

CLASSIC INCA TRAIL CHALLENGE - PERU

21 – 31 MAY 2009

Moderate to Strenuous Level

11 day challenge

5 days trekking challenge (4 days on Inca Trail)

Welcome to World Expeditions

Thank you for enquiring about our Classic Inca Trail Challenge in Peru. Here at World Expeditions we are passionate about giving our clients the best chance to experience some of the remarkable cultures and wilderness regions of this very special part of the world. We are committed to making sure that our range of unique itineraries are well researched, affordable & tailored for the enjoyment of our private groups. These philosophies have been with us since 1975 when we began operating adventure holidays. We also put great effort into making sure that wherever we go we show a true respect for the local cultures and their environment. In Peru we have worked with our trek and tour staff for more than 20 years and have always managed to benefit from a tremendously good relationship that is reciprocal in every sense. We pay our staff well and provide them and their families with insurance and medical support. For the last two decades we have set up many help projects in the local villages where our staff live.

During your Challenge you will be accompanied by expert bilingual local guides who have worked with us for at least 10 years and in many cases much more. They are dedicated to providing you with the very best travel experience while ensuring that our operations comply with all the rules for responsible and sustainable tourism. We also make sure that you are safe and comfortable. Unlike many companies that use local public vehicles we use private vehicles with drivers we know and trust hence enhancing your well-being and comfort. We hope you will join us for a life changing experience!

The Challenge



This Challenge is a trek along the spectacular Inca Trail to Machu Picchu. The Inca Trail trek has been described as probably the most spectacular short trek in the world, a chance to trek along a granite path built more than 500 years ago. Importantly we spend ample time in Cusco and the Sacred Valley whilst acclimatising to the altitude before heading to the trail. During the walk we experience a complete range of environs. We

ascend the jungle trails and cloud forest to appreciate the panorama of Andean peaks that would have inspired the Inca people as we make our way to Machu Picchu. Words cannot describe the exhilaration of the first sighting of these enigmatic ruins. The route and campsites we choose are special because we manage to avoid the most crowded campsites on this ever popular trail. We also spend time in the remarkable city of Cusco, formerly capital of the vast Inca Empire, plus visits to the Sacred Valley of the Incas and its unique traditional markets.

Itinerary in Brief

Day 1	21 May	Depart UK
Day 2	22 May	Arrive Peru. Fly to Cusco. Day at leisure
Day 3	23 May	Acclimatisation day. Cusco city tour
Day 4	24 May	Commence trek at Inca Salt Pans
Day 5	25 May	Trek Chilca to Patallacta
Day 6	26 May	Trek to Lulluchapampa
Day 7	27 May	Trek to Phuyupatamarca
Day 8	28 May	Trek to Machu Picchu
Day 9	29 May	Day at Machu Picchu. Return to Cusco
Day 10	30 May	Fly to Lima. Return flight to UK
Day 11	31 May	Arrive UK

Money Matters

APPROX COST PER PERSON:

20-25 PAYING PASSENGERS	£1865
15-19 PAYING PASSENGERS	£1960

THIS COST IS BASED ON 1 GROUP IN MAY 2009, WITH A MINIMUM OF 15 PAYING PAX AND ARE SUBJECT TO CHANGES IN GROUND COSTS AND AIRFARE, AND IS ALSO SUBJECT TO CHANGE DUE TO FLUCTUATIONS IN CURRENCY EXCHANGE RATES.

Costing is based on one FOC for 15 full paying passengers (therefore the 16th passenger would be a free place from London).

In the event of land costs or airline costs, including taxes increasing, then any costs will be passed on to you. At the present time, this cost includes taxes and fuel surcharges of £119. If however in the future, these costs increase further, then it will be necessary to pass these additional costs onto THE CHARITY.

INCA TRAIL PERMITS ARE LIMITED: PLEASE READ

Inca Trail permits are limited to 500 per day. The permits are sold on a first come, first served basis and it is not unusual for them to be sold out in a day as during peak seasons they are in high demand from trekkers across the globe. For every 1 participant permit purchased another 2-3 are required for necessary staff. So the 500 permits are not solely dedicated to 500 trekkers, it is 500 people in total – clients and staff.

For this reason a participants place on the challenge can only be confirmed once we have secured their permit. A permit **MUST** be secured for everyone participating, paying or non paying, or they will not be able to trek the Inca Trail. For this reason we encourage that people sign up early and are aware of the Inca Trail permit situation as this will affect the speed of their decision.

The policy is very strict, our experience has proven that there are **NO** exceptions, so we ask you for your assistance by providing the following details at the time of signing up to the challenge:

1 – Passengers exact passport details at time of signing up. This includes their title, first name, surname, passport number, nationality, and date of birth. It is critical that the exact first name as per the passport is supplied i.e Alexander, not Alex.

2 - This challenge requires the prepayment of an Inca Trail Permit (which includes entrance into Machu Picchu) and service fee of £65 per person which is non-refundable and non-transferable. This payment is required at the time of booking together with the normal deposit of £170 per person (both flight and land deposits). The cost of your challenge includes the Inca Trail Permit and service fee and this prepayment should not be viewed as an additional cost. We recommend your participants take out travel insurance at the time of booking.

We kindly ask that you notify us of both the participants and staff details as soon as you receive them. We thank you for your assistance with this to ensure your Inca Challenge runs smoothly.

Your tour cost includes:

- ✓ International flights, London to Lima return with LAN airlines
- ✓ Internal flights, Lima to Cusco return.
- ✓ Accommodation: on a twin-share basis throughout.
- ✓ Meals as shown in itinerary B = Breakfast, L = Lunch and D = Dinner. All meals included on trek.
- ✓ Transport: all group transport and airport transfers throughout.
- ✓ Tours: All guide fees and entrance costs are included on all sections mentioned in the challenge itineraries (*including*: the **Machu Picchu National Park** entry of US\$110 and the Cusco Sacred Valley entry fee of \$28)
- ✓ Equipment: All group camping equipment, good quality fibre-filled sleeping bag, fibre-fill jacket, duffle bag, basic medical kits, oxygen (for emergency use only), tents, eating utensils etc. Inflatable mats **not** included although an Ensolite pad for sleeping on is issued to each person.
- ✓ Trekking Services: Guides, cooks, porters and or pack animals
- ✓ English speaking professional guide throughout and in depth briefing on arrival

Your tour cost does not include:

- x Western Doctor
- x Any increase in airline taxes
- x Cost of laundry, personal spending and beverages
- x Airport taxes, domestic (USD 6 each way) & international Peruvian (USD 31) airport taxes
- x Travel Insurance
- x Visas
- x Tips
- x Medical treatment
- x Excess baggage costs
- x Vaccinations

The above costing is subject to change without notice.

THE CLASSIC INCA CHALLENGE ITINERARY

DAY 1 Depart London Heathrow at approx 07.25. Flight via Madrid to Lima. Arrive Lima at approx 18.50. Overnight Lima.

DAY 2 Fly to Cusco at approx 09.25. Arrive Cusco approx 10.40. Rest of the day at leisure.

Fly to Cusco (11,200 feet). Transfer to Hotel Cusco Plaza. Rest. Light lunch. Afternoon gentle orientation walk around Cusco. Evening pre-trek briefing and group meal.
(BLD)

DAY 3 After breakfast we take a three hour tour of the city and nearby ruins.

You may be keen to begin the main walking portion of the challenge today but we must be prepared. Over the next two days it is vital that we acclimatise correctly to increase our chances of completing the challenge. When acclimatising it is best to take things slow & drink a lot of water. Cusco and the Sacred Valley provide a wonderful place to acclimatise as there are many things to see and do.

Every alleyway we enter or corner we turn brings another surprise or enigma in the form of the superbly constructed Incaic walls or the more architecturally extravagant colonial churches and palaces. The city, once capital of the extensive Inca Empire, has seen many changes since Francisco Pizarro's men took the city with such apparent ease in November 1533. We also take a short drive to visit the huge ruins site at Sacsayhuaman, spectacularly set above the city.
(BLD)

DAY 4 Drive 2 hours to Inca Salt pans (3,780m) and then trek down into the Sacred Valley of the Incas (2,800m) 2 hour trek.

Our two hour walk will allow further acclimatisation in preparation for the Inca trail. A picnic lunch is planned en-route. During our time in the valley we visit some of the enthralling citadels, fortresses and temple ruins that are found along the valley including the site at Ollantaytambo. The valley follows the course of the famous Urubamba River one of the main tributaries of the Amazon River. The evening is spent preparing for the trek at our hotel in the heart of the valley.

(BLD)

DAY 5 On the Inca Trail to Machu Picchu (2750m) 5 hour trek

Today we officially begin our challenge to Machu Picchu along the famous Inca Trail! Early morning departure for a beautiful short (one hour) drive to the trailhead at Chilca. At this point we meet our cooks, porters and campstaff before setting off on this most famous Royal Highway of the Incas built more than 500 years ago. This first day of the challenge involves a walk which lasts about approximately 5 hours during which we follow a well defined path along the Urubamba River to our first campsite at Patallacta 9,000' (2,750m) set below an ancient Inca City built on a series of terraces.

(BLD)

DAY 6 Probably the hardest day of the challenge (3,780m) 6 hour trek

A solid 6 hour steady uphill hike, with a break for lunch, takes us to the popular and very beautiful camp at Lulluchapampa 12,400' (3,780m) on this classic trail. It's likely that we'll be sharing this site with other groups - an opportunity to exchange tales with others – but the campsites are chosen to ensure we do not stay near the more crowded portions of the trail.

(BLD)

DAY 7 Ascend to the first pass on the Inca Trail (4,198m) 7-8 hour trek.

This is the longest day of the challenge. We start with a brisk 2-hour hike up to the 'Inca Trail's' highest pass, Warmihuañusca, at 13,700' (4,198m). After a rest at the pass, and time to take in the spectacular views, we drop very steeply down into the Pacamayo Valley. We stop here for a light snack and then continue up the trail to the small but impressively set ruins at Runkuraqay and on to Cochapata set just below the second pass at 12,800' (3,900m). We then drop down to the imposing ruins of Sayacmarca, or "Place with a Dominant View", then continue on through serene polylepis woodland to Cochapata where we have lunch. A short hike from here takes us to our stunning campsite set above the ruins of Phuyupatamarca 11,900' (3,600m), so aptly named the 'City in the Clouds'. Below us are laid out the great forest-covered peaks and deep dark valleys -- the setting of our goal, Machu Picchu at 7,900' (2,400m)

(BLD)



DAY 8 The last day of the challenge to Machu Picchu. (2,400m) 6-7 hour trek

Today we will reach the goal we've been training for – Machu Picchu! After an early breakfast we walk down along an incredibly well preserved section of the trail with great white granite slab walls and staircases all impressively set in high jungle. On the way we'll take time out to explore extensive ruins of Wiñay Wayna, before covering the last couple of miles to finally reach Inti Punku (The Gateway to the Sun) awe-inspiringly set above the 'lost city' of Machu Picchu. Your first view of the ruins really does take your breath away! Late afternoon bus (30 mins) down to Aguas Calientes for overnight a 'special' celebratory meal and party. (BLD)



DAY 9 Day at Machu Picchu

Today we have the option to take a bus back up to the ruins of Machu Picchu for day to explore the superb buildings and terraces in this magical place. Own arrangements for lunch. Mid-afternoon bus down to train station for 4 hour journey back to Ollantaytambo where we board a private bus to Cusco. Evening free - no group meal. Hotel. (B)

DAY 10 Fly to Lima. Return flight to the UK via Madrid

Today we transfer to Cusco airport for flight to Lima at approx 16.05. Depart Lima approx 20.45, fly overnight via Madrid to London. (B)

DAY 11 Arrive London at approximately 17.50.

CHALLENGE ORGANISATION

Our trekking days on the challenge start at around 6.30am with a wake-up call and a cup of tea brought to your tent. Hot water is available for a light morning wash. Breakfast, served in the dining tent, consists of hot cereal, porridge, toast and jam, along with coffee, hot milk and tea. On some days we serve bacon and eggs or pancakes. It's generally a good idea for you to pack up your duffle bags and prepare your daypacks before breakfast so that the porters and camp staff can pack the tents and organise the loading for departure.

The morning's hike usually lasts from about 8am–12.30pm, allowing plenty of rest and photo stops. A picnic-type lunch, prepared by one of the cooks who accompanies us during the morning, consists of salads, salamis, cheese, peanut butter, bread, crackers, tinned meats and fish, topped off by freshly-brewed tea and biscuits. After lunch we set off for the afternoon's hike – usually two to three hours to the next camp.

On arrival in camp (which will have already been set up by the camp staff) tea and coffee will be served and you are then free to do as you like until dinner time. Served at 6.30–7pm, dinner consists of three courses – soup or fresh salad; a main course of stews, spaghetti or rice dishes (all prepared with fresh meat and vegetables), followed by dessert, tea, coffee and Milo. Nor will you go hungry during the walking day. In addition to lunch you will also be given a single 'snack pack', made up of chocolate, dried fruit, nuts and fresh fruit.

Most of the walking is on fairly well-defined tracks, including some remarkable sections of ancient Inca stone 'highways'. There are occasional river crossings, but no really steep sections where scrambling is involved.

Most groups like to spread out over the trail, stopping for photographs, resting, bird watching or just ambling and taking time out to absorb the lovely surroundings. The only thing we ask you to remember is not to get too far ahead of, or behind, the main party, and to keep your guide within view. One of the guides or camp staff almost always walks with the slowest member of the group, so there's no chance of being left behind. Obviously, in the event of very bad weather or adverse conditions, the guide will keep the group as close together as possible.

NOTE: we are happy to make the necessary arrangements for vegetarians and those who have special dietary requirements. To ensure we cater for your needs please make sure that the consultant who books your challenge is informed of your needs.

Note: For all trips your main group local leader/guide will meet you in CUSCO.

THE COUNTRY AND ITS PEOPLE

Peru - has a population of 28 million, made up of pure-blooded Indians (biggest group are the Quechuas, whose forebears were the "Incas") and Mestizos, who are a mixture of Indian and European backgrounds. More than half the population lives in the largest cities, namely Lima, Arequipa and Trujillo. Peru has an area of 1,300,000 square kms, and is located on the Pacific coast of South America.

Its capital, Lima, located 12š south of the equator, was the capital of Spanish South America from its founding in 1535 until the early 19th Century. The old central part of the city with its impressive commercial section, whose architecture was greatly influenced by the English, contrasts sharply with the more modern office blocks, shopping centres and suburbs and especially the ever expanding shanty towns or "pueblos jovenes" where the poorer country cousins, who move to the city to try and find work and live. Official languages are Spanish and Quechua.

Geographically, Peru is made up of the three distinct regions. Firstly the arid coastal strip, mainly desert and up to 60 kms wide. Down the centre of the country runs the great range of snow peaks

and highlands that make up part of the immensely long chain of mountains known as the Andes, running from Colombia in the north all the way to the southern tip of Chile. The third region is the jungle - from the "eyebrow of the jungle" in the Andean foothills to the pristine jungles of the great Amazon rain forest.

The coastal area is the economic heartland of Peru, and the coastal waters with the cold Humboldt Current running north up the coast contain some of the richest fishing grounds in the world. The highlands or "sierra" contain more than a third of the population - mostly the Quechua- or Aymara-speaking Indians engaged mainly in pastoral farming. This is a high, very often lush and fertile land of gentle slopes and valleys surrounded by the high peaks of the Cordilleras Vilcabamba, Vilcanota and Blanca.

Cusco, once the capital of the great Inca Empire, stands at 3400 metres (11,200') in the heart of the southern sierra. It is remarkable for the perfect stonework of its Inca ruins, its many beautiful colonial churches and palaces, and of course the world-renowned ruins of the lost city of the Incas at Machu Picchu.

SUGGESTED EXTENSIONS

If you wish to extend your time in South America we have a range of South America options including short customised itineraries and group departures. Ask our office for details.

- Galapagos Cruise
- Iguazu Falls
- Buenos Aires
- Colca Canyon & Arequipa
- Nazca and Ballestas Islands
- Lake Titicaca and La Paz
- Amazon Jungle Extension
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Since the Inca Challenge is based around group flights we kindly ask that you contact World Expeditions as early as possible to allow sufficient time to coordinate all aspects without penalty (which the airline may apply if splitting from group flights).

CLIMATE

The trekking season in Peru lasts from the end of April (the last month of the wet season) through to mid-October (by which time the rains have returned and hiking becomes more difficult due to muddy trails and snowed-in passes).

Temperatures in the area around Lima are warm during the day (20-25°C) and cool (5°C) at night. In the highlands of Peru, where the treks take place, daytime temperatures will be in the range of 10-20°C falling as low as -10°C at night. Also it is possible that we'll get some snow on the higher ground and some of the higher passes.

CONSERVATION

Peru's environments are extremely fragile. The rapidly increasing population puts immeasurable pressure on these country's environment and resources and it is our responsibility as visitors to minimise the impact of our presence.

It has always been our motto that "we take only photographs and leave only footprints"; therefore we are keenly aware of the ecology of the areas we visit and try and limit our effect on them. We ask that all trekkers thoughtfully dispose of wrappers and toilet paper by placing them in the proper receptacles at the campsite (Note: If you bought your batteries in your home country then you should take them back for proper/correct disposal) - usually a bag for organic waste and another for inorganic. It is also a good idea during the trekking day to carry a small plastic bag - in which to store any refuse, sweet wrappers, toilet tissues etc., and give it to the camp hands when you arrive at camp. On the Inca Trail we carry out ALL waste - our aim is to leave nothing on the trail. With all groups we now use a PETT portable toilet which uses both bio-degradable bags and organic compounds that break down the waste - and once again all this waste is carried out.

Since we use professional porters to carry our camp and personal gear and there are now very well defined weight restrictions on the trail we ask all participants to keep the personal items they take with them on the trail to a minimum. Your guide will help you choose the most essential items.

In September 2001, we were the proud recipients of the Australian National Travel Industry's Environmental Achievement award for our *Responsible Travel Guidebook*. This detailed guide to responsible & sustainable travel is available free from our website, www.worldexpeditions.com

Important Note:

These trip notes represent the most current information available for this itinerary. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your challenge it is important that you are flexible, positive and eager to take on all the challenges that arise.

GC 29/07/08
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