

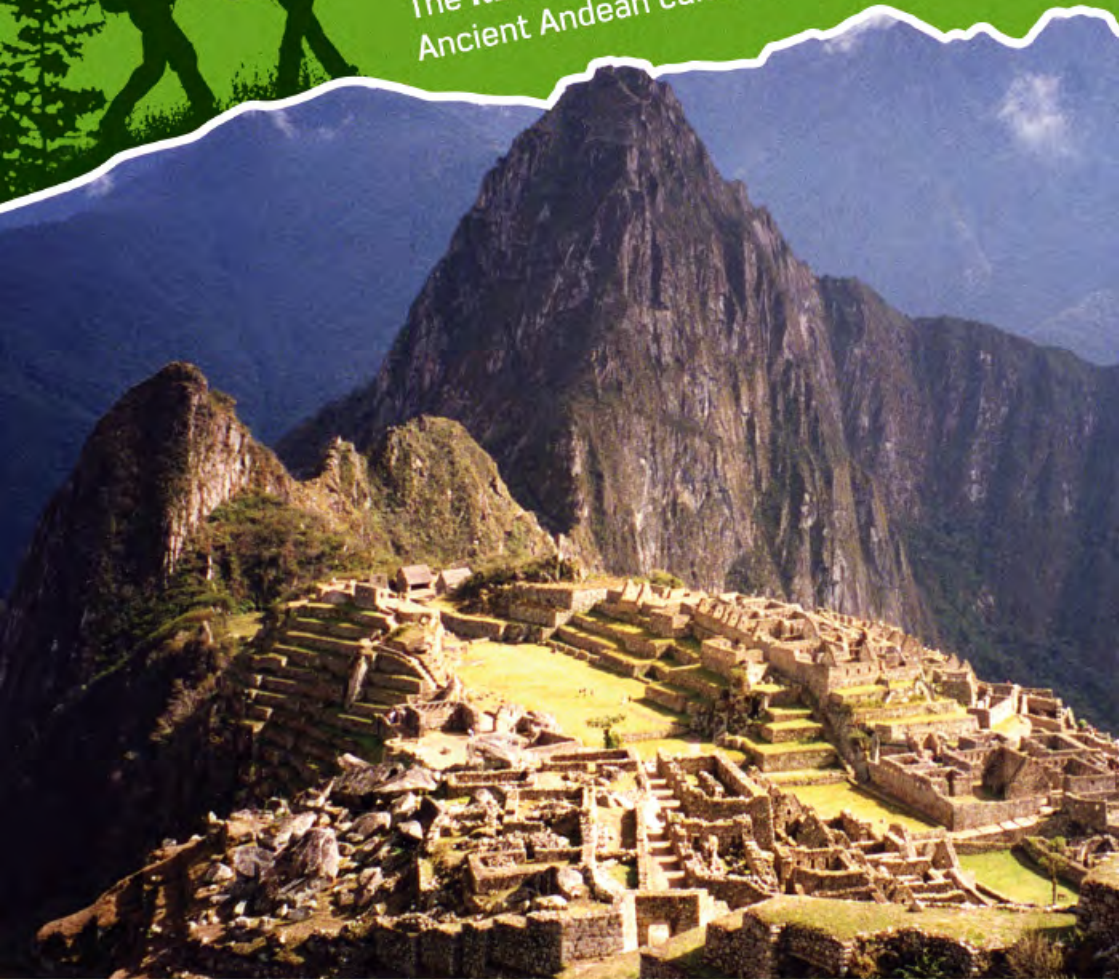
TREK

REGISTRATION
PACK

THE INCA TRAIL

14 – 23 May 2011

The **REAL** Inca Trail • Sunrise at Machu Picchu
Ancient Andean culture



FUNDRAISING PLANNER

Creativity, planning and having fun are the secrets to fundraising success. Start by thinking who you know, what you enjoy doing and who can help you. Break down the amount into smaller chunks and start to make a plan. Below is an example to give you some ideas and once you're signed up we'll send you lots more tips and advice.

TARGET ACHIEVED!

£3000



Local school holds a non-uniform day and charges £1 each to support you.	£500
Six friends, family or colleagues raise £100 each on your behalf.	£600
Raffle of prizes from local businesses.	£300
Quiz night at your local pub.	£300
Sponsored training bike ride/walk.	£250
Organise an event of your choice, with a group of friends.	£500
Christmas party - £10 a ticket.	£200
Use collecting tins and ask your local busy pubs if you and friends can collect on Saturday nights.	£200
Sponsorship from friends and family.	£150

ITINERARY

The Inca Trail is rated amongst the ten best trekking trails in the world due to its striking beauty, ancient Inca ruins and diverse ecological zones. Our ultimate destination is Machu Picchu - the

“Lost City” of the Incas - one of the world’s most fascinating and important archaeological finds and one of the New 7 Wonders of the World.

Day 1 - London - Lima

Morning flight from London to Lima via Madrid. Evening arrival and transfer (30 – 40 minutes) to overnight hotel. We have dinner on arrival.

Day 2 - Lima - Cusco

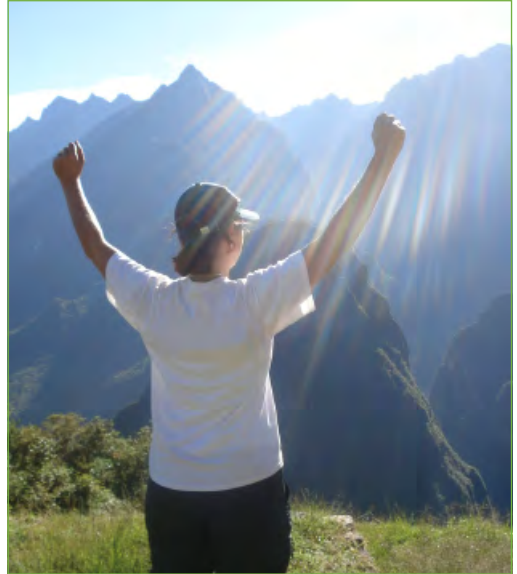
Early rise to catch a domestic flight over the Andes to the historical city of Cusco (3400m above sea level). Transfer to our overnight hotel where we'll spend the next 2 nights. This afternoon is free to explore independently or take part in an optional walking tour of Cusco. Tonight we eat together and hear more about the week ahead.

Day 3 - Around Cusco

Free day in Cusco to acclimatise to the altitude. Half day walking tour of Cusco. Lunch is not included today. Dinner and overnight in hotel accommodation.

Day 4 - Around Cusco

Explore the area around Cusco on a one day optional tour. This includes a visit to the Sacred Valley, the Inca site and market town of Pisac with a warm up hike over part of the Inca Trail. Lunch is not included today. Dinner and overnight in hotel accommodation.



Day 5 - Cusco - Ollantaytambo - Huayllabamba

It's a very early start by coach today (2 hours approx.) to the market town of Ollantaytambo. This is the last place we visit before reaching the trail so it's a good idea to stock up on “magic sticks” (walking sticks), chocolate, coca leaves and resin etc. From here it's a further 1 hour by coach to kilometre 82, which is where we start trekking at an altitude of 2500m. Before setting off we have to register for the Inca Trail and this can take some time. We trek for 2 hours until lunch. During the break there will be a cultural talk as we overlook the first of the Inca Ruins we see on this trail - Llaqtapata. From here it's another 2 – 3 hours to the overnight camp at Huayllabamba (3000m). Tonight we will probably have the luxury of our own campsite (as opposed to the next 2 nights where we camp at communal sites within our own area) but maybe with more limited facilities.

4 - 5 hours approx.

Day 6 - Huayllabamba - Warmiwanuska (Dead Woman's Pass) - River Paqaymayo

From Huayllabamba the trail climbs steeply along the banks of the River Lullucha. After about 2 hours we take a break beside the river. We continue for a further 2 hours through beautiful cloud forest to our lunch stop at Lulluchapampa at 3850m. After lunch we set off slowly for the last 2 hours which takes us over Warmiwanuska (Dead Woman's Pass) at 4200m. This is the highest point of the trek and the altitude makes it a slow ascent with the air becoming increasingly thinner. From the top there is a steep and tiring descent to our camp in picturesque surroundings near the River Paqaymayo (3600m).

Terrain: Ascend for first ½ hour till check post. Further 1½ - 2 hours through forest and up steps getting steeper to lunch spot (3850m). Final 1½ - 2 hours ascent to Dead Woman's Pass (4200m). From there 1 - 2 hours steep descent with many steps to camp at 3600m.

7- 8 hours approx.

Day 7 - River Paqaymayo - Runkuracay - Phuyupatamarca - Winay Wayna

We start off with a steep ascent of 45 minutes to Runkuracay (3800m), a small archaeological site where we'll be given a cultural explanation. This should take approx. 1 hour followed by another 45 minutes up to the Runkuracay Pass at 4000m. Along the way we trek close to a lake. From the Pass it's a 45 minutes – 1 hour descent, starting with a short tunnel and then down steps followed by a gradual downhill stretch to the well preserved Inca ruins at Sayaqmarca (3600m). Along the way we pass another lake. We stop for a short cultural explanation at Sayaqmarca then continue into lush forest valley to the lunch spot at Chaquiqocha (dry lake). Straight after lunch it's a steepish ascent then more gradual uphill with some level terrain. We encounter another short tunnel on the way. At Phuyu Pata Marca (Town above the Clouds) we stop to enjoy the views and another cultural explanation. Afterwards it's a 1 – 1½ hour downhill section through beautiful cloud forest to a well known electricity pylon landmark. From there a downhill track leads to the campsite. Today is a long and difficult day, particularly at the beginning as it is still at a high altitude.

7- 8 hours approx.

Day 8 - Winay Wayna - Intipunku - Machu Picchu - Aguas Calientes

An early start today (we wake around 4am) in order to reach Intipunku (Gates of the Sun) for sunrise. The trail is undulating with a series of very steep steps up to Intipunku. From here it is possible to catch our first glimpses of the awe inspiring Lost City of the Incas, Machu Picchu. It takes about 45 minutes or so to reach the site. After a group photo we will have a guided visit for 2 – 3 hours. The afternoon is free time with a choice of activities:

Further exploration of Machu Picchu site. Climb Huayna Picchu Mountain, which is quite difficult - about 1 hour up and 40 minutes down. Take the bus straight to Aguas Calientes, a good town for shopping.

We have day access to several hotel rooms in Aguas Calientes so you can shower and freshen up. At 2pm approx we take the train to Ollantaytambo (1½ hours) with great mountain scenery en route. This is followed by a bus transfer (1½ hours) to Cusco. Tonight we celebrate with a meal together in a restaurant in the town. Overnight in Cusco. 3 hours approx.



Day 9 - Cusco - Lima - London

Morning flight from Cusco to Lima. Transfer to the city centre for some free time for lunch and last minute shopping before boarding our bus back to the airport to catch the evening flight to London via Madrid. (Lunch and dinner not included today).

Day 10 - London

Arrive UK.

This is a complex itinerary and is subject to change
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FACTFILE

Raising Sponsorship Money

Register and receive a fundraising pack full of information and ideas. Once you set your mind to it, it's amazing what you can achieve! Classic Tours and your charity can help you out with lots of tips.

Who can take part?

Anyone over 18 years old is welcome as long as you are fit and healthy enough to do the challenge.

Fitness

The event is aimed at people of average fitness who are prepared to put in plenty of training to enable them to meet the challenge. Classic Tours will provide a set of training guidelines to help you on your way. This is a challenging trek at altitude and you will be required to have your medical form signed by your doctor to take part.

Kit

You will need comfortable walking boots with ankle support and a sleeping bag. A full packing list will be sent to you.

Support on the event

Experienced staff (tour manager, guides, porters and doctor) will be there to provide help and encouragement whenever you need it.

Accommodation

Camping for 3 nights along the Inca Trail and basic but comfortable hotels for the rest of the event.

Food & Drink

The food will be wholesome, tasty and plentiful. There will be snacks and water available whilst trekking.

Weather

Days are likely to be clear and sunny, around 20°C. It will be colder at night, often below freezing. Showers are possible.

THE COSTS

Option 1 – you raise **£3000** approx sponsorship (to be set by your chosen charity)

Option 2 – you pay **£1480** and raise as much sponsorship as possible

Health

Tetanus and Hepatitis A inoculations are suggested. Please consult your GP for professional medical advice.

Visa & Travel Insurance

A visa is not required for British citizens. If you are a non-British citizen please contact Classic Tours for advice. You must be insured to take part - either through a company of your choice or the Classic Tours recommended policy. You will need to provide proof of your insurance 8 weeks prior to the challenge.

Staying On

It is possible to stay on in Peru after the challenge, subject to availability. Full details will be sent out nearer the time.

What's Provided

Flights to and from Peru, internal flights, accommodation, transfers, full medical support, experienced guides, support staff, water and all meals except lunch on days 3, 4, 9 and dinner on day 9.

Other costs to budget for

We do not include airport taxes and any fuel surcharges set by the airline in the tour cost because these fluctuate and are beyond our control. We will invoice you for this cost at the point when your tour cost is due. Currently these are about £300 but are subject to change. In addition you will need to budget for personal travel insurance, any optional tours, gratuities and spending money.

Responsible Tourism

Classic Tours operates a responsible tourism policy and you can off set your carbon emissions on our website www.classictours.co.uk

Registration fee:
£299

If you have any other questions not answered here please contact Claire.

Tel: 020 7619 0066 ext 208 or claire@classictours.co.uk

THE NEXT STAGE

“ I met incredible people and made great friendships while completing a physical challenge against a backdrop of breathtaking scenery and amazing historical sites. ”

Colin Moran, 29 - Banker, Dublin

We at Classic Tours are here to help and support you all the way through the event so please do get in touch if you have any questions not answered here.

Email: claire@classictours.co.uk

Tel: 020 7619 0066 ext 208

Web: www.classictours.co.uk

Classic Tours are the originators of worldwide charity challenges and fully bonded under ATOL number 3379. Since 1992 they have helped over 250 UK charities raise in excess of £60 million.

The next steps

1. Speak to the charity which you would like to raise funds for.
2. Complete and sign the Registration and Medical Form and return to Classic Tours along with the registration fee or sign up online at www.classictours.co.uk.
3. Classic Tours will then contact your chosen charity, confirm your place, send details of the event and set you on your way to fundraising success!

classic tours
LEADING THE WAY IN CHARITY CHALLENGES



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Classic Tours has a full programme of Open Challenge events in 2011 including:

- Climb Kilimanjaro • Cycle Kenya • Cycle London to Paris
- Trek the Great Wall of China • Trek Jordan
- NIGHTRIDER™ (100km bike ride around London (at night))
- Cycle Death Valley • Cycle 5 Countries.

For more information on any of these challenges contact Claire on claire@classictours.co.uk or call 020 7619 0066 ext 208.