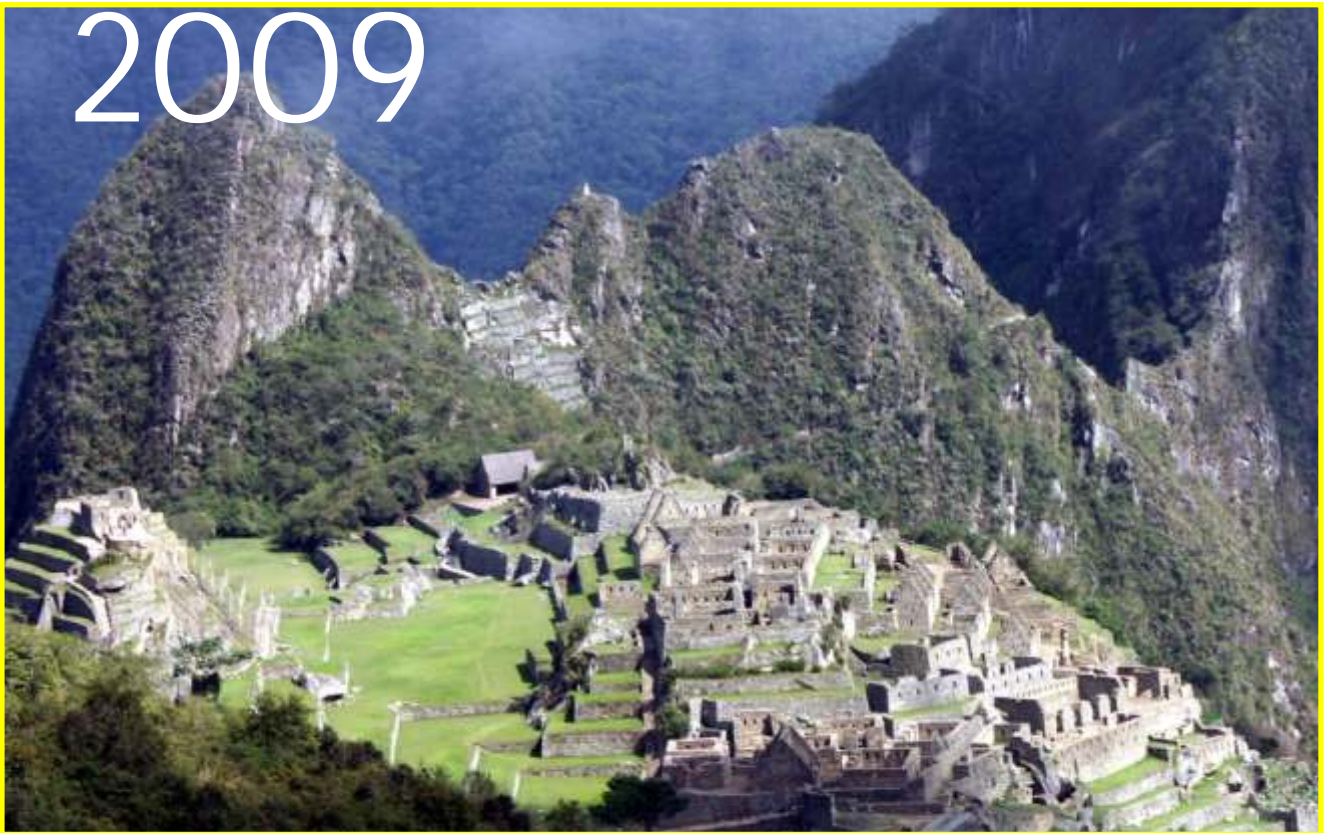


# Inca Trail to Machu Picchu

2009



**OUTDOOR  
PURSUITS**  
T R E K K I N G

**Fully inclusive.  
inc - permit fees,  
national park  
charges,  
archaeological  
site charges, etc.**

**Bi-lingual local guides  
& British trek leader**

**Full trek insurance included**

**Extra acclimatisation  
days in Cusco**

**All camping equipment  
supplied**

**Regional airport departures  
at no extra cost**



This dossier contains much more information than a standard holiday brochure. It has been written to explain everything you need to know before you decide whether you wish to book. If, after reading it, you still have some questions, please do not hesitate to contact us on (01942) 826256.

We know it's an often used phrase, but we really do appreciate your interest, so many, many thanks and hopefully we will see you soon.

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**All photographs in this dossier were taken by UK'OP staff on the Inca Trail.**



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#### Payment Options

##### Option 1 - Payment

You can pay your own costs in full (Deposit £500 - Final Payment £1,800). In this case there is no minimum amount of sponsorship required as there are no costs to the charity. Please try your best to raise as much as you can.

##### Option 2 - Sponsorship - use the trip to raise vital funds for a deserving cause.

You may use this option to support any of the charities shown on our website [www.ukoutdoorpursuits.co.uk](http://www.ukoutdoorpursuits.co.uk)  
 You pay a booking fee of £500 and raise a minimum of £3,000 in sponsorship - at least 50% of which must be sent to us at least 10 week prior to departure. (The charity will pay your final payment of £1,800)

#### If you choose Option 2

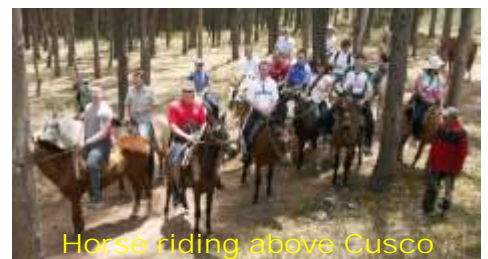
**The charity will receive ALL of your sponsorship.** Provided that your sponsorship cards are signed (by the people sponsoring you) **and returned** the charity will be able to reclaim the tax (28p for each £1 donation) on your sponsorship (£840 approx.). This means that, assuming that all sponsorship cards are signed and returned, the charity will benefit by over £2,040 after all costs have been met. Obviously if you can raise more than the minimum amount (as many people have on previous treks) it would be greatly appreciated.

#### Total payments include:

- Return flight to Peru - see application form for a list of regional airport
- Transfers - internal flights & buses in Peru
- B&B accommodation in Cusco and Lima
- Full board (all meals on the trek)
- All camping gear - British Guide
- Local Guides, porters and cooks
- Treks and Safaris Insurance

#### What the price does not include:

- Personal equipment (sleeping bag, clothing, etc)
- Lunch/dinner at the hotels in Peru
- Tips to local guides and porters (Normally each trekker contributes around \$60)
- Foreign airport taxes - At the time of writing the total is approx. \$38 per person



**Day 1:** Depart UK / ROI arriving in Lima same evening. Transfer to your hotel in Lima

**Day 2:** A spectacular early-morning flight along the Andes Mountain Range to Cusco. Acclimatise in the rarefied air (3326m). Day at leisure to take a tour of the city and sights.

**Day 3:** At Leisure in Cusco or you may use this day to take a trip to explore the many impressive Inca sites around the area (Cusco was the capital of the Inca Empire). To assist with the group's altitude acclimatisation we will be travelling by coach into the hills around Cusco to the stables. Horseriding is not only great fun but is also an excellent way of gaining altitude without too much strenuous exercise. During the ride we will of course be calling at some of the ancient Inca sites around the area



Camp 1



Camp 2



Camp 3

**Day 4:** At Leisure in Cusco

**Day 5:** From Cusco we drive into the Sacred Valley of the Incas, stopping to explore the impressive ruins of Ollantaytambo. We meet our support team and begin the Inca Trail. The first section is ideal for acclimatisation purposes as we hike alongside the Urubamba River. We camp at Huayllabamba (2986m). There is a small shop, toilets and washing facilities at this camp site.

**Day 6:** The path passes stunted cloudforest, home to numerous hummingbirds, and rises with a steep climb to Dead Women's Pass at 4200m (named after the shape of the rocks which resemble a sleeping woman). We descend to Pacaymayo (3632m) where we camp that night. There are toilets and washing facilities at this camp site.

**Day 7:** After a short rise from the camp site over the Second Pass (3998m) we have fantastic views of the Vilcabamba Range. Walking along well-preserved Inca pathway, we continue past Sayacmarca ruins where there'll be time for a guided tour, and we then follow a more level path through lush cloudforest on a seemingly endless series of steps, some flights hewn out of a single rock - to the ruins of Winay Wayna - perched on the side of the mountain. We camp here (2746m). There is a bar, shop, toilets and (best of all) hot showers at this site.

**Day 8:** It is now only a short walk to Inti Punku, the Sun Gate, and our first view of Machu Picchu. Having savoured the view we pass through the ruins, and take a full guided tour of Machu Picchu before taking a bus down the winding road to the colourful town of Aguas Calientes where we celebrate the end of our trek. Return on train to our hotel in Cusco.

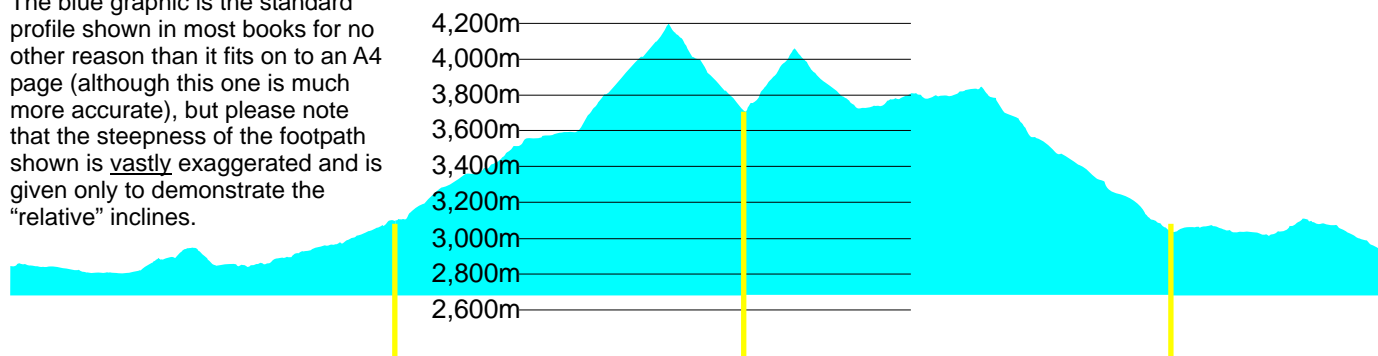
**For those returning to the UK**

**Day 9:** Morning flight to Lima Transfer to your hotel in Lima - Day at leisure in Lima

**Day 10:** Day at leisure in Lima - evening flight back to UK

**Day 11:** After overnight flight, arrive back in UK

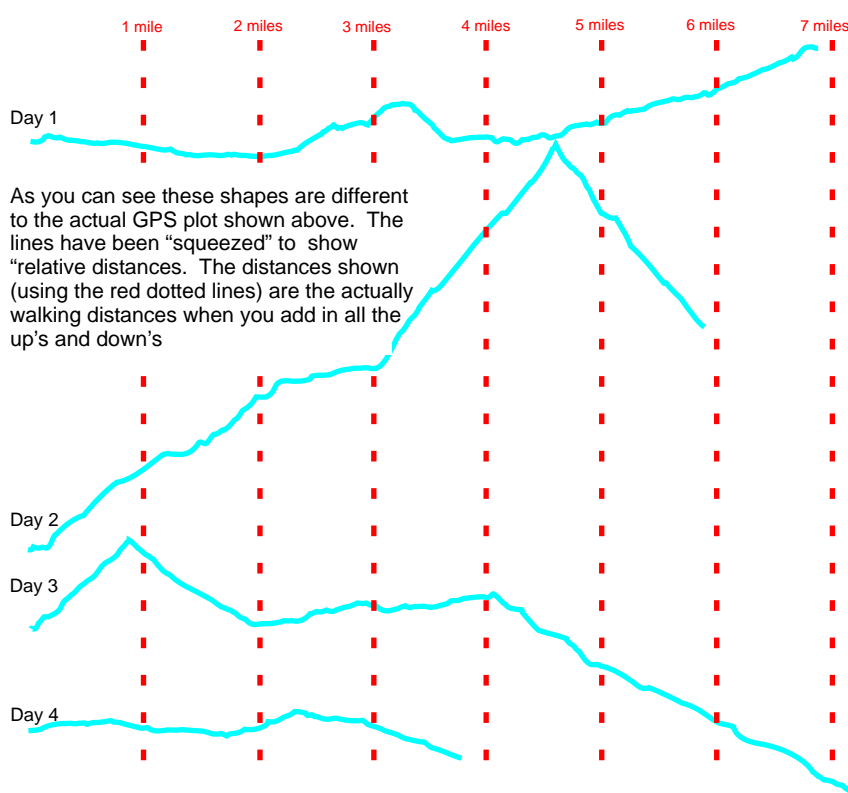
The blue graphic is the standard profile shown in most books for no other reason than it fits on to an A4 page (although this one is much more accurate), but please note that the steepness of the footpath shown is vastly exaggerated and is given only to demonstrate the "relative" inclines.



This is the true profile of the path.



It is the actual GPS read-out so gives an accurate profile



As you can see these shapes are different to the actual GPS plot shown above. The lines have been "squeezed" to show "relative distances". The distances shown (using the red dotted lines) are the actually walking distances when you add in all the up's and down's



Survey by Wayne Oct 2005, shown here just below Intipunko (The Sun Gate) from where the main photo on the front cover was taken.

Survey by UK Outdoor Pursuits Instructors Dept, November 2005. Correct to 5m +/-		Totals over entire Inca Trail		Up	Down	Distance
				2396m 7858ft	2615m 8579ft	38.1km 24m
Day 1	Start	End	Height gain/loss	Total Up	Total Down	Distance
	Point 82 2680m 8793ft	Huayllabamba 2986m 9796ft	306m 1004ft	649m 2129ft	343m 1125ft	11km 6.8m
Day 2	Start	End	Height gain/loss	Total Up	Total Down	Distance
	Huayllabamba 2986m 9796ft	Pacaymayo 3632m 11916ft	649m 2119ft	927m 3041ft	281m 922ft	9.5km 5.9m
Day 3	Start	End	Height gain/loss	Total Up	Total Down	Distance
	Pacaymayo 3632m 11916ft	Winaywayna 2746m 9009ft	-886m -2907ft	516m 1693ft	1402m 4600ft	11.6km 7.3m
Day 4	Start	End	Height gain/loss	Total Up	Total Down	Distance
	Winaywayna 2746m 9009ft	Machu Picchu 2460m 8071ft	-286m -938ft	303m 994ft	589m 1932ft	6km 3.7m

Footpath profile - showing the length and gradient of the Inca Trail (correct to 5m +/-)

### Trek leader

The Leader on this trek this will be Wayne Naylor. An experienced mountaineer, who speaks Spanish and leads all our Inca Trail treks (all photos in this dossier were taken by him) and who has climbed in both the Alps and to over 8,000m in the Himalayas in Tibet and Nepal and has also made over 20 ascents of Kilimanjaro.



Wayne - trek leader

### Local Guides

All local guides are licenced by the Peruvian National Parks after many years of training. They are a wealth of information and will give a guided tour of each Inca settlement along the trail.

### Porters

Many Europeans feel uneasy about asking (as they see it) someone else to carry their bags. Don't forget that in many remote regions there is simply no other way of transporting goods up the tracks, indeed "everything" has been carried up by porters. Our porters are professionals. It is not unusual to see a father and son on the same trek, the wages they get are an absolute vital constituent of their family's income. Do not personally tip porters. At the end of the trek if you think that they (and the local guides) have done a good job, members may do a collection. The normal amount each trekker contributes on the trek is \$60. This is divided between all the guides, the porters, cooks, and other local staff.

**UK Outdoor Pursuits Trekking, on your behalf, has agreed fully with the requirements of the International Porters Protection Guild (IPPG) guidelines. The cost of this trip has been very slightly increased to enable us to meet these guidelines.**



Porters

Porters will carry luggage up to the next night's stop. Porters will only carry a **maximum of 6.5 kilos for each member**. The guides will weigh these loads each day. Anything else you wish to take must be transported in your own rucksack. It would be a good idea to restrict these extra items to a camera, spare film, waterproofs, etc. You **MUST** always have your first aid kit, passport, money, etc, in your own rucksack.

### Tips

Tips make up a vital section of wages in many developing countries. The normal rate of tips in Peru are: Porters \$20, Senior Porter \$30, Assistant Cook \$40, Cook \$60, Assistant Guide \$80, Senior Guide \$100.

### Risks

Members must understand that they are participating in a potentially dangerous high altitude trek. As with all expeditions to high altitudes there is a risk of any party member getting Altitude Sickness (see page 10), suffering injury or even death.

### Participation

Group members should observe the customary conventions of remote expeditions, e.g. sharing work, respecting local customs, conserving the environment, etc. Being part of a group, all members must bear in mind that their actions, will reflect on the rest of the group.

### Disruptions

Any journey to high altitudes is highly likely to be subject to changes, alterations and other disruptions totally beyond our control. The weather can have the largest affect on the group as a whole and, for individuals, acclimatisation to altitude is a big consideration. Some things that, in Europe or North America, would be unusual are more common in the more remote areas of Peru. Such occurrences are not something to get upset about. Simply put it down as one of the benefits of experiencing a totally different culture. The trek leader will make every effort to ensure that each member has the opportunity of reaching Machu Picchu, but, if this is not possible, the best alternative will be sort, bearing in mind the original aims of the trek.

### Altitude

Each trek has been scheduled to allow time for altitude acclimatisation but it may be that some members have a slower than normal rate of acclimatisation. In this case it may be necessary for these members to accompany a porter back to the hotel.

### Flights

Please check the application for a list of regional departure airports.

### Visa

A Visa is normally issued free at Lima airport on arrival for anyone with a passport issued within the EU. **If you do not hold a passport issued within the EU you must check that you are able to get a visa BEFORE booking.**



Haggling is a must at the many bustling local markets

### Money

You are very rich. Alright you may not feel very well off, but remember the cost of this trip is sometimes more than some people in the areas we are travelling to will earn in their whole life. So you really are rich. Do not flaunt your wealth. Keep money in a money belt next to your skin and NEVER leave it lying around. It is always tempting to give a local child \$20. Please don't. If you do wish to help the locals, speak to the trek leader who will enquire about local charities. They will appreciate any donations. Do not give to beggars.

Most people find that £300 in spending money is plenty for your time in Peru.

Don't take Sterling Travellers Cheques. If you wish to take Travellers Cheques make sure they are in US Dollars. Take plenty of small US dollars. DO NOT take anything larger than a \$20 bill, better still take loads of \$5's and \$1's (\$1 bills are especially welcomed by the locals). To you a \$50 bill is only worth enough to take a few mates out for a burger, but to a local it may be a year's wages, they won't have change. The hotel will change travellers cheques. Don't accept any torn notes, shops will not accept them.

DO NOT change more, into local currency (Nuevo Sol - 1 Sol is worth "very approximately" 20p), than you need as you can not change it back in to Sterling or Dollars and it is not exchangeable back in the UK. So if you do end up with some left over, probably the best thing to do with it is to put it in the charity collection on the plane home.

### Airport Departure Fees.

The cost of this holiday includes all taxes and other charges except airport fees, which we can't pay as a group. Each person must present themselves at the security gate and pay their own fees, so you will need to budget for this. The charges are (in 2006 / may rise slightly) Lima \$28 (international) and \$5 (internal), Cusco \$5, so the total airport fees payable are \$38.

### Security

It is a sad fact that a few people have had gear stolen in Peru, but there are a few sensible precautions which you can take to reduce this problem. Ensure that you carry your passport, travellers cheques, etc. in a money belt. Get a rucksack lock for the items you leave in the hotel (unless you have a lockable suitcase). Safe deposit boxes are available at the hotels in Cusco, Lima and Bonaire for a small deposit.

Many items that may be of interest (if you have security concerns) are available from [www.catch22products.co.uk](http://www.catch22products.co.uk) or call (01942) 511820 and ask for a brochure.



The top of Dead Woman's Pass on the second day of the trek

### Health

Before you book your trek have a medical check up. Ask your doctor to pay special attention to your cardiovascular system. Show your doctor this dossier as they may wish to compare your medical history with the information contained here. Ask them to pay specific attention to the program with regards to your medical history and the details (altitude, distances, etc) at the bottom of page 3.

We have taken the medical questionnaire off the application form as many people apply for trek over a year in advance. We will send you a medical questionnaire just before the trek to ensure that it is up to date.

### Pre-existing Medical Problems

Should someone become seriously ill whilst on higher reaches of the trek, evacuation would be problematical. **For this reason we are not able to accept anyone with pre-existing medical problems on this trip.**

### Immunisation

At least two months prior to the trip please go and see your doctor who will arrange for an immunisation program. Your practice nurse will have a full list of current required "jabs". Ask your doctor's advice regarding vaccinations

For a course of anti malarial tablets most doctors will give you a course of Paludrine/Avloclor. This is a six week course during which you take 2 tablets (Paludrine) a day and an extra 2 (Avloclor) once a week. You can buy these quite cheaply at your local chemist without a prescription - 6 week courses. 1 week before you go - 2 on the trek - 3 when you return. You **MUST** complete the course.

### Dental

Have a check-up before the trip. Dental treatment in Peru is sometimes rather traumatic. If you do have serious dental problems, the trek leader will arrange for you to go to a dentist but it is **MUCH** better to have a thorough checkup before you go.

### Personal Hygiene

Wherever you are in Peru you should constantly think about personal hygiene. Many trips to this area have been ruined by a simple mistake, such as drinking from a bottle without wiping the top.

### Woman's Hygiene Products

These are readily available in local shops but you don't know how many "years" they may have been there. Please purchase any requirements from Britain and take them with you. They are **NOT** available on the trek.

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### First Aid Kit

The trek Leader has a large first aid kit and is experienced in dealing with altitude problems and other common situations in remote areas, but it is important that each member carries their own first aid kit.

Your personal 1st aid kit should contain

- |  |  |
|--|--|
| Painkiller e.g. Paracetamol, etc                     | Anti Fungal Cream - One small tube           |
| Cough Lozenges e.g. Locketts, Halls, etc.            | Multi Vitamins - Enough for one per day      |
| Plasters - Assorted sizes and compeed (for blisters) | Safety Pins - Assorted sizes                 |
| Dioralyte - For dehydration                          | Antiseptic Cream - A small tube              |
| Oil of Cloves - Small bottle, for dental problems    | Antiseptic Wipes (take loads of them)        |
| Antibiotics Chest (obtained from your doctor)        | Antibiotic Bowel (obtained from your doctor) |
| Water Purification system (see Page 9)               | Triangular Bandage Take one                  |
| Thick Crepe Bandages - 1 wide & 1 thin               | Arret or Lomoti - For Diarrhoea              |

**NOTE.** Ensure that any prescription drugs are kept in their original wrappings and if possible take a copy of the prescription with you.



VERY strange statues ? At the Inca fort of Ollantaytambo

- GEAR** Items marked ● can be bought "very" cheaply in Cusco.  
 Items marked ■ can be hired "very" cheaply in Cusco. The trek leader (Spanish speaking) will go with you to the hire shop - you can practice your haggling skills?  
 A Large suitcase which will be left in the hotel with the items you don't need for the trek.  
 ■ You will also need a large rucksack for the porters to carry your trekking gear.  
 ■ Small (30/35 litre) Rucksack Must have well padded waist strap  
 ■ Sleeping Bag - As good a quality as you can get hold of  
 Penknife - Swiss Army Type. (Don't carry in your hand luggage)  
 Head Torch with 4 spare bulbs and ● 4 spare sets of batteries (Battery life is reduced at high altitude)  
 Sun Screen - Very High Factor (you will need at least factor 50)  
 ● Foot Powder  
 ● Insect repellent  
 Compression Sacks - For packing bulky items in to bags. (available from most outdoor shops)  
 Camera - Don't under estimate the number of ● films you need and remember spare \* batteries.  
 Camera Case - Optional but essential if you have a decent camera.  
 ● Small Sewing kit - Ensure it contains strong cotton and spare buttons  
 Sun Glasses - **Don't forget these you're going to NEED them**  
 Water Bottle - Nalgene water bottles are strong but we strongly suggest that you take An Aqua Pure Bottle (available from Catch 22)  
 ● Bin liner - Take two, industrial strength to line your rucksack and keep everything dry.  
 ■ Pair of Trekking Poles - Telescopic (**Optional**) National Park rules - poles must have rubber tips.  
 Personal washing gear and ● small towel.

As you can see almost every item has either ● or ■ next to it. So please do not spend a lot of money on equipment for this trip. If you need advise please call us (01942) 826256.

**CLOTHING**

- Underwear - Bring plenty  
 Socks - Ensure they are at least calf length.  
 If you are prone to blisters take some thin cotton under-socks which will prevent rubbing.  
 ● Sun Hat  
 ● Trekking Trousers - Lightweight canvass are best. Don't wear jeans on the trek.  
 ● Sun Hat  
 ● Warm Hat - You will need a warm woolly hat for the cold nights.  
 Gloves - Needed for cold mornings higher up.  
 ● Silk Scarf - stops wind, rain, etc. from going down your neck and silk dries very quickly  
 ■ Fleece Or Down Jacket - THIS IS IMPORTANT - It can get VERY cold up there  
 ● T Shirts - Take (or buy) a few (they tend to smell after a while)

**Other**

You don't really need one of these but they will make you much happier ???. Catch 22 sell hotel mattress covers that stop anything living in the mattress?? from biting you. Give them a call and ask for advice. 01942 511820  
 Sleeping mats for the camps are provided - so you don't to bring one.

**BAGGAGE**

It is important to weigh your baggage "before" you arrive at the airport. **The allowance is 20 kilos.** If you have any excess you may be able to haggle at Heathrow although you will still probably have to pay a supplement and remember that even a small excess can be "very" expensive. Even if you are not charged in London **it is**

Cusco Main Square



Our hotel in Cusco

Water

Strong recommendation - get an Aqua Pure Traveller from Catch 22 - (01942) 511820. These look like normal water bottles but they contain a iodine filter which not only kills all the bugs and beasties but also takes out all the other bits such as grit (and other dead things that you don't want to think about) !!!!

**The main way to avoid altitude problems is to drink water.** Lots and Lots of it. If you are not used to drinking large amounts of water, start practising now (it's good for you). You should ensure that you drink an absolute minimum of **at least one litre for each 1000m in altitude.**

**NEVER drink water from taps, pipes or streams. This includes in towns when brushing teeth, etc**

Ensure that ALL water that you drink has either been put through a Catch22 bottle, sterilised or boiled. If you drink bottled water make sure that it is STILL SEALED when you get it. In the First Aid Kit section you will see Mediwipes, take loads of these and wipe everything, inc. bottle tops.

Boots

Get a sturdy pair with good ankle support. BUT the most important thing regarding boots is that they are comfortable. Should you get leather or Canvass ? There are benefits to both. Leather is strong and gives more support whilst canvass are lighter and tend to expand more (important when walking in hot countries). Ensure you wear your boots for at least a few days prior to the trip to ensure they are comfortable with no "rub-points"

Waterproofs

Some people take a set of waterproofs others simply buy a poncho in Cusco. The choice is yours. Waterproofs are more rugged but poncho's are cheaper (about 50p in 2005) and lighter.



Other Clothing

Take whatever you want. But please remember that it can be VERY hot all along the trail, so please pack for the expected temperature. Please make sure that your clothing is not revealing.

Ladies - Do not wear shorts in Lima and Cusco and (men as well for his bit) on the trek make sure that your shorts aren't too "short". T Shirts sleeves must cover your shoulders.

You MUST take some long sleeved t shirts as you need to protect your shoulders and upper arms.

INSURANCE

All figures quoted are pounds sterling and to the best of our knowledge they are correct but they may change. Summary of insurance cover for all treks under the Ault Insurance "Treks and Safaris" policy.

Cost of cover is included within the cost of the trek.

Up to a Maximum of

1. Loss of Deposit / Cancellation (Excess - 7.5% of the claims settlement figure) (Including Government Travel Restriction)	£5,000
2. Curtailment (Excess - 7.5% of the claims settlement figure)	£5,000
3. Medical and other Expenses (£40 Excess)	£2,500,000
4. Hospital Benefit	£500
5. Personal Accident	£25,000
6. Personal Baggage (Single Article Limit £300) (Limit for Valuables (Incl. photographic equipment & binoculars £300)) (£40 Excess)	£1,500
7. Personal Money (£40 Excess)	£300
8. Personal Liability	£1,000,000
9. Travel Delay or Cancellation (£40 Excess applicable to Cancellation)	£5,000
10. Missed Departure (£40 Excess)	£800
11. Legal Expenses	£10,000

If you are aged 70 years or over, a Medical Certificate from your doctor confirming that you are fit enough for the trip you plan to join must be produced before cover can be confirmed.

## Altitude Sickness.

Any trip to high altitude can result in altitude problems. This is normally caused by too rapid an ascent. Although the program has been designed to avoid this, acclimatisation to altitude is very much a personal thing, which makes it impossible for the trek leader to predict beforehand if a particular member will suffer from altitude sickness. The group will go through how to recognise AMS (Acute Mountain Sickness) on arrival. This said, the program we have arranged should negate any altitude problems due to our slow rate of ascent. There are many problems associated with high altitude including some uncomfortable symptoms and some even life-threatening conditions. All are caused by the result of a decrease in oxygen concentration in the blood. There are three general principals that all trekkers should bear in mind.

- People's susceptibility to the affects of high altitude vary greatly.
- A rate of ascent that will suit most members of a trek or climb may be too rapid for others. These differences are inherent and nothing to do with your state of fitness, your determination or courage.
- Anyone who gets more than "slightly sick" has only their self to blame. If in doubt "GO DOWN". Trekkers who fall even slightly sick, for whatever reason, should assume they are suffering from the high altitude, or that their illness is being made worse by the high altitude.

The most common misunderstanding is that at high altitude there is less oxygen in the air. This is not true. There is the same percentage of oxygen in air (about 20%) at all altitudes, but due to there being less air (pressure) there is also less oxygen. This is important as your lungs work on pressure. Oxygen is moved into the blood from the lungs because the amount of oxygen (pressure) in the lungs is greater than that in the blood and so the blood "absorbs" the oxygen molecules. We need oxygen to live and without it we have Big problems.

### There are 3 main problems with high Altitude.

#### 1 ACUTE MOUNTAIN SICKNESS.

AMS is a name given to a set of symptoms caused by too rapid ascent to high altitude. THE EASIEST WAY TO RELIEVE THESE SYMPTOMS IS TO DESCEND. The main reason people get AMS symptoms is due to a reduction of oxygen to the brain which is caused by a lack of circulating (oxygen bearing) fluid (blood is a fluid). This is because too great an ascent will cause the body to absorb any available fluids (i.e. blood) into other tissues i.e. Muscles, brain, etc. You MUST be able to replace this fluid. **THIS IS WHY YOU "MUST" DRINK PLENTY OF WATER AT HIGHER ALTITUDES.** Don't forget that you are the only person who knows how you feels until symptoms become obvious by when it's normally too late !

#### Symptoms of AMS

- Headache
- Dizziness
- Fatigue
- Dry cough
- Loss of appetite
- Nausea (feeling sick)
- Vomiting (being sick)
- Or, as often happens, simply feeling unwell.

Symptoms will normally be worse in the early to mid morning. This is because at night there is a normal reduction in your rate and depth of breathing (and intake of oxygen). At higher altitude this is more pronounced. This is the reason some people find it difficult to "get a good night's sleep" at high altitude. If untreated a few people's AMS may progress into HAPE (see below).

It is a fact that over 60% of people trekking to over 4,000m do get mild AMS. It is most-commonly treated with Asprin or some other form of Analgesic. Your guides will be carrying other treatments so please do seek help if you have any problems.

#### 2 HIGH ALTITUDE PULMONARY EDEMA (HAPE)

This is normally caused by AMS not being treated i.e. Going down to a lower altitude. In times gone by this was commonly thought of as pneumonia. It isn't, although the symptoms are similar. It is caused by the body's reaction to the reduction in circulation fluids and the lungs trying to alleviate this by absorbing fluids though the lung linings. This causes the alveoli to fill with fluid and , well lets just say it's another Big problem.

#### **Symptoms of HAPE**

Marked shortness of breath, a feeling of "tightness" around the chest, raleing (bubbling or crackling sounds in the lungs, coughing which is dry at first then may become watery. At the end, i.e. when you have (yet another) really Big problem there may be blood coughed up.

#### 3 HIGH ALTITUDE CEREBRAL EDEMA (HACE)

This is a another BIG problem (of the brain). It can be seen by the patient's ataxia (acting in a drunken manner), raleing, although this will more normally indicate HAPE. ANY ATAXIA OR SEVERE HEADACHES MAY INDICATE HACE. If you don't turn round and go down right away you may die.

Please do take the time to read the items below - they are important. If there is ANYTHING you don't understand please do contact us, either by phone (01942) 826256 or by e-mail. (info@ukoutdoorpursuits.co.uk)

After reading these Term and Conditions if you decide not to proceed with the booking, within 7 days of the Confirmation Date which we will send you, simply let us know and we will cancel your booking and make a full refund of all money paid.

When you book a holiday with UK Outdoor Pursuits (Trekking) Ltd ("UKOP") and we send you a Holiday Confirmation, a contract is formed between you and UKOP, which is subject exclusively to English law and the jurisdiction of the English courts. No-one, other than a Director of UKOP, may alter this contract.

Details in any publicity other than these Terms and Conditions do not form part of the contract. We provide dossiers, websites, etc for your information and to enable you to make an informed decision regarding whether to book or not.

### **A booking is made when:**

When we receive a signed booking form, with deposit (or full payment if traveling within 70 days of booking) and we confirm your holiday with a Holiday Confirmation form. At any time before the Holiday Confirmation form is sent UKOP may alter any part of the holiday or decline your booking. If you are a parent making a booking for a child (a person under 18 years old) your signature on the booking form confirms that you have accepted all of these Terms and Conditions on behalf of the child.

Your signature is confirmation that you agree to these Terms and Conditions and that you have no pre-existing medical problems that may in anyway affect your participation and that you will inform the UKOP should a condition become apparent once your booking has been accepted. Also that you will obtain all inoculations required and that you understand that the nature of this holiday means that it is subject to alterations in such matter as dates, times and itineraries, services offered, etc. Also that you understand that there are risks of injury and even death involved in any form of adventurous travel.

### **Paying for your holiday:**

Any money you owe to UKOP for your holiday must be paid within before 70 days prior to departure. If full payment is not made, UKOP may cancel the holiday and apply the cancellation charges.

### **If you change your booking:**

A fee of £20 to cover the cost of administration will be charged along with any additional costs incurred by UKOP.

If you can not travel UKOP may, (at our discretion), allow you to transfer your booking to another person. UKOP will only accept the transfer if all suppliers (e.g. airlines, insurance agents, etc) will accept the change and the person receiving the booking makes a payment of £40 (if more than 70 days prior to departure) or £80 (if 69 days or less to departure) in addition to any other incurred costs.

### **If you cancel your booking:**

The following charges will be made - as a percentage of the total cost of your holiday.

70 days or more prior to departure loss of deposit

69 to 40 days prior to departure 40%

39 to 20 days prior to departure 60%

Less than 20 days prior to departure 100%

### **If you have a complaint:**

Should you experience a problem, you should let UKOP (or their representative) know about the problem right away. The vast majority of complaints and problems can be settled quickly, as long as we are notified as soon as possible. If you have a complaint that our representative is not able to deal with, you should put your complaint in writing to the address shown on your Holiday Confirmation form, for the attention of the managing director, as soon as practicable. The managing director is able to deal with all claims and complaints.

### **Travel requirements:**

Do not forward a booking form until you have checked that you have a passport, that is valid for the full period of your holiday and that you are able to obtain the relevant visas and, in some cases, vaccination certificates.

### **Air Tour Organiser's Licence ( ATOL):**

UK Outdoor Pursuits (Trekking) Ltd holds an ATOL (number 6836). In the unlikely event of our ceasing trading, the Civil Aviation Authority will ensure you are (if abroad) repatriated and will arrange for a refund of money you have paid to us as deposits for future holidays.

### **Insurance:**

A policy is supplied within the cost of the holiday. If you wish to arrange and pay for extra insurance this will not negate that fact that we have already supplied it. Although this may lead to complications if a claim is made.

It is a condition of all policies that you are responsible for your own belongings at all times and that you take reasonable care to protect it at all times. You should note that "reasonable care" may require much more surveillance and attention when in some foreign countries than in the UK.

**You should also note that all policies will be invalidated by a false declaration concerning your fitness to travel.** If you have any medical problems you should inform us before booking so that we can ensure that you are able to be insured to travel.

### **Your responsibility whilst on holiday:**

The nature of adventure tourism means that you must accept the decisions of the tour leader whilst on your holiday. If the tour leader decides that you may not continue with your holiday or any section of it (for example due to ill health, altitude problems, etc) you must accept this decision. If the tour leader decides that your actions or behavior are, or may, affect your safety or the safety and enjoyment of the holiday by any other group members you may be excluded from the holiday. If you commit an illegal act whilst on the holiday you may be excluded from the remaining sections and UKOP will cease to have any responsibility for you.

In some of the countries we visit drugs are more readily available than in the UK. Please note that punishment for any infringement of local drug laws, however minor, can be extremely severe. Our holiday representatives are contractually bound not to associate with anyone in local custody. They will (via our UK central administration office) however inform the local British embassy, of your location.

In all cases of exclusion from your holiday, no payment will be made by UKOP for any unused sections, although, in the case of curtailment due to illness, a claim may be possible on the insurance policy.

### **Increases in holiday cost:**

The cost of your holiday is guaranteed not to rise by more than 5%.(At the time of writing UKOP has never increased the cost of any holiday). UKOP make bookings in good faith with our suppliers. If, due to currency fluctuations, price increases by our suppliers, tax increases, etc, we need to increase the cost of your holiday by more than 5% you may cancel your holiday and we will refund all money paid, other than the proportion of the costs which has been used to pay for your insurance policy. If you wish to cancel your holiday due to an increase of more than 5% you must do so in writing within 14 days of receiving the notice of increased costs.

### **Changes to your holiday:**

We will try when-ever possible to provide the holiday as described in the promotional literature but, due to the nature of adventure travel in remote parts of the world this may not always be possible, or advisable, due to events outside our control. If a major change is necessary e.g. Due to foreign political situations, natural disaster, epidemics, financial failure of airline company, etc. we will inform you as soon as we can. If we advise you of a major change to your holiday, that is not eligible for a claim against your holiday insurance policy, you may have a refund of all money paid or accept the change or transfer to another holiday operated by UKOP.

### **If UKOP cancels your holiday:**

In the unlikely event of your holiday being cancelled by us you will receive a full refund of all money paid.

### **Local customs and standards:**

You should be aware that in some countries the facilities offered will be significantly lower than European standards, e.g. hotels, toilets and washing facilities, shops, travel, etc. You should always be aware of local customs. Some local customs are an intrinsic part of everyday life and religion so if in any doubt consult your tour leader.

**UK Outdoor Pursuits (Trekking) Ltd,  
28 Upper Dicconson, Wigan, WN1 2AG  
Tel (01942) 826256 e mail info@ukoutdoorpursuits.co.uk**

# Inca Trail 2009 to Machu Picchu

26th Oct 09 - Return 5th Nov

You will pay your own costs

Paying a booking fee and raising a minimum of £3,000 of in sponsorship

If using the trek to raising charity funds, which charity are you supporting

First Name (as on passport)

Surname (as on passport)

Home Address  
Inc postcode

Male  Female (Please )

Telephone (day)

Passport Number

Passport Expiry Date

Date of Birth

Nationality

The passport number you give here **MUST** be the one you will take on the trek as your permit will be booked under this number.

**IMPORTANT** - Please enclose 2 passport size photographs with this application form for permits.

Do you have a tent / room partner for the trek  Yes  No (Please )

If Yes, put name here

If No, we will pair you up with another single trekker.  
Note. There are no single rooms or tents on the trek.

Please give details of someone who we may contact in the UK whilst you are away, should the need arise.

Contact Name

Tel (day)  Tel (eve)

Airport (Please )

- Aberdeen
- Birmingham
- Bristol
- Cardiff
- Durham
- Edinburgh
- Glasgow
- Leeds
- London
- Manchester
- Newcastle
- Norwich
- Southampton

ROI

Dublin

## Please take time to read this declaration **before** you sign it

I confirm that I have read and agree to the terms and conditions shown in this dossier and that the details above are correct and that **I have no medical problems that may in any way affect my participation in the Trek applied for** and that I will inform the UK'OP(Trekking) should a condition become apparent once my booking has been accepted. I am in good physical and mental health and know of no circumstance why I am likely to cancel or curtail this holiday and I am not travelling against the advice of a doctor. I further confirm that I will obtain all inoculations required. I have read this dossier and understand the details contained within it and I agree to disclose ANY material fact(s) the may influence the underwriter (the insurance company) in acceptance of the risk. I understand that failure to do so may prejudice me in the event of a claim. **I understand that the nature of this holiday means that it is subject to alterations in such matter as dates, times and itineraries, services offered, etc.**

Signature

Date

Please forward your deposit payment and photographs with this form

**£500** Payable to UK Outdoor Pursuits (Trekking) Ltd

Please note these payments are NOT REFUNDABLE. Please be sure you wish to join us prior to posting to,  
**UK Outdoor Pursuits (Trekking) Ltd, 28 Upper Dicconson St, Wigan, WN1 2AG.**