

Schlitz Fund Application

Name: Elizabeth Peacock-Villada

Class: 2005

Destination: Cuzco, Peru and surrounding area

Duration: 11 days

Budget

<u>Items</u>	<u>Cost</u>
1. Plane Tickets – Manchester NH / Lima, Peru	\$629
2. Plane Tickets – Lima/Cuzco	\$220
3. Guided Hike	\$300
4. Food (not included in guided hike)	\$80
5. Transportation, (bus, train, taxi)	\$20
6. Entrance Fee to Machu Pichu	\$50
<u>Total</u>	<u>\$1300.00</u>
Funding Request	\$800.00

Items: Guided Hike, plane tickets to Cuzco, food, transportation, entrance fee to Machu Pichu, and tax on plane ticket.

Other funding

Personal savings from part-time summer job.

Expedition-Specific Information

1. *What is your intended "adventure" (schedule and route description, including travel to and from place of intended adventure)?*

I realize that this application for Schlitz funding is for the fall. I hope you can consider the dates of this trip as an interim period for the fall since they lie between completing my job at the Dartmouth Tucker Foundation and MCAT exam (August 14th), and preseason training for Cross Country, beginning in early September. This training starts off my fall and consumes what is interim for most other Dartmouth students.

My adventure entails a hiking trip into the Andes Mountains in Peru, culminating with a visit to Machu Pichu, "the lost city of the Incas." I will travel with Kyle Chambers, class of 2003. Scheduled departure is for August 16th. We arrive in Lima late on the 16th, stay the night in Lima with a friend, and depart for Cuzco, in the southern mountains, at 7:15 am, arrival at 8:25am. We plan on preparing for the hike and making our way to the first campsite and trail by bus the same day.

This complete itinerary below details a 9-day hike provided by Aventours (obtained via email). We researched 6 different tour guide groups found in Lonely Planet and a couple other travel books. We contacted groups about various hiking options. This hike will be modified as we hope to hike more each day or hike lower peaks and passes in order to reach Machu Pichu in fewer days. The group has offered to fit the trip to our timing needs.

TREKKING AROUND SALKANTAY SACRED MOUNTAIN FROM KM 82 TO KM 122 (MACHU PICCHU) (9D/8N) *Trek, Rigorous*

Day 1: SACRED VALLEY

We depart Cuzco by bus and follow the road to the Sacred Valley, we visit the archaeological site and colonial town of Pisac, have lunch at a local restaurant nearby and continue down the Valley. We visit Ollantaytambo, the most traditional town in the valley that still preserves many original Inca homes and for the most part a true example of Inca urban planning. We continue down the road to our private campsite at Km.82 where we camp for the night.

Day 2 to 7 TREK

Ample, nourishing meals sustain our energy while we spend seven days hiking and camping up, and around the Salkantay Sacred Mountain. When we reach the "Incarchiriasca" pass next to Salkantay (6,280 mts.), we will be at the high point on our route, (5,200 mts), we camp at "Ichupata" with beautiful view of Salkantay. The following day we ascend a zig-zag trail called "7 vueltas" (7 turns) to go over the second pass between Salkantay and Humantay at 4,600 mts. From here we begin a gradual descent into the Santa Teresa Valley. Our trail leads us through an interesting series of ecological zones: from an icy pass and sparsely cultivated high plains, down through sections of dwarfed vegetation and areas of minimal grazing, to moist semi-tropical sectors and finally down into the beginning of the jungle, the "Ceja de Selva", or the "Eyebrow of the Jungle". A hot bath in a natural hot spring nearby is our reward on the 4th night. Plenty of bird and plant wildlife is available for us to enjoy, it includes: Condors, Parrots, Parakeets, Fox, Duck of the Torrent, a variety of ferns, orchids, bromeliads, begonias, palm trees, wild strawberries, etc. A marvellous waterfall is the highlight on our 5th day in the tropical area, also we can enjoy swimming finding an adequate pool in the river. The plantations in the Santa Teresa Valley, at the end of our trek, include numerous kinds of tropical fruit and produce to supplement our rations and provide raw foodstuffs for the highland markets in Cusco and environs. An ascending trail will

take us toward our last pass and camp from where we have a spectacular view of Machu Picchu from an unusual angle that only few people have ever seen or photographed, you can also view a part of the Inca Trail from that point. Not far from the pass we camp for our last night on the trail, a campsite in the midst of incredible mountains and the view of Machu Picchu at a distance. B, L, D on all trek days.

Day 8 & 9 MACHU PICCHU

Our last day trekking on day 8 is downhill on a steep trail that descends down on the small Aobamba Canyon to the Urubamba River at Km. 122. Here we meet the train and we hop on board for a short but beautiful, uphill ride to the stop at the base of the ruins of Machu Picchu (if the train is delayed we can also walk our way). Check in at our hotel and rest of the day free to enjoy the local hot springs or rest. On day 9 we board the buses that will take us up to the Machu Picchu Inca Citadel at sunrise plus a guided tour of the ruins, lunch at the Sanctuary Lodge. P.M. return to Aguas Calientes and board the train that will take us back to Cusco.

We fly back to the US at 12:30 am on the 26th of August.

2. What research have you done into the potential risks and hazards posed by this expedition? How do you propose to manage these risks?

I have a contact in Lima, a friend of my mother, who has direct connections to the tour agencies in Cuzco. I have ensured that there is a way to communicate to my family should an emergency arise. I have also been planning the trip with advice from two Dartmouth students who traveled and hiked in Peru last spring. In addition, we have researched the US travel advisory warnings, and will be avoiding risk in the northern part of Peru.

Hiking with experienced guides will be the greatest risk reducer. Also, Kyle has EMT certification and experience.

We will not hike the Inca Trail due to the environmental risks involved. The government is restricting the tourism flow on this trail to avoid damaging the natural environment any further. Over the winter the trail was closed completely for maintenance. It has suffered from the increase in tourism at an alarming rate. Minimizing environmental impacts are a priority on all of the trails. We will pack everything in and out and hold to the “leave no trace” philosophy even where the government does not enforce it.

3. Are there any government restrictions on travel to the intended region of the expedition? If so, what are they and how are you responding to them?

The Inca trail and Machu Pichu both have some governmental restrictions. You must travel with a certified tour group on the Inca Trail (partially to generate funding for the economy) and documents and passport must be sent in 30 days prior. Therefore, we will take a different route into the area. Machu Pichu has additional restrictions and a \$50 entrance fee, all of which we will respect and abide by.

4. Please explain why this adventure is important to you.

AND

5. Please explain how this adventure would benefit the D.O.C. (i.e. what hard skills you will return with, that you could share, what presentations you might be willing to give upon your return, etc.) This is very important.

I have always been drawn to the history of ancient Latin American Civilizations, perhaps because I have experienced them through my native Mexican culture. The spirit of indigenous

life and even ancient indigenous life is felt much more strongly in Mexico than in the US. I remember forcing my father to take me to the Museum of Anthropology every time we visited Mexico City. Every time I went, I would walk through the ruins preserved in the middle of the city, study the models of how it used to look, and imagine a city built on top of a lake where an eagle once stood eating a serpent. I am now eager to learn about ancient cultures and archeology in other parts of Latin America. I have always had a great interest in the Ancient Inca civilization and particularly in Machu Pichu, "the lost city of the Incas," because of the skill and art that went into creating these temples in the treacherous Andes Mountains.

The Andes Mountains are some of the largest peaks in South America, and as interested as I am in seeing Machu Pichu, I am far more excited about the trail that will take us there through the mountains. Hiking the Andes will truly be a once in a life-time experience. The Andes Mountains bring together lush jungle and bare peaks, indescribable beauty and certainly a challenge. They are a presence. This particular trek encompasses a diverse view of the natural wonders in Peru, from hot springs to the "Eyebrow of the Jungle." There is something special about these mountains and I look forward to finding it out. I cannot think of a better way to escape Hanover and my books than to spend quiet though strenuous days in the mountains I have always dreamed of seeing.

I am also interested in photographing the region and the ruins, particularly on the trail we will hike because it is not a common view. I have practiced photography for the past year with an old but very good camera. I hope to be able to present these photographs on display or through a slideshow as a service to the DOC, or perhaps they could be used in advertisement / development. Because the time I will spend in Peru will be relatively short, I believe this will be the best service that can come of this trip. I will not have time to learn extensive amounts about modern day Peru, the effects of eco-tourism on the region, or the expertise required to master the Andes, though I look forward to absorbing as much as I can from the guides and all that I see.

Most importantly, I hope that my trip will add to the plethora of experiences that encourage and inspire other Dartmouth students to explore what they love and to challenge themselves. I have never initiated a hiking trip of this magnitude, so in many ways I am the student who was inspired by pictures, slideshows, and stories. I also hope my "adventure" will encourage those gracious donors to continue giving so that more students can travel and enjoy the outdoors.

6. Please list your previous experiences or training which would be relevant to this adventure.

I have traveled extensively throughout Latin America and am a fluent Spanish speaker. I have participated in freshman DOC trips as a trip leader and traveled with the DOC spring trip to the Groulx Mountains. I have been training all summer, primarily running, which will hopefully help me handle the faster pace and climbs. Otherwise, I have just enjoyed hiking.