



## **ASSESS YOUR SUITABILITY FOR THE TRIP**

### **12-Day Adventure: Cusco, Salkantay Trek, and Machu Picchu**

#### **Experience the Journey of a Lifetime in Peru**

Our 12-day packaged tour offers the perfect blend of cultural immersion, adventure, and awe-inspiring landscapes. The highlight of this journey is the renowned 5-day Salkantay Trek to Machu Picchu, but that's only part of the adventure. Your journey begins with a 4-day stay in Cusco, where you'll explore the rich cultural heritage of the Incas while preparing for the trek.

The tour concludes with your triumphant arrival at the legendary ruins of Machu Picchu, one of the New Seven Wonders of the World.

#### **Is This Trek for You?**

Before booking your 12-day adventure, it's important to determine if the Salkantay Trek and overall experience are suitable for you. This tour offers both cultural discovery and physical challenge, so we want to make sure it's the right fit.

Consider the following conditions to assess your readiness:

##### **1. Physical Fitness Level**

- The 5-day Salkantay Trek involves long days of hiking, with some stretches lasting 7-9 hours at high altitudes (up to 15,000 feet or 4,600 meters). Are you comfortable hiking for extended periods on steep, uneven terrain?
- Do you engage in regular physical activity and have experience with hiking or other endurance activities?

**Tip:** Good cardiovascular fitness and stamina are key to enjoying the trek!



## 2. Altitude Acclimatization

- You'll be trekking at high altitudes, where oxygen levels are lower. Have you hiked or travelled at high altitudes before, and are you familiar with how your body reacts?

**Preparation:** The tour includes 4 days in Cusco before the trek to allow for proper acclimatization. During this time, you can explore the city's stunning Inca architecture and culture.

- We also carry oxygen tanks for emergencies to ensure your safety throughout the trek.

## 3. Adventure & Outdoor Comfort

- The Salkantay Trek is for those who love outdoor adventures. You'll be camping for 3 nights, experiencing a variety of weather conditions, from cool mountain air to warmer cloud forest climates.
- Are you comfortable with rustic camping conditions, including limited facilities and sleeping in tents?

## 4. Traveling with a Group

- This is a group adventure, and you'll be sharing your experiences with fellow travellers. Are you open to group travel and ready to enjoy the camaraderie? Our local guides will ensure the trek is safe and enjoyable for everyone.

## 5. Cultural Curiosity

- This trek is more than a physical challenge—it's a cultural experience. Are you excited to learn about the history of the Incas, interact with local communities, and take in the natural beauty of the Andes? The trek passes through remarkable Inca sites, and our expert guides will offer insights into the history and culture along the way.



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### **Tour Highlights:**

- Duration: 12 Days, including a 5-day trek
- Pre-Trek Acclimatization: 4 Days in Cusco
- Trek Difficulty: Moderate - Challenging
- Accommodations: 3 nights of camping, 1 hotel night in Aguas Calientes
- Maximum Altitude: 4,600 meters (15,000 feet) at Salkantay Pass
- Distance Covered: Approximately 62 Kms during the trek
- Safety: Oxygen tanks available for emergencies

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If this sounds like the perfect adventure for you, or if you have any questions about the trek's suitability, **contact us** today! We're happy to help you prepare for an unforgettable 12 days in Peru.

**Book Your 12-Day Salkantay Trek & Machu Picchu Adventure Now!**

**JOIN US AND DISCOVER THE MAGIC OF PERU!**