

# **PERU ANTIOCH UNIVERSITY NEW ENGLAND**

**Pre-Departure Information**  
**June 23-July 1, 2012**



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Seattle, WA 98124  
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[www.crookedtrails.com](http://www.crookedtrails.com)**

## **ANTIOCH PERU STUDY TOUR**

Corporate Social Responsibility and Sustainable Business  
in Peru and the Amazon Rainforest

***June 23 – July 1, 2012***

When most people think of Peru, the lost Incan city of Machu Picchu often comes to mind. Since its “rediscovery” by Yale archeologist Hiram Bingham in 1911, this pre-Columbian ruin has become synonymous with Peru. Few countries are similarly encapsulated within a single image to such a degree.

While the mysteriousness of ancient civilizations will forever intrigue visitors, Peru’s connections to the past overshadow the significant interest generated by the country’s recent economic progress. This diverse nation of 28 million people has quietly positioned itself as the hidden commercial gem of Latin America—a diverse, export-driven economy characterized by open markets and fiscal prudence.

Positive economic growth towards a stable, competitive market continues to transform Peru into a dynamic environment for U.S. investment. So, what does this mean for Peru and its people?

From the capital city of Lima to the remote Amazon jungle, to the heart of the Incan empire, this interdisciplinary seminar will introduce participants to the challenges and possibilities for creating new models for sustainable economies in Peru. What practices provide long-term economic empowerment and prosperity to local communities? What structures ensure benefits to the common good, be they local ownership, cultural preservation, or healthy environmental practices?

Students will have excellent exposure and access to real-world, real-time economic ventures in the Amazon Rainforest from agriculture to eco-tourism and to the community stakeholders in them. Formal meetings and informal conversations with representatives of both multinational corporations, local companies and community-based public/private enterprises, NGO's, laborers and community members provide realistic perspectives on the keys to sustainability as well as the obstacles. Our investigations to the resource-rich Amazon Rainforest in Southern Peru.

***B, L, D, indicates meals included.***

**JUNE 23 (Saturday) *Travel Day.*** Spend the day in flight to Lima. Upon your arrival, you will be welcomed by your Crooked Trails facilitator and brought to your Lima guesthouse in the heart of Miraflores near the ocean. It will be late so we will settle into our rooms and rest.

**JUNE 24 (Sunday) *Lima.*** After a traditional Peruvian breakfast, we will join our Lima guide for a brief historical tour through the streets of central Lima (key to understanding the historical context of this country which plays a role in modern day economics), visiting the catacombs of the famous San Francisco Cathedral and the Plaza de Armas. From here we will head Lima's Surquillo market. A visit to this immaculate market will show you the main players in Peru's fabulous food. Here we will see and learn about the bounty of ingredients in exciting Peruvian dishes inspired by Spanish, Native Indian, African, Chinese and Japanese kitchens. This will be the perfect introduction to a spectacular lunch at La Mar, Lima's new vogue concept in Peruvian cuisine owned by famous chef Arcurio Gaston. Here staff will treat us to a short lesson in his kitchen on how to prepare Peruvian Ceviche and Peru's most famous drink, the Pisco Sour. After lunch, we will walk off our meal by exploring the eclectic neighborhood of Barranco. Once Lima's beach resort, this district is now the home of Peru's most interesting and innovative artists and writers. Here we will explore little known nooks and crannies of this Bohemian neighborhood before returning to our hotel for a well deserved rest before a spectacular dinner at a local favorite. **B, L**

**JUNE 25 (Monday) *Lima. Alternative Models of Corporate Social Responsibility.*** Giving Leadership to Ideas: In the business sector's view moving Peru toward a path of prosperity, equity, and social and environmental sustainability requires both real leadership and entrepreneurial spirit that neither the State nor political parties are able to provide. And while many civil society groups are dynamic, they are considered to be too weak and ephemeral to assume this challenge. Beginning with their initial attempts to get business to adopt a more proactive stance in the country's economic and development process, the members of Peru 2021 have placed enormous importance on the issue of leadership, and indeed on providing an alternative to more common "populist" styles of leadership in the region. In the morning we will meet with former President and Co-founder of Peru 2021. Peru 2021 is an organization of business leaders in Peru who are committed to contribute to economic, social and civic development in Peru through the construction and dissemination of a long term vision of country and through the promotion of corporate social responsibility. The group has chosen to build a national vision toward the year 2021, as the country will celebrate its bicentennial independence. Our morning meeting will be a great introduction to CSR in Peru and take us to our second meeting with Environmental Business Consultant, Gonzalo Urbina from ETC Andes (ecology, technology and culture). Gonzalo will offer a unique perspective on CSR and his past work as a university professor and consultant to some of Peru's largest mining companies.

After lunch, in an attempt to compare and contrast responsible business practices among multinationals and locally owned companies, we will first meet with Starbucks Peru's Marketing Manager, Christian Bedrinana. Opening its first cafe in 2003, Starbucks now has 35 cafes in Peru's. In the later afternoon we will meet with Peru largest local Coffee Cooperative and Exporter of Peruvian coffees, COCLA. (or potentially Villa Café). **B**

**JUNE 26 (Tuesday) *Lima.*** After breakfast, we will drive north to the factories of AjeGroup a family owned corporation involved in the manufacturing, distribution and

marketing of syrups and nonalcoholic beverages based out of Lima, Peru. In 1988, the Añaños-Jerí family from Ayacucho sold its tractors and took out a \$30,000 loan to set up a soft drinks factory in a region of Peru where Coca-Cola and Pepsi trucks were constantly hijacked and ransacked by Maoist Shining Path guerrillas. From these humble beginnings, the company has expanded into Ecuador, Venezuela, Mexico, Costa Rica, Guatemala, Honduras, El Salvador and Thailand and is a major contender for Coca Cola, Pepsi and now the Mexican beer market. We will meet with Communications and Public Relations Manager, Carlos Martin Velarde Campos to hear some unique stories of CSR implemented by the family. In the afternoon, we will meet with soft drink and beer giant Backus y Johnson Peru's largest beer and water producer since 1879. **B, L** *(These are great meetings for establishing different styles of sustainable business practices but I may change this to meetings with NGOs and government departments who work in the Amazon—I am talking with them now to see if it would be interesting as an intro to our work there).*

**JUNE 27 (Wednesday) Lima.** Ethics, or the lack of them, play an important part in Latin America's business environment. So moves by the region's leading universities to include corporate responsibility and sustainable business classes in their business programs mark a timely step towards long-term change. Several CSR initiatives throughout Peru were started by university professors and student groups. In the morning we will meet with professor Patricia Quiroz Morales of Pontificia Universidad Católica del Peru and discuss the role of academia in CSR in Peru. We will also meet with other students working in Sustainable development.

In the early afternoon, we will fly Puerto Maldonado in the Southern Amazon Rainforest. Puerto Maldonado is situated at the confluence of the mighty Madre de Dios and Tambopata Rivers and is a bustling, booming tropical frontier town. Its principal activities are gold mining, Brazil nut collecting, timber extraction, agriculture and ecotourism. After a brief survey of the town we will drive thirty minutes to the Tambopata river port in the community of Infierno. We will board our boats for a one-hour trip by motorized canoe to Posada Amazonas. We will have a boxed lunch aboard the boats or have lunch upon arrival at Posada Amazonas. During our voyage we may see bird species typical of the river or forest edge such as: Black Skimmer, Pied Lapwing, Capped Heron, Jabiru Stork, Roadside Hawk, and several species of kingfishers, swallows and flycatchers. When we arrive at Posada Amazonas we will unpack and unwind. Posada Amazonas is a comfortable yet unobtrusive 30 room lodge owned jointly by Rainforest Expeditions and the Local Community of Infierno. We will receive a short orientation and a complete briefing on the lodge and the Ecotourism Project before our afternoon activity: the canopy tower. In this activity, we will visit a 35 meter scaffolding tower that is 15 minutes walking distance from the lodge. The scaffolding tower is built so that you safely climb using the internal staircase with verandahs on each side, and rest in platforms present every 2 meters. From the top you not only get spectacular views of the river and the surrounding forest but also excellent opportunities to observe birds from the canopy including parrots, toucans and macaws.

After dinner we will have our first presentation on business concessions in the Madre De Dios National Reserve. **B, L,D**

### ***Alternative Views of Sustainability***

The concept of sustainability, defined by the Brundtland Commission of the United Nations in 1987 as “meeting the needs of the present without compromising the ability of future generations to meet their own needs,” has been slowly working its way into the dialog of both local and multinational companies. However, given the novelty of the concept, particularly in a business context, we currently lack answers to even the most basic questions about corporate sustainability. Our time in the jungle will be spent on activities that extend our understanding of this important concept. For example, we’ll consider the sustainability of the Brazil nut industry by (1) seeing firsthand how Brazil nuts are harvested, (2) by talking to local officials about laws designed to protect the productivity of the Brazil nut tree, and (3) by considering the impact of the Brazil nut industry on the local society and economy. We’ll also learn about sustainability by visiting a local farm and talking to a community leader about sustainable agriculture practices. We will consider the sustainability of ecotourism, a topic we will explore in greater depth at the Amazon lodge. More generally, in the jungle we will learn about Nature and our relationship to it, because this is a critical aspect of our understanding of sustainability.

**June 28 (Thursday) Sustainability *and the Timber Industry*.** After breakfast we will take a two hour hike through the forest to learn more about Amazon ecology. Here we will familiarize ourselves with virgin vs. non-virgin rainforest and talk about the importance of protection. A representative of the Small Timber Extractor Federation will give us an overview of the industry in the state of Madre de Dios, a state that is principally covered with lowland primary rain forest.

There are numerous forest products that can be collected in a renewable fashion on a small scale by local peoples. Although poor farmers must still overcome their ignorance of sustainable forest products and difficulties of distribution, the harvesting of forest products without destroying the forest can be more profitable in the long term than the other alternative: destroying the rainforest and using the land for subsistence agriculture for a few years before clearing a new area or selling the wood (assuming it has not been recently logged) to a timber company. After our hike, we will visit one example of a local initiatives set up to support local farmers and help to popularize sustainable forest products.

In the afternoon, we will visit the community’s ethnobotanical center. We will hike the trails around the center with one of the residents who will explain to us the everyday uses of forest resources in medicine, construction, food and fiber. From this little shop, the community has been registering the uses of medicinal plants from elders and planting, producing and distributing them for over a decade. These are derived from bark, leaves, roots, and other plant parts and can be sold in local markets to other local people. Local communities generally do not reap much from drugs derived from rainforest plants by major foreign pharmaceutical companies because of the time and cost associated with drug development. Further, once active ingredients are isolated from a plant, the drug can be synthesized in the lab. However, in some cases the active compounds are so complex or so expensive to synthesize that it is easier to collect from natural forest or cultivate on farms, something which could directly involve small farmers.

Return to the lodge for rest.

After dinner we will receive a talk on an innovative environmental education project: "El Bosque de los Niños" (or The Children's Forest). This project titles land in favor of a

primary school and then develops a resource management program in it. It helps kids get a vision of sustainable resource management in the Amazon.

**June 29 (Friday) Sustainability *and* Agriculture.** One of the growing businesses in the rainforest is the Brazil nut industry. After breakfast we will meet with representatives of the industry to discuss its potential for protection of the Amazon Rainforest. We will follow a step-by-step process of how Brazil nuts are harvested, letting us have a go at it. By the end of the morning, we will have a clear idea of the difficulty of this industry. We will return to Posada Amazonas for lunch.

In the afternoon, we will visit a local slash and burn farm. Slash and burn agriculture systems are often thought of as wasteful because the fields are burnt, cultivated for a few years, and then abandoned. Many resident studies, however, have shown that this is far from the truth. The secret of their success is mixed planting in small patches, so that the crops are not decimated by disease and pests spreading through monocultures, the use of a mixture of herbaceous and woody crops, and the genetic diversity of their crops. After our visit, we will be able to understand why these cultivation systems are sustainable over the long term. During our visit we will be accompanied by a representative of the Federation of Agriculture of Madre de Dios (FADEMAD) who will speak to us about the local farming industry.

After dinner we will meet with a representative from Conservation International's "Leadership for Business," program. The Rainforest Alliance and Conservation International recently completed a study of the fascinating world of botanicals -- those forest-based products such as nuts, herbs and extracts -- used widely in cosmetics, supplements, and pharmaceuticals all over the world. The study conducted a survey of representatives from industry, nonprofit organizations, community groups and scientists on five continents to determine the social and environmental impacts of this industry, particularly those products that come from developing countries with high biodiversity.

**June 30 (Saturday) Sustainability *and* Ecotourism.**

Tourism is the fastest-growing industry in the world. By the year 2010, the World Tourism Organization predicts that there will be one billion international tourists and more than US\$1,500 billion generated in revenue. As tourism increases around the world, the environmental and social impacts of tourism can also be expected to increase. However, tourism's potential for improving environmental conservation and community well-being is nevertheless considerable. Policy makers, non-governmental organizations, and practitioners of tourism must therefore work to create opportunities that center on local communities, promote conservation efforts and link conservation with enterprise development. As a distinct form of tourism differing from traditional nature tourism and adventure travel, **ecotourism provides funds for preserving land and water resources and the biodiversity they support.**

Ecotourism in the Amazon is a huge industry for Peru, and has developed in this manner in conjunction with conservation efforts by the government. Ecotourism trips are in controlled areas, and guides are given specific preservation instructions to be passed on to the travelers. However, ecotourism in Peru has the ability to impact not only the natural environment, but the indigenous populations as well. It is critical, therefore, that any tourism undertaken in the Peruvian Amazon is of the ecotourism persuasion, and that the utmost care and consideration is taken when planning and visiting this fragile part of Peru.

Our first exploration into Ecotourism in the Amazon will be to examine the joint venture partnership between Rainforest Expeditions (Peruvian Tour Operator) and the Ese'ja Community of the Southern Amazon. Individually in two separate workshops, we will meet with each. Our first meeting will be at the lodge with the manager. Our second meeting will take us to the Ese'ja community 45 minutes by boat where we will listen to the community's perspective and have lunch.

After lunch, we will visit a small community based tourism project by one of the Ese'ja community members.

Return to lodge for dinner. In the evening, a night safari will be arranged for those who wish to see the jungle at night.

**July 1 Travel Day (Sunday). *Final Morning in Amazon. Return to Lima. Home.*** Fly back to Lima for a celebratory farewell dinner, followed by our late flight home.

### **PRICES:**

\$2420 based on 20 students

**Price includes:** all in country transportation, all lodging, all meals noted in the itinerary, all activities, speakers, guides, translators, full Amazon package. Also includes one full time Crooked Trails facilitator.

**Price does not include:** International airfare, some meals not listed, and personal items such as laundry, phone calls, email and alcoholic drinks.

## **General Information**

With international travel there are several items that need to be attended to early on. The first four items in this section should be addressed **at least six weeks** prior to departure.

### **PASSPORT**

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If you do not have your passport already, you will need to apply for it very soon. It takes approximately six weeks to receive your passport, but can take longer. If you are in a crunch, you can use the expedite service and receive the passport in two weeks. This will cost an additional \$60 as well as two-way overnight delivery fees. To do this, overnight your passport forms and documents along with a \$60 check made out to the US Department of State to this address:

**National Passport Processing  
Attn: Department 13349  
1617 Brett Road**

## **New Castle, DE 19720**

Write "EXPEDITED" in big, bold letters on both the front and back of your envelope and make sure to include a prepaid overnight return envelope for the passport office.

Go online to [www.travel.state.gov/passport](http://www.travel.state.gov/passport) or [www.passportexpress.com](http://www.passportexpress.com) to get information about obtaining a passport. Or go to your telephone book white pages, and look under the blue listings for Government, then Federal then find Passports. If you are having trouble locating your local passport agency, please feel free to contact us for assistance.

## **PERUVIAN TRAVEL VISA**

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Peru does not require a travel visa unless you plan on staying longer than 90 days. If you are extending your trip on your own, you can obtain a travel visa in Peru.

## **IMMUNIZATIONS**

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Plan ahead for getting your vaccinations: some of them require more than one injection, while some should not be given together. You should see a travel doctor six weeks prior to departure. To find a travel clinic there are 3 ways to go.

1. Go to the white pages of your telephone book and look under the blue pages of Government listings. Go to County, then look under the heading of Health Service then Travel Immunization.
2. Ask your family doctor for a doctor who specializes in Travel medicine.
3. Call your local University as many of them have a travel clinic.

Peru requires no immunizations to enter the country, however, due to the remote nature of our destination, there are several immunizations you should consider. These include **Yellow Fever, Typhoid, Hepatitis A, Tetanus, and Hepatitis B**. A number of other vaccinations are recommended for travel in certain areas. These are not required, but are recommended for your own personal protection. Malaria is not typically a concern for travelers in the Andes Mountains of Peru, only in the Amazon basin and parts of the far northern coast, so be specific with your doctor about your itinerary and ask their advice. If you haven't had your **Measles/Mumps/Rubella** shot since you were a child, your doctor will suggest it. Let your doctor help you decide based on your length of stay and our planned destinations in Peru.

## **TICKETS**

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If you don't have a ticket agent you like, we recommend:

Adventure Travel Company  
715 Broadway Ave East  
Seattle WA 98102  
Tel 206-322-0396

## **FLIGHT INFORMATION**

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### **International Flights**

Continental, Delta, American and United Airways are the most frequently used airlines from the United States. They offer frequent service between the US and Peru. For those living outside of the US, there are several airlines to take advantage of a greater variety of schedules.

### **Internal Flights**

All internal flights are included in the land cost of your trip. Your trip leader will handle all airline tickets and check-in formalities, etc. In the event of non-availability or cancellation of any scheduled internal flight, alternative road transportation will be provided with no additional expense or refund to you.

### **Confirmation**

You will need to reconfirm your international flight **two days prior** to departure. All group domestic flights and return flights will be reconfirmed by your trip leader. Seat assignments often can be made in advance for the international flight but are usually not available for domestic flights where seating is on a first-come, first serve basis.

### **Check In**

International airlines require that you check-in for your international flight no later than two hours prior to departure. This much or more time is often needed because of time-consuming security checks and the risk that the airline may have overbooked the flight.

### **Baggage**

Should your luggage get lost en route to Lima, it may take several days to recover. Most items are fairly easily replaced in Lima and can be bought or rented, except a well-fitted pair of hiking/walking shoes. Therefore we suggest that you carry on or wear your hiking boots on your flight. Valuable items such as cameras or binoculars, and essentials such as prescription medications and of course your travel documents and money should always be hand carried on all flights. Checked luggage should be locked and properly labeled. Remember to remove all sharp objects from carry-on and stow in your main luggage. Please remember that the U.S. has imposed new regulations regarding fluids in your carry-on. Be sure to review those at <http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm>

On most flights to Lima, you are allowed to check two bags and have one carry-on bag. Each of your checked bags can weigh up to 50 lbs. The carry-on must fit under the seat. For most trans-oceanic flights, you may only be allowed to check your baggage to your first major layover city where you must claim your baggage, and re-check it onto your continuing flight. Check with your airlines to confirm their current rules.

### **Departure Taxes**

Departure tax from the U.S. is included in your ticket. However, you are responsible for payment of departure taxes in Lima at the time of your check-in.

**Departure tax in Lima is \$30 (sometimes included in your ticket)**

## **CARBON EMISSIONS AND YOUR FLIGHT**

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Air travel is a significant contributor to climate change and Crooked Trails is proud to be working with Planting Empowerment to offset the climate impact of all our trips beginning January 1, 2007. Through this innovative partnership the emissions of every Crooked Trails trip will be offset. Crooked Trails has included in each program the fee to cover the cost of offsetting the emissions with renewable energy. 100% of this fee will be donated to Carbonfund.org. One roundtrip flight from mainland USA across the pacific can produce more than 3.5 tons of carbon dioxide. By offsetting the carbon from your flight you can travel more responsibly and happily.

Planting Empowerment will take the contribution and use it to plant trees in Panama. With this support, Planting Empowerment, Crooked Trails, and you are helping to grow the market for renewable energy that will lead to even more zero carbon energy production. It's just one more way we walk our talk when it comes to responsible travel. Learn more about the work that PE is doing by visiting their website:

<http://www.plantingempowerment.com/61.html>

## **MONEY**

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The currency in Peru is the *nuevo sol* (S). Exchange rates vary, but are about **\$1=3 Soles**. Cash and travelers' checks are readily accepted and can be exchanged for soles at the airport, hotel, exchange houses or any banks when you arrive in Lima. It is important to examine your US dollars before arriving in Peru. **Bills must be in good condition or banks and exchange houses will not accept them. Avoid bringing bills with small tears, writing or heavily worn bills.** Traveler's checks are exchanged at a lower rate than cash and a commission can be charged. ATMs are readily available in most of the cities we will visit.

All participants should carry a money belt for carrying valuables such as cash, air tickets, passports and credit cards.

**While in Peru, you will be responsible for:**

- Your own meals not covered in itinerary where you can expect to pay around \$3.00 to \$7.00 a meal. Please refer to the itinerary for a day-by-day explanation of meals covered.
- International airport departure tax, which is \$30 and domestic airport tax for three flights, which are \$6 per flight.
- Personal items such as laundry, phone calls, emails and snacks.

## **EMERGENCY CONTACT INFORMATION**

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Should you wish to give family and friends emergency contact information, please provide them with our office phone number (206-383-9828) and email [info@crookedtrails.com](mailto:info@crookedtrails.com). As it will be difficult, expensive and/or even impossible to contact you while you are in the jungle and on the village visits, this should only be used in cases requiring your early return or an immediate phone call. In any case, the message may not reach you until you return to Lima or Cuzco.

## **TRAVEL INSURANCE**

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We at Crooked Trails are hopeful the unexpected will not happen when you travel with us. If something does happen however, we want you to be fully protected. We understand the importance of comprehensive international travel insurance protection for all our clients, and thus encourage you to book travel insurance. We recommend CJET Global and you can reach them at: (206) 283-8737 or Email: [cam@cjetglobal.com](mailto:cam@cjetglobal.com).

Antioch University requires you to purchase travel insurance and provide documentation to the Instructor, Polly Chandler. [pchandler@antioch.edu](mailto:pchandler@antioch.edu)



## **AVERAGE TEMPERATURES**

### **For Lima in June**

**Average Low : 61 F**  
**Average High : 70 F**

### **For Puerto Maldonado**

**Average Low : 70 F**  
**Average High : 82 F**

## **Clothing & Gear List**

*“The sense of having one’s life needs at hand, or traveling light, brings with it intense energy and exhilaration. Simplicity is the whole secret of well-being”*

- Peter Matthiessen, *The Snow Leopard*

### **FOOTWEAR**

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Light hiking shoes or trail running shoes are sufficient for our daily hikes. Sandals are great for down time. They will also come in handy in Lima and the jungle where temperatures can get warm. We recommend sports sandals.

### **CLOTHING**

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In the jungle it will be warm all the time, but you will most likely want to cover your legs and arms so long light weight pants and shirts are ideal.

It is culturally inappropriate for woman to expose their legs in the villages; therefore we ask that you do not wear shorts on the village portions of this trip. Men, we ask you do not wear shorts as well.

### **GEAR**

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#### **Water Purification**

**\*\* You are expected to filter your own water\*\***

No water in the country you are visiting can be considered safe to drink unless you have purified it yourself. This includes water in the cities. Iodine-based purification tablets are reliable and convenient for our type of travel. You will need approximately two to four liters of water per day. Each liter takes two tablets. Most bottles of iodine sold contain 50 tablets each and cost between 5-7 dollars. Look for what is called potable aqua tablets. Bringing emergency C to add to the water is a great way to get rid of the taste as well as get your daily vitamins.

Iodine is essential to get before you leave, because you cannot buy it when you get there. You may choose to carry a filter of some sort. REI and other sporting goods stores have a

great selection. We recommend First Need if you wish to buy a filter. You will also need two Nalgene-type bottles for the trip to filter your water into. Call us if you have any questions.

# **Master Checklist**

## **PRE-DEPARTURE**

- Passport and plane tickets
- one other picture ID (driver's license)
- recommended inoculations
- emergency information
- travel/evacuation insurance
- travelers checks (optional)
- currency & credit cards
- 2 photocopies of passport, tickets, and insurance (1 goes to your guide, the other left at home with someone who has access to a fax machine)

## **HOME CHECKLIST**

- stop deliveries
- have post office hold mail
- set up timed lighting
- arrange for care of pets
- leave house and trip itinerary with a neighbor
- turn off water heater
- turn down thermostat
- lock all windows

## **SUGGESTED CLOTHING**

- hiking shoes (light weight)
- sandals or pair of tennis shoes
- 3-4 pair of socks
- long pants
- mid weight long sleeve shirt
- lightweight long sleeved shirt for sunburn protection
- 3 t-shirts
- warm jacket or rain/wind coat
- 3-5 pair underwear

- swimsuit
- 1 pair of shorts

## **OTHER GEAR**

- day pack
- large backpack to carry ALL gear
- two 1 liter water bottles
- water purification
- headlamp/flashlight/extra batteries/bulbs
- alarm clock/watch
- wallet and or money belt
- camera/film/extra batteries
- travel journal & pen/pencil
- ziplock baggies
- sun hat & sunglasses
- quick-dry towel
- mesh bag for laundry (optional)
- personal toiletries (environmentally friendly is preferable)

## **FIRST AID KIT**

- aspirin or pain reliever
- personal medications/vitamins
- pepto bismal tablets
- band-aids/moleskin
- oral rehydration tablets/powders
- diarrhea medication such as Loparamide or Imodium
- antibiotics (a must)/antibiotic cream
- motion sickness medicine
- insect repellent
- sunscreen/lip protection/sunburn relief

**For Women:** Even if you are not expecting your period, be prepared for it. Traveling brings it on when you least expect or want it. Carry a supply of ziplock plastic baggies for carrying used products out of areas where they shouldn't be left behind.

# **Travel Safety**

Everyone wants to be safe when on a journey, but traveling encompasses many situations, which can cause you fear or harm. Many of these you can avoid by simply being aware and trusting your intuition. Other situations take more preemptive action on your part. The areas you should be concerned about when traveling can be divided into 4 categories: physical, mental, environmental, and political. This section will cover what you should be aware of to avoid dangerous situations. Having said this we would like to point out that being on a trip should be an inspirational journey of fun, joy and revelation, not worrying about what might happen to you. These sections are meant to awaken in you a respect of what's out there as well as a feeling of security that you have done your homework and are aware.

## **PHYSICAL**

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### **Confidence**

One of the best things you can do to insure your physical safety is to handle yourself evenly and with confidence. Walk with your shoulders back, and head high. Look like you do when you are walking down a street at home, easily and with knowledge.

### **Dress**

Dress conservatively, cover your legs and arms and don't wear tight clothing. Pay attention to how the local people dress.

### **Money**

Avoid carrying large amounts of money, tickets or other things with you that are easily seen.

### **Valuables**

Avoid walking around with expensive things hanging around you; cameras, video recorders, tape recorders, CD players etc. Hide these things in bags when you are not using them or avoid bringing them altogether.

### **Luggage**

Try to keep things to a minimum. The more you carry the more you look like a target, and the more you have to lose.

### **Medical**

Bringing a full first aid kit and having insurance will do a world of good for you.

## **MENTAL**

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Your mental state will direct so much of your trip that this is a very important point to consider. Our mind is a powerful thing, as research has attested to. The power of our thoughts can direct what kind of experience we have and how we react to them. We can bring wonderful people and opportunities into our lives by imagining them, as well as the opposite. Also when we do have an experience, our mental state can alter how we experience it. What one person may experience as terrifying, another experiences as a great learning opportunity. Keep an open mind and an open heart when you travel.

### **Attitude**

Pay attention to how the local people act. Are they more quiet and respectful, more gregarious and outward? Allow yourself to be more in tune with local mentality, "When in Rome do as the Romans." Ignorance and arrogance should be left behind, practice humility

and try asking thoughtful questions of the locals to learn more about their perspectives. After all, that is why you are there--to learn.

### **Knowledge**

Do your research and have an idea of where you are going so you don't look like the vulnerable tourist. Know what to expect when you arrive in town and have an idea of where you might like to stay ahead of time. Knowing the name of a hotel or guesthouse will help you when you first arrive.

### **Trust your intuition**

Many people come up to you and invite you to stay at their hotel, guesthouse, home, or to take a ride in their car, taxi, or motorbike. Use your intuition and trust it. The majority of people are good willed and you will have a great time. If you don't feel good about someone don't go with him or her, and don't be swayed!

### **Confidence**

Just as people can look physically confident, they can also feel emotionally and spiritually confident. Do what it takes to keep you in a positive frame of mind: yoga, exercise, eating healthy, mediating, journaling, traveling with friends etc.

## **ENVIRONMENTAL**

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### **Knowledge of place**

Do your research so you know what to expect when you get to a place. Don't be surprised by weather, bugs, leeches, horrid living situations, poverty, or any number of situations that could throw you off.

### **Study the geography**

Read a few books and/or look at a map so you understand distances and topography. There is no excuse for thinking you could walk to a village in one day and find out it takes three days and you need water and food. Talk to the locals about how far somewhere is and don't be surprised when they answer in time and not miles.

### **Water and food**

Can you drink the water? How will you filter if you need to? Can you eat the food? What if they only serve monkey or pig intestines? How amenable are you to trying new foods?

### **Weather**

Understand a little of physical geography so you know what the relationship is between longitude, latitude and altitude. Also have some understanding of what it means to be a semi-tropical, arid mountain, desert, or marine environment so you know what to expect when it comes to weather. Then prepare yourself with the correct clothing.

### **Disease**

Know something of the local diseases you might encounter like malaria, dengue fever, typhoid etc. Prepare yourself about these. Your local travel doctor will have this information.

## **Adaptation**

Get ready to adapt to a different climate. You may find yourself in sweltering heat, or freezing rain and the sooner you stop complaining about the cold or humidity the sooner you will adapt and enjoy your stay.

## **POLITICAL**

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### **Government**

Know something about the government of the people you are visiting. Are they communist, under a constitutional monarchy, democracy, or what? This will aid you in understanding how to deal with the military, police, and the general public.

### **State advisories**

Check state advisory websites or your embassy before you leave to find out what is going on in the country you are visiting. Be aware of any curfews or other restrictions that might be in process. The state advisories are also a wealth of information on visa information and country facts. We check three sites to get a full prospective:

Australia- <http://www.dfat.gov.au/zw-cgi/view/Advice>

United States- [http://travel.state.gov/travel\\_warnings.html](http://travel.state.gov/travel_warnings.html)

United Kingdom- <http://www.fco.gov.uk/travel/countryfactsheet>

## **FOOD AND WATER**

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In Lima, Huaraz and Cuzco consider all tap water as unsafe. Do not drink or even brush your teeth with tap water unless you have purified it with iodine.

Throughout the trip, adequate fluid intake is important, especially on high altitude treks. Make sure you drink an adequate supply of liquids. You are responsible for treating your own drinking water, preferably with iodine tablets. You will be filling your water bottles with water from village's pumps or small streams. On day hikes do not drink from streams, no matter how clear they look.

Be wary of uncooked food, especially salads, and un-peeled fruits or vegetables. Custards, pastry creams, yogurt and un-boiled milk should be avoided where refrigeration is primitive. Overall, be very conservative about what you eat before the trek. If you feel you must experiment, save it for the last few days of the trip.

On the village stay, our hosts are well trained in hygienic practices, drinking water is always boiled, and the food you are served is clean and safe.

The change of diet, climate and just the fact that Peru is an undeveloped country can make some stomach upset almost inevitable. As seasoned travelers will tell you, it's all part of the experience! Meals during your home stay are nourishing and plentiful, a blend of Peruvian and Western dishes prepared by our hosts. If you are partial to special treats candy bars, trail mix, etc. - it is a good idea to bring them with you. A variety of sweets, nuts, and dried fruit can be purchased in Huaraz.

# **Peru Background Information**

## **GEOGRAPHY**

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Peru, often referred to as the “land of the Incas”, is the third largest country in South America and lies entirely within the tropics. Its northernmost point is just a few kilometers below the equator, and its southern most point is just over 18 degrees south.

Geographically, Peru consists of three regions—a narrow coastal belt, followed to the east by the wide Andes mountain range, which, further east, drops to the Amazon basin.

The Andes, the second greatest mountain chain in the world after the Himalayas, rise rapidly up from the coast. It is a young range of mountains, still in the process of being uplifted as the Nazca plate slides under the South American plate. It is a rugged and difficult landscape with jagged ranges separated by extremely deep canyons and is home to half of the country population. Huascarán, at 21,658 feet above sea level, is Peru’s highest mountain and the world’s highest mountain in the tropics. During our stay in Vicos, we will be living in the shadows of this great mountain.

## **CLIMATE**

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Peru’s climate has two seasons—wet and dry. We will be visiting Peru during their winter months, which is their dry season. Winter daytime temperatures fall between 65 and 80 degrees while night-time temperatures can drop to below freezing. In the Andes, nights can be very cold and the days filled with beautiful sunshine. Altitude also plays a strong role in regulating the temperature. One day you can be trekking at 3000m in the stifling heat, the next you can be battling over a 5000m pass in a blizzard.

## **THE PEOPLE OF PERU**

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Peru’s population is over 26 million, almost half of which is concentrated in the narrow coastal desert. The other half of the population is found in the highlands—mostly rural Indians who practice subsistence agriculture. Most of Peru, however, lies in the Amazon basin east of the Andes and is home to only 5% of the population.

About 45% of the population is Indian (indigenas). Most are Quechua-speaking and are living in the highlands. A few speak Aymara and live on the shores of Lake Titicaca.

In Chinchero, the people are Quechua-speaking indigenous Indians that practice subsistence farming. The heritage of the Andean Indians is best seen in the many folk art forms that are still common today. The most obvious of these art forms is music, dance and crafts. Traditional Andean music is popularly called *musica folklórica* and contains a variety of wind instruments. There are many different forms of wind instruments, based on regional differences. The most representative are the *queñas* and the *zamponas*. Perhaps the best-known example of Andean music is “El Condor Pasa”, adapted by Paul Simon.

Handicrafts made in the Andes are based on pre-Columbian necessities, such as weaving, pottery and metallurgy. Today, the woven cloth can still be seen in the traditional ponchos, belts and other clothes worn by the Andean people.

**RELIGION** In common with most Latin American countries the religion is predominantly Roman Catholic, over 90% of the population. The Indians, while Roman Catholic, tend to blend Catholicism with their traditional beliefs. Thus offerings of coca leaves to *Pachamama* (mother earth) are an essential part of life.

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### **Catholicism**

Christianity is based on the life and teachings of Jesus Christ. Most Christians believe God sent Jesus to the world as the Savior. Christianity teaches that humanity can achieve salvation through Jesus.

After Jesus' crucifixion, a number of His followers spread His teachings. One of the most important of these followers was Saint Paul. After Paul's death, about A.D. 67, Christianity continued to grow in spite of persecution by the Romans, whose empire covered most of Europe, the Middle East, and northern Africa. In the early 300's, the Roman emperor Constantine the Great became a Christian. By the late 300's, Christianity was widely practiced throughout the empire.

During the Middle Ages, Christian missionaries converted many European peoples, which led to the Christian church's dominant influence on European life for centuries. For many years, a split had been developing between Christians in Western Europe and those in eastern Europe and western Asia. The split finally occurred in the 1000's. The churches in Greece, Russia, and other parts of Eastern Europe and western Asia became known as the Eastern Orthodox Churches. The church in Western Europe became known as the Roman Catholic Church.

### **Animism**

Animism is the belief that spirits dwell in and control all things in nature. For example, spirits live in such objects or forces as plants, the wind, volcanoes, and the sun. An early scholar named Tylor called the spirits *animae*, and his theory became known as animism.

Many indigenous people see occurrences such as windstorms and the change from day to night as the actions of the spirits. Because many of the objects and forces are impressive or very powerful, people worship their spirits. The worship can come in the form of alters to the Gods of the natural forces, places of worship around the village and ceremonies which demonstrate the villagers desire to honor and respect the spirits and to ask for blessings on future births, crops, and other auspicious dates.

# **Travel Etiquette**

Peru's tourism industry has been growing in recent years and is now a significant part of the economy. The Andean Indians have little choice over how their region develops for tourism and are often exploited by western tour companies, local tour agencies and tourists.

If we travel seeking only to be thrilled and entertained, removed from our mundane lives for just a few weeks as if in some kind of fantasy, we will experience little and do much harm. If, on the other hand, we travel with respect and openness, desiring to learn, adapt and share at every opportunity not only will we travel lightly but we will return home so much richer, with understanding of a way of life that has many lessons for the western world.

Here then are some simple, practical steps to help us develop a positive direction:

## **CULTURAL IMPACT**

### **Interacting with Peruvians and Andean Indians**

It is inevitable that you'll leave some impression of your culture by visiting more remote regions of Peru. Instead of just consuming the country, Crooked Trails always likes to give something back. Tourists are in a powerful position to present a more balanced picture of life in the West and you are the ones who should actively speak out when you see something being done for the benefit of tourists, which is obviously harmful or degrading to the local environment or culture. However, unless you make an effort to communicate, all that the Indians will see is yet another rich tourist on holiday - probably an inaccurate picture of someone not particularly well off by Western standards, who has worked extremely hard to pay for a trip out to Peru and who cares for and admires the country and its people.

You will get the most out of your visit if you allow lots of time to learn and try to be constantly aware. Try to learn a few words of Quechua before you go as this will be greatly appreciated and will underline the importance of their language.

When telling somebody about your home country talk about the problems as well as the good things. The Indians get a rose tinted image of the West through the media so it is important to present a balanced view of what life is really like in a developed country. Most Indians have no idea about the environmental and social costs of living in the West, and the extent of poverty, homelessness, alienation and mental illness. Things that the Indians take for granted, Westerners actively seek out and pay more for: such as local, organic food and methods of natural health care. Unlike Andean Indians, few westerners are privileged enough to own their own land and even fewer produce their own food. If you are asked how much you earn, put it in context by explaining that almost half of your income goes on paying for somewhere to live, say how much a week's supply of groceries will cost or how much it would cost to travel a short distance on a local bus.

Interaction with the Indians should be a two-way process. There is much they can teach the West about community, local self-reliance and ways of living simpler, less intrusive and more compassionate lives. A holiday is the perfect excuse for learning.

### **Encourage local pride**

Express an interest in all things Andean and explain why you've come all this way and spent all that money to come to their country. Try to eat local food, adapt to local practices and use local services so that you can experience the culture at first hand. Make a point of letting the people know what you like about it: if you have chosen your guesthouse because it is owned by a Peruvian or has solar-heated water, tell the owners.

### **Dress and behave modestly**

Too many trekkers unwittingly insult the Andean Indians by the way they are dressed, although complaints are never heard because they are too polite. Clothing in the highland region is fairly sedate. Men don't wear shorts and women don't wear shorts or tank tops. When trekking, shorts are okay on the popular trek on the Inca Trail, but not in the villages. Men should always wear a shirt, going bare-chested is not appreciated. Women should wear loose trousers or skirts below the knee and tops that cover their shoulders, stomach and back. Never bathe in the nude; men should wear shorts and women should be more discreet and always wear at least shorts and t-shirt.

### **Respect local etiquette**

Peruvians have different ways of doing things and by following these simple guidelines you will avoid causing offence. The most useful word to learn is "*Buenas Dias*", which can be used to greet people in the morning or to say hello. As you trek through villages you will be greeted by most in this manner and it is polite to do likewise. Generally speaking, Peruvians are more formal than North Americans. Women meeting for the first time will always offer each other a kiss on the cheek, and men if they know the woman will do the same thing. This is not a come-on, so don't be offended! Indians, on the other hand, don't kiss, and their handshakes, when offered, are a light touch rather than a firm grip.

Peruvians are also used to less personal space. Conversations tend to take place face to face, streets and public transport are very crowded, and houses have little individual space.

If you ask someone if they would like to have a meal or a drink with you, you are expected to pay for it.

If the villages, the people will often ask you about your lifestyle and how much money you make. They are amazed by your apparent incredible wealth. You can tone it down a bit by telling them how much things cost in your country such as housing, transportation and food. Another popular topic is family. Women can expect to be asked how many children they have. Family life is important in Peru.

When calling someone over to you, don't crook your finger up and beckon. This is considered very rude. A better way to call someone over is to give a flat, downward swipe of the open hand.

Andean Indians have used coca leaves for centuries. The most frequent use is by chewing. Although, this gives them some relief from hunger and fatigue, it is by no means equivalent to using cocaine. Cocaine is illegal, but coca use is legal and normal among Andean Indians.

When offered local alcohol, such as the local chicha (a fermented corn drink) or stronger liquor, it is customary to spill a few drops on the ground for Pachamama.

### **Respect religious customs**

When visiting sacred sites, it is particularly important that you wear appropriate clothes, don't smoke and don't sit on, or stand above any sacred objects.

Religious festivals are sacred occasions and you will upset many local people if you wander around taking photographs while the dances or ceremonies are going on.

### **Respect people's privacy**

Peruvians get just as annoyed by people peering into their lives as you do. Always put yourself in his or her position, especially before taking someone's photograph. It is a common courtesy to ask for permission before taking a shot and if they don't want their photo taken, please respect this. **Many of the Andean people believe that by taking their photograph, you are virtually stealing their soul.** Don't pay people for posing for you. It is much better to take down their address and send them a copy instead. Pony-men, and others that you spend some time with, may also ask you to send them copies of the photos you've taken of them. It is a cardinal sin not to follow this obligation through; it costs you very little and means a great deal to those at the receiving end.

### **Be modest with your wealth**

However poor you think you are at home, by Indian standards you are very wealthy. Don't flaunt this wealth by showing off your hi-tech equipment. Leaving it lying around unattended is further proof that you could easily afford to replace it.

### **Discourage begging**

Begging in Peru started as a children's game to see if they could get some chocolate or school pen from the always-obliging tourists. However, it has developed into a far more serious problem by fostering an attitude of dependency among the young. Don't give anything to people who ask for it, after all, giving sweets to children in a country which has few dentists is not an act of charity; if you want to give money it's best to ask the advice of one of the excellent NGOs we work with in Peru as to whom it should be given.

### **Don't play doctor**

While trekking and in the villages you may occasionally be asked by locals for medicines or to treat wounds. Unless it is simply a case of cleaning a cut, you should encourage them to go to the nearest health post. There is usually one in the larger villages. If you treat someone and they prefer this kind of medicine, this will undermine their local shaman who can help them when you are not around.

## **ENVIRONMENTAL IMPACT**

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### **Litter**

Litter is a very recent problem in the area you will visit in the Andes. It is only since the arrival of non-biodegradable consumer items from the rest of the world that the concept of litter has begun to take hold. Before, everything was made from Biodegradable materials or continuously recycled, there was no waste. Today, however, it is a serious problem in on the major trekking routes. It is only the trekkers who are to blame, as most locals cannot

afford the luxury of consumer products. Streamers of used lavatory products and tin cans, plastic bags and containers at every campsite are a sad reflection on those who would call themselves mountain lovers. The solution is simple and summed up in the often used phrase, "pack it in, pack it out".

The problem in many cities is obvious. They have no way to deal with much of the new litter. For example, recently, Coca-Cola switched from using recyclable glass coke bottles to the plastic bottles. While there are litterbins situated around the town which many tourists use, Peru has few appropriate places for its disposal after that. Steps can be taken to deal with this- don't buy plastic water or coke bottles or except plastic bags from merchants.

### **Burning Used Toilet Paper**

On the trail, make sure you burn all of your toilet paper or carry it out. Keep a cigarette lighter or some matches in your toilet paper bag.

### **Avoid Bottled Water**

Mineral water is sold widely in Peru in non-returnable, non-biodegradable plastic bottles. As we have suggested earlier we will be treating water in all the cities we visit as well as on the trail. Please respect this request as plastic is a big problem.

### **Dispose of Used Batteries Outside Peru**

Most places in Peru have no safe method of disposing of used batteries, the contents of which are highly toxic. Discarded batteries end up polluting the soil and water. Pack batteries out for disposal at your home.

### **Water**

If you are bathing, washing clothes or washing up in a stream, make sure you do so downstream of any houses and use biodegradable soaps.

### **Erosion and vegetation depletion**

The lack of vegetation, the searing heat of summer and freezing conditions of winter all combine to give the mountains of Peru a high rate of denudation. Although your actions may seem minuscule in comparison to these natural processes, when several thousand trekkers multiply them each year they become rather significant.

### **Stay on the main trail**

Avoid taking shortcuts on steep sections of trail: many others will follow your footsteps. If you happen to damage walls or irrigation channels make sure you repair them as someone's livelihood may be at stake.

### **Don't damage plants**

Leave plants alone so that they can be enjoyed by other passers-by. You won't get through Customs with a rare Peruvian specimen anyway. Take care where you tread so that you don't disrupt fragile high-altitude ecosystems.

### **Don't light open fires**

You should always bring a stove and enough kerosene to cook on and remember that a campfire is a luxury. Fires create ugly scars on the ground that take years to fade away. While locals may well use animal-dung and brush fires to cook. Trekkers should not copy them, as the fuel is a valuable resource for other villagers.

## **ECONOMIC IMPACT**

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There is no doubt that tourism is an important force in the economy of Peru. Although tourists may spend a large amount of money in Peru, much of that goes straight into the pockets of non-Peruvians only to be taken out of the region at the end of the tourist season. Thus the Peruvians have to put up with the cultural and environmental problems that tourism brings without benefiting as much as they could from the profits.

Crooked Trails always uses local services, buys locally produced food and goods and employs local staff. We will be staying in locally owned guesthouses and hotels and eating in locally owned restaurants. Hotels, guesthouses, restaurants, souvenir shops and trekking agencies are increasingly being run by outsiders. This means that all the profits that they make with your money disappear with them, back to the western world. Always use local services to boost the local economy; you'll benefit as much as the Peruvians.

### **Buy local products**

Handicrafts have always been important in a region that has traditionally provided for its own basic needs. Ask for Andean handicrafts and try to find out where they were made. Some of the state-run handicraft centers merely compound the problem by encouraging people (mainly women) away from the farms to work in small-scale craft factories rather than their homes, thus further undermining the traditional agricultural economy.

It is illegal to buy any object that is more than 100 years old. Abiding by the law is not enough: don't buy anything that is obviously robbing Peru of its cultural heritage, such as old Inca statues and other religious objects, or even personal jewelry and old traditional tools.

### **Pay the right price**

Try to get an informed idea of how much things are worth. Guesthouse owners, staff at the tourist information and other travelers can all be helpful. If you pay too much you will encourage inflation but by not paying enough you will deprive people of their rightful earnings.

# Peru Language Sheet

It is well worth the effort to learn even a few words of Spanish and Quechua as this will positively affect the attitude of the local people towards you and you will be made to feel all the more welcome.

Spanish and Quechua are largely phonetic languages. Pronounce them as they are spelled.

## **SPANISH**

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Hello	<i>Hola</i>
Good Morning	<i>Buenas Dias</i>
Good Afternoon	<i>Buenas Tardes</i>
Good Evening	<i>Buenas Noches</i>
Yes	<i>Si</i>
No	<i>No</i>
Thank You	<i>Gracias</i>
You're welcome	<i>De Nada</i>
How are you?	<i>Como estas?</i>
Fine, thanks	<i>Bien, Gracias</i>
What's your name?	<i>Como se llama?</i>
My Name is...	<i>Me llamo es..</i>
Where are you from?	<i>De donde es?</i>
I am from America	<i>Estados Unidos</i>
How old are you?	<i>Cuantos anos tiene?</i>
How much is this?	<i>Cuanto Cuesta?</i>
May I take a photo?	<i>Puedo sacar un photo?</i>
Of course	<i>Por supuesto</i>
Sure	<i>Claro</i>
Where is the toilet?	<i>Donde esta el bano?</i>
What time is it?	<i>Que hora es?</i>

### **Family**

Mother	<i>madre</i>
Father	<i>padre</i>
Grandfather	<i>abuelo</i>
Grandmother	<i>abuela</i>
brother	<i>hermano</i>
sister	<i>hermana</i>
uncle/aunt	<i>tio/tia</i>
single	<i>soltero/a</i>
married	<i>casado/a</i>

### **Food**

I would like.....	<i>Quisiera...</i>
Water	<i>Agua</i>
Tea	<i>Te</i>
Coffee	<i>Café</i>
Milk	<i>Leche</i>
Sugar	<i>Azucar</i>
Beer	<i>Cerveca</i>
Rice	<i>Arroz</i>
Chicken	<i>Pollo</i>
Meat	<i>Carne</i>

### **Language**

I don't speak much Spanish.  
*Hablo poco espanol.*

I (don't) understand.  
*Yo (no) entiendo*

Do you understand me?  
*Me entiende?*

Do you speak English?  
*Habla ingles?*

How do you say.....?  
*Como se dice.....?*

### **Time**

Hour	<i>hora</i>
Day	<i>dia</i>
Morning/Tomorrow	<i>manana</i>
Night	<i>noche</i>
Yesterday	<i>ayer</i>
Today	<i>hoy</i>

### **Trekking**

What is the name of this village?

*Que es el nombre de este pueblo?*

How far to the next camp?

*Cuanta distancia al campo proximo?*

North	<i>norte</i>
South	<i>sur</i>
East	<i>este</i>
West	<i>oeste</i>
Left	<i>isquierda</i>
Right	<i>derecha</i>
Straight	<i>derecho</i>
Uphill	<i>arriba</i>
Downhill	<i>abajo</i>

### **Numbers**

1	<i>uno</i>	30	<i>trenta</i>
2	<i>dos</i>	40	<i>cuarenta</i>
3	<i>tres</i>	50	<i>cinquenta</i>
4	<i>cuatro</i>	60	<i>seisenta</i>
5	<i>cinco</i>	70	<i>setenta</i>
6	<i>seis</i>	80	<i>ochenta</i>
7	<i>siete</i>	90	<i>noventa</i>
8	<i>ocho</i>	100	<i>cien</i>
9	<i>nueve</i>	200	<i>dos cientos</i>
10	<i>diez</i>	10,000	<i>diez mil</i>
20	<i>vente</i>		

### **QUECHUA**

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Hello	<i>Napaykullayki</i>
Thank You	<i>Yusulipayki</i>
Please	<i>Allichu</i>
How do you say...	<i>Imanata nincha chaita....</i>
It is called...	<i>Chaipa'g sutin'ha</i>
How much?	<i>Maik'ata'g</i>
Yes	<i>Ari</i>
No	<i>Mana</i>
Water	<i>Yuka</i>
Sun	<i>Inti</i>
Moon	<i>Kiya</i>

### **Family**

Mother	<i>mama</i>
Father	<i>taytae</i>
Friend	<i>kgochu</i>
Man	<i>k'gari</i>
Woman	<i>warmi</i>

### **Numbers**

1	<i>u'</i>	2	<i>iskai</i>
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3	<i>quina</i>
4	<i>tahua</i>
5	<i>phiska</i>
6	<i>so'gta</i>
7	<i>khanchis</i>
8	<i>pusa'g</i>
9	<i>iskon</i>
10	<i>chunca</i>

## **Suggested Reading**

Hemming, John. *The Conquest of the Incas*. One of the best books on the Incas and the conquest.

Mosey, Michael E. *The Incas and Their Ancestors: The Archaeology of Peru*. For readers more seriously interested in Peruvian archaeology.

Kricher, John C. *The Neotropical Companion: An Introduction to the Animals, Plants, and Ecosystems of the New World Tropics*. For the layperson interested in natural history of Peru.

Simpson, Joe. *Touching the Void*. This is a true story of a climbing accident in the Cordilera Huayhuash. A gripping page turner.

Matthiessen, Peter. *The Cloud Forest*. Describes Matthiessen's journey from the rivers of Peru to the mountains of Tierra del Fuego.

Matthiessen, Peter. *At Play in the Field of the Lord*. A Novel. A superb and believable story of the conflict between the forces of development and indigenous peoples.

Cumes, Carol. *Journey to Machu Picchu*. Connects New Age travelers to the spiritual and healing powers of Machu Picchu.