

Equip KIDS International presents

INCAN CHALLENGE 2010

October 9 - 17, 2010

What is the Incan Challenge?

An amazing 9 day trip through Peru to hike the Inca Trail to Machu Picchu, in support of children with disabilities.

- Visit Lima, Cusco, the Sacred Valley of the Incas and hike the Inca Trail to Machu Picchu, all while raising funds for children in need in Peru.
- Learn about the culture, people, food and music of Peru while exploring historic sites and ruins
- Meet the children you will be helping and learn about international development issues
- Participants will receive a complete trip package including a fundraising guide and support along the way



How much does the trip cost and what is included?



- This is an **all-inclusive trip** including ground and air transportation within Peru, accommodations, meals, entrance and trail fees, camping equipment (except sleeping bag), experienced, English-speaking guide, etc.
- The trip costs **\$1200 - \$1600**, depending on how much the participant raises.
- Participants raise pledges for their efforts on the Inca Trail - in the same manner you would raise pledges for a charity run or walk.

How much money goes to the kids?

- Part of the trip fee and **100% of the funds you raise** go directly to help children with disabilities in Peru. What's more, you will get to meet some of the children your efforts will be helping and you'll get to see our programs in action. Tax receipts are available for funds raised in Canada and the United States.



For more information, please write info@equipkids.org, or check out the Incan Challenge web site at www.equipkids.org/Incan.htm

Day 1 - Pick-up from the airport and transfer to hotel (this morning or previous evening). In the afternoon we'll have a **tour of Lima** including the historical centre (the Cathedral, the main plaza, the San Francisco Monastery) and the modern districts of San Isidro and Miraflores.

Day 2 - After an early morning flight to Cusco (1 hr), you'll have time to rest and see our programs in action. In the afternoon we'll have an optional **tour of Cusco** including Qoricancha (the Inca Temple of the Sun) and Sacsayhuaman (Incan fortress and temple).

Day 3 - This morning we will head out on a full-day **tour of the Sacred Valley**. Our first stop will be the Andean market of Pisac, followed by a typical lunch in the town of Urubamba and an afternoon tour of the ruins at Ollantaytambo and Chincheros.



Day 4 - **We are off to hike the Inca Trail!** After an early breakfast we will travel to the trailhead. As we cross the river to begin the trail, we will gently ascend through pretty gardens and eucalyptus groves until we reach the ruins of Patallaqta ("Town on the Heights"). There are a large number of agricultural terraces at this site, and the urban sector includes more than one hundred buildings.



Day 5 - The second day of the Inca Trail is certainly the most difficult and perhaps the most rewarding. We start out early to ascend **Abra de Warmiwaniusca** (Dead Woman's Pass), the highest point on the trail at 4200 m. You will appreciate the change in geography and flora (as well as spectacular views) as we climb through remnant cloud forest to the rugged mountain pass and back down to treeline in the Pacasmayo valley.



Day 6 - As we continue along the trail today, we'll be hiking on exquisitely paved Inca road, passing through moss-laden and orchid-filled cloud forest and exploring several Incan ruins along the way. Towards the end of the day we reach **Winay-wayna**, a site discovered in the 1940s. It is the most impressive site we have reached so far.

Day 7 - After a very early start, we will hike the final 2-3 hours of the trail, arriving at Intipunku (Door of the Sun) in time to see **Machu Picchu** at sunrise. We will then have a comprehensive tour of this amazing citadel. You will discover the residential and industrial sectors, in addition to the temples, plazas, ceremonial baths and, of course, Inti Huatana, the shrine designated to astrological purposes. Machu Picchu is surrounded by mystery, and we will explore the many theories about its purpose and its abandonment.

We will then take the afternoon train back to Cusco, for a great meal.

Day 8 - This is a **free day**. You'll have the opportunity to further explore the fabulous city of Cusco or do some shopping. You may also opt to spend more time with our students or to learn more about our programs. In the evening, we will all get together for a special celebratory dinner.

Day 9 - We'll take an early flight to Lima (1 hr), where you will have the day to **explore a local museum and/or the city and coast** before transferring to the airport for your flight out, or to your hotel for the evening.



Equip KIDS International is a Canadian international development organization dedicated to providing children with disabilities around the world the tools they need to claim their rights and live full and happy lives. Join us for an unforgettable trip and a life changing experience!

Travel and tours provided by

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