

INCA TRAIL

EXPLORER'S GUIDE

TROPIC

A MEMORABLE ROUTE



Those who visited Machu Picchu can talk about its magic. For many, seeing the citadel is a lifelong wish. That feeling multiplies when you look at it from the Inti Punku, just like the Incas did more than 500 years ago after intense days of walking along a fascinating route.

Considered one of the most spectacular treks in the world and the most famous in Peru, walking the **Inca Trail** is an unforgettable experience. The 39-kilometer route crosses the Andes while entering the Amazon, enjoying unique and changing landscapes adorned with formidable constructions steeped in history.

This trail to Machu Picchu has special relevance because it was used by the Inca to reach the citadel. Its ritual and pilgrimage scope reflect in its architecture - the delicate finishes of the surrounding walls, the care put into the construction of the stairways, and the impressive and uncrowded archaeological sites along the route.

Welcome to the
Inca Trail,
an experience
like no other!

A photograph showing a view through a stone archway. The archway is made of dark, textured stone. Through the opening, a vast mountain range is visible under a clear blue sky. A layer of white clouds sits in the valleys, creating a 'sea of clouds' effect. The sun is low in the sky, casting a warm, golden light on the mountains and clouds. The foreground shows some green vegetation at the base of the archway.

**INCA TRAIL:
LIVING
HISTORY**

IT IS A WORLD HERITAGE SITE

In 2014, UNESCO declared the Qhapaq Ñan a World Heritage Site. It marked a milestone, uniting in one application six countries through which the 30,000 kilometers of the road network passed: Colombia, Ecuador, Peru, Bolivia, Argentina, and Chile.

IT WAS ESSENTIAL FOR THE INCAS

The Qhapaq Ñan helped maintain order throughout the Empire, but it also had a religious connotation, passing through huacas and natural locations related to the divinities (apus).

IT CONNECTED THE ANDES AND THE AMAZON

One of its great purposes was to articulate trade between the Andean zone and the Amazon jungle. Large caravans of llamas used the road to transport various products.

IT HAS VARIED FLORA AND FAUNA

The geographical variation gives trekkers a unique natural wealth. You will observe some of the 425 species of orchids, more than 400 types of birds, 320 species of butterflies, and mammals such as the spectacled bear or the Andean fox.





“So, to make them as they are (the roads), it was necessary to raise the valleys, chop the stones and rocks and humiliate the highness of the mountains”.

Pedro Cieza de Leon. Chronicles of Peru (1553)

WHAT MAKES US DIFFERENT?





WE EXPLORE OTHER ANGLES

Unlike the bulk of walkers, we start our walk following the course of the Vilcanota River until we enter the conventional route at km 88. It allows us to explore less-known archaeological sites and avoid the crowding of the traditional entrance.



WE GET AWAY FROM THE CROWD

We want your passengers to feel a special connection with the route without interruptions. We adapt the walk starting times for them to enjoy themselves at their own pace without running into large groups at the most representative spots.



UNIQUE VIEWS

One of the great attractions of the Inca Trail is its scenic beauty. We relocate our camps to strategic points so that your passengers appreciate it every day and rest with more privacy.





NEW INSIGHTS

We turn the Inca Trail into an immersive experience where your passengers will share an enriching cultural exchange with our team, learn about their customs, and enjoy the local flavors.



ATTENTION TO DETAILS

We want this adventure to be as pleasant for your passengers as it is responsible for the environment. We have top-quality equipment, use environmentally friendly utensils, classify waste, and reduce plastic waste production.



INCLUSION AND FAIR TRADE WITH COMMUNITIES

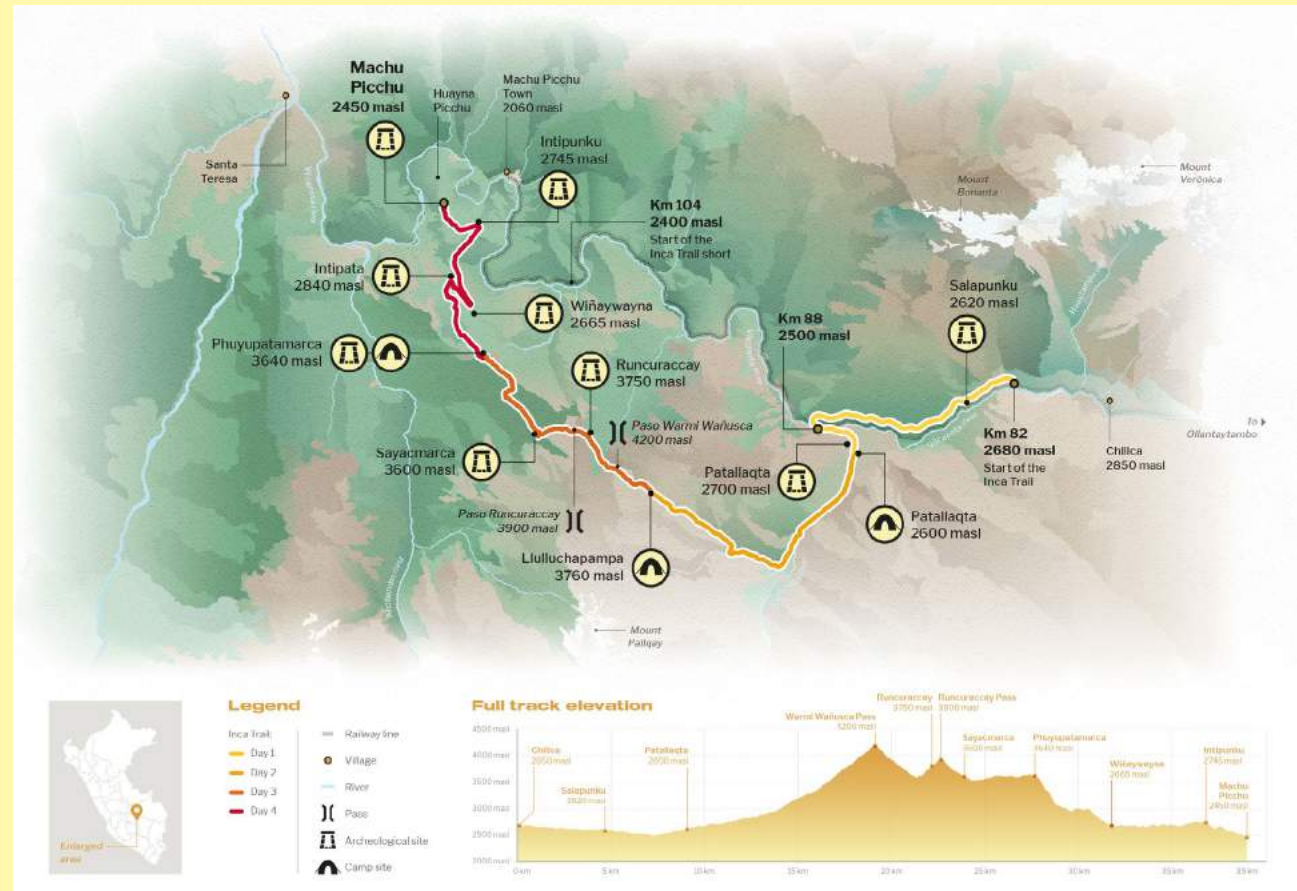
We value the effort of our field team to carry out this magnificent adventure. Therefore, we ensure they have safe working conditions, receive fair treatment, and adequate payment.



A group of four hikers is seen from behind as they ascend a stone staircase on a mountain trail. They are wearing large backpacks and hats. The trail is surrounded by dense, tall grasses and shrubs. The scene is brightly lit, suggesting a sunny day. The text 'DAY BY DAY' is overlaid in the bottom left corner.

**DAY
BY DAY**

What to expect from the experience on the **Inca Trail**? Get ready for an exciting adventure!





DAY 1

We will walk next to the Vilcanota River, along an alternative route to the traditional path to explore little-crowded Inca constructions. We return to the classic road to camp in Patallaqta, very close to the archaeological site of the same name.

Walking length: 9 km

Highest point: 2690 masl

DAY 2

As we ascend to the camp, we will cross unique forests of native trees. Accompanied by the team members and a stunning view of the Huayanay mountain, we will carry out an Andean ceremony of gratitude to the Pachamama and the sacred spirits of the mountains.

Walking length: 9 km

Highest point: 3780 masl



DAY 3

It's the most challenging and memorable day. After the ascent to the highest point of the trek, the Warmiwañusca pass, we will descend through one of the best-preserved sections of the road, with impressive archaeological sites and beautiful mountain range views.

Walking length: 11.5 km



Highest point: 4215 masl



DAY 4

After passing through archaeological sites such as Inti Pata and Wiñaywayna, the Inti Punku (Sun Gate) awaits to give you the first magical glimpse of Machu Picchu. We will make the guided tour after lunch and descend to Machu Picchu Pueblo to return to Cusco.

Walking length: 9.5 km



Highest point: 3641 masl





EXTENSIONS

As part of the visit to **Machu Picchu**, you can climb three mountains and have amazing views of the citadel from above. To take these extensions, you must buy different tickets that allow you to enter only circuits 3 and 4.



 **EXTENSION 1:
HUAYNA PICCHU**

It is the mountain that appears in the background of the classic photograph of the citadel. It takes 1 hour to climb to 2692 masl along a path of steep steps, but the view from the top is impressive.

 **EXTENSION 2:
MACHU PICCHU MOUNTAIN**

To avoid confusion, we must remember that the citadel was built at the foot of Machu Picchu Mountain. The ascent lasts 2 hours up to 3082 masl following a less demanding route. From the top, you can see both the Ilaqta and Huayna Picchu.

 **EXTENSION 3:
HUCHUY PICCHU**

It is a small mountain next to Huayna Picchu. The ascent is light, only up to 2492 masl, taking approximately one hour, and from the top, you can see the entire Inca citadel.





★ To make the most of the visit to Machu Picchu, we recommend adding a day to the itinerary. Thus, the passenger will cover the entire *llaqta* on the first day and ascend one of the three mountains on the second.

OUR HOSTS



The relevance of the Inca Trail is not only in its landscapes and history. It is also a genuine source of cultural interaction and sustainable development.





★ Our field team of guides, cooks, and porters is composed of local experts and members of the surrounding communities, eager to share their customs with visitors. This fact turns the hike into an immersive experience, promoting cultural learning, exchange, and reappreciation of local traditions.

Part of our commitment to the communities is to guarantee fair and safe working conditions, as well as contribute to their growth. Their insertion in the tourism value chain increases their income for family support, expands their professional training opportunities, and improves the quality of life in their locality.

Likewise, the inclusion of women within the teams fosters their independence and empowerment, setting the foundations for future generations of girls and young women in rural communities.

INSIDER VIEW: KANTU VALER

Kantu Valer, **adventure guide** with more than ten years of experience.



Why is the Inca Trail important?

Because it allows a reconnection with history, reassesses local identity, and builds a solid and deep cultural and social interaction. Travelers value the experience very much.

How would you describe the experience of the walk?

It is unique. There is no route where you can have this landscape and historical variety. Besides, it is invigorating to get to Machu Picchu this way - a challenge fulfilled.

What is the most rewarding thing about being a guide on the Inca Trail?

To see how the walkers become a family, supporting each other in challenging situations after living together for so long. Also, to have the chance to accompany them to the end of the road: Machu Picchu. It makes me very proud, and it's exciting.

What is your advice for enjoying the Inca Trail?

Prepare yourself physically and have good equipment. But, above all, arrive with a positive attitude and a great desire to have fun.



OUR SERVICES AND EQUIPMENT



Details can transform an experience. For this reason, we strive to provide the best to our travelers to enjoy every second of their journey.

Services	Standard	Deluxe
Equipment	<ul style="list-style-type: none"> · Regular tent for two · Mattresses · Synthetic sleeping bag · Dinning tent · Classic bathroom tent 	<ul style="list-style-type: none"> · Bedroom-style tent for two · Lamp and bedside table · Mattresses on folding beds · Feather sleeping bags · Pillows · Panoramic dining tent · Large bathroom tent · Hot shower
Meals	<ul style="list-style-type: none"> · Snacks · Balanced menu prepared with local ingredients 	<ul style="list-style-type: none"> · Premium snacks · Organic local coffee · Various drinks (alcoholic drinks included) · Balanced menu prepared with local ingredients
Staff	<ul style="list-style-type: none"> · One guide for every 8 passenger · 4 kg luggage per traveler 	<ul style="list-style-type: none"> · One guide for every 4 passengers · 6 kg luggage per traveler
Others		<ul style="list-style-type: none"> · Biodegradable amenities · Ceramic tableware



Our standard service has the essential amenities for the route.





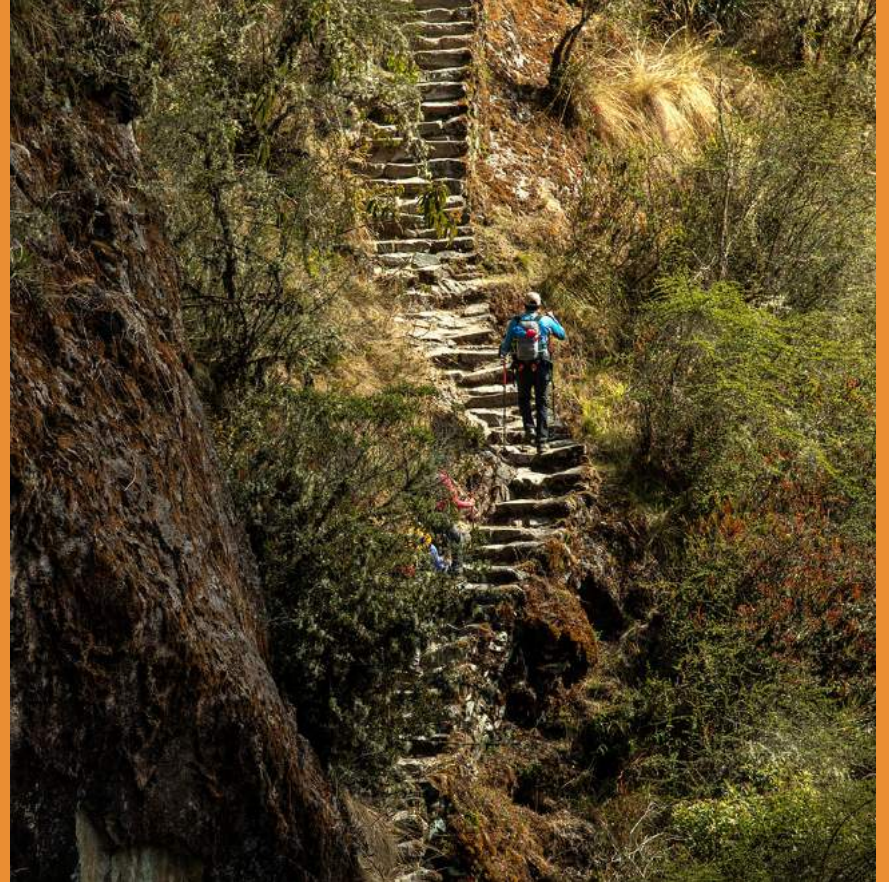
Our luxury service is designed with total comfort in mind, with details that make the experience more special.





**HOW TO
PREPARE?**

To fully enjoy the route, it is essential to be physically and mentally ready for the journey. The **Inca Trail** is of moderate intensity, with considerable ascents and descents, following a rugged path that implies prior preparation.





BEFORE THE TRIP

It is fundamental to adopt an active lifestyle and a healthy diet months before arriving in Peru. These are our recommendations:

- Start the preparation gradually with cardiovascular exercises such as running, cycling, or hilly walks.
- Incorporate protein in the diet, reduce processed foods, and stay hydrated with 1.5 to 2 liters of water daily.
- Learn the proper use of clothing and trekking equipment that you will use on the trip.
- Prepare yourself mentally, knowing that it will be a challenging hike but captivating and unforgettable.



WHAT TO PACK?

Don't let the weather play against you! The best strategy is to dress in layers of clothing suitable for the outdoors, adaptable to the intensity of the exercise and the weather.

- **For the upper part:** It is necessary to protect yourself from the sun with glasses and a cap. For the torso, a synthetic or exercise polo under a t-shirt or fleece. On top, a warm jacket (synthetic or made with feathers) and a rain jacket.
- **For the lower part:** trekking pants with a heater (for sunrises or cold nights) and hiking boots.
- A small backpack (25 to 35 liters) to store snacks and personal belongings. Always have sunscreen, insect repellent, a water bottle to fill in the camps, a camera or cell phone, and a personal first-aid kit with prescription medications.



ON ARRIVAL IN CUSCO

The most important recommendation is to acclimatize to the change in altitude. Here are some ways to do it:

- Start the trip at a low altitude destination and gradually ascend
- Take quiet walks
- Rest when necessary and sleep more than 8 hours
- Eat light foods that are easy to digest and in moderate amounts
- Drink between 1.5 and 2 liters of water a day. Avoid alcohol.



ABOUT LUGGAGE

The luggage limit per passenger is 4 kilos inside a duffle bag provided by us and carried by the porters' team. We recommend packing pieces needed when arriving at the camps (changing clothes, extra shoes, toiletries, etc.).

Additionally, for the walk, travelers must have a personal backpack with a weight that can be taken by each one of them.



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