

7 day Ultimate hike the highlights with  
km 104

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## Day 1: Saturday

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**Airport transfer and "Locals' guide to Cusco" tour :** On arrival at the airport, you will be met and escorted to your hotel. After some time to check in we introduce you to our city with the "Locals' guide to Cusco". This short walking tour is a great way to get your bearings and also helps you get used to the altitude. The beautiful historic centre was declared a World Heritage Site in 1983 with Inca and colonial architecture evident all around. Later in the day your guide will give you a full briefing for the adventure ahead.

**Cusco orientation walk**  
**Hotel Cusco**

*Included: English-speaking guide, transport, room & breakfast next day*

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## Day 2: Sunday

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**Cusco ruins hike :** Today you stretch your legs with a delightful hike in the hills above Cusco. First you visit the impressive site of Sacsayhuaman. Huge stone ramparts surround a beautiful grass amphitheatre. Once the scene of fierce battles it now hosts the annual re-enactment of traditional Inca ceremonies such as Inti Raymi and Warachikuy. Sundays also see families from Cusco head up here to play, fly kites and dig the traditional huatias, a method of cooking potatoes in the ground.

Next is the Inca water temple of Tambo Machay lying at 3700m (12,000 feet) followed by a special picnic lunch. A trail through the fields leads you to the intricately carved Inca Temple of the Moon. From here a beautifully preserved section of royal Inca Trail leads you down into the old San Blas district, home to the city's artists and finally into the Plaza de Armas.

**General ruins entrance ticket - valid 10 days**  
**Hotel Cusco**

*Included: transport, lunch, English-speaking guide, entrance fees, room & breakfast next day*

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## Day 3: Monday

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**Moray to salt pans hike :** Leaving Cusco behind you start your journey to Machu Picchu. You drive to the fascinating circular ruins of Moray about one hour outside Cusco. While some think it was a landing pad for alien spaceships, most agree the Incas built this as an experimental agricultural centre. Concentric circular terraces allowed them to simulate different facing slopes and different growing temperatures to see which crops would grow where. They then used this knowledge to cultivate the varied terrain of their vast empire providing abundant amounts of food to feed the people,

After exploring Moray you take a mainly downhill trail through the fields. Depending on the time of year, you may have a chance to stop and chat with local farmers digging their fields of corn or planting potatoes. Perhaps you could have a go with the hand tools that have been used for centuries.

Along the way you stop for a for a homemade picnic with marvellous views across to the snow capped Vilcanota mountains before carrying on down to the spectacular salt pans of Maras. Here you can stop and watch as local families extract the salt by hand, much as they have done for centuries. You could even buy some of the famous Maras Pink Salt as a souvenir. Finally you take the old track down to the Sacred Valley, where once llamas, then horses carried out the salt to be sent across the empire.

Your support vehicle is on hand most of the day, should anyone prefer to take a ride rather than walk at any point.

**Maras entrance**  
**Hotel Sacred Valley**

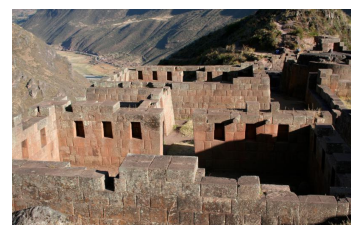
*Included: transport, lunch, entrance fees, English-speaking guide, room & breakfast next day*

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## Day 4: Tuesday

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**Hike Pisac Ruins and Ollanta :** Leaving our hotel in the morning we drive to Pisac Ruins, situated high on the mountain overlooking the picturesque Andean village of modern Pisac. The village is famous for its local market and superb Artisan stalls. From the main square there is a circular hike along a well-defined mountain trail that leads to the ruins, and from there we can explore the extensive royal buildings, look-outs, terraces, tunnels and irrigation channels before returning on another good trail to our waiting vehicle. You then hike back to Pisac down the Inca steps ( the bus is an option for anyone not up for the steps). Once down in Pisac you can have a quick look around the market before lunch.



After lunch you carry onto explore the ruins and village of Ollantaytambo.

Distance: 1-4 km (¾ - 2 ½ miles) Time: 1-3 hours  
Ascent: 430m (1400ft) Descent: 430m (1400ft) Altitude: 2970m - 3400m  
**Hotel Ollantaytambo**

*Included: transport, English-speaking guide, snacks & water, room & breakfast next day*

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## Day 5: Wednesday

**Royal Inca Trail (km104) to Machu Picchu :** You start the day with an early transfer to catch the train towards Machu Picchu. Jumping off at km104 you pass through the control point and begin your Inca Trail trek.

First you visit the recently restored ruins of Chachabamba before gradually ascending through tropical cloud forest up towards the the base of Wiñay Wayna. Here you climb more steeply on old Inca stairways through these beautiful terraces, stopping to explore the various buildings and water features.

Here we can enjoy our packed lunch, with a great view. You then continue on perhaps the loveliest part of the whole Inca Trail. Lush vegetation flanks you on either side, the scent of wild orchids fills the air, and all around you brightly coloured tropical songbirds fill your ears with song.

Soon you will reach a final set of stairs to arrive at Inti Punku, the gateway of the Sun. As you step through the old stone gate-way, Machu Picchu appears laid out before your eyes. After plenty of photos you carry on past this wonder of the world to catch the bus down to the lively town of Machu Picchu Pueblo and a well-deserved hotel and shower. Total hiking distance: 11 km

Whilst walking all you need is your daypack as your over-night luggage will be transferred to your hotel in Machu Picchu town to await your arrival.

**KM104 Inca trail permit**  
**Hotel Machu Picchu town**

*Included: English-speaking guide, porter support, transport, train ticket, KM104 permit, entrance fees, bus ticket, lunch, room & breakfast next day, dinner*



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## Day 6: Thursday

**Machu Picchu tour :** Today you explore the pinnacle of Inca engineering - Machu Picchu.

For years it was lost to the jungle. Rediscovered in 1911 by the Yale professor Hiram Bingham, declared a UNESCO World Heritage Site in 1983 and one of the New Seven Wonders of the World in 2007, Machu Picchu exceeds all expectations.

This astounding site lies in an even more astonishing location. Perched high on an inaccessible hilltop it is protected by huge cliffs and the raging Urubamba river. Things are slightly easier now than in the time of the Incas and so you start your day with a twenty minute bus ride up to the site.

You will arrive early, allowing you to explore the ruins in the company of your guide, before they get too busy. The guided tour takes around two hours leaving you a few hours free to wander amongst the old Inca walls and just sit and take in the scale of the place on your own. For those who want to walk a bit more, you could take the hour long trail up to the Sun Gate, or a shorter trail to visit the Inca Bridge which once spanned a sheer cliff face.

Eventually the time comes to catch the bus down to Machu Picchu Pueblo and board your train back along the Urubamba River. The scenery is beautiful and the train jolts softly along, allowing you to sit, stare out the window and reflect on all you have seen.  
**Hotel Cusco**

*Included: English-speaking guide, entrance fees, bus ticket, train ticket, transport, room & breakfast next day*



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## Day 7: Friday

**Cusco Airport Transfer :** We transfer you to Cusco airport in time for your onward flight.

*Included: transport*

