rule you need one day for each 1,000 feet over 10,000 feet altitude. Without this, the result is *soroche*, or altitude sickness, which causes mild to severe flu-like symptoms and can ruin your trip. After proper acclimatization, people are thrilled as they complete the final steps of the trek, enter the Royal Gate at the very top of Machu Picchu, and marvel at the grandeur of the sacred site below.

Approach Machu Picchu from the Royal Gate overlooking the citadel



Itinerary

Day 1: Arrive Lima Start your adventure into the Land of the Incas.

Day 2: In Lima Familiarize yourself with Lima on this half-day tour of the colonial highlights, followed by a visit to the Archaeological Museum for a chronological presentation of the many civilizations that flourished in Peru. Displays include important collections from the Chavin, Mochica, Chimu and Nazca cultures. (B)

Day 3: Lima to Cuzco Early morning flight to Cuzco and transfer to your choice of hotel in downtown Cuzco. Balance of the day free to adjust to an altitude of over 11,000 feet. Take it easy! (B)

Day 4: Cuzco Tour This afternoon take a motorcoach tour of colonial Cuzco, including the Temple of the Sun, Cathedral and Plaza de Armas. Visit Korikancha, the Inca Sun Temple, and see how the church was built right on top of the intact temple. Next, ascend the hills surrounding Cuzco to visit the Inca ruins of K'Kenko, Pucapucara, Tambo Machay and the great stone fortress, Sacsayhuaman. (B)

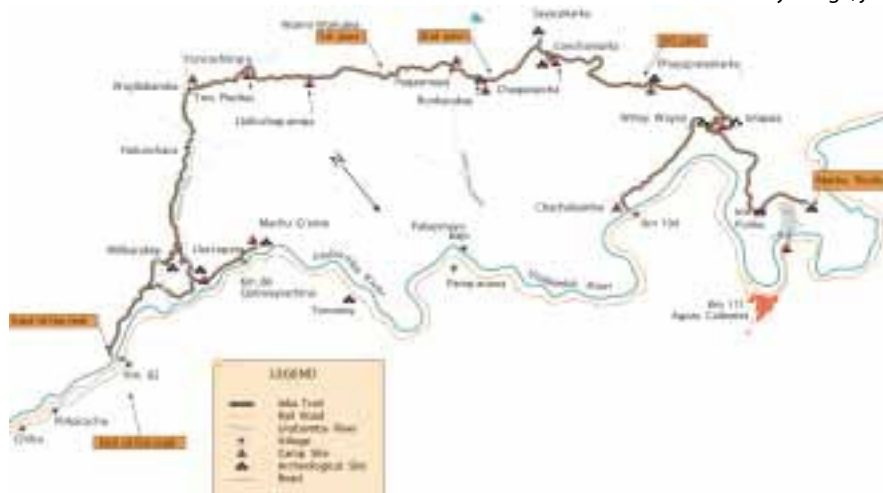
Day 5: In Cuzco Another full day in Cuzco to acclimate before you commence your Inca Trail Trek. (B)

Day 6: Cuzco to

Huayllabamba - The Trek

Begins! Morning pick-up at your Cuzco hotel and transfer by bus to the trailhead at Chillca, on the Vilcanota River. Hike along the Vilcanota River beneath the impressive snow-capped Nevado Veronica through cactus gardens and fields of corn to the enormous Inca ruins of Llactapata. Continue up a side valley to camp in the hamlet of Huayllabamba.

12 kms., 7 hours of hiking (B, L, D)



Day 7: Huayllabamba to Paqaymayo This will be the most strenuous day of hiking. Climb through steep fields and forest, then emerge above the tree line to Warmiwansqa Pass (13,776 feet). Enjoy magnificent views of the snow-capped peaks of the Huaynay Range and Inca ruins, then descend to camp in the valley. **11 kms., 8 hours of hiking** (B, L, D)

Day 8: Paqaymayo to Wynaywayna You will cross a second pass (12,661 feet) and follow a fine Inca road down to the exquisite ridge-top ruins of Sayaqmarka. Further on, pass through a tunnel amid luxuriant cloud forest vegetation. Camp at superb ruins overlooking the Vilcanota River far below. **15 kms., 8 hours of hiking** (B, L, D)

Day 9: Arrive Machu Picchu This will be the easiest day with only six kms. and two hours of hiking before reaching Machu Picchu. The Royal Road descends steeply through an orchid-laden cloud forest. The final stretch of the trail approaches Machu Picchu from the back of the mountain. You will enter Machu Picchu in the early afternoon from the original gate at the top of the ruins, just as the Incas did centuries ago! You'll have the day to tour the Lost City of the Incas with your guide. Overnight at the Standard and First Class hotels will be in the village of Aguas Calientes, at the base of the ruins. Deluxe category overnight will be at the Machu Picchu Sanctuary Lodge, just at the ruins. (**Note:** Dinner

and lunch the following day are also included for those staying at the Sanctuary Lodge.) (B, L)

Day 10: Machu Picchu to Cuzco You will have almost another full day to hike in and around Machu Picchu before your afternoon train departure for Cuzco. Transfer to your selected hotel in Cuzco.

Note: Bus transfers from Aguas Calientes to Machu Picchu and admission to the ruins are NOT included this day. (B)

Day 11: Cuzco to Lima Transfer to the airport for your return flight to Lima. Meeting service and transfer to your hotel. (B)

Day 12: Homeward Bound All good things must come to an end but you can extend this one! Book a trip to the Amazon Jungle (see pages 16 and 17) or an excursion to see the archaeological wonders of the northern or southern oases of Peru, such as the Lord of Sipan or the mysterious lines and drawings of the Plains of Nazca (page 15). Travel by train to Puno on Lake Titicaca, then by hydrofoil across Lake Titicaca with special overnights on Sun Island and Huatajata, and ending with two nights in La Paz. See page 18.

Included in the Inca Trail Treks

Classic:	5 Days/3 Nights Camping + 1 Night Machu Picchu Suggested for travelers who are conditioned to hiking 10 hours a day with breaks.
Departures:	Mondays and Fridays
Discovery:	5 Days/3 Nights Camping + 1 Night Machu Picchu The Discovery Trek allows travelers time to explore and enjoy the amazing archaeological sites, landscapes and nature along the way. The pace is slower (6 hours trekking per day) arriving at Machu Picchu late in the fourth day. The tour of Machu Picchu is scheduled for the fifth day. Visit our website for a detailed itinerary. www.ecoadventures.com
Departures:	Mondays
Transportation:	Private motorcoach and train (Backpacker Train in Tourist Category and VistaDome Train in all other hotel categories.)
Guides:	Trained, licensed English-speaking
Meals:	Breakfast, Lunch, Tea and Dinner daily
Chef:	Prepares delicious, hearty meals and cleans up
Porters:	Carry equipment, food and luggage. Note: Our porters are very well paid, fed and treated. You are provided with a duffel bag which you pack up to a maximum of 22 lbs (10 K) to ensure the fair treatment of our porters. Tips to the porters should be distributed on the last night of camping before arriving at Machu Picchu.
Equipment:	Northface tents with insulated mats, dining tent, kitchen tent, bathroom tent, tables and chairs
Taxes and fees:	Inca Trail tax, round-trip bus transfers to/from Machu Picchu and Machu Picchu entrance fees.
	Not Included
	Tips to porters/guides
	Sleeping bags
	Personal toilette

Tour Rates Per Person

Round-trip airfare Lima/Cuzco/Lima is included and is subject to change without notice. Airfares from/to North America are not included.

	Tour with Classic Trek		
	DbI	SgI	TpI
Tourist Class	\$2149	2635	2045
First Class	\$2349	3090	2239
Deluxe Class	\$3035	4140	2699
Deluxe Plus	\$4069	6360	3899*

Supplement for Discovery Trek \$ 200 200 100

*Triple rate is based on a Jr. Suite in Lima and a Suite at Machu Picchu

Hotels City	Tourist Class	First Class	Deluxe Class	Deluxe Plus Class
Lima	La Faraona	Jose Antonio	Holiday Inn Select	Miraflores Park
Cuzco	Agusto's	Jose Antonio	Libertador	Monasterio
Machu Picchu	Hostal Santuario	Hatuchay	M. Picchu Pueblo (MAP)	Sanctuary Lodge (FAP)

The Plains of Nazca

2-Day Extension

These enormous carvings in the desert are a three-hour drive south of Lima. Immense, mile-long geometric designs, stylized birds, spiders and monkeys constructed by an ancient civilization, sprawl across the desert floor and have been the source of speculation for centuries. EcoAdventures' motorcoach trip reveals the desert countryside south of Lima, provides a comfortable hotel for the night, and includes a 45-minute flight over the drawings via light aircraft.

Day 1: Lima to Ica Transfer from your Lima hotel to the bus station for a deluxe Royal Class bus service to Ica, three hours south of Lima, where overnight is provided at the **Hotel Las Dunas**.

Day 2: Ica to Lima Be certain to take your camera this morning for a 45-minute overflight of the Plains of Nazca via light aircraft. Afternoon Royal Class bus return to Lima and transfer to your hotel. (B)

Rates Per Person

Departures	Basic Package			Extra Night Ica		
	DbI	SgI	TpI	DbI	SgI	TpI
Monday-Thursday	\$505	625	475	\$ 60	99	50
Friday-Sunday	515	649	485	70	125	59

Extra Night Lima

Tourist Class	\$ 39	75	39
First Class	\$ 45	85	40
Deluxe	\$ 85	135	75
Deluxe+	\$185	370	225

Rates Include: Hotel accommodations, tax, service, continental breakfast, round-trip hotel/bus station transfers, round-trip bus to Ica via Royal Class tourist service and overflight of the Plains of Nazca from the Las Dunas airstrip.



Giant ground drawings, Plains of Nazca



(Right) Inviting pool at Las Dunas Hotel in Ica

The Lord of Sipan

3-Day Extension

Day 1: Lima to Trujillo Fly northward to Trujillo, and transfer to the **Libertador Hotel** for the night. In the afternoon enjoy a tour of this beautiful colonial city together with a visit to the Casinelli Museum. (B)

Day 2: Chan Chan and Huaca el Dragon Formerly the capital of the Chimu Empire, the sprawling city of Chan Chan attests the large population that once inhabited the area. Note the walls adorned with elaborate friezes that have been restored to their original detail and brilliant colors. Afterwards, visit the ruins of the Temple of the Dragon, decorated with friezes of dancing warriors. (B)

Day 3: Lord of Sipan/Chiclayo to Lima

Drive to the Valley of the Lord of Sipan. The tombs of the lord and his retinue contained jewelry made from gold, silver and copper studded with turquoise and semi-precious stones. Have lunch and visit the Royal Tomb Museum where the most spectacular finds are displayed. Evening transfer to the Chiclayo airport for the return flight to Lima. (B, L)

Rates Per Person

	Basic Package			Extra Night Trujillo		
	DbI	SgI	TpI	DbI	SgI	TpI
	\$ 780	1139	735	\$ 69	135	65

Rates Include: Hotel accommodations, tax, service, continental breakfast, air tickets Lima/Trujillo and Chiclayo/Lima, airport/hotel transfer and sightseeing as per the itinerary.