



# Choquequirao Trek

# Imperial **By Lodge**

05 days | 04 nights



## Description



# The Adventure of a Lifetime

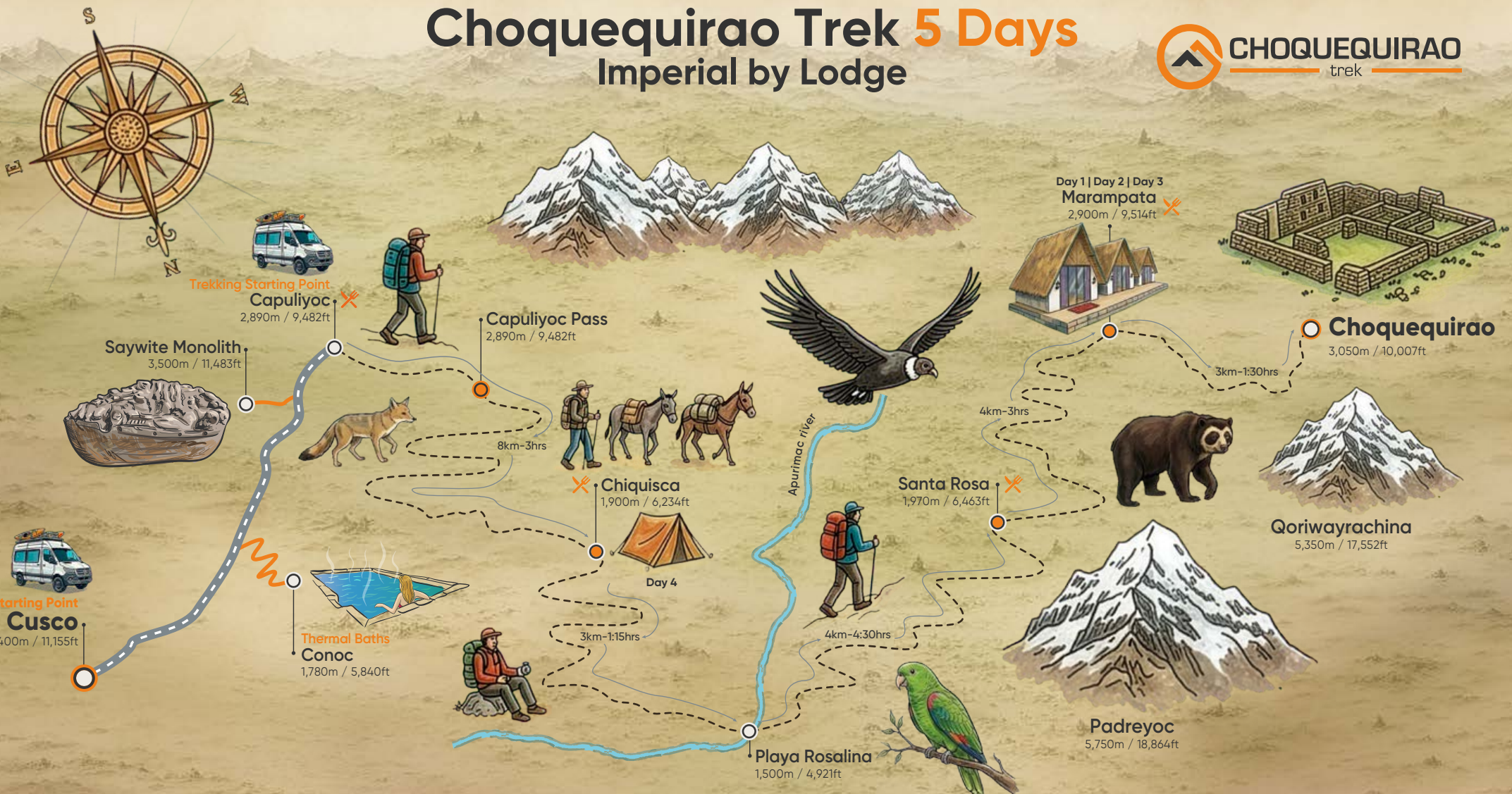
Choquequirao Trek Imperial 5 Days by Lodge, The name Choquequirao means "Cradle of Gold." Located above the raging, glacier-fed Apurimac River, surrounded by towering snow-capped peaks and seated on a high ridge, Choquequirao is a remote and rarely visited "lost city of the Incas". The Inca archaeological site is considered, the sister to Machu Picchu, it is less known and 3 times larger than Machu Picchu. It was one of the last refuges, for those Incas who continued to resist Spanish occupation after the conquest. The site was eventually abandoned and became covered by dense cloud forest vegetation and to this day archeologists continue to discover new sectors of the city.

On this adventurous trek, we will walk on Inca highways, hike through high Andean landscapes with majestic

glaciers, descend into deep canyons where the condors fly and pass through biologically diverse cloud forest ecosystems. You will also see native animals such as Andean Condors, birds, native flora and fauna, orchids and so much more.

# Choquequirao Trek 5 Days

## Imperial by Lodge



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

### Choquequirao Trek

5 Days Itinerary

- Day 01:** Cusco - Capuliyoc - Marampata "Choquequirao Sanctuary Lodge".
- Day 02:** Marampata - Choquequirao - Marampata
- Day 03:** Marampata - Choquequirao - Marampata
- Day 04:** Marampata - Santa Rosa - Playa Rosalina - Chiquisca
- Day 05:** Chiquisca - Capuliyoc - Saywite Monolith - Conoc Thermal Baths - 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
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 typical 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 religión.



## Day Facts

**Hiking distance:**  
15 Km. / 9.3 mile.

**Hiking time:**  
6½ to 7 hour  
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 View of the Andes Mountains

02 Playa Rosalina

03 Trek to Choquequirao



## Day 02

### Maranpata > Choquequirao

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 Maranpata, 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.

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 Camp Choquequirao where dinner is ready and is time to stop over.



## Day Facts

**Hiking distance:**  
4 Km. / 2.4 mile.

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

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

**Accommodation:**  
Lodge: Camp  
Choquequirao.

**Meals:**  
Breakfast, Lunch, Dinner.

**Maximum Altitude:**  
3106 masl / 10190 ft.  
(Choauqueiaro)

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

01 Welcome to Choquequirao

02 Choquequirao

03 Tourists Choquequirao



## Day 03

Choquequirao > Marampata

**A**fter breakfast, we will visit the magnificent archeological site of Choquequirao for the entire day. Enjoy the private guided tour and explore all of the beautiful sections of the temples, terraces, palaces, the llamas' section, and much more. We will return to our same campsite for tea and spend the night.

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:**  
4 Km. / 2.3 miles

**Hiking time:**  
4 hours approximately.

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

**Accommodation:**  
Camping: Choquequirao.

**Meals:**  
Breakfast, Lunch, Dinner.

**Maximum Altitude:**  
3040 masl / 9973 ft.  
(Choquequirao)

**Minimum Altitude:**  
2919 masl / 9576 ft.  
(Choquequirao Camp)

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- 01 Main Square of Choquequirao
  - 02 Llamas Sector in Choquequirao
  - 03 Choquequirao



## Day 04

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 hours approximately.

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

**Accommodation:**  
Camping: Chikisca.

**Meals:**  
Breakfast, Lunch, Dinner.

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

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

01 Trek to Santa Rosa

02 Tourists in the Andes Mountains

03 Adventure trek



## Day 05

Chikisca > Capulioc > Cusco

After an early breakfast, you will get ready to return to Cusco. It will be the last 3 hours uphill to arrive at 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, and 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 miles

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

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

**Shuttle to Cusco:**  
4 hours from Capulioc.

**Meals:**  
Breakfast, Lunch.

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

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

01 Saywite Monolith

02 Visiting the Saywite Monoliths

03 Capulioc

A light gray topographic map of a region, possibly a mountain range, serves as the background. The map features contour lines and a prominent peak. The title text is overlaid on the map.

# Inclusion & Packing List



# What is Included?

## Included

- Pick up at your hotel in the morning of the trek departure
- Private transport from Cusco to Cachora (starting point of the trek) and from Villa de Loros to Cusco
- Entry fee to Choquequirao and other Inca sites
- English speaking, experienced professional guide
- Private Guided tour in each archaeological complex
- Comfortable tents for two people in a four-person tent
- Meals as indicated in the itinerary (optional vegetarian food with prior request)
- 1 emergency horse which can be ridden if you're feeling exhausted or unwell
- All camping equipment such as: dining tent, table, chairs, kitchen tent and toilet tent
- Tent for our staff to sleep in
- First Aid kit including emergency oxygen bottle
- Horses (for equipment and personal items) including horsemen
- 7 kgs of your personal items such as extra clothes and sleeping bag will be

carried by our mules

- Boiled water for drinking and washing purposes
- Entry fee to the hot springs

# 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.

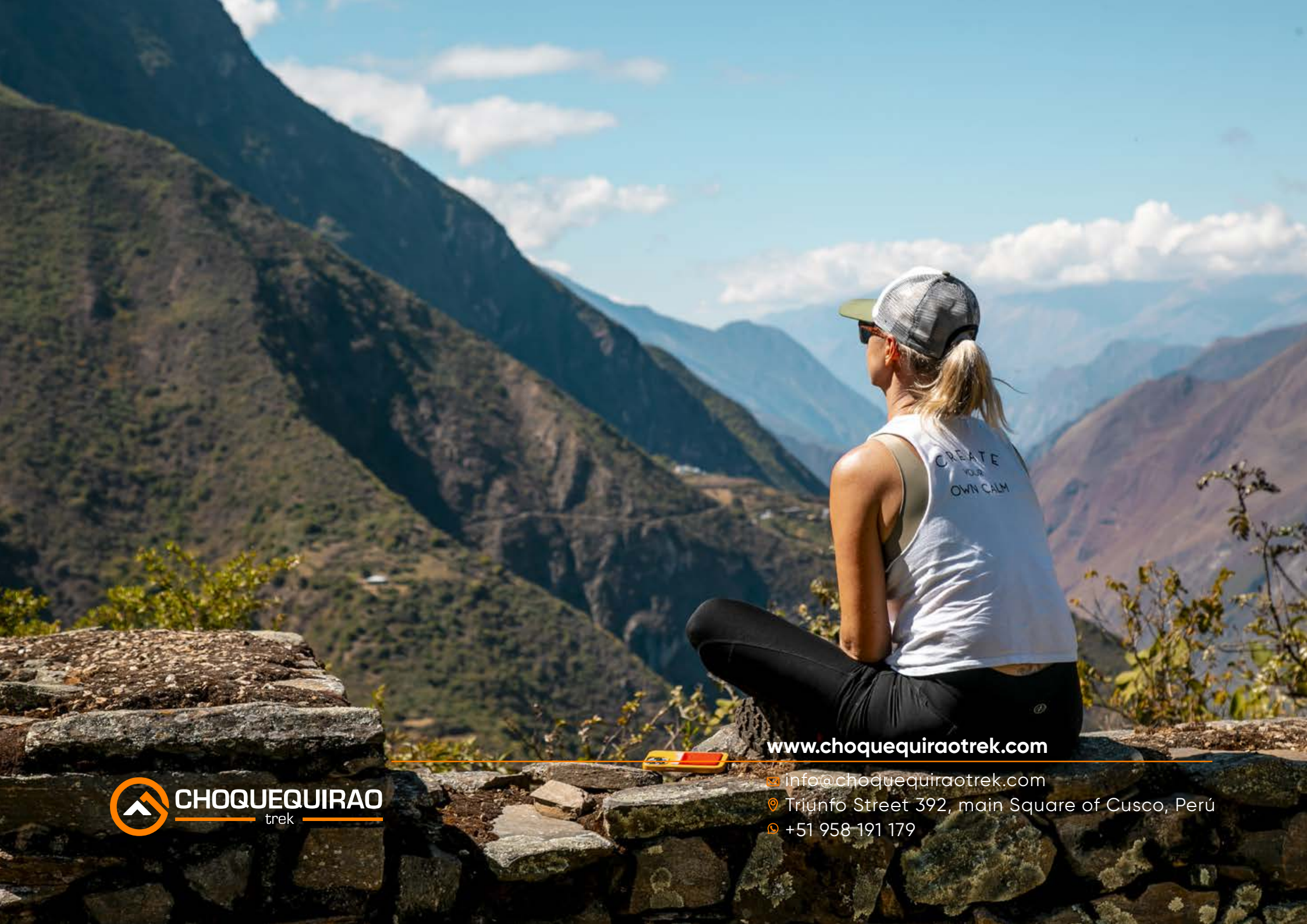
## Our Horseman & Horses

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

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**CHOQUEQUIRAO**  
trek