



18 Days

Peru

Salkantay Project Expedition

This is the ideal introduction to Peru for school expedition groups wanting a varied, adventurous, responsible and rewarding expedition. With spectacular trekking amongst snow capped peaks and cloud forest, a great community led volunteer project working with small rural villages and all the highlights of Peru from Cusco and the Sacred Valley, to Machu Picchu and Lake Titicaca, this is a high-octane adventure that will live long in the memory of students and teachers alike. With expert Peruvian expedition leaders, your journey of discovery will be so much more than just self-development. These leaders will ensure you discover the history, culture, flora, fauna and people of this friendly and fascinating South American country.



Recommended expedition itinerary

Day
1-3

Arrive Lima & fly to Cusco

Time to relax and acclimatise post flight initially! On day 3 we have the entire day to explore the attractions of Cusco with our guide. In the morning we visit the vast fortress of Sacsayhuaman. The skilfully constructed outer walls consist of massive blocks of stone, (the largest weighing over 350 tonnes) which must have been difficult to manoeuvre, let alone to cut and dress with such precision! The old imperial capital was laid out in the rough shape of a puma. Today, its orderly streets bear witness to the extraordinary skill of Inca stonemasons; many are still lined with precisely interlocked stonework serving as the foundation for later colonial buildings. We can explore the inner city on foot with our local guide.

Day
4

Travel to Sacred Valley, visit sites. Overnight Sacred Valley

A drive from Cusco into the Sacred Valley takes us to the heartland of the Inca Empire. With its warm climate and fertile soil, the Sacred Valley was considered the greenhouse of the Incas. We visit the village of Pisac (2950m) and then move onto the ruined fortress of Ollantaytambo. During the Inca Empire, Ollantaytambo was the royal estate of Emperor Pachacuti who conquered the region, built the town and a ceremonial centre. Nowadays it is considered an important Inca ruin.

Day
5-9

Project phase

Today we travel to our community project at a village off the main Sacred Valley. The exact nature of the project will be decided nearer the time as it will depend on the needs of the community. Typical projects we have arranged in the past consist of construction or manual work (such as clearing drainage channels, building foundations, levelling ground and installing irrigation systems to remote hamlets). Working with the local community on sustainable tourism initiatives and being guided by a long term local project partner, ensures that our project is responsible, sustainable and answering a genuine need in the community. Being based in the village, there will be opportunities for playing sport with the locals and participating in everyday life (perhaps helping plant or harvest crops or learning traditional tradecrafts?) On day nine we say goodbye and return to the Sacred Valley and then head to Cusco to get ready for our trek.





Day
10-13

The Salkantay Trail

An early start from the Sacred Valley will take us to the town of Mollepata and the beginning of the Salkantay trail. During the four day trek we will have panoramic views of the majestic snow-capped Salkantay mountains and the Valley of the Apurimac River. We will meet our support staff, and load the equipment on to horses and mules before beginning our walk toward Sayllapata. After lunch, we continue hiking toward the Soraypampa villages (3850m). Late afternoon we will reach our camp where our tents and dinner will be waiting for us. Each day our surroundings will change from dry scrub to snowy peaks to tropical rainforest. The most difficult part of the trek, hiking to a place called Pampas Salkantay and then on around the snowy peaks of Umantay, involves reaching an altitude of 4600 m where we will see spectacular mountain views and the imposing snowy peaks of Salkantay (6264m) - the second highest point of the Cusco region. As we pass through the spectacular landscape, we will see waterfalls, fruit-bearing trees, varied flora, and birds. If we are lucky, we will be able to observe the famous "Cock of the Rocks" bird. From Playa Sahuayaco, we head to the famous town of Aguas Calientes and a visit to the thermal hot springs. Our days will start early, hopefully enabling us to see spectacular sunrises. Morning and afternoon treks will be interspersed with rest breaks and good lunch stops. Nevertheless, this is a challenging trek and you will need to be fit to complete it.

Day
14

Machu Picchu

Today, we have another early start to enable us to be amongst the first of the day to enter the magnificent site of Machu Picchu. We will have a guided tour as well as free time to explore the Citadel. In the afternoon we take the train back to Cusco.

Day
15

Drive to Lake Titicaca

Today we travel across the high Altiplano to Puno on the shores of Lake Titicaca. At 3,811m, Lake Titicaca is the highest navigable lake in the world. At this altitude the sun is very hot in the daytime but temperatures at night can drop below freezing in the winter months of June, July and August.

Day
16

Explore Lake Titicaca, including islands

Today we take a boat to the floating reed islands of the Uros Indians. The life of the Uros is based on the totora reed, which grows in the lake and is used to construct their houses and boats. It is said that the Uros began their floating existence by constructing the islands to isolate themselves from the belligerent Collas and Incas. On reaching Lake Titicaca it's clear that they are no longer as secluded as they once were, but they are still a unique sight. In the afternoon, we return to shore and overnight at the small villages of either Luquina or Llachon, where traditions still run deep and life has changed little over the years.

Day
17-18

Depart Peru on overnight flight to UK

After our busy expedition, we transfer to Juliaca airport and fly to Lima, before connecting with our flight on to the UK.

Further information

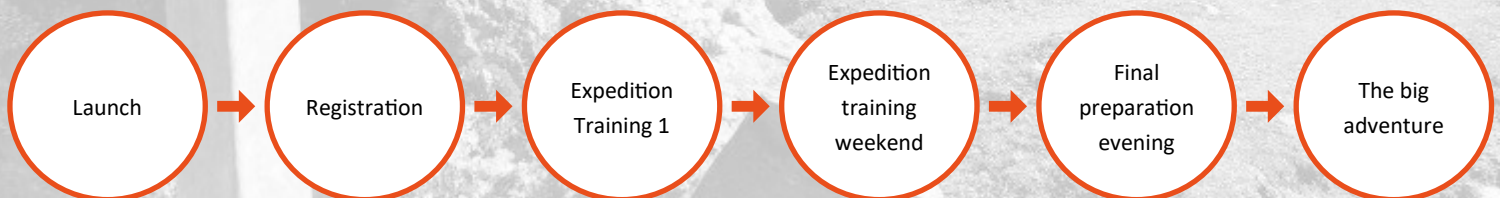
Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local 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