

**St John**  
Ambulance



# Overseas fundraising treks



**Peru: Machu Picchu**

4 - 14 September 2009

**Arctic Adventure**

6 - 13 February 2010

# Itinerary



**Day 1:** Fly to Lima, Peru.

**Day 2:** Leave Lima on a short flight to Cuzco (3400m), visiting the Cross Keys bar on arrival in Cuzco for a cup of coca tea before heading to the Sacred Valley. After walking to Cachicata (2910m), you'll receive a full trek briefing, before spending your first evening under canvas.

**Day 3:** Head by coach to Ollantaytambo, one of the most typically Inca towns in existence. After a two hour tour of the ruins you'll head to Rapcca (2965m) then walk to our overnight camp at Soqma (3205m).

**Day 4:** The morning walk is a slow and steep ascent, climbing through dramatic scenery and past a stunning waterfall to the Perol Nyoc ruins (3520m), which were rediscovered and cleared by the local trek company we use. A short but steep climb takes you to your camp on the Inca Terraces at Corimarca (3740m); we're the only people permitted to camp at this beautiful and hidden site.

**Day 5:** Today's climb zigzags over a long and steep route to Charca Huaylla Pass (4395m),

reaching the highest point of the trek at Chanca Chuco Pass (4445m), with its spectacular views of the Sacred Valley and surrounding snow covered peaks. The afternoon's walk winds along a rising and falling trail with a cliff path descending steeply to a stream crossing. One further gentle climb will take you to the overnight camp at the remote Angascocha School, whose high altitude means this could be a chilly evening.



**Day 6:** A long, easy descent will take you through a canyon into the orchid and humming bird habitat of Elfin Forest, following the line of the river as it descends towards the Sacred Valley. After lunch, a gentle descent takes you into the Sacred Valley and to the overnight camp at Camicancha (2960m), where there is the possibility of relaxing by a campfire for the evening.

**Day 7:** After a short walk to the station, a scenic train and bus journey takes you to Machu Picchu Mountain. This final climb includes spectacular views of this amazing Incan city and a descent to the iconic Sun Gate and into the ruins for an

informative talk. Tonight's celebrations will include a celebratory meal in the nearby town of Aguas Calientes.

**Day 8:** A dawn wake-up call will ensure you catch the sun as it rises above this most enigmatic of Incan sites, providing a second chance to experience the wonder of Machu Picchu. After a guided tour of the ruins, you are free to explore at your leisure. Later we return to Cuzco where we have a free night to enjoy the local nightlife.

**Day 9:** Flight to Lima with free time to visit either the Indian Market or the city centre, before flying home.

**Day 10:** Arrive in the UK.

**Please note itineraries may be subject to change.**



# About Machu Picchu



The Lost City of Machu Picchu is one of the great wonders of the world; our tailor-made trip will take you on a unique journey, away from the well beaten track of the main Inca trail.

Treading through a previously unknown valley, our route winds along spectacular mountain passes and long forgotten trails. You'll pass through small villages whose inhabitants still practice traditional farming methods and for whom little has changed in hundreds of years. The pinnacle of the adventure is reached as we pass through the famous Sun Gate and into the sacred city of Machu Picchu.

Across the Divide, the trip's tour operator, created this unique and exclusive route, working closely with local communities and helping to rediscover otherwise neglected ruins. They aim to improve the quality of life for people in the areas in which they operate, constructing toilets to help promote better health, and building community structures in villages that do not otherwise benefit from the monies generated by tourism.

**Set yourself a challenge - get away from it all and join us on this trek of a lifetime, experiencing the awe inspiring sights of Machu Picchu and the Andes, and meeting amazing people along the way...**



## Costs:

£299 registration fee, plus  
£3100 minimum sponsorship.

Turn to the back page for  
fundraising hints and tips.

# Itinerary



**Day 1:** After flying from London to Stockholm, Sweden, there's a short internal flight to Ostersund where your Swedish guides will be waiting; it's then an hour's journey to the base in Raftlaven. Situated on the edge of a woodland lake, the lodge, with just an open fire, cooker and beds, is the perfect introduction to the Arctic survival challenge!

**Day 2:** After a full briefing about your stay, you'll spend the day acclimatising to your new environment. Trek out to the remote beaver dam on snow shoes, or cross-country skis if you're feeling adventurous! You'll be rewarded with a warming dinner back in the cabin in the evening.

**Day 3:** Fill up on a hearty breakfast in preparation for a day of husky driving adventures. Be prepared for an exhilarating afternoon; after cross-country skiing around 7km you'll meet your husky sleigh teams and take a trip around the frozen, Sandviksjon Lake. You'll have the opportunity to drive the husky dog teams yourselves before refuelling on a delicious lunch, then putting your skills to the test driving the dog teams for the rest of the afternoon.

**Day 4:** Everyone gets their own snowmobile, heading off for the

whole day across frozen lakes and up into the mountains. You'll drive through stunning scenery, with unmissable views and perfect photo opportunities, stopping for a traditional, open-fire cooked lunch in a local village. When you return to the cabin you'll prepare for the survival phase of the experience before setting out for your first night in the elements, where a tent and wood-burner awaits you.



**Days 5 and 6:** Time is spent learning different Arctic survival skills. Find out how to set traps that you've made from natural resources and purify water, and practice ice fishing and fire lighting. After detailed survival briefings, you'll now get to put what you've learnt to the ultimate test, sleeping the first night in a self-constructed shelter made from natural resources and the second in snug snow-hole that you've built yourself. The survival phase ends after your last campfire breakfast, after which you'll return to the cabin.

## **Day 7: A little R and R!**

Following the challenges and rewards of the previous 48 hours, you can treat yourself to some well deserved pampering! The beautiful surroundings provide a perfect environment to relax and reflect on all you've accomplished on the trip. There's also a sauna

and an open-air hot tub on the lakeside to soothe those aching limbs. In the evening you can enjoy a celebratory meal in the cabin, and swap stories and the highlights of the trip!

**Day 8:** Taking care to leave the cabin as it was found, you'll travel back to the airport and return to the UK.

**First aid:** In addition to the various challenging activities and hands on survival skills that you'll learn, we'll also hold sessions on first aid. These will comprise of information relevant to the Arctic conditions you're experiencing, such as frostbite, hypothermia and other cold related injuries. We'll also provide information on how to manage casualties in an Arctic environment, procedures for expeditions medics, creating improvised stretchers and more. These skills will be woven into the itinerary in evenings and mornings and at other opportune moments, to broaden your knowledge of the environment and first aid. You don't need to have any previous knowledge of first aid, as the level of information will be tailored to the group's experience.

**Please note itineraries may be subject to change.**



# Arctic Adventure



Set in the heart of the Arctic in Northern Sweden's pristine wilderness, the Arctic Adventure promises to satisfy your survival instinct by day and offer tranquillity and relaxation by night.

Designed to appeal to your adventurous side, you'll have the opportunity to participate in husky-driving and ice fishing. Explore the region on foot on cross-country ski and snow-shoe expeditions, while a day's snowmobiling will allow you to roam further afield. You'll be shown how to light fires, build shelters and snow-hole, and receive Arctic first aid training, before spending two nights in the wild putting your new survival skills to the test.

Days on the trip are action packed, but we've also allowed time for you to fully observe the calmness of the wilderness. With no one else for miles around, you'll experience the serenity of this spectacularly remote environment. This really is a trip of a lifetime – never to be forgotten, and reminisced upon for years to come.

**This once in a lifetime expedition has limited availability; apply now to guarantee your place!**



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# Your questions answered



## Fundraising

There are lots of ways to reach your goal. Here are just a few:

- Your own online sponsorship page at [www.justgiving.com/sja](http://www.justgiving.com/sja)
- Sponsorship from family, friends, colleagues, businesses
- Dress down days, raffles and coffee mornings
- Cake sales, jumble sales, car boot sales, eBay
- Karaoke, quizzes, discos, balls, dinners
- Supermarket bag packing, collection tins in local shops
- Anything from sitting in a bath of beans to a barn dance!

We require only 80% of your minimum sponsorship before the expedition. We need it to pay for costs we incur, but want to allow you a few weeks after the trek to collect the remaining 20%.

We'll provide as much support as possible in the form of ideas and advice; if you feel you want more information on fundraising before you apply, please just get in touch.

## Kit and facilities

Expeditions do require some specialist kit. For Peru, you'll need a good pair of hiking boots; for the Arctic you'll need warm layers. Both expeditions require a sleeping bag and mat. There are many options where kit is concerned, but to reduce costs you can hire, borrow or buy (with the discounts that we have access to) the items that you need. Full kit lists are provided in your welcome pack, which you'll receive when you sign up.

The expeditions are set in remote locations, therefore facilities will be basic. Food is simple but ample (dietary requirements can be catered for). Accommodation will be shared with a tent buddy in Peru, and in lodge rooms in the Arctic.

Visas are not required for either destination; Peru is though covered by the new US ESTA regulations, of which details will be provided upon application.

Up to date vaccinations will be required for both destinations.

## Training and health

You don't have to be a superhuman athlete to take part in either of these expeditions. However, you do need to be of reasonable fitness and generally in good health. If you're concerned about a condition that you may affect your ability to take part in the trek, get in touch: we'll check with the trek doctor ahead of your application.

To ensure you're fit enough to complete your challenge, both expedition training schedules include plenty of walking and cross training. You should include hill walking, distance walking and perhaps jogging, swimming, aerobics or cycling to ensure you're as fit as possible before the trek. As a guide, before you depart the UK for your expedition you should be able to complete two consecutive days of walking, on hills and flat ground, for between six to eight hours in relative comfort.

Full training plans will be sent to participants when they sign up.

If you have any queries regarding your health or training please don't hesitate to contact us.



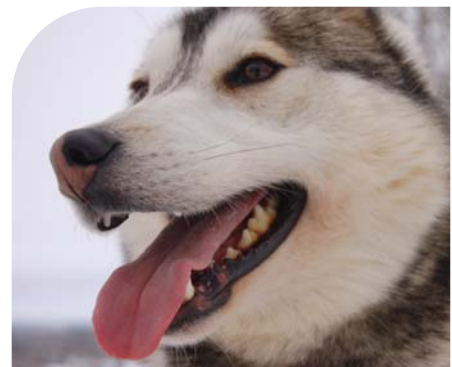
## Support for you

We aim to support you wherever we can. Before you sign up, we're on hand to answer any questions about the expedition, whether you want to know about training, fundraising, your application or St John Ambulance's charitable work.

Once you sign up you'll receive a welcome pack which includes information on your destination and the expedition itself, a training programme, fundraising ideas and support.

We provide you with sponsor forms, an online fundraising page and regular expedition newsletters. You also get kit discounts and a St John Ambulance top to wear on your trip, plus, we'll assign you a member of our Events team, dedicated to supporting you.

You'll also have the opportunity to attend an information day about your expedition and a training weekend, so that you can meet your fellow adventurers and stretch your legs on the hills, whilst testing your fitness.



# Where your funds go...

## County donation

If you want to benefit your local community, we can arrange for half of your profits to go to your chosen county or division.

£25

Could pay for an hour of advanced first aid training and assessment for one of our life saving volunteers.

£150

Could pay for a course in the expert use of an AED machine, which many of our volunteers need in order to save lives.

£350

Could pay for an emergency resuscitation kit for one of our volunteers to save lives.

£2500

Could pay for a 'heart start' AED: vital to the resuscitation process following a heart attack.

£53,000

Could buy and equip an ambulance, to be used at many events and for emergency cover across the nation.

For further information please contact the Events team on [events@nhq.sja.org.uk](mailto:events@nhq.sja.org.uk) or phone **020 7324 4172**

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