

Mountain Lodges of Peru



2013

The Only Lodge-to-Lodge Trek to Machu Picchu





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Welcome!

Your journey begins here...

- ...A once in a lifetime physical, cultural, and spiritual journey that will take you through the magnificent **Salkantay Inca Trail** to the legendary ruins at **Macchu Picchu**...
- ...Challenge yourself as you hike through **nine different bio-zones**, changing altitudes and varied terrain...
- ...Marvel at the exquisite beauty of the **Salkantay Peak** and **Humantay Glacier Lake**...
- ...Share in the culture and customs of **local Andean families** who maintain centuries-old traditions...
- ...Witness environmental and social initiatives to **maintain the natural integrity** and improve quality of life in the region...
- ...Indulge in the comfort of our **enchanted mountain lodges**, the innovative gourmet cuisine, the warmth of our people, and your daily retreat to a **Shangri-La for recovery of mind and body**...
- ...Be inspired by the **majesty of your surroundings** and the knowledge that you are following in the footsteps of the Incas.

About Mountain Lodges of Peru

Mountain Lodges of Peru (MLP) offers “Adventure at its finest”: the opportunity to experience the essence of adventure within the realm of revitalizing comforts. But for Mountain Lodges of Peru, a great adventure does not end there: in order for it to be a life-changing experience for our guests, we believe that the experience has to be an adventure on many levels.

This is why our proposal goes far beyond comfortable lodges and great treks... it is a unique opportunity to experience ancient history in the land of the Incas, contemporary manifestations of deep-founded culture, the most interesting and exotic variety of flora and fauna, culinary surprises, the determination of local people to progress, new friends and like-minded souls.

The Proposal

We propose an expedition... an exciting adventure of surprising comfort that takes you on an ancient Inca trail called the “Salkantay Inca Trail”, the road less traveled to the lost city of the Incas. The route winds through the Cordillera Vilcabamba, a spectacular Andean mountain range, before plunging into forested canyons. Discover a world surrounded by magical moments which will stay with you far beyond your return home. See why the majestic peaks with their emerald-green glacial lakes inspired awe among the natives who consider them gods.

In a way, we are all like the Inca *chaskis*, the relay runners who delivered messages along the vast web of footpaths that linked Cusco to the far flung corners of the empire. Following in their footsteps, we too are on a mission, though perhaps a more personal, spiritual one.

While experiencing the real outdoors and its rugged elements, you can anticipate returning to a refuge for the mind and body within our lodges where you can rest and relax. Each day's trek ends not in a freezing tent but in one of four cozy lodges with hot showers, fine gourmet meals,

select wines, goose-down bedding, outdoor jacuzzis, and highly personalized service provided by local staff. In our Machu Picchu Lodge-to-Lodge experience, trekkers spend two nights at the Salkantay Lodge, and one night at each of three other lodges located along the trail: Wayra Lodge, Colpa Lodge and Lucma Lodge. The last night of the journey is spent in an award-winning hotel in the town of Machu Picchu in anticipation of the grand finale: a visit to Machu Picchu, the lost city of the Incas.



Photo, at right: Salkantay Lodge with
Mt. Salkantay in the background





Day to Day Itinerary

DAY 1 | Cusco to Salkantay Lodge

Overnight at Salkantay Lodge at 3,869 m/12,690 ft

Note: On the evening before this day there will be a briefing with your guide in Cusco.

After an early breakfast, we are picked up starting at 7:00 am at your Cusco hotel by a MLP guide and vehicle. *En route* we take a short break to visit the Inca ruins of Tarawasi near the town of Limatambo (approx. 1.5 hrs from Cusco). After leaving Limatambo, we pass through the mountain village of Mollepata where we stop for a short coffee break before ascending a winding mountain road to a place called Marcoccasa (30 minutes from Mollepata by vehicle).

Here, we begin our trek to Soraypampa, on an old route called the “Camino Real” (Royal Path). This is a good opportunity for everyone to acclimate, while enjoying a beautiful six hour trek. Salkantay Lodge takes its name from the majestic peak at the head of the valley - Mt. Salkantay, the second most sacred peak in Inca mythology and, at 6,270 m (20,600 ft), the highest in the region. After a warm welcome by our friendly staff, we are shown to our rooms and have time to freshen-up, before tea and cookies. The trip leader will hold a briefing by the fireplace, followed by aperitifs and dinner.

Trekking Time: Approximately 6 hours (including picnic lunch en route)

Hiking Level: Moderate

Option: Guests who do not wish to trek may be transported to the lodge by vehicle



Photo, top: Mt. Salkantay. |

Photo, bottom: The welcoming staff at Salkantay Lodge.



DAY 2 | A Hike to Humantay Lake

Overnight at Salkantay Lodge at 3,869 m/12,690 ft

Today we take an acclimatization hike on the slopes above the lodge to Lake Humantay, fed by the hanging glaciers of Mt. Humantay. The hike is optional, but the views are amazing, and those brave enough can even go for a dip. We return to the lodge for lunch with your afternoon at leisure, after which you may choose to trade the glacial swim for a relaxing soak in our outdoor jacuzzi. We spend the night at the Salkantay Lodge with gourmet food and warm, comfortable beds. In the evening, the guide briefs us on gear and the itinerary for the following day. All meals are served at the Lodge.

Trekking Time: Approximately 4 hours

Hiking Level: Moderate to Challenging

Option: Horseback Riding (*see additional information on page 10*)

DAY 3 | Crossing the Salkantay Pass

Overnight at Wayra Lodge at 3,906 m/12,812 ft

This is the big day! After an early start, we hike up the Rio Blanco valley, circling Humantay Peak across from Salkantay Peak. The highest point on the trek is the Salkantay Pass at 4,638 m (15,213 ft). At the pass we stop to take in views of snow-capped peaks of the Vilcabamba Range in every direction, the glaciated south face of Salkantay towering above us. We will keep our eyes out for Andean condors, often visible in this area. From the pass we descend towards Wayra Lodge ("Wayra": wind; from the name of the location "Wayracmachay": 'the cave where the wind lives') our destination for the evening. A hot lunch is served *en route*; dinner and overnight at the Lodge.

Trekking Time: 6–8 hours (including lunch)

Hiking Level: Challenging, crossing a 4,638m (15,213 ft) mountain pass

Option: Horseback Riding (*see additional information on page 10*)

Photo, top: Glacial lake below Mt. Humantay. |

Photo, bottom: Salkantay Pass, highest point of the trek.

DAY 4 | Descending into the Cloud Forest

Overnight at Colpa Lodge at 2,870 m/9,414 ft

On this day we enjoy a leisurely breakfast at Wayra Lodge. Then we continue our descent along the left bank of the Salkantay River, through increasingly verdant scenery. We can feel the warm air rising from the jungle, accompanied by colorful butterflies and striking orchids. Upon arrival at Colpa Lodge we are greeted with a Pachamanca, a traditional festive Peruvian meal cooked by layering meat and vegetables with hot stones. Everything is then covered with hot stones, plantain leaves, high Andean grass and local herbs and the contents are baked in this underground oven. Colpa Lodge is located on an open plateau at the confluence of three rivers. The outdoor jacuzzi has panoramic views of lush green mountains. We spend the afternoon relaxing or exploring the nearby orchid trail. Dinner and overnight at the lodge.

Trekking Time: 3–4 hours

Hiking Level: Easy to Moderate



DAY 5 | Following the Santa Teresa River Valley

Overnight at Lucma Lodge at 2,135 m/7,003 ft

Today we hike along the Santa Teresa river valley, through more populated rural areas. We pass through banana, granadilla, and avocado orchards and coffee plantations (said to be one of the best organic coffees in the world). A hot picnic lunch is served by the river. After lunch, we hike another hour before a private vehicle meets us for a short drive to the beginning of the “Llactapata Inca Trail” (aprox. 30 minutes). From the head of the newly restored Inca trail we easily make our way to Lucma Lodge, set in an avocado orchard. On the way we visit an organic coffee plantation where we join the owner on a short tour of the farm and learn how coffee is grown, harvested, dried and processed. Dinner and overnight at the lodge.

Trekking Time: 5–6 hours (including lunch)

Hiking Level: Moderate to Challenging (because of distance, not terrain)

Option: Canopy Zip Line Tour (Please see page 9 for detailed information).



Photo, top: Colpa Lodge after the morning hike. |

Photo, bottom: Plentiful orchids and butterflies.



DAY 6 | First Views of Machu Picchu from Llactapata Pass

Overnight in Aguas Calientes at 1,900 m/6,232 ft

After a hearty breakfast, we tackle the last day of our trek. We head uphill for 2-3 hours towards Llactapata Pass (2,736 m/8,974ft), where we come upon a distant but spectacular view of Machu Picchu Sanctuary from the southeast, a view few travelers ever get a chance to admire. We take a short break to explore the Llactapata Ruins, which have recently been restored. Lunch is served at a scenic viewpoint, looking out to Machu Picchu. After which we begin our final descent to the Aobamba River through lush bamboo forests, orchards and coffee plantations. We then board a train for a scenic ride (approx. 1 hour) to Aguas Calientes, the town of Machu Picchu. Upon arrival, we check into an award-winning hotel for a celebration dinner with our guide and one last briefing!

Trekking Time: 4–6 hours

Hiking Level: Moderate to Challenging



DAY 7 | Visit Machu Picchu Sanctuary

Return to Cusco at 3,360 m/11,021 ft

After a very early buffet breakfast at the hotel, we make our way to the bus station for the ride up to Machu Picchu Sanctuary (30 min). Our trip leader will give an introductory 2 hour guided tour of the ruins, after which we have the option of climbing the steep staircase of Huayna Picchu, a steep and vertically quite challenging hike that takes about 2 hours which affords great views of Machu Picchu. Afterwards, we meet up with our guide again and return by bus to Aguas Calientes for a late lunch and to catch our train. The ride from Aguas Calientes to Ollantaytambo takes about 1,5 hours, and then a private vehicle will drive us back to Cusco (an additional 1,5 hour). Upon arrival in Cusco (approximately 7 or 8 p.m.), we are dropped off at your hotel.

Photo, top: First view of Machu Picchu Sanctuary from the trail. |

Photo, bottom: Citadel of Machu Picchu, with Huayna Picchu peak.



Spend an Extra Day at Machu Picchu

Even though you have enough time to see the core of Machu Picchu Sanctuary during the regular guided tour, most of our guests realize that they would have liked to stay a little longer since there is so much to explore! Let us know at time of reservation if you would like to add this optional day. By spending an extra day at Machu Picchu, you will be able to...

- Make the best of your time visiting a World Heritage Site situated on a spectacular mountain ridge, overlooking the confluence of three rivers.
- Explore areas of the site that are less visited by most travelers, such as climbing Machu Picchu Mountain (special permit to be purchased in advance) or hiking to the Inca Bridge or the Sun Gate.
- Visit the town of Aguas Calientes and shop the local craft markets.
- Treat yourself to a relaxing end to your vacation and fully enjoy the magnificent gardens, top-of-the-line spa, and hospitality of the unique Inkaterre Pueblo Hotel.

Optional Activities During Trek

Chakana Ride

On Day 2 of the trekking itinerary.

This 5–6 hour guided horseback/trekking combination is the ultimate adventure when in Soraypampa. It allows you to enjoy the best views of the Soraypampa Valley, Mt. Salkantay and Humantay, and Humantay glacier lake, among others. A mystical offering to Pachamama (Mother Earth) at the Chakana (Inca Cross) performed by a local Shaman, in view of the awe-inspiring Apu Salkantay (“Apu” or mountain god), tops off this unique experience.

Our riding horses are also available at Soraypampa in the afternoon of day 2 for 2–3 hour guided rides around the valley. Itineraries may vary depending on the guests’ riding experience.

You may also choose to trade day 3’s hike up to Salkantay pass for a horseback ride (entirely or partly).

Canopy Zip Line Tour

On Day 5 of the trekking itinerary.

Looking for more adventure? Join our exclusive half-day excursion on an exciting and scenic canopy zip line tour. This optional activity includes vehicle transfer, a 2½ hour guided canopy zip line tour, all necessary safety equipment, training, and lunch.










Please let your MLP Travel Specialist know if you would like to book this activity in advance (limited spaces available). If you are unsure at this time, you can book the excursion anytime until the afternoon on Day 4 of the itinerary (just let your trip leader know). This optional activity will run with a minimum of 2 guests.

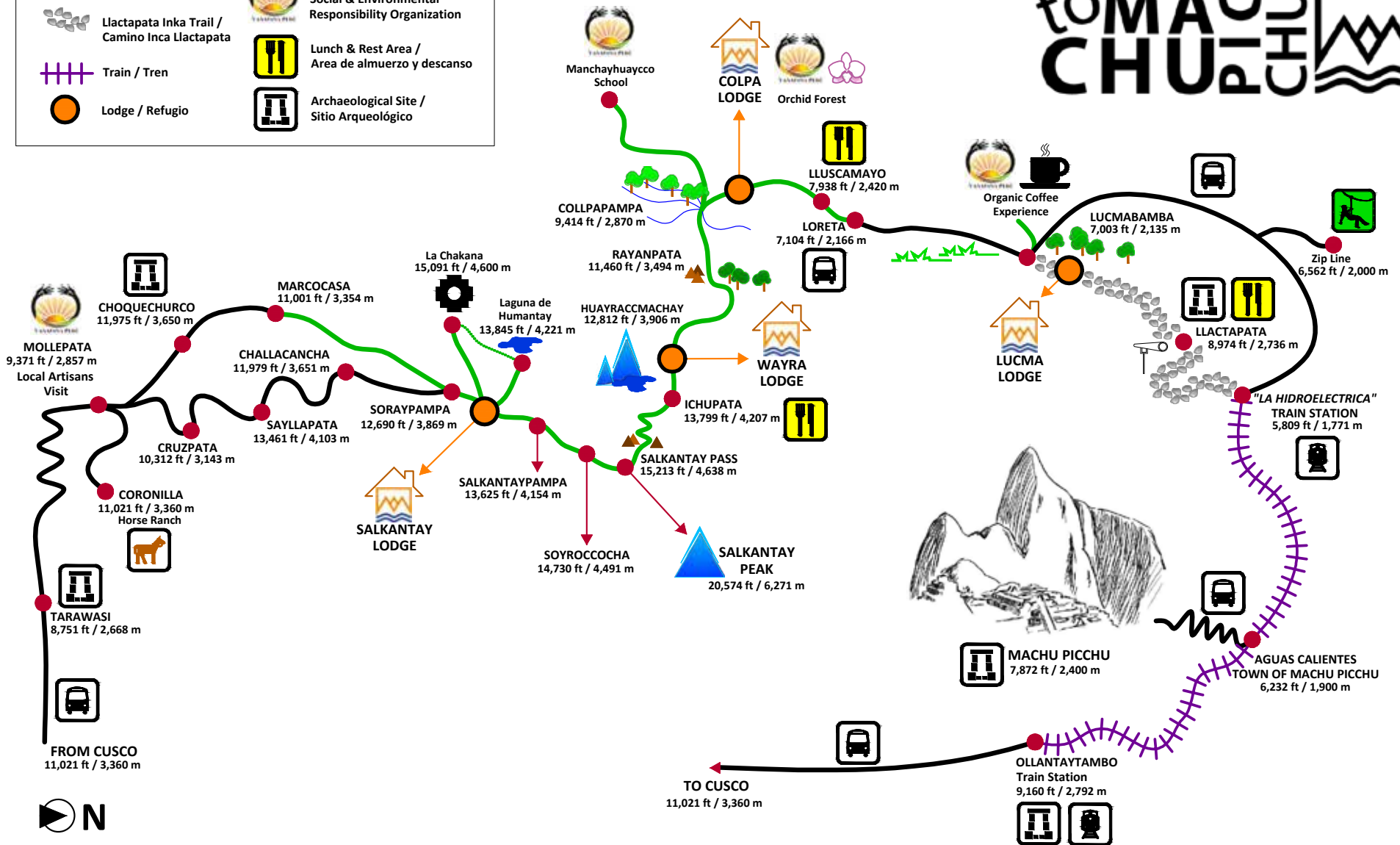
Photo, top: “Chakana” Inca cross above Soraypampa . |

Photo, bottom: Horseback riding excursion to the glacial lake below Mt. Humantay.

The Trekking Route

LEGEND / LEYENDA

-  Trail / Caminata
-  Vehicle Transportation / Transporte Vehicular
-  Llaqtapata Inka Trail / Camino Inca Llaqtapata
-  Train / Tren
-  Lodge / Refugio
-  Point of interest / Punto de interés
-  Yanapana Perú Social & Environmental Responsibility Organization
-  Lunch & Rest Area / Area de almuerzo y descanso
-  Archaeological Site / Sitio Arqueológico



Locations, Altitudes, Distances, and Times

DAY	LOCATION	ALTITUDE		VERTICAL		VERTICAL		DISTANCE		DISTANCE		TIMES	TOTAL TIMES
		FEET	METERS	FEET	METERS	FEET	METERS	MILES	KM	MILES	KM		
1	CUSCO	11,021	3,360			2,040	622			72	115		Bus: 2h 40m / Trek: 3h 30m or Trek: 6h
	Cusco–Izcuchaca	11,008	3,356	-13	-4			17	27			Bus: 35m	
	Izcuchaca–Huillque (Salkantay view pont)	12,120	3,695	1,112	339			17	27			Bus: 25m	
	Huillque–Tarawasi Archeological Site (Limatambo)	8,751	2,668	-3,369	-1,027			14	23			Bus: 50m	
	Limatambo–Mollepata Town (coffee break)	9,371	2,857	990	302			13	21			Bus: 30m	
	Mollepata–Marcocasa (start of acclimatization trek)	11,001	3,354	1,630	497			6	9			Bus: 20m	
	Marcocasa–Challacancha	11,979	3,651	978	298			3	4			Trek: 3h	
	Challacancha–Soraypampa (Salkantay Lodge)	12,690	3,869	711	217			2	4			Trek: 2h	
2	Soraypampa–Humantay Lake	13,845	4,221	1,155	352	0	0	2	3	4	6	Trek: 2h 30m	Trek: 4h 30m
	Humantay Lake–Soraypampa	12,690	3,869	-1,155	-352			2	3			Trek: 2h	
3	Soraypampa–Salkantay Pampa	13,625	4,154	935	285	121	37	2	3	8	13	Trek: 2h	Trek: 7h
	Salkantay Pampa–Soyrococha	14,730	4,491	1,105	337			2	3			Trek: 1h 45m	
	Soyrococha–Salkantay Pass	15,213	4,638	482	147			1	1			Trek: 45m	
	Salkantay Pass–Ichupata (lunch spot)	13,799	4,207	-1,414	-431			2	3			Trek: 1h 30m	
	Ichupata–Huayracmachay (Wayra Lodge)	12,812	3,906	-987	-301			2	3			Trek: 1h	
4	Huayracmachay–Rayampata (resting spot)	11,460	3,494	-1,351	-412	-3,398	-1,036	3	4	6	9	Trek: 1h 30m	Trek: 4h
	Rayampata–Collpapampa (Colpa Lodge)	9,414	2,870	-2,047	-624			3	5			Trek: 2h 30m	
5	Colpa Lodge–Wiñaypocco (resting spot)	8,246	2,514	-1,168	-356	-2,411	-735	5	9	14	22	Trek: 3h	Trek: 5h 30m / Bus: 45m
	Wiñaypocco–Lluscamayo (lunch spot)	7,938	2,420	-308	-94			1	2			Trek: 30m	
	Lluscamayo–Loreta (vehicle pick-up)	7,104	2,166	-833	-254			3	4			Trek: 1h 30m	
	Loreta–Llactapata Inca Trail	6,616	2,017	-489	-149			4	6			Bus: 45m	
	Llactapata Inca Trail–Lucmabamba (Lucma Lodge)	7,003	2,135	387	118			1	1			Trek: 30m	
6	Lucmabamba–Llactapata (Machu Picchu view point)	8,974	2,736	1,971	601	-771	-235	3	5	13	22	Trek: 3h 15m	Trek: 5h 45m / Train: 1h
	Llactapata Pass–Train Station	5,809	1,771	-3,165	-965			4	7			Trek: 2h 30m	
	Train Station–Aguas Calientes	6,232	1,900	423	129			6	10			Train: 1h	
7	Aguas Calientes–Machu Picchu	7,872	2,400	1,650	503	N/A	N/A	8	13	N/A	N/A	Bus: 25m	N/A
	Aguas Calientes–Cusco	11,021	3,360	3,149	960			63	101			Train/Bus: 3h	



Preparing for the Trek

We recommend that our guests spend at least 2 nights in Cusco prior to departure. This helps with acclimatization to the altitude and also provides an opportunity to explore the beautiful city of Cusco.

Travelers can feel the effects of higher altitudes as low as 6000 feet (2000 meters) above sea level. They differ in their tolerance for high altitude conditions and how their bodies react to the changes in air pressure and oxygen level. Therefore we encourage our guests to undergo appropriate preparation by regular cardio-vascular exercise, even if conducted at low elevation, and to adopt a healthy, balanced diet prior to the trip.

The best type of training includes aerobic activities like walking, running, swimming or cycling. You need to start out slow and for short periods if you have not trained before. Eventually work your way up to doing one of these exercises 3-5 days a week for 30 minutes to an hour at 70-85% of your maximum heart rate. Your maximum heart rate can be estimated by subtracting your age from 220. While doing this aerobic type of exercise you can throw in one minute intervals of higher intensity in order to push your limits.

The lodge-to-lodge trek itinerary is designed to allow everyone to hike at their own pace, with plenty of breaks throughout the day. This is in essence what leads to a successful and enjoyable trek.

Please contact your physician to assess your physical conditions and for his advice on how best to prepare to fully enjoy your trekking experience.

Photo: Hiking from Wayra to Colpa Lodge with Mt. Humantay.



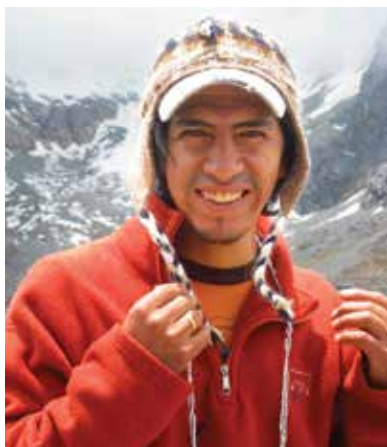
Photo: Descending from Salkantay Pass.

Packing List

- | | |
|---|---|
| <input type="checkbox"/> Day pack | <input type="checkbox"/> Headlamp |
| <input type="checkbox"/> Broken-in hiking boots (sneakers are not suitable) | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Full rain gear or poncho | <input type="checkbox"/> Comfortable hiking socks (at least 4 pairs) |
| <input type="checkbox"/> Gloves | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Lightweight hiking pants (recommended) or shorts | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Breathable dryfit top-wear | <input type="checkbox"/> Bathing suit |
| <input type="checkbox"/> Comfortable shoes/flip-flops | <input type="checkbox"/> Casual mountain wear for evenings |
| <input type="checkbox"/> Cold-weather jacket | <input type="checkbox"/> Photo/video cameras and chargers |
| <input type="checkbox"/> Long-sleeve fleece/sweater | <input type="checkbox"/> Trekking poles (MLP provides wooden walking sticks at the first lodge) |
| <input type="checkbox"/> Wool hat | <input type="checkbox"/> Refillable water bottle (hydration bags are recommended) |
| <input type="checkbox"/> Baseball cap, sombrero and bandana | |
| <input type="checkbox"/> Binoculars | |

Baggage Specifications

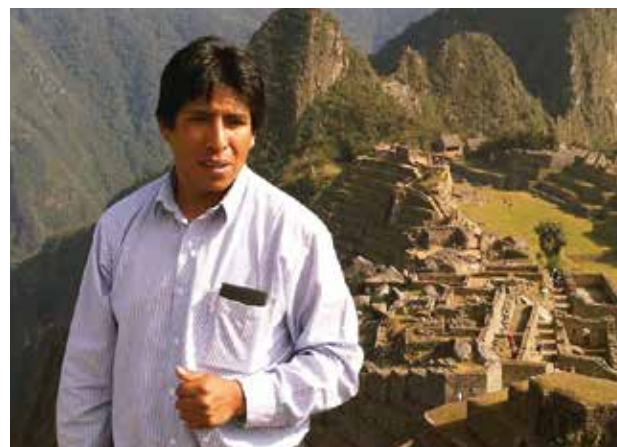
- Please, no hard suitcases or wheeled bags. Soft duffel bags and / or backpacks ("soft" luggage) are recommended.
- We provide a limited amount of hair-dryers at each lodge, due to limited energy supply and environmental concerns.
- Shampoo, conditioners and bath gel are provided at each lodge.
- Bathrooms are equipped with drying lines.
- Any additional clothing and luggage that you will not be needing on the trek can be stored at your hotel in Cusco.
- If you do not have an appropriate sized duffel bag, we can provide a duffel bag on loan at the pre-trek briefing (the night before departure from Cusco). Please return it to your trip leader after the trek.
- Though we do not establish a weight limit for luggage or charge for excess baggage, we inform guests that luggage is mainly transported by mules and/or porters along the trail. We kindly ask that you consider restricting the weight of your luggage on the trail to 15kg/30lbs.



Guido Huaman



Raul Ramirez



Washington Chucya



Pepe Noriega

Guides

We provide one Trip Leader for a group of up to 7 guests. For groups of 8 or more guests, the trip leader is supported by an assistant guide. Our trekking guides are among the best in Peru (some even having won international awards!) and have on average at least 15 years of experience guiding in the mountains, not only in Peru, but around the world. Many of them are considered pioneers in this area, having scouted many of the current trekking routes in the country. All MLP guides have excellent language skills, and are highly trained in managing group dynamics. All guides undergo continuous medical and rescue training, with a certification in "Wilderness First Aid." You will appreciate their knowledge of history and cultural traditions, as well as their interpretation of local flora and fauna, and their great insights (and stories!) that go far beyond any guide or history book! Since the leaders have been guiding this particular trek for several years, they have made friends in the local communities, thus allowing genuine and spontaneous encounters during the journey, which often provide unforgettable experiences for our guests. In their hands, you will feel safe and well taken care of!

Pre-Trek Briefing and Meet & Greet

We provide a pre-trek briefing in Cusco on the evening prior to the start of trek. The meeting is held in a central restaurant by the trip leader and all participants are requested to attend. The briefing consists of the following:

- "meet and greet" with the group and the lead guide
- review of the detailed itinerary and any last-minute changes
- confirmation of specific dietary and medical information of the participants
- address frequently asked questions (and answers)
- verify that participants have the necessary gear and equipment

Important Note: You will be receiving an invitation via email with the time and place of the briefing, including a map with directions to the briefing. Please note that if your arrival into Cusco is delayed and you are unable to join your group for the transfer on Day 1 to the first lodge, we can arrange private transfer for you to join the group at additional cost.

Brief Technical Trip Description

The trek consists of 6 days (2 days optional) of moderate to strenuous hiking at elevations of 2,000-4,600m (6,600-15,000 ft) on diverse types of trails ranging from flat and grassy to steep and rocky slopes. The trek crosses nine different eco-zones in seven days, with the possibility of changing weather conditions.

Age Limits: The recommended minimum age of participants is 12 years old. However, we may consider exceptions depending on experience and physical conditions.

While At the Lodges

All four mountain lodges have been designed and built in accordance with traditional building techniques, Inca architectural & mythological concepts, and respect for the surrounding environment. The Salkantay Lodge has 12 private double, twin or triple rooms with private bathroom facilities, while the other lodges (Wayra, Colpa, Lucma) have 6 private double, twin or triple rooms, all with private facilities. Salkantay, Wayra, and Colpa lodges have an outdoor jacuzzi. Salkantay and Wayra Lodges are equipped with a sauna. Every lodge guarantees an ample supply of hot water for showers; there are no bathtubs in any of the lodges.

Heating ensures the temperature remains a comfortable 68° F (20° C).

Massage Services

We offer professional massage services at all lodges at an additional cost.

Check-In: Signature Account

At check-in at the Salkantay Lodge, you will be asked to open a voucher on your credit card for potential extras to be purchased during the trip, such as alcoholic beverages, massage, souvenirs, and others items of personal nature. At the Lucma Lodge (last day of the trek) you will need to settle your bill by charging the credit card previously presented or by paying in cash. If paying in cash, please take note that we only accept notes of US\$5, US\$10, US\$20, and US\$50 dollar bills; we do not accept notes of US\$1, US\$100, or coins. We accept Peruvian currency. If paying with a credit card, please note you will not be able to present a new credit card when settling the bill.

Communications

We offer satellite-based communications at all four lodges along the Salkantay Trail to Machu Picchu. Due to the satellite-based nature of the system, signal reception may not be guaranteed in cases of continuous or extremely bad weather conditions.

Rural Satellite Phone

Each Lodge has a stationary rural satellite phone which our guests can use. These phones require phone cards that can be purchased at the lodges. International calls can be placed and received. However, we kindly ask to refrain from receiving incoming calls unless in case of an emergency, as a sign of respect and courtesy for other guests. As a reference, a US\$10 phone card provides 10 minutes to the US/Canada and 5 minutes to Europe.

Rural Satellite Internet

We believe it's important for our guests to fully immerse themselves in the unique outdoor and nature experience provided by this trek. However, we understand that the Internet has become a necessary service for some of our guests. Thus, we provide rural wi-fi internet service at all four lodges free of charge.

If you decide to bring any electronic devices like laptops, iPads, or others, please keep in mind that you are responsible for their protection. We recommend appropriate covers for such sensitive devices (water proof, and anti-impact). Also, tell your guide that you are carrying the device so that extra measures can be taken for its protection.





Travel Insurance

The Salkantay Journey to Machu Picchu is an Adventure Travel Activity which takes place in remote locations and at certain times at very high altitudes. As such, it contains a certain level of risk. In order to ensure a safe experience for every guest, we kindly request that every guest presents valid proof of insurance coverage as a minimum for Medical Emergency Treatment and Evacuation. Please note that some insurance policies exclude Adventure Travel Activities or similar from the coverage, so please be careful when assessing and/or purchasing your insurance policy and please make sure that the insurance policy includes Adventure Travel Activities or similar coverage.

Definition of 'Valid Proof of Insurance'

Mountain Lodges of Peru (MLP) requires presentation of the following information at least 60 days prior to trip start date:

- Name of Insurance Company and Name of Specific Policy (if applicable)
- Coverage registration number or code
- 24hr emergency telephone numbers provided by the insurance company

MLP partners with an insurance company called IHI – a member of the BUPA Group to offer insurance coverage for Medical Emergency Treatment and Evacuation, including Adventure Travel Activities. Upon your request, MLP may purchase this insurance coverage ON YOUR BEHALF from the mentioned supplier at a rate of US\$8 per person per day. The full terms of coverage of the mentioned policy can be found at:

<https://global.ihl.com/travel+insurance/single+trip/cover.aspx>

In the event that a guest has not presented valid proof of insurance to MLP at least 60 days prior to the trip start date, MLP will provide the aforementioned insurance policy (IHI) at the rate of US\$8 per person per day, for the duration of the itinerary purchased through MLP. Please consult with your Travel Specialist for more details.

Photo, above: Departing Colpa Lodge we cross the pristine Salkantay River.



Frequently Asked Questions

Q: What is the terrain like? How challenging is it?

A: The trek is rated as moderate to challenging and covers approximately 63 km / 32 miles on uneven, rocky terrain with steep uphill and downhill sections. Day 3 is the most challenging with an elevation gain of 1000 meters / 3,000 feet in a span of 5 km / 3 miles to reach a maximum altitude of 4640 meters / 15,200 feet. Prior hiking experience is recommended.

Q: What is the weather like on the Salkantay trail during the year?

A: Weather in the region is extremely variable and you should pack for a variety of conditions. In addition, our trek passes through nine bio-zones ranging from high altitude alpine conditions to high jungle. During a sunny day you can expect temperatures of about 18–27°C (65–80°F), however on the pass the weather is very unpredictable and temperatures can drop to 0°C (30°F) during the day (but you won't spend a lot of time up there). The Machu Picchu area has a humid climate and tends to be warmer, since it is located at a lower altitude and near to the Amazon Jungle. The average temperatures at Machu Picchu are between 23°C to 25°C (73°F and 77°F), with the minimum temperature around 18°C (64°F). The Cusco area has only 2 well-defined seasons: wet season and dry season. The wet season starts in November and ends in March. During this period, it rains almost every day for three or four hours, but also there are several sunny days. The dry season begins around March and lasts until October. June and July are the coldest months. Paradoxically at noon the temperatures can reach 23 °C (77°F), the annual highest temperature.

Q: How is luggage transported from lodge to lodge? Is it with us at all times?

A: You only carry a day-pack with everything you may need for a day's hike (water bottle, rain gear, cameras, snacks). Additional drinking water is available on the trek. Mules and porters carrying the luggage will not walk with the group. Your luggage will meet you upon arrival at the next lodge.

Q: What kind of emergency procedures are in place if guests injure themselves in a way that disables them from continuing the trek (i.e. guest falls and breaks a leg)? Where is the nearest hospital and how can they get there?

A: In cases of emergencies or medical problems we follow a detailed medical protocol. All our guides have a "wilderness first aid certification", and carry a full first aid kit, portable oxygen, a portable hyperbaric chamber and radios with them at all times. We have our own company doctor who is always available by telephone for any medical assistance. There is additional basic medical equipment at all lodges. For minor medical attention that cannot be taken care of at the lodges but which requires special medical attention, the nearest medical centers, in the worst case, are at a distance of one day's ride on horseback or mule. We also work with a medical helicopter rescue operation for emergencies.

Q: What is the electrical current found at the lodges if we want to use our own electrical appliances:

A: The lodges have an electrical current of 220 volts. If you have electrical appliances/devices that work with 110 volts, you should bring your own adaptors since there is a limited

supply of these in the lodges for your use.

Q: Do we carry our lunch food in our daypacks?

A: You only carry a lunch bag on Day 1. On day 3, 5, and 6, a picnic lunch will be prepared fresh on-site by the cooks and will consist in hot soup, gourmet sandwiches or a hot lunch, snacks and salads. Additionally, you will be handed a "snack-pack" to carry in your day pack with dried fruits, peanuts, chocolates and fresh fruits.

Q: How much I should tip?

A: Tips are included in the trek rate and will be distributed accordingly to all staff members, except the lead and assistant guide. The tips for the lead guide and assistant guide can, if desired, be given directly to them. For the lead guide the industry standard is US\$5-10 per day per guest; and US\$3-5 per day per guest for the assistant guide. All tipping is optional. The distribution of pre-paid gratuities is not done during the trip, but all staff is made aware that gratuities have been pre-paid by you.



Photo: Evening happy hour in the jacuzzi at Salkantay Lodge.

Travelers' Quotes

I can't fault a thing!
It was marvellous!

The trip was everything we hoped for and much more!!

This company from start to finish was top notch—I cannot recommend them highly enough.

I love going where I haven't been before. The experience invites me to see with new eyes, be open to new ideas, and inspires my curiosity. Our small group of 10 guests all shared an enthusiasm for nature, exercise, cultures, history, and camaraderie. We represented a broad age range, from the 20's, 30's, 40's, 50's and also a couple who were very physically fit at the age of 70. We walked, laughed, learned, and ate our way to our destination.

A dream come true!

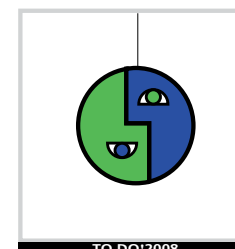
I felt a connection with the mountains and the landscape. Its beauty, strength and timelessness got under my skin.

Press Honors



Verified as meeting Rainforest Alliance sustainable tourism requirements

Virgin Holidays Responsible Tourism Awards
2011 with responsibletourism.com
Best in a mountain environment
HIGHLY COMMENDED





Photo, top: Happy riders with views of Mt. Salkantay.

Lodge-to-Lodge Equestrian Adventure

Did you know that Mountain Lodges of Peru also offers the Salkantay Trail on horseback?

The lodge-to-lodge ride is a luxurious equestrian adventure, with five days of riding amidst snow-capped Andean peaks, through verdant cloud forest and along pristine creeks, all the while enjoying the comforts and amazing hospitality of our first class lodges. The last day of the trip is a hiking day, as horses cannot travel over the newly restored Llactapacta Trail.

"The experience combined remote trails through amazing Andean mountain scenery on well trained American quarter horses, with spectacular lodges serving gourmet food," says Mark Smith of Loomis, California. "Having both a cultural guide and an equestrian guide brought the local culture and history to life for us. Each day's ride was different and fun. We had a once-in-a-lifetime vacation experience."

The trips are led by expert riding guides, using American quarter horses raised in Uruguay. All saddles, tack and riding helmets are imported from the U.S. We recommend this adventure to intermediate and experienced riders but beginners with some experience are also welcome.

Several departures of exclusive riding groups are available from March to December 2013. Additional dates are shared between a trekking and an equestrian group, each with their separate trip leaders. Check our website for additional information, as well as dates and prices.

We hope you can join us for a vacation of a lifetime!

Yanapana Perú (yanapana means 'help' in Quechua, the native language of the Cusco region) is an independent, non-governmental, non-profit organization whose aim it is to reduce the condition of extreme poverty in the Andean Highlands, thus improving the quality of life in Andean Communities through sustainable community development.

Our mission is to create a positive and sustainable context for humanitarian, cultural, social, environmental and economic exchange and integration; a context in which all stakeholders are empowered to envision and create a 'happier' way of life.

Our goals are...

- To identify and serve the various needs of families living in areas of extreme poverty by contributing to democratic, participative and sustainable development.
- To create a path towards sustainable development through self-sustainable income-generating projects and by improving local people's health and education levels, thus enabling them to engage in the process actively as participants and beneficiaries.

The Community Development Plan, created in association with the communities and based on a participative baseline study, contemplates the implementation of projects in the following five areas of human development:

- Health & Nutrition
- Education & Culture
- Productive Projects
- Employment
- Environmental Sustainability



Photo: Children at Manchayhuaycco Primary School.

It should be added that Yanapana Perú has already implemented 20 ongoing projects in those areas. Yanapana Perú provides the long term vision and invests resources in these projects.

Your choice to make use of MLP's services automatically helps Yanapana Perú, though further direct support from you is highly appreciated.

For more information, please don't hesitate to contact your travel specialist or log on to www.yanapana.org.

Thank you in advance for your support!