

pennyappeal

PERU

TREK TO MACHU PICCHU

TREK

23RD OCT - 1ST NOV 2019



Who is Penny Appeal?

Penny Appeal provide poverty relief across the UK, Asia, Africa and the Middle East by offering water solutions, organising mass feedings, supporting orphans and providing emergency food and medical aid

Since then we have saved lives and transformed communities around the world, helping to break the cycle of poverty and build better and brighter futures for those less fortunate than ourselves. Our work and our teams have grown considerably in the past few years, allowing us to launch new campaigns and work in even more crisis-hit countries.

All our projects are carefully designed to be both accessible and effective. They are a blend of emergency support, short-term relief and long-term sustainable interventions. This multi-focus approach means we can save lives immediately, improve situations in the coming days and weeks, and transform communities for years to come, giving desperate people the support they need depending on their situation.



About the Challenge

Hike to Machu Picchu

From high remote mountain trails to traditional Andean villages and Incan ruins, this is a challenging trek on steep trails climbing to 4600m in a fantastic and diverse mountainous country. There is plenty of time built-in to acclimatise to the altitude as you enjoy exploring Cusco, capital of the Inca Empire, and the surrounding Sacred Valley.

Our trek takes us into the Lares region of the Peruvian Andes, passing green valleys, tranquil mountain lakes and high passes, with breathtaking views of snow-capped Andean peaks rising to just under 6000m. Our route takes us through many small village communities that offer a fascinating insight to traditional Andean life. **Finally we make our way by train to Aguas Calientes and continue on to Machu Picchu, the legendary Lost City of the Incas.**

The Peru Trek welcomes all... Machu Picchu is an Incan city surrounded by temples and beautiful landscapes, it's located high in the Andes of Peru, above the Urubamba River Valley standing at 2429m above sea level. Machu Picchu is known as one of the Seven Wonders of the World and truly is the challenge of a lifetime. Trekkers will test their endurance as they take on this 10-day trip, which will give them the chance to experience some of the most dramatic mountainous landscapes on Earth. Like any challenge, the trek to Machu Picchu will take you out of your comfort zone, but is sure to be an experience that stays with you forever!

This trek is perfect for those looking for the ultimate adventure and takes us through remote environments with tricky, uneven terrain and limited facilities. This trip will take place from 23rd October to 1st November 2019, with 4 days of trekking. You'll make memories that will last forever, push yourself to the limit, and know that long after you've completed the challenge, you will be helping deliver life-saving essential aid to those who are suffering around the world. This trek is a difficult challenge, reaching altitudes of 4600m.

Can you take on the Peru Trek?



SIGN UP TODAY!

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How we'll help you

We provide dedicated support from the moment you sign up right through to when you go on the trip. Once you receive your booking confirmation you will have access to all the information you need, from fundraising ideas, kit lists to training regimes. You'll have the opportunity to connect with fellow fundraisers so you can share tips on training and fundraising. You will also be accompanied by Penny Appeal staff during your 10-day trip so you'll always have somebody on-hand to help you.

Is this trip for me?

Absolutely! Machu Picchu welcomes all with a sense of adventure. So, if you are up for a physical and mental challenge, this is for you. Most of your fellow trekkers won't have done anything like this before, and whether you tackle the Peru Trek with friends or go for it alone, in the end, you will go home with new friends for life! You don't need to be an athlete to hike to Machu Picchu. However this is a tough and challenging trek, mainly due to the high altitude that you will be walking at. A good level of fitness will be required to make the most of this fantastic opportunity. We will provide you with a comprehensive training guide to help get you to the top of the most iconic site in the world, and will of course be on hand every step of the way with any queries you may have. The Peru Trek is a great challenge for those looking to explore the most iconic parts of Peru. The steep terrain and altitude will make the going tough at times, but anyone with good fitness and the right attitude will love it! The trek will be challenging at time and we will be trekking through mountainous steep trails climbing 4600m!

There is plenty of time built-in to acclimatise to altitude, the one thing that all of these places in Peru have in common is high altitude - typically much higher than you'll find in the rest of the world. But don't worry, we'll teach you all about how to prevent and treat altitude sickness before the trek.

Training Days

Aside from your own training that we can help you with, you'll be invited to a series of group treks (usually in North Wales), to help with your preparation. These days are designed to help your body to get familiar with hiking, to build fitness, and to meet the team. These days will be a lot of fun and will give you a great opportunity to document your training preparations for fundraising purposes.

Key Information

Funding Options: How much does it cost? To book your place you will need to **pay a £399 deposit**. You then need to **raise a minimum of £4,000** before the trip. 80% of your sponsorship must be collected at least 3 months before the trek.



What's included? Flights and all overland transport, accommodation, all meals during trekking days, water, local guides, Skyline Tour Leader and UK Doctor, camping equipment (**except sleeping bag and sleeping mat**).



What should I bring? We'll provide you with a kit list tailored to this challenge when you book. Whilst on the trek your bag will be transported by mules so all your need to carry is **your day pack with your essential items**.



Accommodation Before and after the trek we'll stay in 2-3 star hotel in Cusco and Aguas Calientes. During the trek, we'll **camp en-route**.



About the Cause

Emergency Response

Penny Appeal always strives to respond to global disasters and emergencies as they happen, but more importantly, we are always working to grow our capacity. This means delivering aid quicker, better and towards a more sustainable impact, benefitting more people than ever before.



Prophet Muhammad (SAW) said, *“Whoever relieves the hardship of a fellow Muslim, Allah will relieve them from hardship on the Day of Judgement.”* - Sahih Muslim

The funds you raise are absolutely critical in our ability to act fast during a crisis. War, famine, disease, poverty & climate change have immobilised communities in Myanmar, Syria, Yemen, Gaza, Indonesia and East Africa, and Penny Appeal needs your support to be able to deploy life-saving medical aid, food, clothing, sanitation and shelter to those who've been left incredibly vulnerable.

EMERGENCY RESPONSE

Our teams are currently providing support in:

- Indonesia - Over 2,000 people have lost their lives, after the coastal city of Palu was rocked by a 7.5 magnitude earthquake. This was followed by a volcanic tsunami, killing over 400 people and leaving thousands seriously injured.
- Syria and neighbouring countries - where refugees are battling to survive.
- Yemen - where civilians are targeted amidst conflict, faced with famine and struggling to receive medical treatment for Cholera.
- Myanmar - where Rohingya communities are being persecuted.
- Palestine - where people are living amid conflict.
- Bangladesh - Sunamganj Floods and providing essential aid to Rohingya refugees.
- Areas affected by the famine in East Africa, such as Somalia, South Sudan, Ethiopia and Kenya.
- India - Kerala where floods have claimed over 400 lives and destroyed 20,000 houses and left for more than 220,000 people homeless.

How can you help?

By signing up to this challenge you will be asked to raise a minimum of £4,000. Help support our EMERGENCY RESPONSE campaign to help protect and save thousands of families from devastating effects of natural disasters and conflict. There's no upper limit to how much you can raise though, and we expect participants will go above and beyond to raise as much as they can. The more you raise, the more lives you can change.

Minimum Sponsorship £4,000

Fundraising Tips

£4,000 does sound like a lot of money but if you allow yourself plenty of time and if you put your mind to it, you can do it. You are doing something quite amazing, so the important thing is to let everyone know about the great cause you are fundraising for and to enjoy yourself! With a bit of creativity, energy and determination you will easily be able to reach your fundraising target. If you sign up early, you'll have over a year to raise the funds, and you'll also have the opportunity to maximise fundraising potential during the month of Ramadan with zakat donations, too.



HAROON MOTA | Head of Challenge Events

Fundraising

Our fundraising guru, Haroon Mota is full of ideas and will be in touch to help you raise money for the trip. Whether you'd like resources to support your fundraising or just some ideas to get you started, please feel free to ask for anything you might need!

Here are some ideas to start you off, and we're more than happy to help you with any questions you may have.

- Begin by setting up an online donation page and ask everyone you know to donate - the more people you ask, the more you will raise! This means getting extremely busy on social media too!
- Host a dinner night or coffee morning and charge guests for a delicious home-cooked meal or tea and cake.
- Get busy in the workplace, organise a samosa sale or sell Krispy Kremes. Everyone loves a bake sale!
- Speak to your employer. Many employers have match funding schemes and could match your donations pound for pound. If not, there's always other ways they could help - perhaps organise a dress down day, a quiz night or promote you in their newsletter.
- Dig out your unwanted treasures and organise a car boot or jumble sale.
- Organise a games night and invite friends over, charging for an evening of fun and games!
- Contact your local papers. Tell your story to your local radio station or your newspaper and ensure the wider community get to hear about your incredible efforts.
- Leave collection boxes in your local supermarkets and takeaways or organise a bag pack at your local supermarket.



SIGN UP TODAY!

[PENNYAPPEAL.ORG/CHALLENGES](https://pennyappeal.org/challenges)

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The Itinerary

Day 1 Depart from London

Meet our crew and your fellow trekkers at London Heathrow for our journey to Peru. Depending on airline schedule we may stay overnight in Lima.

Day 2 Arrive in Cusco

Upon arrival we'll meet our local Peruvian crew and transfer to our hotel. The rest of the day is yours to relax and explore this beautiful city while adjusting to the altitude. This evening there will be a trip briefing to prepare us for the coming days.

Day 3 Tambo Machay - Cusco

Today we will start our trekking at Tambo Machay, the ancient ruins high above Cusco. As we walk downhill to Sacsayhuaman, the huge and impressive Inca ruin on the outskirts of Cusco, we pass amazing Inca sites in the surrounding countryside. As well as the stunning scenery around us, today's trek gives us a great opportunity to acclimatise to the altitude. **Approx. 5 hours trekking**

Day 4 Cusco - Lares - Kunkani

We start our day with a bus journey to the mountain town of Lares at 3650m where we have lunch and can visit the local hot springs. In the afternoon, we hike to the village of Kunkani which is a lovely introduction into the life of the local Peruvians who live in these remote areas. **Approx. 4 hours trekking**

Day 5 Kunkani - Cruzcasa - Chacchapata

After breakfast we begin our hike to Cruzcasa pass at 4000 metres. From here, we can see the highest peak in the mountain range, Mount Veronica, as she towers above is at 5,800m above sea level. Lunch is taken at the beautiful Lake Yanacocha and here we have a chance to relax whilst taking in the stunning scenery. After lunch, we continue towards our final climb of the day to our campsite situated at 3,900 metres.

Approx. 7 hours trekking.

Day 6 Hatun Paso - Yanahuara Alto

This morning we continue our journey through the mountains and forests of this amazing country. Our first challenge of the day is a hike up the mountain of Hatun Paso (4600m) where the summit of the magical Pumahuanca will come into view at a dizzying 5600m above us. We then change our course down the mountain to Aurora lake and then onto Yuraq lake. We turn into the Quena forest where we stop in the shade for our lunch. After lunch, we carry on our course down hill still through the forest to Yanahuara Alto (3100). **Approx. 7 hours trekking.**



The Itinerary

Day 7 Yanahuara Alto - Aguas Calientes - Machu Picchu

We wake this morning happy in the knowledge that our exertions these past few days will be rewarded today with a visit to the incredible Machu Picchu! A short hike this morning will take us to Yanahuara where we hop on a bus and then a train to Aguas Calientes, the gateway to Machu Picchu! After enjoying a tour of the Incan ruins, we'll have free time to relax and take in this amazing spectacle.

Day 8 Aguas Calientes - Cusco

This morning we journey back to Cusco where we will have time to relax or explore the city. This evening we'll enjoy a celebration dinner to toast our achievements and reminisce about the week's hiking and spectacular scenery.

Day 9 Depart from Cusco for London

It's time to say goodbye to Cusco and the mountains today as we start our journey back to the UK.

Day 10 Arrive in London

Due to the nature of the challenge, this complex itinerary is subject to change.



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Maryam & Saira's Testimonial

We're sisters and we have both always really enjoyed hiking, thanks to our parents, but have never hiked outside the UK. We were one of the first people to sign up to the Everest Base Camp challenge and were excited as our teams grew to 34, throughout the year. When signing up, there were a few things that we were apprehensive about. Firstly, the huge fundraising target of £4,500.



We have been fundraising from a young age and had never raised more than a couple hundred pounds. Thanks to the encouragement and support of our fundraising manager we were able to smash the target. We decided to fundraise together and managed to raise nearly £20,000 for the Rohingya Refugees, thanks to our generous friends, family and colleagues. Although we were really excited about the trek, the other thing that we were worried about was the physical aspect. Trekking for 12 days in the Himalayas in the cold of December was going to be a challenge and we were not sure if we were ready. Penny Appeal arranged training days across the UK throughout the year, so not only did we get to trek up beautiful mountains like Snowdon and Ben Nevis, we also got to meet our amazing team. Trekking to Everest Base Camp has been a life-changing experience for us both. Walking amongst the Himalayas, surrounded by beautiful scenery that looks like something from a postcard, is something we will never forget. There's something about taking on a challenge with others that are in the same boat as you, that brings you closer together. As a team, we all motivated each other to keep going and helped those who were struggling, always remembering the suffering of the Rohingya Refugees as inspiration to continue. We've made life-long friends with some amazing people and will be sharing these memories for years to come. This was such an incredible experience for us both, it has encouraged us to sign up for another international charity challenge, plus we've been bitten by the trekking bug!

- MARYAM & SAIRA

Trekking in Peru was one of the most incredible experiences ever. It was the ultimate adventure that I'll never forget.

There's so much to experience on the trip; the culture, the food, learning the history, meeting the Peruvian people, and of course the breathtaking scenery. It was my first time being exposed to high altitude so I found it a lot more difficult than expected but it sure was a challenge worthwhile undertaking for charity. Seeing Machu Picchu with my own eyes was the highlight of the trek and it's an opportunity I can't recommend highly enough.

- HAROON MOTA



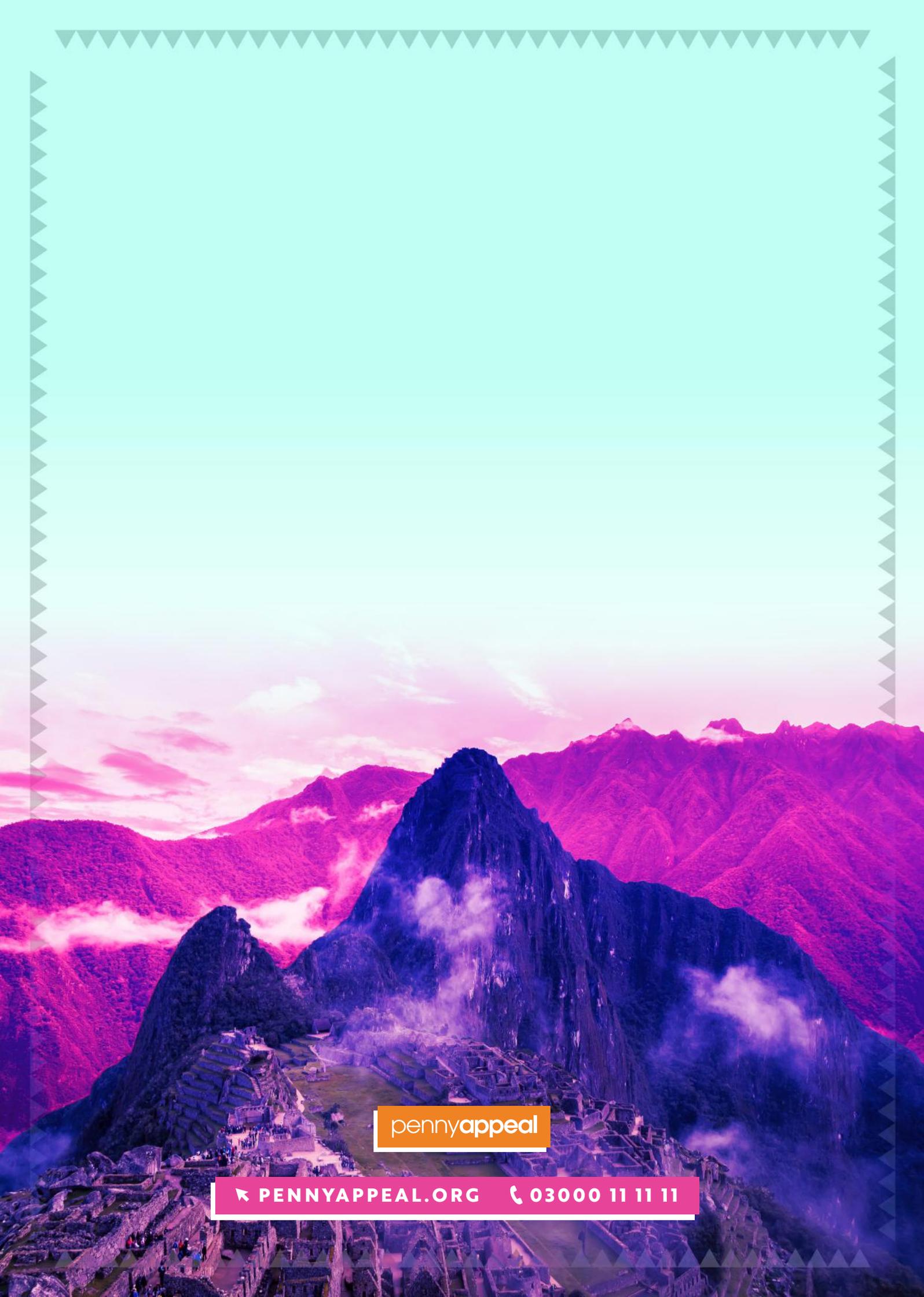
Gulfareen's Testimonial

Salaam, my name is Gulfareen. In December 2017, I took on the Conquer Kilimanjaro challenge, aiming to build deep water wells in Africa. Allhamdulillah, with the help of my amazing friends and family, we were able to successfully raise and even supersede the fundraising target. I was initially very worried about the fundraising, but on the contrary, once I got around to fundraising, it was actually very fun and a lot more enjoyable than I thought it would be.

Personally, the most phenomenal aspect about this whole experience was that I was able to accomplish multiple personal goals at once. I felt honoured to have had the opportunity to carry out charitable work, in tribute to the memory of my late nan, as well as get fit and tick climbing Kilimanjaro off my bucket list. As if that wasn't enough, as a "Brucie bonus", I got to meet some of the most incredible people along the way and have made lifelong friendships. I even had the opportunity to visit a local orphanage whilst I was out in Tanzania, which was in itself, a humbling and life changing moment. I personally believe carrying out charity work is not only rewarding, but in itself, is a direct act of worship to God and I can't highly recommend it enough to get involved! Accompanied with the knowledge that you have actively made a positive difference to someone's life, the sense of achievement and unforgettable memories that you create along the way, honestly, is there anything more one could ask for?

- GULFAREEN AKHTAR





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