

peru: tastayoq village bridge & school kitchen project



trip highlights

- Working alongside the Tastayoq community to improve the safety of their village
- A stunning trek through the Peruvian Andes
- Returning home with an intimate insight into the fascinating Andean culture
- Your first glimpse of the incredible ancient ruins of Machu Picchu



Trip Duration	16 days
Grade	Introductory to Moderate level
Activities	Community Project, Trekking
Accommodation	16 day trip, 4 days community project, 5 day trek, 8 nights camping, 7 nights hotel

welcome to World Expeditions

Thank you for inquiring about our Peru: Tastayoq Village Bridge & School Kitchen Project trip. Here at World Expeditions we are passionate about giving our clients the best chance to experience some of the remarkable cultures and wilderness regions of this very special part of the world. We are committed to making sure that our range of unique itineraries are well researched, affordable & tailored for the enjoyment of our small groups. These philosophies have been with us since 1975 when we began operating adventure holidays. We also put great effort into making sure that wherever we go we show a true respect for the local cultures and their environment. In Peru we have worked with our trek and tour staff for more than 20 years and have always managed to benefit from a tremendously good relationship that is reciprocal in every sense. We pay our staff well over award wages and provide them and their families with insurance and medical support. For the last two decades we have set up many help projects in the local villages where our staff live.

Why travel with World Expeditions?

Community Project Travel is a unique "giving back" program that we have operated since 2005 as a 'not for profit' division of our company. The program aims to assist impoverished communities that receive little or no funding from its government. Each project is sustainable in that the work is started and completed by the time you leave the community, resulting in a tangible benefit. Additionally we run the projects jointly with the community, encouraging ownership of the project at the local level and transferring skills to the local community, which assists in the long-term continuity of the project. Each project is selected on a consultative basis with the villagers, ensuring that the project is a real need of the community. Lastly, no particular skill is required to join a project; you just need to pack an open mind and a keenness to commit to physical work in a team environment.

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trip dates

2009 18 Jul - 02 Aug

2010 TBA

trip cost

\$3490 joining Lima

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

World Expeditions does not require single travellers pay a surcharge for travelling alone. On all of our adventures we will arrange for you to share accommodation with another traveller of the same sex and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is \$675.

the trip

Following three highly successful projects in the village of Qelqanqa, this year we visit Tastayoq to undertake another much needed community project. Our aim is to build a bridge that will be used as safe passage by the children on their way to school and build a school and community kitchen. We will spend four days working alongside the villagers to make Tastayoq a better and safer village. The village is situated in the Urubamba mountain range standing between the great Urubamba River and the vast rainforests to the north of Cusco.

Beautiful hanging valleys, high pampas, small patches of woodland and paths less trodden are the setting for this project and trek. The region is famous for its weavings, as well as its striking mountainous landscapes and rich culture - the region is home to the Andean equivalent of the Himalayan Sherpa. On completion of the project we shall continue onto the magnificent ruins of Machu Picchu.

at a glance

DAY 1	ARRIVE LIMA
DAY 2	FLY TO CUSCO
DAY 3	CUSCO CITY TOUR AND LEISURE TIME.
DAY 4	DRIVE TO THE SACRED VALLEY OF THE INCAS VIA CHINCHERO
DAY 5	DRIVE TO YERBABUENAYOQ AND COMMENCE TREK TO COCHAYOQ
DAY 6	TREK FROM COCHAYOQ TO QELQANQA
DAY 7	TREK FROM QELQANQA TO CAMP BELOW YAURICUNCA PASS
DAY 8	TREK FROM YAURICUNCA CAMP TO TASTAYOQ
DAYS 9-12	COMMUNITY PROJECT AT TASTAYOQ
DAY 13	TREK FROM TASTAYOQ TO ROADHEAD AND DRIVE TO OLLANTAYTAMBO
DAY 14	TO MACHU PICCHU
DAY 15	AT MACHU PICCHU
DAY 16	FLY TO LIMA WHERE TRIP CONCLUDES

what's included

- 15 breakfasts, 9 lunches and 9 dinners
- airport transfer on day 1
- internal flights Lima/Cusco/Lima valued at US\$250
- internal transportation by private vehicle and train
- expert bilingual trek guide and crew
- group medical kit
- good centrally located accommodation
- gear package including kit bag, sleeping bag, liner and insulated sleeping mat during community project and trek
- all group camping equipment
- community project: services of a qualified local carpenter to oversee and direct the project, materials and equipment necessary to complete the work
- sightseeing specified in the itinerary
- site entry fees including US\$80 for entry to Machu Picchu
- support staff while in Peru

No local payments policy: Local cash payments are becoming increasingly popular with many operators. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices.



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Day 1:
Arrive Lima
→ Meals:

You will be met at the airport and transferred to the hotel where you are free to rest in the hotel or explore Lima. Some of Lima's best galleries and shops and restaurants are found near our hotel. Founded by Francisco Pizarro in 1535, Lima is the oldest capital in South America, with a superb combination of Spanish Colonial and 19th century European architecture. If you have time to visit a museum we would recommend the Museo de La Nacion, the Gold Museum or the Larco Herrera Museum.

Day 2:
Fly to Cusco
→ Meals: B

Early morning wake-up call (in some cases very early as most flights leave for Cusco early morning!) for breakfast and short drive to the airport for spectacular 55-minute flight across the Andes to Cusco set at 11,200' (3,400m). If possible try and get a seat on the left side of the aircraft as some of the best views of the Andes can be seen during the last 20 minutes of the flight. You'll be met by your guide and transferred from Cusco airport to our hotel for a short initial briefing and then a few hours of rest, essential to initiate successful acclimatisation. In the evening you'll have a longer briefing to discuss aspects of the itinerary and in particular the trek.

Day 3:
Cusco city tour and leisure time.
→ Meals: B

After breakfast we take a three-hour tour of the city and nearby ruins. Every alleyway we enter or corner we turn brings another surprise or enigma in the form of the superbly constructed Inca walls or the more architecturally extravagant colonial churches and palaces. The city, once capital of the extensive Inca Empire, has seen many changes since Francisco Pizarro's men took the city with such apparent ease in November 1533.

Day 4:
Drive to the Sacred Valley of the Incas via Chinchero
→ Meals: B

We drive into the Sacred valley in our private bus. The valley follows the course of the famous Urubamba River, one of the main tributaries of the Amazon. During our time here we visit some of the enthralling citadels, fortresses and temple ruins, including the traditional Inca village of Ollantaytambo and its huge terraces at the famous fortress set above the village. Chinchero 3750m (12,300ft) once the agricultural centre of the Inca empire and still renowned for its traditional weavings, has a famous market, so you'll have the opportunity to do some shopping selecting from a great variety of expertly made craftwork, including alpaca sweaters and hats, ceramics, weavings and traditional Andean instruments. From Chinchero we continue across the great plateau affording spectacular views of the Urubamba Range of mountains. After about 45 minutes we arrive at the town of Maras from where we walk on to the Inca Salt Pans (Salineras) - a spectacular site, literally hundreds of white terraced pools of salt that have been harvested for centuries. From here we take a 2 hour walk back down into the Sacred Valley for a late lunch. We end up at our lovely group hotel in the valley near the river. The evening is spent preparing for the trek at our hotel in the heart of the valley.

Day 5:
Drive to Yerbabuenayoq and commence trek to Cochayoq
→ Meals: B, L, D

Today we drive from the Sacred Valley towards the trail head at Yerbabuenayoq on one of the most spectacular roads in Peru as it winds up dramatically from the Sacred Valley to the continental divide between the high Andes and the rainforest to the east. At the roadhead we are met by our hand picked team of porters and kitchen crew. The camp gear is loaded on llamas and mules and we then set off on the first day of trekking via the small weaving village of Cachin (3400m) to Cochayoq ñ a medieval village set at 3850m. Total time walking approximately 6-7 hours.

Day 6:
Trek from Cochayoq to Qelqanqa
→ Meals: B, L, D

After an early start we slowly ascend towards the Yuracocha pass (4350m). As we climb, we walk through some marshes, with good opportunities to see water birds. From the pass we descend into the beautiful Patacancha valley set below the flanks of Terijuay snowpeak (5330m). We trek past the spectacular Yuracocha lake (4200m) and then descend to our campsite near the village of Qelqanqa at 4100m. Today will be a long but rewarding day with a total walking time of approximately 7-8 hours. Our camp will be located above the village of Qelqanqa, and this evening we hope to see some of the previous community project work that has been undertaken between 2006 and 2008.

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Day 7:
Trek from Qelqanqa to camp below Yauricunca Pass
→ Meals: B, L, D

After an early breakfast and farewell to the villagers at Qelqanqa we start climbing up a beautiful glaciated valley with vast boulders strewn across the high pastures as we make our way up to the high pampas above the Patacancha Valley. Here we see many small Andean lakes or tarns. The scenery along the way is spectacular with great views of the surrounding snowed peaks as well as the chance to see lots of water fowls like, Andean geese, Puna Ibis and Andean Lapwing. We camp at 4,100m below the Yauricunca pass. Total walking time approximately 6-7 hours.

Day 8:
Trek from Yauricunca camp to Tastayoq
→ Meals: B, L, D

Today will be another rewarding day of hiking as we are nearing our goal at the village of Tastayoq. We start our ascent from our camp towards our first goal, the 4357m Yauricunca Pass. After our beautifully located picnic we head down and then climb to the Yuracrumiyoc Pass (4672m) before our final descent to Tastayoq (3986m). Total time walking approximately 6-7 hours.

Days 9-12:
Community Project at Tastayoq
→ Meals: B, L, D

Over four days the group will participate in the community project at Tastayoq village (3986m). Our discussions with the community president at Tastayoq have identified that the village school is in desperate need for a permanent school kitchen and canteen. Until now local villagers have been cooking in difficult and uncomfortable conditions to provide the children with an all important cooked lunch. This school kitchen will also act as a social focal point for the village and will be used for many other village activities.

We will also build a new permanent bridge that is capable of withstanding the floods in the wet season. Not only does this make local movement easier, but it also provides children with a safe crossing when they are on their way school. We estimate that 12-16 participants will comfortably complete the tasks at hand over four days under the supervision of our project leader and local carpenter. On the final evening our cooks will prepare a traditional barbecue dinner, called a Pachamanca, where a ditch is created, rocks are put into the ditch and then heated. A full lamb that is wrapped is then placed inside the heated rocks and the meat cooks slowly. We plan to share this occasion and our barbecue with the community as a final gesture before leaving the village the following day.

Day 13:
Trek from Tastayoq to roadhead and drive to Ollantaytambo
→ Meals: B, L

Today we complete the short 2 hour trek down to the roadhead, where we say our goodbyes to our trusty crew. We board our private bus and descend nearly 2000m to the Sacred Valley floor and Ollantaytambo. The rest of the day is at leisure to explore the ruins in this village.

Day 14:
To Machu Picchu
→ Meals: B

From our hotel, we walk to the railway station at Ollantaytambo where we take an early morning train (90 min) to Machu Picchu. Today we start early to thoroughly explore these remarkable and truly enigmatic ruins. After a professionally led tour of the site we're free to wander around the rest of the amazing sights. We then take a late afternoon bus down to Aguas Calientes, where we spend the night.

Day 15:
At Machu Picchu
→ Meals: B, D

After breakfast we travel by bus back to the ruins to spend further time exploring this unique site. Mid-afternoon we depart from Machu Picchu for the extremely pretty train ride back to Ollantaytambo from where we drive to Cusco. Here we transfer to our hotel for overnight accommodation and a farewell dinner.

Day 16:
Fly to Lima where trip concludes
→ Meals: B

After breakfast you will be transferred to Cusco airport for your flight to Lima. Upon arrival at Lima airport, your trip arrangements conclude. If you wish to visit other parts of Peru or South America, then please ask your consultant for more options.

Note: This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

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fast facts

Countries Visited:
Peru

Visas:
Yes*

Vaccinations:
Yes*

Group size:
Min. 10 Max. 16

Private Groups:
Yes*

Singles:
A single supplement is available for this trip

Leader:
Expert local leader

Brochure Reference: Community Project Travel

* Ask our staff or your agent for more information

responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.worldexpeditions.com

country information

Peru has a population of 21 million, made up of pure-blooded Indians (biggest group are the Quechuas, whose forebears were the "Incas") and Mestizos, who are a mixture of Indian and European backgrounds. More than half the population live in the largest cities, namely Lima, Arequipa and Trujillo. Its capital, Lima, located 12° south of the equator, was the capital of Spanish South America from its founding in 1535 until the early 19th Century.

Geographically, Peru is made up of the three distinct regions: the arid coastal strip, mainly desert and up to 60 kms wide. Down the centre of the country runs the great range of snow peaks and highlands that make up part of the immensely long chain of mountains known as the Andes, running from Colombia in the north all the way to the southern tip of Chile. The third region is the jungle - from the "eyebrow of the jungle" in the Andean foothills to the pristine jungles of the great Amazon rain forest. The coastal area is the economic heartland of Peru, and the coastal waters with the cold Humboldt Current running north up the coast contain some of the richest fishing grounds in the world. The highlands or "sierra" contain more than a third of the population, mostly the Quechua- or Aymara-speaking Indians engaged mainly in pastoral farming. This is a high, very often lush and fertile land of gentle slopes and valleys surrounded by the high peaks of the Cordilleras Vilcabamba, Vilcanota and Blanca.

climate

We have scheduled this trek in the cooler drier season which is one of the best times to visit. However, weather patterns are never so predictable that you can be absolutely positive of conditions beforehand. Daytime temperatures and night temperatures at lower altitudes vary throughout, but night temperatures at high altitude are cold whatever the time of year. Modern equipment and clothing will keep you warm. We shall advise you of the exact clothing and equipment requirements once you have signed up to participate.

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trip grading

Our Community Project Travel adventures can be undertaken by anyone with a reasonable level of health and fitness. For the community project part of your trip you will not require a certain level of strength or physical ability, just an enthusiastic and positive attitude. A

project manager will direct and distribute the workloads amongst participants on a daily basis. There is no pressure to exert yourself physically beyond your limits during the project but you should be prepared to give 4 -6 hours of physical labour each day. A certain level of fitness will be required where there is trekking involved.

This trek is by no means a stroll in the park, and it cannot be stressed enough that you will need to have a good level of fitness to participate.

You will be walking for up to six hours a day and often uphill for long stretches at a time, with a day pack on your back. The weather and altitude will also affect your fitness level ñ this can slow you down and make even simple walks a lot tougher. We consider improving your fitness as part of the Challenge!

There is nothing worse than getting sore on the first day and knowing you still have many more days on the trail ahead of you. If you are sufficiently prepared, having built up your fitness in the time before leaving for the trip, then you will enjoy it far more.

a typical day

Our trekking itineraries are designed to allow you to acclimatise to the altitude gains comfortably to minimize the risk of high altitude. We include sufficient days to allow for contingencies, such as bad weather, or even the opportunity to attend a festival. The walking hours vary considerably according to each individual, depending on your particular pace and how often you stop for photographs or breaks. The route and overnight stops are at the discretion of the group leader and the itinerary should be seen only as a guide. It is important that you remember it is not an easy stroll through the foothills and that you will enjoy the trek more if you have prepared beforehand and have a good level of fitness.

Once in the village of Tastayoq we will set up our camp where we will remain for four nights. Your trekking crew and porters will remain with you to prepare meals and provide logistical support during the community project. You will be introduced to a local foreman who will coordinate the work. In advance of your arrival, all materials for the project will have been purchased and carried in to the village. Your foreman will have had extensive discussions with the community about the objectives of our project and will be able to direct the progress of this work during the allotted time. Normally, he will divide the group into sub groups to work on different components of the project. There will be a good deal of flexibility in the hours that you work each day but it is anticipated that you will be involved in labour work for up to 6 hours a day. The people from the village will of course be very receptive to your visit and the improvements that you are making that will bring benefit to the entire village. You can expect them to visit daily out of curiosity and to help out also.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, film and camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking). Although all the equipment required for the community project will be provided, we do suggest that you bring tough work gloves and a lightweight set of overalls or old clothes to use during the project workdays.

what's not included

- any meals not mentioned in itinerary
- aerated and alcoholic drinks on trek
- items of a personal nature such as phone calls, laundry, etc.
- tips
- international flights
- airline & departure taxes
- vaccination or visas
- travel insurance