

3-DAY ADVENTURE

# THE SHORT INCA TRAIL

**Peru**

Please note that permit availability in 2026 is already extremely limited. Please contact us before making your booking.

With over 12 years of experience providing memorable experiences on the ancient Incan trails, you are in safe hands with our experienced Peruvian team. Lead by our knowledgeable manager, Jose, our local staff are our priority and we ensure their welfare needs are aptly met, meaning they can focus their skills on making your trip a fantastic experience. When you trek with Kandoo Adventures, you may also rest in the knowledge that your trip is fully carbon offset as standard.

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. This shorter trek condenses the best of the Inca Trail into just one day of trekking followed by a day spent in Machu Picchu.

You should plan to spend some time in Cuzco prior to the trek to allow your body to acclimatise.

Starting at KM 104, this trek to Machu Picchu provides a great combination of mountain scenery, fauna and flora and the fascinating Inca site of Wiñay Wayna.

We arrive at Machu Picchu, through the Sun Gate, late in the afternoon. At this time of day, there are less people around and the weather is generally better than the early morning. We then stay in Aguas Calientes for the night, returning to Machu Picchu the next morning for a full tour. Access to this route is restricted by permits to 250 people per day. The earlier you can book your trek, the better chance we have of securing your permit.

## TRIP HIGHLIGHTS

- Trek to the Inca site of Winay Wayna

- Arrive at the Sun Gate in the afternoon
- High guide to client ratio
- Trip fully carbon offset as standard


Machu Picchu
Aguas Calientes
Sun Gate
KM 104
Wiñay Wayna
KM 82
KANDOO ADVENTURES
Trek
Transfer
Train

# ITINERARY

DAY 1

## MEET FOR PRE-TREK BRIEFING

You need to ensure that you are in Cuzco the evening before the trek is due to begin, in order to attend a pre-trek briefing with the Lead Guide to check that you are fully prepared for the challenge ahead. We will notify you of the time and location for the briefing prior to your trip.

DAY 2

## CUZCO TO KM 104 TO AGUAS CALIENTES

We will meet you at a central location in Cuzco around 5:00 am and transfer by private vehicle to the Sacred Valley of the Incas. From Ollantaytambo, we will catch a train to KM 104, the starting point for our trek where we will need to show our permits and passports.

Hiking time: **6 - 7 hours**
Ascent: **600 m**
Descent: **600 m**
Max. altitude: **2750 m**
Accommodation: **Hotel**

After crossing the Rio Urubamba, the trail heads towards our first Inca ruin, Chachabamba. Archaeologists believe that Chachabamba was once an important religious site. Chachabamba is also thought to have played a secondary role protecting this entrance to Machu Picchu. After leaving the site, the trail begins to ascend and enters the cloud forest. We continue trekking uphill, crossing a grassy hillside before reaching a spectacular waterfall. From here it is a short trek to the impressive Inca site of Wiñay Wayna where we will stop for lunch. Approaching from the lower terraces of the ruins, we will climb a long stone staircase to reach the upper levels of Wiñay Wayna. Here we meet the main Inca Trail and will continue walking for 1-2 hours through cloud forest to the Sun Gate, the entrance to Machu Picchu. At this time of day there will be few tourists around and there will be plenty of time to soak up the view before we catch the bus down to Aguas Calientes for an overnight stay at a hotel.

DAY 3

## TOUR OF MACHU PICCHU – TRANSFER TO CUZCO

An early start is required as we catch the bus back up to Machu Picchu. 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 back to Cuzco.

Meals included: **Breakfast**

### *PLEASE NOTE*

*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.*

# TRIP INFORMATION

## DIFFICULTY

This is a one day trek with **very little ascent** involved. Any reasonably fit individual with a good amount of determination should be able to complete the trek.

## FOOD & DRINK

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.

### 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.

## ACCOMMODATION

No hotel nights are included pre and post trek, however you will need to attend a pre-trek briefing at our group hotel in Cuzco. On the evening of Day 2 you will stay in a hotel 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.

## TRANSPORT

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 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.

## LUGGAGE

Please check with your flight provider for you weight limit. As the trek we operate is just a day trek you will be able to leave your main luggage at the hotel and carry a daypack on the trek. We recommend your daypack is no larger than 30L.

## HOW DO I GET THERE?

There several good ways to get to Cuzco from the UK. The first is to fly KLM to Lima with a stopover in Amsterdam. The second is to fly with Air France who offer flights to Lima via Pairs, or alternatively you can use Iberia who fly to Lima via Madrid. From Lima you will have to get a domestic flight to Cuzco. Domestic airlines include LATAM, Avianca, Star Peru or Peruvian Air. We recommend flying with LATAM as their planes have the capability to land in the foggy conditions that can affect Cuzco and Lima. Most flights from Europe land in the evening, local time. Most flights for Cuzco don't leave until the morning, so if you don't fancy loitering in the airport all night (which we do not recommend), you'll need an overnight stay in Lima.

Trekkers starting off in North America have a much wider set of options. American Airlines and US Airways both offer flights into Lima, as do several other carriers. In addition to existing security measures at international airports, passengers MAY be required to show that the electronic devices in their hand luggage are charged up. You may therefore be asked to turn on any electronic devices such as mobile phones, tablets, e-books and laptops in front of the security team and/or demonstrate the item's functionality. We recommend that any electronic devices that you are carrying in your hand luggage are fully charged before you travel. If you have any further questions then you should check with your departure airport.

*If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.*

**Travelling Responsibly**

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips in destination. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

**eC02 Flights Calculator**

## BUDGET & CHANGE

The local currency is the **Peruvian Sol** which can be purchased in advance of your trip. 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. Peru is generally still a cash society, particularly whilst you are travelling through the smaller villages and towns it is worth having enough cash with you for personal expenses. ATMs will also not be available in these areas so ensure you have exchanged enough money whilst in Cuzco, before leaving on your trek. 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.

Peruvian Sol should be used for spending money and tipping the crew.

In Cuzco, the cost of public transport is around 22p (33 cents) for a one-way ticket. If you prefer to travel by taxi, starting price is about £1.10 (US$1.40) for a 1km ride. When eating out, a meal in a budget restaurant for 2 people is around £5 (US$7) or a mid range restaurant (for 2 people) will cost around £22 (US$28). For souvenirs to take home, we recommend budgeting around £40 (US$50) which should get you plenty of little gifts. If you wish to buy a big blanket or poncho then budgeting a little more would be worthwhile.

Our recommended guidance for spending budget in Peru would be between £80-100 ($100-125) on top of your tips, to give you ample souvenir and meals out spending money.

## 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 Peruvian Sols.

**Recommended tips per trekker for entire trip:**

**Lead guide:** $100

# FORMALITIES & HEALTH

## PASSPORT

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.

## VISA

Most visitors (including nationals from the UK, Europe, USA and Australia) do not require a visa to enter Peru, and will 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.

Chinese and Indian nationals may enter Peru without a visa if they have a UK, Canada, Australia, Schengen or US visa valid for a minimum of 6 months at the time of entry to Peru.

## 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.

## 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. Most of our treks in Peru do not exceed 4700m with the exception of the Ausangate Trek which will reach 5200m. If you are only doing the Short Inca trail your trek will not exceed 3500m. Please ensure that your insurance policy covers you for trekking at these altitudes.

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.

## 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. Our routes have 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 that 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 treking to prevent altitude sickness, not once you are on the mountain and 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. If you are planning on taking Diamox, please let your doctor know, as daily malaria tablets taken alongside Diamox can cause an upset stomach and nausea. A weekly malaria tablet may be a better option, but you would need to discuss this with your doctor.

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 will 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 do not 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.

# EQUIPMENT & CLOTHING

## CLOTHING TO BRING

- Trekking boots – mid weight with good ankle support
- Shirt/t-shirt – light or medium weight, moisture wicking
- Trekking trousers – light or medium weight – convertible trousers work well
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Poncho – a cheap plastic poncho is the best way to cope with a sudden downpour

## EQUIPMENT TO BRING

There is no porter support on the Short Inca Trail, so everything you need for the two days you will need to carry yourself in a day sack.

- Small Rucksack or Daypack (25-30 litres) to carry water and personal items
- Trekking poles with rubber tips
- Sunscreen high SPF
- Toiletries, **including toilet paper** and hand sanitiser – please carry all rubbish back off the trek
- Insect repellent – ideally contains DEET
- Personal snacks and energy bars – dried fruit and nuts are also a good source of energy
- Camera and spare batteries

# HOW TO BOOK THIS TRIP

## 1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

## 2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

## 3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.