

14-DAY PROGRAM



PERU: SACRED VALLEY EXPEDITION

Explore Peru's Sacred Valley – Trek, raft, and uncover the awe-inspiring wonder of Machu Picchu. Along the way, immerse yourself in Peru's vibrant culture, colorful traditions, and the lively spirit of its people.



OVERVIEW

Embark on a journey through Peru's Sacred Valley, based in Ollantaytambo. Explore iconic sites like Pisac, Maras, Moray, and Cuzco, with hands-on experiences in local markets, artisan workshops, and traditional cooking classes. Take on adrenaline-pumping adventures, from whitewater rafting to a two-day trek through the Andes, culminating at Machu Picchu. Immerse yourself in Peruvian culture through dance, music, and community interactions, creating memories that will last a lifetime.



HIGHLIGHTS

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



ITINERARY

The actual schedule of activities may vary. The information provided here reflects the typical experiences planned; however, activities and excursions are subject to change due to factors such as weather conditions, community partner availability, and other unforeseen circumstances. Adjustments may also be made to best meet the needs and interests of the student group.

DAYS 1-2	<ul style="list-style-type: none"> • Fly into Cusco Airport (CUZ) and meet TEPA staff • Settle in at Sacred Valley Home Base and engage in a program orientation • Tour of Ollantaytambo and ruins • Participate in a traditional Andean ceremony
DAY 3	<ul style="list-style-type: none"> • Explore Pisac archaeological site and terraces • Visit Pisac artisan market, practice Spanish with local vendors • Return to Ollantaytambo for dinner and reflection
DAY 4	<ul style="list-style-type: none"> • Peruvian dance class: Cumbia, Marinera, Huayno • Optional music workshop exploring Andean instruments • Evening reflection
DAY 5	<ul style="list-style-type: none"> • Visit Maras Salt Mines and learn about traditional salt harvesting • Explore circular agricultural terraces of Moray • Visit a women's textile cooperative to learn about traditional backstrap weaving & natural dyes

DAYS 6 - 7	<ul style="list-style-type: none"> • Travel to Cuzco for guided city tour • Visit Sacsayhuaman ruins and Qoricancha Temple • Explore San Pedro Market and San Blas artisan neighborhood • Participate in a traditional cooking class
DAYS 8 - 9	<ul style="list-style-type: none"> • Whitewater rafting on Class II–III rapids • Visit to Raqchi community to learn Quechua traditions and spend the night in a homestay
DAYS 9-11	<ul style="list-style-type: none"> • Return to Ollantaytambo, pack and receive briefing • Begin two-day trek through Andean highlands and traditional farming communities • Camp under the stars, hike past alpaca herds and alpine meadows
DAY 12	<ul style="list-style-type: none"> • Train to Aguas Calientes, then bus to Machu Picchu • Guided exploration of the Lost City of the Incas
DAYS 13 - 14	<ul style="list-style-type: none"> • Final reflection and group activities • Pack and depart for the airport • Depart from Cusco airport (CUZ)



TEPA HOME BASE

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

FOOD

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

CLIMATE

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

ABOUT TERRA EDUCATION PROGRAMS ABROAD

Terra Education Programs Abroad (TEPA) partners with schools and private groups to offer pre-designed and fully custom international experiences that align with academic goals while fostering global citizenship. Building on over 20 years of youth development expertise from its parent organization, Terra Education, TEPA delivers transformative experiences for young leaders worldwide.

GET IN TOUCH!

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