

CH>RITY  
CH>LLENGE



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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CLASSIC INCA TRAIL  
PERU

Fri 21 Oct - Sun 30 Oct 2016





## In aid of your choice of charity

21 Oct - 30 Oct 2016

### 10 DAYS | PERU | TOUGH

The Inca Trail to Machu Picchu is the most famous and popular trek in South America and – considering its spectacular setting and rich Inca history – for good reason!

This classic journey offers beautiful mountain views, strikingly different climatic zones and the chance to reach amazing Machu Picchu by foot. The four-day itinerary takes in other ruins en route and includes plenty of times to explore this magnificent site.

We return to Cusco by 'Vistadome' train, taking in the mighty Urubamba River and the scenic route we have just covered. After disembarking, it's a speedy bus ride back to town for a celebratory meal.

Please note that, unlike our Trek to Machu Picchu challenge, this challenge follows the Classic Inca Trail for four whole trekking days. We trek alongside other groups and campsites are shared. If you are unsure about which trip to select, contact our office for further advice.

- Follow in the footsteps of many adventurers along the Inca Trail
- Discover Cusco, the former Inca capital and a Unesco World Heritage Site
- Trek and camp along the ancient pathway
- A detailed guided tour of the world famous ruins at Machu Picchu
- Optional extensions to Lake Titicaca or the Jungle

## YOUR CHALLENGE DAY BY DAY

### DAY 1 *Fri 21 Oct*

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#### Day 1: International departure from London

The big day is finally here! A Charity Challenge representative will meet you at the airport for the overnight flight to Lima. Depending on the group, the first night may be spend in Lima. This will be confirmed before departure.

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### DAY 2 *Sat 22 Oct*

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#### Day 2: Lima to Cusco

From Lima it's a one-hour internal flight to Cusco, the ancient Inca capital (3,350m). The group will be met by a Charity Challenge representative who will supervise the transfer to your hotel and lead an acclimatising walking tour of the city.

There will be a full challenge briefing this evening, followed by a team supper and overnight in a centrally-located 3-star hotel.

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### DAY 3 *Sun 23 Oct*

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#### Day 3: Acclimatisation day (3hrs walking)

Acclimatisation is all-important at this height, so we spend the day exploring the surrounding area and archaeological sites, enjoying a picnic lunch and also going on a warm-up trek. Later we head back to Cusco for dinner and overnight in our hotel.

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### DAY 4 *Mon 24 Oct*

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#### Day 4: Inca Trail

It's an early start for the drive to Pisca K'uchu to meet the support team and begin the trek. The route follows the Urubamba River, before heading for the ruins at Llactapata (2,888m) where we stop for lunch. From here, trek through the Cusichaca valley to Huallayabamba (3,000m), the last inhabited place on the trail and our campsite. The support team sets up camp and prepares dinner.

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### DAY 5 *Tue 25 Oct*

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#### Day 5: Inca Trail

Possibly the hardest day of the trek, we rise early and head to the highest point of the trail - the impressive Warmiwanusca (Dead Woman's Pass) at 4,200m. The route takes in humming birds, cloud forest and out-standing views across the valley. We then descend to camp in the Pacasmayo valley (3,650m).

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### DAY 6 *Wed 26 Oct*

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#### Day 6: Inca Trail

Early this morning we trek by the Inca ruins of Runcu Raccay, as we head for the next pass at 3,998m for spectacular views of the Vilcabamba range. There is then time for a tour of the Sayacmarca ruins. We continue along the ridge, passing through tunnels and a slight ascent to the Phuyupatamarca ruins at 3,650m. It's then a steep downhill to the outstanding Winay-wayna (2,600m).

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#### DAY 7 Thu 27 Oct

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##### **Day 7: Inca Trail to Machu Picchu and Machu Picchu visit**

After another early start, we set off through cloud forest. Our goal is to reach Inti Punku, the Gateway of the Sun, for the first glimpse of Machu Picchu. Relish the moment before continuing down to the ruins for a guided tour. From here, we travel by bus and train back to Cusco for a celebratory meal.

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#### DAY 8 Fri 28 Oct

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##### **Day 8: Machu Picchu to Cusco**

Your hard work has earned you a free day to rest and recuperate or explore the magical Cusco. Highlights include colonial churches, artisan markets, chocolate museums and the many centrally-located cafes. Our last night will be spent enjoying one final team dinner in a local restaurant.

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#### DAY 9 Sat 29 Oct

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##### **Day 9: Depart Cusco for Lima. Fly to UK**

After a free in Cusco, we head for the airport for an internal flight to Lima. There we board an overnight flight back to London.

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#### DAY 10 Sun 30 Oct

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##### **Day 10: Arrive UK**

With amazing memories and a massive sense of achievement, it's time to say goodbye and swap contact details before heading our separate ways.

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#### **NB**

Should you suffer from vertigo, it is worth considering that on most mountain treks there will be occasional exposure to sheer drops. Therefore you should discuss the particular itinerary with a member of our team.

Inca Trail Passes: Inca Trail passes sell out extremely quickly. There are only a limited amount of passes printed for each day and to purchase them for you we need your passport details, so please try and book onto the challenge as early as possible and with passport details that will be correct on your chosen date of departure. Should your passport details change, you will need to bring both your old passport (for your Inca pass), as well as your new passport (for the flights) into Peru with you. If we are unable to secure an Inca Pass due to us not having your passport details, your deposit will be non-refundable in any circumstance.

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 might 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**

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*Pay a registration fee of £475.00 when you book  
Then a balance of £1887.00 (8 weeks before your challenge)  
Raise as much as you can for your charity.*

**MINIMUM SPONSORSHIP**

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*Registration fee of £475.00 when you book  
Raise a minimum of £3850.00 for your charity.*

**FLEXI**

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*Registration fee of £475.00 when you book  
Then £475.00 towards challenge costs (8 weeks before your challenge)  
Raise a minimum of £2880.00 for your charity.*

**WHAT'S INCLUDED**

**Before you go**

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- Risk assessment and emergency management planning
- Access to your own password protected account including support materials and training schedules
- Support materials (itinerary, kit list, fact file, Q&As, health notes, travel tips, responsible travel policy and guidance)
- A-Z of fundraising ideas

**On your challenge**

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- All internal transfers
- An English speaking first aid trained challenge leader and full local support team (assistant, drivers, mechanic, medic)
- Group first aid supplies
- An English speaking first aid trained challenge leader and full local support team
- Entrance fees to national parks or other places of interest visited on the itinerary
- All challenge management before, during and post event
- Drinking water on challenge days
- Accommodation during the challenge (usually in twin share)
- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Three meals a day (unless otherwise stated in the itinerary)
- A Charity Challenge T-Shirt

**WHAT'S NOT INCLUDED**

**Before you go**

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- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)

**On your challenge**

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- Tips
- Departure Tax (if applicable)
- Personal spending money

- 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
- 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 12/08/2016), and the remaining 20% within 4 weeks of completing the challenge (by 27/11/2016). 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 11 - 15 participants

#### Small group supplement

The costs and sponsorship levels on our website are based on a minimum of 11 participants. We can run this trip with 6-10 people, but there will be a small group supplement of £75. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

### 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. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

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### Level of Difficulty

The Classic Inca Trail 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 someone with an open mind and a desire for adventure and who would like to push themselves. You could tell your supporters that during your Classic Inca trail challenge you will be:

- Covering a total of 26 miles over 4 days up in the mountains
- Trekking at high altitude from your arrival into Cusco
- Living and surviving in rural areas, away from civilisation and in very basic camping conditions
- Reaching a maximum altitude of 4200 meters above sea level
- Weather conditions can change dramatically during the day

### Money

**Currency:** Peru uses the Sol as its currency, USD\$ are also widely used. For up to date currency exchange, go to [www.xe.com](http://www.xe.com). Please note you will need a combination of soles and dollars.

**Credit Cards:** Credit cards are welcomed in Lima and Cusco (Visa, MasterCard, Diners and American Express), but take cash for small towns or pueblos. Major credit cards are accepted in most hotels, shops and restaurants. Not all shops, restaurants, bars and hotels accept credit cards and it is worth checking whether they do before purchasing or ordering anything.

**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. You will mainly need soles and just enough dollars for the staff tips for this trip.

**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\$15 per person per day (approx \$120) 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. Ensure your entry stamp is legible as it is required by hotels for the exoneration of Peruvian tax. 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>. Although the Charity Challenge team are travel professionals, they are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements.

## Flights

You will be flying from London Heathrow Airport to Cusco via Lima. The flights are booked either with Avianca or LAN airlines. Please check your Account for confirmed flights. 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 55 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](mailto:flights@charitychallenge.com) for further assistance).

## 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 10 people in order to run and a maximum of approximately 15 people. We will be able to run this challenge for 6 to 10 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/47.3°F (June to August) to 10.8°C/51.4°F (September to May). In the Andes the temperature can drop up to 15° from day to night-time, especially at higher altitudes during the challenge. 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 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 trekking through different geographical zones and the terrain will vary from wide open mountain trails to very enclosed, narrow paths with steep and sheer drops at one side. On the final 2 days you will be climbing many, many steps to reach your final destination at the Sun Gate of Machu Picchu.

### 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 carried by porters 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 '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. Your flight tickets can be left in a safe in the hotel in Cusco or with the ground handler and collected on your departure. 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](#) section.

### Typical day

During the cycling days you rise early and pack up camp after breakfast, then trek with only your daypack. 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. The food and facilities are fairly good.

### Accommodation

In Cusco the accommodation will be in a 3 star standard hotel. During the trek 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 this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are a high quality Gore-Tex waterproof jacket and technical/wicking t-shirts rather than cotton shirts. Walking poles are also highly recommended, as the steps on this challenge are very tough on even the fittest knees, and descents can be tricky. A full kit list for this challenge can be found [here](#), and 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 Wi-Fi access and phone signal. On camping days there will be no Wi-Fi 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 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 Inca Trail challenge, there are a couple of important points that you should be aware of:

- You will be trekking at high altitude, which comes with its particular set of risks
- You will be trekking in a very remote area with a long evacuation procedure in case of illness or injury..
- Weather conditions can change dramatically during the day from very sunny and hot to freezing at night. You should ideally be hydrating constantly, and equipped with the right equipment in terms of waterproofs, warm clothes and a 4 season sleeping bag.

### 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. The Inca Trail is not vehicle accessible, and as such the evacuation procedure is lengthy, and will require the teamwork of the trip doctor, leader, guides and Inca Trail officials to coordinate any removal from the trip.

### Training

This challenge is graded 'Tough', which means that a good level of fitness is definitely required! Anyone who leads a fairly active and moderately healthy lifestyle should be able to complete the trek, as long as they train regularly over a period of at least three months leading up to it. Don't forget that the temperature and the altitudes are different from the UK – the highest pass on this trek is 4,200m. While strength is important, endurance training should be your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take long hikes (6-8 hours) with a weighted pack, up and down hills or on small mountains (weigh your pack with water containers and pour out the water before your descent to minimise knee stress).

### Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the

link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)

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**Any more questions?**

Contact us:

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[www.charitychallenge.com](http://www.charitychallenge.com)

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