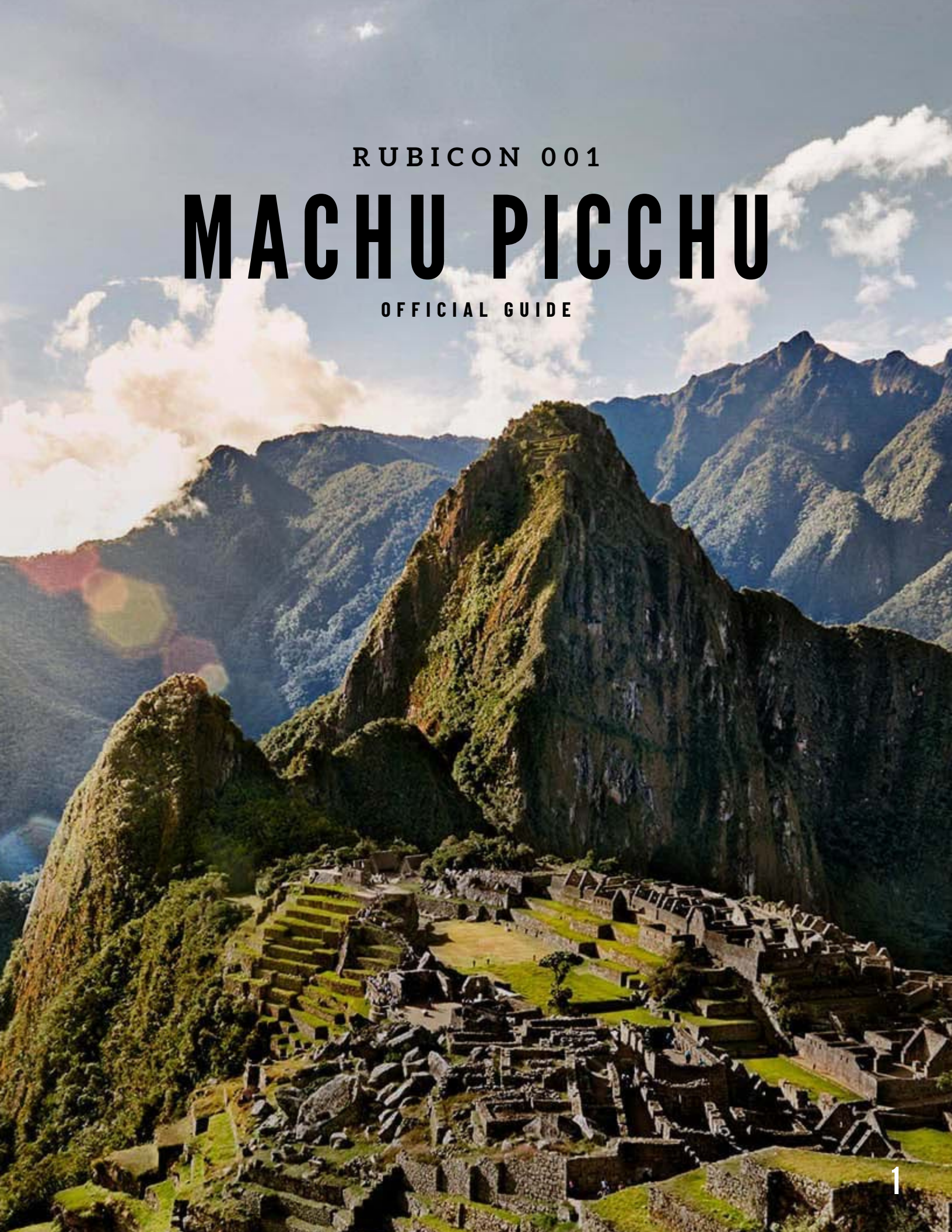


RUBICON 001

MACHU PICCHU

OFFICIAL GUIDE



GUIDE NAVIGATION

Pages 3-8

Program Overview - Dates - Inclusions - Pricing

Pages 9-13

Nutrition - Training - Coaching Details

Pages 14-22

Peru Details - Trek Itinerary - Schedule

Pages 23+

Trek Specific FAQ's - Logistics - Details

RUBICON 001

PROGRAM OVERVIEW

DATES

INCLUSIONS

PRICING

CONQUER MACHU PICCHU

45 MILE TREK THROUGH THE SALKANTAY
PASS INTO MACHU PICCHU



IMPORTANT DATES & PROGRAM SCHEDULE



April 1, 2024

Training program begins



May 10-11, 2024

Rubicon will host an in person group training session & mastermind in Scottsdale, AZ. Bag & swag pick up will take place here as well.

(accommodations not covered)



June 22-23, 2024

Arrive in Cusco, Peru for 2 day acclimation period. Hotel & meals provided.



June 24-28, 2024

Embark on the 45 miles trek through the Salkantay Pass into Machu Picchu. In depth details of the trek can be found on pages 13-21 of this guide.



June 29, 2024

Depart home from Peru. End of Rubicon 001.

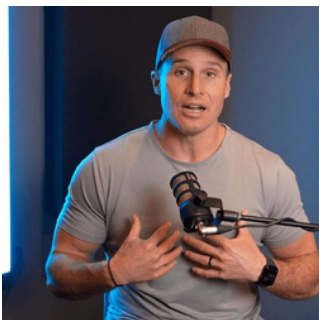
STANDARD PROGRAM INCLUSIONS



Peru Accommodations

Once you get to the hotel in Peru, everything will be covered including hotel, food, entry to Machu Picchu, and the entire trekking experience.

****Each participant is on their own to get to the group hotel**



Monthly Mastermind

Every month, Rubicon will host a mastermind call talking about the Trek, interviewing amazing guests, and covering a variety of mindset topics.



Group Training Session & Mastermind

On May 10-11 in Scottsdale, AZ, Rubicon will host a live group training session & mastermind. The mastermind will consist of guest speakers regarding a winning mindset in life and business.

***Accommodations not covered**



Trekking Bag & Swag

Included in your registration fee is your tracking bag along with some other swag/gear to assist with the trip.

PRICING & PACKAGES

| PACKAGE | STANDARD <small>LIMITED SPACE AVAILABLE</small> | PREMIUM <small>ONLY 10 AVAILABLE</small> |
|---|--|---|
| Macchu Picchu Trek | ✓ | ✓ |
| Accommodations In Peru | ✓ | ✓ |
| Trek Training Program | ✓ | ✓ |
| Monthly Mastermind | ✓ | ✓ |
| May Training Session & Mastermind (in person) | ✓ | ✓ |
| 12 Week Nutrition Coach | ✗ | ✓ |
| 12 Week Training Coach | ✗ | ✓ |
| Trekking Bag & Swag | STANDARD | PREMIUM |
| | <hr/> \$6,750 | <hr/> \$9,997 |



REGISTER HERE

**TRAINING
NUTRITION
COACHES
MASTERMIND**



ABOUT THE TRAINING & NUTRITION PROGRAM



Trek Training Program

We have designed a custom 12 week training program to prep for the trek. This hybrid training program is designed to not only increase endurance, but also to also build muscle and shred fat.

- **Weeks 1-4: Hybrid training with a focus on strength**
- **Weeks 5-8: Hybrid training with a balanced strength & endurance focus**
- **Weeks 9-12: Hybrid training with a focus on endurance & trek prep**
- **Group accountability & tracking**
- **Access to trainers with questions via app**



Custom Nutrition Coaching

****For Premium Package Holders Only****

Each participant will get a custom nutrition program specific to their needs. Our goal will be to not only adequately prep you for the trek, but also improve your body composition by losing fat and building muscle.

- **Individual call to talk through goals & set a custom program around your goals**
- **Custom nutrition program with tracking capability (seen by your coach)**
- **Weekly check-ins with trainer via app**



ABOUT THE TRAINERS



JENTZ PAINTER

For over 10 years, I've immersed myself in various fitness modalities, competing in CrossFit, powerlifting, marathons, and even ultra runs, which has broadened my understanding and love for all things fitness.

Beyond competitive sports, my drive has evolved towards becoming an optimal bow hunter in the mountains. This unique pursuit combines my love for the outdoors with the need for strength, endurance, and precision, pushing me to tailor my fitness regime to meet the demands of the wild.

I hold a certification from the National Council for Certified Personal Trainers (NCCPT), a B.S. in Exercise Science, and a master's degree in Healthcare Administration,



AUDREY PAINTER

My mission is to inspire and transform the health of people, helping them to harness their inner strength and feel powerful and vibrant in every aspect of their lives. I believe that every person has the potential to achieve their fitness goals, reclaim their energy, and feel powerful in their skin. Together, we'll craft a personalized fitness & nutrition plan that fits your life, motivates you, and delivers real results.

I am certified by the National Council for Certified Personal Trainers (NCCPT). This certification along with my background in Bikini Bodybuilding, has equipped me with the knowledge and skills to guide others on their fitness journey effectively.

ABOUT THE FOUNDER



DALLIN ROGERS

Permission To Dream

If there is one super power in life, it is the ability to dream. This is a lost art for the majority of people. It is my goal to provide experiences and the community necessary for people to be dreaming about everything they can accomplish.

- Founded & Sold FitCon
- Founder of Rubicon
- Masters Of Business Administration (MBA)
- Bachelors of Science Kinesiology
- Completed 145 Miles In Greece
- Swam English Channel on to Omaha Beach in Normandy
- 100 Miles on Bataan Death march
- Iron Man 140.6
- Husband & Father of 3



LIVE MASTERMIND & GROUP TRAINING SESSION



In Person Group Training Session, Mastermind, & Gear Pick Up

May 10-11, 2024 | Scottsdale, AZ

Rubicon will host a live group training session, mastermind, & trekking bag/swag pick up. The mastermind will consist of a combination of guest speakers, group interaction, and live Q&A. Speakers will be announced at a later date.

- Get to know the other people going on the Machu Picchu trek
- Network with high level individuals
- Incredible speakers focused on a winning mindset in life and business
- Group ruck through the mountains of AZ to train for the trek (approach 8-12 miles)
- Pick up trekking bag & swag
- Break in trekking bag during the hike
- Trek & Peru specific details will be released
- Live Q&A

PERU DETAILS TREK ITINERARY AND SCHEDULE

**DATES, LOCATIONS, &
ARRANGEMENTS ARE SUBJECT TO
CHANGE. PARTICIPANTS WILL BE
NOTIFIED IF ANY CHANGES OCCUR.**

JUNE 22-23

CUSCO, PERU



ARRIVE & ACCLIMATE

We will arrive in Cusco, Peru where we will acclimate for 2 days. During this time we will experience the culture of Cusco and eat great food while we adjust to the elevation.

While there will be a welcome dinner, the majority of the time will be for you to explore. It will be a great time for you to book some excursions, walk the town, or just relax!

Exact hotel & food details in Cusco will be given as we get closer to the trip.

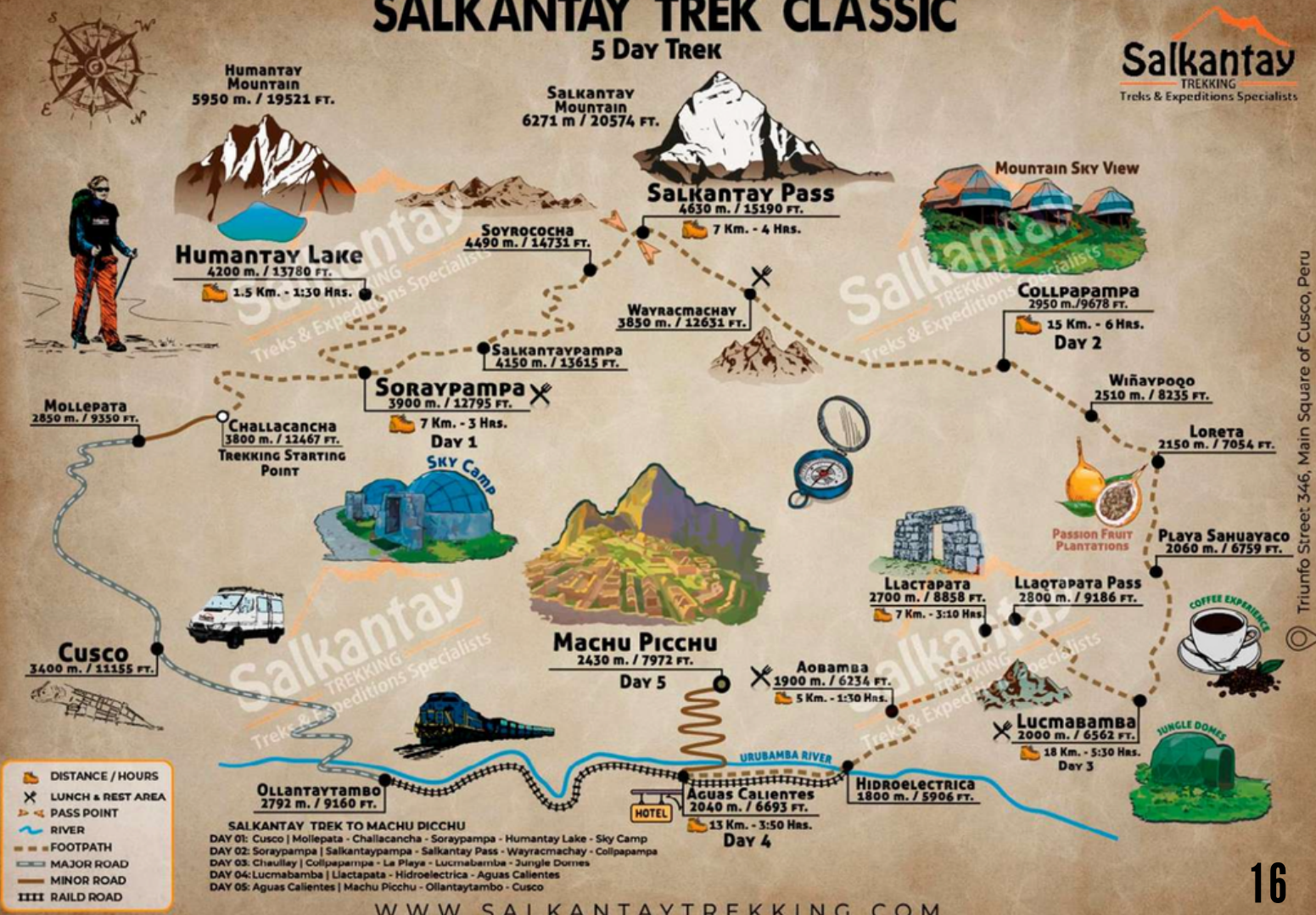


OFFICIAL TREKING MAP
SALKANTAY PASS



SALKANTAY TREK CLASSIC
 5 Day Trek

Salkantay
 TREKKING
 Treks & Expeditions Specialists



Triunfo Street 346, Main Square of Cusco, Peru

DAY 1: JUNE 24

TREK BEGINS

7 MILES & 1,500 FT OF ELEVATION GAIN

We will arise early in the morning to be picked up around 4 am and travel to Challacancha where the trek begins.

After 2 hours in the comfy bus, we'll enjoy a brief stop in Mollepata for an optional breakfast.

We'll then continue to Challacancha where we'll start our hike.

First, you'll meet the cooks and horsemen and do a last equipment check. Then, we'll be on our way. You'll start with a 3-hour moderate walk to Soraypampa (3,900 m / 12,795 ft), where we'll be spending our first night.



GLASS ANDEAN HUTS

Once in Soraypampa, you'll get settled in at our exclusive Sky Camp, where you'll sleep this evening. You'll have time to rest after enjoying your first lunch in the mountains. Feeling refreshed, it'll be time to start the hike up to the incredibly beautiful Humantay Lake.

Back at camp, you'll enjoy a delicious and well-deserved dinner with a beautiful sunset in your company. You can't describe the energy here, but you'll feel its peacefulness for yourself once here. Then, it'll be time to turn into your Sky Camp igloo. From the glass roof, you'll be able to enjoy a night under the stars, constellations, and comets and wake up to see the Apu Salkantay watching over you.



DAY 2: JUNE 25

SALKANTAY PASS

14 MILES & 5,000 FT OF ELEVATION GAIN

In the morning, you will wake up with the day's first rays, eat breakfast, and see the Apu Salkantay while enjoying an energizing coca tea. Afterward, you will have a nutritious breakfast before embarking on the 7 km trek for approximately three hours to the highest point of the route, the Salkantay Pass.

Once at the top, you will appreciate the most magnificent view over the surrounding valleys and the Salkantay mountain right in front of you. After enjoying the views and rest, you will start descending to our lunch point at Huayracmachay.



SKY VIEW CAMPSITE

After a revitalizing lunch, you will enter the edge of the rainforest, also known as the "cloud forest." Along the way, you will enjoy the verdant rainforest and witness how the scenery changes rapidly and drastically from the Andes to the Amazon. You will observe colorful landscapes, unique fauna and native plants, and feel the warmer climate.

After a long day of hiking, you will be glad to arrive at Collpapampa for the night. Finally, we will serve you a hearty meal before resting at our exclusive Mountain Sky View Campsite.



DAY 3: JUNE 26

PERUVIAN JUNGLE



12 MILES & 3,000 FT OF ELEVATION DESCENT

Today you'll be woken at 6:00 a.m. for your tea and breakfast before leaving the campsite. Our first destination will be La Playa, walking through the Santa Teresa Valley. You'll enjoy a more leisurely walk today with more downs than ups as you soak in the lush landscape of rivers, waterfalls, orchids, and many plantations, including banana, coffee, and avocado.

We'll pass through a small village called Collpapampa, and after, descend through a valley where you'll observe waterfalls, birds, hot springs, fruit trees, and plenty of flora and fauna. You might be lucky enough to see the national bird of Peru, the 'Cock of the Rock.'



JUNGLE DOMES CAMPSITE

In La Playa, we'll devour a tasty lunch before we head to Lucmabamba (2,000 m / 6,562 ft), just another hour away. In the afternoon, you will have free time to explore the tropical surroundings and visit an organic coffee farm, especially perfect for those who are coffee lovers. Even if you are not a fan of a cup of coffee, the smell in the air is delicious. This is the primary agricultural industry in the jungle that exports products to the United States, Asia, and Europe. You will also visit avocado and orange plantations.

After dinner, of course, you will go to bed for the night in one of our exclusive camps, Jungle Domes. While resting, you can listen to the different sounds of nature and feel in harmony with Mother Earth.

HOME STRETCH



15 MILES & 3,000 FT OF ELEVATION GAIN AND DECENT

You'll be eager to put on your hiking boots for your last day of trekking after you've filled up on fuel at breakfast. This morning, you'll be able to walk along a bit of the original, world-famous Inca Trail! After a 2-hour uphill climb and fascinating views over the Santa Teresa Valley, you'll reach Llactapata (2,700 m / 8,858 ft), an Inca archaeological site right in front of Machu Picchu.

Llactapata is the first Inca site you'll see on the trek, and you'll learn all about the mysteries of this ancient culture and the extraordinary site. You even get to have your first exciting glance at Machu Picchu and Huayna Picchu from here. Your guide will fill you in on all the history of the Incas while you take all the photos you want to share your fantastic experiences with friends and family back home.



COMFORTABLE HOTEL

Afterward, you'll walk downhill for 1:30 hours, getting another couple of peeks at the Inca citadel, Machu Picchu, along the way - only making your anticipation for tomorrow stronger. We stop for lunch in Aobamba before we continue, for a half-hour, to Hidroeléctrica (1,800 m / 5,906 ft). One of the most impressive sites in this section is the 250-meter-tall artificial waterfall, which generates electricity for the entire city of Cusco.

Next, you'll reach the train tracks that lead to Aguas Calientes. Once in the small town, you'll enjoy dinner at a restaurant and spend the night in a comfortable hotel.

DAY 5: JUNE 28

MACHU PICCHU

EXPLORE MACHU PICCHU

Today's the day you've been waiting for since you first set foot on the trail. You'll finally visit one of the 7 Wonders of the World and UNESCO World Heritage Site – Machu Picchu! You'll need to be up early today to make sure you beat the crowds and enjoy the serenity of the site in the early morning light.

Once in the Inca citadel, you'll enjoy a guided tour of approximately two hours through the most relevant sectors of this incredible ancient site. You'll see houses, temples, terraces, and crop fields, among others. You will be impressed by the intelligence of the Incas in terms of engineering work, which was way ahead of its time and remains a mystery in many aspects.



COMFORTABLE HOTEL

Make sure you're back in Aguas Calientes for a spot of lunch before boarding your train to Ollantaytambo, which leaves at approximately 2:55 pm (subject to availability). Our private bus will collect you from the next station and drive you back to your hotel in Cusco at around 8 pm. You can now put your feet up and enjoy much-needed rest; however, your heart will still beat the Andes rhythm for many weeks, months, and years to come!



JUNE 29

DEPART HOME



TREK LOGISTIC INFORMATION

DETAILS ABOUT TREK LOGISTICS
ARE SUBJECT TO CHANGE.
PARTICIPANTS WILL BE NOTIFIED IF
ANY CHANGES OCCUR.

WHAT'S INCLUDED ON THE TREK

All trek logistics including food, accommodations, guides, safety, and gear is overseen, guided, and provided by Salkantay Trekking Specialists in Peru (www.salkantaytrekking.com)

Permits & Entrance Tickets

- Entrance to the Salkantay Sanctuary
- Entry to Machu Picchu Archaeological Site

Meals

- Meals: 5 Breakfasts, 4 Lunches, and 4 Dinners
 - Our chef prepares the best dishes in the middle of the mountain. Our passengers love our food! We respect all diets: vegetarian, vegan, or special menus are available at no extra cost, so let us know if you have any particular restrictions on your reservation form and remind your guide during the briefing. You'll enjoy breakfast, lunch, and dinner, in addition to hot drinks and snacks.
- Water on the trail
 - We'll provide boiled, filtered, and cooled water during your hike, from your first lunch to your last breakfast. For this, you need to bring a camel bag or an empty bottle which you can refill during each meal (we recommend a capacity of 2 liters).
- Wake up tea
 - You'll wake up every morning at the camp with a cup of hot coca tea! It'll be brought to your tent so you can warm up before you start the day.
- Tea Time or Happy Hour
 - Every afternoon before dinner, the cooks will provide you with popcorn, cookies, coffee, hot chocolate, tea, hot water, etc. After a long day of hiking, you won't have to wait until dinner to relax, warm up, and enjoy a bite!
- Daily snacks on the trail
 - Before starting your trekking, your tour guide will provide you a cloth bag with local fruits, cookies, chocolate, caramels, etc. Every morning, we'll refill it so that you can enjoy your snacks during the walk.
- One cloth snack bag
 - To avoid the use of plastic bags that contaminate our environment, we'll give you a cloth bag for your snacks.

WHAT'S INCLUDED

CONTINUED

All trek logistics including food, accommodations, guides, safety, and gear is overseen, guided, and provided by Salkantay Trekking Specialists in Peru (www.salkantaytrekking.com)

Accommodation

- Personal Accommodation in Private Campsites
 - Like our ancestors, we're very considerate of the Pachamama (Mother Earth). For this reason, our campsites and lodges are adapted to the environment to avoid generating negative impacts.
- Sky Camp
- Hotel in Aguas Calientes
- Andean Huts
- Jungle Domes
- You will spend the last night of the trek in a comfortable hotel at Aguas Calientes, including luggage storage, while you visit Machu Picchu.

*Accommodation is in double, twin, and triple rooms.

Transportation

- Transport
 - Day 1: You'll be picked up from your hotel in the morning and travel in our transportation to Challacancha, the trek's starting point.
 - Day 5: One-Way Bus Ticket from Aguas Calientes to Machu Picchu
 - Day 5: Transport from Ollantaytambo train station to your hotel in Cusco.
 - Train Ticket from Aguas Calientes to Ollantaytambo (Day 5)

Personal Belongings Transportation

- On day 1, 2 and 3, cargo mules carry all the camping equipment and your baggage allowance (7 kg / 15.4 lb).
- On day 4, your duffle bag will be transported by car and train.

PeruRail Expedition Service

WHAT'S INCLUDED

CONTINUED

All trek logistics including food, accommodations, guides, safety, and gear is overseen, guided, and provided by Salkantay Trekking Specialists in Peru (www.salkantaytrekking.com)

High Quality Service & Safety

- Pre-departure Briefing
 - You'll have an orientation meeting with your guide the evening before the tour. The meeting is at 5:00 pm in our office or your hotel.
- Experienced Tour Guide
 - Our official tour guides speak English and Spanish and are professionally trained and certified. We choose them for their experience, responsibility, unbridled passion for exploring, and pride in sharing our culture and history. In every experience, they will keep you safe and comfortable so you can enjoy your time worry-free!
- Private Camping Equipment
 - We have spacious dining rooms and a kitchen at each campsite. In addition, all equipment like tables, chairs, and cooking supplies will be carried by our horses.
- One Duffle Bag
 - For the trek, you'll receive a duffle bag to pack your personal belongings up to a maximum weight of 7 kg / 15.4 lb (this weight includes your sleeping bag). The horses will carry it on the route.
- Medical Kit or First AID Kit
 - All Salkantay Trekking guides have specialized first aid training and attend mandatory training sessions every February. Your guide will always carry a first aid kit and oxygen to handle basic emergencies (altitude sickness, diarrhea, cuts, scrapes, etc.). If needed, we will evacuate you from the trail as quickly as possible and ensure you arrive at a clinic for treatment.
- Extras Included in our Service
 - We believe that attention to small details is what sets us apart from other local companies. You'll receive a cover to protect your backpack on the trail and a rain poncho.
- 24/7 Customer Service
 - We have telephone service available 24 hours/day for ease of communication with Salkantay Trekking leading up to your tour.
- Satellite Phone
 - Your tranquility is our first priority. Although our guides are prepared for emergencies in the mountains, calling a doctor, hospital, or a friend can make you feel more secure. For that reason, each Salkantay Trekking guide carries a satellite phone to call any location worldwide and from anywhere on the mountain.

WHAT'S NOT INCLUDED ON THE TREK

Personal Hiking Clothing and Gear

Travel Insurance

Tips for trekking staff & around Peru

- Tipping is usual on any excursion to Machu Picchu. Although we pay good salaries to our entire team, something extra is always welcome, especially considering the hard work they do. Typically, group participants collect their tips to hand out to the horsemen and chefs together.

Additional costs or delays beyond our control

- Landslides, bad weather conditions, itinerary modifications due to a safety concern, illness, pandemic, government policy changes, political instability, strikes, acts of God, etc.

WHAT SHOULD YOU BRING ON THE TREK?

- Valid Passport
- Extra money (recommended soles)
- Personal medication
- Water bottle or CamelBak - (optional water purifying pills)
- Sunblock: factor 70 or more
- Insect repellent
- Personal Care Products
- Hiking boots or shoes (preferably waterproof)
- Light footwear or sandals
- Trekking pants (*)
- Trekking socks
- Pair of thermal pants
- Shorts
- Waterproof gaiter
- Long sleeve t-shirts
- Warm jacket
- Waterproof jacket
- Raincoat or rain poncho.
- Waterproof or wool gloves
- Sun hat to protect neck and face
- Wool hat for the cold
- Neck gaiter or buff
- Sunglasses with UV protection
- Sleeping bag (-15°C)
- Trekking poles
- Medium trekking backpack (15 - 25 liter)
- Camera and charger
- Power bank
- Snacks: Energy bars, chocolate, candies, dried fruits, etc.
- Bathing suit
- Towel
- Flashlight



IT IS AN HONOR TO CHILL
WITH EXTRAORDINARY
FRIENDS.

IN OUR LIVES, WE STRIVE TO REACH
FOR THE STARS ABOVE. BUT EVERY
ONCE IN A WHILE, WE HAVE FUN WITH
GOOD PEOPLE THAT HELPED US TO GET
THERE.

LET'S EAT GOOD FOOD, LAUGH TILL WE
CRY, AND BUILD MEMORIES AS STRONG
AS OUR FRIENDSHIP. CREATING
PIVOTAL MOMENTS, AND CONNECTIONS
THAT WILL LAST US A LIFETIME.

When we celebrate, we accelerate.

RUBICON 001