



EASTERN MOUNTAIN SPORTS ADVENTURES TREKS & TRAILS

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THIS ADVENTURE AT A GLANCE

- Includes domestic airfare, and all other transportation
- Trek on the Inca Trail
- Mountain Biking
- Whitewater Rafting
- Stay at our Amazonian Jungle Lodge
- Lodging is in Hotels, Lodges and Tents
- Guided by Experts, with knowledge of local customs and peoples.

TOTAL: 16 DAYS – depending on your departure arrangements

Arrival/Departure City: Lima, Peru

2007 LAND COST:
\$2590 USD Per person
We can't guarantee private lodging

GROUP SIZE: 4 to 16 Members

Dates: 2007

June 18 – July 01

July 14 – 27

July 28 – August 10

August 11 – 24

September 01 – 14

September 15 – 28

September 29 – October 12

October 13 – 26

November 10 – 21

December 22 – January 04

“Multi-Activity Peru”

LIMA - CUSCO - HORSE RIDING TO LOCAL RUINS -
RAFTING - PISAC MARKET - BIKING - INCA TRAIL - MACHU
PICCHU - PUERTO MALDONADO - JUNGLE LODGE - LIMA
(14 DAYS)

Here at Eastern Mountain Sports, we understand that many of our customers want to experience a wide array of active adventure sports. So our guides have gone wild on this trip and arranged for you to enjoy a little of everything that Peru has to offer. You'll bike, hike, raft and explore jungles -- seeing and doing more than you could believe possible on one trip.

To start, you'll fly into Lima and spend the night there, before taking a short domestic flight the next morning to the former Incan capital and Spanish colonial city of Cusco, which will be our base for this great multi-activity adventure. Cusco is a wonderful city full of culture, history, good restaurants and fun nightlife. You'll have time during the trip to explore Cusco and check out this beautiful city.

From Cusco, we'll explore nearby ruins on horseback, whitewater raft the exciting grade III-IV rapids of the upper Urubamba river, visit the Pisac artisan market, descend into the Sacred Valley of the Incas by mountain bike and hike the famous Inca Trail to the lost city of the Incas, Machu Picchu.

After all that biking, hiking and rafting, a rest day in Cusco is followed by a short flight to our Amazonian jungle lodge where we'll enjoy hikes, canoe rides and rainforest exploration before returning to Lima.



Gear: EMS supplies all the equipment needed for this trip, except for personal gear on your gear list.

MEALS: Most meals are included. Check itinerary for symbols (B/L/D) for exact meals provided.

STYLE OF TRIP: Lodging will be a combination of local lodges and tents. Each night of the trekking section we'll be in tents.

Grade: Strenuous – Good fitness is required to enjoy this trip. The hiking trails are rocky and steep, going over several staired sections on the Inca Trail. The mountain biking is challenging (but not too much for anyone in shape), and the rafting and other sports are great for anyone looking for adventure.



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Multi-Activity Peru Detailed Itinerary

DAY 1: Arrive Lima. Transfer to hotel and rest up.

DAY 2: Early morning spectacular flight along the Andes to Cusco, transfer to your hotel and start acclimatizing to the rarefied air of this beautiful city (3326m). In the afternoon, we take a short walking tour of the city. (B)

DAY 3: We head out of Cusco and meet up with our horses for a fun day of easy riding. For those not keen on horse riding, we can also enjoy the same route on foot – an ideal acclimatization hike. We will visit all the main Inca ruins in the Cusco valley and some less known ones too. We will enjoy a picnic lunch and end with a visit to Sacsayhuaman fort before returning to Cusco for the night (B/L)

DAY 4: From Cusco we drive to the upper Urubamba, the sacred river of the Incas for some exciting grade III-IV rafting. Full instruction and safety talk are given so NO previous experience is necessary. Following the rafting we take a rarely used road along the Urubamba valley to Pisac where we can visit the local artisan market before heading on to a beautiful hacienda deep in the Sacred Valley which will be our base for the next two days adventure. (B/L/D)

DAY 5: A short transfer up to Chinchero for the start of probably the best one-day mountain bike adventure in Peru. Again largely downhill, we pass Lake Huaypo, famous for UFO sightings and enjoy great views of the Vilcanota mountain range. We enjoy a fantastic downhill on old Inca trails to the village of Maras and then a “descent of a lifetime” on donkey trails into the spectacular salt-pans. For those not wishing to bike, there is a hiking option available. We arrive back at our hacienda in time to relax in the lovely garden. (B/L/D)

DAY 6: Our Inca Trail guides pick us up this morning for a tour of the impressive Inca fortress of Ollantaytambo. After an interesting drive to the end of the road at Chilca, we have lunch and meet our support team of traditional porters before embarking on the famous Inca trail to Machu Picchu. The afternoon trek is along the banks of the fascinating Urubamba River, and we camp for the night at Llactapata (2,788m), beside some spectacular ruins. This is camping and trekking in style. While walking, all you need to carry is a daypack with your camera, rain jacket and water. Local porters will carry all of our camping equipment and gear. Camp chores are done by our guides and delicious meals are provided by our highly trained cook and his helpers. (B/L/D)

DAY 7: We trek up the Cusichaca valley to the small hamlet of Huallyabamba, the last inhabited place on the trail. The path continues on up a beautiful Inca path, past hummingbirds and stunted cloud forest. Our camp is at Llulluchupampa (3680m) - a beautiful grassy area with outstanding views down the valley. (B/L/D)

DAY 8: Possibly the hardest day of the trek, we rise early and head to the top of Warmiwanusca (Dead Woman’s Pass - 4200m). This is the highest point of the trail before we descend into the Pacasmayo valley and then climb again passing the first of many Inca ruins: Runkuracay. Our second pass of the day (3998m) gives us spectacular views of the Vilcabamba range. Walking on a well preserved Inca pathway we pass Sayacmarca ruins with plenty of time for an in depth tour and explanation before passing through a tunnel and a gentle climb which brings us to Phuyupatamarca ruins where we camp (3650m). (B/L/D)

DAY 9: After an early morning chance to catch the sunrise on the surrounding snow capped mountains, we say a farewell to our porters with a traditional song and dance. Our final day’s hike brings us down into the cloud forest on a series of Inca stairways to Winay Wayna, another interesting ruin full of swallows and orchids. And so to Inti Puncu, the gateway of the sun and our first glimpse of Machu Picchu. We pass through the ruins and catch a bus down to our hostel in the colorful town of Aguas Calientes and celebrate our return to civilization. (B/L)

DAY 10: Returning first thing in the morning, we have Machu Picchu virtually to ourselves for a full guided tour, with time afterwards to climb Huayna Picchu -- or else just wander through the ruins, soaking up the amazing atmosphere. After a late lunch, we board the afternoon train for an exhilarating ride along the Sacred Valley of the Incas back to Poroy. Here our waiting bus whisks us back to Cusco and our hotel. Then if we have the energy, we can explore Cusco’s excellent nightlife. (B/L)

DAY 11: There is so much to see and do in Cusco that we dedicate a whole day to doing just that. Whether your interest is exploring Inca ruins, visiting colonial churches, bargain hunting in Indian markets or just relaxing over a cappuccino on a terrace overlooking the Plaza de Armas, Cusco has it all. (B)

DAY 12: A short flight over the Andes brings us to Puerto Maldonado, in the heart of the Amazon rainforest. Here we travel by motorized dugout canoe away from the town, arriving at our jungle lodge. With our resident expert guides on hand, we can choose to do as little or as much exploring as we like. We can take canoe rides, hike trails, go out at night in search of caiman or simply relax in our hammocks and soak up the atmosphere. (B/L/D)

DAY 13: Up at dawn, we continue our exploration of the jungle by foot into the pristine rainforest -- or by canoe on the nearby lake. Our resident naturalist guides will explain to us the amazing flora and fauna of the Amazon. Hopefully we’ll see several species of monkeys, many exotic birds and if we are really lucky, maybe a mammal or two. Another siesta, and for those who wish, more exploration of the rainforest. (B/L/D)

DAY 14: We transfer back to Puerto Maldonado for your flight to Lima in time to connect with your international flights home. (B)



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Important Information

PLEASE NOTE:

A) The price is based on twin share accommodation. If you want your own tent and lodging, it will be charged according to local pricing.

WE PROVIDE: All airport transfers and transport in private vehicles. Horses and riding equipment, including riding helmets. State of the art rafting equipment including self-bailing rafts, high-flotation life jackets, helmets, wet suits, wet suit boots, spray jackets, dry bags for personal gear and special containers for cameras. Professional English and Spanish speaking river guides trained in Wilderness First Aid, swift-water rescue and C.P.R. Full safety cover at all times. Extensive first-aid kit including oxygen. Mountain bikes, gloves and helmets. Entrance fee & guided tour of the Tambopata Nature Reserve. Quality hotel in Lima, Cusco, Hacienda in the Sacred Valley, hostel in Aguas Calientes and jungle lodge in Puerto Maldonado. All meals as indicated in the itinerary (B = Breakfast, L = Lunch, D = Dinner).

On the Inca Trail: A registered, English-speaking Inca Trail guide, all porters, cook team, camping and cooking equipment including dining tent, toilet tent, Thermarest, spacious two person tents, extensive first-aid kit & oxygen. Guided tour in Machu Picchu, entrances totaling \$125 (including entrance to the ruins at Ollantaytambo, the Inca Trail and Machu Picchu). There will be bus transfers between the ruins, with a basic hostel in Aguas Calientes. Transport from Machu Picchu to your hotel in Cusco will be on luxury vista dome train service and bus transfer.

NOT INCLUDED: International flights, personal belongings, sleeping bag (available for rent \$10 a night), airport taxes (\$6 local, \$31 international), personal expenses, and tips. Day rooms in Lima on final day are not included but can also be organized if required.

WHAT TO BRING:

On this expedition we will be experiencing all extremes of Peruvian climate, from freezing Altiplano to extremely hot sunshine. Below is a list we suggest you pack for this trip.

General:

- Comfortable clothes for travel
- Smart clothes for evening meals
- Sunglasses with attaching string
- Sun cap
- Lip balm
- Suntan lotion SPF 15+
- Warm hat
- Socks / underwear
- Fleece jacket
- Cycling shorts
- Sunglasses with attaching string
- Water bottle & purification tablets
- Sweater (available in Cusco)
- Warm nightclothes

Biking: 24-speed, front-suspension mountain bikes, bike helmets & gloves are provided.

- T-shirt
- Fleece jacket
- Cycling shorts

Rafting: Wetsuits, splash jackets and wetsuit boots are provided.

- Thermal top
- Towel
- Swimsuit

Trekking: Please keep to the 8kg gear allowance.

- Shorts
- T-shirts
- Warm down jacket
- Thermal underwear
- Warm hat, gloves, scarf
- Fleece pullover
- Raincoat / rain trousers / poncho
- Socks / underwear
- Trekking trousers
- After trekking trousers & t-shirt
- Broken in hiking boots
- After trek shoes (sandals)
- Trekking poles w/protective covers (opt.)
- Daypack & rain cover
- Large kit bag for porter carried items.

Jungle:

- Lightweight long sleeved shirt
- Lightweight long trousers
- Walking boots
- Change of clothes & shoes
- Raincoat & fleece jacket
- Binoculars (optional)
- Insect repellent
- Neck/head scarf

The best way to keep biting insects at bay is by keeping covered up with long sleeved lightweight clothes.

Personal gear:

- Headlamp & spare batteries
- Spare glasses / lenses
- Personal toilet kit
- Pocket knife
- Paperback books and journal
- Money belt
- Playing cards or travel games
- Camera (recharging won't be an option in some areas)

Personal first aid kit to include: painkillers, plasters, moleskin, antiseptic cream, after-bite, anti-diarrhea tablets, throat lozenges, rehydration salts & personal medication (our guides carry an extensive first aid kit & oxygen on all trips, but these are generally for emergencies only).

- The porters carry all of your heavy camping gear, but this is inaccessible during the day so please bring a small daypack to carry your personal day gear in – i.e. water bottle, camera, sun-block, insect repellent, light fleece and rain jacket.
- Due to new Inca Trail rules limiting the numbers of porters and the weight they carry to 20kg, we have to limit your heavy gear to 8kg per person – this is usually more than adequate. Kit bags are available from the office for these porter carried items.
- Any excess gear may be stored in the vehicle or at your hotel during activities.
- Inca Trail regulations stipulate ski/trekking poles are only allowed with PLASTIC PROTECTING COVERS to prevent trail damage.
- We implement a 'porter protection policy' that ensures all porters are well treated, fairly paid, insured, fed and looked after.
- Most good quality sporting equipment is unavailable in Peru so if anyone wishes to donate any outdoor clothes, sleeping bags, etc., they will be gratefully received by any of our staff.
- If you would like to give a donation to charity while in Peru, we recommend the Dental Project Peru, run by Jacqui Kotula, who provides emergency dental treatment in the very poor Apurimac region. You can find out more about this excellent project and how to donate tax efficiently at www.dentalprojectperu.org.



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Booking Information

BOOKING CONDITIONS: The purchase of an Inca Trail permit is strictly controlled by the Peruvian Institute of Culture (INC). There are only 500 permits for guides, porters and trekkers per day. This has led to very competitive demand with permits often being sold out three months in advance.

With regard to any trip that involves trekking the Inca Trail; we are introducing the following booking conditions.

1: Space on the trip cannot be confirmed until:

A) Full client information (full name, passport number, nationality and date of birth) are sent to us in order to purchase your Inca Trail permit, along with EMS Application and Release forms.

B) EMS has confirmed that an Inca Trail permit is available for the trip of your choice, this procedure can take up to 48 hours.

C) The USD \$500 non-refundable deposit has been paid.

2: Clients must bring with them their passport with which the permit was issued – i.e. the passport number that was provided to us at time of booking – otherwise entry to the Inca Trail or KM 104 Inca Trail will not be permitted.

3. If Inca Trail permits are sold out, alternative day hikes in the Sacred Valley are offered.

4. Inca Trail, Machu Picchu and local ruins entrance fees for 2007 may change, should there be a significant increase, we will not be able to assume this extra cost and the extra charge will be passed onto our clients.

AND LASTLY PLEASE NOTE: This adventure travels through a remote and rarely visited part of Peru and we believe our clients should be aware that the remoteness that makes this trip so very special could also cause certain problems. Thus, while all efforts are made to minimize the chances of anything unexpected happening, it has to be noted that no itinerary can (or should) be rigidly adhered to. This is the very nature of adventure travel and we expect our clients to be prepared for delays and slight alterations in our programmed events.

In all cases, we will advise you of any changes in the itinerary as early as possible. We have taken all of these possibilities into account when planning this expedition and have allowed sufficient leeway to enable us to successfully run this exceptional trip.

The Inca Trail involves trekking over several high passes up to 4200m and involves steep descents on old Inca steps -- it is recommended that all clients should have some previous trekking experience and should be in reasonable fitness.

The majority of dietary and medical requirements can be catered for, but we must be notified of these at the time of booking.

You should also be aware that adventure travel, in particular trekking, rain forest river travel and travel in remote areas such as southern Peru, does carry with it certain inherent risks that you, the client, will have to assume. We highly recommend that you purchase adequate **travel insurance** to cover these risks and any costs incurred due to sickness, delayed flights and other factors out of our control.

A pre-departure meeting will be held on arrival. It is highly recommended you attend. All clients will be asked to sign an additional release and waiver form once in Peru and must provide a photocopy of their travel insurance, or other insurance.

HOW TO BOOK THIS TRIP

Please download the Eastern Mountain Sports Application & Release forms from our website, www.emstrek.com. Send the forms, along with required deposit and passport photocopy to the address on the forms or fax to 603-374-1971.

Once we receive your paperwork it can take up to 48 hours to confirm you space on trips heading to Peru and the Inca Trail. One of our staff will contact you to go over your forms and to make sure you understand the details and requirements of this trip.

Full payment is due 60 days before departure.