



Teesside  
HOSPICE

# Peru Salcantay Challenge

#TeamTeessidePeru2023



 Registered with  
FUNDRAISING  
REGULATOR

Registered Charity No: 512875

**Teesside Hospice have decided  
to take on the Salcantay Trek  
to Machu Picchu on  
Saturday 7th – Tuesday 17th  
October 2023**

Machu Picchu is considered by many to be the most spectacular creation of the Inca Empire and one of the most important heritage sites in the world. It sits on top of the Huayna Picchu mountain at a staggering height of 8,000 feet (2,430 meters) in a mesmerising tropical forest, offering spectacular 360 panoramic views.

Live out any adventurers dream & tick off an iconic bucket list journey. Do something you have always wanted to do, escape the normal, live out your dream... Explore with your adventurous side that yearns for breathtaking views... Rediscover yourself and experience new things and meet amazing new people along the way.

**#TeamTeessidePeru2023**



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# Your Journey

- Day 1 (Sat): London – Lima

Depart Teesside hospice together with #Teamteessideperu2023

Fly from the UK to Lima. On arrival transfer to a hotel for dinner and an overnight stay.

- Day 2 (Sun): Lima – Cusco

A short flight to Cusco. Take it easy for the rest of the day with a gentle acclimatisation walk

this afternoon, taking in some of the local sights.

- Day 3 (Mon): Cusco – Tambo Machay - Cusco

After breakfast, trek from Cusco up to the ancient ruin of Tambo Machay for an acclimatisation day. Continue to pass some amazing Inca sites as you walk downhill to Sacsayhuaman. Return to Cusco for your overnight stay.

- Day 4 (Tue): Cusco – Challacancha - Humantay Lake - Soraypampa

Leave Cusco early for the drive to Challacancha (3867m), stopping for a brief visit to Tarawasi Archaeological site enroute, as well as a rest stop at the mountain village of Mollepata. On arrival at Challacancha, enjoy lunch whilst the pack horses are loaded and

we then commence our climb to Humantay Lake (3,869m). After pausing for photos of this stunning blue lake, return to Soraypampa (3850m), the location of our first campsite

with a magnificent view of the Salkantay Mountain (6,271m) the second most sacred peak in Inca mythology.

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# Your Journey Continued

- Day 5 (Wed): Soraypampa – Andenes

Today the landscape changes drastically, from dry and arid to snowy peaks and then descending into the tropical zone. After breakfast, we will start the most difficult part of the

trek, hiking uphill almost all morning to the highest point of the trek, Abra Salkantay (4638m). Weather permitting, from here we can admire spectacular views of the mountains and the imposing snowy peaks of Mt. Salkantay. After lunch we trek for approximately 3 hours on a gentle descent through grassy highlands and then cloud forest, to arrive at our camp in Andenes (2920m).

- Day 6 (Thu): Andenes – Lucmabamba

Today we will hike along the Santa Teresa River Valley, passing through bamboo groves and then banana, granadilla, avocado and coffee plantations. A hot picnic lunch is served along the way, after which we trek for approximately 4 more hours to reach the start of the “Llactapata Inca Trail” and our last campsite at Lucmabamba. In the evening we will have a local coffee tasting and demonstration!

Distance trekked: approx. 19km.

- Day 7 (Fri): Lucmabamba – Llactapata – Aguas Calientes

An early start begins with an ascent through lush rainforest for about 3 hours to the archaeological site of Llactapata, where you’ll enjoy your first views of Machu Picchu on the other side of the valley. After a rest, continue descending for another 3 hours until you reach the hydroelectric station, from where we walk the last few kms, following the railway track to Aguas Calientes. (Distance trekked: approx. 15km)

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# Your Journey Continued

- Day 8 (Sat): Aguas Calientes – Machu Picchu - Cusco

Travel up to the actual site of Machu Picchu to spend the day exploring this glorious ancient city. We return to Cusco this afternoon by train.

- Day 9 (Sun): Cusco

Enjoy a final free day in Cusco. Gather for a celebratory farewell dinner this evening.

- Day 10 (Mon): Cusco - Lima – London

Fly back to Lima and enjoy a final afternoon exploring, or a chance for some last-minute shopping, before an overnight flight to the UK, arriving the following day.

Day 11 (Tue): London

Arrive back in the UK. Travel back to Teesside Hospice with  
#Teamteessideperu2023

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# How Much will it cost?

## Sponsorship Route:

Registration Fee = £765 (Can be paid in 2x instalments) & minimum sponsorship of £3,995. (per person)

## Self-Funded Route:

Registration Fee = £2,685 (Can be paid in instalments across 3 or 6 months) & suggested sponsorship of £1,805. (per person)

# What is included?

- Flights from London to Cusco (including all current airport taxes & airline-imposed fuel supplements)
- All transfers & transport in Peru
- Accommodation in twin rooms in 3 star hotels (6 nights), tents on trek (3 nights)
- All meals from dinner on Day 1 to lunch on Day 10 (excluding lunch on Day 9)
- Drinking water throughout
- Welcome dinner
- Celebration Farewell dinner with certificates
- Local trek guides, porters and full support crew on trek
- High-quality 2-man tents
- 24-hour emergency support in Peru and the UK
- Trekking permits
- Entrance fees to Machu Picchu
- Tour Leader
- Mini Bus travel to and from London
- Social events & training - to get to know #TeamTeesside prior to trip
- Teesside Hospicde training Top & Hoodie
- Full admin and pre-departure support, including Information Evening & Pre-departure briefing

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Please come along to our information evening for a exciting chat on all things  
#Teamteessideperu2023

The evening will include

- a presentation including videos and photographs
- Information from previous trek team members
- Fundraising tips and advice
- refreshments

The information evening is being held at The holiday inn Express, Middlesbrough, TS1  
2PA

If you have any questions please contact our fundraising team on 01642 811145 or  
email [fundraising@teessidehospice.co.uk](mailto:fundraising@teessidehospice.co.uk)

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