Inca Jungle to Machu Picchu 3 Days

bike, river and zipline on the way to the citadel

DURATION	DIFFICULTY	MAX. ALTITUDE	BEST SEASON
3 days / 2 nights	Moderate	4,316 m	Apr — Nov

Short on time in Cusco but want to reach Machu Picchu in a more active way than the train? The 3-day Inca Jungle Trek is a great fit. It packs in the route's best moments: a downhill bike ride from Abra Málaga (4,316 m), afternoon rafting and the option to end the day soaking at the Cocalmayo hot springs. On day two you zip across the valley near Santa Teresa and hike alongside the railway from Hidroeléctrica to Aguas Calientes, a flat, green stretch on the banks of the Vilcanota. Day three is a guided visit to Machu Picchu with an official guide before heading back to Cusco. Unlike the 4-day version, this one skips the long Inca trail hike between Santa María and Santa Teresa, making it easier for travelers who don't hike much. We stay in simple hotels with hot showers and travel in small groups.

01 Cusco — Abra Málaga — Santa María — Santa Teresa

Downhill biking from Abra Málaga, lunch, rafting and a transfer to Santa Teresa, with an optional soak at Cocalmayo.

60 km biking · rafting · 4,316 m

02 Santa Teresa — Zipline — Hidroeléctrica — Aguas Calientes

A morning ziplining over the valley, lunch at Hidroeléctrica and a 3-hour hike along the railway to Aguas Calientes.

11 km · 3 h · 2,040 m

03 Machu Picchu — Return to Cusco

An early climb on foot or by bus, a guided tour of about 2.5 hours and the return to Cusco by van from Hidroeléctrica or, if booked, by train.

Guided tour · 11 km back · 2,430 m

WHAT IS INCLUDED

- Pre-trip briefing (in person or online)
- Hotel pickup in Cusco and transport to Abra Málaga
- Downhill bike, helmet, gloves and pads, with support vehicle
- Santa María River rafting with guides, life jacket and helmet
- Zipline circuit with 4 cables and a hanging bridge
- Transfers to Santa Teresa and from Santa Teresa to Hidroeléctrica
- 2 hotel nights (Santa Teresa and Aguas Calientes) with hot showers
- Meals as listed in the itinerary (2B, 2L, 2D), vegetarian or vegan on request
- Professional bilingual guide (English/Spanish)
- Official Machu Picchu entrance ticket (circuit subject to availability)
- Guided Machu Picchu tour of about 2.5 hours
- Return to Cusco by tourist van from Hidroeléctrica

• First-aid kit and emergency oxygen

NOT INCLUDED

• Breakfast on day 1 in Ollantaytambo
• Lunch on the last day
• Cocalmayo hot springs entrance fee
• Bus between Aguas Calientes and Machu Picchu (optional)
• Train return (optional upgrade)
• Huayna Picchu or Machu Picchu Mountain tickets
• Bottled water and tips

https://salkantaygo.com/en/tour/inca-jungle-trek-3-days/