



Peru

Highlights of Peru

9 days

For those short of time, this trip is the perfect introduction to Peru. It keeps travel to a minimum, yet has all the big highlights you want in a first time visit to the country. Spending the majority of our time in the Sacred Valley and Cusco region allows us to see more of the area's Inca heritage. We also get to grips with a variety of active adventures - from rafting to biking and a day of volunteering with local people. Naturally, there is a full day visit to the incredible ruins of Machu Picchu, perched high above the Urubamba River in the most awe-inspiring of settings. And, throughout it all, we've got some of the regions best guides to tell us about their culture, history, flora and fauna. It's a great adventure - we hope you can join us!



[Learn more about our
Carbon Labels](#)

Your Recommended Expedition Itinerary

Day 1-2	Arrive in Peru 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!	D
Day 3	Cusco city tour 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.	BLD
Day 4	Biking tour and 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 5	Tree planting or pruning and transfer to Aguas Calientes This morning we head to a local community to help care for the environment by planting native trees or pruning existing ones, depending on the season. After spending some time with the locals, we make our way to the train station and catch the train towards Aguas Calientes. On arrival in Aguas Calientes we check into our hotel and head out for dinner.	BLD
Day 6	Machu Picchu tour We visit the jewel in the crown today, the world famous Machu Picchu. Set high above the Urubamba River and surrounded by dramatic mountains and deep valleys, it is truly breathtaking. In the afternoon we descend to the train and enjoy one of the world's great rail journeys back through the Sacred Valley to our hotel.	BLD
Day 7	Urubamba white-water rafting We enjoy an exciting rafting adventure on a beautiful stretch of the Urubamba River. After a safety briefing and time to learn the basics, we set off through a scenic canyon with fun rapids, wildlife and views of the surrounding peaks. We finish with a relaxed picnic lunch before returning to our hotel in the late afternoon.	BLD
Days 8-9	Depart Cusco, return UK On our final day in Peru, we transfer 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.	BL



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
- 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 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



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

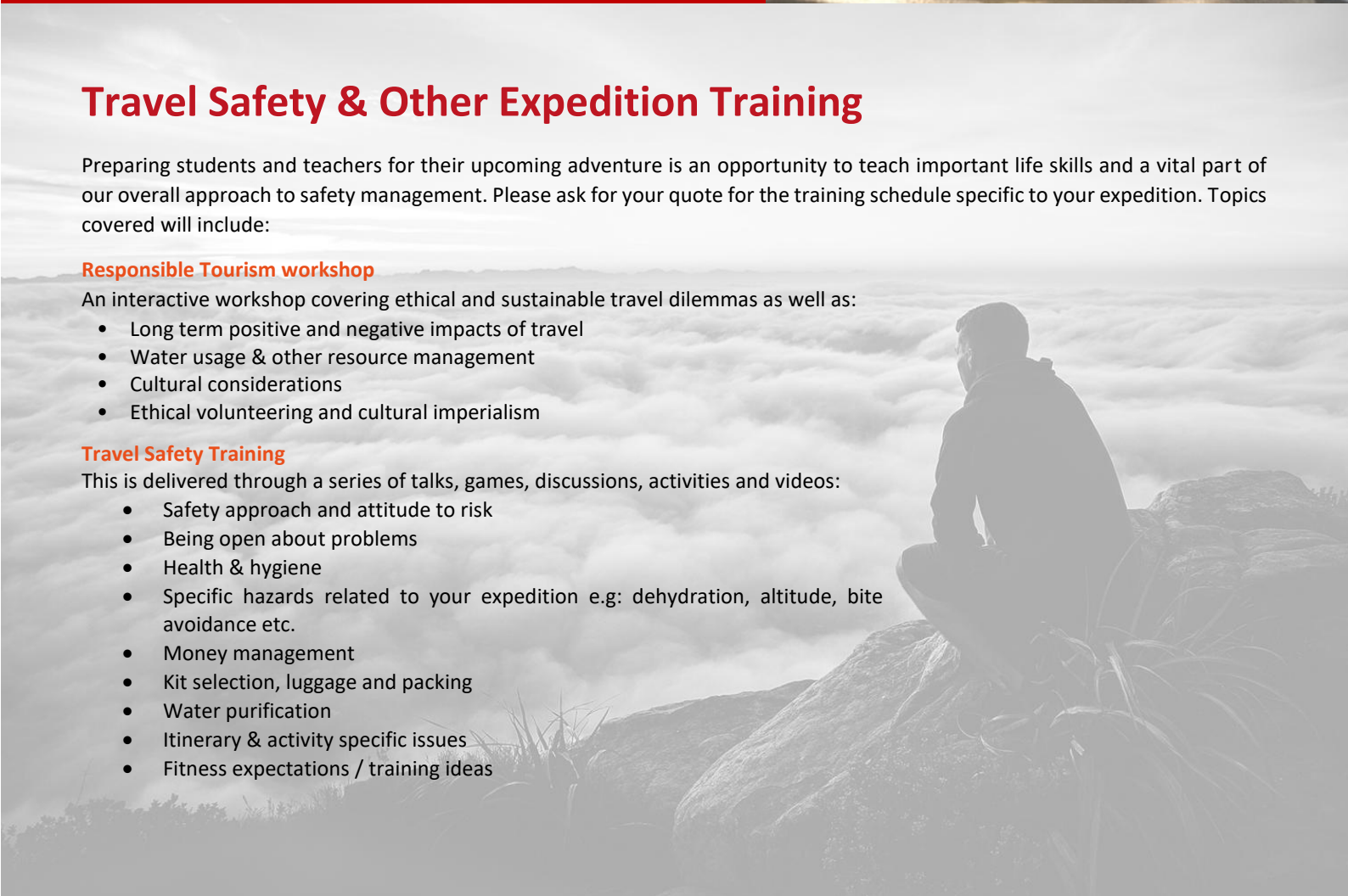
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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:

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