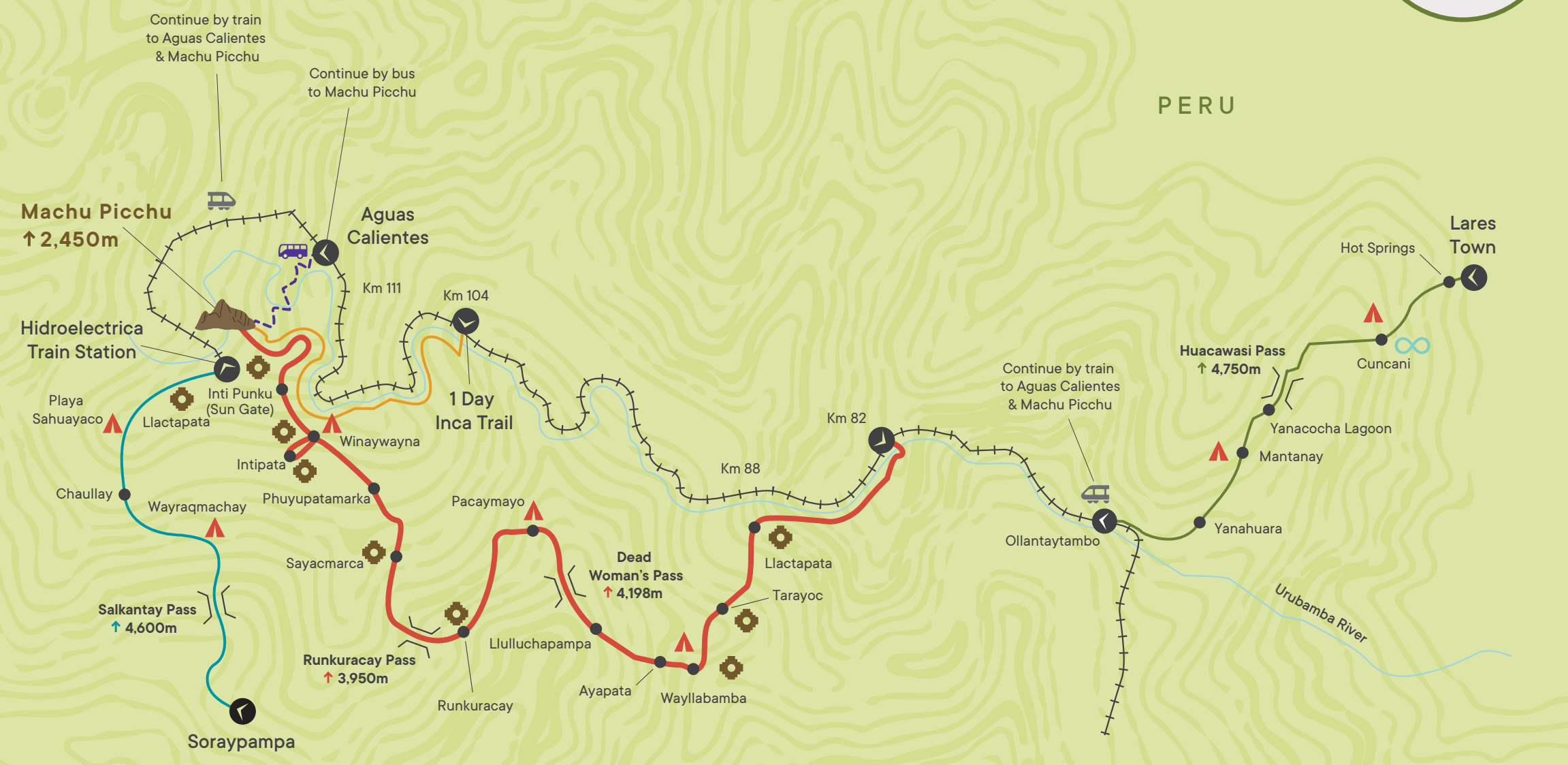




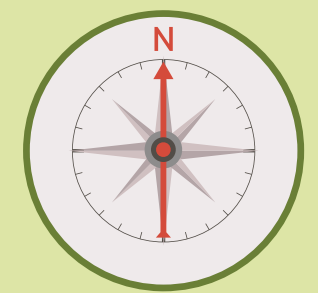
Welcome to trekking in Peru.

Your guide to hiking the Inca Trail and exploring Machu Picchu.

1 855 667 9504
gadventures.com/inca-trail



- Legend**
- The Inca Trail
 - 1 Day Inca Trail
 - The Lares Trek
 - The Salkantay Trek
 - Railway line
 - Bus route
 - Urubamba River
 - Start/Continue points
 - Camping site
 - Archaeological site
 - G for Good Project
 - Pass
 - Bus
 - Train
 - Machu Picchu
 - Elevation



PERU

How will you trek the Inca Trail?

There are different ways to experience the Inca Trail. G Adventures offers an award-winning, seven-day that gives you plenty of time to acclimatize ahead of your journey and immerses you in local culture with stops at Ccaccacollo Women's Weaving Co-op and Parwa Community Restaurant. We also have shorter four- and five-day tour options for travellers with less time.

To see them all, visit gadventures.com/inca-trail

Machu Picchu is waiting. Here's how to be ready for it.

How long does it take to get there?



Inca Trail
Averages six to nine hours of trekking for the first three days and about two hours on your final approach to Machu Picchu.



Lares and Salkantay Treks
Can take up to 10 hours of trekking each day.



Choquequirao Trek
Averages five to eight hours a day, on four- or eight-day routes.

Hot, cold, or freezing?

! Inca Trail closed for maintenance.

Jan	Feb*	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
21° day temp	21° day temp	21° day temp	21° day temp	20° day temp	20° day temp	20° day temp	20° day temp	20° day temp	20° day temp	20° day temp	21° day temp
10° night temp	11° night temp	11° night temp	10° night temp	9° night temp	8° night temp	8° night temp	8° night temp	9° night temp	9° night temp	9° night temp	10° night temp

The climate here runs hot and cold year round. The altitude of Peru can make it chilly at night, and it's possible you will encounter all kinds of different weather in just one day of hiking.

Layer up.

The best clothing for trekking is either wool or synthetic layers, as they are quick-drying and can keep heat in better. Bring different layers to prepare for whatever Mother Nature throws your way.



Base-layer



Mid-layer (like a light fleece jacket)



Windproof/waterproof jacket

Life on top of the world.

If you're trekking the Inca Trail or the surrounding routes, you need to take the time to acclimatize properly before you start (even if you're in great shape). We recommend drinking plenty of water and spending at least one full day in Cusco beforehand.

Don't trek on an empty stomach.

As you'll be trekking several hours a day, you'll want to make sure you're eating three full meals and drinking lots of water. Some tour operators (like us!) will prepare all your meals — no matter your dietary restrictions — making it easy to fuel up each day.



Breakfast



Lunch



Dinner

Where to get some sleep.

In a tent! Depending on the route you choose to trek, you'll be staying at designated campsites (along the Inca Trail) or close to settlements home to local people. Most tour operators provide tents (we offer three-man options for two travellers, set up and taken down by porters), but you will need to bring your own sleeping bag.

What to do when nature calls.

On the Inca Trail, there are a few spots with permanent, yet rustic, toilet facilities. A portable toilet tent (provided by a tour operator like us) will likely be your best option.



Why trek the Inca Trail with G Adventures?



We offer several award-winning trekking routes designed to help you challenge yourself with an experience unmatched by any other.

What we offer:

Award-Winning Tours

- 25+ years running award-winning tours in the Inca Trail region
- Named the Best Inca Trail Tour Operator by the Regional Direction of Foreign Trade and Tourism of Cusco (RDFTTC) in Peru
- We have an established set of protocols to best secure Inca Trail permits

Convenience

- You'll trek with a small group of like-minded travellers from around the world
- Our cooks prepare three delicious meals perfect for a day of trekking, as well as snacks. We're able to cater to dietary restrictions and allergies, just let us know when you book
- We provide the tents which your porters will set up and take down for you
- We have extra equipment available for you to rent for the trek
- We take care of the details so all you really need to bring is a sleeping bag



Safety

- Our local operations team in Cusco and Lima are nearby and available 24/7 to help in case of emergency
- Our trekking team is trained in First Aid and evacuation
- We carry a radio for emergencies
- Your guides will carry oxygen for emergency purposes

Supporting the Local Community

- When you trek with G Adventures, you help employ more than 560 local guides, porters, cooks, drivers, and office staff — meaning you're making a difference simply by travelling



To learn more, visit gadventures.com/inca-trail

What you need to know about Inca Trail permits.

Do you need a permit to trek the Inca Trail?

Yes. And we can help you get one. In 2002, Inca Trail regulations were introduced to protect the site and the surrounding ecosystem. These regulations restrict the number of visitors and prevent undocumented trekkers from hiking the Trail and not giving it the appropriate respect.

How do you secure a permit?

As the world's largest Inca Trail operator, we have an established set of protocols to best secure permits. Our Cusco-based team is on hand to book and collect your permit in person before your tour even begins.



Can you get your own Inca Trail Permit?

Only tour operators like G Adventures can acquire permits. All operators are subject to thorough annual inspections by the government agencies that govern the Inca Trail.

What do you need to get your permit?

When you book your trip, you'll need to have the passport you'll be travelling with ready. Please note that your permit dates will be fixed and it's not transferable.

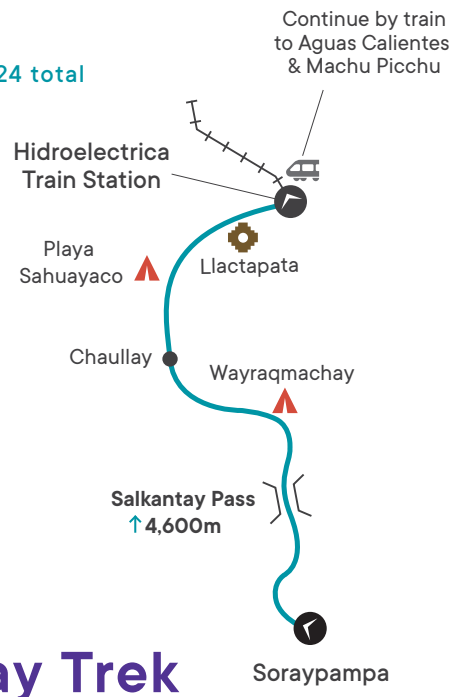
How else can you get to Machu Picchu?

The Inca Trail is one of the world's best-known hikes, but Peru has several other trails that are beautiful, scenic, and challenging alternative ways of seeing the forgotten city.

★ Explore Inca ruins and Machu Picchu, trek through beautiful Andean scenery

4 day trek

↑ elevation: 4,600m
→ distance: 44km
⌘ hours trekking: 21-24 total



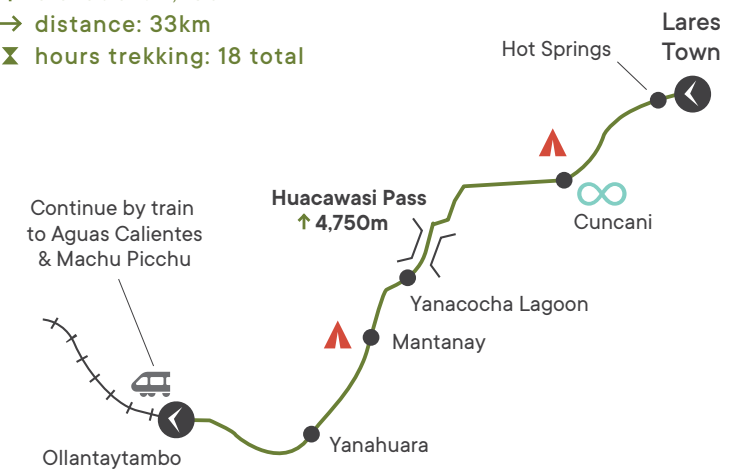
Salkantay Trek

This four-day trek along the Salkantay route lets you take in spectacular mountain scenery and breathtaking vistas. You'll then descend from the Andes to the cloud forest around Machu Picchu to take it all in.

★ Marvel at Sacred Valley scenery, interact with local communities

3 day trek

↑ elevation: 4,750m
→ distance: 33km
⌘ hours trekking: 18 total



Lares Trek

With fewer hikers to be found along the way, this is an amazing three-day trek through the mountains and communities surrounding the Sacred Valley with views of the snow-capped Cordillera de Vilcanota range and ending with a spectacular train ride and guided tour of Machu Picchu. You'll also get a closer look at traditional ways of living in local villages and can opt for a dip in hot springs to soothe your tired legs.

★ Trek the strikingly beautiful Andes, explore the fortress of Choquequirao away from the crowds

4 day trek
8 day trek

↑ elevation: 3,750m
→ distance: 60km
⌘ hours trekking: 23 total (4 day)
56 total (8 day)



Choquequirao Trek

This challenging yet rewarding four- or eight-day trek takes you to the hillside ruins of Choquequirao that may impress you as much as Machu Picchu itself. The eight-day tour begins in Cusco, treks to Choquequirao and continues to Santa Teresa and Aguas Calientes to Machu Picchu, a route that will find you running into fewer fellow hikers along the way. Note that the four-day tour doesn't visit Machu Picchu.

G FOR GOOD

Travel should always be about having a life-changing experience, but that doesn't have to end with you. G for Good stands for our mission to ensure our tours leave a positive impact in all of the places we visit. When you trek in Peru with G Adventures, you are helping employ more than 560 local guides, porters, cooks, drivers, and office staff — meaning you're making a difference simply by travelling. On our seven-day tour, you will also visit two Planeterra projects which help keep more money in the local communities.



Ccaccacollo Women's Weaving Co-op

More than 55 women are part of this co-op that makes items you can buy while also maintaining the traditional weaving methods of producing textiles made from llama and alpaca wool.



Parwa Community Restaurant

Owned by a community-based tourism enterprise, Parwa generates income that is used for investment in social projects for the community. All the ingredients used in the restaurant are bought directly from the local farmers and has helped over 25 micro entrepreneurs establish new businesses in the area.

To learn more, visit planeterra.org/peru/