



# SACREDRIDES

MOUNTAIN BIKE HOLIDAYS

(formerly Fernie Fat-Tire Adventures)



## INCA ADVENTURE FREERIDE HOLIDAY

10 days of freeride action in the Andes!

1-888-423-7849 [www.sacredrides.com](http://www.sacredrides.com) [ride@sacredrides.com](mailto:ride@sacredrides.com)

**Introduction**

The Andes, **the world's longest mountain range**, are one of the world's **premier undiscovered mountain bike destinations**; These mountains offer incredible destinations for long downhill where you can ride from altitudes of over 10,000 ft all the way to the Pacific Ocean. In addition to this incredible geography, Peru has an incredible cultural heritage centred around the ancient Inca culture. It's estimated that the Incas built **over 50,000 km of trails** over the span of the empire, many of which are perfect for mountain bikes!



On this trip we'll ride through remote villages where Quechua is still the main language spoken. We'll visit spectacular Inca sites in the center of the Inca Empire and discover the way they lived hundreds of years ago. And we'll ride some epic singletrack while doing it.

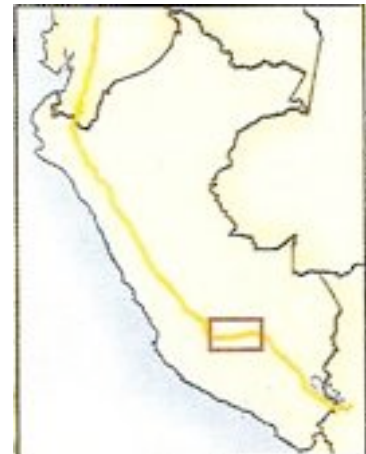
To develop this tour we have worked with our local partners to discover trails that were used in the past by local communities. On this tour we have huge rides almost every day with more than 3,000 meters (10,000 ft.) of vertical descent per ride!

**Highlights**

- Individual downhills of more than 3,000 meters (10,000 ft.) vertical descent and accumulated descents of more than 18,850 meters (61,844 ft.).
- Downhill on ancient Inca Trails more than 500 years old.
- Impressive landscapes with big valleys, glaciers and deep canyons.
- Small groups and professional quality guides that will give you personalized attention and help you improve your mountain bike skills.
- Main locations: Santo Domingo de los Olleros, Villa Quipan, Marcahuasi stone forest, Cusco city, Sacred Valley, Chinchero, Moray, Maras salt mines, Ollantaytambo, Machu Picchu, Calca, Pisac and much more!

**RESPONSIBLE RIDING**

- We use 2 local guides on this trip, paid North American wages.
- Our transport providers are Pablo from Lima and Joselo from Cusco.
- We use locally-owned hotels and restaurants.
- 2% of the cost of your tour will go toward development projects in the communities where we ride
- Our non-profit organization, Bikes Without Borders, brings used bikes to many of the communities where we ride.



**Ride Guide:** 100% off-road, featuring challenging, singletrack downhills and shuttles on doubletrack and roads. Technical (sometimes very technical!) DH singletrack with rocky terrain, some exposure and many terrain features passing over different ecosystems. Suited to experienced bikers with solid bike-handling skills. 2 local guides are included. The support vehicle cannot always follow the bikes. Average 35 km/day. N.B. we will be riding at altitude (8,000 – 14,000 ft/2,500m – 4,000m). We will have 2 days of acclimatizing in Lima at the beginning of the trip.

**Difficulty rating: 4/5** - strong bike handling skills necessary

**Your Guides:**

- Wayo Stein, Lima legend and one of Peru's top downhillers.
- Russo Covarrubias, Quechua-speaking Cusco local and Peruvian XC champion.

**Your drivers:** Pablo Marino (Lima) & Joselo Figueroa (Cusco).

**Itinerary**

**Day 1. Arrive Lima**

Your guide will meet you at Lima Airport (please notify us of your flight arrival time and flight # in advance). From there we will take you to our hotel in Miraflores. If you have time, feel free to explore Lima's beaches and history. Get a good night's sleep as we will have breakfast at 7:30 a.m. **n.b. we offer airport pickup on day 1. If you wish to arrive earlier, we can arrange a shuttle to your hotel. The cost is \$10-\$15 US/per person. Additional days of guided riding around Lima can be purchased at \$100 Cdn/day/person. Additional nights at our hotel are \$35 Cdn/p.p./night (double occupancy).**

**Day 2. Olleros**

We will start our tour with this amazing downhill trail that was one of the first big downhills in the Andes to be discovered by local people. Santo Domingo de los Olleros, or simply Olleros, is located 230 Km. east of Lima on the Lurin Valley at an altitude of 3,250 masl (10,683 ft.). This is a full day tour to one of the most recognized downhill & free ride trails for MTB in Peru with more than 20 Km. of pure downhill singletrack. This trail ends on the

beach, where it's possible to take a refreshing swim and eat ceviche by the Pacific Ocean.



**Day 3. Marcahuasi Stone Forest Plateau**

Marcahuasi is a mountain top plateau located on the Santa Eulalia Valley at an altitude of 4,000 masl (13,123 ft.) and 150 Km. east of Lima. It takes approximately three hours to reach the town of San Pedro de Casta (3,150 masl / 10,355 ft.).

This place is special for many reasons: on top of the mountain is a beautiful stone forest with lots of zoomorphic and anthropomorphic figures carved on the rocks; the place is considered a point where you can make contact with other worlds (UFO's);

and it is a place where shamans and “curanderos” make their rituals.

The trail is one of the most demanding trails in the Andes near Lima. Our first stop is the town of San Pedro de Casta, where we will start with two-hour horseback ride to the Marcahuasi plateau. We will visit pre-Inca graves, the fortress, the lake and all the rock formations at the top of the mountain and we are going to take a snack before we start with the downhill trail. After our visit at Marcahuasi, we will start a demanding downhill ride that will take us down to the town of Huinco at the Santa Eulalia Valley. This trail has a vertical descent of almost 3,000 meters (9,842 ft.) that will take us three to four hours to complete all the downhill. We plan to return to Lima approximately at 6:00 pm.



**Day 4. Transfer to Cusco, Saphi & Yuncaypata DHs**

After these three intensive days of downhill, we will be transferred early in the morning to the airport and take a direct flight to the city of Cuzco located at 3,350 masl (10,991 ft.). The flight (included

in our price) takes approximately one hour. The rest of the morning will be free to get established at our hotel, and rest for our afternoon downhill tour. It is possible to do a city tour in Cusco where you can visit the most important churches and Inca sites. In the afternoon, after a light lunch at a nice restaurant, we will be transferred to the start of our first downhill in Cusco on the village of Salkantay at an altitude of 4,100 masl (13,478 ft.). We will cross impressive landscapes, reaching the Inca site of Saqsayhuaman and then we will be transferred to our second part of the downhill at Yuncaypata. We will finally reach the city of Cusco riding on a very nice Inca trail with Inca ruins all over the hill.

**Day 5. Chinchero & Moray/Maras downhill.**

We will be transferred early in the morning to the town of Chinchero at 3,750 masl (12,327 ft.). At the beginning we are going to cross the Inca site of Chinchero with its incredible stone architecture and infinite rock steps to then enter into a deep canyon that will take us directly to the Sacred Valley at the village of Urquillos (2,950 masl / 9,697 ft.). This is a one hour downhill with more than 750 meters of vertical descent. After we take lunch at a nice restaurant in the Sacred Valley, we will be transferred to the Inca site of Moray at an altitude of 3,650 masl (12,000 ft.) to start one of most famous mountain bike trails in Cusco. It's a one-hour downhill that crosses Inca sites and the salt mine terraces that were used by the Incas to obtain this special element used to cook meat, potatoes and other types of food. We are going to ride this trail twice, the second time from Maras, and finally we will be transferred to the town of Ollantaytambo where we will stay at a hotel 3 kms outside of town.



**Day 6. Megavalanche Downhill Course.**

This day we will ride the Megavalanche downhill course where top ranked racers like Steve Peat, Cedric Gracia and Brian Lopes have raced, challenging the mountain, the altitude and the weather conditions. We start with a one-and-a-half bus ride to the Mountain pass of Malaga at 4,350 masl (14,300 ft.) where we'll have great views of the glaciers like the Veronica Summit at more than 5,000 meters (16,500 ft.). The trail starts with a wide singletrack on top of the mountain and then it turns to a narrow trail with many obstacles like rock steps, jumps and close turns. It will take us approximately one hour to complete the trail until we reach the village of Tanja in the Sacred Valley at an altitude of 2,850 masl (9,370 ft.). In the afternoon we will ride from the town of Huilloc to the Inca site of Ollantaytambo, one of the most important Inca sites with a lot of history. The rest of the afternoon is to visit the Inca site of Ollantaytambo.

**Day 7 Machu Picchu (optional) or Huchuy Cusco ride**

This day we will visit the most impressive Inca site: The Lost Citadel of Machu Picchu, located at an average altitude of 2,450 masl (8,054 ft.). The tour starts with a train ride from Ollantaytambo to the town of Aguas Calientes. From there we take a private bus up to the Citadel. Machu Picchu (like most of the Quechua names of towns and different sites in the region) is a compound word that comes from Machu = old or ancient, and Picchu = peak or mountain; therefore, Machu Picchu is translated as "Old Mountain". The famous mountain that is seen in front, and appears in most of the classical views of the site is named Wayna Picchu (Young Mountain). We will have practically all the day to explore the citadel.

**N.B. the trip to Machu Picchu is not included in the tour price.** The cost to visit Machu Picchu is \$200 Cdn p.p., which includes train ride to Aguas Calientes, bus to Machu Picchu, admission and guide.

Those not interested in visiting Machu Picchu can do the excellent Huchuy Cusco ride instead.

**Day 8. Lares Inca Trail & Pisac Downhill Trail.**

We will be transferred early in the morning from our hotel in Ollantaytambo to the town of Calca at the Sacred Valley and then climb to the mountain pass of Lares located at 4,350 masl (14,300 ft.) where we will start another epic ride going through an impressive Inca trail that follows a narrow valley with big walls of granite. We'll pass one of the most impressive landscapes of the tour, crossing a deep canyon where it is only possible to make it walking or on our bikes. We will pass different terrains, from flat rocky surfaces on top of the mountain to fertile valleys at the middle and end of the trail. We will finally end this epic ride at the town of Calca on the Sacred Valley at an altitude of 2,900 masl (9,533 ft.). After lunch, we will be transferred with our bus to the town of Pisac to make another epic ride from the top of the mountains at an altitude above 4,000 masl (13,123 ft.). The rest of the afternoon will be to visit the Inca site of Pisac.



**Day 9. Yuncaypata downhill**

A quick drive will take us over 1,000 m above the town of Cusco to a local trail that is becoming a favourite with local mountain bikers. The trail features lots of dirt jumps and even sports a brand-new North-shore style gap jump! As we descend the trail impressive vistas of the town of Cusco provide an incredible backdrop to our ride. We'll have lunch at a hillside restaurant overlooking Cusco before heading back up for another ride. The trail ends with a thrilling ride along Inca staircases, right into the town of Cusco and our hotel.

**Day 10. End of Tour**

We have reached the last day of our amazing tour in Peru and its time to say goodbye to Cusco and its wonderful Inca Trails. Flights depart every hour during the morning and there are some afternoon flights too, making it possible to do some shopping in the Indian markets of Cusco or a morning ride in the Cusco area.

**n.b. we will offer free airport shuttle service all day on day 10. Your hotel in Cusco on day 10 is not included. If you wish to stay longer, we can book you extra nights at our hotel in Cusco for \$35 Cdn p.p./night (double accommodation). Your flight back to Lima is not included in the tour price, and can be booked online at [www.lan.com](http://www.lan.com). The cost is approximately \$99 US.**

**Important:** This day-to-day schedule should be taken only as a general guide. Although we update our itineraries every year, to take into account such things as: changes to biking routes and changes in the routing or availability of local transport, it is not possible to guarantee that any of our holidays will run exactly according to the proposed itinerary. A variety of factors, including adverse weather conditions and difficulties with transportation, can lead to enforced changes. The trip leader will make any changes that are necessary.

**Trip Details**

**Trip Difficulty**

The mountain biking on this trip is quite challenging, and not suitable for beginners or intermediate riders. The trails are rocky and sometimes steep, featuring many technical sections where solid bike handling skills are mandatory. Switchbacks are frequent, and some of the trails have exposure (i.e. there are dropoffs on one side of the trail). Many of the exposed sections are short and can be walked easily, however if you are not comfortable with technical, rocky trails, then this trip is not for you. **If you are looking for a challenging, unique mountain bike experience, then this trip is for you!**

**Joining arrangements and transfers**

**Airport pickup on day 1 is included in the tour price.** We will pick you up at Lima airport and take you to our hotel in Lima. Please advise us of your flight arrival time and flight # and we will meet you at the airport. **If you wish to arrive earlier, we can arrange a shuttle pickup for you at a cost of \$15 Cdn per person (can be booked online).** Extra days guided riding in Lima before the trip are \$120 Cdn/person/day. We can also arrange extra nights at our hotel in Lima for \$45 Cdn/person/day.

**Services included**

- Two experienced local mountain biking guides.
- Airport pickup and all land transport including support vehicles
- 9 nights accommodation in local hotels
- Breakfasts and lunches at quality restaurants.
- Admission to cultural sites.
- Airport transfers in Lima and Cusco

- Flight from Lima to Cusco

## Services not included

- Travel Insurance
- Tips for local staff
- Miscellaneous personal expenses - drinks, souvenirs etc..
- Dinners— budget \$5-\$10 Cdn per dinner.
- The Machu Picchu excursion is not included (\$200 Cdn for train ticket, bus ride and guide).
- International flight to and from Lima is not included.
- Flight from Cusco back to Lima (~\$99 US)
- Allow \$10-\$15 Cdn each way for baggage fees for flights within Peru.

## Spending money

You will need approximately \$80 Cdn to cover the meals not included, plus approx \$30 Cdn for bike fees for flights within Peru. If you intend to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect). By far the easiest way to obtain your travel cash is from ATM's using a credit card or a debit card linked to the international plus or cirrus system - remember you will need your PIN number to do this. If you are bringing your travel money with you, we recommend that you use travellers' cheques, which are easily exchanged in banks and bureaux de changes (usually commission free) and often attract better exchange rates than cash. US dollars, euros, and pounds Sterling are readily exchanged. Credit cards can be used to purchase goods and services in most shops, hotels and restaurants in Peru.

## Additional days and activities in Peru

We will incorporate 2 days of riding in Lima into the trip; however, if you expect problems with altitude, we recommend one or more additional days of riding in Lima, where we can drive to altitude and return to sea level in the afternoon. Additional days of guided riding are \$120 Cdn/day/person. Extra nights at our hotel in Miraflores are \$45 Cdn/person/night (double occupancy).

If you wish to stay in Cusco after the trip, we can book you extra nights at our hotel for \$35 Cdn/person/night (double occupancy). Extra guiding and hotels can be purchased directly on our website when you make your booking.

**Interested in extending your trip in Peru?** Contact our office and we can help you plan additional activities while in Peru, such as a visit to Arequipa or the Amazon. Our local partner is extremely knowledgeable about the recreation and cultural opportunities in Peru.

**N.B.: The deadline for booking extra trip activities, such as extra guiding, hotels, and the Machu Picchu excursion, is 2 weeks before trip departure. If you cannot meet this deadline, we cannot guarantee availability for any extra trip excursions.**

## Your Flight Home

Your flight back to Lima is not included in the tour price. We have left this open in case you wish to make additional holiday plans in the Cusco area after the tour. There are several flights/day from Cusco to Lima to catch your connecting flight home, starting at 6:00 am and ending at 3:30 pm. The flight is approximately 1 hour.

Your flight can be booked online at [www.lan.com](http://www.lan.com), and costs approximately \$99 US.

## Group leaders

The group will be accompanied by 2 experienced local mountain biking guides plus 2 local drivers.

## Equipment Checklist

- comfortable clothes for riding, such as biking jerseys and padded shorts. 3+ sets are ideal, 2 are a must.
- bike armour, such as leg and arm pads. Full-body armour is not necessary, but is definitely good to have!
- lightweight, weather-resistant outerwear for riding in inclement weather.
- warm clothing such as sweaters and fleece jackets and pants for nighttime.
- sturdy footwear for visiting sites on foot such as Machu Picchu
- towel
- sunglasses or some sort of eye protection for sunny and/or muddy days.
- helmet (mandatory) and some sort of hydration system
- toiletries i.e. toothbrush, shampoo, soap
- flashlight or headlamp
- sunglasses
- sunscreen and insect repellent
- extra tubes for your bike (these can be purchased as needed for \$6/tube).
- double-walled tires and DH tubes are recommended for minimizing flats.
- English-Spanish phrasebook or dictionary (we recommend Lonely Planet Latin American phrasebook)
- valid passport with at least 6 months until expiry, from date of entry into Peru.

## Bike Rental

At present there are no rental agencies in Lima that rent mountain bikes. Our partner in Peru has 2 quality DH bikes available for rental. Please call or e-mail for availability. Otherwise, we suggest either bringing your own bike or renting one in your hometown. If you absolutely need to rent a bike and cannot do so in your town, let us know and we will rent one in Canada for you. Call our office for more details.

## Your Bike

We recommend a high-quality all-mountain or freeride bike for this trip. There are a few short sections where pushing your bike will be required, and there are flat sections where a full downhill bike may be too heavy. **Front suspension is mandatory.** We cannot stress enough the importance of ensuring that your bike is in perfect working condition before you start this trip. You are depending on your bike to transport you throughout your holiday, across demanding terrain. **It is VITAL to ensure it is THOROUGHLY SERVICED to guarantee it is in good mechanical order before departure.** If you are not mechanically minded, get your local bicycle dealer to service it for you. For home mechanics, points to note particularly are:

- check rims and if they are worn (concave) or cracked/dented replace with new rims to avoid wheel failure.
- check wheels are true and spoke tension is tight.
- check and grease ALL bearings and (QR's) Quick release skewers.
- check / replace brake and gear cables.
- check disc / brake pads, mounts and cables.
- check (lube / threadlock and tighten) bolts (**especially suspension pivots and bottom brackets**).
- check chain, cassette and chain rings for wear.
- Have you got the right tires, inner tubes and **BIKE SPECIFIC SPARES**?
- bring at least one extra derailleur hanger with you.

On a trip like this there will definitely need to be repairs and adjustments en-route. There will be the opportunity to buy limited spares initially.

**Due to the rocky nature of the trails, we recommend double-walled tires and downhill tubes, to minimize puncture possibilities.**

## Travelling with your bike

**N.B. due to airline restrictions, hard-shell bike cases are not allowed on this trip. Please use either a soft-shell case or a cardboard bike box.**

We have many years experience of travelling with our bikes, and we have found that the best way to look after a bike on the flights is to partially dismantle it and put it into a cardboard bike box. This is the same type of cardboard box that all new bikes are packed in when they arrive at a cycle shop. All cycle shops have more of these cardboard boxes than they can easily get rid of and they are usually more than happy to give them away to local customers. For a small fee, the shop will often pack your bike in one of these boxes for you. To fit your bike into one of these boxes you will first need to remove your pedals, and take out your seat post. Then take off your handlebars, which you should tape (masking tape) under the down tube, you may need to release your front brake cable for this, be wary of crimping hydraulic cables if you have disc brakes. Finally deflate your tires and air shocks, take off your front wheel leaving the back wheel in place, and your bike should fit in the box. You will probably have to take the skewer out of the front wheel, and you should keep this in a padded bag with your pedals. If you use disks place a piece of cardboard between the pads to stop the pistons from popping out. It is important to use as small a cardboard box as possible to fit your bike into, as a tight fit will help to protect your bike. A small bike box also helps to overcome potential problems at airport check-in. As an added precaution you should also fit a plastic fork end protector. These come with new bikes, and most cycle shops will have a few lying around - which they will let you have. Also purchase some pipe lagging (expanded foam tubing) from a hardware store and tape it around the frame's tubes, shifters and back derailleur. You can also pack some of your clothing around the bike in plastic bags. Please be aware that taking your bike on a trip can entail its frequent loading onto support vehicles and while we will make all efforts to look after it, there is a good possibility of your bike being scratched. If you want to protect the paint work, you should consider keeping sections of the plastic pipe lagging taped onto your bike tubes throughout the trip especially for thin walled aluminium bikes like Cannondales / Ellsworth Truths etc.

At the start of the biking, we flatten all our bike boxes for easy storage. We will be using the same boxes for the return flights and you will need to take with you an extra roll of packing tape to put your box back together and seal it for the return journey. Another option is to use one of the latest padded bike bags, which are easier to handle than a cardboard bike box, especially if your journey involves public transport on the way to or from the airport. **DO NOT USE** a purpose-made rigid bike box, as these are expensive, heavy (which puts you over your baggage allowance) and also too bulky to be easily stored or transported on the group's support vehicle.

Please note that you will have to pay excess baggage fees for your bike for the flights within Peru. As such, it is best if you pack as little as possible in your bike box, and store as much as you can in your backpack/duffel bag/suitcase and carry-on luggage.

## Accommodation

During this trip we will spend 9 nights in local hotels. Our hotels in Lima, Cusco and Ollantaytambo are comfortable, clean and well-appointed and up to Western standards. Accommodation is on a shared basis, 2 to a room. If you would like a private room for the duration of the trip, the single supplement charge is \$350 Cdn and can be booked online when making your initial booking.

## Food

With the exception of dinner, all meals are included in the trip cost. Food in Peru is of a high standard and plentiful! Our breakfasts generally consist of tea and coffee, breads and buns, fruit salad, eggs, and toast and jam. Lunches are generally taken in local restaurants. Dinners are of an excellent standard in Lima, Cusco and Ollantaytambo and there is a wide variety of Western-style food. In

Andahuyalas and Huancarma, delicious local food, consisting of rice dishes, fish, and vegetables are available.

Please note that we take care to select restaurants that are clean and follow high standards of hygiene. However, contracting a food-borne illness is always a possibility when travelling in a developing country. We will help you mitigate these possibilities by ensuring that food is properly washed and that hygiene standards are adhered to. You must take care to ensure that you drink bottled water and take care not to drink local drinks which may contain contaminated water.

## General Information

### Safety

At Sacred Rides, your safety is the most important aspect of any trip we offer. We have been running mountain bike trips since 1996 and have guided over 1,000 clients without a serious injury. Our guides are extensively trained in first aid, and are skilled in challenging you while staying within safe limits. Peru has several additional concerns that are addressed below.

### HEALTH

Peru is a developing country in the tropics. As such, there are certain precautions that need to be taken before you arrive. There are vaccinations that need to be taken in advance; these are generally sufficient to ensure your safety while travelling in Peru. At present, typhoid and Hepatitis A are recommended; check with your local travel clinic to get up to date information. Although malaria is not common in the areas we visit, we recommend you bring anti-malarials with you.

Food-Borne Sickness: Travellers' diarrhoea is the most common travel-related ailment; most cases are mild and do not require antibiotics or anti-diarrheal medications. The cornerstone of prevention is food and water precautions; we will be taking all precautions to ensure that the food you eat and water you drink are safe. We will also have a full first-aid kit, with antibiotics (ask your doctor for a Cipro prescription) and diarrhoea medications in case you should get sick. We will be in communication range at all times (via cell and satellite phones) should any medical emergencies occur.

For more information, visit

<http://www.mdtravelhealth.com/destinations/samerica/peru.html>

### SAFETY

Our partners in Peru are extremely knowledgeable about the safety situation in Peru and will not take us to any areas that pose a safety risk. One concern travelers to Peru have is petty crime in Lima. Lima is like any major city anywhere in the world: crime exists, and if proper precautions are taken, it will not interfere with your vacation plans. We will pick you up from the airport in Lima and take you to your hotel in a very safe part of Lima. When we ride from Lima, we will be transported in our large passenger van. You will be accompanied by two local guides and a local driver.

Rest assured that we take your safety very seriously and would do nothing to compromise it. Our partners keep a close eye on any security developments and if any should arise, they will come up with an alternate plan.

### ALTITUDE

Peru is a mountainous country. Much of the riding we do takes place at altitudes of over 10,000 ft. (3,000 m). Most people can go up to 8,000 feet without experiencing any problems. To minimize and mitigate the effects of altitude sickness, we are incorporating two acclimatization days in Lima.

We are spending the first two riding days in Lima and doing acclimatization rides and returning to Lima in the afternoon. If you have never been to high altitudes (>8,000 ft.) we recommend coming to Lima a day or two before the trip starts and joining us for extra acclimatization rides. Extra guiding is available for \$100/day in Lima.

Our guides are experienced at recognizing the symptoms of altitude sickness. Should you start feeling adverse effects of altitude, we will assess the situation and decide whether you simply need to rest or whether the situation is serious enough to demand more immediate attention. In this case, we will be in contact with a local helicopter company to arrange an evacuation to bring you back down to a safe altitude. Please note that situations such as this are extremely rare.

For more information, visit <http://www.princeton.edu/~oa/safety/altitude.html>

**IF YOU HAVE ANY CONCERNS ABOUT SAFETY IN PERU, PLEASE CALL OUR OFFICE AT 1-888-423-7849. We would be happy to discuss the situation with you in depth.**

### Climate

The weather in Peru features 2 seasons: wet and dry. . Dry season runs from March through late October. Rain is infrequent but is possible, so bring raingear.

As the equator runs through Peru, temperatures are quite warm. Altitude, however, will drop the temperature considerably. Expect temperatures of 25-30 degrees Celsius (78-86 Fahrenheit) in the towns and valleys, and temperatures of 5-15 degrees Celsius (41-59 Fahrenheit) at the highest altitudes. Temperatures can (infrequently) drop below 0 Celsius (32 Fahrenheit) at night in Cusco.

### Visa requirements

**A valid passport (with at least 6 months remaining validity) is required.** At the present time, British and Canadian nationals and nationals of the United States do not require a visa. Other nationalities should contact the High Commission of Peru in their own countries for information on visas.

### First Aid

A medical kit will accompany each trip. Our local leaders have appropriate wilderness first-aid training and are experienced in dealing with a range of medical problems associated with adventure travel. We recommend that you bring your own personal first aid kit consisting of the following: A broad spectrum antibiotic such as Cipro (ask your doctor for a prescription), antiseptic cream, throat lozenges, diarrhoea treatment (Immodium) painkillers, bandages and blister treatment, Insect repellent and re-hydration salts.

## RESPONSIBLE RIDING

In 2006, we formulated and instituted a mandate for sustainable tourism entitled **Responsible Riding**. Based on the belief that mountain biking can make a positive difference in the world, **Responsible Riding** incorporates the following key elements:

**1) All of our staff is local.** They come from the communities where we ride and their wages go back into local communities. In British Columbia, all of our guides live full-time in the Fernie area, and their wages go directly back into the community. In Peru, we are working with local guides who are paid the same wages that our Canadian guides earn. This contrasts with many other companies who pay guides subsistence wages (many porters on the Inca trail are paid less than \$3/day).

**2) We use local suppliers and partners wherever possible.** That means never using big box stores, purchasing local food and supplies, working with local sponsors and staying at locally owned campgrounds and hotels. In Peru, we are using local suppliers such as Joselo, who owns and runs a small van transport service. Using local suppliers keeps dollars in the communities where we ride and helps them stay strong and vibrant.

**3) A portion of tour costs goes to local development and sustainability projects in the areas where we ride.** In Peru, 2% of the tour price goes directly to local development projects, such as the building of schools or the construction of wells in communities that do not have access to clean water. We visit these communities as we ride and see how these projects are making a difference.

**4) We contribute funds and time (e.g. trail-building) to the mountain biking communities in the areas where we ride.** Every spring we visit communities such as Nelson and Golden and donate our time to local trail maintenance. We also donate money to their local mountain bike clubs.

**5) We have our own non-profit organization, Bikes Without Borders,** that distributes bicycles to families in developing countries. Bicycles form a vital form of transportation in communities where cars are rare and where distances to schools and other services are often large. If you wish to donate bicycles or money to Bikes Without Borders, please call our office or visit [www.bikeswithoutborders.org](http://www.bikeswithoutborders.org)

**6) We support local cultural projects and events.** In Peru, we will visit 4 Inca archaeological sites, 3 of which are in remote areas that do not receive much tourism. Paying for entrance admissions and guides to these sites ensures their continued protection.

**7) We have a stringent environmental code.** We follow IMBA (International Mountain Biking Association) guidelines for reducing trail impact and these guidelines are passed on to our clients.

**8) We have implemented a carbon offsets program.** This is a relatively new concept aimed at offsetting the carbon emissions generated by business activity by investing in projects that reduce global carbon levels, such as treeplanting programs and renewable energy projects (e.g. wind farms). Sacred Rides will be working with ZeroFootprint to calculate the total carbon emissions of its operations and will offset these emissions by investing in an equal amount of carbon offsetting programs. In addition, we will be instituting a voluntary program with our clients, encouraging them to offset the carbon impacts of their flights. We are working to design this program so that it is as easy to use and efficient as possible, thus encouraging its use.