



10 Days

Peru

Sacred Valley Explorer

For those short of time, this trip is the perfect introduction to Peru. It keeps travel to a minimum, yet has all the big highlights you want in a first time visit to the country. Spending the majority of our time in the Sacred Valley and Cusco region allows us to see more of the area's Inca heritage. We also get to grips with a variety of active adventures - from rafting to trekking and volunteer project work with the local people. Naturally, there is a full day visit to the incredible ruins of Machu Picchu, perched high above the Urubamba River in the most awe-inspiring of settings. And, throughout it all, we've got some of the regions best guides to tell you about their culture, history, flora and fauna. It's a great adventure - we hope you can join us!



Recommended tour itinerary

Day
1

Arrive Peru

Flights are usually overnight, arriving in Peru on the morning of day two. After a short wait, we connect with our internal flight to Cusco.

Day
2

Airport transfer and "Locals' guide to Cusco" tour

On arrival at the airport, we will be met and escorted to our hotel. After check in we are introduced to the city with the "Locals' guide to Cusco". This short walking tour is a great way to get our bearings and also helps us get used to the altitude. Cusco lies at 3,200m and we are likely to feel a little short of breath on arrival. It is easy to see why the beautiful historic centre was declared a UNESCO World Heritage Site in 1983, there is Inca and colonial architecture evident all around. Later in the day our guide will give us a full briefing about the adventure that lies ahead.

Day
3

Cusco Outlying ruins - half day tour including entrances

Today we stretch our legs with a delightful hike in the hills above Cusco. First we visit the impressive site of Sacsayhuaman where 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 we head to the Inca water temple of Tambo Machay lying at 3700m (12,000 feet). With its intricately carved water channels this is thought to have been used both for ritual cleansing as well as the worship of water. From here we carry on down to Cusco, stopping at the Temple of the Moon and other historical sites along the way.

Day
4

Hike Moray to Maras

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 our hotel for the night.





Day
5

Biking in the Sacred Valley of the Incas

This ride is very versatile and can be adapted to suit every level and age. It's an incredibly scenic ride, combining Andean mountain passes, gentle descents and a lovely amble through the heart of the Sacred Valley of the Incas. We begin with a fifty minute drive to Pisac. At this small town based in the Sacred Valley of the Incas we can stop for a stroll around the lovely plaza and artisan market stalls. Here 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.

Day
6

Tree planting or pruning above Ollantaytambo

Today we get a chance to help save the planet and either plant some native trees or help prune ones we have planted over the last few years. Between October and March we plant trees and the rest of the year it is more beneficial to prune the existing ones. Later on we catch the train to Machu Picchu Pueblo. After checking into our hotel we have the evening free to explore the extensive artisan market and lively restaurants.

Day
7

Machu Picchu tour

Relaxed after a comfortable night, we head up to Machu Picchu for a full guided tour before the crowds arrive. We've all seen the photos; but visiting Machu Picchu in person is a truly breathtaking experience. Perched high above the Urubamba River and surrounded by towering mountains and deep valleys, it is one of the Modern Wonders of the World and set in the most awe-inspiring location. Afterwards, there is time to hike to the Inca Bridge, Watchman's Hut or else just wander through the ruins soaking up the atmosphere. In the afternoon we descend to the waiting train to enjoy one of the great train journeys of the world back along the Sacred Valley to our hotel for the night.

Day
8

Urubamba White-Water 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 one and a half 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. Finally we reach our take out point and enjoy a full picnic lunch before returning to our hotel in the late afternoon.

Day
9-10

Cusco Airport Transfer

We transfer to Cusco airport in time for our homebound flight. After a connection in Lima, we fly back via Europe arriving in the UK on day 10.

Further information

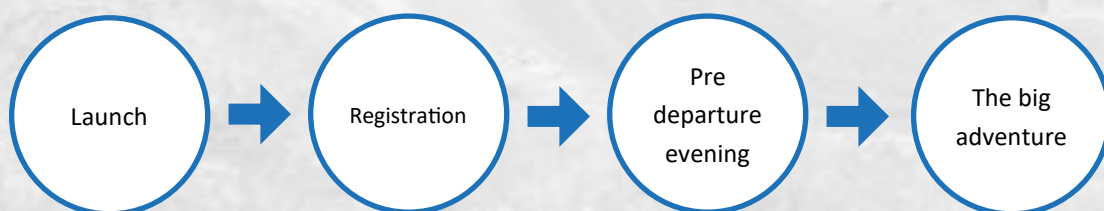
Look what's included!

- 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 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 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.



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