



Choquequirao Trek

To Machu Picchu

08 days | 07 nights



Description



The Trail to Choquequirao and Machu Picchu

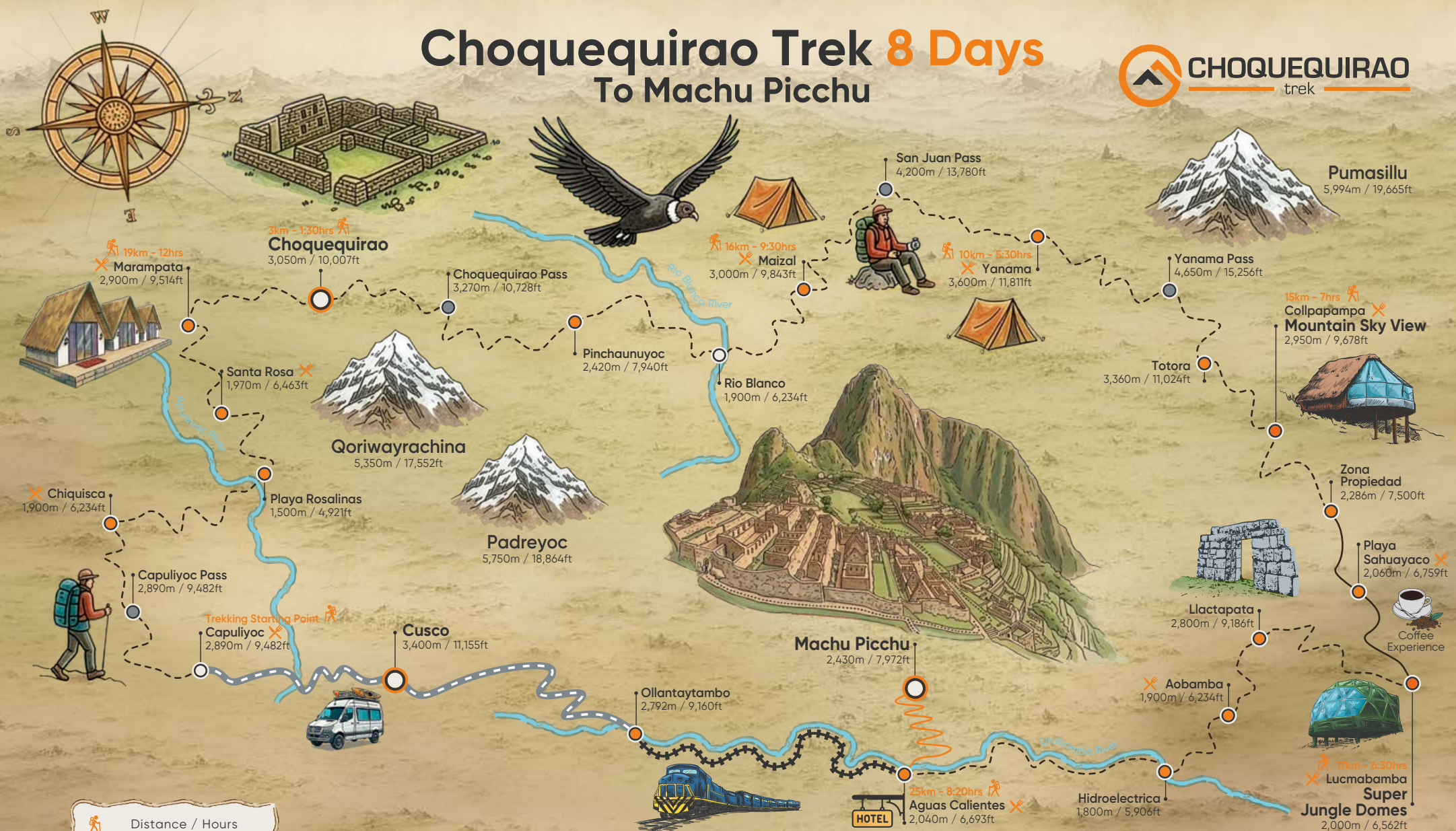
Choquequirao Trek to Machu Picchu 8 Days, This is one of the many trails crossing the amazing Andes mountain range. As such, it was featured in traveling magazines and is being considered one of the top ten hikes in the world for its biodiversity and wildlife. Most of the trail passes through the Andes and then touches the jungle where we will see local fruit plantations. On this trip we, offer selective and exclusive service. Members of our staff are trained and ready for all activities to make your trip as enjoyable as possible. This is one of the luxuries we have to offer - expert guides, rated as such by our clients. This expedition will take you to two of the major archaeological sites in the Cusco area: CHOQUEQUIRAO and MACHU PICCHU. Both cities were considered towns of nobles and priestesses, and you will get the chance to know

about the legends and treasures left by them through time on these majestic mountains.

These towns mark the beginning and end of the Incan society. Both cities were abandoned by the Incas before their conquerers could follow them there and then later found by explorers on expeditions in the Andes. Come on this trek and feel the real adventure of nature that is still untouched! During the trek, you will be able to experience hiking on the trail of one of the oldest world cultures. Choquequirao is situated in the spurs of the mountain range of Salkantay at 3035 MASL - 9957 FASL, surrounded by the snowcapped Apus of Yanama, Ampay, Choquetacarpo, Pumasillo, and Panta on the right side of Apurimac river. Choquequirao is an Incan town consisting of many small sites which form a complex metropolis

placed on the crest of the mountain called Choquequirao

Choquequirao Trek 8 Days To Machu Picchu



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

Choquequirao Trek to Machu Picchu

- 8 Days Itinerary
- Day 01:** Cusco - Capuliyoc - Marampata "Choquequirao Sanctuary Lodge".
 - Day 02:** Marampata - Choquequirao - Marampata
 - Day 03:** Marampata - Rio Blanco - Maizal
 - Day 04:** Maizal - Minas Victoria - Yanama
 - Day 05:** Yanama - Tatora - Collpapampa "Mountain Sky View"
 - Day 06:** Collpapampa - Playa - Lucmabamba "Super Jungle Lodge"
 - Day 07:** Lucmabamba - Hydroelectrica - Aguas Calientes
 - Day 08:** Aguas Calientes - Machu Picchu - Ollantaytambo - 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
16km / 9.94mi	9:30 hrs.	3,270m/10,728ft	Moderate
10km / 6.21mi	5:30 hrs.	4,200m/13,780ft	Challenging
15km / 9.32mi	7 hrs.	4,650m/15,256ft	Challenging
17km / 10.56mi	6:30 hrs.	2,950 m / 9,678 ft	Moderate
25km / 15.53mi	8:20 hrs.	2,800 m / 9,186 ft	Challenging
3km / 1.86mi	1 hrs.	2,430 m / 7,972 ft	Easy



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 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 religión.



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 Panoramic view of the mountains

02 Playa Rosalina

03 Trek to Choquequirao



Day 02

Maranpata > Choquequirao > Choquequirao Camp Site.

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 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 Choquequirao Camp 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.
(Maranpata)

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- 01 Choquequirao Archaeological Site
 - 02 Panoramic view of Choquequirao
 - 03 Choquequirao Archaeological Site



Day 03

Choquequirao > Rio Blanco > Maizal.

Before breakfast, we recommend going to appreciate the magnificent sunrise from this picturesque spot! We will have breakfast at 6 AM.

We start today's trek passing through and exploring the Choquequirao ruins. We hike uphill through cloud forest, mountains, and valleys to reach the Choquequirao pass.

After 5 hours trekking, the trail continues through agricultural terraces called Pinchinoyoc which means "water jumping forward" (2750 MASL – 9022 FASL).

There we will see different species of birds, varieties of orchids, and local coca plantations.

We will have our lunch near the Rio Blanco. We use the break here to take a refreshing dip in the cold, clear river water if you would like.

We cross the river by walking because there are no bridges.

On the other side, we start the long, steep climb to our camp in Maizal high over the river and closer to the sacred Apus of the Incas. This climb takes about 3 hours. This is the most challenging day. We will camp at 3000 MASL – 9842 FASL.



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 Pinchaunuyoc terraces

02 Pinchaunuyoc Archaeological Site

03 The Andes Mountains



Day 04

Maizal > Minas Victoria > Yanama.

Waking up on the hillside with the sounds of the forest and birds is a truly great experience! Recharging our energy with a good breakfast and following the trail upward, the landscape is lush green vegetation.

If we keep up our motivation and the gods give us a clear sky, we will be able to just sit and appreciate the snow-capped mountains around us. The uphill climb today is around 7 hours to the summit, and this trail is historically important due to some archaeological remains and Inca channels along the way.

We will pass by the impressive Inca mines called Minas Victoria, from which silver used to be extracted. and head toward the Victoria Pass (4200 MASL – 13773 FASL).

This is a long climb, but we will walk through an absolutely breath-taking area, first with cloud forest and then over the Andean Puna with its well-known lchu grass.

As we approach the top, we can appreciate original paved Inca trails. We will have lunch on the pass with views of the mountains Choquetakarpo and Pedrayoc.

While we have lunch, we will hopefully be able to appreciate the flight of the condors, depending on the climate.

Finally, we will descend to our campsite at Yamana, a small village settlement at the bottom of a long valley surrounded by mountains (3800

MASL – 12467 FASL).



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: Soraypampa.

Meals:
Breakfast, Lunch, Dinner.

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

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

01 The Andes Mountains

02 San Juan Pass

03 View of the Andes Mountains



Day 05

Yanama > Totora > Colpapama.

The Yamana native community surrounds the base camp. We begin another long day with the big smiles of local children, the sun shining on the campground, the noise of a grand waterfall, and breakfast on a table outside to appreciate everything around us.

We then start hiking uphill to the highest pass in this trek (5 hours). This is Yamana pass (4700 MASL – 15419 FASL).

During the day, it is common to observe the Andean farmers growing potatoes in their fields and possibly even some frozen potatoes. Again, the view will be amazing from here as we will be surrounded by the mountain ranges of Saqsarayoc and Pedreyoc.

Once again, we have the chance to see condors flying about, and this morning's smooth climb brings us through new landscapes – especially the wet grass fields under the snowline and the water stream.

In the pass, we may have been walking through snow in a new entrance to the Santa Teresa Valley. Here, we can observe one of the Incan Gods – Salkantay Mountain.

Afterward, we descend on a long, foggy path through grassy fields and bush areas, crossing bridges on the way to the community of Totora, where we will have lunch.

After a short break, we continue back

down to warmer climates again, and our path will eventually converge with that in Colpapampa (2900m / 9514 ft.), where we will camp for the night.



Day Facts

Hiking distance:
26 Km. / 16.1 mile

Hiking time:
6 to 7 hour approximately.

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

Acomodation:
Hostel: Aguas Calientes.

Meals:
Breakfast, Lunch, Dinner.

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

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

01 Tourists in the Andes Mountains

02 Mountain Sky View

03 View of the Andes Mountains



Day 06

Colpapampa > Playa > Lucmabamba.

After breakfast at 6:00 AM, we begin our day hiking until we reach our lunch site at La Playa. After lunch, we will have a fairly easy descent where you will be able to experience Ceja de Sela, the jungle highland. Here, you will see coca, coffee, fruit plantations, birds, orchids, and begonias.

We will then have a bus drive us for two hours down to the village of Santa Teresa, we will have dinner, and spend the night in tents.



Day Facts

Hiking distance:
26 Km. / 16.1 mile

Hiking time:
6 to 7 hour approximately.

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

Acomodation:
Hostel: Aguas Calientes.

Meals:
Breakfast, Lunch, Dinner.

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

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

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- 01 Super Jungle Domes Campsite
 - 02 A tourist in the Andean jungle
 - 03 Hike through the Andean jungle



Day 07

Lucmabamba > Hidroeléctrica > Aguas Calientes.

After breakfast, we will board our transport to the hydroelectric plant, where the government control is located and the entrance to Machu Picchu National Park (Machu Picchu Historical Sanctuary).

At this point, we will start our trek to the town of Aguas Calientes, passing through the area called Intihuatana, a small archaeological site where the guide will share an explanation to better understand the site.

Then we will continue to Inka Rakay, where we will enjoy our lunch. During the journey, we will enjoy and contemplate the majesty of the Machu Picchu mountains, Huayna Picchu, as well as other archaeological sites in the heights of the mountain.

We will finish the hike in the town of Aguas Calientes, where we will spend the third night of the tour.



Day Facts

Hiking distance:
26 Km. / 16.1 mile

Hiking time:
6 to 7 hour approximately.

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

Acomodation:
Hostel: Aguas Calientes.

Meals:
Breakfast, Lunch, Dinner.

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

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

-
- 01 Trek to Aguas Calientes
 - 02 Llactapata Archaeological Site
 - 03 The town of Aguas Calientes



Day 08

Aguas Calientes > Machu Picchu > Cusco.

Today, we arrive at the long-awaited finale of our trek, one of the New 7 Wonders of the World and a UNESCO World Heritage Site – Machu Picchu! We will wake up early after a refreshing night at our hostel to beat the crowds to the top of Machu Picchu and enjoy its serenity in the soft morning light. The Machu Picchu entrance checkpoint is open from 06:00 AM until 17:00 PM. We will hike up to Machu Picchu (a bus ride is optional and included if you do not want to walk) and enter the hidden Royal Citadel of the Incas.

Here we will have a 2-hour guided tour through this incredible ancient city to visit temples, terraces, palaces, priests' houses, the sundial, the industrial sector, and the farming fields. Be amazed at the engineering ingenuity of the Incas, which was so far ahead of its time and still partially a mystery today! Without having modern tools or even steel and iron to work with, the people who built this city were geniuses in organizing this community in a sustainable and beautiful way on the side of a mountain, even bringing water in canals through its streets for the people to use. When a Peruvian guide showed this site to Hiram Bingham, it was almost unrecognizable, covered in thick vegetation and in a state of disrepair. It has since been cleaned and restored and is now protected and treasured by the world at large!

After this tour, you are free to climb

up to Huayna Picchu or Machu Picchu Mountain (Be sure to book in advance to get tickets for these!). Each mountain takes approximately 3 hours to hike up and down. Another lower-impact option for which you do not need an extra ticket is to trek to the Sun Gate, the main entrance from the Inca Trail (this takes about 2 or 2.5 hours round-trip).

Another option is walking to see the Incan Bridge. You will be able to stay and enjoy this magical city for more than 7 hours before hiking back down to Aguas Calientes for the train ride at 6:45 PM to Ollantaytambo. A private bus will pick up our group and drop you off at your hostel in Cusco at about 11:00 PM. Rest your feet and your body now, but we can assure you your heart will still be soaring for weeks and years to come!



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 Machu Picchu

02 Machu Picchu

03 Machu Picchu

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

Inclusion & Packing List



What is Included

Included

- Private transport from Cusco to the Cachora trail head
- Transport from Capulic 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, and snacks/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.

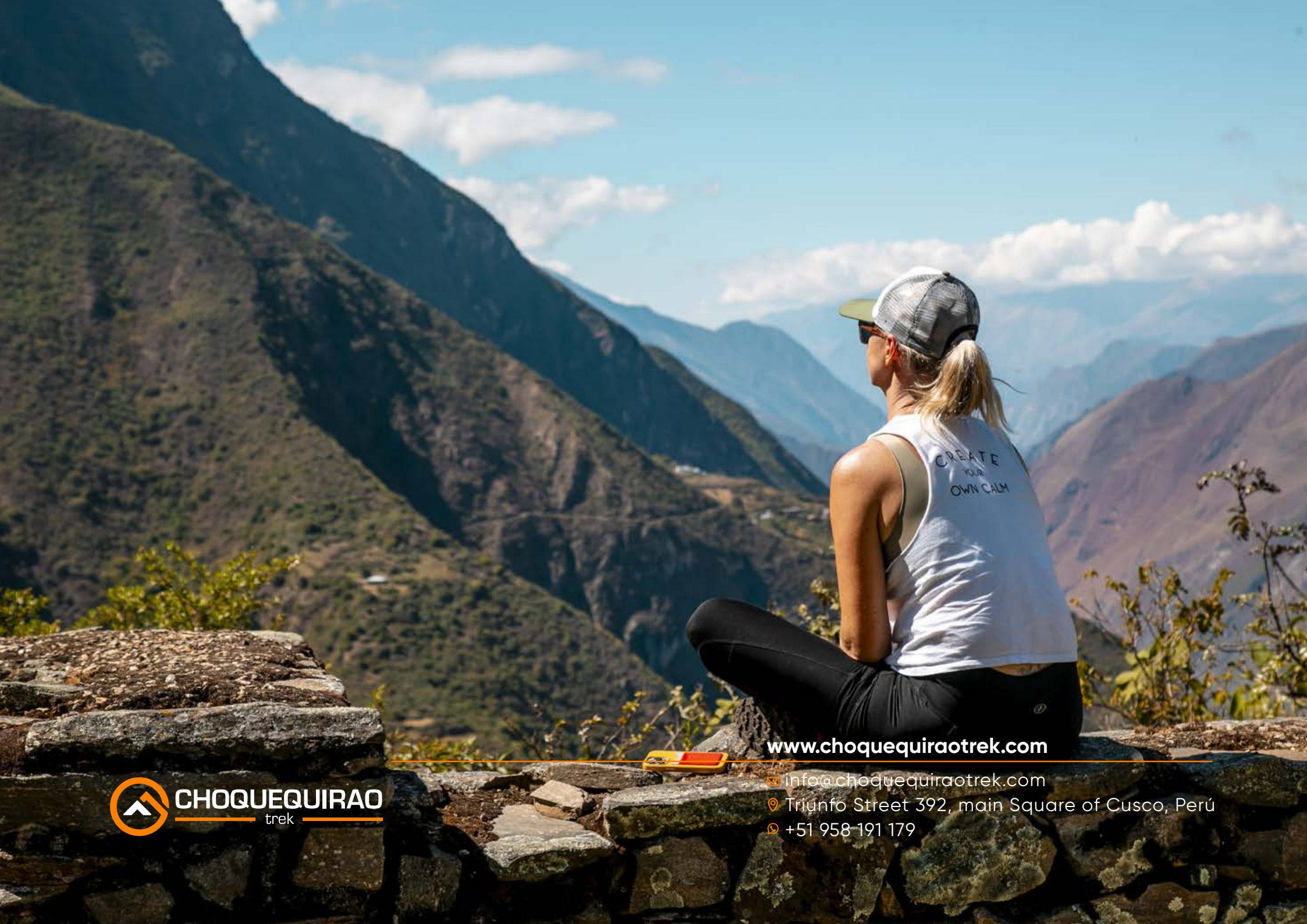
Our Horseman & Horses

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

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CHOQUEQUIRAO
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