



# Peru

## Cusco and Colca coffee

12 Days

This is a truly unique, educational journey through Peru. Learn what Fairtrade really means from Cocla Co-operative whilst overnighting in traditional homestays. Meet the farmers and hear how our ever changing climate impacts their work.

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



[Click to learn more about our Carbon Labels](#)

# Your Recommended Educational Journey

Days 1 - 2

## Depart UK, Arrive in Peru

LD

Arriving in Lima, we catch an internal flight to Cusco, where we meet our local STC Expedition Leader and transfer to the hotel. Having freshened up, our leader will give us a welcome briefing before an afternoon exploring the city. Discover Spanish churches and mansions that sit alongside Inca remains and enjoy sampling Peruvian restaurants.

Day 3

## Cusco City Tour

BLD

Today our adventure begins with a sightseeing tour of this ancient city, which was previously the capital of the expansive Inca Empire. This tour begins at Koricancha which is believed to have been the most sacred and important site in the Quechua world... the walls used to be covered in gold. Next are the imposing Fortress of Sacsayhuaman, Santo Domingo church, Cusco Cathedral and the Tambomachay Archeological Complex; all historically significant and sacred remnants of the Incas.

Days 4 - 5

## Fairtrade in Huayopata

BLD

A 3-4 hour bus journey brings us to Huayopata. The next few days are spent learning about Cocola Co-operative, a community of Fairtrade coffee farmers in the region, who 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.

First we meet the founder of Cocola Co-operative for a traditional plantain soup lunch and listen to the history of the region and why they decided to create the organization. This sets the scene for our discovery of what Fairtrade really means. Visit plantations to learn about the production system of coffee as well as other crops such as cocoa plants, tea and avocado. Meet farmers and experience a day in their lives, hear their stories and learn their favourite types of coffee to work with. We will also learn how to roast and grind the coffee in the local, traditional style, rewarding ourselves with a hot cup of coffee in the evening for our hard work today.

The next day is all about - chocolate! The morning activities shine a light on the impact our changing climate has on farming. Due to global warming, more farmers are growing cacao so we learn about this production system. We visit farms which, due to their lower altitude, can produce more fruits and vegetables. Try and taste as much as you can and make your own pure hot chocolate..! After lunch at the farm, we travel 1.5hrs to Quillabamba where we can visit the regional markets.

Day 6

## Coffee tasting, trek to Aguas Calientes

BLD

This morning we experience the final stages in the production stages such as cacao fermentation and dry coffee processing. Welcome the day with a coffee tasting and learn how to evaluate the characteristics of different coffees. We meet the workers at the Cocola installations to discover more about organic farming and Fairtrade certification. Transfer 2 hrs to Santa Teresa and trek from the hydroelectric train station to Aguas Calientes.

Day 7

## Machu Picchu

BLD

Rise and shine before the dawn for a truly spectacular start to the day - watching the sun rise over Machu Picchu! Take a guided walking tour of the citadel complex before wandering through the historic and mystical remains at our own leisure. Hike back to Aguas Calientes for lunch and then catch the train to Poroy. Finally we return to Cusco to overnight.



**Day 8****Biking tour & Pisac market**

BLD

Suitable for all cycling skill levels, with paved route and trail options, this activity will be an excellent way to explore Cusco's surroundings. Our 35km route passes quaint villages, magnificent mountain vistas, Lake Huaypo, the archaeological sites of Moray and Maras and the salt pools or Salineras. Here, some 5,000 salt ponds slowly evaporate and offer up their tasty minerals. Lastly, we will descend a steep route to Pichingoto to reach the Sacred Valley. There will also be an opportunity to test our bartering skills and purchase souvenirs with an afternoon visit to the colourful and traditional market at Pisac.

**Day 9****San Pedro market & cooking class**

BLD

Ready, steady, cook! Today we focus on the gastronomy of Peru. Start off with a quick language lesson, shopping tips and introduction of the ingredients that we will be cooking later today. Ready and raring, we set off into San Pedro market for a tour and buy fresh ingredients from the local merchants. Once we have everything we need, we visit the cooks house for a cooking class. During the class we will learn how to prepare a few traditional dishes and also learn more about the culture and dining etiquette of Peru. This afternoon we feast on a meal of our own making!

**Day 10****Chuquicahuana Rafting**

BLD

This great day of rafting takes us down a beautiful section of the Urubamba river. Rafting is a fun sport and this fantastic day out is suitable for almost all ages and abilities. The section we run is usually the class III-IV Chuquicahuana section located above Cusco, where the river is cleaner and more fun. It takes two hours to drive to the river and on arrival we inflate the rafts and provide a full safety briefing and instruction in the art of white-water rafting. We then set off for approximately two hours of rafting, making the most of the gentle start to practice our technique. The river then flows through a beautiful canyon, filled with great rapids, torrent ducks and views of the surrounding peaks. Having reached our 'takeout point', we enjoy a full picnic lunch and relaxing in the sauna. This afternoon we return to Cusco for a well-deserved rest.

**Days 11 - 12****Depart Cusco, return UK**

BL

There will be time for final sightseeing and last minute souvenir shopping before we start the journey from Cusco to Lima and back to the UK.



## Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC tour leader
- Parent and student trip launch presentation
- Pre-travel training programme
- 1-day offsite safety INSET day for school staff
- ATOL financial protection
- Emergency Medical & Repatriation Insurance
- 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

## 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
- 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. While we are far from perfect, 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 some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase in your underlying fitness levels would 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 Pre-Travel 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 this educational journey. Topics covered will include:

### Responsible Tourism workshop

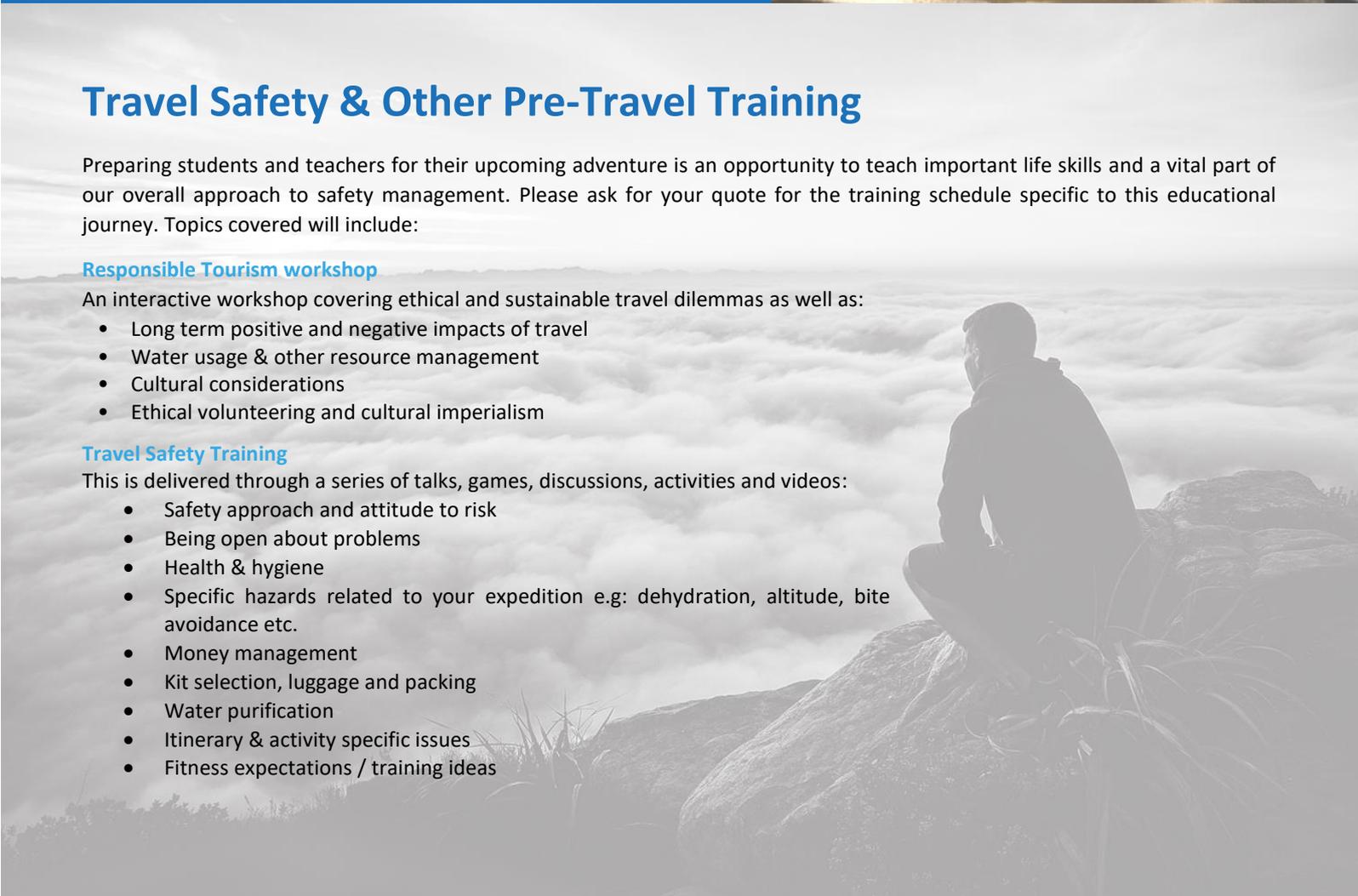
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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 educational journey

## 1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your adventure 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 trip approval process. Ask for posters and your Pre-Booking Information Pack too.

## 3 Arrange a trip launch evening

This is a chance for students and parents to hear more about the planned adventure with comprehensive information 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.



Our school trips and educational tours are all about maximising the learning opportunities of travel. It's all here, the humble school tour has just come of age.



Adventures, holidays and cultural journeys for teachers looking to 'Escape the Classroom' and discover more about our amazing world, its people and places.



*"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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