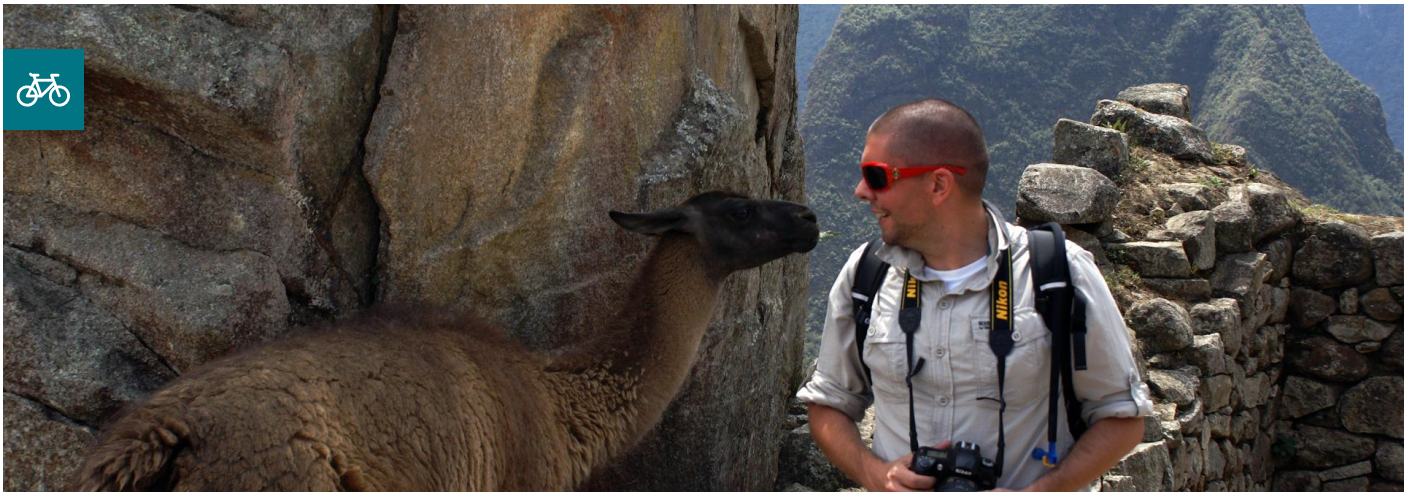
CH>RITY
CH>LLENGE

TRIP NOTES

BELIEVE ACHIEVE INSPIRE

CYCLE MACHU PICCHU TO THE AMAZON
PERU

Thu 26 Sep - Sun 06 Oct 2013



In aid of your choice of charity

26 Sep - 06 Oct 2013

11 DAYS | PERU | TOUGH

Wander through the clouds to discover the lost city of Machu Picchu. Situated above the Sacred Valley at 2,430m, this ancient Inca city was abandoned during the Spanish Conquest. The ruins have since been declared a UNESCO World Heritage Site and new wonder of the world. Our challenge takes us along the valley, cutting through the Andes before a thrilling descent down a 1,400m dirt road into the pristine cloud forest. Then we head deep into the rainforest of the Manu Biosphere Reserve.

- Visit the ancient Inca capital of Cusco
- Cycle through traditional Andean villages
- Sleep beneath the stars and above the clouds
- Awake to a concert of jungle sounds in the Amazon
- Uncover the lost Inca ruins of Machu Picchu

YOUR CHALLENGE DAY BY DAY

DAY 1 *Thu 26 Sep*

-

International departure from London

The day has arrived and it's finally time for the long-awaited departure to Lima. Here we meet the rest of our team and the Charity Challenge representative, before saying goodbye to family and friends. There may be a short stop-over in the Peruvian capital before we head for Cusco. This will be confirmed before departure.

DAY 2 *Fri 27 Sep*

-

Domestic flight from Lima to Cusco, 3,350m

Touching down in the ancient Inca Capital of Cusco (3,350m), we will be met by a local Charity Challenge representative. As altitude sickness can be a problem, we spend the day acclimatising with a city walk, taking in the Plaza de Armas, the Inca Museum, the ancient ruins of Qoricancha (Temple of the Sun) and Cusco's cathedral. Soak up the surroundings before a briefing and team dinner.

DAY 3 *Sat 28 Sep*

-

Cusco to Machu Picchu for a guided tour, 2,800m

The day starts early as we board the train to Machu Picchu with our bikes. We disembark at Aguas Calientes, from where it's a short ride to Machu Picchu. There is a guided tour and time to explore the ruins. After lunch in Aguas Calientes, we catch the train back to Ollantaytambo. Spend the evening in a hostel preparing for the challenge ahead.

DAY 4 *Sun 29 Sep*

-

Cycle along Sacred Valley to Pisac, 2,800m (approximately 60kms)

Having loaded our bikes for the first day of cycling, we wave goodbye to Ollantaytambo and head along the Sacred Valley. Today's route is generally flat and tarmacked, allowing us to acclimatise. Winding through the fertile valleys and villages of Urubamba, we stop for a picnic on the banks of the river. Our first night's camp is just outside Pisac, a town famous for its artisan market.

DAY 5 *Mon 30 Sep*

-

Cycle ascent and descent in the Andes (approximately 50kms)

Starting with a steep climb we leave the Sacred Valley and head into the Altiplano. After an arduous 20km climb, the group deserves a rest and a picnic. Then it's a short bus ride to the top of the pass at 4,230m. Brace yourself for an adrenaline-pumping downhill, before levelling off into the beautiful town of Colcapata. The night is spent camping by Inca ruins at 3,400m.

DAY 6 *Tue 01 Oct*

-

Descend to Paucartambo, 3,000m. Challenging climb to Tres Cruces (approximately 62kms)

It's the toughest day, but we ease in with a rapid descent into Paucartambo (3,000m). There's time to explore the village's famous square before hopping back in the saddle for a demanding three-hour climb to the entrance of Manu National Park at 3,850m where we stop here for lunch. The track thereafter is rough and undulating. Our goal is to reach our campsite at Tres Cruces (3,950m).

DAY 7 *Wed 02 Oct*

-

Descend into cloud forest (approximately 64kms)

As the sun rises over the steamy Amazon, the light can sometimes refract creating the sensation of several suns. Cycling back to the main road, keep an eye out for wildlife. The next section is 49km of pure downhill through cloud forest and into the steamy Amazon basin. We finish at the small community of San Pedro (1,400m), with time to swim before dinner around a campfire.

DAY 8 *Thu 03 Oct*

-

Cycle deeper into the rainforest (approximately 65kms)

The last day on two wheels will be spent in the increasingly hostile rainforest environment. Taking the gentle downhill track, we can then cool off in pristine jungle streams. There follows a short sharp climb to the viewpoint over the national park. Then comes a fast descent until the jungle village of Atalaya, where we spend our last night outdoors.

DAY 9 *Fri 04 Oct*

-

Transfer to Cusco (optional ride of approximately 15 kms)

After packing up camp it's time to say goodbye to our support staff. We then head back along the road, this time able to appreciate the views. If time permits we can cycle back into the Sacred Valley on a good dirt road before continuing to our Cusco hotel for a celebratory dinner. And for those keen to keep partying, Cusco is home to some buzzing nightlife.

DAY 10 *Sat 05 Oct*

-

Fly Cusco to Lima. Depart Lima to UK

After breakfast there will be some time left for last minute sightseeing and shopping. Then it's off to the airport in the afternoon, from where we will fly to Lima for our international flight.

DAY 11 *Sun 06 Oct*

-

Arrive UK

As we touchdown in the UK it's time to head to arrivals to find your family and friends. Don't forget to swap details with your team mates, as only they share the memories of your incredible journey.

NB

The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group and so on. We will do our very best to keep to the set itinerary; however we cannot be held responsible for any last minute changes that may occur. In all such circumstances, your expedition leader will have the final say.

HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.
The costs below are per person.

SELF FUNDER

-

Pay a registration fee of £475.00 when you book
Then a balance of £1868.00 (8 weeks before your challenge)
Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

-

Registration fee of £475.00 when you book
Raise a minimum of £4150.00 for your charity.

FLEXI

-

Registration fee of £475.00 when you book
Then £475.00 towards challenge costs (8 weeks before your challenge)
Raise a minimum of £3095.00 for your charity.

WHAT'S INCLUDED

Before you go

-

- Access to your own password protected account including support materials and training schedules
- Risk assessment and emergency management planning
- Public liability insurance
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad & MASTA
- Access to "ask the expert" re your kit requirements
- Access to training weekends (optional and at additional expense)
- Warm up exercise routines
- 16 and 20 week trek/bike training schedule
- Fitness training notes
- Sponsorship forms (online and hard copy)
- Template press release
- A-Z of fundraising ideas
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- Fundraising advice

On your challenge

-

- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Internal road and air transfers as per the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary
- All ground staff including English speaking guide, drivers, cooks, and porters
- Full back-up support including first-aid qualified staff and first-aid supplies
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- A donation to a community project in one of the countries in which we operate
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award winning projects
- A Charity Challenge T-Shirt
- All challenge management before, during and post event

WHAT'S NOT INCLUDED

Before you go

-

- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own policy details)
- Clothing and equipment listed on your Kit List

On your challenge

-

- Tips
- Departure Tax (if applicable)
- Personal spending money
- Any other specific items listed as not included in your Trip Notes

THE DETAILS

Fundraising deadlines	You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 18/07/2013), and the remaining 20% within 4 weeks of completing the challenge (by 03/11/2013). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.
Prices include all known air taxes	We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.
Typical group size	The typical group size is 16 - 20 participants
Small group supplement	The costs and sponsorship levels on our website are based on a minimum of 16 participants. We can run this trip with 10-15 people, but there will be a small group supplement of £75. This is payable by you if you book as a Self Funder or your charity under the Minimum Sponsorship or Flexi payment option if you have raised the necessary minimum fundraising target. For Self Funders, we will notify you 12 weeks before departure if this is necessary, and it will be added to your final balance of challenge costs invoice.

Optional extras	Business class upgrades* Travel insurance Single room supplements* Extensions at end of trip* Trek/bike training weekends* (*subject to availability)
Travel insurance	Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. Charity Challenge has chosen to partner with specialist travel insurance providers Campbell Irvine (for UK residents) and Rise & Shield* (for non-UK residents). Both companies can arrange cover for an extensive number of activities, such as high-altitude trekking and cycling events, which include emergency medical treatment and repatriation expenses. Please note that Charity Challenge is not able to advise on matters relating to individual travel insurance policies and does not accept any liability for policy matters or claims. Full details including costs may be found at https://www.campbellirvine.com/charitychallenge and https://riseandshield.com/partners/charity-challenge/ * Rise and Shield do not provide cover to Cuba.

Level of Difficulty

The Cycle Machu Picchu to the Amazon Challenge is graded as Tough. A good level of fitness and regular training is required for this challenge. The more prepared you are for this challenge, the more you will enjoy it. This challenge will be perfect for keen cyclists, who want to push themselves to the extreme. You can tell your supporters that during your Cycle Machu Picchu to Amazon challenge you will be:

- Cycling an average of 50km-65km per day at high altitude
- Taking on several long steep continuous hills - the longest is a continuous stretch of approximately 35km of ascent
- Camping each night after the daily ride with no home comforts to look forward to
- Battling changing weather conditions from the windy coldy mountain tops, to the warm and wet cloud forest

Money

Currency: Peru uses the Sol as its currency. US Dollars are also widely used in Cusco, but not in the mountains. Please bring dollars rather than sterling if you wish to exchange money in Peru. You should be alert to the possibility of being passed counterfeit USD or local currency by street vendors, so please use your local leaders for their advice on reputable currency bureaux. For up to date currency exchange, go to www.xe.com.

Credit Cards: Credit cards will be used in an emergency, and are also accepted in most hotels and shops in Lima and Cusco. However, you will not be able to use these in the rural areas of the ride.

ATMs: You will find ATMs in both Lima and Cusco. Most of them are located in the airport, the city centre or near banks. Please note that the ATM's at the airport charge large fees to withdraw money but the ATM's in the banks in Cusco town don't.

How much to bring: You will not need a large amount of money during this trip, as most expenses are included. You should only need money for tips, food & drink (additional), gifts and souvenirs. There are a wide range of souvenirs to buy, including rugs, ponchos, and jewellery. On average around £150- £200 + a credit card in case of an emergency, should suffice. Keep in mind that, other than at the start and end of the trip, you will be in the mountains away from any foreign exchanges or banks. We therefore recommend that you carry some cash.

Tipping: Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. US$10 per person per day (approx $70) and this should be given to the challenge leader at the end of the challenge who will distribute it among the support team, including guides, assistant guides cooks, and porters.

Visa

British citizens do not require a visa for Peru. When entering Peru, participants will be asked to fill out a white embarkation card. This piece of paper is very important. You cannot leave the country without a copy; however, if you do happen to lose it you are able to buy another for a small fee on departure. You must hold a full ten-year passport with at least six months to run from the end of your challenge, and at least one blank page for your visa and entry/exit stamps.

Vaccinations

For up to date vaccination information please check the NHS Government website 'Fit for Travel' at: http://www.fitfortravel.nhs.uk/home.aspxb. Malaria precautions are essential only in low-lying rural areas; the risk is minimal in the Cusco region. Avoid mosquito bites by covering up with clothing such as long sleeves and long trousers especially after sunset, using insect repellents on exposed skin and, when necessary, sleeping under a mosquito net. Travellers with heart conditions or high blood pressure should check with their doctors before travelling to high altitude. Please check all vaccination advice with your GP or travel nurse.

Flights

You will be flying from London Heathrow Airport to Cusco via Lima. The flights are booked either with Avianca or LAN airlines. If flying with Avianca, you will be flying from Terminal 2. If you are flying with LAN, you will be flying from Terminal 5.The journey will take approx. 20 hours including stops (Bogota or Madrid and Lima). Internally, you will fly from Lima to Cusco with a local airline. This flight takes approximately 60 mins. Your flight tickets will be issued to you upon departure at the airport. If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact flights@charitychallenge.com for further assistance).

If you are flying with LAN, you may have some time in Madrid airport to make use of the facilities, but please make sure you are at the next departure lounge in plenty of time for the onward flight. Please note that the departure time of your connecting flight is in local time keeping this in mind so that you avoid missing your connecting flight.

IMPORTANT: Madrid Airport conducts strict security checks regarding hand luggage. As at London Heathrow, in your hand luggage you are only allowed to carry a limited amount of liquid through security control. The liquids will need to be in individual containers with a capacity of no more than 100ml, or 100g in weight. The containers will then need to fit comfortably in a transparent, re-sealable bag measuring no more than 20cm by 20cm. These restrictions include any Duty Free bought at London Heathrow and on your return flight as well. At Lima airport please ensure that you collect your luggage from the luggage belt as you will have to clear customs and then re-check it in for your domestic flight.

Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical (emergency, evacuation and repatriation) arrangements, cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56 days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our main FAQs page.

Group Size

Each Group is intended to be a minimum of 16 people in order to run and a maximum of approximately 30 people. We

will be able to run this challenge for 10 to 15 people by charging a small group supplement of £75 which will be added to your final balance invoice (self-funders) or charged to your charity (minimum sponsorship or flexi).

Leadership

We employ a number of first aid qualified challenge leaders, all of whom speak fluent English. They will be ultimately responsible for the running of the itinerary and the safety of your group.

Climate

Peru's climate has two seasons – wet and dry – though the weather varies depending on the geographical region. In the Andes there is a dry season (April to October) and a wet season (mid November to March). The average temperature throughout the year goes from 8.5°C (June to August) to 10.8°C (September to May). In the Andes the temperature can drop up to 15º from day to night-time, especially at higher altitudes. As the trip goes from the Andes to the rainforest you can expect to experience all different types of weather and should be suitably equipped to cover this. Temperatures can likely to go below freezing at night especially at campsites and during the day will be relatively warm making for pleasant hiking weather. Expect some rain, hot sunshine, humid jungle conditions, as well as dry, cold high altitude conditions.

Terrain

You will be cycling through different geographical zones and the terrain will vary. During the first days the terrain will be mountainous with long steep uphill sections. Once you reach the cloud forest the scenery will change and the terrain will still be undulating. Some days you will be cycling on main roads.

Luggage allowance and valuables

As no formal clothes are needed, luggage should be kept to the absolute minimum – details of what to pack are provided in your Kit List. Your main kit bag, or rucksack, must not exceed 23kgs in weight, but for the five days you are away from Cusco you can safely store any excess kit as you will be provided with a separate kit bag for the time you are trekking. Each day, your personal kit will be transported by vehicle to your next campsite, where it will be waiting for you on arrival. You will carry a daypack for your daily needs such as sun cream, water, camera and lightweight waterproofs. For any valuables, safe deposit boxes are usually provided in Cusco and Aguas Calientes for guests' use in the hotels, but will not be available while camping. Use a padlock on your luggage when in transit to reduce any risks.
While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces and rings. You must take your passport with you during the trek. It should be kept in a plastic bag to protect it from damp or water damage.

Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as

the International Porter Protection Group and Climate Care to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our Responsible Tourism pages, where you will be able to view a list of the projects that we currently support.

Typical day

During the cycling days you rise early and pack up camp after breakfast, then cycle with only your daypack. You can keep this in the support vehicle if you wish. There will be a lunch stop on route. There will be plenty of time to stop and view the remarkable scenery. The evenings are spent in beautifully located camps in the shadows of nearby mountain peaks, where the facilities are fairly good.

Accommodation

In Cusco the accommodation will be in a 3 star standard hotel. In Ollantaytambo you will stay in a 1-2 star family run hostel. During the cycle you will camp in spacious two person tents. If you would like your own room / tent, this can be arranged but there will be a single room supplement. Please let Charity Challenge know if you are travelling with a friend or partner who you wish to share with.

Food & Drink

The meals we provide are nutritionally balanced and well suited to the environment and altitude. Breakfast will usually include cereals, bread, fresh fruit, juice and coffee. Lunches will either be in the form of a snack pack given out at breakfast to be carried in the daypack, or set up along the route, or taken in a local restaurant. Dinner always includes a soup/starter, main course and a dessert. The vegetarian food is excellent. Please let Charity Challenge know prior to departure if you have any dietary requirements or allergies.

Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For your cycle challenge, padded cycling shorts and comfortable footwear are essential, and helmets are compulsory throughout. Training with your cycling shorts is definitely advised! You can bring equipment like clip-in pedals or a gel seat, if desired, in order to adapt your bike in country, and we would also recommend technical/wicking t-shirts rather than cotton shirts. A full kit list for this challenge can be found here, once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

Toilets

Toilet tents are supplied during the challenge. They are set up near the campsite at specific locations away from watercourses. Toilet paper is provided. You will be provided with warm water for washing. A portable toilet will be set up at all meal stops and camps. During the cycling days they will be some toilet stops organized along the way.

Phone and WiFi

During your stay in Cusco you will have good WiFi access and phone signal. On camping days there will be no WiFi and phone signal will be extremely limited.

Safety

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand (link to Challenge Safe page on new website) formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount!

In terms of your Cycle Machu Picchu to the Amazon Challenge, there are a couple of important points that you should be aware of:

- The route is quite exposed, with almost no shade, and on sunny days the temperatures can soar. You should ideally be wearing sun cream, and hydrating constantly throughout the ride!
- You will be cycling at altitude throughout, which may have an affect on certain medical conditions
- The brakes on your bike will be the opposite way to normal. Be aware of this and ensure that you test them softly in order to become accustomed before starting the ride.
- You will be cycling on some dirt roads, but also tarmac roads that can have more car users. Remember that in Peru you will be cycling on the right, and always signal when turning.
- Smoke alarms are not a legal requirement in Peru, and as such some of the hotels we use do not have them in place. Your leader will explain the emergency fire procedures to you.

Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking abilities. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace. In the event of an emergency on Machu Picchu, all guides and leaders are maintaining contact via radio, and the backup vehicle will not be far away. If somebody is unable to walk at all, then we can transport him or her from one location to the next.

Training

Training and fitness is definitely required. It is important that you work specifically on your stamina, leg and joint strength, and balance in order to get as much out of the challenge as possible. The cycle takes place in a hilly

environment, so the best training advice is to get outdoors and do some long cycles in the hills around your area. Try and cycle for at least 2 consecutive days in the run-up to the challenge, and if you can do any more this will also really help. Although you will be able to put all of your equipment on the support vehicle during the challenge, it's a good idea to train while carrying a bag or panniers, in order to make it easier for yourself when you no longer need to carry the weight.

CH>RITY
CH>LLENGE

Any more questions?

Contact us:

+ 44 (0)20 8346 0500

info@charitychallenge.com
www.charitychallenge.com

facebook.com/charitychallenge
twitter.com/charitychall