



PERU



HIDDEN TRAILS

PRESENTS

THE *FIRST* TRANS-ANDEAN LODGE-TO-LODGE TREK
TO MACHU PICCHU

2012

Index

1.	Introduction.....	Page 6
2.	The Lodges.....	Page 8
3.	Trekking Route.....	Page 13
4.	Day by Day Itinerary.....	Page 14
5.	Data Chart.....	Page 18
6.	Recommended Packing List.....	Page 24
7.	Baggage Specifications.....	Page 25
8.	FAQ.....	Page 26

Welcome!

Your journey begins here...

...a **once in a lifetime** physical, cultural, and spiritual journey that will take you through the magnificent Salkantay Valley en route to the legendary ruins at Macchu Picchu.

Challenge yourself as you trek through twelve different biozones, changing altitudes and varied terrain...

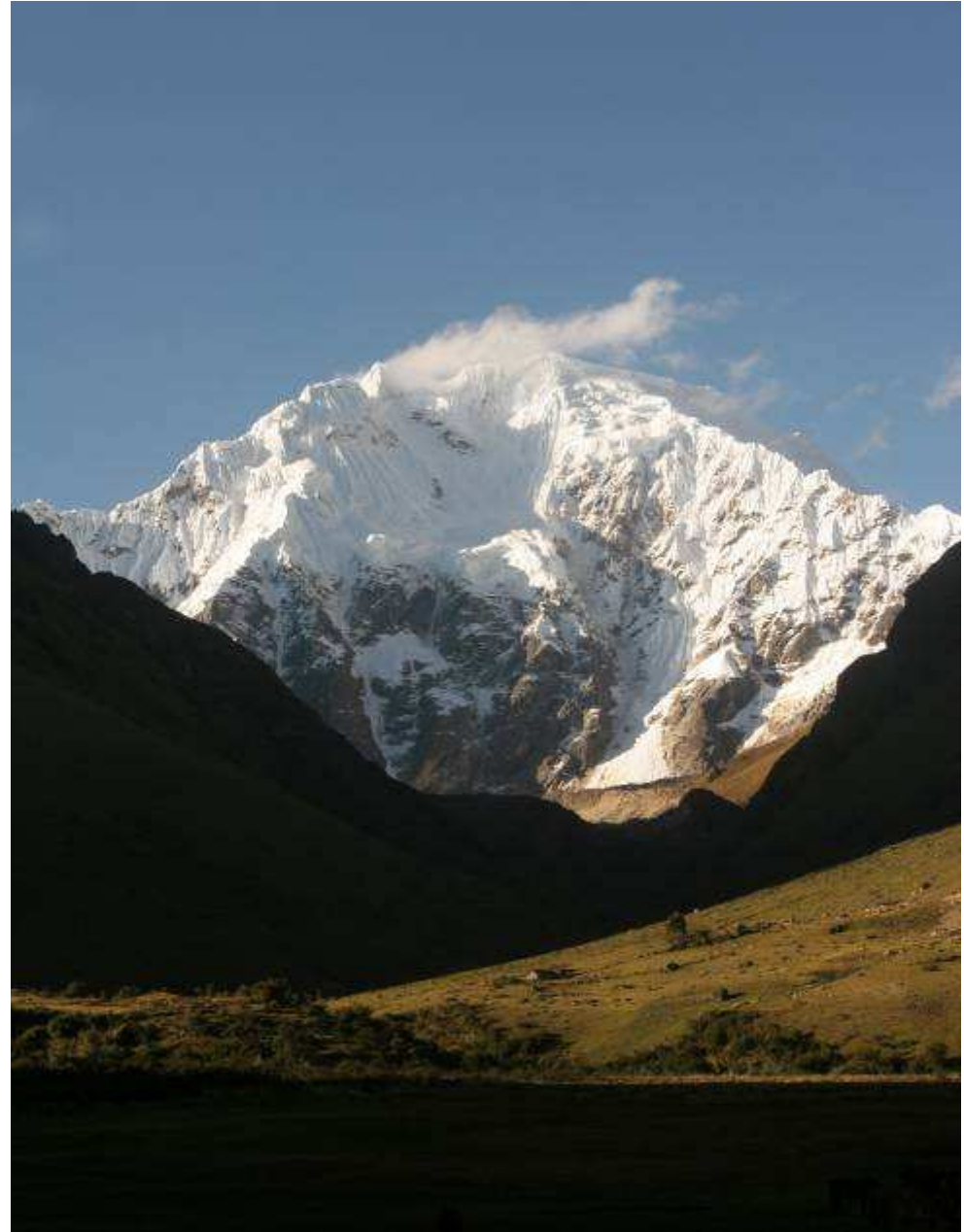
...**Marvel** at the exquisite beauty of the Salkantay Peak, Salkantay Glacier and Humantay Glacier Lake...

...**Share** in the culture and customs of local Andean families who maintain age-old traditions...

...**Witness** environmental and social initiatives to maintain the natural integrity and improve quality of life in the region...

...**Indulge** in the comfort of our enchanting mountain lodges, the innovative local cuisine, the warmth of our people, and your daily retreat to a mind-and-body recovery shangri-la...

...**Be inspired** by the majesty of your surroundings and the knowledge that you are following in the footsteps of the Incas...



This is a journey.
This is a journey of new horizons.
This is a journey of life-changing experiences.
This is a journey of adventure and comfort.
This is a journey with a purpose.
This is a journey to Machu Picchu.



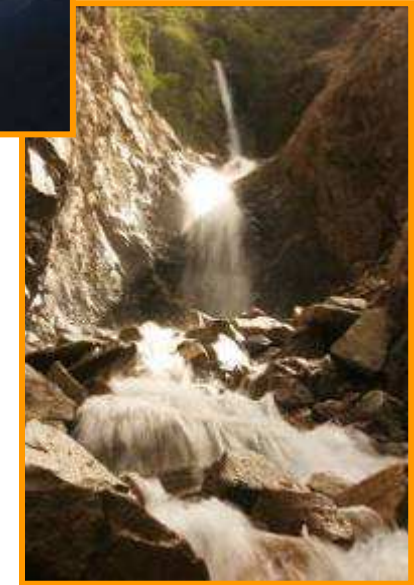
Introduction

Hidden Trails offers Adventure at its finest: the opportunity to experience the essence of adventure within the realm of creature comforts. But for Hidden Trails, a great adventure does not end there: for it to be a life-changing experience for our guests, we believe that the experience has to be an adventure on many levels.

This is why our proposal goes far beyond comfortable lodges and great treks... it is a unique opportunity to experience ancient history in the Land of the Incas, contemporary manifestations of deep-founded culture, the most interesting and exotic variety of flora and fauna, culinary surprises, the determination of local people to progress, new friends and like-minded souls.



The proposal



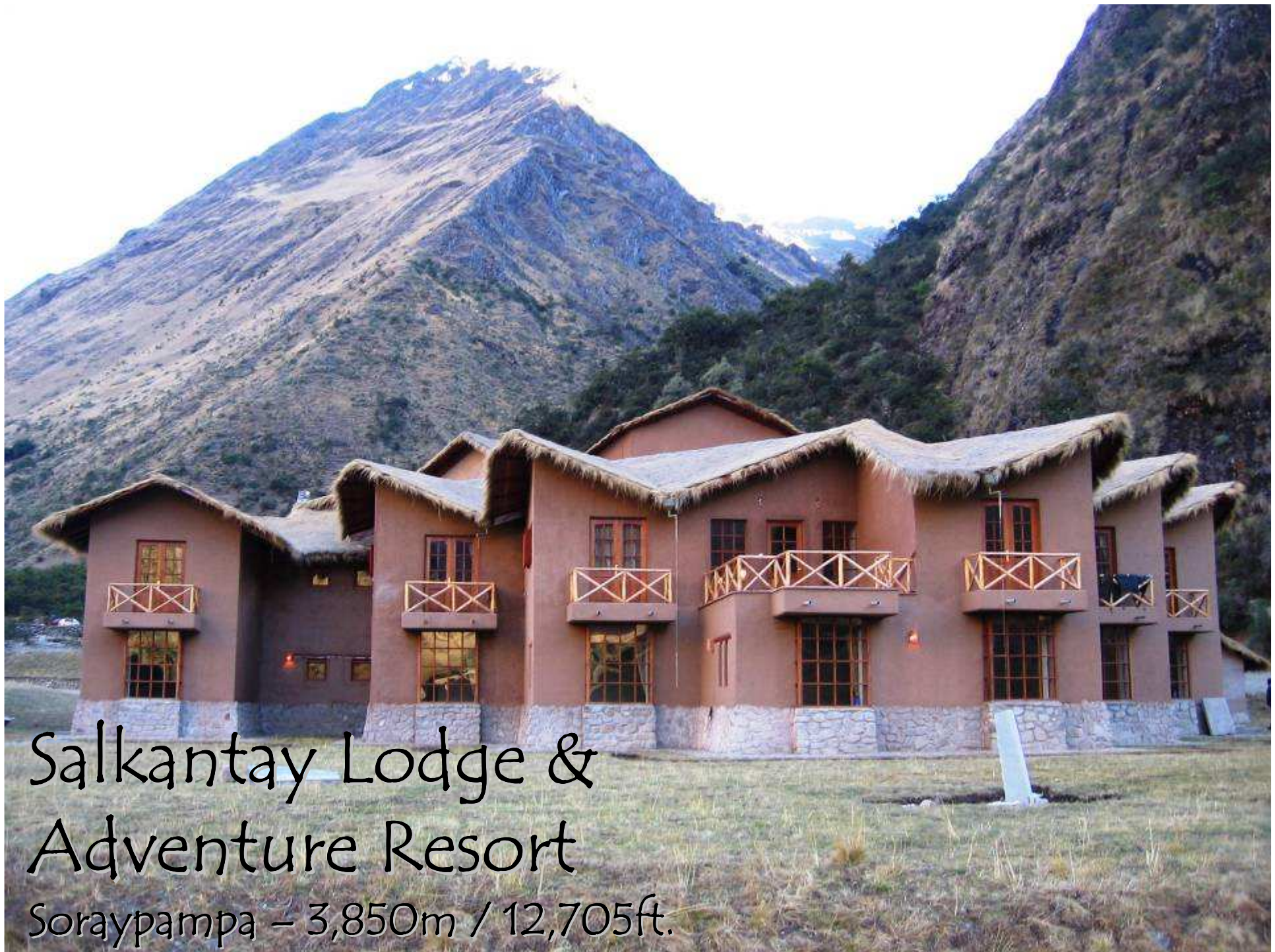
We propose an expedition... one that takes guests on an ancient trail called the "Salkantay Route", going from lodge to lodge along four mountain lodges in the Cordillera Vilcabamba, a spectacular Andean mountain range which cradles the famed Sanctuary of Machu Picchu.

Within our lodge system, the crown jewel is the **Salkantay Lodge & Adventure Resort (SLAR)**, located in the high Andean valley of Soraypampa at 3,850m/12,705ft above sea level. In addition to high-quality "Andean Energetic Cuisine" (as created and named by our Food & Beverage Director), the Lodge offers an outdoor hot tub, cozy reading rooms, a bar/lounge, and 12 well-appointed private rooms with private bathrooms and hot showers.

The enchanting valley of Soraypampa is the starting point of our trek to Machu Picchu – one that is much less traveled, but by many accounts, more scenic and exclusive than the famous "Inca Trail". In our **Machu Picchu Lodge-Lodge** experience, trekkers spend one night each at three Trekker's Lodges located at strategic points along the route: Huayracmachay, Collpapampa and Lucmabamba. Although MLP's Trekker's Lodge are smaller in size (only 6 guest rooms per lodge), each one of them offers the same amenities as the base lodge.

The Lodges





Salkantay Lodge & Adventure Resort

Soraypampa – 3,850m / 12,705ft.

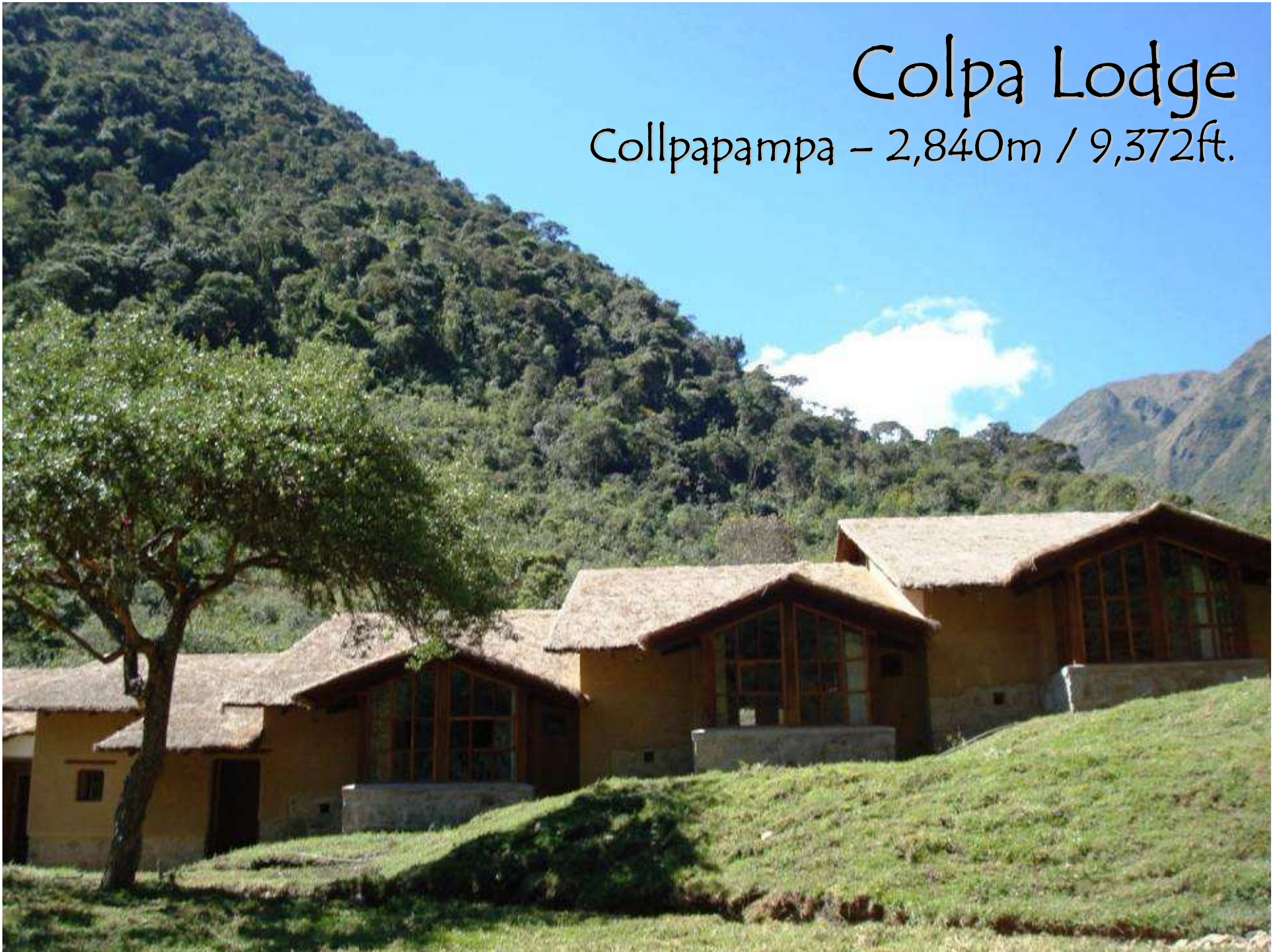


Wayra Lodge

Huayracmachay – 3,920m / 12,936ft.

Colpa Lodge

Collpapampa - 2,840m / 9,372ft.





Lucma Lodge

Lucmabamba – 2,150m / 7,095ft.

The Trekking Route

FINISH: Aguas Calientes

- ✦ End of trek at Hydroelectric train station
 - ✦ Lucmabamba (7,003 ft / 2,135 m) – Site of Lucma Lodge
 - ✦ Collpapampa (9,414 ft / 2,870 m) – Site of Colpa Lodge
 - ✦ Huayracmachay (12,812 ft / 3,906 m) – Site of Wayra Lodge
 - ✦ Abra Salkantay (15,213 ft / 4,638 m) – High pass crossed on first day of the trek
- START:** Soraypampa (12,690 ft / 3,869 m) – Site of the Salkantay Lodge & Adventure Resort

Hidden Trails' Salkantay Trek to Machu Picchu

Detailed Itinerary

THE NIGHT BEFORE DEPARTURE: EVENING BRIEFING IN CUSCO MEET & GREET

DAY 1: CUSCO to SALKANTAY LODGE & ADVENTURE RESORT at SORAYPAMPA (3,869 m/12,690 ft).

After an early breakfast, guests will be picked up starting at 7:00 am at their hotel in Cusco by an HT guide and vehicle in direction to the Salkantay Lodge & Adventure Resort (SLAR) in Soraypampa. En route we will take a short break to visit the Inca ruins of Tarawasi near the town of Limatambo (approx. 1.5 hrs from Cusco). After leaving Limatambo, we pass through the mountain village of Mollepata where we stop for a short coffee break before ascending a winding mountain road to a place called Marcoccasa (30 minutes from Mollepata by vehicle).



Above & Left: Salkantay Lodge & Adventure Resort at Soraypampa

Here, we will begin our trek to Soraypampa, on an old route called the “Camino Real” (Royal Path). This is a good opportunity for guests to acclimate and enjoy a beautiful **6 hour trek** on their first day. **(Hiking level: moderate)**. (Optional: guests who do not wish to trek may be transported to the lodge in the vehicle).

The SLAR takes its name from the majestic peak at the head of the valley – the “Salkantay”, the 2nd most sacred peak in Inca mythology and, at 20,600 ft (6,270 m), the highest in the region.

After a warm welcome by our friendly staff, guests will be shown to their rooms and have time to wash-up. The first afternoon is spent at leisure to adjust to the altitude. An evening briefing by the fireplace is followed by aperitifs and dinner.

Note.- Lunch on DAY 1 is a box lunch.



DAY 2: SORAYPAMPA.

This day is spent at leisure for rest or activities, depending upon guests' level of acclimatization. The most popular activity at Soraypampa is a half-day hike **(3-4 hours. Hiking level: moderate to challenging)** to a glacial lake where the more adventurous might take a very short swim! This activity is excellent for acclimatization and a first immersion into high-mountain trekking. In the afternoon, guests may choose to trade the glacial swim for a relaxing soak in our outdoor jacuzzi. In the evening, the guide will brief the trekking party on gear and the itinerary for the following day. Breakfast, lunch and dinner are taken at the Lodge.

Left: Salkantay Lodge & Adventure Resort

DAY 3: SORAYPAMPA to WAYRA LODGE at HUAYRACCMACHAY (3,906m/12,812 ft).

This is the big day: the start of the four-day trek to Machu Picchu. After an early start, we will hike up the Rio Blanco valley, circling Humantay Peak across from Salkantay Peak. The highest point on the trek is a pass at 4,638 m (15,213 ft). At the pass we stop to take in views of snow-capped peaks of the Vilcabamba Range in every direction, the south face of Salkantay towering above us. We will keep our eyes out for Andean condors, often visible in this area. From the pass we continue our descent toward the Wayra Lodge ("Wayra": wind; 'the place where the wind lives') our destination for the evening. A hot lunch is taken en route. Dinner and overnight at the Lodge. **(Hiking time: 6-8 hours. Total excursion time for day: 7-9 hours. Hiking level: challenging with a 15,000ft mountain pass).**

DAY 4: HUAYRACCMACHAY to COLPA LODGE at COLLPAPAMPA (2,870m/9,414 ft).

On this day we enjoy a leisurely breakfast at Wayra Lodge. We then begin our trek by hiking downhill above the Salkantay River, through increasingly verdant scenery. The Colpa Lodge is located in an open promontory at the confluence of three rivers. The outdoor hot tub in this lodge has prominent views of lush green mountains and a small, far-away, local town. Dinner and overnight at the lodge. **(Hiking time: 3-4 hours. Hiking level: easy to moderate).**



Above: Wayra Lodge



Above: Colpa Lodge

DAY 5: COLLPAPAMPA to LUCMA LODGE at LUCMABAMBA (2,135m/7,003 ft).

We depart early today and head down the Santa Teresa River Valley, through more populated rural areas. We will pass through banana, granadilla, and avocado orchards and coffee plantations (said to be one of the best organic coffees in the world). We stop along the river for a hot picnic lunch. After another hour of trekking a private vehicle arrives to take us to the beginning of the “Llactapata Inca Trail” (30-minute drive). From the head of the trail it is a short climb (30 min.) to the Lucma Lodge, set in an avocado orchard. We arrive in time to allow for exploration of the small village of Lucmabamba and possibly meeting with members of the local community. Dinner and overnight at the lodge. **(Hiking time: 5-6 hours. Total excursion time for day: 6-8 hours. Hiking level: moderate to challenging, basically due to distance, not terrain).**

Day 6: LUCMABAMBA to AGUAS CALIENTES (1,900 m/6,232 ft).

After an early start and a hearty breakfast, we tackle the last day of our trek. We head uphill for 2-3 hours towards Lactapata pass (2,736 m/8,974ft), where we come upon a distant but quite special view of Machu Picchu from the southwest, a view few tourists ever glimpse. An added value are the Lactapata Ruins, which have recently been restored. Lunch is provided at the observatory, in view of Machu Picchu. We then begin our final descent to the Aobamba River through lush bamboo forests and more orchards and coffee plantations (2-3 hour descent). Aguas Calientes and Machu Picchu are a short (30 minutes), scenic train ride away. **(Total hiking time: 4-6 hours. Hiking level: moderate to challenging).**

We then arrive in Aguas Calientes to check-in to our hotel for the night.



Above: Lucma Lodge



Above: The Sanctuary of Machu Picchu

Day 7: Machu Picchu (2,400m/7,872 ft) to Cusco

We wake up early to have breakfast at the hotel and then make our way to the bus station for the ride up to Machu Picchu (30 min). A complete guided tour of Machu Picchu will be provided (2 hours). Guests will have about 4 additional hours to explore the site on their own—there is a lot to do and see. Afterwards, we will return by bus to Aguas Calientes for lunch and to go to the train station for the afternoon departure. The train takes us to Ollantaytambo (1½ hrs), where a private vehicle awaits to take us to Cusco (1 ½ hrs). Upon arrival in Cusco (approximately 7-8pm) we will drop guests off at the hotel of their choice.

END OF SERVICES

Data Chart: Locations, Altitudes, Distances, Vertical Changes, Times & Temperatures

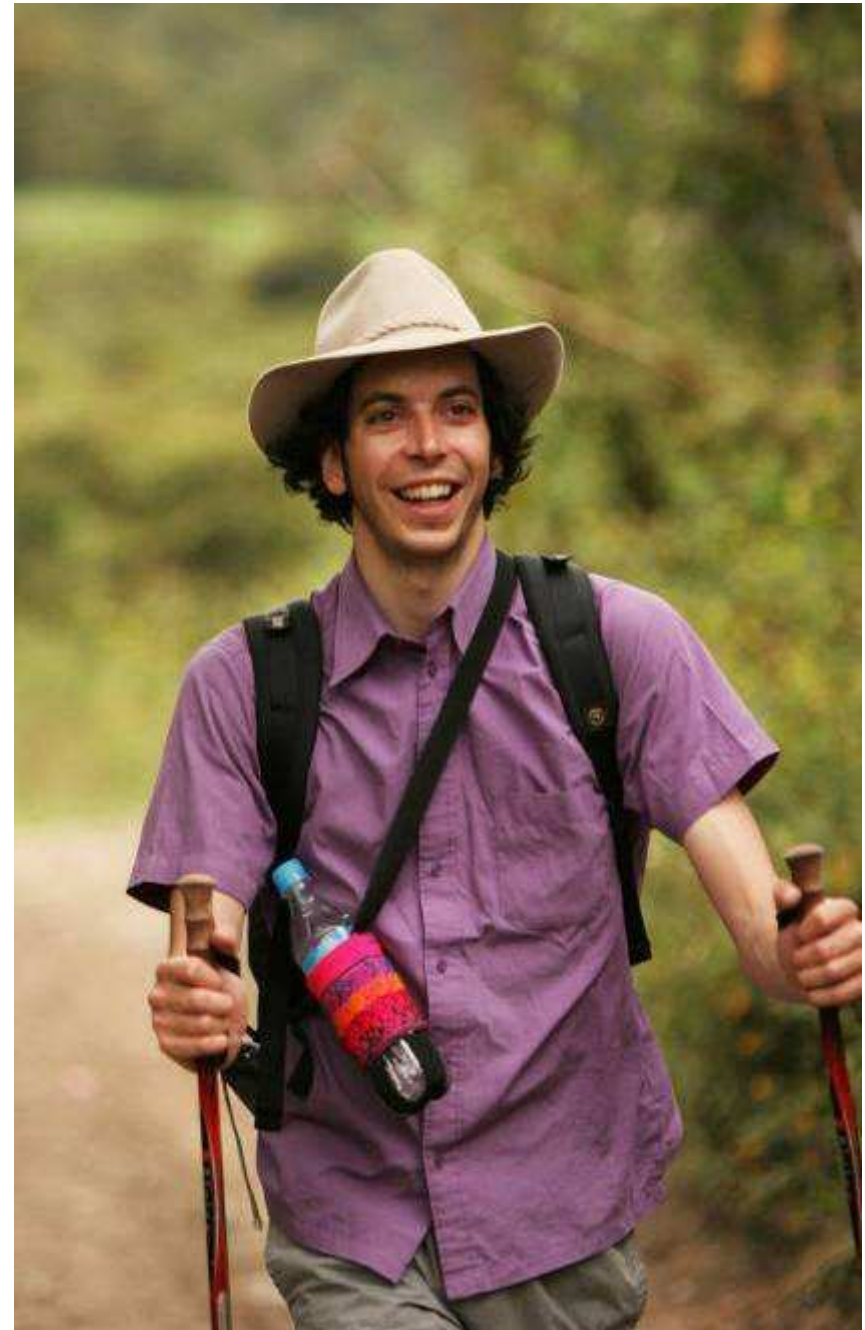
DAY	LOCATION	ALTITUDE		VERTICAL		VERTICAL		DISTANCE		DISTANCE		TIMES	TOTAL TIMES	TEMPERATURE	
		FEET	METERS	FEET	METERS	FEET	METERS	MILES	KM	MILES	KM			°C	°F
1	CUSCO	11,021	3,360			2,040	622			72	115		Bus: 2h 40m / Trek: 3h 30m or Trek: 6h	7 / 22	45 / 70
	Cusco - Izcuchaca	11,008	3,356	(13)	(4)			17	27			Bus: 35m			
	Izcuchaca - Huillque (Salkantay view point)	12,120	3,695	1,112	339			17	27			Bus: 25m			
	Huillque - Tarawasi Archeological Site (Limatambo)	8,751	2,668	(3,369)	(1,027)			14	23			Bus: 50m			
	Limatambo - Mollepata Town (coffee break)	9,371	2,857	990	302			13	21			Bus: 30m			
	Mollepata - Marcocasa (start of acclimatization trek)	11,001	3,354	1,630	497			6	9			Bus: 20m			
	Marcocasa - Challacancha	11,979	3,651	978	298			3	4			Trek: 3h			
	Challacancha - Soraypampa (Salkantay Lodge)	12,690	3,869	711	217			2	4			Trek: 2h			
2	Soraypampa - Humantay Lake	13,845	4,221	1,155	352	0	0	2	3	4	6	Trek: 2h 30m	Trek: 4h 30m	-4 / 19	25 / 65
	Humantay Lake - Soraypampa	12,690	3,869	(1,155)	(352)	2	3	Trek: 2h							
3	Soraypampa - Salkantay Pampa	13,625	4,154	935	285	121	37	2	3	8	13	Trek: 2h	Trek: 7h	-7 / 16	20 / 60
	Salkantay Pampa - Soyrococha	14,730	4,491	1,105	337			2	3			Trek: 1h 45m			
	Soyrococha - Salkantay Pass	15,213	4,638	482	147			1	1			Trek: 45m			
	Salkantay Pass - Ichupata (lunch spot)	13,799	4,207	(1,414)	(431)			2	3			Trek: 1h 30m			
	Ichupata - Huayracmachay (Wayra Lodge)	12,812	3,906	(987)	(301)			2	3			Trek: 1h			
4	Huayracmachay - Rayampata (resting spot)	11,460	3,494	(1,351)	(412)	(3,398)	(1,036)	3	4	6	9	Trek: 1h 30m	Trek: 4h	10 / 24	50 / 75
	Rayampata - Collpapampa (Colpa Lodge)	9,414	2,870	(2,047)	(624)			3	5			Trek: 2h 30m			
5	Colpa Lodge - Wñaypocco (resting spot)	8,246	2,514	(1,168)	(356)	(2,411)	(735)	5	9	18	29	Trek: 3h	Trek: 5h 30m / Bus: 45m	16 / 27	60 / 80
	Wñaypocco - Lluscamayo (lunch spot)	7,938	2,420	(308)	(94)			1	2			Trek: 30m			
	Lluscamayo - Loreta (vehicle pick-up)	7,104	2,166	(833)	(254)			3	4			Trek: 1h 30m			
	Loreta - Llactapata Inca Trail	6,616	2,017	(489)	(149)			9	14			Bus: 45m			
	Llactapata Inca Trail - Lucmabamba (Lucma Lodge)	7,003	2,135	387	118			1	1			Trek: 30m			
6	Lucmabamba - Llactapata (Machu Picchu view point)	8,974	2,736	1,971	601	(771)	(235)	3	5	14	22	Trek: 3h 15m	Trek: 5h 45m / Train: 1h	16 / 27	60 / 80
	Llactapata Pass - Train Station	5,809	1,771	(3,165)	(965)			4	7			Trek: 2h 30m			
	Train Station - Aguas Calientes	6,232	1,900	423	129			6	10			Train: 1h			
7	Aguas Calientes - Machu Picchu	7,872	2,400	1,650	503	N/A	N/A	2	4	N/A	N/A	Bus: 25m	N/A	16 / 27	60 / 80
	Aguas Calientes - Cusco	11,021	3,360	3,149	960			69	110			Train/Bus: 3h			

TOTAL TREKKING DISTANCE: 39 MILES / 62 KM

TOTAL TRIP DISTANCE: 191 MILES / 307 KM

Fixed Departures

- Guaranteed departures
- Program: 7 days & 6 nights
- Full service, Cusco to Cusco itinerary
- Fully serviced and guided groups.
- Top guides in the region
- “Andean Energetic Cuisine” – high quality meals
- Small groups: average 10 people per group
- Bring 10 or more friends and get a **FREE TRIP!**



Terms & Conditions

PRE-TREK BRIEFING AND MEET & GREET GROUP

We provide a pre-trek briefing in Cusco for guests which consists of the following::

- meet and greet with the group and the guide
- detailed itinerary and any last-minute changes
- confirmation of specific dietary and medical information of the participants
- frequently asked questions
- participant gear & equipment verification
- specific requests for additional information

IMPORTANT NOTE: The pre-trek briefing takes place in Cusco the night before the trek departure. You will receive (via email) an invitation with the time and place of the briefing, including a map with directions.

Please note that if your arrival into Cusco is delayed and you are unable to join your group for the transfer on Day 1 to the first lodge, 9 E can arrange a private transfer for you for an additional cost.

Salkantay Trail Entrance Fee

The INC (*Instituto Nacional de Cultura* or National Institute of Culture) of Peru, through a legal ruling, charges **US\$50 or S/.127 (Peruvian `Nuevos Soles`) entrance fee** for all tourists hiking on the Salkantay Trail from Mollepata to Santa Teresa.

This is a mandatory fee that will have to be paid by all tourists in the town of Mollepata in cash. There are no ATMs in Mollepata where the fee must be paid, so guests must make sure to take the money for the entrance fee with them from Cusco.

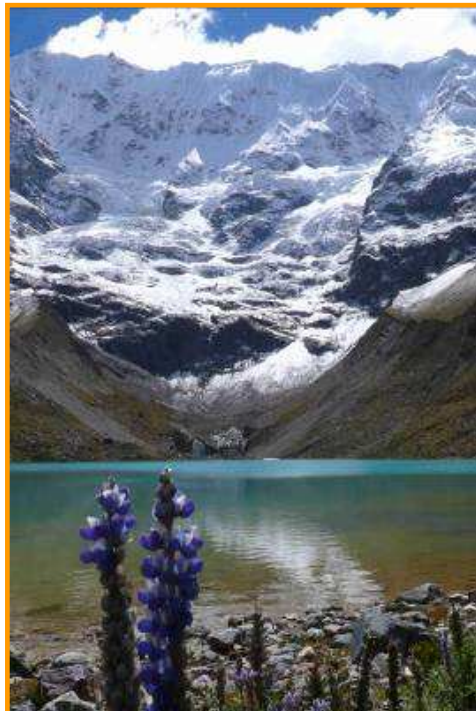
Guides will remind guests of the Salkantay entrance fee the night before departure at the pre-trek briefing.

CHECK-IN: SIGNATURE ACCOUNT

At check-in at the 1st lodge, you will be asked to open a voucher on your credit card for potential extras during the trip such as alcoholic beverages, clothing/souvenirs and others. At the 4th lodge you will need to settle your bill and can do so by charging the credit card previously presented or by paying in cash. If paying in cash, please take note that we only accept US\$ 5, US\$ 10, US\$ 20, and US\$ 50 dollar bills; we do not accept US\$ 1, US\$ 100 or coins. We accept Peruvian currency. If paying with a credit card, please note you will not be able to present a new credit card when settling the bill.

MASSAGE SERVICES

We offer professional massage services at the Salkantay Lodge & Adventure Resort from March-December of every season. We offer professional massage services at the Wayra, Colpa and Lucma lodges—subject to availability, please inquire prior to departure. The cost for a massage service is US\$65.00 per 60 minute session



Optional 2nd Day at Machu Picchu

Book an extra night in Aguas Calientes

- Enjoy a 2nd visit to Machu Picchu: visit the Sun Gate, climb Huayna Picchu, go to Intipunku, and enjoy many other marvels the site has to offer.
- Spend a relaxing day enjoying nature walks (bird watching, orchid gardens) or visiting the hot springs.
- Enjoy all the amenities your hotel has to offer, including spa services.



Notes:

1. Please request this service when making your reservation.
2. Does not include transportation to the site, entrance tickets, guide for Machu Picchu for a 2nd visit. These services can be requested.
3. Transfer from Ollantaytambo to hotel in Cusco is an additional charge. Please request quote at the time of booking.



Pre & Post-Trek Additional Services

Need help with your travel plans?

Don't know where to book hotels, domestic flights or other services in Peru?

Or simply... need advice on what to do?

Let us give you a hand in making your travel hassle-free and enjoyable.

Hotels in Lima

Did you know that most international flights arrive into Lima airport either late at night (11pm) or early in the morning (5am) and that connecting flights to Cusco start at 6am? Sometimes, booking a night at a Lima hotel (even for a few hours) makes all the difference in feeling rested for enjoying your trip. We offer hotel booking services in Lima in an array of 3 to 5 star hotels.

Hotels in Cusco

We always recommend to stay at least two nights in Cusco (if your travel allows it) prior to your trekking adventure in order to acclimatize for your lodge to lodge trek. We can help you with booking hotels in Cusco for your pre & post trekking needs. This is ideal for exploring the city of Cusco and its surroundings, which have much to offer culturally and historically. Additionally, you can enjoy fine dining, traditional shows, shopping, night-life, amongst other entertainment.

Extension Packages

Feel like exploring more of Peru? Ask for all the possibilities we have for you. Explore Puno's "Lake Titicaca" (highest sailable lake in the World), adventure into the Peruvian Amazon jungle, or visit the Colca Canyon.

RECOMMENDED EQUIPMENT LIST

Here is a basic packing list. These items are essential to ensure adventure travelers' comfort and safety.

DAY PACK
BROKEN-IN COMFORTABLE HIKING BOOTS
RAIN GEAR (PONCHOS OR FULL RAIN GEAR)
GLOVES
LIGHTWEIGHT HIKING PANTS OR SHORTS (PANTS RECOMMENDED)
BREATHABLE LIGHTWEIGHT TOP-WEAR
COMFORTABLE SHOES / FLIP-FLOPS
COLD-WEATHER JACKET
LONG-SLEEVE FLEECE / SWEATER
WOOL HAT
SPORT HAT (BASEBALL STYLE OR SOMBRERO STYLE OUTDOOR HAT)
HEADLIGHT
SUNGLASSES
COMFORTABLE HIKING SOCKS (4 PAIRS AT LEAST)
SUNSCREEN
INSECT REPELLENT
BATHING SUIT
CASUAL MOUNTAIN WEAR FOR EVENINGS
PHOTO/VIDEO CAMERAS & CHARGERS
TREKKING POLES (MLP PROVIDES QUALITY WOODEN WALKING STICKS)
RE-FILLABLE WATER BOTTLE
LIGHT-WEIGHT, SMALL BINOCULARS

Notes.-

- We appreciate no hard suitcases; soft duffel bags and /or backpacks (“soft” luggage) are recommended.
- Sleeping bags are not required as the lodges provide ample bedding.
- We provide a limited amount of hair-dryers at each lodge, due to limitations in energy supply and environmental concerns.

Important Baggage Specifications

Peru Rail, the company that operates the trains from Aguas Calientes/Machu Picchu to Cusco, instated on July 9, 2008 a new weight limit for all luggage coming on board the trains.

The new weight limits from Peru Rail (and thus for the trek) are as follows:

1 backpack – 11 lbs / 5 kg (per person, which guests carry with them on the train)

AND

1 duffel bag – 22 lbs / 10 kg (per person, which goes on a separate cargo train)

Anything over this weight limit, Peru Rail will charge guests directly at the train station in Aguas Calientes (Rate: US\$0.82 per pound extra or US\$1.80 per kg extra). Please note that MLP does not charge a penalty for surpassing the weight allowance established by Peru Rail.

Most Cusco hotels will allow guests to store extra luggage at the hotel while guests are on the trek. Please inquire directly with your pre-trek hotel. If your hotel does not provide this service please advise MLP of this.

If you do not have an appropriate sized duffel bag, MLP can provide a duffel bag for loan at the pre-trek briefing (the night before departure). You may return them to your guide after the trek.

If your luggage exceeds the weight limit, please note that your luggage will be on board a separate cargo train from Aguas Calientes/Machu Picchu to Cusco. This means your luggage will not travel with you on this portion of the trip. Therefore, on Day 7 before you depart for Machu Picchu, will be the last time you see your luggage until you return to your Cusco hotel that evening. If you wish to have a change of clothes or anything else you may want with you that day, please pack it in your backpack that morning.

Frequently Asked Questions

Q: What is the weight limit for luggage/clothing/equipment that each traveler can take on the trek?

A: THE WEIGHT LIMIT FOR THE TREK IS 15KG / 35 LBS PER GUEST, AS THIS IS THE MAXIMUM WEIGHT THAT MULES AND PORTERS CAN CARRY. IT IS ALSO IMPORTANT TO NOTE THAT “HARD” LUGGAGE POSES A PROBLEM; SOFT, “DUFFEL-BAG” TYPE LUGGAGE IS RECOMMENDED.

Q: What should guests do with their remaining bags and clothing?

A: REMAINING LUGGAGE CAN BE STORED IN CUSCO AT YOUR PRE-TREK HOTEL.

Q: How is luggage transported from lodge to lodge? Is it with us at all times?

A: GUESTS SHOULD CARRY A DAY-PACK WITH THEM WITH EVERYTHING THEY NEED FOR THE DAY. MULES AND PORTERS CARRYING THE LUGGAGE WILL NOT WALK WITH THE GROUP. YOUR LUGGAGE WILL MEET YOU UPON AT ARRIVAL AT EACH LODGE.

Q: What is the weather like on the Salkantay trek during the year?

A: WEATHER IN THE REGION IS EXTREMELY VARIABLE AND YOU SHOULD PACK FOR A VARIETY OF CONDITIONS. IN ADDITION, OUR TREK PASSES THROUGH 12 BIO-ZONES RANGING FROM HIGH ALTITUDE ALPINE CONDITIONS TO HIGH JUNGLE. **SEE DATA CHART ON PAGE 18 FOR AVERAGE TEMPERATURES**

(FAQ continued)

Q: How many guides will be with the group on the trek?

A: WE WORK WITH ONE GUIDE FOR GROUPS UP TO 7 TRAVELERS. FOR GROUPS OF 8 TO 14 WE HAVE AN ASSISTANT GUIDE. HOWEVER, THE COOKS AND THE HORSEMEN KNOW THE AREA AND THE TREK VERY WELL AND ARE ABLE TO ASSIST THE GUIDES AT ALL TIMES; EVEN IN CASES OF EMERGENCY EVACUATION. ALL MLP GUIDES HAVE "WILDERNESS FIRST AID CERTIFICATION"

Q: What kind of emergency procedures are in place if a guest injures themselves in a way that disables them from continuing the trek (i.e. falls and breaks a leg)? What is the nearest hospital and how can they get there? Can the rest of the group continue without them or must they all turn around?

A: THERE IS BASIC MEDICAL EQUIPMENT AND ATTENTION AT THE LODGES; THE MLP PERSONNEL TRAVELING WITH THE GROUP ARE TRAINED TO HANDLE EMERGENCIES. MLP ALSO WORKS WITH A MEDICAL HELICOPTER RESCUE OPERATION FOR EMERGENCIES. FOR MINOR MEDICAL ATTENTION THAT CANNOT BE TAKEN CARE OF AT THE LODGES BUT WHICH REQUIRE SPECIAL MEDICAL ATTENTION, THE NEAREST MEDICAL CENTERS, IN THE WORST CASE, ARE ONE DAY DISTANCE BY HORSE OR MULE. GUIDES CARRY FULL FIRST AID KIT AND PORTABLE OXYGEN WITH THEM AT ALL TIMES.

Q: Do the guides have naturalist training of any kind?

A: MLP WORKS WITH THE BEST GUIDES IN CUSCO. THESE GUIDES ARE ALSO TRAINED IN THE ROUTE "MLP STYLE" AND IN THE FULL OPERATION OF THE LODGES AND THE MLP PRODUCT. WE WILL HAVE SPECIALIST GUIDES AVAILABLE ON REQUEST (BIRD SPECIALISTS, HISTORY SPECIALISTS, ETC.)

Q: Do clients carry their lunch food in their daypacks?

A: ON DAYS 3, 5, AND 6, WHICH CALL FOR A PICNIC LUNCH EN ROUTE, LUNCH WILL BE PREPARED FRESH ON-SITE BY THE COOKS AND WILL CONSIST OF HOT SOUP, GOURMET SANDWICHES OR A HOT LUNCH, SNACKS AND SALADS. ADDITIONALLY, GUESTS WILL BE HANDED A "SNACK-PACK" TO CARRY IN THEIR DAY PACKS WITH DRY FRUITS, PEANUTS, CHOCOLATES AND FRESH FRUITS.

(FAQ continued)

Q: What is the electrical current found at the lodges if a guest wants to use their own electrical appliances?

A: THE LODGES HAVE AN ELECTRICAL CURRENT OF 220 VOLTS. IF GUESTS HAVE ELECTRICAL APPLIANCES THAT WORK WITH 110 VOLTS, THEY SHOULD BRING THEIR OWN ADAPTORS SINCE THERE ARE IS A LIMITED SUPPLY OF THESE IN THE LODGES FOR THEIR USE.

Q: Where do we meet our group/guide? When and where will we be picked-up on Day 1?

A: THERE IS A PRE-TREK BRIEFING THE NIGHT BEFORE YOUR DEPARTURE WITH YOUR GUIDE/GROUP AT A LOCAL CUSCO HOTEL. WE WILL BE SENDING YOU AN INVITATION VIA EMAIL SPECIFYING THE EXACT TIME AND PLACE OF THE BRIEFING. ON DAY 1, YOU WILL BE PICKED-UP AT YOUR HOTEL IN CUSCO.

Q: What is the terrain like? How challenging is it?

A: THE TREK IS RATED AS MODERATE TO CHALLENGING AND COVERS APPROXIMATELY 32 MILES ON UNEVEN, ROCKY TERRAIN. DAY 3 IS THE MOST CHALLENGING WITH AN ELEVATION GAIN OF 3,000 FEET IN A SPAN OF 3 MILES TO REACH A MAXIMUM ALTITUDE OF 15,000 FEET. PRIOR HIKING EXPERIENCE IS RECOMMENDED AS THIS IS NOT A NOVICE HIKE. PLEASE CONTACT US IF YOU HAVE ANY OTHER QUESTIONS.