



GAP ADVENTURE: PERU (6 WEEKS)

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Explore the distinctive regions of Peru: from the Pacific Coast to the Amazon Rainforest and on to the Andes Mountains. Discover each diverse environment while learning how both ancient and modern civilizations have adapted to survive there.

Learn about ancient civilizations and the profound connection that indigenous groups have with nature. From conservation efforts in the Amazon Rainforest, to Inca architectural wonders that blend into mountain sides, you'll discover how communities have uniquely adapted to each environment.

You'll push your limits with adventure activities and hikes through desert, rainforest, mountains, and valleys.

Stay at homestays to learn history and culture first-hand. Gain conservation, navigation, archaeological, and traditional skills from scientists, expedition leaders, professors, and indigenous community members.

Every adventure will teach a lesson and help you grow as a global citizen. Unleash your inner explorer and conquer your comfort zone!

Week 1 PACIFIC COAST

- Explore Peru's coastal capital, Lima
- See penguins and sea lions on boat tours
- Sandboard dunes at a desert oasis
- Join Spanish language lessons
- Uncover the mystery of the Nazca Lines

DAYS 1-2 | LIMA

Kick off this once-in-a-lifetime trip with a tour of Peru's capital city, Lima. Join a cultural orientation during which you'll get to know your fellow travellers and learn Spanish.

DAYS 3-4 | PARACAS

The adventure really begins as you head South to Paracas! Take a boat trip to explore Isla Ballestas. Spot large sea lion colonies, Humboldt penguins, and thousands of seabirds such as pelicans, boobies, and cormorants. Marvel at unique rock formations from the boat before exploring the Paracas National Reserve by land.

DAYS 5-7 | NAZCA LINES & HUACACHINA OASIS

Continue south to see the Nazca lines: mysterious ancient geoglyphs etched into the desert. Learn from experts and visit the local museum to understand what is known about pre-Columbian culture in the region.

Take a bus north to the Huacachina Oasis. Explore the rolling sand dunes and Continue your thrill-seeking with sandboarding, before taking time to relax by the lagoon and swaying palm trees of the oasis.





Week 2

AMAZON RAINFOREST

- Live deep within the rainforest
- Learn conservation skills from biologists
- Join night walks through the rainforest
- Rehabilitate injured and orphaned wildlife
- Support research and survey work

DAYS 8-9 | LIMA

Return to Lima for some free time to explore everything it has to offer.

DAYS 10-16 | TARICAYA

The group fly from Lima to Puerto Maldonado, the gateway to the Amazon. Take a two hour boat ride deep inside the Amazon Rainforest to find your home for the next week.

You'll live surrounded by nature at an ecological reserve within Manu Biosphere - the largest ecological reserve in the world, and one of the most biologically diverse. Experienced conservationists will teach you how to conduct wildlife surveys and collect vital data.

Climb the tallest canopy walkway in South America to get a birds eye view of the forest. Learn about nocturnal wildlife during night walks through the forest. Set mist traps, camera traps and understand the process of recording and analyzing scientific data. You'll learn about different plants and animals, as well preparing food and feeding animals that are being rehabilitated for release back into the wild.

Week 3

AMAZON TO CUSCO

- Explore the former Inca capital, Cusco
- Engage in Cultural Awareness workshops
- Learn about Andean cuisine through cooking classes
- Support reforestation work
- Join Spanish language lessons

DAYS 17-19 | EXPLORING CUSCO

Enjoy your final few days in the Amazon Rainforest before flying to Cusco. The city sits atop an Andean peak, once the capital of the Inca Empire. Relax in comfort with private bedrooms at our Cusco 'homestay' guesthouse. You'll have a free day to rest and acclimatize to the altitude of the city.

Explore cathedrals, plazas, and markets with your guides. You'll visit the Qoricancha Museum (the most important temple of the Inca Empire) for an introduction to Inca history and culture.

DAYS 20-21 | COMMUNITY WORK

Make a positive impact and support local community leaders with reforestation efforts in the mountains surrounding Cusco. You'll help to protect the natural landscape and maintain habitats for wildlife.

Get a taste for Peruvian cuisine with a cooking class and learn to interact better with locals through multiple Spanish lessons.





Week 4

ANDES VALLEYS

- Go white water rafting down the Urubamba river
- Visit Ollantaytambo Ruins
- Acclimatise with a days hike to Pumamarca
- Learn to salsa dance

DAYS 22-24 | URUBAMBA

This week takes you into the Andes Mountains where you will explore various Inca archaeological sites. Visit Salineras salt mines, Moray terrace, and the stronghold of Ollantaytambo where the Inca Resistance held off against Spanish Conquistadors in the 16th century.

Hike for a full day along an ancient Inca trail past terraces and canals to Pumamarca Ruins. This hillside fortress once guarded the entrance to the Sacred Valley and offers breathtaking views, far from the crowds and tourists in the valley below. This hike will help you to acclimatize to the altitude and provides practice before tougher hikes to come.

DAY 25 | WHITE WATER RAFTING

The thrill seekers of the group can join a day of white water rafting along the Urubamba River before heading back to Cusco.

DAYS 26-27 | CUSCO

Tour the ruins of Sacsayhuaman and Qenqo before joining a salsa dance class in the evening.

You'll then have a day of independence to relax or explore. Make use of your Cusco Tourist Ticket which gives you access to many different attractions in and around the city.

Week 5

SACRED VALLEY

- Support important archaeology work
- Hike to Rainbow Mountain
- Live with and learn from indigenous families
- Join chocolate and coffee making workshops

DAYS 28-30 | ARCHAEOLOGY

Learn cleaning, categorizing, and recording techniques from experts based in the Sacred Valley. Explore museum archives and active excavation sites.

DAY 31 | RAINBOW MOUNTAIN

Experience a once in a lifetime hike at Rainbow Mountain. Wonder at the colorful stripes covering the mountain slopes. You'll reach an elevation of over 5,000 metres and become better prepared for your upcoming trek.

DAYS 32-36 | RURAL HOMESTAYS

The rest of the week will be spent living at homestays with two rural communities in the Andes. Join daily workshops to learn traditional textile, agriculture, cooking and building techniques. Connect with Quechua communities and experience their ancient traditions. Learn to make chocolate and coffee from scratch. Pick medicinal plants with women from the community and learn about ancestral medicines at the 'hanpina wasi' (medicine house). Join a 'payment to mother earth' ceremony to see how this community appreciates and respects the natural world.

Explore ancient Inca trails to find waterfalls and a hummingbird sanctuary. You'll learn about ancestral tools, natural dyes, Andean garments, traditional farming techniques and local grains such as quinoa. You'll get to see alpaca and llamas and the different uses of their wool.





Week 6

SALKANTAY TREK

- Complete the Salkantay Trek
- Visit Machu Picchu
- Gain navigation and hiking skills

DAYS 37-40 | FOUR DAY TREK

Put on your hiking boots and set off on a five-day trek through the Salkantay pass — passing glaciers and snow-capped mountains. This is one of the best trekking routes in the world, and by this point in your adventure, the group will be well acclimatized to the altitude. Hike past breathtaking mountain scenery, the crystal clear Humantay Lake, mysterious cloud forests and the wonder of Machu Picchu at the edge of the Peruvian jungle.

Experienced trek leaders will accompany the group and ensure a safe and comfortable trek. They will teach you about the history and nature of the region, and hone your trekking skills.

DAY 41 | MACHU PICCHU

Follow Inca trails to finally reach the world famous Machu Picchu, perched 2,430 metres (8,000 feet) above sea level in the middle of a tropical mountain forest. Your guide will take you through the vast historic site and teach you about the sophisticated design and management of the Inca citadel.

Join a final dinner together as a group in Cusco.

DAY 42 | DEPARTURE

The group leaders will take you to the airport for your onward travel from Cusco.

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WHAT'S INCLUDED?

- All activities and tours highlighted in the schedule
- Three meals per day and drinking water
- Accommodation - a mix of homestays, hostels, hotels, and lodges
- All transport in Peru - a mix of public and private coaches, internal flights, and boat rides
- Airport pickup and drop-off
- A minimum of two Program Leaders with the group throughout the journey
- Cusco Tourist Ticket
- Visa support and advice

PROGRAM DESIGN

Five Gap Components provide the focus for the development of this program. They ensure the perfect blend of adrenaline, exploration and meaningful travel:

- Adventure
- Community
- Exploration
- People & Planet
- Transformation

We pride ourselves on our ability to deliver authentic, unforgettable experiences - with safety, support and the freedom to explore.

HOW DO I BOOK?

Contact us to discuss dates and secure your place, or ask any questions: info@projects-abroad.org

