

Peru: Machu Picchu and the Inca Trail

I am lucky enough to consider myself “well-traveled”, even as a young college student. In all of my travels, the greatest consistency is in where I find my sense of adventure. As much as I enjoy exploring large cities, seeing famous landmarks, and meeting new people, I find the greatest thrills outside of the city limits. The most memorable experiences I’ve had usually involved mountains, lakes, rivers, and scenic landscapes.

I plan to fulfill my love of the outdoors by spending 4 days hiking and camping along the Inca Trail near Cusco, Peru. My trek will take me through the Andes Mountains, spanning elevations from 10,000 to 14,000 feet, and will end at the Inca ruins at Machu Picchu. The beginning of the trip, to total 11 days, will be spent exploring the capital city of Lima and the city of Cusco while acclimating to the altitude.

According to the website description, the Globetrotter Grant is designed for an “adventurous individual.” While studying abroad in Italy during Summer 2018, I used my free weekend during the program to solo-climb the Zugspitze, the tallest



Summit of Zugspitze - July 2018

mountain in Germany. The entire trip was self-organized and funded. My ascent proved difficult, taking over 11 hours as I braved a thunderstorm just before sunrise and poor ice conditions on the glacier leading to the summit. Amidst the challenges of the climb, I loved every moment of the experience. The

freedom of climbing 10,000 feet in the air is unlike any other. Ever since that climb, I have been seeking an opportunity to set out and conquer new peaks. Receiving the Globetrotter Grant will enable me to pursue my passion and experience the sense of adventure that the grant is all about.

My interest in the culture of South America began in high school Spanish class. My Spanish III teacher was different than many other teachers in the foreign language department. Spanish was not her native language. She explained that she studied the Spanish language because she fell in love with the food, customs, people, and culture of Latin America. She quickly became one of my favorite teachers, and her interest in Latin America began to rub off on me.

In July 2017, I had the opportunity to drive to Monterrey, Mexico, staying with my girlfriend’s extended family in a nearby city. My trip to Mexico gave me an opportunity to practice the Spanish that I



Monterrey, Mexico – July 2017

have learned, and it taught me how enjoyable it is to immerse in another language. Most importantly, it allowed me to challenge my preconceived notions of Mexico. I am eager to get the same Spanish language immersion and cultural exposure in Peru.

After graduation, I will enter active-duty service as a US Air Force officer. This trip represents a lasting commitment to pursue my passion of outdoor adventure before I leave for fighter pilot training. Thank you for your consideration.

ITINERARY

Tentative Dates: 13-23 May 2019

Day 1

Depart Dallas–Fort Worth International Airport

Day 2

Arrive at Jorge Chávez International Airport in Lima, Peru. Check into my hostel and explore the city center at Plaza de Armas de Lima. Meet other travelers in the hostel.



Plaza de Armas – Lima, Peru

Day 3

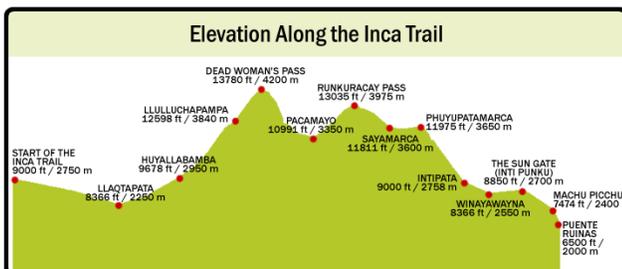
Full day in Lima. Head to the beach and dip my feet in the Pacific Ocean.

Day 4

Travel to Cusco via plane. Check into hostel and make some friends to get dinner with!

Day 5

Full day in Cusco. Explore the city and obtain permit for the Inca Trail. Focus on staying active all day to acclimate to higher altitude. Eat a large dinner rich in carbs to fuel for the hike.



Day 6

First day hiking the Inca Trail. Start at the “km82” trailhead. Get to bed early to prepare for a strenuous second day.

Day 7

Second day hiking the Inca Trail. Reach maximum altitude at “Dead Woman’s Pass”. Camp at 12000 feet elevation and prepare for the cold night.

Day 8

Third day hiking the Inca Trail. Descend to Wiñahuayna and camp at 8500 feet elevation.

Day 9

Arrive at Machu Picchu! Start hiking by 0500 and get there by sunrise. Explore the iconic site for a few hours. Hike down to Aguas Calientes and take the train to Cusco.



Llama at Machu Picchu Ruins

Day 10

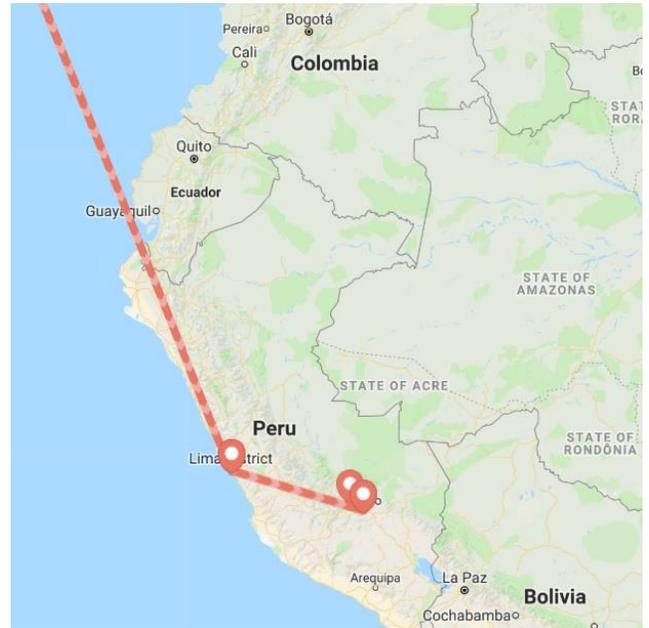
Full day in Cusco. Sleep in! Enjoy a hot meal of traditional Peruvian food from a local restaurant.

Day 11

Return to Lima. Late flight home to Texas. Celebrate with Whataburger.

BUDGET

International Flights	\$1000
Domestic Flights	\$100
Inca Trail Guide/Permit	\$600
Taxi/Bus Fares	\$75
Hostels (6 nights at \$15/night)	\$90
Food (10 days at \$15/day)	\$150
Museums/Tickets/Tours	\$200
Emergency Reserve Fund	\$200
TOTAL EXPENSES	\$2415
Personal Savings	\$500
TOTAL NEEDED	\$1915



Travel to Lima, Cusco, and Machu Picchu



The Inca Trail



The Inca Trail



Mt. Baldy, NM – 12400 feet - June 2013



*Cardio for High-Altitude Hikes
B/CS Marathon – Dec 2018*