

Trek the Inca Trail – and support the Juniper Trust and the Jersey-based Gerard Le Claire Environmental Trust

15 days - An extended trek through the Sun Gate to Machu Picchu – Sensational mountain views – Early morning at Machu Picchu – The classic train journey to the charming city of Cusco

Dates: Sat 31 Jul – Sat 14 Aug

Trip Ref. INCC.1

Trip Cost: Flight inclusive (from London, Heathrow)	£
Trip Cost: Land Only (join in Lima)	£
Insurance Cost:	£99
Annual Insurance Cost:	£149

National Park fee of \$50 – payable locally

£750 Sponsorship Required.... In addition to the trip cost, participants will be required to raise a minimum of £750, which will be used to fund the ongoing projects of both the Juniper Trust and the Gerard Le Claire Environmental Trust. NOTE: None of the funds raised will be used to pay for the cost of the trip, but will benefit the trusts directly.

Associated charities

1). The Juniper Trust

The Juniper Trust, a UK Registered Charity (1053356), was founded in 1994 by Angela Locke. Originally dedicated to improving educational and health standards in Nepal, the Trust aims to direct its resources to those most in need and to work in partnership with local people. Facilitating an exchange of skills and knowledge and the development of friendship through close and equal contact, this approach has proved to be both successful and rewarding.

Historically, the Juniper Trust has focused on education projects in Nepal and has undertaken building work at a number of schools in Kathmandu. The work has typically involved rebuilding, reroofing, building additional classrooms and toilet facilities and the provision of clean water supplies. However, during 2003 the Trust began to broaden its scope to include projects in Ladakh, Peru and Tibet.

KE Adventure Travel works in partnership with the Juniper Trust, researching potential small-scale, sustainable aid projects. The Trust then identifies which projects are likely to generate the most long-term benefit and KE uses its expertise and local knowledge to ensure sponsorship and funds are successfully distributed. KE is involved with the Trust at committee level and also (in conjunction with local agents and contacts) undertakes to oversee much of the work which is carried out in the name of the Trust.

The Juniper Trust is run completely by volunteers and (unlike many charities) 100% of donations go directly to the intended project work.

For more information about the Juniper Trust, pictures, feedback from volunteers, updates on projects and how to become involved as a volunteer or donor, log on to the Juniper Trust website - www.thejunipertrust.com
The Juniper Trust, PO Box 104, Keswick, CA12 5WD.

2). The Gerard Le Claire Environmental Trust

The Gerard Le Claire Environmental Trust was launched in November 2001 following Gerard's tragic death, aged 35, whilst serving the United Nations on a humanitarian aid mission in Mongolia. Gerard Le Claire, a respected environmentalist and humanitarian, was born and raised in Jersey and the work of the Trust reflects many of his values and aims. His profound love of the natural world led him to work with great passion and dedication to ensure that decisions affecting both Jersey and its relationship with the wider world recognised the value of our environment. At the time of his death he was Director of Environment for the States of Jersey, and spent up to six weeks per year serving as part of the UN Disaster Assessment and Co-ordination (UNDAC) team, responding to environmental and humanitarian disasters across the world. These missions, which included operations in Rwanda following the genocide, made a profound impression on Gerard.

The aim of the Trust is to follow his ideals by enabling people to advance a range of policies and practices that sustain the environmental riches of the Island of Jersey (Channel Islands) and our planet for the benefit of this and future generations.

Since its launch in November 2001, the Trustees have been busy laying the foundations for the future. The aim is to start in a measured way, which ensures that expectations can be set, met and then raised in a sustainable manner. To date, we have concentrated on setting up what we hope will become annual events, which combine fund-raising with raising awareness about local and global environmental issues, working at both a strategic and practical level.

Fund-raising activities include:

- *Annual lecture* on a theme related to the aims of the Trust. The Trustees were honoured to secure inspirational entrepreneur Tim Smit, Director and Co-founder of the world-renown Eden Project to deliver the sell-out inaugural lecture in January 2003.
- *Green Day* (next on 26/09/03) in which organisations and individuals across the Island are encouraged to wear something green and forsake their car for the day.
- *Annual Ball* an event, which celebrates the Trust's activities each year. The third annual ball on 18th October 2003, will include the launch of the Environment Awards.
- *Lè Vért Don*, literally translated from Jerriase (Jersey Norman-French) as 'green gift', this fund-raising initiative aims to bring tourism and conservation together by providing visitors with the opportunity to contribute to the environment they have come to enjoy.

These activities have enabled the Trust to support a **wide range of initiatives**, including:

Practical projects:

- § *Tree-planting* at La Crête headland.
- § *Summer nesting boxes* for the Natterer's bat, an endangered species in Jersey.
- § *Aluminium can banks* for schools.

Awareness-raising:

- § *Interpretation leaflet* for Jersey's south-east coast, an area of international importance.
- § *Funky Junk*: a project combining art with environment. 1,700 Channel Island school children were taught about global and local environmental issues and then made rainforest and local animals from recycled rubbish from home using traditional craft techniques (see: www.awonderfulworld.org.uk).
- § Contribution towards a *film* about Jersey's south-east coast by award-winning Sue Daly.

Monitoring and research:

- § *Porpoise and dolphin detector* (POD) to monitor local cetacean populations.

To date the Trust's work has been met with overwhelming support and positive feedback. We would like to continue in this vein as we expand our activities in the years to come. Ideas for future initiatives are always welcome. As the Trustees' time is given voluntarily, every penny we raise goes directly to local environmental projects.

Please visit the website www.gerardleclairertrust.org for more information.

Fund-raising and payment of the charitable contribution

Individual participants will be responsible for raising a minimum charitable contribution of £750. This money must be paid into a dedicated Jersey bank account at least two months before the trip departure date. In the

case of money raised through sponsorship, which will not be received by the participant until after completion of the trip, payment can be deferred. In this case, however, an agreement will have to be entered into between the participant and the organisers (The Jersey Connection) to guarantee payment of the minimum amount of £750.

Please refer to the section on How to Book for information about the payment of the trip cost.

The Jersey Crew

For information about group fund-raising activities and for information about the involved charities and the Jersey connection, please contact.

Cheryl Frost

Jersey resident Cheryl's involvement with the Juniper Trust came about as a result of her work as a trekking guide for KE Adventure Travel in Nepal. Having originally qualified as a PE teacher, Cheryl's particular interest is in the development of education in the more rural villages.

"Travelling through remote areas, I found it hard to just walk through without trying to give something back. I am always touched by the people we meet and feel privileged to be able to visit parts of the world where the people may not be rich, but are richer in life than we ever will be."

Cheryl is enthusiastic to get others to combining their adventure holiday with an element of fundraising for the area that they are visiting. In this way, the traveller can reflect not only on a memorable trip, but also on the fact that he or she has made a small contribution. Cheryl sees the Juniper Trust as a means to provide funds for the remoter areas and also, perhaps, to change the horizons of a few individuals.

Tonya Caratsis

Tonya Caratsis has lived and worked in Jersey for the last 14 years, having arrived on the island from Kenya, where she was born. Living the first 19 years of her life in Africa, Tonya has a love of the 'great outdoors' and has always had a thirst for exploring new places and experiences.

Tonya met Cheryl last year on a Jersey Overseas Aid trip to Nepal. Subsequently, the 'Cycle Tibet 2003' challenge was conceived and ultimately carried through! The difficulties involved in the organisation of this tough expedition (which proved to be a great fund-raising success) has cemented their joint ambition to continue to inspire the adventurous spirit in people and, by so-doing, to further their fund-raising efforts.

Sarah Le Claire

Sarah chairs the board of Trustees of The Gerard Le Claire Environmental Trust. She is an environmentalist with a background in marine conservation. Sarah and Gerard met in 1995, whilst she was undertaking her MSc thesis on Jersey's coast. They were married in October 2000. Having travelled extensively herself, Sarah shared Gerard's passion for both global and local environmental and humanitarian issues. She is delighted to join Cheryl and Tonya in providing the opportunity to combine an adventurous challenge with raising money for worthwhile causes.

How to contact us:

Cheryl	email:	anything@pureadventures.co.uk
Tonya	email:	anything@pureadventures.co.uk
	Tel (M):	07797 726059
Sarah	email:	mail@gerardleclairertrust.org
	Tel (M):	07797 713965

The Partnership

The partnership of the The Juniper Trust, The Gerard Le Claire Environmental Trust and KE Adventure Travel in the 2004 Year of Adventure is particularly appropriate. A common ideology links the three organisations – the understanding of the need for a responsible approach to adventure travel, which involves respect for the people

and environment of the host country and which also makes provision for 'giving something back' to the areas visited.

All of the funds raised will be split evenly between The Juniper Trust and The Gerard Le Claire Environmental Trust. The Juniper Trust will utilise the funds in environmental projects in the countries that are visited during the Adventure Year. The Gerard Le Claire Environmental Trust will use the funds locally within Jersey to continue its excellent, ongoing work.

KE Adventure Travel & Responsible Tourism

As adventure tourism becomes more popular, the world's fragile mountain environments are coming under increasing pressure. Adventure travel companies need to be acutely aware of their responsibilities with regard to these wilderness environments and the local communities they sustain.

Since running its first trip in 1984, KE has been committed to minimising its environmental impact. Group sizes are limited to 16 or less and a statement of the company's Mountain Code, including guidelines for responsible and appropriate conduct, is provided to all clients, trek leaders, agents and staff. Amongst the practical steps included in the code is a policy of always carrying out (and properly disposing of) every scrap of rubbish created by KE groups – aiming to leave every campsite cleaner than it was at the time of the group's arrival.

The hard work and expertise of local support crews, including drivers, porters, mule-herders and cooks is of course integral to providing KE clients with the best possible holiday experience. However, in recent years attention has focused upon the scant regard that some trekking companies have for the welfare of their local staff. KE ensures that porters are equipped with appropriate clothing and equipment and requires its leaders to report upon the welfare and working conditions of the local trek staff. KE also enlists the help of its clients in ensuring that standards are maintained, by drawing attention to these issues on its post-holiday questionnaire.

In addition to ensuring that its own working practices are as sensitively organised as possible, KE is pro-active in promoting the need for responsible tourism. KE is a full member of AITO (The Association of Independent Tour Operators) and adheres to their Quality Charter and Responsible Tourism Guidelines. In 2003, KE's commitment to Responsible Tourism was recognised by the award of 2-Star status by AITO. In recent years, the thrust of KE's efforts to make a positive contribution to the places in which it operates has been directed through the company's close association with the Juniper Trust.

The Inca Trail and Beyond

**7 nights hotels & lodges, 6 nights camping, 7 days MODERATE trekking,
max. altitude - 4625m. Some meals not included.**

Traversing the foothills of Peru's Cordillera Vilcabamba, to an unforgettably dramatic arrival at the fabulous Inca ruins of Machu Picchu, the Inca Trail is recognised to be one of the world's great treks. Crossing three high passes, the established route follows sections of stone pathway created by the Incas four centuries ago and provides tremendous views of spectacular forested valleys and of the snow-capped peaks of the Vilcabamba. In order to make the most of the trekking which this beautiful mountain area has to offer, we have chosen to extend this route by three days, starting out in a rarely-visited valley to the east of the main trail and climbing to cross the Ancascocha Pass (4625m.). This extension to the trek takes us through a lovely and unspoiled area, with several Quechua Indian villages and also provides us with stunning mountain views, as we pass between the peaks of Huayanay (5464m.) and Salkantay Este (5219m.).

There is much more to this Peruvian holiday than trekking, however. Our visit to Peru begins with a short and exciting flight from the capital city of Lima to Cusco, high in the Andes. We then have 2 days for exploration of this charming and cosmopolitan city, which is famous for the wealth of its Inca stonework, as well as for its extravagant Spanish Colonial architecture. We have also included a day for sightseeing amongst the Inca ruins in the Valley of the Incas, before setting off on trek. Of course, for many people the highlight of this trip will be Machu Picchu itself, which is unquestionably the most important archaeological site in South America and

probably the most spectacular. We have scheduled a full day of sightseeing at Machu Picchu, with a guided tour and also time for independent exploration. In conclusion, this short holiday offers an almost unbelievable variety of experiences - from snow-capped peaks, blue glacial lakes, cloud forest, orchids and hummingbirds to magnificent Inca remains and fascinating South American cities.

Itinerary....

The following day-to-day schedule should be taken only as a general guide. Even though we update our itineraries every year to take into account such things as: changes to trekking routes and changes in the routing or availability of local transport, it is not possible to guarantee that any of our holidays will run exactly according to the proposed itinerary. A variety of factors, including adverse weather conditions and difficulties with transportation, can lead to enforced changes. The trip leader will make any changes that are necessary.

Day 1. Check-in at Heathrow Airport for our flight to Lima. We arrive in Lima in the evening and check in to the five-star El Pardo Doubletree Hotel, situated in the modern Miraflores district of the city.

Day 2. We take the early morning internal flight to Cusco that takes just over an hour. The left side of the plane is best for views of the Cordillera Vilcabamba. Arriving in the former Inca capital of Southern Peru, just after dawn has broken over the Andes, we check into the comfortable Hostal El Balcon, which is only 5 minutes walk from the central Plaza. As we are now at an altitude of 3200 metres, we spend most of today taking it easy in order to acclimatise to the rarified air. We can try the local altitude remedy, coca tea, which is freely available in the hotel lobby throughout the day. The best way to spend the day is with an easy exploration of the shops and cafes in the vicinity of the hotel. In the evening, we will relax in one of the excellent restaurants that overlook the main square - the Plaza de Armas.

Day 3. A day for acclimatisation in Cusco. We have a relaxing walking tour of the city. Every small street or alley-way that we enter and every corner that we turn, brings another surprise, in the form of superbly constructed Incaic walls or the rather more architecturally extravagant Spanish Colonial churches and palaces. The city, once capital of the extensive Inca Empire, has seen many changes since Pizarro took control of the city (with apparent ease) in 1535. The highlight of this tour is our visit to the impressive fortress citadel of Sacsayhuaman, which is set high above Cusco. The afternoon is free for independent exploration. Overnight at the Hostal El Balcon.

Day 4. After breakfast, we set off for an impressive drive to the Sacred Valley of the Incas. The road climbs out of the valley to reveal stunning views of the Vilcabamba peaks, Salkantay Este and Huayanay – our first glimpse of the high mountains. We take a detour from the main road to visit the 16th century church at Maras. Set in an imposing position high above the Sacred Valley, its red roof is visible for miles around. From the church we take a leisurely stroll down to the valley floor, passing through the spectacular salt mines at Moray. This walk takes about 2 hours and is an easy introduction to our trek. Reunited with our transport, we make the short drive along the Urubamba River to Urubamba itself which is actually a station on the line to Machu Pichu and close to a number of important Inca ruins. We spend the night at the Hotel Incaland run by an Englishman, Nicholas Ashashov (a veteran in archeological exploratory trips in Peru). Its bungalows are distributed in beautiful gardens with all sorts of local flora, and it also has a swimming pool. In the evening we shall eat at one of this small town's charming restaurants and we will have a final briefing and repack our clothing and equipment for the ensuing trek.

Day 5. Today, we start trekking from Ollantaytambo. Crossing the Urubamba River on a bridge after 10 minutes, we head west for 3 hours to the junction with the Silque Valley where there is a good place to stop for a picnic lunch. Our trekkbags will have been taken by road to Chilca to meet up with our "arrieros" (muleteers) and their pack-animals. There is a short-cut into the Silque Valley which means that we do not need to go as far as Chilca. After lunch, we make the easy one and a half hour ascent, through potato and quinoa farms, to our first campsite at Hatunrumiyoc (c.3000m.), a name that means "big stone" in the local Quechua language.

Day 6. We begin our beautiful walk up the Silque Valley with great views of the peak known as Veronica (5700m.). Immediately above camp we enter a narrow gorge, taking the path on the left side. We cross a number of small bridges and then the path begins to climb above the river on its west side. Turning the corner, we contour above several small grazing settlements, where the local Indian people tend their herds of sheep and horses. Our campsite is in a beautiful location at the head of the valley, at the place known as Ancascocha

(cocha meaning lake) - the lake is half an hour's walk above the campsite. The total height gain for the day is approximately 1000 metres and the walking time is around 5 hours.

Day 7. Above the village, we turn towards the southwest and continue our ascent in a narrow valley, with waterfalls and a small lake. A walk of around 3 hours takes us to the Ancascocha Pass (4625m.) where we are treated to excellent views of deeply incised valleys and forested ridges in the distance and the snow-capped peaks of Salkantay Este and Huayanay nearer to hand. The scenery is truly spectacular, as we descend into the Q'esqa Valley and make a stop for lunch below a picturesque waterfall. We continue to follow this beautiful valley, descending through several small hamlets, scattered grazing pastures and patches of woodland to our campsite, at an altitude of 3735 metres, above the village of Q'esqa. Glaciers tumble down from Huayanay, immediately above our camp and the distant ridges down-valley offer a tantalising glimpse of the rest of our journey towards Machu Picchu. 6 hours trekking.

Day 8. The day starts with a gradual climb out of the valley along a ridge. After 20 minutes, we start to descend the Q'esqa Valley and after an hour arrive at the first Inca ruin. We continue to descend on a delightful path to the junction with the Pampacahua River, where we take the opportunity to visit the semi-circular Inca ruins of Paucarcancha. Crossing the Cusichaca River (3080m.) we contour above the village of Huayllabamba. At this point, we have joined the main Inca Trail and begin an 800 metre ascent through beautiful patches of cloud forest, to the campsite at Llulluchapampa (3800m.). There are great views of Huayanay during this part of our walk and we will also see many species of orchid, as well as some of the more than 250 varieties of hummingbirds that can be found in the Machu Picchu National Park.

Day 9. After breakfast, we start the hour and a half climb towards Huarmiwanusca Pass (4200m.) which affords superb views of Huayanay, to the south and also of the Pacaymayo Valley, which lies in front of us, to the west. Dropping down into this valley takes about two hours and then we start the ascent to Runccuracay, a small Inca "tambo" or inn. We lunch at Runccuracay, before continuing for just 30 minutes to our campsite in Cochapata (3900m.). This is an idyllic campsite, beside a small lake, with breathtaking views of the valley below. Lots of time in the afternoon for exploration. The Runccuracay Pass is just a short walk above our camp.

Day 10. A short day, but a very special one. We start out with an ascent to the Runccuracay Pass (3985m.) where, weather permitting, we should have great views of the Vilcabamba range in the far distance. The trail here becomes wider, now paved with the original Inca stones and weaves through a forest which is becoming ever more luxuriant. We make a short detour to climb the 98 steps which lead up to Sayacmarca "the place with a dominant view" - an impressive Inca ruin which looks out towards the Aobamba Valley - 2000 metres below. Continuing our descent, we pass the small Inca site known as Qonchamarca and then climb to the so called "third pass," trekking through magnificent forests (and also negotiating a tunnel carved by the Incas) to our next campsite at Phuyupatamarca (3600m.). This is another camp with incredible views of the Urubamba Valley ahead of us to the north and north west. We reach the campsite in time for lunch and have all afternoon to explore the surrounding area. There are magnificent views of Salcantay (6271m.), Humantay (5800m.) and the whole Vilcabamba range.

Day 11. Early start to catch the sunrise from a viewpoint above camp. Then, after breakfast, we say farewell to our porters and kitchen crew and begin the descent of the more than 3000 steps which lead down to the beautiful settlement of Winay Huayna, a name which means eternally young. A detour away from the main trail leads to this wonderful citadel, where we will have lunch, overlooking the Urubamba River. A further hour of descent and a final 30 minute climb, takes us to the famous Inti Punku, or Sun Gate, where we will have our first, and most impressive view, of Machu Picchu (2400m.), the famous lost city of the Incas. Passing through the Sun Gate, we descend to the citadel itself and then after a quick look around the site we will catch the bus down to the town of Aguas Calientes (2040m.) where we spend the night at the Hostal Machu Picchu. This little town has a very special atmosphere, nice hot springs (a swimsuit is a must!) and good restaurants and bars.

Day 12. An early morning start to catch the first bus back up to Machu Picchu. This early start is hard if you stayed up until late the night before, but it is worth it! A local guide will give us the "tour" of Machu Picchu and we will also have enough time to go exploring on our own. Highlights include; the Inca Bridge and the Temple of the Moon, as well as the climb up to the summit of Huayna Picchu overlooking the ruins (this takes about an hour). You are free to do whatever you like, providing you get back down on time to catch the 4.00 pm. train back to Cusco. Overnight in the Hostal El Balcon. We will have a celebratory evening meal in one of Cusco's best restaurants.

Day 13. A free day in Cusco, for last minute souvenir buying.

Day 14. We take the short flight back to Lima and have most of the day free for sightseeing in the Peruvian capital, which is the oldest capital in South America, established by Francisco Pizarro in 1535. Once called "the Garden City," Lima has a Spanish Colonial history and many historically interesting buildings are to be found around the most important squares in the city centre, notably around Plaza de Armas and Plaza San Martin. A crowded pedestrian street links these two squares, and this area is also well known for street markets, lively bars and restaurants. Amongst other recommended places to visit in Lima are the Gold Museum (which houses the world's largest collection of gold and silver artefacts) and the Archaeological Museum. Lima is a rather widespread city, with a number of distinct areas. The affluent commercial centre of Miraflores and the attractive Spanish Colonial district of Barranco are in the southern suburbs. We have the use of a day room at the El Pardo Doubletree Hotel to freshen up and then, in the evening, we return to the airport to catch our return flight to the UK.

Day 15. Connecting via Amsterdam, we arrive at London, Heathrow in the evening.

Flight Details....

Up to date flight times will be sent to you along with your final invoice. See 'International Flights' for further details of the flights chosen for this trip. Please note: flight times can be liable to last minute changes and you should always check with the KE office in the week prior to your trip's departure.

Trip Information:

This section is intended to give you a few brief details about the trip, including trekking conditions, trek/climb grade, group-size, weather and a number of other important considerations. A comprehensive information package will be sent to clients on receipt of their booking form - see "How to book...." below.

Trek Grade and conditions....

Duration: 15 days (7 nights hotels & lodges, 6 nights camping, 7 days MODERATE trekking). Max. altitude. 4625 metres. An explanation of the trekking grades can be found on pages 6 and 7 of the KE 2003/04 brochure.

This trek offers a variety of trekking conditions. Most of the walking is on well-defined tracks, including some sections of ancient Inca highways, which are paved with stone in places. There are occasional river crossings and some steeper sections of trail on the first two days of the trek. There are a couple of quite tough days - but overall the trekking is straightforward and not sustained or committing. We have allowed three nights at an altitude of a little over 3000 metres before we start trekking that should mean that the group is well acclimatised before setting off.

Group size and client guide ratio....

On a trip of this type, we will take up to 16 clients. The group will be accompanied by an experienced English-speaking Peruvian guide and a full trek crew.

KE Pricing....

Flight inc. from: The flight inclusive price is calculated on the trek cost plus the cost of Economy Class international flights on a designated airline. Air fares are subject to change and if at the time of your booking the fare has increased, then the additional cost will be passed on.

International Flights....

We are proposing to use the Dutch National Airline KLM for this Inca Trail – Charity Adventure. KLM has an excellent service to Lima, with short connection times via Amsterdam. KLM also offers the option of flying from most UK domestic airports at no extra cost. Please contact the KE Flights Department for details of the KLM flight schedule which is most convenient for you. The recommended check-in time for the first leg of your outward flight to Amsterdam is two hours before departure. You will need to indicate when booking which airport you would prefer to depart from.

If you would like to extend your holiday in Peru, we are happy to book flights to allow you to do this.

Flights from Jersey to London....

You will need to make your own arrangements for flights from Jersey to London, to link up with the KLM service to Lima. The trip price does not include the cost of these flights.

Baggage Allowances....

KLM allows 2 pieces of check-in baggage on those flights originating at Heathrow, Bristol and Cardiff. From other UK regional airports (where the connecting flights to Amsterdam are operated by one of KLM's partners) there is a check-in baggage limit of 23 kgs. KE Adventure Travel is not responsible for any excess baggage charges incurred.

Land Only Clients....

Clients making their own flight arrangements should meet up with the group at the El Pardo Doubletree Hotel in Lima. The group will arrive in Lima in the evening of the day of their departure from the UK. At the end of the holiday, the group will depart from Lima in the evening of the penultimate day of the trip itinerary. Land only clients can safely book their return flights on this day, but not any earlier. We provide hotel contact details for land only clients and can also arrange independent airport transfers if needed.

The trekking day....

A typical day starts with an early morning brew and a bowl of hot washing water brought to your tent at about 6.30a.m. After a hot breakfast (which includes fresh fruit, porridge, pancakes or omelette with plenty of toast and home-made jam) during which camp will be struck and the pack animals or porters will be given their loads, we start walking in the pleasant cool of the morning. You are free to walk at your own pace, enjoying the scenery and stopping to take as many pictures as you wish. We usually walk for about 3 hours in the morning. Lunch is usually a picnic - and a chance for more excellent food from our cook team - fresh fruit, salad and bread, cheeses, cold meats, avocado and plenty to drink. Lunch takes about an hour or so and offers a chance for a little siesta! We aim to pitch camp for the night by 3 or 4 p.m., ie. well before dusk. Dinner is served in the mess tent at around 7.00 p.m. and is a delicious three course meal with wine. The cooks never fail to impress! During dinner is a good time to socialise and to talk over the events of the day. We are usually in bed by 9.00 pm - plenty of time to re-charge the batteries before the next day's walk.

Temperatures and weather....

The highland area of the Cordillera Vilcabamba consists of inter-Andean valleys, canyons and gorges that are interspersed with mountain peaks and lakes. Some areas are intensively farmed and, as a result, highly cultivated. But, as in other parts of the world, the terraced farmland gives way gradually to alpine pastures as you go higher. Some areas are relatively arid and quite barren. May to September is the dry season in this part of Peru, and the days are warm and generally sunny, with temperatures between 12 and 20 degrees centigrade. Above 3500 metres, during this season, the night-time temperatures will fall below freezing. At our highest camps we might experience night-time temperatures as low as minus 5 degrees centigrade. It is winter at the time of our visit. However, Lima is only 12 degrees south of the equator, and the daytime temperatures in the capital will be 20 to 25 degrees centigrade, with quite cool nights.

Equipment....

A detailed list of equipment recommendations, and what is available for hire, will be sent to clients on receipt of their booking form and deposit. We provide everything except a sleeping bag & Thermarest, personal equipment and clothing. You will not need any specialist clothing for the trekking part of this trip, other than what

you would routinely take on a winter walk in the British hills.

Free Trek Bag and Thermal Mug....

All KE clients will receive a FREE KE trek bag. These have been specially made to stand up to the rigours of adventure travel. We will also be giving away a FREE KE Thermal mug to help keep your bed tea warm far longer than any standard trekking issue tin mugs.

Accommodation....

On arrival in Lima, the group will spend one night in the 5-star El Pardo Doubletree Hotel in the Miraflores district of the city. At the end of the holiday, the group will also have the use of a day room at this hotel before checking in for the return flight to the UK. Conveniently situated, close to all amenities and only 30 minutes from the airport, the quite superb El Pardo Doubletree Hotel has comfortable rooms, a pleasant bar and restaurant, as well as a swimming pool and gym. The group will have a total of four nights in hotel accommodation in Cusco, where we will use the Cusco Plaza, the Hotel El Balcon or similar. There will also be one night at the Hotel Incaland in Urubamba and one night at the Hostal Macchu Pichu in Aguas Calientes. Whilst on trek, there will be a total of six nights camping

All accommodation is allocated on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. Depending on availability, it may be possible to pre-book single rooms for the nights that you spend in hotels in Lima and in Cusco.

Spending money requirements....

Clients will be expected to pay for their own meals (other than breakfast) whilst staying in hotels throughout this tour. You should allow approximately \$10 per meal for the following.

Cusco:	3 lunches, 4 dinners
Ollantaytambo:	1 lunch, 1 dinner
Aguas Calientes:	1 lunch, 1 dinner
Lima:	1 lunch, 1 dinner

We estimate that \$300 will be sufficient to cover your requirements in respect of these meals, and should also cover the minimal incidental expenses such as tips for drivers, trek crew and local guides. This should also be sufficient to cover the \$50 National Park fee which is payable locally. You should also allow a total of \$38 for airport tax - \$5 is payable each way for the flights between Lima and Cusco and \$28 is payable on departure from Lima.

The Peruvian unit of currency is the Sol Nuevo and there are roughly 3.65 soles to the US Dollar (July 2003). Travellers cheques can be changed in Lima and Cusco. It is possible to obtain cash using your credit card in the regular way at the cash dispensers of many of the banks in Lima and in Cusco. Visa is widely accepted.

Visa requirements....

A valid passport is required. Visas are NOT required by British passport holders.

Health considerations....

Full details of vaccination requirements will be sent to you on confirmation of your booking. A comprehensive medical kit will accompany each trek and we offer discounts to qualified doctors of medicine who are prepared to act as "trek doctor" (details on request). We do recommend that each person carries a basic first-aid kit, however, and suggestions for its contents will also be sent to you at the time you book.

Adventure Travel Insurance....

Single-Trip

Before you embark upon a KE Adventure Travel holiday you **must** be insured. The KE Adventure Travel Insurance Scheme has been designed specifically with the needs of the adventure traveller in mind. In addition to the normal provisions within any travel insurance policy, our scheme includes cover for the trekking,

mountaineering or biking involved in the trip and also includes cover for helicopter rescue and repatriation. Our insurance policy also includes 'special outbound missed departure extension' cover, providing valuable cover for internal flight departures missed due to international flight delays. We can sell single-trip insurance to anyone wishing to travel with KE. For this trip the premium is £99. Details of our insurance scheme together with other important information can be found on pages 88 – 89 of the KE 2003/04 brochure.

Why not take out Annual Cover ?

We can also offer the same insurance on an annual basis to residents of UK, Europe and Australia and to British expatriates, wherever they may reside. For only £149, our Annual Policy will provide cover for your holiday with KE and for any other holidays you choose to take over the period of one year. Cover is granted for any number of trips in a 12 month period, providing no single trip is of more than 70 days duration and applies to any activities undertaken on a KE holiday, plus scuba diving and winter sports for up to 21 days each year.

Special Family Discount.

Include your spouse / partner and children for a total premium of only £199.

Books....

Trekking and Climbing in the Andes. (Globetrotter Adventure). Val Pitkethly and Kate Harper.
Trails of the Cordillera Blanca and Huayhuash - Jim Bartle.
Flight of the Condor - Michael Andrews.
The Conquest of the Incas - John Hemming (MacMillan).
The South American Handbook.
Backpacking and Trekking in Peru and Bolivia - Bradt Enterprises.
The Andes - Time Life Books.
The Andes are Prickly - Martin Slessor.
The Trekkers Handbook. Tom Gilchrist.
Exploring Cusco - Peter Frost (available in Cusco)
Inca Cola - Mathew Parish
Latin America Spanish phrasebook - Lonely Planet

Maps....

A trekking map of the region will be provided on arrival in Cusco.
The Instituto Geografica Militar, in Lima sells good topographical maps of the country.

Available from Cordee. 3A De Montfort Street. Leicester. (tel. 0116 2543579)

EXPEDITION PROVIDER - ALL TRAVEL ARRANGEMENTS ARE MADE BY KE ADVENTURE TRAVEL

KE Adventure Travel has 19 years experience of guiding some of the best and most challenging adventure travel holidays, worldwide. With a standard of service that is second-to-none, including Western guides on every trip, KE has made some of the world's most radical and far-flung trekking, climbing and mountain biking itineraries accessible to everyone.

HOW TO BOOK

Having read this dossier, if you require further information, please don't hesitate to contact the KE Adventure Travel office. To book your place on this adventure, please send in (post or fax to KE Adventure Travel) the completed booking form (which you will find within this dossier). You should include a deposit of £200, with your booking form, and you should also consider paying the appropriate insurance fee at the time of your booking, as this will safeguard your deposit if you subsequently have to withdraw from the trip. Deposits can be paid by cheque or Switch, or by credit card (Visa, MasterCard, American Express). Alternatively you can book directly through the KE website which can be found at www.keadventure.com. You will be sent an acknowledgement of your booking, along with a "Visitor To" booklet, which includes detailed information about your journey with KE Adventure Travel - including; how to obtain your visa, how much money you will need to take with you, health and medical considerations, equipment requirements, accommodation, and also general information about the

country, people, climate etc. Once you have signed up for the trip, you will also receive an acknowledgment (together with updates on fund-raising projects and the work of the charities) from Cheryl Frost / Tonya Caratsis in Jersey.

YOUR COMPLETE FINANCIAL PROTECTION

KE Adventure Travel is a fully licensed and bonded tour operator. KE Adventure Travel is a member of the Association of Independent Tour Operators (AITO), bonded with the CAA (ATOL 2808) and AITO Trust (AITOT) and ABTA licensed (W4341). You can book your holiday with KE Adventure Travel in complete confidence that all monies you pay for a trip are fully protected.

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