



Challenge itinerary

Day 1 Fly in the afternoon from London Heathrow to Lima.

Day 2 We pick up our connecting flight to Cusco in the morning. Once we have checked into our hotel, we spend the rest of the day acclimatising to the altitude. This includes a walking tour of the city before dinner.

Day 3 Our first day of trekking is to the lesser known yet very impressive Pikillaqta Ruins, an ancient ruin high in the hills above Cusco. We stay a second night in Cusco.

Day 4 We wave goodbye to Cusco this morning and drive towards the Sacred Valley over high mountain passes to the Lares Valley. A stop at the famous hot springs for a swim and some lunch and the trek begins with a 4-5 hour hike to Cuncani (3,800m) where we camp overnight.

Day 5 On our longest walking day, we awake to a dramatic backdrop of snow-capped mountain peaks. Leaving camp early we begin our long climb – a gradual ascent along good paths and tracks. In the distance we can see turquoise lakes and white peaks, you will see alpacas and llamas roaming among scattered houses. After a lakeside lunch we continue down the valley to our campsite at the small settlement of Huacahuasi (3,840m).

Day 6 After a hearty breakfast we leave the village and start another long walk. Over the course of the morning, we will gradually gain altitude as we hike for about four and a half hours. We will take a little used route through the Ranrayoc valley passing the small community of Puñunayoc. With views of snowy mountain Tirijhuay we stop for lunch (4378m). From here we will continue for a further three hours until reaching the road where we will be collected and taken to a hotel at Ollantayambo.

Day 7 Our final day of trekking starts the Inca village of Ollantaytambo which guards the entrance to the Sacred Urubamba valley. We take the early morning train to Km 104 where we start our trek on the traditional Inca trails towards the Sun Gate, here we are rewarded with stunning views of Machu Picchu. We stay the night in a hotel in Aguas Calientes.

Trek Peru

29 April – 8 May 2011
16 – 25 September 2011
13 – 22 April 2012
7 – 16 September 2012

Follow in the footsteps of Denise and Fearne and trek with us to the breathtaking sacred Inca City of Machu Picchu.

'I had a magical time. We laughed and cried and climbed many steps. The memories will stay with me forever!'
Fearne Cotton

'I will never forget the emotion of reaching Machu Picchu surrounded by my new found trekking buddies.'
Denise van Outen



All air and ground travel arrangements for Trek Peru are organised by Charity Challenge, ATOL bonded 6546, and their booking conditions apply.

Day 8 Today is dedicated to exploring these extraordinary Inca remains. If you are still feeling energetic you can also climb Wayna Picchu, the mountain overlooking the site. The early afternoon train takes us back to Cusco before tonight's evening celebration. Overnight at a hotel in Cusco.

Day 9 Morning free in Cusco before transferring to the airport for our return flight to Lima, where we transfer for our flight back to London.

Day 10 Arrive back in the UK.

Note: Itinerary, dates and flight times are subject to change.

Payment options and tour costs

Minimum Sponsorship

- Non-refundable registration fee: £375
- Minimum sponsorship: £3,725 (2011), £3,930 (2012)
- 80% of your sponsorship is required 10 weeks before departure

Self Funder

- Non-refundable registration fee: £375
- Balance: £1776 (2011), £1868 (2012)

Flexi

- Non-refundable registration fee: £375
- Balance (contribution towards your trip costs 10 weeks before departure): £375
- Minimum sponsorship: £2890 (2011), £3095 (2012).
- 80% of your sponsorship is required 10 weeks before departure.

The tour cost is £2051(2011), £2143 (2012) and includes tax. If you choose the fundraising or flexi option these costs are paid from your minimum fundraising.

Your questions answered

How fit do I need to be?

This is one of our toughest treks. People should have above average fitness. You will be trekking in a tough and challenging environment for eight hours or more per day for five consecutive days. To achieve the recommended level of fitness, we advise you start training as soon as you sign up, we will send you a training guide as soon as you register. The fitter you are, the more confident you will be and the more you will enjoy each day. Our treks are not a race; everyone is encouraged to go at their own pace and the level of fitness will naturally vary throughout the group. Everyone finishes each day's trekking together as a group.*

*This is dependent on the pace of the slowest person.

What will the trekking be like?

The trek will take us over varying terrain from day to day and from morning to afternoon. We visit a beautiful part of Peru and one that many visitors will never get to see. You will witness some spectacular scenery making your training at home worthwhile.

Our route will take us along dust tracks and past Inca ruins into the mountains and valleys of the Peruvian Andes. Ascents and descents will be steep, uneven and exposed. No two days will be the same and you need to be able to adapt to the differing conditions underfoot.

How will trekking at altitude affect me?

This trek does have the added challenge of altitude. People can be affected by altitude over 2,500m. There is no way to predict if you will be affected. Extra time has been provided to acclimatise your body; the first two days are shorter and will be taken at a steady pace. Guides will be on hand to advise you about the effects of trekking at altitude but the best thing you can do is walk at a slow and steady pace, drink lots of water and rest when you can.

What happens to my belongings when I am trekking?

Your main luggage will be transported for you each day. All you will need to carry is a small day pack with your essentials; for example, water, sun screen, sun hat, energy snacks, camera, fleece, waterproof.

What will the weather be like when we go?

We expect the weather to be dry and clear, giving us some spectacular mountain views. Temperatures during the day will be warm, around 20–22°C, which is average for this time of year, with the chance of rain. As we reach higher altitudes it will feel colder at night, sometimes below 0°C, making a good sleeping bag and plenty of layers of clothes essential.

Where do we stay?

We stay in hotels before and after the trek in Cusco and Aguas Calientes and in two-person tents for three nights on the trek. Washing facilities at camp are limited All campsites have a central area for cooking and eating. Your tents are put up and taken down for you each day and Peruvian food will be prepared for you throughout.

Contact challenges@breastcancercare.org.uk or call **0845 092 0805** if you have any questions.