



19 Days

Peru

Hike, Bike, Raft Peru Expedition

This active expedition to Peru takes you beyond the usual tourist routes and enables you to see a still largely traditional rural aspect of this spectacular country. We have days of white-water rafting, mountain biking and trekking in and around the Sacred Valley, as well as four days on a project. We'll visit the must see site of Machu Picchu, as part of a one day trek along the last day of the fabled Inca Trail.



Recommended expedition itinerary

Day
1

Depart UK & fly to Peru

We depart the UK on an overnight flight to Peru, arriving into Lima the following morning.

Day
2

Arrive Peru, fly to Cusco, Locals Guide to Cusco

On arrival in Lima, we connect onto our on-going flight to Cusco where we are met on arrival and escorted to our hotel. After some time to check in and perhaps have a quick shower, we get our first introduction to Latin America with a "Locals' guide to Cusco". This short walking tour is a great way to get your bearings and also helps us get used to the altitude. The beautiful historic centre was declared a World Heritage Site in 1983 with Inca and colonial architecture evident all around. This evening, we have a full briefing for the adventure ahead.

Day
3

Inca Heritage Walking / Vehicle Tour

We get out and explore today with a introduction into the Inca heritage of Peru. First we visit the impressive site of Sacsayhuaman. Huge stone ramparts surround a beautiful grass amphitheatre. Once the scene of fierce battles it now hosts the recreation of traditional Inca ceremonies such as Inti Raymi and Warachikuy. Next is the Inca water temple of Tambo Machay lying at 3700m (12,000 feet) and the Red fort of Puca Pucara followed by a picnic lunch nearby. From here, an optional hike following an ancient Inca trail takes us downhill to Cusco (vehicle transfer is possible instead), stopping at the Temple of the Moon and other historical sites along the way.

Day
4

Whitewater Rafting, Pisac

Today we have the thrilling challenge of Grade III-IV rapids on the Upper Urubamba river. Our expert river guides will give us a thorough safety briefing and we'll be using the best equipment in the country. Fully prepared, we launch from the bank and head off down the finest one day section of whitewater in Peru. Whether you are a beginner or expert you are sure to finish with a grin from ear to ear.

Once you have changed into dry clothes we enjoy a delicious picnic lunch on the banks of the river before the short drive to Pisac. Here we explore this famous handicraft market with the help of our guide. You might like to try one of the tasty empanadas fresh from the old town oven. We spend the evening at a hostel in the Sacred Valley which will be our home for the next three nights.

Day
5

Mountain biking in the Sacred Valley

Another day of adventure awaits as we head out into the hills for some easy mountain biking. It's an incredibly scenic ride suitable for all levels, combining Andean mountain passes, gentle descents and a lovely amble through the heart of the Sacred Valley of the Incas. After a short drive we unload the bikes, kit up and begin the dirt track ride down into the Andean village of Taray and the start of the alternative Sacred Valley descent. This lovely dirt track undulates between local villages and haciendas, where we can see traditional farming methods still in use against the beautiful backdrop of glaciated mountains and Inca ruins. We stop for a picnic lunch en-route. The support vehicle will be on hand for the final section, allowing us to carry on through the villages of Qoya, Lamay and Calca. If feeling strong we can then continue to Urubamba or even Ollantaytambo itself. The distance you bike today is entirely up to you as there is a support vehicle behind so you can stop when you feel like.





Day
6

Exploring the Sacred Valley on foot

We head towards Chinchero plain before taking a dirt road to the incredible ruins of Moray. These rarely visited circular ruins are thought to have been agricultural experimental stations in the times of the Incas. After visiting the ruins we follow an ancient mule trail with spectacular views of the snow capped Cordillera Vilcanota. We will also see examples of the finest Andean farming on our way. We head back across the plains to the interesting town of Maras for lunch. In the afternoon we descend from Maras to the amazing Salinas, a series of salt pans that have been worked since Inca times. We explore this amazing site then descend to the Urubamba river and our awaiting vehicle, which returns us to your hotel for the night.

Day
7

Warm up trek

A scenic two hour drive through the Sacred Valley of the Incas takes us to the start of our trek, at the small village of Totora. We follow an ancient Inca trail into a narrow canyon, where Inca tombs perch in the cliffs. Emerging from the canyon we pass through tiny rural communities before enjoying a picnic lunch. At the end of the day, our bus then takes us to the small and very traditional community of Quishuarani, where we camp for the night (3700m/12,140ft).

Day
8

Lares Trail

This is a stunning days hiking. We leave camp behind and climb past colourfully dressed locals, and up towards the native forests that our Peru team have been heavily involved in re-planting. These forests harbour Andean deer, vizcachas and several rare species of birds and are essential to the future of this area.

A further push and we reach the stunning views from the highest pass of the trek, the Huchayccasa pass (4450 m/14600 ft.) A chain of emerald blue lakes fills the hillside below us and in the distance rise the snow clad Urubamba mountains. Descending through hand turned potato fields we come to the ancient community of Cuncani at (3800m/12,4600 ft.)

Fuelled by a hearty lunch we carry on along the valley floor to reach the once notorious village of Huacahuasi. Once home to bandits and cattle rustlers it is now a peaceful place to spend the night. We are sure to be visited by local women selling the hand woven textiles for which the area is famous and entertained by the cheery local children who accompany you as you walk.

Day
9

Royal Inca Trail (km 104 to Machu Picchu)

Another great day awaits you. After a hearty breakfast you begin to climb gently towards your final pass. This is a day filled with encounters with locals. Strong legged men head off to work in the potato fields, wooden ploughs slung over their shoulder. Rough handed women sit, legs outstretched weaving their traditional clothes on wooden looms. And small children sit motionless guarding herds of alpaca and llama, their ever faithful dog by their side

From your camp you begin towards the final pass. Lying at 4,200m/13,780ft the Ipsaycocha pass marks the border between Lares and the Patacancha Valley. You start gently and then climb one final steep section to gain the summit. If you are lucky, you will have spectacular views of Mount Veronica. You take lunch by the beautiful Ipsay lake then follow an ancient trail to the Patacancha Valley and the village of Patacancha where the trek ends. Our waiting vehicle takes us onto our hotel for the night.



Day
10

Royal Inca Trail (km 104 to Machu Picchu)

You start the day with an early transfer to catch the train towards Machu Picchu. Jumping off at km104 you pass through the control point and begin your Inca Trail trek. First you visit the recently restored ruins of Chachabamba before gradually ascending through tropical cloud forest up towards the base of Wiñay Wayna. Here you climb more steeply on old Inca stairways through these beautiful terraces, stopping to explore the various buildings and water features. Here we can enjoy our packed lunch, with a great view. You then continue on perhaps the loveliest part of the whole Inca Trail. Lush vegetation flanks you on either side, the scent of wild orchids fills the air, and all around you brightly coloured tropical songbirds fill your ears with song. Soon you will reach a final set of stairs to arrive at Inti Punku, the gateway of the Sun. As you step through the old stone gate-way, Machu Picchu appears laid out before your eyes. After plenty of photos you carry on past this wonder of the world to catch the bus down to the lively town of Machu Picchu Pueblo and a well-deserved hotel and shower.

Day
11

Explore Machu Picchu

Today we explore the pinnacle of Inca engineering - Machu Picchu. For years it was lost to the jungle. Rediscovered in 1911 by the Yale professor Hiram Bingham, declared a UNESCO World Heritage Site in 1983 and one of the New Seven Wonders of the World in 2007, Machu Picchu exceeds all expectations. This astounding site lies in an even more astonishing location. Perched high on an inaccessible hilltop it is protected by huge cliffs and the raging Urubamba river. Things are slightly easier now than in the time of the Incas and so we start your day with a twenty minute bus ride up to the site.

The guided tour takes around two hours leaving us a few hours free to wander amongst the old Inca walls and just sit and take in the scale of the place on our own. Eventually the time comes to catch the bus down to Machu Picchu Pueblo and board our train back along the Urubamba River. The scenery is beautiful and the train jolts softly along, allowing us to sit, stare out the window and reflect on all we have seen.

Day
12

Free day in Cusco

Enjoy a free day in Cusco for some rest and recuperation. We can explore Inca ruins, visiting Colonial churches, bargain hunting in artisan markets, chocolate museums or just relaxing over a cappuccino on a terrace overlooking the Plaza de Armas. Cusco has it all.

Day
13-17

Project work in the Sacred Valley

We spend the next four days working on a project at a small community in the Sacred Valley. Exact details will be finalised closer to the time of our departure, but previous groups have worked on footpath restoration, water irrigation schemes, refurbishing greenhouses and installing ablution blocks. Whilst on project, we'll be camping on the edge of the village.

After a successful project, we head back to Cusco and celebrate our expedition achievements with a big meal out.

Day
18-19

Return to UK

We transfer back to Cusco airport in time for our onward flight to Lima and ultimately the UK, arriving into the UK on day 19.

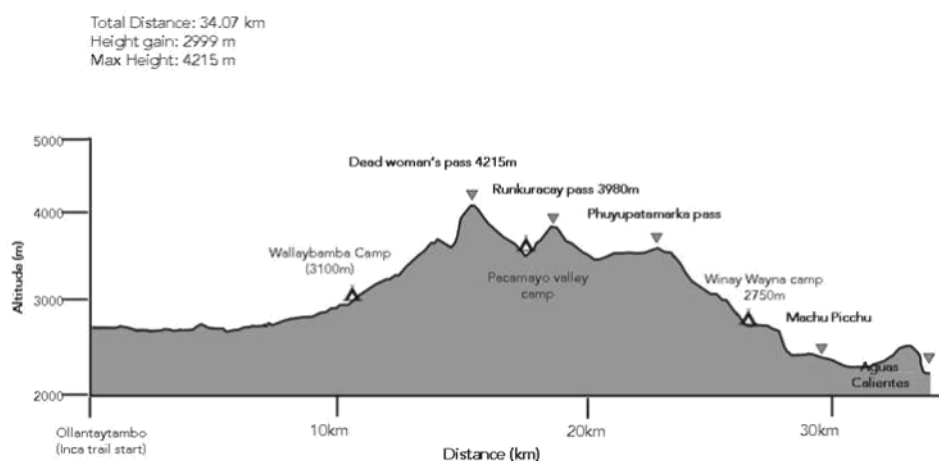
Further information

Look what's included!

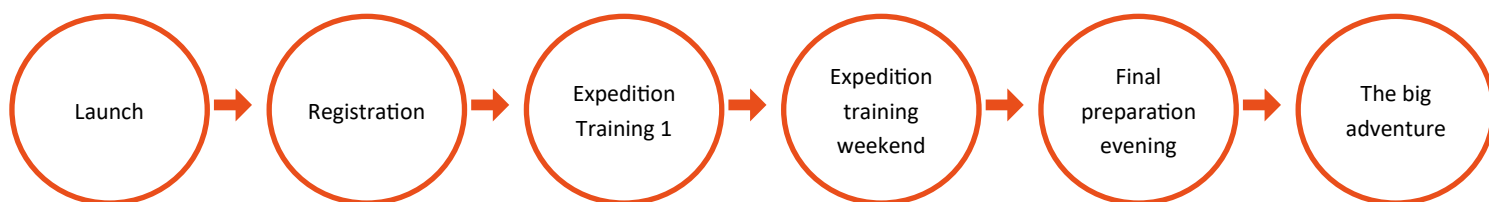
- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial 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 expedition timeline



Physical expedition rating:

● ● ● ● ○ 4/5

Fitness is important at this grade, which compares to extended walking in mountainous terrain such as the Lakes or Snowdonia, for up to three to five days in a row. It is likely that significant sections of a trip will involve walking and trekking with some days up to eight hours. Some of the trip could be at altitudes of up to 4,500m, but the itinerary will be designed with appropriate acclimatisation in mind. Be prepared for significant possible variations in temperatures throughout the tour. There is not usually time to 'get fit' on these treks, so a two to four month fitness improvement programme would ensure you get the most out of the trip.

Culture shock rating:

● ● ● ○ ○ 3/5

Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



A journey of 1,000 miles...

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



1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition 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 an expedition launch evening at your school

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



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