



## APPLICATION INKA TRAIL 2020

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Project Change is about ordinary people coming together to do extraordinary things. Climbing the Inka Trail is one such opportunity to do something amazing while making a huge impact.

Project Change depends upon volunteerism and donations in every facet of each project. It is the very heartbeat of what we do. Never doubt your efforts, however small, are critical to the network of support we all rely on to live our best lives. At the same time, when you reach out to others, you learn about their lives and help them reach their potential. We hope this climb will spark your flame to share our mission, stories, and programs with your friends, family, and colleagues.

By completing the application form you pledge to raise \$3,000 towards your climb. 100% of your donation will go towards building a trade school for women in Amuria and a safe house/orphanage for children living on the streets of Kampala. Your mission and success are critical to many lives! Enjoy making a difference while having an incredible experience!

**Very Truly Yours,**

*Project Change*

**INFORMATION**

(Please Print)

\*Name: Mr./Ms./Mrs./Miss \_\_\_\_\_  
(Last) (First) (Middle initial)

\*Address: \_\_\_\_\_ Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_  
(Month / Day)

Cell Phone: ( ) \_\_\_\_\_ - \_\_\_\_\_ Wk Phone: ( ) \_\_\_\_\_ - \_\_\_\_\_ Other: ( ) \_\_\_\_\_ - \_\_\_\_\_

\*E-mail: \_\_\_\_\_

\*Is your passport current for 2020 (Must be valid for six months prior to departure): Yes/No (circle)

\*Passport Number: \_\_\_\_\_ Issued Date: \_\_\_\_\_

\*In the event of an emergency, call:

**Emergency Contact Numbers:**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Relationship: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Relationship: \_\_\_\_\_

How were you referred to us? \_\_\_\_\_  
\_\_\_\_\_

**I AM INTERESTED IN THE FOLLOWING OPTION:**

- 2020 Inka Trail Climb       2020 Inka Trail – not climbing

**ALL TRAVEL COSTS MUST BE RECEIVED BY NO LATER THAN DECEMBER 31, 2020 TO GUARANTEE HIKING PERMIT.**

I certify that the information contained in this application is correct to the best of my knowledge.

Signature: Print Name: \_\_\_\_\_ Date \_\_\_\_\_

**PLEASE RETURN TO THE SIGNED TO US VIA EMAIL AT [AREINSTEIN@MSN.COM](mailto:AREINSTEIN@MSN.COM)**

The 4-day Inka Trail route is the most popular route trekked by hundreds of visitors and tourists each day. This beautiful trail starts at the 82 km point along the railroad from Cusco. From there you will hike through many of the Inka ruins including Runcuracay, Sayacmarca, huyupatamarca, Wiay Wayna and of course Machu Picchu. At its highest point the Classic Inka Trail ascends to 4,226 meters (13,866 feet). You will be embarking on this magical journey and a trip of a lifetime with the fulfilment of a personal ambition. The feeling is even better knowing that your climbing adventure will create a life-changing event for many of the women and children in our projects.

**When:** May 2<sup>nd</sup>, 2020 through May 8<sup>th</sup>, 2020.

**Location:** Inka Trail to Machu Picchu, Peru.

**Minimum Fundraising:** \$3,000 US Dollars.

**Total Cost:** All fees for the climb must be paid in full by December 31, 2019 to guarantee a climbing date for May 2020. The maximum group size is limited to 10 people.

**Climbing Costs (based on a group of 10 participants):**

DATE	SERVICES	PER PERSON	TOTAL
may-02	*Transport Airport Cusco / Hotel Cusco Plaza Nazarenas.	\$5.00	\$50.00
may 02-03-07	*03 Night Hab. Doublé - Hotel Cusco Plaza Nazarenas.	\$90.00	\$180.00
may-03	*City Tour.	\$50.00	\$500.00
<b>INCA TRAIL 4 DAYS / 3 NIGHTS</b>			
may 04-05-06-07	*All included.	\$850.00	\$8,500.00
08-may	*Transport Hotel Cusco Plaza Nazarenas / Airport Cusco.	\$5.00	\$50.00

- Additional fees will be incurred for flight to Lima, Peru, internal flight to Cusco, sightseeing, meals outside the Inka Trail period, and tips for guides and porters.
- Hire a porter: Hiring a porter will make your trek more enjoyable, giving you time to enjoy the scenery rather than focusing on the weight you are carrying! You'll also be giving employment to people who really want and need to work. Please calculate a generous tip for your porter.
- **Non-Refundable:** Fees are non-transferable or refundable. Fees from a cancelled participation will be treated as a donation to Project Change.
- You must be 18 and over to register for this event.

**Hiking Distances and Elevations – subject to change**

**Day 1: Cuzco to Pisonay**

Maximum altitude: 2954m / 9694ft  
Minimum Altitude: 2670m / 8761ft  
Distance Travelled: 10.89km / 6.77ml  
Approximate Walking Time: 5 hours

**Day 2: Wayllabamba to Pacamayo**

Maximum Altitude: 4226m / 13866ft  
Minimum Altitude: 2954m / 9694ft  
Distance Travelled: 7.10km / 4.40ml  
Approximate Walking Time: 5.30 hours

**Day 3: Pacamayo to Wiñay Wayna**

Start Height: 3627 masl / 11900 ft.  
Max Height: 3974 masl / 13030 ft.  
Approximate Walking time: 8 to 9 hrs  
Day Distance: 11 km / 7 ml

**Day 4: Wiñay Wayna to Machu Picchu**

Start Height: 3688 masl / 12100 ft.  
Max Height: 3688 masl / 12100 ft.  
Approximate Walking time: 4:30 hrs  
Day Distance: 7.29km / 4.53 ml

**What to bring**

The key to packing for a trip to Peru is to pack for a variety of conditions while keeping the weight to a minimum. Easier said than done when you have to deal with the intense heat of the equatorial sun and the cold mountain nights spent camping on the Inka Trail. The best way to deal with these extremes is to dress using several layers rather than one thick sweater. If you forget something, don't despair since most things can be bought in most Peruvian cities frequently visited by tourists including excellent and cheap alpaca sweaters.

**Suggested Inka Trail packing list:**

- 01.** Backpack (65 litres should be quite sufficient).
- 02.** Comfortable walking boots with good ankle support.
- 03.** Sleeping bag (can be rented in Cusco).
- 04.** Clothes
  - 2 pairs long trousers (lightweight)
  - 2 T-shirts
  - 1 short-sleeved shirt
  - 1 long-sleeved shirt
  - 1 pair shorts

Underwear and socks (thermal underwear is highly recommended, being light, warm and makes good nightwear on cold nights).

**05.** Fleece jacket.

**06.** Rain jacket or poncho.

**07.** Hat or cap to protect from the sun.

**08.** Toiletries: soap, toothbrush, toothpaste and toilet paper, etc..

**09.** Sun cream, lip salve, sun glasses.

**10.** Flashlight.

**11.** Basic first aid kit.

**12.** Insect repellent.

**13.** Money belt + passport + emergency money.

**14.** Camera + film (film can easily be bought in Peru and is of excellent quality).

**15.** Water bottle (mineral water can be bought throughout Peru).

**16.** Water purification tablets (Micropur tablets can be bought in Cusco and are very efficient).

For any additional information, please contact Anne Reinstein via email at [areinstein@msn.com](mailto:areinstein@msn.com)