Inca Jungle to Machu Picchu 4 Days

from andean pass to cloud forest by bike, river and trail

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

The 4-day Inca Jungle Trek is the most complete and least rushed way to reach Machu Picchu while mixing adrenaline with hiking. We start at Abra Málaga, 4,316 m above sea level, and ride downhill past glaciers and cloud forest to Santa María, with a rafting session waiting that same afternoon. On day two we hike original Inca paths through coffee farms, banana groves and waterfalls to the Cocalmayo hot springs, the perfect place to rest tired legs. Next comes a zipline across the valley and an easy walk along the railway from Hidroeléctrica to Aguas Calientes. The final day is a guided tour of Machu Picchu with an official guide before heading back to Cusco. It's designed for active travelers who want variety without the high-altitude demands of a classic trek: simple hotels with hot showers, small groups and safety gear checked for every activity.

01 Cusco — Abra Málaga — Santa María

We cross the Sacred Valley to Abra Málaga and bike down into the high jungle. Rafting in the afternoon and overnight in Santa María.

60 km biking · rafting · 4,316 m

02 Santa María — Inca Trail — Cocalmayo — Santa Teresa

The longest hiking day: Inca paths through coffee farms and waterfalls, lunch in Quellomayo and an afternoon at the Cocalmayo hot springs.

20 km · 7–8 h · approx. 2,800 m

03 Santa Teresa — Zipline — Hidroeléctrica — Aguas Calientes

A morning ziplining over the valley, then a hike along the railway from Hidroeléctrica to Aguas Calientes.

11 km · 3 h · 2,040 m

04 Machu Picchu — Return to Cusco

An early climb to the citadel, a guided tour of about 2.5 hours and the trip back to Cusco by train or by van via Hidroeléctrica.

Guided tour · 2,430 m

WHAT IS INCLUDED

- Pre-trip briefing
- Hotel pickup in Cusco and transport to Abra Málaga
- Downhill bike, helmet, gloves and pads, with support vehicle
- Whitewater rafting with river guides, life jacket and helmet
- Zipline circuit with harness and full gear
- Transfer from Santa Teresa to Hidroeléctrica

• 3 nights in hotels (Santa María, Santa Teresa and Aguas Calientes) with hot showers
• Meals as listed in the itinerary (3B, 3L, 3D), vegetarian option available
• Professional bilingual guide throughout the trip
• Official Machu Picchu entrance ticket (circuit subject to availability)
• Guided Machu Picchu tour of about 2.5 hours
• Return to Cusco as booked (train + bus or van via Hidroeléctrica)
• First-aid kit

NOT INCLUDED

• Breakfast on day 1 in Ollantaytambo
• Lunch on the last day in Aguas Calientes
• Cocalmayo hot springs entrance fee
• Bus between Aguas Calientes and Machu Picchu (optional)
• Huayna Picchu or Machu Picchu Mountain tickets
• Sleeping bag and trekking poles (optional rental)
• Bottled water and extra drinks
• Tips

https://salkantaygo.com/en/tour/inca-jungle-trek-4-days/