

# methodfitness

## PERU – SALKANTAY LODGE TO LODGE TREK 2020

New Farm Travel  
Innovative Travel Solutions



It is with much excitement that I am able to provide you with an outline of the upcoming adventure to Peru trekking the Salkantay Route, an alternative to the traditional Inca Trail, hiking from lodge to lodge through the Cordillera Vilcabamba, a spectacular Andean mountain range which cradles the famed ruins of Machu Picchu. Be part of an adventure where you will experience a once-in-a-lifetime physical, cultural and spiritual journey. You will get to explore the Sacred Valley, sightsee the old town of Cusco, and hike through the magnificent Salkantay Valley en route to the legendary ruins of Machu Picchu. A lunch to celebrate our arrival in Peru will be held at the Mil Centro headed up by the Michelin Star chef Virgilio Martinez. At the conclusion of our Peruvian experience and homeward bound we will have a stopover in Santiago to explore the sights of the Chilean Capital.

### The Adventure

After transiting across the South Pacific Ocean the journey starts in South America, Peru. A couple of nights will be spent in Urubamba and Cusco to adjust and acclimatize to the altitude. In Urubamba you will stay at a charming hotel. A highlight of your stay in Urubamba will be a lunch and full day culinary and historical tour of the Sacred Valley. Lunch will be held at Netflix 'Chef Table' star restaurant at Mil Centro. The innovative restaurant is situated over the Moray Inca ruin. The menu is highlighted by 'ancestral cuisines' with courses inspired by the altitude at which the ingredients grow, a totally unique way to produce dishes.

After a couple of nights in Urubamba you will be privately transferred to Cusco where you will have the opportunity to explore this fascinating city on your last night in Cusco you will meet your guide for your pre trek briefing before departing to commence a 5-day trek.

On the Salkantay trek, challenge yourself as you hike through fifteen different bio-zones, changing altitudes and varied terrains. Marvel at the exquisite beauty of the Salkantay Peak, Salkantay Glacier and Humantay Glacier Lake. Your final stage of this adventure will see you take a train ride to famed sanctuary of Machu Picchu. Along the way you will share in the culture and customs of local Andean families who maintain age-old traditions. And at the end of the day indulge in the comfort of enchanting mountain lodges where you can soak your body in the revitalizing salts and minerals of natural hot springs, eat innovative local cuisine, experience

the warmth of the people and pamper your mind-body. You will be inspired by the majesty of your surroundings in the knowledge that you are following in the footsteps of the Incas.

The Salkantay experience goes beyond deluxe lodges and a great trek. It is a unique opportunity to experience ancient history in the Land of the Incas, as well as the most interesting and exotic variety of flora and fauna.

From Machu Picchu a train will take you to the Sacred Valley then a private transfer back to Cusco. From Cusco a night will be spent in Santiago, where you will experience and explore the city with guided tours.

## Trip Dates

2020 13 March – 26 March

*(Please note that this is a proposed itinerary. It is based on flights and schedules that are current at time of preparation. Flight and train schedules are subject to change and may affect the final itinerary. Dates to be confirmed once flights are released)*

## Estimated Trip Cost

\$11067 twin share ex Brisbane *(due to the style of adventure the price is an estimate and can only be fully confirmed once the trip is fully booked)*

Trip Duration	14 days
Grade	Moderate to Demanding
Activities	Two nights acclimatisation in Urubamba and a further two nights in Cusco, Trekking 7 days on the track with 5 to 7 hours per day carrying a Day Pack (5kg), overnight duffle bag (10kg) being transported to each nights accommodation by mule and porters. One nights accommodation in both Cusco and Santiago upon finishing the trek
Summary	14 days trip, 7 days on trail trekking approx. 63km, 6 nights hotel, 5 nights mountain lodges

## At a glance

Day1	Depart Brisbane International Airport – Flight Transfer From Auckland Santiago - Flight Transfer from Santiago to Cusco – Transfer to Urubamba - Overnight Sol y Luna
Day 2	Acclimatisation day, full day tour and lunch in the Sacred Valley – 1 <sup>st</sup> Acclimatisation Day - Overnight Sol y Luna - Meals: Breakfast Lunch
Day 3	Morning Sightseeing ½ day tour of Pisac Markets, – 2 <sup>nd</sup> Acclimatisation Day - Overnight El Retablo Meals: Breakfast
Day 4	Morning Sightseeing tour of Cusco – 3 <sup>rd</sup> Acclimatisation Day - Afternoon pre-trek briefing, Overnight El Retablo Meals: Breakfast
Day 5	Bus transfer Cusco to Quillarumiyoc site to Mollepata and El Pedregal to Challacancha - Hike Camino Real to Soraypampa (3 hours) – Overnight Salkantay Lodge - Meals: Breakfast, Lunch, Dinner
Day 6	Hike Soraypampa to Lake Humantay (4 hours) - overnight Salkantay Lodge - Meals: Breakfast, Lunch, Dinner

Day 7	Hike Soraypampa over Salkantay Pass to Wayracmachay (7 hours), Overnight Wayra Lodge Meals: Breakfast, Lunch, Dinner
Day 8	Hike Wayracmachay into Cloud Forrest to Collpapampa (4 hours) Overnight Colpa Lodge - Meals: Breakfast, Lunch, Dinner
Day 9	Hike the Santa Teresa River Valley to Lluscamayo – transfer vehicle from Lluscamayo to Inca Trail - Hike Inca Trail to Lucmabamba – Overnight Lucma Lodge (6 Hours) - Meals: Breakfast, Lunch, Dinner
Day 10	Hike Llapata to Hidroelectrica Train Station – Train from Hidroelectrica to Aguas Calientes (5 hours) – Overnight Inkaterra Machu Picchu Pueblo - Meals: Breakfast, Lunch, Dinner
Day 11	Shuttle Bus Aguas Calientes to Machu Picchu Site – Half Day Machu Picchu Excursion – Huayna Picchu Track (5 hours) – Shuttle Bus Machu Picchu to Aguas Calientes – Inca Rail Train from Machu Picchu to Ollantaytambo – Transfer from Ollantaytambo Train Station to Cusco – Overnight El Retablo – Meals: Breakfast, Lunch
Day 12	Depart Cusco - Flight to Santiago Airport – Private Transfer To Hotel - ½ Day tour of Santiago - Overnight Luciano K Hotel - Meals: Breakfast
Day 13	Day free to explore Santiago – Private Transfer Hotel to Santiago Airport
Day 14	Depart Santiago
Day 15	Arrive Auckland - Depart Auckland – Arrive Brisbane

## What's included

- 10 Week Training Program with a weekly scheduled training walk plus a shopping trip to make sure you have the right gear
- Economy Air flights ex Brisbane to and from Cusco
- Travel Insurance (compulsory) – if a pre existing condition exists than an additional premium may be incurred.
- 2 nights Urubamba, 3 nights Cusco, 1 night Santiago
- 6 nights accommodation along the trek (traditional mountain lodges) twin share with private facilities
- Daily meals as listed in itinerary
- Guided tours during the Salkantay Lodge to Lodge Trek
- Entrance fees and permits to tourist and archaeological sites
- One guided visit to Machu Picchu including entrance permit and transportation to the sight
- Huayna Picchu climb permit (climb is optional)
- Tips for staff at Lodges and staff in the field are included (except for guides – recommendation is USD5.00 USD10.00 per day)
- Luggage transfers by mules and porters trekking days
- Full day culinary and historical tour of Sacred Valley and a lunch at Mil Centro
- Half day tours of Sacred Valley, Cusco and Santiago with English speaking guides
- Briefing in Cusco at the start of your trek
- Pre-departure pack including track notes, information packs, maps and a Phrasebook
- Transport – all group transport by shuttle bus and train
- Transfers airport/hotel/airport





## Day 2 Urubamba

Breakfast, and then be picked up at your hotel at 8.30 for a full day tour and lunch. You will visit the ancient Inca salt mines and ponds that sit below the town of Maras. The traditional way of collecting salt is unchanged from the times of the Incas. Next visit the Moray, where the Incas built huge circular terraces in the natural sinkholes on a limestone plateau overlooking the Urubamba Valley, apart from agricultural use; their function remains a mystery.

Also visit the communities of Mulaka's Misminay and Kacllaraccay where farmers gather to tend the fields, which supply MIL with their fresh produce. These farmers are also rewarded with 50% of the harvest for their families. Roots, tubers, legumes, fruits and aromatic herbs grow around the MIL project centre.

For lunch experience a tasting menu at the highly acclaimed chef Virgilio Martínez's restaurant Mil Centro. Claimed by Conde Naste Traveller as "The Ultimate Destination Restaurant"! You will experience the high altitude ecosystems dining, 8 courses tasting menu and pairing. After lunch you will be dropped off at your hotel at approx 16.30.

Meal: B L

## Day 3 Urubamba to Cusco

Depart your hotel for a ½ day tour through the Sacred Valley to a local market. Visit the bustling market at Pisac where locals from different communities congregate to trade their goods. You may bargain and buy some beautiful handicrafts. And make sure you enjoy some bread at the bakery in Pisac – its delicious. After the tour you will be transferred to the fascinating city of Cusco, situated 3,310m above sea level in the high Peruvian Andes Today is another day to acclimatise to the altitude and allow the body to adapt. It is a remarkable city for its many colonial churches, monasteries and convents and for its extensive Inca ruins. Many streets are lined with perfect Inca stonework now serving as foundations for more modern dwellings.

**Note:** *You will need to take all belongs with you as you will not return to this hotel after your tour.*

Meal: B

## Day 4 Cusco

This morning, depart your hotel on a half-day city sightseeing tour of Cusco. Visit the Plaza de Armas (main square), the Cathedral, Santo Domingo Church, the surrounding ruins of Kenko and Tambo Machay, and the renowned fortress of Sacsayhuman.

The remainder of the day is at your leisure to further explore this truly fascinating city. Enjoy the local markets, the people and colour, and shopping for local handicrafts weavings, pottery and more. In the evening a pre trek briefing will be held to go over the itinerary and provide information and answer any questions. The briefing will be held at a local hotel. It's another night in Cusco before commencing the Salkantay Trek the next day.

Meal: B

## Day 5 Bus transfer Cusco to Quillarumiyoc site to Mollepata and El Pedregal to Challacancha - Hike Camino Real to Soraypampa

Met by your guide and driver at the hotel in Cuzco. The first stop will be to visit Quillarumiyoc archaeological site. Then stop in at the mountain village of Mollepata, where you will visit El Pedregal, a beautiful farmhouse where your guide will explain the ways of local agriculture and livestock.

Continue by car along a winding mountain road to a site called Challacancha. This is where you will begin your hike for the day. Follow the picturesque path called 'Camino Real' (Royal Path), which gives you the opportunity to acclimatise to the altitude. It is an easy to moderate hike.

3 hours walking      Meal: B L D

#### Day 6 Hike Soraypampa to Lake Humantay

After breakfast, enjoy a half-day hike to Lake Humantay. Ascend up the slopes that border the plateau behind Salkantay Lodge for approximately 1½ hours until the turquoise water of the lake comes into view. Be offered the chance to join a traditional offering to "Pachamama" (Mother Earth) as you take in your beautiful surroundings. Relax and enjoy a snack on the shores of the tranquil lake before returning to the lodge for a hot lunch. Easy to moderate walk.

The afternoon is at your leisure. You may wish to relax in the outdoor Jacuzzi and enjoy the view of the beautiful Salkantay mountain peak towering above you, indulge in a relaxing massage or take a long nap.

4 hours walking      Meals: B L D

#### Day 7 Hike Soraypampa over Salkantay Pass to Wayracmachay

After an early start, hike up the Rio Blanco valley, circling Humantay Peak. As you gradually make your way up these mountain trails, you will encounter expansive plateaus dotted with boulders of varying sizes, the remnants of a valley that was once bisected by a fast flowing river. The final and most challenging part of the ascent is conquering the mountain switchbacks that take you to the Salkantay Pass, the highest point on the trek (4,636m).

Once over the pass descend to fields of giant boulders, often shrouded in fog. After a hot picnic lunch, continue down through bucolic rolling hills and marsh like plateaus until you arrive at your night's accommodation. Today's walk is challenging so make sure you relax in the evening.

7 hours walking      Meals: B L D

#### Day 8 Hike Wayracmachay into Cloud Forrest to Collpapampa

After a leisurely breakfast continue the descent along the banks of the Salkantay River through increasingly verdant scenery. Today you will have a chance to see more of the local people as the trail takes you past their homes and makeshift fences.

Arrive at the lodge just before lunch located on a high promontory at the confluence of three rivers. At lunch you will be served a Pachamanca lunch, a traditional Peruvian meal cooked in the earth by hot stones that create a natural underground oven. After lunch spend the afternoon at leisure. You may wish to enjoy the outdoor Jacuzzi whilst taking in the panoramic views of lush green meadows that surround you. Alternatively you may like to take on one of the activities on offer at the lodge (note at an additional cost).

4 hours walking      Meals: B L D

#### Day 9 Hike the Santa Teresa River Valley to Lluscamayo – transfer vehicle from Lluscamayo to Inca Trail - Hike Inca Trail to Lucmabamba

This morning, enjoy a hike through the Santa Teresa River Valley where you will hop over small streams fed by waterfalls descending from the glaciers and cross through fruit orchards. After breaking for a hot picnic lunch by the river, continue walking for one hour before you are met by your vehicle. From here there will be a short drive to the beginning of the "Llactapata Inca Trail" that leads to the night's lodge.

Along the hike visit an organic coffee plantation, one of many in that area that produces some of the best organic coffee in the world. In Lucmabamba, you may notice the warm air and increased humidity, an indication that you are close to the edge of the Amazon Jungle. Your hike for the day will be moderate challenging.

6 hours walking      Meals: B L D

#### Day 10 Hike Llactapata to Hidroelectrica Train Station – Train from Hidroelectrica to Aguas Calientes

Hike for 2-3 hours up a path mostly comprised of original Inca steps. Your first milestone today will be the top of the peak; the last one before you reach the Aobamaba River valley that connects you to Machu Picchu. When you arrive at the ruins of Llactapata at the Llactapata Pass (2,736m) you have a southeast view of the Machu Picchu ruins.

Enjoy your lunch a bit farther down the trail in a meadow with panoramic views. The final descent takes you through lush bamboo forests, until you arrive at Hidroelectrica train station.

A 1 hour scenic train ride finds you at your final stop , the town of Aguas Calientes at the base of Machu Picchu. Make your way on foot to the Inkaterra Machu Picchu Pueblo Hotel. Your trek will moderate to challenging today.

#### *Machu Picchu Entry Ticket Information*

- *Recent changes to Machu Picchu entry tickets require all tickets to be pre-purchased in advance and restrict entry to certain hours and durations.*
- *Included in the trek package is the morning session during the hours of 06.00 to 12.00. This will include your guided tour.*
- *Each session ticket is for a strict maximum of 4 hours and does NOT allow re-entry during the session, so all exists of the ruins are final.*
- *Huayna Picchu Climb is included but must be pre-booked. Huayna Picchu is the mountain at the back of the ruins (the one you see in most photographs). Permits are included in the tour cost if you choose to do the climb but as permits are limited you must notify us of your intention to climb upon booking so we can reserve your spot. Access is by pre-booked permit only. It is not possible to register to climb on the day. Be aware the climb is not suitable for everyone as it is narrow, with steep pitches and sheer drop-offs and takes around 2-3hours round trip. Anyone who suffers from vertigo should avoid the climb.*

5 hours walking Meals: B D

#### Day 11 Shuttle Bus Aguas Calientes to Machu Picchu Site – Half Day Machu Picchu Excursion – Huayna Picchu Track – Shuttle Bus Machu Picchu to Aguas Calientes – Inca Rail Train from Machu Picchu to Ollantaytambo – Transfer from Ollantaytambo Train Station to Cusco

After a very early dawn breakfast, with the group make your way to the bus stop where the shuttle buses are waiting to take you on the 20 minute bus ride up to Machu Picchu ruins (2,380m). Prepare to be awed by the imposing and skilful architecture of the Watchtower, the Temple of the Sun, and the royal Inca residences, among many other structures. Your imagination will soar as you contemplate the history of Machu Picchu and its mysterious origins.

Your guided tour will last approx 2 ½ hours and your entry is valid for a total of 4 hours so you may have time to climb the steep trail of Huayna Picchu, the iconic towering mountain often seen in the photographs.

Afterwards re-join the group and return by shuttle to Aguas Calientes for a late lunch. After lunch make your way to the station to board the afternoon train to Ollantaytambo.

On arrival at Ollantaytambo railway station, you will be met for transfer by road to Cusco. Your final nights stay in Peru.

5 hours walking Meals: B L

#### Day 12 Depart Cusco – Arrive Santiago

FLIGHT LATAM AIRLINES LA 2367

24 March 20	Tue	Depart Cusco	06.55	Economy
24 March 20	Tue	Arrive Santiago	12.20	

Arriving in Santiago the capital of Chile was first settled in 1531. The city has grown into a major metropolis where the many historic colonial buildings contrast with the gleaming new high-rise architecture and bustling shopping malls. Upon arrival be met for your private transfer to the hotel. Then in the afternoon depart your hotel for a half day tour around Santiago.

#### Chile Entry Fee

*Australian passport holders are required to pay an Entry Fee to enter Chile, payable of arrival at Santiago International Airport. The current fee is USD117.00 per person payable in USD cash or credit card and is valid for multiple re-entry within a period of 3 months from the date of first arrival.*

Meals: B L

#### Day 13 Santiago

A sleep in or and early morning time explore Santiago at your leisure, before your flight back home.

FLIGHT QANTAS AIRLINES QF 0028

25 March 20	Thu	Depart Santiago	13.35	Economy
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#### Day 14 Arrive Sydney - Depart Sydney – Arrive Brisbane

26 March 20	Fri	Arrive Sydney	17.40	
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FLIGHT QANTAS AIRLINES QF 0550

26 March 20	Fri	Depart Sydney	19.30	
26 March 20	Fri	Arrive Brisbane	20.00	

On arrival at Sydney international terminal, clear Customs and Immigration, then proceed to the domestic terminal to connect with your domestic flight to Brisbane. *Welcome home!*

#### Important note

This adventure is at altitude and the itinerary has been produced in order to minimise altitude sickness as much as possible. Altitude affects each person differently – you may feel no discomfort at all or only slight light-headedness. To help prevent altitude sickness or to minimise its effects, it is recommended you rest and drink plenty of fluids; water, fruit juices, herbal teas and the local 'mate de coca' (avoid caffeinated beverages and alcohol).

If you are more severely affected and are feeling particularly unwell, most hotels (3 star standard and above) in any cities located at high altitude have a portable oxygen supply that is available on request. Oxygen may either be provided to your room or is administered in the hotels central facility and, depending on the individual hotel, there may be a small charge for its use.



Altitude Profile	
Urubamba	2871m
Cusco	3310m
Soraypampa	3850m
Hike over the Salkantay Pass	4636m (the highest point on the track)
Wayracmachay	3906m
Collpapampa	2800m
Lucmabamba	2736m
Aguas Calientes	2000m
Machu Picchu	2430m
Cusco	3310m

## Accommodation on the trip

Accommodation is on a twin share basis. Both hotels and mountain lodges will form the type of accommodation that will be booked.

## Dietary requirements

Please be aware that most of the food served along the trek is traditional Peruvian style cuisine. Please discuss prior to booking if you have any dietary concerns.

## Fitness

A good level of fitness is required. The trek involves moderate to strenuous hiking at elevations of 2000m to 4600m on steep and rocky trails and a section of stone paved Inca paths. Trekking entails traversing 9 different eco-zones which involve changing weather conditions. While trail conditions are generally good, some steep trail sections require careful footing and good hiking boots with lug soles.

You will need to practice hiking on a hill or mountain environment with your equipment (boots especially!) that you'll be taking to the Peru. Hill/stair climbing (with a pack) is the best training, as this is the very activity you will be doing on trek. To ensure you are fit for your adventure, you should undertake training specifically for trekking, training three to four times a week, alternating interval training, endurance training with cross training such as swimming, yoga and stretching. Rest and a good diet are equally important.

You will be supplied with suggested 10 Week Program outlining the training required. This 10 Week Program allows adequate time to implement a solid fitness-training program and ensures that all the correct clothing and equipment is obtained.

It also allows you to be well prepared mentally and committed to the trip objective. Age and gender do not have a great bearing on one's suitability for a trip of this sort. The level of fitness, measured by aerobic capacity and stamina is more important as is the ability to be consistent in your performance and state of mind throughout the trek. Being relaxed in the outdoors (in all of nature's moods!) in a foreign country is a very important quality to have to get the most amount of enjoyment from the experience!

During this ten week period there will be one scheduled walk, which will be specifically tailored for the trek.

If you're not located in Brisbane then you must follow training recommendations from the trainer, using Method Fitness 10 Week Program. Should you be training outside Brisbane, your trainer will require you to "check in" and report on your training each week in the months leading up to your trip. You'll need to prepare for walking several hours (5-9 hours a day) with ascents and descents, so your training will need reflect this. Choose hills to train on and push yourself to

do long days to prepare yourself adequately. Be prepared for trails that are rugged with steep up and down sections, loose rocks and stone steps. The more training and better prepared you are, the more you will enjoy this beautiful walk.

## Climate

The weather in March is very comfortable as the average daily temperatures rise to around 19C with a minimum of 6C. However, the gap between morning low and daytime high is large in March. It will be cold in the morning and evening and warm during the day. This area in Peru has an average rainfall of 109mm in March.

## What you carry

You will carry a good daypack on the trek. You will also have a duffle bag, which carries your other luggage on the track; it will be transported by porters and mules on trekking days and train or bus. The duffle bags are available for loan by the trekking company. If you supply your own then it will need to be a linear dimension of 157cm (the total sum of length, width and depth). It will be picked up from your accommodation each morning and then it will be waiting for you in the evening at next accommodation.

When you trek to Machu Picchu, it is not possible to take large pieces of luggage with you. A larger piece of luggage can be stored in Cusco upon your return from trekking.

## Equipment required

A comprehensive gear list is provided in the pre-departure information supplied on booking.

## Health risks

Safety is number one concern and it will be important that you consult with your Doctor about recommended vaccinations and medications that will be required prior to visiting Peru.

## How to book

To book this trip you will need to sign and agree to the Method Fitness Guidelines Form, complete the New Farm Travel Agency Booking Form and pay a non-refundable deposit.

Payments will be due as follows:

Deposit                      \$5000 due upon booking

Balance of monies due by 30 November 2019

We can also help you with any additional arrangements that you require, such as airfare upgrades or post trip accommodation.

The cost of the trip is an estimate and can only be confirmed once it is fully booked; this is due to the style of adventure.

If you have any additional questions please call 0438 219 106

