



# PERU

2 0 2 2

24 DAYS OF ADVENTURE,  
EXPLORATION, & CULTURAL  
IMMERSION IN ONE OF THE MOST  
INSPIRING PLACES ON EARTH.



GOALS  
YOUTH RIVER EXPEDITIONS



# WELCOME

The purpose of this itinerary is to familiarize you with the itinerary for a pair of 2022 expeditions to Peru, offered exclusively by GOALS Youth River Expeditions. These expeditions have been intentionally designed based on these considerations:

**1. Safety.** GOALS is using vetted partners & traveling in regions that we feel confident will provide young travelers with an experience that stretches their comfort zone without introducing unnecessary risk. It is GOALS policy to have senior members of our staff personally explore international regions before accompanying youth participants there. We have walked and paddled these regions, and can't wait to share them.

**2. Immersive.** Whenever possible, GOALS has sought opportunities to interact with & learn from local residents. From artisan weavers to coffee growers and from farmers to porters, GOALS has built an itinerary aimed at learning about - and from - those with authentic local knowledge whose invaluable perspectives are meant to be shared.

**3. Educational.** Peru holds exceptional learning opportunities. We will study the history of the Incas, whose ancient empire the Sacred Valley is literally built upon. We'll examine the impact that damming the Rio Marañón would have on the entire Amazon basin. We will trek through the cloudforest on our way into Machu Picchu, then learn about endemic species who inhabit the seasonal dry tropical forests of the Marañón. We will practice Spanish and listen for the ancient Quechua dialect. Of course, while connecting with Peru, we'll also connect with self.

**4. Inspiring.** A relatively small percentage of US citizens will ever obtain a Peruvian passport stamp. Those who do may be lucky enough to spend a week exploring as much as they can - wishing they'd stayed longer. GOALS is using our network of international friendships to build an itinerary that gets behind the scenes - connecting with the people and places where Travelocity doesn't lead. This is the "real" Peru - and it's special.

**5. Cost effective.** We have done everything possible to make a life-changing multi-week international expedition affordable. By closely monitoring flight prices, negotiating with partners, and searching beyond the "normal" tourist amenities for lodging and activities, GOALS has built an expedition whose combination of inclusions and value is second to none.



## REGION 1. CUSCO & THE SACRED VALLEY

DAYS 1-9

INCA RUINS, ARTISAN WEAVERS,  
STREET MARKETS, SALT MINES, MULTI-  
DAY CLOUDFOREST TREK, MACCHU PICHU,  
CUSCO'S TEMPLES, THE TOWERING ANDES

## REGION 2. AMAZONAS & THE RIO MARAÑÓN

DAYS 10-24

THE AMAZON REGION, DESERT TO RAINFOREST, SCHOOL AND  
VILLAGE VISITS FOR MEALS AND CULTURAL IMMERSION,  
STUDYING THE LOCAL ECOLOGY & THE  
IMPACT OF DAMMING THE MARAÑÓN

# DAYS 1 - 4 CUSCO & THE SACRED VALLEY



Cusco offers an unbeatable blend of history, culture, and scenery - a city and region that is seemingly caught between progress and timelessness. Modern-day vehicles drive by on cobble-stone streets laid thousands of years ago. iPhones photograph ornate cathedrals built by Spaniards after conquering the Inca empire. Quechua women wearing traditional clothing sell hand-made textiles outside of modern restaurants - and this is just within city limits. Beyond city limits lies the Sacred Valley, a picturesque Andean countryside dotted with quaint villages, ancient ruins, vibrant markets, towering peaks, and rushing rivers - all linked by trails and railway tracks to the area's most famous attractions - Machu Picchu.

Our time in Cusco will serve as an introduction to rich traditions and cultures for which the region is known. Old ways have not been forgotten, and nor will our time in and around the Sacred Valley. After acclimating in Cusco, we will explore the beautiful areas in and around Pisac and Ollantaytambo. We will stroll through markets, learn from tribal elders, visit local schools, and walk through Inca ruins - all in the first part of our expedition.

Welcome to Cusco and the Sacred Valley.

# DAYS 1 - 4 CUZCO & THE SACRED VALLEY

## DAYS 1 & 2. TRAVEL, ARRIVE, EXPLORE.

Air travel to Cuzco is relatively painless (when compared to places like Nepal)- with total travel times around 16-22 hours and a few stops along the way. Thus, leaving Denver mid-day on Day 1 allows for an arrival late morning on Day 2. Arriving from Colorado gives us an advantage over some travelers, as Cuzco sits at 11,152' elevation. Thus, although we'll be excited to explore, Day 2 will be an afternoon to get situated and acclimated - staying within the city to explore the Plaza del Armas and the markets surrounding it. We'll connect with our beloved friend Santi - a resident of Cuzco and our local guide for the next week, and enjoy dinner on the town.

*Meals:* On your own. *Lodging:* Cuzco hostel.

## DAY 3. EXPLORE CUZCO & HIKE SACSAYHUAMAN.

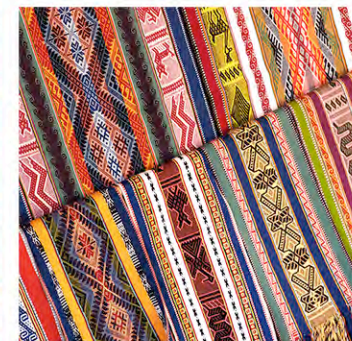
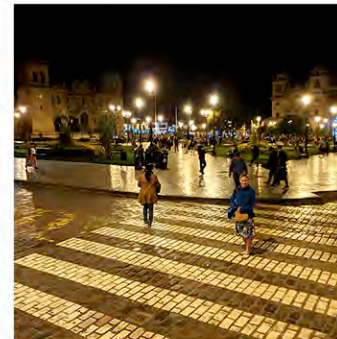
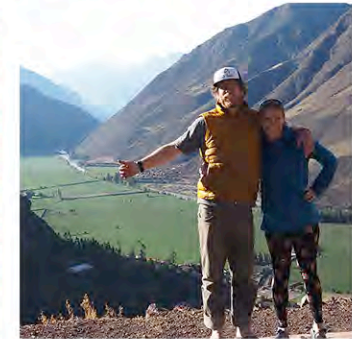
Today, we'll wake up & pinch ourselves - realizing that we're in Peru, and that the adventure has just begun. Alongside Santi, we'll explore more of Cuzco today. We'll tour the temples of gold built by Spaniards after conquering the Incas. We'll take in the unique sights, sounds, & smells of the famous San Pedro Market, stroll to the San Blas District where we may find local Quechua women in colorful clothing selling their weavings, and simply enjoy the liveliness and energetic nature of this ancient, cobblestone-street city. We'll end our day with a hike to Sacsayhuaman - a religious site and the scene of a bloody battle between Inca forces and the Spanish conquistadors. There, we'll revel in the ancient stonework, pet a few resident llamas and alpacas, and take in the view of the sprawling city below before walking back downhill toward a discussion over dinner in the plaza - reflecting on our first few days and looking forward to heading out into the Sacred Valley tomorrow.

*Meals:* On your own. *Lodging:* Cuzco hostel.

## DAY 4. THE PEOPLE AND RUINS OF PISAC.

We leave Cuzco this morning to head for our first village in the Sacred Valley - Pisac. We'll begin our day at the farm of Gregoria - a friend and local Quechua man who is keeping the traditional artisanal weaving methods alive. We'll learn how yarn is processed and spun, how plants are used to create a variety of dye colors, and watch in awe as Quechua women weave intricate tapestries- each color and symbol holding specific symbolism and meaning as old as their culture. We will also hike their fields, participating in an ancient ceremony honoring mother Earth (Pachamama). After tea, we head to the incredible ruins outside of Pisac. Like Sacsayhuaman, this set of ruins is astonishing - and a hike through it will lead us directly into the town square of Pisac, where the day's market may be just wrapping up. We'll find dinner in town, then head to our local lodging for a night of rest under the towering Andean peaks - more prominent in Pisac than in Cuzco.

*Meals:* On your own. *Lodging:* Local homes.



**THE LARES TREK** is an alternative to the classic Inca Trail, offering more opportunity for immersion into traditional Quechua culture than any other trek through the Sacred Valley. This multi-day trek encapsulates all the things that make southern Peru so special: warm, vibrant people, mountains so stunning they are considered deities, and fascinating ruins that tell of an incredibly advanced ancient civilization.

Our trekking days along this route may include:

- waking to the infectious giggles of school children walking rural miles to class - marveling in their colorful and intricate ponchos.
- stepping aside on the trail to allow llama trains to pass as they transport harvested produce from the fields to a local market.
- stunning view of glaciated Andean peaks towering over rural villages where ancient traditions and ways of life are preserved, celebrated, and shared.

While several trekking options are available, GOALS chooses the Lares trek for its' unique ability to create connections with the exceptional landscape of the Peruvian high country, as well as the local residents in Quechua-speaking villages we will visit. Of course, it ends with a short train ride to the grand finale at Machu Picchu - one of the wonders of the world!



## DAY 5. CUSCO TO HUARAN TO CANCHA CANCHA.

After an early morning pick-up, we head to Huaran, a small village in the heart of the Sacred Valley, where we will begin our trek. Our path begins with about 4 hours of trekking through rural farmland, following a small river that leads from Huaran up through the mountain corridor, ultimately leading us to the traditional Quechua community of Cancha Cancha at an elevation of 3800m (12,467ft). After visiting this small village of stone houses with thatched roofs – we will set up camp in the surrounding valley, surrounded by impressive mountain peaks.

Distance: 14km (8.8mi)

Altitude: 3010m (9,875ft) to 3800m (12,467ft).



## DAY 6. CANCHA CANCHA TO QUISHUARANI.

After a hearty breakfast prepared by our porters, we start our hike this morning walking past the Upper Cancha Cancha village, where children are often seen tending their herds of llamas. A steady climb leads us to a pair of beautiful glacial lakes with an abundance of bird-life. After a short rest, we take on a steep and rigorous 3hr climb to Pachacutec Pass (4460m, or 14,632ft). Our climb will be rewarded atop the pass with spectacular views of the snow-capped Pitusiray and Chicon peaks - both over 18,000 ft tall. With the pass behind us, we traverse down into a beautiful valley filled with glacial lakes, and a series of nine cascading waterfalls which welcome us to tonight's camp, just outside the village of Quishuarani.

Distance: 15km (9.4mi)

Altitude: 3700m (12,129ft) to 4460m (14,632ft).



## DAY 7. QUISHUARANI TO CONCANI & HOT SPRINGS.

Today we begin our hike through a small valley before reaching a steep climb to our second high pass, the Abra Huillquijasa (4400m, or 14,435ft). From here, we look down upon a series of sapphire blue lakes before continuing approximately 2 hrs to the village of Concani (3750m, or 12,303ft), enjoying lunch and more cultural immersion. Leaving Concani, we descend for about 3 hours toward the famous Lares hot springs (3100m, or 10,170ft), where we can enjoy a well-deserved soak in the healing waters before setting up our camp for the night. This is not a remote camping experience but a unique cultural one, as it is a popular Peruvian holiday spot.

Distance: 11km (6.9 mi)

Altitude: 3100m (10,170ft) to 4400m (14,435ft).





## DAY 8. LARES HOT SPRINGS TO CHAULLACOCHA.

Today offers a unique opportunity to leave the trail taken by most Lares trek groups and visit a virtually untouristed Andean village. Refreshed from last night's dip in the hot springs, we start today with a short walk to the community of Chaullacocha (4100m / 13,451ft), a village where several of the porters from our trekking partner company come from.

We will learn about their ancient textile arts - the harvesting, coloring, and weaving of beautiful crafts that the culture is known for, and will spend the night hosted by a family in this special village.

Distance: 15km (9.4mi)

Altitude: 3100m (10,700ft) to 4100m (13,451ft).



## DAY 9. CHAULLACOCHA TO MELOQCOCHA LAGOON TO PATACANCHA TO OLLANTAYTAMBO

Thanks to our close relationship with the community of Chaullacocha, we'll have the opportunity this morning to visit the local school (if it is a school day). From Chaullacocha, we have a steep climb to our final pass at 4200m (13,779ft). From there, a steady 4h descent past the Meloqcocha lagoon brings us to the town of Patacancha, a long-established textile community with strong ancient Quechua traditions. We will have lunch near Patacancha or Rumira Sondormayo, another famous textile area. Ultimately, we will continue to the village of Ollantaytambo - the end of our trek - where we will stay in comfortable hotel for the night.

Distance: 14km (8.75mi)

Altitude: 3800m (12,467ft) to 4300m (14,107ft).



## DAY 10. MACHU PICCHU DAY!

Today starts early to catch the first train to Aguas Calientes, then board buses up a steep mountain road to the the infamous Inca citadel of Machu Picchu. We will enjoy a guided tour of the area, and when we feel we have spent enough time exploring we will return to Aguas Calientes and catch the train to Ollantaytambo.

Tonight will give us a chance to enjoy dinner at a local restaurant on the square in Ollantaytambo, then relax at a beautiful hotel and reflect on the first part of our journey while preparing for all that awaits us on the next leg - along the Rio Marañon.

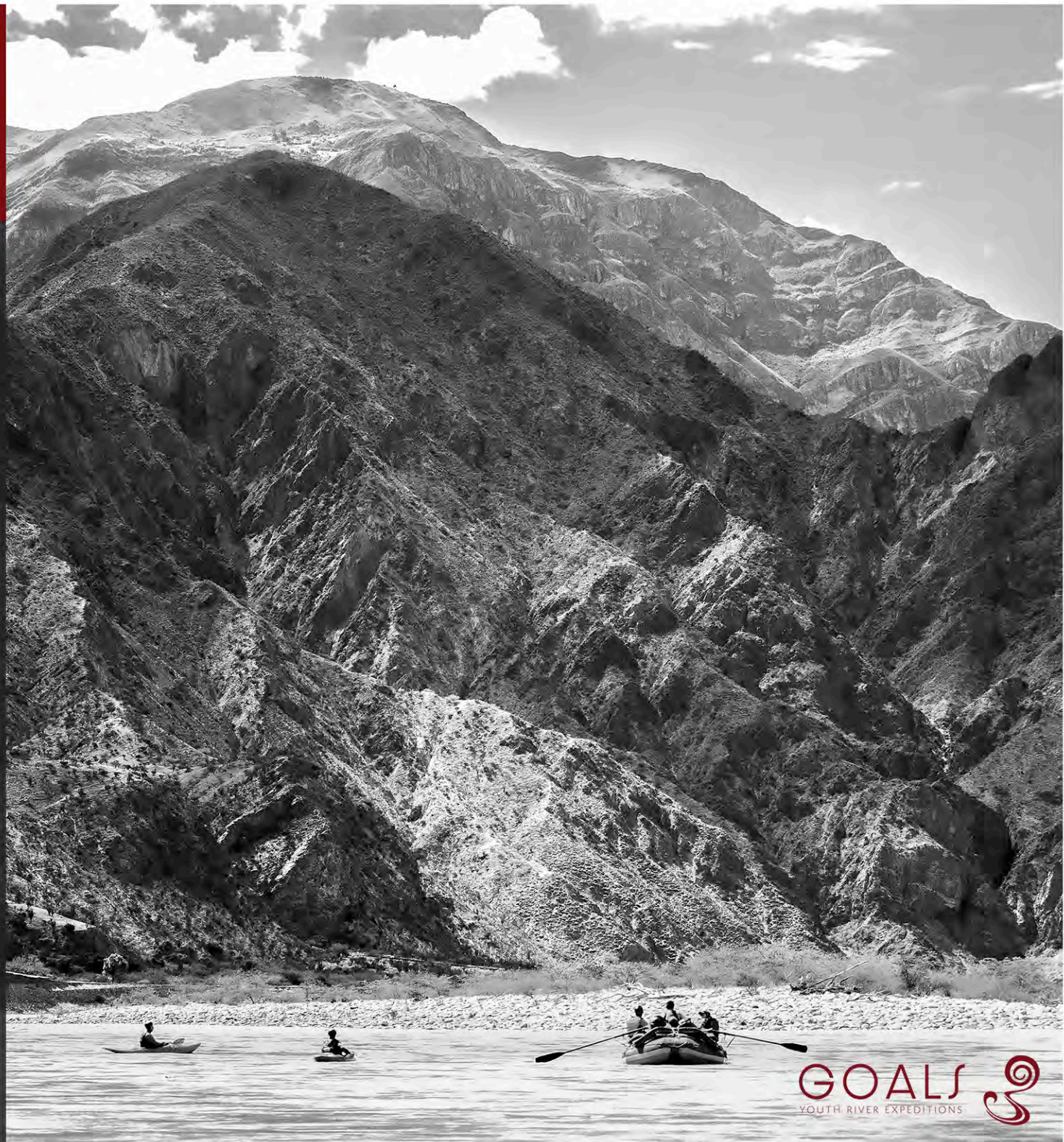
Meals: Provided. Lodging: Ollantaytambo hotel.

# DAYS 11 - 24

## RIO MARAÑÓN & THE AMAZONAS

GOALS does not simply "follow the crowd" when seeking new international river expeditions. Rather than rushing to the classics, we find rivers that provide the greatest opportunities for growth to the people who navigate them. The Rio Marañón is one of these places, offering a unique combination of world class whitewater, tranquil flat sections, breathtaking scenery, heart warming cultural exchange in remote villages, endemic flora and fauna and stunning side trips to waterfalls, ruins and ancient rock art makes this place difficult to replicate. If it were easier to get to, it might top that list of the world's classics. It isn't, so it doesn't. We hope it stays that way.

River expeditions are one part place and one part people. Therefore, we partner with local experts and leaders to guide us on the Marañón River. These people don't just live in the region - they are conducting research to protect it; working with the local villagers to improve their lives and preserve their homes; and buying hectares of land to create nature preserves that reintroduce endemic flora and fauna. They can't wait to connect the people we bring to this place at a depth that will motivate them to do the same. Prepare for more than you expect when you prepare for the Marañón - this place will move you.





# DAYS 11 - 24 RIO MARAÑÓN & THE AMAZONAS



## DAY 11. PRESSING RESET IN CUSCO.

Today is a day to catch our breath. After a physically challenging trek that culminates in a long, adrenalin- and travel-filled day exploring the 7th wonder of the world, and before beginning a multi-day wilderness river adventure that leads us into the Peruvian Amazon region - we'll press pause. Today may be used to tackle some laundry, explore more of Cusco, get back to Sacsayhuaman, stroll one of the markets, or simply to sit in the Plaza del Armas with your journal & sketchbook to take in everything surrounding you - recognizing that what has become our norm isn't actually our norm at all. We'll pack for the river today, and fly out tomorrow morning to begin the next chapter.

*Meals:* On your own. *Lodging:* Cusco hostel.



## DAY 12. TRAVEL TO CAJAMARCA.

We fly today from Cuzco north to Cajamarca, where a private taxi will shuttle us to our lodging at Hotel Laguna Seca. This unique hotel may appear to be steaming when we arrive- and it is. Tonight's lodging is built atop a hot spring and has dozens of hot pools and creeks flowing through. You can enjoy one of the large hot pools with friends, or retreat for a relaxing hot-spring fed bath in the privacy of your own room. Before soaking, we may wander into downtown Cajamarca to check out its colonial architecture, vibrant Andean textiles and delicious local food. We will meet a few more members of our river team for dinner, then get a good sleep before heading to meet the Marañón mañana.

*Meals:* Breakfast and lunch on your own/dinner provided.  
*Lodging:* Hotel Laguna Seca in Cajamarca, Peru.



## DAY 13. TAKE ME TO THE RIVER.

After breakfast we travel over Peruvian highlands before descending deep into the Marañón Canyon - in 2 hours of driving, we'll descend over 1900m (over 6200') . When we reach the river and load gear onto boats, we'll float to lunch in the town of Balsas - a local meal and a cold coconut drink, and then we're off. The upper section of this canyon is very dry - with banks full of large cactus trees and wild burros roaming the hillsides. We'll enjoy some fun class III rapids right away as we pull away from Balsas town, then enjoy the wilderness of the region we'll call home for the next 8 days.

*Meals:* Provided.  
*Lodging:* A beautiful river beach along the Marañón.

# DAYS 11 - 24 RIO MARAÑÓN & THE AMAZONAS

## DAY 14. PLAYA EL CURA TO MENDAN.

We'll start today with a hike to cliff-top ancient ruins at Playa el Cura which overlook the river canyon. After the hike we encounter several class II-III rapids as we enter the geological wonder that is the Marañón Canyon - now properly forming around us. This afternoon, we aim to Mendán, a friendly and welcoming village where we can enjoy coconuts, seasonal fruits, and exceptional interactions with the locals - who live in this region and are an 8-hour walk to the nearest major road. We will enjoy a home cooked dinner in the village, and hope for a soccer game against the local school children. Don't let their size fool you - these kids can play! We'll return to our camp along the river as the sun sets, and reflect on our first full day on the Rio Marañón.

*Meals:* Provided. *Lodging:* A beautiful river beach along the Marañón.

## DAY 15. A SHORT RIVER DAY TO TUPEN.

Today is a short day on the river, so we'll whip up a fresh, indulgent breakfast with food from the village - then enjoy a short float full of fun and continuous class III rapids until we reach our next village - Tupén. In the afternoon, we'll leave our river camp and again wander through local agricultural fields into the heart of this small village. There, we will visit the small schools, practice our Spanish while the local children (and adults) practice their English, and if we're not too sore from the day before maybe even enjoy another game of soccer. This area also has some amazing hikes, and if time allows we can go beyond the village into the surrounding area to check them out as well.

*Meals:* Provided. *Lodging:* A beautiful river beach along the Marañón.

## DAY 16. EL DIA DE AGUA BLANCAS.

Today is a huge day of whitewater. Aiming to raft just 16 miles or so, we will be challenged by several class III and IV rapids including *Tupén Grande*, *San Lucas*, *Playa el Inca*, *Shingate* and *Magdalena*. We will also pass by the site of the proposed *Chadin II* dam site, giving thanks to the local people who have fought hard thus far in order to keep this iconic river running beautiful and free. Tonight, we will camp on a stunning deserted beach in the heart of the canyon, deep between canyon walls.

*Meals:* Provided.

*Lodging:* A beautiful river beach along the Marañón.



GOALS  
YOUTH RIVER EXPEDITIONS

# DAYS II - 24 RIO MARAÑÓN & THE AMAZONAS



## DAY 17. LIN LIN TO MARAÑÓN LIBRE CONSERVATION AREA.

Today we float the deepest & most isolated part of the canyon, watching as the ecosystem and its' associated scenery, vegetation, flora and fauna all change. What began as a dry desert landscape is now a lush jungle. Today we will navigate *LinLin*, the most significant rapid in this section of river - then splash our way through a series of fun, smaller rapids before arriving at Marañón Libre Conservation Area, our home beach for the next two nights. This area has been purchased and is being reclassified as a nature preserve by one of our guides, Luigi - working in close contact with Marañón Waterkeeper and other Peruvian government agencies to protect this region and prevent damming. There is so much to discover here, so we'll stay for 2 days.

*Meals:* Provided. *Lodging:* A beautiful river beach along the Marañón.



## DAY 18. CLIMBING, CREEKING, CASCADAS & COFFEE.

We won't travel on the river today - at least not by raft - but we'll spend plenty of time in the water. After hiking up to the Cascadas, a series of beautiful waterfalls with pools to swim in underneath, we will swim up a small creek to a dirt road, where a vehicle has been arranged to transport us to a fascinating coffee plantation. The plantation has learned to grow and harvest in harmony with the ecosystem, and fears the changes in water availability and weather patterns that a large dam on the Marañón would likely create. Following our time at the plantation, we will walk back down the road to a beautiful wall of ancient rock art, then swim/hike our way back down through the cascadas to our camp on the beach under Marañón Libre Conservation Area - where Luigi will share how they are collaborating with biologists to collect data on their land.

*Meals:* Provided. *Lodging:* A beautiful river beach along the Marañón.



## DAY 19. ROY'S FARM AND ROCK ART.

After breakfast, we may take one more hike up to the "natural infinity pools" that make up Las Cascadas - taking in the stunning view across the Marañón Valley. When it's time to move, we will float down to Tingo Palaguas and visit the small farm of the Carrasco family, where son Roy discovered a wall of ancient rock art in 2019 that is estimated to be over 1000 years old - created by the Chachapoyan people. We'll then navigate through arguably one of the most scenic sections of the entire Rio Marañón - with contrasting red sandstone and lush greenery on the banks. Tonight is our final night in the canyon - a time to reflect on the journey that has been as individuals and as a group. What better place to make this happen than a huge sandy beach in the Peruvian Amazon, on the banks of the Rio Marañón?

*Meals:* Provided. *Lodging:* A beautiful river beach along the Marañón.

# DAYS 11 - 24 RIO MARAÑÓN & THE AMAZONAS

## DAY 20. OFF TO COCACHIMBA.

After enjoying our last morning in the Red Canyon, we navigate the last rapids and exit the canyon, arriving to our takeout at what seems like the bustling city of Puerto Malleta mid-day. After a local lunch, we take private transport for approximately four hours to the remote village of Cocachimba - high in the Amazon cloud forest. On the drive we will enjoy stunning views of the Shipago and Colan mountain ranges, then will arrive in Cocachimba and settle in to our lodging for the final few days. Surrounded by native cloudforest, we will reflect on the distinct phases of this expedition - from the Andes in the south to the Amazon in the north; comparing Inca history in the Sacred Valley to Chachapoyas in this region. We will use this time intentionally to make sure no lesson is lost; no memory goes unnoticed.

*Meals:* On your own. *Lodging:* A hostel in the cloud forest near Cocachimba.

## DAY 21. TREK AROUND COCACHIMBA.

We'll wake up in a "real bed" this morning - surrounded by the sounds of nearby waterfalls and the birds of the cloudforest. After easing through a relaxed breakfast, we will hike to the Gocta waterfall - a pillar of over 2500' of crashing water! The earlier we start, the greater our chances of spotting native birdlife including the beautiful Andean Cock of the Rock (*Rupicola Peruvianus*), Peru's National bird, which lives in the ravines we will cross en route to Gocta. After visiting the falls, our return trip may fresh sugar cane juice to help us make it up the final hills. This afternoon is free for relaxing, or for exploring the Cocachimba town and/or other local hikes.

*Meals:* On your own. *Lodging:* A hostel in the cloud forest near Cocachimba.

## DAY 22. VISIT TO KUELAP.

Today we will drive about 1.5 hours to the town of Nuevo Tingo, and catch a gondola ride to the top of the mountain, where the Citadel of Kuélap, the main archeological site of the ancient Chachapoyas ("warriors of the cloud forest") awaits. After a brief visit to the interpretation center, we will hike to main door of this ancient fortified city - built around 500AD. A local Chachapoyan guide will be with us, sharing lessons and secrets of the site among towering stone walls and circular buildings. Kuelap is thought to have been an important Chachapoya ceremonial center with some 3,000 inhabitants - used for rituals & solar observations which established an agricultural calendar. After we have fully explored the Citadel, we head down for lunch and then drive to the Leymebamba Museum, one of the best museums in Peru. In the evening we return to Cocachimba to enjoy our last evening in Peru, and prepare for the journey home.

*Meals:* On your own. *Lodging:* A hostel in the cloud forest near Cocachimba.



# DAYS 11 - 24

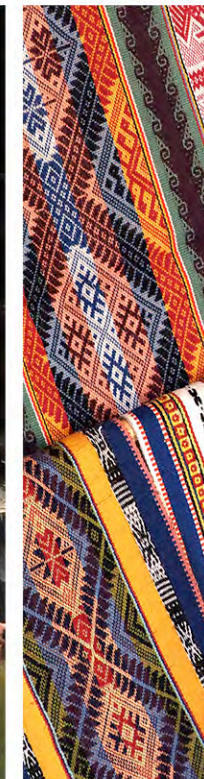
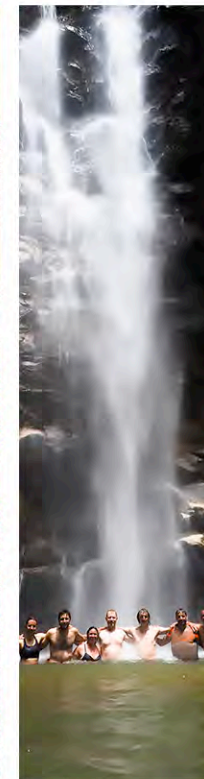
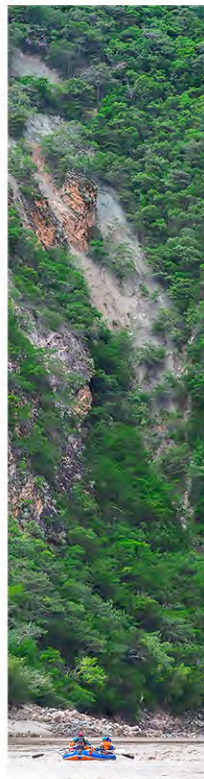
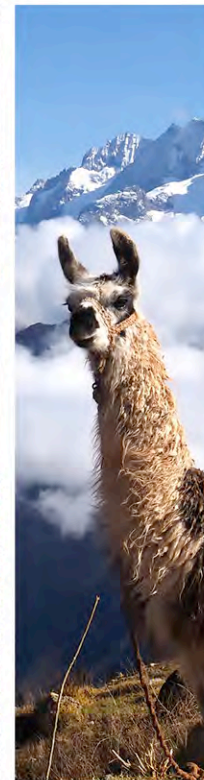
## RIO MARAÑÓN & THE AMAZONAS

### DAY 23 AND 24. THE JOURNEY HOME.

After one last morning of waking up to the peaceful sounds of the cloud forest in Cocachimba, we will gather our things, give giant hugs to our Peruvian friends, then pack up and leave mid-morning for the regional airport in Jaén. Our flights will take us back through Lima, then a US connection before arriving in Denver on day 24.

Just as we often say when approaching the take-out ramp of a GOALS river expedition - don't cry because it's over; smile because it happened. You have learned, seen, and experienced more than you could have imagined. You're forever changed - and now you must share your wisdom gained with those around you.

*Meals:* On your own.    *Lodging:* An airplane seat.





# TWO PERU EXPEDITIONS IN 2022!

After an extended pandemic-induced pause on international travel, GOALS is thrilled to offer two opportunities to explore Peru in the fall of 2022.

- **Expedition 1** in September & October is designed for students taking a gap year or young adults whose calendar of availability is not restricted by academic responsibilities.

## EXPEDITION 1. SEPTEMBER 23 - OCTOBER 16

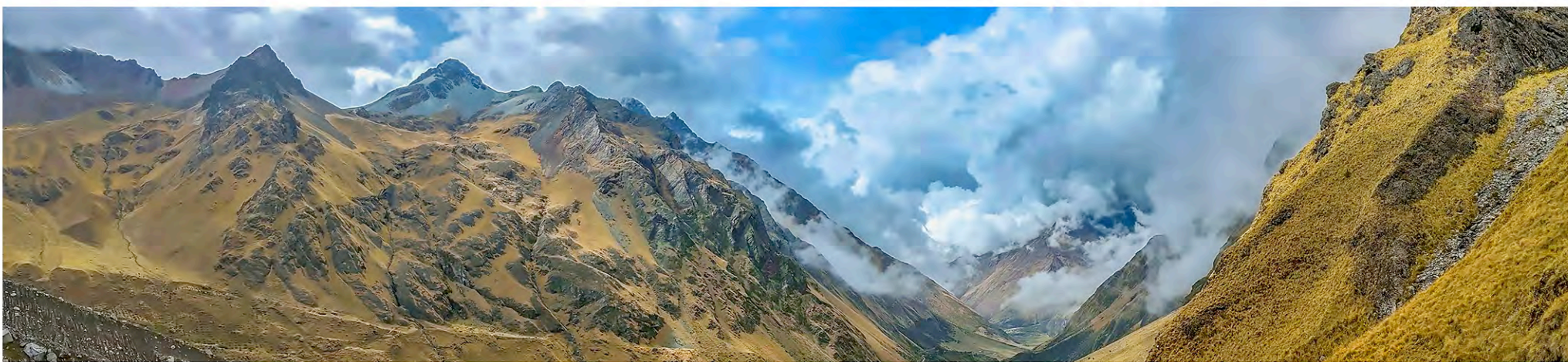
For those who can only experience the <b>trek</b> :	FRI 9/23	TUE 10/4	12 DAYS
For those who can only experience the <b>river</b> :		SUN 10/2	SUN 10/16 15 DAYS
For those who can experience it <b>all</b> :	FRI 9/23		SUN 10/16 24 DAYS

- **Expedition 2** in November & December is intentionally designed around the typical week-long break offered for the Thanksgiving holiday in many North American schools - offering current high school & college students the opportunity to explore Peru while minimizing their absence from a traditional learning environment.

## EXPEDITION 2. NOVEMBER 11 - DECEMBER 4

For those who can only experience the <b>trek</b> :	FRI 11/11	MON 11/21	11 DAYS
For those who can only experience the <b>river</b> :		SUN 11/19	SUN 12/4 16 DAYS
For those who can experience it <b>all</b> :	FRI 11/11		SUN 12/4 24 DAYS

# COST, INCLUSIONS & EXCLUSIONS



## COSTS & OPTIONS

FIRST HALF ONLY - SACRED VALLEY TREK/MACHU PICCHU (DAY I-II): **\$3870**

SECOND HALF ONLY - RIO MARANON & AMAZONAS REGION (DAY II-24): **\$4670**

ENTIRE EXPEDITION - AS DESCRIBED IN DAY I -24 OF THIS ITINERARY: **\$6870**

NEED-BASED  
FINANCIAL AID  
IS AVAILABLE  
FOR ALL GOALS  
EXPEDITIONS.

\*Prices listed above are valid through October, 2022. After this date, increases may result due to increasing flight costs.

## INCLUSIONS:

- All airfare, both domestic and international (R/T from Denver to Cusco & within Peru between Cusco, Cajamarca, and Jaen).
- Ground transportation (van / rail) - throughout the Sacred Valley and the Amazon Region.
- Lodging and meals as described in this itinerary (some meals are on your own).
- Guiding services throughout the trek and river portion by local, knowledgeable professionals.
- Entrance fees to Machu Picchu and all other historical sites.
- Gear provided that is necessary to be safe and comfortable on the trek and on the river (as detailed in the packing list).
- Global travel insurance.
- The benefits of local relationships throughout the region that GOALS has spent years vetting and developing.

## EXCLUSIONS:

- Personal items needed as described in packing list.
- Personal medications.
- Spending money or incidental costs for goods & experiences not included in this itinerary.

## NEXT STEPS:

Applications to participate in a GOALS expedition to Peru are available at [www.goalsonrivers.org](http://www.goalsonrivers.org). For questions about Peru, please email [brett@goalsonrivers.org](mailto:brett@goalsonrivers.org) or call (720) 560 - 8056.