



*Mystical
Machu Picchu*

Dear Hearts Center Pilgrim,

We are delighted you have decided to participate in The Hearts Center Pilgrimage to mystical Machu Picchu, Sacred Valley and Lake Titicaca, Peru. We know your trip will be beneficial for you; it is our belief that you cannot visit a powerful place such as Machu Picchu without being changed by it forever. The energetic effects are shaped by your unique intentions for a safe, delightful, and transformational journey.

We have attended to every detail, so this Trip Guide in conjunction with your Trip Leader will make the preparation for your trip easy and effortless. Review the materials in your Trip Guide and then follow the Traveler Checklist. The Traveler Checklist will walk you through all the details step-by-step.

Once again, we offer you Godspeed on this remarkable trip of a lifetime. May your way be easy, your group loving, and the sun shine upon you always!

We would love to hear about your experiences; so please shoot us an email or a phone call. After all, you'll want to be talking about your experiences for a long time to come. We know because we've been there!

Blessings,
Junia Gail Imel
Divine Adventures

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www.DivineAdventures.org

Divine
Adventures

Trip Guide for Travelers

Traveler Planner

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Trip Guide for The Hearts Center Pilgrimage to Peru

Traveler Checklist

<input checked="" type="checkbox"/> Timeline*	Task
<input type="checkbox"/> 12-3 Mos.	1. Decide to accompany The Hearts Center on Pilgrimage to Peru.
<input type="checkbox"/> 12-3 Mos.	<p>2. Complete Hearts Center Online Registration Form, Release of Liability and Terms & Conditions Form (see Forms Section) and pay online or return with deposit to:</p> <p>The Hearts Center PO Box 277 Livingston MT 59047</p> <p>Note: <i>READ</i> The Hearts Center and Divine Adventures cancellation policy and other Terms and Conditions. There is a non-refundable fee with all cancellations of a minimum of \$300. (If within 30-60 days prior departure - 50% of land cost and if 29 days or less or no show - 100% of land cost.)</p> <p>Please disclose to The Hearts Center and Divine Adventures at the time of registration any physical, mental or emotional medical conditions, which may require professional attention during the trip or may require the use of special equipment. This trip is not appropriate for people in wheelchairs or with walking aids and some physical limitations.</p>
<input type="checkbox"/> 6-3 Mos.	<p>3. Review medical and travel insurance policy options. It is recommended that you obtain insurance within 7-14 days of your airline reservation or first payment. Options to review for insurance are: Insuremytrip — www.insuremytrip.com and World Nomads - www.worldnomads.com</p> <p>Note: <u>Purchasing within 7 – 14 days of first payment is usually necessary for complete coverage by most travel insurance companies</u> <u>Make sure you have \$60,000 worth of coverage for medical transport back to USA if needed either through traveler's insurance or your own medical insurance. Prior to purchase, check with your medical provider to see what medical coverage you already have.</u></p>
<input type="checkbox"/> 6-2 Mos.	4. Receive and review Trip Guide for Travelers.

- 6-2 Mos. 5. Read and sign online *Release of Liability and Assumption of All Risks – Terms and Conditions Form.*

- 6-4 Mos. 6. **Apply** for or verify valid passport (must not expire for at least 6 months following trip and have at least one blank Visa page for each country you are entering)

- 4-2 Mos. 7. Make your round trip international airline reservations to Lima.

ARRIVAL in LIMA: If you are doing Package #1, arrive in Lima NO later than the evening of December 14, 2012. If you are doing Package #2, arrive in Lima NO later than the evening of December 17, 2012. The Packages include one Group transport from the Lima airport to the Lima hotel, so make sure you arrive in the evening of December 14 or 17 respectively.

DEPARTURE from LIMA: For departure from Lima, schedule your flight AFTER 9:30 PM on December 22 or if taking the one day extension, December 23, 2012.

- 2-1 Mos. 8. Complete any medical, dental and/or vision checkups

Acquire from your medical doctor if recommended:

 1. Prophylaxis antibiotic prescription for Cipro
 2. Extra amounts of your personal prescriptions
 3. Altitude sickness medication prescription (Diamox) if indicated (discuss altitude sickness with a medical professional to get the best solution for you)

- 3-6 Weeks 9. **Notify** Holly Norton at The Hearts Center of any changes to your medical conditions since you submitted your registration.

Phone: 505-275-7500 (wk) 505-890-7811

E-mail: hnorton5@gmail.com

- 3-6 Weeks 10. Make appointment with county health department travel office to evaluate and **obtain** required and recommended immunizations—once received, put your immunization card with passport

Note: For list of Travel Clinic providers, go to your state department of Public Health and Environment.
<http://wwwn.cdc.gov/travel/contentTravelClinics.aspx>
 Or contact family physician for referral

Hint: Clinics are usually less expensive than private physicians and will advise of all required and recommended immunizations for countries you are visiting.

Write your immunizations here:

- 6-0 Mos. 11. Learn more about the places you will be visiting in your itinerary. Explore books, movies, documentaries, and share with rest of your group
- 3-0 Mos. 12. Participate in pre-journey meetings and/or conference calls
SCHEDULED MEETINGS/CALLS: TBD
- 2-1 Mos. 13. Read, **sign online** “Release of Liability and Assumption of All Risks – Terms & Conditions”, and return “Traveler Emergency Form” and “Flight Information Form” to Holly Norton (if you haven’t already done this). Make sure you include all passport information, travel insurance number and whom to contact in an emergency.
- 1-0 Mos. 14. Make photocopies of all-important documents (i.e. passport, airline ticket, traveler’s check serial numbers, credit cards, emergency information, medical cards, travel insurance etc.) and store in separate place as originals and leave a copy with a trusted person staying at home. Or scan documents and email to yourself so you can have access while abroad.
HINT: Give a copy of all important documents to your emergency contact person
- 2 Weeks 15. **Receive** important documents from Divine Adventures: final itinerary and tour emergency contact information for your family and friends.
- 1-0 Week 16. **Pack** (see recommended packing lists in this guide). Recommended that you do a trial pack at least 1-2 weeks before departure to ensure you have all you need and are within weight limits for luggage.
- 0 Week 17. Embark on departure flight, Relax and **Enjoy** the ride!!!!

How to Contact Your Group Leader: (Notify Holly ASAP with any changes to any of your information!)

Name: Holly Norton

Phone: 505-275-7500 (wk) 505-890-7811

E-mail: hnorton5@gmail.com

Address: 5715 Morgan Lane NW, Albuquerque, NM 87120

Medical and Travel Insurance Checklist

- Check current medical insurance to ensure and review coverage while traveling outside the USA
- Determine if your medical insurance will pay for medical transport from countries visiting to USA if needed. If not, purchase travel insurance.
- Determine other travel insurance needs (i.e. reimbursement for travel expenses, trip cancellation, travel delay, medical, evacuation, dental, life insurance)
- Review travel insurance policies at:
 - Insure My Trip at www.insuremytrip.com
 - www.worldnomads.com
 - Other companies (i.e. AAA, American Express, Airlines)
- Purchase Travel Insurance within 7 days of your first trip payment and airline reservation for fullest coverage (most companies) or no later than before final payment (only select companies)
- Send Travel Insurance and Medical Insurance confirmation to Holly Norton
- Obtain required immunizations at least 3-6 weeks before travel and place immunization card in with passport
 - For list of Travel Clinic providers, go to your state department of Public Health and Environment. <http://wwwn.cdc.gov/travel/contentTravelClinics.aspx>
For example, Colorado Travel Clinic Providers, go to:
<http://www.cdphe.state.co.us/dc/Immunization/clinclist.html#metro>
 - Or contact family physician for referral
HINT: Clinics are usually less expensive than private physicians and will advise of all required and recommended immunizations for the countries you are visiting.
- Consult, if desired, the Centers for Disease Control and Prevention for required immunizations
 - For general information: <http://wwwn.cdc.gov/travel/contentVaccinations.aspx>
 - For Peru: <http://wwwnc.cdc.gov/travel/destinations/peru.htm>
HINT: As of 11/11, recommended, but not required, immunization for Peru is Yellow Fever. However, be sure and have an up-to-date tetanus shot.
- Obtain all prescription medications you require
- Obtain additional medications you might need depending upon trip itinerary, i.e.:
 - Antibiotic for gastrointestinal illness (i.e. Cipro)
 - Medicine for Acute Mountain Sickness (AMS) for areas with high altitude (i.e. Diamox 125 mg/twice per day). Check with your doctor to see if high altitude medication is recommended for you.
 - Medicine for pain (i.e. Tylenol with codeine)
 - Medicine for seasickness if susceptible (for travel on Lake Titicaca)
- Have dental exam if needed before trip

Passport and Visas Checklist

Passport & Visa:

Passport: A valid passport (with an expiration date at least 6 months beyond your return date) is required for entry into most foreign countries including Peru, and a ninety-day visa is given to US citizens automatically upon entry to Peru. The immigration officer will give you the bottom of the Visa form, which must be **SAVED** until you exit the country. **IMPORTANT:** Keep this Visa form with your passport for you will need it when checking into hotels and when leaving the country.

All participants will want to carry a second form of photo ID, such as a driver's license, and have a photocopy of the personal data page of your passport. A copy of your passport is the easiest way to prove your identity if you were to lose your passport. An even better idea is to scan all your documents and email them to yourself, so you can access at anytime during your trip.

- Check current passport to ensure it is valid at least 6 months past the completion of your trip
- If passport is not valid or you do not have a passport, obtain a valid passport

HINT: You can get a passport application from the US Post Office or from http://travel.state.gov/passport/get/get_840.html

HINT: In order not to have to pay expedite charges, get your application in early, at least 6 weeks before trip departure

- Apply for any required visas

HINT: As of 4/12, no visas are required for U.S. citizens for entry into Peru.

HINT: You can check the requirements for each country by logging onto <http://projectvisa.com/fullcountrylist.asp>

Packing Tips & List

Packing Tips:

Luggage: Check with your airline carrier to determine the number of bags allowed and applicable weight limits. Travel as light as you can. Since you will be responsible for maneuvering your own luggage, make sure it is manageable.

Daypack: We recommend that your daypack be your airplane carry-on. Pack at least one change of clothes in your carry-on in case your luggage arrives sometime after you do. Also, pack anything you cannot live without (i.e. prescription meds) in your carry-on. Everything else should fit inside your main, checked suitcase, preferably a soft duffle-like bag or roller bag.

Sometimes we will leave our main luggage in locked storage at the hotel and take enough supplies for 1-2 nights. So, make sure your daypack has enough room to be an overnight bag or bring a separate small overnight bag. Remember to leave some room in your main bag (or bring an extra fold-up bag) for souvenir purchases.

Valuables can be left in a safe deposit box at your hotel (if none in your room, typically \$1/day at the desk). It is best to leave valuable/flashy jewelry at home.

Mark your bags clearly with your name and contact information, both inside and out. Put your business card or contact information *inside* every bag including your camera case and backpack. Also, when you are flying, it is good to put your destination hotel information on or in all checked baggage.

Temperature: There are only 2 seasons in Peru – wet and dry. The dry months are mid-April – October. The wet months are November – mid-April with most of the rain in January – March. The rain usually comes in afternoon showers except in the jungle where you might get torrential downpours for an hour or so.

Pack your clothes with layering in mind. It will be cool in the mornings and evenings with the heat rising during the day. So, as the heat rises, you shed your layers only to put them back on as the sun goes down.

Average temperatures for areas in Peru:

Lima – sea level, high 60's – 70's during the day and 50's – 60's at night

Cusco – 11,400 feet elevation with high 60's during the day and 30's - 40's at night

Sacred Valley / Machu Picchu/High Jungle – 8,500 feet elevation with high 60's - 70's during the day and high 40's - 50's at night

Lake Titicaca – 12,500 feet elevation with high 60's during the day and 40's - 50's at night

Jungle – sea level, humid, low 90's during the day and low 80's at night

Suggested Packing List:

Clothes: Your clothing should be lightweight, breathable, hand-washable, and quick drying.

- Sunglasses, sun hat with brim and chin strap, and sunscreen – the sun can be very strong at high altitudes. 30 or 45 sunscreen is needed for the first days at altitude.
- Lightweight hiking shoes sometimes called ‘day hikers’ – preferably water-resistant. If you are going to be trekking multiple days, consider Gortex or water-resistant with ankle support. Hiking shoes need to be broken in, comfortable with lots of support.
- Tevas, Keens, or strapped hiking sandals, light weight slippers (optional). Flip-flops are great for the shower or to walk around in the hotel.
- Layered clothing for day hiking. Ideally, you could wear one each of your clothing layers at the same time if needed. For example:
 - Zip-off pants or light weight hiking pants
 - Silk or light weight long underwear
 - Tank top
 - Short-sleeve shirt
 - Long-sleeve lightweight shirt
 - Fleece coat
 - Rain gear
- 3-4 pairs of comfortable hiking/walking pants with 1-2 pairs that can zip off into shorts (depends upon length of your tour). Some people prefer jeans, but limit the number you bring. They are heavy as well as take a long time to dry after washed.
- 2-3 Long-sleeved lightweight shirts (the ones that dry quickly and have UV protection)
- 2-3 Short-sleeved cotton **blend** shirts
- 3-4 pairs of good, breathable hiking socks such as Smart Wool
- 3-4 pairs of underwear that can be easily washed out at night
- Sports bras for women
- Pajamas (or use long underwear or T-shirts)
- 1 pair of lightweight long underwear / yoga pants / tights for layering (if going to Lake Titicaca or camping out)
- 1 Sweater
- Fleece or warm jacket for nighttime
- Windbreaker
- Rain gear (a hooded long plastic poncho that fits over your day pack works well)
- 1 dress, skirt or nicer set of clothes for evening fun
- Warm, lightweight fast drying gloves and warm hat (if going to Lake Titicaca or camping out)
- Bandana
- Swimsuit (optional)
- Belt (optional)

NOTE: Laundry can be done in your room, sent out from the hotels or dropped off at a “lavandería” near the hotel. “Lavanderías” usually have your laundry complete within 8-24 hours for ~\$2 per 2.2 pounds of laundry – inexpensive and done for you! Be sure and don’t bring your finest clothes for adventure touring as laundry can be tough on the fabrics. Some travelers prefer to bring old clothes that they then donate to the people in need in the countries you visit – freeing up luggage space for new purchases.

At the end of the trip, we take up a collection of any items you want to leave and our hosts distribute them to needy individuals.

Equipment: Store all electronic equipment in sealed waterproof bags

- Collapsible hiking poles with rubber tips
- Headlamp or small flashlight with extra batteries and bulb
- Pocket knife (be sure and pack in checked luggage)
- Camera, film, digital cards, extra batteries or charger
- Travel alarm clock / watch
- Calculator for currency conversion
- Electricity adapter (Peru is both 110 & 220 v; usually you do not need a converter, just the adapter) For specific information, see: <http://www.voltage-converter-transformers.com/world-electricity-conversion.html>
- Money belt / security pouch / document organizer
- Travel hair dryer if needed
- Warm, 4 season lightweight sleeping bag that will go down to 0 degrees (only if camping out)
- Sleep sack (if desired – check out <http://www.nextag.com/sleep-sack/shop.html>)

Toiletries: Travel size in zip-lock bags

- Soap/soap flakes
- Shampoo / conditioner
- Shaving supplies
- Toothbrush / toothpaste
- Hairbrush / comb / mirror
- Travel hair dryer
- Nail clippers, file
- Hand sanitizer
- Lotion

- Small towel / washcloth
- Toilet paper (save the last part of toilet paper rolls – easy to pack; sometimes needed when away from the hotel)
- Kleenex
- Wet wipes (great to keep in backpack)
- Sunscreen
- Lip balm with sunscreen
- Insect repellent (Bounce fabric softener sheets work well on your skin!)
- Q-tips
- Sewing kit
- Feminine products
- Cosmetics
- Ear plugs/eye mask
- Prescription glasses or contacts/solution
- Sunglasses

Personal First Aid Kit: It is always wise to travel with a basic first aid kit especially if you have specific medicines you take. Below are suggested items to include.

- Ibuprofen / Acetaminophen / Tylenol / Advil
- Antihistamines
- Cold medicine
- Throat lozenges
- Band-Aids / Moleskin
- Disinfectant, antiseptic cream, antibiotic ointment
- Gauze bandages and tape
- Any special support braces (i.e. ankle, knee)
- Eye drops
- Diarrhea medicine such as Imodium
- Melatonin or other sleep aid
- Vitamins
- Altitude sickness medicine (check with doctor - prescription: Diamox; natural supplements: DMG-B15-Plus, Cordyceps, Chlorophyll, Gingko, Ginseng, Reishi etc.)
- Emergen-C or Acli-mate supplements (help with altitude)
- Electrolyte balancers (help with altitude)
- Antibiotics (check with doctor – i.e. Cipro)
- Personal prescription drugs (bring extra and pack in carry on bag)
- Probiotics (keep digestive track healthy)

Group First Aid Kit:

- General items noted in the personal kit (i.e. band-aids, ointment)
- Ace bandage
- Sterile syringes

Documents: Keep in a safe place and minimize number of charge/debit cards you bring.

- Passport with passport organizer
- Vaccination record
- Photo ID
- Visas for all countries as required (when arrive at Lima airport, you will receive a small piece of paper that is your visa; make sure you keep this with your passport – DO NOT throw away)
- Airline tickets, e-tickets
- Charge card or DEBIT card (DEBIT card is better for getting cash out of ATMs)
- Copy of Divine Adventures travel itinerary
- Medical insurance card
- Address book
- Business cards
- Copies of passport, visas, drivers license, airline tickets/schedule, credit cards (front & back), frequent flyer numbers, travelers insurance, and emergency contact information. Leave a copy with someone at home (preferably your emergency contact), put a copy in a travel companion's luggage, scan, and then email the documents to yourself.

Food Suggestions:

- Energy/Power Bars
- Trail Mix
- Chocolate/Cocoa
- Activated Charcoal
- Powdered Electrolyte Mix or Emergen-C or Acli-mate
- Peanut Butter
- Nuts
- Protein Snacks
- Snacks (protein bars, nuts etc.) to carry in daypack
- Extra food items for special dietary needs

Miscellaneous:

- Duct tape (wrap around hiking pole)
- Matches / lighter
- Water bottle
- Zip-lock bags
- I-pod
- Cell phone / charger (check with carrier about use in foreign country)
- Journal, pen, pencil
- Book to read
- Language dictionary (small)
- Cash (including some small crisp bills)
- Money for tipping (approximately \$10 per day), souvenirs and extra meals (bring a minimum amount of cash ~\$200-300 and use a DEBIT card to take out cash as needed; make sure you have PIN number for DEBIT card)
- Gifts for children / adults and guides (school supplies, games, books, clothing, usable items)
- Neck pillow
- Laundry soap / Clothes line / Spot remover
- Ball cap
- Fold up duffel to store things you buy
- Id tags for luggage put inside and outside of bags

NOTE: Pack in Carry-on Bag/Backpack:

- A change of clothes in case luggage is lost
- Something to sleep in
- Long Sleeve T-shirt
- Jacket
- Travel hygiene kit
- Essential medicines
- Valuables
- Documents
- Dictionary

Other Information about Peru

Flights

You are responsible for your own flight arrangements. Divine Adventures can refer you to a travel agent that can book your flights. You will be flying into Lima and connecting with the rest of the group. If you arrive before the starting date of the trip, you will be responsible for your own taxi transfers, hotel accommodations before the trip starts and transportation to wherever the group is meeting.

Most international flights from the USA arrive in Lima between the times of 9:00 PM and 1:00 AM. Because of the day change, please confer with The Hearts Center about your flight schedules before purchasing to ensure proper arrival/departure times.

Usually, internal National flights within Peru will be booked as a group so we are all on the same flight. Contact Holly at The Hearts Center for more information about booking these flights.

Travel Insurance

If for some unforeseen reason you must cancel your program with Divine Adventures and The Hearts Center, your deposit is non-refundable. We strongly recommend that you purchase travel insurance to cover any of your non-reimbursable costs and medical evacuation in case something happens before or during the trip that could cause you to cancel or return suddenly. There are many types of traveler's insurance and the type you choose will depend upon your current medical insurance and your risk level.

If you go to www.insuremytrip.com or www.worldnomads.com, you will receive a comparison of different policies, so you can choose the one that meets your needs. They offer various policies for Trip Cancellation, Trip Interruption, Trip Delay, Baggage, and Medical insurance. Check with your health carrier before obtaining travel insurance to determine if you need additional medical coverage.

To determine what type of insurance you will need, determine the overall (estimated) cost of your trip, determine how much you would be willing to forfeit if something should happen that interrupts your trip, and check what coverage you already might have through your current medical insurance and memberships in organizations (i.e. AAA, American Express, charge cards, AARP etc.) Sometimes there are travel benefits associated with these memberships and/or discounted traveler's insurance. Ask your medical insurance specifically about evacuation insurance.

Determine what you want covered - i.e. medical, evacuation, trip interruption, trip cancellation, trip delay, baggage, life insurance, and accident. Go to www.insuremytrip.com or www.worldnomads.com, put in your criteria and they will come back with several options for you to review.

We suggest you purchase travel insurance within two weeks of your plane reservation or initial trip deposit for the best coverage.

Health Issues

1. **Before Departure:** Consult with your personal doctor to determine your medical and medication needs for this trip. Discuss high altitude and its effects on any medical condition you have. Decide whether to take altitude sickness medication with you. The common medication is Diamox 125 mg. twice a day. If you have high blood pressure speak with your doctor about taking extra blood pressure pills so you can increase your dosage should you develop symptoms during the trip. Although you would still want to see a doctor if you are having symptoms, you would have extra medication with you.
2. **Medical Conditions** - If you are age 65 or older, or have a history of illness, recent injury or hospitalization, or any inherent medical condition, a doctor's signature is required. Since this is an active tour, all participants are encouraged to see a physician before their trip and get advice as to their recommended medications, inoculations, and/or precautions to take prior to departing your home country. Make sure your physician is aware of the elevations of this trip (8,300' in Machu Picchu, 10,500' in Cusco & 12,500' in Lake Titicaca).
3. **During the Trip:** Do not hesitate to talk with your Trip Leader and have the guide or hotel staff call a doctor to come tend to you if you are not feeling well. Just prior to going to Machu Picchu while still in the Sacred Valley is a great day to have the doctor treat you if you have any medical issues. This will insure that you are able to complete the trip safely. The doctors will come to your room and are able to give you exceptional care. The care is usually extremely inexpensive and reimbursable by your travel insurance.

If you are experiencing sleeplessness, you might be dehydrated, so drink more water immediately. Emergen-C packets, Acli-mate or simple Electrolyte packets can be added to bottled water for keeping hydrated and rejuvenated. Hydration is the key to avoid altitude sickness, so drink at least 2 full liters of water a day. Drinking alcoholic beverages will dehydrate you, so limit your consumption especially at high altitudes.

High Altitude

Many of the Divine Adventures to Peru go into high altitude areas from the Cusco at 10,500' to the high jungle of Machu Picchu at 8,300' to the Andes Mountains from 13,000 – 22,800' to the highest commercially navigable lake in the world, Lake Titicaca at 12,500'.

Altitude sickness is caused by acute exposure to low partial pressure of oxygen at high altitude. This drop in the amount of available oxygen can affect the heart, muscles, lungs and nervous system. It commonly occurs above 8,000' and can sneak up on anyone no matter the age or physical condition. It is hard to determine who will be affected by it as there are no specific factors that correlate with susceptibility. However, most people can climb up to 8,000' without difficulty. Interestingly, it can also hit people who live at high altitudes that descend to lower altitudes. After one to five days, the body will begin to adjust and altitude sickness will subside.

Altitude sickness can manifest in symptoms ranging from headaches, flu, fatigue, dizziness, insomnia, loss of appetite, nausea, rapid pulse, shortness of breath upon exertion, drowsiness, swelling of hands/feet/face, diarrhea, trouble sleeping and weakness.

Many times, it is dehydration rather than altitude sickness that is causing the symptoms so it is wise to drink lots of water and avoid alcohol consumption at higher altitudes.

There are many things you can do to prepare and prevent altitude sickness. If you choose to go the route of herbal supplementation, there are herbs you can take to help prevent altitude sickness as well as to support the effects of less oxygen. As with all medical matters, **consult your physician about the best approach for you.**

A few weeks before and during your journey, you can take supplements that help with oxygen transport in the body. Natural herbs such as DMG-B15-Plus or Cordyceps, antioxidants, chlorophyll, Cataplex E2, Ginkgo, Ginseng, Reishi, or ginger can help. Consult a doctor, naturopath, or herbalist for dosages and the types of combinations of herbs best for you. In addition, there is a prescription medicine called Diamox that works great. **Check with your health care provider for what would be best for you.**

Below are some suggested herbs:

DMG-B15-Plus - helps the body use oxygen more efficiently. This supplement also provides potassium to help maintain healthy blood pressure levels that are already within the normal range; magnesium to support muscle contraction and healthy blood vessels and calcium, which may help maintain healthy cholesterol levels already within the normal range.

Cordyceps - is used traditionally for asthma and allergies, cancer support, and certain types of pain and fatigue and by athletes as an energy booster.

Chlorophyll/High-Chlorophyll Foods - Foods high in chlorophyll, such as blue-green algae or leafy greens, increase the body's level of hemoglobin as well as increasing the transport of oxygen from the lungs to the rest of the body.

CoEnzyme Q10 - plays an important part in cellular energy production, and has been shown to help cells use the available oxygen more efficiently.

Cataplex E2 - increases the ability of red blood cells to deliver oxygen to the tissues. So it is frequently used to help conditions like congestive heart failure, emphysema and the like.

Ginkgo – helps improve circulation and therefore helps improve the body's tolerance to low levels of oxygen.

Reishi – is an ancient Chinese remedy that helps to improve oxygenation to the blood.

Ginseng – has been shown to help improve blood oxygenation and respiratory function. It is also used in treating asthma and bronchitis. Do not combine ginseng with caffeine, antidepressants or blood thinners and do not use if you are pregnant or have high blood pressure.

Siberian Ginseng – is well known as a tonic herb which helps improve overall health when taken long-term.

Ginger – is an old cure for nausea and can be used for altitude sickness as well as motion sickness. Do not take ginger if you have gallbladder disease.

In addition, some people have had positive affects using a new sports drink called Acli-Mate. <http://www.acli-mate.com/>

When you first arrive at altitude, use the first 24 hours to acclimate. Rest laying down, eat light and drink plenty of water or electrolyte balancing liquids. Move slowly and avoid strenuous activity for the first 24 hours. We have built this time into our itineraries.

Drinking coca tea or chewing coca leaves helps, too. Since this is a stimulate, don't drink it late in the day or you might have difficulty sleeping. Also, if you have high blood pressure, do NOT drink or chew the coca.

Oxygen helps as well. Most of our hotels and buses have oxygen available. And, if needed, we can get medical attention.

Take a few minutes before your Divine Adventure to discuss this with your health care professional. None of us want to lose even one day of our journey!

Getting in Shape

Divine Adventures' Programs are just that – a Divine Adventure. They are active journeys that take you to off-the-beaten path sacred sites requiring you to be “in shape” to walk at altitude on uneven, natural ground that often goes “up and down”. In addition, there are many Incan steps to be taken to explore some of the out-of-the-way secrets.

If you live a moderately active lifestyle (work out, run, hike, bike, play tennis, swim, etc.), you should find these programs fit nicely into your current routine. However, it is highly recommended that you balance your exercise routine with both cardio and flexibility training. The cardio will get your lungs and heart in shape for hiking in the higher altitude while the flexibility training will help with your joints and muscles.

If you are not in shape, use this as an incentive to start an exercise program today. Check with a fitness expert to determine the best program for you. In order to maximize your experience and minimize injury, you will want to be fit!

Food and Water

Drink only bottled water. Most illnesses while traveling are caused by contamination of food or water. It doesn't take much contamination to make you sick, and some diseases can be severe enough to ruin your trip. Avoid ice cubes unless you know them to be safe. Use only bottled water for brushing your teeth and anything else that requires water in your mouth.

If you have special dietary needs, be sure and let Divine Adventures know in advance. You may need to bring extra food to accommodate certain special dietary needs such as gluten or lactose intolerance.

If you are a vegetarian, you will have plenty of food to choose from. The food is very pure and natural in Peru.

Eat only cooked foods and peel-able fruits and vegetables. Uncooked foods may have been washed in non-bottled water. Anything provided on the buffet/menu in our host hotels is totally safe.

Communication with Home

Communication with home is very easy from Peru either by telephone or Internet. If you are planning on taking your cell phone, check with your service provider about international service and per minute charges. Some providers will need to make a change to your service to accommodate international calls. Your cell phone will be good for emergency calls, but you will probably want to use other less expensive means of communication while you are in Peru.

All Peruvian towns have a Teléfonica del Peru office, which offers an operator service; give the receptionist your destination number and they will have you go to a numbered phone booth when your call is put through. When you are finished, you will pay the receptionist. The cost for these services is very reasonable. These offices also have phones that take calling cards.

There are also phone kiosks in every town. All phone kiosks are operated by Peruvian coins or 'tarjetas telefonicas' - phone cards - which are available in a variety of denominations. You can buy phone cards from corner shops, 'farmacias' or on the street from cigarette stalls in the centers of most towns and cities.

In many hotels, there are computers with Internet service available. There are also Internet storefronts where, for a small fee, you can surf the Internet, Skype and check your email.

Money Matters

The Peruvian currency is the Nuevo (New) Sol. It is not necessary for you to bring a lot of cash or Traveler's Checks if you have a Debit Card from your bank. There are ATMs all over Peru and in every bank. The cheapest way to get cash is to use your Debit Card (NOT charge card) in an ATM machine. A **Debit Card** is preferable over a charge card because you are only charged a minimal location or transaction fee rather than a percentage of the amount.

Be sure and contact your bank and charge cards before you leave the country to make sure you will have access to the ATM's in Peru. You will need to request that they make a note on your account that you will be out-of-the-country, so they do not freeze your accounts. Be sure you have your PIN number with you!

The ATM machines are in English or Spanish and will dispense either US dollars or Peruvian Sols. ATMs offer the least expensive exchange rate. And, if you dispense Sols, you can also save money by not having to pay multiple currency exchange rates.

As of 3/12, the exchange rate for Peru is \$1 US = 2.66 Sols.

The cash you do bring with you needs to be crisp and relatively new bills – without tears, marks or creases. The Peruvians are suspicious of crinkled, damaged older bills and will refuse to accept them. We recommend that you bring some brand new \$1 bills for easy tipping.

It is important to note, that almost all your monetary transactions in Peru will be in cash, so you will rarely be able to use a charge card. Most services that take charge cards (i.e. hotels) will have already been taken care of by your tour payment. The open markets or small vendors only take cash.

If you are traveling to some of the smaller villages within Peru, go ahead and get cash before you leave the larger town and break it down into smaller denominations. It is difficult for the smaller towns and market vendors to break large bills.

In addition, you will need to pay airport departure taxes with every national flight. These can only be paid in cash, so make sure you have enough Sols or US dollars stashed away to pay these. Your guide will let you know what you will need before you leave for the airport.

Throughout Peru, you will see people on the street offering a service to change your money. We recommend you do NOT use these vendors due to the possibility of counterfeit bills and/or hard to decipher exchange rates. You will see locals using these vendors, but they know whom they can trust.

We advise that you use a money belt and keep your money and valuables in it. You can keep the money you plan to use for your daily purchases in an inside or front pocket - preferably zipped or latched – so you are not fumbling to get your money out of the belt.

Money to Budget for Extra Expenses

Breakfast is included every morning at the hotels. However, you will want to budget for the lunches and dinners not provided for in your program. If you budget \$10-15 per lunch and \$20 per dinner you will have plenty of money for your extra meals with tip.

In The Hearts Center pilgrimage, a basic tip for the Peruvian guides, drivers and hotel staff that served the group is included. No tips for individual services have been included (i.e. bell hops, laundry, personal meals), so bring a little extra to cover these. If you feel you received exceptional service, please feel free to give an additional tip. It will be greatly appreciated!

Sometimes you may be given the opportunity to participate in OPTIONAL special ceremonies, blessings and healings that are not included in the journey. If you choose to participate, you will pay the provider directly.

All Peruvian airports charge an "Exit Tax" for internal flights. Budget \$6 for each internal flight such as Lima to Cusco, Lima to Juliaca, Cusco to Juliaca etc. Divine Adventures will advise you as to how many internal flights you will have during your journey.

You should budget some money for incidentals (i.e. laundry, phone calls, taxi rides, snacks, water, personal items). For average expenditures, \$100 US should be plenty.

And, of course, you will want to budget some spending money for souvenirs and mementos from your trip. When buying in the open markets, it is expected that you bargain with the vendors. The starting price is always high, so it is good to start anywhere from 60-40% below the asking price. If you do not get the price you feel is fair, walk away and the vendor usually

will come back with another offer. Remember to be fair with the vendors for this is their livelihood.

Safety and Miscellaneous Information

Peru like many countries these days has its share of pickpockets and thieves. Common sense needs to be your guide. Be alert and don't allow yourself to be distracted by the action around you. Don't travel alone, don't wear flashy jewelry, don't leave valuables in plain sight and don't travel off the beaten track unless you know it's a safe area. Do keep your eye on your baggage. Don't go out alone if you're a woman. Unescorted women are seen as available and become targets of unwanted attention and actions. The best defense is to ignore all advances or comments.

In many of the towns in Peru – especially Cusco and other tourist towns – children will come up to you wanting to sell you stuff or have you pay for pictures of them with their cute baby llamas. Some of these children are legitimately raising money for their education, but many, unfortunately, are being kept out of school in order to raise money for drugs and alcohol for their parents. Please do not support this activity by giving the children money. If you want to help, give a donation to one of the legitimate charities or projects listed in this package.

Gifts

Divine Adventures loves to provide opportunities for you to mingle and connect with the locals. If you would like, you can bring gifts for the Peruvian children and adults you might meet along the way. Children are the same all over the world. They love and appreciate books, pads of paper, crayons, pens, pencils, games, magic markers, school and art supplies, bubbles and anything else fun you find. Bring things you can share and enjoy with them. Keep some in your daypack, because you never know who will be around the corner! (Please avoid bringing candy and unhealthy treats.)

In Peru, they practice Ayni – reciprocity – the interchange of loving kindness, knowledge and the fruits of one's labor. So don't be surprised if you get something in return for your gift – a flower, a hug, a smile... Nothing can be more precious!

Suggested Reading

Spiritual Journeys

- Consteneda, Carlos. Various books.
- Crowley, Jonette. *The Eagle and the Condor*, Stone Tree Publishing, 2007.
- Delgado, Jorge Luis. *Andean Awakening: An Inca Guide to Mystical Peru*, Council Oaks Books, 2006.
- Drunvalo, Melchizedek. *Serpent of Light: Beyond 2012*, Red Wheel/Weiser, 2007.
- Dunn, Diane. *Cusco: The Gateway to Inner Wisdom*, Planeta Group, 2006.
- Jenkins, Elizabeth. *Initiation: A Woman's Spiritual Adventure in the Heart of the Andes*, The Berkley Publishing Group, 1997. (Other books by Elizabeth Jenkins)
- Reinhard, Johan. *The Ice Maiden*.
- Villoldo, Alberto. *Shaman, Healer, Sage*, Harmony Books, 2000.
- Villoldo, Alberto. *The Four Insights*, Hay House, 2006.

History

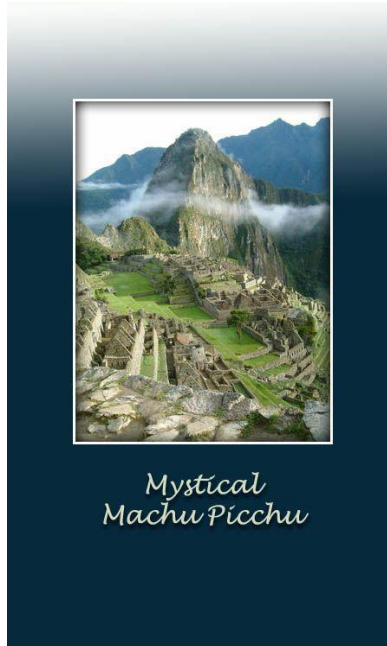
- Bingham, Hiram. *Lost City of the Incas: The Story of Machu Picchu and Its Builders*. Duell, Sloan, and Pierce, 1948.
- Hemming, John & Edward Ranney. *Monuments of the Incas*, University of New Mexico Press, 1982.
- Lumbreras, Luis G. *The Peoples & Cultures of Ancient Peru*, Smithsonian Institution Press, 1974.
- McIntyre, Loren. *The Incredible Incas and Their Timeless Land*, National Geographic Society, 1975.
- Meyerson, Julia. *Tambo: Life in an Andean Village*, University of Texas Press, Austin, 1990.
- Reinhard, Johan. *Machu Picchu: The Sacred Center*, Nuevas Imagenes, S.A., 1991.
- Sylvester, Hans. *Land of the Incas*, Thames & Hudson, 1986.

Stories and Travel Journeys

- Adams, Mark. *Turn Right at Machu Picchu*. Penguin Group, 2011.
- Andrews, Michael. *The Flight of the Condor*, Little Brown Publishers, 1982.
- Hubbard, Ethan. *Journey to Ollantaytambo*, Chelsea Green Publishing, 1990.
- Mattiessen, Peter. *The Cloud Forest*, Viking, 1961.
- Morrison, T. *Land Above the Clouds*, Deutsch, London, 1974.
- Morrison, T. *Pathways to the Gods, The Mystery of the Andes Lines*, Academy Chicago Pub., 1988.
- Payne, Johnny, *She-Calf and Other Quechua Folk Tales*, University of New Mexico Press, 2000.
- Peters, Daniel. *The Incas or A Magical Epoch about a Lost World*, Random House.
- Popescu, Petru. *Amazon Beaming*, Penguin, 1991.

On-line resources:

- Living in Peru* weekly newsletter: <http://www.livinginperu.com/emagazine>
- Peruvian Times* on-line newspaper: <http://www.peruviantimes.com/>
- The South American Explorer's Club - <http://www.saexplorers.org/club/home>



Guidelines for a Prosperous Journey

Welcome to this exciting journey! Here are some guidelines as we grow and travel together....

- Use your journal to record your thoughts. It helps solidify your insights and experiences for later reference.
- If you feel comfortable with it, plan on sharing your daily “ah ha’s” at dinner.
- Be on time to each gathering, and respect the confidentiality of what’s shared.
- Respect each other’s sharing without giving advice or rescuing.
- Seat yourself next to a new person each night of shared dinners.
- No smoking on the bus or in your room.
- Let the Trip Leader know immediately if you become ill or are upset.
- Drink plenty of water, and enjoy yourself.
- Plan on emailing or writing the Trip Leader within a couple of months upon returning from the trip to say how you’re doing and what impact the trip has had on your life.

The Hearts Center & Divine Adventures
Release of Liability and Assumption of All Risks
Terms & Conditions

APPEARANCE RELEASE

As a participant in the 2012 Lake Titicaca pilgrimage, you may be included in videotapes or photographs taken during this conference, or your voice may be included in audio CD's created of this event. By attending this conference, you are consenting to such use of your image and/or voice, and you hereby assign, transfer and grant to the sponsor of the conference, and anyone acting on the sponsor's behalf, the right to photograph or videotape you or create audio CD's of your voice and to utilize such photographs, videotapes and CD's for any legitimate business purpose of the sponsor.

LIABILITY RELEASE

I understand that participating in The Hearts Center's 2012 Lake Titicaca pilgrimage, including any physical activities, prayer and other spiritual work, does not take the place of any needs that I may have for a physician or other medical assistance, and that I have been advised to seek the help of a licensed health practitioner or physician for any health concerns or ailments that I may be experiencing.

I am aware that during the Program and arrangements made by The Hearts Center and Divine Adventures certain risks may occur. These risks include, but are not limited to, the hazards of traveling in foreign countries, at high altitudes, on rivers and waterways, hiking, mountain climbing, biking, traveling by air, automobile, boat, and other conveyance; forces of nature, civil unrest, terrorism; loss of or damage to personal property, injury or fatality due to high altitudes, collision with vehicle, boat, rock, log, or tree, the capsizing of boat or other vessel, accident or illness in a remote place without medical facilities, water damage due to leaking bags or other containers; exposure to weather extremes and inclement weather, and other risks and dangers which may result in serious injury or death.

To the fullest extent allowed by law, I agree to waive, discharge claims, and release from liability The Hearts Center, Divine Adventures, its officers, directors, employees, agents, and leaders from any and all liability on account of, or in any way resulting from Injuries and Damages, even if caused by negligence of The Hearts Center, Divine Adventures, its officers, directors, employees, agents, and leaders, in any way connected with this conference. I further agree to hold harmless The Hearts Center, Divine Adventures, its officers, directors, employees, agents, and leaders from any claims, damages, injuries or losses caused by my own negligence while a participant in this conference. I understand and intend that this assumption of risk and release is binding upon my heirs, executors, administrators and assigns, and includes any minors accompanying me during the conference.

This release covers all claims for property damage and personal injury, including claims I do not know about and claims I now have no reason to expect. This release shall serve as a release, assumption of risk and hold harmless provision for me, my heirs, executors, administrators and assigns, and all members of my family, including any minors.

I have read this document in its entirety and consent to the use of my image in any legitimate use, and I freely and voluntarily assume all risk of Injuries and Damages and notwithstanding such risks, I agree to participate in The Hearts Center's 2012 Lake Titicaca pilgrimage.

Signed: _____

Printed name: _____

Date: _____

GENERAL TERMS AND CONDITIONS

Reservations: All reservations are subject to availability. A deposit is required to confirm your reservation. A check or money order may be made for deposits and balance payments. Final payment is due 60 days prior to the start date of the program. If payments are not received when due, The Hearts Center and Divine Adventures LLC (henceforth referred to as Divine Adventures) reserve the right to cancel your reservation in which case cancellation charges will apply. All payments, signed release forms and other required documents must be received prior to departure. We ask that persons come to our programs for educational reasons, and not to seek healing of any kind. Persons with health or psychiatric problems may find some programs physically and mentally trying and risky. We recommend that in case of doubt, a physician or mental health professional be consulted.

Costs: All prices are per person, double occupancy (when lodging is included). Participants requesting single accommodations will pay a supplemental single occupancy fee. If you are traveling alone and desire to share accommodations, we will attempt to match you with a roommate of the same gender. However, if a roommate is not available, you will be charged the single supplement.

Cancellations and Refunds: Due to the limited availability of space on our trips and the time required to process trip reservations within our office, your deposit will not be refundable. We strongly recommend purchasing travel insurance in order to protect yourself in case extenuating circumstances force you to cancel your trip. If you must cancel your program, all payments, less your deposit, will be refunded in full if written cancellation is received by our office 60 days before the program start date. Between 59 and 30 days the cancellation fee is 50% of the land or program cost. Between 1 and 29 days, and no-shows, the cancellation fee is 100% of land or program cost.

Responsibilities: The responsibility of The Hearts Center and Divine Adventures and its affiliated companies is strictly limited. As a tour guide, Divine Adventures organizes, promotes, and sells tour programs and guiding services. Divine Adventures purchases and reserves travel services from various suppliers (collectively, "Suppliers"). Divine Adventures does not own or operate any of these Suppliers. The Suppliers providing travel services for Divine Adventures' Programs are independent contractors, and are not agents or employees of Divine Adventures. As such, Divine Adventures is not responsible for any negligent or willful act or failure to act of any Supplier or of any third party. Divine Adventures is not responsible for any purchases you make during your trip, whether that merchant is part of the scheduled itinerary or not. By utilizing the travel services of the Suppliers, you agree that you will look to such Suppliers for any accident, injury, property damage, or personal loss to you or to those traveling with you, and that neither Divine Adventures nor any representative of Divine Adventures shall be liable.

The Hearts Center and Divine Adventures reserve the right to accept or reject any person as a participant at any time, and to make changes in the itinerary whenever deemed necessary for the comfort, convenience, and safety of our participants, and to cancel a program at any time. In the event a program is cancelled, The Hearts Center and Divine Adventures shall have no responsibility beyond the refund of monies paid to it by program participants as listed. By registering, the participant agrees that neither The Hearts Center, Divine Adventures nor its affiliates shall be liable for any damages, loss or expense occasioned by any act or omission by any supplier providing services to any program participant.

Participant's Responsibilities: As a participant, you are responsible for determining if the Program is appropriate for your abilities and interests. You must determine whether you are in a satisfactory state of health to undertake the Program's itinerary. You must assess your physical, mental and emotional state and prepare appropriately in order to maximize your experience. Participants must follow normal, accepted social behavior and act respectfully towards other participants, Divine Adventures employees, agents and contractors and the local people. It is important that you are ecologically aware and act in a manner that lessens your impact on the natural environments visited during the Program.

Passports and Visas: A valid passport is required for U.S. citizens traveling on our international trips. You will be notified if your destination requires a visa for U.S. citizens. All passports must contain at least five blank pages and must be valid for six months after the completion of your trip. Non-U.S. citizens should contact the appropriate consular office for entry requirements pertaining to their trip, as The Hearts Center and Divine Adventures are not responsible for providing you with this information or documentation.

Air Arrangements: The Hearts Center and Divine Adventures are not responsible for national or international flight arrangements.

However, some flights may have time restrictions in order to meet the itinerary. In order to ensure timely passage, The Hearts Center or Divine Adventures should review all airline schedules before purchase.

- Please check box. I have read and agree with these terms, conditions and releases and hereby release The Hearts Center, Divine Adventures, their agents, contractors and affiliates from and against any and all liability arising from my participation in the Program.

Signed: _____

Printed name: _____

Date: _____



The Hearts Center Pilgrimage Flight Information Form

Name (as it appears on tickets): _____

International Flight Information: (Fill out or attach copy of electronic ticket)

Departure City: _____

Arrival Date and Time into Lima: _____

Airline: _____ Flight #: _____

Departure Date and Time from Lima: _____

Airline: _____ Flight #: _____

Domestic Flight #1 Information: (Fill out or attach copy of electronic ticket)

Departure City (i.e. Lima): _____ Arrival City (i.e. Cusco): _____

Arrival Date and Time into Arrival City: _____

Airline: _____ Flight #: _____

Departure Date and Time from Arrival City: _____

Airline: _____ Flight #: _____

Domestic Flight #2 Information: (Fill out or attach copy of electronic ticket)

Departure City (i.e. Cusco): _____ Arrival City (i.e. Juliaca): _____

Arrival Date and Time into Arrival City: _____

Airline: _____ Flight #: _____

Departure Date and Time from Arrival City: _____

Airline: _____ Flight #: _____

Domestic Flight #3 Information: (Fill out or attach copy of electronic ticket)

Departure City (i.e. Juliaca): _____ Arrival City (i.e. Lima): _____

Arrival Date and Time into Arrival City: _____

Airline: _____ Flight #: _____

Departure Date and Time from Arrival City: _____

Airline: _____ Flight #: _____