

# Tŷ Hafan



CHILDREN'S HOSPICE  
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## Trek Machu Picchu with Tŷ Hafan

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**30th April - 10th May 2027**

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## Trip overview

### The trek

Voted one of the top 25 treks in the world, this challenging expedition will take you over the spectacular Andean peaks, through epic Peruvian landscapes and misty cloud forest. We will start our adventure in the Colonial town of Cusco with an acclimatisation trek to the Inca ruins of Tambomachay. After two-days of acclimatising and sightseeing, we will begin our hike towards Machu Picchu along the Salkantay trail. The route follows an ancient and remote Inca footpath, where snow-capped mountains collide with lush tropical rain forests. The paths are filled with wild strawberries, colourful butterflies and other exotic flora and fauna. Off the beaten path, this trek is one of the most interesting and challenging ways to experience the land of the ancient Incas. One of the highlights will be catching our first glimpse of Machu Picchu across the valley! We will spend our last night at the spa town of Aguas Calientes and in the morning we will take a short transfer to the ancient site where you can enjoy a guided tour, unlocking the mysteries of this glorious ancient city. After returning to Cusco we will have our final celebratory meal and more time to enjoy the sights of this stunning UNESCO World Heritage Site, before returning home via Lima.

### Peru

Peru is the third largest country in South America and can be split into three regions: the Andes Mountains, the Amazonian lowlands and the Pacific coastal strip. Peru borders Chile, Bolivia, Brazil, Colombia and Ecuador, while the western strip hugs the Pacific Ocean. The country possesses an enormous biological diversity and the flora and fauna are largely determined by the Andes and Amazon River. Peru is unequalled in South America for its archaeological and historical wealth and has witnessed many cultures and civilisations; the most well-known being the Incas, even though they were only dominant for around 100 years.

### Machu Picchu

The awe-inspiring Inca site is instantly recognisable throughout the world. Reaching Machu Picchu at a height of 2,380m is a tremendous and exhilarating feeling. The city of Machu Picchu was hidden by lush vegetation until 1911 and is one of the best-preserved ancient kingdoms in the world. The quality of the buildings and their inaccessibility has inspired numerous theories about their purpose over the years.

### Cusco

Formerly the head of the Inca Empire, Cusco is a fascinating and vibrant city full of history, dramatic scenery and the host of many fiestas and carnivals. This UNESCO World Heritage site is situated at an altitude of 3,400m so you need time to acclimatise. The city is an eclectic mix of Inca and Spanish architecture - everywhere you look you can see the remains of original Inca walls, doorways and arches.



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## What is the experience like?

### Who accompanies us?

You will be accompanied throughout the trek by English-speaking local guides who have an excellent knowledge of the local culture and hiking in the region. The guides are first aid trained and will support you throughout your journey. You will also be supported by a team of professional cooks and muleteers from local communities and a Different Travel UK tour manager. You will be in very safe hands!

### How tough is it?

This trek is graded '*challenging*' as you will be trekking over varying terrain, exposed to high altitudes (up to 4,630m) and sleeping in campsites with basic facilities. You should be prepared for all weather conditions and variable temperatures. Each day's trek is between 5-8 hours and there are some big hills to climb! This is an endurance challenge so you are strongly advised to build up a good level of fitness – the fitter you are the more you will enjoy the challenge.

### What's the terrain like?

The steep terrain and high altitude will make the going tough at times, but anyone with good fitness and the right attitude will love it. The first day is generally flat with a gradual incline as you gain altitude, there may also be some small streams to cross. The second day will be tough with a steep zigzagging ascent on rocky ground to the high pass, followed by an undulating descent through the rainforest where the terrain may be muddy and slippery. The next two days of trekking are undulating and will be a mixture of jungle and alpine trails, which can be muddy underfoot. There are a number of hills to climb, including a steep climb through the coffee plantations on the final day. You must ensure your training includes plenty of hills!

### What's the food like on the trek?

Experienced chefs will be on-hand to make amazing, hearty meals in the middle of the mountains. Breakfast is eaten as a group in the mess tent (hot drinks, bread, butter and jam, pancakes, scrambled eggs or oatmeal etc.) and the cooks will prepare delicious traditional Andean food for lunch and dinner. This will include dishes such as soup, chicken, beef or lamb, fish with potatoes, quinoa, rice or pasta. Snacks include fruit, chocolate, sandwiches, hot drinks and popcorn. Please let us know if you have any dietary restrictions.

### How far will we trek?

Each day we will trek between 6-8 hours depending on group pace, altitude, weather and steepness of terrain. As there is a lot of ascent and descent, the distances covered may not always sound very much (8-20km per day) but this does not demonstrate the difficulty of the terrain and hills you'll have to climb.





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## Where will we stay?

You will spend the first three nights in hotels on a twin-share basis (one night in Lima and two nights in a historical colonial hotel in Cusco). During the trek you will spend three nights camping in three-man tents (two people per tent) and on the last night of the trek, you'll stay one night at a guesthouse in Aguas Calientes for a good night's sleep before heading up to Machu Picchu the following day. After the trek you will spend two further nights at a hotel in Cusco. Tents, sleeping mats and sleeping bags are provided for camping.

## Will we be at high-altitude?

Yes, the maximum altitude on this trek is 4,630m (Abra Salkantay high pass); however your exposure to high altitude will start from your arrival in Cusco (3,400m). Approximately 3,000m and above is considered high altitude. Upon arriving in Cusco, it quickly becomes evident to anyone un-acclimatised that they are at a higher altitude than they are used to, as simple activities such as walking upstairs feels more laboured than expected. The first two days in Cusco are acclimatisation days which will give your body a chance to adjust. These days are important to help you cope with the altitude demands during the trek.

## What's the climate like?

The only one thing you can say about the weather in Peru is that it is difficult to accurately predict. You can have beautifully clear hot days in the middle of the wet season and hail storms in the dry season – it's one of the beauties of Peru.

In the Andes, there are two main seasons – wet and dry. The wet season runs from November to April and the dry season from May to October. You are likely to experience average day time temperatures of around 20°C and night time average lows around -10°C during the trek.

## Why not the Inca Trail?

The Inca Trail has all the fame, but we have chosen the Salkantay trek as it's a more scenic and less crowded trek. It passes through more breath-taking and varied landscapes, past Inca Ruins and still ends at Machu Picchu. You'll also have more time and energy to explore Machu Picchu itself. Filled with challenging passes and high altitudes, it's not for the faint-hearted. However, if you're up for the challenge, we promise you'll be really glad you did the Salkantay Trek, over the busy and over-crowded Inca Trail – you might even catch a glimpse of the local wildlife from chinchillas, foxes and spectacled bears! Something which disappeared from the Inca Trail a long time ago.



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## Practical information

### What's the minimum age?

The minimum age is 18 (or 16-17 if accompanied by a parent/guardian). There is no upper age limit.

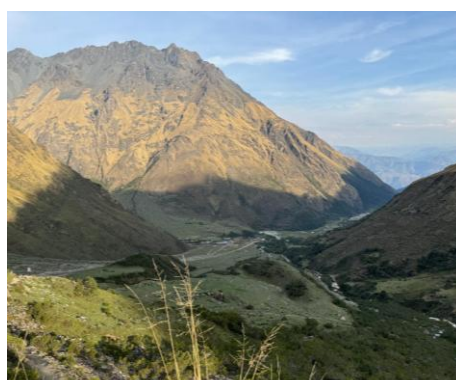
### Who can take part?

An ideal candidate is someone who is open minded, positive, flexible and enjoys the challenges of the great outdoors. Adventure travel involves elements of the unexpected so do not expect the standards to be the same as you are used to at home. Remote areas are sometimes unpredictable (be it because of group pace, weather conditions etc.) and itineraries may be altered to allow for this. You must also be willing to train hard for this challenge!

### How should I prepare?

If you do not already regularly exercise you should aim to start training (including plenty of hills) as early as possible. The best training is hill walking, which will prepare you for the type of terrain you will experience trekking to Machu Picchu.

Other activities which can complement hill walking include running, cycling, gym workouts, boot camps etc. Building up your core and leg muscle strength is important so exercises such as squats, lunges, push-ups, planks and crunches will really enhance your training. These exercises can be done at home – no gym needed. You can download a number of free apps, which will help you train and track your progress, e.g. MapMyWalk, C25K (couch to 5k run), MyFitnessPal (for a variety of sports). You must take your training seriously and arrive as fit as you can be, so you get the most out of this challenge.







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## Medical declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing our booking form you are giving consent for us to contact you confidentially with any follow up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information, or we may request to contact your GP.

In the event that your medical issues at the time of booking represent a concern for your safety and wellbeing, or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your booking will not be confirmed and the deposit will be refunded.

We must be informed if any conditions or medication change, or if new conditions develop. If necessary confirmation of fitness to travel from your GP or specialist may be required.

Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.

## Health & Safety Assurance

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) who provide recommendations and advice to British travellers about travel to a certain destination.

Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

If travel restrictions either in the UK or Peru prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health or proof of vaccination.

We will inform you about any information pertinent to your travel arrangements.

If you have any questions or concerns, please contact us on [info@different-travel.com](mailto:info@different-travel.com).





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## Trip costs

There is a £499 non-refundable, non-transferable, registration fee payable at the time of booking to secure your place. (This is payable in instalments upon request by emailing [accounts@different-travel.com](mailto:accounts@different-travel.com)).

You are then required to fundraise a minimum of £5,500 for Tŷ Hafan. A minimum sponsorship of £500 must be raised by 30 October 2026. 80% of your fundraising target (a minimum of £4,400) must be raised by 5 February 2027. The remaining 20% (£1,100) must be raised by the date of departure.

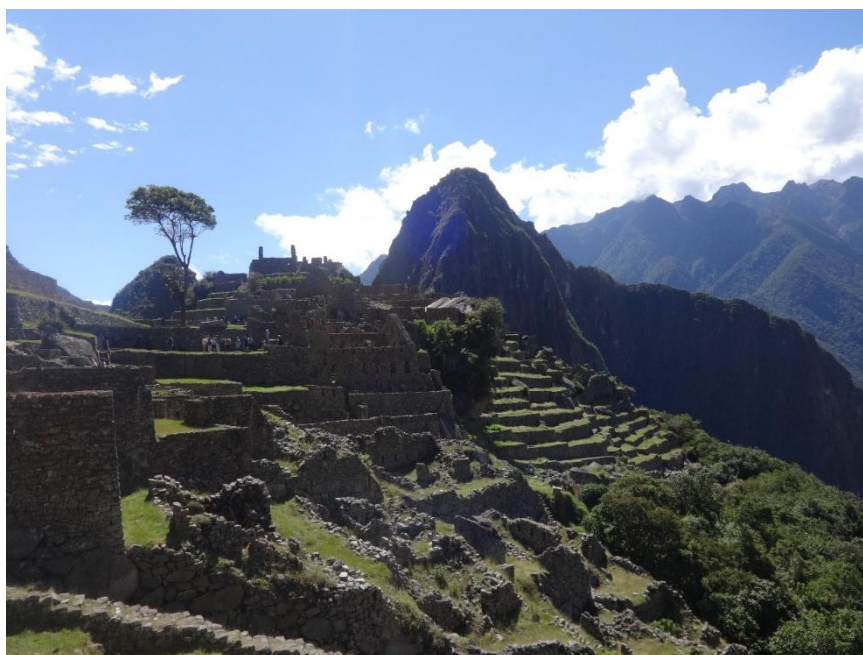
A self-funded option is also available.

### What's included:

- ✓ Return flights from London and domestic flights from Lima to Cusco (inc. airport taxes and supplements)
- ✓ All transport in Peru
- ✓ Accommodation in 3\* hotels (5 nights), high quality tents on the trek (3 nights) and guesthouse in Aguas Calientes (1 night)
- ✓ All meals except lunch on day 9
- ✓ Local English-speaking guides, porters and full support crew on the trek
- ✓ Trekking permits and entrance fees to Machu Picchu
- ✓ UK Different Travel tour manager
- ✓ Fundraising and training support

### What's not included:

- ✗ Personal expenses (e.g. drinks, souvenirs, etc.)
- ✗ Lunch on day 9
- ✗ Vaccinations
- ✗ Travel insurance
- ✗ Tips for local guides and support crew (approx. £55-£65)
- ✗ Trek kit and equipment
- ✗ Peru visa (not currently required for British citizens)
- ✗ UK transfers to and from the airport







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## Itinerary

### Day 1 (Friday 30 April 2027):

#### London – Lima - Cusco

Depart London on an overnight flight to Cusco.

*Meals: Dinner*

### Day 2 (Saturday 1 May 2027):

#### Cusco

On arrival in Cusco we will meet our local guides and transfer to our accommodation. Take it easy for the rest of the day with a gentle acclimatisation walk this afternoon, taking in some of the local sights.

*Overnight: Hotel*

*Meals: Breakfast, lunch and dinner*



### Day 3 (Sunday 2 May 2027):

#### Cusco – Tambo Machay – Cusco

After breakfast, trek from Cusco up to the ancient ruin of Tambo Machay for an acclimatisation day. Continue to pass some amazing Inca sites as you walk downhill to Sacsayhuaman. Return to Cusco for your overnight stay.

*Overnight: Hotel*

*Trekking: Approx. 8km / 5 hours*

*Meals: Breakfast, lunch and dinner*



### Day 4 (Monday 3 May 2027):

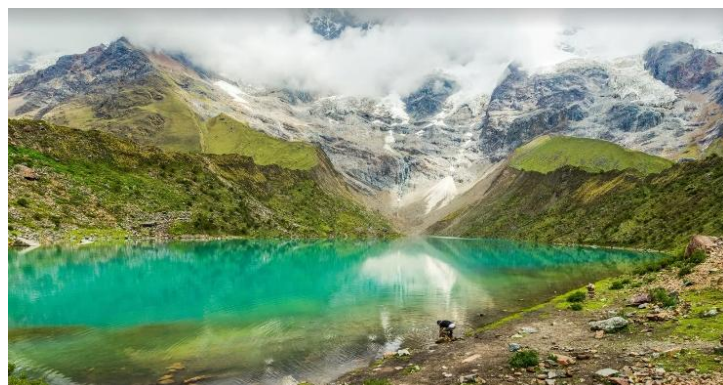
#### Cusco - Soraypampa

We will leave Cusco early for the drive to Challacancha (3867m), stopping for a brief visit to Tarawasi Archaeological site enroute, as well as a rest stop at the mountain village of Mollepata. On arrival at Challacancha, enjoy lunch whilst the pack horses are loaded and we then commence our climb to Humantay Lake (3,869m). After pausing for photos of this stunning blue lake, return to Soraypampa (3850m), the location of our first campsite with a magnificent view of the Salkantay Mountain (6,271m) the second most sacred peak in Inca mythology.

*Overnight: Camping*

*Trekking: Approx. 12km / 7 hours*

*Meals: Breakfast, lunch and dinner*



### Day 5 (Tuesday 4 May 2027):

#### Soraypampa - Andenes

Today the landscape changes drastically from dry and arid, to snowy peaks, before descending into the tropical zone. After breakfast we leave our camp and start the toughest section of the trek! The mountain switchbacks lead us up to the pass and our highest point, Abra Salkantay (4,630m). We celebrate our achievements and admire the spectacular views of the mountains and imposing snowy peaks of Mt. Salkantay (6,271m) before descending through cloud forest, rain forest and jungle to our camp in Andenes (2,920m).

*Overnight: Camping*

*Trekking: Approx. 20km / 8 hours*

*Meals: Breakfast, lunch and dinner*





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## Day 6 (Wednesday 5 May 2027): Andenes - Lucmabamba

Today we hike through lush rain forest along the Santa Teresa River Valley. We'll pass bamboo groves, waterfalls, coffee plantations and banana, granadilla and avocado orchards. After stopping for lunch, we trek to reach the start of the 'Llactapata Inca Trail' and our last campsite at Lucmabamba (2,135m). As the area is known for producing some of the best coffee in the world, we'll have a local coffee demonstration and tasting!

*Overnight: Camping*

*Trekking: Approx. 19km / 7 hours*

*Meals: Breakfast, lunch and dinner*

## Day 7 (Thursday 6 May 2027):

### Lucmabamba - Llactapata - Aguas Calientes

An early start begins with an ascent through lush rainforest for about 3 hours to the archaeological site of Llactapata, where you will enjoy your first views of Machu Picchu on the other side of the valley. After a rest, continue descending for another 3 hours until you reach the hydroelectric station, from where we walk the last few kms, following the railway track to Aguas Calientes. On arrival, we will check into our hotel and meet for dinner.

*Overnight: Hotel*

*Trekking: Approx. 15km / 6 hours*

*Meals: Breakfast, lunch and dinner*

## Day 8 (Friday 7 May 2027):

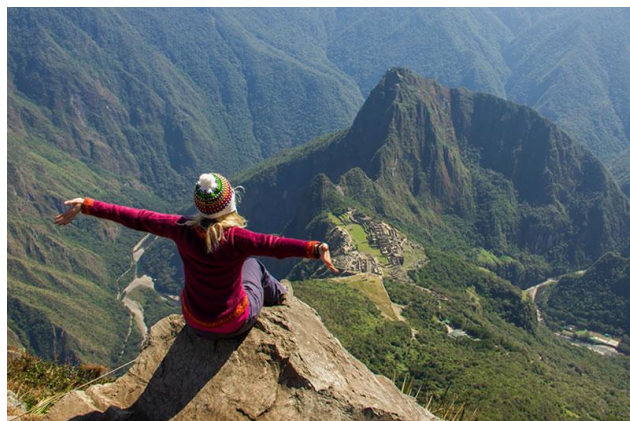
### Aguas Calientes - Machu Picchu - Cusco

Travel up to the actual site of Machu Picchu to spend the day exploring this glorious ancient city. We return to Cusco this afternoon by train.

*Overnight: Hotel*

*Trekking: Approx. 4km / 3-4 hours (650m ascent)*

*Meals: Breakfast, lunch and dinner*



## Day 9 (Saturday 8 May 2027):

### Cusco

Enjoy a final free day in Cusco at your leisure. Gather for a celebratory farewell dinner this evening.

*Overnight: Hotel*

*Meals: Breakfast and dinner*

## Day 10-11 (Sunday 9 – Monday 10 May 2027):

### Cusco – Lima – London

Today we depart for an overnight flight back to the UK returning on Monday 10 May 2027.

*Meals: Breakfast*

*NB: The day-to-day program is subject to flight schedules, weather, general conditions and the progress of the group. While we do not anticipate any changes to the itinerary, we cannot be held responsible for changes made due to unexpected circumstances. Ultimately, the safety and health of the group takes priority in all circumstances.*