

TEN  
DAYS

TRIP OF A  
LIFETIME

CHARITY  
CHALLENGE

VOLUNTEER  
PROJECT

# MACHU PICCHU

**trek for Hospiscare**  
with volunteer project in Sacred Valley

**2-11 November 2024**  
[www.hospiscare.co.uk/trek](http://www.hospiscare.co.uk/trek)

See  
website  
or call 01392  
688020



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**Because every day matters**  
[www.hospiscare.co.uk](http://www.hospiscare.co.uk)

Registered charity no. 297798



**Hospiscare**  
Your local hospice

**Machu Picchu Trek for Hospiscare**

**2 – 11 November 2024**



### Trip overview

Spend two days helping a local community before taking on one of the top 25 treks in the world. This challenging expedition will see you give back to the community you are visiting before taking you over the spectacular Andean peaks, through epic Peruvian landscapes and misty cloud forest.

We will start our adventure in the Colonial town of Cusco with an acclimatisation trek to the Inca ruins of Tambomachay. Our time at the community project will help us further acclimatise before we begin our hike towards Machu Picchu 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 at the spa town of Aguas Calientes and in the morning we will take a short transfer to the ancient site where you can enjoy a guided tour, unlocking the mysteries of this glorious ancient city. After returning to Cusco we will have our final celebratory meal and more time to enjoy the sights of this stunning UNESCO World Heritage Site, before returning home via Lima.

### Peru

Peru is the third largest country in South America and can be split into 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. Peru is unequalled in South America for its archaeological and historical wealth and has witnessed many cultures and civilisations; the most well-known being the Incas, even though they were only dominant for around 100 years.



### **Machu Picchu**

The awe-inspiring Inca site is instantly recognisable throughout the world. Reaching Machu Picchu at a height 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 - everywhere you look you can see the remains of original Inca walls, doorways and arches.

### **The Community Project**

You will spend two days helping a community project in the Sacred Valley. This is a truly immersive experience as you will be staying with villagers in homestays, giving you plenty of time to interact, engage in local traditions and learn all about their daily life and culture.

Your tasks will vary depending on the need at the time but you're likely to get involved with refurbishment, redecorating and gardening which will make an instant impact to the community.

## **What is the experience like?**

### **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?**

Experienced chefs will be on-hand to make amazing, hearty meals in the middle of the mountains. 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 6-8 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 (8-20km per day) but this does not demonstrate the difficulty of the terrain and hills you'll have to climb...

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

You will spend the first night in a hotel on a twin-share basis before staying in homestays for the project days. 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 a night at a hotel in Cusco. Tents, sleeping mats and sleeping bags are provided for camping.



### **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). Approximately 3,000m and above is considered high altitude. Upon arriving in Cusco, it quickly becomes evident to anyone un-acclimatised 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 two days in Cusco are acclimatisation days which will give your body a chance to adjust. These days are important to help you cope with the altitude demands during the trek.

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

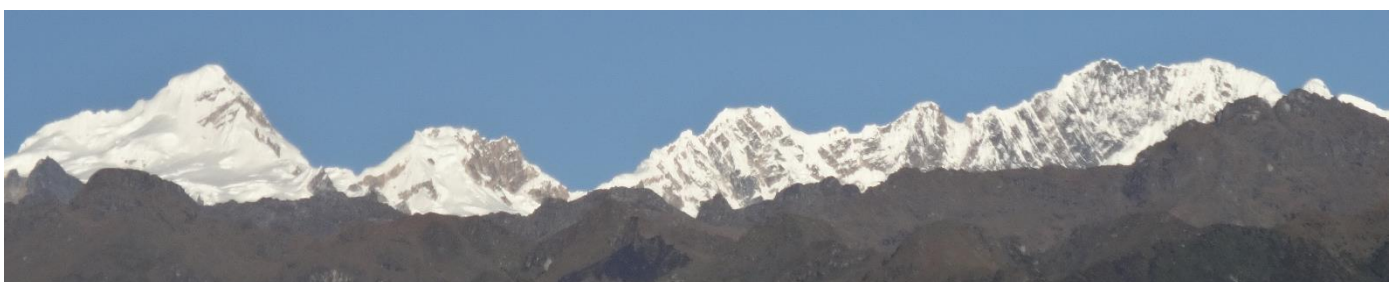
The only one thing you can say about the weather in Peru is that it is difficult to accurately predict. You can have beautifully clear hot days in the middle of the wet season and hail storms in the dry season – it's one of the beauties of Peru.

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. November is one of the hotter months and you are likely to experience average day time temperatures of around 21°C and night time average lows around -10°C during the trek.

### **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 also have more time and energy to explore Machu Picchu itself.

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 – you might even catch a glimpse of the local wildlife from chinchillas, foxes and spectacled bears! Something which disappeared from the Inca Trail a long time ago...





### 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 require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing our booking form you are giving consent for us to contact you confidentially with any follow up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information, or we may request to contact your GP.

In the event that your medical issues at the time of booking represent a concern for your safety and wellbeing, or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your booking will not be confirmed and the deposit will be refunded.

We must be informed if any conditions or medication change, or if new conditions develop. If necessary confirmation of fitness to travel from your GP or specialist may be required.

Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.

### Covid-19

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) who provide recommendations and advice to British travellers about travel to a certain destination.

Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

If travel restrictions either in the UK or Peru prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health or proof of vaccination.

We will inform you about any information pertinent to your travel arrangements.

If you have any questions or concerns, please contact us on [info@different-travel.com](mailto:info@different-travel.com).



### Trip costs

A £375 registration fee is payable at the time of booking, then you can choose one of three payment options:

1. **Sponsorship:** You must fundraise a minimum of £5,800 for Hospiscare.
2. **Self-funded:** You must pay £500\* to Different Travel by 2 May 2024.  
Your remaining trip costs balance of £2,400\*\* is payable to Different Travel by 23 August 2024.  
You must also fundraise a minimum of £2,400 for Hospiscare. Your fundraising cannot be used to pay for your trip costs.
3. **Flexi:** You must pay a minimum of £1,000 trip costs\*\* to Different Travel by 23 August 2024 (at least £500\* of this must be paid by 2 May 2024).  
You must also fundraise a further £4,300\*\*\* for Hospiscare.

Please note for all three options 80% of your fundraising target must be paid to Hospiscare by 9 August 2024. The remaining 20% is due to be paid by 2 November 2024.

\*The £375 registration fee and the £500 payment are both non-refundable. These cover deposits for your flights and entrance ticket for Machu Picchu which must be booked in advance as only limited numbers are available.

\*\*The final trip costs are based on the overall group size and are subject to change.

\*\*\*Your minimum fundraising target may be lowered if you pay more towards your trip costs.

#### What's included:

- ✓ Return flights from London to Cusco (inc. airport taxes and supplements)
- ✓ All transfers and transport in Peru
- ✓ Accommodation in 3\* hotels/guesthouse (5 nights), tents on the trek (3 nights) and homestay at project (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

#### What's not included:

- ✗ Personal expenses (e.g. drinks, souvenirs, etc.)
- ✗ Vaccinations
- ✗ Travel insurance
- ✗ Tips for local guides and support crew (approx. £55-£65)
- ✗ Trek kit and equipment
- ✗ Peru visa (not currently required for British citizens)



### ITINERARY

#### **Day 1 (Saturday 2 November 2024): London – Lima**

Depart London on an indirect flight to Lima. On arrival in Lima transfer to a hotel for an overnight stay and our first meal together.

*Meals: Dinner*

#### **Day 2 (Sunday 3 November 2024): 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 which features a beautiful central courtyard and cosy rooms. After lunch we will take a gentle acclimatisation walk in the San Blas neighbourhood, the city's most picturesque district and originally the dwelling of Inca nobles.

*Meals: Breakfast, lunch and dinner*



#### **Day 3 – 4 (Monday 4 – Tuesday 5 November 2024): Sacred Valley**

We will transfer into the Sacred Valley and meet our hosts for the next two days. We will be staying in homestays while we work on the project and become further acclimatised to the altitudes. This is your chance to immerse yourself in local culture, interact with villagers and learn all about their way of life while offering some hands-on help.

*Meals: Breakfast, lunch and dinner*



#### **Day 5 (Wednesday 6 November 2024): 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 Challacancha (3,867m), stopping for a brief visit to Tarawasi Archaeological site. We'll enjoy lunch in Challacancha while our pack horses are loaded and prepared. We'll start our trek to camp via Humantay Lake (3,869m), a brilliantly turquoise alpine lagoon hidden high in the mountains. We'll continue to Soraypampa (3,850m) where we'll setup camp with the magnificent Salkantay Mountain (6,271m) as our backdrop - the second most sacred peak in Inca mythology.

*Trekking: Approx. 14km / 7 hours.*

*Meals: Breakfast, lunch and dinner*

#### **Day 6 (Thursday 7 November 2024): Soraypampa – Andenes**

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 (6,271m) before descending through cloud forest, rain forest and jungle to our camp in Andenes (2,920m).

*Trekking: Approx. 18km / 8 hours.*

*Meals: Breakfast, lunch and dinner*



### **Day 7 (Friday 8 November 2024): Andenes – Lucmabamba**

Today we hike through lush rain forest along the Santa Teresa River Valley. We'll pass bamboo groves, waterfalls, coffee plantations and banana, granadilla and avocado orchards. After stopping for lunch, we trek to reach the start of the 'Llactapata Inca Trail' and our last campsite at Lucmabamba (2,135m). As the area is known for producing some of the best coffee in the world, we'll have a local coffee demonstration and tasting!  
*Trekking: Approx. 15km / 7 hours.*  
*Meals: Breakfast, lunch and dinner*

### **Day 8 (Saturday 9 November 2024): Lucmabamba – Llactapata – Aguas Calientes**

After an early breakfast, we hike for around three hours to reach Llactapata (2,700m). You'll have plenty of time to take in the panoramic views as you catch your 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 along the riverside railway track to Aguas Calientes (2,040m). On arrival, we'll check into our hotel and meet for dinner.  
*Trekking: Approx. 12km / 6 hours.*  
*Meals: Breakfast, lunch and dinner*

### **Day 9 (Sunday 10 November 2024): Aguas Calientes – Machu Picchu – Cusco**

At dawn, we begin our journey to Machu Picchu! We start with a short and rollicking uphill bus ride - prepare to be awed by this incredible ancient citadel! You can start the day with a guided tour before free time to explore the site on your own.

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.  
*Trekking: Approx. 4km / 3-4 hours (650m ascent).*  
*Meals: Breakfast, lunch and dinner*



### **Day 10 (Monday 11 November 2024): Cusco - Lima**

#### **Cusco – Lima – London**

Today we fly from Cusco to Lima before taking an indirect overnight flight back to London, landing on Tuesday, 12 November 2024.

*Meals: Breakfast*

NB: The day-to-day program is subject to flight schedules, weather, general conditions and the progress of the group. While we do not anticipate any changes to the itinerary, we cannot be held responsible for changes made due to unexpected circumstances. Ultimately, the safety and health of the group takes priority in all circumstance

### Kit List – Salkantay Machu Picchu & project

The kit you take on your trek can make the difference between being 'just a trek' or a 'memorable trek'. Our kit lists are put together with feedback from our own experiences and that of participants who have taken part in our previous trips.

The items on this list do not take into account your personal preferences based on your previous trekking experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

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 consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

DOCUMENTS & flight essentials	✓
Passport + copy	ESSENTIAL
E-Tickets + pre departure info	ESSENTIAL
Travel insurance	ESSENTIAL
ATM and credit card (s)	ESSENTIAL
Cash (£ Sterling)	ESSENTIAL
Pen for immigration forms	ESSENTIAL
Sunglasses (preferably polarized)	ESSENTIAL
Mobile phone + charger	ESSENTIAL
Camera + spare batteries	SUGGESTED

LUGGAGE	✓
Suitcase/large holdall	ESSENTIAL
Daypack (25 – 30 litres)	ESSENTIAL
Hand Luggage (take note of dimensions from airline)	ESSENTIAL
Combination padlocks	ESSENTIAL

Clothing and footwear	✓
Trekking boots: either worn on flight or carried in hand luggage	ESSENTIAL
Sturdy trainers for project	ESSENTIAL
Trek trousers	ESSENTIAL
Non-cotton, technical t-shirts	ESSENTIAL
Non-cotton long sleeved top/shirt	ESSENTIAL
Trek socks	ESSENTIAL
Underwear	ESSENTIAL
Warm fleece or sweater	ESSENTIAL
Warm jacket (e.g. down or Primaloft)	ESSENTIAL
Waterproof jacket and trousers	ESSENTIAL
Old clothes for project	ESSENTIAL
Casual clothes for time with community and sightseeing	ESSENTIAL
Light poncho (can be bought locally)	ESSENTIAL
Thermal base layer trousers and top	ESSENTIAL
Sun hat with brim	ESSENTIAL
Warm hat for night	ESSENTIAL
Gloves (fore trekking and also heavy duty for project)	ESSENTIAL
Trainers for camp	OPTIONAL

Health and Hygiene*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, shower gel, nail brush and nail care kit	ESSENTIAL
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat), throat lozenges, decongestant, Vaseline	ESSENTIAL
Hairbrush/comb	ESSENTIAL
Lateral flow tests x 2	ESSENTIAL
Disposable masks	ESSENTIAL
Feminine care products	SUGGESTED
Travel towel	SUGGESTED

OTHER KIT	✓
Sleeping bag liner (cotton/silk)	ESSENTIAL
Sun block (high SPF)	ESSENTIAL
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	ESSENTIAL
2 ltr water hydration system (e.g. Camelbak)	ESSENTIAL
1 ltr water bottle	ESSENTIAL
LED head torch + spare batteries	ESSENTIAL
Adaptor (European 2 round pin + US 2 flat pin)	ESSENTIAL
Ear plugs	ESSENTIAL
Hiking poles – to be stowed in hold luggage for flight	SUGGESTED
Energy food/snack bars	SUGGESTED
Electrolyte (e.g. NUUN)	SUGGESTED
Water purification tablets (e.g. Biox Aqua)	SUGGESTED
Swimwear	OPTIONAL
Bags for dirty washing	OPTIONAL
Spare glasses/contact lenses	OPTIONAL
Video camera + charger	OPTIONAL
MP3 player/ipod	OPTIONAL
Portable power bank	OPTIONAL
Books/packs of cards	OPTIONAL
Travel pillow	OPTIONAL