



ellenor.\*

Join us  
on for an  
unforgettable trek  
to one of the 7 Wonders  
of the New World  
- what heights  
will you climb  
to for your  
local hospice?

# TREK TO MACHU PICCHU

23 April – 2 May 2022



Registered with  
**FUNDRAISING  
REGULATOR**



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Registered charity number: **1121561**





## Trip overview

Voted one of the top 25 treks in the world, this challenging expedition will take us beneath spectacular Andean peaks, through epic Peruvian landscapes and misty cloud forest. We begin our adventure in the colonial town of Cusco then spend two days at a community project nearby, helping with a range of activities to directly assist the community while acclimatising to the high altitude. After returning to Cusco and preparing our kit, we will begin our hike along the Salkantay trail. The route follows an ancient and remote Inca footpath, where snow-capped mountains collide with lush tropical rain forests. The paths are filled with wild strawberries, colourful butterflies and other exotic flora and fauna. Off the beaten path, this trek is one of the most interesting and challenging ways to experience the land of the ancient Incas. One of the highlights will be catching our first glimpse of Machu Picchu across the valley. We will spend our last night of the trek at the spa town of Aguas Calientes and in the morning we will take a short transfer to the ancient site where we enjoy a guided tour, unlocking the mysteries of this glorious ancient city. After returning to Cusco we will have our final celebratory meal in this stunning UNESCO World Heritage Site, before returning home via Lima the following day.

### Community Project

Before starting our trek we will spend two days assisting a community project in the Sacred Valley near Cusco. Depending on the most urgent need in the community at the time, we will be involved in activities such as basic construction, painting, decorating, gardening and refurbishment. We will camp overnight in the village and will have the opportunity to meet the local people, learn about their way of life and enjoy the stunning surroundings. In addition to making a huge difference to the community, these days are extremely important for acclimatisation as we will stay at an altitude of approximately 4,200m while at the project.

### Peru

Peru is the third largest country in South America and comprises three regions: the Andes Mountains, the Amazonian lowlands and the Pacific coastal strip. Peru borders Chile, Bolivia, Brazil, Colombia and Ecuador, while 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 Amazon River.

### Machu Picchu

Reaching Machu Picchu at an altitude of 2,380m is a tremendous and exhilarating feeling. The city of Machu Picchu was hidden by lush vegetation until 1911 and is 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.

### Cusco

Formerly the head of the Inca Empire, Cusco is a fascinating and vibrant city full of history, dramatic scenery and the host of many fiestas and carnivals. This UNESCO World Heritage site is situated at an altitude of 3,400m so you need time to acclimatise. The city is an eclectic mix of Inca and Spanish architecture incorporated into decorative walls, doorways and arches.

## Itinerary

### Day 1 (Sat 23 April 2022): London – Lima

Depart London on an indirect flight to Peru's capital city, Lima. On arrival in Lima transfer to a hotel for an overnight stay and our first meal together. *Evening meal included.*

### Day 2 (Sun 24 April 2022): Lima – Cusco

It's an early start this morning for our short flight to Cusco (3,400m). After arriving we transfer to our colonial hotel and have lunch. The rest of the day is free to relax and enjoy the local sights at our own pace while acclimatising to the altitude. Perhaps take in some of the local sights such as Cusco Cathedral, the markets, or just enjoy people-watching over a coffee in Plaza de Armas before gathering together for dinner this evening. *Breakfast, lunch and dinner included.*



### Days 3–4 (Mon 25 – Tue 26 April 2022): Cusco – Community Project – Cusco

The next two days will be spent assisting on a local community development project while acclimatising to the altitude (up to 4200m). Previous groups have repainted a school, helped repair a clinic or community centre, or created a vegetable garden. This time is invaluable for acclimatising to the altitude before starting the trek and also provides a great opportunity to get involved with the local community and see rural Peru. There will also be time to meet members of the community and learn about life in this area. We will camp close to the project on Monday night and will return to Cusco on Tuesday afternoon after completing our project tasks. *Breakfast, lunch and dinner included.*



### Day 5 (Wed 27 April 2022): Cusco – Soraypampa

Today the trek to Machu Picchu begins! We transfer from Cusco early this morning and take a scenic drive along the winding mountain road to Mollepata (2900m), enjoying panoramic views en-route. After our pack horses are loaded and we are prepared, we commence the trek stopping for lunch at around midday. After lunch we continue to Soraypampa (3,850m) where we'll set up camp with the magnificent Salkantay Mountain (6,271m) as our backdrop – the second most sacred peak in Inca mythology.

*Trekking approx. 22km/7hrs. 950m altitude gain. Breakfast, lunch and dinner included.*

### Day 6 (Thu 28 April 2022): Soraypampa – Challway

Today the landscape changes drastically from dry and arid, to snowy peaks, before descending into the tropical zone. After breakfast we leave our camp and start the toughest section of the trek. The mountain switchbacks lead us up to the pass and our highest point, Abra Salkantay (4,630m). We celebrate our achievements and admire the spectacular views of the mountains and imposing snowy peaks of Mt. Salkantay before descending through rainforest to our camp in Challway (2920m), stopping en-route for lunch. *Trekking approx. 21km/8hrs.*

*750m altitude gain / 1620m altitude loss. Breakfast, lunch and dinner included.*





**Day 7 (Fri 29 April 2022): Challway – Sahuayaco Playa**

Today we hike through lush rainforest along the Santa Teresa river valley to Sahuayaco Playa campsite (2064m). We'll pass bamboo groves, waterfalls, thermal hot springs, coffee plantations and banana, granadilla and avocado orchards, and observe a wide array of tropical flowers and birdlife, such as hummingbirds. The campsite is located near a river so you can take a refreshing dip if you wish.

*Trekking approx. 18km/7hrs. 856m altitude loss.  
Breakfast, lunch and dinner included.*



**Day 8 (Sat 30 April 2022): Sahuayaco Playa – Llactapata – Aguas Calientes**

After an early breakfast, we hike for around three hours to reach Llactapata (2,700m) from where we catch our first glimpse of Machu Picchu from across the valley! On the way we pass coffee plantations, beautiful landscapes and diverse flora and fauna. We descend through bamboo forest to Hidroelectrica train station and stop for lunch, before continuing by train to Aguas Calientes (2,040m) where we can enjoy a hot shower! *Trekking approx. 12km/6hrs.*

*636m altitude gain, 660m altitude loss.  
Breakfast, lunch and dinner included.*



**Day 9 (Sun 1 May 2022):**

**Aguas Calientes – Machu Picchu – Cusco**

At dawn, we begin our journey to Machu Picchu! We start with a short bus ride – prepare to be awed by this incredible ancient citadel. We start the day with a guided tour before free time to explore the site on our own. If you have the energy, you can continue up to the Sun Gate for the picture postcard classic view of Machu Picchu. This afternoon we take the train to Poroy, followed by a short transfer back to Cusco where we check into our hotel before a final celebratory dinner. *Breakfast, lunch and dinner included.*



**Days 10–11 (Mon 2 – Tue 3 May 2022): Cusco – Lima – London**

Today we fly from Cusco to Lima before taking an indirect overnight flight back to London, landing on Tuesday 3 May.

*Breakfast and lunch included.*



## Your questions answered...

**Who accompanies us?**

You will be accompanied throughout the trek by English-speaking local guides who have an excellent knowledge of the local culture and hiking in the region. The guides are first aid trained and will support you throughout your journey. You will also be supported by a team of professional cooks and muleteers from local communities and a Different Travel UK tour manager. You will be in very safe hands!

**How tough is it?**

This trek is graded 'challenging' as you will be trekking over varying terrain, exposed to high altitudes (up to 4,630m) and sleeping in campsites with basic facilities. You should be prepared for all weather conditions and variable temperatures. Each day's trek is between 5–8 hours and there are some big hills to climb! This is an endurance challenge so you are strongly advised to build up a good level of fitness – the fitter you are the more you will enjoy the challenge.

**What's the terrain like?**

The steep terrain and high altitude will make the going tough at times, but anyone with good fitness and the right attitude will love it. The first day is generally flat with a gradual incline as you gain altitude, there may also be some small streams to cross. The second day will be tough with a steep zigzagging ascent on rocky ground to the high pass, followed by an undulating descent through the rainforest where the terrain may be muddy and slippery. The next two days of trekking are undulating and will be a mixture of jungle and alpine trails, which can be muddy underfoot. There are a number of hills to climb, including a steep climb through the coffee plantations on the final day. You must ensure your training includes plenty of hills!

**What's the food like on the trek?**

Trek chefs will be on-hand to make hearty meals. Breakfast is eaten as a group in the mess tent (hot drinks, bread, butter and jam, pancakes, scrambled eggs or oatmeal etc.) and the cooks will prepare delicious traditional Andean food for lunch and dinner. This will include dishes such as soup, chicken, beef or lamb, fish with potatoes, quinoa, rice or pasta. Snacks include fruit, chocolate, sandwiches, hot drinks and popcorn. Please let us know if you have any dietary restrictions.

**How far will we trek?**

Each day we will trek between 5–8 hours depending on group pace, altitude, weather and steepness of terrain. As there is a lot of ascent and descent, the distances covered may not always sound very much (12–22km per day) but this does not always demonstrate the difficulty of the terrain and hills you'll have to climb!



### **Where will we stay?**

You will spend the first two nights in hotels in Lima and Cusco, on a twin-share basis (one night in each). At the community project you will camp overnight in tents (two people per tent) then return to Cusco for one more night. During the trek you will spend three nights camping in three-man tents (two people per tent) and on the last night of the trek, you'll stay one night at a guesthouse in Aguas Calientes for a good night's sleep before heading up to Machu Picchu the following day. After the trek you will spend one further night at the hotel in Cusco. Tents are provided for camping but you should bring your own sleeping bag and mat.

### **Will we be at high altitude?**

Yes, the maximum altitude on this trek is 4,630m (Abra Salkantay high pass); however your exposure to high altitude will start from your arrival in Cusco (3,400m), and then increase further at the community project (approx. 4200m). Altitudes of approximately 3,000m and above are considered high altitude. Upon arriving in Cusco, it quickly becomes evident to un-acclimatised people that they are at a higher altitude than they are used to, as simple activities such as walking upstairs feels more laboured than expected. The first three days in Peru while in Cusco and at the community project are partly intended as acclimatisation days to give your body a chance to adjust to the altitude before commencing the trek.

### **What's the climate like?**

In the Andes, there are two main seasons – wet and dry. The wet season runs from November to April and the dry season from May to October. May is often argued one of the best times to visit Machu Picchu as it is dry, warm but the tourist season is only just beginning. You are likely to experience average day time temperatures of around 21C and night time average lows during the trek around -10C. The weather each day is very changeable so you should be prepared for rain, blazing sun, clouds, fog and even snow.

### **Why not the Inca Trail?**

The Inca Trail has all the fame, but we have chosen the Salkantay trek as it's a more scenic and less crowded trek. It passes through more breath-taking and varied landscapes, past Inca Ruins and still ends at Machu Picchu. You'll have more time and energy to explore Machu Picchu itself and even an opportunity to trek up to the Sun Gate for one of the most spectacular vantage points of the ancient city. Filled with challenging passes and high altitudes, it's not for the faint-hearted. However, if you're up for the challenge, we promise you'll be really glad you did the Salkantay Trek, over the busy and over-crowded Inca Trail.



## Practical information

**What's the minimum age?**

The minimum age is 18 (or 16–17 if accompanied by a parent/guardian). There is no upper age limit.

**Who can take part?**

An ideal candidate is someone who is open minded, positive, flexible and enjoys the challenges of the great outdoors. Adventure travel involves elements of the unexpected so do not expect the standards to be the same as you are used to at home. Remote areas are sometimes unpredictable (be it because of group pace, weather conditions etc.) and itineraries may be altered to allow for this. You must also be willing to train hard for this challenge!

**How should I prepare?**

If you do not already regularly exercise you should aim to start training (including plenty of hills) as early as possible. The best training is hill walking, which will prepare you for the type of terrain you will experience trekking to Machu Picchu. Other activities which can complement hill walking include running, cycling, gym workouts, boot camps etc.

Building up your core and leg muscle strength is important so exercises such as squats, lunges, push-ups, planks and crunches will really enhance your training. These exercises can be done at home – no gym needed. You can download a number of free apps, which will help you train and track your progress, e.g. MapMyWalk, C25K (couch to 5k run), MyFitnessPal (for a variety of sports).

You must take your training seriously and arrive as fit as you can be, so you get the most out of this challenge.

**Medical declaration**

We ask everyone to complete a medical form upon registering and any pre-existing conditions, medications or other medical issues **must** be noted. We may also ask you to get your medical form signed by your GP.

**Health matters**

The Different Travel Company cannot provide specific medical advice or recommendations for vaccinations. Please see your own GP or travel health professional for a personalised medical assessment at least 8–10 weeks before departure. For general health information and advice on vaccinations for Peru, please visit <http://www.fitfortravel.nhs.uk> and <http://travelhealthpro.org.uk>.

## Trip costs



If you would like to take part and support **ellenor**, there are three ways you can get involved:

1. **Fundraising option.** Pay £650 deposit and fundraise £3,990.
2. **Part fundraising option.** Pay £650 deposit and a balance of £1,995 towards the cost of your trip, plus fundraise £1,995.
3. **Self-funding option.** Pay £650 deposit and a balance of £3,990.

### Deposit

A deposit of £650 is required to secure your place in this challenge. If you would like to arrange to make his payment in two instalments please contact the **ellenor** Events Team on [events@ellenor.org](mailto:events@ellenor.org) or call 01322 626 506.

### Booking form

Once you have paid your deposit you will be sent a link to an online booking form which must be completed to confirm your booking. This form will be received by The Different Travel Company who are handling the travel arrangements for this trek, and upon receipt of your booking form they will email your travel and trip support documents to you.

### Balance and fundraising due date

Your remaining balance and/or minimum fundraising is due to be paid to **ellenor** by Friday 21 January 2022.

#### What's included:

- ✓ Return flights from London and domestic flights from Lima to Cusco (inc. airport taxes and supplements)
- ✓ All transport in Peru
- ✓ Accommodation in 3\* hotels (4 nights), high quality tents at the project and on the trek (4 nights) and guesthouse in Aguas Calientes (1 night)
- ✓ All meals as specified
- ✓ Local English-speaking guides, porters and full support crew on the trek
- ✓ Trekking permits and entrance fees to Machu Picchu
- ✓ UK Different Travel tour manager
- ✓ Fundraising support, ideas and tips

#### What's not included:

- ✗ Personal expenses (e.g. drinks, souvenirs, etc.)
- ✗ Vaccinations
- ✗ Travel insurance
- ✗ Tips for local guides and support crew (approx. £25-£30)
- ✗ Trek kit and equipment
- ✗ Peru visa (not currently required for British citizens)



## Kit List

### Clothing and Footwear

- Hiking boots\*
- Casual shoes for sightseeing
- Trainers for use at project or camp
- Flip flops (e.g. for use at hot springs)
- Trek socks (e.g. Bridgedale or Smartwool)
- Underwear
- Trek trousers
- Thermal base layer trousers + top
- Non-cotton t-shirt
- Non-cotton long sleeved layer (e.g. shirt)
- Warm fleece
- Warm jacket (e.g. down or Primaloft)
- Waterproof jacket + trousers
- Light poncho (can be bought locally)
- Warm hat and a sun hat
- Buff or bandana
- Warm gloves or mittens + liner gloves
- Casual clothes for travel/free days
- Swimwear

### Eating and drinking

- Energy snacks
- 2-litre hydration system (e.g. CamelBak)
- + a 1-litre bottle (e.g. Sigg or Nalgene) OR
- Three 1-litre bottles (Sigg or Nalgene)
- Water purification (e.g. Biox Aqua)
- Electrolyte tablets (e.g. NUUN)

### Project equipment

- Clothes you don't mind getting dirty
- Protective gloves (e.g. gardening gloves and thin sterile/plastic gloves)

### Essentials

- E-tickets + pre-departure info
- Passport + copy
- Insurance policy information
- Pen for immigration forms
- Cash (£) + Credit/Debit card(s)
- Sunglasses (preferably polarized)
- Adaptor (multi-prong option)
- LED head torch + spare batteries
- Camera + spare batteries
- Portable battery pack/power bank
- Mobile phone + charger

### First Aid Kit

- Prescription medicine
- 50% DEET insect repellent
- Ibuprofen
- Paracetamol
- Plasters
- Compeed for blisters
- Imodium (e.g. Loperamide)
- Rehydration (e.g. Dioralyte)
- Muscle rub (e.g. Deep Heat)
- Anti-histamine tablets
- Indigestion remedy (e.g. Gaviscon)
- Lip balm with SPF protection
- Scissors/tweezers
- Zinc oxide tape (optional)
- Spare glasses/contact lenses

### Optional

- Book and/or playing cards
- Video camera + charger
- MP3 player/ iPod
- Luggage organisers/packing cubes
- Walking pole(s)

### Luggage

- Suitcase/luggage for plane
- Kit bag (carried by mules on trek)
- Daypack (25-35 litres)
- 2x combination padlocks
- Dry bags (optional)

### Hygiene

- Shampoo + conditioner\*
- Toothbrush + toothpaste\*
- Antiperspirant deodorant\*
- Shower gel/ shave kit / loofah\*
- Wet wipes\*
- Toilet paper (2 rolls)\*
- Sun cream (SPF 30+)\*
- Hand sanitizer
- Non-cotton travel towel
- Feminine hygiene products\*
- Nappy bags (for used toilet paper)\*

### Sleeping

- Ear plugs (essential)
- Sleeping bag liner
- Sleeping bag (-10C comfort rating)
- Sleeping mat (e.g. Thermarest)
- Pyjamas (use thermals during trek)

**PLEASE NOTE:** this list is just a guideline and is not exhaustive. The items on this list do not take into account your personal preferences based on your previous trekking experience, or individual requirements. For information about items on this list please refer to the trip dossier or contact The Different Travel Company on [info@different-travel.com](mailto:info@different-travel.com)

\*Please ensure you pack your hiking boots into your hand baggage in the unlikely event your checked luggage goes missing or is delayed.

\*Please consider eco-friendly or biodegradable options. Consider shopping at Little Footprint Gifts (<https://littlefootprintgifts.weebly.com/eco-traveller.html>).