

Amazon-Andes

Destination Information Pack

2009

Aims and Objectives:

The aims and objectives of Trekforce's Amazon-Andes Expedition is simple: explore South America and have a great time in the process. We strive to ensure that each day is met with another great activity or challenge. If you like the outdoors, enjoy the solitude and tranquillity of a remote destination and are a fun-loving individual, then look no further. Because our trip to the Amazon-Andes region is so condensed, each day is packed with adventure. Weave through the Amazon rainforest, traverse through the Andes mountains, behold the sights of the Machu Picchu, discover the Mayan culture and bask in the wonders of South America.



Basic Itinerary:

- **Day 1** - Arrive Quito. Receive Safety Briefing. Overnight Quito.
- **Day 2** - Orientation briefing and city tour middle of the world. Overnight Quito
- **Day 3** – Depart Amazon commence Jungle Training at Biological Research Centre. Local guides assisting
- **Day 4** – Jungle Training Day 2
- **Day 5** – Jungle Training Day 3
- **Day 6** – Jungle Training Day 4 with ½ day Trek and 'night out' in Jungle sleeping in hammocks etc.
- **Day 7** – Depart Jungle Training and trek to rafting location
- **Day 8** – Depart Quito. Fly to Lima (1 Way).
- **Day 9** – Bus to Cuzco
- **Day 10** – Depart Machu Picchu Trek with Independent Guide
- **Day 11** – Machu Picchu Trek
- **Day 12** – Machu Picchu Trek
- **Day 13** – Machu Picchu Trek
- **Day 14** – Complete Machu Picchu Trek.

Expedition ends in Cuzco

What sights am I likely to see?

You will be seeing some truly wondrous sights during your time there. So many in fact that it would take a whole ream of paper to describe. How does one start to sum up the Amazon rainforest? Or the Andes mountain ranges? The sheer luminosity waiting to be seen is astounding. Within South America's love and squalor lies a captivating heart that is certain to capture yours.



Where will I be living?

Living conditions vary greatly depending on where you are on the expedition. For example, during the trek, you will be sleeping in hammocks or tents. However, with the homestay portions, that will be in a local house. For the initial jungle training, there is a simple base camp that will be your temporary home. Sanitation is always a priority but you will naturally get your hands dirty.

Food:

Food will be basic expedition food and is designed to support the strenuous activities of the trek. For the homestay element, the food is cooked by your homestay family so will be an authentic meal.

History and Country Facts:

The Amazon represents over half the world's rainforest! There are over 4000 plant species, 400 mammals and 400 amphibians confirmed there. Along with the diverse flora and fauna, there has been a long history in Ecuador and Peru. Ecuador is one of only two countries that does not border with Brazil. Ecuador has 24 provinces and has substantial fuel resources. Ecuador was historically an Incan empire but in 1531 the Spanish conquistadors invaded and ruled for the next 300 years. The following year, the conquistadors travelled south into the Inca stronghold of Peru and conquered that as well. In 1941, these two countries had a bitter dispute over Amazon land rights. However, much of this animosity has dwindled. In the 1970s, like many countries throughout South America, both Ecuador and Peru underwent coup d'etat's which overthrew the establishment and created radical reforms. Both countries have now returned to more democratic platforms and have seen relative success over recent years.

Population – 14,000,000 (estimate for Ecuador), 28,000,000 (estimate for Peru)

Geography – 250,000km² (estimate for Ecuador), 1,300,000km² (estimate for Peru)

Weather – Generally hot but the mountain weather can be very chilly.

Language – Both countries speak Spanish as their primary language.

Currency and finances:

The official currency in Ecuador is the US Dollar (USD) and In Peru is the Nuevo Sol (PEN, which translates as New Sun). Trekforce suggests taking some cash with you for any items you may wish to buy on the ground (such as gifts, market produce or alcohol). All the major cities have ATMs so a credit card can come in handy. You can change your currency when you move from 1 country to another.



Demographics:

Our expeditions are open to all nationalities. It is strongly recommended that all participants contact their visa offices/embassies to see what the visa requirements are for their specific country. For the non-teaching expeditions, a basic tourist visa will suffice and can be received on arrival.

The minimum age is 17 and there is no maximum. Our expeditions attract people from diverse backgrounds and from all different ages. Many of the applicants are gap year students or career break participants looking to get away for a while but we welcome anyone who wants to do something exciting.