British Heart Foundation

TRIP NOTES

# BELIEVE ACHIEVE INSPIRE

## TREK TO MACHU PICCHU PERU

Fri 29 Sep - Sun 08 Oct 2017

## In aid of British Heart Foundation

*29 Sep - 08 Oct 2017*

British Heart Foundation

**10 DAYS | PERU | TOUGH**

The lost city of Machu Picchu, one of the UNESCO World Heritage Sites, sits on the bucket list of many and with good reason; it's simply breath-taking.

This rewarding Trek to Machu Picchu challenge follows the spectacular and uncrowded Ancascocha trail and surrounded by the snow-capped Andean mountains, raging rivers and remote mountain communities. You will be supported by our experienced leader and guides, the hike is slow, allowing for acclimatisation to the altitude and the opportunity to enjoy the unique surrounds and traditional Peruvian culture. The aches and pains will vanish at the end of each day as our friendly porters and chefs make life as comfortable as possible.

Exhaustion will turn to euphoria as you step through the Sun Gate to witness Machu Picchu, one of the New Seven Wonders of the World, for the first time, making all that hard work worthwhile and leaving you with memories to last a lifetime.

*NB. We include the entrance fees to Machu Picchu and other sites visited as part of the itinerary. Passes are in high demand and so need to be booked far in advance with up to date passport details.*

- Reach the UNESCO World Heritage Site of Machu Picchu in the Sacred Valley of the Incas
- Admire the spectacular scenery of the Andes Mountains
- Follow the uncrowded Ancascocha Trail
- Explore the ancient Inca capital of Cusco
- View the sacred site of Machu Picchu from the Sun Gate

## YOUR CHALLENGE DAY BY DAY

**DAY 1** *Fri 29 Sep*

-

**International Departure from London**

It's finally time for your long-awaited departure to Peru. Wave goodbye to friends and family, before you board the flight and embark upon your challenge!

---

**DAY 2** *Sat 30 Sep*

-

**Flight to Cusco (3350m)**

Bienvenidos and welcome to Peru.
Touching down in the ancient Inca Capital of Cusco (3,350m), you'll be greeted by a local Charity Challenge representative and transferred to your next two nights' accommodation. As altitude sickness can be a problem, you will spend the rest of the day acclimatising to the altitude with an afternoon free to take things at your own pace. Relax in one of the many cafés overlooking the plaza, visit the Incan monument Qoricancha (Temple of the Sun), or head to the vibrant market to soak up the surroundings before a full briefing and the first team dinner. (B, L, D)

Accommodation: Hotel

---

**DAY 3** *Sun 01 Oct*

-

**Acclimatisation Walk (Approximately 3 hours)**

Acclimatising to the altitude is all-important, so the day will be spent walking around the Cusco area, stopping for lunch. Later, you'll head back to city for dinner, before returning to your hotel. (B, L, D)

Accommodation: Hotel

---

**DAY 4** *Mon 02 Oct*

-

**Cusco to Chilipahua 3,840m (Approximately 7 hours)**

Rise and shine for an early morning drive (approx. 2 hours) to Parpishu (3,200m), from where the challenge will commence. Along the way, you will slowly ascend to the Watuq'asa pass (3,800m) where you find an Inca wall and an amazing viewpoint of Cusco. After lunch, it's a long hike to the small village of Chilipahua, where you'll camp for the night.

(Distance approx. 10.5km. Elevation +921m/-254m) (B, L, D)

Accommodation: Camping (3,840m)

---

**DAY 5** *Tue 03 Oct*

-

**Chilipahua to Ancascocha 4,500m (Approximately 8 hours)**

After breakfast, you ascend through a wet highland to Quencomayo and then up to the Quchusqasa pass at 4,500m, the highest point of your trek. Spot the alpacas and llamas roaming along the way, though careful they don't try to share your picnic lunch! After lunch, you descend down into the river gulley to camp (3,900m), where there are spectacular views of the Huayanay Glacier.

(Distance approx, 9km. Elevation +795/-570m) (B, L, D)

Accommodation: Camping (3,900m)

---

**DAY 6** *Wed 04 Oct*

-

**Ancascocha to Camicancha 2,800m (Approximately 7 hours)**

Awake with the rising sun, you start trekking down beside the Silque River towards the Sacred Valley of the Incas. There is fantastic flora and fauna to be seen along the way. In the afternoon, you reach the community of Camicancha (2,800m) where you camp for the night. Make sure to check out the view of the 'La Veronica' mountain.

(Distance approx. 10km. Elevation +178/-1,222m) (B, L, D)

Accommodation: Camping (2,800m)

---

**DAY 7** *Thu 05 Oct*

-

**Camicancha to Machu Picchu via Sun Gate 2,430m (Approximately 6 hours)**

After a short 45 minute transfer by bus, it's an early train journey (approx 1 hour) to Km 104 (along the railway from Cusco), where you'll be dropped (2,200m) at for the 5-6 hour trek towards the famous Sun Gate (2,700m). It's a 3,000 step climb following the traditional Inca path, before you catch your first awe-inspiring view of the sacred site of Machu Picchu from the Sun Gate. There'll be plenty of time for photographs before heading to Aguas Calientes(2,040m) for the evening (25 minute transfer).

(Distance Trekking Approx: 10km. Elevation: (+500/- 810) (B, L, D)

Accommodation: Hotel (2,040m)

---

**DAY 8** *Fri 06 Oct*

-

**Machu Picchu to Cusco**

It's back to Machu Picchu (2,430m) to spend the morning exploring the extraordinary Inca remains with your guide. You will have 2-3 hours to walk around the site before catching an early afternoon train back to Ollantaytambo (approx 1.5hours), before boarding a bus bound (approx. 4 hours) for Cusco. It's party time later at a local restaurant, as you and the group celebrate achieving your Charity Challenge goal and discovering the majesty of Machu Picchu. (B, L, D)

Accommodation: Hotel

---

**DAY 9** *Sat 07 Oct*

-

**Depart Peru**

After breakfast it's time to say "adios" as you travel to the airport to begin your journey home. (B)

---

**DAY 10** *Sun 08 Oct*

-

**Arrive UK**

Touching down in the UK, it's time to head to arrivals to find your family and friends. Don't forget to swap details with your teammates as only they share the memories of your incredible journey.

---

**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: please note that for this challenge you need an Inca pass to complete the last day of trekking. There are only a limited amount of passes printed for each day. In order to purchase them for you, please try and book onto the challenge as early as possible with passport details that will be correct on your chosen date of departure. If you renew your passport, please update your passport details in your account or contact us; you will need to take both your old and new passports with you on your challenge. If you book onto the challenge late we cannot guarantee that we will be able to secure a pass for you. You will be advised on booking if this is the case and you may choose an alternative departure date, or we can talk you through alternative arrangements that we can make.

## 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 £375.00 when you book*
*Then a balance of £1850.00 (8 weeks before your challenge)*
*Raise as much as you can for your charity.*

### MINIMUM SPONSORSHIP

-

*Registration fee of £375.00 when you book*
*Raise a minimum of £3775.00 for your charity.*

### FLEXI

-

*Registration fee of £375.00 when you book*
*Then £375.00 towards challenge costs (8 weeks before your challenge)*
*Raise a minimum of £3010.00 for your charity.*

## WHAT'S INCLUDED

**Before you go**

-

- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- 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 21/07/2017), and the remaining 20% within 4 weeks of completing the challenge (by 05/11/2017). 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 - 34 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*<br>Travel insurance<br>Single room supplements*<br>Extensions at end of trip*<br>Trek/bike training weekends*<br>(*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.<br>Full details including costs may be found at https://www.campbellirvine.com/charitychallenge and https://riseandshield.com/partners/charity-challenge/<br>* Rise and Shield do not provide cover to Cuba. |

## LAKE TITICACA BY BUS – £480.0

After a spectacular bus ride to Puno, you will spend half a day on the stunning Island of Amantani and half a day on the Island of Taquille. While here, take the opportunity to discover the pre-Inca ruins and the ancient communal lifestyle. Walking up to the highest points of the island offers impressive and expansive panoramic views of the lake.

- Registration fee £50.0
- Balance £430.0

- Single Room £40.0

### Level of Difficulty

The Trek to Machu Picchu Challenge is graded as Tough. This is the perfect challenge for participants who are of an adventurous spirit and an open mind and with previous trekking experience. You will need a good level of fitness in order to undertake this challenge. You can tell your supporters that on your Trek to Machu Picchu Challenge you will be:

• Trekking an average of 6-8 hours per day
• Trekking at high altitude
• The maximum altitude reached is 4600 metres above sea level
• Trekking through remote areas where facilities are basic

### Typical Day

During the trekking days you rise early and pack up camp after breakfast, then trek carrying only daypacks for 6 to 8 hours, stopping for lunch en route. You will have plenty of time to stop and view the remarkable scenery. The trek zone is remote and home to rare flora and fauna. The evenings are spent in beautifully located camps/hotels, situated in the shadows of nearby mountain peaks. The food and facilities are generally good.

### 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. 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 Trek to Machu Picchu Challenge , there are a couple of important points that you should be aware of:

- You will be trekking at high altitude. The highest altitude is 4600 metres
- You will be flying to Cusco (3350 metres)
- There are 2 days of acclimatisation built into this itinerary
- You will be trekking through remote areas where facilities are basic

### Responsible Tourism

It is our aim to make your challenge experience unforgettable. We also wish to contribute positively towards the communities and the destinations that we visit.

On your trek to Machu Picchu we commit to the following:

Wherever possible using local leaders and support staff:

- Your challenge leader for your Machu Picchu trek will be a local, well trained and knowledgeable professional leader. All our leaders for this challenge are either native from or long term residents of Peru. This will ensure that you not only will have a much higher level of engagement with the local culture, but also knowledge of the

environment, local ways of living, history and experiences from the locals.

- During your trek you will pass through lots of communities. We support these communities by asking our ground handlers to employ support staff straight from them. For example, the local chefs will be providing you with delicious meal after your hard day of trekking. Not only does this ensure that the money is going straight back into the community but it also means you can learn so much more from them about their culture and lives. We also camp on lands owned by the community and pay them fees. This allows them to improve their campsites by building public bathrooms and showers and therefore supporting local sustainable businesses. These are camps such as Chilipahua, Ancascocha and Camicancha.
- The support of our local staff does not stop after your challenge has finished. Our ground handler provides annual training on safety, group management, environmental protection management, and First Aid. This continued support throughout the year empowers our local leaders and helps to keep them up to date with best practice.

Using local produce and reducing our plastic footprint:

- In order to have the freshest food and the best water we source it along the way from the local areas /campsites / communities of Chilipahua and Camicancha. Where possible you will have delicious potatoes and trout fished from the fresh flowing rivers. The fresh water cuts down our use of plastic bottles, and of course all this fresh water will help you to stay hydrated.

Animal Welfare:

- Mules are used by the local crew to transport the camp equipment from site to site. The muleteers are part of the local crew and animal welfare is monitored by our in country suppliers as part of the agreement with Charity Challenge.

### Flights

You will be flying from London Heathrow Airport to Cusco. The journey will take approx. 16 hours including stops. Your flight tickets will be e-mailed to you before departure. 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 flying with LATAM via Madrid, Madrid airport conducts strict security checks regarding hand luggage.

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.

**Please note:** Timings of the group flights are subject to change so please take this into consideration when booking domestic travel arrangements to reach your departure airport i.e. book flexible tickets where possible. We are unable to take responsibility for the consequences of missed international flights due to delayed travel arrangements to the airport. We therefore advise you, when booking transport and making any arrangements, to plan to get to the airport in plenty of time allowing for any possible delays which may occur on the day (bad weather, break down, cancellations

etc). If you book a domestic flight, in order to get to your international departure airport, please do consider that this flight ticket cannot be linked to the ticket we are organising for you; you will need to collect your luggage, possibly change terminal and check-in again as normal.

## Visa & Permits

### 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.

### Permits

Inca Trail Passes: please note that for this challenge you need an Inca pass to complete the last day of trekking. There are only a limited amount of passes printed for each day. In order to purchase them for you, please try and book onto the challenge as early as possible with passport details that will be correct on your chosen date of departure. If you renew your passport, please update your passport details in your account or contact us; you will need to take both your old and new passports with you on your challenge. If you book onto the challenge late we cannot guarantee that we will be able to secure a pass for you. You will be advised on booking if this is the case and you may choose an alternative departure date, or we can talk you through alternative arrangements that we can make.

Please note that Inca Trail passes are non-refundable and non-transferable. If you choose to transfer your challenge to a later date, you will be charged the cost of the Inca Pass.

## Insurance

Your safety when travelling with Charity Challenges is our main concern which is why it is a booking condition that you have a suitable travel insurance policy that will cover you for the adventurous nature of your challenge. 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 by clicking here.

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

Please be prepared to have a minimum of $150.00 on you during the trek. In the event that you become unwell due to altitude or need to take yourself off the trek at any time a vehicle will need to be arranged and the transportation fee will be a minimum of $150.00. If this is due to medical then you will later be able to claim this on your insurance.

## Vaccinations, Medication & Altitude

### Vaccinations

For up to date vaccination information please check the Travel Health Pro website:
https://travelhealthpro.org.uk/countries
Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting so it may be useful to take a copy of your itinerary with you.

### Medication

- carry medicines (including those bought over the counter) in their correctly labelled container, as issued by the pharmacist, in hand luggage
- consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- a letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check you can find further information at
https://travelhealthpro.org.uk/factsheet/43/medicines-abroad

### Altitude

Anything over 2500m is classified as being ‘ high altitude’ in that it starts to have some effect on the body.

One of the benefits of booking with Charity Challenge, is the support and training you will receive from our partners at The Altitude Centre - the UK’s leading altitude training specialists. Check out the High Altitude section in your account area for more information, free online group consultations and discounted training plans.

For additional advice on altitude sickness, please see https://travelhealthpro.org.uk/factsheet/26/altitude-illness

## Climate & Terrain

### 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 around 8.5°C/47.3°F (June to August) to around 10.8°C/51.4°F (September to May). In the Andes the temperature can vary up to 15º from day to night-time, especially at higher altitudes during the challenge. As the trip goes from the Andes to the cloud forest 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

The route is mountainous. There will be several uphill sections, especially on day 2 and 3 of the trek itself. On day 4 of the trek you will have to climb several steep steps under humid and hot conditions. Walking poles are strongly advised.

### 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 altitude. Don't forget that the temperature and the altitudes are different from the UK – the highest pass on this trek is 4,600m. 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 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

### Luggage Allowance & 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 extra belongings at the hotel.

The packing information for Peru is different for other challenges, so listen carefully! When you set off on your trek, you will leave your main bag at the hotel in Cusco, which will have any extra toiletries or casual clothes that you don't need. This bag will be staying at Cusco until the end of your challenge.

For use on the trek section, you will be given a holdall that will carry any trekking gear that you need for the 4 days and ideally your sleeping bag. This will be transported by the support team during the challenge and the weight will not exceed 10kg per passenger. You will carry a daypack for your daily needs such as suncream, waterproofs, camera etc.

Dry bags will be provided in country.

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.

**Portable chargers or power banks** containing a lithium ion battery must be packed in carry-on bags. Specific regulations regarding power banks may vary depending on the airline, the country you're traveling to, and the type and capacity of the power bank. It's always a good idea to check with the airline and the destination country's regulations before your flight to ensure that you comply with their specific rules regarding power banks.

## Leadership

We employ a number challenge leaders, all of whom speak fluent English, as well as a local expedition medic who accompanies the group during the high altitude trekking days. They will be ultimately responsible for the running of the itinerary and the safety of your group.

## Group Size

Each group is intended to be a minimum of 12 people in order to run and a maximum of 30 people. We will be able to run this challenge for 8 to 11 people by charging a small group supplement of £95 which will be added to your final balance invoice (self funders) or charged to your charity (minimum sponsorship or flexi).

## Clothing & 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. You don't need a clean pair every day, but enough to make sure you have dry socks each morning. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are high quality gore-tex waterproof and windproof jackets and trousers, and technical/wicking t-shirts rather than cotton shirts. Walking poles are also recommended, as a preventative as well as for anyone with any pre-existing leg injuries or niggles.

Please click here for a full kit list for this challenge. As a Charity Challenge participant, you will get members only benefits and/or discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.

## Accommodation & Toilets

### Accommodation

In Cusco and Aguas Calientes the accommodation will be in small, local-run hotels (2 or 3 star), with rooms for two or

three people sharing. During the trek you will camp in spacious two person dome tents. If you would like your own room/tent, this can be arranged if there is availability 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. Please be aware hotels do their best to provide hot water for all guests within the capacity of water heating systems in place within each building, and on occasion water may be cold.

**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 actual trekking day, you will have to make use of the bushes and rocks. Please ensure you have a few nappy bags to dispose of used toilet roll and hand sanitiser.

## 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 packed lunch given out at breakfast to be carried in the daypack, provided in a mess tent 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.

## 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. You should ideally bring a combination of Soles and dollars, or bring dollars that you can change into Soles on arrival in Peru.

**Credit Cards:** Credit cards are welcomed in 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.

**ATMs:** You will find ATMs in Cusco, located in the airport, the city centre or near banks.

**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 in small denominations 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 the equivalent of approx. US$12 per person per day (approx $85) in Peruvian Soles (ideally in small denominations), and this should be given to the challenge leader during the trek who will distribute it among the support team, including guides, assistant guides cooks, and porters.

**Evacuations:** Please be prepared to have a minimum of $150.00 on you during the trek. In the event that you become

unwell or need to take yourself off the trek at any time, a vehicle will need to be arranged and the transportation fee will be a minimum of $150.00. If this is due to medical then you will later be able to claim this on your insurance.

### Phone & WiFi

During your stay in Cusco and Aguas Calientes 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.

### 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 all guides and leaders maintain contact via radio, with mules available and the support vehicle not far away. If somebody is unable to walk at all, then we can transport him or her from one location to the next.

### Pre-Existing Medical Conditions

We do not professionally vet your medical details. Please assess for yourself whether you are fit and able to take on the challenge. Please review the detailed Trip Notes and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the challenge more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request. Whilst we will do our best to put in place appropriate measures we cannot guarantee that this will be possible.

### Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the challenge to support with medical matters related to the challenge environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive in the UK for pre-exiting medical conditions, and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the challenge leader or expedition medic.

“

Having the opportunity to interact with the local community was fantastic. It felt like we were helping to support them, as well as raising money for our Charities. The guides were so knowledgeable and passionate that it made the experience even more special.

Lorraine Davidson

“

This is the best and hardest thing I have ever done. I wanted to leave my 50's on a high, and I genuinely did that in Peru! A fantastic experience!

Jackie Furby

“

The absolute BEST DAY for me was reaching Machu Picchu via the Sun Gate along the Inca trail...that was outstanding and something I'll never forget! Thanks for an unforgettable experience.

Sarah Lord

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