



## **Peru 2025 Trip Information**

### **Peru Trip – 2025**

Peru Alive is offering a trip abroad from Sept 16th – 25th, 2025, to the “The Sacred Valley” outside of Cusco, Peru. This program is a cultural and spiritual experience, introducing travelers to the traditional lifestyles of the Quechuan people of the Andes Mountains. They are the direct descendants of the Inca Empire, surrounded by archeological and ancestral evidence of the past. The itinerary presents multiple opportunities to learn about the spiritual traditions and practices of the Andean People. Each participant can embrace these spiritual teachings to the level at which they are comfortable; respect and open mindedness will always guide the learning process. Here is a list of scheduled adventures included in Peru Trip.

- Explore significant Inca archeological sites and ruins, which includes: Machu Picchu, Moray, Sacsayhuaman, Puca Pucra, Q’enko, and Tambomachay.
- Sightsee in Cusco, “The Navel” of the Inca Empire.
- Travel by train to Aguas Caliente before reaching Machu Picchu.
- Walk amongst various cathedrals and plazas, symbolizing Spanish colonization.
- Home-base out of a traditional Quechuan town in “The Sacred Valley”.
- Experience traditional Inca meals and local cuisine.
- Visit local homes and communities, building international relationships.

### **Traveling Costs**

This all-inclusive program lasts 10 days and costs \$2,950, which includes flights from New York City and most major cities, all listed activities in the itinerary, all lodging, most meals (see Not Included Section), all ground transportation in Peru, an archeology pass, ruin entrance fees, cultural and spiritual lectures, the excursion to Machu Picchu, hot springs entrance, the Cultural Immersion Workbook and licensed tour guides. Flights from alternative cities may vary the price.

### **Ausangate Trek Add-On**

Travelers have the option to remain in Peru after the initial Sacred Valley Program ends, for a 6-day, all-inclusive, fully catered and portered trek to Ausangate Mountain in the Vilcanota Range. Ausangate is a sacred mountain to the traditional practitioners of Andean spirituality, sometimes referred to as shamanism. The group will embrace the mystic energy of the region while hiking below 20,000-foot peaks with multiple scenic lakes and glaciers. Along the hike is Jampa Pass, the highest point of the trek reaching 16,666 feet of elevation. A fair degree of determination and physical fitness is required. However, to help enjoy the trek, hikers will only need to carry daypacks. Let our Peruvian staff cook all meals/snacks, pack gear, and handle all camp logistics. This trip will employ multiple Quechuan service providers, creating a sense of gratitude and friendship. This add-on program costs an additional \$1,500 and lasts a total of 21 days from Sept 16th to Oct 1<sup>st</sup>, 2025.



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### **Rainbow Mountain**

Included on the Ausangate Trek, is a day-hike to Vinicuna, also known as Rainbow Mountain. In 2015, a newly discovered geological wonder was added to the country's list of must-see destinations. When the snow covering the area melted, it revealed the natural beauty of the rock beneath, formed by weathering, environmental conditions and sedimentary deposits over time, the mountain's unique minerology created a marbling effect, with layered hues of gold, lavender, red and turquoise.

### **Health Issues and Covid Concerns**

The tourism industry has certainly changed since the pandemic. Peru Alive has made some trip adjustments to best accommodate unknown future factors of living in a post-pandemic era. If any member is to encounter a health ailment in which they cannot continue or contract Covid, they will be personally escorted to a comfortable hotel, close to adequate medical facilities, to quarantine and recover. A staff member will be assigned to help you through the healing. However, the traveler will assume all additional costs needed to stay safe. Once again, this is the importance of purchasing traveler's insurance. Reported on April 13, 2022, Peru remains on a Level II Travel Advisory. You can follow more safety information and alerts for Peru at [www.travel.state.gov](http://www.travel.state.gov). In the worst-case scenario that Peru goes to Level IV, Do Not Travel Advisory, Peru Alive will make their best attempt to recover as much of your payment as possible but recognize there are some uncertainties these days.

### **Deposit and Payments**

Contact Mick Stemborski from Peru Alive for an application packet. Return the completed application packet with a payment in full of \$2,950 per person. At this point, Peru Alive will purchase your flights and transportation needs for the trip. A trip deposit of \$1,400 is non-refundable but will purchase a flight in your name with your own confirmation number. The airline ticket is yours to manage for seating, upgrades, meals, etc. You will be subject to the specific airline's refund policy, change fees, and ticket credit, should you cancel. The remaining balance after your trip deposit will be \$1,550 and is 100% refundable before June 30th; 50% refundable before August 16th; 0% refundable after August 16th, 2025. Please make checks or money orders to Mick Stemborski at the given address. The only guarantee for full or partial reimbursement, due to trip cancelation for any reason, is purchasing your own traveler's insurance policy. This is not required but certainly suggested. If you are choosing to include the Ausangate Trek, your total payment will be \$4,450.

### **Travel Insurance**

Travel Insurance policies vary depending on the price of the trip, and the tier level of services you want, from basic, to premier. Any policy you review will offer some form of emergency



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medical reimbursement, emergency evacuation reimbursement, lost luggage reimbursement, trip interruption stipends, and trip refunds for various pre-approved reasons depending on the tier. Only the highest tier and most expensive policies will offer a 100% cancellation refund for any reason.

Every travel insurance website will ask the same basic questions; destination(s), travel dates, and age. These answers are set according to our itinerary. Next, they will ask how much your trip costs. This is the amount they will use to determine what percentage of trip refund you want to collect should you cancel the trip (for the pre-approved reasons). You do not have to list the actual price of the trip. You can start as low as \$50 trip cost, which allows you to receive medical coverage and other benefits for the lowest cost without any type of refund for cancellation. In the case of our trip, you can put the actual trip amount to sure higher refund amounts and reimbursement rates. Once you have entered this information, you will get multiple quotes for various tiers of insurance.

Any emergency medical cost you accrue abroad needs to be paid out-of-pocket before you leave the medical provider's facility. This is why a credit card is essential for travel emergencies. When you return home, you submit a claim for your medical and emergency bills to the travel insurance claims department. Reading the fine print of any insurance policy will inform the holder of what services are covered.

### **Traveling Abroad**

It is a timely and tedious excursion traveling from the USA to Cusco but once you arrive, it will all be worth it. Each participant will need a passport, but not a Visa. The law does not require vaccinations, but those decisions are better to be consulted with your family's physician. Most people living in the United States have already been immunized against various diseases found in Peru. Booster shots against tetanus, measles, hepatitis A, typhoid fever, and polio are common recommendations. "Traveler's Flu" and diarrhea are common occurrences with any foreign travel. Antibiotics can greatly improve a possibly miserable situation (like a bus ride). We strongly recommend having your physician prescribe an antibiotic to help. The prescriptions need to be filled-in the United States prior to departure.

### **Lodging**

The group will be staying in hotels during the trip. Throughout the program, the group will have full access to The Peru Alive traditional hacienda, located in Urubamba, 72 km outside of Cusco. This will be our "home-base" for many meals, group activities, and cultural lectures. This home allows the group to immerse themselves in the Quechuan culture. There is a community kitchen, gathering area, safe storage, and bathrooms. It is a pleasant and convenient hub for exploring the Sacred Valley. Just adjacent to our home-base is a comfortable hotel for



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participants to sleep, shower, and rejuvenate between tours and activities. Upon request, all participants are welcome to stay in the actual home with our host family members, if they wish to have a full cultural immersion experience. In Urubamba, there are restaurants, Wi-Fi hotspots, a hospital, 24-hour pharmacies, bus transportation, and international phones. The group will take advantage of fresh daily markets, cooking many of the meals with local produce, jungle fruits and Quechuan foods. The town is known to be safe for foreign travelers while still possessing a rural, traditional feel. All lodging is based on double and triple occupancy rooms. **Single hotel occupancy requests will require an additional \$250 fee.**

### **Traveling in the Andes**

There are walking tours, bus transports, and train rides that access high-elevation mountain regions. These trips provide views of glaciers, lakes, wildlife, condors, mountain scenery and remote villages. In addition, Cusco rests above 10,000 feet elevation. Our licensed guides, who navigate these areas year-round, will make all preparations and take precautions to minimize high altitude effects in these regions. Oxygen and emergency medication will always accompany the group. Altitude acclimation tips and techniques will be provided, most importantly the value of adequate hydration. All day-tours will require a moderate level of walking (3-4 hours) with multiple steps and stairs. There will be no trekking or camping involved on the Sacred Valley Tour. There will always be times to rest, hydrate, and eat during the tours. If anyone is feeling sick or fatigued, Peru Alive will plan to safely assist each participant through the itinerary or escort back to their lodging. April to October is dry season, with clear skies. Daytime temperatures can be pleasant (60-70s). Nights and mornings can get cold, just above freezing temperatures. A gear list will follow. Rain showers are possible, especially at Macho Picchu. There are certain disabilities and medical conditions that would make Peru an unsafe travel destination. Please complete the application packet accurately and discuss any physical or mental concerns directly with Mick Stemborski. Peru Alive reserves the right to refuse services to any applicant who presents medical or mental issues that would deem this program unsafe or inappropriate to the individual or group.

### **Visiting Machu Picchu**

Not commonly known, Machu Picchu is in the cloud forest niche called the Ceja de Selva ("Crest of the Jungle"). This high jungle region is home to both species from the mountains above and the jungle below. The orchid, butterfly and hummingbird species living in this area are unique and heavily populated around Machu Picchu. Participants will travel by train to the town of Aguas Caliente and lodge in a hotel. The Machu Picchu ruins are located atop a mountain that shares the same name. This is a full-day tour, involving climbing and descending stairs for most of the day. Rain or shine, the group needs to prepare for any weather.



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### **Non-Alcohol Policy**

Due to the spiritual nature of the program, cultural sensitivity, and risks of altitude sickness, and spiritual experiences, alcohol and other substance-use is not allowed. This has caused multiple problems in the past and never seems to enhance the experience our travelers are seeking.

### **Additional Costs Not Included**

Additional costs NOT included in the program are bottled water, personal gear expenses, gifts and souvenirs, personal snacks, any medical or emergency needs, Covid -Medical Action Plan expenses, traveler's insurance, tips for Peru Alive guides and staff, hotel upgrades, single lodging occupancy, and certain meals. The following meals are not covered in program: 2 dinners in Cusco, 2 dinners in Aguas Caliente, 1 lunch in Písaq and Cusco. Food is very affordable in Peru and these meals allow participants to get some free-time and explore on their own.

### **How to Apply**

**Step 1:** Once you receive the application packet, please complete and sign with all the information requested. We can email an application, or you can find it at [www.peru-alive.com](http://www.peru-alive.com). Enrollment is now open and there are limited seats. All information provided is kept in privacy and is relevant to your safety and well-being while traveling abroad. You can submit your application along with a check or money order to Mick Stemborski, in the amount of \$2,950 per person (add \$250 for single occupancy) by USPS Mail. You can also opt to pay by PayPal (ask for directions). The application can also be submitted electronically by e-mail, even text. Payment in full is required to hold your reservation. The Sacred Valley Trip and Ausangate Trek will be \$4,450.

**Mick Stemborski, 916 ½ Toole Ave, Missoula, MT. 59802**

**Step 2:** Flight information, updates, travel tips, gear list, and useful information will be distributed by e-mail to help prepare for the adventure. Group participants will be invited to an informal meet-and-greet sometime in August (TBA). This meeting is highly encouraged but NOT mandatory.

### **Trip Facilitator and Lead Guide**

**Mick Stemborski** discovered the wonders of Peru on a personal trip in 2002 where he met Wilbert Yucra while trekking through the Andes. Together, Mick and Wilbert have been developing this unique program that introduces various groups and students to the cultural wonders of the Peruvian people. He has the honor of working with multiple populations in outdoor, international, community and academic settings.





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**Wilbert Yucra Choqqucunsa** is a licensed Peruvian guide and a graduate of the University of Peru in Cusco. He speaks several languages, including Spanish, English and Quechua (Inca). He was raised in a small Quechua village rich with Inca traditions and beliefs. He has devoted his life to studying and sharing his heritage. He possesses a deep knowledge of the Peruvian countryside and its relationship with the people who live there.

### Final Thoughts

The program requires extensive traveling by plane, train, and van. The lighter the pack, the easier the traveling can be. Please, do not exceed the gear list recommendations unless you have special needs. If you require additional supplies or clothing, local merchants sell all goods at extremely low prices compared to the United States. A mild to moderate degree of physical activity is required to participate in the itinerary. Please, remember life is different outside the United States. The level of traveler's services, degree of modern infrastructure, time management and local cuisine may not be what Americans are accustomed to. This is all part of the "international experience." All program meals, transports and sleeping accommodations will be above adequate and reflect the cost of the program. Thank You.

Sept 16 Tues	<b>Destination to Lima</b> – <i>meals not included</i> Arrive in Lima after midnight, clear customs
17 Wed	<b>Lima to Cusco</b> – Cusco City Tour Depart Lima in early AM, check-in to hotel
18 Thurs	<b>Inca History and Culture</b> / Sacsayhuaman Ruins Walking tour of Cusco ruin sites – all day
19 Fri	<b>Pisac Market</b> Travel to Artesian Market
20 Sat	<b>Moray &amp; Salt Mine Tour</b> – Inca Ruins Inca agricultural experimentation ruin
21 Sun	<b>Urubamba - Aguas Caliente</b> Visit Ollantaytambo - Train to Aguas Caliente
22 Mon	<b>Machu Picchu Sanctuary</b> – Full-Day Ruins Tour Sunrise at ruins – hot springs in evening
23 Tues	<b>Aguas Caliente – Urubamba</b> Return to homestay by train. Start packing up
24 Wed	<b>Cusco – Last night in Peru</b> Free day in Cusco – closing dinner
25 Thurs	<b>Depart Cusco to Lima to USA</b> Airport meal not included
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25-30 Thurs	<b>Ausangate Trekking Add-On</b> requires min 3 people Additional 6 nights/7 days fully portered Includes full circuit and Rainbow Mt
Oct 1 Wed	<b>Depart Cusco to Lima to USA</b> Airport meal not included