

## Machu Picchu Trek - Expedition Information Pack

### Pre-Expedition Preparation:

In this document you will find detailed information on fitness & training, the necessary equipment, tourist visas, travel insurance, medical advice, temperatures & climate, altitude considerations, spending money and tips. Please review this information in full and prepare yourself for this fantastic adventure! We have also included information about Peru, an FAQ and the expedition itinerary with details on what's included and excluded.

### Fitness & Training:

Our Machu Picchu trek is considered demanding with an average of seven hours of walking per day. As with all our expeditions we expect participants to have a good level of fitness. Although this is not a technical trek, it is very steep in places and you will be gaining height very quickly. For some people it may be the hardest physical challenge of their lives. The group moves at a comfortable pace and nobody is ever left behind. Nevertheless, it is your responsibility to contact us if you have any concerns regarding your level of fitness, health or ability to complete the trek. We strongly recommend that you read the expedition itinerary in full before signing up to this challenge.

Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition.

As a guide to how fit you should be to attempt this trek we have decided to give you some measurable training goals. With an 8kg rucksack you should be able to complete the following routes from start to finish in the following time frame. Don't worry if you cannot complete the walks in the suggested time at first, your fitness will improve rapidly by undertaking cardiovascular exercise 3 to 4 times per week.

Walk	Route	Time
Carrauntoohill (Kerry)	Caher (Coomboughra) Route	6 hrs
Croagh Patrick (Mayo)	Main Route	3/4 hrs
Galtymore (Tipperary)	Black Road Route	4/5 hrs
Lugnaquilla (Wicklow)	Camara Hill Route	4/5 hrs
Spink (Wicklow)	Looped Walk Route	3/4 hrs

Please do not attempt these walks alone. You or someone in your party should have walking experience and the necessary navigational skills. If you would like to hire a guide to take you on one of these walks please contact us to be put in touch with a qualified mountain leader.

Although hillwalking is best, please remember any type of cardiovascular training will help you prepare for this expedition. Focus your training on building endurance fitness by completing long, slow and low intensity training sessions rather than fast and short sessions. Build the distance and duration of your training sessions slowly as overtraining often leads to injury. In the three months prior to departure try to include two long training days in a row to replicate walking for continuous days on the expedition.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area. If you have low muscle mass in your legs we suggest that you add strength training to your schedule. Muscle mass protects our joints and this is

very important especially on long descents.

If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing!

The itinerary has been designed with correct acclimatisation in mind with no big jumps in elevation. While on the expedition you will be encouraged to take it easy, eat well and stay very hydrated. Very hydrated means drinking between three and five litres of water per day depending on how much you sweat. Drinking three or more litres in a day is much harder than it sounds. We would recommend people practice drinking a large amount of water. Try drinking from a 500ml water bottle and see how many times you can refill it in a day. In our experience, it is those who cannot stay well hydrated that run into problems at altitude. Although your ability to withstand high altitudes is not directly related to your physical fitness levels, a good level of fitness will certainly assist in your general stamina.

It is not uncommon for people to encounter stomach problems on expeditions. This is due to a number of reasons such as poor hygiene, change in diet, a low immune system and poorly prepared food. We do everything we can to make sure food and water is safe for you to consume. It is very important that you wash your hands before eating and after going to the toilet. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

**Earth's Edge Pre-Departure Weekends:**

We hold pre-departure weekends prior to all expeditions. Attending your Pre-Departure weekend is compulsory as they form a key part to preparing you for your upcoming adventure! You will meet an expedition leader, expedition doctor and your fellow adventurers! An experienced expedition leader will be giving a full expedition brief, leading two training hikes and sharing expert advice on all aspects of the expedition. These events are also a lot of fun and they take place in Glendalough, Co. Wicklow, which is a stunning location!

**Equipment:**

The following is what we recommend you take, and is a guideline of what to bring on this expedition. You are responsible for having the necessary personal equipment you need for this trek. When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors have an excellent range of expedition equipment, very knowledgeable staff and are 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter.

<b>EQUIPMENT CHECKLIST</b>	
Walking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters.	
Runners or sandals (to wear in transit & around camp).	
Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking.	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1 (knee length or below)	
Lightweight trousers x 1.	

Synthetic/wool/silk long johns.	
Waterproof trousers (N.B. make sure the trousers have zips to the knee at least).	
Long sleeve base layer x 1 (silk, wool, or synthetic).	
Short sleeve base layer x 2 (as above).	
Mid weight fleece x 1.	
A down jacket. It must be heavy weight with a hood (at least 600 grams in weight).	
Waterproof jacket.	
A fleece hat to wear in the mornings and evenings.	
Sunglasses (category 3).	
A sun hat with a wide brim to cover the face and neck.	
A pair of lightweight wool or synthetic liner gloves.	
A pair of waterproof gloves or mitts (down mitts are preferable).	
Walking poles.	
Rucksack: This is a small rucksack (30 to 35 litres) to carry the equipment you will need while trekking such as your camera, spare jacket, waterproof jacket, water bottle and packed lunch.	
A large suitcase or holdall carry your equipment to Peru.	
Dry bags or plastic bags. If either your day bag or duffel bag don't have sufficient waterproofing and to separate your equipment in your bags.	
Water bottles and water bladder. You must have the capacity to carry three litres of water while walking.	
A warm sleeping bag (comfort rating of -15°C or lower).	
Suncream at least factor 30.	
SPF lip balm.	
Insect repellent, deet based products are best.	
Hand sanitiser. You need to have enough supplies for the duration of your expedition.	
Toiletries, N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes and a nail brush are very useful.	
Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following: <ul style="list-style-type: none"> <li>• Rehydration salts</li> <li>• Plasters</li> <li>• Compeed</li> <li>• Paracetamol</li> <li>• Imodium</li> <li>• Motilium</li> <li>• Throat lozenges</li> <li>• Nasal spray</li> <li>• Decongestant such as Sudafed</li> <li>• Antibiotics suitable to treat traveller's diarrhoea <i>Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.</i></li> </ul>	
Personal medication. Please carry any medication you are currently taking on a regular basis such as: <ul style="list-style-type: none"> <li>• Asthma inhalers</li> <li>• Nutritional supplements</li> <li>• Blood pressure tablets</li> </ul> <p>If you suffer or have suffered from any skin condition, bring appropriate creams such</p>	

as:	
<ul style="list-style-type: none"> <li>• Canesten</li> <li>• Zovirax</li> <li>• Anusol</li> <li>• Hydrocortisone 1%</li> </ul>	
Small towel for washing.	
Personal snacks; although sufficient food is supplied throughout the trek you need to bring your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating such as sweets, energy bars & chocolate.	
Headtorch with spare batteries.	
Swimming togs/shorts for the hot springs.	
A spare set of clothes to wear after you finish the expedition.	
A photocopy of your travel insurance and passport.	
Your vaccination booklet.	
<b>OPTIONAL ITEMS</b>	
Diamox (tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document.	
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	
A sleeping bag liner (This is not essential but it helps to keep your sleeping bag clean and adds an extra season).	
Thermarest (roll mat will be provided).	
Power Adaptor – Plug type C is used in Peru.	
Ear plugs.	
For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended.	
A camera.	
A book and/or writing paper.	
Hand warmer sachets.	

**Tourist Visa:**

At the time of writing Irish and British nationals do not require a Tourist Visa when traveling as tourists to Peru neither do nationals from other EU countries. Your passport must be valid for six months after your return date, and you are required to have two free pages in your passport. Other nationalities should consult their relevant consulate. All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

**Travel Insurance:**

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness b) trekking up to 4,668 metres (c) helicopter evacuation in an emergency situation, and d) repatriation to country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book, that will cover you for unforeseeable circumstances such as illness or injury that might result in you not being able to take part in your expedition. We recommend Campbell Irvine for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To contact Campbell Irvine call [+44 844 826 2722](tel:+448448262722) or go to their

website [www.campbellirvinedirect.com/earthsedge](http://www.campbellirvinedirect.com/earthsedge).

**Vaccinations & Prophylaxis:**

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic ([www.travelhealth.ie](http://www.travelhealth.ie)) for the most up to date medical advice. When you sign up for this event we will email you specific advice supplied to us by the Travel Health Clinic which details what is required for this destination.

**Medical:**

Before departure you will be required to complete an extensive medical questionnaire. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants on Earth's Edge expeditions are required to have a medical form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). These measures are put in place for the safety of all participants on the trek.

**Temperatures & Climate:**

Temperatures on the expedition may vary from 10 to 30 degrees during the day and -15 to 15 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites;

Mountain Forecasts: [www.mountain-forecast.com/](http://www.mountain-forecast.com/)

Norwegian Meteorological Institute: [www.yr.no](http://www.yr.no)

**Altitude Considerations:**

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you getting altitude sickness. Our guides are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. If you have suffered serious problems at altitude before, you should seek the advice of your doctor or a specialist. Please note it is common for most people to experience mild headaches at the higher elevations on this expedition. Always keep your guide informed on how you are feeling.

**Diamox:**

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all participants especially those who have had AMS in the past to take Diamox prophylactically (as a preventative), starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (tablet form not capsules). You should try taking Diamox for two days prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingling fingers and toes are common but in some cases users can suffer from nausea, vomiting or

diarrhoea. If you experience any of the latter three side-effects we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

**Spending Money & Tips:**

We recommend that you carry USD\$350 dollars with you to Peru in small denominations (less than \$50). There are several places to exchange dollars into local currency in the airports and in Cusco. There are ATMs available in Cusco where you can withdraw cash using a credit/debit card. We recommend you tip in the region of \$120 per person if you are happy with the service. Please give your tip to the Expedition Leader and he/she will distribute the tip evenly among all local staff. The recommended spending amount above includes the tip for the local staff.

**About Peru:**

We advise all participants to educate themselves on local laws and customs before travelling to Peru. Up to date travel advice can be found on the [DFA website](#).

Area:	1.28 million sq. km
Population:	30.5 million
Official Languages:	Spanish 84%. Indigenous dialects: Quechua & Aymara
Religion:	Predominantly Roman Catholic (81%)
Local Time:	UTC -5.00
Local Currency:	The Nuevo Sol (PEN)
Currency for Exchange:	US Dollars in good condition.
Where to Exchange:	In banks found in all major towns. ATMs are widely available.
Credit Cards:	Credit cards are useful and can be used throughout Peru.

Up-to-date information concerning global exchange rates can be obtained at [www.xe.com](http://www.xe.com).

**Machu Picchu Trek Summary & Itinerary:**

Our 16 day journey in the Peruvian Andes takes in Machu Picchu and it's lesser known sister city Choquequirao, giving you the ultimate Inca experience. We start our adventure with a stunning trek around Cusco taking in all the major sites while adjusting to the altitude. From Cusco we drive into the depths of the Andes and begin our trek to Choquequirao and Machu Picchu.

Choquequirao is twice the size of Machu Picchu and because of its remoteness receives a small fraction of the trekkers that visit Machu Picchu. From Choquequirao, we trek along a stunning route for several days to reach Machu Picchu; crossing rivers, climbing over two high passes (4,150m & 4,668m) and walking through thick jungle teeming with flora and fauna. At several locations on the trek, we are treated with epic views of the snow-capped peaks of Humantay (5,700 m) and Salkantay (6,271 m). We pass through a number of traditional villages, visit a coffee farm to brew coffee and get to bathe in hot springs which works wonders for tired legs!

This itinerary is ideal for those who enjoy a challenging trek and want to immerse themselves in Inca and Peruvian culture. We have included an optional day trip to Rainbow Mountain and four nights in Cusco the ancient Inca capital. The vivid sights and smells coupled with the interesting fusion of Spanish and Inca architecture make it a fantastic place to explore and enjoy some retail therapy.

**Day 1: Dublin to Lima.**

Meet the group in the airport and depart Dublin in the early morning, fly to Lima. Arrive in the evening and transfer to our Lima hotel for a good night's rest. Overnight hotel.

**Day 2: Lima to Cusco (3,400m).**

Depart Lima in the morning and take the short flight to Cusco. Spend the day at your leisure, relax in your hotel or explore Cusco. The aim of the day is to acclimatise to the higher elevation. Overnight hotel.

**Day 3: Cusco trek (3,700m), 5 hrs trekking.**

After breakfast we head out for a hike around Cusco. Our local guide explains all of the important historical sites including Plaza de Armas, San Cristobal Church and Plaza Regocijo. We also ascend to Cristo Blanco (3,700m) which is great for acclimatisation. We finish the tour with a visit to San Pedro market, a local market with a huge range of produce for sale. Overnight hotel.

**Day 4: Cusco to Cachora to Chiquisca (1,800m), 6 hrs trekking.**

We depart Cusco in the early morning on a four hour drive to reach our trailhead at Cachora (2850m). We meet our muleteers here and enjoy stunning views of the snow covered Padrayoc and Wayn Cachora Mountains. Most of the day is spent descending into the stunning Apurimac Canyon with some breathtaking views of the roaring Apurimac River. After lunch we get our first distant views of Choquequirao high on the mountains above us. We reach our campsite at Chiquisca in the mid-afternoon and settle in for our first night under the stars. Overnight camp.

**Day 5: Chiquisca to Choquequirao (3,000m), 7 hrs trekking.**

We make another start as there is a lot of climbing today and it's best to do it while its cool. From our campsite we first descend to the Apurimac River and then ascend a steep trail for two hours to reach a nice rest spot called Santa Rosa. From Santa Rosa we climb steadily for another three hours to reach Marampata (3,110m) which offers panoramic views of Choquequirao. The final two hours to reach our destination is on an undulating trail, which is a welcome break from the mornings climbing! We have lunch on arrival and then relax for the afternoon. The sunset here is spectacular and if we are lucky we may even spot some condor. Overnight camp.

**Day 6: Choquequirao to Pinchiunuyoc (2,400m), 4 hrs trekking.**

We rise early to enjoy the sunrise at Choquequirao which is one of the best in the Andes. We then spend the morning exploring the ruins taking in Hauqaypata (main plaza), Urin (upper square), the priests house, Ushno (ceremonial platform) and the vast network of irrigation channels. It's a fantastic experience as Choquequirao is twice the size of Machu Picchu and it gets very few visitors. After a tasty lunch we get back on the trail again climbing to reach the Choquequirao Pass (3,300m) and then descend to our campsite in Pinchiunuyoc. Overnight camp.

**Day 7: Pinchiunuyoc to Maizal (3,000m), 7 hrs trekking.**

Another big climb on today's trek, however we start with a good downhill section to reach the Rio Blanco (1,900m). As we approach the river we enter into the cloud forest which is rich in bio-diversity. We pass by native Polylepis trees, waterfalls and coca plantations. From the river it takes five hours to climb up to the village of Maizal where we enjoy imposing views of the Yanama and Yarahmayo Canyons. Overnight camp.

**Day 8: Maizal to Yanama (3,600m), 7 hrs trekking.**

Today's trail follows an ancient Inca path as we ascend for four hours to reach Victoria Pass (4,150m). Our route takes us past the Victoria silver mine which was used by the Inca and later colonial times but is now abandoned. The pass offers stunning views of the snow-capped peaks of Humantay (5,700m) and Salkantay (6,271m). From the pass we descend to the village of Yanama for the night. Overnight camp.

**Day 9: Yanama to Totorá (3,630m), 8 hrs trekking.**

Another stunning day as we reach the highest point on our journey. After leaving the farmers fields and lush vegetation in Yanama, we continue climbing for four hours to reach the Yanama Pass (4,668m).

From here we enjoy stunning views of the Sacsarayoj and Padreyoc Mountains and we may spot some condor too if we are lucky. After having lunch at the pass, we descend all the way to Totora village. Overnight camp.

**Day 10: Totora to Santa Teresa (1,550m), 7 hrs trekking.**

Today we descend through a valley covered in trees with thick groves of bamboo. Flocks of colourful tropical birds and interesting wildlife roam the forest. We also pass several waterfalls and cross streams and wooden bridges along the way. We finish our trek in La Playa and go to a coffee farm for lunch and a coffee tour. Afterwards we drive to our campsite in Santa Teresa. In the evening we have the option to visit natural hot springs where we can bathe in the therapeutic waters, a nice treat to relax tired and aching muscles! Overnight camp.

**Day 11: Santa Teresa to Hidroelectrica to Aguas Calientes (2,700m), 4 hrs trekking.**

We begin by driving to the Hydroelectric station and then follow the train tracks into Aguas Calientes. It's a beautiful walk through thick forest. After some time, we get our first views of Machu Picchu high above us on the saddle between Machu Picchu Mountain and Wayna Picchu. We arrive into Aguas Calientes in the early afternoon and check into our hotel. Overnight hotel.

**Day 12: Machu Picchu Mountain, 5 to 7 hrs trekking.**

We rise very early and take the first bus to Machu Picchu. We have a full guided tour of these ancient ruins which is an experience of a lifetime. After the two-hour hike we take the steep trail up Machu Picchu Mountain. It takes a further two hours to reach the summit but the views of Machu Picchu and the surrounding landscape are worth all the effort! After climbing the mountain, you are free to explore Machu Picchu at your leisure up until the last bus back to Aguas Calientes at 5pm. Overnight hotel.

**Day 13: Aguas Calientes to Cusco.**

Take the beautiful train journey as far as Ollantaytambo in the Sacred Valley and then drive from there to Cusco. Enjoy some last-minute shopping and a celebratory dinner in the evening. Overnight hotel.

**Day 14: Free day in Cusco or Rainbow Mountain day tour.**

Enjoy a free day in Cusco to explore at your leisure or take a day trip to Rainbow Mountain. Overnight hotel.

**Optional Rainbow Mountain Day Tour:**

The day trip to the stunning Rainbow Mountain (Vinicunca) is a special experience. It is important to note it is quite a long day involving a very early morning start from Cusco. The drive from Cusco takes approximately three hours each way. The out and back trek to reach Rainbow Mountain takes five to six hours. The day tour costs USD\$80 and includes breakfast, lunch and guiding. You will pay for this tour locally in USD. You don't need to inform us in advance if you wish to take the tour, you can decide on Day 13.

**Day 15: Cusco to Lima.**

Depart Cusco and fly back to Lima. Depart Lima in the evening for Dublin. Overnight flight.

**Day 16: Lima to Dublin.**

Arrive back in Dublin in the evening. Expedition ends.

**Expedition Costs:**

€399 non-refundable deposit at the time of booking & €3,500 balance payment due at least two months

prior to departure - Total €3,899. Read our [best price guarantee](#).

\*If you wish to pay for your trek in instalments, contact us for more information.

\*\*Prices were set on October 12th, 2018.

**EXPEDITION COSTS INCLUDE:**

- International flights from Dublin to Lima return economy class.
- Internal flights in Peru.
- Experienced Irish expedition leader accompanying you from Dublin airport.
- Experienced Irish expedition doctor accompanying you from Dublin airport.
- Earth's Edge Pre-Departure Weekends.
- Local English speaking guides, local cooks and support team.
- All accommodation based on twin sharing in hotels in Lima, Cusco, Aguas Calientes and camping elsewhere.
- All meals and drinking water are included except in Lima, Cusco and Aguas Calientes where accommodation is based on B&B.
- A celebratory dinner at the end of the expedition.
- All transport throughout the expedition.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- An Earth's Edge bandana for all participants.
- Entry fee into Machu Picchu and a full guided tour.

**EXPEDITION COSTS EXCLUDE:**

- Personal travel insurance.
- Transfers to and from Dublin Airport.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Personal spending and tips.
- Optional day tour to Rainbow Mountain.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.
- Optional visit to the hot springs on day 6 – approx. \$2.50.

**SHARE YOUR JOURNEY AND WIN A €300 ADVENTURE PACK:**

On each expedition, one person will win an Earth's Edge Down jacket, Gore-Tex jacket and an environmentally friendly Keep-Cup. How do you win? Share your journey from start to finish on your Instagram. We want to see your gym sessions, your training hikes, your gear prep, and of course your photos of your amazing adventure with us! Simply let us know your Instagram handle, tag us in your post, and use our hashtag #EarthsEdge. There's no limit on how many posts you can do, and if you win we could feature your photos on our Instagram or Website! ***On average, we have 12 people on our expeditions, so you have a 1 in 12 chance of winning! Get snapping! We will select a winner approximately four weeks after each expedition!***

**Expedition FAQs:**

### **What is a typical day like on this expedition?**

The following is a typical day on this expedition and most days on the route will follow this general format. However, every day is slightly different and the weather can have a huge influence too.

Wake up, sometimes at sunrise, to enjoy the spectacular views of the surrounding landscape. After a substantial breakfast, we pack up all the equipment and get ready to leave. After giving your main bag to the support team we get moving. You need only carry a small rucksack with a spare jacket, hat, sun cream, water bottle, packed lunch and camera. We move at a pace that suits the group and stop regularly for photo opportunities and rests. At around midday we break for lunch. After a healthy and energising lunch, we start moving again and by mid-afternoon we will have reached our destination. Once settled in, we play cards, explore the area and enjoy watching the sun disappear below the horizon. Meanwhile, the cooks will be busy preparing dinner using fresh seasonal local produce. After dinner, the Earth's Edge expedition leader will brief you on tomorrow's adventure. That night you can enjoy the company and stories of your guides and fellow adventurers. Then head to bed for a good night's sleep to be ready to do it all again the next day!

### **What is the accommodation like on this expedition?**

While in Lima and Cusco we will stay in locally run hotels in an effort to support the local economy. All rooms are clean and comfortable with an ensuite. While on the trek you will be sleeping in two person tents. Our prices are based on two people sharing. It is generally possible to arrange single rooms on Earth's Edge expeditions. Contact us to request a single room or tent.

### **What is the food like on this expedition?**

Food plays a huge part in the success of our expeditions. A cook accompanies all expeditions to prepare nutritious, tasty food. All fresh produce is washed using clean water and all perishable items are kept cool. We provide balanced meals which keep participants energised throughout the expedition. We like to cook local seasonal dishes but we also cook western dishes.

### **Can Earth's Edge cater for my dietary restriction?**

We will try our best to cater for those with dietary restrictions. If you have a dietary restriction, please state this on your medical declaration form which you will complete prior to your expedition. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

### **How many people can take part in this expedition?**

This expedition will have an average of 13 participants.

### **Who is leading this expedition?**

An Earth's Edge expedition leader accompanies all expeditions. Our leaders are highly experienced and skilled in expedition leadership and wilderness first aid. Local English-speaking guides work with our expedition leaders to run the expedition. Our local guides are highly experienced and very familiar with the expedition route, local history, cultures and customs of the region.

### **Will I get a chance to meet any of my other team members before departure?**

Yes, we hold pre-departure weekends about two months before every expedition. If you cannot attend the particular weekend that is scheduled for your expedition, then you are welcome to attend another training weekend. An experienced Earth's Edge expedition leader and expedition doctor will meet the group to answer questions about the trek. Most people at this stage will have questions about their equipment and will be given advice on the best way to pack for the trip. This is also a great

opportunity for participants to meet one another before setting off. Around this time, you will receive a pre-departure document which will include lots of important information such as what time you need to meet at the airport and emergency contact information that you can pass on to your next of kin. Please note where differences exist between this info pack and the pre-departure document the pre-departure document supersedes.

**Can participants extend their stay after the expedition?**

Extensions are possible but subject to availability, contact us ASAP if you wish to extend your trip. For extension requests made at least four months before departure there is a change fee of €100 plus fare difference. For requests made between two and four months before departure there is a change fee of €150 plus fare difference. It is not possible to make an extension request within two months of departure.

**What back-up support is there on this expedition?**

Along with the Earth's Edge expedition leader we use local guides, cooks and support teams of the highest standard. We employ local staff based on their qualifications, experience and references. Our expedition leaders are trained in wilderness first-aid and most of our local guides are first-aid trained too. Our expedition leaders and local staff are familiar with the locations of local medical services and hospitals. Where no mobile/cell phone network is available expeditions are accompanied by two-way radios and satellite phones. Our expedition leaders have 24/7 access to our office in Ireland.

**What emergency procedures are in place?**

A detailed assessment of risk is completed for all expeditions. The risk assessment covers potential minor and major injuries, environmental risks, political risks and evacuation plans detailing the locations of local hospitals, emergency services and airports.

**What happens if someone gets sick or injured?**

In the event of someone falling ill or getting injured, the expedition doctor will assess and treat the sick or injured person. Often with some rest, participants can continue without a problem. If needed we can help the injured person to the next camp, where an evacuation to a hospital can be arranged for more serious incidents. In the unlikely event of a serious incident which requires urgent hospital treatment a helicopter evacuation can be requested from local authorities. The decision to evacuate is ultimately the expedition leader's. You must respect the decisions of your expedition leader at all times. Extra costs incurred as a result of an evacuation must be paid by the participant. Your personal travel insurance must cover such eventualities.

**What happens in bad weather?**

In the event of a sudden change of weather conditions the Earth's Edge expedition leader and local guide will assess the situation and make an informed decision on what to do. Participant safety is always the priority in the decision-making process. This itinerary has been designed taking into consideration possible bad weather. Alternative routes and contingency plans are always in place in the case of adverse weather conditions.

**What will happen to participant's luggage during the expedition days?**

On this expedition, you only need to carry a small bag with the essentials such as a spare jacket, hat, water, packed lunch, camera etc. The bulk of participant's luggage will be carried in a separate bag by the support team.

**What happens if the airline loses a participant's luggage?**

If an airline loses luggage, Earth's Edge will help report the lost baggage and chase up the airline while the participant continues on the expedition. Personal travel insurance should cover the purchase of any

necessary clothes and equipment needed. Generally, the airline will deliver lost luggage within 24 hours.

**What happens if a participant misses their airport connection?**

If a flight connection is missed because a previous flight was delayed, the airlines will offer an alternative flight and accommodation if necessary. If this disrupts any part of your expedition, Earth's Edge will make alternative arrangements to get you back on schedule. Any extra costs incurred due to a missed connection will be covered by the airline or the participant's personal travel insurance.

**Why Earth's Edge?**

- Earth's Edge is Ireland's first fully licensed & bonded Adventure Travel Company.

- Earth's Edge is 100% Irish owned.
- We send expedition leaders from Ireland with solid travel experience & who are 'salt of the earth' genuinely lovely people.
- We send doctors on all our expeditions, regardless of the difficulty or remoteness of its location. They are accompanied by a comprehensive medical kit.
- We excel at expedition planning and management. Each expedition goes through a custom-made event check-list starting 12 months before departure to ensure we do all we can to run expeditions as smoothly as possible.
- We provide excellent expedition support. All expeditions are managed from our office in Dublin and have 24/7 support from an operations and medical expert.
- We endeavour to respond to all enquiries from both current & potential participants within 24hrs.
- Our office staff are all highly qualified and boast many years of customer service and operations experience between them. Most importantly, they are keen adventurers themselves and are passionate about exploring the globe! They each take part in at least one Earth's Edge expedition a year. So, when you make an enquiry, you are speaking to an expert as opposed to a travel agent.
- We offer very inclusive packages which are excellent value for money.
- The emphasis we place on preparing our participants for their expeditions is second to none. We provide detailed informative trip documentation, medical & vaccine guidance & visa support.
- Earth's Edge hold pre-departure weekends prior to each expedition which include a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader and doctor.
- We follow a strict environmental, social & economic responsible travel policy.
- Earth's Edge group sizes are always small. This enables us to minimise our environmental impact & it also ensures we retain the element of adventure in our expeditions that separates them from your average holiday.