



# South America

**The Salkantay Trek to Machu Picchu**  
**(high altitude trek in Peru)**  
**7 days from \$2,290,**  
***Mountain Lodges of Peru,***  
**[mountainlodgesofperu.com,](http://mountainlodgesofperu.com)**  
**877-491-5261**

Photo: Mountain Lodges of Peru

Machu Picchu is a glorious combination of one of the most mysterious man-made sites in the world embedded in one of the most dramatic natural settings in the world. What better way to experience this 15th Century Inca citadel than an immersive 6 day high altitude hike through the mountains of Peru to experience this World Heritage Site through “Inca eyes,” to quote a guide from my first visit to Machu Picchu in 1997.

That visit came at the end of 5 day trek on the Inca Trail. It was

an incredible experience, especially for the 20-30 somethings that clogged the trail and filled up the funky campsites. For fit seniors who prefer cold drinks, hot spas, comfortable beds and private baths at the end of a strenuous day of trekking – including a heart-pounding trudge up and over a 15,300’ pass – this is the trip.

There is a scenic mountain lodge waiting for you at the end of the day as well as a chef and crew who depart early to get to the next lodge in time to prepare hors d’oeuvres

for the tired trekkers dragging themselves through the door in the late afternoon.

But be warned – this is not for the casual hiker. The altitude requires serious training. If you don’t want to do the training but are willing to trade off sore knees for sore butts, there is an equestrian option.

**See the article, “*Trekking Lodge to Lodge in the Mountains of Peru*” and the blog post dated October 8, 2013 under the category “Peru” for more information.**