

Peru: Trek to Cure Diabetes with JDRF



Trip Highlights

Join the JDRF team on a unique expedition through the Peruvian Andes to raise vital funds for research into cures, prevention and treatments of T1D

Enjoy the lesser-trekked route to Mount Salkantay before walking the last day of the classic Inca Trail

Explore the iconic 'lost city' of Machu Picchu at the best time of day

Trek among the lush valleys, alpine lakes and rugged snow-capped peaks of the Peruvian Andes

Experience historic Cusco along with world class restaurants, museums and galleries in the bustling capital of Lima

Be immersed in stunning landscapes and cultural encounters providing endless photo opportunities



Trip Duration	15 days	Trip Code: JDP
Grade	Moderate	
Activities	Trekking, Adventure Touring, Charity Challenge	
Summary	8 nights hotel, 6 nights camping	

Supporting Your Cause

Join us on a remote trek to Machu Picchu with JDRF on the Peru: Trek to Cure Diabetes with JDRF and raise funds vital for research into the best and most promising treatments of T1D.

Type 1 diabetes (T1D) is caused by the immune system mistakenly targeting cells that are part of a person's own body. The immune system attacks the cells in our pancreas that produce insulin, called beta cells. Insulin helps the body convert glucose (sugar) from food into fuel. Without insulin, glucose can build up in the bloodstream in life-threatening amounts.

Since people with T1D cannot produce insulin naturally, they must take it either through daily injections or from an insulin pump.

JDRF has transformed the understanding of this disease and been a part of every breakthrough in T1D care in the last 50 years. We drive innovation, demand action and stand with everyone facing life with T1D.

Your support for JDRF will help accelerate life-changing breakthroughs, find cures and improve the lives of Australians living with T1D.

Your Huma Challenge

Thank you for your interest in our Peru: Trek to Cure Diabetes with JDRF. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.

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Charity Challenge Payments

Joining Lima from:	\$4090
Registration Fee:	\$200
DO - Minimum Charity Donation/fundraising:	\$2500
Optional Single Supplement:	\$610

All prices are per person

World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

Trip Dates

2024 09 Sep - 23 Sep

important notes

RF - Registration Fee

DO - Minimum Charity Donation/fundraising

Your Adventure

The soaring peaks of the Andes and the cultural legacies of the Incas are two of Peru's most compelling attractions. We discover both and much more on this amazing two-week adventure. After savouring the historical and cultural highlights of Cusco and the Sacred Valley of the Incas while we take our time acclimatising, we commence our trek. This little-visited trail takes us through breathtaking mountain scenery as we make our way to the foothills of the majestic snow-capped peaks of Salkantay, Humantay and Huayanay. For a week we explore the stunning wilderness of the Peruvian Andes, following trails to 5,000 m in the Cordillera Vilcabamba and establishing camp beneath the spectacular 6,220m Mount Salkantay. This stunning trail is much quieter than the busier Inca Trail and is highly regarded by past trekkers. On the final day we join the classic Inca Trail for the unforgettable sight of Machu Picchu from the 'Sun Gate'. Rather than rushing back to Cusco, we spend a night in nearby Aguas Calientes for a well-deserved soak in the local hot springs before heading back to Machu Picchu the next day at the best time, as the sun is rising over these dramatic ruins. Join the JDRF crew for an unforgettable Peruvian experience!

Cause Supported by this Huma Challenge

The Juvenile Diabetes Research Foundation (JDRF) is the world's largest charitable supporter of type 1 diabetes research. JDRF was founded in 1970 in the US and 1982 in Australia by a group of determined volunteers. Internationally, JDRF has been involved in every major type 1 diabetes breakthrough of the last three decades including:

- Islet transplantation
- Beta cell regeneration
- Preventative vaccine development
- Reduction of complications

JDRF-funded researchers have driven the advancement of day-to-day disease management tools and accelerated the pace of research through a focus on five clearly defined cure therapeutic pathways that offer the best hope for a cure.

In addition to supporting research, JDRF Australia plays a key role in advising and influencing health policy direction across all levels of government and building community awareness of type 1 diabetes. Throughout all local and international activities JDRF's mission remains constant - to find a cure for type 1 diabetes and its complications through the support of research.

Fundraising Options

There are a few different ways you can approach your fundraising:

1. You can fundraise the charity donation by asking friends, family and work mates to support the cause.
2. You may choose to donate the \$2500 as a personal donation (any donation over \$2 is tax deductible).
3. You can fundraise as much as you can and if you don't make it, personally fund the gap to hit your target.

The wonderful JDRF fundraising team will support you to reach your target and make the most of this once in a lifetime opportunity. Once you register via Huma Charity Challenge, the team will be in touch to help you kick start your fundraising. Huma Charity Challenge will send you a comprehensive Confirmation Kit that includes a Fundraiser's Guidebook, a great resource for fundraising ideas and support.



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Fast Facts

Countries Visited:

Peru

Visas:

Please check visa requirements with your reservations consultant*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Group Size Min:

10

Group Size Max:

16

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

Brochure Reference:

The Americas

*Ask our staff for more information

Itinerary at a Glance

DAY 1	ARRIVE LIMA
DAY 2	FLY TO CUSCO
DAY 3	TOUR OF CUSCO AND THE NEARBY RUINS
DAY 4	TO SACRED VALLEY OF THE INCAS
DAY 5	IN SACRED VALLEY OF THE INCAS
DAY 6	DRIVE TO CHALLACANCHA, COMMENCE TREK (TREKKING APPROX 4-6HRS)
DAY 7	TREK UP THE VALLEY BETWEEN SALKANTAY AND HUMANTAY (TREKKING APPROX 4-7HRS)
DAY 8	TREK OVER INCACHIRIASCA PASS TO ACOBAMBA (TREKKING APPROX 7-8HRS)
DAY 9	DESCEND TO PAUCARCANCHA AND UP TO THE VILLAGE OF Q'ESCA (TREKKING APPROX 7-8HRS)
DAY 10	TREK OVER THE ANCASCOCHA PASS (TREKKING APPROX 6-7HRS)
DAY 11	DESCEND TO THE SACRED VALLEY AT CHILCA (TREKKING APPROX 5-6HRS)
DAY 12	TREK TO MACHU PICCHU (TREKKING APPROX 7-8HRS)
DAY 13	EXPLORE MACHU PICCHU, RETURN TO CUSCO
DAY 14	CUSCO - FREE DAY
DAY 15	DRIVE TO CUSCO AIRPORT, TRIP CONCLUDES

Additional Deposits Required

This trip requires the prepayment of KM 104 Inca Trail Permit fees (which includes entrance into Machu Picchu) of US\$132 in total (paid in your local currency at the current rate of exchange) which is non refundable. This payment is required at the time of booking together with our normal per person deposit. The cost of your trip includes the KM 104 Inca Trail Permit fee and this prepayment should not be viewed as an additional cost. We recommend you take out travel insurance at the time of booking.

It is essential that if you obtain a new passport at a later date that you MUST bring both the OLD & NEW passports, or you will not be allowed to enter the Inca Trail as your permit will be linked to your old passport number. You must also inform World Expeditions that you will be travelling with a new passport and provide the new passport details when received. All travellers must present their original passport or copy of passport page at the entrance of the following archaeological sites in the Cusco region: Sacsaywaman, Quenqo, Puca Pucara, Tambomachay, Písaq, Maras, Moray and Ollantaytambo.

Peruvian authorities have implemented entry restrictions to protect Machu Picchu from the impact of its immense popularity. There are three time slots in which patrons can enter Machu Picchu for a maximum of four hours and must follow one of three predetermined routes. Admission is not allowed after 4pm. Additionally, all visitors must be accompanied by a guide at all times. These changes have been made to improve the visitor experience and in an effort to deal with overcrowding. World Expeditions endeavours to ensure you get the most of your Machu Picchu experience regardless of these restrictions.

What's Included

- 14 breakfasts, 7 lunches and 6 dinners
- Airport transfers if arriving/departing on first or last day
- Entrance to Machu Picchu
- Expert bilingual guide
- Group medical kit
- Comfortable and central hotels primarily Casa Andina Classic hotels
- Private internal transportation



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Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

Trip grading Moderate

This trip is graded moderate and is suitable for fit and healthy people. Prior trekking is not necessary, although you would be expected to be comfortable in the outdoors and camping for successive periods. These adventures involve trekking for up to 6 - 8 hours a day at a steady pace. These trips may spend successive days at altitudes not generally exceeding 5,500m and are usually between 10 and 15 days in duration. You will need a good level of fitness and be in good health.

* Suggested preparation: One hour of aerobic type exercise, three to five times a week for the three months leading up to your trip.

Hill walking with a pack in variable weather conditions is also recommended. To prepare for a walking holiday we recommend you take every opportunity to walk up and down stairs and/or hills, for leg strengthening and aerobic fitness. Please remember the fitter you are the more you will enjoy your holiday.

- The use of a gear pack including sleeping bag, fibre filled jacket, thermarest and headtorch
- Group camping equipment & porters to carry personal gear
- Sightseeing and site entrance fees as listed (including Machu Picchu entrance fee)
- Huma training manual, gear list and fundraising guidebook

What's Not Included

- International flights and taxes
- Internal flights Flights Lima/Cusco/Lima are not included. The domestic flights in Peru will be quoted separately as they can often change considerably and depends on the international airline that you fly with to Peru. Certain airlines flying to Peru offer special discounted fares for domestic flights if booked in conjunction with the international ticket. Domestic flights have become increasingly expensive, and rather than charge everyone a set amount, our intention is to find you the best possible domestic flight deal in conjunction with your international ticket. Please do not hesitate to contact us for more details and a flight quote. If you are booking the internal flights yourself, please contact us so we can advise which flights are suitable.
- Travel Insurance (compulsory)
- Visas
- Items of a personal nature
- Excess baggage costs
- Medical treatment
- Cost of laundry and alcoholic beverages (except wine on last trek day)

Detailed Itinerary

DAY 1 Arrive Lima

You will be met at the airport and transferred to the hotel where you are free to rest in the hotel or just wander around Miraflores, the area of Lima where our hotel is located. Some of Lima's best galleries and shops and restaurants are located in this area. Founded by Francisco Pizarro in 1535, Lima is the oldest capital in South America, with a superb combination of Spanish Colonial and 19th century European architecture. If you have time to visit a museum we would recommend the brilliant Larco Herrera Museum which also has an excellent onsite restaurant or the Museo de La Nacion or the Larco Herrera Museum.

Overnight: Casa Andina Standard Miraflores Centro or similar.

meals: NIL

DAY 2 Fly to Cusco

Transfer to Lima airport and fly to Cusco (if you organise your own flights, please ask us for the group flight details before you book flights, otherwise additional airport transfer costs will apply). Try to get a seat on the left side of the aircraft for the best views of stunning snow peaks. After your transfer to our hotel located in the historic centre you will have some time to explore the city and also enjoy a few hours of rest, essential to initiate successful acclimatisation to the altitude. In the evening you will meet with your guide at 6pm at your hotel for an initial trip briefing and receive your kitbags and jackets for your trek.

Overnight: Casa Andina Standard Cathedral or similar.

meals: B



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Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 3 Tour of Cusco and the nearby ruins

Today we have a guided tour of Cusco and its nearby ruins. The city, once capital of the extensive Inca Empire, has seen many changes since Francisco Pizarro's men took the city with such apparent ease in November 1533. The tour starts with a visit to Santo Domingo Convent, a large Renaissance-baroque complex, which was built over the Inca Coricancha temple. It was one of the most important temples dedicated to worshipping of the sun, and its foundations are still prominent at the base of the convent. Ancient chronicles say the temple was covered in gold leaf and filled with golden representations of nature. Then, visit the Cathedral, the most famous monument of the Main Square. Head to the hills above Cusco to visit the remains of the fortress of Sacsayhuaman. The impressive ramparts offer a stunning panoramic view of Cusco, and the ruins of the temple and amphitheatre of Qenko, where it is believed the Incas practised agricultural rituals. Admire Qenko and then finally visit Puka Pukara ('Red fortress' in Quechua), an Inca military complex located on a prominent hill. Its dwellings, squares, bathrooms, aqueducts, walls, and towers can still be appreciated. Afterwards, we return to our hotel. In the afternoon you may have time to explore some of the central parts of the city and have a chance to look at some of the great varieties of local craft work on sale in open-air artisan markets and shops.

Overnight: Casa Andina Standard Cathedral or similar.

meals: B

DAY 4 To Sacred Valley of the Incas

We leave Cusco and head to the Chinchero Plateau to explore Chinchero, an important town in Inca times. The most striking remnant of this period is the massive stone wall in the main plaza which has ten trapezoidal niches. There are beautiful views overlooking the Sacred Valley of the Incas, with the Cordillera Vilcabamba and the snow-capped peak of Salkantay dominating the western horizon. Chinchero is believed to be the mythical birthplace of the rainbow. Next we visit the mysterious concentric circular terraces of Moray which, according to some scholars, could have been an agricultural research centre. From here we head to the salt mines of Maras. This village is a salt-producing centre that dates back all the way to pre-Inca times. There are thousands of salt pools all carved into the mountain side. Due to a change in regulations, visitors are not allowed to walk through the salt mine anymore to avoid contamination of the salt. We will go to a lookout point from where we have stunning views of the salt pools. From here we will walk for about 1 hour mainly downhill to Pichingoto. Enjoy this rarely walked path and soak up the incredible setting of the Sacred Valley. Our car will be waiting for us in Pichingoto and we drive to our hotel in Ollantaytambo. The rest of the afternoon is free to relax and enjoy the beauty of this famous town.

Overnight: Tika Wasi Hotel or similar.

meals: B

DAY 5 In Sacred Valley of the Incas

Today we enjoy another day in this beautiful place. The valley actually follows the course of the famous Urubamba River, one of the main tributaries of the Amazon River. During our time in Ollantaytambo we visit its remarkable temple/fortress set high on a ridge above the village. The village itself is a fascinating mixture of Inca and Colonial architecture. If the weather is good and we have time we can enjoy some short walks in the valley - a good way to prepare for the trek ahead. This evening we have a pre-trek briefing with our trekking guide at our hotel and prepare for the trek.

Overnight: Tika Wasi Hotel or similar.

meals: B



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DAY 6 Drive to Challacancha, commence trek (trekking approx 4-6hrs)

Today we have an early start as we begin our scenic 5-hour drive north to our trailhead at Challacancha, where we will meet up with our team of muleskinners and their pack animals to start our 7-day trek towards Salkantay and Machu Picchu! After a picnic lunch we start hiking steadily uphill towards our first night's campsite close to Soraypampa at approximately 3,700m. Today we'll get our first glimpse of Salkantay's sister peak, Humantay (5,950 m / 19,700 ft). If time allows, we will also walk up to Lake Humantay, a beautiful blue lagoon with snow capped mountains in the background.

Overnight: Campsite.

meals: B,L,D

DAY 7 Trek up the valley between Salkantay and Humantay (trekking approx 4-7hrs)

This morning we'll be woken early with hot tea brought to our tents and after breakfast we'll get an early start on our day's hiking. Depending on weather conditions and the group's preference, we'll hike up to beautiful Humantay Lake early in the morning (4,221m). We will return to Soraypampa and from here, we'll hike for about 3 hours, steadily gaining altitude, before stopping for a lunch break at Salkantay Pampa (4,150 m / 13,600 ft), set in front of an enormous mass of glacial moraine. After a rest we continue on for 2-3 hours of steady hiking towards at our next camp of Ichupata (4,400 m / 14,400 ft), set on the flanks of the majestic peak of Mt Salkantay (6,271 m / 20,574 ft), which dominates the skyline for most of our trekking days. The camp at Ichupata is cold due to its proximity to the Salkantay massif, but since our cooks and pack animals will have set out earlier, we should find the camp already set up and a fresh pot of hot tea awaiting our arrival!

Overnight: Campsite.

meals: B,L,D

DAY 8 Trek over Incachiriasca pass to Acobamba (trekking approx 7-8hrs)

After a hearty cooked breakfast we set off to hike across one of Salkantay's ridges and over the mountain pass of Incachiriasca. At an elevation of 4,870 m / 15,970, Incachiriasca is the highest pass of our trek, offering us spectacular views of our dramatic surroundings. After a stop at the pass to rest and take photos, we head down to follow the ancient trail to our next camp at Acobamba, set on a lovely little plateau above Sisaypampa.

Overnight: Campsite.

meals: B,L,D

DAY 9 Descend to Paucarcancha and up to the village of Q'esca (trekking approx 7-8hrs)

From Acobamba we descend into the scenic Pampacahuana valley, passing simple shepherd's homes and scattered communities, and stopping to visit the extensive Incan ruins of Paucarcancha (3,350 m / 11,000 ft). From here we trek up the valley towards the Ancascocha Pass. Tonight we camp just above the small village of Q'esca, home to shepherds and potato farmers. (We might also consider staying higher up and taking an alternative route to Q'esca).

Overnight: Campsite.

meals: B,L,D

DAY 10 Trek over the Ancascocha Pass (trekking approx 6-7hrs)

Another early morning today as we begin our climb up to the second high mountain pass of our trek, the Ancascocha Pass (4,695 m / 15,400 ft). From here we begin a steady descent, hiking through dramatic mountain scenery and passing two pretty alpine lakes known for their large trout. Tonight we camp near the small farming village of Ancascocha.

Overnight: Campsite.

meals: B,L,D



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DAY 11 Descend to the Sacred Valley at Chilca (trekking approx 5-6hrs)

From Ancascocha we head down a narrow valley whose rivers run right down into the mighty Amazon. As we descend, the sparse alpine vegetation begins to change and we start to encounter larger trees—a good chance to spot some of the most common Andean birds in this region: the black-throated flowerpiercer, great sapphirewing, rusty-fronted canastero, creamy-crested spintail, and, if we remember to look up, the endangered Andean condor—among the largest and heaviest flying birds in the world. Near the end of our day's trek, we reach Hatunrumiyoc from where we'll have incredible views of the rugged snow-capped peak of Mt Veronica (5,980 m / 19,500 ft). Tonight we camp near the large village of Chilca, and if time permits, our cooks will prepare a special 'Pachamanca'—a traditional Peruvian feast of meat and vegetables cooked in the ground using hot stones. A good night's sleep at this lower altitude will put us in good stead for tomorrow's trek along the Inca Trail to Machu Picchu.

Overnight: Campsite.

meals: B,L,D

DAY 12 Trek to Machu Picchu (trekking approx 7-8hrs)

After an early breakfast we hike down to the railway at Chilca (4km) for a short drive to Ollantaytambo to take the tourist train to Km 104 from where we start our steep hike up to the important site of Wiñay Wayna. At this we continue the last section of the Inca Trail via Inti Punku where we get our first awe-inspiring views of the 'lost city' of Machu Picchu. After a brief look at the site from above we head down by bus to our hotel in Aguas Calientes for a well-deserved soak in the nearby hot springs (optional).

Overnight: El Mapi Hotel or similar.

*Important: Peruvian authorities have implemented entry restrictions to protect Machu Picchu from the impact of its immense popularity. There are three time slots in which patrons can enter Machu Picchu for a maximum of four hours and must follow one of three predetermined routes. Admission is not allowed after 4pm. Additionally, all visitors must be accompanied by a guide at all times. These changes have been made to improve the visitor experience and in an effort to deal with overcrowding. World Expeditions endeavours to ensure you get the most of your Machu Picchu experience regardless of these restrictions.

PLEASE NOTE: All trekking distances and walking hours per day are approximate and the length, distance per day, start and finish time can vary depending on the group size, ability and weather conditions.

meals: B,L



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DAY 13 Explore Machu Picchu, return to Cusco

Today we start early to explore these remarkable and truly enigmatic ruins. We will enjoy a guided tour of the sanctuary. In the afternoon or early evening we depart from Machu Picchu for the train ride back to Ollantaytambo where we transfer to our vehicle for the drive back to Cusco. Here we transfer to our hotel for two nights.

Overnight: Casa Andina Cathedral Hotel or similar.

NB: Depending on train schedules, we may arrive into Cusco very late at night.

OPTIONAL HUAYNA PICCHU CLIMB OR MACHU PICCHU MOUNTAIN CLIMB - For the adventurous, you can purchase a permit for Huayna Picchu or Machu Picchu Mountain climb (ask for costs) and forego the guided tour of Machu Picchu, which is non-refundable and non-transferable. Both climbs are steep, slippery, and exposed with vertiginous drops. Huayna Picchu has narrow trails and reaches 2,963m, while Machu Picchu Mountain has a wider path and reaches 3,082m. The climbs are not guided and takes a minimum of 3 hours return. Before purchasing the non-refundable and non-transferable permit, passengers must sign a waiver form. There are limited Huayna Picchu permits available and they sell out quickly, so contact us as soon as possible if interested.

meals: B

DAY 14 Cusco - free day

Today we have a free day in Cusco to relax and repack after our trek, or to enjoy a spot of souvenir shopping, choosing from a huge variety of expertly made Peruvian craft work—including alpaca sweaters and hats, vibrant textiles and weavings, ceramics and traditional Andean instruments.

Overnight: Casa Andina Cathedral Hotel or similar.

meals: B

DAY 15 Drive to Cusco airport, trip concludes

After breakfast we are transferred to the airport in Cusco where our trip concludes.

meals: B

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.



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Country Information

Peru is a country of rich cultural and environmental diversity. Divided into three broad geographic zones: the Costa, the Sierra and Amazonia, human settlement patterns have historically been shaped by the abundance and the challenges posed by the rugged terrain of the country. In addition to the shaping forces of the environment, the ethnic tapestry of modern Peru is the result of the rise and fall of various civilizations. Throughout the pre-Hispanic period, populations were largely isolated from one another, with the Andes mountain system providing an enormous barrier to national unity, however, at least three major cultures spread across the Andes during this period and unified the people of Peru, contributing to the mosaic of modern Peruvian culture: the Chavín, the Huari, and the Inca. At its peak, the sprawling kingdom of the Inca Empire encompassed everything from southern Columbia down to the middle of present-day Chile, imposing sophisticated structures of political, religious, cultural and technological influence. The Inca Empire was conquered by the Spanish in 1535, when Francisco Pizarro led troops to conquer the Inca royal capital of Cusco, establishing the new capital of Lima and spreading Spanish language and Catholicism throughout the country. Today, the cultural, social and architectural legacies of the Inca and the Spanish are evident throughout Peru. Geographically, Peru is made up of the three distinct regions. The Costa is a narrow, arid coastal strip, mainly desert and up to 60 kms wide, running down the western flank of the country. This coastal area is the economic heartland of Peru, and the cold Humboldt Current that runs up the coast supplies some of the richest fishing grounds in the world. Down the centre of the country runs the Sierra (Spanish for ‘mountain range’), the alpine region of rugged snow-capped peaks, deep valleys and highlands that comprises the Peruvian section of the Andes mountain chain that extends throughout South America from Colombia in the north all the way to Patagonia in the southern tip of Chile. The highlands of the Sierra contain more than a third of the population—mostly the Quechua or Aymara-speaking Indians engaged in pastoral farming. The third region is Amazonia, the jungle that reaches from the fertile Andean foothills to the pristine lowlands of the great Amazon rainforest and myriad waterways of the vast Amazon River basin. This is a very lush and fertile land of gentle slopes and valleys surrounded by the high peaks of the Cordilleras Vilcabamba, Vilcanota and Blanca, and is a region home to a huge biodiversity of plant and animal life. Peru has a population of 28 million, made up of full-blooded indigenous Indians (biggest group are the Quechuas, whose forebears were the Incas) and Mestizos, who are a mixture of Indian and European backgrounds. Peru’s official languages are Spanish and Quechua. More than half the population lives in the largest cities, namely Lima, Arequipa and Trujillo. Peru has a land area of 1,300,000 square km, and is located on the Pacific coast of South America. Its capital, Lima, located 12° south of the equator, was the capital of Spanish South America from its founding in 1535 until the early 19th Century. The old central part of the city with its impressive colonial commercial section, contrasts sharply with the city’s modern office blocks, shopping centers and suburbs—and especially the ever expanding shanty towns or “pueblos juvenes” where the poorer country cousins are usually forced to live after moving to the city in search of work. Cusco, the former capital of the great Inca Empire, stands at an elevation of 3,400 m (11,200 ft) in the heart of the southern sierra. Cusco is celebrated for the perfect stonework of its ancient Incan city, its many beautiful colonial churches and palaces, and its proximity to spectacular Incan ruins including the ‘lost city’ of Machu Picchu.



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Climate

The trekking season in Peru lasts from the end of April (the last month of the wet season) through to mid-October. This is the dry but 'cold' period, with the best mountain views and all passes open. By mid-October the rains have returned and hiking becomes more difficult due to muddy trails and snowed-in passes. Temperatures in the area around Lima are warm during the day (20-25°C / 68-77°F) and cool at night (5°C / 40°F). In the highlands of Peru where our treks take place, daytime temperatures will be in the range of 10-20°C (50-68°F) falling as low as -10°C (14°F) at night. It's also possible that we'll get some snow on the higher ground and some of the higher passes.

Mountain Flights

The flight from Lima is a spectacular 55-minute trip which takes you across the Andes to Cusco set at 11,200' (3,400m). If possible try and get a seat on the left side of the aircraft as some of the best views of the Andes can be seen during the last 20 minutes of the flight.

A Typical Day

Depending on the itinerary for the day, you will either be travelling or sightseeing. Local experts generally fill the mornings with tours to the local sites. After lunch, further sightseeing will take place or there will be leisure time for you to read, relax at the hotel or explore.

Trekking Routine:

Our trekking day starts around 6.30am with a wake-up call and fresh cup of tea brought to your tent. Hot water is available for a light morning wash. Breakfast is served in the dining tent and consists of hot porridge and toast and jam, served with coffee, hot milk and tea. On some days we serve bacon and eggs or pancakes.

Before breakfast it's often a good idea for you to pack up your duffel bags, prepare your day packs and take down your tents so that the mule or llama skinnners can organise the loading for departure. The morning's hike usually lasts from about 8:00am to 12.30pm allowing plenty of rest and photo stops. Lunch is of the picnic type and is prepared by one of the cooks who accompany us during the morning. It consists of salads (vegetables and/or noodles), sometimes soups, salamis, cheese, peanut butter, bread, crackers, tinned meats and fish, topped off by freshly brewed tea and biscuits. After lunch we set off for the afternoon's hike - usually 2 to 3 hours to the camp. On arrival in camp (which will have already been set up in advance) tea and coffee will be served and you are then free to do as you like until dinnertime. Served at 6:30 - 7:00pm, dinner consists of three courses - soup or fresh salad, a main course of stews, spaghetti or rice dishes (all prepared with fresh meat and vegetables) served with red or white cask wines (on last night of trek) and followed by dessert, tea, coffee and Milo.

Nor will you go hungry during the walking day. Apart from lunch you will also get a "snack pack" made up of chocolates, nuts and fresh fruit. Most of the walking is on fairly well-defined tracks, including some remarkable sections of ancient Inca stone "highways". There are occasional river crossings but no really steep sections where scrambling is involved. Most groups like to spread out over the trail, stopping for photographs, resting, and bird-watching or just ambling and taking time out to absorb the lovely surroundings. The only thing we ask you to remember is not to get too far ahead of, or behind the main party, and to keep your guide within view. One of the guides or camp staff almost always walks with the slowest member of the group - so there's no chance of being left behind. In fact almost everyone finds and manages to keep to their own pace. Obviously in the event of very bad weather or adverse conditions, the guide will keep the group as close together as possible. The evenings are often one of the most enjoyable parts of the day. After a relaxing dinner, people like to sit in the dining tent - talking, playing cards or scrabble, reading, chatting or just relaxing (a good idea to bring games, cards and books along).



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Meals During the Trek

We provide a full service while on trek. An important aspect of this service are the meals that are prepared for you and we are frequently complimented by returning travellers about the food provided. Ensuring that you stay healthy is one of our highest priorities. Therefore, each of our treks is accompanied by a trained cook as well as kitchen staff who provide you with three hearty meals each day. High levels of hygiene are engaged to ensure that our travellers stay healthy and fit. Our cooking staff has mastered the preparation of a varied and balanced menu and there is always plenty of food for those who may like seconds. Our cooks are trained to provide excellent food for vegetarians and anyone who has a limited diet including those who are lactose or gluten intolerant. Our meal inclusion on your trek is for your benefit and takes all the hassle, expense and worry out of your holiday. Typically, you can expect breakfast to consist of muesli or cereal, eggs, local breads and pancakes and hot drinks. Lunch will generally be vegetables, salads, bread, cheese pasta style dishes, tinned fish and meats and are normally eaten picnic style. Dinner is always three courses and includes soup, seasonal vegetables, meat, rice or pasta and bread with some local specialties also in the mix. Dessert is always served after the main meal each evening followed by hot beverages.

Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

Accommodation on the Trip

While in Lima or Cusco, you will typically stay at a Casa Andina hotel, or another property of a similar style. The Casa Andinas specialise in integrating the characteristics of each destination such as architecture, decoration, gastronomy and music to create an authentic experience for our travellers. They are centrally located and come with good service and comfort. Most of the hotels and lodges we use can be described as 3 star accommodation, some of them are categorised as 4 stars. In smaller towns and villages hotel options are often limited and we might have to use more basic accommodation with a lower or without star rating. Please note that the star rating in South America is very fluid and can't be compared to a western standard star rating, however you can be assured of clean, comfortable and well located lodgings.

During the trekking section, enjoy our fully supported camping experience in quality two person tents with plenty of personal space and storage for your luggage. Our team are on hand to ensure your comfort and safety with a dining tent, separate cooking tent and where appropriate, toilet tent erected.

Pre and Post Tour Accommodation

If you would like to extend your stay in Peru we would be more than happy to assist with your pre or post tour arrangements. Please ask your reservations consultant for further details.



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What You Carry

In your daypack you will need to carry extra warm clothing, a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack.

Please note, the following items are prohibited in Machu Picchu: drones, selfie sticks, tripod for cameras, walking stick without rubber tip, backpack that exceeds 40cm x 35cm x 20cm, aerosol spray, heels, sharp objects, banners or posters. As of December 2018, single-use plastic bottles and any other single-use plastics (bags, cups, straws, etc) are prohibited in the Historic Sanctuary of Machu Picchu, on the Inca Trail and all other protected natural areas in Peru. This regulation was established by the Ministry of Environment, following the Sustainable Tourism Regulation which aims to conserve these protected natural areas. Please ensure to bring your reusable water bottle on all our Peru trips. Water refill stations have been installed in areas near Machu Picchu and other national parks. Your guide will brief you where you can refill your water bottles with drinking water.

Equipment Required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

Acute Mountain Sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

Porter Initiatives

Porter Welfare in Peru: The Andes

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Peruvian porters receive the following:



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*All porters receive the same access to medical service as clients.

*We provide all food (3 meals per day based on a menu requested specifically by the porters), gas stoves for all cooking.

*We are one of the 5 companies (among almost 200 companies) that pay the highest wages to their porters.

*All our porters can also access interest free long-term loans from us as long as they can clearly indicate how those funds will be used.

*We provide all our porters with basic life and accident insurance. In addition we provide any porter (or any member of their family) full coverage of any medical costs that they incur whether it be work related or not e.g. if they have an accident in their fields or if they get any kind of illness we fund their treatment until they are well again. We are one of the only companies in Peru to care for their staff to this extent

*We provide transport (private buses and train) to and from the trek start and finish.

We provide sleeping tents, sleeping pads, (plus sleeping bags if requested), footwear (shoes or boots), warm jackets and raingear.

Porters are not to carry more than 20 kilos camp gear and 5 kilos of personal gear

The minimum age for a Porter is 20 and the maximum age is 58 years old.

We have yearly meetings to discuss the needs of Porters.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org

High Altitude Travel

Travellers sometimes drive or fly to high altitude (above 2000m) and therefore run a risk of altitude illness. This risk increases the faster one ascends and the higher the final altitude gained. The risk is reduced if the night following the ascent (sleeping altitude) is spent at low altitude, ie. If you are travelling by road, cross a high pass and descend to an altitude not more than 300 m from your starting point, the risk of altitude illness is minimized. Gaining height rapidly and staying high definitely risks developing altitude illness and you should be aware of, and watch for, the symptoms (see "Acute Mountain Sickness"). You should also consider the use of acetazolamide (Diamox) as an aid to acclimatization and discuss this with your doctor or leader before departure. Should altitude illness occur the treatment is to descend and/or visit a hospital or clinic where the appropriate oxygen and medications can be administered.

How To Book

To register for this Challenge visit the Huma Charity Challenge website and click REGISTER NOW. A \$200 registration fee is required at the time of booking. Or you can contact Huma Charity Challenge by email for more information: megan@humacharitychallenge.com.au

