

# Inka Trail Magic

April 24-30<sup>th</sup> 2023

Welcome to an amazing experience walking in the footsteps of the ancient Inka trails!

I have walked this 4-day royal road to Machu Picchu 4 times in my life, and this will be another magical experience taking this hike like it was for the first time ever. It is so beautiful! The whole hike offers amazing views of birds and fauna both on the mountains and in the jungle area. Each day has its own landscape, we are literally walking in the footsteps of the Inka weaved in with teachings of higher shamanic wisdom in each direction of the Medicine Wheel.

Machu Picchu has many names: the city of light, city of rainbows, city of crystals – all qualities of the domain of the upper world. A world of light. This is our goal for this journey to source from all that we can be and open our senses to higher vision. You hike preferably in silence, concentrating your body and energy to receive divine inspiration to what calls to be created through you!

Welcome to this spectacular hike to Machu Picchu where you strengthen your medicine and re-align vision. Here below you find a schedule of the hike and our closing ceremony in Cusco with my Qero shaman brother Don Fransisco.

On April 27<sup>th</sup> we are standing there together at SunGate in the sunrise of Machu Picchu! Magic is we walked all the way to that power moment!



## April 24<sup>th</sup> Serpent Day

Willka Tika | Ollantaytambo | Km 82 | Patallacta | Wayllabamba

We will be picked-up at Willka Tika around 6 am, and travel by private van to the city Ollantaytambo where we will stop for breakfast. Here, you may purchase last-minute supplies (toiletries, rain gear, meds, snacks, bottled water, etc.). We will continue travelling for about an hour to Pisacuco -- famously known as Km 82 -- the beginning of the Inca Trail, where we will be introduced to the team. You will gear up and make your way to the first checkpoint where you will present your passport and Inca Trail permit. From here we begin our trek to Machu Picchu along the Inca Trail! After you cross the Urubamba River by footbridge, you will trek for 4 hours until you reach the village of Tarayoc where you will be served lunch. Along the way, you'll enjoy magnificent views of snow-capped Mount Veronica who stands at 5,895 m / 19,335ft, and pass the first archaeological sites along the trail -- Qanabamba and Patallacta. After lunch, you'll continue for another 2.5 hours, arriving at Wayllabamba, your campsite. You may then get settled in your tent, freshen up, and relax. Afternoon tea will be served at 5 pm. Dinner will follow at 7 pm. Be sure to get a good night's rest; you'll need it!

### Day 1 Overview

#### Hours of Trekking

6.5

#### Elevations for the Day

Cusco - 3,400 m / 11,150 ft **highest**

Ollantaytambo - 2,790 m / 9,150 ft

Km 82 - 2,650 m / 8,700 ft **lowest**

Patallacta - 2,750 m / 9,020 ft

Wayllabamba - 3,000 m / 9,840 ft

(Ayapata - 3,300 m / 10,830 ft)

#### Meals Served

Breakfast / Lunch / Dinner / Snack + Tea

**This is a relatively easy day. The ascent will be gradual – a gentle warm up for the following day's challenging climb to Dead Woman's pass.**

## April 25<sup>th</sup> Jaguar Day

Wayllabamba | Llulluchapampa | Warmiwañusca / "Dead Woman's Pass" |  
Pacaymayo

Wake-up at 6. Breakfast will be served at 6:30. At 7 you will begin your 4-hour uphill trek to Warmiwañusca, appropriately named Dead Woman's Pass because, when viewed from a distance, its crests resemble the silhouette of a woman lying on her back. Along this path, you will pass a native Queuña forest and be accompanied by the soothing sounds of a glacier stream and the various wildlife inhabiting the Andes. This is a stunning, very beautiful pass along the Inka Trail! I recommend walking slowly and truly enjoying this magical forest. After about 2 hours, you will reach the 1/2 way point of Llulluchapampa. The steep ascent will be grueling at times, but the gorgeous surroundings will make the effort worth your while. Once you reach Warmiwañusca, the highest point of the trek, take a few moments to celebrate your achievement while you enjoy the spectacular views! Here we build an Apacheta, a group stone prayer as a manifestation of our dreams and prayers on 4200 m.

We are so close to the heavens here!

You will then begin a steep, 2-hour descent to your campsite, Pacaymayo, where our team will greet us with a hearty lunch. That's it for trekking for the day. You may freshen up and have yourself a very well-deserved rest. We'll let you know when tea's ready at 6 pm. Dinner will be served at 7 pm. Afterwards, as Silverio our guide likes to say, "may you sleep like a baby alpaca."

## Day 2 Overview

### Hours of Trekking

6

### Elevations for the Day

Wayllabamba - 3,000 m / 9,840 ft **lowest**

(Ayapata - 3,300 m / 10,830 ft)

Llulluchapampa - 3,800 m / 12,470 ft

Warmiwañusca - 4,200 m / 13,780 ft **highest**

Pacaymayo - 3,600 m / 11,810 ft

### Meals Served

Breakfast / Lunch / Dinner / Snack + Tea

**This day is the most challenging of our 4-day trek. The descent will be steep. In this altitude, we recommend moving slowly and steadily instead of quickly and stopping to take many breaks. Also be mindful of layers of clothing as the temperature shifts in the different altitudes.**

## April 26<sup>th</sup> Hummingbird Day

Pacaymayo | Runcuracay | Sayacmarca | Phuyupatamarca | Wiñay Wayna

You will begin with a 5 am wake up. Breakfast will be ready at 5:30. You'll head out toward Runcuracay Pass at 6 on a steep, 2-hour uphill trail. Along the way, you'll make a quick stop at the Runcuracay Incan site with a visionary view! Once at the pass -- the highest point of the day -- it's a steep 1.5-hour descent to Sayacmarca. Here, enjoy the beautiful scenery of two valleys -- Aobamba and Urubamba -- as you continue on for the next 3 hours on a gentle up-and-down path until you reach your lunch site, Phuyupatamarca.

After lunch, the trail continues steeply downhill for the next 3 hours; it will be steep for the first 2 and then gradual from the IntiPata Incan site to Wiñay Wayna, your campsite. You'll have the option to take a quick ten-minute stroll to the Wiñay Wayna to explore or simply relax and enjoy the spectacular view from camp. Tea will be served at 5:30 and dinner at 7. This will be our final dinner with the porters so we have our farewell celebration with them this evening as they'll be heading home the following day. Before sleeping under the stars, you'll pre-pack your gear for a super early start.

### Day 3 Overview

#### Hours of Trekking

9.5

#### Elevations for the Day

Pacaymayo - 3,600 m / 11,810 ft

Runcuracay - 3,950 m / 12,960 ft

Sayacmarca - 3,600 m / 11,810 ft

Phuyupatamarca - 3,700 m / 12,140 ft **highest**

Wiñay Wayna - 2,620 m / 8,595 ft **lowest**

#### Meals Served

Breakfast / Lunch / Dinner / Snack + Tea

**This is the longest day of your 4-day trek; with some steep up- and downhills, it will be moderately challenging.**

**Farewell dinner with porters. Thank you! You'll be parting ways with them tomorrow morning.**

## April 27<sup>th</sup> Condor Day

Wiñay Wayna | Inti Punku | Machu Picchu Citadel | Aguas Calientes

We made it! Together we are standing there in the sunrise with a spectacular view over Machu Picchu! That moment is worth all the efforts getting here!

You'll be waking before the roosters this morning! 3:45 am wake up. Breakfast will be served at 4, and you'll depart from your campsite at 4:30. (The porters will take your duffel bag to Aguas Calientes where you will retrieve it after your tour. It's just a five-minute walk to the final checkpoint which opens at 5:30 am (a line will form, so the earlier you arrive, the better). Here, your guide will present your Inca Trail permit. You'll then trek for about 2 hours along a path with a gentle incline. There will be some steep steps which will lead you to Inti Punku (the Sungate). From here, you'll have your first view of Machu Picchu in the distance! Then, it's one more hour of downhill until you reach the Machu Picchu Citadel. You'll first head toward the entrance, exit the complex, and have some time to use the restroom, grab a snack and have your passport checked (and stamped!) at the control point before you re-enter Machu Picchu and begin your guided tour of the citadel. Afterwards, you will take the bus down to Aguas Calientes where you will meet your guide at a designated spot and pick up your duffel bag. You'll grab lunch on your own before you take your train back to Ollantaytambo. Private transport will await you there to take us to our hotel in Cusco.

### Day 4 Overview

#### Hours of Trekking

3 plus 2-3 hour guided walking tour at Machu Picchu Citadel

#### Elevations for the Day

Wiñay Wayna - 2,620 m / 8,595 ft highest

Inti Punku (Sungate) - 2,720 m / 8,925 ft

Machu Picchu Citadel - 2,400 m / 7,875 ft

[optional: Huayna Picchu Mountain - 2,720 m / 8,925 ft]

[optional: Machu Picchu Mountain - 3,082 m / 10,110 ft]

Aguas Calientes - 2,040 m / 6,690 ft lowest

Ollantaytambo - 2,790 m / 9,150 ft

Cusco - 3,400 m / 11,150 ft

#### Meals Served

Breakfast and Snack

**Today's the day -- Machu Picchu! You'll head out well before the crack of dawn so you could be at the Sungate seeing the sunrise over Machu Picchu.**

**An experience you will source from forever!**

## April 28<sup>th</sup> Integration Day

| Cusco |

This day we take it slow to relax, integrate and just be in the charming city life of Cusco. For those who wants to join, I am going for a short walk to the Shamans market for shopping!  
We meet for morning meditation as well as an afternoon gathering at the hotel.

## April 29<sup>th</sup> Celebration Day

| Cusco | Moon Temple |

Directly after breakfast we meet with Qero Shaman Don Fransisco and his wife Juanita for a short ride up to the temple of the moon above Cusco. Here we are offered a despacho ceremony for our journey home and receiving the initiation of the East direction of the Medicine Wheel which is all about the visionary. Afternoon gathering at the hotel. What gifts are you bringing home and what is your next step in fulfilling your dream?  
Celebration dinner!

## April 30<sup>th</sup> Journey back home

| Cusco | Lima | Your destination |

Love and Thank you's for this magical time together!  
May Peru continue to live and breathe in your heart.



## Luxury Inka Trail Journey Price \$1700 Including

- \* PeruRail's Vistadome train with a panoramic view
- \* a Therm-A-Rest ProLite Plus sleeping pad and a pillow
  - \* Down Sleeping Bag
  - \* Trekking Poles (rubber-tipped)
- \* Duffelbag to pack only for the Inka Trail part of the journey

## Team Support

- \*Experienced English speaking Tour Guide
- \*A kitchen team serving delicious vegetarian meals on the hike
- \* Reliable Porters carrying your duffelbag and putting up the tents every day on Inka Trail.
  - \* **You only have to carry your day pack!**

## Tickets/Entrance fee

Inka Trail  
Machu Picchu

## In Cusco

3 hotel nights in DB room  
Ceremony with Qero shaman the last day

## Not included in Cusco

- \* Breakfast, lunch and dinner
- \*Transfer from your hotel to the airport

## To book your space

E-mail [journeys@jeanettemantel.com](mailto:journeys@jeanettemantel.com) or call +46 733 39 23 19

A nonrefundable deposit of \$700 and a copy of your passport to hold your space.

Balance due \$1000 latest January 30<sup>th</sup> 2023.

**NOTE** if you are with us for the Pachamama journey at Willka Tika April 17<sup>th</sup>-24<sup>th</sup> your main luggage will be transferred to our hotel in Cusco.

I will give preparation tips both spiritually and physically together with a small packing list for the hike. I have made this trip to include most of what you need except clothes, so you can enjoy this experience to the fullest!

Looking much forward to be on the royal road to Machu Picchu with you!

Jeanette