



Trek the incredible Inca Trail to...

Machu Picchu

...for a trip of a life time!



Trip outline

The Inca Trail is Peru's best known hike, combining a stunning combination of Inca ruins, magnificent mountains and exotic vegetation. The trail goes over high mountain passes with unforgettable views, through the rainforests, and finally into subtropical vegetation.

The legendary Inca Trail takes you through the diverse wilderness of the Machu Picchu Historical Sanctuary, passing numerous Inca ruins on the magnificent stone highway before descending to the famed citadel of Machu Picchu. The 45 km trek is covered in 4 days, arriving at Machu Picchu at daybreak on the final day before returning to Cusco by train in the afternoon.



The trek is designed to be challenging but any reasonably fit person will be able to cover the route with training. You'll be carrying your own personal day gear and our porter team will carry expedition items like tents, food, sleeping bags and air mattresses.

We allow 2 full days in Cusco prior to commencing the trek in order to help you acclimatize sufficiently and give you an opportunity to visit the city of Cusco and near by Inka ruins at Sacsayhuaman, Q'enko, Pucapucara and Tambomachay.

Your trip departs from Glasgow Airport where you'll fly to Lima and onward to Cusco (Peru). The Amaru Colonial Hotel will be your base for the next few days while you acclimatise to Peru's higher altitude and prepare for the trek ahead.

The 4 day trail is led by an English speaking professional guide who takes you along the magnificent Inca Trail to altitudes of 4,200m. The trail undulates through high mountain passes with spectacular views of Peru's beautiful landscape and historic sites.

You then arrive at the ruins of the Machu Picchu's Historical Sanctuary on the final day giving you a 2 hour guided tour and a full day to explore the site. You'll then be transfer back to Cusco and back to our hotel for a good nights rest. You have two further full days in Cusco after the trek to relax at a local spa and enjoy the city of Cusco. We also offer our groups an optional days White Water Rafting

or a trek on Rainbow Mountain. On the final day you will be transferred to Cusco airport and fly back to Lima and on to Glasgow Airport.

Trip dates: Tuesday 11th April to Saturday 22nd April 2023

Outline Itinerary

11th April Day 1 - Meet your group and fly from **Glasgow Airport**.

12th April Day 2 – Onward flight to Cusco - the centre of the ancient Inca Empire. Flights normally land in the morning. When you land you then transfer to your hotel to enjoy the area and acclimatise to the altitude of 3,400m. Overnight bed and breakfast hotel accommodation

13th April Day 3 - The day is free to enjoy Cusco and acclimatise and to prepare kit for the trek ahead. Overnight bed and breakfast hotel accommodation.

14th April Day 4 – A second full day in Cusco to acclimatise to the altitude. In the evening there is a meeting with our guides to run through the trip and answer any specific questions. Here you will be given your duffle bag for all expedition kit.

15th April Day 5: (Day 1 of the trek)

Cusco – Piskacucho Km 82 – Llactapata-
Ayapata:

Our Guides will pick you up from the hotel in Cusco at 4:30AM. We will then drive to Km 82, arriving at about 7:00AM. After a delicious breakfast prepared by your cook, we'll go through the first Inca Trail checkpoint to begin our trek (please make sure you have your original passport with you to enter the Inca Trail). The first 2 hours of the trek are relatively easy as we make our way to our first Inca site, Patallacta which is an ancient Inca checkpoint for the approach to Machu Picchu. From Patallacta it's another 2 hour hike to our lunch stop. After lunch we will hike for another 2½ hours until we reach the first night's campsite at Ayapata (3300 meters). We'll arrive to our campsite by 5:00PM and after settling in you can relax and have a hot drink and snack with your team of porters, chef and guide. By 7:30PM your dinner will be ready, and afterwards you can get some well-deserved rest.



After lunch we will hike for another 2½ hours until we reach the first night's campsite at Ayapata (3300 meters). We'll arrive to our campsite by 5:00PM and after settling in you can relax and have a hot drink and snack with your team of porters, chef and guide. By 7:30PM your dinner will be ready, and afterwards you can get some well-deserved rest.

Walking distance: 8.7 miles/14 km (6-7 hours)

Campsite altitude: 3300 meters (high) above sea level

Considered: Moderate day (getting used to the Inca Trail)

Weather: Warm and windy



16th April Day 6 (Day 2 of the trek):
 Ayapata – Dead Woman’s Pass –
 Runcuraccay Pass – Chaquiccocha:

Your porters will wake you up early with a hot cup of coca tea to get you ready for the day. Today is our longest day and we will start early. We’ll hike for roughly 4 hours to the highest pass of the trek - Dead Woman’s Pass (4,215m). On reaching the pass we’ll stop for a short break to enjoy the views before setting off

again to descend to the next valley (Pacaymayu Valley – Hidden River). It’s another hour and a half down the side of the valley to our lunch spot and a chance to refill our water bottles. After lunch we begin ascending again to the second pass of the trek. It’s 2 hours to the pass and along the way we’ll stop at a small Inca site (Runcu Raccay) and see two huge waterfalls cascading down the opposite side of the valley. After the second pass, it’s another hour downhill hike to reach the magnificent Inca site, Sayacmarca (an otherwise inaccessible village).

We’ll stop here for a rest and have a quick tour of the site and then watch the sunset over the Vilcabamba mountain range. It’s then just another 20 minutes until we stop for the night at our second campsite Chaquiccocha (Dry Lake, 3600 meters). After dinner, if you’re not too exhausted, we can do some star gazing and we’ll point out the fascinating Inca constellations. In the magnificent Southern Hemisphere sky, away from all the artificial lighting, this sky is something to behold!

Walking distance: 9.94 miles/16 km (7-8 hours)

Campsite altitude: 3600 meters (high) above sea level (chilly weather)

Considered: Top day (you will have survived the two highest passes)

Area: Andes and Cloud Forest

Weather: Cold and rainy

17th April Day 7 (day 3 of the trek): Chaquiccocha –
 Wiñaywayna:

Completing Day 2 and beginning Day 3 certainly deserves a pat on the back! We begin early again, waking up at 6:30am to begin what is commonly felt to be the most beautiful day of the whole Inca Trail. We hike for 2 hours along what we like to call “Inca flat” (gradual inclines) and begin to enter the jungle, known as the Cloud Forest. As we walk we will have the opportunity to see the majesty of Salkantay, the second highest snow-capped mountain in the Sacred Valley, and a fantastic panoramic view of the Vilcabamba mountain range. Towards the end of the Inca flats we begin to make our way up to the last peak at Phuyupatamarca (3600 meters) from where we’ll have great views overlooking the Urubamba River. Down the valley we get our first views of Machu Picchu



Mountain but the site itself is still hidden from view. From Phuyupatamarca it's a 3 hour walk down a flight of steps to our last campsite, close to Wiñay Wayna (Forever Young). Wiñay Wayna is the most spectacular Inca site on the trail after Machu Picchu and the most popular campsite because of its proximity to Machu Picchu.

During the descent we visit 2 Inca ruins, Phuyupatamarca (Town in the Clouds) and Intipata (Terraces of the Sun). We arrive at our campsite around 1:00PM to have lunch and then relax for the entire afternoon so that you're relaxed and ready for your final day at Machu Picchu. At around 4:30PM your guide will give you a short briefing and you will visit the Inca ruins of Wiñay Wayna, spending about an hour and a half there. We will explain the significance of the site and combine all the information given during the trek so you're fully prepared for your visit to Machu Picchu the following day.

We like to spoil our guests as we enjoy our last feast with the porters and chefs. It's an Inca Trail tradition to organize a ceremony in the evening to introduce the team to the tourists once again and to thank them for the great job done. It is advisable to go to bed at a reasonable time in order to get up in the early hours of the morning to arrive to Machu Picchu at the crack of dawn in the hopes that the

weather will give us a beautiful sunrise over the ruins at Machu Picchu.

Walking distance: 6.2 miles/10km (5 hours)

Campsite altitude: 2.600 meters (high) above sea level (chilly weather)

Considered: Easy day – all downhill!

Area: High Cloud Forest

Weather: Warm and very humid

18th April Day 8 (day 4 of the trek) Sun Gate - Machu Picchu – The Lost City of The Incas

Wake up time is at 3:30AM. We'll eat

breakfast at 4:00AM and wait at the checkpoint to be one of the first to start trekking when they open the gates at 5:30AM. We'll wave goodbye to our team of porters and chef and then it's "Forward On" to the Sun Gate (Inti Punku). From here we have spectacular views of the mountains and Machu Picchu in all its glory. We reach the Sun Gate by 6:30am and then it's just an hour trek down to reach the Lost City of the Incas. As we approach Machu Picchu the views of the city just get better and better! At about 7:40AM we'll reach the final checkpoint and enter Machu Picchu to begin our 2 hour private guided tour. After the tour you'll be given your bus tickets to make your way down to Aguas Calientes.

You'll then have plenty of free time to explore Machu Picchu on your own and our guide will meet you down in the village of Aguas Calientes to enjoy your last lunch in a local restaurant. This is optional and not included. At lunch, he will hand out train tickets, so if you choose to skip, please arrange to get these before leaving him at Machu Picchu.

The train departs Aguas Calientes at 2:55pm. Please make sure you are on the platform at least 30 minutes ahead of time. This train will be 2 hours to Ollantaytambo where an Alpaca driver will meet you and drive you back to the city in our bus drop you off at your hotel.



Considered: *The most exciting and magical day (early wake up 3.30AM)*

Area: *High Cloud and Subtropical Forest*

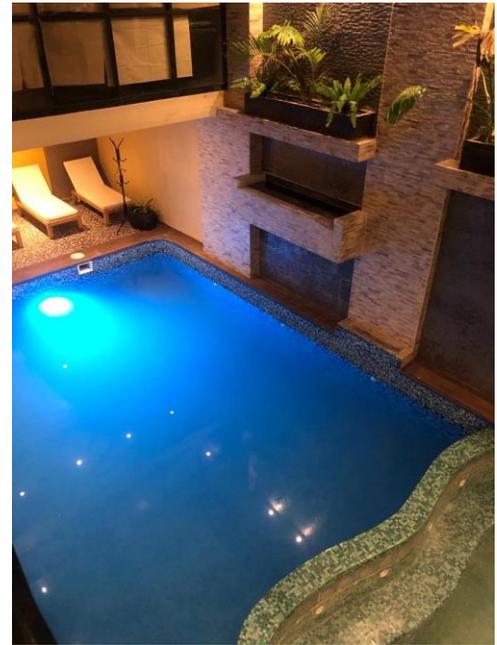
Weather: *Hot and very humid (lots of water needed).*

19th April Day 9: This is a day for rest and relaxation after the busyness of the past few days. You'll have a leisurely breakfast and then it's off to a local Spa for time to relax in their pool, sauna and Jacuzzi.

20th April Day 10: Optional days White Water Rafting or Day hike on Rainbow Mountain (this is normally booked in the New Year) or a full day to explore Cusco

21st April Day 11: Morning and early afternoon in Cusco and a transfer to the airport for your home bound flight.

22nd April Day 12: Land at Glasgow Airport in the evening.



Trekking kit list and information

Boots: 3 season (spring-autumn) fabric boots are best, such as the Karrimor KSB range or the Berghaus Explorer variety, although there are plenty of other makes out there. They cost between £50 and £100 but are definitely worth it! In previous years participants have worn both fabric and leather boots and have found that fabric boots are warmer plus they fit your feet and break in quickly hence less pain! Boots are the one of the most important things to get right so please go to a reputable shop and book a boot fitting.

Waterproof: Please invest in a good waterproof jacket and trousers ready for the trek. The weather should be fine and dry but it's good to be prepared.

Clothing: You'll need a base layer and the warm mid-layer for the trekking days. The base layer is designed to wick moisture away from your body before you get cold and regulate your body temperature. The warm mid-layer keep you warm whilst trekking but should not let you overheat. This is then all underneath the waterproof jacket which stops any rain and wind. If you need any further
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advice then please email or call at any time or speak to an experienced looking person at the local camping

Porters will carry up to 7 kg of your personal items. This must include your sleeping bag and air mattress which normally weighs around 3.5kg.

- Passport
- Immigration Card (given on the plane as you enter Peru)
- Good daypack (the smaller, the better so 25ltr or less)
- Water storage: Water reservoir like Camelbacks are great and at least 2-3 litres.
- Comfortable hiking boots (lightweight with good soles)
- 2 wicking t-shirts
- 2 hiking trousers
- 4 sets of undergarments.
- 3 sets of hiking socks
- 1 Fleece
- 1 Warm, down jacket: this trek includes 2 cold nights camping
- 1 waterproof jacket and trousers
- 1 sun hat
- 1 woolly hat
- Headlamp: and batteries
- Waterproof gloves
- Comfortable shoes for camp
- Quickdry towel. We provide small ones, you might enjoy something a little larger.
- Small bottle of soap: we provide warm water each day to
- Large plastic bags: to help organise your kit
- Sleeping bag: Recommend down bags for -10C. This can be rented for \$20.
- Sleeping mattress. This can be rented for \$15
- Sunscreen
- Face moisturizer
- Bug spray
- Handsanitiser
- Wet wipes
- Toothbrush and paste
- Toilet paper
- Personal medication
- First aid kit: plasters, painkillers etc
- Phone - Camera and Music
- Handsanitiser
- Toilet paper and small plastic bag for waste
- Extra Money for Souvenirs, Drinks & Tips

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Inside Machu Picchu, no bag larger than 25L will be allowed in. If larger, you will need to store outside citadel gates.



Flight details

We aim to book the very best flight for all our groups and we only use the very best airlines. The flights are protected by our Air Tour Operators Licence (ATOL 10222) and once booked we cannot alter the dates or flight times. Flight tickets are emailed out to all group members around 6 weeks prior to travel.

VISA

To legally enter Peru you must have a valid passport with a minimum of 6 months validity. There is no tourist VISA required for UK citizens.

Insurance

It is vital that you have a comprehensive travel insurance policy that covers you when in Peru. There are a number of insurance policies on the market and this should be purchasing once the flights are booked.

Inoculations

Before going to Peru you must be inoculated against Hepatitis A, Typhoid and Tetanus via your local G.P.

Tipping information

Our guides and drivers work to the highest possible standards and are committed to working hard to ensure you have a smooth, safe and enjoyment experience. To show your gratitude for their hard work and quality service a tip is always very much appreciated. We recommend that each client tips around 200 Peruvian Sols at the end of the expedition. This is around £50.

What's included

All our expeditions are 'all inclusive' this means that the cost covers all the accommodation, flights, flight tax, transfers, guides, porters and cooks + all food throughout your expedition. *The only costs **not included** are travel insurance, tips, lunch, dinner and drinks in the Cusco (this gives you plenty of opportunity to explore the cities and eating out is very inexpensive). The optional excursions to Rainbow Mountain or White Water rafting are also not included and can be booked separately any time to 4 weeks prior to departure.

Costs and payment structure

The cost of the trip is **£2,795 per person**. There is a £250pp trip deposit (non-refundable) to book your place and the remaining balance is paid in two instalments.



12 th September 2022 (Trip deposit)	£250	Paid
1 st October 2022	£1,445	Paid
1 st December 2022	£1,100	

RAISING FUNDS FOR...



Fundraising information

In addition to the trip cost (as detailed above) we ask each client to raise a minimum of £1,000 as a charitable contribution to Celtic FC Foundation. This is paid direct to the charity.

Trip organiser

The Machu Picchu trip is organised by Jonathan Reilly the company director of 'The British Expedition Company' (www.thebec.co.uk) and is designed to specifically aid and broaden students' experiences. Each group is lead by an English speaking professional guide and is assisted by porters and cooks.

Banking details

Account Name: TheBEC Limited,
 Account Number: 62049414
 Sort code: 40-40-14
 Reference: **Your Name**

Booking Conditions and Specific Information

All the flights and flight-inclusive holidays are financially protected by the ATOL scheme. When you pay you will be supplied with an ATOL Certificate. Please ask for it and check to ensure that everything you booked (flights, hotels and other services) is listed on it. Please see our booking conditions for further information or for more information about financial protection and the ATOL Certificate go to: www.atol.org.uk/ATOLCertificate

The British Expedition Company recognises that hill walking, trekking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

1. All bookings are made with The British Expedition Company whose office is Meriden House, Park Road, Tisbury, Wiltshire, SP3 6LF, UK. Registered company number: 6957339

2. All our package expeditions are ATOL protected and our ATOL number from the Civil Aviation Authority is 10222.

Your Financial Protection



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When you buy an ATOL protected flight or flight inclusive holiday from us you will receive an ATOL Certificate. This lists what is financially protected, where you can get information on what this means for you and who to contact if things go wrong.

We, or the suppliers identified on your ATOL Certificate, will provide you with the services listed on the ATOL Certificate (or a suitable alternative). In some cases, where neither we nor the supplier are able to do so for reasons of insolvency, an alternative ATOL holder may provide you with the services you have bought or a suitable alternative (at no extra cost to you). You agree to accept that in those circumstances the alternative ATOL holder will perform those obligations and you agree to pay any money outstanding to be paid by you under your contract to that alternative ATOL holder. However, you also agree that in some cases it will not be possible to appoint an alternative ATOL holder, in which case you will be entitled to make a claim under the ATOL scheme (or your credit card issuer where applicable)."

If we, or the suppliers identified on your ATOL certificate, are unable to provide the services listed (or a suitable alternative, through an alternative ATOL holder or otherwise) for reasons of insolvency, the Trustees of the Air Travel Trust may make a payment to (or confer a benefit on) you under the ATOL scheme. You agree that in return for such a payment or benefit you assign absolutely to those Trustees any claims which you have or may have arising out of or relating to the non-provision of the services, including any claim against us, the travel agent (or your credit card issuer where applicable). You also agree that any such claims may be re-assigned to another body, if that other body has paid sums you have claimed under the ATOL scheme."

3. The terms and conditions of all agreements made with the Company shall be subject to, and governed by, English Law.

4. In order to make a booking, complete and sign the Booking Form and post it to The British Expedition Company with your deposit. Unless the trip is full you will receive confirmation of booking and further details.

5. It is important to be aware that once your deposit/installments are paid, should you wish to cancel at any time thereafter, these are non-refundable/transferable. In addition the cancellation penalties detailed below will be applied. It is strongly recommended that you have suitable cancellation insurance coverage from the time of booking. It is a condition of the booking that clients follow the agreed payment plan to ensure that flights and permits can be purchased by the company at the appropriate time. The company has a right to cancel the booking if the client fails to pay the installment within 14 days of the agreed payment date (in this instance no refunds will be issued) or charge additional fees up to 10% of the total trip cost - this is at the discretion of the company.

6. Cancellation of a trip by the BEC will entitle you to a part refund unless cancellation has been forced by unforeseen government (or similar) intervention in which case costs incurred by the Company will be subtracted from any refund due. No other compensation will be allowable.

7. Cancellation of bookings must be notified in writing. The £250 trip deposit is non-refundable as are 100% of all installment and balance payments.

8. Whilst every effort will be made to adhere to the planned itinerary, it must be realised that in this type of adventurous travel, changes to the itinerary may occur for which the Company accepts no responsibility, however caused. The BEC will make every effort to inform you of any change. Your final itinerary may differ in respect of the places where you stay overnight. In particular it may be necessary to alter your itinerary at short notice due to adverse weather, mountain conditions, client or leader illness, road conditions, or to operating conditions imposed by owners and operators of accommodation, facilities, aircraft, vessels and other forms of transport. Should such conditions involve clients in extra costs such as accommodation, transportation and meals, such costs should be borne by the client.

9. The BEC cannot be held responsible for any missed connecting transport.

10. The Expedition Guides will do their utmost to ensure that any problems are solved for the benefit of the group as a whole. Signing the booking form signifies your acceptance of the Guides authority to make decisions affecting the group or individuals. For instance, he/she may require an individual to leave the group if he/she believes that person's health is at risk, if an illegal act is committed, or their behaviour becomes detrimental to the safety, enjoyment or well-being of the group. Should the Guide take such action, that person would not be entitled to any refund.

11. Please understand that there are certain hazards involved in climbing and trekking, which you must accept at your own risk. The Company will not be liable for any illness, injury or death sustained during an expedition, or course, nor will it be liable for any uninsured losses of your property.

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12. The Company cannot be made liable for the consequences of strikes, industrial action, wars, riots, sickness, quarantine, government intervention, weather conditions, or other untoward occurrences.

13. It is a condition of booking, that you are adequately covered by insurance prior to departure, which must cover the cost of repatriation and evacuation if you become too ill to continue. Failure to provide a copy will result in the cancellation of your expedition.

14. Trip prices are based on an exchange rate of US\$1.20 - UK£1 and operating costs at the time of booking. The Company reserves the right to levy fuel and/or currency surcharges following currency fluctuations or operating costs beyond our control. We sincerely hope that surcharges will not be necessary, but in the unlikely event that they are, you may cancel your booking without penalty if the surcharge amounts to more than 10% of the cost of the trip.

15. Any air travel that is part of any trip is subject to the conditions as stipulated by the airline concerned and liability is limited in accordance with International Convention.

16. If the UK Foreign Office does not issue advice against travel, and you decide not to travel on the basis of a perceived threat or hazard, howsoever formed, will be interpreted as a voluntary cancellation and the charges set out in booking condition 8 applied.

17. Non-UK Nationals should consult their own government for advice on travel to the destination country and all countries transited en route.

18. Having made every effort to ensure correctness of the trip details and booklets we cannot be held responsible for any inaccuracies, errors or omissions.

19. The Company can use photographs supplied by its Guides or members of the expedition for future marketing and publishing without further permission from those featured on the images. I also give my permission for my contact details to be shared with other clients booked on the same departure.

20. On advancement of deposit for a booking on any of our trips or expeditions the deposit acknowledges that he/she has read and understands the above booking conditions and agrees to be bound by them.