



Choquequirao trek &

Salkantay Trek

06 days | 05 nights



Description



Conquering ^{the} Andes

View by View

Choquequirao Salkantay to Machu Picchu is the second most important archeological site in Cusco region. It has a connection with the last Inca city of Vilcabamba and with Machu Picchu. It is in the middle of different Inca roads that traversed all of the Inca empire. After quite a tough hike we will see fascinating and remote Choquequirao ("cradle of gold" in Quechua) – awesome in design and also location, perched high on a spur above the Apurimac canyon – the third deepest canyon in Peru. This is the great place to see condors inhabiting the area.

We walk along coffee and banana plantations before arriving at Aguas Calientes. The last day is devoted to exploring the Lost City of Incas – Machu Picchu. You must join us on this unforgettable and challenging

adventure. Choquequirao and Salkantay to Machu Picchu new route 2 Important archaeological sites and the magical view of the Salkantay mountain.

Choquequirao & Salkantay

6-day trek



- Distance / Hours
- Lunch & Rest Area
- Pass Point
- River
- Footpath
- Major Road
- Minor Road
- Rail Road

Choquequirao Trek & Salkantay Trek

6 Days Itinerary

- Day 01:** Cusco – Capuliyoc – Marampata "Choquequirao Sanctuary Lodge".
- Day 02:** Marampata – Choquequirao – Marampata
- Day 03:** Marampata – Capuliyoc – Soraypampa "Sky Camp"
- Day 04:** Soraypampa – Salkantay Pass – Collpapampa "Mountain Sky View"
- Day 05:** Collpapampa – La Playa – Hidroelectrica – Aguas Calientes
- Day 06:** Aguas Calientes – Machu Picchu – Cusco

Distance	Time	Highest Elevation	Difficulty
19km / 11.80mi	12 hrs.	2,900m/9,514ft	Challenging
6km / 3.72mi	6 hrs.	3,050m/10,007ft	Easy
19km / 11.80mi	6 hrs.	3,900m/12,795ft	Challenging
23.5km / 14.6mi	11 hrs.	4,630m/15,190ft	Challenging
19.5km / 12.12mi	6 hrs.	2,950m/9,678ft	Challenging
3km / 1.86mi	2 hrs.	2,430m/7,972ft	Easy



Full Itinerary



Day 01

Cusco > Capuliyoc > Marampata

We will pick you up from your hotel between 3:30 and 4:00 AM to start our trip in a private van for 4 hours to the northeast of Cusco city, through small towns, until Capuliyoc town (2.800masl) where we have a delicious breakfast and where we will also meet with our trip staff (muleteers and horses).

After breakfast we begin with our hiking for about 20 minutes and will arrive to our first viewer where we have a panoramic view, in front of us we can see the vilcabamba mountain range called (padreyoc) and the famous Apurimac Canon, after having an amazing view we will start our descend for 3 hours through beautiful landscapes where you will be able to see different medicinal plants which were used by our ancestors (muña, chilca and different varieties of plants) If we are lucky we will be able to see the majestic Condor, we descend until Chiquisca Hamlet (1800masl) where we have a delicious typical Cusco Lunch Buffet.

After having lunch, we will have a 30 min break to continue with our hiking, descending 45 minutes more until Playa Rosalinas (1700masl), located in the Apurimac River, separated by two important Peruvian regions CUSCO and APURIMAC

After passing the famous Apurimac River, we continue descending for 4 hours until Marampata (3500masl). On the way, we will see bird dance, at sunset, we will see Andean people,

how they live in the mountains with a way of life that maybe you won't believe compared to the city. We will arrive at our private Choquequirao trek Lodge approximately at 5:30 pm, after a small break its time for dinner, approximately at 7 pm, and overnight in our Lodge. During the night you will be able to see constellations according to Andean or Inca religion.



Day Facts

Hiking distance:
15 Km / 9.3 miles.

Hiking time:
6½ to 7 hours
approximately.

Climate:
hot in the day and warm in
the night.

Accommodation:
Lodge: Choquequirao
Sanctuary Lodge.

Meals:
Lunch, Dinner.

Maximum Altitude:
2850 masl. / 9350 ft.
(Marampata)

Minimum Altitude:
1475 masl. / 4839 ft. (Playa
Rosalinas)

01 Tourists hiking in the Andes
Mountains

02 Tourists relaxing

03 Adventure Hike

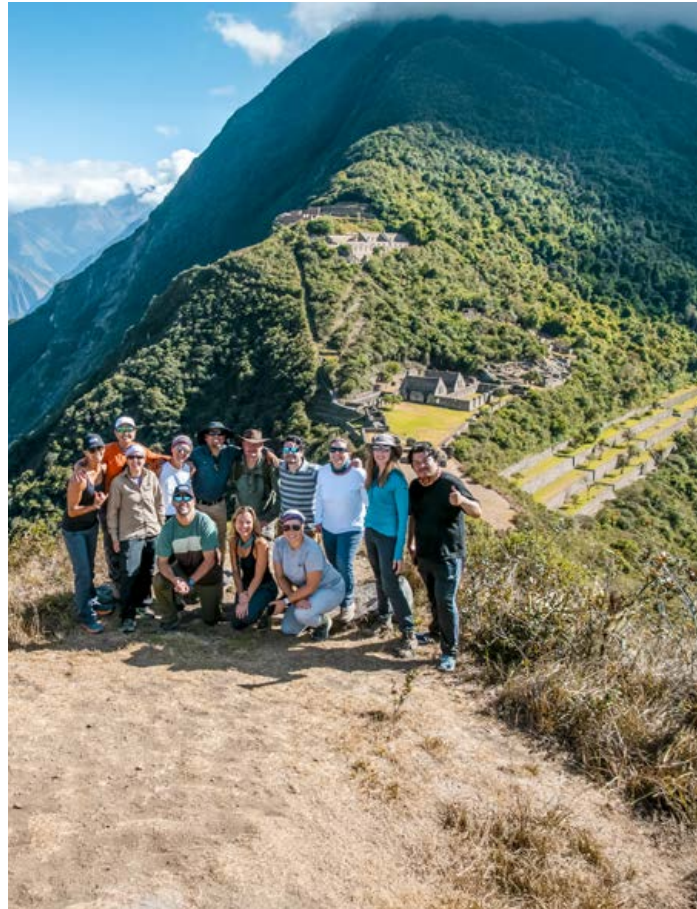


Day 02

Maranpata > Choquequirao > Marampata.

In the early morning, you will be woken up with a coca tea and have enough time to organize our stuff. Approximately at 7:30 am we will have a delicious typical Breakfast. Then we will continue with our hiking to Marampata, on this day the hiking is going to have a high level physically, where we will be able to see an amazing view of the Archeological Choquequirao Complex (3900masl) through our hiking we will have amazing canon views where our tour guide will explain about the flora and fauna, we'll have 3 hours to explore all the Choquequirao Complex (cradle of gold) also knew as the lost city where you will visit plazas sector, llamas sector, astronomic sector and other important places.

After visiting all of these places, we will start our descent to Choquequirao Camping, where our picnic Lunch is waiting for us. After having lunch, we will take a 30min break and continue to an amazing place that only we know about, this place is called Cataratas de Pachayoc (waterfalls), a place where you will be in touch with nature. Finally we will return to MARAMPATA where dinner is ready and is time to stop over.



Day Facts

Hiking distance:
8 Km / 4.9 miles.

Hiking time:
5½ to 6 hours
approximately.

Climate:
hot in the day and warm in
the night.

Accommodation:
Lodge: Choquequirao
Sanctuary Lodge.

Meals:
Breakfast, Lunch, Dinner.

Maximum Altitude:
3106 masl / 10190 ft.
(Choauqueiario)

Minimum Altitude:
2850 masl / 9350 ft.
(Marampata)

01 Choquequirao

02 Trek to Choquequirao

03 Tourists in Choquequirao



Day 03

Marampata > Capuliyoc > Soraypampa (Sky Camp).

On this day, we wake up very early (4 am) to start our hiking, descending for 3 hours to Chiquisca, where we have a healthy breakfast.

After having Breakfast in Chiquisca (07:00 AM), we will return on the same path to arrive at Paso Capuliyoc from Chiquisca.

Our private transport is waiting for us to make a connection to Salkantay (4 hours approx). During the trip, we will see different ecosystems and valleys till arrive at our destination, Soraypampa (3900masl), where we have Lunch.

After lunch, we will continue hiking for about 1 hour and 30 min approx. We will head to one of the most visited places in Cusco, called Humantay Lagoon, which has con agua turquoise water like the men throw Paint on it, which is on the foothills of Humantay snowcapped (Vilcabamba mountain range) then we will make our descent (40min) to our Soraypampa Camping, where you can see the sky and the earth as if they were together.



Day Facts

Hiking distance:
19 Km. / 12.3 miles

Hiking time:
6 hours approximately.

Climate:
hot in the day and warm in the night.

Accommodation:
Camping: Soraypampa.

Meals:
Breakfast, Lunch, Dinner.

Maximum Altitude:
4200 masl / 13779 ft.
(Laguna Humantay)

Minimum Altitude:
1475 masl. / 4839 ft. (Playa Rosalinas)

01 Sky Camp in Soraypampa

02 Humantay Lake

03 Trek to Soraypampa



Day 04

Soraypampa > Salkantay Pass > Wayracmachay > Collpapampa (Mountain Sky View)

We will head to Salkantay towards the highest peak of the mountain in front of your eyes, the whole mountain. Challenge yourself as you move up steep slopes while you contemplate the valley far below until you reach the base of Apu Salkantay. Around noon, you will be in the middle of the Andes mountain range! In the afternoon, we enter the incredible cloud forest and the tropical jungle surrounding Chaullay. This is your most challenging but also rewarding day!

Early with the first light of day at 05:30 am and a quick breakfast, we will start walking to the highest point of the trail: the Salkantay Pass (4650 MASL). The distance is 7 km of a difficult climb in 3 hours between the base of the rocky valley and the magnificent Salkantay Mountain (6271 MASL). When we reach the top of the pass, we will appreciate the spectacular views of the surrounding valleys and the imposing snow peaks of Salkantay, Humantay, Tucaruay, and Pumasillo. Mountain Salkantay is the second-highest mountain in the Cusco region. Continuing from this highlight of today's hike, there is a 5 km downhill walk to the place where we have Lunch. The rocky snake-shaped way down to the place where we will have lunch is Huayracmachay. In the afternoon, after our meal, we will enter to the upper part of the Amazon rainforest, which is also known as "the cloud forest". This is a 10 km (6.2 miles) hike on a wide trail

in dense and magical tropical forest. During this part of the walk, you will notice a dramatic change in the landscape and energy of the land as we move into the Amazon. This walk is truly beautiful; The hills are decorated with colorful landscapes, wildlife, and native plants. The forests are warm and tropical most of the year with temperate climates. At the end of this exceptional hike, we arrive at Chaullay (2900 MASL) for a well-deserved rest from our long trekking day!



Day Facts

Hiking distance:
22 Km. / 13.7 miles

Hiking time:
6 to 7 hours approximately.

Climate:
We start with cold weather, and we end up in a tropical climate.

Accommodation:
Camping: Collpapampa.

Meals:
Breakfast, Lunch, Dinner.

Maximum Altitude:
4630 masl / 15190 ft. (Paso Salkantay)

Minimum Altitude:
2900 masl. / 9514 ft. (Chaullay)

01 Salkantay Pass

02 Mountain Sky View camp

03 Tourists hiking to Salkantay Pass



Day 05

Collpapampa > La Playa > Hidroeléctrica > Aguas Calientes.

At 06:00 AM, we will begin our trek to the small town of La Playa through the Santa Teresa Valley. You can see this new and exuberant landscape during the 6 hours of walking today! During the walk we will see rivers, waterfalls, wild orchids and plantations of coffee, banana and avocado. We will see a town called Collpapampa, also called "the top of the cloud forest", where you can see waterfalls, birds, hot springs, fruit trees and flora and fauna. If we are lucky, we can even see the beautiful bird called "The rooster of the rocks", the national bird of Peru! After a lunch at La Playa, we will take the local transport to the Hidroeléctrica train station.

Here you will have two options:

1) If you are exhausted, you can take the train to Aguas Calientes (\$ 31.00 extra).

2) If you still feel like walking, you can walk from Hidroeléctrica to Aguas Calientes for about 3 hours along the train track. There is a nice path next to the tracks through the warm cloud forest paradise. This is the same trail used by the American professor Hiram Bingham who rediscovered Machu Picchu after centuries of being lost to the outside world!

Once in Aguas Calientes, you can rest a little before dinner or stroll through this attractive place that has the feeling of being a California Gold Rush city. There are no cars in

Aguas Calientes, so it's a quiet place to be. At 7:00 PM, we will have dinner at a local restaurant. All expenses in Aguas Calientes are covered by the company, including breakfast, lunch, dinner and overnight stay at our hostel. In your room, you will have a private bathroom, hot shower, wifi, breakfast in the morning and luggage storage while visiting Machu Picchu.



Day Facts

Hiking distance:
26 Km. / 16.1 mile

Hiking time:
6 to 7 hours approximately.

Climate:
We start with cold weather, and we end up in a tropical climate.

Accommodation:
Hostel: Aguas Calientes.

Meals:
Breakfast, Lunch, Dinner.

Maximum Altitude:
2900 masl. / 9514 ft.
(Collpapampa)

Minimum Altitude:
2040 masl. / 6692 ft.
(Aguas Calientes)

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- 01 A group of tourists walking
 - 02 Trek to Aguas Calientes
 - 03 The town of Aguas Calientes



Day 06

Aguas Calientes > Machu Picchu > Cusco.

The Expectation towards Machu Picchu will increase as we go through the forest in the morning to reach the site before most other tourists, even the Inca Trail hikers! You will have plenty of time to explore this magnificent wonder of the world while enjoying the beautiful sunrise from this unique point of view in life. Your group will learn about this mystical place on a two-hour guided tour of the ruins. Afterwards, you can choose to climb Huayna Picchu or Machupicchu Mountain (if you have reserved tickets) or walk to Puerta del Sol (without additional entrance tickets).

Today, we will reach the long-awaited end of our trek, one of the New 7 Wonders of the World and a World Heritage Site by UNESCO: Machu Picchu! We will get up early after a refreshing night in our hostel to beat the crowds to the top of Machu Picchu and enjoy its serenity in the soft light of the morning. The entrance control point to Machu Picchu is open from 06:00 AM to 17:00 PM. We will walk to Machu Picchu (a bus trip is optional for \$ 12.00) and we will enter the Real City of the Incas, which is hidden in the mountains. Here we will have a guided tour of 2 hours through this incredible ancient city to visit temples, terraces, palaces, priests' houses, the sundial, the industrial sector, and the fields of cultivation. Surprise yourself with the engineering ingenuity of the Incas, which was far ahead of its

time, and even today, it is a mystery! Without having modern tools, not even steel and iron to work with, the people who built this city were great at organizing this community sustainably and beautifully on the side of a mountain, even carrying water in waterways through its streets so that people could use. When a Peruvian guide showed this site to Hiram Bingham, it was almost unrecognizable, covered in thick vegetation and in poor condition. Since then, it has been cleaned and restored, and now is protected and treasured by the world in general.

After this tour, you can go up to Huayna Picchu or Machu Picchu Mountain (make sure to book tickets in advance!). Each mountain takes about 3 hours to go up and down. Another option with less impact, for which you do not need an additional ticket, is to walk to Puerta del Sol, the main entrance from the Inca Trail (this takes around 2 or 2.5 hours round trip). Another option is to walk to see the Inca Bridge. You can stay and enjoy this magical city for more than 7 hours before returning to Aguas Calientes for the train trip at 16:22 hrs (according to Train Tickets availability) to Ollantaytambo. A private bus will pick up our group and drop us off at your hotel in Cusco at approximately 9:45 p.m.



Day Facts

Distance Travelled:
8 Km. / 4.9 miles

Hiking time:
2 hours approximately.

Optional:
Shuttle to Machu Picchu: 25 minutes from Aguas Calientes.

Machu Picchu guided tour:
2½ hours.

Climate:
tropical warm.

Shuttle to Cusco:
3 hours by train and bus from Aguas Calientes to Cusco.

Meals:
Breakfast.

01 Tourist wearing an Andean poncho at Machu Picchu

02 Tourist at Machu Picchu

03 Machu Picchu



Inclusion & Packing List



What is Included

Included

- Private transport from Cusco to the Cachora trail head
- Transport from Capulioc to Soraypampa (for all camping and personal luggage)
- Transport from La Playa to Hidroeléctrica
- The North Face or Eureka tents - 2 persons
- Tourist train from Aguas Calientes to Cusco or train from Aguas Calientes to Ollantaytambo and bus to Cusco
- Hostel Basic in Aguas Calientes
- Dinner in Aguas Calientes
- Entrance fees to Choquequirao
- Entrance fees to the sanctuary of Machu Picchu
- Professional bilingual guide (Spanish and English)
- High-quality camping equipment, tents are big enough for 2 people. Mattresses, an eating tent with table and chairs, a bathroom tent)
- Meals during the excursion (breakfast, lunch, dinner/option vegetarian)
- Cook and cooking equipment
- Horseman and mules, for all camping equipment and customers' luggage (Up to 7 kg)
- Emergency horse over 6 persons
- First-aid kit and oxygen bottle

What is NOT Included

- * Sleeping bag
- * Day 1: Breakfast
- * Lunch and Dinner on the last day
- * Walking Sticks: you can hire from our company
- * Inflatable mattresses
- * Tips: Please note that our agency staff is well paid so please feel free to tip or not as you wish



What Should you Bring

Essential packing list

- Duffle Bag
- Daypack

Documents

- Original Passport

Clothing

- Underwear
- Base Layer
- Trekking Shirts
- Hard Shell Jacket and Rain Gear
- Insulated Jacket
- Fleece Jacket
- Trekking Shorts and Trousers

Headgear

- Hat for Sun Protection
- Head Band or Beanie
- Neck Gaiter or Balaclava

Hands

- Inner Gloves
- Outer Gloves

Footwear

- Hiking Boots
- Trainers (Trekking shoes / sandals)
- Hiking Socks
- Thermal Socks
- Gaiters

Important Accessories

- Sleeping Bag
- Trekking Poles
- Sunglasses
- Headlamp
- Water Bottle or Hydration Bladder
- Camera / Videocamera
- Notebook / Journal and Pen





Personal Gear and Medications



✦ **Trekking Towel:**

A small to medium sized hiking towel can come in great use. LifeVentures or Discovery provide good, quick-drying trekking towels.

✦ **Small Locks:**

To protect your belongings in your rucksack or duffle bag

✦ **Waterproof Ziplock Bags:**

These come in handy for storing important / valuable items like your money, a passport and electrical equipment

✦ **Isotonic Powder:**

Can be used to flavour your water nicely and helps replace electrolytes, improving energy levels and aiding water absorption. Here are some good Isotonic powdered drinks

✦ **Diamox:**

Also know as acetazolamide, is a medication that can be used as a prophylactic (preventative) solution for altitude sickness. It does not cure altitude sickness and should never therefore never be used as a method to continue ascending to high altitudes. It can however help prevent the onset of altitude sickness and is commonly used by high altitude climbers and trekkers.

✦ **General Medications:**

We recommend taking paracetamol or aspirin for headaches (a common altitude sickness symptom on the Salkantay Trek) and Imodium for diarrhoea (another common problem as food preparation can be a little unhygienic)

✦ **Basic First Aid Kit:**

If you are joining an organised trek, your guide will most likely be carrying a first aid kit. If you are hiking unsupported or independently then a first aid kit is a must. Here are some compact and good outdoor first aid kits: Outdoor First Aid Kits

✦ **Suncream / Lip balm:**

No one wants burnt skin or cracked lips! Be sure to bring 1 x suncream (SPF 30) and 1 x lip balm

✦ **Baby wipes:**

For quick and easy wet washes when no showers are in sight! bring 1 x baby wipes

✦ **Blister Plasters:**

The dreaded blisters! We recommend taking Compeed blister plasters

✦ **Hand Sanitizer:**

Great for disinfecting hands before and after eating, or when they get dirty during the hike



Our Hiking Team



Our Tour Guides

Your tour will be led by a trained and highly experienced professional with a very solid guiding background, years of hiking and wilderness experience, medical certifications, and a passion for leading people into unforgettable adventures.

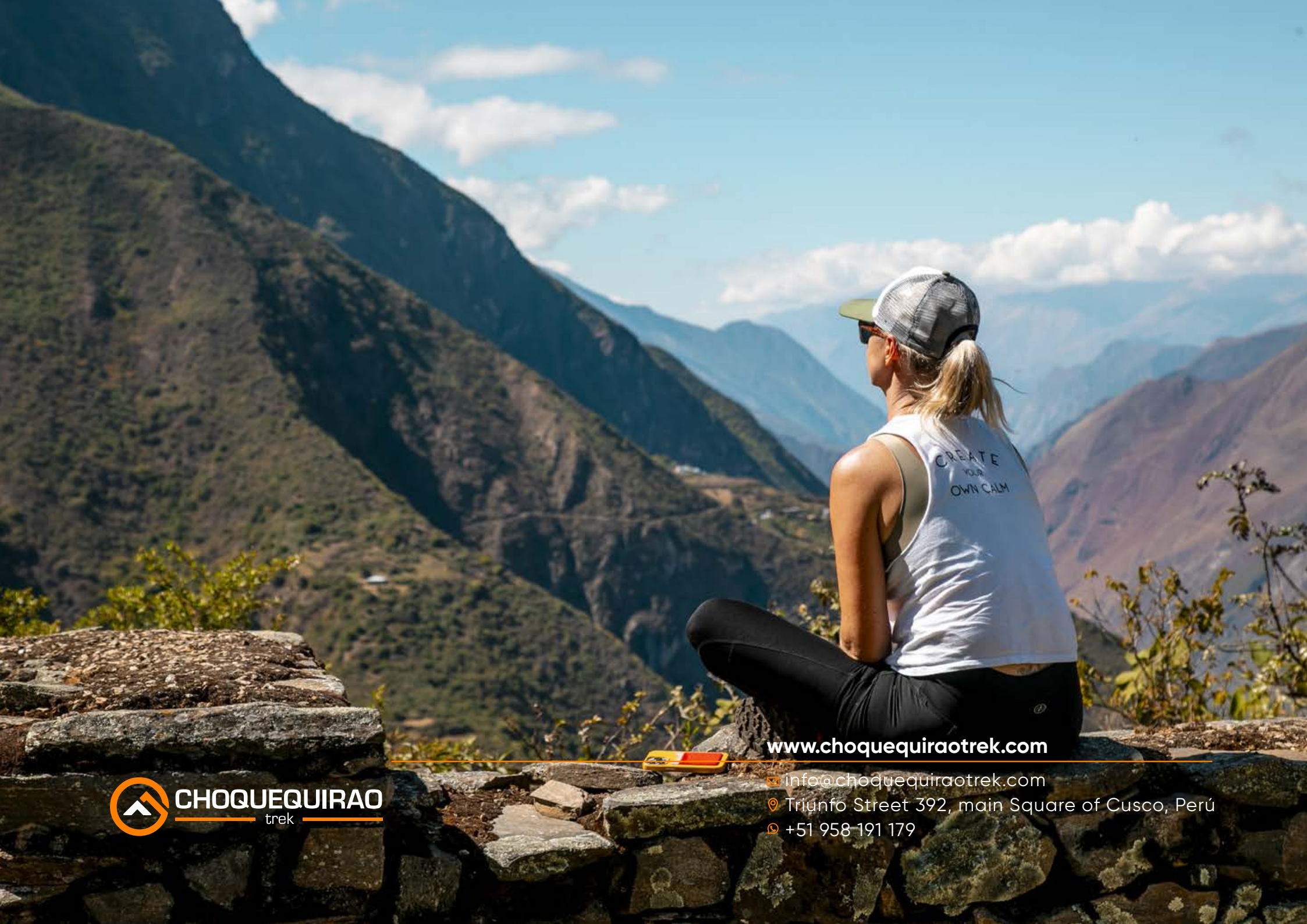
Our Horseman & Horses

Your tour will be led by a trained and highly experienced professional with a very solid guiding background, years of hiking and wilderness experience, medical certifications, and a passion for leading people into unforgettable adventures.



Our Cook

After a challenging trek we know how important a good hot meal can be to prepare your body and warm you up. That's why on every trek with Salkantay Trekking we employ chefs with years of experience cooking on the trails so that they provide filling.



CREATE
YOUR
OWN CALM

www.choquequiratrek.com

info@choquequiratrek.com

Triunfo Street 392, main Square of Cusco, Perú

+51 958 191 179



CHOQUEQUIRAO
trek