

From Andes to Amazon Rainforest: A Cultural and Eco Trip to Peru

MAY 7 – 24, 2010

WITH ISABELLE ALVAREZ

Peru is widely known for its Andean Cordillera and the legacy of the Incas and their city of Machu Picchu, but its hidden jewel – Peruvian rainforest – is often overlooked.

This educational journey will take us on a discovery of the remarkable rainforest of Peru in the Manu Biosphere Reserve, located in the Amazon basin of south-eastern Peru. Manu Biosphere Reserve, a UNESCO World Heritage Site, covering over 1,8 million ha., and extending from the Puna of the highlands at 13,000 ft to the lowland tropical rainforest at 666 ft, has an international reputation for its incredible diversity of plants and wildlife. We will not only experience the fauna and flora of the forests of Manu but also its people – both native inhabitants and settlers.

Since the Incas could not live apart from the rainforest, to which they made several expeditions to enlarge and protect their realm and gain access to products from other ecological zones, we cannot travel to the rainforest without first visiting the highlands and the legacy of the Incas and that of the Spanish conquistadors. We will then visit Cusco, the ancient capital of the Inca Empire, the Sacred Valley of the Incas with the impressive fortress of Ollantaytambo, and the historic sanctuary of Machu Picchu. A short visit to Lima will serve as an introduction to our journey.

Through this dual environmental and cultural exposure, this journey's ultimate goal is to make us reflect on our lives, our connection to the rest of the world, and our footprint on the environment (and the actions we can take to reduce it). With sustainability in mind, we will be responsible travelers and observe codes of conduct in order to minimize our negative impact on the environment and maximize our positive contribution to local communities. As well and when possible, we will use the services of hotels and other businesses that are environmentally and socially responsible.

ORIENTATION

The orientation course will consist of four Wednesday evenings, April 7, 14, 21 and 28, 2010, 7:00 - 9:30 pm. Topics for discussion will include the history, culture and environment of Peru, civilization of the region, and background information on the sites we will be visiting. The itinerary, travel arrangements, and health matters will be discussed in detail.



ITINERARY

Meals that are included are shown in brackets following the daily itinerary. B: Breakfast, L: Lunch, D: Dinner.

MAY 7 Travel from Calgary to Lima.

MAY 8 Today, we will explore Lima. Our tour includes the Museo de la Nación, central historical Lima with its Plaza de Armas, the Cathedral, the Monasterio de San Francisco, the Iglesia de Santo Domingo, the Plaza San Martín, the Huallamarca huaca in San Isidro, Miraflores with its Parque del Amor, and Barranco, where we will enjoy a typical Peruvian meal. (B, L, D)

MAY 9 Travel from Lima to Cusco. We have a free and easy afternoon to adjust to the high elevation (just above 11,000 ft), which



Machu Picchu

MAY 12 We start our day with an early visit to Ollantaytambo with its narrow cobblestone streets and a massive Inca fortress above. From there, we board our morning train to Aguas Calientes. After lunch, we will take a bus up to the sanctuary of Machu Picchu, where we will spend the afternoon. (B, L)

MAY 13 After spending the morning and part of the afternoon in the sanctuary of Machu Picchu, we will take a late afternoon train to Ollantaytambo where our bus will take us to our hotel in Urubamba. (B, L, D)

MAY 14 We leave the Andean highlands to begin our 8-day journey to the Manu Biosphere Reserve and its surroundings in the rainforest of south-eastern Peru. On this first day, the road takes us from the Puna (tropical alpine grassland) to the Yungas (cloud forest), where our first lodge – San Pedro – is located. We will pass several Quechua Andean communities, including Paucartambo where we will have breakfast. We will also stop at the Chullpas of Ninamarca, pre-Inca burial tombs. Upon our early afternoon arrival at San Pedro we will go for a walk in search of the outstanding Cock-of-the-rock, Peru's national bird. (B, L, D)

MAY 15 We continue our journey down through the cloud forest to finally reach the lowland rainforest at Amazonia Lodge on the banks of the Alto Madre de Dios River, inside the Manu Biosphere Reserve. En route we stop in Patria and Pillcopata, two rural communities of settlers. In Patria we visit a coca plantation; in Pillcopata, we hike to Huacaria, a rainforest native community of Machiguengas, also located within the Biosphere Reserve. Then, we continue on to Atalaya, where we board two dugout motorized canoes that will take us to our lodge on the other side of the river. (B, L, D)

MAY 16-18 Pantiacolla Lodge, at the base of the Pantiacolla Mountains, is set in a beautiful rainforest of bluffs overlooking the turbulent Alto Madre de Dios. Its 900 ha of land offer miles of trails traversing a variety of habitats. During the three days at the lodge we will take day and night guided walks, go to a macaw lick, and observe many species of wildlife that inhabit the highly diverse forests of Manu, including howler monkeys, squirrel monkeys, brown capuchin monkeys, peccaries, deer, agouti, birds and many others. (B, L, D)

MAY 19 Today we resume our downstream boat journey to a lodge on the banks of the Madre de Dios River. En route we will make two stops. The first one is Diamante, a native community of

will be the perfect opportunity for our group to have a taste of Peruvian culture by savouring the mate de coca or coca leaf tea, a natural remedy for alleviating altitude sickness. (B, D)

MAY 10 We will spend the day strolling the streets of Cusco and visiting the Plaza de Armas with its Cathedral and many surrounding churches; the Plaza de San Francisco and its nearby Central Market; the neighbourhood of San Blas and its Museo de Arte Precolombino and Museo Inka. (B, L)

MAY 11 Today's excursion will take us to the Sacred Valley of the Incas. On the way we will stop at the ruins of Qenqo, Pukapukara and Tambomachay. Then we will head down to the valley where we will visit colonial Pisac with its ruins, a colourful food and craft market, and arts and crafts galleries and Urubamba. (B, L, D)

Yine. We will meet with some of their members who will show us their school, catholic chapel, gardens and craft work. Our second stop will be at Boca Manu, located at the mouth of the Manu River. This is a relatively significant community of settlers where we can find a medical station, a school and some basic small stores, bars and restaurants. We will have time to enjoy some refreshments, and arrive at the lodge across the river before sunset. (B, L, D)

MAY 20 – 21 Early in the morning our canoes will take us to Manu Wildlife Center (MWC), two hours downstream on the Madre de Dios River. Although located outside the Manu Biosphere Reserve, the forests of MWC are still highly diverse and scientists often come here to do research. We will have guided walks, go to a forest mammal lick and a river bank parrot and macaw lick, and access lake floating platforms as well as canopy platforms. All these will give us great opportunities to sight the vast array of wildlife species that inhabit this area, some of which are tapirs, deer, black spider monkeys, giant otters, macaws, and curasows. (B, L, D)

MAY 22 Our dugout canoes will take us on our last river journey but this time upstream, back to the lodge where we will board our plane to Cusco. The rest of the day in Cusco will be spent at leisure. (B)

MAY 23 Today we will spend at leisure and have an opportunity to visit other museums, or head back to Sacsayhuaman above the city to take some last great pictures. In the evening, we'll enjoy our farewell dinner. (B, D)

MAY 24 Travel from Cusco to Lima where we will catch our flight back to Calgary. (B)

ACCOMPANYING RESOURCE PERSON

Isabelle Alvarez holds a Master's Degree in Tourism from France and a Master's Degree in Environmental Design from the University of Calgary. She is a naturalist with a strong interest in tropical ecosystems and the Amazon region. Currently, she works as a consultant with a focus on sustainable development, sustainable tourism, cultural tourism and protected areas. Isabelle lived almost four years in Peru while doing her research on ecotourism and conservation in Manu Biosphere Reserve for her U of C Master's degree. Since then she has returned to Peru on occasion and now hopes to get more involved in sustainability and environmental education projects in Cusco and in the rainforest. She strongly believes in education through travel and exposure to the great outdoors.

COST

INTERNATIONAL AIRFARE	\$ 1500
DOMESTIC AIRFARE	700
LAND, TUITION AND OTHER COSTS	5600
GST	60
TOTAL	7860
SINGLE SUPPLEMENT	+ 1300

COST INCLUDES Tuition and four-week orientation course, airfare, accommodation, transfers, all surface travel, and meals as listed in the itinerary. The tuition portion of \$1,200 will be shown as a tax deduction on the final payment receipt. A deposit of \$500 is required with the registration form. There is a \$200 withdrawal fee prior to the final payment date. Final payment is due on December 15, 2009. Please see the Refund Policy section for withdrawal/refund procedures and liabilities. Fees are based on the information available at the time of print and are subject to change to reflect any changes in currency rates, airfares, or land costs. There are possibilities of decreases or increases, and any changes will be reflected on the final payment and passed on to the participant. All fees are based on double occupancy.

General Information

FEES

Cost includes: tuition, orientation course, airfare, accommodation, transfers, all surface travel, and meals as listed in the itinerary. The tuition portion will be shown as a tax deduction on the final payment receipt. A deposit is required with the registration form. There is a withdrawal fee prior to the final payment date. Fees are based on the information available at the time of print and are subject to change to reflect any changes in currency rates, airfares, or land costs. There are possibilities of decreases or increases, and any changes will be reflected on the final payment and passed on to the participant. All fees are based on double occupancy. Fees in all programs exclude airport taxes, passport and visa fees, luggage, cancellation, medical and other personal insurance, gratuities for local guides, wine, liquors, and other items not specifically mentioned as included and other personal services.

SINGLE SUPPLEMENT

The single supplement fee is listed in each program description. Every effort is made to find a suitable roommate for those who wish to share, however, if this is not possible, a single supplement charge will be applied.

REFUND POLICY

Please call 403-220-5052 or write to Lois Kokoski at the address on this page. Up to the final payment date, a cancellation fee of \$200 will apply. After the final payment date, the amount of refund will depend on the amount recoverable from the tour operators. We highly recommend insurance.

INSURANCE

We highly recommend cancellation and medical insurance. Information will be sent out at the time of final payment.

LIABILITY AND RESPONSIBILITY

University of Calgary and their travel agents will exercise all reasonable care in making arrangements for conducting the tour. They are, however, acting only in the capacity of an agent and do not assume liability for any damage to persons or property resulting from or arising out of any act or inadvertence of any hotel, carrier, restaurant, or other company or persons rendering any of the services included in the tour or for any damage caused by other factors beyond their control. The passage contract in use by the airlines concerned when issued shall constitute the sole contract between the airlines and passengers. All prices are based on current international exchange rates and airfare prices at the time of planning the tours, and are subject to change. In the event that it becomes necessary or advisable to alter the itinerary or arrangements for any reason whatsoever, such alterations may be made. Additional expenses, if any, shall be borne by the participants; conversely refunds will be made to participants if any savings are affected thereby. The right is reserved to decline, accept, or retain any participant or tour member at any time.

CONTACT INFORMATION

For further information please contact:

Lois Kokoski
Program Director, Educational Travel Study Program
Phone 403-220-5052
Fax 403-284-9242
kokoski@ucalgary.ca
conted.ucalgary.ca/travelprograms

MAILING ADDRESS

Educational Travel Study Program
Continuing Education
University of Calgary
2500 University Drive NW
Education Tower, Room 220
Calgary, AB T2N 1N4

REGISTRATION

Please complete the registration form on page 27 and mail it with your deposit.

Registration Form

INDICATE THE TRAVEL STUDY PROGRAM(S) FOR WHICH YOU ARE REGISTERING...

- | | |
|---|---|
| <input type="checkbox"/> THAILAND AND CAMBODIA
January 12 – 29, 2010 with John Gilchrist | <input type="checkbox"/> SCOTLAND AND WALES:
CASTLES, CRAGS, AND CELTS
June 5 – 23, 2010 with Dr. A. Mary Murphy |
| <input type="checkbox"/> DISCOVER CUBA
March 21 – 28, 2010 with John Reid | <input type="checkbox"/> SLOVENIA, CROATIA, BOSNIA
September 17 – October 4, 2010 with Peter Herrem |
| <input type="checkbox"/> FROM ANDES TO AMAZON RAINFOREST:
A CULTURAL AND ECO TRIP TO PERU
May 7 – 24, 2010 with Isabelle Alvarez | <input type="checkbox"/> CALIFORNIA WINE COUNTRY
October 12 – 18, 2010 with John Gilchrist |
| <input type="checkbox"/> THE ISLANDS OF ITALY:
A CULTURAL AND ARCHAEOLOGICAL JOURNEY
May 10 – 28, 2010 with Dr. John Humphrey | <input type="checkbox"/> JORDAN AND SYRIA: AN HISTORICAL AND
ARCHAEOLOGICAL JOURNEY
November 15 – December 4, 2010 with Dr. John Humphrey |
| <input type="checkbox"/> THE COUNTRY OF THE FIREBIRD:
ARCHITECTURAL, ARTISTIC AND RELIGIOUS
TRADITIONS OF RUSSIA
May 22 – June 7, 2010 with Dr. Valery Efimenko | |

Name _____

Home Phone _____ Work _____ Cell _____

Address _____

Fax _____ E-mail _____

Official name (as it appears on your passport) _____

Will you be travelling with another person? Yes No Name _____

Would you like to have a roommate? Yes No

Please note that if you wish to share, every effort will be made to find you a suitable roommate. However, if this is not possible, a single supplement will be applied.

If you are registering for a trip, your deposit of \$500 must accompany this registration. Remit by cheque or money order in Canadian funds payable to University of Calgary.

Cheque enclosed

Credit Card Payment: ___ Visa ___ MasterCard

Card Number _____ Expiry Date _____

Signature _____

This information is collected under the authority of the Freedom of Information and Protection of Privacy Act. It is required to register you in the program, forms part of the permanent student record, and will be used to notify you of other courses and programs. If you have questions about the collection or use of this information, or, if you want your name removed from our mailing data base, call 403-220-2952.