

JOURNEY OF A LIFETIME 2012

A journey across South America from the Pacific to the Atlantic through Peru, Bolivia, Paraguay and Brazil

Provisional Expedition Itinerary

Dates: Sun 15 July to Sat 11 August 2012

Peru

Day 01 : Sun 15 Fly London /Lima

Flights will probably be with TAM (Brazilian Airlines) via Sao Palo in Brazil. We will meet at Heathrow at 19.00 to check in for our 22.35 flight.

Day 02 : Mon 16 Sao Palo/Lima

We arrive in Sao Palo at about 06.00 and a few hours later at 08.25 we will take off again for Lima arriving at 11.40.

After collecting our bags we will be met by our local support team and travel by bus down into the main city where we will spend the night in a hotel/hostel near the old part of the city.

We will have the afternoon and evening to explore the city.

Day 03 : Tue 17 Lima / Paracas

In the morning we will board our private transport for the four hour journey south along the famous Pan American Highway and along the Pacific coast. Afternoon free to explore the beach.

Day 04 : Wed 18 Panacas

In the morning we will board our launch for the two hour tour which will take us around the Ballestas Islands, observe a wide variety of sea life and birds.

In the afternoon we will board our transport for the journey back to Lima, arriving mid-evening.

Day 05 : Thurs 19 Lima/Pto Maldonado - Lodge

After breakfast we will transfer to the airport for our short flight to Pto Maldonado. We will be met and transferred to the jetty, where we will board our riverboat, which take us 2 hours down river and deep into the Jungle. This is the beginning of an unforgettable journey through the Madre de Dios River. On the way, you could observe the alligators, turtles, herons and other animals. Arriving at the Amazon Lodge, you will enjoy a welcome drink and then you will settle in our comfortable bungalows.

This will be the beginning of four days staying in wooden lodges and experiencing life in the rainforest.

With the help of our specialized guide we will visit Monkey Island. Located at only five minutes from the lodge, in the middle of the Madre de Dios river, the island hosts different monkey species: starting from the noisy ones, the Maquisapas, the happy Achuñis, and the very impressive Frailes to the very little and funny "leoncitos" little lions.

In the evening there will be the opportunity to search for caimans with torches and to experience the night activity of the jungle.

Day 06 : Fri 20 "Cocha Perdida" (Lost Qocha)

After breakfast we will start our adventure though the virgin jungle, with our local guide; we'll hike into the "Cocha Perdida" (Lost Cocha), it constitutes an ecosystem that is considered as a refuge for a huge variety of animals including nutrias, caimans, turtles, sachavacas, many multicoloured birds and the majestic jaguar.

This area is unique and belongs to the Eco-Amazon lodge. We will then visit the amazing Amazon observatory, built at the top the biggest tree "SHIHUAHUACO", from that location you may observe the magical jungle, and later have a ride in a canoe around the lake. Then return to the lodge, lunch.

In the afternoon a canoe ride through the river and a visit to a typical local family, then return and dinner.

Day 07 : Sat 21 Briolo and Gamitana Rivers

After breakfast we will start another excursion across the magic jungle where we will sail through the Madre de Dios River, till to get to the beginning to a hiking trek to the rivers Gamitana / Briolo; born in the heart of the virgin jungle, these two rivers with their winding ways, form huge sailing channels then we will return by canoe, observing closely animals such as turtles, caimans, butterflies and a great variety of insects. Then we will arrive to the lodge, dinner and overnight. Overnight.

Day 08 : Sun 22 Pto Maldonado /Cusco

Early in the morning we will be transferred by riverboat to Pto Maldonado, the small Jungle town or outpost, from where we will be transferred to the local airport for our flight to Cusco.

Cusco is the ancient Inca capital. This city has many contrasting points of interest from building and walls built many thousands of years ago by the Inca people to the Colonial style building of the Spanish Conquistadors.

Day 09 : Mon 23 Cusco – Rafting – Sacred Valley

Early morning departure from the hotel and drive through the Andes to the Sacred Valley of the Incas to our rafting put in, located in Pachar, where we will receive our safety talk and equipment.

After a brief period practicing on the flat parts of the river, the first part of the tour will be in easy water but with spectacular views of the mountains and archeological remains, passing down to Ollantaytambo and its Inca terraces and we find rapids class II and III finishing with "El Resbaladero" (the slippery one) which a strong class III rapid that includes waves and small whirlpools.

At the end of the morning trip we will take out the raft, we dry off and change clothes, we will head a picnic tent lunch at the side of the river.

Tonight will be camping so after lunch we will help set up camp and then have the afternoon for games and challenges.

Day 10 : Tues 24 Sacred Valley/Cusco

After breakfast and packing up we head to the South of Cusco to Chuquicahuana. Here we have a fantastic opportunity to raft in some Class 3 rapids.

Half way through we will stop for lunch and a rest before getting back into our boats for some serious fun.

Transfer to Cusco and overnight.

Day 11 : Wed 25 Sacred Valley/Cusco to Aguas Calientes - Machu Picchu - Cusco

To get to the town of Aguas Calientes, situated below Machu Picchu, we will take the train from Cusco. On arrival tour of the incredible site that is Machu Picchu and at the end of the afternoon return by train to Cusco.

Day 12 : Thurs 26 Living and working with the local Community of Sayllafa

At approx 7am we will depart by road to the district of Lamay, arriving at the town of Llamay that is the capital village in this district.

We will enjoy a local breakfast here, which would be a type of soup typical of this area. We will also purchase in the local market fruits and vegetables. We will then continue our journey to the community of Sayllafa, arriving in the afternoon to have lunch with one of the families, which will be cooked by them. After lunch we will be shown where we will sleep. The idea here is that the group will sleep with the community who will provide rooms. For the rest of the afternoon you can rest or take a walk to familiarise yourself with the village and the area.

In the evening time we will sit with all the community, so that we all get to know each other. This will be an opportunity, through the guide, to talk about their

customs, dances and music. Like wise they will also be very interested to know about our group.

Day 13 : Fri 27 The School and in the fields with the people of Sayllafa

At 5.30am we will arise with the sun - this is the time that the community awakes; with clear sky this can be spectacular.

At 6am we will help organise the cows that they have and at 8am we will return for breakfast. At 9am all the community will leave the village, taking their animals to the local fields. Whilst some of the community will be dedicated to the animals, others will begin working on the land - at this time in July they will be harvesting and preparing the land for crops.

Today we can also meet with the local school within the community, games can be organised, interact with the children, give a demonstration of where we come from, photos etc.

After dinner we will visit different members of the community and one particular house owner who plays many of the ancient instruments used in many of the local festivals.

Day 14 : Sat 28 Festival

In the morning at 6am we will accompany the community where we will again organise and work with the herds of cows before a 7am breakfast.

At 9am we will participate in a local festival, a practise for the main festival. We will see at first hand the villagers dress, instruments, singing and the unique atmosphere, which you can only appreciate in a community such as this. After lunch we will participate in a further, very important ceremony, paying homage to the mother Earth. This ceremony is very important, acting as an acknowledgement to the mother Earth and asking for her help for their crops and animals.

At about 4pm we will make our way back to Cusco, arriving about 9pm at night.

Day 15 : Sun 29 Cusco/Puno

Today we will travel to Puno a city in south-eastern Peru, located on the shore of Lake Titicaca. It is the capital city of the region with a population of approximately 100,000. The city was established in 1668 by Viceroy Pedro Antonio Fernández de Castro. Overnight

Day 16: Mon 30 Puno

We will spend a day exploring the area - visiting the Floating Uros Islands or the Island of Taquile. Overnight

Bolivia

Day 17 : Tues 31 Copacabana by boat to Isla Del Sol camping close to Pilcocayna ruins.

Today we will travel by bus to Peru/Bolivian boarder and then by boat to Copacabana on the shores of Lake Titicaca, but on the Bolivian side of the Lake.

The afternoon we will depart on a short boat ride to Isla Del Sol and the Inca archeological ruins of Pilco Kaima. Nearby, camp is set up and a barbecue prepared for the expedition members. Overnight.

Day 18 : Weds 1 Trek Pilcocayna - Chincana ruins camping in Challa.

With an early start, expedition members set out to explore Isla Del Sol. Ancient Incan terraces cover the landscape and surround our first point of interest the Fuente Del Inca, where a spring pours from the ground. Next, expedition members continue over an island high point and then return to the beach and the small village of Challa, where camp is set up. After setting up camp, the trek continues as expedition members encounter three additional archeological sites, to include the sacred rock of the puma and the Chincana ruins. As the sun fades, expedition members return to Challa and camp for the evening.

August

Day 19 : Thur 2 Challa to Copacabana by boat and to La Paz.

In the morning we will return to Copacabana by boat and then take a bus to La Paz the Capitol of Bolivia. We will have the afternoon to explore La Paz.

Day 20 : Fri 3 Exploring La Paz

La Paz is one of the highest cities in the world at almost 4,000 metres above sea level. Our bodies will need time to adjust to the altitude so we will spend today recovering from the flight. Today we will have the chance to explore this ancient cities many markets, relax in its squares and parks.

In the morning after breakfast we will set off on a half day City Tour and to the Moon Valley. A bus will pick us up and take us to the famous Witch Doctor's Market, San Francisco Colonial Church and the typical handicrafts of the Sagarnaga Street. Finally our morning ends with a visit to the unique Moon Valley, where we will have the opportunity to walk around, and visit a ceramic workshop with a demonstration of the art of pottery.

In the afternoon we will visit a local park pay a few games and relax. Overnight

Day 21: Sat 4 La Paz/Santa Cruz

Today we will drive from La Paz to Santa Cruz. This will take most of the day. We will have a private bus. This is a 903km journey taking 14 hours!

We will spend the night in a hostel before travelling on the next day.

Paraguay

Day 22: Sun 5 Santa Cruz/Asuncion

Today we will fly from Santa Cruz to Asuncion in Paraguay. We will be up early for the 7.15 flight which arrives mid-morning

Asunción is the capital and largest city of Paraguay.

Afternoon exploring the city

Day 23: Mon 6 Asuncion/Iguazu falls

Today we will drive to Iguazu and stay overnight before visiting the falls tomorrow. The drive will take between 6 to 10 hours.

Day 24: Tue 7 Iguazu falls

Today we will visit the famous Iguazu Falls located where the Iguazu River tumbles over the edge of the Paraná Plateau, 23 kilometres upriver from the Iguazu's confluence with the Paraná River. Numerous islands along the 2.7-kilometre (1.7 mi) long edge divide the falls into about 275 separate waterfalls and cataracts, varying between 60 metres (200 ft) and 82 metres (269 ft) high. After an exhilarating day we will spend a night in a near-by hostel

Day 25: Weds 8 Iguazu/Rio de Janeiro

Today we will fly on to Rio in Brazil. Rio de Janeiro is the second largest city in Brazil. We will check into our hotel and then spend the afternoon on the famous beaches.

Day 26 Thur 9 Rio de Janeiro

After breakfast we will drive along Rio's famous beaches to the Praia Vermelha (Red Beach) cable car station where you will be taken to the Urca Mountain (mid-way station) with its gardens and look-out points. Then, the second part of the ride will take you to the peak of the famous Sugar Loaf Mountain, 1300 ft above sea level.

In the afternoon we will relax and explore the city or return to the beach. In the evening we will have a farewell dinner at our hotel.

Day 27: Fri 10 Rio

Today the last in South America is free for us to explore the city and do any final shopping. We will then have a meal before travelling to the airport to check in for our flight just after mid night to the UK.

Day 28: Sat 11 Fly UK

Our flight will depart just after midnight at 00.55 and arrive in London at 16.05 in the afternoon.

IMPORTANT NOTE

Please note that this itinerary is a guideline only. Although every effort will be made to adhere to it, unforeseen circumstances may force changes to be made at the last moment.

