

The trek is fully booked. Thank you for your interest!

Vegan Inca Trail

Plant-Based Nutrition Challenge!



Supporting the life-saving mission of
<https://nutritionfacts.org>

Alpaca Expeditions
THE #1 INCA TRAIL GUIDE SERVICE

NutritionFacts.Org
Research-based Nutrition

COSTS & LOGISTICS DETAILS

Updated August 31, 2019

Team Page: www.facebook.com/veganinca

Organizer: mike.weinberg1952@gmail.com

Vegan Inca Trail is a 4-day, all-vegan, high-altitude, porter-supported, carbon-offset trek along the Classic Inca Trail northwest of Cusco to the ancient city of Machu Picchu. Elevations over our ~28-mile (45 km) trek range from 7873-13779 ft (2400-4200 m). As a team, we will demonstrate the heights of achievement possible on a plant-based diet while raising funds to support research-based **NutritionFacts.org**. Our Peruvian-based guide company, **Alpaca Expeditions**, has been rated #1 on TripAdvisor for many years in a row. Pre-vegan spouses/companions are welcome if they agree to eat exclusively plant-based while training (at least 60 days prior to the trek) and bring and wear only 100% animal-free gear.

BASICS

- * Commit to be in shape to hike up to 10 hours/day over 4 days with a daypack (water, clothes layers, snacks...)
- * High-altitude hiking preparation/experience a plus but not mandatory
- * Need rain/cold-weather jacket, pants, hood, gloves, trail shoes, etc. (temps can drop below freezing)
- * Bring & wear only 100% animal-free gear (no leather, wool, down, silk...)
- * Total cost around \$2500 USD
 - ~ \$1000 for guide service (airport transfers, hotels, tents, guides, cooks, porters, prepaid tips, & more)
 - ~ \$1000 for international roundtrip airfare (cost will vary)
 - ~ \$ 500 for trip insurance, carbon offset, personal gear, extras (cost will vary)
- * Classic Inca Trail description: www.alpacaexpeditions.com/inca-trail-trek-private-service-4d3n

Vegan Inca Trail Itinerary * April 19-25, 2020													
Date		Activity											
Sun Apr 19		Pick up at Cusco Airport (CUZ). 11,200 ft (3414 m). Overnight at hotel.											
Mon Apr 20		Rest, acclimatize, gear check/acquisition, complimentary day tours, pre-trek briefing. Overnight at hotel.											
CLASSIC INCA TRAIL: 4 DAYS / 3 NIGHTS													
Date	DAY	Start	Altitude		Finish	Altitude		Time	Distance		Gain/Loss		
			feet	meters		feet	meters		hours	miles	km	feet	meters
Tue Apr 21	1	Km 82 Piskacucho	8923	2720	Wayllabamba	9842	3000	4.5	--	--	919	280	
		Wayllabamba	9842	3000	Ayapata Camp	10827	3300	2	8.70	14.0	985	300	
Wed Apr 22	2	Ayapata Camp	10827	3300	Dead Woman's Pass	13779	4200	4	--	--	2952	900	
		Dead Woman's Pass	13779	4200	Pacaymayu	11811	3600	2	--	--	-1968	-600	
		Pacaymayu	11811	3600	Runkuracay Pass	13123	4000	2	--	--	1312	400	
Thu Apr 23	3	Runkuracay Pass	13123	4000	Chaquicocha Camp	11811	3600	2	9.94	16.0	-1312	-400	
		Chaquicocha Camp	11811	3600	Phuyupatamarca Pass	12073	3680	1.5	--	--	262	80	
Fri Apr 24	4	Phuyupatamarca Pass	12073	3680	Wiñay Wayna Camp	8792	2680	3	6.21	10.0	-3281	-1000	
		Wiñay Wayna Camp	8792	2680	Sun Gate	8956	2730	1	--	--	164	50	
		Sun Gate		8956	2730	Machu Picchu	7873	2400	1	3.11	5.0	-1083	-330
2-hour tour Machu Picchu. Bus to Aguas Calientes. Train to Ollantaytambo. Transfer to hotel. Overnight at hotel.													
								Totals	23	28.0	45.0	-1,050	-320
Sat Apr 25		Transfer to Cusco Airport. End of services.											

Note: New moon occurs April 22, maximizing views of starlit skies during the trek.

GUIDE COMPANY

Alpaca Expeditions www.alpacaexpeditions.com is rated #1 of 894 Outdoor Activities in Cusco with over 6000 reviews on [TripAdvisor](https://www.tripadvisor.com). Being 100% Peruvian owned, they are able to offer our team an incredible price/incentive package while providing their porters with superior wages, gear, and working conditions. Equally impressive, their mission includes generous community support, women empowerment, and environmental preservation.

Inca Trail Expedition 4D - 3N to Machu Picchu

LEGEND

- Archaeological sites
- Bathrooms
- Campsite
- Village
- Ticket Control
- Distance / walking hours
- View point

Alpaca's Team

PERU TOUR OPERATOR

TREKKING CHECK LIST

- Original passport
- ISIC card if it is applicable (needs to be sent at the time of your booking)
- Day Pack
- Sleeping bag (you can rent from Alpaca Expeditions)
- Hiking boots and sandals (very important)
- Trekking poles (you can rent from Alpaca Expeditions)
- Warm clothes : layers for variable temperatures, especially at night. Thermals / Gloves / scarves :
- wool socks / wool hat for cold nights: About 4 T-shirts for the entire trek
- Head lamp (very important)
- Sunscreen / hat and sunglasses

INCLUDED IN THE TREK

- Pick up from your hotel by your tour guide.
- Transfer to the start of your trek, KM 82.
- Professional English speaking tour guide.
- Entrance fee to the Inca Trail National Park.
- Entrance fee to Machu Picchu Archaeological Sanctuary.
- Super porters to carry all the equipment, tents, food, cooking gear, and dining tents.
- Porters that will carry your personal belongings (up to 7kg) - no extra fee!!!
- Permits and entrance fee for our porters and cooks.
- 4 breakfasts, 4 snacks, 3 lunches, 3 happy hours, and 3 dinners. All of these meals are prepared by our cook and his assistant.
- Pillows
- Coca tea served each morning in your tent for a gentle start to the day.
- Boiled water after breakfast, lunch and dinner to refill your water bottles.
- Happy hour including hot drinks such as mate de coca and locally grown coffee which is prepared by our cook.

NOT INCLUDED IN THE TREK

- Snacks every morning.
- Oxygen tank and first aid kit.
- Vegetarian food and specialized diets on request.
- 2 people per tent (4 man tents, clean, waterproof)
- All the equipment including dining tents and personal tents.
- Private, portable toilet tent for only your groups use.
- 2 hrs guided tour of Machu Picchu.
- Bus from Machu Picchu down to Aguas Calientes village.
- Expedition train return to Olanayambo then by bus to Cusco.
- And more details.

TIPPING YOUR CREW

Many hikes ask us about tipping at the end of their tour with Alpaca. Tipping is of course 100% voluntary and should only be done if you feel like your guide, porters and chef have done an amazing job for you. Of course we hope every trip we lead is exceptional, so if you do choose to give a tip, we have some general guidelines on how much to give. Generally groups give collective tips that are shared between the cook and all porters including the head porter and usually given on the last night of the trek. If the group pools together money and at the end each porter receives 40 soles and your cook receives at least double, 130 soles. They will end with a great tip. Often, the tip for your guide is done personally at the end of your trek.

RENTALS	
Sleeping bag	\$20
Air mattress	\$15
Trekking poles	\$15 (pair)

SPECIAL VEGAN INCA TRAIL PRICING

Persons	Cost Each (USD)
4	\$ 950
6	\$ 915
12	\$ 875
16	\$ 850

* Single supplement: +\$200 (for private hotel room/tent)

* Sleeping bag: +\$20

* Huayna Picchu permit: +\$75

Mike Weinberg: For my organizing and recruiting efforts, I neither seek nor receive any personal discount, perk, or compensation. My goal is to have compatible travel companies while demonstrating that a vegan lifestyle can be fun and adventurous.

SLEEPING BAG RENTAL OPTION

Alpaca Expeditions currently has only down bags but has agreed to purchase a new synthetic bag for anyone on our team who desires to rent one (\$20 for the entire trek). In Peru, it is apparently difficult to acquire long-length bags, so if you are much taller than 6 feet (1.83m), you may want to bring your own bag. Although I'm 6'2" (1.88m), I plan to rent a bag, and if it's a bit short, I'll sleep in my hooded synthetic puffy and balaclava. 😊

INCLUDED IN COST

- * Pickup/dropoff Cusco airport (CUZ) to/from hotel
- * 3 hotel nights: 2 pre-trek, 1 post-trek (double occupancy)
 - Eureka San Blas Boutique Hotel www.peru-eureka.com/en/
 - Includes vegan buffet breakfasts
 - Has secure storage room for luggage not needed on trek
- * Complimentary day tours of Cusco, Maras Moray, or Sacred Valley (you pay only for site-entrance fees)
- * Transport to Inca trailhead with bus/train return from Machu Picchu to Cusco
- * Entrance fees to Inca Trail National Park and Machu Picchu Archaeological Sanctuary
- * Eureka Timberline 4-person tents (shared by 2 trekkers)
- * Thermarest 3" Luxury Air Matt & foam pillow
- * Black Diamond trekking poles
- * Up to 7kg/15.4lbs of personal gear carried by porters
 - Rented sleeping bag + air matt weigh ~3.5kg/7.7lbs, leaving ~3.5kg/7.7lbs for additional items you won't need while hiking
- * Dining tent (tables, chairs, lanterns...)
- * Boiled, filtered, cooled water (from first lunch to last breakfast)
- * 100% vegan food served family style (4 breakfasts, 4 snacks, 3 lunches, 3 happy hours, 3 dinners)
 - After tour ends in Machu Picchu, lunch at nearby Aguas Calientes is *not* included. See "Vegan Eateries" below.
- * Private portable, tented toilets (1 per each 8 trekkers)
- * First-aid supplies, oxygen tank, satellite phone
- * Prepaid tips for guide company staff
 - Tips will be kept in separate envelope for presentation to staff near end of trek with option to add more money

PAYMENT TERMS

- * **Booking Deadline:** September 30, 2019
 - Booking is on a first-come basis. If all 16 spots are booked, I will start a waiting list in the event of cancellations.
 - Important: Inca Trail permits are for a specific date in your name and are *not* transferable to another person.
 - Only your passport number can be updated. Your passport expiration date must be at least 6 months after you visit Peru.
- * **Deposit amount:** \$200 (non-refundable)
- * **Balance due date:** February 20, 2020
 - Your individual balance due will be adjusted based on the total number of trekkers and any extra options you select.
- * **Payment methods:** PayPal (5.5% fee); Wire Transfer (to Bank of America)
- * **Cancellation Refunds:** Cancel by March 8: 40% refund; cancel by April 5: 20% refund

CARBON OFFSET

Plant-based diets have dramatically lower carbon footprints than animal-based diets, but trekkers will also offset their air-travel emissions via www.cooleffect.org/content/travel-offset.

A round-trip international flight lasting 13 or more hours can be offset with a contribution of less than \$20, although you are encouraged to submit more to fund several worthy projects like tree plantings, grassland & forest preservation, wind turbines, economical cookstoves, and a bird sanctuary. Over 90% of every dollar goes directly to the projects.

TRIP INSURANCE

Trip/high-altitude trekking insurance is highly recommended, especially if medical evacuation is needed.

- Apply soon after booking trip to avoid denial of coverage by some companies
- *World Nomads* "Explorer" Plan covers high-altitude trekking for persons < 70 years-old for ~\$166 USD: www.worldnomads.com

FUNDRAISER

Hikers will fund their own treks, but to promote the benefits of plant-based eating, they will have the option of donating or asking friends and family to donate to <https://nutritionfacts.org>. This venerable non-profit organization tackles the enormous task of summarizing the thousands of nutritional studies released each year into short videos presented by its founder, Dr. Michael Greger. To track donations made by our team and supporters, please donate via this special landing page: [\[DONATE\]](#)

BANNER

The capstone of the trek will be the unfurling of a Vegan Inca Trail banner (also depicted at the top of this document) held by our team and guides with Machu Picchu in the background.



PUBLICITY

To promote veganism and what's achievable on a plant-based diet, I'll be seeking publicity for this all-vegan trek. Your name and volunteered comments may appear in news releases I send to various publications.

TEAM TABLE

To promote camaraderie and to be able to recognize each other when we meet in Cusco, each team member's headshot photo, city, state or country, age, and years of veganism will appear in a Team Table.

A pre-vegan spouse or companion who agrees to eat exclusively plant-based while training (at least 60 days prior to the trek) and bring and wear only 100% animal-free gear, will be listed as a "1st year vegan."

Vegan Inca Trail Expedition Team					
April 19 - 25, 2020					
Mike Weinberg San Diego California Age 37 23-year vegan	Sherry Bowman Burlington Canada Age 52 15-year vegan	Klara McPhail Oakville Canada Age 52 4-year vegan	Carolyn Hickey St. Petersburg Florida Age 54 5-year vegan	Andrea R. New York New York Age 8-year vegan	Michelle Roberts Spring Valley California Age 55 8-year vegan
Firstname Lastname City State/Country Age -year vegan	Firstname Lastname City State/Country Age -year vegan	Firstname Lastname City State/Country Age -year vegan	Firstname Lastname City State/Country Age -year vegan	Firstname Lastname City State/Country Age -year vegan	Firstname Lastname City State/Country Age -year vegan
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VEGAN EATERIES

Incredibly, Cusco boasts *nine* 100% vegan eateries per HappyCow.net.

www.happycow.net/searchmap?location=cusco%20peru&filters=vegan&radius=5&metric=mi&limit=81&order=default&lat=-13.5319&lng=-71.9675

From the Eureka hotel, it's literally a 1-minute walk to the Green Point eatery www.greenpointrestaurants.com (Carmen Bajo 235), which is open daily from 8 am – 10 pm, giving those who want it another breakfast option to the included hotel offerings.

Unfortunately, there are no 100% vegan eateries at Aguas Calientes, where we'll lunch on our own after Machu Picchu before taking the train back to Cusco. But there are 5 eateries with vegan options.

www.happycow.net/south_america/peru/aguas_calientes/?filters=vegan-vegetarian-vegfriently

V-CARDS

To ensure cruelty-free meals while traveling, I created V-Cards in over 100 languages:

www.maxlearning.net/HEALTH/V-Cards. Although I generally patronize only 100% vegan eateries, these cards are useful in non-vegan eateries as well as grocery stores and shops. Simply hand a card to the waiter, chef, or store clerk. Feel free to download the file then print a set of English-Spanish cards for use in Peru and other Spanish-speaking countries you may visit. If you're visiting Brazil, there's also a Portuguese V-Card.

<p>I AM VEGAN Plant foods only please! NO MEAT No mammal, bird, fish, seafood, insect, sauce, broth... NO EGG No whites, albumen, yolk... NO DAIRY No milk, cheese, yogurt, whey, casein, lactose... NO ANIMAL PRODUCTS No honey, gelatin, lard, oil, blood, bone, fat... [English]</p>	<p>YO SOY VEGANO / A ¡Sólo alimentos de origen vegetal por favor! SIN CARNE Sin mamíferos, aves, pescados, mariscos, insectos, salsa, caldo SIN HUEVO Sin clara de huevo, albúmina, yema de huevo ... SIN LÁCTEOS Sin leche, queso, yogur, suero de leche, caseína, lactosa ... SIN PRODUCTOS DE ORIGEN ANIMAL Sin miel, gelatina, manteca, aceite, sangre, hueso, grasa ... [Spanish]</p>
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