

TRAIL RUNNING

# TRAILRUNNING TO MACHU PICCHU, PERU

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Running through the Inca paths from  
Choquequirao to Machu Picchu



B4Experience

# PERU



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Run over 80 km along Inca trails in Peru, crossing glaciers, jungles, and legendary ruins such as Choquequirao and Machu Picchu. A unique trail experience blending archaeology, culture, and wild nature.

[View Web Program](#)





## RECOMMENDED MONTHS

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APRIL, MAY, JUNE, JULY, AUGUST, SEPTEMBER, OCTOBER,  
NOVEMBER



## PRICE

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**From 1.890€ /person**

Group discounts









# Highlights

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- TRAIL RUNNING ON ANCIENT INCA PATHS
- DISCOVER CHOQUEQUIRAO AND MACHU PICCHU
- UNIQUE ECOSYSTEMS: JUNGLE, GLACIERS, AND VALLEYS
- AUTHENTIC ADVENTURE IN A SMALL GROUP.

# Private groups

100% customizable

From (People)	Category	Availability	N° days	Price per pers.
4	Standard	01 Apr 2026 - 30 Nov 2026	8	1.890€

*Travel only with your family or friends.*

*\*Confirm availability at [info@b4experience.com](mailto:info@b4experience.com) / +34 613 03 77 00 / [www.b4experience.com](http://www.b4experience.com)*

# Open groups

*Share the experience with other travelers*

Program	Dates	Nº days	Seats available	Starting point	Price
Trailrunning en Perú: de Choquequirao a Machu Picchu	15 Jun 2026	8	12	Cusco, Perú	1.890€
Trailrunning en Perú: de Choquequirao a Machu Picchu	17 Aug 2026	8	12	Cusco, Perú	1.890€
Trailrunning en Perú: de Choquequirao a Machu Picchu para Trailrunning en Perú: de Choquequirao a Machu Picchu	19 Sep 2026	8	12	Cusco, Perú	1.890€

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## *Included*

- Transport
- Professional bilingual Spanish-English guide
- Train from Machu Picchu Pueblo to Cusco
- Bus ticket Machu Picchu – Machu Picchu Pueblo
- Double tents with Thermarest pads
- Guided tour in Machu Picchu
- All meals during the trekking
- Non-alcoholic drinks
- Kitchen and dining tents
- Cook and field staff
- Horses and drivers
- Entrance tickets to places mentioned in the itinerary
- Solar lamps
- Eco-friendly toilets
- Proper waste disposal
- First aid kit and oxygen tank.

## *Not Included*

- Personal travel insurance.
- Laundry service.
- Plane tickets&nbsp;nbsp;
- Sleeping bag (rental available)
- Personal equipment
- Alcoholic beverages
- Additional services
- Tips
- Everything not mentioned in the "Included" section.





# Itinerary

## Day 1: Cusco – Sacred Valley

The group will arrive in the ancient Inca city of Cusco this morning, giving us the chance to meet at the charming Pachapapa restaurant at 12:00, where we'll introduce ourselves and enjoy a welcome lunch together. After lunch, we'll take a relaxed walk around Cusco, visiting its main attractions. You'll be amazed by the unusual yet fascinating blend of ancient and modern in this wonderful city as you wander its streets and take in its eclectic sights and sounds. This history-packed city is one of South America's most visited destinations. During this half-day tour, we'll visit the most important sites in this Andean city. We'll stroll along cobbled streets that still preserve original Inca walls on the way to the ancient Temple of the Sun (Qoricancha), located within the Santo Domingo church. The temple—once completely covered in gold—housed hundreds of golden artefacts that so thrilled the conquistadors that they melted down thousands of irreplaceable works and sculptures to send to the King and Queen of Spain.

We'll visit the Plaza de Armas, once the main centre of the Inca city, and learn about its dramatic—and at times violent—history. The square is home to two churches: Cusco Cathedral (1654) and the Church of the Triumph, built on top of the Inca temple of Suntur Wasi. We'll also see a painting of the "Last Supper" in which the main dish is \*cuy\* (guinea pig), painted by the Quechua artist Marcos Zapata in the 18th century. After the tour, we'll transfer to a picturesque village in the Sacred Valley, where we'll spend the night in a local boutique hotel. Dinner at your own expense.

City tour duration: 4 hours

Driving distance (Cusco): 56.4 km (35 mi) – Time: 1h 30min.

Accommodation: Hotel.

Meals: Lunch.



## Day 2: Sacred Valley – Pumamarca – Ollantaytambo

We'll leave your hotel early and drive through the town of Ollantaytambo in the Sacred Valley to Pallata, where we'll start our trail run. The trail climbs as we pass members of the local community, offering a brief glimpse into their daily life, and leads us to Pumamarca, overlooking the lush Patacancha Valley. The Incas chose this spot well: a high lookout with sweeping views over the surrounding valleys and the confluence of two rivers far below.

The Pumamarca archaeological complex features ancient stairways and walls, ceremonial structures, and enclosed storage areas—everything built in classic Inca stonework. After time to explore the site, we'll continue our run through the terraced complex of Musqa Pukyo, accompanied by wide panoramic views of the surrounding Andean landscape the entire way. Our descent through these functional yet beautiful agricultural terraces brings us down to the town of Ollantaytambo. This picturesque village still preserves much of its original Inca infrastructure from centuries ago and stands as a testament to the strength of Inca urban planning. The town is divided into well-preserved *\*canchas\** (blocks) of communal dwellings, each with a single entrance (often a stone doorway) leading into a central courtyard. The original Inca drainage channels that line the walkways are still in use today. Take a peek inside a local resident's home and see the guinea pig room—an area where colourful *\*cuyes\** roam freely until they're chosen for family celebrations! We'll enjoy lunch, then have the chance to explore the local market and visit the spectacular hillside ruins. We'll climb the ancient stone steps of the Inca fortress, laid out as a series of terraces and platforms with stunning views of the surrounding mountains.

Driving distance: 27.4 km (17 mi) – Time: 45 min (Urubamba – Ollantaytambo – Pallata)

Running distance: 11.8 km (7.33 mi) – Time: approx. 3 hours

Minimum altitude: 2,840 m a.s.l. (9,318 ft a.s.l.) – Maximum altitude: 3,417 m a.s.l. (11,211 ft a.s.l.)

Ascent: 358 m (1,176 ft) – Descent: 767 m (2,516 ft)

Driving distance: 19.2 km (12 mi) – Time: 35 min (Ollantaytambo – Urubamba).

Accommodation: Camp

Meals: Breakfast, lunch.

## Day 3: Sacred Valley – Capuliyoc

After an early breakfast, we'll head out for a morning run along the flat trail of the Sacred Valley, passing through charming local communities and enjoying excellent views of the valley. After the run, we'll have a great lunch at the hotel and get ready to set off for the Choquequirao to Machu Picchu trek. Leaving the Sacred Valley by vehicle, we'll drive north into classic Andean scenery. Before long, we'll have views of the towering, snow-capped peaks of Salkantay, Humantay, Pituisiray, Chicon and Veronica. After crossing the roaring Apurímac River, we'll pass through the village of Cachora and continue to Capuliyoc at 2,970 m a.s.l. (9,744 ft a.s.l.), where we'll spend our first night camping under the stars. From camp, we'll glimpse the Apurímac Canyon and the exciting route that awaits us the next day.

Driving distance: 169 km (105 mi) – Time: 4 hours (Sacred Valley – Cachora)

Running distance: 10 km (6.2 mi)

Driving distance: 11.8 km (7 mi) – Time: 30 min (Cachora – Capuliyoc)

Accommodation: Camp at 2,880 m (9,449 ft)

Meals: Breakfast, lunch, dinner.

#### **Day 4: Capuliyoc – Chiquiska – Santa Rosa – Maranpata – Choquequirao - Pinchi Unuyoc**

The long-awaited day has arrived, and the group is excited to get an early start on the first day's hike. After a nutritious breakfast, we'll begin with an almost 9 km descent—getting the blood flowing and warming up the legs—down to the Apurímac River, the lowest point of the route (1,584 m a.s.l.). We'll have the chance to take a dip in its waters and cool off a bit before tackling the first big climb: nearly 1,400 m of elevation gain in just 6 km. This is the first time you'll be glad you brought trekking poles.

After the gruelling climb, we'll reach the sign and entrance checkpoint that reads "Welcome to Choquequirao", and in the distance we'll see a stone ruin complex filling our field of view. The excitement of arriving is so strong that, almost without realising it, we'll pick up the pace—and moments later we'll find ourselves atop historic Inca platforms, with a palpable sense of exhilaration spreading through the group. Once at Choquequirao, we'll explore the incredible energy of this archaeological complex, of which only about 10% has been excavated—leaving plenty of new surprises still to be discovered. Among them are whimsical figures of humans and llamas built directly into the rock walls that border the stone terraces. After visiting Choquequirao, we'll continue the adventure with a 3.5 km hike to Pinchi Unuyoc. There, we'll enjoy a well-earned hot shower and a stretching session before settling in for a good night's rest. Tomorrow brings another exciting and demanding day on the trail—sleep well, because a long, challenging day awaits.

Distance covered: 22.8 km (19.1 mi)

Minimum altitude: 1,492 m a.s.l. (4,895 ft a.s.l.) – Maximum altitude: 3,300 m a.s.l. (10,827 ft a.s.l.)

Descent: 2,545 m (8,356 ft) – Ascent: 2,200 m (7,217 ft)

Accommodation: Camp at 2,400 m (7,874 ft)

Meals: Breakfast, lunch, dinner.

#### **Day 5: Pinchi Unuyoc – Maizal – Abra San Juan – Yanama**

Waking up early in Pinchi Unuyoc, we'll get ready for today's journey to Yanama. Refreshed and full of energy, we'll start with an almost 7 km (4.3 mi) descent, passing a few Inca platforms where we'll stop briefly to take in the scenery. From there, we continue down to the second-lowest point of the route, 1,950 m a.s.l. (6,395 ft a.s.l.), where the Yuracmayo River (White River) awaits. Here's where the fun begins: 12 km (7.5 mi) of steady climbing. We'll gain over 2,200 m (7,218 ft) of elevation until we finally reach San Juan at nearly 4,200 m a.s.l. (13,780 ft a.s.l.)—arriving with a huge smile and very tired legs, knowing the hardest part is behind us! Along the way we'll enjoy the incredible views and landscapes this route offers, including Maizal, a natural balcony with outstanding views over Yuracmayo and Yanama, and the Victoria Mine—an Inca and later colonial mine surrounded by a sea of clouds. A few kilometres further on, after crossing the pass, we'll reach the beautiful, historic village of Yanama, where we'll end the day with a hearty dinner and a hot shower to warm up before turning in for the night.

Running distance: 15.3 km (9.5 mi)

Minimum altitude: 1,850 m a.s.l. (6,069 ft a.s.l.) – Maximum altitude: 4,163 m a.s.l. (13,658 ft a.s.l.)

Descent: 1,265 m (4,150 ft) – Ascent: 2,283 m (7,490 ft)

Accommodation: Camp at 3,350 m (10,990 ft)

Meals: Breakfast, lunch, dinner.



#### **Day 6: Yanama – Abra Mariano Llamojas – Totorá – Lucmabamba**

The roosters start crowing early, waking us up to signal that today is the day we cross the range at the highest point of the trek. We begin our climb, gaining 1,000 m (3,281 ft) over 10 km (6.2 mi) to reach Mariano Llamojas at 4,600 m (15,092 ft a.s.l.), after traversing a deep ravine surrounded by the majestic glaciated peaks of Quriwayrachina, Kiswar and Pumasillu. This pass is the gateway to the incredible Totorá Valley, where our vehicle will be waiting for a 33 km (20.5 mi) drive. Along the way, we'll find excellent coffee and local fruits from the region thanks to the tropical climate. The day ends after an amazing winding descent down to Lucmabamba, where we can taste the outstanding locally grown coffee. Exhausted after this beautiful day on the trail, we'll have an early dinner and head to bed for a well-earned rest.

Running distance: 21 km (13 mi)

Minimum altitude: 3,487 m a.s.l. (11,440 ft a.s.l.) – Maximum altitude: 4,668 m a.s.l. (15,314 ft a.s.l.)

Descent: 1,191 m (3,907 ft) – Ascent: 1,124 m (3,687 ft)

Driving distance: 22 km (105 mi) – Time: 30 min (Totorá – Collpapampa – Lucmabamba)

Accommodation: Camp at 2,020 m (6,627 ft)

Meals: Breakfast, lunch, dinner.

#### **Day 7: Lucmabamba – Llactapata – Hydroelectric – Machu Picchu Pueblo – Machu Picchu – Cusco**

After many kilometres of trail running, our legs will be feeling pretty sore—but nothing will stop us from reaching the magnificent sanctuary of Machu Picchu. We'll start today's route with a short climb up to Llactapata, an exciting viewpoint with extraordinary views of Salkantay and Machu Picchu Mountain calling to us in the distance. Full of anticipation, we'll begin the descent towards the hydroelectric station, where we'll catch our train to Machu Picchu Pueblo (Aguas Calientes). From there, we'll take the bus up to the entrance to explore one of South America's oldest and most powerful civilisations. After visiting at our own pace, we'll return to Machu Picchu Pueblo and take the train back to Cusco—having completed one of the most incredible adventures of our lives!

Running distance: 17 km (6.52 mi)

Min. elevation: 1,786 m a.s.l. (5,860 ft a.s.l.) – Max. elevation: 2,827 m a.s.l. (9,275 ft a.s.l.)

Descent: 1,167 m (3,829 ft) – Ascent: 934 m (3,064 ft)

Train ride from Hidroeléctrica to Machu Picchu: 10 km (6.2 mi) – Time: 45 min

Bus ride to Machu Picchu (round trip): 12.4 km (7.7 mi) – Time: 1 hour

Train ride from Machu Picchu to Ollantaytambo: 32 km (19.9 mi) – Time: 2 hours

Accommodation: Hotel

Meals: Breakfast, lunch.

#### **Day 8: Cusco / Departure**

The day has come to say goodbye to Cusco and the Sacred Valley, taking with us memories that will enrich our lives for years to come.

## **Payment and cancellation policy**

Initial deposit: To secure your spot, a 30% deposit of the total trip cost is required at the time of booking.

Final payment: The remaining amount, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional trip costs, such as insurance, flights, or other optional services, must be paid in full at the time of booking.

Cancellation insurance: The customer may take out trip cancellation insurance to be eligible for a refund of the full amount paid (subject to the policy terms and conditions).

The end customer may withdraw from the booked trip and is entitled to a refund of the amounts paid, subject to the penalties set out below. However, once the trip is confirmed, they must pay the agency the following amounts.

### **Cancellation policy 3**

- Full refund within 24 hours of purchase.
- Up to 60 days before the trip: 100% refund of the trip price.
- Up to 45 days before the trip: 50% refund of the trip price.
- For any shorter notice than the periods above: no refund will be issued.

\*A €250 administration fee will apply.

\*If any other non-refundable costs have already been incurred/issued, they will not be refunded either and will be deducted from the total amount to be reimbursed.

\*The cancellation cost for any flights already issued is 100% of the ticket price.



## ***Gear list***

### Running gear:

- Sneakers
- Socks
- Compression socks
- Shorts
- Long tights
- T-shirts
- Long-sleeve shirts
- Compression sleeves
- Light windbreaker
- Waterproof jacket
- Visor/Cap
- Buffs
- Gloves
- Watch
- Trekking poles (rental available)
- Poncho
- Camelback: 2 L capacity
- Watch
- Warm sleeping bag.

### Travel clothes:

- T-shirts
- Shorts
- Comfortable trousers: Camping or trekking trousers are recommended.
- Warm socks.

### In your backpack or CamelBak:

- Trekking poles.
- Waterproof jacket
- Spare T-shirt.
- Spare shorts.
- Poncho
- 2 L of water.

### Energy supplements:

- Salt tablets.
- Energy gels.
- Electrolytes.
- Cereal bars.

### Travel clothes:

- Comfortable trousers (camping or trekking trousers are recommended).
- T-shirts
- Tights / leggings.
- Technical T-shirt.
- Long- and short-sleeved T-shirts.

# FAQs

## **What technical and physical level is required for this trip?**

This trip requires very good physical condition and previous trail running experience. It is a demanding route with prolonged and steep climbs, combining fast hiking (power hiking) and running. There is enough time to complete each stage, and there are always two guides in case the group separates. Everyone reaches the camp, without rush.

## **What documentation do I need for a visa to Peru?**

Most countries do not require a visa to enter Peru for tourism, but a passport valid for at least 6 months is essential.

## **What type of accommodation is offered during the trip?**

It alternates between a local boutique hotel in the Sacred Valley and mountain camps with double tents and Thermarest mats.

## **What meals are included?**

All meals during the trekking are included. Some dinners are free in the city. Balanced and adapted menus are offered.

## **How to get to the starting point? What is the nearest airport?**

The trip starts in Cusco. The nearest airport is Alejandro Velasco Astete International Airport (CUZ).

## **How many kilometers are run in total?**

More than 80 km of ancient Inca paths are covered, combining trail running and demanding hikes.

## **What weather should I expect?**

Between April and September, the weather is dry and warm in the first days, especially descending to the Apurímac canyon. As we ascend, vegetation becomes tropical and temperature drops, especially at night. Layered clothing is recommended to adapt to weather changes.

## **What currency is used and where can I exchange it?**

The local currency is the Peruvian Sol (PEN). It is recommended to exchange money in Cusco or withdraw cash at authorized ATMs.

## **What does internal transportation include?**

It includes all internal transfers from arrival in Cusco, return train from Machu Picchu, and support vehicles during the trek.

## **How does logistics work during the route?**

The camp team will transport all necessary equipment while we run. Sometimes we may arrive at camp before them, so we recommend bringing change clothes to wait comfortably.

**What should I carry during the route?**

Only the essentials: we recommend a light backpack with water (min. 2L), energy bars, change of clothes, waterproof jacket, and personal items. The rest of the luggage is transported by the team in a duffle bag (up to 8 kg), which is handed over one or two days before the start. The rest of the luggage stays in the office in Cusco.

**How do we refill water?**

You must carry a hydration system with a minimum capacity of 2 liters. Water is replenished at campsites, at night and in the morning. There will also be some supply points along the route.

**What camping gear should I bring?**

We provide sleeping tents, mats, dining tents, bathrooms, and showers. You only need to bring your own comfortable and warm sleeping bag.

**Will there be a way to charge batteries?**

There is no access to electricity on the route. Bring external batteries (powerbanks) to charge camera, phone or GoPro. You can store them in your duffle bag, which is transported between camps.

**What happens if I have an incident or cannot continue?**

Guides are certified in first aid in remote areas. In case of emergency, they will make the best decision and coordinate evacuation if necessary. Additionally, the group has 1 or 2 emergency horses available to continue if you cannot proceed on your own.





## **Contact us!**

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