



EASTERN MOUNTAIN SPORTS ADVENTURES TREKS & TRAILS

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Lake Titicaca

THIS ADVENTURE AT A GLANCE

- Includes domestic airfare, and all other transportation
- Trek on the Inca Trail
- Whitewater Rafting
- Visit the islands of Lake Titicaca
- 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:

\$2550 USD Per person

We can't guarantee private lodging

GROUP SIZE: 4 to 16 Members

Dates: 2007

July 01 – 16

August 26 – September 10

September 30 – October 15

October 28 – November 12

FITNESS: You should be an experienced hiker and in good general fitness. No rafting experience is necessary.

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.

“THE TRANS-ANDEAN EXPLORER”

LIMA – AREQUIPA - COLCA CANYON – PUNO – TITICACA -
SACRED VALLEY - INCA TRAIL - MACHU PICCHU –
RAFTING – CANOEING – CUSCO – LIMA
(16 days)

This journey combines adventure with the best and most famous sites in Peru. We begin with a short flight to the ‘White City’ of Arequipa in southern Peru, dominated by the stunning conical “El Misti” mountain. At 2600m, Arequipa is the ideal place to begin our acclimatization to the rarefied air of the Andes. We set off and explore Arequipa’s fine plaza, the Ice Mummy Museum, or visit the many alpaca textile shops. After our visit in Arequipa, we’ll board a private minibus and head off through remote villages to the impressive Colca Canyon and the delightful Colca Lodge. Here we have the chance to see condors soar over one of the world’s deepest canyons. You can hike to active geysers, or just relax in some of the finest hot springs imaginable.

A spectacular drive through the Altiplano brings us to Puno on the shores of Lake Titicaca. This busy lakeside town is the base for our day trip on Lake Titicaca. We take a private express boat to visit the floating reed islands of Uros and Taquile Island. The people here are renowned for their ancient way of life, as very little has changed here in centuries. The weaving technique handed down over generations is still used. You’ll also benefit from one of the most spectacular views of the lake from these islands.

We then take one of the world’s classic railway journeys* from Puno across the high plains to Cusco. We spend a day exploring Cusco, the former Inca capital. It’s a wonderful place to explore: full of culture, history, good restaurants and fun nightlife.

Now fully acclimatized, our next adventure takes us from Cusco through the Sacred Valley of the Incas, passing the Inca fortress town of Ollantaytambo, before embarking on the famous Inca Trail to the lost city of the Incas, Machu Picchu**. This relaxed five day / four-night trek involves spectacular Andean scenery along an ancient paved Inca trail and visiting many ruins. Our final night is in the colorful town of Aguas Calientes before spending a whole day exploring the awe-inspiring citadel of Machu Picchu. The return to Cusco is by luxury train and bus in time for a celebration meal.

From Cusco we continue our adventure by spending two days on the upper Urubamba River, learning the delights of white water rafting in both rafts and one or two person inflatable canoes. Rafting the grade III-IV Chuquichahuana section is ideal preparation before we take to the water in our personal canoes and kayak the grade II Pinipampa section. Returning to Cusco each evening, we can sample the delights of the many restaurants and bars which surround the plaza. We then fly down to Lima to catch our international flight home.

* Please note: the train only operates five times a week; there is a luxury bus alternative on the other days.

** For those who do not wish to trek, there is an option to visit Machu Picchu by train and to spend time exploring the Sacred Valley of the Incas.



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The Trans Andean Explorer Detailed Itinerary

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

DAY 2: An early morning spectacular flight along the Peruvian coast brings us to the “White City” of Arequipa, the ideal place to start acclimatizing to the rarefied air of the Andes and a beautiful city to explore. Arequipa boasts a magnificent marble Plaza de Armas, quaint old town streets, the picturesque Santa Catalina Monastery and Juanita the Ice Maiden Museum. Alpaca wool is Arequipa’s finest export and there are plenty of opportunities for treating yourself to some stunning textiles here. (B)

DAY 3: Driving out of Arequipa we enjoy spectacular views of the mountains surrounding the city before climbing high into the Andes and descending into the amazing Colca Canyon. The Colca Canyon is one of the world’s deepest canyons and is home to condors and a fascinating local culture, totally different from any other place you will visit on this trip. We overnigh in the charming Colca Lodge, along with soaking in the world class hot-springs is the prime activity here, closely followed by exploring the lodge’s restaurant, bar or games room. (B/L/D)

DAY 4: The private guide and minibus are at your disposal for the day. An early morning drive to Cruz del Condor is recommended in search of the world’s largest flying bird, the condor, who nests in the cliffs of one of the world’s deepest canyons (approx. 3,400m deep). Hiking to nearby ruins, as well as a tour of the unique native culture and weavings in the area are also available activities. On return to the lodge, plenty of time is left for relaxing in the hot springs. (B/L/D)

DAY 5: A spectacular drive through the high Andes, passing beautiful lakes and huge vistas as we travel on a newly asphalted road to Juliaca and on to our destination of Puno. En route we can take a visit to Silustani ruins, whose fascinating circular burial chambers pre-date the Incas. The amazing stonework of this early civilization was obviously a strong influence on the famous Inca stonemasons.

Once in Puno, we check into our hotel; then everyone is free to explore this interesting town and barter for locally hand-knitted woolen goods. (B/BL)

DAY 6: Lake Titicaca is a photographer’s dream, its clear sapphire water and the astounding blue skies are mesmerizing. A full day’s boat trip with our own private guide ensures you see all the sights in safety and style. The famous floating reed islands of Uros and the ancient traditions and weavings of Taquile Island are explained and viewed at your leisure. We return to our Puno hotel for the night. (B/L)

DAY 7: Today we board the luxury all day train from Puno to Cusco. This classic Orient Express train journey, recently voted “one of the top ten railway journeys of the world” cuts across the formidable Peruvian Altiplano, whose high plains are rich with llama herds, green Ibises and mountain villages where life is harsh but the resilient locals keep their communities with pride and good humor. On arrival at the Cusco train station, we transfer to are hotel. This evening, we stretch our legs walking around the spectacular Plaza de Armas and dining in one of the many excellent restaurants as we begin to explore the fascinating city of Cusco. * Please note: the train only operates five times a week; there is a luxury bus alternative on the other days. (B/L)

DAY 8: A free day to explore Cusco. From the Plaza de Armas, we suggest a visit to the sun temple at Qoricancha, a walk up to the San Blas district and for the energetic, a visit to the Sacsayhuaman fort overlooking the city. For those looking to relax, there are countless excellent bars and cafes overlooking the Plaza de Armas, and plenty of bargain hunting to do in the artisan markets. We meet in the evening for a briefing on the Inca Trail (B)

DAY 9: From Cusco, we drive into the Sacred Valley of the Incas, checking in at the impressive ruins at Ollantaytambo. At the end of the road, we meet the team of porters and cooks for lunch and start to trek along the banks of the Urubamba River. This is ideal for acclimatization purposes. We camp 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, since all camping equipment is carried by our support team of porters. Camp chores are done for us by our staff and delicious food is served by our well trained cook and his helpers. (B/L/D)

DAY 10: We trek up the Cusichaca Valley to the small hamlet of Huallyabamba, the last inhabited place on the trail. The path continues on up past hummingbirds and stunted cloud forest. Our camp is at Lulluchupampa (3680m) - a beautiful grassy area with outstanding views down the valley. (B/L/D)

DAY 11: For 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 (3850m) gives us spectacular views of the Vilcabamba range. Walking on an incredibly well preserved Inca pathway, we visit Sayacmarca ruins with plenty of time for an in depth tour and explanation before passing through a tunnel and up a gentle climb which brings us to the Phuyupatamarca ruins (3650m) where we camp. (B/L/D)

DAY 12: Our final day of hiking brings us down into the cloud forest on an Inca stairway to Winay Wayna (2,600m), another interesting ruin full of orchids and swallows. Then onto Inti Punku, the Gateway of the Sun, for our first glimpse of Machu Picchu (2,400m). After treasuring the moment, 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 13: First thing in the morning, we return to Machu Picchu and have it virtually to ourselves for a full guided tour, with time afterwards to climb Huayna Picchu, walk out to the Inca bridge or else just wander through the ruins, soaking up the amazing atmosphere. We have a late lunch in Aguas Calientes before boarding the afternoon train back to Poroy. Here our waiting bus speeds us back to our Cusco hotel. If you have the energy, we can then explore Cusco’s excellent nightlife. (B/L)

DAY 14: Today we begin our water sports adventure. From Cusco, we drive to the upper Urubamba, the sacred river of the Incas, for some fun grade III-IV rafting. After a full safety briefing and instruction we don our wetsuits and tackle the exciting Chuquicahuana section. The rare Torrent Duck inhabits this stretch of river and can often be seen running the grade IV rapids alongside the rafts. We return to Cusco for the night. (B L)

DAY 15: Today you’ll have the chance to pilot your own inflatable canoe on a scenic and fun stretch of the Rio Urubamba. After a full safety briefing, we jump into our inflatable canoes and try our hand at navigating through grade II white water. We’ll return to Cusco for the night. (B/L)

DAY 16: An early morning flight from Cusco to Lima, in time to connect with your international flight home. (B)



PLEASE NOTE:

A) The price is based on twin share accommodation. Anyone wishing to have their own tent and lodging will be charged according to local pricing.

WE PROVIDE: All airport transfers, internal flights and train/bus tickets, private vehicle transport. Entrance fees to Juanita the ice mummy museum (\$10), Colca Canyon (\$11), Silustani ruins and Taquile Island. Quality accommodation in Lima, Arequipa, Colca, Puno and Cusco. 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, mattress and spacious two person tents. Extensive first-aid kit & oxygen. A guided tour in Machu Picchu, entrances totaling \$125 including entrance to the ruins at Ollantaytambo, the Inca Trail and Machu Picchu. A bus transfers between the ruins and basic hostel in Aguas Calientes. The transport from Machu Picchu to your hotel in Cusco will be the luxury Vistadome train service and bus transfer.

On the River: State of the art rafting and canoeing equipment including self-bailing rafts, one & two person inflatable canoes, Hi-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.

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 and extensive first-aid kit & oxygen. A 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. The transport from Machu Picchu to your hotel in Cusco will be on the 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
- Sun cap
- Suntan lotion SPF 15+
- Socks / underwear
- Smart clothes for evening meals
- Water bottle & purification tablets
- Sweater (available in Cusco)
- Warm nightclothes
- Sunglasses with attaching string
- Lip balm
- Warm hat

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

- T-shirt
- Fleece jacket
- Cycling shorts

- Suitable boots or shoes

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

- Thermal top
- Towel
- Swimsuit

Trekking: Please keep to the 8kg gear allowance.

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

Jungle:

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

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

Personal gear:

- Head lamp & spare batteries
- Spare glasses/lenses
- Personal toilet kit
- Pocket knife
- Paperback books and journal
- Money belt
- Camera (recharging won't be an option in some areas)
- Playing cards, or travel games
- Personal first aid kit to include: painkillers, Band-Aids, moleskin, antiseptic cream, after-bite, anti-diarrhea tablets, throat lozenges, re-hydration 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 day-pack 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 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.



EASTERN MOUNTAIN SPORTS ADVENTURES TREKS & TRAILS

Booking Information

BOOKING CONDITIONS: The Peruvian Institute of Culture (INC) strictly controls the purchase of an Inca Trail permits. 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 any trip that involves trekking the Inca Trail; we are therefore 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 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 us with 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 you 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 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, rainforest river travel and travelling 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 signed and filled out 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 your space on trips heading to Peru that include 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.

If you have any questions please call 603-325-5556, or e-mail becky@emstrek.com.

Full payment is due, 60 Days before departure.