



What
a trip

GETTING AROUND

A FREE TRAVEL GUIDE
FOR TRAVELERS LIKE YOU

Salkantay Trek 5 days / 4 nights

— *Cusco* —

[Whatatrip.pe](https://whatatrip.pe)

Salkantay trek 5 days / 4 nights

Put your adventurous side to the test by following an ancient route that includes a walk to Lake Humantay. You will enjoy new landscapes every time, from mountains and snow-capped mountains to tropical jungles or Andean towns... and of course Machu Picchu!

	Category	Andean Hikes
	Type of tour	Landscape, ruins, culture, adventure, nature, trek
	Type of service	Group tour
	Difficulty	Moderate
	Duration	5 days & 4 nights
	Max. Altitude	15 092 f.a.s.l (4 600 m.)
	Language	English & Spanish
	Places to Visit	Cusco, Mollepata, Humantay, Salkantay Colpapampa, Sahuayaco, Hidroelectrica, Aguas Calientes, Machu Picchu.

The Salkantay trek was chosen as one of the 24 best treks in the world by National Geographic. This adventure is ideal if you are looking to explore rarely seen landscapes and experience the essence of the mountains, snow-capped peaks, streams, and communities in the Vilcabamba Range.

On this adventure challenge you will visit magical places such as the turquoise Humantay lake, you will cross the Salkantay Pass at 15 092 f.a.s.l, you will relax at the Santa Teresa thermal baths, you will do Ziplining, you will visit rarely seen Inca ruins, until you reach Aguas Calientes and see the impressive Machu Picchu.

At the ruins of Machu Picchu you will be accompanied by a guide who will reveal the mysteries and history hidden in every corner of the citadel.

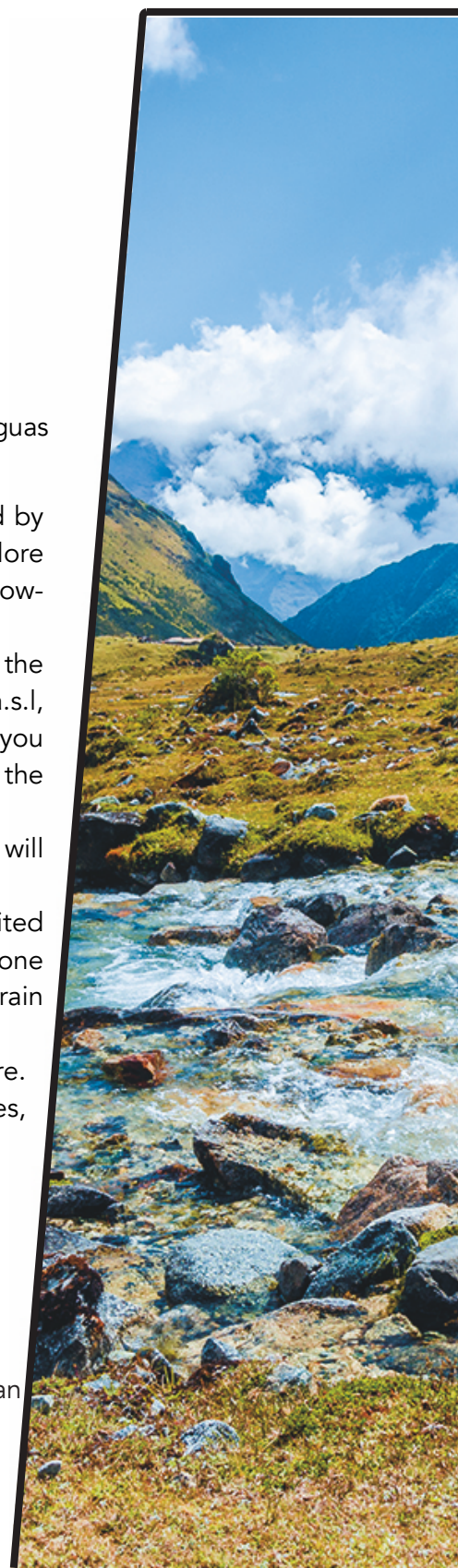
You will have the opportunity to visit the Mountain or Huayna Picchu (limited spots, coordinate it during the reservation). The return to Cusco can be done by bus from Hidroelectrica or enjoying the views of the Valley on the train to Ollantaytambo.

The Salkantay trek is adventure, hiking and camping on the Andean nature. A world-renowned experience for adventure travelers seeking challenges, inspiration and authenticity.



Why to book this tour with What a Trip

- A professional guide will come along with you throughout the Salkantay Trek and will ensure that you live an unforgettable experience.
- You will have fresh food with natural ingredients and with vegetarian and vegan choices.



- We will make sure that you have adequate and clean transportation and accommodation throughout the Salkantay Trek.
- Sleep in eco-friendly cabins on the mountains.
- Your entrance fee to Lake Humantay is already included.
- You can choose complementary activities such as ziplining, visiting the Santa Teresa thermal baths or visiting the beautiful ruins of Llaqtapata.
- One night before starting the tour, the guide will pay you a visit to answer questions and leave you ready for the adventure!

JOURNEY DESCRIPTION

Day 1: 7 miles traveled (12 km) / 5 hours

- We pick you up at the hotel lobby.
- You meet the guide who will come along with you throughout the tour.
- We take the private bus to Mollepata (about 3 hrs).
- You recharge with a local breakfast in Mollepata (not included).
- We ride the bus to the town of Challacancha (1 hr 30 min).
- We begin walking to the Soraypampa base (4 hours).
- You eat a replenishing lunch in Soraypampa.
- After a break, we start the walk to see the turquoise Humantay lake.
- You spend some time resting and taking pictures at this beautiful lake.
- We begin the return descent to Soraypampa.
- You have dinner and spend the night camping in Soraypampa looking at the stars.

Day 2: 14 miles traveled (22 km) / 10 hours

- You eat a good breakfast in Soraypampa.
- We start walking uphill to the Salkantay Pass at 15 092 f.a.s.l (approx. 3 hrs).
- We continue the walk, this time downhill to Huayrapampa (approx. 1 hr).
- You enjoy a replenishing lunch.
- We continue this walk enjoying the landscape until we reach Colpapampa.
- You have dinner and spend the night resting at the Colpapampacamp.

Day 3: 9 miles traveled (14 km) / 6 hours

- You eat a good breakfast in Colpapampa.
- We walk to La Playa Sahuayaco (approx. 5 hours).
- You enjoy a replenishing lunch.
- We take the private bus to Lucmabamba (approx 1 hour).
- You can choose between spending the afternoon at our camp enjoying the nature of the place or visiting the Santa Teresa thermal baths (Cocalmayo), prior coordination with your guide.
- You have dinner and spend the night at our Sahuayaco camp.



Day 4: 9 miles traveled (14 km) / 6 hours

- You have breakfast in Lucmabamba.
- You choose between:
 - ✓ Walk to the Llaqtapata ruins with destination to Hidroelectrica (3 hrs).
 - ✓ Zipline (optional extra, with transportation by car to Hidroelectrica).
- You eat a local lunch at Hidroelectrica.
- We start the walk toward Aguas Calientes (3 hrs).
- Once in Aguas Calientes, you go to your lodging to register.
- You will have free time to walk around the town of Aguas Calientes.
- The guide will meet with you to explain tomorrow's activities.
- You have dinner at a local restaurant in the company of the team.
- You spend the night at your lodging in Aguas Calientes.

Day 5:

- You reach the entrance to Machu Picchu choosing between 2 options:
 - ✓ By bus (20 min, optional extra)
 - ✓ Walking (1:30 hrs).
- You arrive at the Machu Picchu entrance where the guide waits for you.
- The bilingual guide will tell you the secrets and history of the Machu Picchu ruins while you walk around its different stone areas and enjoy the landscapes.
- You visit the Mountain or Huayna Picchu (optional extra).
- You go back downhill to Aguas Calientes choosing between 2 options:
 - ✓ Taking the bus (20 min, optional extra)
 - ✓ Walking (approx. 1 hour).
- You start the walk back to Hidroelectrica (approx 3 hours).
- You return by private transportation from Hidroelectrica to Cusco (7 hours). You also have the option of returning by train.
- You arrive in downtown Cusco.



What's included in my tour?

- The night before the start of this adventure you will receive a detailed training for all the activities that you will perform.
- Private bus from Cusco to Mollepata.
- Full meals (does not include the first breakfast nor the last lunch).
- Lodging throughout the entire tour:
 - ✓ First, second and third night in camp.
 - ✓ Last night at basic lodging (shared room).
- Complete camping equipment for all nights of the tour:
 - ✓ Shelter, tents, mats.
- Entrance ticket to Humantay Lake.
- Entrance ticket to the Santa Teresa thermal baths.
- A bilingual guide will come along with you throughout the tour and also an extra assistant if the size of the group is 14 people or higher.
- Entrance ticket to Machu Picchu with a professional bilingual guide.
- Transportation by bus from Hidroelectrica to downtown Cusco.

- Packhorses for the transfer of luggage.
- First aid kit and oxygen balloon.



What is not included in my tour?

- Transportation and entrance ticket to the Santa Teresa thermal baths (direct coordination with the guide).
- Bus ticket from Aguas Calientes to Machu Picchu.
- Bus ticket from Machu Picchu to Aguas Calientes.
- Entrance ticket to the Mountain.
- Entrance ticket to Huayna Picchu.
- Transportation and Zipline Adventure in Santa Teresa.
- Sleeping bag.
- Canes.
- Travel insurance.



Additional Services

- **Bus ticket from Aguas Calientes to Machu Picchu (20 min)**
 - ✓ Save time and physical effort on the way up.
- **Bus ticket from Machu Picchu to Aguas Calientes (20 min)**
 - ✓ Save time and energy on the way down.
- **Entrance ticket to Wayna Picchu (limited spots).**
 - ✓ The whole activity lasts about 3 hours.
 - ✓ Rarely seen archaeological remains.
 - ✓ Wonderful views of Machu Picchu.
 - ✓ Panoramic views of the ruins of Machu Picchu and the surrounding mountains.
- **Entrance ticket to Machu Picchu Mountain (limited spots).**
 - ✓ For hiking lovers.
 - ✓ The whole activity lasts about 4 hours.
 - ✓ Higher views of the ruins of Machu Picchu and the valley.
- **Train back from Aguas Calientes to Ollantaytambo.**
 - ✓ You will be back in Ollantaytambo in 2 hours.
 - ✓ You will be able to enjoy views of the Sacred Valley.
 - ✓ You will travel on comfortable seats.
- **Local lunch in Aguas Calientes:**
 - ✓ Lunch at one of the best hotels in Aguas Calientes.
- **Hotel room upgrade**
 - ✓ Double bed private room.
 - ✓ Choice of breakfast.
 - ✓ Private bathroom.
- **Adventurous Zipline in Santa Teresa**
 - ✓ Zipline between mountains for 3 hours. It includes round-trip transportation (day 3)
 - ✓ 4 Zipline lines adding up to approx. 1.9 miles (3 km).
 - ✓ Includes Tibetan bridge
- **Sleeping bag**
 - ✓ Special for high mountains and low temperatures.
- **Canes**
 - ✓ Very useful as support during walks.

TRAVELER INFORMATION



What to Bring?

- Carry a light backpack with insect repellent, sunscreen, sunglasses, and any accessories you may need on your hike.
- Use special trekking shoes.
- Wear suitable clothes for low temperatures, especially for our first night where the temperature is close to 32°F (0°C).
- Waterproof clothes or a protective raincoat.
- Preferably energy snacks.
- Bring cash for local purchases.
- Take your bathing suit and towel with you for the thermal baths.
- Bring your passport to enter the ruins of Machu Picchu.



Tips and additional information

- It is important to arrive punctually to the organized activities with the guide.
- Carry motion sickness pills with you.
- It's possible to buy water along the route, so you don't have to worry about that.
- Access to electricity can be scarce, so you can bring a portable cell phone charger.
- We recommend you get enough rest the night before the start of the trek.



Frequently Asked Questions

- **Can we decide to do the Zipline once on the trek?**
 - It's important to know beforehand preferably because all activities are coordinated in advance to avoid delays in the activity.
- **If we don't choose the Zipline, what could we do?**
 - We have the option of hiking to the ruins of Llaqtapata, a place on the top of a mountain with a beautiful view of the region. It is even possible to see Machu Picchu in the distance!
- **If we want to climb one of the optional mountains of Machu Picchu, do we have time?**
 - If you return to Cusco by bus, it's not possible since there is not enough time to return to Hidroelectrica. In this case, it's advisable to return by train via Ollantaytambo.
- **What are the alternatives to return from Aguas Calientes to Cusco?**
 - There are 2: taking the bus (7 hours) or taking the train (2 hours).
- **Does it include a duffel bag?**
 - During the briefing you will receive a bag where you can store your belongings throughout the trek (max. **11 lb/5kg**), which will be carried by the collaborators along the route.
- **If I decide to return by train at the last minute, can I get a refund on the bus ticket?**
 - No, you can't because it was booked in advance.
- **Are the sleeping bag and canes included?**
 - No, they both have an extra cost.
- **Are there any additional costs during the trek?**
 - Yes, if you want to go to the thermal baths in Santa Teresa you must coordinate it directly with the guide. The approximate cost goes from \$20 to \$30.
- **How much can my belongings weigh for the entire trek?**
 - No more than 11 lb (5 kg). All items are carried by local collaborators who accompany us along the walk.

- **Is the guide for this trek with us until Machupichu?**

- If you choose the 5-day and 4-night tour, then yes. On the other hand, if you choose the 4-day and 3-night tour, you will be part of 2 groups of travelers. The first group will be with you until the 3rd day and then you will join another group of travelers to complete your trek with them.

- **Is there a vegetarian option?**

- Yes, and a vegan option too, just let us know your preference.



Price Variations

- The entrance price to Machu Picchu, train and bus tickets to Machu Picchu vary depending on the nationality and age of the passengers.



Fun Facts

- The Salkantay trek was chosen as one of the 24 best hiking trails in the world by National Geographic.
- The climb up Huayna Picchu is considered one of the best short walks in the world and you climb it up on ancient steps and Inca trails with an excellent view of the valley and mountains. The climb takes about 1 hour. Wayna Picchu is also known as the *young mountain* and it's where the Temple of the Moon is located. The Huayna Picchu mountain is located north of Machu Picchu.
- The Machu Picchu mountain is also known as the *old mountain* and is higher than the Huayna Picchu mountain. It is located south of Machu Picchu. This mountain offers unique views of the entire Sacred Valley and Machu Picchu. The climb takes about 2 hours. The path has a lot of vegetation, wild orchids and flatter trails.



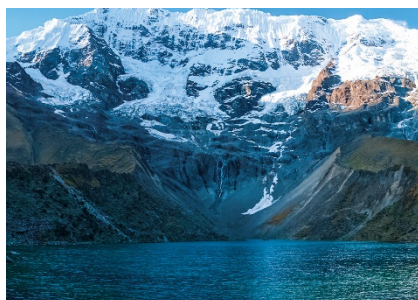
Cancellation policy

- **Strict:** Cancel this tour 20 days before the start date of the tour and get a refund of 50% of the sum paid. After that, we charge 100%.
- Review our terms and conditions here:
<https://drive.google.com/file/d/1cUizk5W-VJmh2y0oI2tKlkWR-zuaiJdX/view?usp=sharing>

*The information and itinerary detailed in this guide may change without prior notice with the intention of providing a better service or regulatory changes in each destination.



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INKA JUNGLE 4D3N



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✓ Credit or debit card
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Contact information



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