

Time to get equal



About cerebral palsy.
For disabled people achieving equality.

Event Fundraising

Scope

6 Market Road
London N7 9PW

Tel 020 7288 9590

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Email events@scope.org.uk

www.scope.org.uk/adventures

2 – 12 September 2010

Trek Peru – Machu Picchu



Dear Enquirer,

Thank you for your enquiry about our Peru Trek; you've taken the first steps along an incredible journey to the mysterious Machu Picchu ruins.

Our beautiful and remote trek is a voyage through forgotten wind-swept valleys, over wild mountain passes and tiny, isolated Andean villages, giving you a rare taste of the real Peru.

As well as returning with everlasting memories, you will have raised vital funds for our work with disabled adults, children and their families here in the UK.

We will ask you to raise a minimum sponsorship of £3,100, eight weeks before the departure date. This may seem like a lot of money, but we'll send you a detailed fundraising pack with loads of ideas and we'll help you every step of the way – that's what we're here for! And remember – you will be helping to change lives.

How to register

All you need to do now to take part in Trek Peru – Machu Picchu is fill in the enclosed application form and send it along with a non-refundable registration fee of £199 (cheques made payable to Scope) to the Events Team, Scope, 6 Market Road, London N7 9PW or sign up online at www.scope.org.uk/adventures

Want more information?

Call us now on 020 7288 9590 or email events@scope.org.uk and we can talk you through every aspect of this once-in-a-lifetime challenge.

We look forward to hearing from you soon.

Best wishes

A handwritten signature in black ink that reads "The Events Team".

Scope Events Team



Scope is a registered charity

Scope is registered under the Data Protection Act 1998. We would like to keep you informed about the work of Scope by mail and occasionally telephone. However, if you would prefer not to receive these communications please let us know by calling 020 7619 7272 or by email to events@scope.org.uk. Please note we will never pass your details to other organisations.

Trek Peru – Machu Picchu



2 – 12 September 2010

- Visit the mysterious Machu Picchu ruins
- Trek at high altitude along wild mountain passes
- Raise vital funds for Scope's work with disabled people



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Congratulations!

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Why choose Scope?

"My name is Laura and I'm a support worker for Scope, supporting disabled children with cerebral palsy and other impairments within their communities."

I'd like to tell you about Ginny. Ginny is nine years old and has muscular dystrophy. At the moment, Ginny needs a respirator 23 hours a day to help her breathe, but with the right sort of help that doesn't mean she can't enjoy herself or learn. I've been working with Ginny for two years now – getting her ready for school, helping out at lunchtimes with her feeding tube and visiting her at home three evenings a week. During this time I've seen her develop and become so much more confident.

I work as part of a new Scope service that shows that with the right support and care across a wide range of activities, disabled children can be included with, rather than separated from, other children. This service supports disabled children in reaching their full potential and provides the best chance of leading a more independent life.

I've seen Scope make such a difference to disabled children like Ginny and their families. There's so much demand for more support workers like



myself that we've just hired 10 new people, but there are still children and families on our waiting list who we want to help. We'd love to expand the service further."

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Itinerary

Day 1 | Depart

We depart London in the afternoon on an overnight flight to South America.

Day 2 | Cusco

We arrive into Lima in the early morning and connect with a short domestic flight to the breathtaking southern city of Cusco (3300m). We transfer to our centrally located hotel and have the rest of the day to relax and enjoy one of the most celebrated cities in South America. We re-group in the evening for a welcome meal and briefing on the days ahead.

Day 3 | Cusco acclimatisation

Today we have an acclimatisation walk above Cusco to the ruins of Saksayhuaman allowing our bodies time to adapt to the rarified atmosphere. This afternoon we return to our hotel in Cusco where we relax in preparation for an early start.

Day 4 | Quisuarani

18km 8hrs trekking

This morning our route takes us through ever changing scenery as we make the steep ascent up through heather and moorland to the Shira Plateau and our camp for the evening where we can relax and enjoy the fabulous views.

Day 5 | Huaca Huasi

10km 8hrs trekking

Today we have a shorter trek as we climb to the highest point on our challenge the spectacular pass of Abre Huillquijasa at 4,445m descending through the beautiful Laguna's of Queullacocha to the small Andean community of Cuncani 3800m.

Day 6 | Patacancha

10km 8hrs trekking

Now fully acclimatized and rested, we set off for our final challenge to climb over a 4,100m pass and descend towards the sacred valley of the Incas. Taking it very slowly, we stop beside beautiful lakes and hope to arrive at the

pass just after lunch for spectacular views of the snowy mount Veronica. We then descend along an old mule trail to the village of Patacancha where we set up camp on the local football pitch

Day 7 | Ollantaytambo

8km 5hrs trekking

We take a short ride in the bus to Huilloc, famous for being the home of many of the traditional porters for the Inca Trail; traditional dress is always worn and Quechua is spoken. This is our last chance to barter for fine Andean weavings. We trek up a short sharp climb bringing us to the impressive and rarely visited ruins of Pumamarca. After visiting this extensive site, we follow an ancient Inca trail along the many terraces of the Huilloc valley before descending through eucalyptus forests to end in the staging town of Ollantaytambo. From here we take a train through along the Urubamba valley floor to the town of Aguas Calientes where we arrive early evening.

Day 8 | Machu Picchu – Cusco

Today is a very special day and a treat from beginning to end. We wake early to take one of the first buses up the short winding trail from Aguas Calientes to Machu Picchu. We are fortunate to enjoy the historic ruins in the early morning quiet as the mist lifts to reveal one of the world's true wonders. After an extensive guided tour of the ruins we descend back to Aguas Calientes for lunch before transferring back to Cusco by train for a free evening.

Day 9 | Cusco

Today is set aside for sightseeing at our own pace. Cusco is a fabulous city with a wealth of things to explore. In the evening we have a gala dinner to celebrate our achievement.

Day 10 | Return home

We take a morning flight to Lima and connect with our international flight back home.

Day 11 | Arrive home

Sunday 12 September

This is a complicated itinerary and could be subject to change.



How do I register?

Please send your £199 registration fee (cheques made payable to Scope) along with a completed application form to Scope, 6 Market Road, London N7 9PW.

You can also register online at www.scope.org.uk/adventures

How much do I have to raise?

There is a non-refundable registration fee of £199 and a minimum sponsorship of £3,100, which is due in 8 weeks before the trek. This can sound like a daunting amount to raise, but it is all part of the incredible challenge and we will support you every step of the way.

How much training will I need?

This challenge requires a good level of fitness to walk the route and will be at high altitude. Therefore, we recommend that you undertake a training programme so that you are confident you can take on this challenge.

What equipment will I need?

A packing checklist will be sent to you at a later stage, which will include a good pair of walking boots and sleeping bag.

Where will I sleep?

Five nights hotel-based accommodation and three nights camping.

Can I stay on?

Yes. We will put you in touch with our tour operator Action Challenge, who will be offering trip extensions.

What is covered by the minimum sponsorship?

- International and domestic flights
- Action Challenge and Local guides
- Medic / Doctor and full support team
- All accommodation
- All meals apart from during 'free time'
- Boiled drinking water on trek
- All transfers in local vehicles
- Support mules and horses
- NP/Reserve entrance fees

What is not included in the minimum sponsorship?

- Travel insurance
- Items of a personal nature
- Local airport taxes
- Tips for guides



Trek Peru – Machu Picchu: 2 – 12 September 2010

Join Scope on this amazing journey to the Machu Picchu ruins and raise vital funds for our work with disabled people.

Please complete the form below and send along with a non-refundable registration fee of £199 (cheques made payable to Scope) to the Events Team, Scope, 6 Market Road, London N7 9PW or fax to 020 7190 5896.

Your details

Title: _____ Forename: _____

Surname: _____

Contact information

Address: _____

City/Town: _____

County: _____

Postcode: _____

Country: _____

Telephone no.: _____

Mobile phone no.: _____

Email address: _____

It saves us money if we can communicate with our supporters by email.

Please tick here if you are happy to receive further emails from Scope. You can opt out at any time.

Please tick the box below if you are happy to receive free messages about our work to your mobile. You can opt out at any time.

I am happy to receive free messages to my mobile.

We will provide a t-shirt to assist you in your fundraising. Please select your size:

S M L XL XXL

Where did you see the event advertised?

Please confirm that you have read and agree to the conditions of entry for this event.

I have read and agree to the conditions of entry

Please confirm your commitment to raise at least the minimum sponsorship amount.

I commit to raising the minimum sponsorship of £3,100

Please provide your payment details

Non-refundable registration fee: £199
Cheques made payable to Scope or credit card details below:

Card Type _____

Issue no. (if shown) _____

Cardholders name and address if this is not your card

Card No. (long number in centre of strip)

Security Code _____

Expiry Date ___/___ Valid From ___/___

Signature _____ Date _____

Continued

1. We require a registration fee (non-refundable) and you must also undertake to raise at least the minimum sponsorship money for Scope. Your minimum sponsorship must be received by Scope eight weeks prior to departure. If you raise £1,000 over the minimum sponsorship your registration fee will be returned to you if you wish.
2. If you are unable to meet these sponsorship requirements, you may forfeit your place on the event – or you may choose to make up the balance yourself.
3. Should you, for whatever reason, not take up your place, all sponsorship forms and sponsorship monies collected should be forwarded to Scope.
4. You must be at least 18 before the departure date of the event.
5. Entry conditions into countries vary but you must not suffer from alcohol or drug dependency. You should not have any criminal convictions.
6. Your passport must be valid for at least six months from date of return to the UK. You are responsible for ensuring that you have a valid passport and appropriate visa for the challenge. Passport control and in-country authorities will reserve the right to refuse entry.
7. Scope's Trek – Machu Picchu is organised by Action Challenge. By registering, you agree to be bound by these terms and conditions and the tour operator's booking conditions. If you require a copy of these please contact the events team on 020 7619 7272.
8. All funds raised for Scope through the event must be payable to Scope.
9. You must be covered by insurance for health, accident and loss.
10. All participants take part at their own risk.
11. For health and safety reasons the tour operator, ground agents and/or medical staff reserve the right to stop any person from participating.
12. Scope, tour operator and local staff should not be subject to inappropriate behaviour; either verbal or physical. We reserve the right to stop any person from participating in the event should we feel that boundaries have been crossed.
13. I consent to Scope passing my details to the tour operator for this event.
14. I agree to pay my non-refundable registration fee. I have read and agree to the above conditions.

Signed _____

Date _____