

ROAD SCHOLAR[®]

Hiking the Inca Trail to Machu Picchu Information Packet



Program # 19937

April 27 - May 9, 2017

ROAD SCHOLAR

Elderhostel, Inc.

11 Avenue de Lafayette
Boston, MA 02111-1746
(617) 426-7788 tel
www.roadscholar.org

Dear Road Scholar Participant,

We are delighted that you have enrolled in this exciting educational adventure. Holbrook Travel, Inc., based in Gainesville, FL, serves as your Program Provider and works closely with Road Scholar headquarters to make sure that your program meets our high standards.

This packet includes important information that will help you prepare for your upcoming program. Inside you'll find a preliminary itinerary, accommodation details and information on practical matters. Whether this is your first travel experience or whether you are a seasoned traveler with us, please read all materials carefully. We encourage you to pay particular attention to the page of this packet titled "Important Information." Please be aware that International Road Scholar programs are developed very far in advance, so circumstances may occasionally necessitate adjustments to the program. However, we will make every effort to notify you of any significant changes as soon as possible.

If you haven't already, you'll need to fill out your online Participation Information Form. There may also be additional forms in this mailing for you to complete.

Within four to five weeks of your departure you will receive your final program packet that will include a final itinerary, arrival and departure instructions, staff biographies, luggage tags, and a name tag.

If you have questions about your payments or enrollment status, please contact Road Scholar Participant Services toll free at 877-426-8056. If you have any questions about your educational program after reading this information, please feel free to contact your Program Provider directly at 800-866-7111. If you have any questions about your air travel arrangements, please contact Holbrook Travel, Inc. toll free at 800-866-7111 or your travel provider.

On behalf of everyone at Road Scholar, I extend my best wishes for a memorable and rewarding learning adventure.

Sincerely,



James Moses
Road Scholar President

YOU CAN'T FIND A BETTER VALUE THAN ROAD SCHOLAR

All of your Road Scholar program components are included in the program cost. That means there are no extra “options,” no passing the hat for tips and no surprises. From lectures and field trips to gratuities and accommodations - the price you pay up front is the price you pay.

Specifically, this program includes:

11 nights accommodations

Meals: 28; 11 Breakfasts, 9 Lunches, 8 Dinners

Expert-led lectures: 3

Field trips: 10

Hands-on experiences: 1

Performances: 1

Flights during the program: 2

- Learning led by expert instructors who are authorities in the field of study.
- An experienced Group Leader attuned to the needs of Road Scholar participants.
- Group transportation throughout the program.
- Customary gratuities throughout the program that you would normally pay yourself.
- The Road Scholar Travel Assistance Plan, providing 24-hour-a-day emergency assistance coverage.
- Taxes.

WHOM TO CONTACT FOR WHAT

In order to make this educational travel experience possible for you, the following offices of Road Scholar will work together to provide the necessary arrangements and information.

For questions about Registration, Insurance, and Payments, contact:

Road Scholar

11 Avenue de Lafayette

Boston, MA 02111-1746

Toll-free telephone: 877-426-8056

Email: registration@roadscholar.org

For questions about your Educational Program, contact:

Holbrook Travel, Inc.

3540 NW 13th St

Gainesville, FL 32609-2169

Telephone: 800-866-7111

Fax: 352-371-3710

Email: roadscholarprograms@holbrooktravel.com

For questions about Air Arrangements, contact:

Holbrook Travel, Inc.

3540 NW 13th St

Gainesville, FL 32609-2169

Telephone: 800-866-7111

Fax: 352-371-3710

Email: holbrookroadscholardepartment@holbrooktravel.com

YOUR ROAD SCHOLAR MAILINGS

- This first Information Packet provides details about your itinerary and accommodations, information on practical matters such as health and safety, money, weather and packing, map(s), a suggested reading list, and other things you will want to know about your upcoming program.
- Four to five weeks prior to your program's departure date, the Final Information Packet will be sent to you, containing a final itinerary, arrival and departure instructions, staff biographies, luggage tags, and a name tag.

GETTING THERE

Start of Program

Thursday, April 27, 2017: Arrivals at the Jorge Chávez International Airport in Lima, Peru. Hotel check-in starts at 3 p.m. You will be staying at the Hotel Britania that night.

End of Program

Monday, May 8, 2017: Program ends with afternoon flight to Lima on Day 12. Departures will be from Jorge Chávez International Airport in Lima in the evening with international arrivals to United States on Day 13. You will be staying at the Sonesta Cusco the night before.

Required Documents

It is vital that participants email, fax, or mail a copy of their passport identification page to the Program Coordinator (Holbrook Travel) upon enrollment. Inca Trail permits cannot be purchased without your passport details!

Holbrook Travel
3540 NW 13th Street
Gainesville, FL 32609
attn: Road Scholar Dept.

Toll-free: 1-800-866-7111
Fax: 352-371-3710
Email: roadscholarprograms@holbrooktravel.com

Participants who are in the process of applying for a passport should call, email, or fax Holbrook Travel to provide their date of birth, place of birth, and name submitted on the passport application. As soon as the new passport becomes available, please email or fax a copy of the identification page to Holbrook Travel.

All US Citizens require a passport that is valid a minimum of 6 months after their return date to the US. If you must apply for a new passport, plan to allow 6 to 8 weeks for this process. Please bring along a photocopy of the first page of your passport (the page that has your photograph and information); in the event that your passport is lost or stolen, a copy of it will be of great assistance.

Travel Visa

A travel visa for US citizens is not required for this program.

Non-US citizens should check entry and visa requirements.

Participant Information Form

From your lodging information and meal preferences to emergency contacts, there is important information we need to know before your program begins. Please complete your Participant Information Form found on the Road Scholar website. Visit your upcoming trips in the "My Account" section at www.roadscholar.org to get started.

Airport Transfers

Airport transfers - from the arrival airport to the first site on the program start date, and from the last site to the departure airport on the program end date - are included in your cost if you have booked your airfare through Road Scholar. Transfer time(s) will be confirmed in the final mailing packet mailed within 4 to 5 weeks prior to program departure.

Program Only participants can join the scheduled group transfers (on a complimentary basis) if they arrive/depart at the same time as the Road Scholar international flights; otherwise, they are responsible for arranging their own transportation.

Independent travelers must note their flight information on the Road Scholar Information Form and/or contact Holbrook Travel (program coordinator) at 1-800-866-7111 or roadscholarprograms@holbrooktravel.com with that information. Approximately 30 days prior to departure, Holbrook Travel will advise Program Only participants if they qualify for complimentary arrival/departure transfers and will provide transfer options and rates to those who do not qualify.

Directions from the airport to Hotel Britania

The Hotel Britania Miraflores - Lima is located approximately 30 minutes from Lima's international airport.

Taxi services are available at the international airport (e.g., Taxis Green). Participants can hire a taxi and prepay in dollars at one of the taxi booths inside the secured section of the airport (after clearing Immigration/Customs).

Directions from Sonesta Cusco to the airport

Program will end with an afternoon flight from Cusco to Lima. Upon arrival to Jorge Chávez International Airport, Lima, connect with your international flights.

There is no hotel stay for the day in Lima. If you would prefer a morning flight out of Lima and hotel accommodations please contact the program coordinator at 1-800-866-7111 or roadscholarprograms@holbrooktravel.com to book these additional services.

PROGRAM SUMMARY

Let your feet carry you into natural beauty, mystery and even spiritual awareness on the Inca Trail to Machu Picchu. The Inca constructed an advanced road and trail system over which agile runners would deliver messages (in the form of knotted cords known as quipu) and even carry fresh fish into the highlands for the ruling class. Led by experts, hike the most famous stretch of this road system, passing through lush cloud forests and alpine tundra and examining Incan ruins before successfully arriving at the historic sanctuary of Machu Picchu.

Highlights

- Hike the famed Inca Trail from Pisacuco to Machu Picchu.
- Experience the “Lost City of the Incas” through an on-site lecture or an optional hike to the summit of Wayna Picchu.
- Learn about the remarkable Incan agriculture system in the Sacred Valley.

Activity Particulars

Activity Level **Challenging**: Get ready to keep up with our highest-energy group. These demanding, and rewarding, programs are for seasoned outdoor enthusiasts.

Hiking up to six hours a day over varied terrain. Elevation sickness can affect even healthy, physically fit people. Two and a half days in the Sacred Valley are intended to help participants acclimate before starting the Inca Trail. Participants can return to Cusco after the first day if they feel unwell/unable to complete the Inca Trail (additional cost applies). Elevations up to 13,779 feet.

Program Particulars

Inca Trail permits are issued in limited quantities and on a first-come, first-served basis. The permits are person-specific and must match the bearer's passport records. Participants must email or fax a copy of their passport identification page to the Program Coordinator upon enrollment.

Due to the nature of this program, listening devices are not available.

PRELIMINARY DAY-BY-DAY ITINERARY

Please be aware that program activities and scheduled times could change due to local circumstances. In the event of changes, we will alert you as quickly as possible. Thank you for your understanding.

Day 1: In Transit to Program, Arrivals in Lima, Peru

Thursday, April 27

Arrive To: Arrivals at Jorge Chávez International Airport in Lima.

Proceed through Immigrations, Baggage Claim and Customs before exiting the secured area of the airport. The Road Scholar representative will be waiting outside the exit door with a Road Scholar sign (only applies to Road Scholar group flights).

Transfer to the hotel and check-in.

*Note: This is an international travel day; no meals or program activities are scheduled on this day. Hotel check-in usually begins at 3p.m.

Accommodations: Hotel Britania

Day 2: Lima City Orientation, Walk Along the Malecon

Friday, April 28

Breakfast: At the hotel.

Morning: Meet your group leader and fellow Road Scholar participants during the welcome and introduction session. We will review the up-to-date daily schedule and any changes, discuss responsibilities, safety guidelines, emergency procedures, and answer any questions you may have.

Please be aware that program activities and scheduled times could change due to local circumstances. In the event of changes, we will alert you as quickly as possible. Thank you for your understanding.

Lecture: A Brief Introduction to Peru, the Inca Culture and History, the Inca Trail and the Sacred Valley.

Lunch: At local restaurant with food presentation.

Afternoon: You will embark on a guided city tour of Lima's historic downtown, beginning with a visit to the historic Plaza de Armas, the official center of the city and the original site upon which Lima was founded. Notable historic sites include La Catedral, built in 1534 and an architectural masterpiece; the Presidential Palace, where the soldiers guarding the palace offer an excellent photo opportunity; the Archbishop's Palace, City Hall, the Desamparados train station, and the Moorish-style houses and balconies along Lima's old streets.

You will also visit the Church of San Francisco and its library and collection of fine paintings and frescoes.

Join in a favorite pastime of Limeños during an afternoon walk along the city's Malecon (waterfront) in Miraflores, enjoying magnificent views of the Pacific Ocean and landscaped parks.

Dinner: This meal has been excluded from the program cost and is on your own to enjoy what you like. Please see the "Notes" section for a list of restaurants. The Group Leader will be happy to offer suggestions.

Accommodations: Hotel Britania
Meals Included: Breakfast, Lunch

Day 3: Fly to Cusco, Sacred Valley, Ollantaytambo Ruins **Saturday, April 29**

Breakfast: Breakfast at hotel restaurant.

Morning: Depart to the airport for morning flight to Cusco. Arrive in Cusco and transfer by coach to Ollantaytambo with an en route visit to the Awanakancha Alpaca Center.

The Awanakancha Alpaca Center is a living museum where visitors can see llamas, alpacas and vicuna. A demonstration will show how the wool from these South American animals is used to make woven textiles.

Lunch: At a local restaurant in Ollantaytambo town.

Afternoon: Visit to Ollantaytambo ruins with site lecture.

Ollantaytambo is a town with original buildings of Inca construction where the Inca retreated to make their last stand in the highlands against the Spanish. Running water still flows through the town in aqueducts. The terraces above the town still are farmed. The pinnacle above the town is a small burial ground.

Transfer to the hotel.

Arrive at hotel and check-in.

Time at leisure to enjoy the hotel grounds and gardens.

Dinner: At the hotel restaurant.

Note: Flight from Lima to Cusco takes approximately 1 hour and 30 minutes. The weight limit for checked luggage on this flight is 23 kg/50 lb.

Program activities in the Sacred Valley are designed to help participants acclimate to higher elevations prior to starting the Inca Trail hikes. The group leader will monitor participants' ability to adjust to the altitude during this time. High elevations can have an adverse effect on hikers, even those in good shape.

Accommodations: Posada del Inca - Yucay

Meals Included: Breakfast, Lunch, Dinner

Day 4: Sacred Valley, Moray Inca Ruins, Salinas Salt Pans

Sunday, April 30

Breakfast: At the hotel restaurant.

Morning: Field trip to Moray with site lecture. The large series of circular terraces were built by the Inca as an outdoor agricultural research station. Walking around the terraces as they decrease in size to a central point will provide a wonderful opportunity to acclimate in preparation for the Inca Trail.

Continue with an excursion to the Salt Pans of Salinas for a brief demonstration of the salt extraction process. Walk 1.5 miles on a downhill trail to the Urubamba River and the small town of Salinas (approximately 45 minutes).

Lunch: At a local restaurant.

Afternoon: Return to the hotel, followed by time at leisure.
Lecture: The Crops of the Inca, A Source of Health and Energy.

Dinner: At the hotel restaurant.

Accommodations: Posada del Inca - Yucay

Meals Included: Breakfast, Lunch, Dinner

Day 5: Sacred Valley, Pisac Market, Walking Activity

Monday, May 01

Breakfast: At the hotel restaurant.

- Morning:** Depart for the town of Pisac.
Enjoy an acclimatizing walk in the vicinity of the Pisac ruins.
- This beautiful site high above the Urubamba River features one of Peru's only remaining intihuatanas, the enigmatic carved rocks that were used for astronomical observation. The ruins are notable for their Inca waterworks and large, curving agricultural terraces offering excellent views of the Sacred Valley.
- Lunch:** Boxed lunch at Pisac.
- Afternoon:** Excursion to the Pisac Market for additional walking.
Return to the hotel and free time.
Before dinner, the group leader will conduct a final briefing session on the Inca Trail in preparation for our hikes.
- Dinner:** At the hotel restaurant.

*Note: Consult the group leader if you feel unwell or are apprehensive about the Inca Trail hikes. Option #1: Take part in the first day of the hike and see how you feel. If you decide not to continue, provisions will be made to transfer you to Cusco. However, if you wish to stay, you will need to complete the hikes all the way through to Machu Picchu. Option #2: If you decide not to attempt any hikes, provisions will be made to transfer you back to Cusco. **Extra fees apply for the Cusco provision.***

Accommodations: Posada del Inca - Yucay

Meals Included: Breakfast, Lunch, Dinner

**Day 6: Begin Inca Trail, Hike to Patallaqta Ruins & Huyllabamba
Tuesday, May 02**

- Breakfast:** At the hotel restaurant.
- Morning:** Depart for Ollantaytambo. Upon arrival, enjoy a brief stop for last minute purchases.
- Transfer to Piscacucho (or Km 82) where we will meet our porters and have a final bathroom stop. Formal registration procedures are required at this time at the official control point at the start of the Inca Trail. Original, valid passports must be ready to be presented to the officials.
- Once you are done with your registration, cross a footbridge over the Urubamba River and start your hike! This initial hike will take approximately 1:30 minutes before the first rest stop.
- Stop for a 20 minute snack and rest break.
- Arrive at the Patallaqta viewpoint. These classic Inca ruins at the intersection of three valleys with wonderful photo opportunities.
- Lunch:** Enjoy a sit down lunch at Tarayoq.
- Afternoon:** Continue walking for 1:45 minutes to the first campsite.
Time to rest and enjoy an extended tea break to revive body, mind and spirit.

Dinner: At the dining tent.

*Note: Total distance: 7.8 miles,
Estimated walking time: 7 hours,
Maximum altitude point: 9,842 feet*

*Accommodations: Inca Trail Camp
Meals Included: Breakfast, Lunch, Dinner*

**Day 7: Inca Trail, Huayllabamba to Pacaymayo
Wednesday, May 03**

Breakfast: Early morning wake-up call with a hot beverage.
Breakfast at the camp.

Morning: The first portion of your hike this morning will take approximately 1:30 minutes.

The first stop will be at Ayapata. Take the opportunity to rest, use the local toilet facilities, and/or rehydrate. Water and energy drinks will be available.

Continue walking on ascending stairs for 2:30 minutes.

Lunch: At Llulluchapampa.

Afternoon: After lunch, begin your 2-hour walk to Abra Warmiwañuska. The first pass, Abra Warmiwañuska, is at an elevation of approximately 13,776 ft.
Descend to the second campsite at Pacaymayo (11,580 ft).

Tea time and relaxation.

Dinner: At the camp.

*Note: Total distance: 5.5 miles,
Estimated walking time: 7 hours,
Maximum altitude point: 13,779 feet*

*Accommodations: Inca Trail Camp
Meals Included: Breakfast, Lunch, Dinner*

**Day 8: Inca Trail, Pacaymayo to Phuyupatamarca
Thursday, May 04**

Breakfast: Early morning wake-up call with a hot beverage.

Breakfast at camp.

Morning: Begin the approximately 1-hour hike to the Runkuracay archaeological site overlooking the Pacaymayo Valley. Enjoy a site lecture.

The following 20 minutes will be spent hiking to the Runkurakay Pass (12,960 ft) --the second pass on the trail. After reaching the pass, continue downhill for approximately 1 hour before arriving at the narrow staircase that will take you into Sayacmarca ("Inaccessible Town"). Enjoy a site lecture.

The ruins of Sayacmarca are the remnants of a fortress or travelers' lodge used by the Inca. Sayacmarca was built on a narrow mountain ridge with only one entrance--probably planned as a means of defence. The thatched roofs are long gone, but an observatory, small plaza, ritual baths, housing complex, and other constructions remain. The lack of agricultural terraces and farmland point to a dependence on outside suppliers--a big weakness in times of war. In its heyday, Sayacmarca is thought to have housed as many as 200 people.

Leave the ruins and hike for another 20 minutes before breaking for lunch.

Lunch: Stop for lunch at Chaquicocha.

Afternoon: After lunch, continue walking for another 1:45 minutes to the last campsite at Phuyupatamarca (10,695 ft).

Once at the camp, reward your day's efforts with a tea break and free time before dinner.

Dinner: At the camp.

*Note: Total distance: 5 miles,
Estimated walking time: 7 hours,
Maximum altitude point: 12,795 feet*

*Accommodations: Inca Trail Camp
Meals Included: Breakfast, Lunch, Dinner*

**Day 9: Machu Picchu - Phuyupatamarca, Wiñay Wayna & Intipunku Ruins
Friday, May 05**

Breakfast: Early wake-up call to witness the spectacular sunrise. Have your cameras ready! Hot beverages will be provided.

Enjoy your final breakfast at camp.

Morning: Begin walking to the Phuyupatamarca archaeological ruins, located approximately 15 minutes from the camp. Enjoy a brief site lecture.

The ruins of Phuyupatamarca (Cloud Level Town) include many terraces and a series of ceremonial baths. A large platform on the highest part of the site once served as an open-air temple--the Temple of the Sun.

Continue walking for another 3 hours and 30 minutes and arrive at Wiñay Wayna in time for lunch.

Lunch: Lunch at Wiñay Wayna archaeological site.

Afternoon: After lunch resume walking. This final stretch of the Inca Trail will take approximately 1 hour and 45 minutes to complete. Once at Intipunku (Sun Gate) we will begin the descent into Machu Picchu, just as the late afternoon shadows begin to accentuate the mysterious citadel.

After a quick walk through the ruins, board the bus to Aguas Calientes and check-in at your hotel. Enjoy a hot shower and commemorate the end of your exciting hiking adventure during dinner. Get a good night's rest in preparation for the next morning's activities in Machu Picchu.

Dinner: At the hotel.

Note: Total distance: 7 miles,

Estimated walking time: 5 hours,

Maximum altitude point: 11,811 feet

Accommodations: El Mapi Hotel

Meals Included: Breakfast, Lunch, Dinner

**Day 10: Machu Picchu Ruins, Train to Ollantaytambo, Bus to Cusco
Saturday, May 06**

Breakfast: Early breakfast at hotel.

Morning:

Board a bus to the Machu Picchu ruins.

Field trip to Machu Picchu and site lecture. Spend the morning in both guided and individual exploration, visiting the most fascinating features of this astounding and mysterious Inca settlement. This ancient Inca city was rediscovered in 1911 by Hiram Bingham, a Yale graduate and U.S. senator fascinated with Inca archaeology. Bingham found Machu Picchu, with the help of a local farmer who knew about the ruins, while searching for Vilcabamba and Vitcos. He hypothesized that the site was a "citadel," existing for strategic and defense purposes. He also speculated that the site was a refuge for Cusco's Virgins of the Sun, based upon the finding of skulls there, although not scientifically classified as female. Breakthroughs in archaeology since 1985 have, taken as a whole, supported the emerging view of Machu Picchu as a ceremonial and administrative center for a very populous region. Machu Picchu was built, flourished, and fell into demise within a period of 100 years.

Board the bus and return to Aguas Calientes town.

Arrive in Aguas Calientes and walk to the hotel. < br>

Some participants might want to take the optional hike to the summit of Huayna Picchu for an amazing overview of the site, while others are investigating Machu Picchu's many hidden architectural treasures.

Those participants that wish to climb Huayna Picchu must do so in the first group beginning at 7am in order to be back in time to meet the group for departure and they will miss the field trip to the main site due to time constraints. Park tickets for Huayna Picchu are additional in cost, non-refundable and not sold on site. There are limited number of permits available. Please contact the program coordinator at 1-800-866-7111 or roadscholarprograms@holbrooktravel.com to make arrangements.

Lunch:

At a local restaurant.

Afternoon:

Transfer to the Aguas Calientes train station.

Board train back to Ollantaytambo Station. Once at Ollantaytambo, board bus to Cusco.

Arrive at Cusco hotel and check-in.

Dinner:

On your own to explore local fare.

Note: The train ride from Aguas Calientes to Ollantaytambo takes approximately 1 hour and 30 minutes. The bus transfer from Ollantaytambo Station to Cusco takes about 1 hour and 30 minutes.

*Accommodations: Sonesta Cusco
Meals Included: Breakfast, Lunch*

Day 11: Sacsayhuaman Ruins & Cusco Orientation, Music Presentation

Sunday, May 07

- Breakfast: At the hotel.
- Morning: Field trip to the Inca ruins of Sacsayhuaman and site lecture.
Return to Cusco for a walking orientation of the city and a site lecture.
- Lunch: On your own to explore local fare.
- Afternoon: Afternoon at leisure to explore Cusco on your own.
- Lecture with presentation on traditional Inca instruments and music. Your group leader will advise the best time to return to the hotel for this lecture.
- Spend your last evening in Peru with your new Road Scholar friends, finish your packing, or get a good night's sleep in preparation for international departures tomorrow.
- Dinner: Farewell dinner at local restaurant with local entertainment.

Accommodations: Sonesta Cusco
Meals Included: Breakfast, Dinner

Day 12: Program Concludes, Flights to U.S.

Monday, May 08

- Breakfast: At the hotel.
- Morning: Free time for independent explorations of Cusco The center of Cusco is a history lesson where modern and colonial buildings were built on top of Inca foundations and colonial churches dominate the central square. . Please see the “Notes” section for a list of points of interest, activities
- Lunch: On your own.
- Afternoon: Late afternoon transfer to the Cusco airport for flight to Lima's Aeropuerto Internacional Jorge Chávez (LIM). We'll say goodbye to our group leader at Cusco. Upon arrival to Lima we will check-in for our international flight this evening.
- Dinner: On your own.

Evening: Upon arrival to Lima you will connect with your evening flights out of Jorge Chávez International Airport to the U.S.

During our layover, we have the option to buy a ticket to the airport's VIP Club located in the International Terminal. The ticket costs approximately \$60 USD, per person, and allows for up to 4-hours of access to the VIP lounge and its services including: buffet (finger foods and hot/cold beverages), bar, Wi-Fi, business center, toilets and showers, lockers, TV area, and a terrace. The price is subject to change at any time without notice. Space at the lounge is limited, therefore we suggest reserving your space in advance. Please contact the program coordinator at 1-800-866-7111 or roadscholarprograms@holbrooktravel.com for this service.

There is no hotel stay for this day. If you would prefer a morning flight out of Lima and hotel accommodations please contact the program coordinator at the number mentioned above.

This concludes the program. We hope you enjoyed your Road Scholar adventure! When you get home, remember to stay in touch via the Road Scholar Social Network; share memories, pictures, and comments about your recent travels.

Note: Flight from Cusco to Lima takes approximately 1 hour and 25 minutes. The weight limit for checked luggage on this flight is 23 kg/50 lb. Transfer to the airport is approximately 15 min.

Meals Included: Breakfast

Day 13: Arrive to the U.S.

Tuesday, May 09

Arrive To: Arrive to the U.S.

SPECIAL NOTES ABOUT YOUR PROGRAM

CPAP Machines

This program spends time in remote areas of Peru on the Inca Trail to Machu Picchu where electricity is unavailable. If you use a CPAP machine, please note that you will only be able to use it at the lodges and hotels in the days prior to and after completing the Inca Trail portion. The campsites along the Inca Trail do not have access to electricity. Please bring a battery pack and any necessary cables to power your equipment while at the program lodges/hotels.

ACCOMMODATIONS

Hotel Britania

<i>Type:</i>	Hotel
<i>Description:</i>	The Hotel Britania is located in the fashionable Miraflores district of Lima, near the financial and commercial centers and some of the city's best restaurants. The Kennedy Plaza is only three blocks from the hotel and 20 minutes by car from historic center.
<i>Room Amenities:</i>	Air conditioned rooms with private bath, hair dryer, cable TV, mini bar, free Wi-Fi, and safety deposit box.
<i>Facility Amenities:</i>	Restaurant, bar, 24 hr business center, 24 hr room service, high speed Internet access, money exchange, travel desk, and laundry service.
<i>Smoking Allowed:</i>	Yes
<i>Elevators Available:</i>	Yes
<i>Additional Nights:</i>	Room type and rates are subject to availability. Please contact your program provider, Holbrook Travel, for assistance in booking additional hotel nights for your program.
<i>Check-in Time:</i>	1:00 PM
<i>Contact Information:</i>	Calle Independencia 211 esq. 2 de Mayo Miraflores, Lima, Peru +511-2033900 Web: www.hbritaniamiraflores.com

Posada del Inca - Yucay

<i>Type:</i>	Hotel
<i>Description:</i>	The hotel is a former 18th-century, colonial style Franciscan monastery. The posada is set among gardens in the heart of the Sacred Valley.
<i>Room Amenities:</i>	84 rooms with climate control, television and direct-dial telephone and safe deposit. Hair dryers are available upon request.
<i>Facility Amenities:</i>	Restaurant and bar, business center with Internet access, room service, laundry service, shop and Andean market. The Kallpa Wasi Spa has massage, gym, sauna, outdoor Jacuzzi and yoga classes.
<i>Smoking Allowed:</i>	Yes
<i>Elevators Available:</i>	No
<i>Contact Information:</i>	Plaza Manco II de Yucay 123 Yucay, Peru +518-420-1107 Web: www.sonesta.com/sacredvalley

Inca Trail Camp

Type:

Tents

Image:



Description:

The tented camp is composed of high quality expedition-style tents. The camp is raised and disassembled each day at pre-assigned sites along the Inca Trail.

When participants enroll as a double they get a triple-size tent, 88 x 76 inches, and the singles will get a double-size tent.

This allows for room in the tent for the duffel bags and backpacks and room to enter and exit the tent.

Singles will always get their own tent.

Ship Information:

N/A

Room Amenities:

Each tent can accommodate up to two sleeping bags. A padded mat is provided to use under the sleeping bag. Singles will always get their own tent.

Facility Amenities:

Camp facilities include a bathroom tent with a portable toilet, a kitchen tent, and a dining tent. When the weather is nice, tables and chairs are often set up outside for an alfresco dining experience.

The individual sleeping tents can accommodate up to two guests in each; when participants enroll as a double they get a triple-size tent and the singles will get a double-size tent. Tents are REI brand with waterproof fly. Sleeping bags are REI HALO mummy bags 750 down filled and sex specific (for the shape) and are good to 10+ degrees Fahrenheit. Participants are also provided with a bag liner, mat, pillow, and a solar light.

At each site there are portable toilet tents provided, which are set-up and disassembled each day. A portable, plastic toilet is utilized.

Hot water and soap will be provided before each meal in the camp and a small quick-drying cloth towel is provided to each participant.

Smoking Allowed:

No

Bathroom:

Portable toilet tent at each camp. This is a composting toilet set-up at each mid-day and evening campsite.

Elevators Available:

No

Contact Information:

Camp is set up at various sites along the Inca Trail

000000000,

Peru

+0000000000

Web: no website found

El Mapi Hotel

Type:

Hotel

Image:



Description:

Smart and contemporary are the defining elements of this hotel, amidst the commercial village of Machu Picchu Pueblo (Aguas Calientes). The newly remodeled El MaPi (formerly Machu Picchu Inn) provides a wonderful location from which you can admire and interact with the quaint folksy town and get a different perspective

Room Amenities:

Each room is equipped with blackout curtains, 100% cotton sheets, down duvets, hypoallergenic pillows, cotton bath robes, natural herbal amenities, 32" flat screen TVs and tight-focus reading lights.

Facility Amenities:

Luggage storage, wake up calls, 24/7 reception, restaurant, WiFi, turndown services, self guided fern walk, oxygen upon request, hot water pool, gift shop, and computer room.

Smoking Allowed:

No

Elevators Available:

No

Contact Information:

109 Pachacutec Ave.
Machu Picchu Pueblo
Aguas Calientes,
Peru
+51-84-211011
Web: www.elmapihotel.com/

Sonesta Cusco

Type:

Hotel

Description:

This modern hotel offers modern amenities and views of the city or the mountains and features 127 rooms. Reopened after renovation in 2010, the hotel features contemporary decor and fine dining and is close to the handicraft market and the Plaza de Armas.

Ship Information:

n/a

Room Amenities:

Non-smoking rooms, free internet and Wi-fi, 24 hour room service, cable TV, mini-bar.

Facility Amenities:

Peruvian restaurant, bar/lounge, business center, conference room, Wi-fi access in public areas, 24 hour room service and guest service, currency exchange, laundry service, gift shop.

Smoking Allowed:

No

Elevators Available:

Yes

Contact Information: Av. El Sol 954
Cusco,
Peru
+51.8458.1200
sonestacusco@sonestaperu.com
Web: www.sonesta.com/cusco

PRACTICAL MATTERS

HEALTH & SAFETY

Special Information About Health and Vaccination Requirements

Participants are encouraged to visit their personal physician/s in preparation for their program in Peru. We also strongly recommend that participants review the Center for Disease Control's health recommendations for travelers visiting Peru. www.cdc.gov (800) CDC-INFO

Please remember that we are not health experts and can only share with you the recommendations made by the Centers for Disease Control. The best travel medical advice is secured from a travel clinic. Please always consult your physician before taking any medication or vaccination.

The Road Scholar Travel Assistance Plan

Your Road Scholar program cost includes the **Road Scholar Travel Assistance Plan**. The primary purpose of this plan is to provide 24-hour emergency assistance for medical and other emergencies. In addition, the plan provides emergency evacuation, baggage, and limited medical and sickness and insurance. The plan is designed to supplement your primary insurance coverage for accidents and illnesses requiring medical treatment. The policy operates on a reimbursement basis and if you have medical or other emergency expenses during the program you must be prepared to pay on-site and submit insurance claims as appropriate after your return. Please review the brochure you received in your Road Scholar enrollment confirmation notice for complete details of the plan's benefits, coverages, terms and conditions.

Medical and Physical Needs

Road Scholar is committed to providing reasonable accommodations to enable individuals with disabilities to participate in our programs. If you have any impairments or medical needs requiring accommodation that you did not inform us of at the time of enrollment, we ask that you communicate your needs to Road Scholar's Participant Services team at this time. Please contact us by calling toll free at (877) 426-8056.

At least six weeks prior to departure, make arrangements to see your physician or the travel nurse at your local public health clinic to determine what vaccinations are appropriate based on your medical history and travel itinerary. Some vaccinations do not offer immediate protection and require some time to take effect; therefore, do not leave your doctor's appointment and vaccinations to the last minute.

IMPORTANT NOTE:

The high elevations in Peru might cause some to experience altitude sickness. Please discuss this information with your personal physician so that he/she can recommend appropriate preventative measures based on your medical history.

The most common form of the illness is acute mountain sickness (AMS). Symptoms generally include: headache, fatigue, loss of appetite, nausea, and, at times, vomiting. The two more serious, and less common, forms of altitude illness are high-cerebral edema (HACE), and high-altitude pulmonary edema (HAPE). HACE and HAPE can be potentially fatal if left untreated. Symptoms include: profound lethargy, extreme confusion and increased breathlessness.

Safety

Millions of North American citizens travel abroad each year. The odds are in your favor that you will have a safe and incident-free program. But crime, violence, and terrorism as well as unexpected difficulties, do befall people in all parts of the world. Safety begins when you pack. To avoid being a target, dress conservatively. A flashy wardrobe or one that is too casual can mark you as a tourist. Avoid the appearance of affluence. Carry the minimum amount of valuables necessary and plan a place or places to conceal them. Your passport, cash and credit cards are safest when locked in a hotel safe. When you carry them on your person you may wish to conceal them in several places rather than putting them in one wallet or pouch. Avoid carrying valuables in handbags, fanny packs and outside pockets which are easy targets for thieves. Inside pockets and a sturdy shoulder bag with the strap worn across your chest are somewhat safer. The safest place to carry valuables is probably a pouch or money belt that you wear under your clothing.

When you are visiting another country, you are subject to the laws of that country. Learn as much as you can about the local laws and customs of the places you plan to visit. Use the same common sense traveling overseas that you would in an unknown city at home. Be especially cautious in crowded subways, train stations, elevators, tourist sites, market places, festivals, and marginal areas of cities. Do not use short cuts, narrow alleys, or poorly lit streets. Try not to travel alone at night. Avoid public demonstrations and other civil disturbances. To avoid scam artists, beware of strangers who approach you offering bargains or to be your guide. Beware of pickpockets; they often have an accomplice who will jostle you, ask you for directions or the time, or distract you by creating a disturbance. Wear the shoulder strap of your bag across your chest and walk with the bag away from the curb to avoid drive-by purse snatchers. Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. When possible, ask for directions only from individuals in authority. Do not be afraid to alert authorities if you feel threatened in any way. If your possessions are lost or stolen, report the loss immediately to the local police. Keep a copy of the report for insurance claims. At all times take responsibility for your own safety.

Smoking

The great majority of Road Scholar participants are non-smokers. We try to minimize the effects of smoking during Road Scholar programs. We try to insure that smokers and nonsmokers are not assigned as roommates, and that there are separate areas set aside in restaurants, lounges, etc. when possible. In the event that there is no other option than to assign a nonsmoker and a smoker as roommates, the smoker is asked not to smoke in the room. For the benefit of everyone, smoking is prohibited in classrooms and on buses or other conveyances. Group Leaders, drivers, and other staff are expected to observe nonsmoking areas established during the program.

CURRENCY AND MONEY MATTERS

All of your Road Scholar program components are included in the program cost (except for meals designated as on-your-own). It is your responsibility to pay for all other expenses you may incur during your time abroad. You should have sufficient funds available for any purchases you wish to make and for unforeseen events such as accidents or illness, losing luggage or personal effects, etc. For the most comfortable and enjoyable experience, please plan accordingly. As explained elsewhere, the Road Scholar Travel Assistance and Insurance Plan operates on a reimbursement basis for covered expenses. Neither the Group Leader nor other program staff is authorized to make cash outlays to participants.

Currency by Country

Peru: Nuevo Sol PEN

USA: U.S. Dollar USD

Exchanging Currency

The monetary unit in Peru is the nuevo sol and the exchange rate floats in relation to the U.S. dollar. Dollars may be exchanged at banks, the international airport or at most hotels. Many stores and restaurants accept U.S. dollars, though change will be given in local currency. Your group leader will be able to answer questions about when and where to change money.

Please bring dollar bills that are in good condition. Any bills that are marked, torn, or taped together will not be accepted. Due to counterfeiting concerns, it is becoming increasingly common for vendors to refuse older dollars, issued before 2004.

Before leaving home, consult a "currency converter" that can tell you the rates of exchange between the U.S. dollar and local currencies around the world. Many major metropolitan newspapers also publish such information. A small calculator is handy for figuring quick currency conversion during your program.

Credit Cards and ATM Bank Cards

Please notify your credit card company that you are traveling abroad. You can obtain cash from cash machines in larger cities with your ATM card. For this service you will need a four-digit PIN (personal identification number). You will receive money in the currency of the country where you do the transaction. According to many reports, ATMs offer the best exchange rates. Credit cards, as opposed to debit cards, work fine for purchases and paying bills, but do not use them to get money from a cash machine as cash advance fees can be high unless your credit card institution offers you a special deal.

Traveler's Checks

Traveler's checks can only be exchanged at banks and are not the most convenient way to carry money.

Tipping

Road Scholar programs include customary gratuities you would normally pay yourself. The only gratuities not included in the price of your program are for independently purchased food, drink, and free time activities. Road Scholar staff are not permitted to request tips or organize collections for tips for themselves or other staff. Should you wish to offer gratuities for outstanding service, please do so on an individual basis.

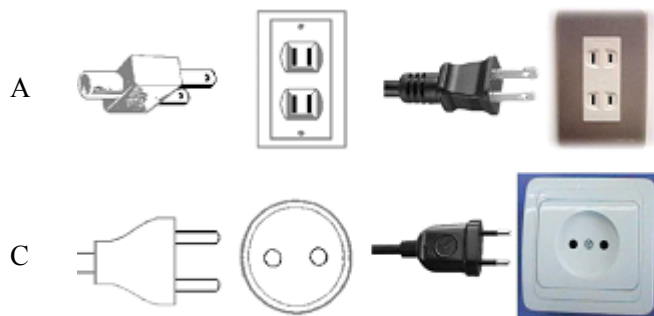
TIME

Peru Standard Time is GMT- 5 (US Eastern Standard Time) and the country does not observe daylight saving time.

ELECTRICITY

The electricity in Peru is 220 V, 60 cycles. Participants will need to bring converters and adapters (outlets either accept plugs with two flat prongs or two round pins).

<u>COUNTRY</u>	<u>VOLTAGE</u>	<u>FREQUENCY</u>	<u>CYCLES</u>	<u>PLUG TYPES</u>
Peru	220	60	a.c.	A
Peru	220	60	a.c.	C



TELEPHONE INSTRUCTIONS

International Calls

In order to make an international call, you must first gain access to the international telephone circuits by dialing an exit code. To gain access to the international telephone circuits when calling from the United States, dial the International Exit Code 011. To gain access to the international telephone circuits when calling from abroad, dial the International Exit Code of the country from which you are calling.

What is a Trunk Code?

Trunk Codes are single or double digit codes used to place calls within a certain country. They are left out when dialing in from abroad. For example, the trunk code for the US is 1. When calling long distance within the US you must dial 1 + area code + local number. This is left out when dialing in from abroad.

Below is a list of country codes, international exit codes and trunk codes.

	<u>Country Code</u>	<u>Exit Code</u>	<u>Trunk Code</u>
Peru	51	00	-
United States	1	011	1

CLIMATE AND WEATHER

Weather in Cusco and Machu Picchu

Mid April – October: This is the dry season, with warm (high 60s), dry days and cold (mid to high 30s), dry nights, often hovering just above freezing (particularly in June & July).

November – Mid April: This is the wet season with most rain in January and February. It's usually clear and dry most mornings with bursts of heavy rain in the afternoons. Daily temperatures are typically mild (high 60s - low 70s) with only a small drop (40s) at night. The Inca Trail is much less crowded during this period and there's a more abundant fresh water supply, but of course be well equipped for the rain.

Historical Weather Data for Lima

Average Temperature

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
°F	73	74	73	70	66	64	63	62	62	63	66	69

Average High Temperature

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
°F	80	82	81	77	73	69	68	67	68	69	72	76

Average Low Temperature

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
°F	68	69	68	65	62	61	60	60	59	60	63	65

Average Precipitation

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
in.	0.60	0.01	0.23	0.00	0.01	0.03	0.03	0.03	0.04	0.01	0.00	0.04

CLOTHING AND PACKING SUGGESTIONS

How do I travel light?

Travel is much more enjoyable if you aren't burdened with heavy and large pieces of luggage. All of the items should fit into one small, lightweight suitcase with wheels. To save space in your suitcase, plan to wear your heaviest, bulkiest clothing on travel days. In order to "travel light," you should plan to:

- Do a small amount of hand-laundry every few days
- Take clothing from one or two color-groups
- Do without some of the electrical appliances and conveniences that you use at home
- "Dress like an onion" (that is, in layers) according to the weather
- Put personal toiletries in a Ziploc bag. Take small containers that contain only what you will need

Sample packing list for traveling light

The following list should be used as a guide and not a definitive list as everyone has individual preferences and styles in terms of what they want to wear and bring along. Remember to pack cash, credit cards, and emergency phone numbers as well as glasses and air tickets, if applicable to your program, in your carry-on luggage. DO NOT bring valuable or expensive-looking jewelry, irreplaceable family objects, or unnecessary credit cards.

Clothes - please bring a reasonable amount of each item for the number of days you will be travelling.

- Weather-appropriate coat or jacket
- Shirts, blouses, or tops
- Wrinkle-free pants, or skirts, one of which is suitable for dress occasions
- Underwear, socks or stockings which are lightweight and dry quickly.
- Sleepwear
- Shoes should be comfortable enough to wear all day. We advise well-worn and sturdy shoes with good tread (rubber soles are best) and socks. You should bring a heavier shoe if doing a lot of walking.
- Bring a hat suitable for the season, gloves for winter wear, clothing you can layer as morning and evening temperatures are cooler than midday.

Suggested toiletries and other items that may be specific to your program

- Small flashlight
- A mini-sewing kit and a few safety pins
- Note pad and writing pens
- Sunglasses and SUNSCREEN (important at higher altitudes!)
- Small quantity of laundry detergent if you'll be washing clothing by hand
- Personal medication and copies of prescriptions (we advise you to carry these with you as you travel, so in the case of lost luggage, you'll have your prescriptions with you)
- Dramamine if you are prone to motion sickness

- Shower cap
- A face cloth or small towel of lightweight, well-worn cotton that dries quickly
- A reusable water bottle to use during excursions and field trips
- Daypack or easy-to-carry shoulder bag
- An electric razor or hair dryer (remember a converter for foreign countries, and/or an adapter for outlet plugs)
- Individual pre-moistened towelettes and/or hand sanitizer
- Large and small Ziploc bags to separate different types of clothing in (e.g., all underwear in one, all socks in another)
- An old pair of eyeglasses (in case of breakage) and a copy of your eyeglass prescription
- Small packets of tissues (useful for everything from toilet paper to napkins)
- Collapsible walking stick
- Other considerations: mobile phone, swimsuit, driver's license, keys, insurance cards, travel itinerary, travel brochures, maps, traveler's checks, camera, film, dietary supplements, first aid kit, bug spray, and umbrella

Additional suggestions specific to your program:

This is a very active program that includes hiking in varying weather conditions. Participants should consider bringing comfortable clothing that can be layered to suit the variations in temperature. Special attention should be given to footwear.

Tents provided in this program are REI with waterproof fly. Sleeping bags are REI HALO mummy bags 750 down filled and sex specific for shape and are good for 10+ degrees Fahrenheit. A Therm-a-rest sleeping mat and bag liner are provided. Trekking poles are also provided for the pre hikes and the Inca Trail.

Jackets and sweaters: A fleece, wind and waterproof jacket are needed for cool nights and at higher elevations; between May and September, down or down alternative jacket.

Pants: Long, loose fitting pants suitable for hiking. Zip off pants are useful since days tend to become warmer towards late morning and cooler in the afternoon. Rain pants and jacket (especially in Nov-Apr).

Shirts: Short and long sleeved Tshirts to layer under a sweatshirt and jacket as needed.

Underclothing, socks and sleepwear: Underwear, socks, and nightwear should be lightweight and designed to dry quickly. Warm hiking socks with good fit (e.g., Smartwool or similar) are a must. You may wish to pack a fleece top and pants to sleep in while on the trail.

Bathing suit: Pools are available at some hotels.

Shoes: Bring a pair of sturdy trekking shoes. Do not bring new shoes without breaking them in before your program! Include a pair of lightweight shoes like Crocs to wear around the camp.

Headgear: Include a hat (preferably with a wide brim) for sun protection that ties under the chin.

Rain gear: A long, hooded rain poncho to cover you and your gear.

Day pack: Bring a light backpack to carry your water bottle/canteen, hydration system, flashlight, headlamp, camera (with extra memory cards and battery), insect repellent, sunscreen, band aids, medications, toiletries, and other necessities during hikes.

CARRYING YOUR BAGGAGE

Wherever possible, porter service is included in your program cost. However, this may vary from program to program and even from site to site depending on local circumstances, e.g., porters may not be available in some areas; in certain situations the cost could be prohibitively expensive. For these reasons, we urge you not to bring more baggage than you are capable of carrying comfortably yourself if needed. We want you to enjoy yourself as much as possible - not be exhausted from carrying heavy bags.

Luggage limits on international flights are dependent on the carrier used. Participants should contact their travel provider or airline in order to obtain information about luggage rules. The internal flights in Peru allow each person to bring 2 checked pieces weighing up to 23 kg (50.8 lb), plus a carry-on item weighing up to 8 kg (17.6 lb) and a small personal item.

Participants will be allowed to bring no more than 8 kg/17.6 lb (minus the weight of the sleeping bag - approx. 1.6 lb) on the Inca Trail. The Site Coordinator in Peru will supply large duffel bags so that participants can pack their clothes and gear for the hikes. Professional porters will carry the duffels during the Inca Trail hikes and the remaining luggage will be stored at the hotel in Cusco.

MEALS

You will enjoy local foods reflective of your host country's customs. It is an integral part of the cultural experience to learn about and try the local cuisine. Therefore, although the staff at the sites is aware of many of the more recent North American dietary concerns relating to cholesterol, salt and sugar, we do not ask them to radically adapt their menus to suit our needs nor do we expect them to prepare food for individual diets.

PREPARATION

How can I get the most out of my program?

Meals and accommodations may be quite different from what you are used to at home. Accepting and dealing positively with such differences will greatly enhance your appreciation of the experience. In this mailing, we touch on some of the differences you will encounter. However, there will be experiences, situations and customs quite different from what you expect and anticipate at this time. The best way to prepare for the differences you will encounter is to prepare yourself mentally. Keep in mind that one purpose of international travel is to experience differences, not to judge them. What follows is a list of skills useful for encountering cross-cultural situations (from the *Survival Kit for Overseas Living*, by Robert Kohls):

- Tolerance for Ambiguity
- Ability to be Non-Judgmental
- Flexibility; Adaptability
- Sense of Humor
- Open-Mindedness
- Communicativeness
- Curiosity
- Self-Reliance

PHOTOGRAPHY

As described in our registration and program policies published in our catalogs, Road Scholar reserves the right to use photographs or videos taken by representatives of Road Scholar or by other participants during programs for promotional purposes. If you prefer that your image not be used in Road Scholar catalogs or promotional materials, including our website, we ask that you notify program staff and the photographer at the start of the program.

PROGRAM EVALUATION

Honest and objective feedback from participants is essential to maintaining our high standards, and program evaluations are our primary tool for monitoring and improving our program quality. Accordingly, at the conclusion of each program we send every participant a comprehensive evaluation form, either by mail or email, so that it is waiting for them upon their return home. Completed evaluations are carefully reviewed by Road Scholar headquarters and the on-site Program Provider. Though evaluation results are shared with the Program Provider, responses are kept anonymous and participant names are not associated with their evaluation. Our mission is to delight each and every participant, and we depend on your feedback to make this possible. We no longer ask participants to fill out evaluations on-site so it is more important than ever to keep us informed. Thank you in advance for your help.

SUGGESTED READING AND RESOURCES

There are no required readings, testing or grades on Road Scholar programs, but coming to the program with some background knowledge and awareness will greatly enhance your enjoyment of the experience. We have developed a list of suggested reading in conjunction with Longitude, the specialty mail-order book service, to help you prepare. For your convenience, you may order directly from Longitude by calling **(800) 342-2164**. To order online, and to get the most comprehensive selection of books for your voyage, go to **reading.longitudebooks.com/EH25744**. Your local library, video or bookstore, and the Internet are other excellent sources of reading material. As a service to Road Scholar participants, Longitude offers the Essential Reading package at a discount.

Essential Reading

These 5 items are available as a set for \$97.00 including shipping, 15% off the retail price (Item EXPRU136). Free shipping on any additional books ordered.

Inca Trail: Machu Picchu, Sacred Valley, Cusco Map, Lima 2000

MAP

This fact-filled map shows the whole of the Sacred Valley, from Cusco to Ollantaytambo and Machu Picchu, on one side, and, on the reverse, the area surrounding the sanctuary in splendid, topographic detail (1:50,000). It's the best map for those making the trek from kilometer 88 to the site and an excellent choice for those exploring by bus or train.

PRU28, \$13.95

Insight Guide Peru, Insight Guides

PAPER

Panoramic in scope, this illustrated overview brings Peru to life in color photographs and vivid essays on history, archaeology and culture.

PRU01, \$23.99

Lost City of the Incas, Hiram Bingham

PAPER

This first-rate adventure story by the man who brought Machu Picchu to the attention of the world is not just a gripping tale of exploration and archaeology, it also sets the scene for any visitor to the site.

AND05, \$12.99

Stone Offerings, Mike Torrey

HARD COVER

Torrey captures the dramatic setting, solitude and intricate construction of the Inca site of Machu Picchu in 100 striking color photographs taken over a few days at summer and winter solstice.

AND76, \$40.00

The Incas, Carmen Bernard

PAPER

Featuring archival drawings and photographs, a chronology and chapters on Atahualpa, the Conquistadors and Hiram Bingham, this handy book (previously published as *People of the Sun*) illuminates the daily life, monuments and history of the Incas.

AND03, \$14.95

Recommended Reading

A Sacred Landscape, The Search for Ancient Peru, Hugh Thomson

PAPER

Hugh Thomson travels all over Peru with his archaeologist pals, visiting Moche, Chavin, Nasca and other ancient sites in this thrilling account of adventure. His tale is bracketed by an account of his discoveries with Gary Ziegler at Llactapata, a newly excavated observatory barely two miles from Machu Picchu and essentially lost since Bingham happened upon the place in 1912. He concludes with wise words by John Hemming, "Anyone can find a ruin in the jungle; but it can take a lifetime to understand what you have found."

PRU76, \$16.95

Archaeological Map of Machu Picchu, Wright Water Engineers

MAP

Ken Wright's foldout color site plan shows the monuments, topography and physical features of the Inca sanctuary with exquisite clarity.

PRU23, \$6.95

Art of the Andes, from Chavin to Inca, Rebecca Stone-Miller

PAPER

This authoritative and concise illustrated survey of Andean art and architecture covers not only Machu Picchu and additional Inca monuments, but also Chan Chan, Nasca and other archaeological sites and cultures.

PRU05, \$21.95

Conquest of the Incas, John Hemming

PAPER

This classic prize-winning history of the Inca struggle against the Spanish invasion weaves wide-ranging, scholarly material into a gripping narrative.

AND04, \$25.00

Lima, A Cultural History, James Higgins

PAPER

An erudite guide to the cultural gems and literary history of Peru's capital city. James Higgins, who specializes in Peruvian literature, covers the scope of the city's history from its pre-Columbian museums, to its conquistador heritage, to its dynamic present.

PRU60, \$31.95

Machu Picchu Revealed, Ruth M. Wright

HARD COVER

Wright's handsome little tribute to Machu Picchu includes not only gorgeous color photographs but also a map, color rendering and suggestions for exploring the site.

PRU91, \$16.95

Machu Picchu, Unveiling the Mystery of the Incas, Richard L. Burger (Editor), Lucy C. Salazar (Editor)

PAPER

Burger and Salazar vividly evoke the art, architecture, culture and society of Machu Picchu in this illustrated, up-to-date survey. With Hiram Bingham's original report, archival and modern photographs and excellent chapters on recent archaeology at the site.

AND35, \$30.00

Peru Mammals, Rainforest Publications

PLASTIC CARD

A handy, double-sided laminated card depicting over 60 commonly encountered mammals of Peru. Beautiful and accurate full-color illustrations.

PRU73, \$6.95

Peru Map, Borch Maps

MAP

A detailed laminated relief map of Peru at a scale of 1:1,750,000. This is a very clear, colorful map, which also features detailed insets of Lima and Cuzco and even a site plan of Machu Picchu.

PRU02, \$11.95

Peru, Birds of the Forest, Rainforest Publications

PLASTIC CARD

A handy, double-sided laminated card depicting 100 commonly encountered parrots, motmots, hummingbirds and other forest birds of Peru. We also carry Peru Mammals Guide plastic card. (Item

PRU73)

PRU72, \$6.95

Peru, Travellers' Wildlife Guides, David L. Pearson, Les Beletsky

PAPER

Featuring 500 illustrations of the birds, amphibians, reptiles, mammals and insects of the Amazon, Andes and Pacific Coast.

PRU30, \$29.95

The Bridge of San Luis Rey, Thornton Wilder

PAPER

The classic tale of Franciscan missionaries in 18th-century Lima, Peru by the Pulitzer Prize-winning novelist. First published in 1927.

AND08, \$14.99

The Heights of Macchu Picchu, Pablo Neruda

PAPER

An indispensable contribution to 20th-century poetry, Neruda's ode to Machu Picchu celebrates the Incan civilization while abhorring that the ancient estate was built by slave labor.

PRU132, \$15.00

The Inca Trail, Cuzco & Machu Picchu, Alexander Stewart

PAPER

An excellent overview of local culture and history, including chapters on exploring Cuzco, the Sacred Valley and Lima. Fifth edition.

PRU19, \$22.95

Turn Right at Machu Picchu, Mark Adams

PAPER

Over his head on an arduous guided trek to Choquequirao and other remote sites, Mark Adams mixes entertaining tales of his adventures (he makes himself out to be quite the accidental explorer) with analysis of the rather grand Hiram Bingham in this light-hearted "following-in-the-footsteps-of" account.

PRU118, \$16.00

TO ORDER



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Recommended Websites

CDC - Travelers Health

www.cdc.gov/travel/

The Centers for Disease Control and Prevention (CDC) provide detailed information about diseases, vaccinations, and preventative health measures for travelers. The site contains general recommendations as well as country-specific information.

Embassy of Peru - Washington, D.C.

www.peruvianembassy.us/en.html

This website includes important information on visa/entry requirements for U.S. citizens visiting Peru. A tourism section provides an interesting look at the country and its culture.

U.S. Dept. of State - Travel Registration

<https://step.state.gov>

The U.S. Dept. of State strongly recommends that U.S. citizens register their travel plans before leaving the country. This makes it possible for U.S. authorities to assist American citizens if there is a crisis in the country they are visiting.

Peru Tourism Bureau

visitperu.com

Peru's Tourism Bureau website provides general country information, as well as details about festivities, museums, and many destinations of interest.

U.S. Customs and Border Protection

customs.gov/

The site provides information on customs allowances for the importation of foreign goods into the U.S.

Jorge Chávez International Airport - Lima, Peru

www.lap.com.pe/lap_portal/ingles/index.asp

This is the official airport website for the international airport in Lima, Peru. It provides some useful information about the airport's layout, services, official taxi companies, and arrival and departure procedures.

PRIVATE GROUP CHARTERS

Looking for a fun, enriching and bonding experience for your group?

Private Group Charter Programs allow a group to reserve a Road Scholar program just for its members. It's an ideal way to bring a community together - for reunions, annual gatherings or special occasions.

Road Scholar Private Group Charters are perfect for ...

- Family reunions • Biking, hiking or walking clubs • Birding clubs • Church and temple groups • Alumni groups • Lifelong Learning Institutes • Affinity groups of all kinds

To learn more visit **www.roadscholar.org/charter**, call toll free at (877) 209-4634 or email us at charterprograms@roadscholar.org.

CHECK OUT THE ROAD SCHOLAR ONLINE STORE

You'll find Road Scholar hats, shirts and lots of travel accessories at our online store. Just visit www.roadscholar.org/store.

EXTENDING YOUR ADVENTURE

Add to your learning adventure and save on travel costs by attending another Road Scholar program nearby and around the same time. Here are our suggestions, but you can always call and speak to an Advisor to learn about more options:

Peru

Majesty and Mystery: Ancient Civilizations of Peru

Nestled amid Andean peaks, Machu Picchu beckons modern explorers to walk in the footsteps of the ancient Inca. But this UNESCO World Heritage Site isn't the only lingering evidence of Peru's ancient civilizations — a journey to Trujillo presents remnants of the world's oldest adobe city and capital of the Chimu Empire more than 1,000 years ago, while in Chicalayo, ancient aqueducts still bring life to rice paddies and sugar cane. Experience the greatest of Peru's pre-Columbian civilizations in marketplaces, sacred sites and farmlands, and learn how ancient peoples have contributed to modern society.

Program Number: 3280, Prices starting at \$3,999 per person

Program Dates: 05/11/2017 - 05/23/2017

THE ROAD SCHOLAR MISSION

Not-for-profit Road Scholar inspires adults to learn, discover, and travel. Our learning adventures engage expert instructors, provide extraordinary access, and stimulate discourse and friendship among people for whom learning is the adventure of a lifetime.

OUR COMMITMENT TO DIVERSITY

Road Scholar values diversity as a dynamic and integral part of a thriving educational community. We strive to embody the rich diversity of our society and welcome all adults to experience the adventure of lifelong learning with us.

THANK YOU TO OUR DONORS

Our educational adventures are made possible by donors like you. Support lifelong learning at www.roadscholar.org/support.

****IMPORTANT****

INCA TRAIL PERMITS

It is vital that participants email, fax, or mail a copy of their passport identification page to the Program Coordinator (Holbrook Travel) upon enrollment. **Inca Trail permits cannot be purchased without your passport details!**

Permits are sold in very limited numbers and are available on a first come, first served basis. Additionally, Inca Trail permits are person-specific and must match the bearer's passport information. Local officials carefully check each permit against the bearer's passport before allowing access to the trail. If there is a discrepancy, no matter how small, park officials will deny entry. Inca Trail permits are non-transferrable and non-refundable.

Holbrook Travel

3540 NW 13th Street
Gainesville, FL 32609
attn: Road Scholar Dept.

Toll-free: 1-800-866-7111

Fax: 352-371-3710

Email: roadscholarprograms@holbrooktravel.com

****I am applying for a new passport, what should I do?**

Participants who are in the process of applying for a passport should call, email, or fax Holbrook Travel to provide their date of birth, place of birth, and name submitted on the passport application. As soon as the new passport becomes available, please email or fax a copy of the identification page to Holbrook Travel.

HOW TO PREPARE FOR THE INCA TRAIL

Hiking the Inca Trail is an experience of a lifetime, and preparing is part of the adventure. The program includes three days of pre-hikes to help acclimatize you to the altitude and terrain of the trail, and the following information will help you get ready before your departure.

TRAINING RECOMMENDATIONS

- Incorporate some form of cardio exercise, 45 to 60 minutes, 5 times a week for at least 8 to 12 weeks prior to your trip. We suggest running, walking, or biking.
- Prepare for the extreme ups and downs of the hike by training across a variety of terrains such as hills or using a treadmill incline.
- Practice yoga or some form of core strengthening exercise.

Break in your boots well in advance of your departure.

Wear your hiking boots on the flight or pack them in your carry-on bag in case luggage is lost or delayed.

There won't be an opportunity to recharge batteries other than at the hotel in Aguas Calientes.

SUGGESTED PACKING LIST

- Small day pack to carry your sunglasses, hat, sunscreen, insect repellent, camera, water bottle or CamelBak, and rain gear
- Hiking boots (well broken in)
- A pair of comfortable shoes or crocs to wear around the camp
- One complete change of clothing per day including t-shirts, socks, and underwear and two pairs of pants
- Fleece and down jacket, waterproof jacket and pants
- Gloves and winter hat, or hat with a brim
- Warm fleece pants for evening
- Personal toiletries, including baby wipes, and medications, sunglasses
- Camera gear with enough charged batteries for the entire hike
- Flashlight and batteries



Collapsible hiking sticks with a rubber tip are recommended for hiking. Hiking poles will be provided for you if you do not want to bring your own. There is no need to bring energy bars or snacks; plenty of food and snacks will be provided.

LUGGAGE WEIGHT LIMIT

You will be limited to no more than 8 kg/17.6 lbs (minus the weight of the sleeping bag - approx. 1.6 lb) on the Inca Trail. The site coordinator in Peru will supply large duffel bags to pack your clothes and gear in for the hike. Professional porters will carry the bags during the Inca Trail hikes and the remaining luggage will be stored at the hotel in Cusco.

ROAD SCHOLAR®

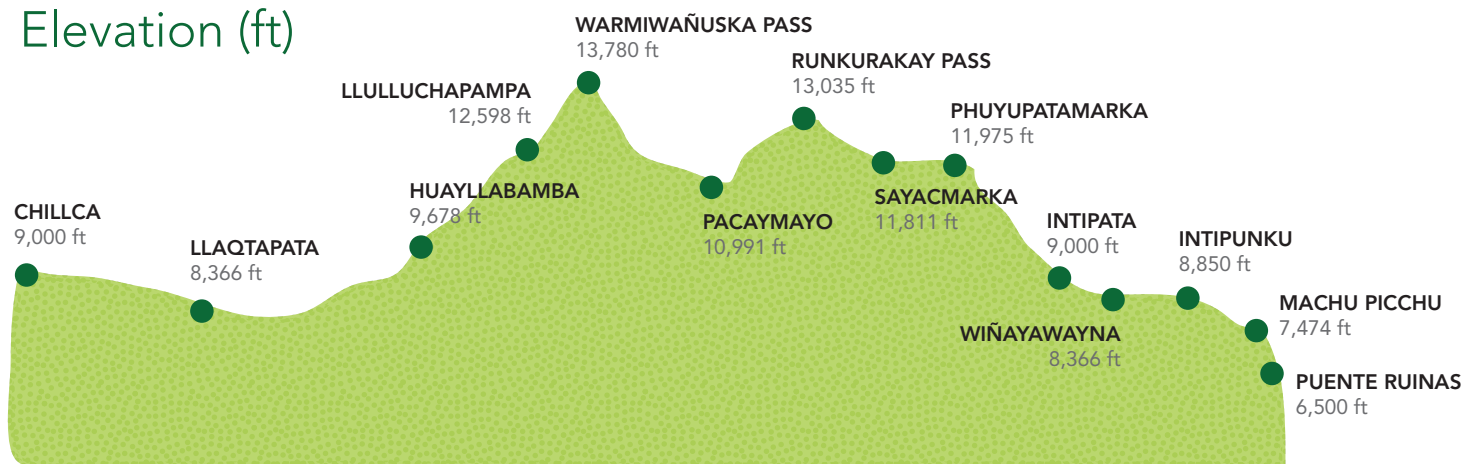
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TRAVEL

holbrooktravel.com | 800-866-7111

INCA TRAIL

Elevation (ft)



AVERAGE DISTANCE, WALKING TIME, AND ALTITUDE PER DAY

Day 1: Chillca - Huayllabamba

Total distance: 7.8 miles
 Estimated walking time: 7 hours
 Maximum altitude point: 9,842 feet

Day 2: Huayllabamba - Pacaymayo

Total distance: 5.5 miles
 Estimated walking time: 7 hours
 Maximum altitude point: 13,779 feet

Day 3: Pacaymayo - Phuyupatamarca

Total distance: 5 miles
 Estimated walking time: 7 hours
 Maximum altitude point: 12,795 feet

Day 4: Phuyupatamarca - Machu Picchu

Total distance: 7 miles
 Estimated walking time: 5 hours
 Maximum altitude point: 11,811 feet

DEALING WITH ELEVATION

Altitude at the Inca Trail ranges from 7,790 feet to 13,780 feet.

Upon arrival at altitudes above 3,000 meters or 10,000 feet, shortness of breath and a pounding heart are normal responses to the lack of oxygen in the air. However, for some visitors, these symptoms can deteriorate into a condition known as Soroche or acute mountain sickness. Headache, extreme tiredness, nausea and loss of appetite are standard symptoms. Take it easy upon arrival and drink the coca tea provided. Oxygen is readily available for more severe reactions and is also available on the Inca Trail.

Participants who take blood pressure medications should discuss this with their doctor as the medication can drop pressure too low at times.

Staying hydrated and well rested is important to adjust to the altitude. Avoiding heavy, fatty foods and alcohol in the days before arriving to altitude can help. It's also advisable to avoid sleep medications, as they can slow breathing and respiration, which aid in getting the blood oxygenated while sleeping.

WEATHER ON THE INCA TRAIL

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg. Max Temp °F	68	70	70	72	70	70	70	70	72	72	73	72
Avg. Min Temp °F	45	45	45	40	36	34	30	34	40	43	43	45
Wet days / month	18	13	11	8	3	2	2	2	7	8	12	16

ADVANTAGES OF USING TREKKING POLES

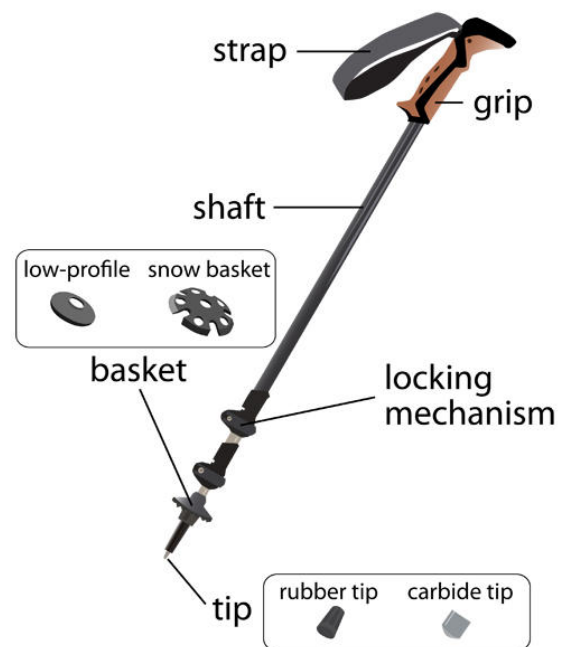
Poles absorb some of the impact that your body would normally sustain, particularly when going downhill. According to a study in *The Journal of Sports Medicine*, trekking poles can reduce compressive force on the knees by up to 25%. This will free your body from supporting a substantial amount of weight during your hike. You will be using your arms more when walking with poles, thereby distributing your energy usage and increasing your hiking endurance. Here are the main advantages of using trekking poles:

- They provide better balance and footing.
- Especially on downhill hikes, trekking poles decrease the amount of stress on your legs and joints.
- On uphill climbs, poles transfer some of your weight to your arms, back and shoulders, which can reduce leg fatigue and enable you to ascend more rapidly.
- They assist in navigating stream crossings, loose rocks, tree roots and slippery surfaces such as mud, ice and snow more safely.
- They help you to establish a walking cadence or rhythm.

HOW TO HOLD TREKKING POLES

Since wrist straps bear much of the load, it's important to use them correctly. Put your hand up through the bottom of the strap, not down from the top, before grasping the grip. Adjust the strap so it fits snugly around your wrist.

Please note: rubber tips are required on trekking poles for most archaeological sites and environmentally sensitive areas.



PROPER POLE LENGTH BY TERRAIN



HIKING UPHILL

Shorten the poles by a few inches to increase load-bearing pressure.



GOING DOWNHILL

Lengthen the poles a few inches for better balance and control.



LEVEL GROUND

Your forearms should be parallel to the ground when you're holding the grips and the tips are on the ground.



TRAVERSES

The down-slope pole should be longer than the up-slope pole (or you can simply grab the pole lower if it comes with an extended grip).

