



South America Marathon: Adventure Running

26.2 mile Inca Trail Marathon in Peru

July 1 - July 10, 2016 (Race Date: July 7th)

Stay a few extra days and explore the Amazon Rainforest with us after the race with a unique [4-day Amazon Rainforest Tour](#).

Day 0 FRI JULY 1, 2016: DEPART HOME CITY AND TAKE OVERNIGHT FLIGHT TO LIMA, PERU (or arrive earlier and stay in Lima until tour starts on July 2nd)

Day 1 SAT JULY 2: ARRIVE LIMA AND TRANSFER TO CUSCO (D)

Please plan accordingly for a 7:00 a.m.CST arrival (or earlier) into Lima on your own intl flight. Proceed through customs and immigration and check-in for your domestic flight to Cusco which is included and arranged by us.

**Please note- If you are already in Lima prior to this morning, having arrived on July 1st or earlier; please be back at Jorge Chavez (LIM) intl airport to check-in for your flight 2 hours prior to departure.*

The tour starts with the included flight to Cusco from Lima. Please self-book any services (ie extra night hotel for early arrival, etc) you may want prior to the departure of the flight to Cusco. If you need some assistance or advice, please ask us!

INCLUDED DOMESTIC FLIGHT: Lima to Cusco

Departures between 0600- 10:00 a.m. (we include this in the tour, will book this for you, and try to coordinate this with your intl arrival for the best possible connection)

Arrives approximately one hour after take-off (exact time subject to changing airline schedules)

Upon arrival in Cusco- You will be met by your trip host and staff and transferred to the hotel in Cusco where you will check in. We will then have a quick meet and greet with your trip host and guides while we taste a Coca leaf tea (traditional Peruvian drink).

There will be some time to relax and unpack. Later that afternoon, your hosts and local Cusco tour guides will meet you and take you on a sightseeing guided group tour of the historical center of Cusco, and also some fascinating Inca sites. This tour is specially programmed as an easy day, allowing you the opportunity to acclimate to the elevation of Cusco (approx. 11,200 feet above sea level).

Special early welcome dinner included after the sightseeing (this is buffet style and also offers many types of traditional Peruvian cuisine). Here you will also have the opportunity to get to know your fellow travelers and athletes.

Overnight in Cusco- Hotel [San Agustin El Dorado](#) (or similar 4 star hotel)



Day 2 SUN JULY 3: CUSCO- PISAC TOUR (B)

There will be an optional training run this morning led by your trip hosts. All paces welcome.

After breakfast at the hotel, we will depart around 09:00 a.m. for Pisac. This guided group tour will take you through the Urubamba Valley to the colorful Indian Market of Pisac, where natives from the region of Cusco come to trade their products. We will then proceed to the magnificent archaeological site above this town from where you will witness amazing views of this valley.

Upon arrival in Pisac, we will have a guided tour of the ruins and then you may either walk for about 30-60 minutes down about 1200 vertical feet to the town of Pisac along an old Inca footpath or take the private transport from the ruins down to the town. In Pisac, you will have a couple of hours on your own to explore the famous Pisac market and to have lunch at one of the many local restaurants. Later in the afternoon, we will return to the hotel in Cusco, arriving around 5:30 p.m.

Lunch and Dinner on your own. Overnight in Cusco- Hotel [San Agustin El Dorado](#) (or similar 4 star hotel in historic center of Cusco)

Day 3 MON JULY 4: CUSCO- WHITE WATER RAFTING (B,L)

There will be an optional morning running tour in Cusco to visit Sacsayhuaman (Temple of Lightning), located just above the city. All paces welcome.

After breakfast at the hotel, we will depart at 09:00 a.m. for a RIVER RAFTING EXCURSION AT CHUQUICAHUANA URUBAMBA RIVER: Always a favorite activity among our trip participants!

One of the most popular rafting sections during the season is the "Cusipata" section of the river on the Upper Urubamba. There are great class II and III rapids.

After a beautiful 1-½ hour drive, passing through small communities and impressive scenery, we will arrive to the "put in" at the shores of the Upper Urubamba River. Our professional rafting guides will give you a safety briefing and provide you with all the proper safety equipment for rafting. We will be floating for approximately 2- 2 ½ hours, running class II and III type rapids. Afterwards, we will arrive at the "take-out", where a hot, home cooked lunch will be provided. Showers and a hot sauna will also be available. We will arrive back to Cusco around 6:00 p.m. This is a full day group tour!

INCLUDES:

- Transportation from hotel in Cusco to the "put-in" at the river
- All rafting equipment, such as helmet, life jacket, paddle, self bailing raft
- Spray jacket, wet suit
- Professional English speaking rafting guides
- Delicious lunch
- Transportation back from the river to your hotel

Please note: If for one reason or another you do not want to participate in the rafting, that's no problem at all. You will have a free day in Cusco! Overnight in Cusco- Hotel [San Agustin El Dorado](#) (or similar 4 star hotel in historic center of Cusco)



Day 4 TUE JULY 5: CUSCO- RACE MEETING/AFTERNOON TOUR (B)

There will be another optional running tour in Cusco this morning followed by breakfast at the hotel. All paces welcome

9:00 AM MEETINGS: 1 FOR RUNNERS, 1 FOR SPECTATORS. These will be held for race packet distribution, to review the pre-race logistics for racers, and to give spectators finish line information and details.

1:30 PM 3 HOUR GUIDED GROUP TOUR: We will visit Inca ruins outside the city; Sacsayhuaman (Temple of the Lightning), Qenqo (ceremonial place) and Tambomachay (Temple of the Water).

The rest of the day is free and at your leisure to relax, shop, explore more of Cusco, prepare and pack for the race, etc.

Overnight in Cusco- Hotel [San Agustin El Dorado](#) (or similar 4 star hotel in historic center of Cusco)

Day 5 WED JULY 6: OLLANTAYTAMBO TO LLACTAPATA (RUNNERS) or AGUAS CALIENTES (SPECTATORS) (B,D)

After breakfast at the hotel, we will transfer to Ollantaytambo, located at one end of the famous Sacred Valley of the Incas. We will then proceed on a guided group tour of the ruins and the town, which is commonly referred to as a modern day living Inca city due to the fact that some citizens inhabit original Inca houses over 500 years old.

After the tour you will have ample time to explore on your own, take lunch, and relax in Ollantaytambo.

After lunch/free time:

Racers: Transfer to hike to Inca trail campsite. We will proceed from the town of Ollantaytambo with our private tourist bus to Km 82 (2,650 meters) where, after meeting the porters and collecting the gear, we will commence walking via the Urubamba Valley. When we pass through the Inca trail control checkpoint- you must have passports handy. From Km 82, proceed walking the Inca Trail in the shadow of snow-capped Mount Veronica (5,680 meters). We will continue the easy hike near the Cusichaca River, admiring the Inca ruins at Llactapata. This is where we will have our campsite already set up by our staff, and a healthy dinner served to us on the eve of the race. Overnight on Inca trail at campsite near Llactapata.

Spectators: Afternoon free in Ollantaytambo. We will take a late afternoon train to Aguas Calientes, where we will then transfer to the hotel with the rest of evening free at leisure.

Overnight in Aguas Calientes. [Hotel Casa Andina Classic Machu Picchu](#) (or similar)



Day 6 THUR JULY 7: OFFICIAL 26.2 MILE INCA TRAIL MARATHON AND 18 MILE INCATHON! (B)

Racers: After a very early (pre-dawn) breakfast, all who are running our Inca Trail events will proceed to the start line located at the camp for the most spectacular South America Marathon. RACE! The finish will be at Machu Picchu where you can then re-unite with your loved ones and friends. (For more detailed race information- Please see course overview and race details tabs)

Spectators: Breakfast will be provided at the hotel. Your trip host will coordinate this day with you on-site, and you will have the morning free (options include day hikes, shopping, thermal baths, coffee shops, etc), then you will proceed up to Machu Picchu to visit the ruins and see the racers running the Inca Trail right to the finish line.

**Please note: For everyone, the last bus down to Aguas Calientes from Machu Picchu leaves at 5:30 PM. Machu Picchu closes at 5:30 p.m.*

Post race- Runners in both trail race events will have the opportunity to reunite with spectators, head down to Aguas Calientes whenever you are ready, change/refresh at the hotel, do some celebrating with the group, and relax in the evening.

Overnight in Aguas Calientes. [Hotel Casa Andina Classic Machu Picchu](#) (or similar)

Day 7 FRI JULY 8: MACHU PICCHU- AGUAS CALIENTES (B,D)

After an early breakfast at the hotel, we will take the morning bus up to Machu Picchu. Guided group tour. For those willing to get up extra early, you can arrive in time to witness the sunrise over this majestic place.

Any 2-day finishers will eat a hardy breakfast at camp and complete the race. You will arrive to Machu Picchu this morning and finish the last portion of the Classic Inca Trail and this classic pilgrimage to Machu Picchu. You will met by the rest of the group at the finish line at Machu Picchu celebrating your accomplishment!

For all trip participants, we will have a guided tour of the complex with our local guides (approx. 3 hours). Later, there will be several hours available to spend as you choose in this unique archaeological site, allowing ample opportunities to explore on your own. The rest of day will be free in Machu Picchu and Aguas Calientes.

Bus back to Aguas Calientes town included.

In the evening, all race participants (26.2 marathon and Incathon) and spectators can proceed to a special included group dinner in Aguas Calientes to celebrate! Results and awards will be presented at dinner (exact time TBA).

Overnight in Aguas Calientes. [Hotel Casa Andina Classic Machu Picchu](#) (or similar)



Day 8 SAT JULY 9: AGUAS CALIENTES TO CUSCO (B,D)

After breakfast at the hotel, we will all depart via a morning train to Ollantaytambo. We will then take private transport to Cusco, stopping along the way at a scenic viewpoint for photos of the Urubamba mountain range. Afterwards, we will arrive to Cusco and check back into the hotel.

Lunch on your own. Rest of day/evening at leisure for shopping, sightseeing, and relaxing.

That evening, we will meet in the lobby at 7:15 p.m and take a short walk to a famous restaurant in Cusco for an included farewell group dinner and cultural show. This will be a great chance to sample more Peruvian cuisine, experience more music and culture from the Andes, and socialize with fellow travelers.

Overnight in Cusco- Hotel [San Agustin El Dorado](#) (or similar 4 star hotel in historic center of Cusco)

Day 9 SUN JULY 10, 2016: CUSCO TO LIMA (B)

Breakfast at hotel. Morning transfer to Cusco airport. Fly back to Lima from Cusco.

INCLUDED DOMESTIC FLIGHT: Cusco to Lima

Departures approx. 7:30-11:30 a.m. (we include this in the tour, will book this for you, and try to coordinate this with your intl departure for the best possible connection)

Arrives approximately one hour after departure (exact time subject to changing airline schedules)

Please book your flight home from Lima for a departure after 12:30 p.m. to ensure you make your connection.

“End of tour”!

*If you are staying the night in Lima- There are a wide variety of nice and safe hotel options available for all budgets, we recommend the Marriott Hotel in Miraflores.

Please note- All times for tours, transfers, daily arrival/departure times, etc. are approximate and subject to modification at the guide and/or host's recommendations. Erik's Adventures reserves the right to alter the itinerary if necessary due to safety concerns, circumstances outside its control (i.e. worker strikes, weather, government, etc.). During the portion of the trip on the Inca trail (including the race), which is controlled by the Peruvian government, we reserve the right to make changes if needed for passenger safety, changing or new government regulations, and other concerns. Hotels mentioned are subject to availability. We may use hotels similar to the ones mentioned in the itinerary.

Questions: email erik@eriksadventures.com or call us at (312) 925 0287





The Official 26.2 Mile Inca Trail Marathon to Machu Picchu: Cusco, Peru: The 2016 Race is 7/7/2016.

This adventure marathon is [designed by experienced runners Myra and Erik Rasmussen](#) especially for racers. All runners will finish at Machu Picchu in this race! The route is professionally measured, well marked, and supported with at least 4 well stocked aid stations. Our custom designed marathon race course is longer than the one way distance of the Inca Trail. We have first-aid available at various locations and plenty of course marshals and race officials out on the race course.

This is one of the world's most difficult marathons! The course takes the typical hiker 3.5 days and ascends multiple mountain passes, reaching a max elevation of 13,800 feet. You will be treated to breathtaking views of the Andes Mountains, fascinating Inca ruins, thousands of feet of vertical change, steep ascents and descents, countless Inca steps, and a photo finish in front of Machu Picchu; one of the New 7 Wonders of the World.

According to various publications, The Inca Trail Marathon is the hardest marathon in the world! We like to say "A Marathon in Distance but an Ultra in Effort". This race is a highlight for every endurance athlete's trail marathon calendar!

The 18 mile Incathon Trail Race to Machu Picchu: Cusco, Peru: The 2016 Race is 7/7/2016.

We also offer a shorter race with all the full course benefits that will allow runners of all abilities to compete and run on the Inca Trail all the way to Machu Picchu! The specially designed trail race course is an abbreviated distance of the full course. The route offers all the difficulties and amazing highlights associated with the last two thirds of the 26.2 mile course (see elevation profile chart). Due to the shorter distance, the course allows our racers more time to reach Machu Picchu, making this race well suited for people with a bit less trail running experience.

This course is very difficult and is harder than most mountainous trail races or mountain marathons in other places. Are you up to the challenge that the Incathon presents?

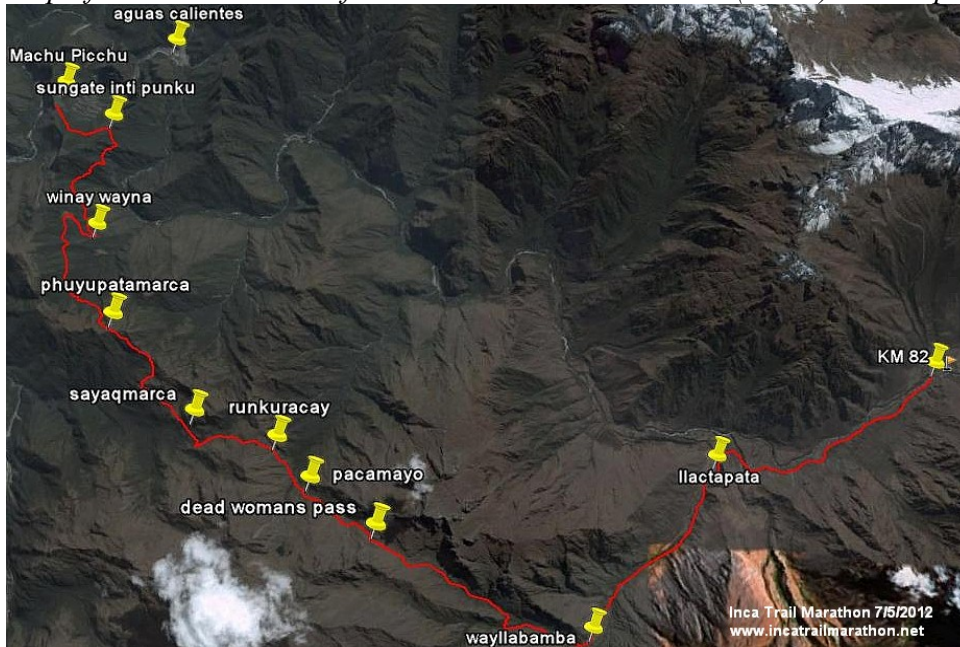


The Official 26.2 mile Inca Trail Marathon Elevation Profile



To view photos and videos from prior races, please visit our [Inca Trail Marathon Facebook Page](#) our [Erik's Adventures Facebook page](#) where you can join our group

Map of Classic Inca Trail from KM 82 to Machu Picchu (in red) with important sights and camps



Official 26.2 Mile Inca Trail Marathon to Machu Picchu Course Description

Elevations here listed in meters (1M=3.3 feet)

Start of race (Llactapata: 2,585m) to Wayllabamba (Aid station: 2,965m)

The 26.2 mile Inca trail run begins from the start line near the Llactapata Inca ruins at 5:00 am. The first portion of the race features some pretty runnable smaller ups and downs, followed by a steady ascent for a couple of miles, passing by the river again at the aid station at Wayllabamba.

The 18 mile Incathon starts near the Llactapata ruins at the same time and place as the 26.2 race. It takes a more direct route to Wayllabamba and is the same course description below as the 26.2 course from Wayllabamba onward.

Wayllabamba (2,965m) to Warmiwanusqa pass (4,200m)

From our aid station in Wayllabamba area, runners on the Inca trail begin a very steep climb all the way to Warmiwanusqa (Dead Woman's Pass). This change of altitude means that racers running the Inca trail will pass through three separate ecological zones during the day: Quechua, Yunga and Puna (from valleys with trees, through high pastures, to arid grassless areas short of the snow line). The tough and steep ascent of roughly 1,250 meters to the first pass from Wayllabamba showcases magnificent views and challenges all experience levels of trail running.

****This section will take you a very long time compared to paces during the first part of the race (often hours, and for the 26.2 mile participants- perhaps longer than the first 11 miles of the race.)**

Warmiwanusqa (4,200m) to Pacamayo (Aid station 3,590m)

Descending rapidly from this superb vantage point, Inca Trail runners will pass scenic waterfalls before arriving at Pacamayo, the next aid station.

****Very steep descent that is very difficult to run down fast. Please be careful!**

Pacamayo (3,590m) to Runkuracay Pass (3,960m)

From Pacamayo, climb again to the 2nd pass of Runkuracay to see an ancient Inca watchtower.

****Another climb up mostly stairs, very steep grade.**

Runkuracay (3,960m) to Sayaqmarca (3,525m)

The descent from Runkuracay includes passing by the Inca ruins at Sayaqmarca (a small maze-like ruin built above a sheer cliff).

**** Another steep descent with a mix of stone stairs and irregular stone trail.**

Sayaqmarca (3,525m) to Phuyupatamarca (Aid station 3,665m)

Passing through a rock tunnel on a relatively flat section of the trail, racers will reach Phuyupatamarca (city above the clouds) which contains a beautiful set of lin



still supplied by mountain streams. From here, racers should see Mt. Salkantay (6271 meters), a very sacred peak to the Incas.

** A much more moderate climb compared to the first two passes, featuring a more rolling profile on mostly irregular stone trail and somewhat easier to go faster in this part than previous sections.

Phuyupatamarca (3,665m) to Winay Wayna (Aid station 2,625m)

The descent down from Phuyupatamarca to Winay Wanya is a nearly continuous set of steep Inca steps (over 2,300), passing through the cloud forest and ending at the impressive ruins of Winay Wayna, (the final checkpoint).

**Very steep descent mostly irregular stone stairs, and not really very runnable except for people with great footing and lots of trail experience (it can be amazing to watch some of the porters working on the Inca trail run down this with heavy gear). Can also be very slippery here. Please be careful!

Winay Wayna (2,625m) to Intipunku (Sun-Gate: 2,705m)

The next portion of the course is flatter with occasional rolling terrain through tropical vegetation. The final ascent to Intipunku (the Sun-Gate) includes one set of very steep steps and is where Inca Trail runners will catch their first glimpses of Machu Picchu (2,400 meters) below.

Intipunku (2,705m) to Machu Picchu (Finish area: 2,400m)

After taking in this memorable view, the trail descends about a mile to the Inca citadel of Machu Picchu for a once in a lifetime race finish near the watchtower. This landmark presides over Machu Picchu and offers the famous postcard view of the Inca city that will serve as the backdrop for your Inca Trail marathon finish. All our finishers can complete the marathon at Machu Picchu for that once in a lifetime photo finish!

Race one of the world's toughest and most scenic marathons right to Machu Picchu!

This bucket list marathon is designed by experienced racers. This race is specially designed for every runner to finish at Machu Picchu and complete the entire Inca trail. It is professionally measured, well marked, and supported with at least 4 aid stations. We have first-aid available at various course points and measures in place to keep you safe. In addition, we offer you a well stocked goodie bag, tech shirt, finisher medals for all participants, as well cash prizes for top male and female winners. In 2012, Erik's Adventures was the first to host an official 26.2 mile race on The Inca Trail in Peru. Join our team of runners and tackle the original 26.2 mile Inca Trail Marathon course or our 18 mile Incathon race.

Inca Trail Race start times: The 2016 races will be on 7/7/2016 at 5:00 AM. This start time maximizes the time you have to complete the race while minimizing the amount of time you must run before it is light out for safety reasons, and of course to better enjoy the amazing scenery.



Inca Trail Race finish times: To complete the race at Machu Picchu in one day and get down to town before bus services end, you must finish by 5:15 p.m. Machu Picchu does not allow entry past 5:15 p.m., nor are there anymore buses down to Aguas Calientes after 5:30 pm. ****This is a regulation imposed by the government entity that administers and controls Machu Picchu and the Inca Trail (subject to change).** All people on the Inca Trail must adhere to this rule, no Inca Trail users or tourists are allowed to enter Machu Picchu at night.

Cutoff: To insure you finish at Machu Picchu by 5:15 p.m., there will be a national park mandated mandatory cutoff at Winay Wayna (23 mi/37km): our last aid station and last control checkpoint). Runners will not be able to continue onto Machu Picchu if they arrive at Winay Wayna after 3:30 p.m. ****Again, please note: No tourists at all are allowed to proceed past Winay Wayna after these times or they will be arriving too late to Machu Picchu and it will be closed with no bus service to get down to the town.**

Will you finish at Machu Picchu in one day?: We think so! Our staff will be out there to support, but it depends on you.

Things that will help you: If you are a good endurance athlete, a strong and/or experienced runner, avid marathoner, someone with good trail running knowledge, experience running ultras, other long course (ie Iron distance tri) background, a strong mountain hiking background. Having some of these traits will be helpful. In addition- If you train hard, safe and smart for this event, considering some of our training suggestions, then we feel you will accomplish this feat! The willingness to try it is the first step to the finish.

If you don't make the cutoff: It's definitely worth the wait because you will still finish the race at Machu Picchu (the next day) instead of somewhere else. No matter what your race time, we strongly believe one of the best highlights of the Inca Trail Marathon is to finish right at Machu Picchu for that once in a lifetime spectacular photo finish and also to be able to complete the entire Inca Trail in the process. So, if you arrive to Winay Wayna after 3:30 pm, you will spend the evening comfortably at our specially staffed campground. The next day you will finish the remainder of the Inca Trail and racecourse, passing through the sun gate and ending at Machu Picchu. You will be welcomed by our spectators and other runners who will be celebrating your accomplishment!

Do not despair for even a moment, because if the Official 26.2 mile race course was easy, we would not need a cutoff and everyone would be doing it!

During your stay, you will have access to some of your personal items (pre-packed by you in a provided drop bag and brought to the checkpoint by our staff- see below for suggested gear). You will have tented accommodation with a sleeping bag, and meals. Our support staff will also be onsite.

Note: 2-day finishers receive official finish times- published in all results online and elsewhere, and receive the same finisher medals, awards ceremony, etc.



Inca Trail conditions:

While Inca trail conditions are generally good, it is a hard trail. Many steep trail sections require very careful footing. The trail is mostly Inca paved stone (irregular stones of all shapes, sizes, textures laid out in a 4-6 foot wide path). There are also some dirt sections and places where the trail surface is uneven and rocky. You will encounter steep stone steps and narrow passes with steep drop-offs to one side. The Inca trail is generally at least 4 feet wide. Conditions become slippery with rain and moisture, especially on the descents in the cloud forest, so please use caution.

The Inca Trail cannot be closed to other hikers, so you will encounter other hikers (and porters) while running on the Inca trail. It is easy to get around other runners and hikers, as there is ample width on the trail. Please be courteous and clearly announce that you are passing them, allowing them enough time to clear the path. This has never been any issue at all in our events and in fact the other groups are usually very encouraging as they become aware the race is going on. You may get cheered along by them, so its actually good fun interacting with some of the other groups and porters. You are unlikely to encounter any hikers on the first and last legs of the race due to the time of day.

Weather: Although you should be prepared for a variety of weather conditions (i.e. wind, rain, heat, cold, fog, snow, hail, possible rapid changing conditions in the mountains), the typical weather conditions for July on the Inca Trail range from 80°F for the high and 32°F degrees for the low. Average rainfall is only about 3 days/month. Temperatures vary substantially with elevation changes. For example, at Dead Woman's Pass, you can expect approx. 40°F temperatures, while at Winay Wayna; you can expect daytime temperatures to reach approx. 75-80°F. Please plan accordingly and be *properly prepared for any type of weather!*

Aid stations:

A total of at least 4 aid stations will be available for the race. Purified water, and some snack foods such as dried fruit, mixed nuts, pretzels, small avocado and chicken sandwiches, cookies, chocolates, coca, etc will be provided at these checkpoints. You must pack your own nutrition and carry it with you the whole time if you want anything different than these types of items.

**Please note: Due to the distance (in some cases a couple of hours depending on your pace) between aid stations, you will be required to carry your own fluids and nutrition, and some emergency gear (i.e. in a day-pack) for your personal safety. You will have the opportunity to refill water/fluids at aid stations as needed.*

**Aid station locations can be moved at the race director's discretion depending on race/trail conditions.*

First aid will be available at all aid stations. English and Spanish speaking staff will be available with long range radio communication and satellite phones for emergencies.

Upon arrival at the aid stations, your bib number and in some cases your arrival/departure time will be recorded. We will provide you race splits from key points on the course.





Winay Wayna will serve as the campsite for those that do not make the cutoff of 3:30 p.m. A personal drop bag will be available for the overnight stay (see below for suggested gear). You will finish the race and the remainder of the Inca Trail to Machu Picchu the next day and not miss out on arriving at the best finish line in the world!

Other Inca Trail Race Information for Runners

Every runner in our races will finish right at Machu Picchu and complete the entire Inca Trail in the process.

Your safety is our 1st concern for this event, please follow our guide and RD instructions.

It is not possible to participate in the races without camping out the night before near to the start line.

Start line: Faster runners should seed themselves to the front.

Official times will be recorded to gun time.

Detailed race splits are provided in the race results.

All Inca Trail runners will wear a numbered bib at all times (for tracking, splits, and safety reasons).

Packet pickup and a mandatory pre-race meeting will take place 2 days before the race.

You will be given a custom logo Inca Trail Marathon drop bag by us to pack for this race. You may keep this after the event.

All photos we get of you during the race from our race directors, photographer, and course officials will be available to you free of charge.

It is not permitted to litter while running the Inca Trail. Please keep the trail clean and throw garbage away at aid stations.

All participants receive a custom tech Inca Trail Marathon race shirt, goodie bag, other items, and race medal.

Inca Trail Marathon Race Gear:

Your safety is our first priority. The following items are some of the gear you will want/be required to have- this list is not all-inclusive.

Due to the varied elevations and temperature changes you will experience while running on the Inca Trail, we suggest planning your running wardrobe accordingly. Drop bags will be made available at Winay Wayna if you do not make the cutoff.





Your Original Passport/Daypack on trail with hydration bladder
Hat/Gloves
Long sleeve/Windbreaker/Change of shirt/Rain poncho
Sunglasses/Sun-block
Personal First Aid/ LED headlamp for racing before dawn and possibly at night
Personal Energy foods/fluids/Money for food or drink vendors and restrooms at Machu Picchu

Winay Wayna drop bag (we provide this bag, you pre-pack this, and it is placed by us at the cut-off point):

Change of Clothes/Shoes (overnight temperatures average 45-50°F)
Personal Toiletries (rest rooms on-site)
Sandals
Money
Clothing for next day hike into Machu Picchu

**Please note: Bus transportation to the hotel in Aguas Calientes will be available post race until 5:30 p.m. Must walk down to town post 5:30 p.m. (average 2+ hour walk).*

History of The Original 26.2 mile Inca Trail Marathon Race

After many years of extensive experience in endurance sports and operating adventure tours in Peru and on the Inca Trail, Erik's Adventures decided to organize a professional, supported, standard marathon distance length race on the Classic Inca Trail to Machu Picchu. Erik's Adventures Official 26.2 mile Inca Trail Marathon in 2012 was the first actual marathon distance race on the Inca trail and allows all racers the ability to complete their races at Machu Picchu!

INCLUDED IN THIS RUNNING VACATION: Inca Trail Marathon Runners

- Domestic flights within Peru (Lima/Cusco and Cusco/Lima)
- Airport transfers: on arrival and departure to Cusco
- 05 nights 4-star hotel in Cusco, 2 nights superior hotel in Aguas Calientes, 1 night camping on Inca Trail
- Hotels include: Buffet breakfast (with beverages: coffee, tea, and fresh juices)
- All hotel taxes
- Camping equipment is provided: two-person tent, tent for toilet, tent for kitchen, dining tents, cooking gear, pre-race meals (dinner and breakfast), First Aid Kits, 2-way long range radios, Satellite phone (for emergency only)
- Extra Luggage storage in Cusco hotel
- Professional English-speaking local tour guides while on all the tours
- Private transport on all tours
- City tours in Cusco and nearby sites
- Sacred Valley Tour – Pisac
- Adventure sport activity (white water rafting tour) on day 3
- Sacred Valley Tour- Ollantaytambo
- Entry tickets into Machu Picchu for 2 days with guided tour on second day
- Tourist Train/Bus return from Aguas Calientes / Ollant./Cusco-seats reserved.





- RT Bus from Machu Picchu to Aguas Calientes
- Meals and special dinners as indicated in the itinerary (B,L,D)
- Inca Trail Permits
- Inca Trail Marathon and Incathon Trail Race- supported course, race goodie bag, tech shirt, medal
- Entry fees to all historical sites/national parks/etc visited as part of the scheduled tours
- US based hosts for entire trip
- Forum to communicate with other runners and weekly training tips and race advice are provided closer to the race date

INCLUDED IN THIS RUNNING VACATION: Inca Trail Marathon Spectators

- Domestic flights within Peru (Lima/Cusco and Cusco/Lima)
- Airport transfers: on arrival and departure to Cusco
- 05 nights 4-star hotel Cusco, 3 nights superior hotel in Aguas Calientes
- Hotels include: Buffet breakfast (with beverages: coffee, tea, and fresh juices)
- All hotel taxes
- Extra Luggage storage in Cusco hotel
- Professional English-speaking local tour guides while on all the tours
- Private transport on all tours
- City tours in Cusco and nearby sites
- Sacred Valley Tour – Pisac
- Adventure sport activity (white water rafting tour) on day 3
- Sacred Valley Tour- Ollantaytambo
- Entry tickets into Machu Picchu for 2 days with guided tour on second day
- Tourist Train from Ollantaytambo to Aguas Calientes
- Tourist Train/Bus return from Aguas Calientes / Ollant./Cusco-seats reserved.
- 2 Round Trip Bus tickets from Machu Picchu to Aguas Calientes
- Meals and special dinners as indicated in the itinerary (B,L,D)
- Entry fees to all historical sites/national parks/etc visited as part of the scheduled tours
- US Based Hosts for entire trip

RUNNING VACATION DOES NOT INCLUDE: All guests

- Tips and Gratuities
- Extra personal expenses
- Meals not mentioned on the program.
- All Extra drinks during included lunches and dinners and otherwise (alcohol drinks, sodas, bottled water, etc)
- FOR RUNNERS- Sleeping bag rental \$ 30.00 (or you may bring your own)

**Also available are comprehensive custom coaching and training plans from one of our certified coaches to help you prepare (extra charge, inquire for details)



You must sign up early! Important information about limited Inca Trail availability:

- Sign up early to reserve a spot in the race
- Don't be left out! We expect the 2016 Inca Trail races to sell out at least 6 months or more in advance

Understanding Peru's Inca Trail permit rules:

Entry onto the Inca trail is regulated by the government of Peru and has a strict quota of 500 people per day (which includes staff, porters, and guides). The spaces on the trail sell out several (sometimes 5 or more) months in advance and always sell out during the summer.

Entries for all Inca trail tours are accepted on a first come first serve basis with a deposit and submission of passenger information and passport number to the government of Peru. Spaces on the Inca Trail cannot be reserved ahead of time without a deposit and cannot be canceled or transferred to another person for any reason whatsoever. They do not open a new space for another person if someone signed up is unable to go. This is the policy of the government agency that regulates the Inca trail and applies to all tourists on the trail whether they hike the Inca Trail, take a Inca Trail tour, or run and race the Inca Trail.

Please note: Inca Trail Runners- If you need to renew your passport to participate on this trip, please do so before you sign up and submit your passport information to us. Once your space on The Inca Trail is booked with the government organization that controls all Tours on the Inca Trail, there are NO changes allowed to the submitted information. You will not get through the control checkpoint at the start of The Inca Trail unless the information you submit to sign up for the race is identical to the information on your passport at the time of the race.

Questions: email erik@eriksadventures.com or call us at (312) 925 0287





Erik's Adventures LLC Terms and Conditions

Event: Official 26.2 Inca Trail Marathon and 18 mile Incathon Tour- July 1-10, 2016

Please read the Terms and Conditions very carefully. They outline the terms under which Erik's Adventures, LLC will operate and they limit our liabilities. These booking conditions will form part of your contract with Erik's Adventures LLC, registered at 6901 High Point Rd, Arena, WI 53503. Different terms and conditions may apply between you and any one of the hotels, car rental companies, cruise companies, trains, and airlines, other service providers, etc, that are associated with your itinerary.

RESERVATIONS, DEPOSITS & FINAL PAYMENTS: PLEASE REVIEW THESE!

A Deposit of US\$ 500 (non- refundable inside of 100 days to start of travel for Spectators or on 3/21/2016) per person is required to proceed with your reservation. PLEASE NOTE: If your tour includes a spot on the Inca Trail to participate in either race, your deposit will be non-refundable *and* non transferable from the time your information can be processed to the Government of Peru which will be from 12/20/2015 onward. No refunds are available on the deposit for runners going on the Inca Trail for any reason after 12/20/2015.

The balance of the payment must be received no later than 100 days before you commence your tour (on or before 3/21/16). If any reservation is made and confirmed by us within 100 days of departure (after 3/21/16), full payment is due at the time of confirmation of services.

NOTE: Any changes to the tour itinerary once finalized will result in a minimum charge of US\$ 100 per person per change.

Included flights between Lima and Cusco RT will be purchased at about 100 days ahead of the trip start. If you do not have your final payment in by 3/21/16, you will be liable for any fare increases in that ticket price. Please make your payments on time!

CANCELLATION: All cancellations and refund requests must be made in writing.

Spectators Cancel Policy: A full refund of your deposit less any cancellations that may be levied by service providers (such as Peru Rail, Peruvian airlines, etc) will be made, provided that we have received the cancellation in writing at least 100 Days prior to departure (3/21/16). Thereafter the following fees will be imposed based on the number of days prior to departure plus any cancellation charges levied by service providers. 100 – 60 days- full loss of deposit. 60-30 days- 50% of the tour price. Cancellation less than 30 days will have no refunds at all for any reason.

Racers Cancel Policy: Your deposit and race entry will be non-refundable *and* non-transferable from the time your Inca Trail entry is processed by the Government of Peru (from 12/20/2015 onward).

All deposits received on or after 12/20/2015 until the race is closed will be non-refundable for any reason and non-transferable to another racer from the moment you confirm your registration and spend your deposit.





The following fees will be imposed based on the number of days prior to departure plus any cancellation charges levied by service providers (such as Peru Rail, Peruvian airlines, etc). Prior to 12/20/15 the deposit is 100 percent refundable. 12/20/2015 – 60 days- full loss of deposit. 60-30 days- 50% of the tour price. Cancellation less than 30 days will have no refunds at all for any reason.

Please note- For all Participants:

If you should cancel while the tour is in progress for any reason- No refunds will be made for any unused portions of the tour.

No refund at all can be made for any tour accommodations, tour services, activities, or tour features that you do not utilize.

TRAVEL PROTECTION PLAN: We very strongly recommend that you opt for a travel protection policy should there be any unforeseen circumstances, which may lead to the cancellation of your tour. Erik's Adventures, LLC can assist with your travel protection plan so please check with us at the time of booking, and before making your final payment. We work with a very reputable insurance company. To purchase insurance from one of our partners or simply inquire and get information- please use this link:
<http://www.travelexinsurance.com/index.asp?LOCATION=49-0029>

TRAVEL DOCUMENTS: It is the passenger's responsibility to ensure that all of his or her visa and passport requirements are met. All participants must be in possession of a passport valid for at least six months beyond the re-entry date into your home country and with two or more blank pages. Visas and necessary vaccinations may be required for some or all of the countries visited on your tour. Please check the visa requirements at the time of booking.

HEALTH REQUIREMENTS: Health regulations for some countries visited on your tour may require proof of inoculations and/or vaccination certificate; such certificate should be in your possession throughout the entire tour. It is our recommendation that you consult your personal physician or Passport Health via the web at www.passporthealthusa.com in regards to your itinerary and required inoculations. Erik's Adventures, LLC, will not be held liable if you do not have proper vaccinations / inoculations.

RESERVATION OF RIGHTS: Erik's Adventures, LLC (when deemed necessary) reserves the right to: (1) cancel any itinerary or any part of it. (2) Erik's Adventures reserves the right to alter any part of the itinerary if necessary (this includes, but is not limited to, substitution of hotels, rescheduling, re-routing, or canceling the actual 2016 Inca Trail Marathon Race) due to safety concerns, and/or circumstances outside its control (including but not limited to: worker strikes, dangerous weather conditions, changing government regulations, natural disasters- (floods, mudslides, earthquakes etc), sudden closure of the Inca Trail, hostilities, civil disturbances, strikes, riots, etc.).

(3) In the unlikely event that the actual Race or any other Tour activity is altered or canceled - No refunds or credits will be issued. (4) Decline to accept to retain any person as a tour passenger should such person's health, mental or physical condition, in the sole opinion of Erik's Adventures, LLC- impede tour for the other passengers. Tour members are held responsible for being in sufficient g





undertake the tour. If a passenger is asked to leave while the tour is in progress, that person will be responsible for charges incurred on account of such departure from the tour and/or their return to the USA.

RESPONSIBILITY – LIMITATIONS OF LIABILITY: Erik's Adventures, LLC and its associates act only as agents for the owners and contractors providing means of transportation and other related services and shall not be or become liable or responsible in any way in connection with such means of transportation or other services, or for any loss, injury or damage to, or in respect of any person or property howsoever caused or arising. Erik's Adventures, LLC does not control the operations of these agents and as a result CANNOT BE HELD LIABLE FOR ANY PERSONAL INJURY, PROPERTY DAMAGE OR OTHER CLAIM (including refunds or credits for the tour) which may occur as the result of any and/or all of the following (1) the wrongful, the negligent or arbitrary acts or omissions on the part of the independent supplier, agent, its employees or others who are not under the direct control or supervision of Erik's Adventures, LLC (2) defects or failures of any vessel, air craft, vehicle or other instrumentality which is under the control of an independent supplier; or (3) loss, injury or damage to person, property or otherwise, resulting directly or indirectly from any Acts God, dangers incident to the sea, fire, breakdown in machinery or equipment, or wars (whether declared or not), hostilities, civil disturbances, strikes, riots, theft, pilferage, medical epidemics, quarantines or customs regulation, defaults, (4) Delays or cancellations or alterations in the trip itinerary due to schedule changes, or from any causes beyond Erik's Adventures, LLC control. (5) Further Erik's Adventures, LLC is not liable for any loss or damage resulting from insufficient or improperly issued passports, visas or other legal documents. (6) The Peru Inca Trail Marathon Tour involves some inherent dangers and risks associated with the activities that make up parts of the tour, and that it potentially may be hazardous. You agree to expressly assume all known and unknown risks associated with The Peru Inca Trail Marathon Tour, including but not limited to: loss of or damage your property; injury (including death); and accidents. Erik's Adventures is not liable for any injury, sickness, or in the unlikely event of death that could happen on tour or as a result of participating on the tour or any activity within the tour. Certain activities carry a higher risk of injury than others and all participants entering into any activity do so on their own free and assume all risks.

All coupons, vouchers, invoices, contracts and tickets issued by Erik's Adventures LLC, are subject to the terms and conditions outlined above.

DISCLAIMER: Please note that the tour information shown in your final itinerary may have changed by the time you actually travel. While every effort is being made to ensure the accuracy of the itinerary at the time of finalizing your tour, errors do occasionally occur. You must therefore check all details of your chosen holiday arrangements, including price at the time the booking.





BY SIGNING THIS DOCUMENT YOU ARE AFFIRMING THAT YOU HAVE READ AND UNDERSTAND THIS AGREEMENT AND WAIVER AND FULLY UNDERSTAND ITS TERMS. YOU ALSO UNDERSTAND THAT YOU ARE GIVING UP SUBSTANTIAL RIGHTS, INCLUDING THE RIGHT TO SUE. YOU ACKNOWLEDGE THAT YOU ARE SIGNING THE AGREEMENT AND WAIVER FREELY AND VOLUNTARILY, AND INTEND BY YOUR ACCEPTANCE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Above Line for Signature and Date

Print full name here _____





Inca Trail Marathon Tour: Event Booking Form

(Required- 1 completed form for each trip participant. Please type or write very clearly in block letters)

| |
|--|
| Event Name: Official 26.2 Inca Trail Marathon and 18 mile Incathon Tour – July, 2016 |
| Full Name (exactly as it appears in passport) |
| Gender and Birthday |
| Passport number, country of issue, date of expiration. (or better- include a clear photocopy of your passport main page with this form) |
| Phone number and email |
| Address |
| 1 emergency contact and phone number |
| Any special requests or circumstances we should know about (medical conditions, food allergy, handicap, vegetarian etc): |
| Share room (specify roommate, if you do not have a roommate we will assign you one) or Single room |
| Are you joining the tour as a racer or a spectator? |





| |
|--|
| Please indicate payment method for deposit: Check, Credit Card- Visa or MasterCard, or Paypal (and see payment information details below) |
| Please indicate how you heard about our event |
| Please sign/print your full name and today's date to acknowledge you have read, understand and agree to the accompanying terms and conditions for this trip |

(Additional information to be completed only by trip participants who are running the race)

| |
|---|
| Event Name: Peru Inca Trail Marathon Race – July, 2016 |
| How many marathons have you completed? Date of most recent completed race? |
| Longest distance race you have completed? Date of this race? Also indicate your time for this race |
| Personal best marathon time? Please indicate Name and date of that race |
| Have you done a trail running race before? If yes, Longest distance trail race you have ran? Name, date and finish time for that race? |
| Have you been to Peru before? On the Inca Trail? |
| T-shirt size (S, M, L, XL) |
| |





Passport Information: Please have at least two blank pages left in your passport and at least 6 months to expiration from the last day of the trip (7/10/2016)

Runners- If you need to renew your passport to participate on this trip, please do so before you sign up and submit your passport information to us. Once your space on The Inca Trail is booked with the government organization that controls The Inca Trail, there are NO changes allowed to the submitted information. You will not get through the control checkpoint at the start of The Inca Trail unless the information you submit to sign up for the race is identical to the information on your passport at the time of the race

Instructions:

Mail the original copy that you complete, sign, and date to:

Erik's Adventures LLC
121 Overlook Drive
Wilmington, NC 28411

OR Scan in completed forms and email to erik@eriksadventures.com

*In either case you will receive confirmation of your booking from us electronically

Payment Information:

Deposit: A deposit of \$500 is required to proceed with your booking. Only the completed and signed forms including the trip terms and conditions (and race waiver for racers), plus a deposit of \$500 USD confirms your space on the trip and in the race.

Balance Due: An invoice for the balance due for your trip will be sent to you electronically approximately 4 months before the start of the trip. You may make this payment at that time by the payment methods outlined below. All remaining balances are due on or before the deadline of 3/21/2016 or you risk losing your space on the trip and paying higher prices for airline tickets between Lima and Cusco.

Payment methods:

If paying deposit by check please make your check out to Erik's Adventures LLC and include with the signed forms, or mail in separately if you have scanned and emailed your forms.

If you choose to pay with a credit card- Please indicate above on the booking form and an email invoice will be sent to you allowing you to follow the instructions and a link to quickly and easily pay online. All credit card payments for the deposit, balance due, and/or final payment will be processed through Paypal electronically and will incur an additional charge of 4% of the payment to process your credit card payment.

