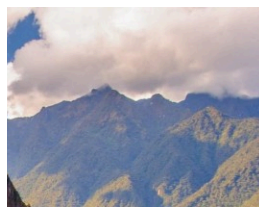


The Olive Branch Counselling Service Inca Trail Trek To Machu Picchu



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.

DETAILED ITINERARY

Day 1: Depart London

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

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.

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

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

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

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

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)

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)

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)

Day 10: Arrive London

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; doctor with group of 15 or more participants; local guides, porters and cooks
- 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: we cap these so £250.00 is the maximum you will pay
- Any applicable surcharges as per Terms and Conditions

GRADE | RED

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **RED** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Flight Information

Group flights usually leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route; details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight

times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

We camp in two-man tents; these are usually expedition-style (ie sleeping room only). Camps are usually simple, in remote locations with great views! We have communal dining areas (usually with tables and chairs/stools) and toilet tents, and the local crew look after us very well. We stay in hotels (of a 2-3* standard or equivalent) at the start and end of the trip; standards may vary between different hotels, but they are generally clean and comfortable with good facilities.

PREPARING FOR THE CHALLENGE

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click [here](#).

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Cultural Differences

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for! We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow participants and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

Passenger Portal

We have a Passenger Portal which will give you more details of the challenge itself. It also enables you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#).

CHALLENGE EXTENSIONS



AMAZON RAINFOREST EXTENSION

The Amazon rainforest is legendary throughout the world as an ecosystem rich in vegetation, wildlife and indigenous culture, and one which is currently under constant threat from mankind.

The River Amazon's source is in Peru, and the river carries around 20% of the world's fresh water. The rainforest covers almost half of Peru and extends into 9 other South American countries. It contains approximately 50,000 species of higher plants – a staggering twenty percent of the world's total. The tree canopy is so dense that almost no sunlight penetrates to the forest floor and there is very little undergrowth. Animal and bird life is incredibly rich, including colourful macaws and toucans, several species of monkey and the rare tapir, jaguar and Andean spectacled bear. Giant otters, caimans, capybara and piranha live in the many waterways.

This is your chance to experience the amazing diversity of flora and fauna set in part of the most famous and awe-inspiring rainforest in the world! We travel by plane and then river boat to our lodge on the banks of the Tambopata River, and explore the trails and waterways on foot and by boat. This isn't a luxury experience, but it's an unforgettable adventure in a unique and threatened world.

Contact the office for pricing and availability.



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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 26 Apr 2024, and the challenge is subject to change.