

# Machu Picchu Trek

## Expedition Information Pack

### Pre-Expedition Preparation:

In this document you will find detailed information on fitness & training, the necessary equipment, travel insurance, medical advice, temperatures & climate, altitude considerations, spending money and tips. Please review this information in full and prepare yourself for this fantastic adventure! We have also included information about Peru, an FAQ and the expedition itinerary with details on what's included and excluded.

If you have any questions contact us by email on [info@earths-edge.com](mailto:info@earths-edge.com) or by phone on +353 (1) 532 0869.

The Salkantay trek is a moderate to demanding trek with an average of seven hours of walking per day. As with all our expeditions we expect clients to have a good level of fitness. Although this is not a technical trek, it is very steep in places and you will be gaining height very quickly. For some people it may be the hardest physical challenge of their lives. The group moves at a comfortable pace and nobody is ever left behind. Nevertheless it is your responsibility to contact us if you have any concerns regarding your level of fitness, health or ability to complete the trek. We strongly recommend that you read the expedition itinerary in full before signing up to this challenge.

Everybody is different, so we cannot recommend a specific pre-expedition fitness programme. However please remember the fitter you are the more you will enjoy the expedition.

As a guide to how fit you should be to attempt this trek we have decided to give you some measurable training goals. With an 8kg rucksack you should be able to complete the following routes from start to finish in the following time frame. Don't worry if you cannot complete the walks in the suggested time at first, your fitness will improve rapidly by undertaking cardiovascular exercise 3 to 4 times per week.

Walk	Route	Time
Carrauntoohill (Kerry)	Caher (Coomboughra) Route	6 hrs
Croagh Patrick (Mayo)	Main Route	3/4 hrs
Galtymore (Tipperary)	Black Road Route	4/5 hrs
Lugnaquilla (Wicklow)	Camara Hill Route	4/5 hrs
Spink (Wicklow)	Looped Walk Route	3/4 hrs

Please do not attempt these walks alone. You or someone in your party should have walking experience and the necessary navigational skills. If you would like to hire a guide to take you on one of these walks please contact us to be put in touch with a qualified mountain leader.

Although hillwalking is best, please remember any type of **cardiovascular training** will help you prepare for this expedition. Focus your training on building endurance fitness by completing long, slow and low intensity training sessions rather than fast and short sessions. Build the distance and duration of your training sessions slowly as overtraining often leads to injury. In the three months prior to departure try to include two long training days in a row to replicate walking for continuous days on the expedition.

If you have any **old injuries, weak joints, soft tissue injuries or any other issues** which affect your mobility we suggest you address these issues now. It goes without saying that if you are experiencing

discomfort or pain during short training sessions the problem has the potential to become more serious when exercising for long durations on continuous days. Please visit your physiotherapist in an effort to address the issue and strengthen the weakened area. If you have low muscle mass in your legs we suggest that you add strength training to your schedule. Muscle mass protects our joints and this is very important especially on long descents.

If you are buying any **new equipment** for this expedition such as a rucksack, boots, base layers etc., be sure to use it before departure. All gear should be well broken in to avoid blisters and chaffing!

The itinerary has been designed with correct acclimatisation in mind with no big jumps in elevation. While on the expedition you will be encouraged to take it easy, eat well and stay very hydrated. Very hydrated means drinking between three and five litres of water per day depending on how much you sweat. Drinking three or more litres in a day is much harder than it sounds. We would recommend people practice drinking a large amount of water. Try drinking from a 500ml water bottle and see how many times you can refill it in a day. In our experience it is those who cannot stay well hydrated that run into problems at altitude. Although your ability to withstand high altitudes is not directly related to your physical fitness levels, a good level of fitness will certainly assist in your general stamina.

It is not uncommon for people to encounter **stomach problems** on expeditions. This is due to a number of reasons such as poor hygiene, change in diet, a low immune system and poorly prepared food. We do everything we can to make sure food and water is safe for you to consume. It is very important that you wash your hands before eating and after going to the toilet. We recommend people eat as healthily as possible and take a multivitamin supplement and probiotics for one month prior to departure and during the expedition. This will help you adjust to changes in your diet and keep you healthy throughout the expedition.

### Earth's Edge Training Days:

We hold training events prior to all expeditions. You will meet the expedition leader, expedition doctor and fellow adventurers! You will get the opportunity to ask questions and receive detailed briefs and advice about all aspects of the expedition including training, equipment, weather etc. These events are also a lot of fun and they take place in Glendalough which is a stunning location!

### Equipment List:

The following is what we recommend you take, and is a guideline of what to bring on this expedition. You are responsible for having the necessary personal equipment you need for this trek. When you sign up to an Earth's Edge expedition you are entitled to a loyalty card with our equipment partner; Great Outdoors. Great Outdoors have an excellent range of expedition equipment, very knowledgeable staff and are 100% Irish owned. The loyalty card entitles you to a 15% discount until the day your expedition departs and 10% discount thereafter.

<b>EQUIPMENT CHECKLIST</b>	
Walking boots. If you are buying new boots for this trip please ensure they are well broken in before departure. Few things will make you more miserable during the trek than blisters.	
Runners or sandals (to wear in transit & around camp).	
Mid-weight hiking socks x 3. At least three pairs, some people choose to bring a pair of socks for each day of trekking.	
Underwear, we recommend you bring enough so you are comfortable at all times. Synthetic rather than cotton underwear is advisable.	
Shorts x 1 (knee length or below)	
Lightweight trousers x 1.	

Synthetic/wool/silk long johns.	
Waterproof trousers (N.B. make sure the trousers have zips to the knee at least).	
Long sleeve base layer x 1 (silk, wool, or synthetic).	
Short sleeve base layer x 2 (as above).	
Mid weight fleece x 1.	
A down jacket or a heavy fleece.	
Waterproof jacket.	
A fleece hat to wear in the mornings and evenings.	
Sunglasses (category 3).	
A sun hat with a wide brim to cover the face and neck.	
A pair of warm gloves.	
Walking poles.	
Rucksack: This is a small rucksack (30 to 35 litres) to carry the equipment you will need while trekking such as your camera, spare jacket, waterproof jacket, water bottle and packed lunch.	
Duffel bag or large rucksack to carry your gear to Peru.	
Dry bags or plastic bags. If either your day bag or duffel bag don't have sufficient waterproofing and to separate your equipment in your bags.	
Water bottles and water bladder. You must have the capacity to carry three litres of water while walking.	
A warm sleeping bag (3-4 season comfort rating).	
Suncream at least factor 30.	
SPF lip balm.	
Insect repellent, deet based products are best.	
Hand sanitiser.	
Toiletries, N.B as little as possible, if you are travelling with friends try to share toiletries. * Wet wipes and a nail brush are very useful.	
Personal first aid kit. We recommend you carry rehydration salts, plasters, compeed, paracetamol, imodium, motilium and antibiotics suitable to treat traveller's diarrhoea. Ciprofloxacin or something with similar coverage would be the most suitable antibiotic, please consult your doctor for up to date advice. The expedition medic will also have a full medical kit to deal with issues of a more serious nature.	
Personal medication. Please carry any medication you are currently taking on a regular basis such as asthma inhalers, nutritional supplements, the contraceptive pill, blood pressure tablets. If you suffer or have suffered from any skin conditions bring appropriate creams such as canesten, zovirax, anusol or hydrocortisone 1%.	
Small towel for washing.	
A head torch.	
Swimming togs/shorts for the hot springs.	
Your vaccination booklet.	
A spare set of clothes to wear after you finish the expedition.	
A photocopy of your travel insurance and passport.	
<b>OPTIONAL ITEMS</b>	
A sleeping bag liner (This is not essential but it helps to keep your sleeping bag clean and adds an extra season).	
Power Adaptor - Plug type C is used in Peru.	
Ear plugs.	
A camera, book and/or writing paper	

**Tourist Visas:**

At the time of writing Irish and British nationals do not require a Tourist Visa when traveling as tourists to Peru neither do nationals from other EU countries. Other nationalities should consult their relevant consulate. All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

Although you don't need a tourist visa to visit Peru, all travellers are given an Andean Immigration Card when they arrive in the country. You must present this card when you're leaving Peru – failure to do so could result in your departure being delayed until you can get a replacement card.

**Travel Insurance:**

It is your responsibility to ensure that you have sufficient personal travel insurance for this expedition. Your policy must provide cover for; a) medical injury or sickness b) trekking up to 4,600 metres (c) helicopter evacuation in an emergency situation, and d) repatriation to country of residence. You must declare any pre-existing medical conditions to your insurers and ensure you receive written confirmation that any pre-existing medical conditions are fully insured. We advise you to obtain travel insurance as soon as you book, that will cover you for unforeseeable circumstances such as illness or injury that might result in you not being able to take part in your expedition. We recommend Campbell Irvine for your travel insurance requirements as their policies cover a, b, c & d as above and include cancellation cover. To contact Campbell Irvine call [+44 844 826 2722](tel:+448448262722) or go to their website [www.campbellirvinedirect.com/earthsedge](http://www.campbellirvinedirect.com/earthsedge).

**Vaccinations & Prophylaxis:**

We are not qualified to answer all your questions about travel health directly. We recommend consulting your GP or The Travel Health Clinic ([www.travelhealth.ie](http://www.travelhealth.ie)) for the most up to date medical advice. When you sign up for this event we will email you specific advice supplied to us by the Travel Health Clinic which details what is required for this destination.

**Medical:**

Before departure you will be required to complete an extensive medical questionnaire. It is for your own safety that we require you to disclose as much detail about your medical history as possible. The information you supply is treated with the strictest confidence. We will do our best to accommodate everyone on this expedition, but we do reserve the right to refuse participation if we feel your safety or that of the group may be compromised. All participants on Earth's Edge expeditions are required to have a medical form completed by their own doctor. We recommend you do this at the same time you see your doctor for travel vaccines (if required). These measures are put in place for the safety of all participants on the trek.

**Temperatures & Climate:**

There are two distinct seasons in Peru; the rainy and dry season. The dry season begins at the end of April lasting right through until November. Temperatures on this expedition may vary from 15 to 30 degrees centigrade during the day, the nights and the mornings are quite cold as they can reach below zero. Generally the days are hot and the nights are cold. You should be ready for inclement weather at all times as the weather can change rather quickly at high altitude. Temperature is mostly influenced by elevation; the higher you climb, the cooler it becomes.

For accurate weather information please review these two websites;

Mountain Forecasts: [www.mountain-forecast.com/](http://www.mountain-forecast.com/)

Norwegian Meteorological Institute: [www.yr.no](http://www.yr.no)

## **Altitude Considerations**

The human body is quite capable of adapting to a very wide range of barometric pressures and there is plenty of oxygen even at the highest point of this expedition. However, the process of adaptation or acclimatisation does take time and the most important rule is to gain height slowly. Keeping well hydrated is also a huge factor in avoiding AMS (Acute Mountain Sickness). AMS is brought on by lower oxygen levels at higher altitudes. Symptoms include breathlessness, headache, poor sleep, nausea & dizziness. AMS is treated simply by not ascending to higher elevations or in more severe cases descending to lower elevations, where in most cases the symptoms are quickly relieved. This itinerary has been designed to minimise the chances of you getting altitude sickness. Our guides are highly experienced in these matters and will be able to give you good advice to help minimise any temporary discomfort that you might experience. If you have suffered serious problems at altitude before, you should seek the advice of your doctor or a specialist. Please note it is common for most people to experience mild headaches at the higher elevations on this expedition. Always keep your guide informed on how you are feeling.

## **Diamox**

Diamox (Acetazolamide) is a carbonic anhydrase inhibitor. In simple terms Diamox causes the kidneys to excrete more bicarbonate which causes the blood to become more acidic. Acidifying the blood stimulates ventilation, which increases the amount of oxygen in the blood which reduces the chances of getting AMS. We recommend all clients especially those who have had AMS in the past to take Diamox prophylactically (as a preventative), starting on the first day of trekking. Current guidelines suggest 125 mg twice per day (tablet form not capsules). You should try taking Diamox for two days prior to departing Ireland to ensure you don't suffer any of the more serious side effects. Numbness and tingling fingers and toes are common but in some cases users can suffer from nausea, vomiting or diarrhoea. If you experience any of the latter three side effects we would advise against using Diamox.

## **The Altitude Centre Ireland**

If you would like know how you will fare at altitude ahead of this expedition, contact our friends at the Altitude Centre Ireland, Ireland's specialist in altitude training. They offer AMS Susceptibility Consultations which will determine your body's sensitivity to low oxygen (high altitude) and then recommend specific training if needed. For more information call 061748585 or email [ireland@altitudecentre.com](mailto:ireland@altitudecentre.com). Quote Earth's Edge to avail of a 10% discount.

## **Spending Money & Tips:**

We recommend that you carry USD\$200 dollars with you to Peru in small denominations (less than \$50). There are several places to exchange dollars into local currency in the airports and in Cusco. There are ATMs available in Cusco where you can withdraw cash using a credit/debit card. Tipping is not a big part of Peruvian culture but like everywhere it is appreciated. We recommend you tip in the region of \$50 per person if you are happy with the service. Please give your tip to the Expedition Leader and he/she will distribute the tip evenly among all local staff.

## **About Peru:**

Area:	1.28 million sq. km
Population:	30.5 million
Official Languages:	Spanish 84%. Indigenous dialects: Quechua & Aymara
Religion:	Predominantly Roman Catholic (81%)
Local Time:	UTC -5.00
Local Currency:	The Nuevo Sol (PEN)
Currency for Exchange:	US Dollars in good condition.
Where to Exchange:	In banks found in all major towns. ATMs are widely available.
Credit Cards:	Credit cards are useful and can be used throughout Peru.

Up-to-date information concerning global exchange rates can be obtained at [www.xe.com](http://www.xe.com).

#### **EXPEDITION SUMMARY & ITINERARY:**

This trek to reach the lost city of Machu Picchu is one of the most iconic in the world. Our journey on the Salkantay trail is widely considered the most beautiful route to the ruins. The trek is defined by massive snow-capped mountains which collide with lush tropical rainforests. Our adventure includes four days of trekking from the base of the sacred Salkantay mountain, considered by locals to be the "Guardian Spirit of the Andes" and finish's at Machu Picchu. We pass through traditional Andean villages learning about the Andean way of life as we go. This route offers fantastic views of lakes surrounded by breath-taking peaks. We then continue ascending to a high pass where we will be treated to stunning views of the Salkantay and Umantay mountains. On our last day of trekking we climb to Lactapata Pass which is located at the rear of Machu Picchu offering our first glimpse of our destination. We rise early the following day to get to Machu Picchu and enjoy a guided tour of the city.

Enjoy three nights in Cusco the ancient Inca capital and the starting point of our expedition. The vivid sights and smells coupled with the interesting fusion of Spanish and Inca architecture make it a fantastic place to explore and enjoy some retail therapy!

#### **Day 1: Dublin to Lima.**

Meet the rest of your group in the airport and depart Dublin in the early morning, fly to Lima. Arrive in the late evening and transfer to our Lima hotel for a good night's rest. Overnight hotel.

#### **Day 2: Lima to Cusco (3,400m).**

Depart Lima in the morning and take the short flight to Cusco. Spend the afternoon at your leisure, relax in your hotel or explore the sights of the city. Overnight hotel.

#### **Day 3: Acclimatisation Day in Cusco (3,400m).**

Spend the day at your leisure, enjoying all Cusco has to offer. This day is important for acclimatisation as the city sits at an elevation of 3,400 metres. Overnight hotel.

#### **Day 4: Cusco to Soraypampa to Soyrococha (4,180m), 5 hrs trekking.**

We depart Cusco in the early morning as it's a four hour drive to reach our trailhead at Soraypampa. We stop along the way visiting some villages and Killarumiyuc where the Incas constructed their ancient calendar. Once we reach Soraypampa we begin our trek moving at a slow pace to ensure proper acclimatisation. It's a really interesting route and we often meet local farmers and shepherds going about their daily routine. The views throughout the day are fantastic and towards the end of the day we'll see the snow-capped peaks of Humantay and Salkantay high above us. We spend the night at Soyrococha which is the highest and coldest campsite on the trek.

#### **Day 5: Soyrococha to Collpapampa (2,950m), 9 hrs trekking.**

This is the most difficult day of the trek but we are also treated with the best scenery. We start the day by trekking up and over the highest point of a 4,570m pass. Although a tough climb the views from the top make all the effort worthwhile. After the pass we continue on to Huayracpampa where we will break for lunch. In the afternoon we trek through a cloud forest full of wild flowers and we may even spot some hummingbirds too. We set up camp outside the village of Collpapampa. Overnight camp.

#### **Day 6: Collpapampa to La Playa (1,850m), 6 hrs trekking.**

Our destination today is the village of La Playa. We trek through a valley covered in trees with thick

groves of bamboo. Flocks of colourful tropical birds and interesting wildlife roam the forest. We also pass a number of waterfalls and cross streams and wooden bridges along the way. We reach La Playa in the early afternoon where we will enjoy a hot lunch. In the evening we have the option to visit natural hot springs where we can bathe in the therapeutic waters, a nice treat to relax tired and aching muscles! Overnight camp.

**Day 7: La Playa to Llactapata to Hidroelectrica to Aguas Calientes (2,700m), 6 hrs trekking.**

Today is the final stretch of the trek before we reach Aguas Calientes at the base of Machu Picchu. We begin with a steep climb to the famous Inca ruin at Llactapata Pass which is located at the rear of Machu Picchu. From there you will be able to get your first glimpse of the lost city. From Llactapata we descend through thick vegetation and tall trees with incredible bird diversity. We take a short train ride to the bustling town of Aguas Calientes which will be our home for the night. Overnight camp.

**Day 8: Aguas Calientes to Machu Piccu**

We rise very early and take the first bus to Machu Picchu. We have a full guided tour of these ancient ruins which is an experience of a life time. You will have time to explore by yourself and visit the Sun Gate, The Inca Bridge or even do one last hike up to Montana Machu Picchu if you have any energy left! We then take the bus back to Aguas Calientes where we will enjoy a celebratory dinner. Overnight hotel.

**Day 9: Aguas Calientes to Cusco**

Take the train back to Cusco and enjoy one more evening in this fantastic city. Maybe do some last minute shopping in the famous Cusco markets. Overnight hotel.

**Day 10: Cusco to Lima.**

Depart Cusco and fly back to Lima. Depart Lima in the evening for Dublin. Overnight flight.

**Day 11: Lima to Dublin.**

Arrive back in Dublin in the evening. Expedition ends.

**Expedition Costs:**

€399 non-refundable deposit at the time of booking & €2,900 balance payment due at least two months prior to departure - Total €3,299. Read our [best price guarantee](#).

\* If you are fundraising you need to contact your chosen charity for a fundraising target. You still need to pay a €399 deposit to Earth's Edge. You also need to ensure that your charity pays the balance payment to Earth's Edge at least two months prior to departure.

\*Prices were set on September 14th, 2015.

**What's Included:**

- International flights for all participants from Dublin to Cusco return economy class.
- Earth's Edge expedition leader.
- Earth's Edge expedition doctor.
- Local English speaking guides, local cooks and mules.
- All accommodation based on twin sharing in hotels and camping elsewhere.
- Three daily meals with plenty of snacks throughout the challenge, except in Lima and Cusco where accommodation is on a bed & breakfast basis.
- Entry fee into Machu Picchu & a full guided tour.
- A celebratory meal after our visit to Machu Picchu in Aguas Calientes.
- All transport throughout the expedition.

- An Earth's Edge expedition softshell jacket for all participants.

**What's Excluded:**

- Personal travel insurance.
- Transfers to and from Dublin Airport.
- Medical Vaccinations.
- Tourist Visas.
- Personal equipment.
- Lunch and dinner in Lima & Cusco.
- Optional sightseeing in Cusco.
- Optional visit to the hot springs on day 6 – approx. \$12.
- Personal spending.
- Any additional services not included in the itinerary such as excess baggage charges, hotel portorage, and any items of a personal nature such as laundry, room service charges, drinks, phone calls, etc.

**Expedition FAQ:****What is the accommodation like on this expedition?**

While in Lima and Cusco we will stay in locally run hotels in an effort to support the local economy. All rooms are clean and comfortable with an ensuite. While on the trek you will be sleeping in two person tents. Our prices are based on two people sharing. It is generally possible to arrange single rooms on Earth's Edge expeditions. Contact us to request a single room or tent.

**What is the food like on this expedition?**

Food plays a huge part in the success of our expeditions. A cook accompanies all expeditions to prepare nutritious, tasty food. All fresh produce is washed using clean water and all perishable items are kept cool. We provide balanced meals which keep participants energised throughout the expedition. We like to cook local seasonal dishes but we also cook western dishes and can cater to all dietary preferences and/or restrictions. Please let us know of your dietary requirements in advance.

**How many people can take part in this expedition?**

This expedition will have an average of 15 participants, with 20 being the maximum group size.

**Who is leading this expedition?**

An Earth's Edge expedition leader accompanies all expeditions. Our leaders are highly experienced and skilled in expedition leadership and wilderness first aid. Local English-speaking guides work with our expedition leaders to run the expedition. Our local guides are highly experienced and very familiar with the expedition route, local history, cultures and customs of the region.

**Will I get a chance to meet any of my other team members before departure?**

Yes about two months before every expedition we organise a pre-departure meeting & training hike. An expedition leader & doctor will meet the group to answer questions about the trek. Most people at this stage will have questions about their equipment and will be given advice on the best way to pack for the trip. This is also a great opportunity for participants to meet one another before setting off. Around this time you will receive a pre-departure document which will include lots of important information such as what time you need to meet at the airport and emergency contact information that you can pass on to your next of kin. Please note where differences exist between this info pack and the pre-

departure document the pre-departure document supersedes.

### **Can participants extend their stay after the expedition?**

Extensions are possible but subject to availability, contact us ASAP if you wish to extend your trip. For extension requests made at least four months before departure there is a change fee of €50 plus fare difference. For requests made between two and four months before departure there is a change fee of €100 plus fare difference. It is not possible to make an extension request within two months of departure.

### **What back-up support is there on this expedition?**

Along with the Earth's Edge expedition leader we use local guides, cooks and support teams of the highest standard. We employ local staff based on their qualifications, experience and references. Our expedition leaders are trained in wilderness first-aid and most of our local guides are first-aid trained too. Our expedition leaders and local staff are familiar with the locations of local medical services and hospitals. Where no mobile/cell phone network is available expeditions are accompanied by two-way radios and satellite phones. Our expedition leaders have 24/7 access to our office in Ireland.

### **What emergency procedures are in place?**

A detailed assessment of risk is completed for all expeditions. The risk assessment covers potential minor and major injuries, environmental risks, political risks and evacuation plans detailing the locations of local hospitals, emergency services and airports.

### **What happens if someone gets sick or injured?**

In the event of someone falling ill or getting injured, the expedition doctor will assess and treat the sick or injured person. Often with some rest, participants can continue without a problem. If needed we can help the injured person to the next camp, where an evacuation to a hospital can be arranged for more serious incidents. In the unlikely event of a serious incident which requires urgent hospital treatment a helicopter evacuation can be requested from local authorities. Extra costs incurred as a result of an evacuation must be paid by the participant. Your personal travel insurance must cover such eventualities.

### **What happens in bad weather?**

In the event of a sudden change of weather conditions the Earth's Edge expedition leader and local guide will assess the situation and make an informed decision on what to do. Participant safety is always the priority in the decision making process. This itinerary has been designed taking into consideration possible bad weather. Alternative routes and contingency plans are always in place in the case of adverse weather conditions.

### **What happens if the airline loses a participant's luggage?**

If an airline loses luggage, Earth's Edge will help report the lost baggage and chase up the airline while the participant continues on the expedition. Personal travel insurance should cover the purchase of any necessary clothes and equipment needed. Generally the airline will deliver lost luggage within 24 hours.

### **What happens if a participant misses their airport connection?**

If a flight connection is missed because a previous flight was delayed, the airlines will offer an alternative flight and accommodation if necessary. If this disrupts any part of your expedition, Earth's Edge will make alternative arrangements to get you back on schedule. Any extra costs incurred due to a missed connection will be covered by the airline or the participant's personal travel insurance.

## Why Earth's Edge?

- Earth's Edge is Ireland's only fully licensed & bonded Adventure Travel Company.
- Earth's Edge is 100% Irish owned.
- We use (mostly Irish) qualified expedition leaders with solid travel experience & who are 'salt of the earth' genuinely lovely people.
- We send (mostly Irish) doctors on all of our expeditions, regardless of the difficulty or remoteness of its location. They are accompanied by a comprehensive medical kit.
- We excel at expedition planning and management. Each expedition goes through a custom made event check-list starting 12 months before departure to ensure we do all we can to run expeditions as smoothly as possible.
- We provide excellent expedition support. All expeditions are managed from our office in Dublin and have 24/7 support from an operations and medical expert.
- We endeavour to respond to all enquiries from both current & potential clients within 24hrs.
- Our office staff hold bachelor degrees in tourism management and are keen adventurers themselves. So when you make an enquiry you are speaking to an expeditions' expert as opposed to a travel agent.
- We offer very inclusive packages which are excellent value for money.
- The emphasis we place on preparing our clients for their expeditions is second to none. We provide detailed informative trip documentation, medical & vaccine guidance & visa support.
- Earth's Edge hold pre-departure events two months prior to each expedition, these include training hikes and a detailed overview of what to expect including expert advice on gear.
- We follow a strict environmental, social & economic responsible travel policy.
- Earth's Edge group sizes are always small. This enables us to minimise our environmental impact & it also ensures we retain the element of adventure in our expeditions that separates them from your average holiday.