

# machu picchu

## INCA TRAIL



The original pilgrimage route for the Inca to their most sacred temple and by far the most popular trekking route. This beautiful trail starts at the Kilometre 82 gate and takes in many of the Inca ruins including Runcuracay, Sayacmarca, Phuyupatamarca, Wiñay Wayna and of course Machu Picchu



### why choose Kandoo....

Everyone at Kandoo is passionate about adventure travel and we specialize in creating adventures to some of the world's most iconic destinations.

Our aim is to help you create an adventure that will become a lifelong memory: an adventure that takes you one step beyond your everyday, one step beyond your normal limits and one step beyond your dreams.

We understand that what makes an adventure really special is different for every one of us. But whatever it takes, whether you are eight or eighty, we will work really hard to help you create your own life changing, memory making adventure. The end result of all the effort our team put in to get your trip just right is that we consistently get great reviews from our clients.

More than anything we love to talk to travellers so please do ask us anything about your planned trip.

*We look forward to talking to you!*

### trip highlights

Trek through the Andes up to 4200m

Arrive at the Sun Gate at sunrise

High guide to client ratio

Open and private treks available

**Duration:** 7 days **Code:** MPC1

**Summary:** 7 day trip, 4 day trek, 3 hotel nights, 3 nights camping

**Included:** All breakfasts, 3 lunches, 3 dinners

Full service camping and portering

**Group size:** Normally 4-12, plus leader and staff

**Min age:** 16 years old for open groups, 12 years old for private treks

# machu picchu

## INCA TRAIL

A fascinating archaeological trip following the pilgrimage route of the Incas to their most important temple for Sun worship

The most well-known of all the trekking routes to Machu Picchu, the Inca Trail is the original pilgrimage route to this most sacred temple and is by far the most popular route.

The trip begins in Cuzco, the ancient capital of the Incan empire. As well as having the opportunity to soak up the local culture, these first two days will also help your body to acclimatise before you begin the trek itself.

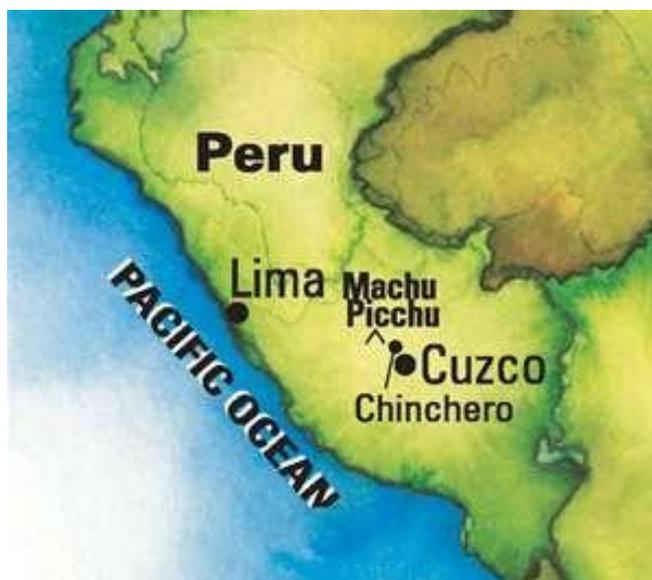
Starting at the Kilometre 82 gate (so called because it is 82 km from Cuzco by train) the trek to Machu Picchu provides the ultimate combination of mountain scenery and archaeological sites. Trekking through diverse environments including cloud forest, jungle and alpine tundra, there is also the opportunity to visit many Inca ruins along the way, including Runcuracay, Phuyupatamarca and Wiñaywayna.

We trek for four days, crossing Dead Woman's Pass at 4200 metres on the second day, before arriving at Machu Picchu through the Sun Gate early on the final day.

Access to this route is restricted by permits to 500 people per day, which includes all the guides and porters. All permits go on sale in October and dates in the high season sell out on the first day. The earlier you can book your trek, the better chance we have of securing your permit.

### at a glance

DAY 1	Hotel night in Cuzco
DAY 2	Walking tour of Cuzco
DAY 3	Km82 to Wayllabamba
DAY 4	Wayllabamba to Pacamayo
DAY 5	Pacamayo to Wiñay Wayna
DAY 6	Wiñay Wayna to Machu Picchu, return to Cuzco
DAY 7	Depart



### trek type

We offer the Classic Inca Trail trek as an open group or private trek. We run 2-3 open groups every month during the trekking season (March to December). Private treks can be arranged on any day that suits you.

### what's included

- Your hotel stay for the nights before and after the trek
- Transfer to and from the trek start point
- Inca Trail permit, Machu Picchu entry and camping fees
- A fully supported trek
- All meals and drinking water on the trek
- A private portable toilet
- High quality mess and sleeping tents with a comfortable insulated sleeping mat
- Access to emergency oxygen and first aid kit
- Airport transfers

### what's not included

- Airfares and visas
- Tips for your guides and crew
- Personal items
- Travel insurance (you must be insured, and specifically for treks up to 4500m)
- Your personal trekking gear
- Your personal medicines or prescriptions
- Snacks on the trek
- Meals and drinks not on the trek

# machu picchu

## INCA TRAIL



### arrival at Cuzco airport

Once you have cleared immigration and collected your luggage, make your way to the main doors. Your driver will be outside these doors, holding a 'Kandoo' sign. If you have chosen to make your own way to the pre-trek hotel, you can easily find a taxi at the airport. The address of your hotel is on your trip itinerary.

If you are travelling to Cuzco from Lake Titicaca on the train, your driver will be waiting for you at Cuzco station.

### currency

The Peruvian Sol can be purchased in advance, although US Dollars are also widely accepted in larger establishments. If you want to change money when you arrive we can take you to an ATM or foreign exchange bureau. When changing money, request small denominations (10's, 20's and 50's) as the larger notes can be hard to spend. If you withdraw money from an ATM, you are likely to receive 100 sol notes.

If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

### detailed itinerary

#### DAY 1: ARRIVE IN CUZCO

##### **Elevation: 3400m**

All trekkers need to organise their own flights to Cuzco Airport (CUZ). From the airport we will arrange an airport transfer for you. That evening you will meet your local Kandoo representative and have a full pre-trek briefing

#### DAY 2: ACCLIMATISATION IN CUZCO

##### **Elevation: 3400m**

To help your acclimatisation we will spend a day in Cuzco. In the morning your guide will collect you from your hotel to take you on a half day city walking tour. Cuzco was once the foremost city of the Inca empire, and is the continent's oldest continuously inhabited city. At the heart of the city is the Plaza de Armas. Colonial arcades surround the plaza, while alleyways leading away from the plaza are bordered by Inca walls. On the plaza's northeastern side is the imposing Cathedral, flanked by the churches of Jesus Maria and El Triunfo. On the southeastern edge is the ornate church of La Compania de Jesus.

You will have the afternoon free to rest or explore this beautiful city.

#### DAY 3: CUZCO TO KM 82 TO WAYLLABAMBA

##### **Elevation: 3400m to 3000m, Trekking distance: 12 km, Time: 5-6 hours**

We will leave Cuzco at 5:00 am by a private bus heading to the Sacred Valley of the Incas. We will make a short break in Ollantaytambo for breakfast. The official beginning of the Inca Trail is called Km 82. Here we will meet our crew and register for your trek.

After crossing the Rio Urubamba we start the legendary Inca Trail. The first day of the trail is relatively easy and a good warm up for the following days. On the way we will pass a beautiful archaeological site called Llactapata before we reach Tarayoc. After that, we will continue our hike to Wayllabamba (3000m), the camping site where we will spend the night

#### DAY 4: WAYLLABAMBA TO PACAMAYO VIA DEAD WOMAN'S PASS

##### **Elevation: 3000m to 4200m to 3580m, Distance: 10 km, Time: 8-9 hours**

Leaving early in the morning, our trail first leads through the Valley of Llulluchapampa (3750m). The first 4 km trekking are steep and take approximately 3 hours. From Llulluchapampa the path continues less steeply for another 2 hours until we reach the Warmihuañusca Pass (Dead Woman Pass), the first of three passes on the Inca Trail and the highest point of our trek at 4200m. This climb is the most difficult part of the Inca Trail. After a short break at the summit, we continue our hike down with a long and steep descent to the Pacamayo River where we will camp overlooking the cloud forest

# machu picchu

## INCA TRAIL



### lost / delayed luggage

#### Our procedure for lost or delayed luggage is as follows:

Establish what items are missing and a contingency plan for each critical item

If it reaches 6pm on the evening before starting the trek and your luggage has not arrived we recommend buying and/or hiring items immediately as a precaution

We will arrange for the hire of sleeping bags for you to be paid locally

We will provide wet weather gear, t-shirts and fleeces out of our own stock. All gear must be returned to the Lead Guide at the end of the trek. A nominal charge for cleaning items will be made of US\$10 per item, payable locally

We will take you to a shop where you can buy toiletry items, e.g. toothbrush

We will do everything we can to help if your luggage is lost or delayed but all additional out of pocket costs have to be paid locally and should be charged back to the airline or your insurers. This includes the cost of taxis for shopping and/or repeat trips to the airport to collect bags.

### detailed itinerary

#### DAY 5: PACAMAYO TO WINAY WAYNA

**Elevation: 3580m to 2650m, Distance: 18 km, Time: 8-9 hours**

This morning we climb up to the oval-shaped ruin of Runkurakay, which is believed to have once been an Inca tambo or post house. From here we continue to ascend to the summit of our second pass, Runkurakay Pass at 3900m. From here you will be rewarded with spectacular views of the entire snow-capped Vilcabamba range, before another steep descent. We will then climb up to our third pass, to Phuyupatamarca, an Inca ruin named "The Town in the Clouds" from where there are great views of the Urubamba river far below. From Phuyupatamarca we continue to descend into a beautiful orchid-filled cloud forest, visiting the site of Intipata (Terraces of the Sun), before reaching our campsite at Wiñay Wayna

#### DAY 6: WINAY WAYNA TO MACHU PICCHU. TRANSFER TO CUZCO

**Elevation: 2650m to 2400m to 3400m, Trekking distance: 5km, Time: 2-3 hours**

An early start is required today, and we will have breakfast around 4:30 am so that we are ready to hit the trail. We say goodbye to our porters and set off on the final section of the Inca Trail to the famous Inti Punku (The Sun Gate) which will take around 2-3 hours. Weather permitting, from here you will enjoy your first views of Machu Picchu, the Lost City of the Incas. You will be given a guided tour of the site which will last for around 2½ to 3 hours. There is also an option to climb Huayna Picchu, the famous mountain behind the ruins, but you will need to book a permit in advance. In the afternoon, we will catch the train from Agua Calientes to Ollantaytambo, where you will be met by our driver who will transfer you to your hotel in Cuzco

#### DAY 7: ONWARD JOURNEY

After a much needed night's rest, we will bid you goodbye. If you have arranged airport transfers with us or a trip extension to another great destination in Peru, we will collect you in the morning for your onward journey

# machu picchu

## INCA TRAIL



### gear rental

If you've decided to rent gear, then below is a list of equipment available. Just let our team know what you'd like to hire at your Pre-Trek Briefing. All payments are made locally in US Dollars (cash only):

North Face 0° Sleeping Bags  
*\$15 per trek*

Trekking Poles  
*\$10 per trek*

Duffle Bag  
*\$5 per trek*

All items must be packed in your main equipment bag. They should not be attached to the outside, as we are not responsible if items fall off when the bags are being carried on the trek. The sleeping bags weigh approximately 2kg each

### equipment and clothing

During the booking process we will direct you to the Equipment List on our website. Please double check that you have everything that you need before beginning your trek. If you think you have forgotten a vital piece of equipment, please let our team in Cuzco know as soon possible so they can help you source a replacement. Please note that if you are using trekking poles on the Inca Trail, they must have rubber tips to prevent damage to the stones.

Here is a summary equipment checklist:

#### HEADGEAR

Warm beanie style hat – knitted or fleece

Neck gaiter or scarf - comes in useful for keeping dust out and can double as a warm layer for your neck / face!

Sun hat – preferably wide-brimmed for protection

Sunglasses – high UV protection

Headlamp (plus extra batteries)

#### UPPER BODY

Thermal or fleece base layer (x1)

Long sleeve shirt/tshirt – light or medium weight, moisture wicking (x 1)

Short sleeved shirt/tshirt – lightweight, moisture wicking (x2)

Fleece or soft shell jacket (x1)

Insulated jacket – down or primaloft

Lightweight water/windproof hard shell outer jacket

Poncho – a cheap plastic poncho is the best way to cope with a sudden downpour

Gloves – lightweight, fleece or quick drying fabric

#### LEGS

Trekking shorts (x1)

Trekking trousers – light or medium weight (x1) – convertible trousers work well

Waterproof hard shell trousers – ski pants work fine

# machu picchu

## INCA TRAIL



### pre-trek briefing

Your guide team will meet you at your hotel the evening before your trek begins, where we'll review the plans for the trek with you, make sure you have all the right gear, arrange any equipment rental and answer any questions you may have.

Please bring your passport to the briefing so that we can check our paperwork in advance of the trek.

### trekking bag weight

Kandoo Adventures operates a strict limit of 7kg for your main equipment bag. This limit includes your sleeping bag, even if it is rented from us. This is more than sufficient for your needs on the trek. Your bag will be weighed before you leave the hotel to start the trek and if it is overweight you will have to take items out and leave them at the hotel.

It is much easier for our porters if you bring a lightweight holdall or duffel bag for them to carry, and not a large rucksack. You can hire one from us if required.

#### FEET

Trekking boots – mid weight with good ankle support

Training shoe or similar – to wear around camp

Mid-weight trekking socks (x3 pairs)

Breathable, high-wicking liner socks (x2 pairs)

#### GEAR

Small Rucksack or Daypack (25-30 litres) to carry water and personal items

Lightweight duffel bag (approx 50 litres) – max weight when full should be 7kg. This weight restriction includes your sleeping bag, whether you brought one with you or rented one from us. Your duffel will be carried by a porter

Sleeping bag (3 season or 0 Deg C) and compression sack

Trekking poles with rubber tips

Water bottle or hydration bag – must be able to carry 1.5-2L of water

#### OTHER ACCESSORIES

Sunscreen high SPF

Toiletries, including toilet paper, wet wipes and hand sanitiser – please carry all rubbish back off the trek

Camera and spare batteries

Personal medication and first aid kit

Insect repellent – ideally contains DEET

Personal snacks and energy bars – dried fruit and nuts are also a good source of energy

Isotonic drink powder / energy drink powder to mix in with your water. This improves flavour and helps replace electrolytes

Microfibre towel for wiping hands and face each day

Ear plugs, if you are a light sleeper

Pee bottle, if you prefer not leaving the tent at night

Dry bag (only required if your main duffel bag is not waterproof)

# machu picchu

## INCA TRAIL



### airport security checks

New enhanced security checks were implemented in July 2014 at a number of international airports, including the UK and USA. In addition to existing security measures, passengers may be required to show that electronic devices in their hand luggage are charged up, and you may therefore be asked to turn on devices such as mobile phones, tablets, laptops and e-books in front of the security team. If the device does not have power, then it may be retained by airport security, or you would need to book onto a later flight once the device has been fully charged. You should ensure that all electronic devices in your hand luggage are fully charged prior to travel. If you are transferring between flights, make sure that you do not deplete the power on your devices on the first part of the journey, as it may not be possible to recharge the device at the transfer airport before boarding your next flight.

### deep-vein thrombosis

When travelling on long-haul flights (especially over 8 hours) there are a number of recommendations that are believed to reduce the risk of DVT. These include keeping well hydrated and avoiding alcohol, stretching and moving around the aircraft, and wearing compression stockings.

### domestic flights

When booking your internal flights to Cuzco, it is worth considering that LATAM flights have the capability to land in the foggy conditions that can often affect Cuzco and Lima, and are therefore more reliable than some of the cheaper flight options.

## travel information

### TRAVEL INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. For trekking to Machu Picchu on the Inca Trail, this means you must be covered for trekking to 4500m.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

### PASSPORT & VISAS

Please double check that your passport is valid for 6 months beyond the date of arrival in Peru. We recommend that you take a photocopy of your passport and keep it separate from the original, and this will be useful if the original is lost while you are travelling.

Most visitors (including nationals from the UK, Europe, USA and Australia) do not require a visa to enter Peru, and will generally be granted a 183 day stay. You will need at least two blank visa pages in your passport. Certain nationalities not mentioned above must apply for a visa in advance, so check with your local Peruvian Embassy. On arrival you will need to complete a tourist card in duplicate, and will be given one copy to hand back in when you depart. Keep this tourist card safe, as you will receive a fine if you do not still have it when you leave the country. You will also be required to present it when checking in to hotels or you will be charged additional taxes.

### TRAVELLING TO PERU

Our number one tip when travelling to Peru is to wear your walking boots and pack as many essential items as possible in your carry-on luggage. If your luggage is delayed we can do our best to kit you out to start the trek on time, but your worn-in boots are the one thing we cannot replace.

# machu picchu

## INCA TRAIL



### food and drink

If you choose to eat outside your hotel, use your common sense when selecting where and what to eat, and drink bottled water.

### valuables

Please keep all money, passport and valuables on your person at all times.

Make sure your hotel room is kept locked, even if you just pop out for a few minutes.

### left luggage

Any items you don't wish to take on the trek with you can be left securely at your pre-trek hotel and collected when you return. Please make sure you have a spare bag for any items you are storing.

### electrical sockets

There are 2 types of electrical sockets in Peru – type A (2 flat pins) and type C (2 round pins) – and are 220v, 60Hz. Many sockets will accept both types of plug, but it is worth taking an adapter with you to be on the safe side.

### hotel accommodation

Your full day-by-day itinerary shows what is included in terms of hotel accommodation and meal basis. Our pre- and post-trek accommodation is based in Cuzco, with an additional night in the Sacred Valley. Where your hotel basis is B&B, you can usually purchase snacks or meals at the hotel, which can be paid in Peruvian Sols, or often in US Dollars. Alternatively, there are plenty of restaurants in Cuzco within walking distance of your hotel.

#### HOTEL SAFETY

**FIRE SAFETY:** When you arrive at the hotel, take a moment to familiarise yourself with the layout and the procedures in the event of a fire, especially your escape routes and fire exits.

**SWIMMING POOLS:** Hotel pools may not have life guards, depth markings or non-slip surfaces around them. Please check the layout and depth of the pool before you use it.

**TRIPS AND SLIPS:** Physical guards and warnings of wet floors, uneven steps, holes or other trip hazards may not be provided whether you are inside a building or out on the street so extra care and attention may be required.

#### GETTING AROUND

Take care when crossing roads as the traffic may be coming from an unfamiliar direction, and may not stop as expected at pedestrian crossings. When travelling by taxi, make sure it is licensed; ideally ask your hotel to book one for you.

#### VEHICLES AND DRIVING STANDARDS

We insist on using a high standard of vehicle and driver for all of our transfers. In Peru it is not a legal requirement to have seatbelts fitted in the back of vehicles, and while we try to use vehicles that do have rear seatbelts fitted, this cannot always be guaranteed. If you are unhappy about any aspect of the vehicle or the standard of driving, please speak to the driver or our local office immediately.

# machu picchu

## INCA TRAIL



### vaccinations

The standard vaccinations required for Peru are diphtheria, tetanus, typhoid and hepatitis A, but you should always consult your doctor or travel clinic for the most up to date advice. Yellow Fever is recommended for some areas of Peru, which includes the Amazon basin.

### dehydration

You can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, and sweating, and may even suffer from diarrhoea. As a result, you'll have to drink much more water than you normally would and you should drink at least 3 litres of fluids every day while climbing. Even when you don't feel thirsty you have to drink this amount as a minimum – preferably more. Stay on the look-out for signs of dehydration in yourself and your fellow climbers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic.

## health

### ALTITUDE SICKNESS

Altitude sickness, called soroche in Peru and also known as Acute Mountain Sickness (AMS) or hypobaropathy, is an illness caused by exposure to low air pressure, especially low partial pressure of oxygen, which many climbers experience at high altitudes. AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. Your route on the Inca Trail has been designed to aid your acclimatisation wherever possible, but the following will also help your body adjust:

**Slow and steady:** You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. There is no pressure on you to keep up with other members of your group.

**Drink much more water than you think you need:** Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day.

**Diamox:** There has been a lot of research on Diamox that shows it has been reasonably well proven to be helpful in avoiding AMS by speeding up the acclimatisation process. In the UK it is a prescription drug which must be prescribed by a doctor, but some doctors are reluctant to prescribe it. The concern is that by taking Diamox, people believe that they are immune from AMS and can ignore the symptoms. In reality, although Diamox can help prevent the symptoms, should symptoms still develop it means that you are not acclimatising and you have to take notice. Diamox is taken before you start the trek to prevent altitude sickness, not once symptoms have developed.

### MALARIA

There is no risk of malaria in Cuzco or on the Inca Trail due to the altitude. However, there is a risk of malaria in rural areas of Peru below 2,000m. This would include Tambopata National Park, so if you are planning an extension to the Amazon Rainforest, you need to plan anti-malarial medication for this part of your trip. In addition to taking medication, we would recommend you take every precaution to prevent mosquito bites by wearing long-sleeved trousers and shirts at dusk and dawn when the mosquitos are active, and by using a DEET based mosquito repellent.

# machu picchu

## INCA TRAIL



### **camping and mess tents**

We use only the very best high altitude mountain tents, Eureka K-2 XT, to ensure you stay warm, dry and comfortable on your Inca Trail trek. Please bear in mind, these are proper mountain tents, designed to cope with extreme conditions so don't expect to be able to stand up and walk around inside!

Your meals will be taken in a separate mess tent where you will be able to sit comfortably, while you relax and chat to your team mates and enjoy the wholesome food that our cook has freshly prepared for you. Inside, you'll be pleased to find a table (of course) and a proper, comfortable chair. With a full 2 metres of headroom, even the tallest climbers will be able to stretch a bit, and move about without hunching over. They are fully waterproof, and regularly withstand the worst weather the Andes has to offer.

A toilet tent is provided with toilet paper.

### **on your trek**

All of the permits we buy for the Inca Trail, Machu Picchu and Huayna Picchu are purchased against an individual passport name and number. When we confirm your booking, we will ask you to provide your passport information, and these are the details we will use to book your permits. If you have to change your passport for any reason between booking and travelling, you **MUST** bring the original passport with you. Without this passport, you may be refused entry. If your passport was lost or stolen, you will need to bring a copy of the police report with you.

#### THE GUIDE'S WORD IS FINAL

Once you set foot on the trek, your Lead Guide has overall responsibility for your health and welfare. You must listen carefully to all his instructions and follow them carefully. The Guide's ruling on any matter is final, especially in relation to an early descent.

#### TEMPERATURE

Throughout the trek, temperatures vary considerably with the altitude and time of day. A mountain range the size of the Andes creates its own local weather, which can be extremely variable and impossible to predict. Therefore, regardless of when you trek, you should always be prepared for wet days and cold nights.

#### CREW TIPS

We realize that tipping may not be a common practice in all countries but for Peru it is a standard practice that all operators support. The decision on how much to tip should be determined by how well the team served you while you were on the trek. Tips are always discretionary and if you are not happy with the service you have received you do not have to pay tips. Tips can be made in US dollars or Peruvian Sols. It is very important that US bills be new (post 2006), crisp and unturned.

We say goodbye to our porters in Winay Wayna before we visit Machu Picchu. Any tips that you wish to give to the porters will need to be carried on the trek with you.

# machu picchu

## INCA TRAIL



### dietary requirements

If you have special dietary requirements or are a vegetarian, you need to let us know when you book so that we can be sure to have a suitable menu planned

### hygiene

It is important to maintain a high standard of hygiene in what is a very difficult environment, to try to reduce stomach upsets. We provide anti-bacterial hand gel in the toilet tents that we erect at each camp, but it is worth carrying your own supply in case you are caught short during the day's trekking

### descent protocol

Your guides will do everything they can to help you complete your trek, but their number one priority is your health. If you are showing signs of ill-health they will monitor the situation to see if things improve, before they make the decision for you to descend.

For trekkers whose condition is mild we will bring you down on foot with a team member. For serious conditions, an emergency evacuation by helicopter may be requested, but service in this region is very limited. Helicopter evacuation must be covered by your travel insurance, so make sure you are aware of the procedure required by your insurance company, or you may end up liable for the cost of the helicopter.

Any additional costs incurred as a result of descending early, including hotel accommodation in Cuzco, must be paid locally.

### meals

Staying well-fed on your trek is absolutely vital, especially when conditions are such that you might not want to eat or drink as much as you should.

Because so many trekkers experience a loss of appetite at altitude, our head chef has developed special menu plans that are appealing, healthy, and filled with all the energy you need to make it to Machu Picchu. By default, our meals include fresh fruit and vegetables every day, as well as fresh meat and fish.

#### BREAKFAST

Breakfast is usually fairly hearty. Of course, you'll also have hot drinks, generally a choice of tea, coffee or hot chocolate. Let your guide know if you are still hungry, or even if you think you could 'pack in a few more bites'. Our cooks always try to provide more food than necessary to ensure everyone gets a good meal.

#### LUNCH

We stop for a hot lunch, freshly prepared by our cook.

#### AFTERNOON TEA

Afternoon Tea is served at the end of the days walking, once you get to camp. In addition to tea and other hot drinks, there are plenty of snacks to help restore some of the energy you've just burned off.

#### DINNER

Dinners are quite filling. They usually begin with a nice hearty soup, and then a main course with fresh vegetables, and plenty of rice, pasta or potatoes, followed by a yummy dessert.

#### DRINKING WATER

On the trek, we filter and boil all the water that we give to you for drinking. You may wish to bring purification tablets as an extra precaution but they are not essential. Every morning we will fill up your water bottles or hydration bladder with at least 2 litres of water.

#### COCA TEA

Coca tea is thought to help relieve the symptoms of altitude sickness. In Cuzco, all the hotels have dried leaves and hot water available throughout the day so you can make your own tea whenever you wish. On the trek we will take coca leaf tea bags for you.

# machu picchu

## INCA TRAIL



### friends and family

Many people like to leave a contact number with their families should they need to get a message to you while you are trekking. We would only relay messages up to you in an emergency; please do not expect us to pass on good luck messages. For most enquiries, it is best if they can contact our office during working hours. If the matter occurs out of hours and is deemed urgent, they should contact the emergency number.

### important information

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.



***The overall experience was excellent***

*'The accommodations, food and information ahead of time were superb but our guide was simply the best. He went out of his way to make the trip fun, a learning experience about the region and thoughtful in treating each traveller as an individual. Plus Machu Picchu is NOT to be missed. We loved Kandoo and are thinking of our next trip'*

Vicki

### contact information

While the vast majority of our treks are trouble-free, you may occasionally encounter a problem that can be resolved quickly and easily by following these steps:

#### LOCAL OFFICE

Our office in Cuzco is your first point of contact for any issues that arise once you are on your way to Peru, and for the duration of your time in country. Whether you have booked an airport transfer and your flight is delayed, or you need assistance exchanging money, we have English-speaking representatives who will be able to help you with any query, and they have the advantage of being in the same time zone. These contact details can also be found on your itinerary.

The below number includes the international dialling code, which you will need to add if you are calling from your mobile phone. If you are using a landline within the country, just omit the international code.

**Contact telephone:** +51 984186119

#### LEAD GUIDE

Once you are on your trek, you should speak to your lead guide about any problem, whether it relates to food, equipment or health. We would much prefer you to sort out any problems with them on the spot, rather than allow them to spoil your trek. Your guide is in contact with the office if further assistance is required.

If the lead guide is the source of your concern, you will have the opportunity to speak to one of the office representatives when you return to your post-trek hotel.

#### CONTACT KANDOO ADVENTURES

If your problem cannot be resolved locally, please either phone or email our UK office and we will do all we can to help you. It is best if you can call within our office hours when we are best equipped to deal with the situation. Our office hours are as follows (local UK time):

09:00 – 17:00 Monday to Thursday

09:00 – 16:00 Friday

**Contact telephone:** +44 (0)1283 499980

**Contact email:** [sales@kandooadventures.com](mailto:sales@kandooadventures.com)

# machu picchu

## INCA TRAIL



### quick facts

**Currency:**

Nuevo Sol

**Official language:**

Spanish

**Time difference:**

GMT -5 hrs

EST + 0 hrs

**Electricity:**

220V / 60Hz

**International dialling code:**

+51

### useful phrases

Hello: *Hola*

Good morning: *Buenos días*

How are you?: *¿Cómo estás?*

Please: *Por favor*

Thank you (very much): *(Muchas) gracias*

Water: *Agua*

Goodbye: *Adiós*

## Peru

Think of Peru and the first word that springs to mind is 'Inca' – the best-known and most-studied of South America's civilizations – and the associated images of forgotten temples entangled in jungle vines. But away from the hordes at Machu Picchu, this is a country of diversity and superlatives: the deepest canyon, the highest navigable lake and the third largest area of rain forest.

Peru is divided into three distinct geographical regions: the Pacific coastal strip, the Andes mountains and the Amazonian lowlands. The desert coastline is the site of the Nazca Lines, one of the world's great archaeological mysteries, while off-shore the Islas Ballestas are a wildlife paradise that is home to colonies of sea lions, Humboldt penguins and flamingos. Within 100km of the coast, the Andes rise to spectacular heights of over 6000m, where a multitude of trekking trails take in ancient ruins, remote villages and herds of alpaca. The eastern slopes of the Andes drop into the fabled rainforests of the Amazon basin, a treasure trove of vibrant tropical colour, where jaguars hide in the forest while flocks of macaws feed on the salt licks.

Peru's climate has two main seasons – dry from April to November, and wet from December to March – but weather varies greatly depending on the geographical region.

## how to book

- 1 Check availability**  
Contact us by phone, email or through our website to check availability
- 2 Choose a date and route**  
Choose a date and route and we will send you a detailed quote and itinerary. Our destination specialists are on-hand to answer any of your questions
- 3 Complete booking and payment**  
When you are ready to book we will send you our booking forms and participation agreements. We accept all major credit and debit cards, sterling cheques or you can pay by bank transfer. Our standard terms are 20% deposit to secure and booking and full and final payment 8 weeks before departure. Kandoo Adventures is fully licensed and bonded as a tour operator. We hold an Air Traffic Organisers Licence (ATOL) number 10957 issued and bonded with the Civil Aviation Authority (CAA) and are ABTA members. This means you can book your Kandoo holiday with confidence, as all monies paid to us for your trip are fully protected