



CHALLENGE INFO PACK.



Machu Picchu Trek.

Journey to the Land of the Incas.

SUMMARY.

Follow in the footsteps of the Spanish Conquistadors and early 20th Century explorers as you cross the high Peruvian Andes in search of Machu Picchu, the Lost City of the Incas. The trek departs from the bustling colonial mountain town of Cusco and winds its way through breathtaking 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 15,000ft), 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.

11 days in total, with 6 days trekking.
15 days in total if you opt for the extended return option.

ACCOMMODATION.

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

THE COSTS OF MY CHALLENGE...

We understand that when taking on a fundraising challenge one size does not fit all. Whether this is your first time 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 which 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 journey you pay a registration payment which covers all the initial bookings for your challenge, and ensures sure we can start to build the dream challenge for you. We've split this registration payment into 2 instalments to make sure it is manageable. You then choose your third installment, which will automatically customise your fundraising target. We call this a "flexi payment". We've detailed your options below.

INSTALMENT 1: Paid upon sign-up

INSTALMENT 2: Paid in January 2018

INSTALMENT 3: You choose - paid in May 2018

FUNDRAISE:
£3140

INSTALMENT 1
£195

INSTALMENT 2
£195

INSTALMENT 3
£0

FUNDRAISE:
£2750

INSTALMENT 1
£195

INSTALMENT 2
£195

INSTALMENT 3
£195

FUNDRAISE:
£2350

INSTALMENT 1
£195

INSTALMENT 2
£195

INSTALMENT 3
£395

Once you've confirmed this and signed up, you are ready to start on your journey. If at any point through the year you feel like you want to revisit your fundraising total it's as easy as speaking to our awesome support team.

Please note any extension trips are optional extras with costs associated. Please refer to the extension trip information pack for the extension trip for costs.



TRIP ITINERARY.

DAY 1: DEPARTURE.

You will depart from a London airport 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 11,200ft.

- + Hostel accommodation.
- + Lunch included.

Please note all trekking times are approximate and depend on local conditions, weather and health and

DAY 3: FREE DAY IN CUSCO.

You are free to explore the town of Cusco. There are optional day trips available, please ask your guides for more information (these will incur an extra cost which is dependant on numbers). You will be given your 8kg 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 on this morning from your hostel as you depart for Marcojasa, a 4 hour drive away. After lunch at Marcojasa you will start your trek, following the path along the aqueduct to Soraypampa (12,300ft). Depending on the pace of your group, you will arrive into your campsite at Soraypampa by the late afternoon.

- + Tented accommodation.
- + Breakfast, lunch and dinner included.

DAY 5: TREK DAY 2.

Today is an acclimatisation day. You will ascend from your camp in Soraypampa (12,300ft) to one of the most beautiful lakes in the region at the base of the Humantay Glacier (13,800ft). You will descend back to Soraypampa for lunch before a 2 hour (dependant on the pace of the group) trek to Salktantaypampa.

- + Tented accommodation.
- + Breakfast, lunch and dinner included.

DAY 6: TREK DAY 3.

After breakfast, you will depart on a long and tough ascent towards the Salkantay Mountain Pass at an altitude of 15,300ft. The views will be spectacular with the looming hulk of the sacred mountain, Nevado Salkantay, dominating the glaciated valley through which you will pass. You will spend a short time at the top of the pass before descending to Wayracmachay where you will have lunch. In the afternoon you will make a slow and steep descent to Collpapamapa (9,500ft).

- + 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. You have the option this afternoon to visit the hot springs, if you decide not to do this then you will complete the day with a 6km walk along the road to your campsite at Lucmabamba (6,900ft). From here you will have fantastic views over Peru's coffee plantations and fruit trees.

Optional trip: **hot springs.**

- + Tented accommodation.
- + Breakfast, lunch and dinner included.

DAY 8: TREK DAY 5.

On the penultimate day you will take a steep and humid climb through the jungle up to Llapapata. You will spend some time here, 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 along the rail tracks, following this route for around 3 hours. You will arrive into Aguas Calientes (6,200ft), the town at the base of Machu Picchu, in the late afternoon/early evening dependant on the pace of your group.

- + Hostel Accommodation.
- + Breakfast, lunch and dinner included.

DAY 9: TREK DAY 6.

You will wake very early in the morning and have a light breakfast before setting off for Machu Picchu while it is still dark. You will ascend up the steep steps to the ruins of Machu Picchu. You will have a 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 lunch and then free time to explore Aguas Calientes. You will catch an early evening train back to Ollantaytambo and arrive back to Cusco late evening.

- + Hostel accommodation.
- + Breakfast and lunch included.

DAYS 10-15: DEPENDING ON TRAVEL OPTION.

If you have chosen the immediate return travel option, you will transfer back to the airport and back to the UK the following day (day 11). If you have chosen to take the extension, you will depart on your trip today. Ground Arrangements only participants are free to continue on their own itinerary.

- + Breakfast included.

TRIP ITINERARY.

(CONTINUED)





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.

WHAT'S NOT INCLUDED...

- ✗ Evacuation: in 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 (if taken)
- ✗ 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 mat

- ✓ 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.



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 TRAVELING 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 our partners charities have staff dedicated to supporting students taking part in Choose a Challenge events like these.

TRIP FAQs.

CAN I EXTEND MY STAY IN PERU?

Yes, our departure dates allow participants to stay on as a group after the trek has finished and explore the highlights of Peru (check out our extension trip information pack).

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 during June and September is warm and dry!

DO I HAVE TO SPEAK SPANISH TO ENJOY THIS TRIP?

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