

REGISTRATION PACK

PERU - INCA TRAIL TREK TO MACHU PICCHU OPEN CHALLENGE 2008

Thankyou for your interest in taking part in this adventurous challenge. The enclosed pack includes information on the trip, as well as everything you need to register.

If you have any queries please contact us on the details below.

We recommend you contact your charity for any detailed queries about fundraising.

To sign up just return the registration form to Discover Adventure at the address below. Please don't send this via your charity – the sooner you send it to us, the sooner we can guarantee your place on the trip!

We hope that you decide to take up the challenge!

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Registration Form

Open Challenges 2008

Peru - Inca Trail Trek to Machu Picchu



Please complete all sections of this form in block capitals.

Dates: *(delete as appropriate)* **10 May – 19 May / 20 September – 29 September**
7 November – 16 November 2008

PAYMENT OPTIONS

If you plan to fundraise, regardless of which Payment Option you are taking, we are obliged to let your charity know. They may wish to contact you themselves to give you help and advice, and to ensure you are fundraising within their guidelines.

Please tick one option below as appropriate:

~~FUNDRAISING OPTION~~

~~I will be raising money for:~~

~~Charity Name: Tel No:~~

~~Charity Address:~~

~~..... Fax No:~~

~~Contact Name (if you've already contacted charity):~~

~~Please complete the above in full to help us confirm your place as quickly as possible.~~

PAYMENT OPTION

~~I will pay my own tour cost and am not raising money for a charity~~

I will pay my own tour cost but still intend to raise money for:

Charity Name: **Lewis-Manning Hospice** Tel No: **(01202) 701000**

Charity Address: **1 Crichel Mount Road, Lilliput, Poole, BH14 8LT** Fax No: **(01202) 701890**

Contact Name (if you've already contacted charity):

Please complete the above in full to help us confirm your place as quickly as possible.

1. Personal Details

Title: Forename: Surname:

Name by which you like to be known: Gender: M / F

Address:

Postcode: Home Tel: Work Tel:

Mobile: E-mail:

I agree to my contact details being given to my fellow challenge participants: Y / N

T-shirt size: S (38") M (42") L (46") XL (50") 2XL (52")

2. Dietary Requirements

Do you have any special dietary requirements / food allergies? Y / N

- Vegetarian Gluten Free
- Nut allergy Other

3. Passport Details*

Please send a photocopy of the photo page of your passport with this registration form

Name (as it appears on Passport):

Date of Birth: Age at time of Challenge:

Passport No: Place of Birth:

Issue Date: Expiry Date: Place of Issue:

Nationality: Occupation:

*Please note that your passport must be valid for at least 6 months after your return. If you do not currently have a valid passport, please send us this registration form and forward your new passport details through as soon as they are confirmed.

4. Next of Kin/Emergency Contact*

Name: Relationship:

Address:

..... Postcode:

Daytime Tel: Evening Tel: Mobile Tel:

*Please give details of the person you would like us to contact in case of emergency. This should not be someone who will be on the challenge with you.

5. Accommodation

Accommodation will be shared (usually twin-bedded) single sex rooms/tents. Please let us know if there is somebody else on the trip you would like to share with. We will try to accommodate your request, however it cannot be guaranteed.

Share with

6. Registration Payment

The registration fee for my chosen challenge is £ 449.00

NB: This is non-refundable and is used as deposits for flights/ground costs on your behalf. The registration fee is not included in the amounts given for fundraising target or tour cost.

Payment can be by cheque made payable to 'Discover Adventure Ltd' or simply fill in your card details below.

Card Type: DELTA / SWITCH / VISA / MASTERCARD (Delete as applicable)

Card No: - - - 3-digit security number:

Valid Date: / Expiry Date: / Issue No: (Switch Only)

NB: All fundraising monies must be paid to the charity you are supporting.

Declaration and Registration

I confirm that all of the information provided by me on this form is to the best of my knowledge true and correct. I understand that if any of the information provided by me on the form is found to be false, I risk losing my place on the Discover Adventure Challenge.

By signing this form I agree with the Open Challenge Agreement (enclosed in this pack).

Signed

Date

Please return this form to Discover Adventure at the address below and ensure that you have also enclosed the following: *Without these we regret we cannot confirm your place on the trip.*

- Registration Fee
- Completed Medical form
- Photocopy of the photo page of your passport



DISCOVER ADVENTURE LTD
MEDICAL QUESTIONNAIRE
PERU – INCA TRAIL TREK TO MACHU PICCHU
OPEN CHALLENGE 2008
(In confidence when complete)

Please complete and return with your registration form to Discover Adventure. This forms part of your trip registration.

It is for your own safety that we find out as much as possible about your medical history, to ensure that you can cope with the rigours of the trek.

Your answers will be treated in the strictest confidence and will not necessarily adversely affect your chance to take part. Any decisions will be made in consultation with you. The information you supply will only be disclosed to Discover Adventure Ltd, the charity you are supporting and medical staff employed by the tour operator for the event. It is one of the conditions of your registration that you give full and accurate details.

A. PERSONAL DETAILS

NAME: TRIP DEPARTURE DATE:
DATE OF BIRTH: AGE WHEN ON TRIP:
HEIGHT: WEIGHT:
TEL NO (HOME) TEL NO (WORK)

B. MEDICAL HISTORY

1. Do you suffer, or have you ever suffered from:- *(please circle)*

Heart trouble and/or blood pressure problems?	YES/NO
Asthma, Bronchitis and /or shortness of breath?	YES/NO
Diabetes?	YES/NO
Epilepsy and/or fainting attacks?	YES/NO
Migraine?	YES/NO
Severe Head Injury?	YES/NO
Cancer?	YES/NO
Back Problems?	YES/NO
Allergies?	YES/NO
Fractures, Tendon, Ligament/Cartilage damage?	YES/NO
Physical or other disability?	YES/NO
Psychiatric or mental illness?	YES/NO
Have you been hospitalised within the last 2 years?	YES/NO
Are you suffering from or a carrier of any infectious diseases?	YES/NO
Are you registered as disabled?	YES/NO
Any other serious illness?	YES/NO

2. If you have answered yes to any questions above, please give further details below or on a separate sheet:

.....
.....

3. Do you regularly and/or currently use any form of medication? If so please give details below:

.....
.....

4. Do you have any specific dietary requirements? If so, please give details below:

.....
.....

5. Have you ever suffered from asthma? If so,

- a) When was the last time you needed hospital treatment?
- b) When was the last time you needed steroid tablets?
- c) What medication/inhalers do you use?

IMPORTANT – PLEASE READ CAREFULLY BEFORE SIGNING

- In the event of an accident or illness whilst on the trip, I hereby give permission for Discover Adventure to initiate medical treatment and to inform my next of kin/emergency contact (as detailed on my application form) if appropriate.
- To the best of my knowledge I confirm that my mental and physical health and fitness is good and that the information I have provided in this questionnaire is a true and accurate description of my medical history and current condition. I understand that by giving false information I endanger both my own safety and that of others on the trip. I agree to take with me sufficient supplies of medication needed for my current medical condition and for any condition which I have had previously which may reasonably be expected to re-occur.
- I agree that Discover Adventure Ltd. or medical staff employed by them may approach my GP to verify the information on this form and attain some further details as they think necessary and that my GP may release such information to them.
- I understand that Discover Adventure Ltd. cannot accept any liability or expenses resulting from any illness, injury or other untoward occurrence arising from any undisclosed medical condition (other than to the extent that death or personal injury arises as a result of its negligence). I also understand that failure to disclose a pre-existing medical condition could invalidate my travel insurance and that I am responsible for declaring any pre-existing medical conditions directly to the insurance company prior to departure.
- I confirm that I will immediately inform Discover Adventure Ltd. of any change to the information I have provided on this medical questionnaire.

SIGNED: **DATE:**

RETURNING THIS MEDICAL FORM IS PART OF YOUR REGISTRATION.

This section only needs to be completed if you are over 65 OR have answered ‘YES’ to any of the questions on the medical form:-

MEDICAL FORM TO BE COMPLETED BY THE FAMILY DOCTOR/PHYSICIAN WHO HAS ACCESS TO THE PATIENT’S MEDICAL HISTORY.

The person named overleaf will be participating in a charity fundraising trek of 10 days duration, during which time he/she will be subject to basic camping and living conditions. The demands in more detail will involve trekking for up to 8 hours per day for 4 days over some rough terrain and will possibly involve extremes of temperatures, climate, and altitude. Participants will be camping, which may involve basic facilities such as long drop toilets and primitive washing facilities. The food will be cooked on gas burners. Discover Adventure Ltd will provide a doctor for each trip to give immediate first aid and ensure high hygiene standards are taught and maintained. The event may be a considerable distance from any hospital back up.

With the above information, if there is any matter of which you feel that Discover Adventure Ltd should be aware, please supply details on a separate sheet. If you require any further details please call Discover Adventure Ltd on 01722 718444.

I have read the above paragraph and agree that the participant’s medical details are correct. In my opinion this patient is currently fit and healthy both mentally and physically, and able to participate in the event.

Doctor’s Signature: Date:
 Doctor’s Name (Block Capitals Please)
 Address:

**DOCTORS STAMP &
 GMC NUMBER**

PERU – INCA TRAIL TREK TO MACHU PICCHU

Open Challenge Insurance Form

10 May – 19 May 2008 / 20 September – 29 September 2008
7 November – 16 November 2008

PLEASE COMPLETE THIS FORM CLEARLY USING BLOCK CAPITALS
YOU CAN REGISTER ON THE TRIP WITHOUT THIS FORM, BUT WE DO NEED TO KNOW YOUR INSURANCE ARRANGEMENTS AS SOON AS POSSIBLE.

Full Name (Title, First and Last Name):

Address:

.....

Daytime telephone no: Date of Birth:

Email Address:

10 Days Travel Insurance to Peru = £ 64.27

Please note: If you plan to extend your stay the insurance premium is likely to increase a little; we recommend you wait until we are able to confirm your new flight details before purchasing insurance. It is vital to ensure you are covered for the full length of your stay.

SUMMARY OF COVER

- Medical Emergency and Repatriation	£5,000,000
- Emergency Dental Treatment	£250
- Additional Accommodation & Travelling Costs	£1,000
- Hospital Daily Benefit	£10 per day
- Cancellation & Curtailment	£5,000
- Travel Delay & Abandonment	up to £5,000
- Missed Departure on Outward Journey	£500 (Europe) £1,000 (other)
- Personal Luggage	£1500
- Single Article Limit	£200
- Valuables	£250
- Luggage Delay	Up to £100
- Money & Passport	£500
- Cash	£250
- Personal Liability	£2,000,000
- Personal Accident	
- Death	£15,000
- Loss of limb(s) / total irrecoverable loss of sight in one/both eyes	£15,000
- Permanent Total Disablement	£15,000
- Legal Protection	£25,000
- UK Cover	
- UK Medical transfer	Necessary costs
- Additional Accommodation Costs	£1,000

In order for us to process your insurance you must answer the following questions:

a) Have you been resident in the UK for at least 6 months?
Yes / No

b) Do you have any pre-existing medical conditions?
Yes / No

c) Is there anybody else's ill health that would prevent you travelling / cut your trip short?
Yes / No

Please complete and return to Discover Adventure AT LEAST TWO MONTHS before trip departure

Please make your £64.27 cheque payable to Discover Adventure Ltd. Please do not staple your cheque to this form.

Date:

Signed:

Pre-existing medical conditions: Please note that once you have purchased this insurance it is your responsibility to contact the insurer's medical helpline to declare any pre-existing medical conditions (this telephone number can be found on the insurance certificate we will send you.) Discover Adventure Limited CANNOT declare these on your behalf, even if we are aware of them. Failure to disclose any pre-existing conditions personally to the insurance company prior to travel could invalidate any travel insurance cover.

Please note as your tour operator we will not permit anyone to travel with us without proof of insurance

PERU – INCA TRAIL TREK TO MACHU PICCHU

Open Challenge 2008

**Own Insurance Form: 10 May – 19 May / 20 September – 29 September
7 November – 16 November**

If you have your own insurance policy already you may use it, but it is your responsibility to ensure that it provides adequate cover for the trip (including repatriation). **If you prefer to use your own policy you must send a copy of it to Discover Adventure, which includes the following information clearly highlighted:**

Please tick the following check boxes to ensure you have included all the necessary information:

- Your name on the document and dates of policy validity**
- Insurance policy number**
- Telephone (and fax number if applicable) for 24hr medical emergency assistance**
- Any other information your insurers ask for in case of medical emergency**
- Confirmation that you are covered for long-distance trekking in remote areas**

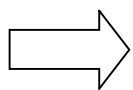
If the latter is not clear in the policy you should obtain written confirmation from your insurers stating that you are covered for this challenge and forward this with your policy details.

I confirm that I would like to use my own insurance for the above trip. Please find enclosed a copy of the policy with all the above details highlighted. I understand that it is my responsibility to check that this insurance provides suitable cover.

Signed: Date:

Name (in block capitals):

Tel Number:



Please don't forget to include the 24-hour medical emergency assistance telephone number associated with your policy. This is very important.

Pre-existing medical conditions: Please note that insurance companies require disclosure of any pre-existing medical conditions prior to travel. Once you have purchased your insurance it is your responsibility to contact the insurer's medical helpline to declare any pre-existing medical conditions. This may affect your premium. Discover Adventure Limited CANNOT declare these on your behalf, even if we are aware of them. Failure to disclose any pre-existing conditions personally to the insurance company prior to travel could invalidate any travel insurance cover.

YOU CAN REGISTER ON THE TRIP WITHOUT THIS FORM, BUT WE DO NEED TO KNOW YOUR
INSURANCE ARRANGEMENTS AS SOON AS POSSIBLE.

**Please complete and return with a copy of your policy to Discover Adventure AT LEAST TWO MONTHS
before trip departure.**

**Please note as your tour operator we will not permit anyone to travel with us without
proof of insurance.**

OPEN CHALLENGE PRICING 2008

PERU – INCA TRAIL TREK TO MACHU PICCHU

10 May – 19 May 2008

20 September – 29 September 2008

7 November – 16 November 2008

	FUNDRAISING OPTION	PAYMENT OPTION
Registration Fee	£449	£449
	To be paid to Discover Adventure upon registration; is non-refundable, non-transferable and in addition to the Minimum Fundraising Target and Tour Cost below	
Minimum Fundraising Target	£2750	Not applicable
Tour Cost	£1100 Invoice sent to charity 8 weeks before departure providing they have received at least 80% of the Minimum Fundraising Target	£1100 Invoice sent to you 8 weeks before departure

The tour cost is based on flying with **Iberia / LAN** at approximately **£650 including taxes**. The price also includes the internal flight to and from Cusco.

All costs are based on a minimum of 10 participants and will include:

- all transport from London to Cusco return
- all food (other than three meals) & accommodation
- Discover Adventure leaders & doctor, local guides & cooks
- all support of local porters, guides and entrance to Machu Picchu & other sites visited in itinerary

It does not include:

- three meals including the celebration meal at the end of the tour
- sleeping bag & sleeping mat
- travel insurance
- international airport departure tax (approx \$28)
- personal spending and tips for local crew

£1100 as above (inclusive of VAT if applicable) per participant provided that there are at least **10** participants per Event. This price will be reviewed if there are less than **10** participants per Event.

DEADLINES AND PAYMENTS

- **The registration fee is paid upon initial sign up to the trip, directly to Discover Adventure Ltd by each individual participant.**
- **8 WEEKS BEFORE TRIP DEPARTURE:**
All fundraising monies must be received by the charity
May trip: 15 March 2008 September trip: 26 July 2008
November trip: 12 September 2008
- **8 WEEKS BEFORE TRIP DEPARTURE:**
Discover Adventure invoices charity / participant for tour cost
May trip: 15 March 2008 September trip: 26 July 2008
November trip: 12 September 2008
- **6 WEEKS BEFORE TRIP DEPARTURE:**
Tour cost paid to Discover Adventure by charity / participant by this date at latest
May trip: 29 March 2008 September trip: 9 August 2008
November trip: 26 September 2008

THIS TRIP REQUIRES A MINIMUM OF TEN PEOPLE

PERU

INCA TRAIL TREK TO MACHU PICCHU

OPEN CHALLENGE ITINERARY

10 days, 9 nights

Depart: Saturday / Friday London –
Lima – Cusco

Return: Monday / Sunday Lima –
London

INTRODUCTION

From high remote mountain trails to the first sight of the legendary Lost City of the Incas, Machu Picchu, this is a challenging trek on steep trails climbing to 4200m in fantastic and diverse mountainous country.

There is plenty of time built in to acclimatise to altitude - enjoy exploring ancient Cusco, capital of the Inca Empire, and the Sacred Valley. The trek then takes you through lush cloud forest, green valleys and high passes with breathtaking views of snow-capped Andean peaks, with time to stop and explore fascinating Inca temples and settlements along the way.

ITINERARY

Day 1: Depart London for Lima.

Day 2: Lima – Cusco

Early flight Lima to Cusco, transfer to downtown hotel. The afternoon is free after a trip briefing to gently explore the sights of the ancient city of Cusco, or simply adjust to the altitude, watching the world go by in one of the numerous cafés in the Plaza de Armas.

Day 3: Tambo Machay – Cusco

Today we enjoy an acclimatisation walk from Tambo Machay, an ancient ruin high in the Cusco valley, past some of the amazing Inca sites in the countryside around the city, walking downhill to

Sacsayhuaman, the huge and impressive Inca ruin on the outskirts of Cusco, before returning to the town and hotel. (Dinner not included.)

Walk time approx 5 hours

Day 4: Km 82 – Wayllabamba

After a second night at altitude we should all be feeling ready for action. We have a three hour drive via Ollantaytambo to the Trail's starting point at Km82. The first half-day walk is fairly easy and on an undulating path which follows the Urubamba River for much of the way. After lunch a gentle climb takes us to our camp at

Wayllabamba. There are a couple of steep drops and climbs into gullies along the way, with great views of Mt Veronica standing at 5000m.

We pass a couple of small places to buy cokes. The path is dusty but firm and there are no steps.

Walk time approx 6 hours

Day 5: Wayllabamba – Pacamayo

Today we have the big climb from 2700m to Dead Woman's Pass at 4200m. This is a relentless and steep climb on narrow trails, first through grassland, then cloud forest (where some people start to feel the altitude), where the path is steeper and can be muddy. Eventually it opens out onto pasture where we will have lunch with snow-capped mountains behind us and a distant view up to the top of the pass, still several hours ahead. The final stretch to the top of the pass is well maintained with steps but the pace is slow because of the altitude. We descend 500m on steps to our evening's campsite at Pacamayo below the ruins of Runkurakay.

Walk time approx 8 - 12 hours

Day 6: Pacamayo – Winay Wayna

Now on the Inca Trail proper, the path is mostly steps which are steep in places and there are ruins every mile or so along the way. We have our second high pass at 4000m again with steps leading up to the top and down the other side. The descent takes around an hour to Sayacmarca ruin, which is perched above more steps. From here the trail is very pretty, wide and easy going with interesting fragments of cloud forest on route. The third pass is reached easily after passing

through an Inca tunnel in the rock and a gentle climb. We continue on to the ruins of Puyupatamarca and then descend steep steps to our camp-site at Winay Wayna.

Walk time approx 8 – 10 hours

Day 7: Winay Wayna – Machu Picchu

We start early and have a three hour walk to Inti Punku, the sun gate, along a beautiful stretch of trail, scattered with ruins and some steep flights of steps, with a few large drops down the side to the Urubamba River. We arrive at Machu Picchu at around 10 am before the crowds arrive from Cusco. Once we have explored the ruins thoroughly we will take a bus down to the train station at Aguas Calientes for the 3-hour train journey back to Cusco.

Walk time approx 3 hours

Day 8: Free day

Free day in Cusco to relax and recover, explore Cusco further or sit and enjoy the atmosphere and its many places to eat and drink. There may also be a chance to visit Chacan village to see how we provide help with a community project. Celebration meal in evening. (Lunch and dinner not included.)

Day 9: Cusco – Lima

Morning flight back to Lima, linking up with the international flight back to London. Depending on connection times there may be time to explore Lima briefly.

Day 10: Arrive UK.

GENERAL INFORMATION

Tour cost

The tour cost includes scheduled return flights London – Lima and Lima – Cusco, internal air tax, all accommodation, private bus and local guides, porters, cooks, all meals whilst camping and most when in hotels, entrance to Machu Picchu, and all other sites visited as part of the itinerary.

It does not include travel insurance, three meals as specified in the itinerary, personal expenditure and international departure tax of \$28.

The tour cost does also not include tips for the local guides and porters – this is optional but it is customary to present a tip from the group at the end of the trip – the normal amount is approx \$35.

A maximum £100 - £200 is recommended for personal expenses.

Flights

Group flights usually leave from London Heathrow and are booked by Discover Adventure Ltd ATOL 5636.

This itinerary is based on current flight schedules and therefore subject to change.

Passport, Visa & Vaccinations

A valid ten-year passport is essential and there is no visa requirement for UK citizens. We insist that you have had a Tetanus injection in the last ten years and highly recommend protection against Polio, Hepatitis A, and Typhoid. Yellow Fever is recommended if visiting the rainforest and you may be asked to produce your vaccination certificate. You should *always* contact your GP or travel clinic for the latest travel health advice.

Weather

Cuzco is affected more by altitude than latitude, being hot and sunny during the day, about 30°, but chilly at night, down to a few degrees above freezing. May to September is dry season but in the mountains there is always a chance of rain.

TREKKING INFORMATION

This trek requires a good level of fitness. It is challenging mainly because of the altitude at which we are trekking. The trip is designed so that there is plenty of time to acclimatise to the altitude but you may still feel effects such as headaches and shortness of breath when trekking.

Terrain is varied as the route lies through valleys, cloud forest and high mountain passes; paths are good. There are many steps on parts of the Inca Trail.

Vehicles take the group to the start of the trek and pick us up at the end. All luggage, food, water and camping equipment is carried by horses or porters.

Your luggage should be carried in a soft expedition-type kitbag or rucksack.

You should bring a small daypack for items needed during the day.

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PERU – INCA TRAIL TREK TO MACHU PICCHU KIT LIST

- PASSPORT:** TEN YEAR PASSPORT ESSENTIAL - make sure it is valid for 6 months after departing Peru.
- VISA:** Not required for UK passport holders, other nationalities should check with the Peruvian Embassy in London.
- AIR TICKETS:** To be collected at the airport.
- MONEY:** Small denomination US\$ cash is easiest to change (must be in good condition) and is recommended over sterling, euros or travellers cheques. There are plenty of ATMs in Lima and Cusco where you can withdraw dollars and soles (Visa, Cirrus & Maestro best). Credit cards can be used in shops and restaurants (often incurs a 6% surcharge) and there are plenty of ATMs. A concealed money belt is recommended to carry your valuables.
- CREDIT CARD:** You should always carry a credit card in case of emergencies, and make sure you know your PIN number!

Please use this checklist to help you pack!

CLOTHING & GENERAL TREKKING/CAMPING EQUIPMENT

WALKING BOOTS – well worn in & waterproofed!		Hat / cap for sun protection	
Walking socks x 2		Sun block (factor 25+) & Lipsalve	
Several T-shirts / wicking trekking top		Sun glasses	
Shorts x 2		Aftersun / moisturiser	
Trek trousers x 1 (zip-off ideal)		Whistle	
Warm jumper / good quality fleece		Small towel	
Waterproof trousers		Spare set of clothes for Cusco	
Good quality waterproof windproof jacket		Underwear and socks	
Long sleeved shirt x 1		Warm hat & gloves	
Thermals or something warm to sleep in		Swimming costume –optional	
Trainers / spare footwear (for the evenings)		Sleeping bag (3 – 4 season minimum; down to -10°C)	
Rubber-tipped trekking poles – optional; useful if you have knee problems or are unsteady; simple bamboo poles are usually available in Cusco		Sleeping bag liner – for extra warmth (silk recommended)	
Tracksuit bottoms – good for sleeping in / as spares		Sleeping mat – essential for insulation (therm-a-rest style recommended)	
25-30+ litre daypack – you must be able to carry your waterproofs/water bottle/fleece/camera /first aid kit etc. as you will not be able to access your main pack until camp each day			

OTHER EQUIPMENT

water bottle - 1 x one litre bottle / platypus (bottled water can be bought in Cusco)		wash kit, including wet-wipes	
purification tablets (small pack for back-up only)		large plastic bags to keep things dry inside your rucksack	
torch & spare battery (head torch recommended)		Camera & film / spare batteries / memory cards etc. (little opportunity to recharge)	
1 roll of toilet paper & small plastic bags (fragranced nappy bags are best)		alarm clock	
Snacks/energy bars		Insect repellent	
Ear-plugs (if you are a light sleeper)		Liquid handwash (waterless type)	

PERSONAL FIRST AID KIT – to be carried in your day-pack

Imodium / Arret (diarrhoea tablets)		Nurofen / Paracetamol	
Antihistamines		Dioralyte (rehydration sachets)	
Plasters and blister dressings (such as compeed or moleskin and tape)		Any medication you regularly take or that you take while exercising	

FURTHER INFORMATION

WEATHER

- On the whole the days should be warm, expect to trek in shorts and T-shirt except perhaps for early starts and to put on a fleece at lunch. However, the weather can be unpredictable in the mountains and you should be prepared for any sudden change in the weather.
- Early mornings and evenings could be cold. We will camp at 3700m for one night and there could be frost on the tents in the morning. A pair of thermals is a good idea if you feel the cold at night, and a warm hat! Loose-fitting garments that trap air around your body are better than tight nightclothes.
- Average max/min temp & approx mm rainfall in Cusco (3225m)
April: 20 - 08°C; 50mm June: 20 - 01°C; 4mm Sept: 20 - 03°C; 22mm

VACCINATIONS

- We recommend you are vaccinated against **TYPHOID, HEPATITIS A & POLIO**. You must have had a **TETANUS** injection in the last 10 years.
- No malaria protection is necessary for the Lima/Cusco/Inca Trail areas, but it is recommended if you are doing the Discover Adventure Amazon rainforest extension, as is a Yellow Fever vaccination – take your certificate as you may be asked to produce it.
- Please note that you should always contact your GP/travel clinic for the latest travel health advice, as they are aware of any updates in World Health Travel requirements.

LUGGAGE

- Please be careful when packing your luggage as everything has to be carried by you and the porters; on the Trail your allowance is 8kg maximum. You will normally be given a sturdy bag in Cuzco to pack for the porters to carry – this is not totally waterproof so bring lots of bin-bags to keep things dry. You can leave the rest of your luggage in the hotel in a **soft expedition type kitbag** (see Discover Adventure for their low-cost kitbag designed for this kind of trip) **or rucksack** (make sure you label it!) Absolutely **NO** suitcases (in case you do end up having to take your main bag on the trail.) Your tour leader will advise you further about packing for the trek before you set out for the Trail.
- The weight limit for luggage on the flight is 20kg.
- Airlines are getting stricter in terms of charging for excess baggage, so please do try to keep within the limit. Airport security restrictions may limit the amount you will be able to carry in your day-pack.

ADDITIONAL PACKING ADVICE

- It is best to wear your walking boots on the flight.
- Remember not to pack any penknives, scissors, tweezers etc in your hand luggage.
- Trekking poles should also not be carried on as hand-luggage. They should be packed into your main bag – dismantling them will make them much smaller, but if they don't fit, the best option is to secure them well and label them separately in case they become detached.
- It is best not to pack anything valuable into the side pockets of the bag you check in – items have been known to go missing.



Discover Adventure have linked up with specialist retailer Cotswold Outdoor and can offer you a special **15% discount off** purchases made in-store, on-line or by mail order.

Call or email Discover Adventure for more details once you have registered.

For further information on kit, such as sleeping bags or general outdoor gear, have a look at Cotswold's useful Buyers' Guides Knowledge section on <http://www.cotswoldoutdoor.com>

PERU - INCA TRAIL TREK TO MACHU PICCHU

GENERAL FACT SHEET

GENERAL INFORMATION

Passport: A 10-year passport; must be valid for at least 6 months after departing Peru.

Visa: No visa is required for British subjects for stays of up to 90 days. Other nationalities should check with their embassies or consulates for the latest information. Please note that many flights to Peru go via the US and some nationalities require a visa even when in transit – it is your responsibility to check this.

Vaccinations: The following vaccinations are recommended and available at your GP or travel clinic: Tetanus, Polio, Typhoid and Hepatitis A. Yellow Fever is recommended if going to the rainforest but not for the trek itself. Always check first for the latest information on health conditions in the regions you are visiting.

Malaria: In the Andes you are not in a malaria risk area. If you plan to go to the Amazon or other areas you should check with your doctor for advice on the correct prophylactics.

Health: Do not drink tap water and avoid ice cubes in drinks unless you are sure they are made with bottled water. For the same reason avoid salads, raw vegetables and fruit that you cannot peel yourself, as well as unpasteurised dairy products and ice cream. Do not eat a meal if you think it has not been freshly cooked. Drink lots of water, replenish your salt intake and cover up in strong sun.

Altitude Sickness: This occurs when you ascend to high altitude quickly, and the best way to avoid it is to allow time for the body to adjust, and to avoid alcohol and smoking. It is unlikely that you will be greatly affected in Cuzco, which lies at 3360m above sea-level, problems usually begin at a height of around 3500m - 4500m. Most travellers experience no more than headaches and shortness of breath. More severe symptoms are usually quickly remedied by descending to a lower altitude and taking more time to acclimatise.

Money: Currency in Peru is the Nuevo Sol (s/), referred to as the sol, divided into 100 centimos. Current rate of exchange (September 2006) GBP1 = s/6.32 and US\$1 = s/3.33. 1 sol is about 16p, or 30 cents. US\$ cash and travellers cheques are easier to change than sterling and you will get a better rate. There are ATMs (cash machines) in Cuzco and many shops accept credit cards.

Hints: Damaged or torn notes are very hard to get rid of so do not accept them. Avoid using notes of higher denomination than s/50 as you will have difficulty obtaining change. Peru's currency has been devaluated twice, so make sure you are not given the 'old' sol or inti, as they are worthless. The sol looks very different to the nuevo sol so there is no need to worry.

Time: Peru is five hours behind GMT (UK winter time) i.e. when it is 12 noon in London it is 0700 in Lima.

Religion: 95% of the population is Roman Catholic, though in more rural areas Catholicism is mixed with more indigenous beliefs.

Food and drink: Pork, beef and chicken are common dishes served up in Cuzco. Most standard fruit and vegetables are common, while native types include passion fruit (granadilla), guava (guayaba) and the sweet potato (camote). Rice and noodles are common. The Inca delicacy still served in Andean regions is cuy, or roast guinea pig. Fizzy drinks like Coca Cola as well as local varieties are widespread as are fruit juices. Tea is served black with lemon and sugar. You will find mate de coca in many restaurants, which is made from coca leaves. You will also see people chewing coca leaves which are the raw material for the refined drug cocaine. These have been chewed in the Andes for thousands of years and are renowned for combating the effects of altitude sickness and prolonging hunger. They are widespread and legal in Cuzco, but do not try to take any out of the country as they are prohibited in most others.

Language: Spanish is the main language but Quechua, language of the Incas, is still spoken by about 10 million people concentrated around Cuzco and southern Peru, a good proportion of which speak neither Spanish nor English. English is understood relatively widely in tourist areas in Lima and Cuzco.

Climate: Although Lima is close to the equator the temperature is generally about 20°C, cooled by the cold sea currents and the smog. Cuzco is affected more by altitude than latitude, being hot and sunny during the day, about 30°, but chilly at night, down to a few degrees above freezing. May to September is dry season but in the mountains there is always a chance of rain, and in the jungle, rain is a daily occurrence. Basically you have to be prepared for anything in Peru!

Climate Chart for Cuzco during trekking/biking season:

	April	May	June	July	Aug	Sept	Oct	Nov
Rainfall in mm	50	15	4	4	10	22	62	70
Max temp °C	20	20	20	20	20	20	20	20
Min temp °C	8	3	1	1	1	3	6	8

Security: Unfortunately theft is relatively common in Peru, mainly in the cities, and you have to be vigilant with your belongings. Make sure your valuables are well insured and wear a concealed money belt with your flight ticket, cash and travellers cheques inside. Use your common sense and do not flash any valuables, including your watch and camera. Be careful at night and avoid walking alone. Cuzco and Machu Picchu are well-touristed areas and as such attract pickpockets and bag-slashers, so be vigilant for both yourself and your companions.

Dress: Remember that what you would wear on a hot day in the UK is not necessarily acceptable in countries of different cultures. Women travellers in particular should be modest in dress - avoid tight or 'strappy' tops in favour of regular T-shirts. Shorts should not be too short and trousers are preferable in rural areas. By dressing thoughtfully you not only experience minimum hassle but also do not offend the local people. Men should wear a top at all times. Those extending their stay, especially women travelling solo or in small groups, should dress in order to draw as little attention to themselves as possible.

Haggling: It is expected in South American countries that you will haggle for prices. You are not ripping locals off if you knock their prices down, but you will damage the structure of their way of life and economy if you do not. It is also great fun and a good way of interacting with local people. A good rule of thumb is to offer a third of the asking price and meet somewhere in the middle.

Respect local way of life: Always ask before asking photos of local people; do not point cameras in their faces. Do not give sweets to children, it encourages them to beg and creates problems for future travellers, and it also leads to dietary and dental problems which they cannot afford to deal with. What seems like generosity is not. If you feel you must give something, make a donation to a local school or hospital, or to the local village community we support at Chacan.

Recommended Books

The Inca Trail, Cuzco & Machu Picchu, Richard Danbury, Trailblazer Guides

Peru - Lonely Planet

Latin American Spanish phrasebook & Quechua phrasebook - Lonely Planet

GEOGRAPHY

Peru holds almost every type of geography from its coast to its interior. In the cold waters of the Humboldt Current you can find whales and penguins, and some of the best surf in the world. A little inland is the Atacama Desert, the driest desert in the world, where in parts rain has never been recorded.

East, the Andes climb to a height of almost 7000m where you will find glaciers and permanent snow and ice. Two branches of the Andes are found in Peru, the Cordillera Blanca nearer the Amazon and the Cordillera Negra paralleling the coast. On the Andean slopes lives a high proportion of Peru's population in scattered villages and colonial towns and cities – indigenous and immigrant, descended from the Inca Empire, Spanish conquistadors and later settlers.

Descending the eastern flanks of the Andes you find the Amazon river starting its journey to the Atlantic over 3000km away where it surges out into the ocean over 200km wide, pushing fresh water over 150km out into the sea. Dropping from the frosty highlands the vegetation changes to shrubby bush and gradually bigger trees until it becomes cloud forest where it is possible to see rare wildlife such as the national bird, the 'cock of the rock.' The vegetation becomes more dense and jungly and the air more humid as you approach the great Amazon rainforest.

HISTORY

The Cuzco area is renowned most for its Incan history, but the Incas only really came to power around 1450AD and there were many earlier cultures that dominated this region. None of these pre-Columbian cultures had any written language to our knowledge so what we know is derived entirely from archaeological evidence. We have a greater insight into the Incan way of life because of the detail recorded by Spanish conquistadors.

Archaeological sites are in abundance and while Machu Picchu may be the most well known there are many others in Peru and the Cuzco area which pre-date it. The first 'sophisticated' civilisation in Peru was the Chavin, who dominated roughly 1000 to 200 BC and used llamas for cargo carriers, venerated gold and had highly developed textiles and architecture involving skilled engineering. It was civilisations such as this, and the later Tihuanaco and Huari that were the foundation of the Inca culture.

The Incas

At its peak the Inca Empire governed at least 12 million people from northern Ecuador to central Chile and traversed the Andes with over 8000 km of highways. Despite its renown, the Inca Empire was in existence for less than a century.

The Inca was believed to have descended from the sun. Legend says the first Inca, Manco Capac, emerged from Lake Titicaca and made his way to the Cuzco valley, where his golden staff disappeared into the valley soil when thrust. He read this as a sign from his father the Sun that the valley was a good, fertile place to settle and named it Cuzco, meaning 'navel of the earth.'

The Inca was the son of the Sun, and as such the sovereign and head of religion, as well as warrior and icon. They did not differentiate between man and god and worshipped his mummified body long after death. They also worshipped thunder, lightning, the rainbow, the creator (Viracocha) and the earth-mother (Pachamama). There were also localised places of worship, or huacas, such as shrines and carved stones or more natural waterfalls, springs, and hills. Many of these huacas were destroyed or forbidden by the Spanish who proclaimed them as evil. They failed to instil this belief and today many Quechua still find such places sacred.

The Incas are renowned for their efficient and extensive road systems, and also the efficient way that the state was governed by the Inca and his nobles, who were called orejones by the Spanish, meaning large ears, because they extended their earlobes to signify rank. They are also remarkable for their fabulous architecture, magnificent textiles (cloth, rather than gold or silver denoted status and value) and metalwork - most of which was melted down by the Spanish conquistadors. They were highly skilled and sophisticated in many areas and yet used surprisingly under-developed tools, had not utilised the wheel and had no written language. How they created such huge and magnificent buildings with blocks of stone the size of a car fitting snugly together without mortar using the few basic tools they had still excites great debate, theories and reconstructions.

While they had no written language, the great efficiency with which the Inca Empire was governed indicates that there was a complex system of keeping records. Information was recorded using a system of knotted strings. They counted in base ten and placed knots in different parts of the string to indicate units. Different colours were used to signify different things. Many rolls of knotted string survive today and can be viewed in the region's museums.

The Spanish Conquest

The Inca Empire fell to the hands of a small group of Spanish conquistadors on 24 September 1532, led by Francisco Pizarro. They were able to take advantage of the weakness of the Empire during the civil war which had arisen between Huascar and Atahualpa, two brothers who coveted the throne after a devastating plague killed the Inca and his heir. There are many stories detailing the Spaniards' greed for gold and the butchery and betrayal that the Incas were subjected to. After the murder of Atahualpa, Pizarro set up a puppet monarch of Huascar's descent, thus winning the support of the defeated side of the civil war. Cuzco's importance declined once it had been looted and settled and Pizarro founded the capital Lima in 1535, allowing Cuzco to become a quiet colonial town. Despite various Inca rebellions and problems amongst the Spanish over the next few decades, the last Incas were crushed at Vilcabamba, a jungle temple to which they had retreated.

The Spanish continued to colonise the continent and by the early 19th century the colonists were dissatisfied with the lack of freedom and high taxation imposed upon them by Spain. Two men were instrumental in gaining independence for Peru - Jose de San Martin, who liberated Chile and Argentina and entered Lima in 1821, and Simon Bolivar who freed Venezuela and Columbia. In 1824 two decisive battles for independence were fought and Peru was liberated.

CUZCO

Cuzco is the archaeological capital of the Americas and the continent's oldest continuously inhabited city. The capital of its department and one of the continent's main travel hubs, it was the thriving and powerful capital of the Inca Empire and evidence suggests that it was inhabited by other cultures some centuries before the Incas arrived.

A beautiful city that is well worth spending time in, many of Cuzco's central streets are busy, narrow and lined with massive Inca-built stone walls. Such blocks of stone form the foundations of most other buildings, whether colonial or modern. The Incas saw Cuzco as having the shape of a puma, the head of which is Sacsayhuaman, the large ruined Inca fort twenty minutes' walk from the centre. The town has many churches, museums, Inca ruins and markets and is a good place to buy local crafts.

MACHU PICCHU

Standing at the end of the ancient Inca road now known as the Inca Trail, Machu Picchu is one of the most spectacular and well-known archaeological sites in the world, yet before it was discovered 'by accident' on 24 July 1911 by the American historian Hiram Bingham it was known only to a few peasant farmers. Bingham was searching for Vilcabamba, the last stronghold of the Incas, and instead found the mysterious 'Lost City of the Incas.' Machu Picchu was never revealed to the Spanish conquistadors and was virtually forgotten over the centuries. More surprisingly a whole province of Inca roads and ruins, forts and outposts were also discovered that had been similarly concealed from the Spanish and then forgotten or ignored. The whole area now forms the Machu Picchu Historical Sanctuary.

Bingham named the site Machu Picchu after the name of the mountain on which they stand. Machu means old or big and Picchu is the area. The much-photographed sugar loaf mountain overlooking the ruins is called Huayna Picchu. He returned to the site in 1912 and 1915 to clear the thick forest which had overgrown the ruins, and many other studies have been undertaken, but knowledge of the site still remains very sketchy. Theories suggest that it may have been an agricultural outpost of the Incas, possibly where priests grew sacred plants. Alternatively it could have been a large observatory, as certain of the buildings are positioned to catch the sun or the Pleiades, also worshipped by the Incas, on auspicious dates. All that is certain due to the quality of the stonework and the abundance of ornamental sites is that Machu Picchu must have been a very important ceremonial centre.

Trek Training Guide

Although walking is something most people do every day, it is advisable to train for a trek. You should start training several months before the event, and the attached programme will help you to do this. It is designed for a person of average fitness. Even if you walk regularly and have a good level of fitness, you will still need to train for this type of long-distance walking, though you may find that it will not take you as long to reach the stages shown. If you do not walk often and have only a basic level of fitness you should allow more time.

Why Walk?

- It strengthens your heart, reducing the risk of heart attack and stroke.
- It improves circulation, breathing and endocrine functions.
- It tones muscles and strengthens bones, reducing the risk of osteoporosis.
- It reduces blood fat and cholesterol.
- It burns calories and helps you manage your weight.
- It boosts mental performance and improves psychological well-being.
- It enables you to solve problems, manage stress and reduce anxiety.

Walking Techniques - ways to avoid injury and discomfort

- Touch the ground heel first, roll forward through the arch, over the ball of your foot to your toes, which push off to start another step. This reduces the risk of shin splints and tendon pulls.
- Walk with your head up and eyes focused ahead.
- Keep your shoulders level, pulled back and down, lift your chest.
- Contract your abdominal muscles, pressing them towards your spine.
- Carry your arms at 90° angles and pump them forward and back, rather than side to side.

The faster you move, the better your cardiovascular workout. But try to keep an even stride and maintain a steady pace. To walk faster....

- Accelerate your arm movements.
- Take smaller, quicker steps.
- To prevent lower back pain avoid leaning forward and arching your back.

Shoes

Choose a comfortable pair of walking shoes designed for the specific activity of walking. It should have a reasonably high ankle and a stiff heel counter to give lateral support. The midsole should be firm yet comfortable. It is worth investing in a good pair of trekking or hiking boots, and appropriate socks. New boots must be worn in. Wear them around the house, on the way to work, etc, and then on longer trips. Once they have conformed to the shape of your feet there is less likelihood of getting blisters.

Feet first!

There are some common foot problems which are very easy to treat and avoid:

- To avoid blisters keep your feet dry and wear socks made with fibres which draw moisture away from your skin - steer clear of pure cotton. Don't lace your shoes too tightly or too loosely. The irritation from the pinching and rubbing may cause blisters.
- Aching arches are usually caused by pounding when you walk. Make sure you touch the ground with your heel first and pushing off with your toe. Arch supports may help.
- Blackened toenails are caused by the big toe hitting the front of your shoe. Keep your toenails neatly trimmed. Make sure that if one of your feet is slightly larger than the other, as most are, that your boots fit the larger one.

SPECIFIC TIPS FOR YOUR TREK

- *Don't worry about trying to train at altitude – it's not something you can prepare for.*
- *Instead, do enough training that you know your body, have plenty of confidence and can be alert to how you are coping with the altitude*
- *Get your muscles used to long, continual uphill and downhill sections, as well as short sharp inclines*
- *Train for long sections of steps – the more uneven the better – uphill and downhill*

Long-distance Walking: 16-week Training Programme

Week 1 - 6: 2 x 30mins walks. 1 x 2 hour walk. Full stretch after each walk.

Week 7 & 8:

Sat or Sun: 4 hour walk and stretch
 Mon: Rest Day
 Tues: 1 hour walk, stretch, exercise circuit x 3, stretch.
 Weds: Rest Day
 Thurs: 1 hour walk, stretch, exercise circuit x 3, stretch.
 Fri: Rest Day

Week 9:

Sat **AND** Sun: 4 hour walk and stretch. (Walk both days if possible).
 Mon: Rest Day
 Tues: 1 hour walk, stretch, exercise circuit x 3, stretch.
 Weds: Rest Day
 Thurs: 1 hour walk, stretch, exercise circuit x 3, stretch.
 Fri: Rest Day

Week 10 & 11:

Sat or Sun: 6 hour walk and stretch
 Mon: Rest Day
 Tues: 1 hour walk, stretch, exercise circuit x 4, stretch.
 Weds: Rest Day
 Thurs: 1 hour walk, stretch, exercise circuit x 4, stretch.
 Fri: Rest Day

Week 12:

Sat **AND** Sun: 6 hour walk and stretch. (Walk both days if possible).
 Mon: Rest Day
 Tues: 1 hour walk, stretch, exercise circuit x 4, stretch.
 Weds: Rest Day
 Thurs: 1 hour walk, stretch, exercise circuit x 4, stretch.
 Fri: Rest Day

Week 13 & 14:

Sat or Sun: 8 hour walk and stretch
 Mon: Rest Day
 Tues: 1 hour walk, stretch, exercise circuit x 5, stretch.
 Weds: Rest Day
 Thurs: 1 hour walk, stretch, exercise circuit x 5, stretch.
 Fri: Rest Day

Week 15:

Sat **AND** Sun: 8 hour walk and stretch. (Walk both days if possible).
 Mon: Rest Day
 Tues: 1 hour walk, stretch, exercise circuit x 5, stretch.
 Weds: Rest Day
 Thurs: 1 hour walk, stretch, exercise circuit x 5, stretch.
 Fri: Rest Day

Week 16:

Sat or Sun:	4 hour walk and stretch
Mon:	Rest Day
Tues:	1 hour walk, stretch, exercise circuit x 3, stretch
Weds:	Rest Day
Thurs:	1 hour walk, stretch, exercise circuit x 3, stretch
Fri:	Rest Day

Programme Notes

The 16 week programme is a rough training guide. Obviously with work, family and fundraising commitments you may not always be able to achieve what we have set out for you. However in order to get close to achieving the training it is very important to organise your time properly. There are plenty of ways to ensure that you maximise your training, even if you feel you have no time outside work.

- You must organise your week to **make** time to get out to do some training.
- Get up an hour earlier and go out for a quick walk with some stretching in the morning before work while it is still light.
- If you can walk to work, do so. If you get to work by public transport, get off a stop or two earlier than usual, so that you walk some distance each day. If you drive, park further away than usual, or walk a longer route to work.
- Use your lunchtimes to take regular brisk walks around your work area, not just a stroll around the shops.
- Find a steep set of stairs i.e. five floors of a department store/office block and climb them five times, at least three times per week.
- Swimming, squash, badminton, cycling and any other sport will also help get you prepared.
- Joining a leisure centre is a good idea as the local fitness instructors may well be able to design a programme specifically for you. Most good gyms have a walking machine, or even better a stair climber, where you can clock up mileage more safely and comfortably, but do try to walk as much as possible in 'real' conditions and wearing your rucksack and boots.
- It is important at weekends to get into some hilly country to experience walking on different surfaces and to experience the hills and of course the weather. You should of course wear the boots and rucksack you will take on the trek.
- You should make the time to walk some consecutive long days: an isolated Sunday walk does not have the same effect as two consecutive days. Nothing will prepare you for the trek better than actually walking. Even if you're only doing an hour around the park or streets **put your rucksack and boots on**, you may look silly but it's worth it.

You may not stick to the training guide exactly but you need to keep it in mind and to do regular exercise every week according to the guide. You will enjoy this challenge far more if you are physically fit.

Training Tips

After the first six weeks you need to gain endurance by walking long slow distances. Pick one day per week as your long walk to gain endurance. Choose two evenings or mornings as your shorter walks with the Circuit Exercises to help build specific muscles groups. Remember to stretch after ever walk, it is also essential to stretch after about ten minutes of walking once you've warmed up a bit. Make sure you plan adequate rest/recovery days as part of the training.

Of course nothing is better than walking. However if you play squash, tennis, badminton or go to the gym, cycle or swim for an hour or two, then this will also help with your general fitness. Adding this to your programme instead of one of the short days or on one of the rest days would be fine. Make sure you stretch properly after each session.

Exercise Circuit

The exercises are designed to strengthen specific muscle groups. It is important to just use your own body weight in the early weeks. In the latter weeks, small weights can be added to the ankles or putting on your rucksack can also help build strength. The idea of the circuit is to complete each exercise then move onto the next.

Once all exercises are completed, (i.e. one circuit), you then go round the circuit again 3, 4, or 5 times as shown in the programme. You can also increase the number of repetitions for each exercise from 20 to 30/40 or 50 depending on how strong you're feeling. It is essential you stretch before and after the session to keep the muscle loose and long, not tight and short.

1 – Calf Raises:

Stand with feet together, arm length away from wall. Have fingers just touching wall for balance. Raise yourself slowly onto tip toes and then slowly lower. Repeat 20 times.

2 – Squats:

Stand with feet shoulder width apart. Hands on hips. Keep back straight and head up whilst you slowly lower yourself so knees are bent 90 degrees. Then stand up so knees are locked straight. Repeat 20 times.

3 – Step ups:

Using bottom step of staircase or low bench, start with left foot on step and right foot on floor. Stand up straight on left leg bringing right foot up to next step above and then lower back down to floor. Repeat 20 times. Change leg and repeat.

4 – Leg extensions:

Sit on high sofa/bed/bench with backs of knees just on the edge and feet hanging down. Lean back with hands behind you for support. Keeping back of knee on seat, slowly lift left foot up so leg becomes straight and lower down again. Repeat 20 times. Change leg and repeat.

5 – Leg Raises:

Lie front down on mat or soft floor with hands under chin. Keeping left leg straight slowly raise six inches off the floor and then slowly lower. Repeat 20 times. Change leg and repeat.

Basic Stretch Programme

1 – Calves:

Stand approximately 1 metre away from wall with one leg straight and heel on floor. Lean forward and slowly push hips towards wall. Should feel a slow pull in calf muscle. Hold for 10 secs, swap legs, repeat 3 times. Should feel pull but no pain.

2 – Hamstrings:

Stand with feet 1 metre apart. With legs straight and hands behind back slowly bend forward at the hips keeping back straight and head up. Should feel a slow pull in muscles at the back of legs. Hold for 10 secs, stand up and lean slightly backwards, repeat 3 times. Should feel pull but no pain.

3 – Quads:

Standing with feet together, bring left foot up and put left hand on lower shin by ankle and pull behind bottom. Keep back straight and head up. May need to balance with right hand on wall. Should feel slow pull down front of leg. Hold for 10 secs, swap legs, repeat 3 times. Should feel pull but no pain.

4 – Groin:

Stand with feet 1 metre apart and both feet pointing forward. Keeping back straight and head up slowly lunge down to right side feeling pull on inside of left leg. Hold for 10 secs, swap legs, repeat 3 times. Should feel pull but no pain.

5 – Hips:

Stand with feet shoulder width apart and hands on hips. Keeping head still rotate hips round clockwise 10 times and anti clockwise 10 times. Repeat three times.

6 – Torso:

Stand with feet shoulder width apart and hands on head. Keep feet pointing forward but twist body as far as is comfortable, hold for 1 second, face forward, twist body in other direction, hold for 1 second, face forward. Repeat 10 times.

7 – Shoulder:

Stand with feet shoulder width apart. Start with hands by hips and keeping arms straight slowly swing arms round backwards 10 times, change direction swinging arms forwards 10 times. Repeat 3 times.

8 – Standing stretch:

Stand with feet together. Place hands together and reach as high as you can, hold for 10 secs, relax. Repeat 3 times.

N.B. You should only stretch warmed up muscles. Don't stretch too far, all you should feel is a slow pull, never any pain. Never bounce, always stretch slowly. People with old injuries or bad backs should be especially careful whilst exercising and stretching.

FOOD & DIET

What you eat when you start to train will impact on your walking and energy levels. Initially while the training is at a low weekly mileage it would be best to concentrate on eating in a regular pattern and trying to reduce your daily intake of saturated fats. This includes less fried foods and dairy products as these will counter any training you start to do.

As your mileage increases it would be worth trying to ensure that at least one meal a day is high in carbohydrate; this is the product that once stored in your system will give you energy. Carbohydrate is found mainly in the form of potatoes, bread, pasta and rice and so is easy to base any meal around. Combined with this increased intake of carbohydrate must also be a good mixture of vitamins and minerals found in fruit and vegetables. The fruit in particular is an ideal food for walkers because it is high in fructose which also provides walking energy as it is more easily absorbed from the stomach for use than other sugars (such as insulin obtained through eating chocolate). Bananas are usually the preferred energy provider for walkers especially when needing to maintain energy out on a walk.

Meat and fish provide some essential micro proteins which help muscle development. If you plan to be really healthy it is best to eat fish and white meats such as chicken; if you are going to eat red meats you should cut as much fat off as possible and cook it in a healthy way such as grilling. If you are a vegetarian this is not a major point of concern: you will have probably established a balanced diet already, so you may only find yourself looking for food stuffs that give you more energy.

There are many energy bars available on the market now such as power bars or cliff bars, which are a concentrated source of energy providing elements to help you maintain your walking should you start to wane. These do work but are much more expensive than bananas or other forms of fruit.

Fluids are another area in which you will have to increase your intake as you will start to lose more from your system by sweating and other exercise related matters. This is simply combated by drinking a lot more (water, not alcohol!). You can also increase your energy levels through the intake of isotonic drinks or concentrated fruit juices, some people find these work very well and the psychological effect by itself is often enough to make them worthwhile. If you intend to use these on the challenge it is a good idea to get your body used to them while training.

Basically if you are careful with your diet, trying to eat more healthily and ensuring you eat plenty of carbohydrate before and after long walks, you will be fine. You may well find yourself enjoying eating more as the guilt disappears because you know you have exercised!

HINTS AND TIPS FOR YOUR FUNDRAISING

Raising large amounts of money for charity can seem daunting, but with a positive attitude, some imagination and a healthy dose of determination, the money will start mounting up in no time!

Your charity should have staff who are very experienced in fundraising, so do talk to them if you are finding it hard-going or if you're not sure where to start: they are the experts! Most charities are also able to give you sponsorship forms, collection tins, T-shirts, etc.

However we've picked up a few ideas over the years, so below are just a few ideas to get you started!

Ask the people you know:	Enlist the help of family and friends to donate money. Don't be afraid to ask, you will be surprised at what people will give.
'Bring £1 to Work' week:	Ask your work colleagues to bring in £1 every day for a week.
Community Fundraising:	Non-uniform days at school; coffee mornings at Church groups; local choirs – fundraising concerts.
Dinner dance:	Organise food with a band/disco (80s or 60s nights work well!); charge a good entry price. You could organise a raffle or auction too.
Empty the garage:	Raid your loft/garage and take it along to a car boot sale – explain the cause and people are likely to donate extra.
Fashion show:	Organise with local stores/hairdressers to put on a show and sell tickets at a good price for a good cause!
Get in the headlines:	Contact your local paper, radio station and TV channel; local reporters are usually very interested, especially if your efforts are for a local charity.
Halloween Ball:	Organise and sell tickets for a fancy dress evening of fun!
It's all about who you know!	Find out about local celebrities who give a talk/performance? Charge for admission and sell refreshments; have an auction for (eg) a signed book.
Jar of Sweets:	Place six 'guess how many sweets' jars in local pubs/shops and aim to raise £50 per jar...which could amount to an easy £300!
Karaoke Evening:	Get your local pub involved and host an evening of karaoke and refreshments. Charge admission fees and have collecting tins.
Lunch Money:	Ask colleagues to bring homemade lunches and donate the money they would have spent.
Matched giving:	Ask your company if they will match any money raised or donated.
Night in:	Donate the money you and your friends would have spent on a night out by having a night in!
Outward Bound weekend:	Raise money, promote the charity, build better relationships with your colleagues, and have fun!
Promote:	Put up information regarding your trip in shop windows, notice boards etc. Stand by busy areas with a collecting tin.
Quiz night:	Organise at a local pub or within your company.
Round-robin email:	Send an email to everyone you know explaining what you are doing, giving as much information as possible and asking for support.
Sponsored event:	Shave your head, swim, run, walk, parachute, abseil, persuade a hairy male to get waxed, be silent ... anything fun!
Treasure Hunt:	Good family fun; just charge a small entry fee.
Uniform day:	Organise a uniform day at work; or ask teachers to wear them.
Video night:	Hold a marathon of videos and popcorn and ask for a small donation
Wine Tasting:	Ask along a local wine dealer or expert – charge an admission fee and also ask for proceeds from the wine sold.
Xmas parties	Christmas is a great time to organise events and let the goodwill of the season do its work!
Yorkshire puddings	Hold an 'Eat as many Yorkshire puddings as possible' competition and charge people to take part; ask observers to donate to the cause.
Zany Tie day	Ask male colleagues to wear their craziest tie to work and either charge them, or charge others to vote on which is the worst!

Remember: plan ahead, try to get pledged money from people immediately, and don't be afraid to ask!

PERU – AMAZON RAINFOREST EXTENSION TRIP

Introduction to the Amazon

The Amazon rainforest is legendary throughout the world as an ecosystem rich in vegetation, wildlife and indigenous culture, and one which is currently under constant threat from mankind.

- The Amazon rainforest extends into 9 South American countries and covers almost half of Peru
- The Amazon River's source is actually in Peru
- The distance from the river's source to its mouth is over 6200km
- Its flow is 12 times that of the Mississippi
- The Amazon carries twenty percent of the world's fresh water
- Its discharge into the Atlantic every 24 hours equals that of the Thames in a year
- The Amazon Basin drains an area of about 7 million square km, extending 3000km from the eastern slopes of the Andes to the Atlantic



The Amazon rainforest contains approximately 50,000 species of higher plants - a staggering twenty percent of the world's total. The tree canopy is so dense that almost no sunlight penetrates to the forest floor and there is very little undergrowth.

Animal and birdlife is incredibly rich. The Peruvian Amazon is home to approx 1700 bird species, including colourful macaws and toucans. Mammals include 13 species of monkey, and the much rarer tapir, jaguar and Andean spectacled bear. Giant otters, caimen, capybara and piranha live in the many waterways.

Your Amazon Adventure

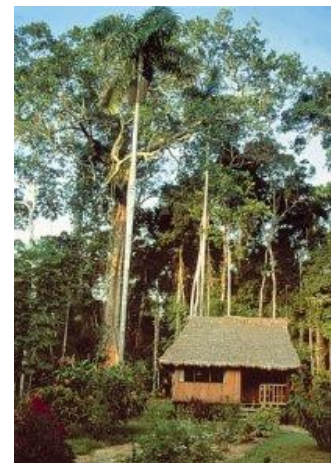
This is your chance to experience the amazing diversity of flora and fauna set in part of the most famous and awe-inspiring rainforest in the world!

We travel by plane and then river boat to the Tambopata-Candamo Reserve Zone, on the banks of the Tambopata River. The reserve zone is a protected 6,000 square km area in the South-Eastern state of Madre de Dios. Our accommodation is set on the very edge of the Reserve.

You will be accompanied by local naturalist guides as you explore the rainforest on foot and by boat. You will be able to learn a great deal about the flora and fauna here in the jungle, as well as gaining an insight into the ecological and conservation issues of the Peruvian Amazon.

Tambopata Lodge

The Tambopata Lodge is constructed from local materials and blends into its forest setting. Cabins are of wood with palm thatch; in the evening candles and lamps are used for lighting. Bedrooms are mostly twin share and have a private bathroom with cool running water. The main building has solar energy lighting, and solar power is used for catering and emergency communications. Meals (Peruvian and international in style) are served in the screened dining room and are prepared from a mixture of local rainforest produce and more traditional foods. There is a bar attached. There is also a map room, a small museum and a lecture and conference building.



Please note that while the Lodge is comfortable and atmospheric, it is located in a very remote area and as such cannot always guarantee levels of comfort. Its location amongst virgin rainforest more than makes up for the occasional lack of hot water or other comforts. Please also note that there are no telephones or internet facilities. Your rainforest experience not only allows you to understand Amazon life, but offers a real break from the modern world!

RAINFOREST EXTENSION ITINERARY

Day One: (Day 9 of main itinerary, rest of group departs for Lima)

Leave Cuzco on the short, early morning flight to Puerto Maldonado. Founded at the turn of the century, Puerto Maldonado is known for its logging, rubber, coffee and brazilnut industries, and also as a centre for gold and oil prospectors. You will be met at the airport by one of the Lodge guides, and transported upriver by motorised dugout canoe. Lunch is provided on-board and you can sit back on cushioned seats and relax, watching the vegetation change from colonized deforested areas to virgin rainforest. On arrival there will be a chance to meet the staff at the Lodge, have a drink and settle in. In the late afternoon you set off for a short walk into the forest behind the Lodge, dominated by giant brazil-nut and dipteryx trees. Though close to the Lodge, a variety of wildlife has been seen on this trail.

Breakfast, lunch and dinner provided

Day Two: (Day 10 of main itinerary)

Boarding the motorised canoe, you begin a morning's exploration on foot and by paddle canoe of the lake system of Condenado. Rich in bird and aquatic life, a family of giant otters have been seen in the vicinity, and birds abound. There is no shade out on the water so bring hat, sunglasses and suntan cream. Return to the Lodge for lunch. The afternoon is free for exploring the forest around the lodge, or relaxing and bathing in the cool stream beside the lodge. In the evening we go searching for caimen and other nocturnal animals by canoe along the Tambopata river.

Breakfast, lunch and dinner provided

Day Three: (Day 11)

After an early breakfast we take a short boat ride downriver to the head of the trail to Lake Sachavacayoc (Tapir Lake.) The trail crosses streams and swampy ground and passes giant lapuna trees on its way to the spectacular hidden lake. At the lake itself the elusive black caimen and giant otters are occasionally spotted. You return to the lodge for lunch and again are free to relax and bathe in the afternoon.

Breakfast, lunch and dinner provided.

Day Four: (Day 12)

A dawn start is usually required (depending on flight times) for the canoe trip back to Puerto Maldonado; the views of the sunrise over the river make it well worth the early start on clear mornings. Wildlife is particularly active at this time, and you are quite likely to hear howler monkeys as they stake out their territories. Back at the airport, you fly back to Cuzco. The rest of the day is free in Cuzco.

Breakfast and night's accommodation in Cuzco Savoy hotel provided. Lunch and dinner not provided.

Days Five - Six: (Days 13 - 14)

After continental breakfast transfer to airport, fly Cuzco – Lima. Connect to London flight, arriving in UK the next day.

Cost per person: £495.00

Minimum number for extension: 2

Included in cost:

Flights Cuzco – Puerto Maldonado – Cuzco
 Locally-paid airport tax on internal flights
 Transfer from Savoy Hotel to Cuzco airport for flight to rainforest
 Transfers between airport in Puerto Maldonado and Lodge
 Entrance fee to rainforest Reserve
 Meals and activities as detailed above
 English-speaking rainforest guides
 Accommodation: rainforest bungalows with private facilities, twin or occasionally triple share
 Accommodation: final night in Cuzco Savoy Hotel, twin or occasionally triple share

Not included: please keep money aside for these expenses

Transfer between Cuzco airport and Savoy Hotel on return from rainforest (allow approx 10 soles for a taxi)
 Transfer between Savoy Hotel and Cuzco airport for flight to Lima (allow approx 10 soles for a taxi)
 Personal expenses, drinks etc at rainforest
 Lunch and dinner on free day in Cuzco

Please note that a Discover Adventure leader is not provided except in special circumstances. The rainforest guides and other staff at the Lodge look after you very well! A representative of the Lodge will meet you in Cuzco after your Inca Trail trek for a short pre-trip briefing and to give you your flight tickets. He will also accompany you to Cuzco airport and assist you with checking in. You will be met on arrival in Puerto Maldonado and taken back to the airport at the end of your stay. On arrival back in Cuzco it's very easy to share taxis with your group to the Savoy Hotel.

OTHER INFORMATION

You will need to provide:

Small day pack
Torch with spare batteries
Sandals/shoes for the lodge
Trekking boots
Poncho/raincoat
Water bottle
Good insect repellent
Sun hat and sun screen

Shorts and light trousers
T shirts & long-sleeved shirt
Fleece or jacket
Binoculars (highly recommended - in plastic bag)
Camera and film (in plastic bag)
Sleeping bag liner (optional)
Swimming costume

Wellington boots are provided; you may prefer to hike the trails in these rather than your walking boots.

HEALTH

You must have a **Yellow Fever** vaccination certificate in order to visit the rainforest. You may be asked to produce it in Puerto Maldonado. **Anti-malarials** are also strongly advised; please see your GP or local health clinic for current advice on the correct prophylactics. Cover up with long, loose shirts and trousers at dawn and dusk in particular and use plenty of insect repellent. Your accommodation is fitted with mosquito screens so you do not need to bring nets.

WEATHER

The driest season is from June - October, when it rains on average 7 days per month. Annual precipitation averages 2,500mm (7 feet.) When it rains it can be very heavy. Many animals can be seen in the drier months venturing down to the Tambopata River and Gallocunca to drink.

NOTE ON WILDLIFE VIEWING

It is important to note that, while the rainforest is home to a great deal of wildlife, you are more likely to see the smaller species than large land mammals. The vegetation is very dense in most places and not conducive to viewing wildlife, though the chance of seeing different species in or beside water is good. It is important that you understand that this is not a wildlife viewing opportunity comparable with the African plains!

However, experiencing the atmosphere of this rich, ancient ecosystem more than makes up for it! The sounds and smells themselves are incredible, especially after rain. Smaller species such as butterflies and other insects, treefrogs and birds are common – and tend to be more exciting in such surroundings than seeing their UK counterparts!

We are frequently asked how likely you are to see snakes, spiders and other ‘creepy-crawlies’, and we know that not all of you appreciate seeing these close up! However, they do live in the rainforest, and you may see them as you walk around. Snakes usually avoid you well before you are aware of them, and any potentially harmful spiders and other insects are even less likely to bother you. Do exercise caution, but please don’t let a fear of these creatures put you off experiencing one of the most unique and incredible ecosystems in the world.

Please note that circumstances can occur where we are unable to operate this extension exactly as described above. We reserve the right to change the itinerary or use alternative accommodation when conditions dictate. Alternative accommodation is of a very similar standard, offering similar facilities and activities as described in the itinerary, in the same area of the Peruvian Amazon. You will be notified of any changes in advance where possible, but we ask you to understand that, due to the remote location and the logistics involved, this is not always possible.

PERU – INCA TRAIL TREK TO MACHU PICCHU
OPEN CHALLENGE: RAINFOREST EXTENSION

Booking Form

Name:

Address:

.....

Tel No Daytime: Evening: Date of Trek:

If you are travelling with somebody else on this extension please give their name(s).

.....

Please tick as appropriate

OPTION A: I would like to book myself onto the Rainforest Extension and depart for the UK on Day 5 as per the itinerary above.

OR

OPTION B: I would like to join the Rainforest group, THEN travel independently afterwards.

I would like to depart Lima on: (first preference)

or (second preference)

(Flights arrive in the UK the day after departing Peru.)

(OPTION B ONLY) I understand that there is an extra administration charge of £55 per person for my flight change and that my choice is subject to flight availability.

TO RESERVE YOUR PLACE:

We require a deposit of £100 to reserve your place. The balance is payable 6 weeks prior to trip departure.

OPTION A: I enclose a cheque made payable to Discover Adventure Ltd for the sum of £100.

OPTION B: In addition to the deposit of £100 I have added the sum of £55.00 for the additional flight change (applicable if not departing for UK on day 5.)

Please read the following closely before signing:

- *All flight and extension arrangements must be requested AT LATEST 3 months before departure.*
- *Once we have received your form and you have received our confirmation, these arrangements are unchangeable. In urgent cases we will endeavour to help you change your plans but cannot guarantee flight availability. Further changes will be subject to an extra charge.*
- *The rainforest extension deposit of £100 is non-refundable*
- *Final payment is due 6 weeks before departure; we do not send reminder invoices. Please pay promptly as failure to do so may jeopardise your booking.*
- *If you have to cancel after full payment has been made:
Between 6 – 2 weeks before departure we refund 50% of the total cost
We regret we cannot refund any payment if you cancel less than 2 weeks before trip departure*

Signed

Date:

TRAVEL INSURANCE: The rainforest extension adds an additional 4 days to your length of stay. If you are taking our insurance please ask us for a quote to extend your cover.

DISCOVER ADVENTURE FLIGHT EXTENSION FORM

PERU – INCA TRAIL TREK TO MACHU PICCHU: OPEN CHALLENGE

10 May – 19 May 2008 / 20 September – 29 September 2008

7 November – 16 November 2008

It is usually possible to extend your stay after the trip. Please complete if you wish to request this.

Name:

Address:

.....

..... Day time Tel:

I wish to extend my flight and travel independently. I would like to leave Cusco on:

1st choice:

2nd choice:

I am travelling on my own / with

(NB: Flights arrive London the day after take-off)

Please read and sign below:

I understand that:-

- **ALL flight changes must be requested by AT LATEST 3 months before departure.**
- **I can change only the date, not the ROUTE (ie Cuzco – Lima – London) of my flight**
- **Once I have received confirmation from Discover Adventure of my new arrangements, these cannot be changed.**
- **There is a non-refundable administration charge of £55 per person for return date changes (enclosed). Discover Adventure is not able to process my request until the administration charge has been received.**
- **My request is subject to flight availability and is at the discretion of the airline. I understand that changing a date from a main group booking often takes a considerable amount of time to process and that I may only receive confirmation a few weeks before the trip.**

Signed:

Date:

Cheques should be made payable to Discover Adventure Ltd.

DISCOVER ADVENTURE EXPEDITION KIT BAG ORDER FORM

The Discover Adventure expedition kitbag is designed to take the rough and tumble of adventure travel. With 60 litre capacity, it is made from water resistant tough material with interior base lining, has carry handles top and ends and a handy detachable shoulder strap.

On Discover Adventure challenges luggage must be carried in a soft bag; our kitbag is ideal for our trips and very cost-effective.

NB: Kitbag does not contain kit!

To order yours now please complete and return to Discover Adventure at the address below; your bag will be delivered to your door within the next few days.



Peru – Inca Trail Trek to Machu Picchu Open Challenge 2008:

(delete as appropriate) **10 May – 19 May 2008 / 20 September – 29 September 2008
7 November – 16 November 2008**

Name:

Address:

.....

County: Postcode:

Tel No:

Please send me kitbag(s) (please insert quantity)

Price per Kitbag = £ 30.00

Regular Postage & Packing £5.00 included

To receive your bag by Special Delivery
please add an additional £3.00:

Total =

Payment Method: Cash / Cheque / Credit Card / Switch

Card No: 3-digit security number:

Expiry Date:/..... Issue Date:/..... Issue No:

*Cheques should be made payable to Discover Adventure Ltd.
We regret we are not able to refund payment once your kitbag has left our premises*

Thankyou for your order, your Discover Adventure Expedition Kitbag will be with you soon!

*Discover Adventure Ltd, Throope Down House, Blandford Road, Coombe Bissett, Salisbury, Wilts., SP5 4LN
Tel: 01722 718444, Fax: 01722 718445, info@discoveradventure.com, www.discoveradventure.com*

Open Challenge Agreement

The terms and conditions set out below form the basis of your relationship with Discover Adventure Limited (“DAL”) of Throope Down House, Blandford Road, Coombe Bissett, Salisbury Wiltshire, SP5 4LN and the Charity for whom you have chosen to raise funds (“the Charity”). Please read them carefully as they set out each party’s respective rights and obligations. All bookings are subject to the following terms and conditions.

Background

DAL facilitates the raising of funds for charities by providing adventure trips. Persons wishing to raise monies for the charities concerned must raise at least the minimum sponsorship monies applicable for their chosen trip. The cost of the trip is paid to DAL out of the sponsorship monies raised and the remaining sponsorship monies are kept by the charity concerned.

All parties agree the following:

Definitions.

1. In this Agreement, the following words shall have the following meanings unless the context otherwise requires:-
 - (i) “**this Agreement**” means this Agreement including all schedules, appendices, amendments and additions.
 - (ii) “**the Trip**” means the inclusive arrangements, flights, accommodation, car hire and all other products and services provided by DAL pursuant to this Agreement.
 - (iii) “**the Organiser**” means the organiser as defined by the Package Travel, Package Holidays and Package Tours Regulations 1992 (Statutory Instrument 1992 No. 3288) and any amendment or re-enactment of the same and all other legislation implementing the EC Directive on Package Travel, Package Holidays and Package Tours (Council Directive 90/314/EEC).
 - (v) “**the Registration Fee**” means the registration fee payable to DAL for the Trip. This is payable in addition to the Fund Raising Target.
 - (vi) “**the Fund Raising Target**” means the minimum amount of money that you must raise in order to take part in the Trip.
 - (vii) “**the Trip Cost**” means the cost of the Trip due to the Organiser which forms part of the Fund Raising Target.
 - (viii) “**you**” and “**your**” means the participant named on DAL’s registration form.

Section A

Who organises the Trip?

1. DAL is the Organiser of the Trip. Your contract for the Trip is with DAL. Please note DAL’s responsibilities are limited to the provision of the Trip in accordance with this Agreement. Except in relation to monies paid to the Charity and held by them on DAL’s behalf in accordance with clause 2.5, DAL has no responsibility for any payments made to the Charity or for any act(s) or omission(s) of the Charity.

What is the Payment Timetable?

- 2.1
 - (i) You must pay the Registration Fee direct to DAL at the time of booking.
 - (ii) You must pay the Fund Raising Target direct to the Charity no less than 8 weeks prior to the commencement of the Trip.
 - (iii) The Charity shall pay the Trip Cost to DAL no less than 6 weeks prior to the commencement of the Trip provided the Charity has received sufficient amounts to cover the Trip Cost from you.
 - (iv) If you wish to pay the Trip Cost yourself (as opposed to this being paid for by the Charity out of the Fund Raising Target) you can do so. In this case the Trip Cost must be paid directly to DAL no less than 6 weeks prior to the commencement of the Trip.
- 2.2 If you wish to purchase the insurance offered by DAL all applicable premiums must be paid as soon as possible as cover is not effective until these have been paid. Please see clause 8.

2.3 Credit Card payments: No credit card fee will be charged when paying the Registration Fee. A fee of 2% will be charged on all other credit card payments made to DAL (for example the Trip Cost.) Credit card charges on payments made to the Charity are at the discretion of the Charity.

2.4 Except for flight inclusive bookings, all monies you pay to the Charity (if any) up to the full amount of the Trip Cost prior to DAL issuing its confirmation invoice will be held by the Charity on your behalf until DAL issues the confirmation invoice. After that point, the Charity will hold such monies on DAL’s behalf. For flight inclusive bookings, all monies paid to the Charity up to the full amount of the Trip Cost will be held on DAL’s behalf until they are paid to DAL or refunded to you. Please note: this clause only applies to monies paid to the Charity up to the full amount of the Trip Cost. Monies paid to the Charity over and above the Trip Cost belong to the Charity.

What happens if I fail to pay all monies on time?

3.1 If DAL or the Charity (as applicable) do not receive all payments due from you (including any surcharge where applicable) in full and on time, DAL is entitled to assume that you wish to cancel your booking. This includes the full Fund Raising Target which must be paid to the Charity in full no less than 8 weeks before the commencement of the Trip. In this case, DAL will be entitled to keep the Registration Fee paid or due at that date. If DAL does not cancel straight away because you have promised to make payment, you must pay the cancellation charges shown in clause 14 depending on the date DAL reasonably treats your booking as cancelled.

What are your responsibilities?

4.1 You must not do anything or fail to do anything which is reasonably likely to bring the Charity and/or DAL into disrepute whether before during or after the Trip.

4.2 You must ensure that all information you give DAL and/or the Charity including all information provided on DAL’s registration and insurance forms and medical questionnaire is complete, true and accurate. If you fail to do so, DAL and/or the Charity shall be entitled to cancel your booking and DAL shall be entitled to keep the Registration Fee you have paid. Depending on the date when DAL and/or the Charity discover that you have failed to comply with the provisions of this clause DAL will also be entitled to charge the cancellation fees set out in clause 14. See also section headed “DAL’s Liability.”

What happens to the information I provide?

5. Where necessary DAL provides the personal information given by you to the various suppliers who provide each element of the Trip (for example airlines). DAL also provides this information to other bodies such as credit card and insurance companies who need to know them in order that payments can be processed and cover provided (where applicable). Personal information shall also be provided to the Charity for whom you are raising funds. DAL will also use your personal details in order to send you further information regarding DAL (for example DAL's brochure.) If you do not wish DAL to use your details in this way, please let them know.

Section B**How do I Book?**

1.1 You must complete and sign DAL's registration form, the medical questionnaire and appropriate insurance form and return with the appropriate payments as set out in Section A at the time of booking. You must be at least 18 when the booking is made.

1.2 If you have made a booking by telephone using your credit card, you must send DAL a signed registration form, appropriate insurance form and medical questionnaire within 10 days of the booking having been made. If DAL does not receive your signed registration form within this time period, DAL will not issue you with a confirmation invoice, your booking will be cancelled and any Registration Fee you have paid will be refunded to you. DAL and the Charity will have no further liability towards you.

When will the Trip be confirmed?

2.1 Once DAL has received your registration, appropriate insurance form and medical questionnaire and all appropriate payments, DAL will, subject to availability, confirm the Trip by issuing a confirmation invoice. Please check this invoice carefully as soon as you receive it. You must contact DAL immediately if any information which appears on the confirmation or any other document appears to be incorrect or incomplete as it may not be possible to make changes later.

When does my contract for the Trip come into existence?

3. A binding contract between you and DAL comes into existence when DAL despatches its confirmation invoice to you. You agree that English Law (and no other) will apply to your contract and to any dispute, claim or other matter of any description which arises between you and DAL (except as set out below). You also agree that any dispute, claim or other matter of any description (and whether or not involving any personal injury) which arises between you and DAL must be dealt with by the Courts of England and Wales only unless, in the case of Court proceedings, you live in Scotland or Northern Ireland. In this case, proceedings must either be brought in the Courts of your home country or those of England and Wales. If proceedings are brought in Scotland or Northern Ireland, you may choose to have your contract and any dispute, claim or other matter of any description which arises between you and DAL governed by the law of Scotland/Northern Ireland as applicable (but if you do not so choose, English law will apply).

What about Minimum Numbers?

4. Please note that each Trip has a minimum number of participants required for its operation. As a result DAL reserves the right to cancel a specific departure due to insufficient numbers up to 42 days prior to departure. In the circumstances you will be offered an alternative trip (which may involve an additional payment) or a complete refund (see options 5b and 5c under "Itinerary" below).

Itinerary

5. DAL starts planning the trips it offers many months in advance. Occasionally, DAL has to make changes to and correct errors in the brochure and other details both before and after bookings have been confirmed and cancel confirmed bookings. Whilst DAL always endeavours to avoid changes and cancellations, DAL must reserve the right to do so.

Most changes are minor. Occasionally, DAL has to make a "significant change". A significant change is a change made before departure which, taking account of the information you give DAL at the time of booking and which DAL can reasonably be expected to know as the Organiser, DAL can reasonably expect to have a major affect on the Trip. Significant changes are likely to include the following changes when made before departure; a change of accommodation area for the whole or a major part of the time you are away, a change of outward departure time or overall length of time you are away of twelve or more hours, a change of UK departure point to one which is more inconvenient for you and, in the case of tours, a significant change of itinerary missing out one or more major destination substantially or altogether.

If DAL has to make a significant change or cancel, DAL will tell you as soon as possible. If there is time to do so before departure, DAL will offer you the choice of the following options:-

- (a) (for significant changes) accepting the changed arrangements
- (b) purchasing an alternative trip from DAL, of a similar standard to that originally booked if available. DAL will offer you at least one alternative trip of equivalent or higher standard which will not cost any more than the Trip Cost. If this trip is in fact cheaper than the original one, DAL will refund the price difference to you (if you have paid the Trip Cost to DAL directly yourself) or the Charity (if DAL have received the Trip Cost from the Charity). If you do not wish to accept the trip DAL specifically offers you, you may choose any of DAL's other then available trips. The price of these may be higher or lower than the Trip and will be payable.
- (c) cancelling or accepting the cancellation in which case you will receive a full and quick refund of all monies (including the Registration Fee) you have paid directly to DAL. Please note: where the Charity has paid the Trip Cost to DAL, DAL will refund that Trip Cost to the Charity (See "Refunds and Compensation" below.)

Please note, the above options are not available where any change made is a minor one.

If DAL has to make a significant change or cancel, DAL will as a minimum where compensation is due pay you reasonable compensation payments depending on the circumstances and when the significant change or cancellation is notified to you subject to the following exceptions. Compensation will not be payable and no liability beyond offering the above mentioned choices can be accepted where DAL are forced to make a change or cancel as a result of unusual and unforeseeable circumstances beyond DAL's control, the consequences of which DAL could not have avoided even with all due care or where DAL is forced to cancel due to the minimum number of participants required for the Trip not being reached. No compensation will be payable and the above options will not be available if DAL cancels as a result of your failure to comply with any requirement of these booking conditions entitling DAL or the Charity to cancel (such as paying on time) or if the change made is a minor one. A minor change is any change which, taking account of the information you have given DAL at the time of booking or which DAL can reasonably be expected to know as the Organiser, DAL could not reasonably expect to have a significant effect on the Trip.

Very rarely, DAL may be forced by "force majeure" (see "DAL's Liability" below) to change or terminate the Trip after departure but before the scheduled end of your time away. This is extremely unlikely but if this situation does occur, DAL regret it will be unable to make any refunds (unless we obtain any refunds from its suppliers), pay you any compensation or meet any costs or expenses you incur as a result.

Challenge Participation and responsibility

6. The Trip may involve hazards which are inherent to the activities involved in it. These inherent hazards increase the risk to participants of personal injury, death, illness, and/or loss or damage to property. By making your booking with DAL you acknowledge and accept the inherent hazards involved in the Trip. Except as set out in this Agreement, DAL cannot accept any liability for any personal injury, death, illness, loss or damage to property or any other loss or damage you incur as a result your participation in the Trip. Helmets when cycling or safety equipment supplied for all other activities must be worn correctly at all times.

What about Flight delays?

7. DAL regrets it is not in a position to offer you any assistance in the event of delay at your outward or homeward point of departure. Any airline concerned may however provide refreshments etc. DAL cannot accept liability for any delay which is due to any of the reasons set out in "DAL's liability" (which includes the behaviour of any passenger(s) on the flight who, for example, fails to check in or board on time).

Do I need Travel Insurance?

8. Travel insurance, including cover for baggage, is mandatory for all clients whilst on a tour organised by the DAL. Other than liability arising from negligence in respect of death or personal injury caused by DAL or its staff, you travel, together with your personal property including baggage, solely at your own risk at all times. You are wholly responsible for arranging your own insurance and if you join the tour without adequate insurance you may not be permitted to continue, with no right of refund. If you choose not to take out DAL's specially arranged Travel/Cancellation insurance you are responsible for ensuring that you have adequate private travel insurance, with protection for the full duration of the tour in respect of at least medical expenses, injury, death, repatriation, cancellation and curtailment. If you make your own arrangements you should ensure that there are no exclusion clauses limiting protection for the type of activities included in the tour. You must satisfy yourself that any travel insurance arranged through DAL meets your requirements and you should arrange supplementary insurance if need be. Any claims concerning matters for which you are required to be or are insured must be directed to your insurers. You will be deemed to have read the insurance cover. All participants are personally responsible for informing insurance companies of any pre-existing conditions.

Do you require Medical Details?

9. DAL requires a completed medical questionnaire from each participant. If you are aged over 65 years of age or if you have any medical condition that could be adversely affected by exercise, particularly a heart condition or asthma, you must provide DAL with a medical certificate from your doctor. See also Section A clause 4.2 above.

What if I have a Complaint?

10. Should you have a complaint about any part of the Trip, you must tell both the relevant supplier and the tour leader at the time. It is only if DAL and the relevant supplier know about problems that there will be the opportunity to put things right. Any complaints must be communicated to the tour leader in writing immediately while on tour and to the office no later than 28 days after the return of the tour.

Will the Price of the Trip increase?

11. DAL reserves the right to make changes to and correct errors in advertised prices at any time before your holiday is confirmed. DAL will advise you of any error of which DAL are aware and of the then applicable price at the time of booking.

Once the Trip Cost has been confirmed at the time of booking, DAL will only increase it in the following circumstances. Price increases after booking will be passed on by way of a surcharge. A surcharge will be payable, subject to the conditions set out in this clause, if DAL's costs increase as a result of transportation costs (e.g. fuel, scheduled airfares and any other airline surcharges) which are part of the contract between airlines (and their agents) and the Organiser or dues, taxes or fees payable for services such as landing taxes or embarkation or disembarkation fees at or airports increasing or DAL's costs increase as a result of any changes in the exchange rates which have been used to calculate the cost of the Trip.

Even in the above cases, only if the amount of the increase in DAL's costs exceeds 2% of the Trip Cost (excluding insurance premiums and any amendment charges), will DAL levy a surcharge. If any surcharge is greater than 10% of the Trip Cost (excluding insurance premiums and any amendment charges), you will be entitled to cancel your booking and receive a full refund of the Registration Fee and the Trip Cost if you have paid these directly to DAL. DAL does not refund amendment charges. If DAL have received the Trip Cost from the Charity, this will be refunded to the Charity. Alternatively you purchase another trip from DAL as referred to in "Itinerary" above. Please note that travel arrangements are not always purchased in local currency and some apparent changes have no impact on the price of your travel due to contractual and other protection in place.

You have 14 days from the issue date printed on the surcharge invoice to tell us if you want to cancel or purchase another trip. If you do not tell DAL that you wish to do so within this period of time, DAL are entitled to assume that you will pay the surcharge. Any surcharge must be paid with the balance of the cost of the Trip or within 14 days of the issue date printed on the surcharge invoice, whichever is the later.

DAL promise not to levy a surcharge within 30 days of the start of the Trip.

Please note, changes and errors occasionally occur. You must check the price of your chosen Trip at the time of booking.

The Trip Cost is based on the exchange rate £1 = \$1.5425 as of 3 April 2003.

Equipment?

12. Clients taking their own equipment and bike on tour are responsible for any charges for transportation levied by the airline including excess baggage.

Participants

13. DAL and/or the Charity reserve the right on reasonable grounds to refuse participation to anyone at any time without having to disclose the reason. Your entitlement to participate depends on our being satisfied that there are no circumstances under which DAL ought properly to decline your participation. DAL's decision on your participation shall be final and binding. DAL however will not exercise this right without having clear grounds to do so. In any circumstances where DAL decides that you may not participate your Registration Fee and insurance premium will be refunded to you in full.

When you book with DAL, you accept responsibility for any damage or loss caused by you. Full payment for any such damage or loss must be paid direct at the time to the accommodation owner or manager or other supplier. If you fail to do so, you will be responsible for meeting any claims subsequently made against DAL (together with DAL's own and the other party's full legal costs) as a result of your actions.

What if I want to cancel?

14. If you wish to cancel, DAL must receive notice in writing from you and from your chosen Charity. Effective date of cancellation will be taken from the date such notice is received. Cancellation fees after registration has been made are as follows. Please note Registration Fees, amendment fees and insurance premiums are not refundable in the event that you cancel.

Period before departure written notice of cancellation is received by us	Cancellation Charge
More than 42 days prior to departure	loss of Registration Fee only
42-29 days prior to departure	50% of the Trip Cost
28-15 days prior to departure	75% of the Trip Cost
14-0 days prior to departure	100% of the Trip Cost

If you have paid the Trip Cost directly to DAL

If you cancel your booking, the cancellation charges referred to above will apply. You will receive a refund of any monies paid by you directly to DAL relating to the Trip Cost after deduction of the cancellation charges set out above.

If the Charity has paid the Trip Cost to DAL.

If you cancel your booking, the cancellation charges referred to above will apply. DAL shall refund to the Charity any monies relating to the Trip Cost paid by it to DAL after deduction of the cancellation charges set out above. You agree that the Charity shall be entitled to keep any such refunded monies and shall not be obliged to pay them to you.

If cancellation occurs in circumstances where recovery of cancellation charges is indemnified under your travel insurance, you hereby agree that you will co-operate in the recovery of these charges from the insurers and any sums recovered under the policy will again be paid to the Charity.

With regards to any monies paid to the Charity over and above the Trip Cost, no refund of these will be payable to you in the event of your cancellation of your booking as these monies were raised for charitable purposes.

What if I want to make amendments?

Should you wish to make any changes to your confirmed booking, you must notify DAL and the Charity in writing as soon as possible. Whilst DAL will endeavour to assist, DAL cannot guarantee it will be able to meet any such requests. Where DAL can, an amendment fee of £55 per person/per booking will be payable together with any costs incurred by ourselves and any costs or charges incurred or imposed by any of DAL's suppliers.

Passport, vaccinations and visas

15. You are responsible for arranging, and must be in possession of, a valid passport and any visas and vaccination certificates required for the whole of your journey. Information given by DAL about these matters or related items (climate, clothing, baggage, personal gear etc) is given in good faith but requirements may change and you must check the up to date position in good time before departure. It is your responsibility to obtain any necessary vaccinations for your tour and to do so well before the departure date.

Registration form

16. Signing your registration form signifies your agreement to abide by the authority of the leader, who represents Discover Adventure Ltd. The decision of the leader as to the conduct, itinerary and objectives of the tour is final. If in the opinion of the leader, your behaviour or physical condition is detrimental to the safety, welfare and well-being of the group as a whole or that your general well-being will be put at risk by continuing with the Open Challenge, you may be asked to leave the tour without the right to any refund for unused services.

Consumer protection

17. The air inclusive open challenge events are ATOL protected, since DAL holds an Air Travel Organisers Licence granted by the Civil Aviation Authority. DAL's ATOL number is 5636. In the unlikely event of DAL's insolvency the CAA will ensure that you are not left stranded abroad and will arrange to refund any money you have paid to DAL for an advanced booking. For further information visit their web site at www.atol.co.uk.

DAL's Liability

18. (1) DAL promises to make sure that the Trip arrangements DAL has agreed to make, perform or provide as applicable as part of its contract with you are made, performed or provided with reasonable skill and care. This means that, subject to these booking conditions, DAL will accept responsibility if, for example, you suffer death or personal injury or your contracted holiday arrangements are not provided as promised or prove deficient as a result of the failure of DAL, DAL's employees, agents or suppliers to use reasonable skill and care in making, performing or providing, as applicable, your contracted holiday arrangements. Please note it is your responsibility to show that reasonable skill and care has not been used if you wish to make a claim against DAL. In addition, DAL will only be responsible for what its employees, agents and suppliers do or do not do if they were at the time acting within the course of their employment (for employees) or carrying out work DAL had asked them to do (for agents and suppliers).

(2) DAL will not be responsible for any injury, illness, death, loss (for example loss of enjoyment), damage, expense, cost or other sum or claim of any description whatsoever which results from any of the following: -

- the act(s) and/or omission(s) of the person(s) affected or any member(s) of their party or
- the act(s) and/or omission(s) of a third party not connected with the provision of your holiday and which were unforeseeable or unavoidable or
- 'force majeure' as defined below

(3) Please note, DAL cannot accept responsibility for any services which do not form part of its contract with you. This includes, for example, any additional services or facilities which your hotel or any other supplier agrees to provide for you where the services or facilities are not advertised in DAL's brochure and DAL have not agreed to arrange them. In addition, regardless of any wording used by DAL on its website, in any of its brochures or elsewhere, DAL only promise to use reasonable skill and care as set out above and DAL does not have any greater or different liability to you.

(4) The promises DAL make to you about the services it has agreed to provide or arrange as part of its contract with you - and the laws and regulations of the country in which your claim or complaint occurred - will be used as the basis for deciding whether the services in question had been properly provided. If the particular services which gave rise to the claim or complaint complied with local laws and regulations applicable to those services at the time, the services will be treated as having been properly provided. This will be the case even if the services did not comply with the laws and regulations of the UK which would have applied had those services been provided in the UK. The exception to this is where the claim or complaint concerns the absence of a safety feature which might lead a reasonable participant to refuse to take the trip in question.

(5) As set out in these booking conditions DAL limits the maximum amount it may have to pay you for any claims you may make against it.

Where DAL is found liable for loss of and/or damage to any luggage or personal possessions (including money), the maximum amount DAL will have to pay you is £1,500 (fifteen hundred) per participant affected unless a lower limitation applies to your claim under this clause or sub-clause (6) below.

For all other claims which do not involve death or personal injury, if DAL are found liable to you on any basis the maximum amount it will have to pay you is twice the price (excluding insurance premiums and amendment charges) paid by or on behalf of the participant(s) affected in total unless a lower limitation applies to your claim under clause sub-clause (6) below. This maximum amount will only be payable where everything has gone wrong and you have not received any benefit at all from the Trip.

(6) Where any claim or part of a claim (including those involving death or personal injury) concerns or is based on any travel arrangements (including the process of getting on and/or off the transport concerned) provided by any air, sea, rail or road carrier or any stay in a hotel, the maximum amount of compensation DAL will have to pay you will be limited. The most DAL will have to pay you for that claim or that part of a claim if DAL are found liable to you on any basis is the most the carrier or hotel keeper concerned would have to pay under the international convention or regulation which applies to the travel arrangements or hotel stay in question (for example, the Warsaw Convention as amended or unamended and the Montreal Convention for international travel by air and/or for airlines with an operating licence granted by an EU country, the EC Regulation on Air Carrier Liability No 889/2002 for national and international travel by air, the Athens convention for international travel by sea). Please note: Where a carrier or hotel would not be obliged to make any payment to you under the applicable International Convention or Regulation in respect of a claim or part of a claim, DAL similarly are not obliged to make a payment to you for that claim or part of the claim. When making any payment, DAL are entitled to deduct any money which you have received or are entitled to receive from the transport provider or hotelier for the complaint or claim in question. Copies of the applicable International Conventions and Regulations are available from us on request.

(7) Please note, DAL cannot accept any liability for any damage, loss, expense or other sum(s) of any description (1) which on the basis of the information given to DAL by you concerning your booking prior to DAL accepting it, DAL could not have foreseen you would suffer or incur if DAL breached our contract with you or (2) which did not result from any breach of contract or other fault by DAL or its employees or, where DAL are responsible for them, its suppliers. Additionally DAL cannot accept liability for any business losses.

(8) You must provide DAL and its insurers with all assistance it may reasonably require. You must also tell DAL and the supplier concerned about your claim or complaint as set out under "What if I have a complaint?" If asked to do so, you must transfer to DAL or our insurers any rights you have against the supplier or whoever else is responsible for your claim or complaint (if the person concerned is under 18, their parent or guardian must do so). You must also agree to cooperate fully with DAL and its insurers if DAL or its insurers want to enforce any rights which are transferred.

(9) **Force Majeure:** Except where otherwise expressly stated in these booking conditions, DAL regrets it cannot accept liability or pay any compensation where the performance or prompt performance of our obligations under our contract with you is prevented or affected by or you otherwise suffer any damage or loss (as more fully described in clause 18(1) above) as a result of "force majeure." In these Booking Conditions, "force majeure" means any event which DAL or the supplier of the service(s) in question could not, even with all due care, foresee or avoid. Such events may include war or threat of war, riot, civil strife, actual or threatened terrorist activity, industrial dispute, natural or nuclear disaster, adverse weather conditions, fire and all similar events outside our control.

Flights

19. The flight timings given on booking and detailed on your confirmation invoice are for general guidance only and are subject to change. The latest timings will be shown on your tickets which will be despatched to you approximately two weeks before departure. You must accordingly check your tickets very carefully immediately on receipt to ensure you have the correct flight times. It is possible that flight times may be changed even after tickets have been despatched – DAL will contact you as soon as possible if this occurs.

DAL is not always in a position to confirm the airline, aircraft type and airport of destination which will be used in connection with any flight included in your holiday. When this information is provided at the time of booking or subsequently, it is subject to change. Any such change will not entitle you to cancel or change to other arrangements without paying DAL's normal charges.

Conditions of suppliers

20. Many of the services which make up the Trip are provided by independent suppliers. Those suppliers provide these services in accordance with their own terms and conditions. Some of these terms and conditions may limit or exclude the supplier's liability to you, usually in accordance with applicable International Conventions (see "Liability" above). Copies of the relevant parts of these terms and conditions are available on request from DAL or the supplier concerned.

Special Requests,

21. If you have any special request, you must advise DAL in writing at the time of booking. Although DAL will endeavour to pass any reasonable requests on to the relevant supplier, DAL regrets it cannot guarantee any request will be met unless DAL have specifically confirmed this. For your own protection, you should obtain confirmation in writing from DAL that your request will be complied with (where it is possible for DAL to give this) if your request is important to you. Confirmation that a special request has been noted or passed on to the supplier or the inclusion of the special request on your confirmation invoice or any other documentation is not confirmation that the request will be met. Unless and until specifically confirmed, all special requests are subject to availability.

DAL regrets it cannot accept any conditional bookings, i.e. any booking which is specified to be conditional on the fulfilment of a particular request. All such bookings will be treated as "standard" bookings subject to the above provisions on special requests

Prices and Brochure Accuracy.

22. Please note, the information and prices shown in this brochure may have changed by the time you come to book the Trip. Whilst every effort is made to ensure the accuracy of the brochure and prices at the time of printing, regrettably errors do occasionally occur. You must therefore ensure you check all details of the Trip (including the price) with DAL at the time of booking.

This brochure is DAL's sole responsibility. It is not issued on behalf of and does not commit any independent organisation/carriers whose services are featured in it.

Promotional Material

23. DAL reserves the right to use any photographs and images taken on a trip or trip-related occasion by its employees, or forwarded by any person on the trip or connected to the trip, in its brochures, on its website and for use in any other relevant promotional material.