



12 Days

Peru

Cusco and Coca coffee

This is a truly unique, educational journey through Peru. Learn what Fairtrade really means from Coca Co-operative whilst overnighting in traditional homestays. Meet the farmers and hear how our ever changing climate impacts their work.

Discover the roots of the Incan Empire with city tours in Cusco and a unforgettable sunrise over Machu Picchu. Ancient buildings and citadels give way to magnificent natural wonders we explore whilst hiking, biking and white water rafting!



Why Fairtrade?

Imagine what life would be like if only **one** type of career was available to you. Imagine if that job **wasn't** guaranteed or secured by a contract. Imagine if, after all the hard work you do, you're **not paid enough** to provide for yourself and your family. This is the reality for many farmers around the world. Fairtrade is working hard to change it.

What is Fairtrade?

Fairtrade is a global movement, represented in the UK by the Fairtrade Foundation www.fairtrade.org.uk. Fairtrade is all about better prices and working conditions, encouraging **sustainability** and ensuring fair terms of trade for farmers and workers in the developing world. It's about tackling poverty in **communities** and working to ensure farmers earn a **fair wage** to pay for their basic needs like food, clean water, education and housing.

Fairtrade & STC Expeditions

As a leading expedition company in responsible travel, STC Expeditions was founded on **ethical business values** and this is also what Fairtrade is all about. Travel and tourism has the potential to bring a huge positive impact to the communities we visit. For example, we employ local Expedition Leaders from your destination rather than sending ones from the UK. We also hire local skilled workers to help on projects and use local and independent service providers such as hotels and restaurants wherever possible. These are just a few examples. By using an ethical approach, we are helping to **put more money into the local economy**. And if you ever pop into our office in Exeter, you can join us for a Fairtrade coffee and chocolate!

"People know Fairtrade and see the label, but don't get to see what it means on the other end." L.W. (student)

What do our Fairtrade trips involve?

- * **Inspirational** educational journeys in southern India and Ghana
- * **Visit** Fairtrade certified farms
- * **Meet** local farmers & workers
- * **Learn, experience & discuss** human right topics and empowerment



Recommended tour itinerary

Day
1-2

Arrive in Peru

Arriving in Lima, we catch an internal flight to Cusco, where we meet our local STC Expedition Leader and transfer to the hotel. Having freshened up, our leader will give us a welcome briefing before an afternoon exploring the city. Discover Spanish churches and mansions that sit alongside Inca remains and enjoy sampling Peruvian restaurants.

Day
3

Cusco City Tour

Today our adventure begins with a sightseeing tour of this ancient city, which was previously the capital of the expansive Incan Empire. This tour begins at Koricancha which is believed to have been the most sacred and important site in the Quechua world... the walls used to be covered in gold. Next are the imposing Fortress of Sacsayhuaman, Santo Domingo church, Cusco Cathedral and the Tambomachay Archeological Complex; all historically significant and sacred remnants of the Incas.

Day
4-5

Fairtrade in Huayopata

A 3-4 hour bus journey brings us to Huayopata. The next few days are spent learning about Cocola Co-operative, a community of Fairtrade coffee farmers in the region, who saw an opportunity to offer sustainable tourism to boost the farmers income and offer visitors a unique insight into their lives. During our time here we will stay with a family in a traditional homestay.

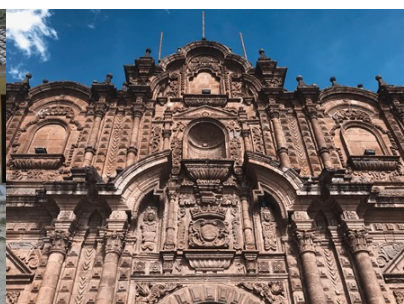
First we meet the founder of Cocola Co-operative for a traditional plantain soup lunch and listen to the history of the region and why they decided to create the organization. This sets the scene for our discovery of what Fairtrade really means. Visit plantations to learn about the production system of coffee as well as other crops such as cocoa plants, tea and avocado. Meet farmers and experience a day in their lives, hear their stories and learn their favourite types of coffee to work with. We will also learn how to roast and grind the coffee in the local, traditional style, rewarding ourselves with a hot cup of coffee in the evening for our hard work today.

The next day is all about - chocolate! The morning activities shine a light on the impact our changing climate has on farming. Due to global warming, more farmers are growing cacao so we learn about this production system. We visit farms which, due to their lower altitude, can produce more fruits and vegetables. Try and taste as much as you can and make your own pure hot chocolate..! After lunch at the farm, we travel 1.5hrs to Quillabamba where we can visit the regional markets.

Day
6

Coffee tasting, trek to Aguas Calientes

This morning we experience the final stages in the production stages such as cacao fermentation and dry coffee processing. Welcome the day with a coffee tasting and learn how to evaluate the characteristics of different coffees. We meet the workers at the Cocola installations to discover more about organic farming and Fairtrade certification. Transfer 2 hrs to Santa Teresa and trek from the hydroelectric train station to Aguas Calientes.





Day
7

Machu Picchu

Rise and shine before the dawn for a truly spectacular start to the day - watching the sun rise over Machu Picchu! Take a guided walking tour of the citadel complex before wandering through the historic and mystical remains at our own leisure. Hike back to Aguas Calientes for lunch and then catch the train to Poroy. Finally we return to Cusco to overnight.

Day
8

Biking tour & Pisac market

Suitable for all cycling skill levels, with paved route and trail options, this activity will be an excellent way to explore Cusco's surroundings. Our 35km route passes quaint villages, magnificent mountain vistas, Lake Huaypo, the archaeological sites of Moray and Maras and the salt pools or Salineras. Here, some 5,000 salt ponds slowly evaporate and offer up their tasty minerals. Lastly, we will descend a steep route to Pichingoto to reach the Sacred Valley. There will also be an opportunity to test our bartering skills and purchase souvenirs with an afternoon visit to the colourful and traditional market at Pisac.

Day
9

San Pedro market & cooking class

Ready, steady, cook! Today we focus on the gastronomy of Peru. Start off with a quick language lesson, shopping tips and introduction of the ingredients that we will be cooking later today. Ready and raring, we set off into San Pedro market for a tour and buy fresh ingredients from the local merchants. Once we have everything we need, we visit the cooks house for a cooking class. During the class we will learn how to prepare a few traditional dishes and also learn more about the culture and dining etiquette of Peru. This afternoon we feast on a meal of our own making!

Day
10

Chuquicahuana Rafting

This great day of rafting takes us down a beautiful section of the Urubamba river. Rafting is a fun sport and this fantastic day out is suitable for almost all ages and abilities. The section we run is usually the class III-IV Chuquicahuana section located above Cusco, where the river is cleaner and more fun. It takes two hours to drive to the river and on arrival we inflate the rafts and provide a full safety briefing and instruction in the art of white-water rafting. We then set off for approximately two hours of rafting, making the most of the gentle start to practice our technique. The river then flows through a beautiful canyon, filled with great rapids, torrent ducks and views of the surrounding peaks. Having reached our 'takeout point', we enjoy a full picnic lunch and relaxing in the sauna. This afternoon we return to Cusco for a well-deserved rest.

Day
11-12

Depart Cusco, return UK

There will be time for final sightseeing and last minute souvenir shopping before we start the journey from Cusco to Lima and back to the UK.

Further information

Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local tour leader
- Parent and student trip launch evening
- Pre-departure preparation evening
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

Your educational journey timeline



Physical journey rating:



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

Culture shock rating:



Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



A journey of 1,000 miles...

Starts with a single step... Contact us now to start your educational journey.

1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your educational travel itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

3 Arrange a trip launch evening at your school

This is a chance for students and parents to hear more about the planned adventure with a comprehensive information evening and an opportunity for questions.



t: 01392 660056 | e: schools@thestc.co.uk | w: www.thestc.co.uk

STC Expeditions, STC Educational and STC Duke of Edinburgh are trading name of The Specialist Travel Consultancy Ltd.
Registered office: Unit 6B, King St Business Centre, Exeter, EX1 1BH. Registered in England No: 5700491