



CHALLENGE INFO PACK

# Machu Picchu

Journey to the land of the Inca

# SUMMARY

The legendary Inca city of Machu Picchu is nestled up in the Peruvian Andes, hidden away and surrounded by mountains on all sides. Our 6-day trek will see you cross the Andes in search of the lost city, departing from the bustling colonial mountain-town of Cusco and winding your way through breath-taking mountain passes, past sacred mountains and through humid jungle trails to reach the fabled ruins of Machu Picchu.

## GRADING

Tough! This is a multi-day trek through diverse ecosystems and altitudes. The mountain passes are steep and high (over 4,600m), there are several hours of trekking each day and you will need to be in good physical shape to complete this trekking challenge.

## TRIP DURATION

9 days in total, with 6 days trekking.

14 days in total if you opt for the Amazon Explorer extension trip.

## ACCOMMODATION

You'll be accommodated in friendly hostels and simple hotels. Of course during the trek you will be staying in tents.



# TRIP COSTS

We understand that when taking on a fundraising challenge one size does not fit all. Whether this is your first experience of fundraising, or if you are a seasoned pro, we want you to be able to have control over your fundraising target. With this in mind, we have created a fundraising plan that allows you to adjust your target to a level that suits you.

When taking on a challenge with us you can rest assured that all of the money that you fundraise throughout the year will go directly through to the charity that you are supporting. Once you hit that all-important fundraising target and your place on the challenge is confirmed, your charity will use this money to cover the remaining costs of your challenge as well as helping to further the vital services that they provide. All of our challenges operate on a minimum 50:50 cost ratio and 100% of any Gift Aid or money that you raise above your fundraising target will stay with your charity.

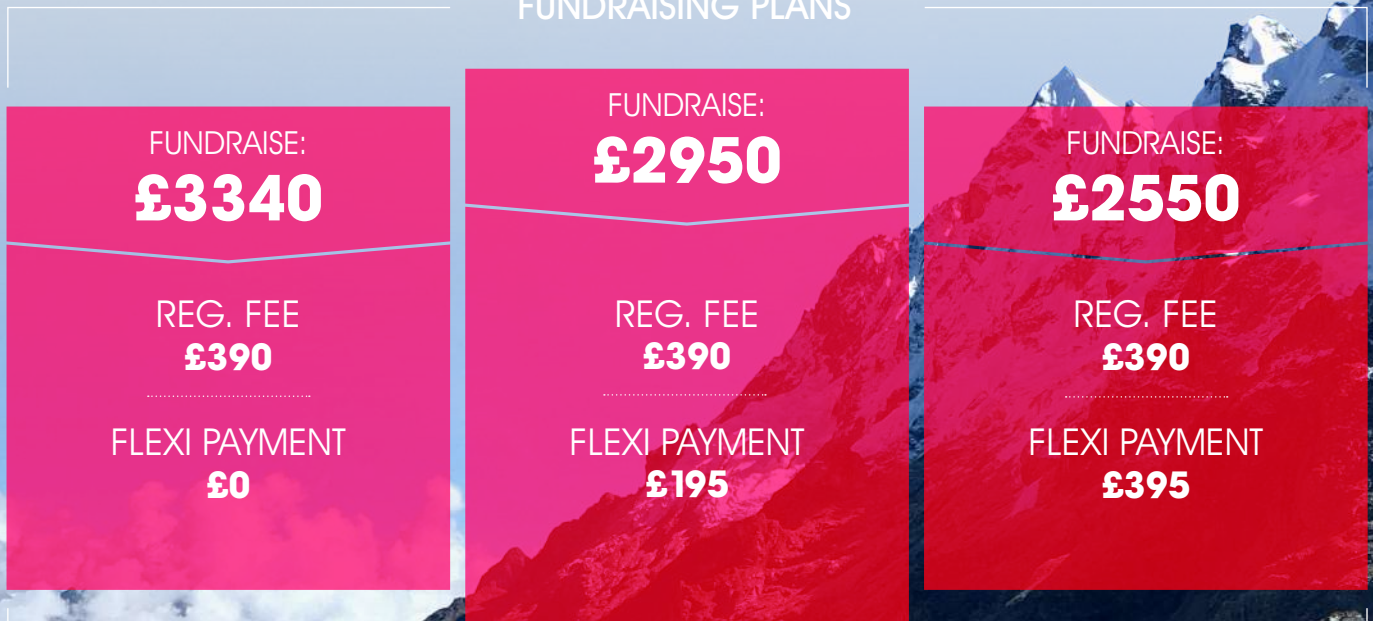
## HOW DOES IT WORK?

To get started on your challenge, you'll need to pay your registration fee and pick your fundraising plan. You can choose to pay an additional instalment toward your trip costs in exchange for a reduction in your fundraising target - we call this a 'flexi payment'.

**REG. FEE (£390):** paid upon sign-up, or opt to split this into two instalments of £195, the first due upon sign-up and the second due in January 2020. Splitting your reg. fee will incur a small admin fee of £20.

**FLEXI PAYMENT:** you pick how much - paid 10 weeks before departure. Your flexi payment will automatically customise your fundraising target. We've detailed your options below.

## FUNDRAISING PLANS



Once you've paid your reg. fee (or 1st instalment) and chosen your plan, you are ready to begin your fundraising journey. If you decide to change your fundraising plan later in the year (up to 10 weeks before departure), get in touch and we will be happy to help. Please note both instalments of your registration fee are non-refundable in all circumstances except for a 72-hour cooling off period immediately after your sign-up.

\*\*Please note any extension trips are optional extras with costs associated. Please refer to the our website for the full itinerary and costs.\*\*



## TRIP ITINERARY

### DAY 1: DEPARTURE

You will depart from London on a long-haul flight to Cusco with at least one stop.

\*Please note that you may have more than one change en-route, including the possibility of an overnight stay in Lima.

### DAY 2: ARRIVAL AND ORIENTATION

You will be met in Cusco by a Choose a Challenge representative and transferred to your hostel in the centre of Cusco. There will be a short briefing before your free afternoon in which you can explore Cusco and acclimatise to your new altitude of 3,400m.

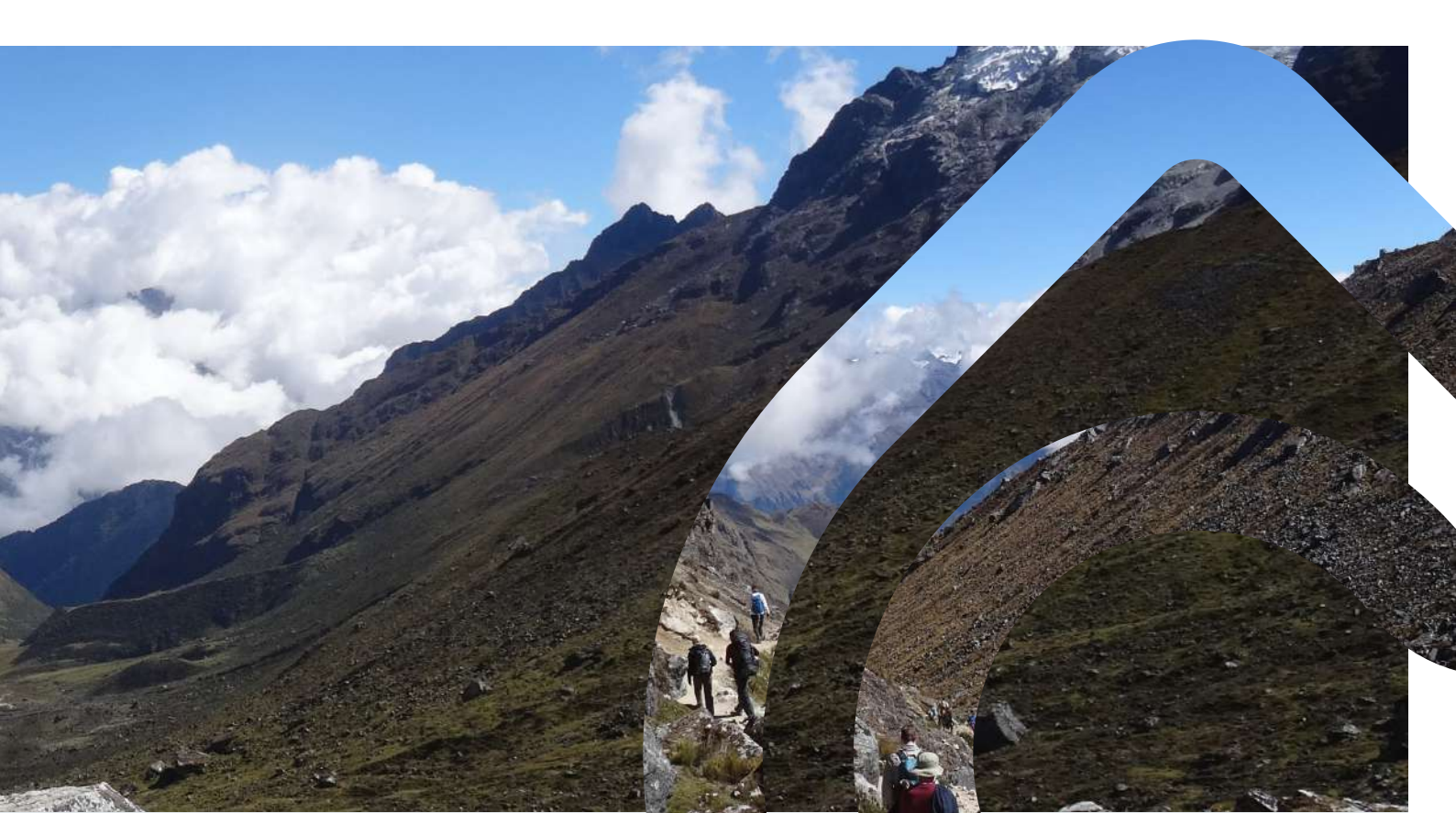
- + Hostel accommodation
- + Dinner included

Please note all trekking times are approximate and depend on local conditions, weather and health and pace of your group.

### DAY 3: FREE DAY IN CUSCO

Today, you are free to explore the beautiful town of Cusco. There are optional day trips available, so please ask your guides for more information (these may incur an extra cost). You will be given your 8kg duffel bags to pack in the evening, in preparation for your trek the following day.

- + Hostel accommodation
- + Breakfast and dinner included



## TRIP ITINERARY

### (CONTINUED)

#### DAY 4: TREK DAY 1

There will be a very early pick-up this morning from your hostel as you depart for Mollepata, a 4-hour drive away. From Mollepata you will start your trek, having lunch along the way, and following the path along the aqueduct to Soraypampa (3,760m). Depending on the pace of your group, you will arrive into your campsite at Soraypampa in mid-to-late afternoon.

- + Distance: 13km, approx. 5-6 hours trekking
- + Tented accommodation
- + Breakfast, lunch and dinner included

#### DAY 5: TREK DAY 2

Today is an acclimatisation day, so you will ascend from your camp in Soraypampa to Laguna Humantay, one of the most beautiful lakes in the region at the base of the Humantay Glacier (4,200m). You will descend back to camp for lunch before a short trek to your next camp at Salkantaypampa.

- + Distance: 12km, approx. 5-6 hours trekking
- + Tented accommodation
- + Breakfast, lunch and dinner included

#### DAY 6: TREK DAY 3

After breakfast, you will depart on a long and tough ascent towards Abra Salkantay, the mountain pass at an altitude of 4,650m. The views will be spectacular with the looming hulk of the sacred mountain, Nevado Salkantay, dominating the glaciated valley through which you pass. You will spend a short time at the top of the pass for snacks and rest, before descending to Wayracmachay where you will have lunch. In the afternoon, you will make a slow and steep descent to Collpapamapa (2,900m).

- + Distance: 16km, approx. 8-9 hours trekking
- + Tented accommodation
- + Breakfast, lunch and dinner included

# TRIP ITINERARY

(CONTINUED)

## DAY 7: TREK DAY 4

After breakfast, you will continue down the Santa Teresa Valley, taking small breaks as you walk very close to the river, completing the day with a 6km walk along the road to your campsite at Lucmabamba (2,100m). From here you will have fantastic views over Peru's coffee plantations and fruit trees. At dinner your guides will show you how the local coffee is made - you'll be able to taste freshly-made coffee from the bean!

- + Distance: 18km, approx. 5-6 hours trekking
- + Tented accommodation
- + Breakfast, lunch and dinner included

## DAY 8: TREK DAY 5

On your penultimate trekking day, you will take a steep and humid climb through the jungle up to Llastapata. You will spend some time here, learning about the history of the Inca and the surrounding mountains. If you look very closely you can spot part of Machu Picchu in the distance. You will then descend into the Aobamba Valley for lunch at the hydroelectric plant. After lunch, you will trek alongside the rail tracks, following this route for around 3 hours. You will arrive into Aguas Calientes (1,900m), the town at the base of Machu Picchu, in the late afternoon.

- + Distance: 22km, approx. 9-10 hours trekking
- + Tented accommodation
- + Breakfast, lunch and dinner included



## DAY 9: TREK DAY 6

You will have a light breakfast before setting off to ascend up the steep steps to the ruins of Machu Picchu. You will have an optional guided tour of Machu Picchu before having time to explore the Lost City of the Incas yourself, and of course get those all-important photos.

After your visit, you can choose to walk back down to Aguas Calientes or hop on the bus (at an additional cost). On your return, you will have a late lunch and then free time to explore Aguas Calientes and pick up any souvenirs. You will catch an early evening train back to Ollantaytambo and arrive back to Cusco in the late evening.

- + Approx. 2-3 hours trekking Inca steps
- + Hostel accommodation
- + Breakfast and lunch included

## DAY 10 / EXTENSION DAY 1:

DEPENDS ON YOUR TRAVEL OPTION

If you've chosen to come home early you will depart for the UK, arriving the following day.

Those on our 'without flights' travel option are free to continue on your own itinerary after breakfast.

If you'll be joining us on our Amazon Explorer extension trip you will depart on the extension trip today!

- + Breakfast included

## TRIP ITINERARY

(CONTINUED)





## AMAZON EXPLORER

An extension trip that includes it all. With an extra two days in and around Cusco, followed by a visit and two nights in the Amazon Rainforest, you'll have the opportunity to explore some of the best sights that South America has to offer. This incredible extension trip will give you a taste of the Amazon, and allow you to discover all its beautiful colours, wildlife and culture.

### TRIP DURATION

5 days

### ACCOMMODATION

Multishare hostel and field camp accommodation

### WHAT'S INCLUDED

- + All accommodation and transfers
- + Meals as per the itinerary
- + English speaking guides

Registration Fee: **£95**

Balance Payment: **£425**

(due 10 weeks before your departure date)

### DAY 1: MARAS & MORAY

You will be collected from your accommodation in Cusco early in the morning, and transferred through the Andean peaks to the stunning Inca archaeological site of Moray. The concentric terraces appear much like an amphitheatre, and their unique shape produces vast temperature differences between their terraces, thought to have been used by the Inca to determine the optimal conditions for growing crops. Then, it's off to Maras, to explore the 3,000 salt pools carved into the mountainside at the mines there. Return to Cusco for your overnight stay in your hostel.

- + Accommodation in multi-share rooms
- + Breakfast included

### DAY 2: FREE DAY IN CUSCO, TRANSFER TO PEURTO MALDONADO

Today, you'll have one final free day in Cusco to explore it's varied and exciting sites. The capital





## AMAZON EXPLORER

city of the Inca Empire has so much to see - you'll never want to leave! In the evening, you'll transfer to the bus station for your comfortable overnight bus transfer to Puerto Maldonado.

- + Breakfast included
- + Overnight bus

### DAY 3: AMAZON TRAIL WALK

On arrival in Puerto Maldonado, you'll be picked up and transferred to your accommodation, in the heart of the rainforest. After you've settled, you'll go on a trail walk in the Amazon surrounding your field camp accommodation, and a twilight river cruise along the Madre de Dios River and in search of the stunning wildlife that inhabits the area.

- + Shared field camp accommodation
- + Breakfast, lunch and dinner included

### DAY 4: CANOPY WALK & CARACHAMA

The Inkaterra Canopy Walkway is a 1,129ft long system of walkways, bridges, and observation towers within the Amazon rainforest. You'll spend half the day today exploring the canopy and in search of exotic birds

and other wildlife. Then, it's over to the Carachamayo natural water pool, where you'll learn about the natural ecosystem where these waterholes are found, and learn about the traditional Peruvian fishing techniques. On your final night in the Amazon, you'll also take in the rainforest by night you'll tune up your senses to identify the sounds of the birds, mammals and insects that roam the forest at night.

- + Shared field camp accommodation
- + Breakfast, lunch and dinner included

### DAY 5: RETURN TO THE UK

This morning, you'll transfer to the airport for your return flight to the UK. Please note that depending on your departure airport, your transfer may be either via bus or via domestic flight.

- + Breakfast included, in-flight meals



## WHAT'S INCLUDED...

- ✓ International flights.
- ✓ Transfers as mentioned.
- ✓ Accommodation as mentioned.
- ✓ Meals as mentioned.
- ✓ All national park fees, entrance fees, taxes, permits and vehicles as applicable to the above itinerary.
- ✓ Services of professional English-speaking guides at all times.
- ✓ Safe drinking water during the hike.
- ✓ 24/7 support and emergency line available throughout the itinerary.
- ✓ Equipment hire facilities.
- ✓ All camping equipment required on the trek (excluding: sleeping bags/roll mats).
- ✓ Mule-supported trek - you will only need to carry day-packs whilst on the trek.

## WHAT'S NOT INCLUDED...

- ✗ Evacuation: in the event of a serious medical injury, we will coordinate with your travel insurance company to arrange evacuation.
- ✗ Meals and drinks other than those mentioned in the itinerary.
- ✗ Tips and gratuities.
- ✗ Optional excursions.
- ✗ Bus from Machu Picchu National Park to Aguas Calientes.
- ✗ Items of a personal nature such as souvenirs and telephone calls.
- ✗ Country visa (if applicable).
- ✗ Travel insurance.
- ✗ Vaccinations.
- ✗ Personal equipment such as trekking equipment, sleeping bags and roll mat.





## TRIP FAQs

### IS THIS CHALLENGE SAFE?

All of our challenge events involve an element of risk (that's part of what makes them challenging!) but we work closely with our partners in Peru to ensure that your trip is memorable for all the right reasons!

We risk assess all our trips and we comply to the BS8848 British Standard of trekking.

### WHO WILL I BE TRAVELLING WITH?

You'll be travelling with your best friends (it's just that you haven't met some of them yet!). Group sizes vary, but typically there will be 12-30 fellow students on your trip.

### WHO WILL BE LOOKING AFTER US IN PERU?

We use only the best English-speaking guides who have years of experience of guiding students from UK universities. They will not only be there to ensure that you are healthy, safe and well looked after, they'll also be more than happy to give you a real insight into the culture and traditions of Peru.

### WILL I GET SUPPORT FROM THE CHARITY FOR MY FUNDRAISING?

Absolutely! Whilst it is of course your responsibility to reach your fundraising target, all of our partner charities have staff dedicated to supporting students taking part in Choose a Challenge events like these.

### CAN I EXTEND MY STAY IN PERU?

Yes! Of course, you're welcome to join our extension option if you don't want to let the fun end after you trek.

You can also opt to travel 'without flights', so that you can plan further travel before and after your challenge.

### WHAT WILL THE WEATHER BE LIKE?

Weather during the trek itself can be unpredictable, as you'll be passing through a major mountain range. Generally though, the weather in Peru from June to September is warm and dry!

### DO I HAVE TO SPEAK SPANISH TO ENJOY THIS TRIP?

No! All of our staff in Peru speak English and you'll find that whilst learning a bit of Spanish is greatly appreciated and very useful, English is widely spoken and understood.