

# Inca Trail Adventure

## Last Minute Know Before You Go!

**Congratulations on your successful fundraising and training for Conquer The Trail!** Welcome to Peru and your Inca Trail Adventure. You and your team members have worked hard to make this adventure a success and now is the time for you to celebrate your accomplishments with a safe and fun adventure on **The Inca Trail To Machu Picchu**. Throughout your adventure our goal is to help you explore Peru and help you learn and enjoy as much of it as possible - **SAFELY!**

When you signed on for this journey - you brought your interests and sense of adventure. **We ask that you bring that same sense of adventure to Peru and Conquer The Trail - Inca Trail.** As we navigate through the adventure together, we ask that you understand that each and every aspect has been carefully planned with the needs and safety of your team in mind. It is difficult, if not impossible to subordinate the needs of the group to the needs of an individual since most aspects of the adventure has been planned far in advance of your arrival.

During your adventure, if you are having any difficulties or challenges, please tell your guide, Walking Connection or MMRF staff member ASAP. We will do our best to help you. We wish you a safe, fun and rewarding experience.

**Travel Insurance** - The Walking Connection ALWAYS recommends travel insurance. Keep in mind that in case of emergency you can get **medical transport insurance** for a nominal fee. This is important and it is NOT usually covered in airline or credit card insurance policies. To get the lowest price, just put in a "0" when they ask for price of trip. (Please Follow THIS LINK to the travel insurance page.) If asked for the producer/agent code type in 81350509. This tells the insurance company that you are a Walking Connection guest, so if there are any challenges or problems, WE can help you.

### Itinerary At A Glance

**Itinerary Subject To Change:** Please note that the details of this itinerary are subject to change. Many of the planned activities are organized according to availability, events or seasonal dates, appropriate weather conditions, schedules of hosts, or the discretion of our guides. We make every effort to provide the experience described in the itinerary with the understanding that some things may change.

**August 9** - Arrive Lima - *Wyndham Cost Del Sol* - Check in - Group Name: Walking Connection, then your name. Dinner is on your own this evening.

**August 10** - Lima > Cusco > Sacred Valley > Olyyantambo: Plan on arriving to your flight to Cusco at least 1 hour prior to your flight. **Your Flight Is: Lan Chile 2023 - Departs at 8:00am., Arrives Cusco 9:35am. Depart Cusco & the Peruvian countryside to Olyyantambo - Aranwa - Sacred Valley.**

**August 11** - Sacred Valley - Free Day - Rafting, Via Ferrata, Zip Lines, ATV, horseback ride and more are available. Moving Mountains Inspiration Dinner. *Aranwa - Sacred Valley. (NOTE: Gene & Jo Ann will be escorting a visit to the Art Studio's of Pablo Seminario in the early afternoon).*

**August 12** - HIKE DAY - Mission Celebration Dinner - Aguas Caliente - *Machu Picchu Pueblo.*

**August 13** - Aguas Caliente > Cusco - Overnight - *Belmond Monestario.*

**August 14** - Depart for home or points beyond.

### Gratuity Reminder

**Guide Gratuities.** It is customary for guests and hikers to tip the guides. Of course, tipping or "propina" is a personal issue. If you wish to tip a guide directly, please do so. Also, we will be on the trail and with you throughout to assist you with this if needed.

**Inca Trail Guides** - For professional Inca Trail guides we recommend \$15 to \$20 per guest/hiker for hike day. (1-Day)

**Inca Trail Support Guides** - \$3 to \$5 per guest/hiker. (1-Day)

**At the end of our stay,** we will pass the hat for our Peruvian host/guide that has been with us throughout the trip and led us through Machu Picchu (not including Hike Day). We commend \$8 to \$10 a day (3 days).

### Currency, Cash & Shopping

Currency conversion printable chart: Peruvian Nuevo Sol to USD <https://www.oanda.com/currency/travel-exchange-rates>

To shop in local markets, it is best to have Peruvian currency. Typically ATM's are the best place get money. They are in the airport, Cusco, Aguas Caliente and Sacred Valley. BRING BRAND NEW SMALL BILLS. For places where you can spend US dollars, be prepared with fresh new currency. Peruvians typically do not accept any torn bills or those that have ink or are discolored in anyway.

### Mobile Numbers:

Gene Taylor - +1 602 451 9086

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WhatsApp is a FANTASTIC & FREE app that works great in Peru for text and voice.



**Arriving in Cusco.** The official meeting point will be located outside adjacent to the baggage claim area no later than 9:45am local time. PLEASE BE ON TIME. You will see members of your team, the MMRF staff and The Walking Connection staff gathering and then proceeding to our mini bus. The area is typically wide open and not very crowded, so you should easily see us. IF YOU DON'T, please call or text a WC staff member. Mobile numbers are listed above.

**Please be aware that Cusco is at 11,000' (3352 meters) of elevation.** The air is probably much thinner than you are accustomed. You may feel its effect as you walk across the tarmac to the terminal. If you do, slow down and take a seat inside the terminal. It should pass in a short amount of time. If it is prolonged, then please tell someone right away. We highly recommend that you use the restrooms at the airport one last time prior to our departure.

**LUGGAGE NAME TAGS** - Please be sure ALL of your luggage including carry-on, waist packs, back packs, luggage, camera bags, EVERYTHING should have a NAME TAG with YOUR MOBILE NUMBER and Email address attached! Don't wait until the last minute - **DO IT NOW!**

**FOR ALL HOTELS:** Each room will require the Peruvian immigration paper you received upon arrival, a copy of the inside cover and first page of your passport and a credit card swipe at check in by at least one person for any incidentals charged to the room. IF you do not charge anything to the room, no charges will be made to your card. We have requested all non-smoking rooms with either a twin/double bed configuration based upon your request. IF your room configuration is incorrect, please tell us immediately so we can fix the problem as quickly as possible.

**IMPORTANT - PLEASE READ**  
**On August 12, you will be taking a small overnight bag and day pack with you. Your main luggage will stay in our van with our company and be delivered to your room in Cusco the following day.**

**In Cusco: This city has recently appeared as one of the global hot spots for tourist parties and shopping in local markets. There is tons to do in this beautiful city. Here is an article that will help you choose. [Click here.](#)**

#### Weather

**Lima:** <https://www.wunderground.com/q/zmw:00000.1.84628>

**Sacred valley:** <https://www.wunderground.com/pe/urubamba>

**Aguas Calientes:** <https://www.wunderground.com/q/locid:PECC0029;loctype:1>

**Cusco:** <https://www.wunderground.com/q/zmw:00000.8.84686>

**To Enter The Inca Trail, You NEED YOUR PASSPORT! There are NO EXCEPTIONS!**

**Pisac Market** - A friend or past traveler to this area may have suggested the Pisac Market. It is a popular place with tourists, but we don't recommend it unless you have a very specific reason for visiting it. Most of the goods and artwork that is for sale there can also be purchased in the huge market in Aguas Caliente where we will stay during our visit to Machu Picchu.

#### **HIKE DAY - Hydration + Sun Protection + Moderate Pacing + Following Your Guide = SUCCESS!**

**Food:** If you have not yet completed the FINAL REG form, please do that now. On it you can tell us of any food allergies, restrictions or preferences you have. We will be providing everyone with a box lunch for the trail! Also, the breakfast buffet at the hotel has many tasty items that can also get you through the day! Finally, there is a large convenience store nearby the hotel where you can stock up on just about any of your favorite (convenience store) food.

5:30am. - Breakfast and Lunch Buffet. Enjoy a hearty breakfast and prepare your lunch at the hotel.

#### **Early Morning Departure for The Inca Trail and Machu Picchu. Mini-bus to Train Station – Vista Dome Train**

You will need your passport to enter the Inca Trail. You will need it on the trail for spot checks and to exit Winay Wayna into Machu Picchu.

#### **Machu Picchu Vista Dome Trail Luggage Restrictions – Bring a Small Overnight Bag.**

**It is important that you bring only necessary clothing and equipment to Machu Picchu lodge.** Due to space limitations on the train (there is no luggage car), **passenger luggage is limited to only 10 kg. (22 lbs.) per person.** There is only a small space above your seat for carry-ons and a small storage space in each car by the exits. Plan on bringing just what you need for the hike (your day pack) and the following day in a small piece of luggage. The smaller piece of luggage will stay on the train and be transferred to our hotel so you will have it after your hike. Storage for your larger luggage is available in Cusco and will be at the hotel when you arrive.

**The Inca Trail and YOU! Please review the Online Training Guide for details about the trail and hike.**

**Here are FIVE reminders about safety and preparedness on the trail.**

1. **When you step off the train, you are fully committed to walk to Aguas Caliente, sight of our hotel. There is no alternative.** IF for any reason you do not feel well, have an injury or are unsure about anything, we urge you to stay on the train all the way to Aguas Caliente. We urge you to talk with your guides, Walking Connection or MMRF staff during prior to reaching the stop to get off the train. We may be able to help relieve whatever challenges you may be facing.
2. **You must have the appropriate footwear.** The trail varies in terrain from dirt to rock to mud to cobblestones. Superior traction is absolutely required. If you have trained with walking poles, we highly recommend you bring them with you. They can help relieve the pressure on your back going uphill and help you maintain balance on the downhill portion of the trail.

3. **Stay hydrated and full.** You will need at least 3 liters of water at the beginning of the hike. FILL YOUR WATER containers at the hotel BEFORE you leave for the train. You can refill them at the 2/3 distance on the trail. NOTE: The availability of services along the trail can change and we will reconfirm the availability of water on the trail just prior to hiking. We will notify you of any changes in advance so you can adjust accordingly. Bring any favorite trail snacks you like from home. A sack lunch and buffet will be available at breakfast so you can prepare your trail lunch.
4. **Follow the Guide at all times.** Use extreme caution and tell someone if you need to step off the trail for a brief moment. There is a very rustic toilet at the trailhead. There are no other toilets until you reach Winay Wayna. Never hike alone.
5. **When you are moving your feet, look down. When you look up, stop walking!**

**Prohibited Imports and Exports** - The export of artistic or cultural articles is prohibited. The import of any classified drug (including marijuana) or paraphernalia is illegal. The penalties are swift and severe.

### **Your Adventure – Are You Ready?**

Our goal is to provide each individual in the group with a fantastic adventure. In traveling with a group, however small, being considerate of each person as well as the obligations of the group as a whole will help maximize the experience for all. To that end, please be aware that it is our policy to not alter the group itinerary or departure times for an individual. Please be on time for all departures.

The Walking Connection prepared the **Online Training Guide** to provide you with the information you need to successfully prepare for a rewarding and safe hike on the Inca Trail. We urge you to read it again before you leave for Peru!

Bon Voyage and we'll see you on the trail soon.

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