



Peru

Fairtrade and Andes Adventure

12 Days

This is a truly unique, educational journey through Peru. Learn what Fairtrade really means by visiting Coca Co-operative and overnighting in traditional homestays. Meet the farmers and hear how climate change impacts their work.

Discover the roots of the Incan Empire, with city tours in Cusco and an unforgettable visit to Machu Picchu. Ancient buildings and citadels give way to magnificent natural wonders we explore whilst hiking, biking and white water rafting!



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

Days 1 - 2

Arrive in Peru

D

We begin our journey in Cusco, where we meet our local STC Expedition Leader and transfer to the hotel. The rest of the day's plan will depend on the arrival time of our flight, and we will get our first taste of Peruvian cuisine!

Day 3

Cusco City Tour

BLD

Our adventure begins with a sightseeing tour of this ancient city, which was previously the capital of the expansive Incan Empire. We stop at various attractions within the city of Cusco and venture up into the surrounding hills to visit Inca ruins, with great views over the city.

Days 4 - 5

Fairtrade in Huayopata

BLD

We say goodbye to Cusco for now and board the buses to Huayopata. The next few days are spent learning about Cocla Co-operative. This community of Fairtrade coffee farmers saw an opportunity to offer sustainable tourism to boost the farmers' income and offer visitors a unique insight into their lives. During our time here we will stay with a family in a traditional homestay.

We begin by learning about the region's history and the origins of the organisation. We are introduced to the principles of Fairtrade before visiting plantations to explore how coffee, cocoa and other Fairtrade products are grown. Along the way, we meet farmers, hear their stories and gain insight into their daily lives. We will of course have the opportunity to sample fresh coffee and chocolate during our stay. Chocolate will also be a main focus of our time in Huayopata, highlighting how climate change affects farming.

Day 6

Coffee Tasting, Trek to Aguas Calientes

BLD

This morning we learn more about the production of cacao and coffee and do some coffee tasting. We meet the workers at the Cocla installations to discover more about organic farming and Fairtrade certification. After an insightful stay at the cooperative, we bid goodbye to our hosts and transfer two hours to Santa Teresa. From here we trek from the hydroelectric train station to Aguas Calientes.

Day 7

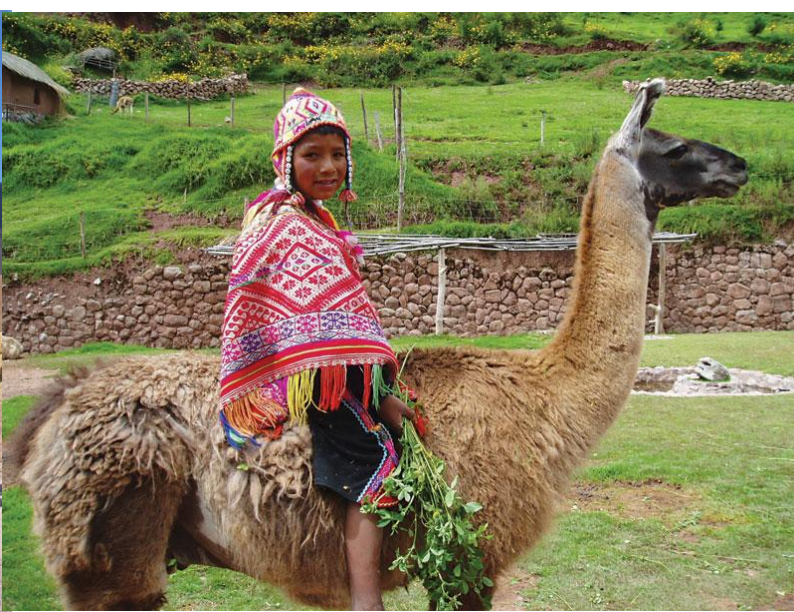
Machu Picchu

BLD

We visit the jewel in the crown today, the world famous Machu Picchu. We enjoy a guided tour of the Citadel as well as free time to explore at our own pace, before returning to Aguas Calientes for lunch. In the afternoon we take the train back to Cusco.



Day 8	Biking Tour & Market Visit Suitable for all cycling skill levels, this activity is an excellent way to explore Cusco's surroundings. Our route passes through quaint villages and magnificent mountain views, and we may have the opportunity to stop at some Inca archaeological sites. Following our cycling tour, we head to a local market to see what we can buy with our spending money.	BLD
Day 9	San Pedro Market & Cooking Class Ready, steady, cook! Today we focus on the gastronomy of Peru. During the class we will learn how to prepare a few traditional dishes and learn more about the culture and dining etiquette of Peru. This will also be a great opportunity to pick up some new Spanish vocabulary. This afternoon we feast on a meal of our own making!	BLD
Day 10	Urubamba River Rafting This great day of rafting takes us down a beautiful section of the Urubamba River. On arrival we receive a full safety briefing and instruction in the art of white-water rafting before starting our adventure. The river flows through a beautiful canyon filled with great rapids and views of the surrounding peaks.	BLD
Days 11 - 12	Depart Cusco, Return UK On our final day in Peru, we head to the airport in time for our return flight to the UK. Depending on the departure time, there may be an opportunity to pick up some last-minute souvenirs.	B



Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel information sessions
- ATOL financial protection
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination on request

What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations or Covid tests
- Emergency Medical & Repatriation Insurance
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

Physical Rating for this trip: Grade 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include multiple consecutive days activity either walking at moderate altitude (up to 2,500m) or paddling. With between five and seven hours of activity with occasional longer/harder days. The trip may contain other activities such as cycling, rafting, remote camping which also require physical effort and a reasonable level of fitness and resilience. Steady preparation and an increase in your underlying fitness levels will help you get the most from this grade trip.

Cultural Rating for this trip: Grade 4



Students joining trips at this level will find the comforts of home are more of a rarity – or viewed another way, a welcome luxury. English is unlikely to be widely spoken, and the food will be quite different to home, perhaps for extended sections of the trip. You should observe local customs so not to cause offence. You'll be exposed to signs of poverty and accommodation in some locations is likely to be basic. Whilst a challenge, destinations and trips at cultural level 4 are also a fantastic opportunity to see a very different part of the world.



Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

Responsible Tourism workshop

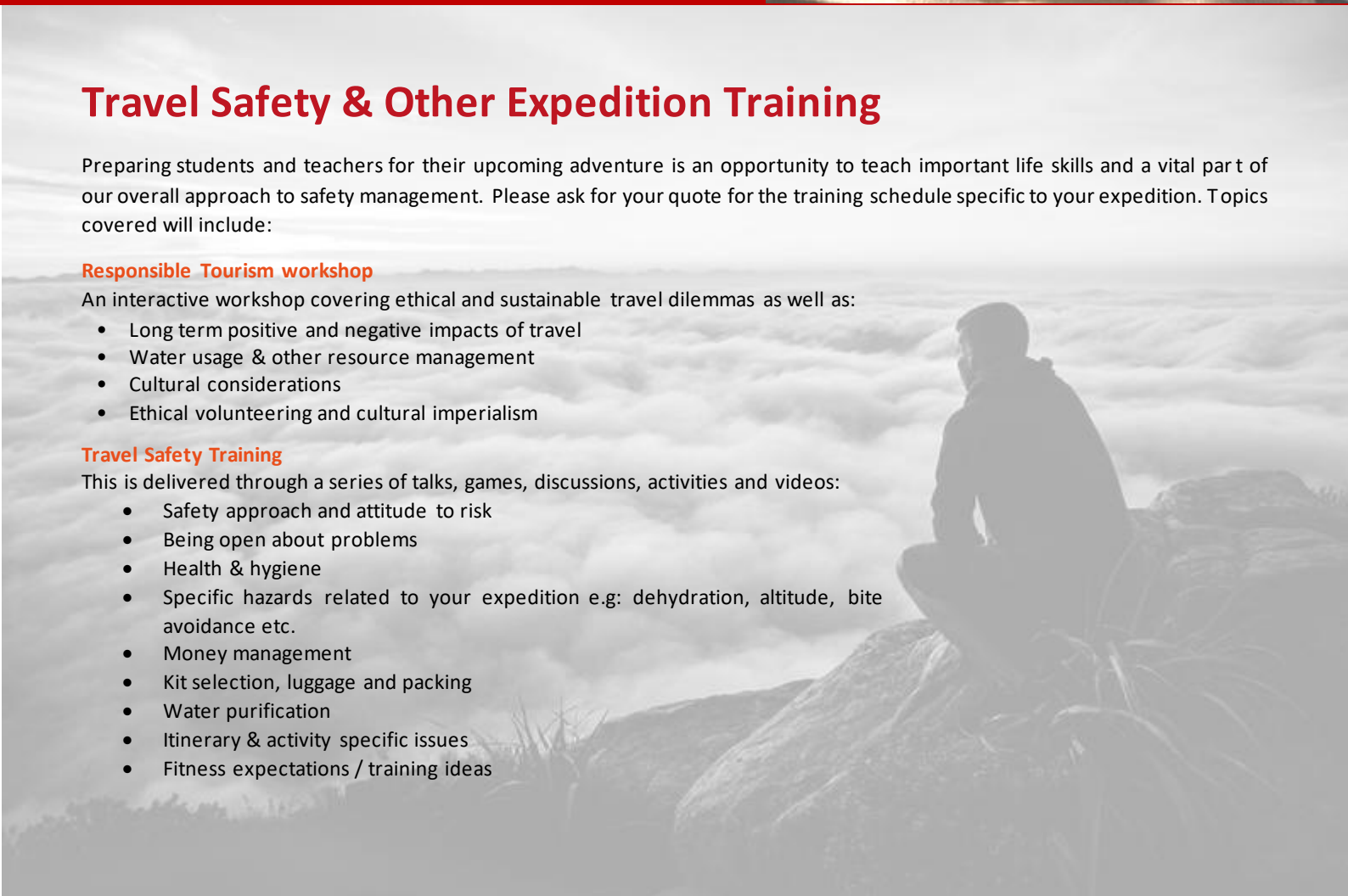
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick

Contact Us:

STC Expeditions, 65-67 Bank Chambers, High Street, Exeter, EX4 3DT
t: 01392 660056 | e: info@thestc.co.uk | w: www.thestc.co.uk



Trees for Life

