

LADES TREK & SHORT INCA TRAIL

5 days / 4 nights



TreXperience
INSPIRING TRAVELS

GROUP
TOUR





Five days between living culture and sacred paths.



The Lares Trek and Short Inca Trail 5 Days combines the cultural heart of the Lares Valley with the most iconic section of the Inca Trail. It offers Andean traditions, high-mountain landscapes, Inca history, and two unforgettable moments at Machu Picchu.

You will relax in the Lares hot springs, visit remote Quechua villages, hike near waterfalls and high-altitude lakes, see llamas and alpacas, and cross Condor Pass. After reaching the Sacred Valley and staying in Ollantaytambo, you will hike from Km 104 to Chachabamba, Wiñay Wayna, and the Sun Gate.

Travel in a premium small group with TreXperience, a 100% Peruvian local operator based in Cusco. We include pickup, transport, expert guides, quality camping gear, fresh meals, muleteers and horses, tickets, hotels, train tickets, and safe support from start to finish.

Why hike the Lares Trek & Short Inca Trail?

- Two routes in one trip: Combine the Lares Trek with the Short Inca Trail.
- Living Andean culture: Visit Quechua villages and meet local families.
- Lares landscapes: Enjoy hot springs, waterfalls, lakes, llamas, and alpacas.
- Short Inca Trail: Hike from Km 104 to Chachabamba and Wiñay Wayna.
- Sun Gate arrival: Enter Machu Picchu through Intipunku.
- Two Machu Picchu visits: First view on Day 4 and guided tour on Day 5.
- Premium service: Expert guides, fresh meals, camping gear, hotels, and smooth logistics.
- Vistadome train: Return through the Sacred Valley on a panoramic train.





TreXperience

Lares Trek & Short Inca Trail to Machu Picchu

5 days / 4 nights

Legend

Transportation

- Van Route
- Train Route
- Hiking Route
- Van Transportation
- Train Transportation
- Hiking
- Walking Tour
- Mountain Pass

Meals

- Lunch

Experiences

- Archeological Site
- Viewpoint
- Hot Springs
- Handcrafts

Accommodation

- Camping
- Hotel



1 Day 1

Cusco – Lares Hot Springs –
Kiswarani – Blue Lagoon

- Cusco - Lares - Pampacorral
- Pampacorral - Blue Lagoon
10 km / 6 mi - 4 hours

2 Day 2

Blue Lagoon – Condor Pass –
Canchacancha

- Blue Lagoon - Canchacancha
16 km / 10 mi - 7 hours

3 Day 3

Canchacancha – Huaran –
Maras – Ollantaytambo

- Canchacancha - Huaran
12 km / 7.4 mi - 4 hours
- Huaran - Maras Salt Mines -
Ollantaytambo

4 Day 4

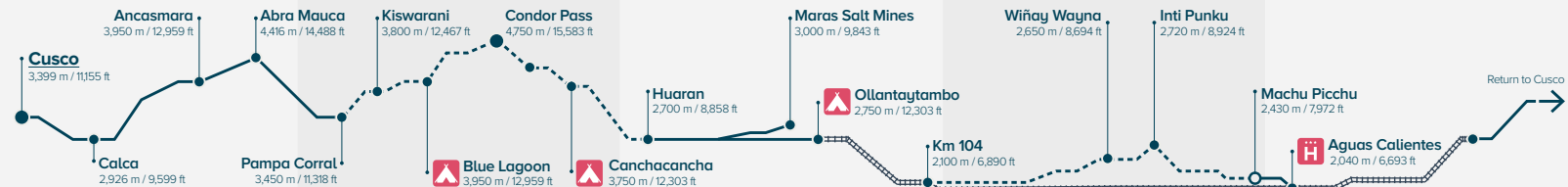
Ollantaytambo – Km 104 –
Machu Picchu – Aguas Calientes

- Ollantaytambo - Km 104 (1:30 hrs)
- Km 104 - Machu Picchu
16 km / 10 mi - 7 hours
- Aguas Calientes - Machu Picchu
Round Trip (30 min)

5 Day 5

Explore Machu Picchu –
Return to Cusco

- Aguas Calientes - Machu Picchu
Round Trip (30 min)
- 2 - 3 hrs. exploring Machu Picchu





Tour Details

Starts / Ends	Cusco / Cusco
Duration	5 days / 4 nights
Distance	54 km / 34 mi
Difficulty	Moderate to challenging
Accommodation	Camping, hotel
Group size	Around 12 persons
Activities	Hiking & Camping, Archeology, Cultural
Languages	English, Spanish



Full Itinerary

→ Day 01

Cusco – Kiswarani - Lares Thermal Baths –
Blue Lagoon

→ Day 02

Blue Lagoon – Condor Pass – Canchacancha
Community

→ Day 03

Canchacancha – Huaran – Maras Salt
Mines Ollantaytambo

→ Day 04

Ollantaytambo – Km 104 – Short Inca Trail –
Sun Gate – Aguas Calientes

→ Day 05

Machu Picchu – Return to Cusco



Day 01

Cusco – Lares Thermal Baths – Kiswarani – Blue Lagoon

We will pick you up from your hotel in Cusco at 4:30 a.m. and drive into the Sacred Valley. Our first stop is Calca, where we visit the local market and choose fresh ingredients for the trek, giving you a glimpse of local life before heading higher into the Andes.

From Calca, we continue to the rarely visited Inca site of Ancashmarca, where your guide will explain its importance as an old storage and control point above the valley. We then drive through high-mountain landscapes to see the impressive Puya de Raimondi, a giant native plant that blooms only once in its lifetime.

After about 3 hours on the road, we arrive at the Lares Hot Springs. Here, you can relax in the warm mineral pools while your trekking chef prepares a fresh breakfast. It is a perfect way to begin the





adventure, surrounded by mountain air and peaceful scenery.

After the hot springs, we drive to Pampacorral, the trailhead. The first hike is a gentle 2-hour walk to Kiswarani village for lunch. In the afternoon, we continue another 2 hours to the Blue Lagoon campsite at 3,900 m / 12,795 ft. Along the way, you will see waterfalls, potato fields, llamas, alpacas, and quiet mountain landscapes. Your tent, hot drinks, and lakeside camp will be ready when you arrive.

Distance

10 km / 6 mi

Duration

4 hours

Max. hightness

3,900 m (12,795 ft)

Difficulty

Moderate

Accommodation

Camping

Meals

**Breakfast,
snacks, lunch,
dinner**



Ancashmarca Archeological Site



Mauca Pass



Lares Hot Springs



Kiswarani Waterfalls



Traditional Weaving

Day 02

Blue Lagoon – Condor Pass – Cancha Cancha

Wake up with a hot cup of coffee or coca tea in your tent and get ready for the most challenging day of the Lares section. After breakfast, we begin a steady 4-hour climb toward Condor Pass, the highest point of the trek at around 4,750 m / 15,583 ft.

The trail passes clear Andean lakes, open valleys, grazing llamas and alpacas, and wide views of snow-capped peaks such as Pitusiray, Sawasiray, and Qolquecruz. At the summit, we will stop to rest, enjoy the views, and share a warm coca tea. Your guide may also perform a traditional offering to the Apus, the sacred mountain spirits.

From the pass, we begin the descent toward Cancha Cancha. The trail opens into quiet valleys with lakes, birds, native plants, and traditional herding areas. This is a perfect day to feel the real beauty of Lares: wild





mountains, silence, and local life still connected to the land.

Tonight's camp is in Cancha Cancha, one of the most traditional villages on the route. You will have time to meet local families, see how people live in this high-Andean community, and learn about Quechua traditions, weaving, farming, llamas, alpacas, and daily life in the mountains. This is one of the most human and memorable moments of the tour.

Distance

16 km / 10 mi

Duration

7 hours

Max. hightness

4,750 m / 15,583 ft

Difficulty

**Moderate to
Challenging**

Accommodation

Camping

Meals

**Breakfast,
snacks, lunch,
dinner**



Condor Pass



Lakes in the Lares Trek



Canchacancha

Day 03

Canchacancha – Huaran – Maras Salt Mines – Ollantaytambo

After breakfast with mountain views, we begin the final descent of the Lares Trek. Before leaving Cancha Cancha, there may be time to visit the village, meet local families, and learn more about the traditional lifestyle of this remote community.

The trail gradually changes as we descend from high-altitude landscapes into the warmer Sacred Valley. You will pass from potato fields and mountain pastures into greener valleys where corn, avocados, and other crops grow. This natural transition is one of the most beautiful parts of the route.

The hike ends in Huaran, where we enjoy a fresh lunch and say goodbye to our chef, muleteers, and horses. After lunch, private transportation takes us to





the Maras Salt Mines, where thousands of salt pools are still harvested by local families using traditional methods.

We then continue to Ollantaytambo, one of the best-preserved living Inca towns in the Sacred Valley. We will walk through its ancient streets, original water channels, and stone walls before dinner at a local restaurant. Tonight, you will rest in a comfortable hotel and prepare for the Short Inca Trail the next morning.

Distance

12 km / 7.4 miles

Duration

4 hours

Max. heightness

3,750 m / 12,303 ft

Difficulty

Easy to Moderate

Accommodation

2-Stars Hotel

Meals

**Breakfast,
snacks, lunch,
dinner**

Huaran (Sacred Valley)



Maras Salt Mines

Ollantaytambo Streets

Day 04

Ollantaytambo – Km 104 – Short Inca Trail – Sun Gate – Aguas Calientes

After breakfast at the hotel, we board one of the first trains from Ollantaytambo toward Km 104, the starting point of the Short Inca Trail. At the checkpoint, you must show your original passport before entering the trail.

We begin with a visit to Chachabamba, an Inca site located in the cloud forest. From here, the trail climbs gradually for several hours through beautiful vegetation, mountain views, and sections of original Inca path. This is where the tour changes from cultural trekking to sacred Inca history.

After the climb, we arrive at Wiñay Wayna, one of the most beautiful archaeological sites on the Inca Trail. Your guide will explain the terraces, temples, water channels, and meaning of this impressive place. After the visit, we enjoy a fresh picnic lunch before





continuing toward the Sun Gate.

Reaching the Sun Gate is one of the most powerful moments of the tour. From here, you get your first view of Machu Picchu from above. We then continue down toward the citadel, following Circuit 1 for the panoramic arrival experience. Because we usually arrive later in the afternoon, the light is beautiful and the site feels quieter. After enjoying the views, we take the bus down to Aguas Calientes, have dinner, and spend the night in a 3-star hotel.

Distance

16 km / 10 miles

Duration

7 hours

Max. heightness

2,720 m / 8,923 ft

Difficulty

Moderate

Accommodation

**Hotel Ferre
Machu Picchu or
similar**

Meals

**Breakfast,
snacks, lunch,
dinner**

MINISTERIO DE CULTURA
BIENVENIDOS - WELCOME
KM. 104 CHACHABAMBA
CAMINO SAGRADO



Km 104 (Hikings Starting Point)



Chachabamba Archeological Site



Intipata Views



Wiray Wayna Waterfalls

Winay Wayna Archeological Site



Machu Picchu views from Inti Punku



Aguas Calientes

Day 05

Explore Machu Picchu – Return to Cusco

On the final day, we rise early and take the bus back to Machu Picchu. After your first arrival through the Sun Gate the day before, this second visit gives you time to explore the citadel more deeply with your guide.

We follow the assigned Machu Picchu circuit, usually Circuit 3 for this itinerary, which allows you to visit important lower and central sectors of the citadel, including temples, terraces, palaces, water fountains, and ceremonial spaces. Your guide will explain the history, architecture, and meaning of Machu Picchu so the site feels alive, not just beautiful.





After the guided tour, and if you booked the extra ticket in advance, you may hike Huayna Picchu or Machu Picchu Mountain. These hikes are optional and depend on official availability. After the visit, we return by bus to Aguas Calientes, where you can enjoy lunch at your own pace.

In the afternoon, we board the panoramic Vistadome train and continue by private transportation back to Cusco. The expected arrival time at your hotel is around 7:30 p.m.

Duration

2 - 3 Hours

Machu Picchu Altitude

2,430 m / 7,972 ft

Difficulty

Easy

Meals

Breakfast (hotel)



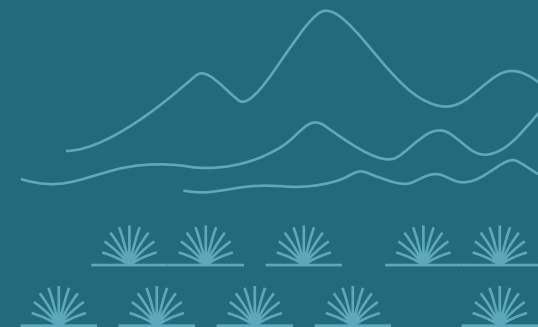
Machu Picchu

Included

- Safety briefing the day before the tour
- Hotel pickup and drop-off
- Complimentary luggage storage
- Professional bilingual tour guide in English and Spanish
- Door-to-door service
- Bus tickets to and from Machu Picchu
- Entrance ticket to the Short Inca Trail
- Entrance ticket to Machu Picchu
- 2 nights of camping in the mountains
- 1 night in a hotel in Ollantaytambo
- 1 night in a 3-star hotel in Aguas Calientes
- Comfortable tents for camping
- Foam sleeping mat
- Duffle bag for up to 7 kg / 15 lb of your personal belongings
- Trekking chefs, muleteers, and support staff for the Lares section
- Horses and cargo mules to carry food and camping equipment during the Lares section
- First-aid kit, oxygen bottle, and satellite phone
- Rain poncho, pillow, dining tent, chairs, and tables
- Fresh meals during the trekking days
- Vegetarian, vegan, and special dietary options available with advance notice
- Train ticket to Km 104 for the Short Inca Trail
- Vistadome train return to Cusco

Not included

- Sleeping bag, air mattress, and trekking poles (available to rent from us)
- Huayna Picchu Mountain ticket (optional)
- Machu Picchu Mountain ticket (optional)
- Lunch on the last day in Aguas Calientes
- Travel insurance



Travel Essentials



Original Passport



Peruvian
soles cash



Good-quality
daypack



Water bottle



Personal
Medication



Sunscreen



Lip balm



Hand sanitizer



Insect repellent



Toiletries

This section covers the basics you'll want for a smooth start. Think documentation, personal needs, and simple preparation for the trail. Pack only what truly supports comfort and safety, and avoid adding weight you won't use.

What to wear

Trekking days can bring sun, wind, rain, and noticeable temperature shifts. That's why dressing in layers and choosing comfortable hiking clothing matters. The goal is to adjust easily as conditions change, staying dry and warm when needed.



High-top
hiking boots



Hiking crew sock



Comfortable underwear



Thermal
base layers



Moisture-wicking shirts



Hiking pants/
trousers



Fleece



Waterproof and
windproof jacket

What to put in the Daypack?

Your daypack should hold only what you'll use while hiking. Focus on hydration, weather protection, and personal items you want within reach. Keep it light and easy to access, so you can walk comfortably without stopping to dig for things.



Sun hat or cap with
neck cover



Sunglasses



Beanie or chullo



Gloves



Buff or bandana



Snacks



Camera + extra
batteries



Power bank



Gaiters (optional)

What to put in your duffle bag?

Your duffle bag holds your main gear and is carried during the route by our porters. Pack neatly within the stated weight limit and group items by type. This protects your belongings and makes it easier to find what you need at camp.



Light footwear
or sandals



Quick-dry towel



Warm down jacket



Sport pants



Shorts



Sleeping bag



Sleeping Foam pad



Swimwear

What TreXperience provide you

Our tours includes an agency T-shirt, a backpack cover, and a rain poncho. In addition, our hiking programs include a duffel bag (up to 7 kg), carried by our porters. Check here to see if your itinerary includes it.



Duffel Bag 7kg / 15lb



Trexperience T-shirt



Backpack Rain cover



Foam mattresses



Plastic Rain Coat

Equipment for Rent

On premium tours, we offer an extra level of comfort for resting at camp. We include items like duvets, sheets, towels, and pillows to help you sleep even better at the end of the day. Check here to see what applies to your trip.



Sleeping Bag



Air Sleeping Pad



Hiking poles

About our camping equipment

Our camping equipment is selected with your comfort and safety in mind. It includes sleeping tents and dining tents, portable toilets, plus support equipment such as oxygen tanks and satellite phones, depending on the route and itinerary.



Private Sleeping Tents



Private Dining Tents



Private Toilet Tents



Oxygen tank



Satellital Phones

Our service

Our service is designed to make your journey smooth, comfortable, and well organized from start to finish. From quality transportation and carefully arranged accommodation to reliable camping equipment, every element is selected to give you a higher level of comfort and peace of mind along the way.



Transportation

We manage your transfers in comfortable private vans, and your return journey includes a train ride back to Ollantaytambo. It's a smooth mix of comfort and scenery, with everything arranged to keep travel simple and stress-free.

The best equipment and accommodation

Our tour combines high-quality camping equipment on the trail—tents for sleeping, a dining tent, portable toilet tents, tables, chairs, and key comfort essentials—with a comfortable hotel stay. You'll enjoy better camp conditions outdoors, then recharge in quality lodging with comfortable rooms, clean bathrooms, hot showers, and Wi-Fi.





Vistadome Train from Aguas Calientes to Cusco

Meals in the route

The trekking experience is not only about the landscapes, but also the flavors. Each meal along the route is an opportunity to connect with Peruvian tradition and recharge your energy.

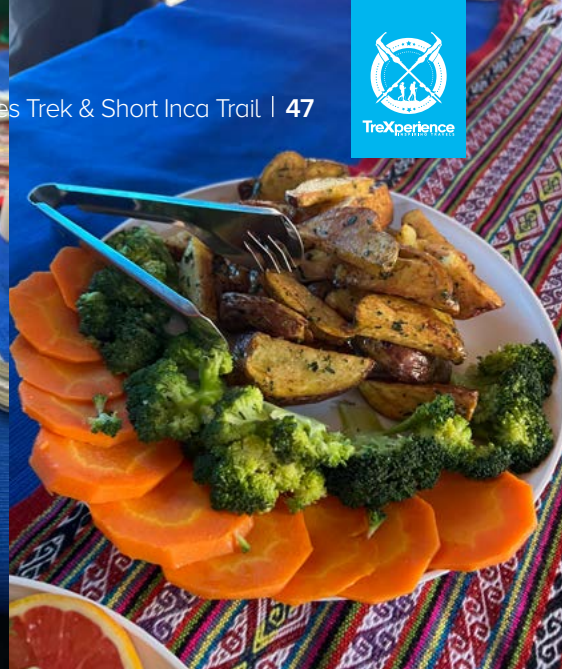


During the hike, you'll enjoy Peruvian cuisine, a blend of traditional flavors and diverse influences. Some of the dishes and drinks you may try include:

- Quinoa in soups and salads
- Peruvian ceviche
- Lomo Saltado
- Ají de Gallina
- Alpaca meat and Guinea pig in different preparations
- Chicha Morada
- Coca tea

Meals during the trek combine Peruvian and international dishes, designed to keep your energy up and adapt to different tastes and diets.





Our team

Our on-trail team helps make your journey safe, comfortable, enriching, and unforgettable. They're highly trained local professionals, committed to delivering attentive service and a smooth experience from start to finish.



Our Tour Guides

Our guides are local professionals from Cusco who take great pride in their cultural heritage. University-trained and fluent in English, they bring deep knowledge of Andean history, culture, geography, and nature—and share it in a clear, engaging way through stories, traditions, and everyday life. Responsible, approachable, and always ready to help, they focus on your safety and comfort while giving their best at every step. With ongoing training and a strong service mindset, they turn each day on the trail into a meaningful, enriching experience.



Our Muleteers

Our muleteers, from Andean communities, are essential to keeping the trek safe and well organized. They guide and care for horses and mules that carry key gear and supplies, allowing you to hike with less weight. With strong mountain experience, they understand trails and weather, and work responsibly and respectfully, always prioritizing animal wellbeing.



Our Trail Chefs

Our cooks are local professionals who bring Peru's culinary traditions to the mountains. They use fresh, organic ingredients sourced locally, combining Andean and Peruvian dishes with select international options, while following high hygiene standards. With care and flexibility, they adapt meals to dietary requirements and keep you fueled on the trek.



Our drivers

Our drivers are the first to welcome you and make every transfer smooth, safe, and on time. With deep experience on Andean roads and a service-first mindset, they drive with care so you can travel with confidence. Our vehicles are modern, comfortable, and well maintained, meeting high safety standards so your journey starts and ends with peace of mind.



Our Awards

Our agency has been honored with prestigious international awards that highlight the quality of our service, our commitment to sustainability, and our dedication to providing authentic experiences.



El Inka Dorado Award
2023 to 2026



Best of the Best
Tripadvisor
2022 to 2026



Peru Quality Award
2023 to 2026



Empresa Peruana del año
2026



Premios LuxLife
2025



LTG Global Awards
2025



Travel & Hospitality Awards
2025



Internacional Travel Awards
2025





TreXperience

INSPIRING TRAVELS



*"Your journey is more than a trek
it's a cultural connection that
stays with you forever"*

Information

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