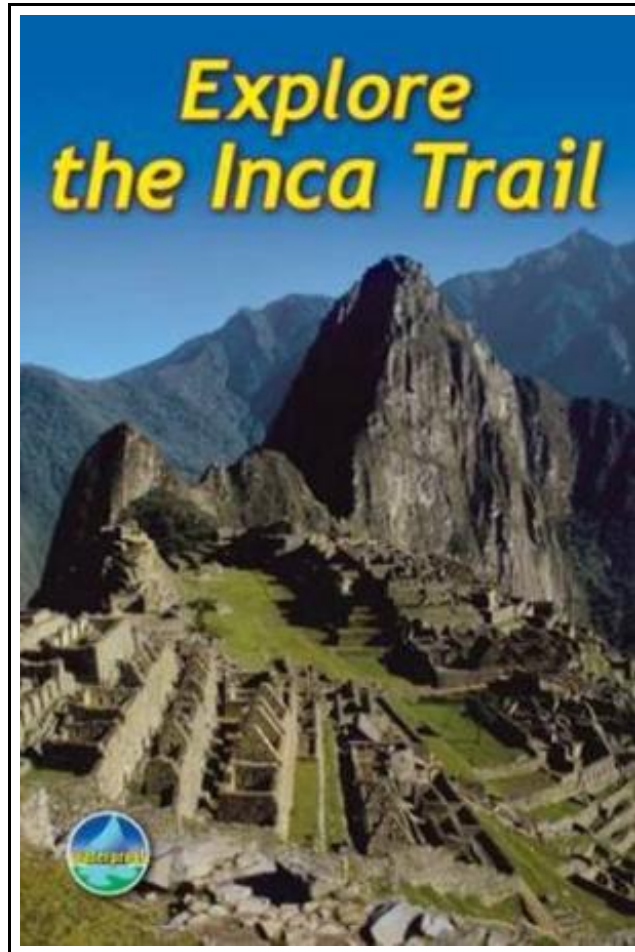


## Explore the Inca Trail



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***(Prof. Maya Hand)***

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Rucksack Readers, United Kingdom, 2011. Spiral bound. Book Condition: New. 3rd Revised edition. 216 x 144 mm. Language: English . Brand New Book. The third edition of this popular guidebook contains everything the walker needs to plan and enjoy hiking the Inca trail to Machu Picchu in Peru, with three routes taking from 2-7 days. It includes advice on how to prevent and manage altitude sickness; background on Inca culture and the ruins; and advice on planning in the light of new Trail regulations. This 2011 edition has been released for the centenary of Bingham s discovery of Machu Picchu. It contains everything you need to plan and enjoy hiking a choice of three Inca Trails to Machu Picchu in Peru. Step-by-step sections cover the Classic trail (4-5 days), the longer, more strenuous trek from Mollepata (6-7 days) and the Shortest option (2 days). The book includes a drop-down map showing all three trails (three panels), plus a detailed site plan of Machu Picchu ruins (two panels); detailed description of Machu Picchu, with side-trips and photographs; background on Inca culture and stonework, Andean wildlife and modern Peru; advice on planning and preparation, including packing checklist and updated Trail regulations; medical advice on how to prevent and manage altitude symptoms; and a phrasebook in Spanish, Quechua and English. The book is in full colour, with over 80 photographs, printed on waterproof paper.



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