

The Trek to Machu Picchu

2nd - 11th June 2012

20th - 29th October 2012



Spend two days assisting on a project near Cusco before setting off on the 4-day Salkantay Trail to Machu Picchu.

This trail is considered one of the best Inca treks in Peru.



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About Peru



At 1,285,215 square km, Peru is the third largest country in South America and five times larger than the UK. Geographically, Peru can be split into three regions: the Andes Mountains, the Amazonian lowlands and the Pacific coastal strip. Peru borders Chile, Bolivia, Brazil, Colombia, Ecuador and the western strip hugs the Pacific Ocean. The country possesses an enormous biological diversity and the flora and fauna are largely determined by the Andes and the Amazon River. Peru's population of 28 million can be said to be bi-cultural in that there are two distinct cultural groups. The mestizo (indigenous and mixed Spanish descent) and the campesinos (rural Indian highlanders) are culturally quite different. Peru is unequalled in South America for its archaeological and historical wealth and has witnessed many key cultures and civilisations although the most well known is the Incas, even though it was only dominant for around 100 years. The Salkantay trek challenge promises a journey into magnificent lost cities, astounding natural diversity and the opportunity to make a positive contribution to one of the world's poorer countries.

Lima

Lima was founded by the Spanish conquistador Francisco Pizarro in 1535. The city is one of stark contrasts where sprawling slums encroach on splendid colonial buildings; a city of colonial charm and the vibrant vitality of an oriental bazaar. The city's climate is no less dramatic as melancholic cloud covered winters contrast with light warm summers.



Cuzco and the Sacred Valley

Cuzco, once the head of the mighty Inca Empire, is one of the most fascinating and mystical cities in the world. Full of history, dramatic scenery and the host of many fiestas and carnivals, it is the gateway to world heritage listed Machu Picchu. Situated at an altitude of 3,310m it requires time to acclimatise. The city is an eclectic mix of Inca and Spanish architecture. Everywhere you look are remains of original Inca walls, doorways and arches. The Urubamba Valley lies just 15-30 km from this magnificent city.



Machu Picchu



For many visitors to South America Machu Picchu tops the list of must-see destinations. The awe inspiring Inca site is instantly recognisable throughout the world and reaching Machu Picchu by foot at a height of 2,380m and first setting eyes on the scene is one of the most tremendous and exhilarating feelings you will ever experience. The lost city of Machu Picchu was hidden by the lush vegetation of this region until 1911 and is probably one of the best-preserved ancient kingdoms in the world. The quality of the buildings and their inaccessibility has inspired numerous theories about their purpose over the years. But perhaps you need to make up your own mind.

Project Work

Many of the communities we work with are in dire need of assistance. We will work closely with the local communities to improve conditions at a variety of projects. The project we work on will depend on the need at the time, but we have links with a medical centre and a school in a small community outside of Cuzco where we could get involved with plastering, painting the walls, windows and doors and doing some gardening.



Itinerary

Day 1: Fly to Lima. On arrival transfer to a hotel for overnight stay.

Day 2: A short flight to Cusco. Take it easy for the rest of the day as you acclimatise to the altitude, or alternatively take in some of the local sights at a gentle pace.

Days 3 – Day 4: Meet and work alongside the locals, as you spend 2 days assisting on a local community development project. There is also plenty of time to further explore the surrounding area. You will be camping close to the project.

The Trek

*Set off on a 4-day trek along the 'Salkantay Route', named by National Geographic Adventure Travel Magazine as one of the 25 best treks in the world. Connecting the city of Mollepata with Machu Picchu, the **Salkantay** Trek follows an ancient and remote footpath located in the same region as the Inca Trail, where massive snowcapped mountains collide with lush tropical rain forests. Off the beaten path, this trek is a delightful way to experience the land of the ancient Incas, surrounded by spectacular snowy peaks, crossing high passes (up to 4600m), and with an amazing view over Machu Picchu to be enjoyed on the last day. Spend the last night in Aguas Calientes, at the foot of Machu Picchu.*

Day 5: CUSCO - MOLLEPATA - SORAYPAMPA

Leave Cusco early for the drive to Mollepata (2900m), enjoying panoramic views of the majestic Salkantay enroute. After preparing, we commence our trek towards Sayllapata (3200m), stopping for lunch at around midday. After lunch, we will continue hiking toward Soraypampa village (3850m), arriving at our campsite around 5.30 in the afternoon.

Day 6: SORAYPAMPA - CHALLWAY

Today the landscape changes drastically, from dry and arid to snowy peaks and even some tropical areas. After a nutritious breakfast, we will start the most difficult part of the trek, hiking to a place called Pampas Salkantay, then skirt around the snowy peaks of Umantay located next to the Apu Salkantay. At midday, we will be at the highest point (4600m) where we can admire spectacular views of the mountains and the imposing snowy peaks of the Salkantay (rising to 6264 meters above sea level). After lunch we trek for approximately 3 hours to arrive at our camp in Challway (2920m).

Day 7: CHALLWAY – LA PLAYA – SANTA TERESA

Walk for about 6 hours this morning, towards Playa Sahuayaco, via the small town of Collpabamba, also called the "Forest Cloudy Brow" where waterfalls, thermal hot springs, fruit-bearing trees, varied flora, and birds can be observed. From here we head to the campsite which is located by the hot springs of Santa Teresa, where you can take a refreshing dip.

Day 8: SANTA TERESA – LLACTAPATA – AGUAS CALIENTES

After an early breakfast, we will head to the Llactapata access, from where we ascend to the ruins of Llactapata. On the way we pass coffee plantations, beautiful landscapes as well as diverse flora and fauna. After three hours, we will arrive at Llactapata where there is an amazing view of Machu Picchu. After relaxing a while and enjoying the view, we take the descending trail down to the hydroelectric dam of Santa Teresa, where we stop for lunch. After a short rest, we take the train to Aguas Calientes, where we check into a hotel for the night.

Day 9: Travel by bus up to the actual site of Machu Picchu to spend the day exploring this glorious ancient city. Return to Cusco this evening by train.

Day 10: Fly back to Lima and enjoy a final afternoon exploring, or a chance for some last-minute shopping, before an overnight flight to the UK, arriving the following morning.

BEFORE YOU GO: AN A-Z OF INFORMATION ON PERU

A is for Arrival. Upon arrival visitors are normally given permission to stay for up to a maximum of 90 days. You should keep the immigration paper given to you on arrival in a safe place as you will need to show this upon departure. We recommend that your passport should have a remaining validity of at least six months after departure.

A is also for Altitude. Most people will encounter some symptoms to varying degrees including: headache, nausea, vomiting, lack of appetite, insomnia, fatigue, dehydration. When you arrive at a place of high altitude you should have lots of rest, and avoid alcohol, cigarettes, and heavy food. Keeping hydrated and pacing yourself is very important with acclimatization.

B is for Begging. You can expect to be asked for '*propina*' (pennies) from very persistent children (and occasionally adults) in Peru. Groups of children around the Plaza de Armas in Cusco will try to sell you postcards or finger puppets. However, please do not hand out money and gifts to the children it can lead to reliance on tourists for income.

B is also for Books/further reading.

The Inca Trail Trek and Machu Picchu Trailblazer Guide (Sep 2005). ISBN 978-1873756867 £10.99
Lonely Planet Peru (April 2010). ISBN 978-1741790146 £15.99
Rough Guide to Peru (July 2009). ISBN 978-1848360532 £14.99

C is for Communications. The country code from UK to Peru is +51 and to call the UK you will need to dial 0044 and omit the first 0 from the phone number e.g. to call 01234 567890 you would dial 00441234 567890. The country has a comprehensive mobile phone network across the country. It is thus quite likely that your mobile phone will work. Remember your charger and to switch to the international roaming option with your phone provider. Whilst in the hotel you may access the internet and e-mail and cyber cafes have sprung up in major towns and cities usually costing around US\$1 per hour.

D is for Dehydration. This is a potential problem and you must bring a good supply of rehydration salts with you. Walking in the heat and at high altitude puts you at greater risk of dehydration. You can buy the small packets from chemists in different flavours and just add the powder to quantity of water mentioned on the packet. See also W is for Water.

D is also for Day pack. Throughout the trek your day pack is your responsibility. What's more you will carry your own so please don't make it too heavy. We recommend a 25-35 litre pack with your essentials inside. Even with essentials, your daypack could weigh up to 8kgs. You will not have access to your main pack, so will need to pack waterproofs, fleece, sun hat, gloves, warm hat, sun cream, 2 litres of water, tissues and packed lunch. You may also wish to bring a camera, memory cards and spare batteries.

D is also for Dietary Requirements. The majority of special diets, such as vegetarian, vegan, gluten-free, etc, can be catered for. Please ensure that you notify us of any dietary requirements at the time of booking or as soon as possible.

D is also for Discount. We have teamed up with [Nomad Travel and Outdoors](#) to offer you a 10% discount on travel kit and vaccinations from any of their stores nationwide, or for kit online. The code will be given to you upon booking.

D is also for Departure Tax. Peru charges tourists leaving the country a departure tax of US\$31.00 which must be paid, in cash, at the airport (price correct at time of writing).

E is for Etiquette. Always endeavour to be polite and respectful and take your lead from the local people around you in terms of what is acceptable or not. Peru is a bicultural society where what may be culturally appropriate for the 'mestizo' is rude or offensive to the 'campesinos' so you need to be extra sensitive. When in public places or during project work, long shorts and a t-shirt would be fine but you should respect the preferences and cultural norms of those around you – i.e. no bikinis, hot pants, halter neck tops etc! If you show respect then it will be reciprocated.

E is also for Expenses. Laundry, drinks, food for meals not included, personal spending money, personal equipment, souvenirs and tips. Suggested tip amount is 50 Peruvian Soles per guide shared between the group.

E is also for Electricity. Electricity is 220v 60HZ. Outlets in Peru are either two flat parallel prongs (US style) or two small round pins (European style).

F is for Food. Peruvian food can be characterised along the lines of the diversity of climate: along the coast seafood is highly desirable; in the highlands there are many local delicacies from corn and potatoes as well as wonderful soups. In both hotels and on the street there will be a wide variety of food although during the trek the food will be more limited. The experienced team of chefs are able to prepare both local and international dishes. The mules carry both a kitchen tent and dining tent with tables and chairs.

F is also for First Aid kit. Especially whilst on the trek you should have a small first aid kit of essential items (personal prescription medicine, painkillers, plasters/blister spray, insect repellent (containing 50% DEET), anti-histamine tablets and cream, Imodium (loperamide), rehydration sachets, throat lozenges, painkillers such as Ibuprofen, decongestant, lip balm with SPF, antiseptic cream, antifungal powder, scissors, tweezers, thermometer, sanitary towels and/or tampons or a Mooncup, spare glasses or contact lenses, toilet roll.

F is also for Fitness. This tour is classified as *challenging* and a good general level of fitness is required. Please note that most of the trail involves ascending and descending uneven steps and this can be very tiring particularly in conjunction with the altitude. It is very important that you start a programme of body conditioning before your departure including walking and cardiovascular workouts to improve both your stamina and your ability to walk up and down gradients. This is not an 'easy' trek or comparable to trekking in the UK, so adequate fitness preparations must be made prior to arrival. Training tips will be provided upon booking. DTC has the right to refuse anyone who they feel is not fit enough for the challenge.

H is for Haggling. When purchasing items from markets and shops where prices are not listed you are expected to haggle. Please do so with respect, and pay a fair price. Ask your tour escort for advice.

H is also for Health. You must ensure you seek medical advice **from your doctor** at least 8 weeks before travelling and ensure that all appropriate vaccinations are up-to-date. You may also need to discuss antimalarial medication and medicine to help with the altitude.

For general information on health and vaccines please check <http://www.fitfortravel.scot.nhs.uk> Remember to take all your existing medication in clearly labelled packages. Normal body temperature is 98.6 f / 37 C. Resting pulse rate should be 60 – 90 per minute (higher at higher altitude). Respiratory rate should be 12-20 breaths per minute.

I is for Insurance. Different Travel will do everything possible to ensure a safe and enjoyable trip. However, certain risks are involved and should be recognised by participants. Thus, it is essential that you purchase travel insurance for our expeditions. Travel Insurance is a cost effective way to protect yourself and your equipment in the event of problems due to canceled trips, delays, medical problems, baggage loss or damage. **Medical cover** is an absolute necessity. Ensure you inform the insurance company concerned of your intention to trek in Peru as some policies have a different rate for treks.

Campbell Irvine provide policies suitable for trekking trips and if you contact them quoting Different Travel they will be able to provide you with a quote.

Please note most travel insurance policies protect you before departure too so it is advised to buy insurance as close to booking as possible to protect the loss of your registration fee as a result of cancellation due to injury, illness etc.

K is for Kit bag. You will need a trek kit bag which will be carried by mules. This will contain your entire luggage for the trek. It must be strong, light and waterproof. The North Face Base Camp duffle bag is an example of a decent kit bag. It is also handy to bring some big plastic bags to put particular items inside (such as your sleeping bag) in case of poor weather. The weight limit for the bag and its contents is **8kg per person**. You will also need a day pack (see above). Luggage you do not need for the trek can be left at the hotel in Cuzco.

L is for Language. The main languages of Peru are Spanish and Quechua (the preferred indigenous language of the Highland areas). You could also consider taking up a short Spanish language course before your trip. Here are a few useful phrases & numbers in Spanish:

Hola, como esta/estas? – Hello, how are you?	1 – uno
Muy bien gracias - I'm fine	2 – dos
Por favor - Please	3 – tres
Bueno - Good	4 – cuatro
Malo – Bad	5 – cinco
Permiso - Excuse me	6 – seis
Gracias- Thank you	7 – siete
Adios - Goodbye	8 – ocho
Si - Yes	9 – nueve
No – No	10 – diez
Lo siento mucho - I am very sorry	

M is for Money. The unit of currency is the Nuevo Sol (plural – soles) which is divided up into 100 centimos (cents). Try to break down notes wherever possible as there always seems to be a shortage of smaller denominations. The US dollar is the other main currency but only crisp, clean notes will be accepted so do take good care of them. ATM machines are generally available and dispense both Soles or Dollars and you might consider using this method of payment rather than a credit card as the commission is often 8-12%. Travellers cheques are not easy to cash and are best avoided.

P is for Photocopies. Remember to leave a photocopy of all your documents (insurance details, flight numbers, passport etc) with a reliable person in the UK. Should you lose everything you can make a call to retrieve your information. It is also recommended to scan these documents and email them to yourself too.

P is also for Photography. It is always best to ask permission before taking photographs of local people. Don't be surprised if they expect payment for photographs taken!

P is also for Porters and horsemen. On the Salkantay trek, porters are replaced by mules and horses to carry luggage. The animals are well looked after and will go ahead of the group to meet you at camp.

R is for Religion. The Inca religion was displaced by Roman Catholicism from the 16th century onwards. Today the official statistics are that around 93% of the population is Catholic. In reality for the majority religious life means a mixture of Catholic beliefs and indigenous beliefs based on animism and deity worship.

S is for Safety. Peru recognises that tourism plays an important part in its developing economy and has taken great steps in the last few years to change its poor security record. You'll find a lot more police, especially plain clothed officers, in the towns and cities most frequently visited by tourists. Although assaults are rare, petty theft can be prevalent. What Peruvian thieves are expert at, however, is making the most of a good opportunity – a moment's lapse in a tourist's concentration is their business. Long bus trips, crowded streets and packed trains are all their territory. So the message is – be alert and exercise common sense.

T is also for Trek Equipment.

- **Sleeping bag.** A sleeping bag is not provided so you will need to bring your own. You need a sleeping bag with a comfort range of -10°C to 5°C is suitable for most people as nights can fall below freezing but also be as warm as 5°C depending on the altitude. A fleece liner is also recommended in combination with the sleeping bag. This gives extra warmth to those who get cold at night, and for those who get hot at night, they can unzip the sleeping bag slightly and still be covered and keep warm.
- **Insulation Mat.** A foam sleeping pad is provided but you should consider bringing your own. A blow up variety or 'Thermarest' is a great idea.
- **Jacket.** Your jacket for the trek should be windproof and fleece-lined if possible. An outer waterproof breathable jacket is also advisable along with waterproof trousers. Plastic ponchos can be bought cheaply in Cuzco.
- **Tents.** These will be provided by the tour operator. 4-person capacity tents will be used to sleep 2 people for extra comfort and for safe storage of your rucksack. The tents are highly maintained to ensure excellent performance.
- **Torch/head torch.** This is an absolute necessity. An LED head torch is best as the ones which use standard bulbs are not bright enough. Remember to also bring spare batteries.
- **Kit bag.** You will need a trek kit bag which will be carried by the porters. This will contain your entire luggage required for the trek. It must be strong, light and waterproof. The North Face Base Camp 70litre duffel bag is an example of a decent kit bag. It is also handy to bring some big plastic bags to

put particular items inside (such as your sleeping bag) in case of poor weather. The weight limit for the mules to carry is 8kg per person including sleeping bag and mat.

- **Gloves.** You should consider taking a pair of warm gloves for the trek as the nights at high altitude are very cold.
- **Nibbles.** High energy snacks, chocolate and sweets are essential during your trek. Dried fruit, nuts – especially walnuts and almonds, Kendal mint cake, bananas, popcorn, energy bars such as Mulebar, Cliff bars, etc.

W is for Water. You should bring water purification with you for your trek. By refilling bottles with purified water you are also making less of an impact on the environment because you are not throwing away lots of plastic bottles. A highly recommended purification is 'Biox Aqua' drops or tablets which contains chlorine dioxide. This leaves water free of any chemical taste and is extremely effective at killing 99.9% of all known bacteria, cysts and other water-borne parasites. You may also wish to consider taking some powdered fruit juice or squash, as this will make the water taste nicer and encourage you to keep hydrated.

W is also for Walking boots. You must take walking boots with good ankle support. Trainers will not do. Ensure that your walking boots are well broken in and comfortable. You must ensure you give your boots at least 4-6 weeks of constant wear (such as during your training) to ensure they are broken in properly. Trainers may be useful for around the camp.

W is also for Weather. Peru is divided up into three distinct geographical regions: the coast, the mountain highlands and the jungle. For our purposes we only need concern ourselves with the first two categories. The highlands, that include Cuzco, have a wet and dry season. The dry season lasts from mid-April to October and the wet from November to mid-April. The coastal region enjoys summertime from December to April. Temperatures on average range from 25 – 35°C. From May to November the temperature drops a bit and you'll find blankets of sea mist engulfing the coast from the south right up to about 200 km north of Lima.

Packing List

Essentials

Flight tickets (or e-tickets)	<input type="checkbox"/>
Passport & copy	<input type="checkbox"/>
Money (Peruvian Soles)	<input type="checkbox"/>
Sunglasses	<input type="checkbox"/>
Diary/Notepad and pen	<input type="checkbox"/>
Sewing kit	<input type="checkbox"/>
Adaptor - two flat pins (USA) and two round pins (European)	<input type="checkbox"/>
LED head torch / spare batteries	<input type="checkbox"/>
Books/Playing cards	<input type="checkbox"/>

Clothing

Walking boots	<input type="checkbox"/>
Trainers / casual shoes for project	<input type="checkbox"/>
Breathable t-shirts x 2-3	<input type="checkbox"/>
Long sleeved breathable top	<input type="checkbox"/>
Windproof fleece/warm jacket	<input type="checkbox"/>
Lightweight sweater / mid-layer	<input type="checkbox"/>
Waterproof trousers and poncho (can buy poncho in Cuzco)	<input type="checkbox"/>
Shorts	<input type="checkbox"/>
Long (or convertible) trousers x 2	<input type="checkbox"/>
Thermal base layer top/bottoms	<input type="checkbox"/>
Underwear	<input type="checkbox"/>
Smartwool / synthetic socks	<input type="checkbox"/>
Warm hat	<input type="checkbox"/>
Sun hat	<input type="checkbox"/>
Swimwear	<input type="checkbox"/>
Warm windproof gloves	<input type="checkbox"/>

Eating and Drinking

2-litre personal water bottle (e.g. Camelbak)	<input type="checkbox"/>
Energy snacks (dried fruit etc)	<input type="checkbox"/>
Powdered fruit juice/squash	<input type="checkbox"/>
Water purification (Biox Aqua recommended)	<input type="checkbox"/>

First Aid Kit

Prescription medicine	<input type="checkbox"/>
Painkillers (Ibuprofen/paracetamol)	<input type="checkbox"/>
Plasters and blister plasters	<input type="checkbox"/>
Insect repellent containing 50% DEET	<input type="checkbox"/>
Anti-histamine tablets/cream	<input type="checkbox"/>
Imodium (loperamide)	<input type="checkbox"/>
Rehydration salts (e.g. Dioralyte or Nuun)	<input type="checkbox"/>
Lip balm with SPF protection	<input type="checkbox"/>
Indigestion remedy e.g. Gaviscon	<input type="checkbox"/>
Scissors/tweezers	<input type="checkbox"/>
Antiseptic cream	<input type="checkbox"/>
Throat lozenges / decongestant	<input type="checkbox"/>
Support bandage/Tubigrip	<input type="checkbox"/>
Safety pins	<input type="checkbox"/>
Antiseptic wipes	<input type="checkbox"/>
Micropore tape / sports tape	<input type="checkbox"/>
Spare glasses/ contact lenses	<input type="checkbox"/>

Hygiene

Wash bag & kit	<input type="checkbox"/>
Personal toiletries	<input type="checkbox"/>
Toothbrush / Toothpaste	<input type="checkbox"/>
Shampoo (e.g. Lush solid bars)	<input type="checkbox"/>
Razors/shave foam/ oil	<input type="checkbox"/>
Multi purpose travel wash	<input type="checkbox"/>
Travel towel	<input type="checkbox"/>
Wet wipes	<input type="checkbox"/>
Antiseptic hand gel	<input type="checkbox"/>
Sun cream (high SPF)	<input type="checkbox"/>
Sanitary towels/tampons/MoonCup	<input type="checkbox"/>
Toilet paper	<input type="checkbox"/>
Cotton buds	<input type="checkbox"/>

Luggage

Trek bag (50-70 litres – carried by mules)	<input type="checkbox"/>
Daypack (25-35 litres)	<input type="checkbox"/>
Suitcase/luggage for all items	<input type="checkbox"/>

Optional

Camera / Video Camera	<input type="checkbox"/>
Spare battery/memory cards	<input type="checkbox"/>
Mobile phone + charger	<input type="checkbox"/>
MP3 player/walkman	<input type="checkbox"/>
Binoculars	<input type="checkbox"/>
Work gloves	<input type="checkbox"/>
Walking pole(s)	<input type="checkbox"/>

Sleeping

Ear plugs / Eye mask	<input type="checkbox"/>
Sleeping bag with <u>comfort</u> range of -10C	<input type="checkbox"/>
Sleeping bag liner (silk or thermal)	<input type="checkbox"/>
Inflatable mat (e.g. Thermarest – optional)	<input type="checkbox"/>

If there are any questions or queries regarding the items on this list, please feel free to contact on info@different-travel.com