

14-DAY PROGRAM



PERU: SERVICE EXPEDITION IN THE SACRED VALLEY

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

Immerse yourself in the heart of the ancient Inca Empire while making a meaningful impact on local communities through service. Explore the breathtaking beauty of Peru with adventures like hiking to Machu Picchu, rafting through river valleys and visiting historic Cuzco and Maras Salt Mines. Students will experience authentic Peruvian culture, from traditional cuisine to hands-on cultural exchanges with locals. This program is an unforgettable blend of adventure, service, and cultural immersion.



HIGHLIGHTS

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



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 the famous ruins that tower over Ollantaytambo • Participate in a traditional Andean ceremony to honor Mother Earth
DAYS 3-4	<ul style="list-style-type: none"> • Begin service work in a nearby indigenous community, supporting projects that promote the local economy, education and public health. • In the afternoons, learn the traditional rhythms and steps of Peruvian dances such as Huayno, Cumbia and Marinera. Visit a local artisanal market and purchase souvenirs. • In the evenings, reflect on your time in Peru thus far through guided leadership activities.
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
DAY 6	<ul style="list-style-type: none"> • Travel to the imperial city of Cusco for guided city tour of the historical center • Visit Sacsayhuaman ruins and explore the San Pedro Market and San Blas artisan neighborhood • Participate in a traditional cooking class

DAY 7	<ul style="list-style-type: none"> • Get your adrenaline pumping as you whitewater raft down Class II–III rapids • Visit a nearby Quechua community to learn artisanal and folkloric traditions and spend the night in a homestay
DAYS 8-9	<ul style="list-style-type: none"> • Return to Ollantaytambo, where you'll continue working in the Quechua community, collaborating directly with local leaders and residents. • In the afternoons, hear from a guest speaker one day, and receive an informational briefing about our upcoming trek the next.
DAYS 10-11	<ul style="list-style-type: none"> • Embark on a two-day trek through the Andean highlands, walking past traditional farming communities • Camp under the stars, hike past alpaca herds and marvel at snow-capped mountains in the distance.
DAY 12	<ul style="list-style-type: none"> • Take a train from Ollantaytambo to Aguas Calientes and watch how the landscape transforms from high Sierra to dense, cloud forest. • Receive a guided tour of the Lost City of the Incas, Machu Picchu, and see why it's considered one of the Seven Wonders of the World.
DAYS 13 - 14	<ul style="list-style-type: none"> • Participate in some final leadership activities to reflect on your time and learnings in Peru. Pack your bags and celebrate the end of a successful trip with a festive farewell dinner. • Depart from Cusco. TEPA staff will support you until you have passed airport security.



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.

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TERRA EDUCATION'S PORTFOLIO OF TRAVEL PROGRAMS

