



Trek the ancient Inca Trail in Peru to...

Machu Picchu

...for a trip of a life time! – 2020

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 rainforest, 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 rated moderate and any reasonably fit person will be able to cover the route. It is fairly challenging nevertheless, you will be carrying your own personal equipment (porters carry group equipment including tents, stoves and food etc...) and altitudes of 4200m are reached. 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 London Heathrow where you'll fly to Lima or Bogota (depending on flight arrangements) and onward to Cusco (Peru). The Amaru Hotel or similar (3/4 star) will be your base for the next few days while you acclimatise to Peru's high altitude and prepare for the Inca trek ahead.

The 4 day trek is lead by an English speaking professional guide and takes you along the magnificent Inca trail. 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 at day break giving you a full day to explore. You'll then be transfer back to your base at the Amaru Hotel in Cusco for a good nights rest. You have two full days in Cusco where you can simply relax and enjoy the city of Cusco. However some travellers opt for a days rafting or a jungle tour (not included in the trip cost but we are more than happy to arrange any extra excursions for you). On the final day you be transferred to Cusco airport and fly back to Lima/Bogota and on to London Heathrow.

Trip dates

Trip 1: Monday 15th June to Friday 26th June 2020.

Trip 2: Monday 17th August to Friday 28th August 2020

Outline Itinerary

Day 1 - Meet your group and fly from London Heathrow Airport to Lima/Bogota.

Day 2 – Onward flight to Cusco - the centre of the ancient Inca empire. When you land you then transfer to your hotel to enjoy the area and acclimatise to the altitude of 3400m. Overnight bed and breakfast hotel accommodation

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.

Day 4 – A second full day in Cusco to acclimatise to the altitude. In the evening there is a meeting with the our guide to run through the trip and answer an specific questions.

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.

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



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 (4215 meters/13829 feet). 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

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 orientation 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

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 downstairs 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.

As part of our trip we include the trekking permits for Huayna Picchu (also known as Wayna Picchu) which is a neighboring mountain a 45minute climb to the top. Huayna Picchu offers the most amazing views of Machu Picchu and is a must for all trekkers. You'll then have plenty of free time to explore on your own and then 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).

Day 9: Full days rest at the Hotel

Day 10: Optional days rafting or a full day to explore Cusco

Day 11: Morning in Cusco and transfer to the airport for your home bound flight

Day 12: Land at Heathrow Airport

Training Event – May 2020 (exact dates will be confirmed in January 2020)

A local training day is provided for all Machu Picchu participants. The day provides an opportunity for the whole team to get to know each other prior to your departure and to run through important information about the trip. It also gives you plenty of opportunity to ask questions and collect advice.

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. Our trek price also includes the extra fees associated with the Wayna Picchu hike excursion. The price also covers the local training day. *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).

Costs and payment structure

The cost of the trip is **£2,350**. There is a £250 trip deposit (non-refundable) to book your place and the remaining balance is paid in instalments.

Trip deposit (at time of booking) £250

December 2019	£850
February 2020	£400
April 2020	£350
June 2020	Balance

Due to high flight costs and the limited availability of trekking permits the bulk of the instalments must be paid before January 2020. This enables us to offer you the best value for money and ensures success in gaining your trekking permit for the Inca Trail.



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.

How to reserve your place on the trip

To book a place on the trip simply return the reservation form with a £250 trip deposit (this is non-refundable or transferable) to Jonathan Reilly, British Expedition Company, Meriden House, Park Road, Tisbury, Wiltshire, SP3 6LF. Cheques should be made payable to...'**TheBEC Limited**'.

Alternatively you can send through your trip reservation form via email and your trip deposit via internet banking to the following HSBC business bank account;

Account Name: TheBEC Limited,

Account Number: 62049414

Sort code: 40-40-14

Reference: **Your Name** (this is very important as we can link the payment with your reservation form)

When your deposit is received a trip booklet is sent out detailing every element of the trip.

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 below booking conditions and agrees to be bound by them.

If you have any questions or queries regarding this trip or would like any further information then please email Info@thebec.co.uk or call Jonathan on 01747 871109.

Reservation Form follows on the next page



British Expedition Company

Reservation Form

Please fill in and email **or** print off and post with your deposit to:
 Jonathan Reilly, British Expedition Company,
 Meriden House, Park Road, Tisbury, Wiltshire SP3 6LF.

Full Name This must be exactly as is appears on your passport	Mr / Mrs / Miss / Other _____ First name: _____ Middle names (if applicable) _____ Surname _____	
Date of Birth		
Home Address		
Phone - Land line		
Phone - Mobile		
Email address 1 Email address 2		
Nationality		
Which Expedition and trip date do you prefer?	Expedition	
	Trip date	
Passport details	Passport number	
	Passport expiry	
Any special food requirements?		

Next of Kin / Emergency Contact

Name	
Relationship	
Address	
Telephone number (Land and Mobile)	

Medical Details

Know allergies to food/medication/insects etc...

Do you have any specific medical conditions that we need to be aware of when you are away on expeditions?

Please give any additional information concerning your health that you think is necessary for us to know, especially in the case of an emergency.

Questionnaire

1. Briefly describe your reasons for wanting to attend the trip

2. Where did you find out about the trip?

3. Which description below best matches your level of fitness? (Tick or highlight)

- Very good level of fitness
- Quite strong level of fitness
- Normal fitness level e.g. can do a day walk in hills with a small rucksack
- Need to improve my fitness

4. Briefly describe your camping and walking experience...

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

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.

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\$1.40 - 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.