



**MS Climb 2010**  
**Machu Picchu – PERU**  
14 days/13 nights  
9 – 22 October 2010

**Day 1 Saturday 9 October**

**Canada to Peru**

Depart Toronto, arrive same day in Lima. Meet your tour leader in the airport in Lima and transfer to the hotel in Lima.

*Suggested flight: (not included in package)*

**14:00** Air Canada AC080 depart Toronto Pearson International (YYZ)

**20:55** Arrive in J. Chavez International Lima (LIM)

**Day 2 Sunday 10 October**

**Nasca**

Travel to Nasca today in a private bus. Our first stop will be the oasis of Huacachina approximately 3.5 hours from Lima where you can try your hand at sand-boarding. Have lunch here before continuing another 3 hours to Nasca.

(Breakfast)

**Day 3 Monday 11 October**

**Lima**

Today we take a 40 minute flight over the mysterious Nasca Lines, visit a traditional potter's studio and check out some mummies in a pre-Inca cemetery before returning by private bus to Lima.

(Breakfast)

**Day 4 Tuesday 12 October**

**Puno**

We will have a morning transfer to the airport in Lima for our two hour flight to Juliaca. From there we have an hour of travel to Puno, the folkloric capital of Peru. Today is our first day at altitude and we need to take things slowly, drink lots of water and be wary of the sun.

(Breakfast)

**Day 5 Wednesday 13 October**

**Lake Titicaca**

Enjoy a guided tour of Lake Titicaca and experience the culture by spending a night at a home-stay with a typical family. Our trip to the island will take approximately 3.5 hours in which we can enjoy some sun, learn about the lore of the land and be introduced to the Altiplano.

On the way back to Puno the following day we will get the chance to visit the floating islands of Uros which although no longer very traditional are still an experience not to be missed. We will return in the early afternoon and travel by bus to Cusco approximately 7 hours away but not before the chance to grab a quick shower.

(2 Breakfasts, 1 Lunch and 1 Dinner)

Registration contact:

Brian Lim at the MS Society

Brian.Lim@mssociety.ca



**Day 6 Thursday 14 October**

**Cusco**

Today is a free day to explore Cusco, get acclimatized to the altitude (although Cusco is lower than Puno) and appreciate all the city has to offer from museums and archeological sites to handicraft stores and delicious restaurants.

(Breakfast)

**Day 7 – 10 Friday 15 through Monday 18 October**

**Inca Trail / Ollantaytambo**

Hike the legendary Inca Trail accompanied by a professional guide. From the heights of Dead Woman's Pass to the beginnings of the rainforest and everything in between this hike not only appeals to the archeologist in us but to the nature lover as well. On the morning of October 18th we will arrive at Machu Picchu to receive our two hour guided tour and will later take a train back to Ollantaytambo where we will spend the evening.

(4 Breakfasts, 3 Lunches and 3 Dinners)

The distances walked each day are determined by the National Institute of Culture but generally vary from 5 to 8 hours per day for the first three days and half of that on the fourth day. Your Inca Trail guide will give you a briefing the day before you start the trek and will provide you with more detail at that time.

**Day 11 Tuesday 19 October**

**Sacred Valley / Cusco**

With all of our new-found knowledge about the Inca culture and their architecture we will make our way back to Cusco via the Sacred Valley of the Inca Empire. Our first stop will be the ruins of Ollantaytambo followed by a visit to the town of Pisac where we will stop for lunch. From here it is an hour back into town. Once we are in Cusco we can have a relaxed celebratory dinner and maybe a little bit of dancing.

(Breakfast)

**Day 12 Wednesday 20 October**

**Cusco**

Today is a free day to do some laundry and perhaps to enjoy one of the many massages that are on offer in Cusco. There are many options and your tour leader can help you to arrange them.

(Breakfast)

**Day 13 Thursday 21 October**

**Lima**

Today we take an hour-long flight back to Lima at mid-day. The evening is free at leisure as your flight departs Lima after midnight tonight.

Your leader can help you to arrange a city-tour by night if desired or you might want to hop in a taxi back into town for one last Peruvian delicacy or some last minute shopping. It's up to you.

(Breakfast)

**Day 14 Friday 22 October**

**Departure**

Flight back to Toronto

*Suggested flight: (not included in package)*

**01:10** Air Canada AC081 depart J. Chavez International Lima (LIM)

\*Note this flight is early Friday morning – next day

**10:05** Arrive in Toronto Pearson International (YYZ)

Registration contact:

Brian Lim at the MS Society

Brian.Lim@mssociety.ca



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**What's included:**

- 12 day guided tour of Peru including
  - Tour leader
  - Accommodations (breakfasts in some locations)
  - Domestic travel
  - Some guided site seeing
- 4 day guided tour on the Inca Trail
  - Permit
  - Meals
  - Guides
  - Porters
  - Tents during the 4 day climb
- Personalized fund-raising webpage
- Fund-raising support
- MS Climb travel booklet
- Latin American phrase booklet

**Climbers Expenses:**

- Items not explicitly specified in the inclusion list
- Flights to and from Toronto if originating from elsewhere
- International return flight from Toronto to Lima
- Meals not on the Inca Trail (approx US\$20/day)
- Miscellaneous expenses (approx US\$20/day)
- Rental of Sleeping Bag and Sleeping Mat
- All medical shots and other preventative medication (ie altitude medicine)
- Travel/Health Insurance (climbers MUST have travel insurance to participate – recommended purchase of Deluxe Travel Insurance Package including Trip Cancellation & Interruption Insurance and Medical Coverage in case of medical injury, family emergency, etc.)
- Tips (Tour Leader, Inca Trail Guide, Porters, etc)



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**FUND-RAISING**

**Registration Fee:** \$500 (non-refundable, non-transferrable fee - no tax receipt will be provided)  
Upon completion of the total fund-raising target, \$250 of the registration will be credited back to you.

**Funds to Raise:** \$7500

**Minimum to raise:** \$5625 in order to be eligible to purchase the trip on your own.  
If unable to raise the minimum, all funds raised will go directly to the MS Society and you will be unable to participate in the Climb.

**Date to complete fund-raising:** September 1, 2010

**Cancellation policy:** Details provided in MS Climb Participant Agreement

**Travel insurance:** required including cancellation and medical insurance (in case of medical injury, family emergency, etc.)

Refer to "**MS Climb Participant Agreement**" and "**Tour Operator Terms & Conditions**" for further details.