



Inca Jungle Trail
4 Days/3 Nights

This is the most amazing and exciting trip to Machu Picchu with bike and trek, we can discover more adventures among the mountains, valleys, rivers and crossing small villages, coca plantations, coffee and lots of types of fruit... walking on the old real Inca trail which connects the city of the Incas. We will also take a relaxing bath which is good for rheumatism. This trip is definitely considered one of the adventure routes to Machu Picchu where we will observe local people, buy some fruits and mineral water. We will use the local restaurants and familiar hostels... as we already know they are grateful for our guests.



Easy Moderate Difficult

Itinerary

Day one Cusco – Ollantaytambo – Abra Málaga – Santa Maria

We will pick you up from your hotel between 7.30 a.m. to 8.00 a.m. and drive into the Sacred Valley of the Incas through Chincheros, Urubamba and Ollantaytambo until we reach Abra Málaga (4,350m). Here cyclists will change into the kit provided by us (gloves and helmets) following a 20 minute



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briefing from our experienced tour guide. From there we will begin our bicycle tour to Santa Maria (downhill and cross country). In this experience we will see archaeological sites like Huamanmarca and Inca jails as well as an incredible landscape. We will be able to appreciate birds of the tropics, as well as the medicinal plants in the cloud forest. This trip also takes us past many exotic fruit plantations such as mango, pineapple, papaya, avocado, coffee and coca plantations as well as being able to see local families in their daily routine. We will have lunch and dinner in Santa Maria town, near to the river where we will spend the night.

Note – for river rafting we will start after lunch. It will take about 2 ½ hours, we will then return to Santa Teresa to sleep. Meals L, D

Day two Santa Maria – Inka Jungle – Santa Teresa

We will have breakfast at 6am and then trek along the banks of the Vilcanota River where you will walk part of the Inca trail through the jungle. From San Pablo we will go up to the Inca trail where we will see waterfalls and archaeological centres of the Inca time. On this hike you will be surrounded by the jungle's indescribable beauty. Here you will have the opportunity to see exotic fruits such as pineapple, mangos, avocados and oranges as well as butterfly clouds and other animals from the high jungle. You will also see plantations of coffee and coca leaf, a plant used by the Incas at rituals. During this part of the trek you will go through towns and you will be able to experience their serenity and peace. In the afternoon after 7 hours trekking we will arrive at the village of Santa Teresa (1990m.a.s.l.).

Optional - the hot spring of Colcamayo.

Meals B, L, D

Day three Santa Teresa – Hidroelectrica –Aguas Calientes (hiking)

Early wake up in order to be transported 30 minutes to the Lucmabamba community where we will start to walk over the Inca's trail visiting the forgotten archaeological site of Patallaqta from where we will get our first view of Machu Picchu. The Peruvian Government is working here rediscovering and cleaning the forest. After walking for 5 hours we will arrive at Hidroelectrica train station where we will have lunch. After a siesta we will continue for 2 hours until we reach Aguas Calientes where we will spend a night in a hostel.

Meals B, L, D



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Day four Aguas Calientes – Machu Picchu – Cusco

Very early we start our hiking to Machupicchu archaeological site and the chance to see the sunrise, before having a guided tour for two hours. You will then have free time, perhaps to visit the Huayna Picchu and other places, before taking the bus down to Aguas Calientes. In the afternoon, transfer by train to Ollantaytambo. In Ollantaytambo you will take the bus to Cusco.

Included in the price

- Pick you up from hotel in the morning and transfer in bus to Abra Malaga.
- Mountain bike, Helmet, gloves ,knee and elbow pads .
- Entrance to Machupicchu.
- English speaking professional guide.
- Meals (03B, 03L, 03D).
- Train ticket Aguas Calientes to Ollantaytambo.
- Three nights in a hostel (Santa María, Santa Teresa y Aguas Calientes).
- Bus ticket to Ollantaytambo - Cusco

Not included in the price

- Breakfast on the first morning. Some hotels offer an early morning breakfast service.
- Lunch in restaurant in Aguas Calientes on day 4 of the trek.
- Entrance to the thermal springs in Aguas Calientes and colcamayo US\$5.
- Tips
- Bus to up and down to Aguas Calientes US\$20.00
- Entrance to the Huaynapicchu Mountain US\$12.00



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What you need to bring:

- A backpack with a change of clothes for the whole period of the trek. Recommended: T shirts, shorts and some warm clothes.
- Rain jacket or poncho (plastic ponchos can be purchased in Cusco).
- Strong, comfortable footwear.
- Water bottle
- Flashlight and batteries.
- Hat or cap to protect you from the sun.
- Sun block (sun protection cream).
- Insect repellent.
- Toiletries, towel and toilet paper.
- Selection of small snacks, chocolate, dried fruit, biscuits etc.
- Camera, plenty of film and spare batteries.
- Swimsuit (if you plan on visiting the hot springs at Aguas Calientes after the trek - entrance not included in price).
- You also need to bring your original passport on the trail and your student ISIC card (if claiming a student discount)

Traveller Not Tourist E.I.R.L.

Calle Los Arces 257-A, Primer Piso, Cayma
Arequipa, Peru
Tel (00 51 54) 250722
Cel (00 51 54) 959910196