



Peru

Trek and Project Expedition

18 Days

This is the ideal introduction to Peru for school expedition groups wanting a varied, adventurous, responsible and rewarding expedition. With spectacular trekking amongst snow capped peaks and cloud forest, a great community led volunteer project and all the highlights of Peru from Cusco and the Sacred Valley, to Machu Picchu and Lake Titicaca. This is a high-octane adventure that will live long in the memory of students and teachers alike. With expert Peruvian expedition leaders, your journey of discovery will be so much more than just self-development. These leaders will ensure you discover the history, culture, flora, fauna and people of this friendly and fascinating South American country.



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

Days 1 - 2

Arrive Cusco

D

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

Day 3

Biking tour & market visit

BLD

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.

Day 4

Urubamba rafting and travel to community project

BLD

This great day of rafting takes us down a beautiful section of the Urubamba River. On arrival we inflate the rafts and receive a full safety briefing and instruction in the art of white-water rafting. The river flows through a beautiful canyon filled with great rapids, torrent ducks, and views of the surrounding peaks.

Days 5 - 8

Project phase

BLD

We travel to our community project at a village off the main Sacred Valley. The exact nature of the project will be decided nearer the time, as it will depend on the needs of the community. Typical projects we have arranged in the past consist of construction or manual work (such as clearing drainage channels, building foundations, levelling ground, and installing irrigation systems to remote hamlets). Working with the local community on sustainable tourism initiatives and being guided by a long-term local project partner ensures that our project is responsible, sustainable, and answering a genuine need in the community. Being based in the community, there will be opportunities for playing sport with the locals and participating in everyday life — perhaps helping to plant or harvest crops, or learning traditional trade crafts. On day eight we say goodbye and return to Cusco.

Day 9

The Salkantay Trail

BLD

Our Salkantay Trek to Machu Picchu begins with an early morning departure from Cusco, travelling by private bus to Mollepata — a journey of around two hours — where we stop for breakfast. We continue for a further hour to the trailhead, where we meet our team of horsemen and women who organise the transport of our luggage and equipment. We will see where landslides have impacted the trail before setting off on our first section of walking — around one and a half hours to Soraypampa. Here we have the option to make the steep climb to the beautiful Humantay Lake at 4,220 m, which takes approximately one hour up and 45 minutes down. We return to Soraypampa for lunch before taking the trail steadily uphill for a further one and a half hours to our campsite for the night at 4,150 m.

Hiking Time: 4-5 hours approx.



Hiking Distance: 10 km
Lowest Point: 3,206 m
Highest Point: 4,220 m

Day 10

The Salkantay Trail

BLD

We have a long day of trekking ahead of us, through some of the most incredible scenery in Peru. This will be our most challenging day, as we ascend to the highest point on the trail.

We first climb to a mountain pass at 4,650 m (15,200 ft), which takes approximately two hours depending on the group. From here we have sublime views of two huge snow-capped mountains: Salkantay on the right and Tucurhuay on the left. After a rest and time to enjoy the views, we continue downhill for around two hours as the scenery and ecosystems begin to change, heading towards Huayrapunku where we stop for lunch. We then set off again, trekking for around three hours through jungle-like scenery until we reach our second campsite at Colcapampa at 3,000 m (9,800 ft), where we set up camp and enjoy a well-earned meal after a hard day on the trail.

Hiking Time: 9 hours approx.
Hiking Distance: 19 km
Lowest Point: 3,000 m
Highest Point: 4,650 m

Day 11

The Salkantay Trail

BLD

After a hearty early breakfast we set off through a region of jungle known as the ceja de selva — the swathe of jungle that lies between the Andes and the Amazon rainforest. We cross the Lluskamayo River and find ourselves in a world of waterfalls, tropical fruits, and colourful birds. If we are lucky, we may even spot a cock-of-the-rock, Peru's national bird. The temperature is much warmer here, and the various waterfalls and streams provide plenty of opportunities to cool down with a refreshing splash in their crystal-clear waters. We reach our final campsite at the village of La Playa at 2,500 m (8,202 ft), where there is plenty of free time to relax and enjoy the nearby hot springs — the perfect way to soothe aching muscles after a long day on the trail.

Hiking Time: 8 hours approx.
Hiking Distance: 23 km
Lowest Point: 2,500 m
Highest Point: 3,000 m

Day 12

The Salkantay Trail

BLD

We make an early start and set off towards Llactapata on a steady three-hour climb, with wonderful views of the Santa Teresa Valley below us as we ascend. We reach Llactapata, an impressive Inca ruin that is thought to have served as an important rest stop and roadside shrine on the journey to Machu Picchu, to which it is connected via the Inca Trail. From here we catch our very first glimpse of our final destination — Machu Picchu in the distance.

After a rest and time to take photos, we continue downhill for around two hours, passing plantations of coca, bananas, and other crops, before reaching the Hydroelectric Station for lunch. We then walk for a further couple of hours until we arrive in Aguas Calientes, the lively town that sits below Machu Picchu.

Hiking Time: 8 hours approx.
Hiking Distance: 24 km
Lowest Point: 2,040 m
Highest Point: 2,800 m

Day 13

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 14	Drive to Lake Titicaca We travel across the high Altiplano to Puno on the shores of Lake Titicaca. At 3,811 m, Lake Titicaca is the highest navigable lake in the world. At this altitude the sun is very strong during the day, but temperatures drop quickly once it sets.	BLD
Day 15	Explore Lake Titicaca, including islands We take a boat out to the floating reed islands of the Uros people. Life on the islands is based entirely on the totora reed, which grows in the lake and is used to construct their houses and boats. It is said that the Uros began their floating existence by constructing the islands to isolate themselves from the belligerent Collas and Incas. Whilst it is clear that they are no longer as secluded as they once were, they remain a truly unique and fascinating sight.	BLD
Day 16	Return to Cusco We say goodbye to our village stay and head back towards Cusco. Along the way we explore the Sun Route, which includes several fascinating stops — Andahuaylillas, Raqchi, and La Raya — each offering a unique cultural experience. We arrive back in Cusco for our final dinner together, celebrating the end of a wonderful Peruvian adventure.	BLD
Days 17 - 18	Depart Peru on overnight flight to UK On our final day in Peru, we transfer to the airport to catch 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
- 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 4



Fitness is important at this grade, which compares to extended walking in mountainous terrain such as the Lakes or Snowdonia, for up to three to five days in a row. It is likely that significant sections of a trip will involve walking and trekking with some days up to eight hours. Some of the trip could be at altitudes of up to 4,500m, but the itinerary will be designed with appropriate acclimatisation in mind. Be prepared for significant possible variations in temperatures throughout the tour. There is not usually time to 'get fit' on these treks, so a two to four-month fitness improvement programme would ensure you get the most out of the 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

