

Brian Keane Machu Picchu *Expedition Information Pack*

Contents	Page		Page
About Brian's Machu Picchu trek	1	Special Offers	7
Why Choose Earth's Edge	2	Training Weekends	7
Description and Detailed Itinerary	3	Safety Standards	7
Expedition Costs	6	Earth's Edge Team in Peru	8
Spending Money & Tips	7	Expedition FAQ	8
Rainbow Mountain Day Tour	7		

About Brian's Machu Picchu trek:

There are a number of added extras that Brian is including as part of his expedition. They are all optional, but we would love you to partake in them all!

- **Training Day and Weekend:** Brian will be hosting two pre-departure training events: one day will take place in Connemara, and there will also be a weekend event in Wicklow. Here you will meet an experienced expedition leader, expedition doctor and your fellow adventurers! You will need to register for these events on your [Earth's Edge account](#). These training events are included within the price of the trip - however, food and accommodation during the training days are not included.
- **Machu Picchu Training Program:** Four months prior to departure, Brian will send everyone his BKF Online Program, which is ideal training for Machu Picchu. The program is designed using all of Brian's combined endurance and fitness experience.
- **Team WhatsApp Group:** Brian would like to invite you to join a private group where you can meet each other, share pics and advice, and get excited about this trip of a lifetime!
- **Make Fitness Fun:** Brian is out to make fitness fun in 2025, so what better way to kick things off by bringing everyone together before the expedition to really get acquainted? He will be organising a super fun event where the community gathers to kickstart their fitness journey. With a focus on fostering connections and joy, there will be something for everyone, marking the beginning of an unforgettable journey towards fitness and well-being and your goal of reaching Machu Picchu!
- **Virtual Mindset Session:** Before the trip, Brian will offer a Virtual Mindset Session designed to equip the group with the essential tools for success. Drawing from his expertise and insights, Brian will guide you through the foundational principles of mindset, empowering you to harness the power of your thoughts and beliefs to achieve your goals! Participants will engage in interactive discussions, practical exercises, and guided meditations, immersing themselves in a journey of self-discovery and personal growth. This will lay the perfect groundwork for success both on and off the fitness journey and expedition.
- **Rewriting Your Story:** Each participant will receive a signed copy of Brian's book *Rewriting Your Story: Seven Habits to Help You Reclaim Your Power, Let Go of Fear, and Change the Narratives That Hold You Back*

When signing up for the adventure you agree to share your contact information with both Earth's Edge and Brian Keane so that you can be sent appropriate information about the trip and be invited to participate in the above activities.

[Back to Top](#)

Why Choose Earth's Edge:

We are the only company in the world who have an experienced expedition leader and doctor on all expeditions while keeping group sizes sustainably small.

- A highly **experienced expedition leader** leads each of our expeditions. This ensures we consistently deliver professionally run expeditions. They will be there to offer you expert advice throughout your trip.
- An **expedition doctor** accompanies each expedition to provide industry leading medical support. Should you fall ill or have an injury, they will be there to provide immediate medical care.
- We keep **group sizes small** to minimise our environmental impact and foster a strong group dynamic. Our maximum group size on most expeditions is 16 and our average group size is 13. On more challenging peaks our maximum group size is 12 and our average is 8.

To read more about our safety standards please visit our [safety page](#).

Responsible travel is at the core of what we do at Earth's Edge and has been since our inception in 2007. As a certified B Corp we are committed to using our business as a force for good; to support our communities both locally and worldwide as well as creating more environmental awareness. Visit our [B Corp page](#) to learn more.

We have a number of environmental programmes and community projects including;

- A scholarship to train porters to become guides on Kilimanjaro.
- Each year we plant 8 trees in Nepal for each person who travels with us in partnership with [Eden: People + Planet](#)

To read more about our sustainability practises please visit our [responsible travel page](#).

- We are a **100% Irish owned small business**. Our founder, James McManus, is passionate about climbing mountains. His extensive experience is an invaluable source of support for our office team in our day-to-day operations.
- We are **licensed** by the Irish Aviation Authority, TA0711.
- **Detailed risk assessment and management systems**, including evacuation plans, are put in place prior to each expedition. Our Earth's Edge HQ team provides 24/7 phone support to each expedition.
- We run **training weekends** two months prior to each expedition, which includes a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader.
- We have **clear and transparent pricing**. What's included and excluded from your package is made clear prior to booking.

- All of our office team travel on one expedition per year which means they can answer your questions based on **first-hand experience**.
- When you sign up to an Earth's Edge expedition you are entitled to a **discount** from our equipment partners at [Great Outdoors](#) to ensure you get the best gear for your expedition.

[Back to Top](#)

Description & Detailed Itinerary:

Our **16-day itinerary** includes **9 days of trekking** through the **Peruvian Andes**. We want to give you the ultimate Inca experience, trekking to **Machu Picchu** and taking in its lesser known sister city **Choquequirao**.

Our adventure begins with a **stunning trek around Cusco**, taking in all the major sites while taking the time to adjust to the altitude. From Cusco we transfer to **Wajaqui Ecolodge** for the night before we drive deep into the Andes and begin our trek – our first port of call is Choquequirao. The site is **twice the size of Machu Picchu** and because of its remote location, receives only a fraction of the trekkers that visit Machu Picchu. In fact, Choquequirao receives the same number of visitors annually as Machu Picchu receives *every day!*

From Choquequirao, we trek along a **stunning, undulating trail** for several days to reach Machu Picchu; we **cross rivers**, trek up and over two **high passes** (4,150m & 4,668m) and follow meandering trails through **lush jungle bursting with exotic flora and fauna**. At several natural viewing points along the trek, we are treated with awe-inspiring views of the snow-capped peaks of Humantay (5,700m) and Salkantay (6,271m).

We frequently come across **traditional villages** along the trail, taking the opportunity to interact with the **wonderful native people** and experiencing life in the mountains. We take time to visit a **coffee farm**; picking the coffee cherries and learning about age-old Peruvian coffee growing traditions. We roast the coffee over an open fire, grind the beans, brew the freshest cup of Java you will ever experience and sit back to enjoy the electrifying caffeine jolt! We spend an evening at a **natural hot spring** soaking our tired legs under the stars.

On the day we visit the ancient ruins of Machu Picchu we rise early and take the first bus to begin our **fully guided tour of the UNESCO World Heritage Site**. After the two-hour hike around the site we take the steep trail up Machu Picchu Mountain. It takes a further two hours to reach the summit but the views of Machu Picchu and the surrounding landscape are worth all the effort! After climbing the mountain, you are free to explore Machu Picchu at your leisure until the last bus departs to Aguas Calientes.

This itinerary is perfect for anyone looking for a challenging trek and who wants to completely immerse themselves in **ancient Incan and modern Peruvian culture**. At the end of the trek, we have a free day which you can either spend relaxing in Cusco or you can opt for an incredible day trip to **Rainbow Mountain (Vinicunca)** which is a truly special experience.

Day 1 & 2 : Dublin to Cusco.

Depart Dublin and travel to Cusco via Lima. On arrival, explore Cusco or relax in the hotel. The aim of this time in Cusco is to acclimate to the higher elevation. Overnight hotel. Altitude 3,400m.

Day 3: Cusco to Wajaqui Ecolodge, 5 hrs trekking.

After breakfast we head out for a hike around Cusco. Your expedition leader explains all of the important historical sites including Plaza de Armas, San Cristobal Church and Plaza Regocijo. We also ascend to Cristo Blanco (3,700m) which is great for acclimatisation. We then transfer to Wajaqui Ecolodge (45mins) where we enjoy a traditional lunch from the area. After settling into your unique accommodation, explore the camp and take part in a traditional Ofrenda a la Pachamama (Mother Earth) Ceremony. Enjoy a delicious dinner around the campfire in the evening. Overnight Ecolodge. Altitude 3,330m.

Day 4: Wajaqui Ecolodge to Cachora to Playa Rosalina, 6 hrs.

We depart Wajaqui Ecolodge in the early morning and drive (3hrs) to reach our trailhead at Cachora (2850m). We meet our muleteers here and enjoy stunning views of the snow covered Padrayoc and Wayn Cachora Mountains. We start by climbing for 20 minutes to a small pass where we get our first distant views of Choquequirao. From the pass, we descend almost 1,500m into the stunning Apurimac Canyon. We stop for lunch in Chiquisca and then continue on to our campsite at Playa Rosalina on the banks of the roaring Apurimac River. Overnight camp. Altitude 1,640m.

Day 5: Playa Rosalina to Choquequirao, 10 hrs.

Today is one of the toughest days on the trek with an overall elevation gain of 1,700m. As we cross the river we start the 1,500m climb up to Marampata (3,110m). It usually takes six hours to complete as we stop regularly for breaks. We stop for lunch and a good rest in Marampata which offers great views of Choquequirao and our route so far. From Marampata we follow an undulating trail cut into the mountainside to reach our campsite below Choquequirao. As we approach the campsite we marvel at the spectacular Inca terraces stretching way below the city. For anyone with any energy left after the morning's climb there is an option to climb up to Choquequirao for the sunset. The sunset here is spectacular and if we are lucky we may even spot some condors. Overnight camp. Altitude 3,000m.

Day 6: Choquequirao to Pinchiunuyoc, 4 hrs.

After breakfast we climb for less than an hour to reach Choquequirao. We then spend the morning exploring the ruins taking in Hauqaypata (main plaza), Urin (upper square), the priests' house, Ushno (ceremonial platform) and the vast network of irrigation channels. Generally we have the site to ourselves, which makes for a much more spiritual experience when compared to Machu Picchu which is frequented by 5000 people per day. After a tasty lunch in Choquequirao we get back on the trail again climbing for one hour to reach the Choquequirao Pass (3,300m) and then descend for two hours to our campsite in Pinchiunuyoc. Pinchiunuyoc is a stunning campsite as we set the tents on Inka terraces and enjoy the sunset with panoramic mountain views. Overnight camp. Altitude 2,400m.

Day 7: Pinchiunuyoc to Maizal, 7 hrs.

Another big climb on today's trek, although we start with an hour long downhill section to reach the Rio Blanco (1,900m). As we approach the river we enter into the cloud forest which is rich in biodiversity. We pass by native Polylepis trees, waterfalls and coca plantations. From the river it takes six hours to climb up to the tiny village of Maizal where we enjoy imposing views of the Yanama and Yarahmayo Canyons. Overnight camp. Altitude 3,000m

Day 8: Maizal to Yanama, 9 hrs.

Today's trail follows an ancient Inca path as we ascend for five hours to reach Victoria Pass (4,150m). The trail is steep in places and for most people it's the hardest day on the itinerary. Our route takes us past the Victoria silver mine which was used by the Inca and later in colonial times but is now

abandoned. The pass offers stunning views of the snow-capped peaks of Humantay (5,700m) and Salkantay (6,271m). From the pass, we descend for two hours and then climb gradually to our campsite in Yanama village for the night. Overnight camp. Altitude 3,850m.

Day 9: Yanama to Totora, 10 hrs.

Another stunning day as we reach the highest point on our journey. After leaving the farmers' fields and lush vegetation in Yanama, we continue climbing for five to six hours to reach the Yanama Pass (4,668m). From here we enjoy stunning views of the Sacsarayoj and Padreyoc Mountains and we may spot some condor too if we are lucky. We stop for lunch below the pass and then descend all the way to Totora village. Overnight camp. Altitude 3,500m.

Day 10: Totora to Santa Teresa, 7 hrs.

Today we descend through a valley covered in trees with thick groves of bamboo. Flocks of colourful tropical birds and interesting wildlife roam the forest. We also pass several waterfalls and cross streams and wooden bridges along the way. We finish our trek in La Playa and go to a coffee farm for lunch and a coffee tour. Afterwards we drive to our campsite in Santa Teresa. In the evening we have the option to visit natural hot springs where we can bathe in the therapeutic waters, a nice treat to relax tired and aching muscles! Overnight camp. Altitude 1,550m.

Day 11: Santa Teresa to Hidroelectrica to Aguas Calientes, 4 hrs.

We begin by driving to the Hydroelectric station and then follow the train tracks into Aguas Calientes. It's a beautiful walk through thick forest. After some time, we get our first views of Machu Picchu high above us on the saddle between Machu Picchu Mountain and Wayna Picchu. We arrive into Aguas Calientes in the early afternoon and check into our hotel. Overnight hotel. Altitude 2,700m

Day 12: Machu Picchu Mountain, 5 to 7 hrs trekking.

We rise very early and take the first bus to Machu Picchu. We have a full guided tour of the ancient ruins which is an experience of a lifetime. After the two-hour hike we take the steep trail up Machu Picchu Mountain. It takes a further two hours to reach the summit but the views of Machu Picchu and the surrounding landscape are worth all the effort! After climbing the mountain, you are free to explore Machu Picchu at your leisure up until the last bus back to Aguas Calientes at 5pm. Overnight hotel. Altitude 2,700m

Day 13: Aguas Calientes to Cusco.

Take the beautiful train journey as far as Ollantaytambo in the Sacred Valley and then drive from there to Cusco. Enjoy some last-minute shopping and a celebratory dinner in the evening. Overnight hotel. Altitude 3,400m.

Day 14: Free day in Cusco or Rainbow Mountain day tour.

Enjoy a free day in Cusco to explore at your leisure or take a day trip to Rainbow Mountain. Overnight hotel.

Day 15: Cusco to Lima.

Depart Cusco and fly back to Lima. Depart Lima in the evening for Dublin. Overnight flight.

Day 16: Lima to Dublin.

Arrive back in Dublin in the evening. Expedition ends.

[Back to Top](#)

Expedition Costs:	Euro*
Total costs excluding international flights. (Land only)	€3,899
Total costs including international flights from Dublin.	€6,099

A deposit of **€399/£399/\$399** is taken at the time of booking, **a part payment of €1,000/£1000/\$1000 is due six months prior to departure** and the **final balance is due three months prior to departure**.

*For up to date prices in Pounds Sterling and US Dollars, based on today's exchange rate, please visit our website.

Flights:

For those that book a flight inclusive package with us, we will send the flight details via e-mail approximately two months prior to departure. We will also include information on the baggage allowance and packing instructions. For those that book a land only package, please consult us prior to booking your flights. It is important that you are on time for the trek briefing on the first day.

Expedition Costs Include:

- Return international flights from Dublin to Peru (economy class)
- Internal flights in Peru
- Experienced expedition leader
- Experienced expedition doctor
- Training Weekend
- Earth's Edge team of guides and a full support team
- All accommodation based on twin sharing in Wajaqui Ecolodge, in hotels in Lima, Cusco, Aguas Calientes and camping elsewhere
- Use of state of the art tents and [Thermarests](#).
- All meals and drinking water are included (except in Lima, Cusco and Aguas Calientes where accommodation is based on B&B)
- A celebratory dinner at the end of the expedition
- All transport throughout the expedition
- Entry fee into Machu Picchu and a full guided tour
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- An Earth's Edge buff for all participants

Expedition Costs Exclude:

- Personal travel insurance
- Medical vaccinations
- Personal equipment
- Personal spending and tips
- Optional visit to the hot springs on day 6 – approx. \$2.50
- Optional day tour to Rainbow Mountain
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control

[Back to Top](#)

Spending Money and Tips

We recommend that you put aside **€350** in spending money for this trip. We recommend that you exchange your Euros (or Pounds Sterling) into local currency 'Sol' in the airports or in Cusco. There are ATMs available in Cusco where you can withdraw cash using a credit/debit card. Our recommended **tip amount is \$120** per person, please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip among all of our Earth's Edge team in Peru. The recommended spending amount above includes the tip for the Earth's Edge Team.

[Back to Top](#)

Rainbow Mountain Day Tour:

The day trip to the stunning Rainbow Mountain (Vinicunca) is a special experience. It is important to note it is quite a long day involving a very early morning start from Cusco. The drive from Cusco takes approximately three hours each way. The out and back trek to reach Rainbow Mountain takes five to six hours. The day tour costs **USD\$80** and includes breakfast, lunch and guiding. You will pay for this tour locally in USD. You don't need to inform us in advance if you wish to take the tour, you can decide on Day 13.

[Back to Top](#)

Special Offers:

- **Return Customer Offer** - If you have travelled with us before please visit our [return customer](#) page for details on what discount you are entitled to.
- **Refer a Friend Offer** - If you have a friend who wants to travel with us please visit our [refer a friend](#) page for details on our referral programme.
- **Group Discounts** - If you are booking as part of a group please visit our [group discounts](#) page for details on what discount you are entitled to.
- **Couples Offer** - If you are booking with a friend or partner please visit our [couples offer](#) page for details on what discount you are entitled to.

[Back to Top](#)

Training Weekends:

Before every expedition, we organise a training weekend where you'll have the chance to meet an Earth's Edge expedition leader along with your fellow adventurers! Led by experienced guides, these weekends include a comprehensive expedition briefing, two training hikes, and invaluable advice covering everything from equipment to weather conditions. Not only are these events educational, but they're also enjoyable, set against the breathtaking backdrop of Glendalough, Co. Wicklow. Food and accommodation for the weekends are not included.

[Back to Top](#)

Safety Standards:

At Earth's Edge your safety is our priority. Your expedition leader is very experienced in the mountains. All of our expedition medics are qualified doctors with a keen interest in adventure travel and in expedition medicine. Each of our expeditions is supported by our Earth's Edge team of guides, cooks, drivers and muleteers/porters. We select our Earth's Edge team based on their qualifications, experience and references. Our expedition leaders and Earth's Edge team in each of our destinations are familiar with the locations of local medical services and hospitals. Our doctor will have an

extensive medical kit with them but please carry a basic first aid kit yourself too (as detailed in the equipment list). Always listen to your expedition leader and follow their instructions.

We advise all participants to do their own research on local laws and customs before travelling to Peru. Up to date travel advice can be found on the DFA website:

<https://www.ireland.ie/en/dfa/overseas-travel/advice/peru/>

Poor personal hygiene resulting in gastroenteritis (Delhi Belly) is the most common cause of illness on expeditions. The good news is that it is easily avoided if you remember to always wash your hands and apply hand sanitizer after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

[Back to Top](#)

Earth's Edge Team in Peru:

The Wajaqui Ecolodge

In 2023, we updated our Machu Picchu itinerary to include a night's stay in the beautiful Wajaqui Ecolodge just outside of Cusco, on day 3. This addition meant a lot to the Earth's Edge team, as the Ecolodge is owned and operated by [Edgar](#), our wonderful Peruvian expedition leader.

In 2022, Earth's Edge was proud to financially assist with the inception of the Ecolodge when, with the help of our dedicated clients, we sent our team in Peru a loan of \$5000. This money was intended to facilitate the establishment of a project or business, in order to help support them and their families while the tourism sector was disrupted by the pandemic.

This sustainable lodge was built with the help of Edgar's family, and features furniture crafted from recycled materials, a stunning geranium garden, and a cosy bar. Located in a rustic setting surrounded by incredible views, it is also home to a small, on-site museum of local treasures. You can read more about the lodge on our blog [here](#).

[Back to Top](#)

Expedition FAQ:

Have you a question that wasn't answered on this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

[Back to Top](#)