



PERU

Choquequirao to Machu Picchu Trek

PIONEER EXPEDITIONS



DO SOMETHING EXTRAORDINARY...

ITINERARY

7 DAYS • 6 NIGHTS

Peru Choquequirao to Machu Picchu Trek

Cusco – Chikiska – Choquequirao – Maizal – Yanama – Lucmabamba – Machu Picchu

This itinerary can be tailored to suit your exact requirements

HIGHLIGHTS

- Discover the beautiful & bustling city of Cusco with the leading expertise of the local tour guides.
- Ancient Inca Trail leading through cloud forests and beautiful Peruvian nature scenery
- Machu Picchu – One of the new Seven World Wonders of the World!
- One of the most spectacular and diverse treks in the whole of the Americas
- Follow the 100 year old plus footsteps of Hiram Bingham to three stunningly located Inca sites

TOUR ESSENTIALS

Tour Style	Trekking Adventure
Tour Start	Cusco
Tour End	Machu Picchu
Accommodation	Camping, Lodge & Hotel
Included Meals	6 Breakfasts, 7 Lunches, 6 Dinners
Group Size	Max. 8 people
Difficulty Level	Advanced

UNCOVERING ANCIENT PERU



Follow the path of Hiram Bingham throughout this adventurous journey into the deepest depths of historical Peru where you will be able to experience breath-taking natural and cultural wonders. This adventure trek connects three stunningly located Inca sites that Bingham discovered over 100 years ago. Supported by mules you follow old Inca Trails to traverse the entire Vilcabamba mountain range from the Apurimac to Urubamaba river joining the stunning sites of Choquequirao, Llactapata and Machu Picchu. From arid canyons and high mountain passes, to the warm moist air of the jungle this 65km journey is one of the most spectacular and diverse treks in the whole of the Americas. This expedition encompasses real adventure, natural wonders and the local history of the region which impresses any traveller looking for a memorable experience.

PERU *an overview*

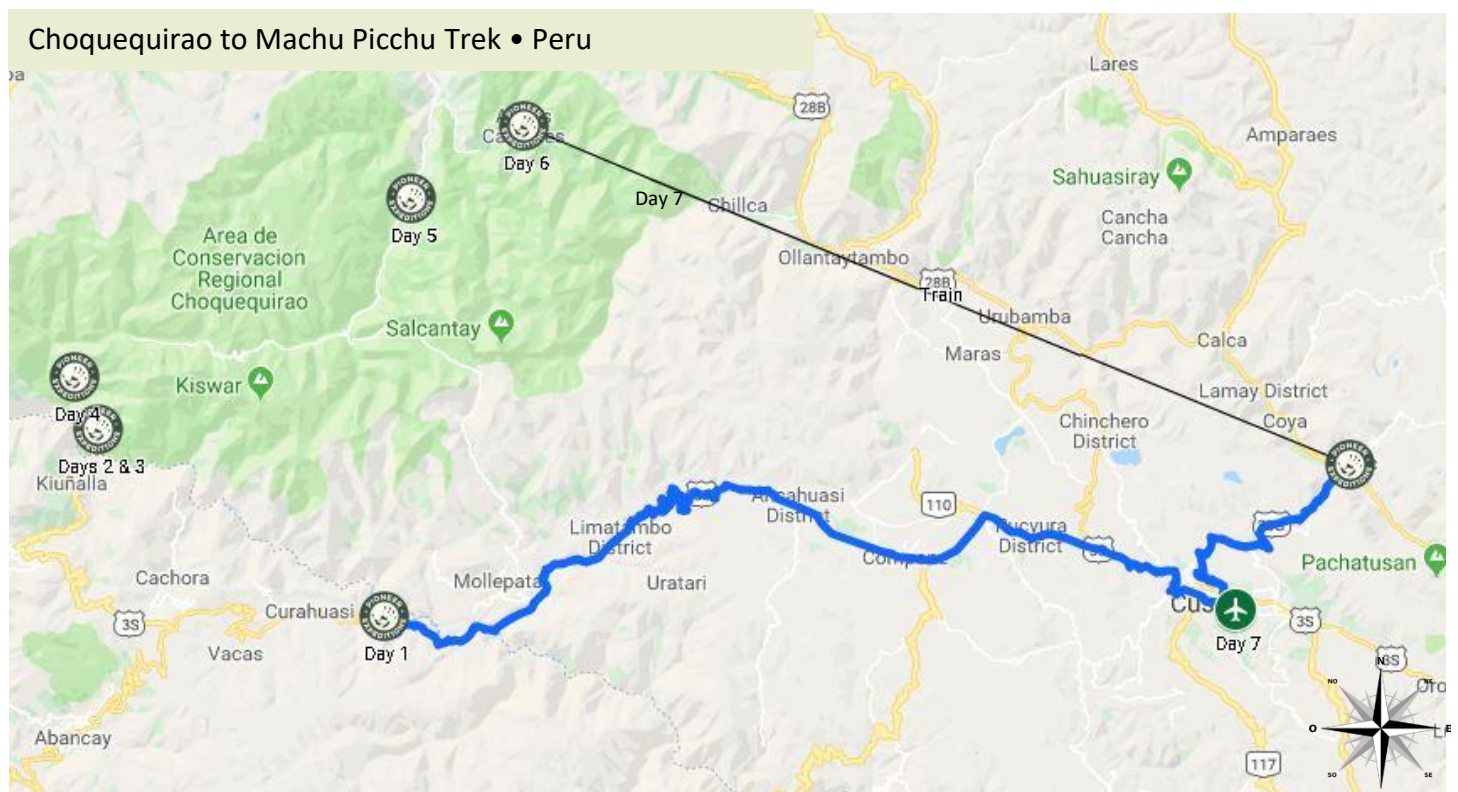
Peru is a complimentary mixture of amazing ancient architecture, arts and breath-taking natural wonders including the vast deserts, extraordinary mountains and tropical forests. The Incas built an extensive amount of sites located throughout the country which still remain intact to this day due to their location, such as the distinguished Machu Picchu. The Peruvian identity remains strong as the modern Peru incorporates various cultural elements such as exotic and varied cuisine, entertainment and history from the old traditions.

WHY PIONEER EXPEDITIONS?

We are driven by a passion for adventure travel and wildlife which we love to share and it's reflected in our uniquely wonderful itineraries. We can offer you new experiences that no one else can provide and create the most incredible adventure holidays imaginable.

This 7 day adventure is truly an amazing once in a lifetime experience. Incorporating some of the most beautiful views Peru has to offer, this itinerary is suited for advanced trekkers who love to explore and challenge themselves in everything the destination has to offer. To ensure you have an astonishing experience on the Choquequirao to Machu Picchu Trek we work closely with local partners.

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DAY 1: Drive to Cachora and Trek to Chikiska

We leave Cusco and drive off to the beautiful village of Cachora. Your trekking team will be waiting for you near the trailhead. After an early lunch you start to descend the switchback trail, 1600m (5250ft) into the Apurimac canyon and the small settlement of Chikiska where you camp for the night.



Overnight:
Camping



Meals:
L,D



Distance:
14.5Km



Activity:
Trekking and Drive

DAY 2: Chikiska to Choquequirao



After a delicious breakfast, we continue our trek down to cross the roaring Apurimac River. Once we have successfully crossed the river we will climb past the small communities of Santa Rosa and Maranpata to our camp which is situated next to the Choquequirao ruins. The path is good but it is steep and can get very hot at times. This is a long tough day requiring an early start but the scenery more than makes up for the hardships endured.



Overnight:
Camping



Meals:
B, L, D



Distance:
21.6Km



Activity:
Trekking

DAY 3: Explore Choquequirao

A fifteen minute walk takes you to the main square of the Choquequirao ruins. Perched on a tiny hilltop, 1,700m (5580ft) above the Apurimac, the location and views are awe-inspiring. The ruins cover an area far bigger than Machu Picchu. Enormous curving terraces, ritual baths and a fine main plaza are just some of the highlights. Those with the energy can even descend to see the famous white stone llamas laid into the rock.



Today, Choquequirao still remains a mystery. It was not mentioned in the Spanish chronicles and although Hiram Bingham visited it before Machu Picchu, he failed to realise its importance. Large areas still remain covered in thick cloud forest, giving you a true Indiana Jones experience with very few tourists visiting due to its remote location.

After a great day of exploring you return to base camp to relax and ponder upon all that you have learnt and seen.



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Overnight:
Camping



Meals:
B, L, D



Distance:
3Km



Activity:
Trekking

DAY 4: Choquequirao to Maizal

We leave early for a short climb to the pass. Then it is downhill 1400m (4600ft) past the recently discovered ruins of Pincha Unuyoc to the Rio Blanco where we can dip our feet in the cool waters. Just be aware of the biting sand-flies which are known as 'Pumahuacachi' which means 'makes the Puma cry'.

Refreshed, we start our next trek, 1200m (3900ft) to the small and beautifully located of Maizal at an altitude of 3,000m (9840ft). This is probably the toughest day of the trip but if you are well prepared and are determined, you will succeed. There will be a cold beer waiting for your arrival at camp.



Overnight:
Camping



Meals:
B, L, D



Distance:
13Km



Activity:
Trekking

DAY 5: Maizal to Yanama, drive to Lucmabamba



After leaving camp we climb past the old silver mines to the highest pass of the trip. Abra San Juan at 4,000m (13123ft), affords spectacular views of the Cordillera Vilcabamba mountain range. We then take a delightful and at times precipitous path down the charming Andean village of Yanama where we will say goodbye to our arrieros and climb aboard the waiting vehicle for the spectacular drive on a brand new road over the Totora pass and down to the small hamlet of Lucmabamba.



Overnight:
Camping



Meals:
B, L, D



Distance:
10.5Km



Activity:
Trekking and Drive

DAY 6: Lucmabamba to Llactapata to Machu Picchu Pueblo

Today we embark on our final day of trekking. We will take a spectacular Inca trail up through lush coffee and tropical fruit plantations and into pristine cloud forest. As the path crests at the ridge, old Inca walls appear out of the forest we will then step into the recently cleared ruins of Llactapata. Hiram Bingham made his way up here too but the map he drew was so bad, neither he nor anyone else could find the ruins again for 80 years. In the mid 1990's an Anglo-American team found them once more, totally covered over by thick jungle vines.

Step a few metres further and we will see just why the Incas built here. The view across to Machu Picchu is magnificent. Only a few tourists have ever seen it from this side. After taking in the surrounding scenery and



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watching the Andean Swifts playing overhead, we descend steeply to the Urubamba valley and the hydroelectric plant train station.

From here we have the option to either wait for the short but spectacular train ride, or hike two to three hours along the rail-track to the bustling town of Machu Picchu Pueblo and our hotel for the night.



Overnight:
Hotel



Meals:
B, L, D



Distance:
12Km



Activity:
Trekking and Wildlife

DAY 7: Machu Picchu Tour

Today we will explore the pinnacle of Inca engineering – Machu Picchu. This astounding site lies in an even more astonishing location. Things are slightly easier now than in the time of the Incas and so we start our day with a twenty minute bus ride to the site. Please discuss with your guide what time you wish to arrive at Machu Picchu. The guided tour takes around two hours leaving you a few hours free to wander amongst the old Inca walls and just sit and take in the scale of the place on your own. For those who want to walk a bit more, you could take the hour long trail up to the Sun Gate, or a shorter trail to visit the Inca Bridge which once spanned a sheer cliff face.

At the end of the day we will take the bus down to Machu Picchu Pueblo and board our train back along the Urubamba River. The scenery is beautiful and the train jolts softly along, allowing us to further enjoy the views as we stare out the window and reflect on all we have seen.



Perched up high on an inaccessible hilltop, Machu Picchu is protected by huge cliffs and the raging Urubamba River. It is believed that it was built for Inca emperor Pachacuti in the 15th Century, approximately around 1450. The site is made up of three primary structures constructed in classical Inca style, polished dry-stone walls. The structures which make up Machu Picchu include the Intihuatana, the Temple of the Sun and the room of the three widows. This site was never revealed to the conquering Spaniards and was virtually forgotten about until the early 20th Century. It is now the best known archeological site on the planet.



Overnight:
NA



Meals:
B, L



Activity:
Culture & Personal Preference



GETTING AROUND

- Peru has a good domestic air service, however flights are often delayed and cancelled in certain parts of the country, especially in the jungle areas as weather can be a problem.
- The Inca Trail starts at an altitude of around 2,800 meters with the highest point of the trek being “Dead Woman’s Pass” measured at 4,200 meters. Walking at a measured pace and keeping yourself hydrated can diminish the already low chances of altitude sickness.
- The train from Machu Picchu is operated by PERURAIL and the trip provides some spectacular views of the mountains.
- The travelers will be transported to their destinations with a minibus.



IMPORTANT INFORMATION

Included

- All meals as described (B=breakfast, L=lunch, D=dinner)
- Accommodation as described
- Tours as described
- English Speaking Guide from Day 1 – 7
- Snacks from Day 1 – 6
- Water from Day 1 – 7
- Camping equipment excluding sleeping bag
- Transport for Days 1, 6 & 7
- Train ticket for Days 6 & 7
- Entrance Fees on Days 1, 3 & 7

Not Included

- International flights (These can be arranged through us, if needed)
- Visa fees
- Meals other than mentioned
- Alcoholic and soft drinks (water included during tours)
- Personal expenses
- All gratuities to hotel, restaurant staff, local drivers, guides and porters
- Sleeping Bags



ACCOMMODATION *at a glance*

	Location	Accommodation	Example
Night 1	Chikiska	Camping	Chikiska Camping Site
Night 2	Choquequirao	Camping	Choquequirao Camping Site
Night 3	Choquequirao	Camping	Choquequirao Camping Site
Night 4	Maizal	Camping	Maizal Camping Site
Night 5	Yanama	Camping	Lucmabamba Camping Site
Night 6	Lucmabamba	Hotel	Hotel El Mapi by Inkaterra



WHEN TO GO...

Peru has a range of different climates from moderate temperatures to rainy and humid areas to high mountain tops with colder temperatures. Machu Picchu is located near the jungle, therefore rainfall is possible all year around. It is influenced by the altitude and the Andean highlands climate, therefore waterproof clothes and warm layers are advised throughout all seasons. Our trips run from April to November to ensure the best possible experience when trekking through the Inca Trail.

October - April (Rainy Season)

- In March the trail is re-opened after being closed for maintenance throughout February.
- Snow capped mountains are visible until October due to colder weather which provides beautiful scenery throughout trekking and camping.
- The rainy season is still suitable for trekking and camping although the amount of cloudy and rainy days increases.
- The temperatures are generally higher than in the summer months, however night time can result in very cold temperatures.

May - September (Dry Season)

- The temperatures around the highlands area are generally colder since the summer months are the coldest out of all the seasons in Peru.
- Summer months are the most popular with trekkers due to low rainfall and the dry conditions of the Inca Trail.
- National holidays throughout the months of July and June are the peak time for visiting Machu Picchu for many Peruvians which results in increased crowds around the site.



ADDITIONAL INFORMATION

Activity Duration	Minimum 8 Hours per day
Season	March through to December
Best Time To Go	April-November
Group Size	Max 8
Responsibility	As part of our commitment to responsible travel we are reducing the use of disposable plastic bottles by taking the Travelers Against Plastic Pledge. We also support our local community by donating funds for reforestation project.
Group Departures	This is run as a private trip, so we are able to suit your dates and requirements. We can also tailor the trip to suit your requirements.
Difficulty Level	Our grades have been designated based on our perception of the degree of physical activity you are likely to require to enjoy the adventure. These are only a guideline. This itinerary has a 'difficult level' of advanced (8 + hours of activities per day). This means you will need more than a basic level of fitness and some specific training may be required.

THE PIONEER BOOKING PROCESS

Where do you go from here? Well, you can feel free to email us at info@pioneerexpeditions.com if you're interested in this trip, or any of our other expeditions from around the world.

1. Contact us -

We will be happy to answer any questions or enquiries you may have. From here we will begin to plan and put together your dream adventure holiday! Alternatively, on our website you will find our booking and enquiry forms; once filled in, we will be notified of your enquiry and will get back to you ASAP.

2. Leave everything to us -

Everything will be arranged and booked by us, but we will make sure to keep you updated every step of the way. In addition, we can arrange your international flights if needed, as we have access to competitive airfares. We can also arrange any additional tours or additional night's accommodation.

3. Wait for your adventure to begin -

Sit back and count down the days until your trip of a lifetime with Pioneer Expeditions. We'll handle all of the last minute preparations and provide you with everything you need. All practical information will be sent out to you, prior to your trip.

