

# Salkantay Trek to Machu Picchu w/ Yoga and Bodywork

This gorgeous 11 day tour will have you walking through mountains, meadows and high jungle until finally arriving at the small town at the foot of Machu Picchu.

No one knows for certain what the purpose of the citadel of Machu Picchu was, yet there is no denying the strong sense of spiritual energy one feels upon entering.

Hiking your way to get there and sleeping under the stars, a pilgrimage like the ancient Incas themselves may have done, simply puts you in a better frame of mind to appreciate the archaeological site once you get there. Doing yoga and receiving body and energywork each day only adds to that.

If the trek and Machu Picchu aren't enough to entice you, the 3rd and 4th nights will be spent at the heavenly Eco-Quechua Lodge in Santa Teresa. Nearby are some natural hot springs... perfect for releasing the muscle tension you've earned from the last few days of hiking.

The package includes lodging in Cusco, tours in Cusco and the Sacred Valley, transport to trail start, professional bilingual trekking guide, mules to carry your belongings, cook (awesome meals), tents, lodging at EcoQuechua and Aguas Calientes, entrance to Machu Picchu including Huayna Picchu, shuttle bus to the ruins, return train to Cusco, certified yoga instructor and certified massage therapist.

For more information and a detailed itinerary, email [info@uniqueperutours.com](mailto:info@uniqueperutours.com).



## Unique Peru Tours

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