

2025
TRIP GUIDE



PERU EXPEDITION

A 15-day adventure camp for 10th, 11th, & 12th graders



3	Overview
4	Who is AT?
5	Our program goals
6–7	Why choose AT?
8–11	Activities & itinerary
12–13	What to expect
14	Philosophy & Great 8 Outcomes
15–16	Food, lodging, & gear
17–18	Transportation & communication
19	Fun facts about Peru
20	Enroll now!

GRADES

10th - 12th

TUITION

\$6,595

DATES

6/22 - 7/6
7/10 - 7/24

- **For the 2024-2025 school year**
- **Included in tuition:** Food, lodging, and airport pick-up and drop-off; group and technical equipment; guided activities.
- **Not included in tuition:** Program and travel insurance; personal clothing and items; transportation to and from the arrival and departure airports



This is an epic 15-day adventure through Peru's most stunning landscapes! We'll dive deeply into the Incan culture while experiencing unforgettable outdoor adventures in the incomparable Andes Mountains and the neighboring cloud rainforest. From exploring Machu Picchu to soaking in natural hot springs, from visiting innumerable ancient Incan sites to rafting one of the world's most coveted rivers, this is a once-in-a-lifetime adventure you'll never forget.



Who is Adventure Treks?

We believe in creating remarkable, life-changing experiences for teenagers. Since 1993, we've guided thousands of students through spectacular outdoor adventures across North America and the world. Our multi-week camps go beyond experiencing awe in the outdoors: While students explore some of the world's breathtaking landscapes, they're also developing confidence, leadership, optimism, and resilience—essential character traits that will help them achieve incredible things as they face the world.

Adventure Treks is where teens break out of their comfort zones to discover their best selves, forge lifelong friendships, and grow into capable young adults in a supportive, technology-free environment.

Our program is defined by an unmatched commitment to safety, communities that have resulted in consistently high return rates, and a focus on transformative personal growth. With the industry's best student-to-instructor ratio and qualified, caring staff leading the way, we foster an environment where everyone feels valued and inspired.

“Simply put, AT was one of—if not the—most formative experiences of my life. I wouldn't be the person I am today without the lessons I learned on those trips, and I'm still friends with folks I met 20 years ago.”

Brad Elkins, student from 2002-2006, currently a political consultant

PERU EXPEDITION 2025 >> our program goals



To maintain physical and emotional safety as our top priority



To offer fun and exciting outdoor activities that help teens gain valuable life skills and a greater sense of self



To take a sincere interest in the growth and development of young people



To empower students to create an inclusive and reflective community that maintains a culture of kindness, sense of humor, and spirit of cooperation and volunteerism



To inspire young people to develop a lifelong love of the outdoors and conservation ethic



To be a sustainable and responsive business, with a focus on our families and the quality of our programs



We have the **best student-to-instructor ratio in the industry**, with 4 students to every 1 staff

High student & staff return rate

More experienced, mature instructors

All-inclusive tuition

Our instructor-to-student ratio is the best in the industry. Most typical summer teen programs have a 6-7:1 ratio with only 2 staff; our programs maintain a 4:1 ratio with up to 5-6 staff. We also have:

- The highest student and instructor return rates in the industry (consistently between 50–85%);
- More experienced and qualified instructors with a broad range and depth of knowledge, skills, personality dynamics, and experience;
- All-inclusive tuition;
- And a hands-on director team!

PERU EXPEDITION 2025 >> AT vs other programs

It's important to know the specifics of the program you're choosing for your child. While every program operates a little differently, Adventure Treks' model is truly unique. We accommodate larger groups (up to 24 students), hire more instructors for each group with our 4:1 ratio, and have the highest retention with student and staff.

We recruit more experienced instructors with higher certifications and pay them a better wage than our competitors, ensuring that we're attracting top talent.

	Adventure Treks	Outward Bound	Moondance Adventures	Wilderness Adventures	Apogee Adventures
Student-to-staff ratio	4:1	6:1	6:1	6-7:1	6:1
Student return rate	Consistently 50 - 60%	*	*	*	*
Staff return rate	Consistently 60 - 85%	*	*	*	*
Group size	Max 20 - 24	12-13	12-13	12-13	12-13
Extra fees and rental gear?	No. All-inclusive	All-inclusive	Must purchase/rent backpack, sleeping bag, & sleeping pad	Must purchase/rent backpack, sleeping bag, & sleeping pad	Must pay for bike rental, backpacks, sleeping bags, showers, & laundry
Director involvement on every trip?	Yes	No	No	No	No
Average staff age	Consistently 26 - 28	*	*	*	*
Minimum medical certification**	Wilderness first responder	Wilderness first responder	Wilderness first aid	Wilderness first responder	CPR, wilderness first aid, lifeguard

*Info not publicly available

**At minimum, Adventure Treks requires our instructors to be certified as wilderness first responders, which is an intensive 80-hour course that also includes CPR. Other companies only require wilderness first aid (16–20 hours) and CPR.

HIKE



CULTURE



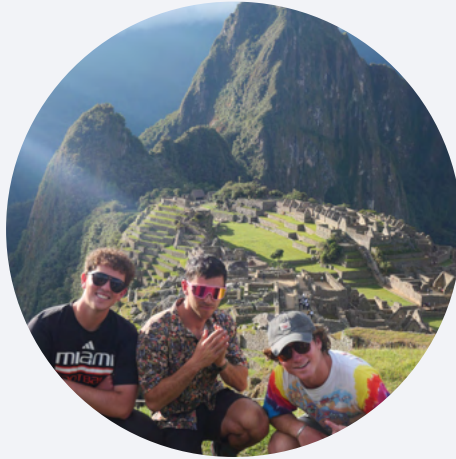
RAFT





Day 1	Arrive in Cusco, Peru (CUZ) and meet group	Frontcountry camping
Days 2-4	Raft the Apurímac River	Backcountry camping days 2-3
Day 5	Explore Ollantantambo and hike to ancient Incan sites; laundry day	Frontcountry camping
Days 6-8	Backpack atop ridges and among Incan ruins in the Sacred Valley	Backcountry camping days 6-7
Day 9	Logistics and rest day	Frontcountry camping
Day 10	Hike the Inca Trail to Machu Picchu	Frontcountry camping
Day 11	Tour the Machu Picchu fortress	Frontcountry camping
Day 12	Hike to Llactapata (neighboring mountain to Machu Picchu) and explore ruins	Frontcountry camping
Day 13	Drive to El Mangal, an organic cacao farm	Frontcountry camping
Day 14	Tour El Mangal and learn how to harvest, process, and make Peru's famous chocolate	Frontcountry camping
Day 15	Depart from Cusco, Peru (CUZ)	Back home!

Each trip's order of activities may vary; enrolled families will have access to their child's specific daily itinerary.



DAY 1

Fly into Alejandro Velasco Astete International Airport (CUZ) and meet Adventure Treks! Once everyone has arrived, we'll head to camp for a delicious welcome dinner.

DAYS 2-4

Spend three days on one of the most sought-after rivers in the world: the Apurímac! Nestled deep within the Andes, the Apurímac River is fed by glaciers and flows through the deep, narrow Black Canyon. We'll reach the river by hiking through ancient Incan settlements on the Qhapaq Ñan (meaning "royal road" in Quechua) trail, an ancient road system with extraordinary history that links the Andes' highest peaks with the coast. By day, we'll navigate exciting rapids up to class III, and at night we'll practice our Spanish and sleep on the riverbanks under the brightest stars you've ever seen. It's not uncommon to see otters, deer, foxes, and tropical Andean birds!

DAY 5

Today, we'll explore the ancient sites around Ollantantambo, where we'll learn about the diversity of Andean crops and the Peruvians' important agricultural practices. We'll also do laundry this afternoon and pack up for our backpacking trip.



**DAYS
6-9**

Get ready to take on the elevation of the peaks enveloping the Sacred Valley. We'll backpack for several days through Incan ruins, waterfalls, glacial moraines, and other beautiful scenery. We'll be supported by mules and sleep among spectacular views of the Andes. We'll hike through the Chancacucho quarry, where you'll learn the astonishing ways that Incans moved innumerable enormous boulders by hand across the valley to construct nearby villages. On our third day, we'll descend back into the village and celebrate our accomplishments, followed by a rest day to clean up, unpack, and get ready for Machu Picchu.

**DAYS
10-11**

In 2007, Machu Picchu was voted as one of the New Seven Wonders of the World, and for good reason: These remarkably constructed ruins offer fascinating (and nebulous!) glimpses into the ancient Incan world... and the views are absolutely astounding. After a short train ride through the Sacred Valley and into the cloud rainforest, we'll begin our climb toward Machu Picchu on the Inca Trail. We'll eat lunch at Wiñay Wayna, another set of ruins impressively built into the steep mountainside, before trekking toward Inti Punku, aka the Sun Gate; this is where we'll be rewarded with our first views of the citadel itself. The next day, we'll tour Machu Picchu itself, immersing ourselves in the ruins' intricate stone constructions.

**DAY
12**

The next day will take us to Llactapata, a hidden gem on the "backside" of Machu Picchu. Just like our initial trek on the Inca trail, we'll be surrounded by beautiful landscapes, including the region's vibrant flora (if you like wild orchids, this is the place for you!).

**DAYS
13-14**

After so much hiking through the Andes, it'll be time to reward ourselves with a special treat: Harvesting and making our own chocolate at a renowned organic farm, recognized for its commitment to conserving and preserving native species of fruits, medicinal plants, and organic agricultural practices.

**DAY
15**

We promise you this: You won't want to leave! But it's time for our incredible adventure to come to an end. Relive every memory the night before with a celebratory dinner, and exchange contact info with all of your new best friends so you can stay in touch.

PERU EXPEDITION 2025 >> what students can expect

FUN & FRIENDSHIP

First and foremost, you'll have loads of fun. Our goal is for you to return home having made lifelong friendships, tried and succeeded at new and exciting activities, and had so much fun that you can't wait to do it all over again next summer with your new friends.

We get that you're trusting us with their summer, and we're going to help make it your BEST SUMMER YET. In fact, our students have such a great time that most of them return to us for multiple summers. We focus not only on fun, but also on building a safe, judgment-free zone where students feel free to be their true, authentic selves. You'll also come home with greater independence, resilience, optimism, and a newfound confidence that you can do ANYTHING you put your mind to.

ALL LEVELS WELCOME

No experience is necessary, so don't worry if you've never backpacked or rafted before. We'll teach you everything you need to know to succeed, from setting up a tent to paddling a whitewater raft to cooking delicious meals in the backcountry. If you do have experience, that's fantastic! Our instructors will take your skills to the next level. It is important to come to Peru prepared with good physical fitness!





21st CENTURY SKILLS

Adding to a fun summer, we strive for our Great 8 Outcomes (see next page) to be learned through new adventures, immersion in nature, and face-to-face interactions with peers and caring role models. Our model of using close-knit communities and exciting, appropriately challenging outdoor activities makes Adventure Treks the perfect place to improve the interpersonal skills young adults need to thrive in the 21st century.

SAFETY

Risk management is at the core of everything we do. Adolescents need reasonable risk as part of their normal growth and development, but from the moment your children leave home until they return to you, minimizing this risk is our foremost priority. As we consider ourselves partners in the parenting process, we make every decision as if you were looking over our shoulders, and we have extremely thorough policies and protocols for each activity. By teaching students about judgment, probability, and consequences, we build a safety-conscious mindset that helps them learn how to make good decisions and take intelligent risks—habits that will apply to the rest of their lives.

EXPEDITION MENTALITY

Strong, inclusive communities develop quickly when there is a sense of mutual respect and trust among all members. Students quickly grow to understand that a good community includes both physical and emotional safety, and they'll discover how one's actions can impact the group. We encourage teenagers to have fun, challenge themselves, try new things, pitch in on group tasks, and maintain a positive mental attitude no matter the circumstances. This is a core tenet of the Adventure Treks experience.

Adding to an insanely fun summer, we strive for our **Great 8 Outcomes** to be learned through adventure, immersion in an outdoor environment, and interaction with great role models—allowing students to improve non-cognitive, interpersonal skills needed to thrive in the 21st century.

- 1 Communication:** Few ideas are the product of a single mind, and being able to effectively communicate in a constantly changing world is a much-appreciated skill. Teammates need to be able to share ideas and build trust, empathy, and understanding.
- 2 Collaboration and social achievement:** The ability to work well with others is vital—even when your team is not of your choosing. Creating and maintaining fun, substantive social connections is a hallmark of success.
- 3 Creativity:** The ability to generate multiple ideas and think out of the box is engendered by a supportive and free-thinking community.
- 4 Critical thinking:** The world's problems don't have simple answers. These challenges require the ability to critically analyze a situation and formulate potential solutions that are not often obvious.
- 5 Leadership:** We solve problems in groups, which need leaders with heart that bring out the best in its members.
- 6 Self-management:** Lasting success requires the ability to postpone short-term gratification or personal needs in pursuit of important long-term goals.
- 7 Resilience:** Everyone encounters challenges and failures. Those who rebound from failure and see problems as opportunities will succeed when others give up.
- 8 Optimism:** An optimist believes that problems are temporary and that they has the ability through effort and persuasion to effect positive change.

MEALS AT ADVENTURE TREKS

Students are always impressed by the food! We will ensure there is plenty of food and plan balanced meals, and we eat family-style, sitting in circles so no one is excluded. There are always second portions (and usually thirds) available; meals include a good balance of protein and carbs; and we eat fresh fruits and vegetables often.

Our in-country guides will help us ensure food and water hygiene and safety in Peru, and our students will have a hand in helping prepare meals throughout the trip.

We can easily accommodate vegetarians and many food allergies, including peanuts, tree nuts, soy, dairy, sesame, and gluten. And we always have a wide variety of snacks available throughout the day. Adventure Treks may choose to operate a trip free of a particular food (e.g., peanuts) due to allergies.

CAMPING IN TENTS

We'll camp in different places throughout our trip. Most of our nights are frontcountry camping (developed campsites with amenities like running water and toilets) at a public or private campground. The other few nights will be spent backcountry camping in wilderness locations where we are most likely out of cell phone service and away from our vehicles, electricity, and other amenities. Multi-day activities like backpacking take place in the backcountry.



Never camped before? Don't worry!
We'll make sure you'll learn the ropes and get comfortable in a jiffy.

Adventure Treks was the most significant life experience of my adolescence. AT introduced me to a community of individuals who would go on to be friends and mentors for years to come. My love for the outdoors was born out of summers with AT, and so many choices I've made from where I've lived to what jobs I've taken... My path to a career in medicine was heavily influenced by AT experiences as an instructor. I simply can't imagine who I would be if I didn't spend summers with AT.

Lauren Liebling, student from 2004-2006, currently a physician assistant

GEAR

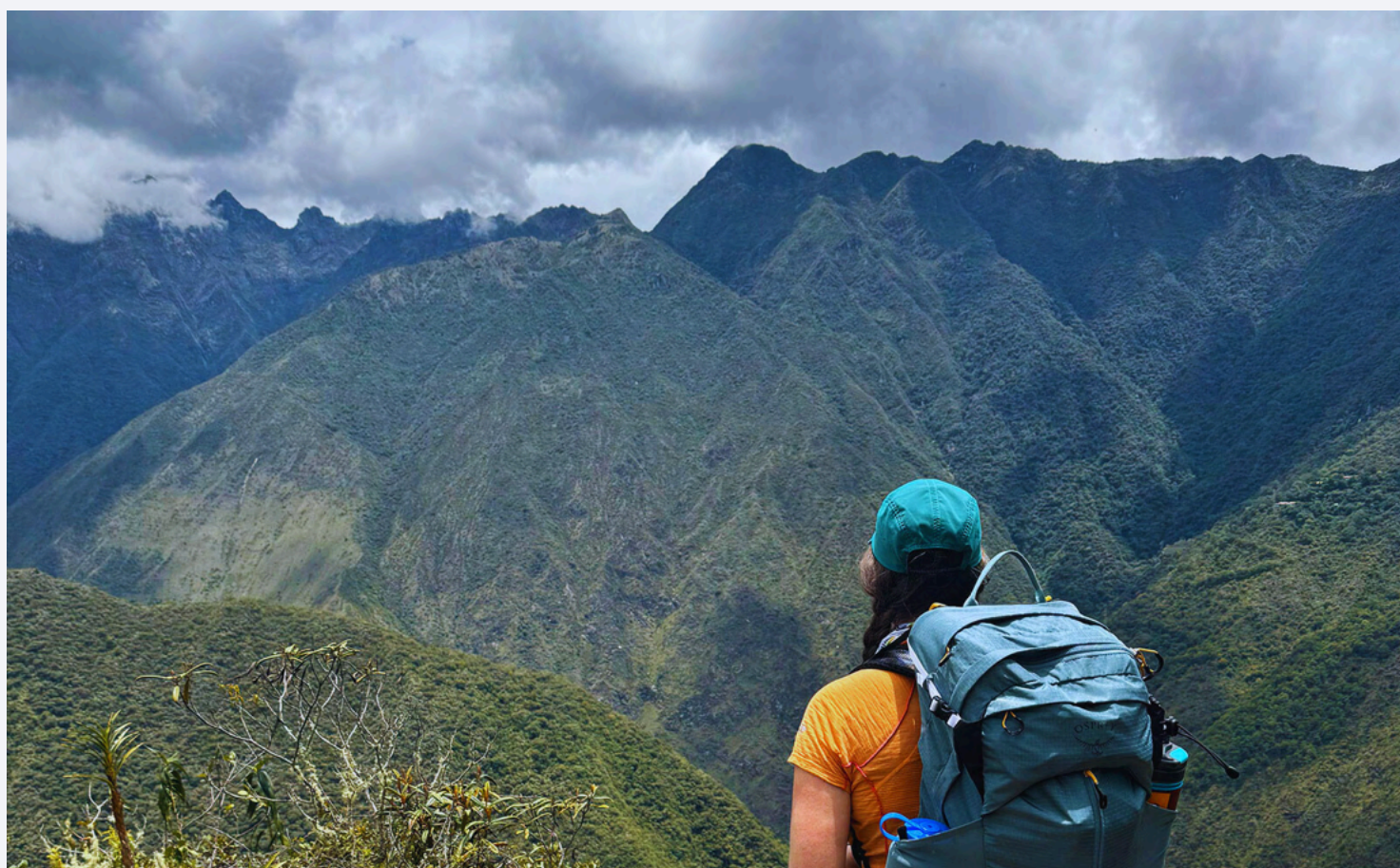
Adventure Treks provides most outdoor gear, including a sleeping bag and pad, tent, cooking gear, and all activity-specific technical gear (like climbing shoes and helmets and rafting gear). Students will bring a daypack and duffel bag; clothing, footwear, and toiletries; and a few personal pieces of outdoor gear.

Before opening day, students will pack all of their items in a daypack and duffel bag; the daypack can be a school backpack and will act as carry-on luggage, and students will use this often throughout the trip. The duffel will be checked luggage and will act as a “closet” while on the trip: Students will pull whatever items they need for the next activity out of their duffels and pack them in their daypacks (or dry bags on the raft trip).

TECH-FREE EXPLORATION

Our students have an unbelievable amount of fun—all without their cell phones. We unplug from technology so that we can connect with our natural surroundings and each other and build strong, inclusive, and kind communities. Upon arrival to Adventure Treks, students will call home and then turn their phone off to be stored throughout the trip (minus a few designated calls home—more info on page 17). No time for Snapchat or TikTok at Adventure Treks, and best of all, students will quickly realize they don't even miss their phones.

Students are encouraged to bring a camera or GoPro for taking photos and videos!





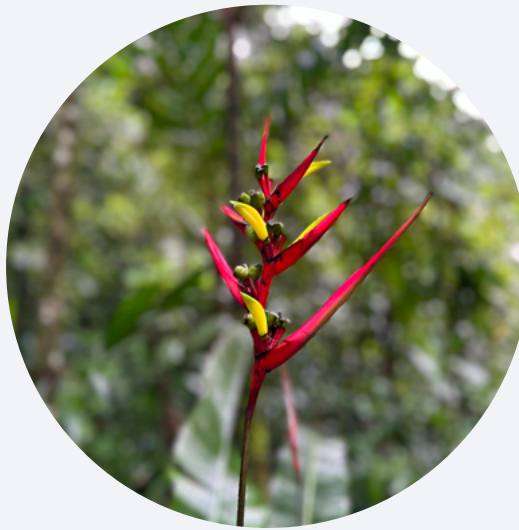
GETTING TO ADVENTURE TREKS

Students will meet us at Alejandro Velasco Astete International Airport (CUZ) on opening day. Most of our students choose to fly by themselves (i.e., without their parents) as they see this as a great exercise in independence. Our instructors will be at the airport to greet our students as they arrive, and our office monitors all flights and is on hand to assist with delays and cancellations. Once your child meets their group, they'll call home to give a safe arrival notification.

While we provide travel guidelines and can help find flights that work, it is the family's responsibility to book travel. We will happily help coordinate travel for students traveling to and from the same home airports. For all students flying to Adventure Treks, we recommend purchasing refundable airfare and/or travel insurance.

Arrival/departure times

- Arrive on opening day between 8 am and 12 pm
- Depart on closing day between 4 pm and 9 pm



COMMUNICATION DURING THE TRIP

Instructors will take photos and videos throughout the trip, which the office will provide to families. Because of the wilderness nature of our trips, there are limitations regarding the frequency of updates and the number and size of photos sent to the office. During multi-day backcountry activities, trip updates will not be available until the group comes back into cell service. Our goal is to provide at least one update per week on each trip.

Written updates will be emailed to families. Photos and videos will be uploaded directly to an online album, and we'll send your child's specific album link about a week before your child's trip starts.

Additionally, you can expect one or two brief phone calls from your child during the trip.

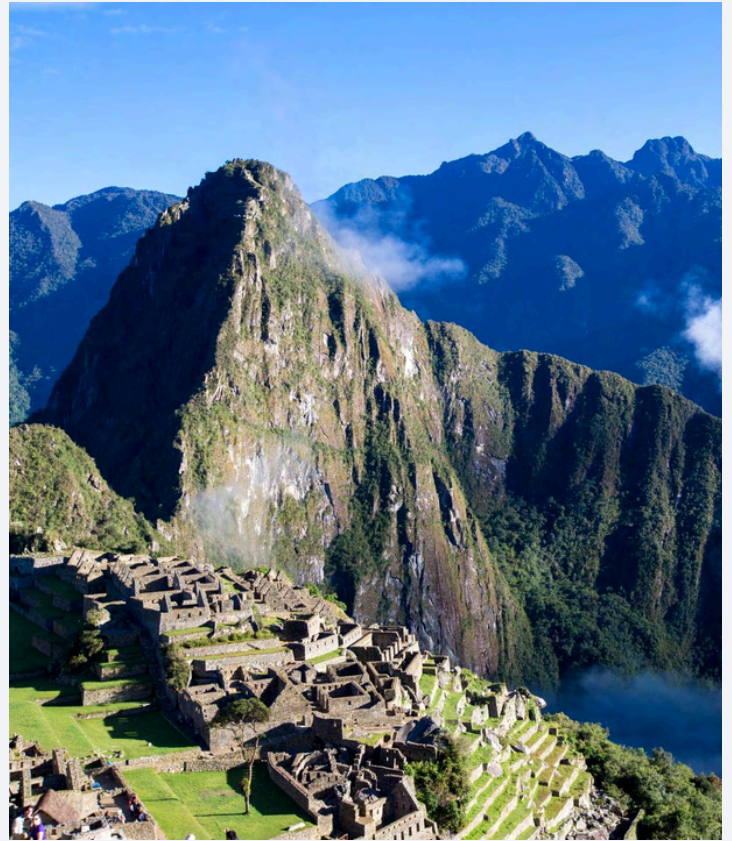
The summer office hours are 8–6, but someone is always on call for after-hours emergencies. We'll provide an emergency contact number parents can use for urgent or time-sensitive situations, such as canceled flights or family emergencies. If your child's trip begins or ends on a weekend, the office is open and happy to assist with travel.

“AT dramatically boosted my ability to adapt to new situations and go with the flow. It was also a great social environment, and I'm thrilled whenever I run into someone I know from AT (which last happened in January 2024). It was great to spend summer with other people excited to try out new things, have fun, and be silly. Most concretely, AT made me a lifelong lover of the outdoors and taught me the skills I needed to enjoy it fully.”

Grant Clovin, student from 2009–2011, currently a lawyer

Weather

While it will be warm and sunny at times, we'll also encounter cold temperatures and possibly windy conditions at higher elevations. Be prepared to drink lots of water and electrolytes to prevent altitude sickness and dehydration (it will also be humid at times) and always wear sunscreen.



“My experience with AT gave me a love of the outdoors and being in nature. It helped me build resilience and trust in my own body and my ability to push through challenges and setbacks. It gave me a sense of belonging and community with my fellow AT friends, as well as several very close friendships that made me feel seen and loved. I still feel like it was one of my most formative, treasured experiences of my teen years.”

Zoe Fishman Sitrin, student from 2004-2007, currently in product marketing

Did you know?

- Peru is home to most of the world's alpacas!
- It's also where the world's largest flying bird, the Andean condor, lives.
- Guinea pig is a traditional Peruvian delicacy.
- The Andes Mountains are the second-highest range in the world.
- Machu Picchu's huge stones were cut so precisely that they are earthquake-resistant.



Ready to enroll? It's easy!

1

Complete our online application and submit a deposit to secure a space.

2

Submit admissions forms, including parent questionnaire, student questionnaire, health history, and character reference.

A \$1,000 deposit must accompany the application to secure your child's spot, which will be applied toward the full cost of tuition. In the event a student is not accepted to Adventure Treks, the deposit is fully refunded. Please visit adventuretreks.com/terms-conditions for more information regarding our cancellation and refund process, payment options, trip insurance, and more.