



**CAS**Trips

*Creativity,  
Activity,  
Service*

Peru Sample Itinerary





# CAS Trips

## Creativity, Activity & Service

### Peru Sample Itinerary

*Please note, this is a sample itinerary - all destinations, activities and timeframes can be adapted. CAS Trips are 100% customizable to your needs. Contact us to find out more.*

## Carbon Neutral CAS Trips



### Carbon Offsetting

The process of compensating for carbon dioxide emissions arising as a result of travel, by participating in schemes designed to make equivalent reductions of carbon dioxide in the atmosphere.

## carbon neutral

### Being Carbon Neutral

Means you do things, such as carbon offsetting, to reduce carbon dioxide by the same amount as you produce while traveling.

CAS Trips calculate each participant's carbon footprint using the  south pole emissions calculator and offset your trip's carbon output by protecting rainforests around the world in partnership with **STAND FOR TREES**

Click to find out more about the incredible projects you will be supporting:





## Day 1 – Arrival

Activity	Description
<b>Airport pick-up</b>	Your dedicated CAS Trips tour guides will meet you at Cusco’s Alejandro Velasco Astete International Airport and take you directly to your accommodation in the beautiful city center.
<b>Check-in, Rest &amp; Relax</b>	Check in to your accommodation and relax following the long day traveling.
<b>Introductory talk &amp; Orientation</b>	A talk with a local expert will help the students get to grips with the history of the area and what to expect over the coming days.
<b>Evening Meal</b>	Enjoy a typical Peruvian dinner
<b>Student Challenges</b>	Students will be introduced to the <a href="#">CAS Trips UN Changemakers Challenge</a> and our Reflection Workshops. Both will be integrated throughout the trip and will offer students the tools and frameworks for successful ongoing implementation back home.



## Day 2 – Creativity & Service

Activity	Description
<b>Transfer to Pisac</b>	After journeying through the bewitching Andean mountains, we arrive at our homestay in Kuyoc Chico-Pisac, located in the sacred valley of the Incas.
<b>Service Challenge: Traditional house construction</b>	We immerse ourselves into Quechua life by learning how to construct a house using adobe clay bricks. Students will have to work in teams to create bricks in order to fix a local home.
<b>Dinner</b>	Enjoy a taste of the Andes with a traditional dinner with family hosts at the homestays.
<b>Homestay</b>	Students will experience how to live an ancient way of life and learn how booming tourism can impact upon native cultures both here and all around the world.



## Day 3 – Creativity & Service

Activity	Description
<b>Service Challenge: Traditional house construction</b>	<p>We immerse ourselves into Quechua life by learning how to construct a house using the traditional, ancient adobe clay brick method.</p> <p>Students will have to work in teams to create bricks in order to fix a local home.</p>
<b>Lunch</b>	<p>Lunch will be eaten with host families.</p>
<b>Service Challenge: Andean farming</b>	<p>Accompanying their host family members, students will roll up their sleeves and head into the fields to harvest crops and learn about the Andean grains, products and farming cycles.</p>
<b>Dinner</b>	<p>Enjoy a taste of the Andes with a traditional dinner with family hosts at the homestays.</p>



## Day 4 – Creativity, Activity & Service

Activity	Description
<b>Service Challenge: Andean farming</b>	<p>Continuing on from the previous day's rural activities, students will participate in ongoing farming projects with local farmers.</p> <p>Part of today's focus will be on gathering homegrown produce for the afternoon's Sustainable Cooking Challenge.</p>
<b>Lunch</b>	<p>Students will eat with families at their homestays.</p>
<b>Sustainable Local Cooking Challenge</b>	<p>In teams and with the help of their host families, students will use locally-sourced fresh produce to cook a meal for their entire host family, using traditional methods.</p>
<b>Evening Meal</b>	<p>Students will serve their homemade meals and celebrate a special moment with the local Quechua community, followed by traditional stories around the campfire.</p>



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## Day 5 – Journey back to an ancient civilization

Activity	Description
<b>Transfer</b>	We wave goodbye to our host families and set off on our journey to Machu Picchu.
<b>Awe-inspiring train journeys</b>	One of the magical experiences of visiting Peru's archeological wonder is the train journey winding through towering Andean mountains.
<b>Aguas Calientes</b>	Students will be able to enjoy some free time and have the opportunity to buy locally-made handicrafts from the markets in Aguas Calientes.
<b>Evening Meal</b>	Students will eat a hearty meal to prepare for the early wake up call as we set off in the early morning hours to one of the Wonders of the World.



## Day 6 – Activity

Activity	Description
<b>Hike to Machu Picchu</b>	The 3-hour trek from Aguas Calientes up will be a challenge but the phenomenal sight of Machu Picchu at the end will make it all worthwhile!
<b>Tour around the Inca ruins</b>	Led by our expert local guide, students delve into the history of this remarkable archaeological site, uncovering fascinating stories that will make Machu Picchu come alive. Students will get some free time to explore this <i>Wonder of The World</i> before we take a bus back to Aguas Calientes.

## Day 7 – Departure

Activity	Description
<b>Departure</b>	Our dedicated CAS Trips staff will accompany you to Lima's international airport in plenty of time for your flight home.





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Have questions or need further information?

## Get in touch



+420 255 71 26 52



[info@castrips.org](mailto:info@castrips.org)



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