



TRIP NOTES

BELIEVE ACHIEVE INSPIRE

**CNX - CYCLE MACHU PICCHU TO
THE AMAZON
PERU**

Sat 07 Sep - Tue 17 Sep 2019





In aid of Cancer Research UK

07 Sep - 17 Sep 2019



11 DAYS | PERU | TOUGH

Join the 2013 Reebok CrossFit Games Champion, Samantha Briggs for an 11-day adventure to the lost city of Machu Picchu.

As a group, you will share in the adventure of a lifetime and have the chance to learn and enjoy time with Reebok athlete Samantha Briggs.

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
- Awaken to the jungle dawn chorus
- Uncover the lost Inca ruins of Machu Picchu

YOUR CHALLENGE DAY BY DAY

DAY 1 Sat 07 Sep

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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 Sun 08 Sep

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Arrive in Cusco, 3399m

Touching down in the ancient Inca Capital of Cusco (3399m), you will be met by a local Charity Challenge representative. Spend the day acclimatising and enjoy a city tour. Overnight in hotel.

DAY 3 Mon 09 Sep

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Cusco to Machu Picchu for a guided tour, 2800m

Enjoy a guided walking tour of the Lost City of the Incas and use your time to soak up the incredible surroundings and magical atmosphere. After a full day's exploration, take in the Sacred Valley on the return train journey and spend the evening preparing for the challenge ahead. Overnight in hotel.

DAY 4 Tue 10 Sep

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Cycle along Sacred Valley to Pisac, 2800m (60km 60km approx)

Having loaded your bikes for the first day of cycling, wave goodbye to Ollantaytambo and head along the Sacred Valley of the Incas. Today's route is mildly undulating along a sealed road. Winding through the fertile valleys and villages of Urubamba, you will stop for a picnic on the banks of the river. The first night's camp is just outside Pisac, a town famous for its artisan market. Overnight camping.

DAY 5 Wed 11 Sep

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Cycling in the Andes, 4230m (50km approx)

Starting with a steep climb you will leave the Sacred Valley and head into the Altiplano. After an arduous 20km climb, it's time to rest weary legs and enjoy a picnic lunch. Then it's a short bus ride to the top of the pass at 4230m. Brace yourself for an adrenaline-pumping downhill stretch, before levelling off into the beautiful town of Colcapata. The night is spent camping by Inca ruins at 3400m. Overnight camping.

DAY 6 Thu 12 Sep

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Descend to Paucartambo, 3950m (62km approx)

Today is the toughest day, although you will ease in with a rapid descent into Paucartambo (3000m). 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 situated at 3850m, where the group will stop for lunch. The gruelling track thereafter is

rough and rugged until reaching the spectacular campsite at Tres Cruces (3950m). Overnight camping.

DAY 7 Fri 13 Sep

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Descend into cloud forest, 1400m (64km approx)

As the sun rises over the Amazon, prepare for the next section of your epic adventure. As you cycle back to the main road, keep your eyes peeled for all kinds of exotic wildlife, native to the majestic cloud forest habitat. The next section is 49km of pure downhill exhilaration through cloud forest and into the steamy Amazon basin, culminating at the small community of San Pedro (1400m). Gather at the evening's campfire to reflect on the day's accomplishment. Overnight camping.

DAY 8 Sat 14 Sep

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Rainforest cycling, 750m (65km approx)

The last day on two wheels will be spent in the increasingly challenging rainforest environment. After a gentle downhill ride, there follows a short, sharp climb on the approach to the scenic viewpoint over Manu National Park. This will be followed by a fast-paced descent to the jungle village of Atalaya, where which will be your final night under canvas. Overnight camping.

DAY 9 Sun 15 Sep

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Transfer to Cusco

After breaking camp, you will return into the sublime Andes by vehicle. Appreciate the views whilst you tuck into a picnic lunch when taking a break en route. If time permits, undertake an optional 15km cycle into the Sacred Valley once more, before continuing to your hotel for the evening celebratory dinner and reflection on your achievements. Overnight in hotel.

DAY 10 Mon 16 Sep

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Depart Cusco

After breakfast there may be some time left for last minute sightseeing and shopping, depending on flight times. Then it's off to the airport, from where you will depart on your return international flight.

DAY 11 Tue 17 Sep

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Arrival in London

Upon 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

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Pay a registration fee of £550.00 when you book

Then a balance of £2449.00 (8 weeks before your challenge)

Raise as much as you can for your charity.

MINIMUM SPONSORSHIP

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Registration fee of £550.00 when you book

Raise a minimum of £4995.00 for your charity.

FLEXI

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Registration fee of £550.00 when you book

Then £995.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £2965.00 for your charity.

WHAT'S INCLUDED

Before you go

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- 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.
- Warm up exercise routines
- Access to your own password protected account including support materials and training schedules

On your challenge

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- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- A Charity Challenge T-Shirt
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- Accommodation during the challenge (usually in twin share)
- All internal transfers
- Three meals a day (unless otherwise stated in the itinerary)
- 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

WHAT'S NOT INCLUDED

Before you go

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- Travel to and from the UK airport of departure
- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking)

On your challenge

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- Tips
- Departure Tax (if applicable)

or in your Account Area, or provide your own policy details)

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 29/06/2019), and the remaining 20% within 4 weeks of completing the challenge (by 15/10/2019). 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.

Raising the sponsorship

Register for your free Cancer Research UK fundraising pack now:

<http://supportus.cancerresearchuk.org/>

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 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.

Optional extras

Extensions at end of trip*
Single room supplements*
Business class upgrades*
(*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. 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>.

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

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.

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.

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 cycle 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 cycling. 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.

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. 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.

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.

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. Should your passport details change, your pass will NOT be valid and we may not be able to secure another one. 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

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](#).

Vaccinations & Medication

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>

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 8.5°C (June to August) to 10.8°C (September to May). In the Andes the temperature can drop up to 15° 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.

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.

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 excess kit as you will be provided with a separate kit bag for the time you are cycling. 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 cycle. It should be kept in a plastic bag to protect it from damp or water damage.

Leadership

We employ a number challenge leaders, all of whom speak fluent English, as well as local GP's. 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 16 people in order to run and a maximum of 25 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).

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. 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 Outdoorhire, Cotswold Outdoor and Cycle Surgery.

Accommodation & Toilets

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.

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.

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\$10 per person per day (approx \$70) 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.

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.

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Any more questions?

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