



THE INCA TRAIL CHALLENGE

INCA TRAIL TREK & COMMUNITY PROJECT

Discover what the Spanish Conquistadors could not - the lost city of Machu Picchu nestled in the magnificent Andes Mountains. Trek through mountain passes, remote unspoiled villages and jaw-dropping scenery. Ride on one of the world's highest trains and help a local community with much-needed repairs and improvements.

Different Challenge

THE CHALLENGE

DAY 1

Fly from London to Lima.

DAY 2

Fly to Cuzco and the Sacred Valley of the Incas.

DAYS 3 to 5

Spend three days assisting on a range of projects in a local community. This time is also beneficial in acclimatising your body to the altitude before embarking on the trek.

DAYS 6 to 9

Embark on a truly memorable trek along the Inca Trail. Although at times arduous, the combination of stunning scenery and Incan ruins compensates for any hardships encountered along the way! On the morning of Day 9 you arrive at the Sun Gate at dawn and watch as the sun rises to reveal the entire ruined city spread before you - a magnificent sight.

DAY 10

Another morning to explore Machu Picchu or take a well-earned dip in the thermal waters of Aguas Calientes before heading back to Cusco by train this afternoon.

DAY 11

Fly to Lima, spend the rest of the day exploring the city, and fly to London this evening.



THE PROJECT

Peruvian, rural, families live together in tiny, one or two -room adobe homes raising guinea pigs, cows and sheep. Fathers work as porters for hikers during the dry season and tend crops of potatoes, corn beans and quinoa during the wet months, while mothers watch the herds, take care of the household and raise their children. The population continues to use traditional farming tools and oxen to harvest potatoes, broad beans, wheat, barley and maize.

We will work closely with the local communities to improve facilities as well as spending time with the children.

Please note that details of all our projects may change to reflect the most pressing needs identified by the project's leaders at the time.







Trip dates
Saturday 1 May -
Wednesday 12 May 2010

Costs
Minimum Sponsorship:
£300 participation fee
£2900 minimum sponsorship

Self-funding:
£300 deposit
£1900 balance

Tour Code:
OPNPR10

At a Glance

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|  10 nights |  First Aid trained local staff |
|  London / Lima |  Challenging |
|  10 Breakfasts 3 Lunches 4 Dinners |  10 to 20 |
|  21°C |  2°C |

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