



PERU: SERVICE EXPEDITION IN THE SACRED VALLEY

Cusco, Peru

14-DAY PROGRAM



HIGHLIGHTS

- Embark on a two-day expedition to Machu Picchu and camp among snow-capped peaks
- Whitewater raft and zipline through a stunning river valley
- Work alongside a highland indigenous community on development projects.
- Explore Cuzco's cobblestone streets and bustling artisan markets
- Learn about Peru's traditional agricultural, artisanal, and spiritual practices from friendly locals



PROGRAM OVERVIEW

Immerse yourself in the heart of the ancient Inca Empire while making a meaningful impact through community service. Explore Peru's breathtaking landscapes through adventures such as hiking to Machu Picchu, rafting through scenic river valleys, and visiting historic Cuzco and the Maras Salt Mines.

Experience authentic Peruvian culture through traditional cuisine and meaningful exchanges with local communities. This unforgettable journey blends adventure, service, and cultural immersion while encouraging personal growth and a deeper connection to the people and places of Peru.





PROGRAM ITINERARY

Activities and the daily schedule may vary based on weather, local events, and group needs.

DAYS 1-2: WELCOME TO PERU!

Fly into Cusco Airport (CUZ) and meet the GLA Groups staff before settling into the Sacred Valley Home Base and participating in a program orientation. Explore the famous ruins overlooking Ollantaytambo, learning about the area's rich Inca history and cultural significance. The day will conclude with a traditional Andean ceremony honoring Mother Earth, offering students a meaningful introduction to the region's traditions and spiritual heritage.



DAYS 3-4: BEGIN SERVICE & TRADITIONAL DANCES

Begin service work in a nearby Indigenous community, supporting meaningful projects that promote the local economy, education, and public health. Students will have the opportunity to learn from community members while contributing to initiatives that make a positive local impact. In the afternoons, experience Peru's vibrant culture by learning the traditional rhythms and steps of dances such as Huayno, Cumbia, and Marinera. Visit a local artisanal market to explore handmade crafts and purchase souvenirs. In the evening, reflect on your experiences in Peru through guided leadership activities focused on personal growth, cultural understanding, and community connection.



DAY 5: MARAS SALT MINES

Visit the Maras Salt Mines and learn about the traditional methods used to harvest salt from the natural salt pools that have been part of the region's heritage for generations. Continue to Moray to explore its remarkable circular agricultural terraces and discover how the Inca used innovative farming techniques to adapt to the region's unique environment. The day will also include a visit to a women's textile cooperative, where students can learn about traditional backstrap weaving, the process of creating natural dyes, and the importance of textiles in preserving Peruvian culture. Through these experiences, students will gain a deeper appreciation for the region's history, ingenuity, and living traditions.



DAY 6: CUSCO TOUR AND COOKING CLASS

Travel to the imperial city of Cusco for a guided tour of its historic center, taking in the city's beautiful architecture and rich Inca and Spanish heritage. Visit the impressive Sacsayhuaman ruins before exploring the lively San Pedro Market, where students can experience local flavors, crafts, and daily life. Continue to the charming San Blas artisan neighborhood, known for its creative traditions and handmade goods. The day will conclude with a traditional Peruvian cooking class, offering students a hands-on opportunity to learn about local ingredients, flavors, and culinary traditions.



DAY 7: WHITEWATER RAFTING

Get your adrenaline pumping with an exciting whitewater rafting adventure through Class II-III rapids, surrounded by Peru's breathtaking mountain landscapes. After the rafting experience, visit a nearby Quechua community to learn about traditional artisanal crafts, music, dance, and folkloric customs. Students will have the opportunity to connect with local families, experience daily life, and gain a deeper appreciation for the traditions that have been passed down through generations. End the day with an authentic homestay, sharing meals and experiences with members of the community.



DAYS 8-9: CONTINUE SERVICE

Return to Ollantaytambo and continue service work within the Quechua community, collaborating directly with local leaders and residents on meaningful community projects. Spend the afternoons deepening your understanding of the region through educational experiences, including a guest speaker who will share insights into local culture, community development, and life in the Andes. The following day, receive an informational briefing to prepare for the upcoming trek, covering what to expect and how to make the most of this exciting adventure.



DAYS 10-11: ANDEAN HIGHLANDS TREK

Embark on a two-day trek through the breathtaking Andean highlands, traveling along scenic mountain trails and passing through traditional farming communities along the way. Experience the beauty and peacefulness of the Andes as you hike alongside alpaca herds and take in panoramic views of snow-capped mountains in the distance. Each evening, settle into camp beneath a sky filled with stars, creating a memorable opportunity to connect with nature and experience the remarkable landscapes of Peru.



DAY 12: MACHU PICCHU

Take a scenic train from Ollantaytambo to Aguas Calientes, watching the landscape transform from the high Sierra mountains into lush, dense cloud forest. Upon arrival, continue to the legendary Lost City of the Incas, Machu Picchu, for a guided tour of this breathtaking archaeological site. Learn about its history, architecture, and cultural significance while taking in the spectacular surrounding mountains and discovering why Machu Picchu is considered one of the Seven Wonders of the World.

DAY 13: FINAL LEADERSHIP ACTIVITIES

Participate in final leadership activities designed to reflect on your experiences, accomplishments, and key lessons from your time in Peru. After packing your bags, celebrate the end of a successful and meaningful journey with a festive farewell dinner, providing an opportunity to share memories and recognize the connections made along the way. The following day, depart from Cusco, with GLA Groups staff supporting you throughout the airport process until you have passed through security.



PROGRAM SAFETY



**SAFE
TRANSPORTATION**



**CARING SUPERVISION
& EXPERT LOCAL
KNOWLEDGE**



**24/7 SUPPORT &
EMERGENCY RESPONSE**



**GLA HOME BASE:
SAFE & SECURE
LODGING**



**HEALTHY MEALS &
PURE WATER**

**GLA'S
5 POINT
SAFETY
SYSTEM**



GLA HOME BASE

Home Base is a locally-owned property in the Sacred Valley. Students stay in gendersegregated rooms and have access to shared bathrooms. During excursions, students stay in other local hotels, homestays, or tents provided by GLA.



CLIMATE

Cusco sits high in the Andes, giving it a mild, temperate climate year-round. Days are generally sunny and warm, while nights can be cool, so layering is key. Rain is more common from November to March, while the dry season from April to October is ideal for trekking and outdoor adventures.



FOOD

Home Base staff will prepare authentic Peruvian cuisine for you to sample! In Peru, breakfast is typically simple and includes eggs, fresh bread, jam, and local fruits. Lunch and dinner typically include rice, potatoes, vegetables, and either chicken or fish.



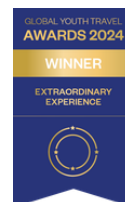
PROGRAM INCLUSIONS

Inclusions:

- Healthy Meals and Drinking Water
- Accommodations in a trusted GLA Home Base
- Safe Transportation - private and public
- Activities and entry fees
- Expert Staff to guide the group
- Secondary medical insurance & emergency evacuation insurance for every traveler

Exclusions:

- Airfare to and from the program
- Additional snacks or drinks outside of mealtimes
- Travel Insurance (lost luggage, etc)



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