

Altitude Xperience



One Day Inca Trail Hike To Machu Picchu

If you're ever in Peru and have an afternoon to spare, consider hiking the Inca Trail to Machu Picchu. This iconic route is one of the most popular hikes in the world, and for good reason. It's incredibly scenic, passing through some of the most picturesque countryside on Earth. The hike is not easy by any means, but it's definitely worth it. If you want to see everything that Machu Picchu has to offer, we recommend doing it in **1 Day Inca Trail** that way you can enjoy plenty of rest and relaxation along the way. Ready to go? Here are some tips on how to hike the Inca Trail to Machu Picchu!



What is the One Day Inca Trail Hike ?

The **One Day Inca Trail Hike** to Machu Picchu is a strenuous but rewarding trek through the Andes. The trail begins in the town of Aguas Calientes, located on the shore of the Urubamba River. From here, you set out on an uphill journey that will take you past terraced fields and herds of llamas and alpacas. After about four hours, you'll reach the ruins of Machu Picchu, which are perched atop a steep mountain. The hike back down is also quite challenging, but well worth it for a glimpse into one of history's most remarkable places.

The History of the Inca Trail

The Inca Trail is one of the most iconic trails in the world, and it's easy to see why. Starting at an elevation of 3,050 meters (10,000 feet), the path leads hikers through dense forest and over steep mountainsides before finally culminating in a stunning view of Machu Picchu. The trail was first used by the Inca people more than two thousand years ago, and today it remains one of the most popular hikes in South America.

The Inca Trail begins at an elevation of 3,050 meters (10,000 feet) in Urubamba Valley, near Cusco. From here, hikers travel downhill for about 45 kilometers (28 miles) until they reach Ollantaytambo. From here, it's another 15 kilometers (9 miles) to Machu Picchu. The final stretch is up and down some steep slopes, so be prepared for a challenging hike!

Machu Picchu was built by the Inca empire more than 2,000 years ago as a sacred place where their kings could live isolated from the rest of society. Today, it's one of Peru's most famous tourist destinations thanks to its impressive ruins – including the imposing and well-preserved Temple Of The Wayna Dacha – and excellent views of Machu Picchu from nearby Window Of The World.

What to Bring on the Inca Trail Hike

Bring plenty of water and snacks, as well as sunscreen and insect repellent. Wear comfortable shoes, as there is a lot of walking. Wear clothes that you can get dirty and that will keep you cool in the high elevations. Bring a hat or sunscreen to cover your hair. Bring your camera! Photography is prohibited almost everywhere on the trail, so it's important to have some photos to remember the hike by. And lastly, bring a sense of humor - the trail is littered with silly Inca symbols (like chicken heads), and there are plenty of things to make you laugh along the way.

What to Expect on the Inca Trail Hike

The Inca Trail to Machu Picchu is a popular hike that can be completed in one day. The trail is well-maintained and the scenery is beautiful. There are several ways to complete the hike, but the most common way is to take a bus from Cusco to Aguas Calientes and then hike for about four hours. From Aguas Calientes, you can also hike for about two hours or take a horseback ride for an additional hour.

You can also check :-

[Lares Valley Trek to Machu Picchu](#)

[Lares Trek 4 Days](#)

[Machu Picchu Full Day tour](#)

After hiking for about 4-5 hours, you'll reach Machu Picchu. This UNESCO World Heritage Site is definitely worth it! You'll have a great view of Machu Picchu on your way up and on your way back down. If you're looking for more adventure, you can also try climbing Huascarán (a 13,430 ft mountain) or visit Ollantaytambo (an ancient Inca city).

Conclusion

Are you looking for one day inca trail then look no further then Altitude Experienc, Altitude Experience is your go-to [Inca Trail 5 Days](#) provider in Peru. Choose us for your one day Inca Trail exploration and we guarantee you'll have an unforgettable experience. Our Inca Trail tours are led by experienced guides who share their knowledge about Inca culture and history as you walk the ancient pilgrimage. Along the way, enjoy awe-inspiring views of mountains, lush jungle vistas, interesting Incan archaeological sites, and a variety of ancient towns. Plus, feast on delicious meals prepared from locally sourced produce along the trail. Book with Altitude Experience to ensure a safe and enjoyable Inca Trail journey that is sure to be remembered forever!

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