

2023 Inca Trail Marathon Tour Itinerary

2023 Inca Trail Marathon To Machu Picchu Peru Detailed Day By Day Program

SIGN UP SOON! NEXT PRICE INCREASE JUNE 30. INCA TRAIL PERMITS SELL OUT 6 OR MORE MONTHS IN ADVANCE: WE EXPECT THE 2023 INCA TRAIL MARATHON REGISTRATION TO CLOSE IN OCTOBER OF 2022 OR EARLIER. ONCE PERMITS ARE GONE, WE CANNOT ADD MORE PEOPLE

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

Day 0 FRI APRIL 14, 2023: DEPART FOR PERU

Depart your home city/country and fly to Cusco, Peru.

Day 1 SAT APRIL 15: ARRIVE TO CUSCO

Please plan accordingly for a 10:00 AM (or earlier) arrival to Cusco on your own self-booked flight.

**It is important you arrive to Cusco by 10:00 AM so you do not miss any portions of the tour for today. We will arrange your pickup around your flight schedule. Note: Early check in at the hotel cannot be guaranteed so early arrivals may need to wait for their room to be ready.

The tour starts with a private meet and greet airport pickup service by your trip hosts and guides in Cusco at the airport.

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 briefing and welcome 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 offers many types of traditional Peruvian cuisine). Here you will also have the opportunity to get to know your fellow travelers and athletes.

What's Included?

-  **Meals**

Welcome Dinner included.

-  **Stay**

Overnight in Cusco at [Hotel San Agustin El Dorado](#) (or similar).

*It is important you arrive to Cusco by 10:00 AM so you do not miss any portions of the tour for today. We will arrange your pickup around your flight schedule.

Note: Early check in at the hotel cannot be guaranteed so early arrivals may need to wait for their room to be ready.

If you arrive to Cusco after 1000AM, you will still get an airport pickup, but you will very likely miss the first portion of the tour

Day 2 SUN APRIL 16: CUSCO- PISAC TOUR

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)

What's Included?

-  **Meals**

Breakfast

-  **Stay**

Hotel San Agustin El Dorado (or similar)

Day 3 MON APRIL 17: CUSCO- WHITE WATER RAFTING OR RAINBOW MNT

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! You can even take a day trip to RAINBOW MNT

Overnight in Cusco- Hotel San Agustin El Dorado (or similar)

Whats Included?

-  **Meals**

Breakfast and Lunch

-  **Stay**

Overnight in Cusco- Hotel San Agustin El Dorado (or similar)

Day 4 TUE APRIL 18: CUSCO- RACE MEETING/AFTERNOON TOUR

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)

Whats Included?

-  **Meals**

Breakfast

-  **Stay**

Overnight in Cusco- Hotel San Agustin El Dorado (or similar)

Day 5 WED APRIL 19: CUSCO TO INCA TRAIL (RUNNERS) or AGUAS CALIENTES (SPECTATORS)

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. Past here is where we will have our private

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 our private campsite

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)

Whats Included?

-  **Meals**

Breakfast and Dinner

-  **Stay**

Runners: Overnight on Inca Trail Camping

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

Day 6 THUR APRIL 20: OFFICIAL 26.2 MILE INCA TRAIL MARATHON AND 18 MILE INCATHON!

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 reunite 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)

Whats Included?

-  **Meals**

Breakfast

-  **Stay**

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

Day 7 FRI APRIL 21: MACHU PICCHU- AGUAS CALIENTES

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)

Whats Included?

-  **Meals**

Breakfast and Celebration Dinner

-  **Stay**

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

Day 8 SAT APRIL 22: AGUAS CALIENTES TO CUSCO

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)

Whats Included?

-  **Meals**

Breakfast and Dinner with Show

-  **Stay**

Overnight in Cusco- Hotel San Agustin El Dorado (or similar)

Day 9 SUN APRIL 23, 2023: DEPARTURE

Breakfast at hotel. Private Transfer to Cusco airport (will be arranged based on your departing flight schedule)

“End of tour”

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

Whats Included?

-  Meals

Breakfast

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 or cancel the 2023 Inca Trail marathon 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.

What's Included

- 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
- Hotels include: All Taxes, Buffet breakfast (with beverages: coffee, tea, and fresh juices). Extra Luggage storage in Cusco hotel
- 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)
- Professional English-speaking local tour guides while on all the tours
- City tours in Cusco and nearby sites with private transport on all tours
- Tours: 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)
- Marathon and Incathon Race- supported course, race goodie bag, tech shirt, medal
- Entry fees to all historical sites/national parks/etc visited on the tours, Inca Trail Permits
- US based host for entire trip

RUNNING VACATION DOES NOT INCLUDE: All Guests

- Tips and Gratuities
- Airfare to and from Cusco, Peru from your home city/country
- 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 \$ 50.00 (or you may bring your own)