

## Day 3

We came down to a leisurely breakfast at 8am with everyone looking a lot more refreshed after a good night's sleep. With two nights at the accommodation we didn't have to worry about bags so we headed via a coach to the beach to dip our toes in the Pacific Ocean. On the way we learnt a little more about Peru, the jolters were very interested to hear about how Lima was prepared for earthquakes rather than rain, they have 1-2 inches of rain a year!

We spent the morning on the beach for some fun and games. As a team we all dipped our toes in the Ocean, and felt the challenge was set to cross the continent! Some managed to dip more than just their toes in the water but although not sunny it was warm and we soon dried. Football, frisbee, volleyball and sand sculpture followed. Rapidly our volleyball skills improved, although the Peruvian national team won't have anything to worry about just yet! Off the beach we were entertained by Peruvian pelicans and gannets, with pack vultures circling above! Lots of beach combing went on and Rebecca created a lovely sand turtle.



We left the beach to make the first challenge of the Barranco steps and ramps. All Jolters worked together to ensure we all made it up hundreds of steps, with the wheelchairs being bumped up and carried. This was a major challenge and we needed to work as an organised team to get all the group up to the top. On the way we walked over the Bridge of Sighs, had to cross holding our breath to get our wishes to come true. Vicki took it as a personal challenge and walked up most of it herself whilst the rest of the team took turns in lifting, pulling and pushing till we reached the square at the top in time for a well deserved lunch.

Lunch was a Peruvian feast with the opportunity to try lots of Peruvian dishes, not sure if Lauren wished for a Chinese take away on the bridge but she was certainly very happy to see a dish very similar to chow mien! Other dishes on offer included beef, chicken, squid, tongue and sweet potatoes wrapped in vine leaves all cooked in spices, all followed by rice pudding served with a sauce made with chicha, a native purple corn. Chocolate brownies were also on offer and Josh Gr and Josh S holding the record of 35 between them! (much to the amazement of the waiters!)



The afternoon brought a chance to visit some ancient ruins dating from AD 100- a site full of adobe bricks all perfect and formed from clay. All were fascinated by this library architecture and again we met the challenge as a team working our way up the tiers to explore the 6 levels of the stepped pyramid. The ruins were quite central in the city and rather oddly placed against the modern buildings. As we left the site we

also managed to see our first alpacas and guinea pigs, these were in an enclosure but the group are looking forward to seeing them in the wild too. Lauren was amused by the wax works of ancient Peruvians- very concerned that their ancient underwear was still intact!

We had a final tour around downtown Lima on the return journey admiring the carved wooden balconies wonderfully preserved by Lima's combination of lack of rain but high humidity.



Dinner at the hotel was followed by our first awards, Maria earning the glasses (spectacle of the day) by not only doing an amazing dance on the beach trying to remove sand from her false leg but managing to miss the table and putting her hand in the rice pudding too! All the jolters happy for an early night and hopefully put an end to the last of the jet lag from the long journey.