

**Charity & Corporate**

**Challenge Trek**

**The Inca Trail to**

**Machu Picchu!**





## Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

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### TREK The Inca Trail!

...in support of your Charity or as an incentive for your Company

*Adventurebug welcomes you to join our international challenge event: **The Inca Trail to Machu Picchu**. This formidable trek aims to raise funds for your organization and offer a life-enhancing opportunity to hike one of the world's most awe-inspiring trails. A win-win for local tourism economies and charity.*

*Join us to experience the Peruvian Andes in the best possible way, on foot, in the name of some incredible causes being carried out in the developing world.*

*A life-changing experience in everyway and let **Adventurebug** take you there as we've done with other groups, to many destinations worldwide!*

#### Highlights of this expedition include:

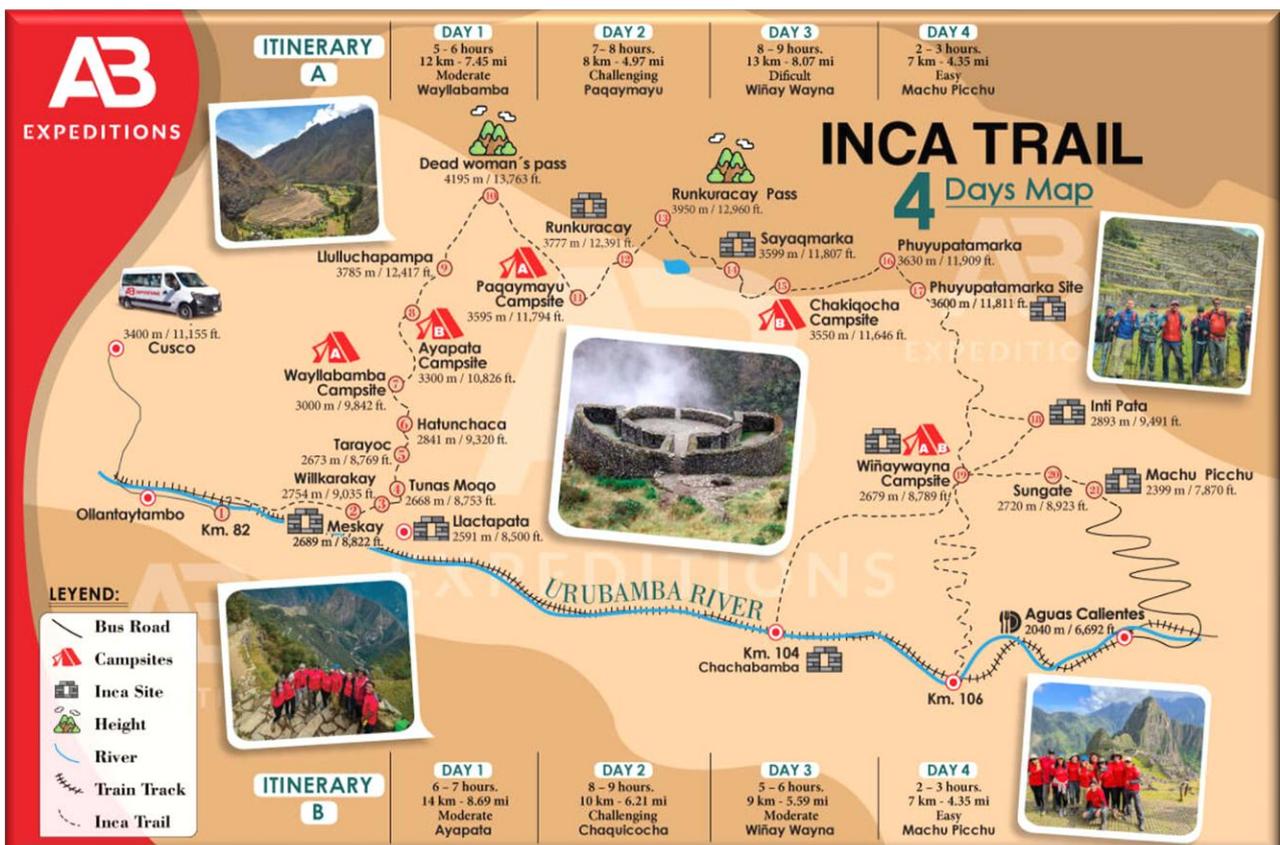
- *Immerse yourself in Peru's Andean Mountains & jaw dropping vistas!*
- *Reward yourself with both an Adventure Experience & giving back to non-profit causes.*
- *Camp under the stars surrounded by lush cloud forests and alpine peaks.*
- *Engage with the Andean culture and be awed by their humble nature.*
- *Walk in the footsteps and clamber over the millennial ruins of the INCA – including Machu Picchu!*
- *Be part of the Inca Trail legacy and meet like-minded adventurers who contribute to our amazing projects.*





## WHAT TO EXPECT

- A fully supported expedition with all arrangements done for you!
- 6 Expedition nights: 3 hotel & 3 tent camp nights in the Andes!
- 4 Days trekking the Inca Trail with professional guides, porters & cooks preparing delicious meals
- All entrance fees and Inca Trail permits taken care of by our team
- Visiting incredible Inca remains & historic sites, including Machu Picchu itself!
- Some HARD trail days at high altitude (at times), and MANY stone paths & steps on route
- Beautiful alpine scenery throughout and spectacular stars at night!
- Variable weather from warm, sunny days to chilly, foggy & rainy episodes too
- Meaningful interactions with our Peruvian hosts & their warm-hearted Andean culture
- A safely-managed expedition with our volunteer Doctor & Risk Aversion procedures in place
- Being in the company of fellow Charity Travellers giving it all for your organization's projects!



## ITINERARY

### Day 0 – Departure from Home (recommended to begin travel 1 day earlier)

*Your Expedition begins!* Although air travel is not included in the expedition, Adventurebug will assist you with travel planning and recommendations. The Expedition meeting place is at the *Alejandro Velasco Astete International Airport* in Cusco, Peru (CUZ). **See Day 1 Below.**



### Day 1 – Cusco, Peru (Arrival Day)

Welcome to Perú and after arriving to Cusco, you'll be greeted at the airport and transported directly to our hotel by our support team. **Please aim to arrive by 4 pm at the latest for your Expedition orientation, introductions & welcome dinner!**

Cusco, situated at 3400 meters (11,155 feet), was once capital of the Inca Empire, and is now known for its archaeological remains and Spanish colonial architecture. It's also the hopping off point for many Andean adventures – including the Inca Trail and visits to Machu Picchu! There are no formal activities planned today, allowing us to acclimate and rest after the long journey. This

evening we have a welcome group dinner and orientation at our hotel. **Accommodation:** Hotel Cusco Plaza Saphi / <https://cuscoplazahoteles.com/hotel-cusco-plaza-saphi/> Twin room share in standard hotel, Cusco historic centre. (D) Dinner included.



### Day 2 – Sacred Valley (Acclimation Day)

Today, for our expedition warm-up, we explore on foot and private coach, the **Sacred Valley** region near Cusco. Our guided tour allows us to acclimatise to both the climate and altitude as we explore the beautiful Andean landscapes and rural Peruvian. Lunch you can source locally today – encouraging us to spread our spending in the local community! Dinner is provided at our hotel tonight. **Accommodation:** Same hotel in Cusco. (B) (D) Breakfast & Dinner included.



### Day 3 – THE INCA TRAIL Cusco – Piskacucho – Km 82 Wayllabamba Expedition day 1 of 4!

Our local Expedition team collects us at 4:30 AM to begin our classic **Inca Trail hike to Machu Picchu**. We will drive 1.5 hrs to Ollantaytambo, where our breakfast will be served. After, we continue driving to Piskacucho (Km 82), the **official Inca Trail starting point**, where we meet our support team and porters! Once we pass the checkpoint and cross the Urubamba River, we begin the Inca Trail to Machu Picchu Expedition.

The first section of the trail is mostly flat until we reach Mesqay, a rest area. After Mesqay, there is a short but steep section, which lasts about five minutes and serves as a preview of the second day's challenge. After completing the steep part, we visit the second Inca site, Willkarakay. Our guides will explain its significance, and from there, we have a view of the first major archaeological site, Llactapata (also known as Patallacta), which our guides will also explain.

After taking a wholesome lunch, we hike for two more hours to get to Wayllabamba, which is our first CAMP at a height of 5144 feet (2900 meters). The path has some gentle ups and downs, but remember we are always at high altitude, so the pace is kept slow and steady! On route, we pass through two Andean villages. **If you need to buy any energy drinks, snacks, or important things you may have forgotten, like batteries, you can do this here.** We will set

up our camp, have dinner, and then go to sleep to rest for our second tough day. **Accommodation:** Mountain Tents (twin share). All meals (B,L,D), and trail snacks, tea & filtered drinking water included.

### Trekking Day 1/4 Stats

**Elevation Gain:** 607 m / 1,991 ft.

**Elevation Loss:** 340 m / 1,115 feet.

**Distance:** 12 km/7.456 miles.

**Hiking Time:** 5–6 hours.

**Lowest Elevation:** 2,695 m / 8,841 ft.

**Highest Elevation:** 3,031 m / 9,944 ft.

**Difficulty:** Moderate.

**Highlights:** Inca Ruins, Villages, and Veronica Glacier.

**Weather:** Warm and Windy.



### Day 4 – THE INCA TRAIL Wayllabamba – Ayapata – Warmiwañusca –

**Pacaymayo** Today, we wake early at 5:00 AM for DAY 2 of the Inca Trail. Breakfast is served at 5:30 AM, and we start hiking at 6:00 AM. As we start hiking, the trail will become steeper as we make our way to the Ayapata resting point. After resting there, we continue hiking uphill to Llulluchapampa. **This will be our last chance to buy items like extra water, Gatorade, cookies, and even beer from local vendors, as there will be no more vendors afterward.**

Once we rest at Llulluchapampa, we continue our hike towards the infamous **Dead Woman's Pass**, which reaches an altitude of **4,200 meters (13,779 feet)**. The trail becomes steeper toward the end, but don't worry—our guides will ensure everyone is handling the pace well! As we climb higher, the landscape changes from lush greenery to open highlands where we may spot llamas and Andean highland grass.



**Hiking to Dead Woman's Pass is the most challenging part of our expedition**, and the view is worth it. We pass through different ecological zones of the Inca Trail in Peru and see the variety of microclimates in the area. At the top, we have stunning views of snow-capped mountains, Andean alps, and jagged peaks all around us. From here, we hike downhill for about two hours to the Pacaymayo CAMP, which is at 3,600 meters (11,800 feet). Upon arrival, we have lunch, and we can recover for the rest of the afternoon. **Accommodation:** Mountain Tents (twin share). All meals (B,L,D), and trail snacks, tea & filtered drinking water included.

### Trekking Day 2/4 Stats

**Elevation Gain:** 1274 m / 4179 ft.

**Elevation Loss:** 628 m / 2,060 feet.

**Distance:** 08 km / 4.97 miles.

**Hiking Time:** 7 – 8 hours.

**Lowest Elevation:** 3,031 m / 9,944 ft.

**Highest Elevation:** 4,217 m / 13,827 ft.

**Difficulty:** Challenging.

**Highlights:** Dead Woman's Pass, Salkantay Glacier, Pacaymayo Valley, and amazing views of the Mountains.

**Weather:** Cool and Windy (especially at the top of Dead Woman's Pass).



### Day 5 – THE INCA TRAIL - Pacaymayo – Chaquicocha – Inti Pata – Wiñaywayna

Our third day is a highlight as we'll see hidden archaeological gems only accessible on the Inca Trail. The day begins with a hearty breakfast that is much needed for another challenging hike that awaits! We begin our adventure from Pacaymayo through the Runcuracay archaeological site, where we continue for around an hour onto El Paso de Runcuracay at 3,850 m. **(Second highest point of our expedition).**

Following the same stone path that the ancient Incans once walked, we reach the ruins of Sayacmarca. Here we can rest and explore everything this unique site has to offer. We then continue along the

Inca Trail, passing through a carved-out tunnel and also seeing the foundations of the path which were placed ten meters down from the edge of the mountain. Here we take lunch at Phuyupatamarca, before heading down a zig-zagging forested path to see both **Intipata and Wiñaywayna** CAMPS where we spend the night (2 560 m / 8 700 ft). After dinner, we have a farewell ceremony to say thank you to our expedition crew who supported us on route. This includes our Inca Trail Porters and expedition Cook. **Accommodation:** Mountain Tents (twin share). All meals (B,L,D), and trail snacks, tea & filtered drinking water incl.

#### Trekking Day 3/4 Stats

**Elevation Gain:** 632 m / 2,073 ft.

**Elevation Loss:** 1518 m / 4,980 feet.

**Distance:** 13 km / 8.07 miles.

**Hiking Time:** 8 – 9 hours.

**Lowest Elevation:** 2,649 m / 8,689 ft.

**Highest Elevation:** 3,952 m / 12,957 ft.

**Difficulty:** Difficult.

**Highlights:** Amazing Incan ruins and unparalleled views.

**Weather:** Cool and Potentially Wet (more likely during the Wet Season).



### Day 6 – THE INCA TRAIL - Wiñaywayna – Machupicchu – Aguas Calientes

Today, our dream of arriving to Machu Picchu is before us! After an early breakfast, we embark on the final stretch of the Inca Trail trek towards the lost city of Machu Picchu. Our journey begins with an early morning check-in at the control centre, followed by a hike leading us to Inti Punku, also known as the **Sun Gate**—the gateway to the Inca Trail. **From this vantage point, we gaze upon (weather permitting!), the awe-inspiring and magnificent wonder**

#### of Machu Picchu in all its glory!

After enjoying the view of the Citadel from the Sun Gate, we begin our hike westward toward Machu Picchu, which will take approximately 1 hour and it's where we'll complete the **Inca Trail Expedition itself!** We then enter Machu Picchu from the upper section, providing the opportunity to see the lost city from the viewpoint and take panoramic photographs with the Citadel in the background. After, we hike down to the Machu Picchu checkpoint to register our entrance (and use the restroom!), before re-entering the site.

We now enjoy a two-hour guided tour of the sacred city – we've worked hard to arrive here, let's enjoy it now! During this tour, we visit key landmarks, including the *Temple of the Sun, the Water Fountains, the Sacred Rock, Callancas, the Temple of the Condor, and the Inca storage facilities.* After our tour of Machu Picchu, we take a 30 minute bus down to **Aguas Calientes** village for **lunch**. To unwind from our expedition, we will relax in the *thermal*

baths and explore the town & pubs before our celebratory dinner tonight! **Accommodation:** Hotel Wiracocha Inn, Aguas Calientes <https://wiracochainn.com.pe/> (twin share). All meals (B,L,D), and filtered drinking water included.

### Trekking Day 4/4 Stats

**Elevation Gain:** 185 m / 606 ft.  
**Elevation Loss:** 451 m / 1,479 feet.  
**Distance:** 7 km / 4.35 miles.  
**Hiking Time:** 3 hours.  
**Lowest Elevation:** 2,401 m / 7,871 ft.  
**Highest Elevation:** 2701 m / 8,857 ft.  
**Difficulty:** Moderate.  
**Highlight:** Sun Gate and Machu Picchu.  
**Weather:** Warm and Clearer Skies.



### Day 7 – Aguas Calientes – Cusco

#### (END OF EXPEDITION)

Today, our expedition wraps up after we transfer back to Cusco from Aguas Calientes using the famous Inca train line (2-3 hours) and a bus transfer (1 hour) to reach Cusco itself. We begin the journey after breakfast with a short walk (with our own baggage), and boarding the train to Ollantaytambo (*train station nearest to Cusco*). TRAIN Departs: 08:53 / Number: Expedition 73 / arriving 10:52 am at Ollantaytambo. From here, a 1 hour shuttle takes us to Cusco by private coach, arriving by mid-day (pending conditions of travel throughout). **Accommodation:** No accommodation provided tonight. (B) Breakfast only.

#### Onward travel options from here include:

1. *Continuing on our Adventure Extension Tour (adding up to a week of gentle adventure experiences)*
2. *Returning to Lima by air to catch onward flights home*
3. *Fly to Lima for a visit to Peru's capital*
4. *Stay on in Cusco and enjoy more of the Andean beauty and historic attractions!*

**The Adventurebug Inca Expedition ends once we arrive back to Cusco.** There is no accommodation or meals provided after breakfast and we will assist you with onward travel advice!

### CUSCO DEPARTURE LOGISTICS / OPTIONS

There are several flights departing **Cusco** for **Lima** (*and other destinations*) on the final day. **We strongly advise you to book your departure at least 6 hours AFTER we are due in Cusco** (approximately 7 pm or later for example).

For those NOT participating in our Extension Tour (post expedition), we recommend staying on later (1 night) either in Cusco or Lima to ensure you make your international connection home. Please see the section on FLIGHT recommendations for this expedition.



## EVENT BASE PRICE

### Price per person: Please consult

Payment will cover your \**minimum* sponsorship amount towards your organization & your expedition ground costs in Peru.

## INCLUDED IN YOUR EXPEDITION PRICE

- **All Expedition Inclusions as outlined below (and in Itinerary).** Please note that the Event Base Price is the lowest cost possible to participants with no margin or commission paid to the event organizer (Adventurebug Ltd), nor to volunteers from your organization. For this reason, we can (*based on current rates*), include a personal donation of as much as ..... to your charity projects (see next point).
- A personal \**minimal* donation of ..... is included in the Event Base Price. Still, we encourage you to raise as much as you can above that amount. Extra sponsored money raised goes 100% towards your organization!
- **6 Expedition Nights / 7 Day Program.** Including 2 hotel nights in Cusco, 3 tent nights on the Inca Trail and 1 hotel night in Aguas Calientes (Machu Picchu). Meals as per itinerary. Full Inca Trail guiding program & support team by our partners on the ground, a locally licensed company.
- **Transfers in Peru** include airport arrival transfers in Cusco and all transfers associated with the Inca Trail & Machu Picchu (private coach & train).
- **Pre-Expedition Warm Up Tour & Hike (Sacred Valley)** A fully guided acclimation day to warm us up to the altitude, attitude and atmosphere of the Andean Culture! Includes our guide, entrance to historic sites & transfers.
- **4 Days Professionally Managed Inca Trail Experience** led by Professional Local Peruvian Guides. Our guides possess advanced expertise in the history, geology, and archaeology of this region in Peru. They are safe, qualified and experienced expedition leaders!
- **Trail Porters:** Our porters will carry all our personal materials (clothing, sleeping bag, etc), which means we only need to carry a small daypack on the treks.
- **Included Expedition Essentials!** To make your Inca Trail a success, we provide:
  - *Top mountaineering tents (twin share) & a foam sleeping mat (per person).*
  - *Daily filtered (and boiled) water for meals and trail days.*
  - *A 7 kg (14 pound), waterproof duffel bag during the 4-day expedition (to keep!). Note, this is the maximum weight allowance our porters carry per person. (your personal sleeping bag and foam mat must be included in the weight limit above).*
  - *Daily nourishing meals & trail snacks prepared by a professional Trail Chef Team (special diet requests we'll try meet, but expect limitations compared to your home routines & food habits/needs).*
  - *Dining Tent with chairs and table(s) to offer some comfort after the long trail days!*
  - *Portable Camp Toilet(s): portable toilets pop-up toilet tents conveniently close to our own camping space, eliminating the need for long walks during the night.*
  - *Wash basins with clean, warm water daily during camp stays.*
- **Inca Trail Permit:** Includes the National Park fee as well as entrances to all various archaeological sites.
- **Machu Picchu Entrance Ticket:** Allowing us to visit Machu Picchu with our own private guides.
- **Expedition Management** led by *Adventure Bug Travel Ltd* (Spain), to oversee the reservations, management and overall safety aspects of the expedition.
- **Guided Tour Of Machu Picchu:** Explore Machu Picchu with our local guide, visiting the most important temples and ruins. This also includes a visit to the unique guardhouse platform.
- **Storage For Extra Belongings:** We keep your extra (non-trekking) belongings safe during the event in our secure storage space (Expedition Office) in Cusco, until we return.

### FULL Safety & Risk Aversion Plan Including:

- **Volunteer Doctor OPTION:** We CAN (at your request) provide an experienced Doctor for this expedition. Our Doctor may also be in consultation with participants before the event and providing recommendations pre-expedition!
  - **Satellite Phone:** Our satellite phone is carried 24/7 on the Inca Trail.
  - **Oxygen Tank:** Our guides carry a tank of oxygen in case of an emergency.
  - **First-Aid Kit:** Our guides & Doctor will be equipped with first-aid materials.
  - **Radio Communications:** Between our guiding team and ground team (porters, cooks and camp staff).
  - **Risk Assessment & Emergency Evacuation Protocols:** A document outlining all perceived risks & hazards and countermeasures will be provided upon request.
- **A few other TREATS to be gifted to you:**
    - T- Shirts:** Expedition T-shirt at the start and an iconic Inca Trail T-shirt at the end!
    - Day Pack Rain Cover:** A waterproof rain/mud cover to cover your day pack!
    - Water Proof Duffel Bag:** The essential expedition bag carried by our Porter team (limiting your weight to 7 kg / 14 pounds total). This duffel bag is yours to keep after! It also allows you to leave your non-trekking items at our office base in Cusco during the Inca Trail Expedition.

### NOT INCLUDED IN THE EXPEDITION PACKAGE

- Flights to/from Peru (International) & to/from Cusco (Domestic)
- Tips for local guiding team, cook & porters.
- Private travel insurance (health, evacuation, repatriation & cancellation coverage)
- The optional EXTENSION tour - after the main expedition.
- Personal Camping / Trekking Items such as: (THESE ITEMS YOU NEED TO BRING FROM HOME)
  - A warm (3 season) lightweight sleeping bag (will be carried daily by a porter, as part of your 7 kg / 14 lb limit)
  - A day pack to carry water, personal items, warm layer, etc (25 litres minimum), with recommend waste & chest strap.
  - Personal hiking wear like \*solid ankle boots, trek clothing, waterproofs, etc. \*No hiking trainers/sneakers on this event.
  - Head lamp & batteries for 3 camp nights
  - Battery charging device for mobile/cell phones, etc.
  - Refillable CamelBak and/or water bottle for daily water provision
  - Hiking pole(s)

**NOTE** – Sleeping bags, day backpacks & hiking poles can be rented from our local guiding team – though not advised unless in emergency.

### FLIGHT RECOMMENDATIONS FOR THIS EXPEDITION

The **Event Base Price** does not include flights to/from your home & Lima and the short leg between Lima and Cusco (**two separate flights**). Once you secure your deposit and submit the registration form online, and the event minimum number is met, we recommend you book your flights as soon as possible.

**FLIGHTS FROM EU (Spain & Gibraltar) to LIMA:** Air Europa currently has the best offers and scheduling <https://www.aireuropa.com> (Daily night flights from Malaga via Madrid arriving to Lima 5.50 am following day)

**FLIGHTS FROM UK, USA & Canada to LIMA:** Please consult <https://www.google.com/travel/flights> for an inventory of carriers doing your route. <https://www.skyscanner.net/> is another useful resource to examine.

**FLIGHTS FROM LIMA TO CUSCO:** We recommend LATAM Airlines <https://www.latamairlines.com>  
You can also search the daily flight inventory here: <https://www.google.com/travel/flights>



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### PLANNING YOUR EVENT!

As part of our full service, The Event REGISTRATION FORM, and all pertaining trip details are PROVIDED by Adventurebug. We create specific online registration forms for easy and hassle free REGISTRATION and payment by credit card.