

the **inca trail** **peru** 2010 **13 - 27 June**

Walk the magical Inca Trail
and unite with us against
breast cancer



 **walkthewalk**[®]
uniting against
breast cancer

The lost City of the Incas is about to be discovered again! The Inca Trail covers 40km of the most stunning landscapes you will ever see, you will also discover with us the Lost City of the Incas, one of the New Seven Wonders of the World.

The trip is full of amazing experiences from visiting Cuzco, the former centre of the Inca Empire, to white water rafting down the Sacred Valley. You will spend 4 days on the trail where the sky is so clear you can almost touch the stars! One of the highlights of the trail has to be descending into The Lost City of the Incas, Machu Picchu.

After completing the trail you will join the spectacular celebrations of Inti Raymi, the largest and most important Inca festival in South America... This is the adventure of a lifetime and one not to be missed!



The Big Adventure – The Inca Trail, Peru 13 - 27 June 2010

13 June UK/Lima

am Early departure from London.
Eve Arrive Lima and transfer to the Faraona Grand Hotel.

14 June Lima/Cuzco

am Breakfast at hotel before flying out to Cuzco and transfer to the Casa Andina Plaza.
pm Tour Cuzco and visit the Inca forts of Sacsayhuaman and Tambo Machay.
Eve Welcome Dinner at "La Retama".

15 June Cuzco

am Breakfast at the hotel.
A day at your leisure.

16 June Cuzco/Yucay

am Breakfast at the hotel. Visit Pisac for market day.
Raft down the Urabamba River in the Sacred Valley.
pm Picnic lunch on the river bank.

17 June Inca Trail

am Visit the great Inca fortress of Ollantaytambo.
Start to walk the Inca Trail (full board provided whilst on trek).
pm Pass the first Inca ruins at Llactapata and camp nearby in the Cusichaca side valley (alt 3000m).

18 June Inca Trail

am Walk up and past the village of Wayllabamba and start the climb to the first pass.
pm Ascend up through the cloud forest to the campsite at Llulluchapampa (alt. 3800m).

19 June Inca Trail

am Cross the first and highest pass at 4200m and then descend into the Pacaymayo valley to reach Runkurakay ruins on the next ascent.
pm Cross the second pass at Runkurakay (4000m) and continue towards camp at the beautiful ruins of Phuyupatamarca or "town above the clouds" (alt 3600m)

20 June Inca Trail/Machu Picchu

am Descend the Inca staircase to the Winay Wayna ruins and onto Intipunku or "Gate of the Sun" from here there is a spectacular view of Machu Picchu.
pm Arrive at Machu Picchu "Lost City of the Incas".
Eve Overnight at Hotel Machu Picchu Pueblo and dinner.



21 June Machu Picchu

am Breakfast at the hotel followed by guided tour of Machu Picchu.

pm An afternoon at your leisure.
Dinner in the evening.

22 June Machu Picchu/Cuzco

am Breakfast at the hotel and then a day at your leisure.

pm Return by rail to Cuzco.

Eve Transfer to the Casa Andina Plaza.

23 June Cuzco

am Breakfast at the hotel followed by full day at leisure in Cuzco. Watch the Inti Raymi parades.

24 June Cuzco

am Breakfast at the hotel and then transfer to Sacsayhuaman. Spend a full day at "Inti Raymi" the Sun Festival including packed lunch.

Eve Enjoy a farewell dinner at "La Tunupa".

25 June Cuzco/Lima

am Breakfast at the hotel. Fly from Cuzco to Lima.

pm Tour of colonial Lima and Gold Museum.

Eve Overnight at Faraona Grand Hotel

26 June Lima

am Breakfast at the hotel followed by a day at leisure in Lima

pm Transfer from hotel to airport depart Lima on Iberia flight to Heathrow via Madrid.

27 June Madrid/UK

pm Early evening arrival to Heathrow following a change at Madrid.

NB Itineraries and hotels in Peru are subject to change according to local conditions.

If you would like to extend your stay please contact Kerry at Walk the Walk for further details or email kerry@walkthewalk.org. This is subject to availability and additional charges may apply.



The total cost of the Walk the Walk journey is **£3,095** plus the cost of your administration fee, which includes trekking hat, 2 x t-shirts, the 'trademark' bra to decorate, a 20 mile pre event training walk plus all the Walk the Walk support we can give you to help you complete your challenge!

Single travelers are not obliged to pay a single supplement, you can opt to share a twin room with a fellow traveller. However, a supplement of £620.00 must be paid to guarantee a single room.

The cost includes:

- Return economy flights on scheduled services of Iberia between London Heathrow and Lima via Madrid
- UK airport tax
- Pre-trip briefing meeting in London including printed information
- All transport services including flights in Peru
- 10 nights accommodation in twin-bedded rooms with private facilities in medium grade hotels, subject to availability
- 3 nights in tents during the trek – all equipment provided
- Breakfast daily, 2 lunches, a welcome and farewell dinner
- Full board (all meals) during the trek
- Porters and guides throughout the trek
- Trek permits
- All visits as per the itinerary
- Admission fees where applicable
- A full-time Peruvian guide/interpreter
- A representative from Walk the Walk
- The services of an experienced tour leader

The cost does not include:

- All domestic taxes and international departure tax (approximately £60, and paid locally in cash)
- Meals not mentioned
- All personal extras such as tips, portorage, laundry, drinks etc.
- All optional excursions or additions to the basic tour
- Innoculations
- Travel Insurance - We strongly recommend that you have suitable travel insurance for a journey of this type
- Single room supplements of £620

Walk the Walk and you could go free!

Every walker must raise a minimum of £600, raise more and you could get all your money back!

Minimum sponsorship	£600	no refund
Raise £2,500 and get	£700	refunded
Raise £3,500 and get	£1,400	refunded
Raise £5,000 and get	£3,095	refunded

Refunds are only paid on the basic Inca Trail walk **£3,095** (excluding the booking fee and administration fee).

Choose your airport

All flights are from London Heathrow via Madrid. If you wish to extend your stay please contact Walk the Walk.

Itineraries to Peru are subject to change according to local conditions.

Easy Payments / Credit Cards

Contact us if you would like information on easy payments by direct debit or to pay by credit card.



Booking form

Please complete this form in black ink using **BLOCK CAPITALS**.

Title (Mr, Mrs, Miss, Ms etc.) _____

(ALL NAMES TO BE IN FULL AS THEY APPEAR ON YOUR PASSPORT)

Forename _____

Surname(s) _____

Address _____

Postcode _____

Daytime telephone _____

Mobile telephone _____

E-mail _____

Date of birth _____

Passport number _____

Passport expiry _____

Nationality _____

Preferred T-shirt style (if available)

Loose fit Medium 12 Large 14 XLarge 16
XXLarge 18

Tight fit Small 8/10 Medium 10/12 Large 12/14
XLarge 14/16 XXLarge 16/18

A Playtex bra will be sent to you.

The following sizes are available:
30 D-G, 32-38 A-G, 40-42 D-DD

Back size _____

Cup size _____

Please tick this box if you need a suitable bra for prosthesis.

If you require a bra size that is not available, we suggest that you either decorate one of your own bras for maximum comfort, or pick a bra size that is available and may be suitable for you. In all cases we will endeavour to send the bra size that you have requested. Colour can not be specified. **Please make sure that you order the right size as no exchanges will be possible.**

Do you have any allergies, medical conditions or special dietary requirements of which the organisers should be aware?
Please give details below

Contact name and phone number in case of emergency during the trip.

What other Walk the Walk challenges have you taken part in?

We would love to hear why you want to take part in this exciting challenge and if your story would be of interest to others, please attach it to this form when you return it to us.

Are you happy for us to share your contact details with other members of the Inca Trail Team Yes No

Walk the Walk in Action Limited is a wholly owned subsidiary of Walk the Walk Worldwide, a charity recognised in Scotland which aims to grant 80% of its charitable income to vital breast cancer causes.

Walk the Walk Worldwide is registered in Scotland (Company Number: SCO 29572)

Basic tour 13 - 27 June 2010 £3,095 £ 3,095

All flights will be booked from Heathrow.

Is a single room required
at a supplement of **£620** Yes £ _____

Administration fee includes your
2 T-shirts, bra, suitable trekking hat
and a 20 mile pre event training walk **£62** £ **62**

Total £ _____

I enclose my non-refundable deposit of **£360** £ **360**

The balance of the tour must be paid 10 full weeks prior to departure.
No tickets will be sent until payment is made.
Cancellations will be subject to the normal Abta terms and conditions on receipt of written notification. More than 61 days before departure - loss of deposit and administration fee. Between 60 and 31 days prior to departure 60% of total including any extensions. 30 days or less 100% of total.

By entering the walk you give permission for the free use of your name, voice or photograph or picture in any form of advertising for Walk the Walk in commercial, promotion of any other coverage.

I acknowledge that this event is organised by Interchange, Atol no. 2429 and therefore that Walk the Walk are not liable to me for any loss or injury, loss or damage, nor any consequential loss or damage suffered by me, at or by reason of the event.

I understand and agree to all the terms and conditions and I aim to raise a minimum of £600.00 for Walk the Walk Worldwide.

Signed _____

Date _____

All cheques must be payable to: **Walk the Walk In Action Ltd.**

Deposits must be paid by cheque - further payments can be paid by cheque, debit or credit card by special arrangement, or Direct Debit by arrangement.

Return this form and your deposit to:

Walk the Walk - Inca Trail 2010

Brook House

88-100 Chertsey Road

Woking

Surrey

GU21 5B

United Kingdom

Tel: 00 44 (0) 1483 741430

Fax: 00 44 (0) 1483 727418

e-mail: kerry@walkthewalk.org

Credit and Debit Card payments

If you would like to pay by credit or debit card please call 00 44 (0) 1483 741340, however please be aware that an additional fee of 1.5% will be charged.

Payments by cheque must be made to **Walk the Walk in Action and sent to the address above.**

No tickets will be sent unless full payment has been received.

This adventure has been organised by Walk the Walk in conjunction with Interchange. Atol Number 2429

Data Protection Act

Walk the Walk Worldwide and Walk the Walk in Action Limited (together "WTW") will process your personal data (as defined by the Data Protection Act 1998 ("the Act")) for the purposes of your entry to and participation in the Inca Trail Challenge, keeping you informed about our work, promotions and future events run by WTW and third parties, achieving the charitable objectives and marketing of a charitable organisation and fundraising. This may include WTW using your photograph and film image or a sound recording of you. WTW may transfer your personal data to the charities that it supports through grants and to some of our commercial participators, sponsors and supporting organisations. If you would like WTW to stop processing your personal data following the Inca Trail Challenge please let us know by writing to Walk the Walk Worldwide, Brook House, 88-100 Chertsey Road, Woking, Surrey, GU21 5BJ, United Kingdom. Please note that by requesting this you will not be informed about future events. Some of the information disclosed to us and processed by WTW will be sensitive personal data (as defined by the Act). By signing this entry form you hereby give to WTW your explicit consent to process your sensitive personal data for the purposes outlined above.