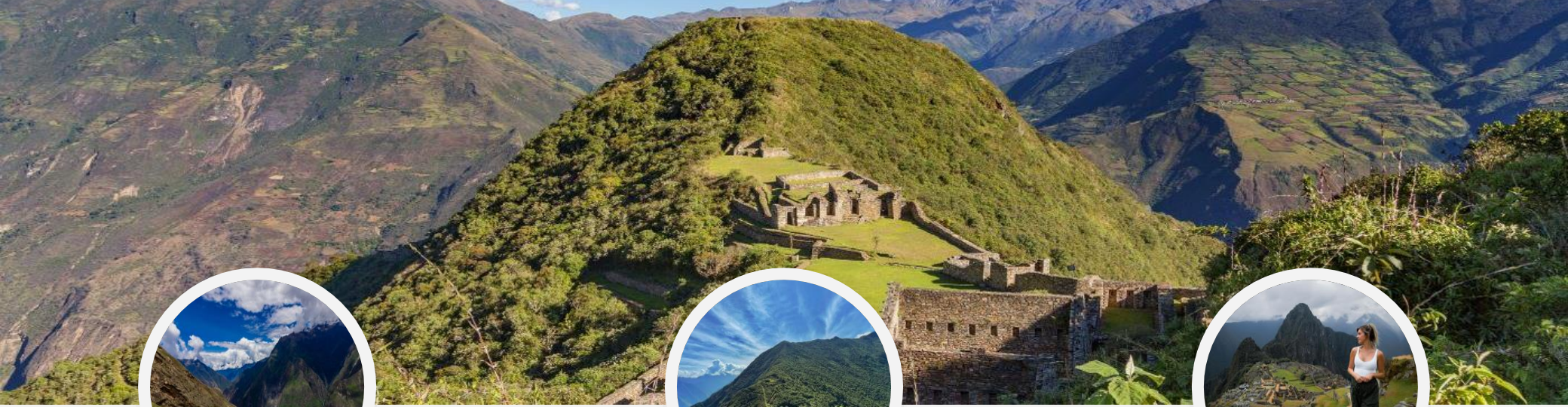




# CHOQUEQUIRAO TREK TO MACHU PICCHU 7 DAYS

EXPLORE AND LIVE UNFORGETTABLE MOMENTS



## DESCRIPTION

Discover the 2 great architectural wonders of the Incas on a 7-day trek that will challenge your physical and mental limits to renew yourself from head to toe. If you're addicted to physical activity, you love nature, and you're passionate about the history of ancient civilizations, this route is perfect for you. Due to the archaeological importance of Choquequirao and Machu Picchu — the largest and best preserved Inca sites that exist in all of South America— and its impressive natural beauty, this route was chosen in 2015 by National Geographic as one of the most beautiful in the entire world. The difficulty of this excursion is comparable to the trek to Mount Everest base camp.



# FULL ITINERARY

## CHOQUEQUIRAO TREK TO MACHU PICCHU 7 DAYS

### Why Take the Choquequirao & Machu Picchu?

- ✓ Explore the 2 largest and most important Inca archaeological sites that exist: Choquequirao and Machu Picchu.
- ✓ Advance on ancient roads built by the Incas and visit other small archaeological centres.
- ✓ Enjoy a wide variety of landscapes and climates. Travel through the snow-capped Andean mountains at more than 4,000 masl / 13,123 fasl and then get closer and closer to the Amazon jungle.
- ✓ First enjoy the tranquility of a route little traveled by tourists and then make new friends among the crowd in Machu Picchu.
- ✓ Get to know the Apurímac Canyon which is the deepest in the American continent and which is located next to Choquequirao.

### Relevant information

- ✓ We are a socially responsible tour operator and always respectful of our Mother Earth, or Pachamama. For 10 years we have helped our passengers to take home unforgettable memories of their vacation. We use the best equipment and we have the best and most experienced guides.
- ✓ Remember that we do not operate the Choquequirao-Machu Picchu Route during the months of January, February, and March due to the rainy season that puts the safety of travellers at risk.
- ✓ We recommend that you book your Choquequirao-Machu Picchu package as soon as possible, especially if you travel in high season (May-September). Entrances to Machu Picchu and the Vistadome train service can be easily run out.
- ✓ Remember that our mules and horses will carry your luggage so you can fully enjoy your adventure. During the walk you'll only need to carry a small backpack with the essential items.
- ✓ The weather during this excursion is extremely variable so we recommend that you wear "layered" clothing so that you can warm and unzip as you please in the middle of the route.
- ✓ Important! Take mosquito repellent with you. You'll really need it.

We will pick you up early from your hotel to head to Capuliyoc, the starting point of the trek. You will enjoy a delicious breakfast and meet the trekking team before starting a three-hour downhill hike to Chiquisca, where we will spend the night. This afternoon, enjoy the scenery of the valley, the canyon and, perhaps, the majestic flight of the condor. In the evening, we will visit the tropical oasis of Chiquisca before having a delicious dinner and rest.

Our exciting adventure begins today! We will pick you up from your hotel around 7:00 a.m. and head to Capuliyoc on a four-hour drive. You will have a delicious breakfast that will give you the energy to start the epic hike. After exploring the area, we will head along a flat trail until we reach the Capuliyoc viewpoint (2,890 m / 9,482 ft). Here, we will enjoy the breathtaking views of the Apurimac Canyon and, if we are lucky, we will be able to witness the amazing flight of the condor.

We will begin to descend through a constant zigzagging under intense heat, where you can only hear the sound of the wind and the rhythmic songs of birds and cicadas. On the way, we will stop for a moment at Cocamasana, where the views are simply majestic.

After three hours of intense descent, we will arrive at the tropical oasis of Chiquisca (1,900 m / 6,234 ft), a place full of life in the middle of the arid canyon. We will walk around the area and learn a little more about the farming activities of the families that live in this beautiful place. Then we head for lunch and recharge our batteries to continue the hike to Rosalina beach.

Then we will continue walking downhill for 1 hour to our camp Playa Rosalida (1,500 m / 4,921 ft), this camp is located on the banks of the Apurimac River, after settling into our comfortable tents we will explore the place and go to relax our feet in the river. Then we will start with the happy hours where we will serve hot teas and desserts, after 30 minutes we will serve dinner prepared by our professional chef. Today you will sleep soundly with absolute silence and a calm noise of the river.



**WALKING DISTANCE**  
12 km / 7.5 miles



**MEALS**  
Breakfast, lunch, dinner.



**ACCOMMODATION:**  
Camps

A hearty breakfast will be ready and waiting for you today to give you the boost you need to start our amazing hike. We set out on a path that winds its way up the mountainside.

We will ascend in a zigzagging way for two and a half hours until we reach the small village of Santa Rosa (1,970 m / 6,463 ft), we will visit a family farm and learn about the elaboration of Cambray, a handmade liquor made from sugar cane grown in this place. After enjoying a delicious lunch and being part of this experience, we will climb for three more hours to reach Marampata (2,900 m / 9,514 ft). Here, you will appreciate the most spectacular views and take excellent photographs to remember your trip through the snow-capped mountains and canyon.

Then we continue a winding trail for 2 hours to our camp in choquequirao (2,900 m / 9,514 ft), after settling into our comfortable tents we will go to explore the main square of the archaeological center of choquequirao (3,050 m / 10,006 ft).

You will have a fantastic opportunity to see the brilliant sunset behind Choquequirao and the surrounding mountains. An orange glow will be cast over the giant rocks that will fill you with peace. Once it gets dark, we will enjoy a delicious dinner that will fill your hungry stomach and replenish your energy. Afterwards, you will head back to your tent to rest under the stars.

**WALKING DISTANCE:**

13 km / 8 mi

**MEALS:**

Breakfast, lunch, dinner.

**ACCOMMODATION**

Camps

Today we will get up early to enjoy one of the most spectacular sunrises you can imagine. The sun's rays will fill this place with color and life. Take a moment to thank Mother Nature for all the wonderful things she has given us. After breakfast, we will hike for half hour through the cloud forest. You will really feel like you are among the clouds.

Once in Choquequirao, our guide will explain the history of this incredible place, also known as "the last refuge of the Incas". Around noon, we will enjoy a picnic lunch that the chef will bring to the complex. Then, we will walk until we reach the Usnu and have a better panoramic view of the area; with luck, we will be able to observe the condor flying through the Andean sky, we will also visit the terraces and the Pachayoc waterfall.

After a magical experience in this enigmatic citadel, we will start ascending for an hour until we reach the Choquequirao Pass (3,270 m / 10,728 ft), then, we will descend to the next archaeological complex on our route, Pinchaunuyoc (2,420 m / 7,940 ft). You will be amazed by the platforms that appear suspended over the abyss of the Blanco River canyon. You will enjoy a short tour of the site before resting at our campsite.

**WALKING DISTANCE:**

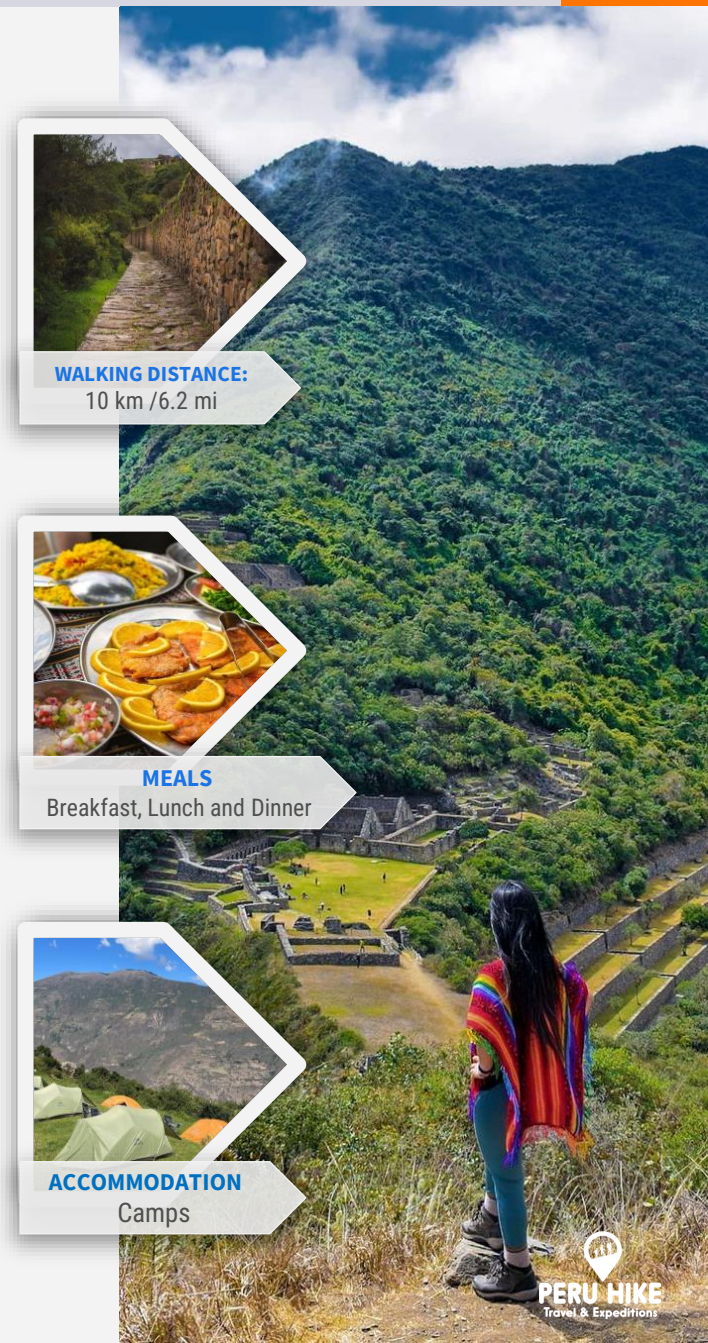
10 km / 6.2 mi

**MEALS**

Breakfast, Lunch and Dinner

**ACCOMMODATION**

Camps



After a nutritious breakfast, we will start descending to the Blanco River. During the hike, we will see many species of birds, different orchids, and plantations of the sacred coca leaf. We will cross the river and begin a strenuous climb to our lunch point, known as Maizal (3,000 m / 9,843 ft). Today is the most challenging day of all, but you will be able to rest your legs here before continuing the trek.

We will continue uphill for about three and a half hours until we reach the summit. This part of the trail is historically significant because of the many ruins that can be found along the way. We will pass the impressive Inca mines, called Minas Victoria, from which silver used to be extracted. Next, we will head towards the San Juan Pass (4,200 m / 13,780 ft).

Then, we will cross the intriguing cloud forest and the Andean puna, known for its famous ichu grass. We will enjoy lunch while contemplating the views of the Choquetacarpo and Padreyoc mountains. If you did not see the flight of the condors before this point, you may have the opportunity to see them here, depending on the season.

Finally, we will descend to our campsite at Yanama (3,600 m / 11,811 ft) located at the bottom of the valley, where a delicious dinner will be waiting for you before another beautiful night's sleep in the middle of nature.

**WALKING DISTANCE:**

18 km / 11.18 mi

**MEALS**

Breakfast, Lunch and Dinner

**ACCOMMODATION**

Camps

Today, you'll be woken up by jungle sounds and a relaxing waterfall. The locals who live in the Yanama community have preserved ancient traditions to this day, and it provides the perfect opportunity to immerse yourself in their culture. You'll be able to make some new friends and hand out gifts to the local children.

Once you've had a filling breakfast, we'll start a 5-hour ascent to the highest part of the hike, the Yanama Pass (4,650 m / 15,256 ft). Along this part of the trek, you'll see farmers working their land in potato fields. You'll also spot Saqsarayoc and Padreyoc in all their snowy glory. You might even get to step on snow here, depending on the time of year. You'll see the imposing Salkantay mountain in the distance for the first time, too.

Later on, we'll descend for three hours along a fog-filled, mysterious path to the Totora community and have lunch along the way to replenish our energy. We'll then hike for another hour to Collpapampa, where you'll enjoy a spectacular dinner and a tranquil night's rest in our exclusive Mountain Sky View in the middle of nature.



**WALKING DISTANCE:**  
15 km / 9.32 mi



**MEALS**  
Breakfast, Lunch and Dinner



**ACCOMMODATION**  
Camps

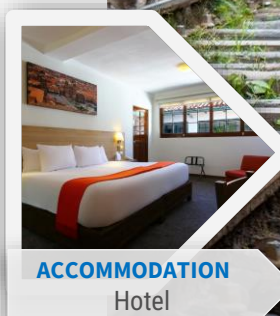
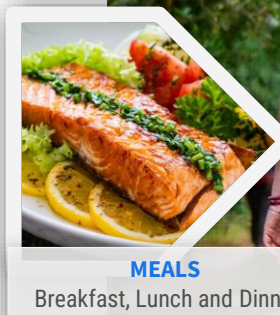


Today's your last day of hiking. You'll enjoy a great breakfast before we continue our hike and cross the river to the other side of the valley. Five hours of hiking through the jungle await us, and you'll observe plantations of passion fruit, banana, papaya, avocado, and coffee—of course, you can try the taste of these delicious fruits that this place offers us.

Once you reach Playa Sahuayaco, you'll have time to rest and enjoy your last lunch made by our talented chef. We'll then head to Hydroelectric in our private transport. From there, you can either hike alongside the railway through lush vegetation to Aguas Calientes (2,040 m / 6,693 ft) for around 3 hours or take the train.

When you get there, you'll check into your hotel and then have the rest of the afternoon free. You can either relax in your room, explore the town, or go to the hot springs to relax and unwind after all the trekking.

We'll meet for dinner in a nice restaurant and go over any last details about tomorrow's visit to Machu Picchu. Then, it'll be time to head to bed because we need to be up before the sun to get to the Lost City of the Incas.



Your epic journey comes to a close today, with a visit to the New World Wonder and UNESCO World Heritage Site Machu Picchu. You'll get to enjoy breakfast at the hotel before we set off early. We'll board the bus from Aguas Calientes up to the archaeological complex to get there before the large crowds. This way, you can take advantage of the early morning light and watch the sun come up and cast its glow on the huge ancient rocks.

Once there, you'll feel the energy of the place and you'll see how the gigantic rustic stones become magnificent buildings that are always in peaceful harmony with nature. Our specialized guide will give you all the information you need to know about this sacred place. If you have booked additional tickets for Huayna Picchu or Machu Picchu mountain, you can use them now to go up and get a spectacular view of the site.

After exploring this magical site from start to finish, around noon, we'll return to Aguas Calientes for lunch at a restaurant of your choice and head to the train station for Ollantaytambo. Here, private transportation will be waiting for us to return to Cusco.

Now it will be time to rest your legs after an epic seven-day adventure through the mountains and jungle. We are sure you will never forget this life-changing trek.



**DIFFICULTY:**  
Moderate



**MEALS**  
Breakfast.



**RETURN:**  
Return to Cusco



# INCLUSIONS

## INCLUDED / NOT INCLUDED

At Peru Hike company, we specify the included and non-included services under all the tour itineraries listed on our website. We take care of all the logistics, but please pay attention to the details to avoid missing anything. Some items may be different for specific programs, so please read carefully before booking with us.

# WHAT IS INCLUDED?

## High Quality Service & Safety

- ✓ Pre-departure briefing
- ✓ Experienced Guide speaks English and Spanish
- ✓ A professional cook only for our group
- ✓ Motorola Talkabout Radio, for communication
- ✓ Medical Kit – First Aid Kit
- ✓ One duffle bag per person
- ✓ Customer Service 24/7
- ✓ Extra oxygen

## Private Camping Equipment

- ✓ We also include a large tent with table and chairs for you to enjoy your meal without worry-free, and all the cooking equipment, carried by our porters and horses
- ✓ We also included a portable toilet

## Permits & Entrance Tickets

- ✓ Entrance Ticket to Choquequirao Archaeological Site
- ✓ Entrance Ticket to Machu Picchu Circuit (1 or 2)

## Transportation

- ✓ **Horses, and muleteers** horses carry your 8-kg / 16-pound personal items.
- ✓ **Day 6:** your duffle bag will be transported by car and train.
- ✓ **Day 7:** Bus ticket to Machu Picchu round trip.
- ✓ **Day 7:** Train Ticket from Aguas Calientes to Ollantaytambo
- ✓ **Day 7:** Private transport from Ollantaytambo train station to your hotel in Cusco.

## Meals

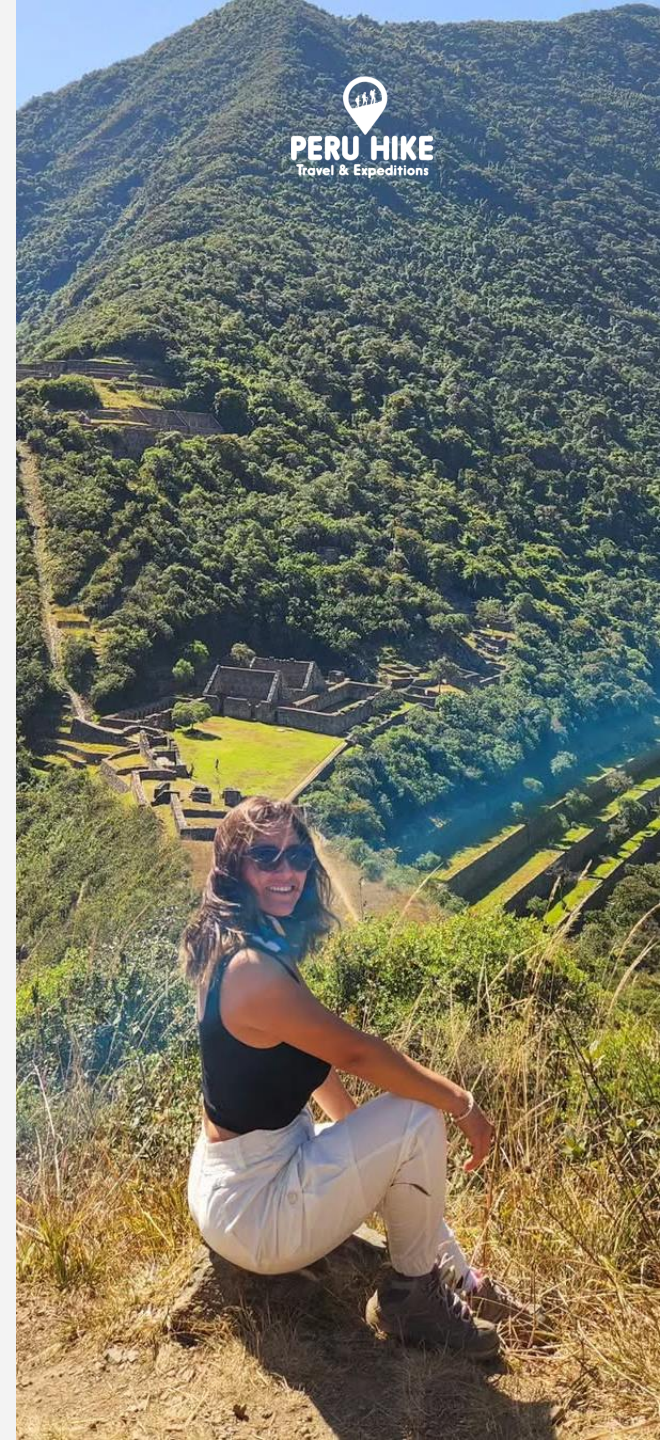
- ✓ Meals: 7 Breakfasts, 6 Lunches, and 6 Dinners
- ✓ Meals: vegetarian and vegan
- ✓ Water to drink on the trail every day
- ✓ Wake up tea, every morning
- ✓ Tea Time or Happy Hour, every afternoon
- ✓ Snacks on the trail daily
- ✓ Products for hygiene

## Accommodation

- ✓ Personal Accommodation in Private Campsites
- ✓ 4-Person, 4-season tents, destined for 2 travelers
- ✓ 1 Polar sheet per person
- ✓ Pillows throughout the tour
- ✓ Rubber warmers, for the night
- ✓ Hotel in Aguas Calientes

## Additional Included

- ✓ Emergency horse to ride
- ✓ PRO Air sleeping pad, Thermo-Rest brand
- ✓ Sleeping bag
- ✓ Trekking stick



# WHICH IS NOT INCLUDED?

## What Is Not Included?

- Travel Insurance
- Tips for our staff
- Additional costs or delays out of control of the management
- One foamy sleeping pad per person





# BEFORE YOU GO

## Is it for me?

We want to make your trip to Peru as memorable and as carefree as possible. In this section, you'll find the answers to all the questions you have about traveling with Peru Hike Company in one place. Please read the following information carefully – it will help you with any questions about our services.

## How many days do I need to acclimate in Cusco before the Trek?

It's very important to be well acclimated to the altitude before exerting yourself on a trek. We recommend that you arrive in Cusco at least 2 or 3 days before the trek starts to help you adjust and avoid possible problems with altitude sickness while on the trek. You might have already been in another area of Peru at a high altitude before arriving in Cusco. In that case, we still recommend you have a whole day in Cusco to rest, recover from your travel, and enjoy the sights and sounds of Cusco before departing for the trek. Here are some suggestions for activities to do in the Cusco vicinity before starting your adventure trek:

### City Tour and Sacred Valley



City Tour



Sacred Valley



### Briefing or Informative Meeting

All information meetings and briefings are held in our main office in Cusco (or your hotel) at 5:00 pm, one night before the tour begins. These meetings last approximately 30 to 45 minutes. If you're unable to attend, you must coordinate another meeting by email, by phone or at the Peru Hike Company office.



### Trek Balance Payment (in Cusco)

The trek has to be paid for in full at most 6.30 pm one day before your departure (generally after the briefing). It would be much appreciated if you pay the trek balance in cash US dollars or local currency at our office in Cusco. You can withdraw some money from several ATMs along Avenida Sol (either in US dollars or local Peruvian Soles). You can pay by credit card or PAYPAL online, but you will have to pay a charge, charged by VISA and PAYPAL. We do not accept bank checks or payment of the balance by traveler's checks.



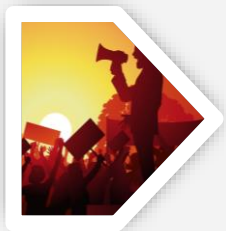
### Group tours

Group tours are made up of different types of people, then physical conditions and ages can vary. By agreeing to be part of a group tour, you also accept that some people may be faster or slower than you. Therefore, each person can go at their own pace on the route. It may be the case that a group wishes to modify the tour; however, the guide will be the one who decides, after consulting with all the participants, if such modifications are possible.



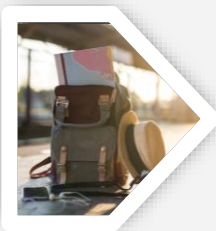
### Duffel Bag or Canvas Case

You'll receive a canvas case or duffel bag during your briefing. Our horses will carry them, and the horsemen will hand them to you when you get to each camp. They measure 60 x 24 x 22 cm (23.6 x 9.45 x 8.66 in). A maximum of 8 kg / 17 lb is allowed for each duffel bag, including the weight of your sleeping bag, sleeping mat, clothes, and other personal items.



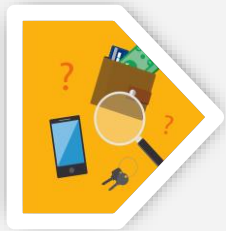
### Strikes and demonstrations

Strikes and demonstrations are usually common in Peru, and this may interrupt some of our tours. Roads can be blocked, and train tracks can be taken over. However, we will try to keep your trip as originally planned, even if it means leaving the night before the scheduled date. Under these circumstances, tours may also be canceled. In case of changes or cancellations, everything will be coordinated with you by our operations department. Your safety is our highest priority, and our decisions will be made to protect it.



### Can I store my luggage at your office?

Of course! During the trip, your main luggage can be stored at our office (you can organize it with us on the briefing day or by email) or at your hotel, both free of charge. Any equipment that you won't need on the trek can be stored safely in your hotel. Nearly every hotel will provide this service. Don't leave items of value with your bags; put them in the hotel safe and obtain an itemized receipt (in the unlikely case of the, many insurance companies require that you have a copy of the receipt itemizing everything). It's best to put items such as credit cards inside a sealed, signed envelope for extra peace of mind.



### Lost Objects

Please pay attention to where you leave your things and remember to take everything once you leave our transport, tents, or restaurants. You're the only one responsible for your objects during the tour.



### Pick up of guests

Peru Hike Company can pick you up from your hotel, as long as it's in the Historical Center of Cusco. Your guide will coordinate the pickup time in the briefing session, but please keep in mind that the time may vary between 30 and 45 minutes due to traffic. Cusco is an old city, meaning it has many narrow cobble streets. Some hotels and Airbnbs may be located on streets without access to cars or on long, steep slopes, making it difficult to transport luggage. We strongly recommend that you book accommodation with good access.



# THANKS!

DO YOU HAVE ANY QUESTIONS?



**24 HRS. EMERGENCY**

**CALL: +51 917815987**

[Opening hours – 7:30 am to 19:30 pm]



**Phone: +51 917815987**

**Email: [info@peruhike.com](mailto:info@peruhike.com)**

**web: [www.peruhike.com](http://www.peruhike.com)**



**Location:**

**[Cusco, Peru Click here](#)**

