

THE CHALLENGE OF A LIFETIME,
FOR THE CHILDREN'S HOSPITAL
CHARITY...

INCA TRAIL TREK

CONQUER THE WORLD
FAMOUS INCA TRAIL
TO MACHU PICCHU

The
Children's
Hospital
Charity_x

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www.tchc.org.uk

KEY INFO

Duration: 10 days

Distance: Approx. 51km

Challenge Grade: Tough 2

Location: Peru

CHALLENGE HIGHLIGHTS

- Trek the iconic Inca Trail
- Discover the lost city of Machu Picchu via the Sun Gate
- Hike through the Peruvian Andes Mountain range
- Learn the rich ancient history of Cusco
- Explore Inca's cosmopolitan capital, Cusco

THE CHALLENGE

We begin our Peruvian trekking adventure in the Inca Capital of Cusco – a fascinating city full of colonial charm, hidden deep in the Andes Mountains. There are many trails throughout Peru, but only the original, not to mention glorious, Inca Trail leads us along gushing rivers, through ancient tunnels and over high mountain passes to the Sun Gate. The sight of the magnificent lost city of Machu Picchu appearing through the morning mist is one that will live with you forever!

Day 1

UK to Peru

We depart the UK for our flight to Cusco.

Day 2

Cusco (3,300m)

We arrive in Cusco where we are met by our local guides and then we transfer to our hotel.

The rest of the day is free to acclimatise to the high altitude and explore this fascinating city, hidden deep in the Andes Mountains.

Day 3

Acclimatisation Trek to Inca sites

Today it is essential that we take some exercise to adjust to the high altitude. We have a fairly early breakfast before transferring to Tambo Machay, the Inca ruins high above Cusco. We trek down to Sacsayhuaman, having our lunch en route, then return to Cusco.

A full trek briefing will be held before our challenge tomorrow – The Inca Trail!

Trekking distance - approx. 8km

Day 4

Cusco - km82 (2,650m) to Wayllabamba (3,000m)

Following breakfast, we transfer to km82 where we register at the checkpoint for our Inca Trail permits. En route, we'll make a short stop at Ollantaytambo where there will be time to do some last minute shopping for trekking provisions - crackers, cookies, walking sticks etc.

Once we arrive at km82, we begin our trekking adventure! We follow the Urubamba River before the trail becomes more undulating and reaches the Patallacta lookout, from where we will have the impressive view down to the Inca town of Patallacta (2,700m). We then continue to the Kusichaca Valley, through Tarayoc and Hatunchaca to Wayllabamba, which is our first campsite.

Trekking distance - approx. 11km / 5 - 6 hours

Day 5

Wayllabamba (3,000m) to Pacaymayo (3,600m)

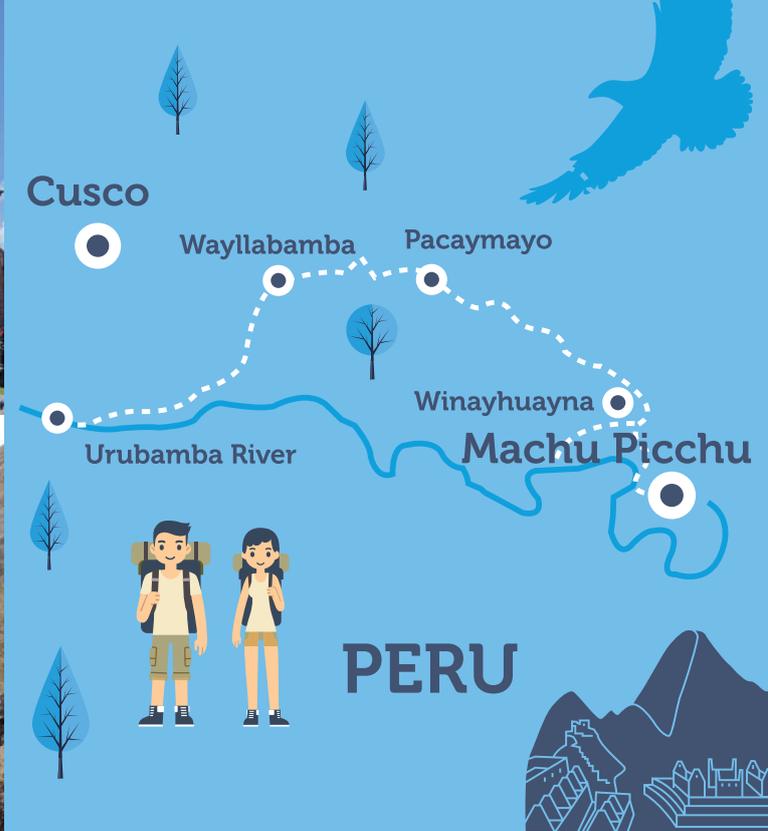
Our most challenging day as we climb steadily from 3,000m to 4,200m, to Warmihuañusca or 'Dead Woman's Pass'. On the way we will see impressive cloud forest, beautiful lichens, bromeliads, orchids, birds, also the Huayanay glacier and part of the Vilcabamba mountain range.

The ascent will take approximately 5 - 6 hours but the feeling of elation on conquering the pass will stay with you forever.

From this point we trek for another hour and descend into Pacaymayo Valley, our campsite for the night.

Trekking distance - approx. 8km / 7 - 8 hours





SOUTH AMERICA'S MOST ICONIC TREK - DISCOVER THE LOST CITY OF THE INCAS!

Day 6

Pacaymayo (3,600m) to Wiñayhuayna (2,700m)

This is another tough day when we conquer the two remaining mountain passes.

Once we reach the second pass at Runkurakay (3,950m), the trail heads downhill for approximately one hour until we reach Sayacmarka, another archeological site.

On the way to the third pass, Phuyupatamarca (3,600m), we'll pass through our first Inca tunnel. The views today are truly unforgettable with lush green mountains and snowy peaks as far as the eye can see!

Continuing down the original Inca stairway and passing through another Inca tunnel, we descend to Wiñayhuayna, our last campsite on the way to Machu Picchu.

Trekking distance - approx. 18km / 7 - 8 hours

Day 7

Wiñayhuayna (2,700m) to the Sun Gate (2,850) and Machu Picchu (2,400m)

We wake early in order to reach the Sun Gate for the optimum view of Machu Picchu in the morning. There is one last steep push on Inca steps until we catch our first glimpse of the famous lost city of the Incas, and rest awhile to take in one of the world's most breathtaking sights. We then descend to explore the fascinating buildings and ruins that make this city in the clouds so special. Our guide will explain the history and there will be some free time for exploration!

Glowing with success, we catch the bus down to Aguas Calientes - a bustling market town hidden below Machu Picchu - then board our train back to Cusco.

Trekking distance - approx. 6km / 2 - 3 hours

Day 8

Cusco

There is so much to see in Cusco that we spend the day doing just that (and giving our legs a rest!) The day is free to spend at your leisure.

In the evening, we all get together for our celebratory meal and to reflect on our achievements.

Day 9

Return flight to UK

Following our early breakfast, we transfer to Cusco Airport for our flights back to the UK.

Day 10

Arrive in the UK.

(Please note this is a complex itinerary and subject to change, including the timings and distances detailed. Mountain weather conditions, the group's ability and any other factors outside our control can impact on the schedule set out in this brochure).



YOUR QUESTIONS ANSWERED....

Is this trip for me?

Absolutely! This trek is suitable for all ages with the correct training. The minimum age for this trek is 18 years old (those aged 14 - 17 years must be accompanied by a parent or legal guardian). The one thing everyone will have in common is a great sense of adventure and the desire to help The Children's Hospital Charity. Whether you are taking part as an individual or as a team with friends, team spirit will be flying high on the challenge!

How fit do I need to be?

This challenge has been graded as Tough (2) on our challenge grading scheme meaning the trek has been designed to be challenging but achievable as long as you train beforehand. You will be trekking for 5 consecutive days, and at high altitude and in varied temperatures, a good cardiovascular fitness is required – the fitter you are the more you will enjoy the challenge! We will provide you with a full training guide once you register, this is also available to download via the Global Adventure Challenges website.

Our policy is to encourage and support as many people as possible to take part in our challenges. But they may not be suitable for all people due to restriction posed by limitation in mobility, physical or cognitive disability, pregnancy or other various medical conditions. If you have any doubts regarding your suitability for your challenge please contact our office to speak to one of the team.

What is the challenge grading scheme?

All of our challenges are graded on a scale from 1 to 3 to indicate the level of difficulty, 1 being the lowest challenge grade and 3 being the most challenging. (1 = Challenging, 2 = Tough and 3 = Extreme).

Where will we stay?

While in Cusco we will stay in hotel accommodation, in twin rooms with en-suite facilities. Whilst on trek we will be camping – 2 persons per tent. All tents, camping equipment and sleeping mattresses will be provided but participants are expected to bring their own sleeping bags.

Do I need specialist kit?

We will supply you with a kit list of what to take once you register to take part. Apart from broken in trekking boots, some trekking poles and a good quality sleeping bag you do not need any specialist kit.

Do I have to carry my own luggage?

No. Participants will only have to carry a day pack (for items such as sunscreen, water, sun hat, camera, etc.) A small kit bag will be issued to you in Cusco and this is for you to fill with items you require for your trek and will be carried from camp to camp by our porters. You will be able to leave your main piece of luggage at the hotel in Cusco.

Food matters...

All meals will be provided except for dinner on day 7 and lunch on day 8. We can cater for most dietary requirements as long as we know in advance – just fill in the appropriate section on your registration form. Peruvian food is very varied and nutritious with plenty of vegetables and potatoes.

What's included?

- Return flights from London Airport to Cusco
- All accommodation and transfers
- Tents and other camping equipment (participants must bring their own sleeping bags)
- All meals and celebratory dinner (except dinner on day 7 and lunch on day 8)
- Porters to carry kit bag
- Cooks and professional English speaking local guides
- Global Adventure Challenges Leader
- Local English-speaking medic for the Inca Trail
- Inca Trail permit
- Airport Taxes and Fuel Surcharge

What's not included?

- Personal Travel Insurance – this can be obtained through Global Adventure Challenges
- Sleeping bags
- Tips and gratuities
- Any associated local departure taxes in Peru which are to be paid for in person, in cash
- Alcoholic drinks

Can I stay in Peru after the challenge?

Yes, but all extensions are strictly limited, subject to availability and are given on a first-come, first-served basis. You will need to complete an extension request form, available from Global Adventure Challenges by emailing enquiries@globaladventurechallenges.com. There is a minimum £60 + VAT charge for having your return airline ticket extended. Please note, the final decision always rests with the airline.

What support is there on the trek?

There will be a strong support team with a professional Global Adventure Challenges leader, as well as local guides and porters. Full, comprehensive first aid kits will be taken and satellite/mobile telephones will be used to ensure your safety and security at all times. A local English-speaking medic will also be joining the trek.

What happens if I get tired?

There will be regular rest stops for drinks and snacks – there is no problem with you taking more rest stops should you need them. A guide will be bringing up the rear of the group ensuring no one is left alone. Remember this is not a race! The main physical problem you may encounter is altitude sickness, which can occur over 2,500m – the maximum altitude on this challenge is approx. 4,200m.

Will the altitude affect me?

Your physical fitness will not affect your ability to cope with the altitude, however the fitter you are the better you will cope in general whilst on the mountain. Altitude sickness is caused by decreased oxygen concentration in the blood due to the lower atmospheric pressure at high altitude. All individuals are affected differently, but symptoms can include breathlessness, nausea and headaches. Please be assured that this trek has been designed to maximise your chances for sufficient acclimatisation i.e. the speed at which we trek, the route taken, acclimatisation days taken and the number of highly trained experts in the support team.

How much will it cost?

Payment Option A – Minimum Sponsorship
Registration Fee £399
+ Minimum Sponsorship £4,500

Payment Option B – Self-Funding

Registration Fee £399
+ Challenge Balance £2,570

How do I go about raising the sponsorship?

Once you have signed up you will receive a fundraising pack from The Children's Hospital Charity in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way.

I'm interested, how do I sign up?

You can register online at www.globaladventurechallenges.com, payment of the registration fee is due at time of booking – all payment options and costs are explained above. Once your registration is received Global Adventure Challenges will write to you, sending you further information on what to expect from this awesome adventure! The Children's Hospital Charity will also be in contact to discuss your fundraising.

REGISTER ONLINE TODAY!

cheryl@tchc.org.uk

0114 321 2470

www.tchc.org.uk/events/

The
Children's
Hospital
Charity



GLOBAL
ADVENTURE
CHALLENGES