

Covid-19 Update

The Apr 19-25 trek was moved to Oct 11-17, 2020 and then to Apr 18-24 and now to **Oct 10-16, 2021.**

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 December 15, 2020

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 to 13779 ft (2400-4200m). 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

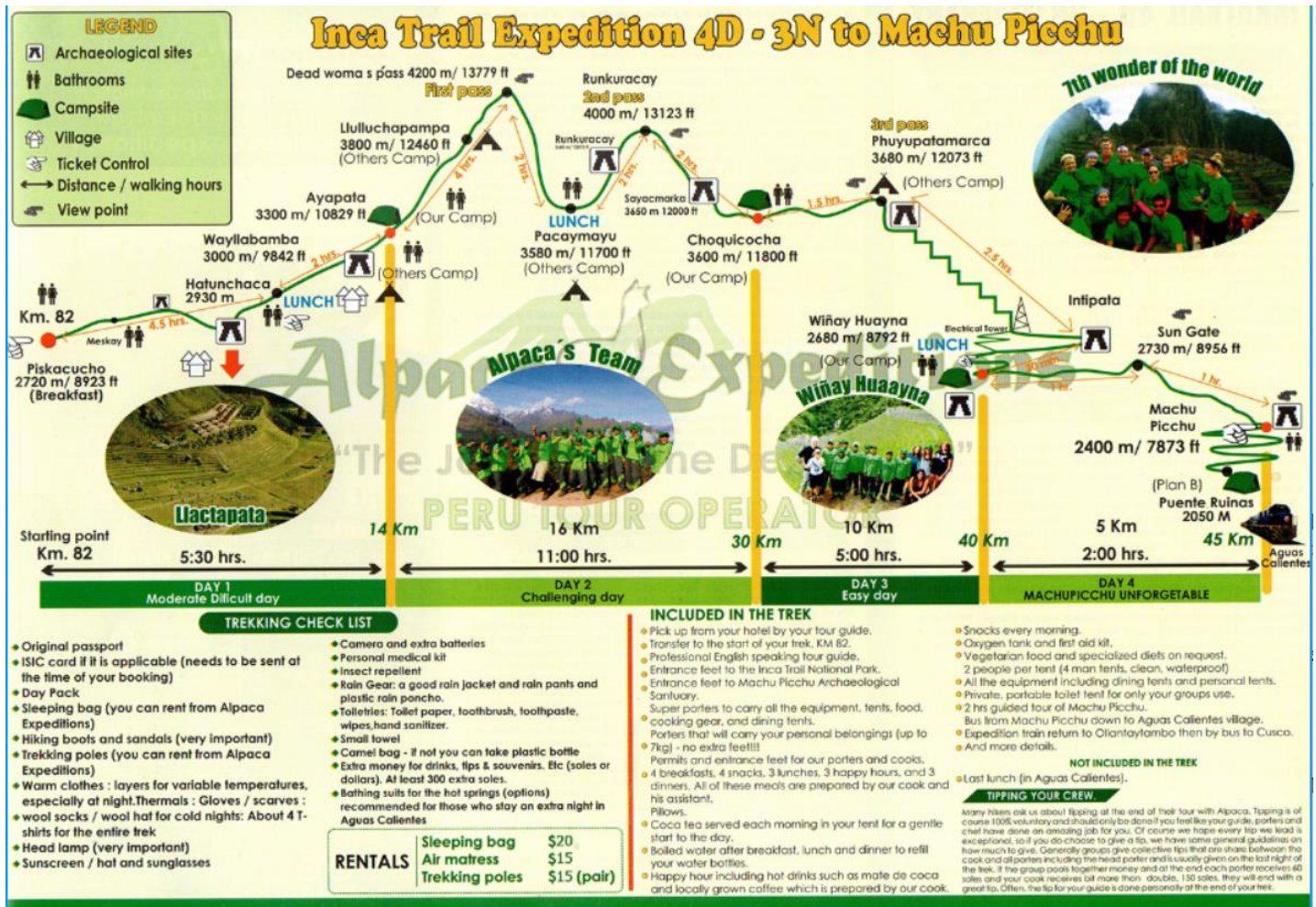
- * Commit to be in shape to hike up to 10 hours/day over 4 days with a daypack (water, clothes layers, snacks...)
- * High-altitude hiking preparation/experience a plus but not mandatory
- * Clothing layers for warm, wet, and/or below freezing: thermals, jackets, pants, hoods, gloves, trail shoes, etc.
- * 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 * Oct 10-16, 2021

Date	Activity														
Sun Oct 10	Pick up at Cusco Airport (CUZ). 11,200 ft (3414 m). Overnight at hotel.														
Mon Oct 11	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	feet	meters	
Tue Oct 12	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 Oct 13	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	--	--	
		Runkuracay Pass	13123	4000	Chaquicocha Camp	11811	3600	2	9.94	16.0	--	--	-1312	-400	
Thu Oct 14	3	Chaquicocha Camp	11811	3600	Phuyupatamarca Pass	12073	3680	1.5	--	--	262	80	--	--	
		Phuyupatamarca Pass	12073	3680	Wiñay Wayna Camp	8792	2680	3	6.21	10.0	--	--	-3281	-1000	
Fri Oct 15	4	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	6,594	2,010	-7,644	-2,330
Sat Oct 16	Transfer to Cusco Airport. End of services.														

GUIDE COMPANY

Alpaca Expeditions www.alpacaexpeditions.com is rated #1 of 1,196 Outdoor Activities in Cusco with nearly 8000 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.



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 (this is the iconic peak seen rising above the ruins)

Note: For my organizing and recruiting efforts, I neither seek nor receive personal discounts, perks, or compensation. However, I do enjoy negotiating group discounts shared equally by myself and all participants. My goals are to have compatible travel companies while demonstrating that a vegan lifestyle can be fun and adventurous! Mike Weinberg

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 by van 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 tent (double occupancy)
- * 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

Normally, Inca Trail permits are 100% non-refundable, non-transferable. Permits are issued in the name and with the passport number of the trekker and cannot be transferred to anyone else under any circumstances. But since Covid-19 led to the closure of the Inca Trail, the Peruvian government has waived this restriction, which provides a rare opportunity for replacement trekkers. Since you'll be replacing a fully-paid Vegan Inca Trail participant, our typical Deposit and Refund Schedules will not apply.

Therefore, *full payment* is due upon receipt of invoice so we can refund the original participant and transfer their permit to you. Should the pandemic persist, and the trail be closed in the future, it's expected that the government will once again allow permits to be transferred. If you are unable to rebook with the Vegan Inca Trail team, Alpaca Expeditions will provide the described tour at any time until 2022, or you may seek a replacement trekker.

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 < \$200 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 and 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 (sample on right) presented by its founder, Dr. Michael Greger.

To help track donations made by our team

and supporters, please donate via this button:

[DONATE](#)



[Do Vegetarians Really Have Higher Stroke Risk?](#)

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					
October 10-16, 2021					
 Mike Weinberg San Diego California Age 68 24 year vegan	 Dave Holland Santa Fe New Mexico Age 65 11 year vegan	 Sherry Brennan Burlington Canada Age 53 10 year vegan	 Alan Latt Burlington Canada Age 46 1 year vegan	 Kwane McPhail Dakville Canada Age 52 4 year vegan	 Michelle Roberts Spring Valley California Age 56 10 year vegan
 Carolyn Hickey St. Petersburg Florida Age 55 8 year vegan	 Andra R New York Age 8 year vegan	 Brian Souza San Diego California Age 27 2 year vegan	 Adeshir Gotsal Boston Massachusetts Age 38 5 year vegan	 Eric Dorman Boston Massachusetts Age 35 2 year vegan	 Crystal Dorman Boston Massachusetts Age 34 5 year vegan
 Stina Nielsen San Diego California Age 38 3 year vegan	 Aaron Esley San Diego California Age 42 3 year vegan	 Tanja Diers Portland Oregon Age 49 6 year vegan	 Kirstin Wilson Seattle Washington Age 51 13 year vegan		

VEGAN EATERIES

Incredibly, Cusco boasts *ten* 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 San Blas 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 vegan buffet 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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