


# MACHU PICCHU

- Traveler's Guide -



Amid the cloud forests, the Historic Sanctuary of Machu Picchu is Peru's most visited destination and, since 2007, one of the New Seven Wonders of the World. At 2,450 meters (8,038 feet) above sea level, this 15th-century Inca citadel amazes with its stone walls, built between the iconic mountains of Machu Picchu and Huayna Picchu.

With a history spanning Inca splendor, the Spanish conquest, and its rediscovery by Hiram Bingham, Machu Picchu is also celebrated as a natural wonder. It is home to the largest collection of native orchids and exotic bird species such as the Andean Cock-of-the-Rock (*Rupicola peruviana*). To help you make the most of your visit, we have prepared a special guide to ensure a memorable journey.



## ► LANGUAGE

The official languages in Peru are Spanish (spoken by 80% of the population), Quechua (in the highlands and Andean regions), and Aymara (in the Puno highlands). You will be able to communicate in English with tourism service staff such as guides, travel agency personnel, and staff at 3–5-star hotels.

## ► WEATHER AND SUGGESTED PACKING

During the rainy season (November–March), mornings are usually clear and dry, with heavy showers in the afternoon. Daytime temperatures average around 18°C (64°F), dropping to about 15°C (50°F) at night.

In the dry season (April–October), expect sunny and warm days (20°–25°C / 68°–77°F), while nights can be cold, often near 0°C (32°F) in June and July. Travelers are advised to bring warm clothing, a waterproof jacket, and sunscreen, as the sun can be particularly strong at high altitudes.

For updated information, check the weather forecast at [espanol.weather.com](https://www.weather.com/espanol). It is recommended to bring:

- Light, comfortable clothing for the day and warm layers for the evening.
- Walking shoes or boots
- Rain jacket or waterproof coat
- Daypack or small carry-on for excursions
- Hat or cap
- Sunglasses
- Walking stick (if needed)
- Binoculars and a water bottle
- Basic medicine or a small first-aid kit (pain relievers, adhesive bandages, cotton, alcohol)
- Sunscreen and lip balm
- Insect repellent
- Wet wipes or hand sanitizer





## ► ARRIVAL AND TRANSPORTATION

Cusco is the main gateway to Machu Picchu and the Sacred Valley of the Incas. It can be easily reached by air, with daily flights from Lima and other cities in Peru. The journey from Lima takes approximately 1 hour and 15 minutes, and Alejandro Velasco Astete International Airport (CUZ) is located just 15 minutes from the city's historic center. It is also possible to travel overland from Lima, a journey of 18 to 22 hours depending on the route and road conditions, with regular interprovincial bus services available.

From Cusco, there are two main options to reach Machu Picchu:

- **Inca Trail:** 1-, 2-, or 5-day treks with overnight camping along the route.
- **Train:** Departures from Cusco (approx. 3.5 hours) or Ollantaytambo (1.5 hours) to Machu Picchu Pueblo, followed by a 20-minute bus ride up to the citadel. Buses run every 30–40 minutes from 5:30 a.m. to 3:00 p.m., with return services available until 5:45 p.m. (approx. US\$25 per person).

Upon arrival in Machu Picchu Pueblo, a member of the Inkaterra team will greet you and assist with your luggage and transfer to Inkaterra **Machu Picchu Pueblo Hotel or El MaPi byInkaterra**.

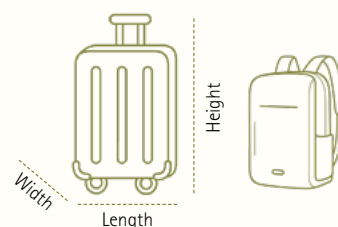
## ► LUGGAGE DIMENSIONS AND WEIGHT INFORMATION

Before traveling, check your airline's baggage restrictions regarding weight and number of pieces allowed. As a general reference, many airlines operating within Peru allow up to 23 kg (50 lbs) for checked baggage and up to 10kg (22 lbs) for carry-on luggage. If your itinerary includes multiple destinations, we recommend packing light and bringing only the essentials for greater convenience.

### Train baggage limits to Machu Picchu

If you are traveling to Machu Picchu by train with Peru Rail or Inca Rail, please note that only one carry-on bag per passenger is allowed; therefore, it is recommended to bring light luggage with only the essentials for greater comfort. The restrictions are:

<b>Maximum weight:</b>	8 kg (17 lbs)
<b>Maximum dimensions:</b>	<b>Peru Rail:</b> Total 157 cm (62 in) adding height + length + width <b>Inca Rail:</b> Total 118 cm (46 in) adding height + length + width
<b>Examples of allowed luggage:</b>	suitcase, backpack, handbag, briefcase.





## ► ACCLIMATIZATION

Acclimatization is the process by which the body adapts to the lower concentration of oxygen at high altitudes. Since Peru has regions at varying elevations, it is recommended to visit lower- altitude destinations first before ascending to higher ones. This process may take a few days, during which the body gradually adjusts to reduced oxygen levels, improving its ability to adapt.

## ► ALTITUDE SICKNESS PREVENTION

Altitude sickness, or *soroche*, is caused by the lower air pressure at elevations above 2,400 meters (8,000 feet). Cusco is located at 3,300 meters (10,800 feet). The main symptoms include headache, nausea, and dizziness, and they usually occur when ascending too quickly. To prevent altitude sickness, avoid overeating before travel, rest upon arrival, limit physical activity on the first day, avoid alcohol, and stay well hydrated.

## ► HEALTH AND PREVENTION DURING YOUR TRIP

To avoid health issues during your trip, be especially cautious with food and water. It is recommended to drink only bottled or boiled water and to avoid raw, exotic, or street vendor foods. If you require medical assistance, please contact the hotel reception. Hospitals and clinics in Lima and other major cities offer adequate services and can coordinate directly with your health or travel insurance provider.

For added peace of mind, we suggest purchasing travel insurance that covers medical emergencies, cancellations, lost luggage, or other unforeseen events.

In the case of Machu Picchu, it is important to consider that the sanctuary features uneven paths, steep staircases, and significant elevation changes. Visitors are advised to be in good physical condition and take precautions regarding altitude sickness or other common discomforts in the area. The site is not accessible for wheelchair users or those with reduced mobility due to the terrain and structure of the location. Some excursions may also involve ascending to higher altitudes. We recommend consulting your physician before the trip and taking the necessary measures to ensure a safe and enjoyable experience.

## ► CURRENCY / CREDIT CARDS / EXCHANGE RATE

Peru's official currency is the Sol (S/. or PEN), divided into 100 céntimos. Banknotes in circulation are 10, 20, 50, 100, and 200 soles, and coins include 1, 2, and 5 soles, as well as 10, 20, and 50 céntimos. While the US dollar is widely accepted in hotels (usually only for smaller amounts), restaurants, and stores in major cities, it is recommended to use soles.

The most commonly accepted credit cards are Visa, MasterCard, American Express, and Diners Club. However, not all businesses accept them—especially in rural areas—so we recommend carrying cash in soles. At Inkaterra, credit card payments are accepted.



Currency exchange houses, usually located in city centers and near ATMs, tend to offer better exchange rates than banks or hotels. At the airport, there is a currency exchange office on the first floor and ATMs on the second floor. If you still have soles at the end of your trip, you may exchange them back to dollars before your international flight. For updated exchange rates, visit [www.xe.com/ucc](http://www.xe.com/ucc).

## ► COMMUNICATION / TELEPHONE / WI-FI

When making international calls from Peru, dial:

**00 + country code + city code + phone number**

For national calls: **0 + city code + phone number**. Most hotels in Peru offer internet access and Wi-Fi, making it easy to stay connected via WhatsApp.

All our hotels in Cusco provide Wi-Fi and good mobile data coverage. Our **Amazon lodges** have limited landline service and no mobile phone signal. Inkaterra Reserva Amazónica does not have internet access; at Hacienda Concepción & Amazon Field Station by Inkaterra Wi-Fi is limited. In case of emergencies, the guest services area can communicate with the city office via radio.

## ► ELECTRICITY / VOLTAGE

The standard voltage in Peru is 220 volts. Most 4- and 5-star hotels offer 110-volt outlets (most electronic devices are compatible with voltages ranging from 110 to 220 volts). Outlets are typically located in hotel bathrooms or near the beds, and some hotels (though not all) offer portable transformers (upon request).

If you need adapters or voltage converters, you can request them at the front desk. Below are the types of plugs you may encounter in Peru:



Plug type A



Plug type B



Plug type C



## ▶ TRAVEL SAFETY & PREVENTION

We recommend taking care of your personal belongings, just as you would in any cosmopolitan area—especially in tourist zones and markets. Learning a few basic phrases in Spanish before your trip can help you appear as a more aware and confident traveler. We suggest the following safety precautions:

- Ensure your passport is valid for at least 6 months prior to travel.
- Make copies of your passport, hotel reservations and flight tickets.
- Store your original travel documents (passport, tickets, hotel reservations, etc.) in the hotel safe and carry only photocopies. **IMPORTANT:** Please note that the original passport or ID is required to enter the Machu Picchu citadel.
- Get informed about unsafe areas and avoid visiting them, especially at night.
- Exchange money only at banks, currency exchange offices, or at your hotel. Avoid doing so in public or visible areas.
- While there is no direct threat to travelers, remain alert for pickpockets, particularly in crowded places such as airports, markets, and tourist attractions.

## ▶ MAIN ATTRACTIONS

### **Machu Picchu Archaeological Site** (25 minutes by bus from Machu Picchu Pueblo)

Built in the 15th century at 2,450 m, this Inca citadel is a masterpiece of architecture and engineering. Believed to have been a retreat for Inca nobility, it preserves remarkable history. Amid cloud forests, it shelters orchids, butterflies, and 300+ bird species. Its temples, terraces, and fountains embody the empire's grandeur. Now a UNESCO World Heritage Site, it stands as an iconic world destination.



### **Wayna Picchu Mountain** (access from the northern end of the archaeological site)

The iconic peak seen in classic photos. The climb is steep and narrow but rewards hikers with breathtaking views of the citadel and the Urubamba Valley. Along the trail, visitors encounter lesser-known structures such as the Temple of the Moon. Requires an additional ticket and advance reservation.

### **Huchuy Picchu Mountain** (entrance next to Huayna Picchu access)

This more accessible option offers a short hike with beautiful views of the archaeological site from a different angle. Its Quechua name means "small mountain." Perfect for those seeking a less demanding but equally rewarding experience.



### **Putukusi Mountain** (facing the archaeological site, across the Urubamba River)

Known in Quechua as the "happy mountain," it provides a panoramic view of Machu Picchu from a lesser-known perspective. The ascent is challenging and lacks official tourist access, so it is recommended only for experienced hikers, ideally with a guide.

### **Machu Picchu Pueblo** (also known as Aguas Calientes)

A small Andean town at the foot of the archaeological site, surrounded by mountains and lush vegetation. It offers basic services such as restaurants, pharmacies, shops, hot springs, a local museum, and a handicraft market. It is the arrival point for all visitors, home to the train and bus stations to the citadel.



# › INKATERRA ‹

MACHU PICCHU PUEBLO HOTEL  
PERU

Nestled beneath the Historic Sanctuary of Machu Picchu, Inkaterra Machu Picchu Pueblo Hotel sprawls across 5 hectares (12.3 acres) of restored cloud forest. Built with local materials such as stone, adobe, and eucalyptus, the property recreates the atmosphere of a traditional Andean village. Its 81 casitas overlook lush gardens that host the world's largest native orchid collection (372 species). The hotel also leads pioneering conservation initiatives, including the cultivation of organic black and green tea (Gold and Silver Medal winners) and the documentation of 311 bird species.



## ► FACILITIES & SERVICES

Guests can enjoy two distinctive dining venues: the main dining room, ideal for an elegant dinner, and Café Inkaterra, perfect for casual lunches or drinks throughout the day. Both feature creative cuisine inspired by fresh, local ingredients such as quinoa, corn, trout, and tender meats, complemented by a curated selection of South American wines.

For relaxation after exploring the citadel, UNU Spa offers treatments that blend ancient techniques with natural local resources. Highlights include the Andean Sauna, crafted from bamboo and eucalyptus leaves, as well as natural spring-water pools, perfect for unwinding. Guests may also visit the Ecocenter, the starting point for excursions and activities guided by Inkaterra's expert explorer team.



# EL MaPi

HOTEL MACHU PICCHU  
byInkaterra

Modern, functional, and welcoming, El MaPi byInkaterra is located in the heart of Machu Picchu Pueblo. Its bright design, featuring high ceilings and panoramic windows, creates a relaxed ambiance—ideal for resting after exploring the Historic Sanctuary of Machu Picchu.





## ► FACILITIES & SERVICES

The Cafeteria serves a buffet breakfast, buffet lunch, and à la carte dinner, offering a light, healthy, and comforting menu suitable for every moment of the day. Open to the public, it is an excellent choice for travelers seeking a full meal before or after visiting Machu Picchu.

El MaPi Bar, also open to the public, is the perfect spot to unwind in a modern, casual setting. It features a wide selection of cocktails, juices, and appetizers, with a daily happy hour—the perfect way to end the day with a pisco sour or your favorite drink.

The Forest Spa provides a wellness experience inspired by nature. Treatments include relaxing massages, aromatherapy, and Inca purification rituals, using local herbs and native elements. The relaxation area features a sauna and pool designed to revitalize body and mind after a day of exploration.





## ► INFORMATIONAL MATERIAL

In addition to the information available on our website [www.inkaterra.com](http://www.inkaterra.com), we have selected a few links that may be of interest:

[Portal oficial de la marca Perú](#)

[FROMMERS - Cusco Travel Guide](#)

[Travel + Leisure – How to Travel to Machu Picchu](#)

## ► GASTRONOMIC & LEISURE RECOMMENDATIONS

[Experience Perú: Gastronomy, Culture, and Style | Lima](#)

[Experience Perú: Gastronomy, Culture, and Style | Cusco](#)

[Experience Perú: Gastronomy, Culture, and Style | Valle Sagrado](#)

[Experience Perú: Gastronomy, Culture, and Style | Arequipa](#)

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