

## Further Information

Peruvian  
**INCA TRAIL  
CHALLENGE**



This document has been compiled by our local Ground Handlers and is based on recommendations from previous expeditions.

**Please do take into account your own personal preferences and common sense!**

We welcome feedback on how this document can be improved upon your return from your Challenge.

### Altitude

There are no set rules regarding acclimatisation to altitude and at what height you will be affected. In most cases, symptoms are mild and include, fatigue, shortness of breath, slight nausea and headache. The best way to adjust to altitude is to walk slowly and rest as often as possible. This is why activities are restricted to short trips for the first few days. If anyone experiences serious problems, they will be transported to a lower altitude.

### Climate

The sunniest and driest months to do the trek are between June and September, but this means the route can be quite busy. The months of April, May and October and November may be cooler, with fewer walkers on the trail. More flowers and especially orchids can be seen during these months.

### Temperatures

Month	Average Sunlight (hours)	Temperature °C				Relative humidity		Average Precipitation (mm)	Wet Days (+0.25 mm)
		Average		Record		am	pm		
		Min	Max	Min	Max				
Jan	5	7	20	3	28	79	40	163	18
Feb	4	7	21	2	27	85	37	150	13
March	5	7	21	2	26	84	31	109	11
April	7	4	22	-4	26	87	33	51	8
May	8	2	21	-4	26	89	29	15	3
June	8	1	21	-5	25	91	23	5	2
July	8	-1	21	-9	25	95	23	5	2
Aug	8	1	21	-5	25	90	24	10	2
Sept	7	4	22	-1	27	80	26	25	7
Oct	6	6	22	-1	29	73	27	66	8
Nov	7	6	23	1	28	71	26	76	12
Dec	5	7	22	1	27	75	33	137	16

The above information has been obtained through BBC Weather

### Time

G.M.T. - 5 hours

### Food

This is very similar to that experienced at home. Most restaurants offer a wide range of dishes. The staple diet is potato (together with rice and meat), and there is a wide variety to choose from. A Sample Menu would be Soup, Stuffed Peppers, Chicken, Rice, Chips, Fish and Pasta Salad. All meals are included throughout the itinerary starting on Day 1 – Dinner through to Day 9 – Breakfast. This is with the exception of:-

Dinner - Day 7

Lunch - Day 8

### Difficulty

It is a demanding trek with some strenuous ascents. The terrain can be very rough, and there are many steps of differing heights to be negotiated. No knowledge of technical climbing is needed, but walkers need to be in good physical condition.

## Further Information cont.



### Health/Vaccinations/Medical Assistance

The immunisations given below are a guide only.

**You must discuss your own particular needs and contra-indications to vaccines or tablets with your doctor or practice nurse.**

Confirm those recommended for use in Britain are up to date, especially those for children and adult boosters of tetanus. Courses or boosters usually advised – hepatitis A; typhoid; yellow fever (for those visiting rural/jungle areas below 2,300 m)

Vaccines sometimes advised – diphtheria; tuberculosis; rabies; hepatitis B. Malaria may also be required.

Altitude sickness is the most common ailment (see above). Drink plenty of bottled water and replenish your salt intake.

### Equipment

It is worth investing in a good pair of walking or hiking boots and appropriate socks. New boots must be worn in before the trip; once they have conformed to the shape of your feet there is less likelihood of getting blisters. To avoid blisters, keep your feet dry and wear socks made with fibres which draw moisture away from your skin. Stay clear of pure cotton. Don't lace shoes too tightly or loosely.

Participants can hire a sleeping bag in Cusco for an additional fee of approx \$30usd. This is arranged locally on arrival in Cusco and it is not necessary to pre-book.

Upon arrival in Cusco, you will be issued with a Kit Bag – this is for you to fill with items needed for the actual Inca Trail – this is the bag that will be carried by the porters. Inflatable sleeping mats for camping are also provided. In addition, trekking poles and rain ponchos can be purchased locally (for a very minimal price) to save on incurring extra expense.

### Passport/Visa

Your passport must be valid up to 6 months following your return date. No visa is required for British subjects for stays up to 90 days.

### Security and Safety

Generally, the Inca Trail is safe, but care must be taken on foot. The tour controller has communication radios of small frequency to be in constant communication with the group as it gets divided over the day while walking. Should anything happen at any time, all members of staff will be informed immediately. A satellite mobile telephone for communication with Cusco is carried, if it is deemed necessary to be evacuated. For others who may be suffering short-term breathlessness, oxygen is available, as is a comprehensive medical kit.

### Evacuation

If any injury is considered to be threatening, the cellular telephone will be used to request the immediate launch of the rescue helicopter of Helicuzco to evacuate the injured to hospital. This can be done in a relatively quick time, with the least distress to the patient.

If the patient is comfortable, and it is felt to be an easier option, the guides and porters make a stretcher and the porters can transport the patient to the railway line to take the train, or if closer, directly to the village of Aguas Calientes.

### Water

Plenty of drinking water will be provided when on trek – this is usually boiled and filtered and perfectly safe to drink. However, some participants may want to use bottled water (this can be purchased at the beginning of the trek for about 50p per litre and there are some shops along the way that will sell this). Remember to avoid ice in drinks and beverages made with water such as lemon juice. Hot drinks should be fine, although the boiling point of water is reduced slightly at high altitude. If in doubt - check with your guide.

## Local way of Life

Always ask before taking photos of local people, do not point cameras in their faces. Do not give sweets to children, it encourages them to beg and creates problems for future travellers, it also leads to dietary and dental problems, which they cannot afford to deal with. What seems like generosity is not. If you feel you want to give something, make a donation to a local school or hospital.

## Valuables

You can leave some items at the Hotel in Cusco, but we strongly suggest that you lock your luggage while it's left. One main important rule – if you don't need it, don't bring it! We also suggest you actually take your passport, money and other documents on Trail with you – make sure you put them in a plastic bag to stop them from getting wet if it rains!

## Currency & Spending Money

Currency is the Nuevo Soles, referred to as the Sol. **Please note this can only be obtained once you are in Peru.** We suggest you take US Dollars, which can easily be changed once you are there. US Dollar traveller's cheques can also be used.

We suggest you take approx £150 + credit card (for emergencies) – but this totally depends on how many presents you want to buy for friends and family!

## Tipping

Tipping is at your discretion and you should only tip if you believe you have been given a service above and beyond expectation. The guide line for tipping is as follows:-

70 – 100 Soles per participant for Porters and Cooks  
50 Soles per participant for Head Guides

## Taxes

The below local departure taxes must be paid, in cash, in person, at each Airport:-

Approx. \$6 departure tax for flight to Cuzco  
Approx. \$6 departure tax for flight from Cuzco  
Approx. \$30 departure tax for flight from Lima

## Fact File

- **Full country name:** Republic of Peru
- **Area:** 1.28 million sq km
- **Population:** 28 million
- **Capital City:** Lima
- **Currency:** Nuevo Sol
- **People:** 54% Indian, 32% Mestizo (mixed European and Indian descent), 12% Spanish descent, 2% other
- **Language:** Aymara, Quechua, Spanish
- **Religion:** Over 90% Roman Catholic, small Protestant population
- **Government:** Constitutional Republic
- **Major Industries:** Pulp, paper, coca leaves, fishmeal, steel, chemicals, oil, minerals, cement, auto assembly, steel, shipbuilding
- **Major Trading Partners:** USA, Japan, UK, China, Germany, Columbia
- **Climate/Temperature:** June to August is the dry season in the highlands, the wettest months being January to April. The sunny months are from late December through to March

Please note that the information above is correct at the time of going to publication