

### Covid-19 Update

The April 2020 trek has been rescheduled *four* times.

We're now set for **April 24-30 2022!**

# 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

### Vegan Inca Trail Notes

Click [here](#) for packing, gear, altitude sickness, training, & organization tips.

## COSTS & LOGISTICS DETAILS

Team Page: [www.facebook.com/veganinca](http://www.facebook.com/veganinca)

Organizer: [mike.weinberg1952@gmail.com](mailto: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, cold: thermals, jackets, pants, hoods, gloves, trail shoes, socks...

\* Bring & wear only 100% animal-free gear (no leather, wool, down, silk...)

Click here for vegan shoe, clothing, and supply recommendations.

\* 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, purchase on your own)

~ \$ 500 for trip insurance, carbon offset, personal gear, extras (cost will vary, you purchase)

\* Classic Inca Trail description: [www.alpacaexpeditions.com/inca-trail-trek-private-service-4d3n](http://www.alpacaexpeditions.com/inca-trail-trek-private-service-4d3n)

Covid rules currently in place limit group hiking size to 8 instead of 16. To avoid altitude sickness, slower is better, even for the very fit. But we'll likely naturally divide into slower and faster groups then reunite each evening in camp for meals and camaraderie.

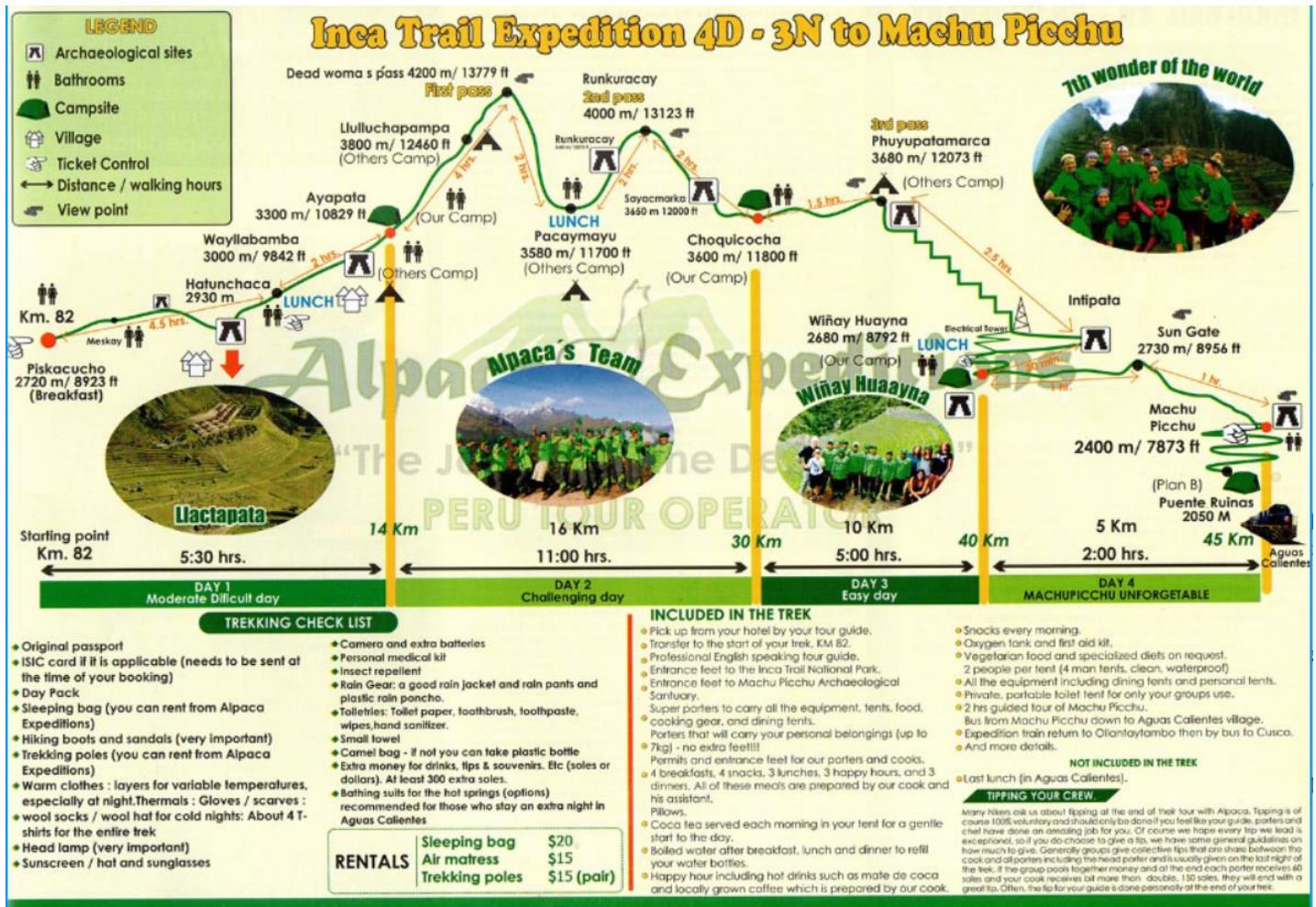
Since we'll be sharing rooms, tents, and eating quarters, all trekkers must be **FULLY VACCINATED** against Covid-19.

### Vegan Inca Trail Itinerary \* April 24-30, 2022

Date	Activity									
Sun Apr 24	Pick up at Cusco Airport (CUZ). 11,200 ft (3414 m). Overnight at hotel.									
Mon Apr 25	Rest, acclimatize, gear check/acquisition, complimentary day tours, pre-trek briefing. Overnight at hotel.									
<b>CLASSIC INCA TRAIL: 4 DAYS / 3 NIGHTS</b>										
Date	DAY	Start	Altitude feet    meters	Finish	Altitude feet    meters	Time hours	Distance miles    km	Gain feet    meters	Loss feet    meters	
Tue Apr 26	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 27	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 28	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 29	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	6,594    2,010	-7,644    -2,330
Sat Apr 30	Transfer to Cusco Airport. End of services.									

## GUIDE COMPANY

Alpaca Expeditions [www.alpacaexpeditions.com](http://www.alpacaexpeditions.com) is rated #1 of 1,280 Outdoor Activities in Cusco with over 8800 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 companions 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 mummy style 14F/-10C° synthetic bag for anyone on our team who desires to rent one (\$20 for the entire trek). In Peru, it is difficult to acquire long-length bags, so if you are over 6'4" (1.95 m) tall, you may want to bring your own bag. Alpaca Expeditions provides bag liners with its rentals that are machine washed after every use. (Bags and liners count towards the duffel weight your porter will carry.)

## April Weather Notes

Temps typically range from 41F/5C° to 66F/19C°. Don't rely on weather-predicting websites regarding rain in Cusco. Cusco is the name of the entire municipality including the Sacred Valley, which has many microclimates. Be prepared for all weather conditions by bringing and wearing layers!

## 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/](http://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

*Full payment is due upon receipt of invoice. Once booked, trail permits are non-refundable and non-transferable. Should you need to cancel, Alpaca Expeditions may offer a partial refund based on the cancellation date.*

## 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](http://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](http://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 "1<sup>st</sup> year vegan."



## VEGAN EATERIES

Incredibly, Cusco boasts several 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](http://www.happycow.net/searchmap?location=cusco%20peru&filters=vegan&radius=5&metric=mi&limit=81&order=default&lat=-13.5319&lng=-71.9675)

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 a few eateries with vegan options:

[www.happycow.net/south\\_america/peru/aguas\\_calientes/?filters=vegan-vegetarian-vegfriently](http://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](http://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.

