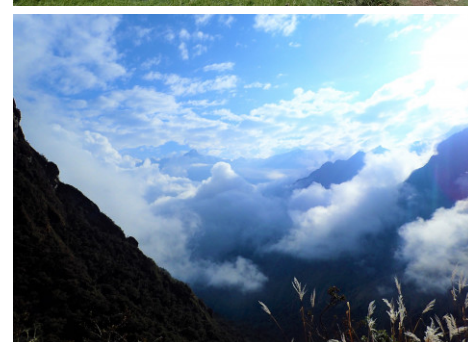
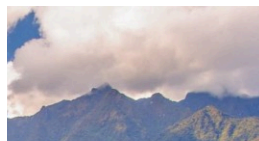


## Dementia Jersey - Inca Trail To Machu Picchu



Duration: **10 days**

Machu Picchu is one of the most iconic sights in South America, and the culmination of our magnificent Inca Trail trek through the Peruvian Andes. Join us as we trek this breathtakingly beautiful route through valleys and high passes, scattered with fascinating Inca ruins.

Trekking on Inca-paved paths and steps, our route takes us up through lush cloudforest to the demanding Dead Woman's Pass (4200m). Continually climbing up or dropping down, our way is steep at times, and the altitude adds to the challenge. We finally come to the Sun Gate, which overlooks Machu Picchu, where your first magical glimpse provides an unforgettable reward for your efforts.

***Permits for the Inca Trail are restricted and must be secured months in advance, so sign up in good time!***

*Dementia Jersey has run for over 10 years and supported thousands of islanders. We provide expert advice and support through our Dementia Advisors, a programme of brain training and re-orientation for those recently diagnosed with dementia and therapeutic workshops focused on art, music and swimming, for those further on in their journey. We also lobby government to stand up for the rights of people with dementia, raise awareness of how you can reduce your risk of developing the disease and educate people through a world-wide programme called Dementia Friends. Together all this work directly supports the community and combines towards our vision of creating a dementia friendly Jersey.*

*There are around 1,600 people with dementia in Jersey, and we further estimate 1 in every 10 islanders will have had some experience of supporting someone with symptoms.*

*Presently our annual costs are over £470K but with an ageing population and our charity being the sole charity to support those affected by dementia in Jersey, demand for our services is already growing, therefore help with funding is critical*

for our charity's survival.

## DETAILED ITINERARY

### Day 1: Depart London

Our route to Cuzco may involve a connection, depending on our flight schedule. Night in flight.

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### Day 2: Arrive Cuzco

Morning arrival in Cuzco (3400m); transfer to our downtown hotel. After a trip briefing, the afternoon is free to explore the sites of this historic city, or simply adjust to the altitude by watching the world go by in one of the numerous cafés on the Plaza de Armas. Night hotel.

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### Day 3: Tambo Machay – Cuzco

Our first day's trek takes us from Tambo Machay, an ancient ruin high in the hills above Cuzco. We pass some of the amazing Inca sites in the surrounding country-side as we walk downhill to Sacsayhuaman, the huge and impressive Inca ruin on the outskirts of Cuzco. As well as beautiful scenery and fascinating ruins, today's trekking offers excellent acclimatisation to the altitude. Night hotel.

**Trek approx 5 hours**

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### Day 4: Cuzco – Km82 – Wayllabamba

After a second night at altitude we should all be feeling ready for action! We leave Cuzco behind us, heading out along the Sacred Valley via Ollantaytambo to the Trail's starting-point at Km82. The first half-day walk is fairly easy and on an undulating path which follows the Urubamba River for much of the way. After lunch a gentle climb takes us to our camp at Wayllabamba. There are a couple of steep drops and climbs into gullies along the way, with great views of Mt Veronica standing at 5000m. We pass a couple of small places to buy cokes. The path is dusty but firm and there are no steps. Night camp (3000m).

**Drive approx 3 hours; trek approx 5-6 hours**

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### Day 5: Wayllabamba – Pacamayo

Today we have the big climb – rising from camp all the way to Dead Woman's Pass at 4200m. This is a relentless and steep climb on narrow trails, first through grassland, then cloud forest (where some people start to feel the altitude), where the path is steeper and can be muddy. Eventually it opens out onto pasture where we will have lunch with snow-capped mountains behind us and a distant view up to the top of the pass, still several hours ahead. The final stretch to the top of the pass is well maintained with steps but the pace is slow because of the altitude. From the top we descend on steps to our evening's campsite at Pacamayo, below the ruins of Runkurakay. Night camp (3500m).

**Trek approx 8-12 hours**

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**Day 6: Pacamayo – Winay Wayna**

Now on the Inca Trail proper, the path is mostly steps which are steep in places and there are ruins every mile or so along the way. We have our second high pass at 4000m, again with steps leading up to the top and down the other side. The descent takes around an hour to Sayacmarca ruin (3600m), which is perched above more steps. From here the trail is very pretty, wide and easy-going with interesting fragments of cloud forest en route. The third pass is reached easily after passing through an Inca tunnel in the rock and a gentle climb. We continue on to the ruins of Puyupatamarca and then descend steep steps to our campsite at Winay Wayna. Night camp (2640m).

**Trek approx 8-10 hours**

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**Day 7: Winay Wayna – Machu Picchu – Cuzco**

We start early and have a three hour walk to Inti Punku, the Sun Gate, along a beautiful stretch of trail, scattered with ruins and some steep flights of steps, with a few large drops down the side to the Urubamba River. We should arrive at Machu Picchu before the crowds arrive from Cuzco. We enjoy a guided tour around this extraordinary site, before meeting up in Aguas Calientes for lunch. In the afternoon we take the train back to Ollantaytambo and return to Cuzco by bus arriving in the evening. Night hotel.

**Trek approx 3 hours; train/bus travel approx 3 hours**

*(Dinner not included)*

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**Day 8: Free day Cuzco**

After a good night's sleep and a relaxing lie-in we have the remainder of the day free to explore Cuzco or do any last-minute shopping. Those looking for an adrenaline fix may wish to pre-book on to a White Water Rafting Activity (see [extensions](#) for details). Later this evening we all meet up again for dinner to celebrate our achievements. Night hotel.

*(Lunch not included)*

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**Day 9: Depart Cuzco**

After some free time this morning, we board the afternoon flight, which may involve a connection to our onward flight back to London.

*(Lunch not included)*

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**Day 10: Arrive London**

## SPONSORSHIP TARGET

We ask for you to commit to raising a minimum of £2,000 for Dementia Jersey to help support their rising costs and they can continue to support the Jersey dementia community.

## WHAT'S INCLUDED

- All transport from London to Cuzco return
- Internal flight departure taxes
- All meals except where specified, accommodation and camping equipment
- Discover Adventure leaders
- Local support and back-up equipment
- Sleeping mat
- Entrance to Machu Picchu and other sites visited as part of the itinerary

## WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Personal spending money, souvenirs and drinks
- Tips for the local guides and support crew
- International airport departure tax
- Sleeping bag
- Fees for any optional sites, attractions or activities
- Airline taxes
- Any applicable surcharges as per Terms and Conditions



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 20 May 2022, and the challenge is subject to change.