

## Salkantay Trek

**Duration:** 5 days / 4 night

**Fitness level:** Moderate

### **Includes:**

- English speaking professional guide
- All transfers
- Accommodation for one night in Aguas Calientes
- Private transport from Cuzco-Mollepata
- English speaking professional guide
- Entrance fee into Machu Picchu
- Backpacker tourist train ticket from Aguas Calientes to Cuzco
- Camping equipment: large tents, double thickness sleeping mats
- Camping equipment for the guide, horsemen and chef
- All meals including snacks
- Professional chef with assistant and kitchen equipment
- Kitchen and dining tent with camp tables and chairs
- Mules/Horses to carry all equipment
- First-Aid kit, including an oxygen bottle and an emergency horse!

### **Not included:**

- Breakfast on first day S/.5
- Sleeping bag
- Riding-horses can be hired for an additional US\$50
- Tips for the guide, chef and horsemen
- Hot Springs in Santa Teresa S/.5



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## **Tour itinerary:**

### **DAY 1: CUSCO → SORAYPAMPA**

This morning requires an early pickup at 04:30am. Departure is by private transport and takes us on a beautiful, scenic journey through Limatambo en route to Mollepata (2900masl), where we will stop for breakfast. Along the way, there are panoramic views of Apu Salkantay, majestic chains of snow-capped mountains and the lush Apurimac River Valley.

After breakfast, we begin our trek by walking approximately 6km to our trailhead, Cruzpata (3200masl). It is here we meet our Arrieros, or horsemen, chef and assistants. We then continue trekking for approximately 3 hours through traditional Andean communities before arriving for lunch at Sayllapata (3450masl).

After lunch we then continue trekking for a further 2 hours through more unspoiled Andean villages to Soraypampa (3850masl), our campsite for the night.

The INC have indicated that they will charge an additional fee of \$US10 at a control in Soraypampa. The temperature drops considerably at this altitude. Please bring clothing appropriate to -10 degrees Celsius for tonight.

**Meals included:** Lunch and Dinner

**Overnight:** Camping

**Walking Distance:** Approximately 16km

### **DAY 2: SORAYPAMPA → RAYAN-NIYOC OR CHAULLAY**

After an early breakfast, we begin trekking at 07:00 for approximately 1 hour before beginning our ascent of the Apacheta Pass (4600masl). We will reach the pass after a further 2 hours of trekking. From here we can appreciate the spectacular views of Mount Salkantay (6264masl), a majestic snow-capped mountain, surrounded by the mountains of Humantay and Huayanay. It is the second highest peak in Cusco's region.

After admiring our achievement, we then begin the 2 hour descent to our lunch site at Huayracpunku. After lunch, it is a further 3 hour downhill walk to our campsite in Chaullay (2920masl).

**\*\* Walking poles are recommended for the descent from the Apacheta Pass.\*\***

**Meals included:** Breakfast, Lunch and Dinner

**Overnight:** Camping

**Walking distance:** Approximately 23km

### **DAY 3: RAYAN-NIYOC OR CHAULLAY → LA PLAYA**

We begin trekking at 07:00 after breakfast. After a 4 hour downhill walk through increasingly dense, tropical rainforest, across numerous rivers and streams and beside countless waterfalls, we arrive for lunch in La Playa (2350masl). La Playa is a small village complete with electricity and numerous shops!

After lunch, we will then be driven by private bus or truck for 1 hour to the nearby village of Santa Teresa. After settling into our campsite, we then have the option to go to the nearby hot springs, just a 10 minute drive away. Upon nightfall, we will be driven back to the campsite for dinner.

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**Meals included:** Breakfast, Lunch and Dinner

**Overnight:** Camping

**Walking Distance:** Approximately 10km

#### **DAY 4: SANTA TERESA → AGUAS CALIENTES**

Our day begins by taking a short walk through the village of Santa Teresa and down to the river bank. Soon after 09:00, we cross the river in an exhilarating cable basket ride! Once safely on the other side we trek to the village of Lucmabamba, where we see the remains of an Inca trail. We follow this rising trail, from where we will see plantations of coffee, banana, passion fruit, papaya and a lovely view of the Santa Teresa Valley.

From this point, we follow the Urubamba River downhill to the Hydroelectric Power Plant (1870masl). It is here that we have our last lunch with our horsemen beside the train line.

After lunch, it's a 2 hour walk beside the train line, behind Huayna Picchu and beneath Machu Picchu into Aguas Calientes (2000masl). Upon walking into Aguas Calientes, your guide will show you to your accommodation for the night. He will also show you the place to meet for dinner. The rest of the afternoon is yours to explore this quaint little town.

**Meals included:** Breakfast, Lunch and Dinner

**Overnight:** Hostal in Aguas Calientes

**Walking Distance:** Approximately 12km

#### **DAY 5: AGUAS CALIENTES → MACHU PICCHU → CUZCO**

To gain the most out of today, breakfast will be served at 05:00. This is the last meal you will have with your chef and assistants. At 05:30, a short 25 minute bus ride, or a 1.5 hour walk to the Citadel of Machu Picchu, will ensure you arrive in time to see the sun rise over the massive, nearby mountain peaks. After sunrise, your guide will take you on a 3 hour tour of this amazing archaeological site.

After your tour, there is plenty of time to explore the ruins further. Amongst the many options are to climb Huayna Picchu, walk to Inti Punku (the Sun Gate) or visit the beautiful Temple of the Moon and Great Caves.

At approximately 15:00, you will need to board the bus back to Aguas Calientes to ensure you catch the 16:00 train back to Cuzco, arriving at around 20:00.

**Meals included:** Breakfast

**Overnight:** not applicable

END OF OUR SERVICES

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