

Machu Picchu - Expedition Information Pack

We have designed this document to give you all the detailed information you need in the most concise way possible. We hope you find it useful.

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Fitness & Training:

We have classified Machu Picchu as a level 5 expedition, for more information about our levels system [click here](#). We expect participants to have a very good level of fitness. Although this is not a technical climb, it is very steep in places and you will be gaining height very quickly. For many people it will be the hardest physical challenge of their lives. The group moves at a comfortable pace and nobody is ever left behind. Nevertheless, it is your responsibility to contact us if you have any concerns regarding your level of fitness, health or ability to complete the trek. We strongly recommend that you read the expedition itinerary in full before signing up to this challenge.

Hillwalking: Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition. We would recommend hiking at least twice per month in preparation for this expedition. In the three months prior to departure try to include two long training hikes (6-8 hours at a comfortable, steady pace) on consecutive days with an 8kg rucksack. You or someone in your party should have walking experience and the necessary navigational skills whenever you go out on the hills.

Remember; getting time on your feet is more important than completing hikes quickly! This is about building stamina and endurance.

In the Gym: Although hillwalking is best, you should also aim to complete at least three cardio training sessions per week. The type of training is not important, you just need to elevate your heart rate for 45 minutes to an hour. Typical sessions might be running, cycling, swimming, spin classes, circuit training, kettlebells or HIIT classes.

If you have low muscle mass in your legs, we suggest that you add strength training to your schedule. Developing muscle mass will protect your joints and this is very important especially on long descents.

If you have any old injuries, weak joints, soft tissue injuries or any other issues which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area.

Remember; it doesn't matter what kind of training you do – find something that you enjoy and you will stick with it!

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Training Weekends:

We hold training weekends prior to all expeditions, where you will meet an expedition leader and your fellow adventurers! An experienced expedition leader will give a full expedition brief, lead two training hikes and offer expert advice on all aspects of the expedition including training, equipment, weather, and more. These events are also a lot of fun and they take place in Glendalough, Co. Wicklow, which is a stunning location! When you book an expedition with Earth's Edge an account is generated for you on our website. You need to log on to your account to register for your training weekend.

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Equipment:

You are responsible for having the necessary personal equipment you need for this trek. If you are buying any new equipment for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chafing! When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors has an excellent range of expedition equipment, very knowledgeable staff and is 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter. To apply for a loyalty card please forward your confirmation email and your postal address to web@greatoutdoors.ie and they will send you a loyalty card. You can also take a copy of the email into their George's Street Store and they will generate a loyalty card for you while you wait. Allow 10 minutes for this.

EQUIPMENT CHECKLIST	
Walking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters.	
Runners or sandals (to wear in transit & around camp).	
Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking.	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1 (knee length or below)	
Lightweight trousers x 1.	
Synthetic/wool/silk long johns.	
Waterproof trousers (N.B. make sure the trousers have zips to the knee at least).	
Long sleeve base layer x 1 (silk, wool, or synthetic).	
Short sleeve base layer x 2 (as above).	
Mid weight fleece x 1.	
A down jacket. It must be heavy weight with a hood (at least 600 grams in weight).	
Waterproof jacket.	
Waterproof poncho.	
A fleece hat to wear in the mornings and evenings.	
Sunglasses (category 3).	
A sun hat with a wide brim to cover the face and neck.	
A pair of lightweight wool or synthetic liner gloves.	
A pair of waterproof gloves or mitts (down mitts are preferable).	
Walking poles.	
Rucksack: This is a small rucksack (30 to 35 litres) to carry the equipment you will need while trekking such as your camera, spare jacket, waterproof jacket, water bottle and packed lunch.	
A large suitcase or holdall carry your equipment to Peru.	
Dry bags or plastic bags. If either your day bag or duffel bag don't have sufficient waterproofing and to separate your equipment in your bags.	
Water bottles and water bladder. You must have the capacity to carry three litres of water while walking.	
A warm sleeping bag (comfort rating of -15°C or lower).	
Suncream at least factor 30.	
SPF lip balm.	
Insect repellent, deet based products are best.	
Hand sanitiser. You need to have enough supplies for the duration of your expedition.	
Toiletries, N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes and a nail brush are very useful.	
Personal first aid kit. You need to have enough supplies for the duration of your expedition. We recommend you carry the following: <ul style="list-style-type: none"> ● Rehydration salts ● Plasters ● Compeed 	

<ul style="list-style-type: none"> ● Paracetamol ● Ibuprofen ● Buscopan ● Throat lozenges ● Nasal spray ● Decongestant such as Sudafed ● Antibiotics suitable to treat traveller's diarrhoea <i>Azithromycin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up-to-date advice. The expedition medic will have a full medical kit to deal with issues of a more serious nature.</i> 	
<p>Personal medication. Please carry any medication you are currently taking on a regular basis such as:</p> <ul style="list-style-type: none"> ● Asthma inhalers ● Nutritional supplements ● Blood pressure tablets <p>If you suffer or have suffered from any skin condition, bring appropriate creams such as:</p> <ul style="list-style-type: none"> ● Canesten ● Zovirax ● Anusol ● Hydrocortisone 1% 	
Small towel for washing.	
Personal snacks; although sufficient food is supplied throughout the trek you need to bring your own supply of high energy snacks for the expedition. Bring snacks you enjoy eating such as sweets, energy bars & chocolate.	
Headtorch with spare batteries.	
Swimming togs/shorts for the hot springs.	
A spare set of clothes to wear after you finish the expedition.	
A photocopy of your travel insurance and passport.	
Your vaccination booklet.	
OPTIONAL ITEMS	
Diamox (tablet form not capsules); if you have decided to take it. For more information about Diamox its uses and side effects please refer to the information on AMS and Diamox in this document.	
We ensure that all drinking water provided to you is treated correctly but you may still wish to bring your own personal supply of tablets/drops for water purification such as iodine or chlorine. Powdered fruit juice can be used to disguise the taste of the purification.	
A sleeping bag liner (This is not essential but it helps to keep your sleeping bag clean and adds an extra season).	
Power Adaptor – Plug type C is used in Peru.	
Ear plugs.	
For glasses/contact wearers we advise bringing both glasses & contact lenses. Daily disposable lenses rather than monthlies are highly recommended.	
A camera.	
A book and/or writing paper.	
Hand warmer sachets.	

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Flights:

For those that book a flight inclusive package with us, we will send the flight details via e-mail approximately two months prior to departure. We will also include information on the baggage allowance and packing instructions. For those that book a land only package please consult us prior to booking your flights. It is important you are on time for the trek briefing on the first day.

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Description & Detailed Itinerary:

Our 16-day itinerary includes 9 days of trekking through the Peruvian Andes. We want to give you the ultimate Inca experience, trekking to Machu Picchu and taking in its lesser known sister city Choquequirao.

Our adventure begins with a stunning trek around Cusco taking in all the major sites while taking the time to adjust to the altitude. From Cusco we drive deep into the Andes and begin our trek – our first port of call is Choquequirao, which is twice the size of Machu Picchu and because of its remote location it receives a small fraction of the trekkers that visit Machu Picchu. Choquequirao receives the same number of visitors annually as Machu Picchu receives every day!

From Choquequirao, we trek along a stunning undulating trail for several days to reach Machu Picchu; we cross rivers, trekking up and over two high passes (4,150m & 4,668m) and following meandering trails through lush jungle bursting with exotic flora and fauna. At several natural viewing points along the trek, we are treated with awe-inspiring views of the snow-capped peaks of Humantay (5,700 m) and Salkantay (6,271 m).

We frequently come across traditional villages along the trail taking the opportunity to interact with the wonderful native people and experiencing life in the mountains. We take time to visit a coffee farm; picking the coffee cherries and learning about traditional coffee growing traditions. We roast the coffee over an open fire, grind the beans, brew the freshest cup of Java you will ever experience and sit back to enjoy the electrifying caffeine jolt! We spend an evening at a natural hot spring soaking our tired legs under the stars.

On the day we visit the ancient ruins of Machu Picchu we rise early and take the first bus to begin our fully guided tour of the UNESCO World Heritage Site. After the two-hour hike around the site we take the steep trail up Machu Picchu Mountain. It takes a further two hours to reach the summit but the views of Machu Picchu and the surrounding landscape are worth all the effort! After climbing the mountain, you are free to explore Machu Picchu at your leisure until the last bus departs to Aguas Calientes.

This itinerary is perfect for anyone looking for a challenging trek and who wants to completely immerse themselves in ancient Incan and modern Peruvian culture. At the end of the trek we have a free day which you can spend relaxing in Cusco or you can opt for an incredible day trip to Rainbow Mountain (Vinicunca) which is a very special experience.

We are the only company in the world who send an International guide and doctor on our Machu Picchu expeditions while keeping group sizes sustainably small. Sending an international guide and doctor on all our Machu Picchu treks allows us to deliver an unrivalled level of safety and service for each and every one of our clients. Having smaller group sizes allows us to minimise our environmental impact and foster a stronger team dynamic.

Day 1: Dublin to Lima.

Depart Dublin on an overnight flight to Peru.

Day 2: Lima to Cusco (3,400m).

Depart Lima in the morning and take the short flight to Cusco. Spend the day at your leisure, relax in your hotel or explore Cusco. The aim of the day is to acclimatise to the higher elevation. Overnight hotel.

Day 3: Cusco trek (3,700m), 5 hrs trekking.

After breakfast we head out for a hike around Cusco. Our local guide explains all of the important historical sites including Plaza de Armas, San Cristobal Church and Plaza Regocijo. We also ascend to Cristo Blanco (3,700m) which is great for acclimatisation. We finish the tour with a visit to San Pedro market, a local market with a huge range of produce for sale. Overnight hotel.

Day 4: Cusco to Cachora to Playa Rosalina (1,640m), 6 hrs trekking.

We depart Cusco in the early morning on a four hour drive to reach our trailhead at Cachora (2850m). We meet our muleteers here and enjoy stunning views of the snow covered Padrayoc and Wayn Cachora Mountains. We start by climbing for 20 minutes to a small pass where we get our first distant views of Chquequiaro. From the pass we descend almost 1,500m into the stunning Apurimac Canyon. We stop for lunch in Chiquisca and then continue on to our campsite at Playa Rosalina on the banks of the roaring Apurimac River. Overnight camp.

Day 5: Playa Rosalina to Choquequirao (3,000m), 10 hrs trekking.

Today is one of the toughest days on the trek with an overall elevation gain of 1,700m. As we cross the river we start the 1,500m climb up to Marampata (3,110m). It usually takes six hours to complete as we stop regularly for breaks. We stop for lunch and a good rest in Marampata which offers great views of our route so far and Choquequirao. From Marampata we follow an undulating trail cut into the mountainside to reach our campsite below Choquequirao. As we approach the campsite we marvel at the spectacular Inca terraces stretching way below the city. For anyone with any

energy left after the morning's climb there is an option to climb up to Choquequirao for the sunset. The sunset here is spectacular and if we are lucky we may even spot some condors. Overnight camp.

Day 6: Choquequirao to Pinchiunuyoc (2,400m), 4 hrs trekking.

After breakfast we climb for less than an hour to reach Choquequirao. We then spend the morning exploring the ruins taking in Hauqaypata (main plaza), Urin (upper square), the priests house, Ushno (ceremonial platform) and the vast network of irrigation channels. Generally we have the site to ourselves which makes for a much more spiritual experience when compared to Machu Picchu which is frequented by 5000 people per day. After a tasty lunch in Choquequirao we get back on the trail again climbing for one hour to reach the Choquequirao Pass (3,300m) and then descend for two hours to our campsite in Pinchiunuyoc. Pinchiunuyoc is a stunning campsite as we set the tents on Inka terraces and enjoy the sunset with panoramic mountain views. Overnight camp.

Day 7: Pinchiunuyoc to Maizal (3,000m), 7 hrs trekking.

Another big climb on today's trek, however we start with an hour long downhill section to reach the Rio Blanco (1,900m). As we approach the river we enter into the cloud forest which is rich in bio-diversity. We pass by native Polylepis trees, waterfalls and coca plantations. From the river it takes six hours to climb up to the tiny village of Maizal where we enjoy imposing views of the Yanama and Yarahmayo Canyons. Overnight camp.

Day 8: Maizal to Yanama (3,850m), 9 hrs trekking.

Today's trail follows an ancient Inca path as we ascend for five hours to reach Victoria Pass (4,150m). The trail is steep in places and for most people it's the hardest day on the itinerary. Our route takes us past the Victoria silver mine which was used by the Inca and later colonial times but is now abandoned. The pass offers stunning views of the snow-capped peaks of Humantay (5,700m) and Salkantay (6,271m). From the pass we descend for two hours and then climb gradually to our campsite in Yanama village for the night. Overnight camp.

Day 9: Yanama to Tatora (3,500m), 10 hrs trekking.

Another stunning day as we reach the highest point on our journey. After leaving the farmers fields and lush vegetation in Yanama, we continue climbing for five to six hours to reach the Yanama Pass (4,668m). From here we enjoy stunning views of the Sacsarayoj and Padreyoc Mountains and we may spot some condor too if we are lucky. We stop for lunch below the pass and then descend all the way to Tatora village. Overnight camp.

Day 10: Tatora to Santa Teresa (1,550m), 7 hrs trekking.

Today we descend through a valley covered in trees with thick groves of bamboo. Flocks of colourful tropical birds and interesting wildlife roam the forest. We also pass several waterfalls and cross streams and wooden bridges along the way. We finish our trek in La Playa and go to a coffee farm for lunch and a coffee tour. Afterwards we drive to our campsite in Santa Teresa. In the evening we have the option to visit natural hot springs where we can bathe in the therapeutic waters, a nice treat to relax tired and aching muscles! Overnight camp.

Day 11: Santa Teresa to Hidroelectrica to Aguas Calientes (2,700m), 4 hrs trekking.

We begin by driving to the Hydroelectric station and then follow the train tracks into Aguas Calientes. It's a beautiful walk through thick forest. After some time, we get our first views of Machu Picchu high above us on the saddle between Machu Picchu Mountain and Wayna Picchu. We arrive into Aguas Calientes in the early afternoon and check into our hotel. Overnight hotel.

Day 12: Machu Picchu Mountain, 5 to 7 hrs trekking.

We rise very early and take the first bus to Machu Picchu. We have a full guided tour of these ancient ruins which is an experience of a lifetime. After the two-hour hike we take the steep trail up Machu Picchu Mountain. It takes a further two hours to reach the summit but the views of Machu Picchu and the surrounding landscape are worth all the effort! After climbing the mountain, you are free to explore Machu Picchu at your leisure up until the last bus back to Aguas Calientes at 5pm. Overnight hotel.

Day 13: Aguas Calientes to Cusco.

Take the beautiful train journey as far as Ollantaytambo in the Sacred Valley and then drive from there to Cusco. Enjoy some last-minute shopping and a celebratory dinner in the evening. Overnight hotel.

Day 14: Free day in Cusco or Rainbow Mountain day tour.

Enjoy a free day in Cusco to explore at your leisure or take a day trip to Rainbow Mountain. Overnight hotel.

Optional Rainbow Mountain Day Tour:

The day trip to the stunning Rainbow Mountain (Vinicunca) is a special experience. It is important to note it is quite a long day involving a very early morning start from Cusco. The drive from Cusco takes approximately three hours each way. The out and back trek to reach Rainbow Mountain takes five to six hours. The day tour costs USD\$50 and includes breakfast, lunch and guiding. You will pay for this tour locally in USD. You don't need to inform us in advance if you wish to take the tour, you can decide on Day 13.

Day 15: Cusco to Lima.

Depart Cusco and fly back to Lima. Depart Lima in the evening for Dublin. Overnight flight.

Day 16: Lima to Dublin.

Arrive back in Dublin in the evening. Expedition ends.

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Expedition Costs:	Euro	Sterling	Dollar
Total costs excluding international flights. (Land only)	€3,199	£2,752	\$3,616
Total costs including international flights from Dublin.	€4,399	-	-

A deposit of €399/£399/\$399 is taken at the time of booking and the final balance is due two months prior to departure. Prices in Dollar and Sterling were accurate at the time of writing. For up to date prices based on today's exchange rate please visit our website.

Expedition Costs Include:

- International flights from Dublin to Lima return economy class.
- Internal flights in Peru.
- Experienced Irish/UK expedition leader.
- Experienced Irish/UK expedition doctor.
- Training Weekend.
- Local English speaking guides, local cooks and support team.
- All accommodation based on twin sharing in hotels in Lima, Cusco, Aguas Calientes and camping elsewhere.
- All meals and drinking water are included except in Lima, Cusco and Aguas Calientes where accommodation is based on B&B.
- A celebratory dinner at the end of the expedition.
- All transport throughout the expedition.
- All group gear consisting of first aid kits, mountaineering equipment, cooking equipment etc.
- An Earth's Edge bandana for all participants.
- Entry fee into Machu Picchu and a full guided tour.
- Use of state of the art tents and [Thermarests](#).

Expedition Costs Exclude:

- Personal travel insurance.
- Medical vaccinations.
- Tourist visas.
- Personal equipment.
- Personal spending and tips.
- Optional day tour to Rainbow Mountain.
- Expenses of a personal nature like laundry, phone calls, alcohol, excess baggage charges and any costs arising out of unforeseen circumstances such as bad weather, landslides, road conditions and any other circumstances beyond our control.
- Optional visit to the hot springs on day 6 – approx. \$2.50.

Notes: For those booking a land only package you need to book your own international and internal flights to Cusco. We can arrange airport transfers for you which you can book on your [Earth's Edge account](#).

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Spending Money & Tips:

We recommend that you carry USD\$350 dollars with you to Peru in small denominations (less than \$50). There are several places to exchange dollars into local currency in the airports and in Cusco. There are ATMs available in Cusco where you can withdraw cash using a credit/debit card. Our recommended tip amount is \$120 per person, please give your tip to the Expedition Leader and he/she will distribute the tip evenly among all local staff. The recommended spending amount above includes the tip for the local staff.

Weather:

Temperatures on the expedition may vary from 0 to 30 degrees during the day and -20 to 10 degrees at night. It's best to be prepared for lower temperatures due to wind chill or the weather turning bad. Usually the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. For accurate weather information please review these two websites;

Mountain Forecasts: www.mountain-forecast.com

Norwegian Meteorological Institute: www.yr.no

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Altitude Considerations:

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). You will be encouraged to drink at least three litres of water per day. Five litres per day is ideal. You should eat well, snack regularly between meals and do not under any circumstances try to diet on this expedition. This will keep your energy levels high throughout the expedition. Although frustrating at times, remember to keep your walking pace slow and steady which will in turn have the same effect on your heart rate. It is those who can set and maintain the correct pace on the approach days that are strongest at higher elevations.

AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you experiencing altitude sickness. Our staff are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. Please note it is common for most people to experience mild headaches at higher elevations. Always keep your guide informed on how you are feeling.

At high altitude, and especially in dry conditions, it is essential you protect your airway. This means walking with a bandana covering your mouth and nose, often in hot weather, or when you are breathing heavily. Getting used to covering your airway while walking takes some time, so you should practice prior to departure.

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all participants, especially those who have had AMS in the past, to take Diamox prophylactically (as a preventative) on this expedition, starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (in tablet form not capsules). You should try taking Diamox for two days at some stage prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingling fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side-effects we would advise against using Diamox. Always consult and follow the advice of your own doctor about Diamox or any other medication.

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Your Medical History:

When you book an expedition with Earth's Edge an account is generated for you on our website. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants on Earth's Edge expeditions are required to have a consent form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). The Doctor's Consent Form can be downloaded from your Earth's Edge account.

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Your Dietary Requirements:

We will try our best to cater for those with dietary restrictions. If you have any dietary restrictions, please declare them when completing your medical declaration on your Earth's Edge account. You will receive login details for your account via email at the time of booking. You need to log on to your account and complete your medical declaration. Once you login, click on required information to access your medical declaration. We will organise for you to have a suitable meal on your flight where meals are supplied by the airline. It is not possible for us to source specialist gluten or dairy free products locally. We will endeavour to provide suitable alternative carbohydrates, for example potatoes or rice rather than bread. If you want to have specialist food like gluten free bread and pasta or lactose free milk you will need to bring them with you on the expedition.

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Vaccinations & Prophylaxis:

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic (www.travelhealth.ie) for the most up-to-date medical advice. You will find Vaccination and Prophylaxis Advice for this destination on your Earth's Edge account.

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Tourist Visa:

At the time of writing Irish and British nationals do not require a Tourist Visa when traveling as tourists to Peru neither do nationals from other EU countries. Your passport must be valid for six months after your return date, and you are required to have two free pages in your passport. Other nationalities should consult their relevant consulate. All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

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Travel Insurance:

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness, b) trekking up to 4,668 metres, c) helicopter evacuation in an emergency situation, and d) repatriation to one's country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book, that will cover you for unforeseeable circumstances such as illness or injury that might result in you not being able to take part in your expedition. We recommend Trailfinders for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To obtain travel insurance with Trailfinders go to www.trailfinders.ie/insurance or call their travel insurance phone line +353 1 702 9102

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Safety Standards:

At Earth's Edge your safety is our priority. Your expedition leader is very experienced in the mountains and in international travel. All our expedition medics are qualified doctors with a keen interest in adventure travel and in expedition medicine. We use local guides, cooks, drivers and support staff of the highest standard. We employ local staff based on their qualifications, experience and references. Our doctor will have an extensive medical kit with them but please carry a basic first aid kit yourself too (as detailed in the equipment list). Always listen to your expedition leader and follow their instructions.

We advise all participants to do their own research on local laws and customs before travelling to Peru. Up to date travel advice can be found on the DFA website: www.dfa.ie/travel/travel-advice/a-z-list-of-countries/peru/.

Poor personal hygiene resulting in gastroenteritis (Delhi Belly) is the most common cause of illness on expeditions. The good news is that it is easily avoided if you remember to always wash your hands and apply hand sanitizer after going to the toilet and before touching food. Always use water fit for drinking to brush your teeth. While using showers or washing your face, try not to ingest any water. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

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About Peru:

Area:	1.28 million sq. km
Population:	30.5 million
Official Languages:	Spanish 84%. Indigenous dialects: Quechua & Aymara
Religion:	Predominantly Roman Catholic (81%)

Local Time:	UTC -5.00
Local Currency:	The Nuevo Sol (PEN)
Currency for Exchange:	US Dollars in good condition.
Where to Exchange:	In banks found in all major towns. ATMs are widely available.
Credit Cards:	Credit cards are useful and can be used throughout Peru.

Up-to-date information concerning global exchange rates can be obtained at www.xe.com.

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Discounts and Photo Competition:

If you have travelled with us before please visit our [return customer](#) page for details on what discount you are entitled to.

If you have a friend who wants to travel with us please visit our [refer a friend](#) page for details on our referral programme.

If you are booking as part of a group please visit our [group discounts](#) page for details on what discount you are entitled to.

On each expedition, one person will win an Earth's Edge Down jacket and Gore-Tex jacket worth a total of €300. For more information and how to win please visit our [photo competition](#) page.

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Why Choose Earth's Edge:

We are the only company in the world who send an international guide and doctor on all expeditions while keeping group sizes sustainably small.

- A highly experienced expedition leader from Ireland or the UK leads each of our expeditions. This ensures we consistently deliver professionally run expeditions. They will be there to offer you expert advice throughout your trip.
- An expedition doctor from Ireland or the UK accompanies each expedition to provide industry leading medical support. Should you fall ill or have an injury they will be there to provide immediate medical care.

To read more about our safety standards please visit our [safety page](#).

- We keep group sizes small to minimise our environmental impact and foster a strong group dynamic. Our maximum group size on most expeditions is 16 and our average group size is 13. On more challenging peaks our maximum group size is 12 and our average is 8.

Responsible travel is at the core of what we do at Earth's Edge and has been since our inception in 2007. As a certified B Corp we are committed to using business as a force for good to support our communities both locally and worldwide as well as create more environmental awareness. Visit our B Corp page to learn more.

We organise a number of environmental programmes and community projects here in Ireland and internationally. Our projects include;

- A scholarship to train porters to become guides on Kilimanjaro.
- Our office staff volunteer their time to take students from an inner-city Dublin school into the outdoors for an immersive learning experience.
- Each year we plant three native trees for each person that has travelled with us in the preceding 12 months.

To read more about our sustainability practises please visit our [responsible travel page](#).

- We are a 100% Irish owned small business. Our MD, James McManus, is involved in the daily running of the business and also leads three to five expeditions per year.
- We are a fully licensed and bonded company. As we are based in Ireland, we are licensed with the Commission of Aviation Regulation in Dublin, our licence number is 0711.

- Detailed risk assessment and management systems, including evacuation plans, are put in place prior to each expedition. Our team in Dublin provide 24/7 phone support to each expedition.
- We run training weekends two months prior to each expedition, which includes a full expedition brief, two training hikes and expert advice from an Earth's Edge expedition leader and doctor.
- We have clear and transparent pricing. What's included and excluded from your package is made clear prior to booking.
- All of our office team travel on one expedition per year which means they can answer your questions based on first-hand experience.
- When you sign up to an Earth's Edge expedition you are entitled to a discount from our equipment partners at [Great Outdoors](#) to ensure you get the best gear for your expedition.
- We post daily updates of each expedition on our Facebook page so family and friends can monitor your progress.

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Expedition FAQ:

Have you a question that wasn't answered on this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

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