



Trek

# Choquequirao **by** Lodge

04 days | 03 nights



## Description



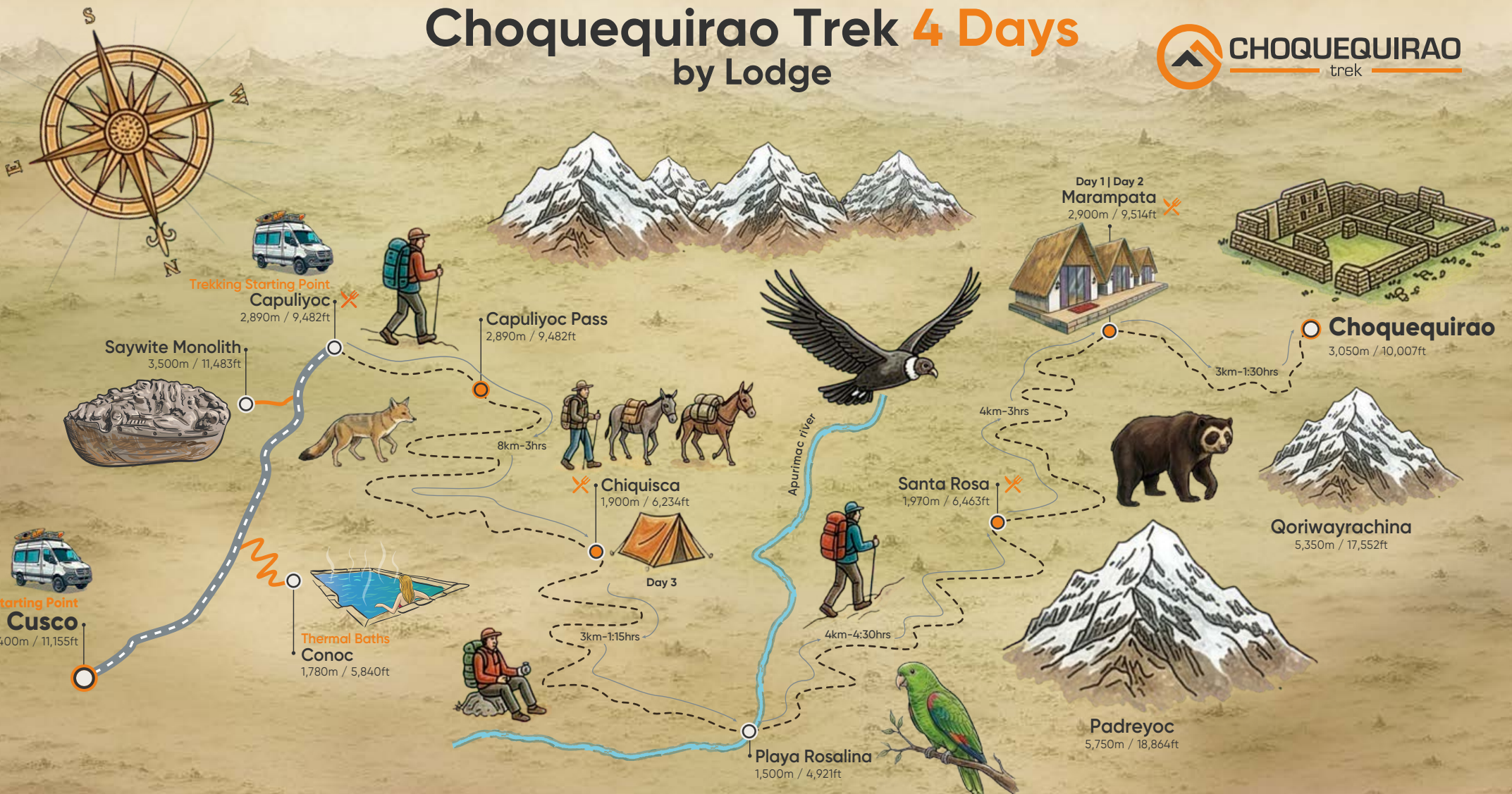
# Trek Choquequirao by Lodge

**C**hoquequirao Trek Classic 4 Days by Lodge, The city after founded no body visit because was found ready Machupicchu and historian guest that is the golden city, but later Choquequirao Trek 4 Days Classic was proven this is the last refuge were a center for expanded to the Peruvian cost. The location of the city is close to the gods (sky, sun, moon, star and mountain) A spectacular Choquequirao trek that will lead you to the enigmatic last refuge of the Incas.

Choquequirao(3.103m/10178ft) is a huge archaeological complex still under cleaning and restoration process located in the surroundings of the Salkantay sacred mountain (6.271m/20569ft) and the Apurimac River canyon. You will enjoy amazing mountain scenery as well as lots of Andean flora and fauna.

If we comments of all Inca trail on the South America this is section of the original path with a lot history and legend let by them, the trail is 60 km or 40 miles in 4 days. Choquequirao Trek Classic

# Choquequirao Trek 4 Days by Lodge



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

## Choquequirao Trek

- 4 Days Itinerary
- Day 01:** Cusco - Capuliyoc - Marampata "Choquequirao Sanctuary Lodge".
  - Day 02:** Marampata - Choquequirao - Marampata
  - Day 03:** Marampata - Santa Rosa - Chikisca
  - Day 04:** Chikisca - Capuliyoc - 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
11km / 6.83mi	9 hrs.	2,900m/9,514ft	Challenging
8km / 4.97mi	3 hrs.	2,890m/9,482ft	Moderate



# Full Itinerary



## Day 01

Cusco > Capuliyoc > Marampata.

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

After having Lunch we will have a 30 min break to continue with or hiking, Descending 45 minutes more until Playa Rosalinas (1700masl), located in 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 style of life that maybe you wont believe compared to the city. We will arrive to our private Choquequirao trek Lodge approximately at 5:30 pm, after a small break its time for dinner, approximately at 7pm and overnight in our LOGDE, during the night you will be able to see constellations according Andean or Inca religi3n.



## 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 Wonderful landscapes

02 Hike down to Rosalina Beach

03 Adventure hike

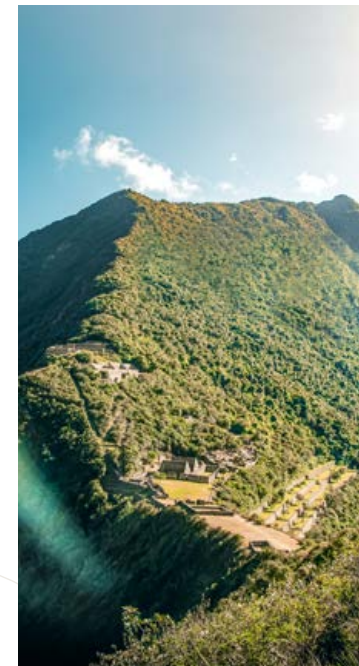


## Day 02

Maranpata > Choquequirao > Marampata.

In the early morning you will be woke up with a coca tea and have enough time to organize our stuff. Approximately at 7:30am 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 to visit all of this places we will start our descend until 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 us know about it, this place is called cataratas de Pachayoc (water falls) a place where you will be in touch with the 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 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.  
(Choauqueiario)

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

- 01 Archaeological site of Choquequirao
- 02 Site of Llamas in Choquequirao
- 03 Panoramic view of Choquequirao archaeological site



## Day 03

Marampata > Santa Rosa > Chikisca.

At around 6:00 am we'll have breakfast and after an additional half hour, we'll start our Choquequirao trek. We'll go downhill for about 2 to 2 ½ hours to the Apurimac River which we'll cross. From here we'll go up to Chikisca for lunch. Here we'll also be able to enjoy the view of the condors from this area. We'll be in camp at around 3:00 to 4:00pm. Here we'll also have our tea and dinner and the rest of the time to relax a little.



## Day Facts

**Hiking distance:**  
7 Km. / 4.3 mile

**Hiking time:**  
4 hour approximately.

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

**Acomodation:**  
Camping: Chikisca.

**Meals:**  
Breakfast.

**Maximum Altitude:**  
2919 masl / 9576 ft.  
(Marampata)

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

01 Tourist walking with the snowy background

02 Rosalina Beach Bridge

03 Adventure in the mountains



## Day 04

Chikisca > Capulloc > Cusco

After early breakfast you will get ready to return to Cusco. It will be the last 3 hours uphill to arrive to the end of the trek where you will enjoy your last lunch with your guide, porters and horsemen. You will say goodbye to your team other than your guide and then continue for about 3 hours, this time by Private Bus, drive back to Cusco along the nice landscape.

Optional: After spending time enjoying the site we drive to the hot spring of Conoc to relax after several days of walking. After lunch we head back to Cusco dropping you at your hotel.



## Day Facts

**Hiking distance:**  
8 Km. / 4.9 mile

**Hiking time:**  
4 to 5 hour approximately.

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

**Shuttle to Cusco:**  
4 Hours from Capulloc.

**Meals:**  
Breakfast, Lunch.

**Maximum Altitude:**  
2862 masl / 9389 ft.  
(Capulloc)

**Minimum Altitude:**  
1857 masl / 6092 ft.  
(Chikisca)

01 Capulloc viewpoint

02 Tourist with view of a snow-capped mountain

A light gray topographic map of a region, likely the Pacific Northwest, serves as the background. The map features contour lines and outlines of landmasses. Two horizontal orange lines are positioned above and below the text.

# Inclusion & Packing List



# What is Included?

## Included

- Private transport from Cusco to Capulioc trail head
- Hotel in Marampata
- Professional bilingual guide (Spanish and English)
- Meals during the excursion (breakfast, lunch, dinner / option vegetarian)
- Cook and cooking equipment
- Horseman and mules, for all camping equipment and customer's luggage (Up to 5 kg)
- Emergency horse over 6 persons
- First-aid kit and oxygen bottle

# What is NOT Included?

- \* Day 1: Breakfast
- \* Entrance fees to Choquequirao
- \* Lunch and Dinner on the last day
- \* Walking Sticks: you can hire from our company
- \* 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.

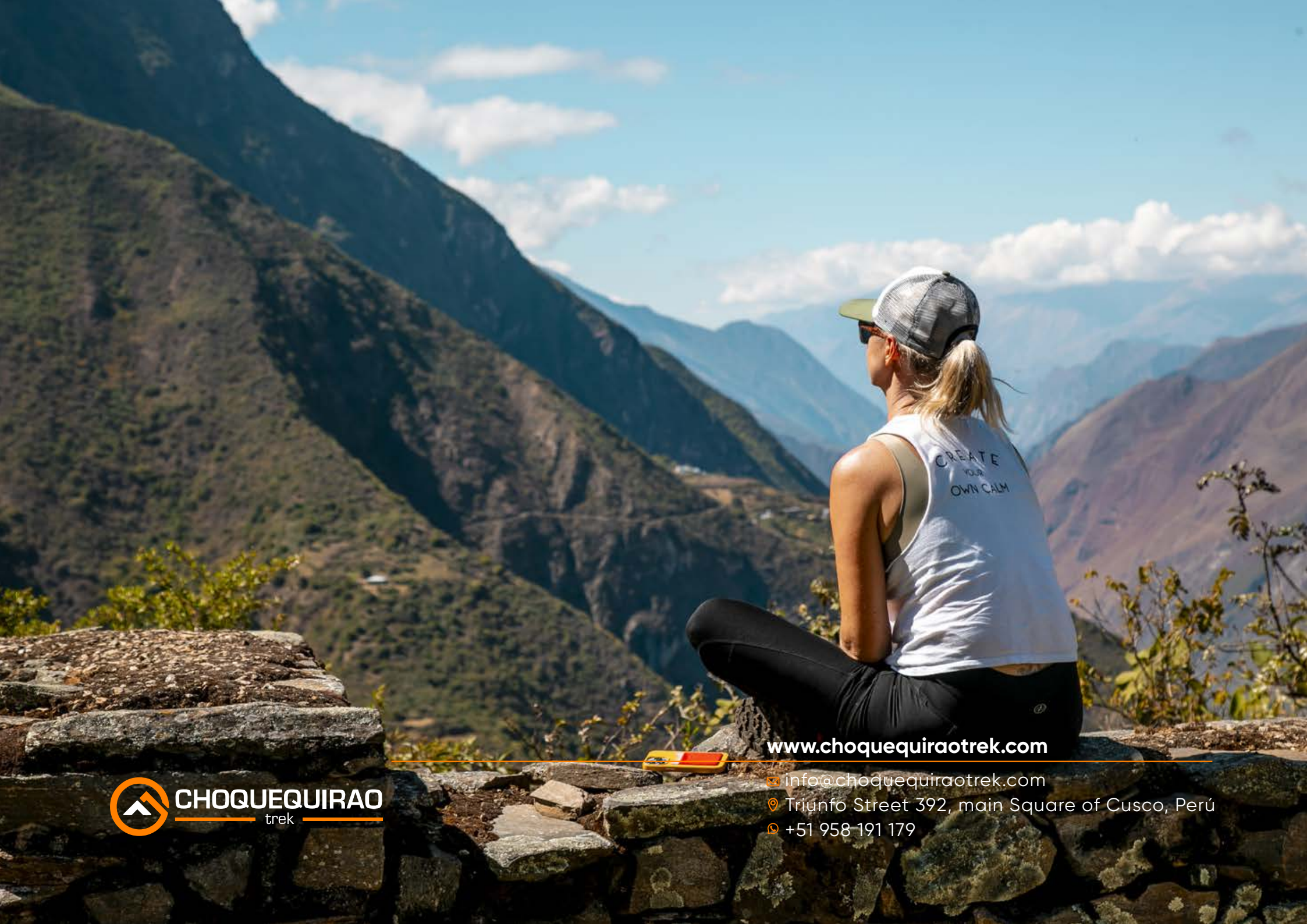
## Our Horseman & Horses

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

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