



South America

# challenge for a cure andes adventure



## trip highlights

- Visit Machu Picchu on two occasions and at the best times of day
- The splendor of Cusco with its churches, cathedrals, plazas, markets and cultural heritage
- Walking in the beautiful Sacred Valley to view ancient Inca salt pans
- Explore the stunning Andean wilderness with dramatic mountain views whilst trekking on remote trails, before joining the final day of the classic Inca Trail to Machu Picchu
- 3 hearty meals a day on trek prepared by our cooks



<b>Trip Duration</b>	15 days
<b>Grade</b>	Moderate level
<b>Activities</b>	Trekking, Adventure Touring
<b>Accommodation</b>	8 nights hotels, 6 nights camping

## your charity challenge

Thank you for your interest in our Challenge for a Cure Andes Adventure trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!!

## why travel with World Expeditions?

World Expeditions is one of the original pioneers of the charity challenge concept. Drawing on our three decades of experience offering high quality adventure travel trips we began operating Charity Challenges since the development of the fundraising concept back in the late 1990's. Since then we have organised over 400 adventures for different charities.

Our Peruvian operations are directed by Andreas Holland who has lived and worked in South America for over 25 years. His staff are dedicated to providing you with the very best travel experience while ensuring that our operations comply with all the rules for responsible and sustainable tourism. This trip offers exceptional value for money, using good quality, centrally located hotels, the best internal flights, private transportation, many meals, all your entrance and permit fees, expert leadership and much more. Given our local knowledge, experience and excellent leadership, we are quite sure that this trip will be the adventure of a lifetime.



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## trip dates

**2012** 05 May - 19 May

## challenge cost

Joining Lima: \$3990

## options & supplements

Fundraising Target: \$2500

Single Supplement: \$490

World Expeditions will endeavour to arrange for single travellers to share accommodation with another participant of the same gender, however if we can not match you up a single supplement will be applicable. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

## the challenge

- \* A demanding 7-day trek along the 'path less travelled' to Machu Picchu
- \* Ascending to a high point of 4,695m
- \* Remote camping for 6 nights
- \* Raising \$2,500 for the Leukaemia & Blood Foundation

The soaring peaks of the Andes and the cultural legacies of the Incas are two of Peru's most compelling attractions. We discover both and much more on this amazing 2 week adventure. After savouring the historical and cultural highlights of Cusco and the Sacred Valley of the Incas whilst taking our time acclimatising, we commence our trek. For a week we explore the wilderness following trails to 5000m in the Cordillera Vilcabamba and establishing camp beneath the spectacular 6220m Mount Salcantay. This stunning trail is much quieter than the busier Inca Trail and is highly regarded by past trekkers. On the final day we join the classic Inca Trail for the dramatic view of Machu Picchu from the 'Sun Gate'. Rather than rushing back to Cusco, we spend a night in Aguas Calientes for a well deserved soak in the hot springs before heading back to Machu Picchu at the best time of day, as the sun is rising.

## our partners

The Leukaemia & Blood Foundation (LBF) is the leading organisation in New Zealand dedicated to supporting patients and their families living with leukaemia, lymphoma, myeloma or a related blood condition. Every day six people are diagnosed with a blood cancer in New Zealand. The LBF's core services include patient support, research, information, awareness and advocacy. They do not receive Government funding, and their work is made possible through fundraising events and the generous support received from individuals, companies, trusts and grants.

## about your leader

Malcolm (Mal) Law operates Running Wild, a New Zealand based adventure tourism company with a philosophy of helping people who because of ill health cannot enjoy the outdoors the way that so many of us can.

He was raised on a diet of Scottish hill-walking holidays by a father who was obsessed with bagging peaks. The love of wild places and adventure that this instilled in him has lead Mal to challenge himself in many remote spots around the world over the last 30 years.

His love of exploring and trekking continues to this day but more recently Mal achieved notoriety in his adopted homeland by becoming the first person ever to run all seven of mainland New Zealand's Great Walks in just seven days. This epic 360km adventure raised more than \$85,000 for the Leukaemia & Blood Foundation. And he loved it so much that the following year he completed an even bigger week-long mountain running challenge and raised a further \$175,000 for the charity.

Mal, whose motivation to help blood cancer patients comes from the loss of his brother Alan to leukaemia in 1970, says of the Challenge for a Cure "as always, I look forward to the physical challenge that this adventure presents. I look forward to seeing places that I have long dreamed of visiting. But most of all I look forward to meeting people who share a passion for doing good through the pursuit of their own goals and inspiring them to raise as much money as possible to help blood cancer patients".

## at a glance

DAY 1	ARRIVE LIMA
DAY 2	FLY TO CUSCO AND TRANSFER TO OLLANTAYTAMBO
DAY 3	VISIT THE VILLAGE OF HUILLOQ NAD THE HAMLET OF MARCACOCHA
DAY 4	TO CUSCO VIA PISAC



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DAY 5	TOUR OF THE CITY AND NEARBY RUINS
DAY 6	ON THE TRAIL TO SALCANTAY AND MACHU PICCHU.
DAY 7	TREK UP THE VALLEY BETWEEN SALCANTAY AND HUMANTAY.
DAY 8	TREK OVER INCACHIRIASCA PASS TO ACOBAMBA
DAY 9	DESCEND TO PAUCARCANCHA AND UP TO THE VILLAGE OF Q'ESCA.
DAY 10	TREK OVER THE ANCASCOCHA PASS 15,400' (4,695M).
DAY 11	DESCEND TO THE SACRED VALLEY AT CHILCA.
DAY 12	TO KILOMETRE 104 FOR FINAL DAYS TREK TO MACHU PICHU.
DAY 13	EXPLORE MACHU PICCHU THEN RETURN TO CUSCO.
DAY 14	CUSCO - FREE DAY & FAREWELL DINNER
DAY 15	TRANSFER TO THE AIRPORT

## additional deposits required

This trip requires the prepayment of an Inca Trail Permit (which includes entrance into Machu Picchu) and service fee of US\$100 (paid in your local currency at the current rate of exchange) which is non-refundable. This payment is required at the time of booking together with our normal per person deposit. The cost of your trip includes the Inca Trail Permit and service fee and this prepayment should not be viewed as an additional cost. We recommend you take out travel insurance at the time of booking.

## what's included

- 14 breakfasts, 10 lunches and 7 dinners
- airport transfers if arriving/departing on first or last day
- entrance to Machu Picchu on two occasions
- expert bilingual guide
- group medical kit
- comfortable and central hotels primarily Casa Andina Classic hotels
- private internal transportation
- gear pack including sleeping bag, fibre filled jacket and sleeping mat
- challenge souvenir t-shirt
- group camping equipment & porters to carry personal gear
- sightseeing and site entrance fees as listed (including Machu Picchu entrance fee)

## what's not included

- International flights and taxes
- Internal flights Flights Lima/Cusco/Lima are not included. The domestic flights in Peru will be quoted separately as they can often change considerably and depends on the international airline that you fly with to Peru. Certain airlines flying to Peru offer special discounted fares for domestic flights if booked in conjunction with the international ticket. Domestic flights have become increasingly expensive, and rather than charge everyone a set amount, our intention is to find you the best possible domestic flight deal in conjunction with your international ticket. Please do not hesitate to contact us for more details and a flight quote. If you are booking the internal flights yourself, please contact us so we can advise which flights are suitable.
- Travel Insurance (compulsory)
- Visas (if required)
- Items of a personal nature
- Excess baggage costs
- Cost of laundry and alcoholic beverages



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## fast facts

### Countries Visited:

Peru

### Visas:

Please check visa requirements with your reservations consultant\*

### Vaccinations:

Please consult a travel vaccination specialist for up to date information

### Singles:

Single travellers who are unable to be matched with another single traveller of the same gender, must pay a single supplement on this trip.

### Leader:

Western Escort & local leaders in country

\*Ask our staff for more information

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

## detailed itinerary

### DAY 1 Arrive Lima

We will be met at the airport and transferred to the hotel where you are free to rest in the hotel or just wander around Miraflores, the area of Lima where our hotel is located. Some of Lima's best galleries and shops and restaurants are found in this area. Founded by Francisco Pizarro in 1535, Lima is the oldest capital in South America, with a superb combination of Spanish Colonial and 19th century European architecture. If you have time to visit a museum we would recommend the Museo de La Nacion or the Larco Herrera Museum.

**meals: NIL**

### DAY 2 Fly to Cusco and transfer to Ollantaytambo

We will transfer after breakfast to the airport for our flight to Cusco. On arrival we will be met by our main guide and drive via the Inca Salt Pans on to Ollantaytambo where we overnight.

**meals: B,L**

### DAY 3 Visit the village of Huilloq nad the hamlet of Marcacocha

Today we will visit of the village of Huilloq to visit a school that World Expeditions helped build and then walk down to the small hamlet of Marcacocha to watch a traditional weaving demonstration and enjoy an Andean Fest - a 'pachamanca' before walking back into Ollantaytambo.

**meals: B,L**

### DAY 4 To Cusco via Pisac

A leisurely day as we take our time travelling back to Cusco. We will stop in the lovely town of Pisac. The town is located on the Urubamba River. The area is perhaps best known for its Inca ruins, known as Inca Pisac, which lie atop a hill at the entrance to the valley. The ruins are separated along the ridge into four groups: PISAQA, Intihuatana, Q'allaqasa, and Kinchiracay. Intihuatana (the Temple of the Sun) includes a number of baths and temples.

**meals: B,L**

### DAY 5 Tour of the city and nearby ruins

Every alleyway we enter or corner we turn brings another surprise or enigma in the form of the superbly constructed Inca walls or the more architecturally extravagant colonial churches and palaces. The city, once capital of the extensive Inca Empire, has seen many changes since Francisco Pizarro's men took the city with such apparent ease in November 1533. We also take a short drive to visit the monolithic walls of Sacsayhuaman, spectacularly set above the city. In the afternoon you may have time to explore some of the central parts of the city and a chance to look at some of the great varieties of local craft work on sale in open air stalls and shop. In the afternoon we will prepare for our upcoming trek.

**meals: B**

### DAY 6 On the trail to Salcantay and Machu Picchu.

Early morning departure for the beautiful 5-hour drive north to the trailhead at Mollepata 11,200' (3,400m), where we meet up with the muleskinners and their pack animals. After a picnic lunch we

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## responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible and sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website [www.worldexpeditions.com](http://www.worldexpeditions.com)

## trip grading

This trip is graded moderate and is suitable for fit and healthy people. Prior trekking is not necessary, although you would be expected to be comfortable in the outdoors and camping for successive periods. These adventures involve trekking for up to 6 - 8 hours a day at a steady pace. These trips may spend successive days at altitudes not generally exceeding 5,500m and are usually between 10 and 15 days in duration. You will need a good level of fitness and be in good health.

\* Suggested preparation: 45 minutes of aerobic type exercise, three to five times a week for the three months leading up to your trip. Hill walking with a pack in variable weather conditions is also recommended. To prepare for a walking holiday we recommend you take every opportunity to walk up and down stairs and/or hills, for leg strengthening and aerobic fitness. Please remember the fitter you are the more you will enjoy your holiday.

start hiking (3 to 4 hours) steadily upwards towards our first night's campsite below Soraypampa 12,300' (3,750m). We also get our first views of Salcantay's sister peak - Humantay 19,700' (5,950m).

**meals: B,L,D**

### DAY 7 Trek up the valley between Salcantay and Humantay.

Early in the morning we have a wake-up call with a cup of tea brought to our tent. A relatively early start to the day's hiking begins just after breakfast. Up to the lunch spot will involve about 3 hours of hiking steadily gaining altitude. We stop for lunch at Salcantaypampa 13,600' (4,150m), set at the foot of an enormous glacial moraine. Two or three more hours of steady hiking after lunch brings us to Ichupata 14,400' (4,400m), set on the flanks of the great 20,574' (6,271m) peak, Salcantay ('The Maker of the Skies') which dominates the skyline for most of the trekking days. This camp tends to be fairly cold because of its proximity to the Salcantay Massif, but since our pack animals and cooks will have set out earlier, we should find the camp already set up and a fresh pot of tea awaiting our arrival!

**meals: B,L,D**

### DAY 8 Trek over Incachiriasca pass to Acobamba

After a hearty cooked breakfast we set off for the first and, at 15,970' (4,870m), the highest pass - Incachiriasca. Superbly set on one of Salcantay's ridges, this 'classic' mountain pass affords wonderful views of the dramatic surroundings. After a relaxing photo stop and rest at the pass, we start to head down to follow the ancient trail to our next camp set on a lovely little plateau at Acobamba above Sisaypampa.

**meals: B,L,D**

### DAY 9 Descend to Paucarcancha and up to the village of Q'esca.

From the foot of Salcantay at Acobamba we descend the Pampacahuana valley with its small and primitive shepherds homes and its impressive pre Inca canal to the fairly extensive set of ruins at Paucarcancha set at around 11,000' (3,350m). After a short visit to this outpost of the Inca empire we start to trek up a beautiful hanging valley, through the village of Q'esca towards the Ancascocha Pass. We camp just above this small village - home to shepherds and potato farmers. (We might also consider staying higher up and taking an alternative route to Q'esca). Camp.

**meals: B,L,D**

### DAY 10 Trek over the Ancascocha Pass 15,400' (4,695m).

Another early morning as we say farewell to the Q'esca valley and start climbing up to our second pass. Called Ancascocha Casa - this pass affords us superb views of three mountain ranges including the Vilcabamba, Vilcanota and Urubamba. From the pass we descend fairly steeply past two lovely lakes - from above we often see large trout in their deep waters - to the village of Ancascocha itself. We camp near this classic farming village.

**meals: B,L,D**

### DAY 11 Descend to the Sacred Valley at Chilca.

From Ancascocha we head down a narrow valley whose rivers run right down into the mighty Amazon. As we descend the vegetation becomes less alpine and we start to encounter larger trees - a good chance to spot some of the most common Andean birds in this region - black throated flowerpiercer, great sapphirewing, rusty fronted canastero, creamy crested spinetail, and, if we remember to look up, the Andean condor - the heaviest flying bird in the world! Near the end of our days trek we reach Hatunrumiyoc which affords us perfect views of the large snow peak of Veronica - 19,500' (5,980m). We camp near the large village of Chilca. If time permits the cooks will prepare a 'pachamanca' - a traditional feast of meat and potatoes cooked in the ground.

**meals: B,L,D**



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## adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

### DAY 12 To Kilometre 104 for final days trek to Machu Picchu.

After a good night's sleep at this lower altitude, and an early breakfast, we start the last day of the trek. Early morning trek down to railway at Chilca and then take the tourist train to Kilometre 104 on the railway line. From here we trek up to join the last few hours of the fabulous Inca trail to Machu Picchu. On the way we'll take time out to explore the recently cleared extensive ruins of Wiñay Wayna. Our walk today takes along an incredibly well preserved section of the trail all impressively set in high jungle. We finally reach Inti Punku (The Gateway to the Sun) awe-inspiringly set above the 'lost city' of Machu Picchu before heading down past great walls made of impossibly large stone blocks and staircases to the this monumental site. Your first view of the ruins really does take your breath away! After a brief 'first look' at the ruins, we head down by bus to our hotel in Aguas Calientes for a well deserved soak in the nearby hot springs (optional).

**meals: B,L**

### DAY 13 Explore Machu Picchu then return to Cusco.

Today we start early to thoroughly explore these remarkable and truly enigmatic ruins. After a professionally led tour of the site we're free to explore the rest of the amazing sights. Mid-afternoon we depart from Machu Picchu for the extremely pretty train ride back to Ollantaytambo where we transfer to our vehicle for the drive back to Cusco. Here we transfer to our hotel for two nights.

**meals: B**

### DAY 14 Cusco - free day & farewell dinner

A good day to relax, re pack after the trek and perhaps a chance to do some 'tourist shopping', selecting from a great variety of expertly made craft work - including alpaca sweaters and hats, ceramics, weavings and traditional Andean instruments. This evening we will have a farewell dinner with our guide.

**meals: B,D**

### DAY 15 Transfer to the airport

After breakfast we will transfer to the airport for our outbound flights.

**meals: B**

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## suggested extensions

- Galapagos Island Cruise
- Lake Titicaca & La Paz
- Colca Canyon & Arequipa
- Iguazu Falls
- Amazon Jungle Lodge

## country information

Peru - has a population of 28 million, made up of pure-blooded Indians (biggest group are the Quechuas, whose forebears were the "Incas") and Mestizos, who are a mixture of Indian and European backgrounds. More than half the population lives in the largest cities, namely Lima, Arequipa and Trujillo. Peru has an area of 1,300,000 square kms, and is located on the Pacific coast of South America. Its capital, Lima, located 125 south of the equator, was the capital of Spanish South America from its founding in 1535 until the early 19th Century. The old central part of the city with its impressive commercial section, whose architecture was greatly influenced by the English, contrasts sharply with the more modern office blocks, shopping centers and suburbs and especially the ever expanding shanty towns or "pueblos juvenes" where the poorer country cousins, who move to the city to try and find work and live. Official



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languages are Spanish and Quechua. Geographically, Peru is made up of the three distinct regions. Firstly the arid coastal strip, mainly desert and up to 60 kms wide. Down the centre of the country runs the great range of snow peaks and highlands that make up part of the immensely long chain of mountains known as the Andes, running from Colombia in the north all the way to the southern tip of Chile. The third region is the jungle - from the "eyebrow of the jungle" in the Andean foothills to the pristine jungles of the great Amazon rain forest. The coastal area is the economic heartland of Peru, and the coastal waters with the cold Humboldt Current running north up the coast contain some of the richest fishing grounds in the world. The highlands or "sierra" contain more than a third of the population - mostly the Quechua- or Aymara-speaking Indians engaged mainly in pastoral farming. This is a high, very often lush and fertile land of gentle slopes and valleys surrounded by the high peaks of the Cordilleras Vilcabamba, Vilcanota and Blanca. Cusco, once the capital of the great Inca Empire, stands at 3400 meters (11,200') in the heart of the southern sierra. It is remarkable for the perfect stonework of its Inca ruins, its many beautiful colonial churches and palaces, and of course the world-renowned ruins of the lost city of the Incas at Machu Picchu.

## climate

The trekking season in Peru lasts from the end of April (the last month of the wet season) through to mid-October (by which time the rains have returned and hiking becomes more difficult due to muddy trails and snowed-in passes). Temperatures in the area around Lima are warm during the day (20-25°C) and cool (5°C) at night. In the highlands of Peru, where the treks take place, daytime temperatures will be in the range of 10-20°C falling as low as -10°C at night. Also it is possible that we'll get some snow on the higher ground and some of the higher passes.

## mountain flights

The flight from Lima is a spectacular 55-minute trip which takes you across the Andes to Cusco set at 11,200' (3,400m). If possible try and get a seat on the left side of the aircraft as some of the best views of the Andes can be seen during the last 20 minutes of the flight.

## a typical day

Depending on the itinerary for the day, you will either be travelling or sightseeing. Local experts generally fill the mornings with tours to the local sites. After lunch, further sightseeing will take place or there will be leisure time for you to read, relax at the hotel or explore.

### Trekking Routine:

Our trekking day starts around 6.30am with a wake-up call and fresh cup of tea brought to your tent. Hot water is available for a light morning wash. Breakfast is served in the dining tent and consists of hot porridge and toast and jam, served with coffee, hot milk and tea. On some days we serve bacon and eggs or pancakes.

Before breakfast it's often a good idea for you to pack up your duffle bags, prepare your day packs and take down your tents so that the mule or llama skippers can organise the loading for departure. The morning's hike usually lasts from about 8:00am to 12:30pm allowing plenty of rest and photo stops. Lunch is of the picnic type and is prepared by one of the cooks who accompany us during the morning. It consists of salads (vegetables and/or noodles), sometimes soups, salamis, cheese, peanut butter, bread, crackers, tinned meats and fish, topped off by freshly brewed tea and biscuits. After lunch we set off for the afternoon's hike - usually 2 to 3 hours to the camp. On arrival in camp (which will have already been set up in advance) tea and coffee will be served and you are then free to do as you like until dinnertime. Served at 6:30 - 7:00pm, dinner consists of three courses - soup or fresh salad, a main course of stews, spaghetti or rice dishes (all prepared with fresh meat and vegetables) served with red or white cask wines (on last night of trek) and followed by dessert, tea, coffee and Milo.

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Nor will you go hungry during the walking day. Apart from lunch you will also get a “snack pack” made up of chocolates, nuts and fresh fruit. Most of the walking is on fairly well-defined tracks, including some remarkable sections of ancient Inca stone “highways”. There are occasional river crossings but no really steep sections where scrambling is involved. Most groups like to spread out over the trail, stopping for photographs, resting, and bird-watching or just ambling and taking time out to absorb the lovely surroundings. The only thing we ask you to remember is not to get too far ahead of, or behind the main party, and to keep your guide within view. One of the guides or camp staff almost always walks with the slowest member of the group - so there’s no chance of being left behind. In fact almost everyone finds and manages to keep to their own pace. Obviously in the event of very bad weather or adverse conditions, the guide will keep the group as close together as possible. The evenings are often one of the most enjoyable parts of the day. After a relaxing dinner, people like to sit in the dining tent - talking, playing cards or scrabble, reading, chatting or just relaxing (a good idea to bring games, cards and books along).

## meals during the trek

We provide a full service while on trek. An important aspect of this service are the meals that are prepared for you and we are frequently complimented by returning travellers about the food provided. Ensuring that you stay healthy is one of our highest priorities. Therefore, each of our treks is accompanied by a trained cook as well as kitchen staff who provide you with three hearty meals each day. High levels of hygiene are engaged to ensure that our travellers stay healthy and fit. Our cooking staff has mastered the preparation of a varied and balanced menu and there is always plenty of food for those who may like seconds. Our cooks are trained to provide excellent food for vegetarians and anyone who has a limited diet including those who are lactose or gluten intolerant. Our meal inclusion on your trek is for your benefit and takes all the hassle, expense and worry out of your holiday. Typically, you can expect breakfast to consist of muesli or cereal, eggs, local breads and pancakes and hot drinks. Lunch will generally be vegetables, salads, bread, cheese pasta style dishes, tinned fish and meats and are normally eaten picnic style. Dinner is always three courses and includes soup, seasonal vegetables, meat, rice or pasta and bread with some local specialties also in the mix. Dessert is always served after the main meal each evening followed by hot beverages.

## what you carry

In your daypack you will need to carry extra warm clothing, a rainjacket, water bottle, film and camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack.

## equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

## acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust World Expeditions has structured its treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath





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- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All World Expeditions group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

## porter initiatives

Our company was 'Highly Commended' for Best in a Mountain Environment in the Responsible travel awards. Our policies for porter protection and porter care are second to none, and we are proud to be involved with many local projects supporting the porters and their families.

## high altitude travel by vehicle

Travellers sometimes drive or fly to high altitude (above 2000m) and therefore run a risk of altitude illness. This risk increases the faster one ascends and the higher the final altitude gained. The risk is reduced if the night following the ascent (sleeping altitude) is spent at low altitude, ie. If you are travelling by road, cross a high pass and descend to an altitude not more than 300 m from your starting point, the risk of altitude illness is minimized. Gaining height rapidly and staying high definitely risks developing altitude illness and you should be aware of, and watch for, the symptoms (see "Acute Mountain Sickness"). You should also consider the use of acetazolamide (Diamox) as an aid to acclimatization and discuss this with your doctor or leader before departure. Should altitude illness occur the treatment is to descend and/or visit a hospital or clinic where the appropriate oxygen and medications can be administered.

## funding

The trip requires a fundraising target of \$2,500 to be met to join the challenge. We will send you a comprehensive fundraising guide, with ideas on how to reach your goal as well as information on setting up a fundraising internet page.

## subscribe to our e-newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, [www.worldexpeditions.com](http://www.worldexpeditions.com) or contact our office.

## trip availability

If this trip seems right for you then we encourage you to call us now to check availability. This adventure requires us to secure services on your behalf; such as trekking permits, train travel and hotels. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

## how to book

To book on the Challenge for a Cure - Andes Adventure, you will need to complete a booking form which can be obtained from World Expeditions by calling 0800 350 354 or email



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enquiries@worldexpeditions.co.nz On completion, fax or post the form to World Expeditions office along with your \$850 non-refundable deposit which is inclusive of your Inca Trail Permit.