

TREK THE GREAT INCA ROAD TO MACHU PICCHU

PERU • 21ST APRIL – 9TH MAY 2025

Join us on an adventure of a lifetime as we follow in the footsteps of the legendary Chasqui Runners between the ancient sites of Choquequirao and Machu Picchu. Trek through remote cloud forests visit remote Andean villages and witness one of the World's 7 Wonders.

Join us as we train, travel, discover and conquer!



BROUGHT TO YOU BY DREAM IT AMBASSADOR HELEN BOSCH
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For more information email Helen Bosch
helenmbosch@gmail.com or call 027 517 3227

DREAM IT
AND WE WILL TAKE YOU THERE

CHOQUEQUIRAO TO MACHU PICCHU

Travelling The Great Inca Road in the footsteps of the Chasquis

For this adventure we immerse ourselves in the mystical world of Incan history and travel the Great Inca Road between the ancient sites of Choquequirao and Machu Picchu. Our journey follows in the footsteps of the legendary Chasqui runners who supported the vast Incan empire delivering communications along the 38,000km Inca Road. As we trek between these two lost cities we will have the opportunity to view impressive landscapes, explore high Andean villages and travel through five climate zones – including Andean Puna and Cloud Forest where endangered condors are common. Along the way we will be immersed in the Andean way of life and see the mountains through the eyes of those historic messengers.

Highlights

- 10-day journey along The Great Inca Road
- The very best local guides
- Option to explore Santiago, Chile
- Historical city tour of Cusco, Peru
- 5 nights in first-class hotels
- 7 nights camping In Four-Season tents
- A full day to explore Machu Picchu
- Despacho ceremony with Q'ero Sharman
- Travel through 5-microclimate zones
- Ascent 4,656 metre Yanama Pass
- Authentic locally sourced meals
- Local guides, mules, cooks & porters
- All ground transportation

Overview

DAY 1 & 2

Welcome to South America

We begin our journey in Santiago, Chile, where you have a chance to explore this fascinating city that rarely sleeps buzzing with the life and energy on every South American street corner. We make our way on Day 2 to the captivating history and grandeur of Cusco, Peru, where you will uncover its past with a tour of the city's historical precincts. We will enjoy a good rest in a luxury hotel and a free day to explore the city and rest before your Inca Trail journey begins in earnest on Day 3.

DAY 3

In the footsteps of legends

We begin our journey on the path between Cusco and Chiquisca, following in the footsteps of the heroic Chasquis. They were known as some of the greatest runners in history, capable of relaying messages at speeds of over 320km per day at altitudes above 3,962 metres.

While these great athletes were endowed with incredible strength and stamina, they also had wisdom and a way of connecting with the land and its inhabitants that helped propel them along the steep mountainous terrain. For our journey, we will be supported by porters and mules, camping for 7 nights in four-season tents in established campsites, the first of which is in the ancient setting of Santa Rosa.

DAY 4

Ancient and remote ruins

Waking up to spectacular views, we continue on Day 5 towards Choquequirao, with our route traversing one of the most stunning sections of the Inca Road between the great city of Choquequirao and the citadel of Machu Picchu. Choquequirao is considered one of the most remote ancient ruins in the world and is currently visited by fewer than 70 people per day, which the Peruvian Government plans to change, with plans to build a road and tram system to the site. Currently the site is only accessible by a two-day walk across a 1,525 metre deep canyon.

DAY 5

Solitude in the clouds

Situated at 3,038 metres, Choquequirao is located in pristine cloud forest and features extensive waterways, temples and agricultural terracing as impressive as Machu Picchu. While the site is only 30% excavated, the energy of the site is profound and there are ample opportunities to find solitude as we explore the origins of this remote lost city. While at the site we will work with local shaman and participate in a traditional Despacho ceremony, giving gratitude to the spirit of Pachamama.



DAY 6

Flora and fauna paradise

Day 7 and we leave Choquequirao to travel towards Maizal. As we explore the rich history of the Andean people, we also discover the diversity of the land. Peru boasts the highest concentration of microclimates in the world and our journey takes us through five climate zones, including a rare cloud forest, which is home to one third of Peru's birds, mammals and frogs. Here we will see an incredible diversity of flora and fauna, including bromeliads, orchids, butterflies, giant hummingbirds and the Andean condor.

DAY 7

Honouring the spirits

As we venture deeper into the Andean highlands, the landscape opens into high alpine Cordillera, as we pass near permanent glaciers and high villages. The mountains here are sacred to the Andean people and we honour these great spirits as we pass within view of the Apus Kiswar, Quriwayrachina and Pintuyu. Here we begin to appreciate the greatness of the Chasqui runners as we climb elaborate stone paths constructed centuries ago and still in use by local people today as they pass these steep mountains.

DAY 8

Supporting the local community

Day 8 and we descend Victoria Pass at 4,267 metres to discover the small village of Yanama where we will connect with the local people through the practice of Ayni as we participate in a service project to improve the local school. Day 9 takes us up through a majestic valley surrounded by high peaks, climbing to our highest point at 4,654 metres as we cross Yanama Pass. From here we get our first glimpses of Salkantay, the second most dominant peak in Peru, known as the Savage Mountain and the ruler of weather and fertility, and on to Collipapampa.

DAY 9

Lush forests and hot springs

The climate changes quickly as we descend 2,133 metres from high alpine landscapes into lush tropical vegetation passing fruit groves and coffee plantations that have been present since Incan times. On Day 10 we have the opportunity to visit the hot springs near Salkantay before descending the Santa Teresa river valley, passing many small villages. We then venture back up into cloud forest to the ancient site of Llactapata. Here we will enjoy a beautiful moss covered forest and explore the ancient observatory which is perfectly aligned with Machu Picchu across the valley. We are now within sight of our final destination as we make our way down to Aguas Caliente, travelling through abundant forests filled with parrots and orchids. Upon arrival we will have opportunity for a soak in the hot spring and enjoy a fine meal as we explore this quaint village and relax in preparation for our visit to Machu Picchu the next day.

DAY 10

Ascent to the Temple of the Moon

Day 11 is our chance to fully explore the magic of Machu Picchu. In the morning we travel up to the citadel and spend the day exploring this expansive site, connecting to its energy and learning the role this ancient ruin played in the Andean cosmology. While here we will have the chance to climb Huayna Picchu, the steep prominent mountain that defines the site, and hike to the more remote Temple of the Moon which few visitors experience. Here we will hold our final Andean ceremony. After a special overnight camp at one of the world's most historic sites, we board our train back to Cusco to enjoy a comfortable hotel stay and final celebratory group dinner at one of the finer restaurants in Historic San Blas, before beginning our journey home.

HEAD GUIDE



JULIO CESAR CAMACHO

Julio was born in Cusco, the great ancient capital of the Incan Civilisation and his family came from the small town of Písaq in the Sacred Valley. He did his entire education in Cusco and studied Tourism and Business at the local university in Cusco San Antonio Abad. When he was a teenager he was a Boy Scout, which introduced him to the outdoor world and the Andes Mountains.

Julio now works as a freelance tour guide and runs his own outdoor company organising trips exploring the Andean world. He is very knowledgeable about Incan history and Andean culture. He has been leading trips for 20 years throughout the Sacred Valley to Machu Picchu, Salkantay, Ausangate, Vilcabamba, Urubamba, Choquequirao and Cusco. He has led over 600 groups to explore the Macchu Picchu ruins.

His background is Mestizo native from Peru and she speaks Quechua, English and Spanish.

AMBASSADOR



HELEN BOSCH

Helen is an ex-teacher and currently works as a swimming and running coach and fitness instructor. She relishes taking on new challenges and loves to get people out and about, often being the ringleader of crazy adventures where she supports people as they step out of their comfort zones and reach their goals.

Helen is a runner, mountain biker and paddle boarder, and spends time in the gym building strength. She is an avid trumper and has the dubious distinction of being the youngest member of her local tramping club!

She takes on a NZ Great Walk every January and hopes to eventually tick them all off in the coming years. Being in the bush is her "happy place."

Helen and her husband Allan have travelled extensively through Europe, the USA and Hawaii, Australia and the Pacific Islands. Everywhere they go, Helen hunts out places to hike and explore on foot.

Her first trip to Peru was in 2019 with Dream It. She fell in love with the people, culture and history. She loved it so much and felt so connected to Peru that she returned with Dream It in 2023 to hike the trail again, brought her sister Julie along and immersed herself in the culture once more.

"Trekking in the footsteps of the heroic Chasqui Runners is life-changing and I feel extremely privileged to be an ambassador for Dream It. I can't wait to share your journey with you. Bring it on!"

ITINERARY

DEPARTURE (21ST APRIL)

Depart from Auckland on the 21st April and stay two nights in Santiago, Chile.

DAY 1: ARRIVAL (23RD APRIL)

Arrive in Cusco and check into our hotel. Group dinner.

DAY 2: CUSCO TO PISAC RUINS (24TH APRIL)

Tour Cusco and Opening Despacho Ceremony with a Q'ero Shaman. Group dinner.

DAY 3: CUSCO TO SANTA ROSA (25TH APRIL)

2,240m • 12.8 km • 5-6 hours

After breakfast, we leave for the mountains on private bus to Cachora where we'll begin our trek. We will descend a beautiful valley to the Apuimac River Gorge, and then ascend to Santa Rosa, and incredible views of the snow covered Andes mountains above.

DAY 4: SANTA ROSA TO CHOQUEQUIRAO (26TH APRIL)

2,880m • 6.4 km • 3-4 hours

Today you will climb into the cloud forest to the lost city of Choquequirao. Here amongst the clouds you will have the opportunity to explore one of the least visited monolithic ruins in the world, learn about its incredible history and take in the incredible flora and fauna as you camp within its walls.

DAY 5: CHOQUEQUIRAO TO PINCHAUNUYOC (27TH APRIL)

2,408m • 14.4 km • 3-4 hours

Today will be another opportunity to explore Choquequirao, then after lunch we will climb through the forest to a high pass overlooking a spectacular valley. Here the micro-climate changes and you will have the opportunity to see many different plants and animals. We will then camp overnight on the ledges of a small ruin with incredible views of the surrounding peaks.

DAY 6: PINCHAUNUYOC TO MAIZEL (28TH APRIL)

2,926m • 8 km • 5-6 hrs

This morning we will descend all the way down into a deep river valley fed by glaciers above. After a quick soak in the cool waters we will climb back up through a pretty forest filled with butterflies and colorful birds. The climb is steep but rewarding as we reach our camp on the edge of the mountainside overlooking another spectacular valley, and snow covered peaks rising above.

DAY 7: MAIZEL TO YANAMA (29TH APRIL)

3,505m • 9.6 km • 5-6 hrs

Today we continue to climb up into the Andean Puno, a rare ecosystem found only in Peru. Here we will walk preserved Inca roads that allowed the Chasqui Runners to traverse these steep mountains. After reaching a high point of 4,267 meters (14,000 feet) on Victoria Pass we will descend into the village of Yanama and participate in our service project benefiting the local children in this high Andean community.

DAY 8: YANAMA TO COLLIPAPAMPA (30TH APRIL)

2,896m • 24 km • 6-10 hrs

We get an early start this morning climbing up a picturesque valley into the high alpine Cordillera. We reach our high point today crossing Yanama pass at 4,656 meters (15,270 feet), and then descend to our camp at Collipapampa at the foot of Nevado Salkantay 6,271 meters (20,574 feet).

DAY 9: COLLIPAPAMPA TO LUCMA (1ST MAY)

2,606m • 20 km • 5-8 hours

Today we descend the Santa Teresa River Valley along a beautiful trail in an idyllic tropical micro climate with fruit trees and waterfalls. Here we camp in a coffee plantation, and have a unique experience making our own coffee and having a traditional Panchamanca meal.

DAY 10: LUCMA TO AGUAS CALIENTE (2ND MAY)

2,078m • 23 km • 3-6 hours

We depart early this morning climbing back up into cloud forest along a beautiful trail with waterfalls, orchids and flocks of parrots. We then descend to Lactapata, a small ruin that looks directly across the valley to Machu Picchu. We continue descend through lush rainforest till we reach the Urubamba River, then hike through beautiful forest till we reach the bustling village of Aguas Caliente where you are greeted with hot showers and a 5-star meal.

DAY 11: MACHU PICCHU CITADEL (3RD MAY)

3,078m • 6.4 km • 3-4 hours

Today is the day we visit Machu Picchu getting an early start where we will climb Mt. Machu Picchu or Huayna Picchu and then spend the afternoon exploring the vast ruin above the clouds. You will be rewarded with the experience of a lifetime feeling the incredible energy and hiking along stone paths.

DAY 12: AGUAS CALIENTE TO CUSCO (4TH MAY)

We make our way back to Cusco today taking the historic train to Ollyentaytambo, then visiting the Maras Salt mines and Chinchero before returning to our hotel in Cusco.

DAY 13: CORPUS CHRISTY CELEBRATION CUSCO (5TH MAY)

Today we get to witness one of the most important traditional celebration festivals in Cusco. Thousands of dancers fill the streets of the city's historical centre with colour and music. Free evening to explore Cusco.

DAY 14: RAINBOW MOUNTAIN TOUR (6TH MAY)

Today we visit Vinicunca, or more simply known as Mountain of Seven Colours. It was only discovered 7 years ago when the snow covering it melted, revealing the natural beauty of the rock beneath. Considered a holy site in Peru, it is now the second most visited attraction in Cusco. Tonight is our final celebratory dinner before either our departure home to Auckland tomorrow or extending on to the optional trips to the Amazon and Lake Titicaca.

DAY 15: DEPARTURE (7TH MAY)

Depart Cusco on the 7th of May, arriving into Auckland on Friday, 9th of May.

TRIP COSTS:

INCA TRAILS EXPERIENCE

Total Package Cost NZD \$11,995pp

Inclusions: All accommodation throughout, return flights, transfers, most meals, hosting, tours, porters and guides throughout, Auckland Airport lounge access pre-flight, Team polo and training tee.

Exclusions: Personal travel insurance, meals in transit, personal snacks and beverages, tips for guides and porters, vaccinations, Santiago tour and Group Training weekend.

PAYMENT DATES:

In order to meet the necessary arrangements and preparations with our travel partners and agents in Peru we request the following payment schedule:

Deposit Payment	NZD \$1,495	Upon Registration. First in basis to secure spot.
Progress Payment	NZD \$5,250	Friday 15th November 2024
Final Payment	NZD \$5,250	Friday 17th January 2025

(Additional payment may be required for extension inclusions)



BANK ACCOUNT DETAILS

Bank Account details for payments are as follows: DREAM IT NZ 02 0492 0136659 00
Please note that we require full travel insurance in place at time of deposit.

REQUIRED NEXT STEPS

Upon receipt of your deposit we also need the following to confirm our booking:

- Scanned copy of the completed Dream It Client form. This will be emailed to you.
- Scanned copy of your passport. Please ensure your passport is valid for at least 6 months upon your return to New Zealand.
- Scanned copy of your travel insurance cover.

TERMS AND CONDITIONS

This package is based on the following terms and conditions.

1. Group departure, based on a minimum number of 12 being reached.
2. Inclusions as specified above.
3. A non-refundable deposit of \$NZD \$1,495 is required at time of booking. A payment plan specified thereafter prior to departure.
4. All prices are subject to change until paid in full and prices are all subject to availability. Prices are for cash/bank transfer, there will be 2% surcharge for Visa/Mastercard and 3% surcharge for Amex/ Diners. Your names on the electronic ticket must be exactly the same as your passport and you must have at least 6 months validity on your passport upon your return to New Zealand. All prices subject to currency fluctuation
5. Prices quoted are for Economy return airfares and twin share accommodation. Prices are available on upgrades for both at your request.
6. Itinerary subject to change.



Recommended Gear List:

- Day Pack – 20-30L
- Water Bladder – 3L
- Sleeping Bag – 20F at least (synthetic recommended)
- Sleeping Pads – Inflatable and/or closed cell foam
- Duffel Bags – Large expedition-size vinyl or canvas to be carried by the mules
- Additional bag to leave at hotel with change of clothes
- Shoes – Lightweight hikers or cross trainers
- Camp Shoes
- Warm Hat
- Gloves
- Waterproof Pants
- Waterproof Jacket
- Fleece Jacket
- Insulated Jacket
- Long sleeved shirt
- Lightweight Trekking Pant
- Shorts and/or bathing suit for hot springs and river
- Capaline/Polypro top and bottom
- Socks – At least 4 pair
- Sun Hat/visor
- Sunglasses
- Hygiene/toiletry kit – Small
- First Aid Items – Small
- We provide a larger kit for the group
- Headlamp w/spare batteries
- Trekking Poles – Highly recommended
- Camera
- Nalgene bottle
- Snack foods to supplement standard meals.
- Ear plugs
- Insect repellent with Deet (*Important, there are biting flies near the river)
- Sunscreen
- Plastic Bags – Garbage bags for your duffel for rain protection
- Camp Soap/Shampoo
- Small camp towel
- Disposable wipes
- Hand sanitizer – Small
- Bandana – Optional
- Knife or multitool – Optional
- Duct tape, Blister Kit
- Journal – Optional
- Donation items for local people – Shoes, shirts, socks, sunglasses, school supplies.
- Tip money. This is optional, but the guideline is approximately \$150 USD for the trek.
- 2 photocopies of your passport
- All gear labelled!

BLOOD TESTING RECOMMENDATIONS

We will be strongly recommending all participants on this trip get the following blood tests done. You can get them done through your local GP and there should be no cost.

You will need to ask them for a copy and preferably scanned and emailed to you.

As part of your Client Form disclaimer in Section 7 it asks if you have sought and received clearance from your GP to train and prepare for this event. So if you haven't already done this, suggest you do this at the same time.

Let your GP know you are committing to trekking the Inca Trail. Your support team have requested you get your blood testing completed so we can support and identify areas of concern prior to group departure.

You will need to ask for a Full Blood Count (FBC) including Ferritin, Thyroid, and HbA1c test. Results normally take a few days.

Below is a quick snapshot of the terminology and reasons they are important to know.

FULL BLOOD COUNT

The number of red cells, white cells and platelets in the blood are checked. Red cells carry oxygen around the body and haemoglobin makes up part of the red cells. These are of particular interest as in an endurance based event such as trekking and running it is important to have an adequate Red Blood cell count. This is even more important when going into a high altitude environment where there is less oxygen available for the body to utilise.

FERRITIN

Ferritin is the major iron storage protein of the body. Ferritin levels can be used to indirectly measure the iron levels in the body.

Low iron levels can cause fatigue and limit the ability of oxygen to be transported throughout the body which therefore makes running and training more difficult.

THYROID

Thyroid hormones regulate metabolism (the way the body uses energy) and affect nearly every organ in the body. Thyroid hormones also effect brain development, breathing, heart rate and nervous system functions, body temperature, muscle strength, menstrual cycles, weight and cholesterol levels.

Hypothyroidism is a disorder that occurs when the thyroid doesn't make enough thyroid for the body's needs. Without enough thyroid hormone, many of the body's functions slow down. Symptoms include fatigue, weight gain and cold intolerance.

HBA1C TESTING

The HbA1c test (glycosylated haemoglobin level) is a laboratory blood test which measures your average blood glucose over the previous weeks and gives an indication of your longer term blood glucose control. It is an indicator of elevated blood glucose levels, which are suggestive of diabetes. It will also measure how much glucose has become stuck onto your red blood cells.

We can then help have an understanding and help plan your nutrition and dietary requirements, weight control and lifestyle requirements.

FREQUENTLY ASKED QUESTIONS

Our team based in Peru including our guides will answer any questions as they arise for the group. They have significant previous experience leading groups through the Inca Trails. We also create a closed client Facebook group leading into the trip providing a fully interactive platform sharing key information and tips prior to departure.

Here are some of the more common questions raised.

Q. What fitness level is required to complete the Inca Trail itinerary with Dream It?

A. You have to be fit. It is common misconception that because many people do the Inca Trails then it must be easy... It isn't. It is a physically challenging trek and the high altitude (resulting in less oxygen to your lungs and blood) and changes in weather can make it uncomfortable at times. However this makes completing the Inca Trail and arriving at Machu Picchu all that more enjoyable.

Dream It and our coaching teams will ensure you are prepared and conditioned properly.

Minimal level of fitness required would be someone who hikes or runs casually. A good hiking pace will help but more importantly someone who can enjoy long days on the trails and repeat it the following day throughout the itinerary. This is a trekking adventure with no pressure to rush. The scenery will both slow people down and invigorate them.

Q. What about Altitude Sickness?

A. Our guides have significant experience working with a wide range of clients trekking the Inca Trails. In general, if you spend a few nights in Cusco for acclimatisation purposes, you should be okay for the Inca Trail.

The itinerary allows time to acclimatise and we have added an extra day in Cusco at the beginning of the itinerary to recover from the long haul flight or relax and adjust to the altitude exposure. You can also mitigate altitude sickness related symptoms by being well rested and hydrated.

Climbing is climbing however and people will feel the elevation and feel their breath shorten going over high passes until they become acclimatised. This can take 2-5 days. So the first few days can be the most challenging, even just walking around Cusco. Over indulging in alcohol during these first few days is not advised because dehydration is also an issue when first at altitude.

Q. What will the temperatures be like in Peru in April/May?

A. Daily temperatures can range from a low of 5 °C overnight to a high of 20°C during the day.

Q. Can the group split up if some people are quicker than others?

A. There are natural stopping/resting points where the group may stop to have a snack or explore the ruins and sights. Our group will be able to go at their own pace and if some want to go faster there will be a guide available to go with them. A guide will also be a sweeper to look after the slowest in the group.

Q. Is there an option to have a shower, wash clothes and are there toilets on the Inca Trail?

A. There are no showers once we leave on the trek until we reach Aguas Calientes below Machu Picchu. We do however provide warm water and wash clothes for clean up each day after the trek before dinner. There are also a few streams where bathing is possible.

Q. We are sleeping in tents on the trail. What's provided for us to sleep on?

A. Sleeping bags and mats are used during the trekking portion of the trip. We suggest participants bring their own. Mats can be provided but we suggest participants bring their own. Stretches are just too heavy as the trip is entirely supported by porters and mules.

Q. Are your guides able to speak an interpret for us with the locals?

A. Our guides are fluent in English, Spanish and Quechua, and have vast experience guiding English speaking clients.

Q. What creepy crawlies and wildlife are we likely to encounter?

A. There are very few creepy crawlies to worry about on this trek. Mosquito or biting flies can be an issue near the rivers, so insect repellent is recommended on these sections. As far as wildlife does, this is a highlight of the trip as we pass through five climate zones and see many different flora and fauna. We will see giant hummingbirds, eagles and Andean condor which is a rare treat. Sightings of deer, fox, and elusive jaguar are also possible (but not a threat). The cloud forests are spectacular and you will see many plant species, orchids and incredible butterflies.

Q. What is the food like that's provided throughout the trek?

A. We provide fresh locally sourced and organic food, rich in protein and vegetables. Proper nutrition and fuelling is important for this trip, and we provide healthy portions in a dining tent with tables and chairs.

Q. I understand we will have the amazing opportunity to bring gifts for the local villages and children on the trail - what do you recommend we bring?

A. Donations are appreciated and school supplies are the greatest need for the children in the high Andes.

Q. Is there a weight limit on bags / backpacks that each participant can bring on the trails section? I imagine the mules and porters can only carry so much?

A. We ask you to limit the weight of your personal gear to 20kg for the trek. There will be a secure place to leave items of value in the hostel prior to the trek and can be picked up on your return. You will only need to carry a day pack during the trail sections while the rest of your gear will be carried by your mule or porter.

Q. Is there cellphone coverage and options to recharge electronic devices on the trails?

A. The areas we will be travelling will have limited cellphone coverage. There may be spots where coverage exists on high vistas or closer to the larger villages. We will have satellite communication in the events of emergency. We recommend a small solar charger for phones, cameras, kindles etc but we also encourage our groups to unplug as much as possible during the trip as this is a rare opportunity to find a closer connection to nature and culture.

Q. Are there toilets on the trail?

A. Toilets have improved a lot in the last couple of years and all of the larger campsites have toilet blocks with flush toilets and running water. On the whole they are kept pretty clean. If you do need to go to the toilet between campsites then defecate well away from the trails and water supplies, dig a hole, or cover your faeces with a rock, and take toilet paper with you in a bag to deposit in one of the several bins along the trail.

Q. What day do we depart and arrive back in New Zealand?

A. We depart Auckland on Monday 21st April 2025 and arrive home on Friday 9th May.

Q. Do we have to carry all our gear?

A. We will be supported by porters and mules throughout the trip, so you will only be required to carry a small daypack during the day with water, snacks and extra clothing.

Q. Are meals provided along the Inca Road?

A. Yes, along the Inca Trail, all meals will be prepared fresh and served in our well provisioned cook tent. There are also many small tienda's along the route that sell snacks, drinks and supplies.

Q. Where will we stay?

A. This epic journey includes a combination of hotel accommodation (in Santiago, Aguas Calientes, and Cusco – at the beginning and end of the trip) and camping. Along the Inca Road, we will camp for 7 nights in four-season tents in established campsites.

Q. Do I need to acclimatise before I go?

A. The route distance covers approximately 120km's with a minimum elevation of 1,464 metres and a maximum elevation of 4,654 metres, which we reach on Day 7, allowing plenty of time for acclimatisation.

However, as this is one of the more challenging treks in Peru with approximately 15,240 metres of elevation change (ascending & descending), we take an extra mule and also have points where vehicle transportation can provide assistance if necessary.

Q. What can I expect in terms of support?

A. Breakfast, lunch and dinner are provided along the trails, snacks and water. There are no aid stations and everyone will need to be self sufficient between stops.

KEY CONTACTS:

Helen Bosch

Dream It Ambassador | Mobile: 027 517 3227 | Email : helenmbosch@gmail.com

Karen Kidd

Flight Specialist | Mobile: 027 550 5383 | Email: karenkidd@ymaf.co.nz

