



15 Days

# Peru

## Walking with Llamas

Cross mountain ranges, raft white water and experience a fascinating culture on this adventure across Peru. The absolute highlight? A four day trek, supported by the favoured Incan pack animals, a herd of trusty llamas!

Explore Lima and Cusco on sightseeing tours, shop in local markets and visit local Andean families. On this expedition we follow in the footsteps of the Incas, literally. Drive, bike and hike along ancient Incan trails which eventually lead us to the spectacular Machu Picchu.



# Recommended expedition itinerary

Day  
1-2

## Arrive in Peru

Fly from the UK to Lima, Peru, where our local STC Expedition Leader will meet us at the airport. We head straight to our hotel where we will freshen up, have a welcome briefing and relax for the rest of the day.

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Day  
3

## Lima city tour

After breakfast we visit the local market for a true taste of Peruvian culture and sample the exotic delights of Andean fruit. Following this we take a tour around Lima, a city in which high-rise condos tower next to historical colonial-style buildings. We visit some of the city's most significant sites including the historical centre of Lima, the Plaza Mayor, Cathedral and the magnificent ceremonial and archaeological centre of Huaca Pucllana.

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Day  
4

## Lima to Huaraz

Take the scenic route and follow the Pan-American Highway from Lima to Huaraz and the impressive coastal desert. This journey crosses the expansive Sechura Desert and climbs high into the Cordillera Negra range, reaching 4,020m at Conococha Pass. Beyond the pass we are rewarded with spectacular views of the Cordillera Blanca mountains. This route is considered to give some of the most impressive scenery in the world. Arriving finally in Huaraz, we have time to make preparation's for our trek starting tomorrow.

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Day  
5

## Walking with Llamas, trek to Sacracancha

Rise early and transfer to Olleros (3500m) and the picturesque village of Canray Chico where a local Andean family will prepare us a delicious traditional breakfast. Here marks the start of our trek and is also the location where we meet our support crew of local guides, porters and llamas!

The small herd of llamas will accompany us throughout the trek and carry our cooking and camping equipment. To respect the strict weight restrictions in place to protect the animals, we will carry our own kit which is needed for the trek. We walk with the llamas for the first half of each day before the handlers herd them on at a faster pace to set up camp each evening. We are welcome to get involved with caring and feeding the llamas. The route today follows the course of the Rio Negro river to Sacracancha (4,000m) where we camp tonight.

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Day  
6

## Walking with Llamas, trek Sacracancha to Shoncopampa

Wake early for breakfast and continue trekking. The llamas catch us up mid morning once the campsite is packed down and together we follow the remains of an old Inca road leading up to Punta Yanashallash Pass (4,700m). This will be the highest point of our journey through the Cordillera Blanca range, offering breathtaking views of the imposing Huantzán peak. Descend to Shoncopampa camp at 4,100m.

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Day  
7

## Walking with Llamas, bike Shoncopampa to Bellavista

After breakfast we help take down camp and learn how to pack the llamas. Visit the National Museum of Chavín and its large selection of archaeological artifacts. Afterwards, we switch it up a little and take advantage of a long day of descent by biking down the main road towards San Marcos! Here we leave the road and begin ascending towards Bellavista. Upon arrival here we will enjoy a barbeque with an impressive view over the Conchucos Valley and the Huantsan mountain (6369m).

Day  
8-9

## Walking with Llamas, finish trek & return to Lima

Reaching the end of our mountainous hike, we say goodbye to the llamas and return to Huaraz. The journey passes typical Andean towns and the beautiful Querococha lake where we stop to take in the glacier views. On day 9 we transfer from Huaraz to Lima.

Day  
10

## Cusco city tour

Today our adventure begins with a sightseeing tour of this ancient city, which was previously the capital of the expansive Incan Empire. This tour begins at Koricancha which is believed to have been the most sacred and important site in the Quechua world... the walls used to be covered in gold. Next are the imposing Fortress of Sacsayhuaman, Santo Domingo church, Cusco Cathedral and the Tambomachay Archeological Complex; all historically significant and sacred remnants of the Incas.

Day  
11

## Chuquicahuana Rafting

This great day of rafting takes us down a beautiful section of the Urubamba river. Rafting is a fun sport and this fantastic day out is suitable for almost all ages and abilities. The section we run is usually the class III-IV Chuquicahuana section located above Cusco, where the river is cleaner and more fun. It takes two 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 set off for approximately two hours of rafting, making the most of the gentle start to practice our technique. The river then flows through a beautiful canyon, filled with great rapids, torrent ducks and views of the surrounding peaks. Having reached our 'takeout point', we enjoy a full picnic lunch and relaxing in the sauna. This afternoon we return to Cusco for a well-deserved rest.

Day  
12-13

## Machu Picchu

An early start this morning to catch the train to the start of our hike! The 2.5hr train journey is very scenic and brings us to 'kilometer 104', from here we hike for approx. 4hrs to the Incan site Wiñay Wayna ('Forever Young') at 2,680m. The route continues on to 'Inti Punku' ('Sun gate') at 2,730m where we are rewarded with our first dramatic and panoramic view of Machu Picchu! Tonight we head for Aguas Calientes for dinner and a much-deserved rest so we're recharged and ready for Machu Picchu tomorrow! On day 14, rise and shine before the dawn for a truly spectacular start to the day - watching the sun rise over Machu Picchu! Take a guided walking tour of the citadel complex before wandering through the historic and mystical remains at our own leisure. Hike back to Aguas Calientes for lunch and then catch the train to Poroy. Finally we return to Cusco to overnight.

Day  
14-15

## Depart Cusco, return UK

There will be time for final sightseeing and last minute souvenir shopping before we start the journey from Cusco to Lima and back to the UK.

# 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:

● ● ● ● ○ 4/5

Fitness is important at this grade, which compares to extended walking in mountainous terrain such as the Lakes or Snowdonia, for up to three to five days in a row. It is likely that significant sections of a trip will involve walking and trekking with some days up to eight hours. Some of the trip could be at altitudes of up to 4,500m, but the itinerary will be designed with appropriate acclimatisation in mind. Be prepared for significant possible variations in temperatures throughout the tour. There is not usually time to 'get fit' on these treks, so a two to four-month fitness improvement programme would ensure you get the most out of the trip.

## Culture shock rating:

● ● ● ○ ○ 3/5

Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



# 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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