



25 Days

# Peru

## Andes to Amazon Raft Expedition

If you could bottle the essence of adventure into one trip, it would probably look something like this. A 'once in a lifetime' adventure is a phrase that is banded about all too often, but this trip certainly lives up to such a title. This expedition will take you on a journey of discovery from high up in the Andes all the way to the Amazon. From the lofty peaks, Inca heritage and mountain villages of the Andes, you raft through raging rapids and incredible canyons, to the pristine rainforests and incredible wildlife of the Amazon. Long sections of this expedition are spent in remote and stunning locations. Our support crew and supremely experienced Peruvian guides will be on hand throughout, with stories and yarns to bring the destination to life and capture your imagination. Join us, you won't be disappointed



# Recommended expedition itinerary

Day  
1-2

## Depart UK & fly to Peru

On arrival in Lima, we connect to Cusco where we are met and transferred to our hotel. Later, we are introduced to the city with the "Locals' guide to Cusco". This short walking tour is a great way to get our bearings and get used to the altitude. The beautiful historic centre was declared a World Heritage Site in 1983 with Inca and colonial architecture evident all around.

Day  
3

## Cusco Ruins

This walking tour is a superb introduction into the Inca heritage of Peru. First we visit the impressive site of Sacsayhuaman. Huge stone ramparts surround a beautiful grass amphitheatre which now hosts the recreation of traditional Inca ceremonies such as Inti Raymi and Warachikuy. Next is the Inca water temple of Tambo Machay lying at 3700m (12,000 feet) and the Red fort of Puca Pucara followed by a picnic lunch nearby. From here, an optional hike following an ancient Inca trail takes us downhill to Cusco.

Day  
4

## Urubamba White Water Rafting

This introductory day of white-water rafting takes us down a beautiful section of the Urubamba River. We usually run the class III-IV Chuquicahuana section located above Cusco, where the river is cleaner and more fun. It takes one and a half hours to drive to the river and on arrival we inflate the rafts and provide a full safety briefing and instruction in the art of white-water rafting. We then have two hours of fun rafting, making the most of the gentle start to practice our technique. The river flows through a beautiful canyon, filled with fun rapids, torrent ducks and views of the surrounding peaks. We end with a full picnic lunch before returning to our hotel mid to late afternoon.

Day  
5

## Enjoy a free day in Cusco for some rest & recuperation

Whether your interest is exploring Inca ruins, visiting Colonial churches, bargain hunting in artisan markets or just relaxing over a cappuccino on a terrace overlooking the Plaza de Armas, Cusco has it all.

Day  
6-10

## 5 day Lares trek & reforestation project

A scenic two hour drive through the Sacred Valley of the Incas takes us to the start of our trek. We follow an ancient Inca trail into a narrow canyon, where Inca tombs perch in the cliffs. Emerging from the canyon we pass through tiny rural communities before re-joining our bus for a short transfer to the hot springs of Lares where we camp for the night (3200m/10,500ft). Over the coming days, we walk up the valley to Cuncani, before heading over two passes at 4200m and 4600m. Dropping down past a beautiful lake and native forest, we reach our camp near the tiny community of Mantamay. Here we start our work with the local villagers to plant native trees. The reforestation project aims to help preserve the water of the area, which the trees help to stabilise, and to maintain habitat for rare endangered birds. Eventually, we make our way down to the Sacred Valley before catching the train to Machu Picchu Pueblo and an evening free to explore the extensive artisan market and restaurants.

Day  
11

## Machu Picchu Tour

Today we explore the pinnacle of Inca engineering - Machu Picchu. For years it was lost to the jungle. Rediscovered in 1911 by the Yale professor Hiram Bingham, declared a UNESCO World Heritage Site in 1983 and one of the New Seven Wonders of the World in 2007, Machu Picchu exceeds all expectations. This astounding site lies in an even more astonishing location. Perched high on an inaccessible hilltop it is protected by huge cliffs and the raging Urubamba River. We arrive early, allowing time to explore the ruins in the company of our guide, before it gets too busy. The tour takes around two hours leaving a few hours free to wander amongst the old Inca walls or just sit and take in the scale of the place on our own. Eventually the time comes to catch the bus down to Machu Picchu Pueblo and board our train back along the Urubamba River to Cusco.





Day  
12

### Transfer Cusco to Puno

We transfer from Cusco to Puno and can choose to make stops at the sites of Andahuaylillas, Raqchi, Abra La Raya, Pukara museum along the way. The journey takes 7 - 10 hours and the scenery is truly spectacular as we wind our way through the high altiplano.

Day  
13-14

### Private Amantani overnight tour on Lake Titicaca

We board a shared tourist boat for a cruise on Lake Titicaca where the guide explains the local history, traditions and agricultural methods of the amazing floating reed islands of Uros. We head to Amantani Island for lunch where we are allocated our home-stays and, once settled in, we can attempt a tough climb to the top of the island, being rewarded by spectacular views of Lake Titicaca and an amazing sunset. We return to our families for dinner. Whilst the accommodation is fairly basic, the experience of staying with a family is truly amazing and a great chance for a unique cultural exchange. From Amantani we take the boat to Taquile Island, famous for its beautiful weavings, friendly people and great hiking opportunities. We return to Puno and our hotel.

Day  
15-16

### Drive to Tambopata River "put in"

Today, we drive overland, high into the Andes, passing llama herds, glaciers and spectacular mountain ranges. As we cut through the Andes, we begin to descend through Inca terraces to the cloud forest. We descend as far as we can before setting up our camp on the roadside. The road from here to our launching site, on the banks of the Rio Tambopata, becomes more challenging as we drop deeper into the jungle and finally to Putina Punku. Depending on water levels / road conditions we will either start rafting here or continue on the road a little further to a small village called Curva Alegre. We inflate the rafts and securely pack all our gear and supplies. Following a full safety briefing and instruction, we don life jackets and helmets and head out on a classic expedition into the Amazon rainforest.

Day  
17-21

### Rafting the Tambopata River

Leaving all traces of civilisation behind, we raft exciting rapids by day and at night camp on pristine sandy beaches. The first days are full of class II-III rapids, starting small and technical, giving us plenty of time to practise the necessary skills required to negotiate the harder rapids to come. As tributary after tributary joins the main channel, the river increases in volume creating exciting and challenging class IV rapids. We will allow plenty of time for scouting and photographing the harder rapids. On day 19 we enter the 'canyon of rapids' where forty-seven individual rapids have been counted! In low water these are fun drops, in big water they can be very exciting indeed, but our expert guides will take us carefully through this incredible place. Eventually the river relaxes and for the last few days, our rafts float silently through the calmer stretches, giving us unequalled opportunities to observe and photograph wildlife. We can also get out the Stand-Up Paddle boards for some amazing wildlife spotting. Now that the Andes have given way to the Amazon, we hope to see families of capybaras - the world's largest rodent, and herds of peccaries. Lone tapirs have also been known to walk through the campsite at night and monkeys watch us pass from their tree top hideaways. Jaguars, jaguarondis, caiman, ant-eaters and giant river otters have also been spotted as well as countless species of rare birds and butterflies. Time is spent exploring beautiful side creeks and, if you wish, fishing for the delicious but elusive Paiche. Where the Tambopata meets the Rio Tavera, the river becomes flat and thus hard work. So we camp and meet our re-supply boat.

Day  
22-23

### Raft Rio Tavera, Macaw Clay Lick

Today the motor boat transfers us a few hours down river to camp near the world famous macaw clay lick. On day 23 we rise just before dawn to see the truly extraordinary spectacle of hundreds of macaws, parrots, and parakeets feasting on the minerals contained in the cliff wall. After breakfast, the motor boat transfers us further downstream, passing groups of gold miners and finally to the frontier town of Puerto Maldonado and a well-earned night in a hotel. We celebrate our achievement with a big dinner.

Day  
24-25

**Journey Home:** With our adventure behind us, we transfer to the airport in time for our flight back to Lima and the civilised world, connecting onward for our flight to the UK, arriving day 25.

# Further information

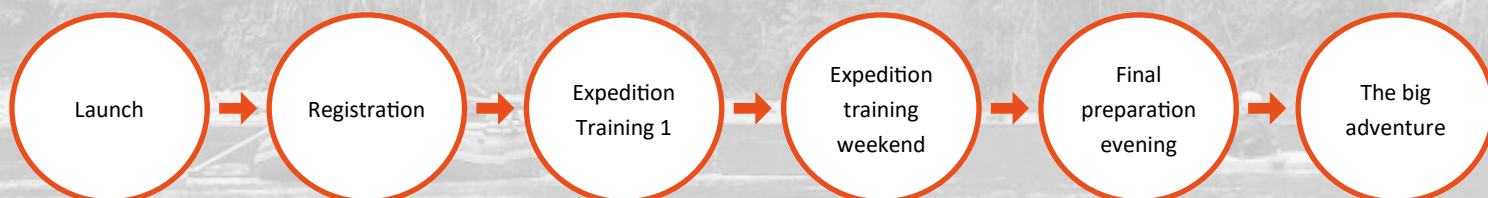
## Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

## What's excluded?

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Personal spending money
- Tips for guides, drivers and porters
- Airport departure taxes paid locally
- Cancellation and personal effects insurance

## Your expedition timeline



## Physical expedition rating:

● ● ● ● ● 5/5

A high level of fitness is required to participate on a trip of this level. We recommend previous multi-day trekking experience at this level, either in the UK or internationally. You need complete confidence in your ability to trek for multiple days over difficult terrain and cope with significant variations in temperatures throughout the tour. Altitude could be higher than 4,500m but good acclimatisation will be built into the programme. Longer periods of trekking could be of a sustained nature, but rest days will be planned. A pre-travel fitness programme of four to six months is essential to ensure you are in optimal fitness to make the most of this trip.

## Culture shock rating:

● ● ● ● ○ 4/5

Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey



## 1 Get your tailor-made proposal and further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination threat assessments to help you with your expedition approval process. Ask for posters and your pre-booking information pack too.

## 3 Arrange an expedition launch evening at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



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