

**Do you feel like doing something adventurous while at the same time helping to fight poverty?** If so, the Vine Trust is offering you the chance to make a difference to the lives of the some of the poorest people in Peru by taking part in a sponsored walk of the Inca Trail.

The Inca Trail is widely regarded as one of the most spectacular treks in South America, finishing up at the dramatic ruins of Machu Picchu. In addition to the 10 day long visit we are offering participants an additional 3 night stay in the city of Iquitos, exploring the work of the Trust by visiting several projects supported by us. (Please note that this part of the trip will be dependant on numbers).



Exploring the Ruins at Machu Picchu

## The Trek

In walking the famous Inca Trail, you will be following in the footsteps of ancient civilisations. You will begin by spending several days in the city of Cusco, the former capital of the Inca Empire which is located high in the Andes. As well as being a fascinating city to explore this will also help you to acclimatize to the altitude.

After visiting some of the sights around Cusco the 33km, 4 day trail will get under way. Winding through dramatic scenery and reaching heights of over 4000 meters, taking in views of snow capped mountains and high cloud forest, it certainly lives up to its reputation! Visiting the various Inca ruins along the way is also an experience to remember and English speaking guides will accompany the group and be on hand to answer your questions.

Please note that due to the altitude involved in the trek you will need to be physically fit to take part.

## Visiting the Projects

Currently, several hundred people a year participate in our volunteering schemes through work parties and medical teams.

Thanks to the generosity of our supporters the Vine Trust, in partnership with Scripture Union Peru, has been growing its range of street children, medical and enterprise projects. In visiting some of these projects around the Amazonian city of Iquitos, in the optional 3 night extra stay, you will have the chance to see this work first hand. Visiting these projects can remind us, of the great poverty, that many communities in the world are forced to endure. However, it can also be a very positive and memorable experience demonstrating the impact that your support can make.



Breakfast at Puerto Alegria, one of our children's centres in the Amazon,

## Costs and Fundraising

The costs of the trip, including accommodation and international and domestic airfares will be £1350. The optional extra 3 night stay in Iquitos will cost a further £250 but is highly recommended. To take part you will also need to fundraise an additional minimum amount of £1200 for the Peru Project.

Please note that the above costs will **not** include the following:

- Airline fuel surcharges
- Vaccinations
- Insurance
- Personal spending money
- Any flight extensions if you wish to stay on longer (subject to availability).

Fundraising can be a daunting prospect. However it can also be a lot of fun, organising events. You may be surprised just how generous people can be. We will provide you with a fundraising pack which will give you tips and ideas on how to successfully fundraise.

## Response Form

Please note that you must be over 18 to join an Inca Trail group. If you wish to apply for a place please send this form to the address below, along with a deposit of £100. Please make cheques payable to "The Vine Trust- Peru project".

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Post Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Please delete as appropriate:

Will you be staying for the optional Iquitos trip?  
YES / NO

Do you intend to stay on in Peru after the group has left? YES / NO

Please send this form and cheque to:

The Vine Trust,  
Inca Trail Visits,  
83 Laburnum Avenue,  
Port Seton,  
EH32 0UD



## About the Vine Trust

The Vine Trust was established in 1985 in Bo'ness, West Lothian, in direct response to famine in Ethiopia and Sudan. From its inception it has been interested in the relief of poverty at home and abroad and has supported various initiatives within the UK and overseas.

In 2000, the Trust decided to support the development of Street Children's work in Peru through developing its partnership with Scripture Union Peru an international interdenominational charity that has been working with Street Children since 1987 in the capital Lima and now in other locations.

Much has been achieved in terms of growing the range and activity of this partnership and major opportunities now present themselves to make a significant contribution to supporting some of the poorest children and the most marginalised people in Peru.

### Thank You

The logo for Vine Trust, featuring the word "Vine" in green and "Trust" in blue, with a small vine graphic above the "i" in "Vine".

Scottish Registered Charity Number SC 017386

If you would like to find out more on any aspect of our work please visit our website or contact us by Email or phone.

Tel: 01875 812 252

Email: [admin@vinetrust.org](mailto:admin@vinetrust.org)

[www.vinetrust.org](http://www.vinetrust.org)

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# Walk the Inca Trail

**Connecting People  
To Change Lives**