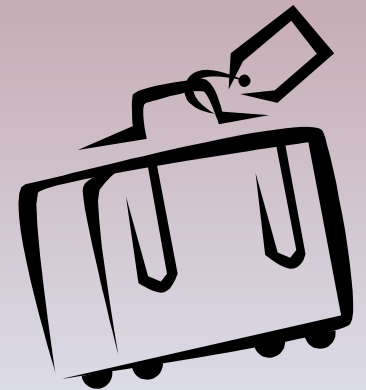


Inca Trail -2004

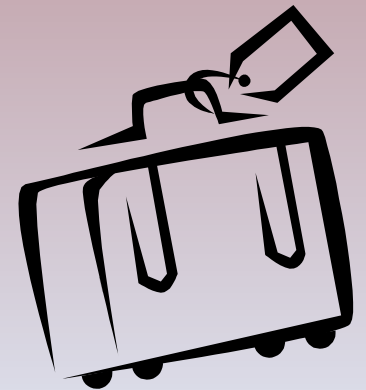
Disclosures: Competing Interests - None

- but I have given an Immortal Memory or two in exchange for a free dinner



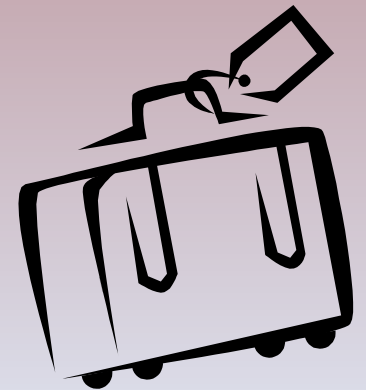
Inca Trail -2004

- Inca Civilization
- Travel Advice and Altitude Medicine
- Macchu Picchu



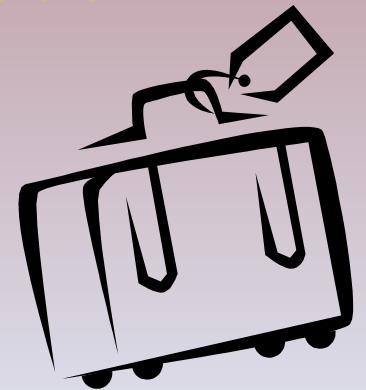
Inca Culture 1300's -1532

- Lasted 1433 -1532
- Spaniards conquered Atauvalpa – Inca King
- 150 Spaniards on horses with guns vs Incas – leather and cloth armour
- Did not have wheeled vehicles
- No money
- Trade or Barter



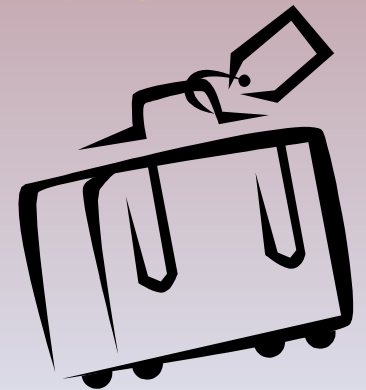
Inca Culture 1300's -1532

- Co-operative Federation of Inca led tribes
- In 100 years before Spaniards – built 48,000 miles of trails, Cusco and several cloud cities extending from Cusco to Santiago
- Founded on cultivation of coca and trade
- Macchu Picchu



Inca Trail -2004

- Sacred Valley – valley of the Urabamba river
- Rises in Lake Titicaca
- Flows around Cusco which lies over a high ridge beyond the Urabamba
- Macchu Picchu is high above a bend in the Urabamba





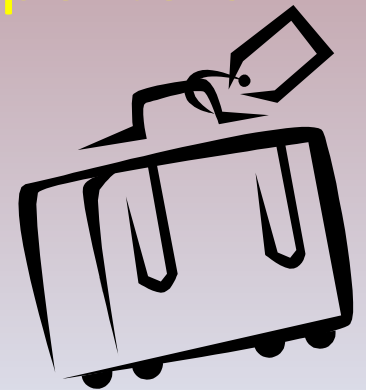






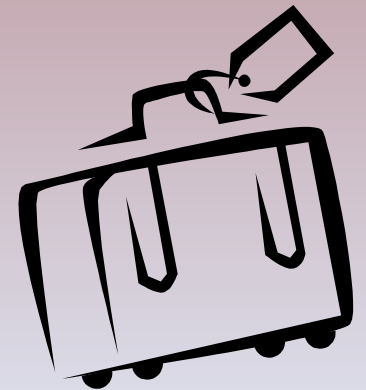
Inca Trail

- Best Time - Dry Season – busiest
- Can be hot – even though it is winter
- Can book it locally in Cusco from local companies
- Cost \$700 includes everything except porters tip



Inca Trail

- Cusco – 10,000 ft
- Fly there in the morning or evening
- Noon-time thundershowers
- Acclimatise
- Acetazolamide



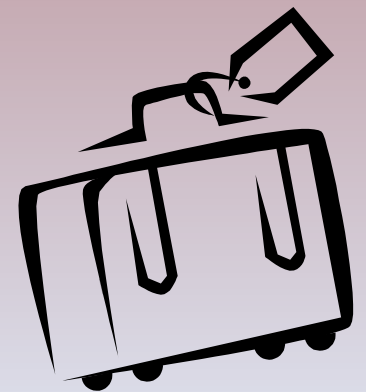
Inca Trail

- Altitude Sickness – risk factors
- Occurs over 8000 ft
- Previous altitude sickness – but no guarantee
- Aesthetic build (Martina Navratilova – evacuated from Kilimanjaro)
- People who respire slowly at night
- Diamox 250mg bid for 3 days – starting 48 hrs before going to 10,000 ft



High Altitude Pulmonary Edema

- Stop going up - HAPE highest cause of death
- Go down
- Oxygen
- Dexamethasone
- Nifedipine
- Cialis -Tadalafil



















Handholds on stones
allow stones to be
manipulated and
ground to shape.

Handholds are removed
after shaping is finished





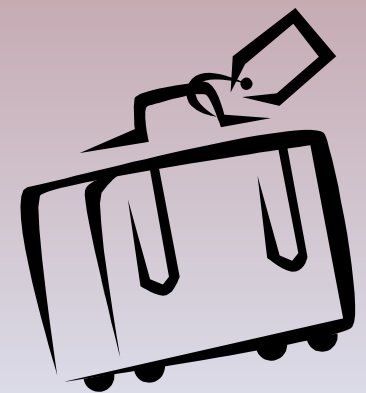
Stones are keyed into the foundation to provide stability in earthquakes



Inca Trail Virtual Tours



Inca Trail Map - ©2004 Studio360





INCA TRAIL TO MACHUPICCHU

- INCA TRAIL
- CAMPING PLACES AND WATER
- WALKING TIMES
- ARCHAEOLOGICAL PLACES
- RIVERS
- RAIL ROAD
- HANGING STONE



CHOCQUE SUYSUY

RM 107

RM 107

RM 107

ASUAS CALIENTES TOWN

MACHUPICCHU

RM 107

RM 107

N.M.













SHOPPING CENTER - WE ACCEPT MASTER CARD

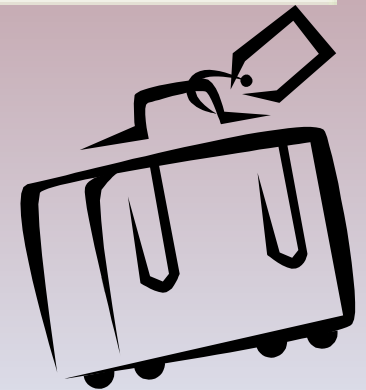
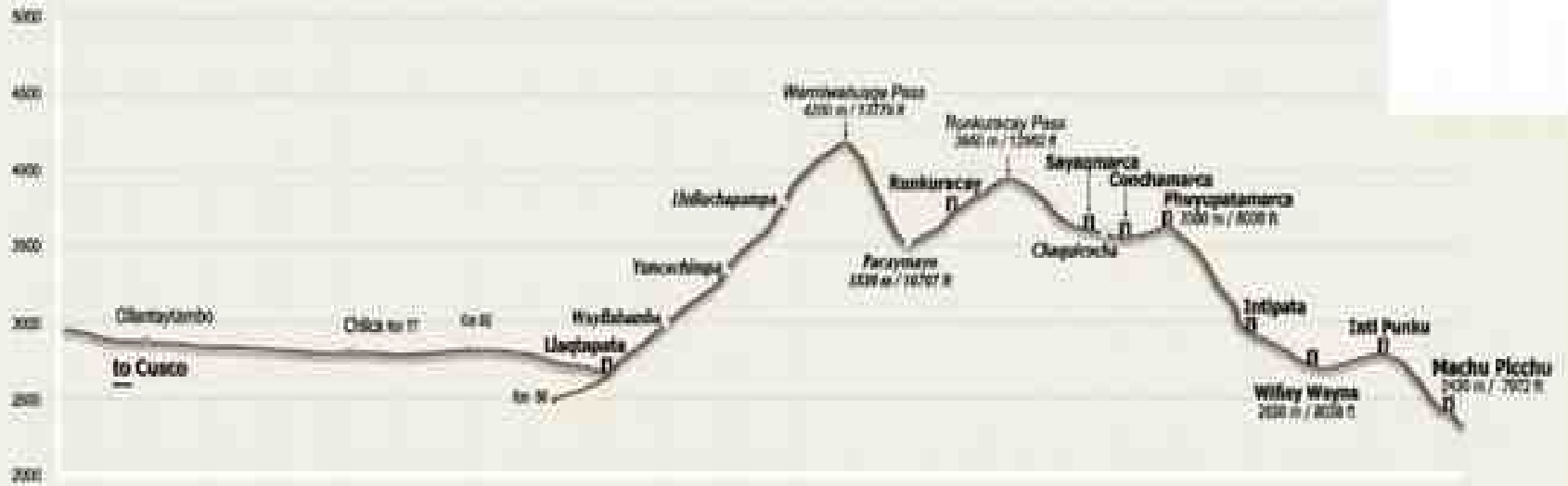


Missing supplies?
MasterCard - priceless!





Inca Trail to Machu Picchu









Soccer game – porters vs hikers – porters won – 10000 ft















Second night Camp – 13000 ft





Our Guide
Washington



Third day – 2 more passes









Last Day – up at 4am and arrive at the Sungate





















