



AMC
ADVENTURE
TRAVEL

VOLUNTEER-LED EXCURSIONS WORLDWIDE

EXPLORING PERU: INCA TRAIL TO MACHU PICCHU AND MORE June 2–17, 2017



TRIP OVERVIEW

Your Peruvian adventure begins with four days at Lake Titicaca. While your body adjusts to Andean altitudes, enjoy views of 20,000' snow covered peaks and crystal clear waters. Visit reed islands and learn the traditional method of constructing reed boats, then stay overnight on Taquile Island in the home of an indigenous, Quechua-speaking family. In Cuzco and the Sacred Valley explore ancient temples, learn the stories of the Inca Empire, visit alpaca reserve, observe traditional wool drying and weaving, and shop at picturesque PISAQ market. Your journey continues with the strenuous, 22-



mile, porter-supported 4-day trek on the classic Inca Trail through mountain passes, cloud forests and sacred ruins, then culminates with a privately-guided tour of Machu Picchu, the mysterious "Lost City of the Incas." Hike to the summit of neighboring Huayna Picchu for a birds-eye view of this

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majestic UNESCO World Heritage site. We will have knowledgeable bilingual guides throughout the trip.

TRIP DIFFICULTY

Hiking the Inca Trail is strenuous. However, we will hike at a comfortable pace allowing time to admire the incredible mountain scenery, ancient Inca sites and wildflowers. Parts of the trail are steep and on centuries-old Inca paving stone. We trek 22 miles over the course of four days, starting at 8700' in elevation and finishing at 7860' of elevation. We cross two high passes, with a maximum elevation of 13,887'. The porters carry the heavy equipment and your sleeping bag, so you will only hike with a light daypack. Before starting the trek, we will be touring elevations of 7500' to 13,000' for seven days, which will allow us to acclimate to the thin air.

Participants should be in excellent shape and be able to walk and hike at a moderate pace for most of the day. See below for more information on spending time at altitude.

ACCOMMODATIONS, MEALS AND TRANSPORTION

We will stay in modest, but comfortable hotels (two to a room) in Arequipa, Puna, Cuzco, Ollantaytambo and Agus Calientes. For our night on Taquile Island we stay with an indigenous, Quechua-speaking family in their rustic home (no electricity, no running water, but a comfortable bed with lots of blankets). We spend three nights camping in tents while trekking on the Inca Trail. The meals in towns will be at local restaurants or our hotels. Meals on the trek are prepared by professional cooks. Local travel will be in private vans driven by certified drivers. The internal flights from Lima to Arequipa and from Cuzco to Lima are included in the price of the trip.

CLIMATE

June 2-17 is the beginning of winter in the Andes. Daytimes are usually warm and sunny, while evenings in the high camps may be below freezing (about 27 degrees F). Rain is unusual at this time of year but bring full rain gear in case.

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TRIP ITINERARY

Below you will find an outline of what the trip entails each day.

DAY/DATE	DESTINATION
Friday, June 2	Depart US and fly overnight to Lima, Peru arriving Saturday morning June 3rd.
Saturday, June 3	Group will meet at Lima airport Saturday morning and fly together to arrive in Arequipa, Peru later Saturday afternoon to begin to acclimate to the altitude (Arequipa is approximately 7,638 ft. elevation). Transfer to La Hosteria Hotel (http://www.lahosteriaqp.com.pe/en/). Reception, introductions, and Welcome Dinner.
Sunday, June 4	The morning is free to acclimate to the altitude. Our guide from Cuzco joins the group this morning. We spend the afternoon touring the two most popular sites of Arequipa: the Santa Catalina Convent, and the Museo de Santuarios Andinos, better known as the Inca Mummy Museum. Lunch and dinner are on your own.
Monday, June 5	We depart our hotel for an overland trip to Puno. We stop at Pampa Cañahua to observe the vicuñas, and cross a 13,940' pass before descending slightly into the Peruvian Altiplano and the Lake Titicaca basin. We visit the Sillustani ruins just outside Puno. Overnight in Hotel Royal Inn for 1 night. Box lunch is included. Dinner is on your own.
Tuesday, June 6	We take a three and a half hour boat ride across Lake Titicaca, stopping at the floating reed Uros islands and then on to Taquile Island where we spend the night in native homes. This afternoon, you have time for a hike amid grand scenery. Lunch and dinner are included.
Wednesday, June 7	After a morning of hiking and exploring the hidden beaches, shrines and meeting the pleasant population of Taquile, we return by boat in the afternoon to Puno. Overnight in Hotel Royal Inn for 1 night. Lunch is included; dinner is on your own in Puno.
Thursday, June 8	We depart overland in our private group vehicle. During the trip from Puno to Cuzco, we stop at the Pucara museum, at the 14,200' La Raya Pass, and at the magnificent Viracocha Temple in Raqchi. Overnight in Hotel Taypikala for 2 nights.

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	Lunch included. Dinner is on your own.
Friday, June 9	<p>We start our day with a morning walking tour of the beautiful Cuzco, including the Santo Domingo Church/Koricancha, Casa Kusi Cancha, and San Blas, the artisan district. This afternoon, you are free to visit museums or search out your favorite souvenirs.</p> <p>6:00PM Pre Trek Orientation Meeting at our hotel. We provide your trail duffels and sleeping pads, sleeping bags (if rented), review cash needs, and answer other questions you may have. Overnight at Hotel Taypikala.</p> <p>Lunch and dinner are on your own.</p>
Saturday, June 10	<p>8:00am pickup for your Full-day Private Sacred Valley Tour, stopping at the ruins in the hills above Cuzco, Saqsayhuaman, Q'enko, and Tambomachay, and at the Awana Kancha Llama, Vicuña & Alpaca Reserve, as we head into the Sacred Valley. We can observe the practice of wool dyeing and different examples of traditional weaving. We can also feed the animals before continuing on to the Pisaq ruins. We conclude the tour in Ollantaytambo where we visit the local ruins before checking into our hotel, Ollantaytambo Lodge for 1 night- ITTA Confirmation.</p> <p>Lunch is included at a local restaurant today. Dinner is on your own.</p> <p><i>Pack your trek duffels this evening in preparation for your trek. You can check your non-trek luggage at the hotel for safekeeping. We advise it's left locked and labeled.</i></p>
Sunday, June 11	<p>The trek begins today! Enjoy a hearty breakfast at the hotel before your 7:00am pickup. We will transfer by van to the trailhead at Piscacucho on the Vilcanota River (approximately a 40 minute drive).</p> <p>After the passport check, we cross a suspension bridge and enter the park. This morning, we walk along the left bank of the Vilcanota River beneath the snowcapped Nevado Veronica Mountains. If you look carefully, you may be able to spot Torrent ducks swimming in the eddies below. We have the opportunity to explore the ruins of Llactapata before starting our ascent up the side valley of the Cusichaca River. Tonight, we camp on a quiet terrace in the hamlet of Huayllabamba.</p>
Monday, June 12	<p>After a delicious breakfast, we climb through the fields surrounded by indigenous queenal and chachacomo trees where we reach the Warmiwanusqa Pass. From here, we enjoy the beautiful views of the Huaynay Range snow peaks and distant Inca Ruins. We descend to our camp, Pacaymayo, in the valley below the pass.</p>

Tuesday, June 13	This morning, we once again climb to reach the second pass where we follow an Inca highway down to the exquisite ridge-top ruins of Sayaanmarca. We then pass through a tunnel and luxuriant cloud forest vegetation. We camp at the Phuyopatamarca ruins which overlook the Vilcanota River below. The views from our campsite of the sacred peak of Salcantay are stunning.
Wednesday, June 14	After viewing the incredible sunrise from our campsite, we descend steeply through the orchid-rich cloud forest to the Winya Wayna ruins. Then, we make our way to the Gate of the Sun, arriving around 3pm. We exit the gate of Machu Picchu and descend to our hotel El Presidente for 2 nights.
Thursday, June 15	Today we include your 2-way shuttle tickets up to the ruins and back to Aguas Calientes. The gate to Machu Picchu opens at 6 am and your entry and tour of the Machu Picchu Ruins are included. <i>Your 10 -11 am entrance ticket to hike Huayna Picchu is included. To do this hike, you <u>must</u> present yourself at the entry of Huayna Picchu between 10 am and 11 am. Those who do not wish to do this hike have more time to tour the ruins.</i> Lunch and dinner on your own.
Friday, June 16	We return up-valley on the 8.30AM/10.11AM Inka Rail Train to Ollantaytambo. From here you will be met and transferred to your Cuzco hotel Taypikala for 1 night. En route to the hotel, we will stop to pick up your stored luggage at the Ollantaytambo Lodge. We will share stories at our Farewell Dinner this evening. Lunch is on your own.
Saturday, June 17	Depart to the US. Make your own way to the airport at least 2 hours in advance of your flight to Lima. Continue on to your flight home. Lunch and dinner are on your own.
Sunday, June 18	Arrive in the US.

POSSIBLE ITINERARY CHANGES

Weather conditions, delayed flights, or automotive breakdowns can change our daily plans. Everyone is expected to “roll with the punches”, be cooperative, abide by leaders decisions, assist

leaders as requested and add to the total group experience while enjoying themselves. Foremost, while leaders will try to offer options and solicit participant preferences, the decision of the leaders will always be final as they are ultimately responsible for the safety of the group.

EXPERIENCE AND RISK

Hiking with any pack over steep mountain terrain is physically demanding. People wishing to participate on this Machu Picchu trip must have previous hiking experience at the intermediate level or higher. Although the hiking will be at a moderate pace, this is not a trip for beginners or people who have no backpacked for several years. A few of the days are long and strenuous. You should be in excellent physical condition at the time of departure from the USA. You need to commit yourself to stay in shape between the time you sign up for the trip to the time you depart. You should always be aware of the risks involved and conduct yourself accordingly. In this regard, you are responsible for your own personal safety. Prior to being accepted as a participant, you will be asked to discuss your capabilities and experience.

It is not unusual to get diarrhea on trek of this nature, but with appropriate hygiene we hope to minimize the occurrence. To prevent digestive problems spreading through the group, it is recommended you use hand sanitizer before and after toilet use and meals. While on the trek water will be treated with iodine by our crew, however, it is highly recommended that you do additional treatment for your own protection such as with Aqua Mira drops.

IMMUNIZATIONS AND MEDICATIONS

There are no required vaccinations for Peru, but the Centers for Disease Control and Prevention does recommend several vaccinations. See

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/peru>. Be aware that multiple visits to a doctor may be necessary for some vaccine series, which usually start 2-3 months prior to the trip. We suggest you speak to your doctor about the vaccinations, or go to a “travel clinic” such as those listed at <http://www.travelhealthresource.com/clinics/>. We also suggest you get a prescription for Diamox for altitude sickness, which you should bring even if you decide not to use it. You should also bring Imodium and antibiotic (eg, Cipro) in case of severe diarrhea. Hand sanitizer gel will help with prevention: Cipro is the cure. Your insurance may not cover immunizations, so check first.

ALTITUDE

We will be hiking at elevations in excess of 13,800 feet, high enough for contracting acute mountain sickness (AMS). AMS begins for some people at 8,000 feet. Symptoms include decreased appetite, shortness of breath, rapid pulse, headache, dizziness, difficulty sleeping and nausea. Advanced stages of AMS may lead to High Altitude Pulmonary Edema (HAPE) and High Altitude Cerebral Edema (HACE). Talk to your doctor before signing up for this trip to review your medical history and the risks of participating on this itinerary with high elevation. The combination of physical exertion and lower oxygen levels require that we pace ourselves and pay attention to proper nutrition and hydration. You will be expected to drink at least 3 liters of water each day of the trek and, as we increase elevation, to eat simple carbs which are easier to digest than proteins. While on the trek the leaders will ask you personal questions about your food and water intake and output, breathing, sleeping and digestion in order to assess your adjustment to high elevations and address issues as they arise. This is for the well being of you as a participant and of the group as a whole.

ENVIRONMENTAL PRACTICES

We will comply with Leave No Trace practices as much as possible while on this trip. <http://Int.org/learn/7-principles>. Our outfitter support the efforts of the Machu Picchu Historic Sanctuary Authority (UGM) to protect the environment within the park by measures which include limiting the daily capacity of the route, and enforcing a policy of 100% carry in/carry out. They were the first to introduce a system whereby all the camp waste is hauled out of the park. Their system includes portable chemical (biodegradable) toilets, with no holes in the ground and no solid waste left within the park boundaries.

SOCIAL EXPECTATIONS & BEING A TEAM PLAYER

We will be more than just a group: we will be a team. You must enjoy being part of a group and be willing to share with and help your team members. For safety and the integrity of the trip, it is important that participants disclose fully to the leaders your level of experience, level of current fitness, mental health and medical issues and treatments, and advise the leaders of any change to the above before departure and while traveling. This is a physically and mentally demanding trip due to the amount of travel, hiking and altitude involved. You will be in an unfamiliar place with unfamiliar people, and be mentally and physically challenged.

You are expected to have a positive attitude with an open mind that unexpected issues can occur at any time. Group members should always be supportive and understanding of anyone having difficulties. Participants are expected to contribute to the group experience, be approachable by others, and take genuine interest in the group members. Any interpersonal matter that participants cannot resolve themselves should be brought to the attention of the leaders for resolution. Participants are expected to stay committed to the planned activity and respect and follow the leader's decisions. Participants' thoughts, concerns and group consensus will be appreciated when received and will be taken into consideration.

in the leader's decisions. To minimize risks we will stick close together and will hike in groups and not alone.

Based on the locations of participants, a pre-trip hike and or gathering will be arranged so participants can get to know each other, learn more about the trip and discuss appropriate gear.

APPLICATION PROCESS

If you decide that you would like to sign up for this excursion, let us know by email or give us a call. We will email you an Application, a Confidential Health Questionnaire and a Liability Release Form. A reservation deposit of \$1000 per person is due with your application. Please make your check payable to the Appalachian Mountain Club and mail the check with the completed forms to Sue at the address show in the application. After we receive your application, we will talk to you about your hiking experience to ascertain your ability to participate successfully in this trip. Providing information to us about a medical issue or injury will not necessarily disqualify you from participation, but we may need to ask you some follow-up questions. We want to be sure that we can adequately provide for your needs in these backcountry locations.

TRIP COST

The cost for this 16 day trip is \$4375, and includes all accommodations, local ground transportation, two flights within Peru, guides, porters and cooks, trekking permit for the Inca Trail, permit to climb Huayna Picchu, entrance fee to museums and sites, all breakfasts (except for June 3), 9 lunches and 7 dinners.

Trip costs do not include airfare from U.S. to Lima (estimated to be about \$1000), meals not included above, tips to guides, porters and cooks, bottled beverages and alcohol, extra snacks, and items of a personal nature.

Please be aware that in accordance with AMC policy, you are subsidizing some of the leaders' costs. The leaders do not profit from this excursion. The trip also includes an AMC overhead cost to offset the administrative expenses of offering Adventure Travel trips. Unavoidable cost increases may also be added to the price of the trip. Any unspent trip funds will be refunded to the participant.



DEPOSIT AND PAYMENT

A deposit of \$1000 is due with the application. Upon acceptance on the trip, we will notify you by email. At that point we will deposit your check into the trip account and use the money to cover trip expenses incurred on your behalf. Balance is due in two equal payments of \$1,687.50 on Jan 9, 2017 and March 9, 2017.

CANCELLATION

Cancellations after December 9, 2016 will lose at least \$350 of their deposit. Any additional refunds will only be made if it does not raise the cost of the trip to the other participants or leaders. There is a possibility that participants will not receive any refund. Once permits are issued for the Inca Trail, they cannot be changed or transferred. Participants are **STRONGLY** encouraged to purchase the optional trip cancellation/evacuation insurance policy that we will make available to you upon registration. If the trip is cancelled by AMC, you will receive a full refund for any deposits and payments.

TRIP LEADERS

Sue Lach, Leader - Sue is an avid hiker, backpacker and adventure traveler who enjoys sharing her passion for exploring the globe with others! She is a long time member of the AMC, a past CT Chapter Committee Member and is



currently serving as an Adventure Travel Committee Member. Her first trip with the AMC was to Africa where in 2005 she reached the summit of Mt Kilimanjaro and was hooked! Then she attended the Adventure Travel Training and the rest is history! Her first trip was

to Belize exploring the jungles and Mayan ruins. She has backpacked the Grand Tetons, the Torres Del Paine circuit in Chile and backpacking & kayaking in New Zealand. Asia was then next to explore with a horseback expedition to Mongolia and a return trip 2 years later to experience the Mongolian Eagle Hunter Culture. Nepal provided the experience of trekking the Annapurna circuit followed by a day hike adventure trip in the Canadian Rockies. Sue just returned from Nova Scotia where she co-lead an AMC Family Trip. Next

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on the list is Machu Picchu, the Smoky Mountains, Mongolia and Antarctica! Sue currently holds Advanced Wilderness First Aid and CPR certifications. She lives in Manchester, CT and also enjoys mountain/road biking, photography and is an avid runner having completed the 2015 New York City Marathon as a member of the Sandy Hook Promise Charity Team and is training for 2016 to raise more money for such an important cause! When she is not traversing the globe, Sue occupies her time as an IT Project Manager for The Hartford.

Jeanne Blauner, Co-Leader - Jeanne has been leading outdoor adventures for over 40 years for AMC and Sierra Club among other groups. Jeanne is a backcountry leader with the



AMC Boston Family Outings and has led hiking, camping, and winter trips for them since 2000. Jeanne is the current Chair of AMC Boston Family Outings and former Boston Chapter Membership Chair. Jeanne joined AMC Adventure Travel in 2014 and has led two AT trips to the Jungfrau region in Switzerland. In addition, Jeanne has led over thirty national and international

weeklong Sierra Club trips since 1980 including trips to the Dolomites in Italy, the Dordogne region in France, the Austrian Alps.

QUESTIONS

If you have any questions or concerns, please contact either of us to discuss them.

Leader, Sue Lach

slach@me.com

860-712-7216

Co-leader, Jeanne Blauner

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INSURANCE

The basic policy that is included with your trip fee is through TripMate and includes \$200,000 for emergency medical evacuation. It also includes \$5000 for accident and sickness medical expense. Participants should have their own medical insurance. If you are accepted on this trip, we will provide information about purchasing optional travel insurance that could cover cancellation, lost baggage, etc.

AIRLINES AND TRAVEL

The leaders will assist you in making airline reservations by providing the itinerary that you should book to arrive on time. Plan to arrive in Lima on June 3. We will depart from Lima on Saturday, June 17. Of course, you may arrive earlier and depart later if you want to extend your trip.

REQUIRED GEAR

Below is a list of the required gear for the trip.

Passport

Day Pack large enough to carry warm clothes

Sleeping Bag rated for 30 degrees (option to rent a bag in Peru, with advance arrangements)

Personal First Aid Kit

Rain Gear (both jacket and pants)

2 one liter water bottles minimum or hydration system

Wool or pile gloves

Wool or pile hat

Extra pile or wool layer for warmth

Comfortable hiking boots and socks

Hiking shorts (synthetic)

Hiking long pants (synthetic)

Synthetic T-shirts

Long sleeve synthetic shirt

Synthetic long underwear

Sunglasses

Sun hat
Sun protection lotion
Lip protection balm
Insect repellent
Leisure clothes for travel and restaurants (moderate amount)
Personal toiletries
Hand sanitizer
Head lamp with extra batteries
Water treatment drops, ex Aquamira (drinkable water will be provide in most locations) or UV filter

OPTINAL RECOMMENDATIONS

Hiking poles (airlines may not allow poles as carry-on baggage); rubber pole-tips are required on the Inca Trail
Gaiters
Tevas, Crocs, sandals and/or sneakers
Camera
Binoculars
Ear plugs
Small knife (put in check-in luggage, not carry on)
Compass
Extra shoelaces
Zipper-closure plastic bags for packing lunches and snacks
Reading material for breaks in the action
Luggage lock

(**Photo Credits** – Robin Melavalin, AMC Adventure Travel
Leader, Peru 2014)