Trek the Inca Trail to Machu Picchu

Trip Code: IMP

Version:

WALK & TREK	GUIDED GROUP	5 MODERATE



HIGHLIGHTS

- Enjoy the famous Inca trail away from the crowds and camp in remote spots
- Trek into Machu Picchu via the iconic Sun Gate - more than just a viewpoint
- Includes a guided visit to magnificent Machu Picchu and your Inca Trail Permit
- Time to explore vibrant Cusco and the Sacred Valley of the Incas
- Maximum group size of 12 people means great service for all

AT A GLANCE

- 4 days trekking
- Max. altitude - 4200m
- Join at Cusco

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Trekking the Inca Trail, and then arriving at the Sun Gate above the 15th Century Inca citadel of Machu Picchu, is one of the outstanding highlights of any visit to Peru. We begin this superb 8-day walking holiday with two vital acclimatisation days, where we explore Cusco and the Sacred Valley - the former capital of both the Inca Empire and Spanish colonial government.

In the company of like-minded travellers from around the world, we then set off on the Inca Trail, the famous ancient paved pathway of the Incas, trekking from the Urubamba River to a high point at the Warmi Wanusca Pass (4200m), before descending to the Sun Gate at Machu Picchu. Averaging 10 kilometres of walking on each of 4 days this brilliant fully supported short trek provides us with spectacular views of the peaks of the Cordillera Vilcabamba.

The holiday culminates in a visit to Machu Picchu with a knowledgeable guide who will bring alive the history of the city of the Incas before we take the classic train ride back to Cusco. With weekly departures from April onwards we are sure we will have a trip to fit with your busy schedule, but be quick to secure your permit.

BOOK EARLY FOR THE INCA TRAIL!
The strict rules governing the issue of Inca Trail permits mean that they are limited and allocated on a first-come, first-served basis. Permits go on sale in October for the following year, and with ONLY 500 permits per day available (including those for crew) they sell out fast!

Note that KE offer weekly departures throughout most of the year giving you the best chance of getting those elusive remaining permits on the dates that work best for you. If you are unable to join one of our advertised departures please contact our Sales team for alternative dates.

Why not combine this Inca Trail and Machu Picchu holiday with a **Rainforest Extension**, **Train journey to Lake Titicaca** or a Galapagos Holiday?

Is this holiday for you?

This classic adventure offers a variety of trekking conditions. Most of the walking is on well-defined tracks, including sections of ancient Inca highways, which are paved with stone. You should be comfortable with walking for 5 or 6 hours each day with the occasional longer day. You will encounter some long ascents and/or descents on some days. There are also long sections of Inca built steps to negotiate on a couple of the days!

This is a fully supported trek, and you will only be required to carry your day pack each day. Our friendly camp crew will take care of all the camp chores, so when in camp you can relax, rest and enjoy the views. To help you acclimatise and enjoy your trekking holiday, we have allowed 2 nights at around 3000 metres, before we start trekking. Not only does this help you acclimatise, it also allows the chance to enjoy exploring all the sites in Cusco and around the Sacred Valley.

Itinerary

Version:

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Lake Titicaca by Luxury Bus

Travel by luxury tour bus from Cusco to Puno, across the Peruvian Andes to the shores of Lake Titicaca.

Forming part of the border between Peru and Bolivia, this sacred lake of the Incas at an elevation of 3830 metres was where the god Viracocha rose and created the sun, moon, stars and the first people. It is the largest navigable lake in the world. After an overnight in Puno we travel to the floating 'Totoras' reed islands of the Uros people. Here we watch them harvesting and weaving the reeds. We continue onto Amantani Islands and stay overnight in a traditional village house hosted by local families, giving us a great insight into the livelihood of these pre-Incan people. We return the following day by boat to Puno and then transfer to the nearby airport of Juliaca. This extension starts in Cusco and ends in Juliaca.

4 days from
US$480 per person



Lake Titicaca by Luxury Train

Travel in style on the luxurious Titicaca scenic train from Cusco to Puno, on the shores of Lake Titicaca.

Enjoy stunning landscapes, lively regional music and dance, and exquisite onboard cuisine. Along the route you'll make a stop at Abra La Raya, the journey's highest point at 4,300m. After an overnight in Puno we travel to the floating 'Totora' reed islands of the Uros people. Here we watch them harvesting and weaving the reeds. Travelling onto Amantani Island we overnight in a traditional village house being hosted by a local families. This gives us a great insight into the livelihood of these pre-Incan people. We return the following day by boat to Puno and then transfer to the nearby airport of Juliaca. This extension starts in Cusco and ends in Juliaca.

Train departures: Every Wednesday, Friday, and Sunday

4 days from
US$920 per person



Peru Rainforest Extension - Luxury

Embark on an unforgettable journey to Tambopata National Reserve, a vast, untouched expanse of Amazonian wilderness covering 2.5 million acres.

Posada Amazonas is located in one of the best-preserved forests of Tambopata. Managed with care by the Native Community of Infierno, the ecolodge offers easy access to a rich and vibrant ecosystem where every moment connects you to the true spirit of the Amazon. Covering a total of four days / three nights this extension allows for two full days of immersive jungle walks and scenic river excursions.

A short flight to Puerto Maldonado, the gateway to Tambopata, followed by a scenic one-hour drive and peaceful boat journey along the Tambopata River will transport you deep into the heart of the Amazon. There are no roads leading to the lodge, no neighbors, and no roads breaking the harmony of the forest – access is solely by river, ensuring a truly immersive jungle experience and prime access to breath-taking wildlife viewing opportunities.

From the vibrant macaw clay lick to playful otters, curious monkeys, and a dazzling array of colourful birds, every moment in this ecosystem is a chance to witness nature at its finest. This pristine habitat is also home to the Amazon's five top predators: the elusive jaguar, the giant river otter, the stealthy black caiman, the majestic harpy eagle, and the formidable anaconda.

Beyond the lodge extends a vast corridor of protected rainforest, where the communal reserve seamlessly connects with the Tambopata National Reserve, forming a continuous conservation area of exceptional ecological importance. Owing to this privileged location, Posada Amazonas serves not only as an ecolodge, but also a committed partner in the long-term preservation of the Amazon Rainforest.

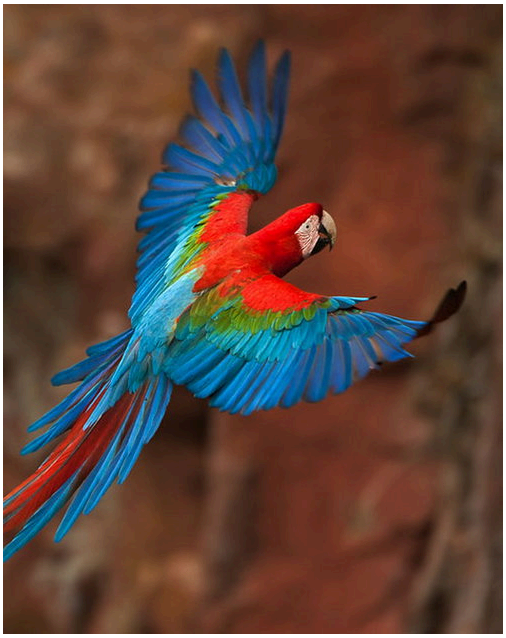
Posada Amazonas Lodge is a spacious ecolodge featuring a bar, massage centre, and buffet service. The spacious rooms include a private bathroom and an open wall facing the forest, allowing you to immerse yourself in nature. Your stay includes three meals daily, tea, coffee, guided excursions and activities, refreshments upon arrival, and

transfers to and from the airport. Guides are assigned at a 10:1 ratio to ensure a personalized experience.

Your extension starts and ends in Puerto Maldonado, with flights connecting from Cusco and Lima. We're happy to assist with internal flights and additional accommodations in Cusco or Lima to enhance your journey.

Immerse yourself in the wonders of the Amazon—adventure awaits!

4 days from
US$1,600 per person



Peru Rainforest Extension - Standard

Hidden in the heart of the Peruvian Amazon, Sandoval Lake in the Tambopata Reserve is one of the rainforest's most spectacular natural treasures.

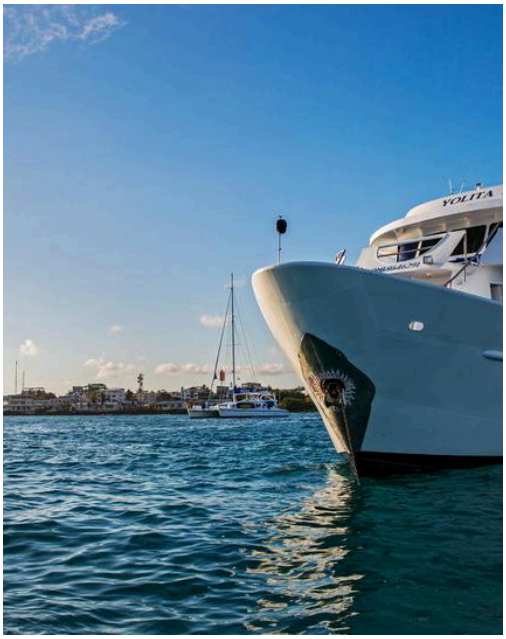
Surrounded by lush jungle and peaceful waters, the lake offers an unforgettable escape into the Amazon. From the journey through the rainforest from Puerto Maldonado to the first glimpse of the lake itself, every moment is filled with the sights, sounds, and atmosphere of this extraordinary ecosystem.

Renowned for its exceptional biodiversity, Sandoval Lake is a paradise for wildlife lovers and adventure seekers alike. Visitors may spot giant river otters gliding through the water, caimans resting along the shoreline, and a vibrant variety of exotic birds overhead. Exploring the lake by canoe provides an immersive way to experience the rainforest, with opportunities to witness the Amazon's rich wildlife in its natural habitat.

Your rainforest extension includes 3 nights at the comfortable Sandoval Lake Lodge. Perfectly positioned on the lake shore, it is an ideal base to explore the Tambopata Reserve. Blending rustic charm with the surrounding environment, the lodge offers a peaceful retreat after exploring the lake and rainforest trails. All rooms have private bathrooms with hot water 24/7, fans and wifi is available.

The extension starts and ends in Puerto Maldonado, with most flights connecting from Cusco. Flights are also available from Lima. We're happy to assist with internal flights and additional accommodations in Cusco or Lima to enhance your journey.

4 days from
US$1,205 per person



Galapagos Islands Cruise

Create the perfect holiday-of-a-lifetime by adding an exploratory cruise of the stunning and unique Galapagos Islands

Needing little in the way of introduction, the Galapagos Islands are one of the most pristine natural environments left on Earth. Over 600 miles separate them from mainland Ecuador, meaning they have enjoyed splendid isolation and provide a habitat for a bewildering array of birds, reptiles, mammals and sea life you simply won't find anywhere else.

We have a variety of ships and itineraries and you can choose from two levels of service - Standard and Upgraded, many of which are more affordable than you may have thought. Itineraries are typically between 7 and 10 days which is the optimum length for visiting this natural paradise. During your cruise you will visit a number of the islands, each distinct and renowned in their own right. Sometimes these will be `dry` landings where you step onto a pier and at others you will make `wet` landings where you reach the island by small inflatable boats and step directly onto the beach. Every boat has a slightly different itinerary but all are focused on seeing as much of the amazing Galapagos wildlife as possible. There is also plenty of time for relaxation and for swimming and snorkelling from the boats. All of our itineraries begin and end in Quito and include the flight out to the islands.

Please contact us for details on availability, itinerary options and pricing. *(Sample itinerary detailed below)*

You might also want to consider our 10 day **Galapagos Islands Adventure,** for a more active and immersive experience of these diverse islands. This shore based trip stays in cosy small hotels and guesthouses, allowing us to experience the beaches and wildlife in the early mornings and evenings when the main tourists have disappeared on their boats. Alternatively, if you are looking for something a more luxurious why not spoil yourself on one of our Galapagos Cruises aboard the luxury Monserrat Motor Yacht.

Book this trip as a stand alone tour or in addition to any of our Latin America holidays.

7 days from
¤9,223,372,036,854,776,000 per person

Holiday Information

What's Included

- A professional and qualified Tour Leader
- Airport transfers on group arrival and departure days
- All accommodation as described
- Meals as detailed in the Meal Plan
- Inca Trail Permit and entrance to Machu Picchu
- All camping equipment excluding personal equipment but including inflatable mattress
- Inca Trail trek crew including guides cook and porters
- All rail and road transfers (private vehicle for groups of 6 or more)

What's not Included

- Travel Insurance
- Tips for porters and other trek staff
- Cusco Airport transfers (other than group arrival / departure days)
- Some meals as detailed in the Meal Plan
- Airport departure taxes (if applicable)
- Miscellaneous personal expenses

Joining Arrangements & Transfers

All clients arriving in Cusco on day 1 and departing Cusco on day 8 of the trip itinerary will be met by a KE representative and provided with an airport transfer. Land Only clients must forward their flight details to the KE office. Hotel contact details together with an emergency contact number, will be provided with your booking confirmation.

Meal Plan

All breakfasts, 6 lunches and 3 dinners are included in the trip price. Where there is a wide range of dining options it makes sense to leave the choice of meals and budget to you and we have therefore not included lunches and dinners while staying in hotels in Cusco, Ollantaytambo and Machu Picchu Pueblo (Aguas Calientes).

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

On trek, the food is a mixture of local and European-style, all purchased in Peru and cooked for us by highly trained trek cooks. Breakfast includes fresh fruit, porridge, pancakes or omelette with plenty of toast and home-made jam. Lunch is usually a picnic - fresh fruit, salad and bread, cheeses, cold meats, avocado and plenty to drink. Dinner is served in the mess tent and is a delicious three-course meal.

In Cusco and in Aguas Calientes there is a wide range of restaurants cafes and bars serving excellent and varied cuisine! Meals, apart from breakfast, are not included here so you are free to make your own choice of restaurant and menu. If you are looking to sample some traditional Peruvian fare we can recommend trying Ceviche, a dish of raw fished marinated in citrus juice (the acid in the citrus juice effectively 'cooks' the fish), which is the unofficial national dish of Peru! The name Ceviche actually comes from the Quechua word 'siwichi', meaning fresh fish. Guinea Pig or 'Cuy' is also a common delicacy in the Andes and has been eaten at special occasions since the time of the Incas! Usually served roasted or barbequed, Guinea Pig meat has a gamey taste. It is very high in protein and low in cholesterol.

When it comes to other drinks, before and during your trek we can recommend drinking Mate de Coca. It takes a little time to acclimatise to Cusco's 3400m elevation and one of the things that is said to help acclimatisation is supping this mildly stimulating, greenish and unusual tasting 'tea' made by steeping fresh coca leaves in boiling water. Those looking to celebrate the end of their holiday with an alcoholic beverage (best saved till post trek when you are fully acclimatised!) should seek out a 'Pisco Sour'. This classic South American cocktail, made by mixing the Peruvian liquor Pisco with lime juice, egg white and bitters, is incredibly moreish!

Accommodation

During the holiday there are a total of 4 nights in comfortable and well located hotels. This includes 2 nights in Cusco, 1 night in Ollantaytambo in the Sacred Valley and 1 night in Aguas Calientes (Machu Picchu Pueblo).

Whilst trekking there will be a total of 3 nights camping where your will receive a full service from our friendly camp crew. You will sleep in roomy 2 man dome tents, with a porch, and inflatable camping mattresses are provided. All the camp equipment and luggage will be transported between camps by horses on the extended trek, and by porters on the Inca Trail, so you need only carry your day pack each day. Our camp crew will erect and dismantle the tents for you, cook, and take care of all the camp chores.

During walking days, having stayed behind to collapse camp, it is usual for the crew and the porters and/or pack animals to overtake the group during the day and you will usually arrive into camp to find it already established and the kettle on!

In camp, as well as the tents used for sleeping, there will also be a mess tent, with chairs and tables, where the group will dine (and socialise into the evening) and a toilet tent. Hot water for washing will also be provided to you in the mornings and when you arrive at the camp each day.

All accommodation is allocated on a twin-sharing basis. If you are travelling by yourself, you will be paired with another single client of the same sex. The single supplement includes hotel nights and a single tent whilst on the trek. This must be arranged ahead of departure and is subject to availability. Please refer to the dates and prices for single supplement costs.

Cusco is an exciting, vibrant and colourful city to spend a few extra days. Not only that, spending extra time in Cusco prior to the start of the trip will assist with acclimatisation. If you would like to book additional hotel nights pre or post tour please just contact the office for a quote.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader. During the trek on the Inca Trail the guide will be assisted by a crew of porters, cooks and assistant guides where appropriate. During the visit to Machu Picchu the group will be accompanied by a specialised guide.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Park Fees & Permits

INCA TRAIL PERMITS

The cost of your permit for the Inca Trail is included in the trip price. The Peruvian Authorities strictly limit the number of Inca Trail Permits issued for each day (max 500) an they are issued on a first come, first served basis. Permits are released for sale from October onwards for the following year and sell out fast so it is important to BOOK EARLY to guarantee a permit for your chosen date.

The permits are only issued against a name and a passport number. Once issued they cannot be amended, cancelled or transferred. In order to ensure your place on the Inca Trail, KE will purchase your permit as soon as the trip is guaranteed to run or when you make your booking if the trip is already guaranteed. To cover this you will be asked to pay an additional deposit at the time of booking. Once the trip is guaranteed the cost of your Inca Trail permit cannot be refunded (unless we cancel the trip). The Inca Trail permit includes a guided tour of Machu Picchu as standard (normally Circuit 3B).

IMPORTANT INFORMATION REGARDING YOUR PASSPORT AND INCA TRAIL PERMITS

Please note that Inca Trail permits are highly restricted and sell out, months in advance. Your permit will be tied to your passport details and you will need to have this with you when you join the trek.

If you change passport between booking and travelling, you must bring your old passport with you, as your ticket will be linked to the passport details you booked with.

Machu Picchu Permits

If you are booking on one of our trips or an extension that includes a visit to the Machu Picchu Citadel please note the following.

It is important that you BOOK AS EARLY as possible in order to secure a permit. Daily visitor numbers are limited and visitors must be accompanied by a guide.

There are five designated 'circuits' that are walked in a one-way direction, with a maximum of 4 hours allowed within the site. A ticket, issued by the Peru Ministry of Culture, and included in your trip cost, needs to be purchased in advance of your visit. The ticket will stipulate an entry time and one of the 5 circuits. KE will aim to book the most comprehensive Machu Picchu tour available.

Depending on availability you may be able to purchase additional circuits for your visit to Machu Picchu, including Huayna Picchu or Machu Picchu Mountain. Please contact us to check options available if you are interested in extending your visit. Find out more about Machu Picchu Circuits

Tickets are linked to your name and passport number and usually sell out at 4 to 6 months in advance. **It is therefore important for you to supply us with your passport details at the time of booking to allow us to secure the required tickets**.

IMPORTANT: If you change passport between booking and travelling, you must bring your old passport with you, as your ticket will be linked to the passport details you booked with.

Spending Money

We estimate that $300 will be sufficient to cover your requirements including the above mentioned non-included meals, and incidental expenses such as tips for drivers, trek crew and local guides. There are a total of 1 lunches and 4 dinners which you will need to pay for directly and we recommend you budget $10 - $25 dollars per meal. There is no need to purchase local currency (Peruvian Soles) prior to travelling. It is possible to withdraw your money in local currency from ATMs in Cusco. If you are bringing your travel money with you we recommend you bring it in the form of US dollars in cash as this provides for the easiest exchange and in emergency can even be used to purchase goods. Credit cards can be used to purchase goods and to pay for meals in Cusco and in Machu Picchu Pueblo.

Guidance on Tipping

Tipping is common in Peru, however you must remember that it is voluntary, and how much you give depends on how you feel about the service you have received. Airport baggage carriers are the only exception and tipping is compulsory. These people are unwaged and make a living by carrying your luggage. The general rule is 1 or 2 soles per bag. For hotel staff, tipping is not expected, but is welcome. For hotel porters 1 or 2 soles per bag is reasonable. Drivers of standard taxis do not usually expect a tip. As with most countries, it is usual to tip in restaurants and 10% is expected for good service.

KE always pay local crews a fair rate of pay, no matter what country they are in. Any tips they receive are separate to the wages they are paid by the company. No matter what their wages, tips are seen as a personal thank you from clients/travellers.

From our perspective, we advise local teams that tips are not a duty/prerequisite but are a bonus and that they depend on the service that was given: good service = good tip.

For the support crew on trek (guides, cooks, porters etc.), it is recommended that each client, depending on the group size, contributes around $150 to $195 to a group tipping pool (in US Dollars). More detailed information on tipping is provided prior to the trip departure.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Pack animals are not allowed on the Inca Trail and all baggage will be carried by porters. Each group on the Inca Trail is restricted to a maximum number of porters designated by the park authority. The limit is imposed by the Peruvian National Park Authorities and is designed to minimise the impact on the Inca Trail from the many visitors it receives. Before starting on the Inca Trail you will be provided with an ‘approved’ Inca Trail kit bag. Whilst trekking, the packed weight of this bag including your sleeping bag, should be 8kgs. It is possible to leave clothes and other items not required on trek at the group hotel in Cusco. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

Group Members

This trip is operated by one of our international partners. Working in conjunction with them allows us to gather together sufficient numbers of like- minded adventurers to get the holiday up and running quickly. This is particularly important with the Inca Trail as permits sell out very quickly. Although KE groups on this trip are exclusively adult, on rare occasions our partner may accept bookings from families with older children.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Peru

UK and USA passport holders do not require a visa for short stays. When passing through immigration you will need to request a copy of your TAM Migration form. You will need to retain this document and keep it safe, as you will be asked to produce it before you depart Peru. Please note that a paper copy of travel insurance is required for people travelling to Huaraz and the Huayhuash region.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH THE USA

If your flights pass through the USA, even if only in transit, you will require either a visa or an ESTA (Electronic System for Travel Authorisation). Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can apply for an ESTA under certain conditions*. This must be done online via https://esta.cbp.dhs.gov, no later than 72 hours prior to travel and applies whether entering the country by sea or by air. You will need to have a biometric passport to apply for an ESTA. The fee is currently US$40 *(as of 30/09/25).* Travellers who have not registered before their trip are likely be refused boarding.

*If you have visited Iran, Iraq, Libya, North Korea, Somalia, Sudan, Syria and Yemen since 2011 or have dual nationality with any of these countries, you cannot travel with an ESTA. You will need to apply for a visa from the nearest US Embassy or Consulate instead. Additionally, if you have travelled to or have been in Cuba since the 12th of January 2021, you will not be eligible for an ESTA visa waiver and will need to apply for a US visa. You should consult the US State Department website to determine which you will need.

When completing the ESTA application form you will be asked to enter your 'Point of Contact' information. This is not required if you are only transiting through the USA.

IMPORTANT INFORMATION FOR THOSE TRANSITING THROUGH CANADA

UK citizens will require an ETA (Electronic Travel Authorisation), and you must get this before boarding any Canada-bound aircraft or ship, or entering on a land border. The fee is CAD$7 and you should apply for it at http://www.cic.gc.ca/english/visit/eta-start.asp. Other nationalities should consult their local embassy or consular office

Entry requirements can change regularly so please ensure you have the most up to date information before travelling by checking visa entry requirements at the relevant embassy in your country of residence: (US Embassy in London: http://london.usembassy.gov/niv/apply.html)

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. Our treks can be physically demanding, but more as a result of altitude and terrain than distances walked. We would suggest that you adopt a weekly exercise regime. Running, cycling and swimming are good for developing aerobic fitness and better stamina. You should gradually increase your exercise leading up to departure, and in the month before setting off, we suggest that you try to fit in a number of long walks in hilly country.

Climate

The climate of Peru is very varied across different regions. For each region the determining factors are its latitude, its distance from the coast and most importantly, its altitude. The climate of the Andean valleys which corresponds to the region between 3000 and 4000 metres is characterised by hot wet summers and cool dry winters. The Southern Hemisphere winter season in the Andes runs roughly from April through to October and this is the optimum period for trekking in this part of Peru. At this time we can expect the days to be warm and generally sunny, with temperatures between 12 and 20°C (54 - 68°F). Above c. 3500m. / 11,000ft. during this season, the night-time temperatures will fall below freezing. At our highest camps we might experience night-time temperatures as low as -5°C / 23°F at any time and in mid-winter (July and August) temperatures may dip to -10°C / 14°F overnight. As with all mountain areas, short-lived storms can occur at any time of the year.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Trekking and Climbing in the Andes. (Globetrotter Adventure). Val Pitkethly and Kate Harper.
- The Conquest of the Incas. (MacMillan). J. Hemming.
- The South American Handbook.
- The Andes are Prickly. Martin Slessor.
- Exploring Cusco. Peter Frost (available in Cusco).
- Inca Cola. Matthew Parish.
- Latin America Spanish phrasebook. Lonely Planet.

Maps

Inca Trail - Machu Picchu. 1:50,000 Editorial Lima 2000

This topographic map from the Lima-based publisher Lima 2000 shows the Inca Trail from Kilometre 88 to Machu Picchu. Peak altitudes and shading show relief and the contours interval is 100m. The map shows towns and villages, roads and footpaths, rivers, ruins, terraces etc. A small inset shows a street plan of Aguas Calientes, another shows the Machu Picchu ruins.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Explore International

This holiday is part of our Explore International range. Participants on these trips can book through KE or through our international partner. This helps us to gather together sufficient numbers of like-minded adventurers to get your holiday up and running quickly. Led by an English-speaking guide, the cosmopolitan nature of these groups can be an important part of the experience!

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

For conservation reasons, the packed weight of your bag (including sleeping bag) when trekking on the Inca Trail is limited to a maximum of 8 kgs. A small duffel bag will be provided for your baggage whilst trekking the Inca Trail. Items not required on trek can be stored in your main luggage at the group hotel in Cusco.

You must bring the following items:

- Hiking boots
- Socks
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Baselayer shirts (2 short sleeve, 2 long sleeve)
- Casual shirts and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat

- Warm hat
- Sunglasses
- Gloves or mittens
- Sleeping Bag (comfort rated -5ºC)*
- Daypack 30 litres**
- Headtorch and spare batteries
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep kit bag contents dry)
- Small padlock
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), Diamox, painkillers, plasters and blister treatment, and re-hydration salts (Dioralite).

The following items are optional:

- Down jacket
- Trekking poles *** (recommended)
- Sleeping bag liner
- Trainers or similar for camp use

- Thermal baselayer - leggings
- Shorts
- Swim wear (for the hot springs at Machu Picchu Pueblo)
- Spare laces
- Insect repellant
- Travel clothes
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

Please note an inflatable sleeping mat is provided. There is no need to bring your own.

* Sleeping Bag
Sleeping Bags can be hired / rented through KE Adventure Travel. Please make all requests at least 6 weeks prior to the trip departure date. Hire / rental equipment is issued in Peru.

** Daypack

Perurail has a strict policy on hand baggage on the train to the Inca Trail and from Machu Picchu. The weight of your hand baggage on the train must not exceed 5kg and the sum of its dimensions (length + width + height) must not exceed 157 cm. If your daypack exceeds these dimensions it must be placed inside your trek bag for transportation on the train.

*** Trekking Poles

For conservation reasons, trekking poles cannot be used on the Inca Trail unless they have rubber tips. Please make sure that when flying, sharp objects such as trekking poles and knives are packed into your check-in luggage.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

The LAND ONLY dates and prices are for the itinerary, joining in Cusco, Peru. Airport transfers are provided.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Cusco. Outbound flights will depart the UK in the evening, arriving the following day (day 1 of the itinerary). Return flights will usually depart Cusco airport in the afternoon of the last day of the itinerary, arriving in the UK the following day.

Why Choose KE

Why KE

Unlike other competitors, we take 5 days to trek the Inca Trail and find the quietest spots to camp. The allows our highly knowledgeable team of guides, experts of this trail, to keep you a step or two behind the crowds. Our professional team of porters and chefs go the extra mile to ensure your comfort and all camping equipment (including an inflatable mattress), Inca Trail permit and entry to Machu Picchu is included.We are committed to sustainable tourism and work in partnership with a number of enterprises and initiatives to benefit social and economic development in the local community.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change