

The Inca Trail Hike- An Experience of a Lifetime!

The Inca Trail trek is one of the most visited and famous trekking points in South America. If you have visited there, you might know how beautiful it is. In about only 43 km, you will be able to see stunning scenery of the mountains, combined with lush cloud-forest, and an amazing combination of the Inca stones, wrecks and shafts. However, hiking the Inca trail is not an easy task. It accompanies a lot of problems; both, physically and mentally.

If you belong to that group of individuals who have always wanted to hike the Inca Trail and prove others wrong, then you should be reading further to know how to make this trip outstanding, and entertaining.

1. To begin with, you should be able to kick goodbye to the altitude sickness. Initially, your heart might beat faster, and you might find it difficult to breathe; but you need to keep your strength in. Best thing would be to arrive at Cusco and familiarize with the surroundings at least 2 days before you set off for the big adventure. Plus, don't forget to keep paracetamol, and yes! Sleep, rest, eat, drink, and repeat.
2. You need to be prepared mentally, and physically. Not only you'll find it difficult to walk uphill for kilometers at a stretch, but you may find it difficult to breathe too. What you need to keep in mind here is, '*you need to keep going!*' What you can do is;
 - Take breaks in-between
 - Walk in a zigzag when going uphill, and head for the smaller stones
 - Stay positive
 - Drink a lot of water
 - Drink cocoa tea to fight off nausea. Cocoa leaves will help you adjust to the altitude.
 - Finally, don't step out without food. You don't want to die starving, now do you?
3. What you need to pack depends on what time of the year you are visiting the Inca Trail.
 - Always keep the clothing depending on the weather
 - Don't forget your medicines, along with a handy first aid kit
 - Flashlight, mobile and camera chargers are a must

- Your wallet should contain; money, your passport, insurance card, pen and a paper
- Your toiletries like a toothbrush, a pater, deo, toilet paper are mandatory
- 4. Stick to a date because the Inca treks are non-refundable. So, if you plan to leave on a Monday, then try to leave on that same day. Also try to avoid the rainy season because the trail might be slippery then. Choose a suitable date keeping the weather conditions in mind
- 5. And finally, the last thing you need to keep in mind is to book a dorm in *Aguas Calientes*. The last thing you want, after a tiring trek is go find a place to rest. Be the wise one, and book in advance.

A trip to the ancient sanctuary of Machu Picchu is an experience of a lifetime. This place often goes by the name of, '*The lost city of the Incas*', as it was buried from the world for a very long time. <http://incatrail.center> should be your ultimate guide if you want to explore the ruins of Machu Picchu through the Inca Trail trek.

Happy trekking!