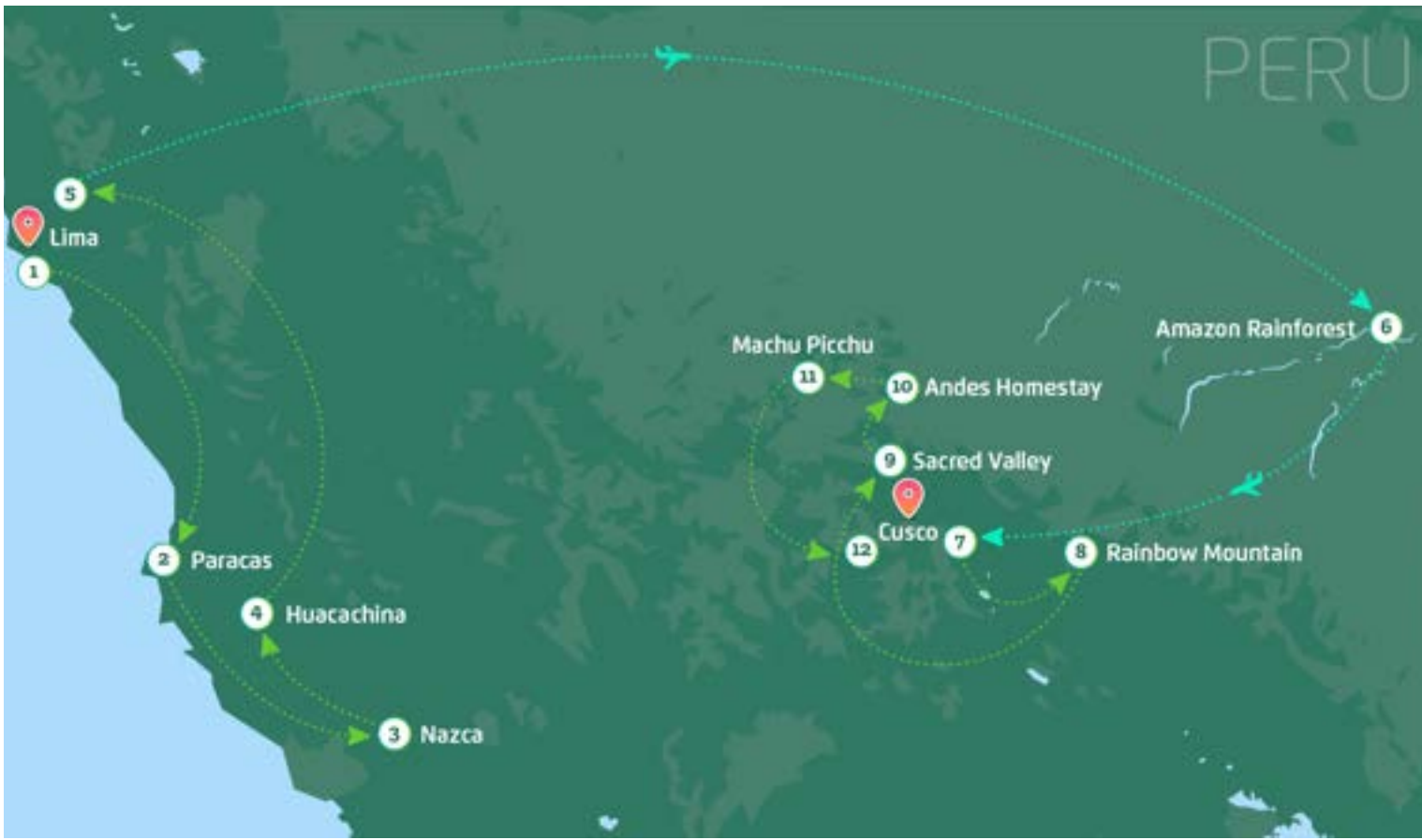




GAP ADVENTURE: PERU (4 WEEKS)

ProjectsAbroad





GAP ADVENTURE: PERU | 4 WEEKS

Explore distinctive regions of Peru: from the Pacific Coast to the Amazon Rainforest and Andes Mountains. Discover them individually while learning how ancient and modern people have adapted to survive.

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.

Push your limits with adventure activities and hikes through desert, rainforest, mountains, and valleys. Stay in 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 you something and help you grow as a global citizen.

Unleash your inner explorer and conquer your comfort zone!

Week 1 COASTAL WONDERS

- 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 your 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

Your adventure really begins as you journey south to Paracas. Take a boat trip to explore Isla Ballestas. Spot 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 inside the Amazon Rainforest
- Learn conservation skills from biologists
- Join night walks through the rainforest
- Rehabilitate injured and orphaned wildlife
- Support research and survey work

DAY 8 | LIMA

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

DAYS 9-14 | 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 analysing 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

SACRED VALLEY

- Explore the former Inca capital, Cusco
- Hike to Rainbow Mountain
- Support important archaeology work
- Support community reforestation work
- Join Spanish language lessons

DAYS 15-16 | EXPLORING CUSCO

Fly to Cusco. This city sits in the Andes mountain range and was once the capital of the Inca Empire. Relax in comfort with private bedrooms at our Cusco 'homestay' guesthouse.

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. Get hands on with a Peruvian cooking class.

DAY 17 | COMMUNITY WORK

Make a positive impact and support local community leaders with reforestation efforts in the mountains around Cusco. You'll help to protect the natural landscape and maintain habitats for wildlife. Learn to interact better with locals after a Spanish lesson.

DAYS 18-19 | ARCHAEOLOGY

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

DAY 20 | RAINBOW MOUNTAIN

Experience a once in a lifetime hike to Rainbow Mountain. Marvel at the colourful stripes covering the mountain slopes. You'll reach an elevation of over 5,000m (16,000ft) during this unforgettable day trip.





Week 4

INDIGENOUS COMMUNITIES

- Visit Machu Picchu
- Visit Ollantaytambo Ruins
- Live with and learn from indigenous families
- Join chocolate and coffee making workshops

DAYS 21-22 | URUBAMBA

Explore various Inca archaeological sites in the Sacred Valley region. Visit Salineras salt mines, Moray terrace, and the stronghold of Ollantaytambo where the Inca Resistance held off invading Spanish Conquistadors in the 16th century.

DAYS 23-26 | RURAL HOMESTAYS

Stay with a rural community in the Andes. Connect with Quechua communities and experience their ancient traditions. Join daily workshops to learn traditional textile, agriculture, cooking, and building techniques. Discover how to make chocolate and coffee from scratch. You'll learn about ancestral tools, natural dyes, Andean garments, traditional farming techniques, and local grains such as quinoa. Discover different uses for alpaca and llama wool. 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. Have an afternoon to explore Cusco independently too.

DAY 27 | MACHU PICCHU

Follow Inca trails to finally reach the world famous Machu Picchu, perched 2,430m (8,000ft) 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.

DAY 28 | DEPARTURE

You'll be taken 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
- 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

