

## PERU

### Andean Trails to Machu Picchu

**Duration: 10 days / 9 nights**

**Trip Grade: Tough**

**Dates:**

1 – 10 May 2010	30 Apr – 9 May 2011
14 – 23 Aug 2010	13 – 22 Aug 2011
11 – 20 Sep 2010	10 – 19 Sep 2011
6 – 15 Nov 2010	5 – 14 Nov 2011

Payment Options:	2010	2011
Self Payment	£399	£449
Registration Fee	£1376	£1376
Trip Cost	£399	£449
Fundraising	£3440	£3440
Registration Fee		
Min. Fundraising		
Target		

Date run as a Family Challenge (see over)

Date run as a Volunteer Challenge (see over)

\*August departures subject to flight surcharge approx £140

From high remote mountain trails to traditional Andean villages and Incan ruins, this is a challenging trek on steep trails climbing to 4490m in fantastic and diverse mountainous country. There is plenty of time built in to acclimatise to altitude as we enjoy exploring Cuzco, capital of the Inca Empire, and the surrounding Sacred Valley.

Our trek takes us into the Lares region of the Peruvian Andes, passing green valleys, tranquil mountain lakes and high passes, with breathtaking views of snow-capped Andean peaks rising to just under 6000m. Our route takes us through many small village communities that



offer a fascinating insight to traditional Andean life. Finally we make our way by train to Aguas Calientes and continue on to Machu Picchu, the legendary Lost City of the Incas. We have plenty of time to explore this renowned and fascinating site.

### ITINERARY

**Day 1:** Fly London to Lima. Transfer to hotel in Lima or connect directly to Cuzco, depending on flight schedule. Night hotel / in flight

**Day 2:** Morning arrival in Cuzco (3400m); transfer to downtown hotel. After a trip briefing the afternoon is free to gently explore the sites of this historic city, or simply adjust to the altitude by watching the world go by in one of the numerous cafés in the Plaza de Armas. Night hotel.

#### Day 3: Tambo Machay – Cuzco

Our first day's trek takes us from Tambo Machay, an ancient ruin high in the hills above Cuzco. We pass some of the



amazing Inca sites in the surrounding countryside as we walk downhill to Sacsayhuaman, the huge and impressive Inca ruin on the outskirts of Cuzco, before returning to our hotel. As well as beautiful scenery and fascinating ruins, today's trekking offers excellent acclimatisation to the altitude. Night hotel. **Trek approx 5 hrs (Dinner not included).**

#### Day 4: Cuzco – Totora – Quisuarani

After a second night at altitude we should all be feeling ready for action! We leave Cuzco behind us, heading to Pisac and then along the Sacred Valley to Calca, from where we head into the mountains to Totora and the start of our trek. Our 3 – 4 hour trek takes us through a wonderful canyon along an old Incan trail, gradually twisting upwards

to a height of 4100m, where we have lunch. After lunch we drive over the 4390m pass before descending towards Quisuarani. The bus will drop us off and we walk the final hour or so into camp. The location is amazing, with a number of snow-capped peaks towering around us. Night camp (3800m). **Trek approx 5 hrs; Drive approx 4 hrs**

## Day 5: Quisuarani – Huchayccassa Pass – Huacahuasi Village

Today sees our big climb, rising from 3800m to 4400m. We leave the small thatched houses and stone llama enclosures of Quisuarani behind us and start climbing. This is a gradual ascent along good tracks and paths. As we walk we pass children herding llamas and alpacas high in the mountains. After



a couple of hours we reach Lago Qeñacocha, from where we have a good view of the steep track leading up the last 250m climb to the Huchayccassa pass at 4400m. The view west from the pass is spectacular, with turquoise lakes below us and white peaks in the distance. We descend from the pass to our lakeside lunch spot and then continue down to Cuncani, with its thatched stone houses and school house. After a brief rest stop in the village we continue along the valley floor for several hours towards the small settlement of Huacahuasi. Night camp (3840m). **Trek approx 10 – 12 hrs**

## Day 6: Huacahuasi Village – Patacancha

After a good breakfast we head out leaving the village behind us and are treated to yet more wonderful views of the mountains; stone houses and enclosures lie scattered along the valley bottom. The track climbs slowly out of the valley towards several small lakes, where we stop for a short rest. We then head up towards the pass, following a gradually ascending track to a flat open area and from there to the Ipsayccassa Pass at 4490m. From here the views are again fabulous and for the first time we have a clear view of Mt Veronica standing at 5682m. We then begin the descent to Ipsaycocha Lake where we stop for lunch before continuing down, following a track that gradually descends through several small settlements all the way to Rumira and the finish of our spectacular trek.

Night camp (3900m). Trek approx 9 – 12 hrs

## Day 7: Patacancha – Machu Picchu – Aguas Calientes

An early start from camp sees us driving (approx one hour) down the Patacancha valley to the Inca village of Ollantaytambo. On arrival we board the 09.05am train and enjoy a wonderfully scenic ride to Aguas Calientes, the bustling little town at the foot of Machu Picchu (approx 90 mins). On arrival we leave our bags in our hotel and then leave straightaway for the short drive up to Machu Picchu, where we enjoy a guided tour around this amazing site. There is no rush to leave as we are staying the night in Aguas Calientes. For those that want to, after visiting Machu Picchu there is the opportunity to bathe in hot springs, where we can soak those aching limbs! Night hotel.

## Day 8: Free time Cuzco

After a good night's sleep we board the early morning train to Ollantaytambo and continue to Cuzco by bus, where we are then free to explore Cuzco and do any last-minute shopping before the evening's big celebration! You can also opt to visit the Community Project we support on a long-term basis – the Andean village of Chacan, a friendly community with several schools. Night hotel. *(Lunch and dinner not included).*

**Day 9:** Morning flight back to Lima, linking up with the return flight to the UK.

**Day 10:** Arrive UK

*For details of our amazing Amazon Rainforest extension (adds 4 extra days) please contact us.*

## WHAT'S INCLUDED?

All accommodation is included as well as all flights and transport, internal air tax, camping gear (other than sleeping bag and mat), support crew, all meals except 3 as specified in the itinerary, entrance to Machu Picchu and all other sites visited as part of the itinerary.

Airport departure tax (currently \$30), entrance fees to optional sites (eg hot springs), tips for the local crew and travel insurance are not included.

Approx. £100.00 - £200.00 is recommended for personal expenses. Most people will not spend this much. There is plenty of opportunity to buy souvenirs, but this sum will not cover extreme souvenir shopping! We strongly recommend you carry a credit card in case of personal emergency.

## FAMILY CHALLENGES

The departure date marked is open to 14-18 year-olds provided they are accompanied by a parent/guardian. All other departures are restricted to adults (18+) as normal.

Child prices are as follows\*:

Payment Options:	2010	2011
Self Payment Registration Fee	£399	£449
Trip Cost	£1246	£1246
Fundraising Registration Fee	£399	£449
Min. Fundraising Target	£1546	£1546

\*August departures subject to flight surcharge approx £140..

## FLIGHT INFORMATION

Group flights leave from London Heathrow or London Gatwick and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

**Our itineraries are always based on current flight schedules and are therefore subject to change by the airline.**

### Connecting Flights

If you book flights to Heathrow or Gatwick, it is your responsibility to allow plenty of time to connect to the group flight and to cope with any flight schedule changes. Please be aware that the best deals allow little flexibility if you need to change them. We regret that we are unable to book connecting flights for you.



### Transit Stops

When booking group flights we endeavour to find the best flights that match our itinerary. There are often no direct flights to our destination, so do be prepared for transit stops: bring a good book or chat to your fellow trekkers! Airlines that do offer direct flights rarely offer competitive rates for groups. Please remember that the main purpose of our trips is to raise money for charity!

### Flying Separately

If you prefer to book your own flights please ask us for a land-only cost. You will be responsible for making your own arrangements for meeting the rest of the group, though we can advise you. We need to know if you do not require our group flight as early as possible; please complete the form in the information pack you'll be sent with your booking confirmation.

## ACCOMMODATION

We camp for 4 nights during the trek in two-man tents. The hotel in Cuzco is a comfortable, clean hotel with private facilities. Please do not expect the same standards as you would in the UK!



### ENJOY THE EXPERIENCE!

For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for!

Travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow trekkers and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

## FOOD

All food is included when camping. The food is great and there is plenty of it. 3 meals as detailed in itinerary are not included.

### Dietary Requirements

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we will be in rural areas and among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

### Other Meals

Any meals not included are listed in the itinerary and are generally when we are in towns or cities and you are free to explore and try other culinary experiences! There is always something to suit every budget.

## PASSPORT & VISA

A valid ten-year passport is essential for travel in Peru and must be valid for at least 6 months after return from the country. There is no visa requirement for UK citizens. Other nationalities should check entry requirements.

## VACCINATIONS

We recommend the following vaccinations:

- Tetanus (essential)
- Hepatitis A
- Typhoid
- Polio

A Yellow Fever certificate is necessary if travelling into the rainforest. Please check with your GP for up-to-date travel health requirements.

**You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.**

## TREKKING INFORMATION

**We are always happy to talk through the trip in more detail with you if you are worried about your fitness at any stage.**

### Clothing & Equipment

We are travelling through remote mountains where we could be exposed to bad weather at any time. The information below gives you an idea of the climate, but be prepared for all weathers and temperatures. Weather conditions can change quickly in the mountains. We provide you with a detailed packing kit-list on registration, as well as details on useful discounts you are entitled to as a Discover Adventure customer. We are always available if you need advice.

### Weather

Weather in Cuzco (average min/max temperatures) and approx. no of rainy days per month:

April/May	3-20°C	4	September	3-20°C	6
June	1-20°C	4	October	6-20°C	6
August	1-20°C	4	November	8-20°C	7

Cuzco (3400m) is affected more by altitude than latitude, being hot and sunny during the day (about 30°C) but chilly at night – a few degrees above freezing. May to September is officially dry season but in the mountains it is unusual not to have some rain any time of year.

### Terrain

Terrain is varied as we trek through valleys and over high mountain passes on stony paths and wide tracks. There are many steep sections but up and down, with very little flat terrain. This trek requires a good level of fitness. It is challenging mainly because of the altitude at which we are trekking. The trip is designed so that there is plenty of time to acclimatise to the altitude but you may still feel effects such as headaches and shortness of breath when trekking.

### TRAINING WEEKENDS: £99 SPECIAL OFFER!

**Only when you book at the same time as registering for your main challenge**

Discover Adventure Training Weekends in Snowdonia National Park are designed help you prepare for your challenge. Whether you use the weekend to gauge your fitness, get your training back on track, boost your confidence, get advice or meet other trekkers, you're bound to find it incredibly useful!

*For dates and further information see our brochure or website.*

## Trekking Distances

You will trek approximately 40km on this trip overall. Because of the varied terrain and lack of accurate maps, it's impossible to give accurate daily distances. It's also much more useful when training to think about the hours you need to walk for! You may think that 40km sounds short, but it's your time spent trekking each day and the terrain that you need to focus on!

### **FITNESS WARNING: DESIGNED TO BE CHALLENGING!**

This trek is designed to be challenging for those of good health and fitness, and is achievable for most people provided they train well in advance. We will supply you with a thorough training guide when you have registered. Training for the challenge is all part of the preparation and requires commitment! Without it, you will find the trek less enjoyable – and we want you to have the time of your life!

## TRIP SUPPORT

### Discover Adventure Crew

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. You are in very safe hands with a Discover Adventure leader.

All our leaders are from the UK or other English-speaking countries. Most work for us on an ad-hoc basis and have 'real' jobs in-between trips! We never send our leaders to the same destination for months on end – we want them to be as enthusiastic about your trip as you are.

Although our leaders are trained in expedition first-aid, they are accompanied by an expedition doctor or medic, who is there to look after the well-being of the whole group and deal with any incidents. They help the leaders to ensure the trip runs smoothly and encourage you when things get tough.

The number of crew looking after you will depend on the final size of your group, but an average-sized group in Peru would be led by two leaders and a doctor. At Discover

Adventure we pride ourselves on our high leader: trekker ratio and believe it leads to greater trip enjoyment as well as excellent trip safety.

### Local Support Crew

Our local support crew is made up of local guides, drivers and cooks, and porters or mules where appropriate. Your local guide knows the local area well, and is a great source of knowledge about local customs and lifestyles. Drivers, cooks and mule-men do not always speak English but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.



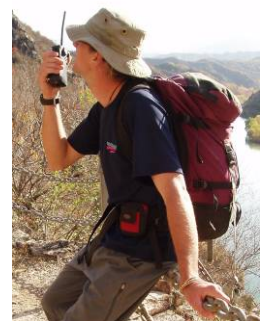
### Tips for Local Crew

Your leader will arrange a collection of tips for the local support crew at the end of your trek. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! Your leader will give you an idea of appropriate guidelines. All our local crew are paid wages, but bear in mind that the average wage in this country is far below what you would spend on a normal night out.

### Luggage

Vehicles take the group to the start of the trek and pick us up at the end. All luggage, food, water and camping equipment is carried by porters or horses/mules.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft sailing bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. We will provide you with sturdy bags to



carry your luggage on trail. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

## TRIP SAFETY

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with radios and emergency satellite phones, extensive medical kit and other safety apparatus where necessary. They always have access to our 24-hour emergency back-up in the UK. Our leaders are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary should local conditions dictate.

Pre-trip administration – such as compulsory medical questionnaires and travel insurance – is all done with your safety in mind.

## RESPONSIBLE TOURISM

Long before 'Responsible Tourism' became a recognised phrase, we designed and ran our trips to ensure they made minimum impact on the environment and a positive impact on the local communities we pass through. AITO, our Trade Association has recognised the work we do in this area and has awarded us 4 stars as a Responsible Tour Operator.

### Community Project: Volunteer Challenge

In Peru we have links with a small number of community projects, from helping out mountain communities preserve their traditional way of life to assisting in a children's unit at the regional hospital in Cuzco.

You have the chance to extend your stay for an extra 3 nights and help out with community project work. Because we want to ensure our Volunteer Challenges achieve the most worthwhile work possible for the projects, we cannot guarantee exactly what you will be doing far in advance, as the needs of the project change. We will be able to give you firm project details nearer departure. You do not need any special skills, but you should be fit, healthy and flexible in your expectations.

The price includes hotel accommodation in Cuzco with breakfast; lunch each day; transport to and from the project site; a local English-speaking guide; basic materials for project work. It also includes £75 donation to the project on

your behalf. Evening meals are not included; there are plenty of restaurants for all budgets in Cuzco

**Cost for 2010:** £450.00

**Cost for 2011:** £475.00

### Trip Extension – Amazon Rainforest

The Amazon Rainforest lies only a short flight away from Cuzco. We stay in a lodge 4 hours drive upriver, well away from the modern world. If you have always wanted to experience this incredible habitat, don't miss this opportunity.

**Cost for 2010:** £565.00

**Cost for 2011:** £595.00

## CARBON OFFSETTING

We actively encourage all our customers to offset any emissions connected with their trip. You can offset at any time in the lead-up to departure by visiting Climate Care via our website and making a donation to a worthwhile project supported by them. Alternatively, if you wish to take more practical action you can volunteer for a day with BTCV and work on an environmental project near to where you live. Work may include construction footpaths, dry stone walling, creating wildlife habitats or planting trees in your community. Make your volunteer pledge by going to

[www.btcv.org/dapledge](http://www.btcv.org/dapledge)



Please contact the Discover Adventure office with any queries, using the contact information below.

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