



## SACRED TREKS:

### Machu Picchu: The Salcantay Trek

May 17-28, 2010 & May 31- June 11, 2009 (12 days)

Join expert Himalayan trekking guide Cathy Ann Taylor on an off-the-beaten-path high altitude trek to the celebrated Inca ruins of Machu Picchu. You'll trek through misty cloud forests and alongside brilliant blue lakes, with constant views of the glacier-draped peaks of the Cordillera Vilcabamba, a spectacular mountain range in the heart of the Andes cradling the sanctuary of Machu Picchu, the "Lost City of the Incas." Much less traveled, higher and more rugged than the regular Inca Trail, this trek takes you across a variety of ecosystems, from alpine habitats with views of icy glaciers and the avalanche-swept slopes of Salcantay (20,574') to lush bamboo forests, fruit orchards, and coffee plantations. And although the trek is challenging, you won't go unrewarded. Instead of camping, you'll end each day at a delightful mountain lodge, where you'll dine on delicious international and local cuisine, soothe your weary muscles in a Jacuzzi, and sleep in a comfortable bed. The Incas never had it so good! You'll fly prayer flags as a tribute to the lives and memories of those who have faced breast cancer. And best of all, you'll be helping to raise funds for the Breast Cancer Fund.

#### FUNDRAISING CHALLENGE

\$5,000. Please see page 6 for more information.

#### TRIP DETAILS

Strenuous ▶ 5 days strenuous hiking; 10 nights hotels and lodges

## ITINERARY

### **Day 1, May 17 ▶ Arrive in Lima, fly to Cuzco (11,200')**

Fly to Cuzco, Peru, via Lima (you will need to depart the U.S. the previous day—most flights are overnight). You will be met upon your arrival in Cuzco (11,200') and transferred to the Casa Andina Private Collection, a lovely renovated 18th-century colonial manor house located about three blocks from the main square. After meeting your trip leader you can take rest, acclimatize, have lunch, or take a walk around this charming city, once the capital of the Inca Empire and now a treasure trove of ornate cathedrals side by side with artisan shops offering all sorts of colorful handicrafts for sale. Lunch and dinner on your own at one of the many fine restaurants in town.

Casa Andina Private Collection or similar

### **Day 2, May 18 ▶ Cuzco (11,200')**

In the morning we'll slip on our hiking boots and take a tour of the Inca ruins just outside Cuzco—a good warm-up and acclimatization hike for the days ahead as well as our introduction to the scope of Inca history and civilization. We'll visit Kencho, noted for its fine stone carvings, Tambo Machay, with its fountains and ceremonial baths, Koricancha (the Temple of the sun), Sacsayhuaman, a majestic fortress known for its incredible zigzag walls made of blocks of stone put together without any mortar in the classic Inca manner, the Cathedral, and many more attractions. Lunch on your own in Cuzco. In the afternoon, Cuzco is yours to relax or explore on your own. Wander up and down the busy streets, where the remains of Inca architecture lie alongside Spanish convents and cathedrals, and poke around in the many shops and stalls. In the evening we'll gather for a “welcome” dinner and trip briefing.

B,D...Casa Andina Private Collection or similar

### **Day 3, May 19 ▶ Salcantay Lodge, Soray Pampa (11,800')**

After breakfast we take a 3½-hour drive towards the Salcantay Lodge (11,800'), situated in the beautiful Soray Pampa valley. En route to the lodge we'll visit the ruins of Tarawasi, built from finely polished granite and believed to have been one of the critically important sites of Inca culture and religion. After another stop we will take a scenic easy to moderate four-hour hike to the lodge, with a picnic lunch, a perfect opportunity for us to acclimate. Our arrival at the lodge is heralded by an unimpeded view of Salcantay, at 20,574' the highest peak in the Cordillera Vilcabamba, and considered by climbers to be one of the most difficult. After settling into our rooms, the rest of the afternoon is at leisure to adjust to the altitude; you may also choose to participate in any of the optional activities offered at the lodge. An evening briefing is followed by aperitifs and a hearty dinner. (4 hours hiking.)

B,L,D...Salcantay Lodge

### **Day 4, May 20 ▶ Salcantay Lodge, Soray Pampa (11,800')**

Today is a day of rest and further acclimatization. You can take a guided hike to a high glacial lake, join hikers for a scramble to a spot with wonderful views of the snowy Vilcabamba Range, or choose to relax and just take in the beautiful setting. (3-4 hours hiking.)

B,L,D...Salcantay Lodge

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PO Box 1366 ~ Sausalito, CA 94966  
Phone/Fax (415) 331-9539 ~ cathyann@cattara.com

**Day 5, May 21 ▶ On trek – Wayra Lodge (12,000')**

Today we begin our four-day trek to the celebrated ruins of Machu Picchu. Hiking up the Rio Blanco Valley, we circle the peak of Humantay, across from Salcantay. Our high point today is at Salcantay Pass at 15,000 feet along the shores of Lake Salcantaycocha, from where we set our eyes on the glacial moraines and snowcapped peaks of the Vilcabamba Range. Descend to Wayra Lodge (12,000'), where we can soak our weary muscles in a welcoming Jacuzzi. (5-7 hours hiking.)  
B,L,D...Wayra Lodge

**Day 6, May 22 ▶ Collpa Lodge (10,300')**

A two-hour hike from the lodge brings us to a viewpoint from where we can admire two glacial lakes. After returning to the lodge, we descend to the Collpapampa Valley, where the scenery of pasturelands and lush vegetation is a sharp contrast to the harsh alpine territory we have emerged from. Our evening's accommodation is at Collpa Lodge, set in a beautiful cloud forest at 10,300', with orchids and butterflies all around. (5-6 hours hiking.)  
B,L,D...Collpa Lodge

**Day 7, May 23 ▶ Lucma Lodge (6,600')**

We continue to descend in elevation as we make our way through the Rio Santa Teresa Valley, where we find orchards of coffee and tropical fruits and a myriad of incredible wildflowers. After a riverside picnic, we hike on a newly restored Inca road to Lucma Lodge (6,600'), set on an organic coffee plantation. After our arrival we have some time to explore the village and meet some of the local people. (6-8 hours hiking & 30 minutes drive.)  
B,L,D...Lucma Lodge

**Day 8, May 24 ▶ Aguas Calientes (6,693')**

Our final day of hiking begins with a crossing of Palltayacta Pass (~8,900'), from where we have awesome views of Machu Picchu in the distance. We'll continue to enjoy views of this fairytale city as we descend through bamboo and mountainous terrain to the Urubamba River. We catch the train here for a short ride to the village of Aguas Calientes, the gateway to Machu Picchu. Upon our arrival we can explore this small town and perhaps shop for some alpaca wool hats, sweaters, or blankets before a festive celebratory dinner. (4-6 hours hiking.)  
B,L,D...Machu Picchu Pueblo Hotel

**Day 9, May 25 ▶ Machu Picchu**

We're up early to catch the bus (30 minutes) for Machu Picchu(7,970'). As we make our way on switchbacks up to the ruins, we can appreciate the truly wonderful setting the Incas chose when deciding to build their retreat high above the Urubamba River in the mid-15th century. The landscape is stunning, with green mountains plunging to the valley floor, the massive cliff face of Huayna Picchu( towering above the remains of temples, sanctuaries, altars, and fountains, and colorful orchids tumbling over the rough stone walls at ~8,750'). Our knowledgeable local guides will give us a detailed explanation of the many structures and help us to envision the life of the Incas ages ago. We'll have a whole day to explore the ruins, with lunch at the Machu Picchu Sanctuary

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Hotel, right at the entrance to the ruins. At the end of the day we return to our hotel for a joyous farewell dinner.

B,L,D...Machu Picchu Pueblo Hotel

### **Day 10, May 26 ▶ Cuzco**

The morning is free to explore Machu Picchu on your own, relax at the hotel gardens or shop in Aguas Calientes. After lunch we take the train to Ollayantaytambo (1 ½ hours) and our private bus back to Cuzco (1 ½ hours), with an evening free to dine at a restaurant of your choice.

B...Casa Andina Private Collection

### **Day 11, May 27 ▶ Lima – departure**

Transfer to the airport and fly to Lima, with the day free to relax before your evening flight home. If you want to see Lima and perhaps visit Lima's Gold Museum, which contains many interesting artifacts you may want to book an early flight out of Cuzco. Evening departure on homeward-bound flights.

B...

### **Day 12, May 28 ▶ Arrive home**

#### **LAND COST**

\$4,895 per person (4-5 members)

\$4,495 per person (6-9 members)

\$4,295 per person (10-12 members)

Rates quoted are per person, based on sharing double accommodations, there are 6 double rooms at the eco lodges.

Note—Prices listed are subject to change. We are occasionally faced with unavoidable cost increases or currency fluctuations that we cannot absorb. We will, however, do everything we can to keep prices the same as published.

Single Supplement—\$1,200 for requested singles; \$1,000 for forced singles. If you prefer single accommodations, you must pay the Single Supplement Fee. If you wish to share accommodations, we'll try to match you up with a roommate. If that's not possible, we will only charge you a portion of the single supplement.

#### **LAND COST INCLUDES...**

- Expert leadership
- Accommodations in hotels and mountain lodges
- Meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- Airport transfers
- Sightseeing as noted in the itinerary
- Ground transportation
- Entrance fees

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## LAND COST DOES NOT INCLUDE...

International airfare to Cuzco and return; individual transfers for early arrivals or late departures; trip insurance (we strongly recommend you purchase the optional trip insurance offered by Cattara, which includes trip cancellation insurance); optional tipping to leader, guides and local staff; excess baggage charges; airport taxes (if any); the "Salnkantay Park Entrance Fee" of US \$50 payable in the town of Mollepata on Day 3 of the itinerary, in person by each traveler; cost of medical immunizations; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

## TRIP PAYMENT SCHEDULE

At time of reservation .....25% of land cost  
120 days prior to departure .....25% of land cost  
90 days prior to departure.....Balance

## CANCELLATION FEE SCHEDULE

From time of reservation  
until 90 days prior to departure .....25% of land cost  
89-60 days prior to departure.....50% of land cost  
59 days or fewer prior to departure.....100% of land cost

## THE FUNDRAISING CHALLENGE

Cathy Ann Taylor has been involved in raising money for the Breast Cancer Fund (BCF) since 1997. Through her experience as a team leader and climber on BCF's Climb Against the Odds expeditions and her own personal mountain climbing expeditions, she has raised over \$320,000 for the cause. Giving back to the breast cancer community helps her honor her grandmother as well as countless friends who have had the disease. With this thought in mind, the Sacred Treks to benefit the Breast Cancer Fund was born.

In addition to paying your own trip cost, Sacred Treks team members are asked to raise a minimum of \$5,000 in donations for the Breast Cancer Fund. There are two easy ways to fundraise: 1) Write a personal check to the Breast Cancer Fund, or 2) Ask your friends, family, or colleagues for a donation. You will be given a fundraising toolkit with a personal web page and lots of creative ideas. At recent BCF fundraising events, people not only exceeded their goals, but felt strengthened by the number of people who supported them and who wanted them to succeed as they took on their outdoor challenge. We will share the wealth of knowledge gained through BCF's other expedition series, Climb Against the Odds.

Please contact Julie Homan at the Breast Cancer Fund with any questions.  
Phone: 415-346-8223, ext. 15  
Email: [jhoman@breastcancerfund.org](mailto:jhoman@breastcancerfund.org)

## EXPERT LEADERSHIP

Expert leadership is the key to every successful trip. Cattara attracts knowledgeable and gifted leaders who are passionate about guiding trips and truly enjoy sharing the experience with others. They understand the cultures and traditions they work in and are a fountain of information. In addition to making sure everything runs smoothly and safely, Cattara guides enhance your experience by being educators, companions, and the best of friends.

**Cathy Ann Taylor**, a high altitude trekking guide for the last 19 years, will be organizing & escorting the Machu Picchu: The Salcantay Trek. Cathy Ann has trekked all over Nepal, Tibet, and Bhutan, with well over 150 trips in the Himalayas (she still considers the Himalayas her “second home”)! She has also hiked extensively in the European Alps and South America. A devout hiker and mountain biker, she leaves no trail undiscovered, and her passion for the mountains, caring nature, and boundless energy are renowned. Her experience, knowledge, positive attitude (she can find the good in anything!), and her wonderful rapport with the local staff will enhance your experience. With the help of caring and like-minded individuals she has been able to manage the sponsorship of eight remote village children, all of whom are in boarding school and one who is about to graduate from University in Australia. She consistently gets rave reviews from members of her groups and has quite a following. Cathy Ann is active in the Breast Cancer Fund and has participated in eleven expeditions, including Mount McKinley, Cho Oyu, Mount Fuji, Mount Shasta, and Mount Rainier, which helped increase awareness of breast cancer (she alone has raised over \$320,000 for the cause!). She has also reached the summit of Ama Dablam (22,500') in Nepal and Argentina's Aconcagua (22,834'), the highest peak in South America. Cathy Ann received an honorable mention in *Hooked on the Outdoors* magazine's Outdoor Person of the Year Awards, January 2006, and also received a letter of recognition for her fundraising and environmental work from Speaker of the House, Nancy Pelosi.

## PHYSICAL EXPECTATIONS

You should be an experienced hiker in very good physical condition. This trip is rated strenuous, as you will be hiking five to eight hours a day on steep and rocky mountain trails, and often at elevations above 10,000 feet (highest elevation reached is ~15,000'). Pack animals will carry the gear from lodge to lodge; you'll just need to carry your daypack with essential things you need during the day. Even so, hiking at high altitudes is challenging, as you can experience a variety of symptoms you wouldn't encounter at sea level (shortness of breath, sleeplessness, headaches).

For physical preparation, we recommend regular cardiovascular exercise for one hour at least 4-5 times a week. We suggest stair climbing, running, and mountain biking on hills, or elliptical or treadmill training in the gym. And, of course, the best way to train for a trek is to go hiking! We recommend you get out on the trails at least once a week for 5-6 hours. Wear your boots and daypack with 20-25 lbs of gear in it and pick some trails with hills so you can strengthen your leg muscles and build up your stamina.

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## TRAVEL DOCUMENTS

You will need a passport, valid for at least six months beyond the date of completion of the trip. No visas are required for this trip (for US citizens); you will receive a Tourist Card at the airport upon arrival. Note—It's a good idea to make a photocopy of the photo page of your passport and carry it separately from your passport. If your passport is lost or stolen, a photocopy will help the local consulate speed up authorization for replacement.

## AIR TRAVEL

Airfare is not included in the land cost of the trip. For air reservations, please contact the airlines directly, either by phone or via the Internet. You will need to transit through Lima to arrive in Cuzco. (Customs and immigration procedures are handled in Lima.) Depending on your choice of air carrier and routing, you could arrive in Lima late at night or very early the next morning. Should you require an overnight in Lima, recommend the Ramada del Sol Hotel right at the Lima airport. Let us know your flight arrival information and we will meet you at the airport in Cuzco. Many travelers elect to use their "frequent flyer" miles when traveling, but please check with us before purchasing or obtaining your tickets. We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip. Note—Names on air tickets and passports must match!

## MEDICAL MATTERS

Please advise us of any pre-existing medical conditions that may affect your health on the trek (recent injuries or surgeries, chronic illnesses, etc.). We recommend you bring your own personal first-aid kit, pain killers, and allergy medicines if you are prone to allergic reactions (especially epipens if you are allergic to bee stings). Moleskin or Second Skin for blisters is also recommended, as well as Band-Aids and antibiotic ointment. Consult your doctor about bringing other medications, such as antibiotics like Cipro. The trip leader will also carry a basic kit for emergencies, but will not have any prescription medications. We strongly recommend you get a medical check-up before the trek if you are over 65 years of age.

## MONEY MATTERS

You should bring enough money for any souvenirs you may buy, plus a few items like aperitifs, extra beverages, meals and the like (most of your meals are included in the cost of the trip). Depending on how much of a shopper you are, \$500 - \$600 should be plenty for incidentals and souvenirs. (Note—there is an international departure tax of \$30.25 when departing from Peru. There is also an internal departure tax for each flight within Peru for approximately \$6.05 US). You should bring an additional amount for optional gratuities to the Sacred Treks leader and local guides (at least \$200 per guest is recommended for the Sacred Treks leader and \$170 - \$200 per guest for the two local guides and staff at the mountain lodges).

The currency in Peru is the Nuevo Sol, but US dollars are widely used and accepted if in new condition (Bring some cash in small denominations such as \$5's & \$10's for gratuities at the lodges). ATMs are available at the airport and in downtown Lima and Cuzco. Credit cards are generally accepted at most restaurants and shops (Visa is the most widely accepted).

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## WEATHER & CLIMATE

As in most mountain environments, the weather in the Andes can be unpredictable, so each day on the trail you need to be prepared for a variety of weather conditions: hot sun, wind, rain. The months from May through October are usually the driest and clearest. However, you will carry your raingear and jacket in your daypack every day, even if the morning starts out bright and hot. Dressing in layers that can be adjusted to suit the prevailing conditions is highly recommended. The temperatures at night are typically between 30 – 60 F and daytime between 60 – 80 F.

## WHILE ON THE TRIP

While on trek we'll be staying at mountain lodges, each with spectacular views of the mountains or valleys. They feature well-appointed rooms with private baths, hot showers, and down bedding, while the public areas have Jacuzzis, bar/lounge areas (great Pisco sours!), and reading rooms. Delicious Peruvian and international cuisine is served in the dining room. It doesn't get much better than this!

## INCIDENTALS

**Laundry:** Laundry service is available at the hotels, but not at the lodges. You can hand wash a few items and hang them to dry in your room. Synthetic, quick drying fabrics are best (see the equipment list).

**Electricity:** Most hotels in Peru feature both 110 and 220V, 60Hz outlets. Electricity at the lodges is limited, so plan accordingly. It's a good idea to buy a converter set with a selection of plug adapters before you leave the US. If your appliance has a dual voltage switch, you will simply need an adapter plug but not a converter (camera chargers can be used as they are—no need for an adapter).

**Time Zones:** Peru is Greenwich Mean Time minus five hours. That means that Lima and Cuzco are the same time as New York and three hours ahead of California. Peru does not observe Daylight Savings Time.

**Communications:** While we discourage the use of cell phones on our trip, we can't deny the fact that you may want to be in touch with your friends or family. Please be sensitive to the needs of others and use them in the privacy of your room. Contact your cell phone service about international coverage. (A sat phone and internet are available at each lodge for an additional cost.)

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# WHAT TO BRING: CLOTHING & EQUIPMENT LIST

## *Packing Notes*

It's best to go as light as possible and take only the essentials. Excess baggage can be a burden, not only to you but to support personnel.

Always bring all irreplaceable items, such as camera, medications, important documentation, and trekking boots in your carryon luggage.

## *Luggage*

- Duffel bag, large enough to hold your trekking clothes and gear. It should have a full-length zipper (for easy access), and be sturdy and water-resistant or waterproof. Keep the weight of your duffel to no more than 35-40 lbs. as there are weight limitations for mule transport and for the train back to Cuzco. (Loaner duffels are available for the trek; they will be distributed at the trip briefing to those who need one.) Please do not bring hard-sided suitcases or carry-ons.
- Daypack with a capacity of 2,000 - 2500 cubic inches, with a good padded waist belt. It can double as your carryon bag.\*
- Spare roll-up duffel (optional). This is essential if you wish to bring home those great souvenirs! It should be lockable.

\*Remember, you must carry your fleece jacket and rain gear with you every day on the trail, as well as your picnic lunch, 2 liters of water, sunscreen, warm hat, gloves, camera, and cover for daypack in case of rain. Be sure your daypack is large enough!

## *Clothing Notes*

You should be prepared for very unpredictable weather. Bring comfortable clothing that will protect you from cold and possibly wet weather. Synthetic fabrics (such as capilene or wool) are the most effective barriers against the cold. They provide the best insulation, are light in weight, wick away perspiration, and dry quickly if wet. (Cotton garments are not good in cold or wet mountain conditions.)

When layering, your innermost layer should be a synthetic T-shirt or long underwear. The middle layer can be a synthetic turtleneck or wool shirt, and pants. The outermost layer should be a synthetic fleece jacket, and/or a good quality wind/rain parka and over-pants.

We haven't included quantities for each item listed. Use your own judgment, based on the expected weather conditions, your personal needs, and the overall weight restrictions for your luggage.

## *Underwear*

- Regular underwear. Synthetics are easier to wash and dry.

- Thermal underwear (lightweight), top and bottoms, of a polyester-type fabric.

#### *Socks*

- Casual socks (synthetic for easy washing and drying) that are suitable for walking (not hiking) shoes.
- Mid-weight hiking socks (synthetic or wool/synthetic).
- Synthetic or silk sock liners—optional. Some people wear sock liners to help prevent blisters, and some wear the same pair of hiking socks for three days in a row and achieve the same result.

#### *Shirts*

- Long-sleeved, synthetic or wool shirt.
- Short-sleeved synthetic T-shirts (in case we have some hot, sunny days on trek).

#### *Pants*

- Full-length synthetic hiking pants.
- Casual pants or skirts for non-hiking activities.

#### *Outerwear*

- Medium-weight jacket of synthetic fabric, such as fleece.
- Rain parka (must fit over bulky clothing).
- Waterproof poncho for warmer days in the rain – optional.
- Rain pants, preferably with full-length side zipper (must fit over your other pants).
- Gloves or mittens (wool or fleece).
- Waterproof daypack cover.

#### *Head Gear*

- Sun hat with wide brim, preferably with a chin strap to keep it from blowing off, or baseball cap.
- Fleece or wool hat.
- Waterproof hat, if your jacket doesn't have a hood.
- Bandanna. A generally useful item—it will keep your neck from getting sunburned and can double as a hand towel in the field.

#### *Footwear*

Please break new boots in well before the trip.

- Medium-weight, sturdy hiking boots with padded ankle, good arch support, and lug sole for traction. Your hiking boots should be waterproofed, well broken in, and suitable for prolonged walking on rocks.
- Comfortable walking shoes to wear while in towns and flip flops or similar for the lodges.

### Other Items

- Water bottles, 1 or 1.5 quart capacity. Make sure they are leak-proof. Bring 2 and mark them with your name or initials as several people may have the same bottle.
- Hiking sticks—optional, but highly recommended. These are essential to relieve the impact on your knees during long downhills; they are also useful on uphills. Practice with them before the trip. **Note—At Machu Picchu, regulations prohibit the use of metal hiking poles unless the tips are protected with rubber caps(these tips can be purchased at REI or similar.**
- Toiletry kit—soap, toothbrush, etc. (Some inns do not provide body soap in the showers.)  
Note—At the first lodge, you will be provided with an “amenity kit” that includes bath gel, shampoo, conditioner, moisturizing cream, and a shower cap.
- Purell hand sanitizer for quick hand washing and hygiene (a must!).
- Personal medical kit, including blister protection.
- Ace bandage or brace if you’re prone to sore knees or ankles.
- Sunglasses (100% UVA/URB protected).
- Spare pair of prescription glasses, prescription sunglasses, or contact lenses.
- Sunscreen lotion and lipstick of SPF 25 or higher.
- Insect repellent.
- Small padlocks or combination locks for your duffels.
- Heavyweight plastic garbage bag(s) to help keep the contents of your daypack dry during hikes.
- Backpack cover in case of rain.
- Swimsuit for the Jacuzzis.
- Flashlight or small headlamp for the lodges.

### Optional Travel Accessories

- Camera and plenty of memory cards and extra batteries.
- Repair kit with needle, thread, and safety pins.
- Pair of compact binoculars.
- Swiss Army-type pocket knife.
- Powdered mixes such as electrolytes for your water.
- Your favorite trail snacks or candy, especially if you have dietary restrictions.
- Reading and writing material.

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