

State of the Heart Fitness' Peru Trip – August 19th – August 30th, 2010

Trekking the Inca Trail to Machu Picchu – the lost city of the Incas

Why: To participate in an amazing journey of the body-mind-spirit in the Andes of Peru... *a Journey of a Lifetime!*

Who: YOU!

Dates: Wednesday, August 19th – Sunday, August 30th, 2010

About the Inca Trail: *The Inca Trail is by far the most famous trek in South America and is rated by many to be in the top 5 treks in the world. In just 26 miles (45km) it manages to combine beautiful mountain scenery, lush cloud-forest, subtropical jungle and, of course, a stunning mix of Inca paving stones, ruins and tunnels. The final destination of the trail just cannot be beaten: Machu Picchu, the mysterious "Lost City of the Incas".*

What it includes:

- **A 6-month Training Program to get you prepared for a Journey of a Lifetime!**
- *All transfers and pickups (in and out for Lima and Cusco)*
- *Hotels (1 night hotel in Lima, 4 nights hotel in Cusco, 1 night in Aguas Calientes, 3 nights camping) all 3 stars*
- *Flights from Lima to Cusco and then the return Cusco to Lima*
- *Private transport for all tours*
- *Full Tourist Ticket (16 sites for 10 days)*
- *Full Day Sacred Valley Tour with guide & buffet lunch*
- *4 Day Inca Trail in private service (porters, permits and entrance fees all included)*
- *2nd Day at Machu Picchu (with extra buses and entrance fees)*
- *Special Dinner together in Aguas Calientes*
- **Gigi & Lisa as your State of the Heart Fitness guides! ☺**

General Itinerary:

Day 1 - Fly into Lima – pick up at airport & transfer to the Hotel. Spend the night.

Day 2 – Early morning transfer back to the airport in Lima. Fly to Cusco – pick up at Cusco airport & transfer to the Andes de America Hotel. Rest of the day is a free day. (optional City Tour – additional cost) Breakfast included.

Day 3 – Full Day Sacred Valley tour – all transport, guide and buffet lunch included. Return to Andes de America in the night time. Breakfast & Lunch included.

Day 4 – Special Surprise Day with State of the Heart Fitness. Breakfast included.

Day 5 – Depart Cusco at 8:30 am towards Ollantaytambo. Begin trekking. Spend night at Enrique Schiller campsite. Meals included.

Day 6 – Inca Trail Meals included.

Day 7 – Inca Trail Meals included.

Day 8 – Inca Trail Meals included.

Day 9 – Arrive Machu Picchu (just passing through today) – stay in Aguas Calientes – Meals included with special restaurant meal together

Day 10 – Extra day in Machu Picchu (possibly hike Wayna Picchu) – evening train return to Cusco. Arrive around 9:00pm. Stay in the Andes de America for the night. No Meals included.

Day 11 – Transfer from Andes de America to Cusco airport. Flight back to Lima & back to U.S. Breakfast included.

Cost: \$2899*

***Does NOT include:**

- Airfare to and from Peru (approximately \$800-\$900 from LA on Lan Airlines (Peru's airline))
- Approximately 10 meals during the 12 days (about \$5-\$20/meal)
- Spending Money
- Travel Insurance (required – more details to follow)

If you're interested in joining us, please contact me and I will send you a more in-depth itinerary as well as other information (deposit dates, travel insurance info, and any other questions you might have).

We want YOU along!

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