



Choquequirao Trek by Lodge

03 days | 02 nights



Description



Choquequirao

Lost **City** Unforgettable Journey

Choquequirao Trek 3 Days by Lodge. During this 3 day tour, we will have the opportunity to enjoy the magnificent ruins of the Inca city Choquequirao, known as "the hidden Machu Picchu".

remains hidden in tourism, this tour of Choquequirao is the best option for you. Choquequirao Trek 3 Days.

This historic place is located on the Apurímac River canyon, considered to be the one of the most spectacular locations in South America. This experience includes enthusiastic local guides that are passionate about showing these amazing landscapes.

There will be unforgettable adventures through a less touristy trekking routes of the Andes and ending each day sleeping in Choquequirao Sanctuary Lodge. This trips allows for a different, more personal adventure. It explores one of the few places in the world that



Full Itinerary



Day 01

Cusco > Capulioc > Marampata "Choquequirao Sanctuary Lodge".

We start the day picking you up from your Hotel, from 3:30 am to 4:00 am Approx. Leaving Cusco, we will go to Cachora town. (Approximately 3:30 hours after the departure from Cusco), there will be a short stop about 30 to 45 minutes for breakfast.

Once the breakfast time is over, we will continue to a place called Capulioc, the starting point of the trek to Marampata "CHOQUEQUIRAO SANCTUARY LODGE". We will descend approximately 2:30 hours / 7km of walk and arrive at the lunch point in Chiquisca. After lunch in Chiquisca and a short break, we will continue with the walk for 4.30 hours / 8km towards

Marampata, one of the strongest roads of Cusco, it will be a challenge to reach Marampata. After a hard walk we finally will arrive at our Private Lodge, where we'll have a delicious dinner and spend the entire night.



Day Facts

Hiking distance:
15 Km. / 9.3 mile.

Hiking time:
7½ to 8 hour approximately.

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

Acomodation:
Lodge: Choquequirao Sanctuary Lodge.

Meals:
Lunch, Dinner.

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

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

01 Choquequirao Sanctuary Lodge

02 Panoramic view of the landscape of Marampata

03 Entrance to the Choquequirao route



Day 02

Marampata > Choquequirao > Marampata.

After a delicious buffet breakfast, we will begin our trek to the Archeological Complex of Choquequirao, which will last approximately 2 hours, the entire tour of Choquequirao will be guided, the Llamas sector, the Ceremonial Usno and the Religious Zone.

Which is considered the sister of Machu Picchu, since there are several similarities, is also located at 1500 meters above the Apurimac Canon, only a third part of this Archaeological Complex has been discovered and many archaeologists still find something interesting each time.

Then we will have a Picnic Lunch in Choquequirao, and then we will descend to Pajchayoc (Pajchayoc Waterfall). After this incredible excursion, we will return to Marampata for dinner and finally we will finish our day with a comfortable overnight stay in our private lodge.



Day Facts

Hiking distance:
8 Km. / 4.9 mile.

Hiking time:
5½ to 6 hour
approximately.

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

Acomodation:
Lodge: Choquequirao
Sanctuary Lodge.

Meals:
Breakfast, Lunch, Dinner.

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

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

01 Tourist group in Choquequirao

02 Panoramic view of
Choquequirao

03 Group of tourists on the
platforms of Choquequirao



Day 03

Marampata > Capuliyoc > Cusco.

At dawn, at approximately 5 am, after to have a small snack, we will begin our descent walk to Chikisca, where we will have breakfast at 7:00 am and we will also take a short break, then we will start our last hike and we will return to the point sight of Capuliyoc to make a goodbye to this fascinating adventure, when we get to Capuliyoc we will have an aperitif and we will take our private transport to return to Cusco City.



Day Facts

Hiking distance:
15 Km. / 9.3 mile.

Hiking time:
7½ to 8 hour
approximately.

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

Acomodation:
Cusco (not Included).

Shuttle to Cusco:
4 Hours from Capuliyoc.

Meals:
Breakfast, Lunch.

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

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

01 Tourists on the bridge at
Rosalinas Beach

02 Ascent hike to Capuliyoc

03 Tourist walking on the route to
Choquequirao

A light gray background featuring a faint topographic map. The map includes contour lines and outlines of landmasses, with a prominent landmass on the right side. Two horizontal orange lines are positioned on either side of the text.

Inclusion & Packing List



What is Included?

Permits

- Pre-Trek briefing the night before the trek to go over the itinerary, meet your guide(s) and answer any questions
- Private transport to starting point of the trek
- Personal porter to carry your overnight gear up to 5kg
- English speaking professional guide
- Full meals 7 meals
- First-aid kit including
- Dining and cooking tents with tables and stools
- Dietary needs: able to cater to any dietary preference/need

What is NOT Included?

- ✦ Day 1: Breakfast.
- ✦ Day 3: Dinner.
- ✦ Walking sticks (USD \$ 10.00 - 2 walking sticks)
- ✦ Entrance ticket 60 soles or (approximately 17 usd)



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 known 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 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.

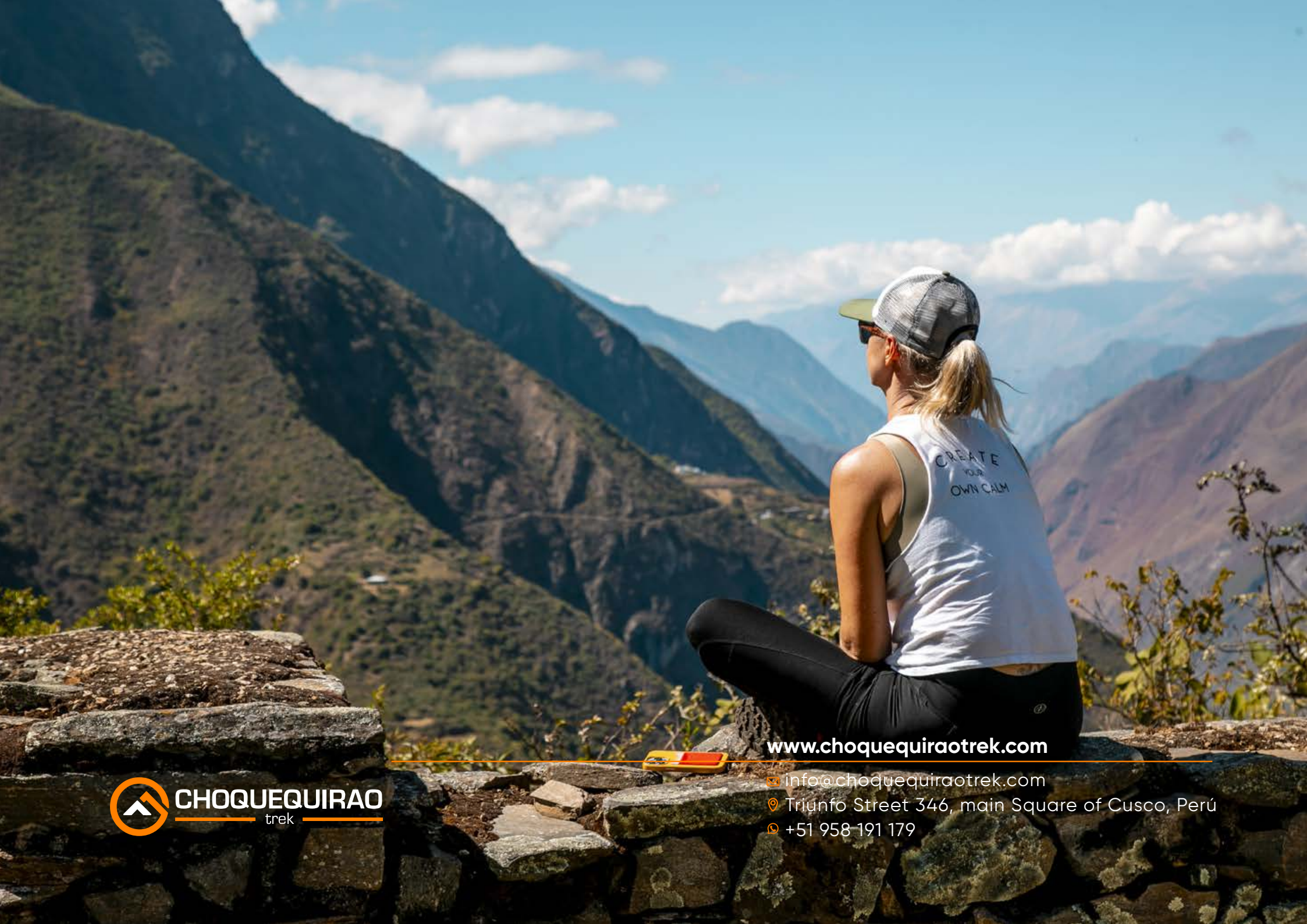
Our Horseman & Horses

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.



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