

State of the Heart Fitness' Trip to Peru
August 4th – August 15th, 2010 Itinerary & Details
Sign Up Deadline: March 15, 2010 (1st deposit required)
Limited Space: 10-12 spots available

Day 1, Wednesday, August 4th, 2010 - We will fly into Lima from the U.S. NOTE: No matter where you're coming from in the U.S., you need to schedule your flights so as to arrive in Lima on the evening of Wednesday, August 4th, 2010. We will be picked up at the airport & taken to the Hotel Faraona (www.hotelfaraonagrandhotel.com). Spend the night.

Day 2, Thursday, August 5th, 2010 – We will have breakfast at the Hotel and then have an early morning transfer back to the airport in Lima for our flight to Cusco. We will be picked up at Cusco airport & brought to the Andes de America Hotel (www.cuscoandes.com). The rest of the day is a free day to explore the city of Cusco. A guided City Tour is optional for an additional cost of ?) **Note: Includes breakfast**

Day 3, Friday, August 6th, 2010 – We will meet at breakfast at our hotel and then be off to **the Full Day Sacred Valley** tour from 8:30am – 6:00pm. Our first stop will be Pisaq, known for its ruins and the artisan market where we will have about an hour to walk around to explore the market and all of the handcrafted quality goods (a great place to make some totally authentic Peruvian gift purchases). We will then have a buffet lunch of international and Peruvian cuisine along the Urubamba River- the sacred river to the Incas. From there we will proceed to Ollantaytambo - the most beautiful and significant sites in all of the Cusco region. It is one of the most impressive Imperial style complexes built by the Incas and is most important because, with the assistance of the Callaguaya and other nations of the Lake Titicaca region, was the stationing point for the “grassroots” attempt to challenge the power of the Pachacutec. On our way back to Cusco, we will visit Chincheros, a typical Andean agricultural village, where the women display their textiles next to the Inca sites. Transport, guide and buffet lunch included. Return to Andes de America in Cusco around 6:00pm. **Includes breakfast & lunch**

Day 4, Saturday, August 7th, 2010 – **Surprise Day** with State of the Heart Fitness **Note: Includes Breakfast**

Day 5, Sunday, August 8th, 2010 – We will have breakfast at the hotel and depart Cusco at 8:30 am towards Ollantaytambo. This is where we will “leave civilization” and begin trekking the Andes! We will spend the night at Enrique Schiller campsite. **All meals included throughout the trek.**

Day 6, Monday, August 9th, 2010 – **Inca Trail**

Day 7, Tuesday, August 10th, 2010 - **Inca Trail**

Day 8, Wednesday, August 11th, 2010 - Inca Trail

Day 9, Thursday, August 12th, 2010 – We will finally arrive **Machu Picchu** via the Sun Gate (Temple of the Sun)! Yay! Though we will only be passing through as our actual tour will be the following day. We will board a bus that will take us to the village of **Aguas Calientes** below. We will check into our hotel, have some time to clean up and rest and then we will meet for our celebratory restaurant meal together. Afterwards you will also have time to walk through the town and even partake the hot springs if you'd like. **All meals included.**

Day 10, Friday, August 13th, 2010 – We will awaken EARLY (half hour before sunrise) so we can board the bus and head back up to **Machu Picchu** for the sunrise & our tour. For those who haven't gotten enough hiking in, there is the possibility of hiking Wayna Picchu – the steep mountain rock that overlooks Machu Picchu – however only 200 people/day are allowed up. Those who want to hike can hike. Those who want to just tour the grounds of Machu Picchu and just rest for lunch while enjoying the magic and mystique of this beautiful place. We will board the evening train return to Cusco and arrive around 9:00pm. We will stay in the Andes de America for the night. **Note: Does not include meals for the day.**

Day 11, Saturday, August 14th, 2010 – We will be picked up from our hotel and taken back to the Cusco airport. We will fly back to Lima & back to U.S on our respective flights. Note: It is important to schedule your flight back to the U.S. after 8 pm . **Note: Breakfast included.**

Day 12, Sunday, August 15th, 2010 – We arrive back in the U.S. feeling amazing!

WHAT YOU SHOULD BRING:

- Passport
- Silk sleep sack
- Warm clothing/thermals – hat, gloves
- Insect repellent
- Trekking shoes/wool socks (ie. Merrills, Smart Wool socks – all of this you can find at REI)
- Leki walking poles
- Water bottle or camel back
- Day pack
- Sunscreen and hat
- Personal medical kit
- Flashlight or head lamp
- Layered clothing
- Extra toilet paper & Kleenex (can't always guarantee there will be enough!)
- Camera – plenty of batteries and memory chips (there is no charging on the trek for 4 days)
- Extra snacks (although there will be plenty provided on the trek)

Total Cost: \$2899*

What the cost includes:

- **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 ******
- ***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, entrance fees, sleeping bags all included)***
- ***2nd Day at Machu Picchu (with extra buses and entrance fees)***
- ***Sacred Valley Tour in private service***
- ***Special Dinner together in Aquas Calientes***
- ***Gigi & Lisa as your State of the Heart Fitness guides!***
- ***Your Personal Video of the trip created by Lisa!***

***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) see below

Travel Insurance Information:

www.travelexinsurance.com

Contact: Helen Zeilberger

Protravel International Inc.

helenz@protravelinc.com

Direct line: 310 230-7467

Beverly Hills office: 310 271-9566

It is best to book your insurance with Helen (as opposed to just booking online) as she is our representative and can help if there are any complications or problems.

She will need:

- Your name
- Address
- Phone #
- Date of the birth
- Policy type (most will want to choose travel select)
- Date of the Trip
- Amount to be insured

Note: this doesn't need to be done until within 20 days of purchase of the airfare and/or 1st deposit

EXTRA SERVICES FOR HIRE:

- **Porter to carry passenger bags** \$60.00 for a half porter (6k) and USD \$ 90.00 for a Full porter (12k) for the entire trip

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!

My contact information:

Lisa Brisse

Email: Lisa@stateoftheheartfitness.com OR Brissemis@aol.com

Phone: 310.899.4046