



A Service to Peru

A volunteer service program in the Andean highlands

June 26-July 4, 2010

Machu Picchu Extension July 3-8, 2010

Highlights

Peru fascinates the adventurer, the anthropologist and the biologist equally. It is a wonderful country with tremendous contrasts, from arid coastline and high mountain peaks to vast jungles in the Amazon. Culturally, Peru offers small indigenous tribal communities, beautiful colonial cities and the mysterious and awe-inspiring ruins of the Incan civilizations. The ruins of Machu Picchu are one of the country's most well known ceremonial centers and offer opportunities for exploration beyond your wildest imagination. Peru's biological diversity is mind-boggling - within the country's borders are 83 distinct ecological zones, representing 80% of those found on Earth! The high plateaus and valleys of the Andes Mountains cover 27 percent of Peru. Some hardy residents of this region live in cities built at more than 13,500 feet above sea level. The high-altitude communities continue a tradition of resourcefulness that harkens back to their pre-Colombian ancestors; they have mastered the rugged landscape and maintain their vibrant traditions.

What to Expect

Join Crooked Trails in Peru on this volunteer service program where we unite community service, experiential learning, and environmental education into one unforgettable adventure.

Volunteers will work in the village of Vicos, Peru in the central Andean highlands. Alongside of their homestay families working on a project such as the primary school, creating a native plant garden, helping build smokeless stoves, or planting native trees. This program is designed to immerse you in the political, cultural, social, and economic life of contemporary Peru and the traditions and customs of the past. The program focuses on economic, political, environmental, cultural and social issues in Peru.

Who We Are



Crooked Trails is a non-profit community-based travel organization helping people broaden their understanding of the planet and its diverse cultures through education, community development and responsible travel.

villages that you are visiting.

Crooked Trails is a 501(c) 3 non-profit and a portion of your program fees goes directly to the

Costs

The cost of the 9 day Peru Program is **\$1499.00**.

Machu Picchu Extension is **\$625**

Includes: all in country transportation (including buses, private vans and taxis), all meals where listed in itinerary, all accommodations in 3 star guesthouses and homestays, all activities listed in the itinerary, all local guides and translators and one Crooked Trail's facilitator to accompany the group.

Does not include: international flights, int. departure tax ((\$30.25-some airlines now include this in your ticket price), some meals and personal items such as internet, laundry and phone calls.

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JUNE 26 (Sat): FLIGHT TO LIMA

Upon your arrival, you will be welcomed by your Crooked Trails facilitator and brought to your local guesthouse in the heart of Barranco, near the cliffs of the Pacific Ocean. Since flights arrive late, we will get settled in and to sleep.

JUNE 27 (Sun): LIMA: CITY OF THE KINGS

After a traditional Peruvian breakfast prepared by our hosts, we will take a short historical tour through the streets of Lima, visiting such sites as the catacombs of the famous San Francisco cathedral, watching the changing of the guard outside the presidential palace and riding through one of Lima's most interesting suburbs to arrive at the top of San Cristobal Hill for a view of the entire city. You can have lunch near the ocean cliffs of Miraflores and a stroll through the artist's district of Barranco. In the late evening, you will board the traditional High Andes Mountain bus on an overnight trip to Huaraz in the Cordillera Blanca (White Mountains). **B**

JUNE 28-JULY 2 (Mon-Fri)

VICOS ANDEAN HOMESTAY AND SERVICE PROJECT

Arrive in Huaraz early. Settle into rooms and morning free time to rest and have breakfast. In the afternoon, you will travel to the village of Vicos near Huascarán National Park. Welcome from village council and families. You will meet your host family and settle in their homes while they prepare a traditional Andean lunch for you. In the afternoon we will spend time with the host family preparing bread in their adobe oven. In the late afternoon there will be time for exploring the village and meeting other community members

Over the next 5 days you will be exploring the Andes Mountains and the village of Vicos including meeting farmers, artisans, beekeepers, musicians and school children. You will also be working with some of the community members on a

service project determined by village committee. This could include working with one of the two local schools in helping to develop an environmental education experiential learning center with native plant garden, composting sites, and educational materials.

Evenings will be set aside for fireside chats, dancing, music, and language lessons with host families. One afternoon, you can have a lecture and walk with a local Shaman to study traditional medicine.

There is the opportunity on the final day in the village to hike to 15, 800 feet to a hidden lagoon in Huascarán National Park. After your hike you will join all of the families for a traditional Pachamanca feast celebration before returning to Huaraz. Overnight bus to Lima on final day. **B,L,D**

JULY 3 (Sat) LIMA-HOME

Arrive to Lima in the early morning and final day of celebration before boarding late night flight back to Seattle. **B,D**

JULY 4 (Sun) HOME

Depending on flights, you will arrive home around noon on your final day.

EXTENSION PROGRAM

MACHU PICCHU AND THE SACRED VALLEY OF THE INCAS

JULY 3 (Sat) CUSCO: THE IMPERIAL CITY OF THE INCAS

Upon your arrival to Lima, you will transfer to the airport and take a short 1 hour flight to Cusco, the imperial City of the Incas. After settling in, and taking in the spectacular views from our guesthouse, we will explore the imperial city of the Incas in order to acclimatize to 3,400 meters of altitude. Peru's sensory feast comes alive as we wander through the San Pedro flowers, meat, fruit and shamans' markets. In the afternoon we will visit the ancient monuments of Qorikancha (Temple of the Sun) and the Plaza de Armas before meeting a much needed rest and dinner. **B**

JULY 4 (Sun) SACRED VALLEY FO THE INCAS

After breakfast, we will travel 40 minutes down the Sacred valley of the Incas to the village of Chinchero. Upon our arrival, we will meet members of the Minka Chichero Weavers Cooperative as they demonstrate the traditional use of plants, soil and insects for dyeing their handmade Inca weavings. We will have lunch with the family before heading further down the Sacred Valley to Ollantaytambo, an attractive town that was built on top of original Inca foundations and is the best surviving example of Inca town planning. The town is divided in *canchas* (blocks) that are almost entirely intact. The town is located at the foot of some spectacular Inca ruins that protected the strategic entrance to the lower Urubamba Valley. The temple area is at the top of steep terracing which helped to provide excellent defenses. Stone used for these buildings was brought from a quarry high up on the opposite side of the Urubamba River - an incredible feat involving the efforts of thousands of workers. The complex was still under construction at the time of the conquest and was never completed. Here you will explore the magnificent ruins with a local guide. **B,L**

JULY 5 (Mon) HIKE TO MACHU PICCHU

Following the footsteps of the Inca, we will hike the Royal Inca Trail to Machu Picchu. This route is believed to be the ceremonial path that the Inca ruling caste used for ritual purification before entering the sacred site of Machu Picchu. The trail is a magnificent hike from the Choquesuysuy ruins, through an amazing cloud forest to Quetzal Falls, to the watch tower of Winayhuayna ruins.

In the afternoon we will climb to Intipunku (Gate of the Sun), the ancient entrance to the sanctuary and arrive in the late afternoon to see Machu Picchu for the first time. When all the crowds have cleared, we will descend to Aguas Calientes where we can enjoy an evening of soaking in the fabulous local hot springs. **B,L,D**

JULY 6 (TUES) EXPLORING MACHU PICCHU

We will spend the entire day exploring the ruins of Machu Picchu hearing the stories of the meaning behind this Inca site from our local guide. In the afternoon you will have free time to explore the ruins on your own and to climb to the top of

Wuyanu Picchu and the Temple of the Moon before returning to Aguas Calientes to take the train back to Cuzco. Evening free time in Cusco. **B**

JULY 7 (Wed) LIMA-HOME

Final free morning for self-exploration and shopping. Arrive to Lima in the early afternoon, you will have time for a final dinner before boarding late night flight back to the U.S. **B,D**

JULY 8 (Thur) HOME

Depending on flights, you will arrive home around noon on your final day.