

Acknowledgements

Printing and binding done at Selkirk High School

Front cover artwork by Christine Anderson

Artwork in report by Rebecca Williams

Photographs by Cath Baker, Charles Hutchinson, Allan McGee and Rebecca Williams

Work in each section represents multiple contributions from team members, both venturers and leaders. For ease of editing these have not been individually labelled.

Editing team: Charles Hutchinson, Christine Anderson, Tom Ogilvie, Nicola Telford, and Katy Clay. Proof reading by Ron Sutherland and Rebecca Williams.

Computing facilities provided by John Hutchinson.

A huge thank you to everyone who has contributed to the content and editing.

Any mistakes are purely accidental.

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BORDERS EXPLORATION GROUP

Registered Charity No SC034336

The Borders Exploration Group is a non-profit organisation run by adults for young people in the Scottish Borders. Its aims are:

- To assist in the physical, mental and spiritual development of young people through participation in and preparation for expeditions – both international and at home.
- To raise awareness of environmental issues in young people through recreational activities of an enterprising and explorative nature.
- To help young people develop a sense of identity and self worth, while offering the chance to encounter and begin to understand other cultures and peoples.
- To develop communication skills and learn the value and enjoyment of working as a team.

BEG was founded in 1991 and aims to run a major international expedition every two years.

1993: Lesotho

1995: Ecuador

1997: Kenya

1999: Mongolia

2001: India (original plans were for Nepal)

2003: Peru

In addition, BEG runs a challenge for local organisations and groups called the Tower Trophy Challenge and a challenge for school teams called the Kirsty MacAskill challenge.

Other local expeditions have included a trip to the Isle of Skye and trips around the West Coast on a converted fishing trawler.

Romania 2002 was BEG's first European trip and the second European trip, Pyrenees 2004 is currently under preparation. For further information on the Borders Exploration group, please see our website:

www.borders-exploration-group.org.uk

Patron: The Rt. Hon. Lord Steel of Aikwood, KBE PC DC

EXECUTIVE SUMMARY

AIMS AND OBJECTIVES

The aim of Peru 2003 was to take a group of 25 young venturers and 11 leaders from all over the Borders area on a four phase expedition to Peru. These phases would be as follows: Community, Adventure, Environmental and Social.

We knew the expedition would be very challenging and involve unique experiences. We also hoped it would be extremely beneficial, to our hosts in Peru and to our venturers, who would hopefully go on to convey their enthusiasm and new found skills to the benefit of the Borders Community upon their return.

WHY PERU?

The unique physical and cultural diversity of Peru offers expeditions a huge potential to carry out exciting and challenging ventures in a wide range of spectacular environments. The opportunity exists to travel from one area to another in a reasonable time scale; few parts of the world allow travellers to move from the high tundra to the tropical rainforests in the space of a few hours.

We decided to concentrate our expedition in three main areas, all with very different things to offer. Our main base would be in the tiny village of Pomatales high up in the Andes; from here we could conduct a community project, undertake an adventure phase and be within easy reach of the Urubamba Valley and Machu Picchu. We would then conduct an environmental project along the Upper Madre de Dios River in the Manu region of the tropical rainforest and also spend time in the Lake Titicaca area.

TRAINING

The aim of the training for a BEG expedition is to bring together a large group of individuals to form a team which could travel to any country in the world with confidence.

Training was based around six training weekends and two training days, covering topics and activities such as: BEG ethos and structure, fund-raising, equipment, presentations on different expedition phases, navigation, hygiene, shelter building, outdoor cooking, environmental awareness, full base camp erection, route cards, social phase techniques, first aid, lightweight campsites, buddy systems, hill safety, hiking carrying full kit, golden rules, group diary, medical issues, journals, social phase format, safety and security and expedition etiquette.

THE ADVANCE PARTY

The advance party left on the 24th June five days prior to the main group's departure. Their tasks included:

- To meet with Maria Calvo, who was organising many aspects of our expedition, including the community project, and check through the itinerary with her.
- To establish that the community project was feasible and in such a state that the group could begin work on it when they arrived.
- To buy the necessary tools and equipment needed for the community project and other equipment needed for supporting the group arrival such as stoves.

All these objectives were realised, preparing the ground for the arrival of the main expedition group.

COMMUNITY PHASE

The Community Phase of a Borders Exploration Group expedition is often the core part of the expedition from which the remainder of the venture flows. Finding a suitable Community Phase is a hard task because of the distance between the two countries involved and so communication being hampered. E-mail has however enabled us to overcome many of these problems by speeding up the rate of reply and confirmation of suggestions. In setting up this particular Community Phase e-mail was very helpful and a project was found through Maria Calvo who runs Inca Explorers, an adventure company based in Cusco.

We arrived at Pomatales, the small community where we were going to build a health centre for our community phase early afternoon Sunday 29th June. We got an amazing welcome. At the end of this celebration of our arrival we set up camp, putting up the tents, digging pits and other camp duties. The surroundings were amazing with our camp at the base of the mountains in a deep steep sided valley.

Pomatales was ideally suited to our needs. A dust road connected the village to Huaracundo and Cusco in one direction, allowing us to obtain supplies without too much difficulty.

Our base camp for the Community phase was pitched on the village football field – perfect flat terrain for our tents. In the corner of the field, beside the river and tap, were our toilet and washing tents – four of each – consisting of a wooden frame covered by tarp.

At the other end of the field from our camp was located the village school; quite a substantial building, though poorly equipped, which we would visit to play games with the village children.

During our time at Pomatales we ate and cooked in the house of Victor, the very friendly and generous ‘head-man’ of the village. His home was the largest house of the 10 families in Pomatales and was located beside the road, 50m from our camp. Inside was the village pay-phone and sufficient room for us all to eat.

Over the road and up a small slope from Victor’s house was the Medical Centre building site. Here two thirds of the group would work from 9am - 4pm alongside as

many as 20 men and women who walked from miles around to give their help. Pomatales is situated in the centre of a cluster of remote villages dotted around in the mountains, making it a natural meeting point and well located to serve the medical needs of those furthest from medical facilities.

On site, the foundations of the building had already been laid, and the ground surrounding it was literally covered in adobe bricks. The rooms needed picking down to the first level of bricks. This became one of our main tasks, the ground was rock hard and it was pretty tiring, especially with the heat. Carrying bricks and later on making bricks were also our main tasks, the skilled masonry work being left to the Peruvians.

The compact layout of the village, the easily accessible amenities, the fantastic locals and the stunning scenery of Pomatales made our stay not only highly productive but also thoroughly enjoyable. Thanks to good organisation and the hard work of the on-camp groups our camp was always a safe and tidy centre of activity.

A return visit was made to Pomatales on the last Sunday of the expedition, a week before we returned to Scotland. This was to see how progress on the building had gone. A lot of progress had been made with almost all the roof frame in place. We were presented with a meal, then there were speeches followed by dancing and singing. The building was 'opened' and a traditional dedication ceremony performed. A plaque was presented by Maria with all our names on it to be placed on the building when it is completed.

When we left, the building was obviously not complete, and the internal work, such as plumbing and flooring, still had to be done. Work has progressed recently and the last update from Maria was that the roof is finished. Group funds are still available for the project and once we are satisfied that the project is going to advance successfully these funds will be made available through Maria. We will continue to monitor the situation and help in any way we can.

ADVENTURE PHASE

This Phase of the expedition was split into two main sections: the trek and then the pony trekking/mountain biking and white water rafting, all organised through Inca Explorers in Cusco. The itinerary also meant that these sections were divided by the visit to the ancient Inca site of Machu Picchu, near Aguas Calientes.

The trek took place over four days with three nights spent under canvas in the mountains around the Chilipahua and Silque valleys. Several passes were crossed, the highest being 4600 m. The entire group coped very well with altitude and what were arduous conditions, especially at night when temperatures dropped well below zero. Our guides were extremely helpful to everybody in the group and stopped at several points to explain several features in the landscape including Inca trails and forts.

The day of the visit to Machu Picchu is the one everyone looked forward to. We had spent the day before exploring the cloud forest around the base of the site and caught tantalising glimpses of the site. When we first arrived the following morning the

group watched sunrise over the city. The view was the classic postcard picture that we had all seen in books. The guided tour by Jaime our guide, was highly interesting. In the afternoon several of us also climbed Huayna Picchu, the granite pinnacle behind the site. The photos will never bring out how beautiful the place is.

The day after Machu Picchu was spent in two groups, either mountain biking or pony trekking. The biking was definitely the more exciting and dangerous of the two, but an excellent day was had by those involved in both activities.

ENVIRONMENTAL PHASE

The aim of this phase was to allow the group to visit and experience first-hand a rainforest environment, while completing a project that would allow us to interact with the local community and that would be of benefit to the local environment. Again this was set up through Inca Explorers who found us a project working with Machigenga Indians in a community on the banks of the Madre de Dios River in the Manu area. This was followed by a day and a half wildlife watching.

The first two days were spent getting there. A days journey overland through the mountains then down to the upper-rainforest where we overnighted at a lodge in Pilcopata. The next day was mostly spent journeying downriver in motorised canoes to our community. We spent two nights here with a day and a half working on the waste management project.

The purpose of the waste management project was to clear the community trails connecting houses and areas around houses of non-biodegradable wastes, i.e. plastic. It was decided to dig pits for rubbish to be put in and for use by the community. Our group split into four, two groups digging and two gathering litter, with a changeover after lunch. Over the day and a half a substantial amount of litter was collected, enough to cover the bottom of one of the pits.

After this we moved further downriver and spent two nights based in a lodge at Maquisapayoj. This included overnight stays on platforms in the forest, a visit to a Macaw clay lick and a trip on a raft on an oxbow lake where we were lucky enough to see giant otters and capybara. Half the group flew out on the Friday from the airstrip at Manu as planned, the other half had to stay an extra night in a nearby lodge due to flights being delayed.

END PHASE

The end phase of our expedition gave us the opportunity to experience more of the diverse landscape and culture of southern Peru.

We started in Cusco which had been a convenient and enjoyable base for us between earlier phases in the expedition, a lovely place to wander in small groups in relative safety.

From Cusco, we had a ten hour train journey to Puno, the main town on the shores of Lake Titicaca. We were treated to stunning snow-covered peaks as we passed over 4000 metres, and the vast expanses of altiplano were incredible.

After a night in Puno we clambered aboard a boat in the morning and motored out onto the lake. Lake Titicaca, at over 170 km in length, is South America's largest lake and, at an altitude of 3820 metres above sea level, it is the highest navigable lake in the world. It was exciting to leave the rather unattractive city of Puno and the algae covered shore waters behind us and to head out through channels between the reeds into clear water.

We briefly visited the floating islands of Uros then motored on for a further three hours and finally arrived at the peaceful island of Amantani. We split into groups of three and stayed with local families. We walked up to the highest point of the island to watch sunset then danced the night away back in the village.

The following day on our return journey to Puno we briefly visited the island of Taquile where we were shown around by our guide, probably the most touristy place so far. We spent another night in Puno on our return.

From Puno we travelled by bus for ten hours to Arequipa, a journey that surprised us with stunning scenery. The barren landscape was characterised by a vastness of scale and aridity that we hadn't really experienced before. It had many of us captivated.

Arequipa is surrounded by spectacular mountains, the most distinctive one being the volcano El Misti with its beautiful conical peak topped with snow. We stayed in a lovely hotel not far from the centre of the city and enjoyed a short tour featuring the Santa Catalina Monastery and a number of churches. We then had time to wander in small groups and to relax in the hotel.

We flew from Arequipa to Lima on an early flight, so had the whole day before boarding our long haul flight home. We spent an hour or so in the centre of Lima admiring the beautiful colonial style architecture, then headed to the coast for lunch. Finally we visited the fascinating Gold Museum before heading back to the airport. Check in went smoothly and we were soon on the runway departing Peruvian soil.

This last phase of our expedition was very busy with a lot of travelling and spending almost every night in a different place. We enjoyed it but we also felt like real tourists! It made us realise just how privileged we had been, on earlier phases of the expedition, to experience Peru in such a unique and special way.

LIST OF PARTICIPANTS



Christine Anderson
March 1985
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Edinburgh University, Architecture



Nancy Anderson, Earlston
May 1956
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Paediatric Occupational Therapist



Cath Baker, Kelso
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Expedition Doctor
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Gordon Clark
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Rachel Clifford
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Selkirk High School
Year out



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Assistant Teacher, Earlston



Hannah Pavey
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Selkirk High School
Edinburgh University, English and French



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Hawick High School
Aberdeen RGU, Law and Forensic Science



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Ron Sutherland, Hawick
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Coordinator
Geography Teacher, Selkirk High School

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Hawick High School
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Nicola Telford
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Earlston High School
Edinburgh QMUC, Physiotherapy



Rebecca Williams, Eildon
June 1969
Expedition Doctor
GP, Borders



Paddington Bear, Peru
June 2003
Expedition mascot
Survival Expert.

LIST OF SPONSORS

We would like to thank the following individuals, companies and organisations for their donations towards the Peru 2003 Expedition.

AC Burn Ltd, Jedburgh
Agribusiness Centre, Clydesdale Bank
Allied Grain
Ann Scott
BEG Loan
Border Co-op
Border Farm Supplies
Border Insurance Services
Border Livestock Exchange
Border Chainsaws and Lawnmower Services, Earlston
Border Concrete, Kelso
Borders Co-op
Borders Youth Support Scheme
BSW Timber Plc, Earlston
C. Mitchell
Common Good Funds – Selkirk, Galashiels, Hawick & Peebles
Crop Services, Kelso
D. Dalglish, Eildon Pharmacy
David Harrison Ltd, Peebles
Digit Site Services, Ayrshire
Earlston camera club
Fibrehub Europe Ltd, Fruechie
FPD Savills
Gala Rotary Club
Gavin Thompson
Glaxo Smith Kline
Hamish Morrison Farming Ltd, Earlston
Hastings & Co
Henderson Travel, Hawick
Holland and Sherry, Peebles
Ian McAskill
IR & MA Richardson
Its Great Outdoors, Galashiels
James McLean Trust
Lauderdale Hotel
Lindsays Charitable Trust, Edinburgh
Link Pharmaceuticals
Macaries Cafe, Galashiels
Melrose PC Guild
Merlin Veterinary Group
National Farmers Union
Nancy Hodge, Farm Business Services
OMOA Works, Motherwell
Rebecca William's Friends

Redders Sports, Jedburgh
Rennie Welsh, Kelso
Robert Young
Rodger Builders Ltd, Earlston
Ross and Bonnyman, Forfar
Rotary Clubs of Kelso, Hawick & Selkirk
Roxburgh Estates
Royal Scottish Geographical Society
Safeway
Scottish Borders Council
South of Scotland Youth Awards
Starretts, Jedburgh
Tait's W.S., Kelso
Tesco
The Ritchies
Trinity Pharmaceuticals
William Hill Trust
Wyeth Pharmaceuticals
Young Explorers Trust

The Winston Churchill Memorial Trust

Allan McGee was honoured with a prestigious Winston Churchill Fellowship; this substantial grant was received under the category of Expedition Leadership and was put to full use to ensure that maximum benefit was gained to the expedition as a whole.

The work put into the expedition by its members is only a part of what is needed in the undertaking of such a venture. Without the support of the wider community our work would come to nothing. All of us in the Peru 2003 group are deeply indebted to the hundreds, if not thousands of people in the Scottish Borders and beyond, for all the time, money and support that has been given to the expedition from its earliest days to its completion.



AIMS AND OBJECTIVES

The aim of Peru 2003 was to take a group of 25 young venturers and 11 leaders from all over the Borders area on a four phase expedition to Peru. Some had never travelled before; most had never been on an expedition before. The expedition contained the following elements -

Phase One - Community project:

The team will assist in the construction of a Medical Centre in a small Andean village called Pomatales; they will provide the manual labour and limited materials to enable work to progress. They will also interact and engage with the children of the local School to provide educational assistance.

Phase Two – Adventure project:

Trekking in the high Andes will provide the opportunity for the group to be self-reliant and responsible for their own welfare in a very challenging and remote environment.

Phase Three – Environmental Project:

An environmental project conducted in a remote area in the Tropical Rainforest will involve the group working with the indigenous community in setting up a refuse control scheme.

Phase Four – Social Project:

All individuals will focus on one small aspect of Peruvian life and record and document their findings – this will be presented to Primary Schools in the form of a user-friendly dossier to be used as a benchmark for comparisons.

We knew the expedition would be very challenging and involve unique experiences. We also hoped it would be extremely beneficial; to our hosts in Peru and to our venturers, who would hopefully go on to convey their enthusiasm and new found skills to the benefit of the Borders Community upon their return.

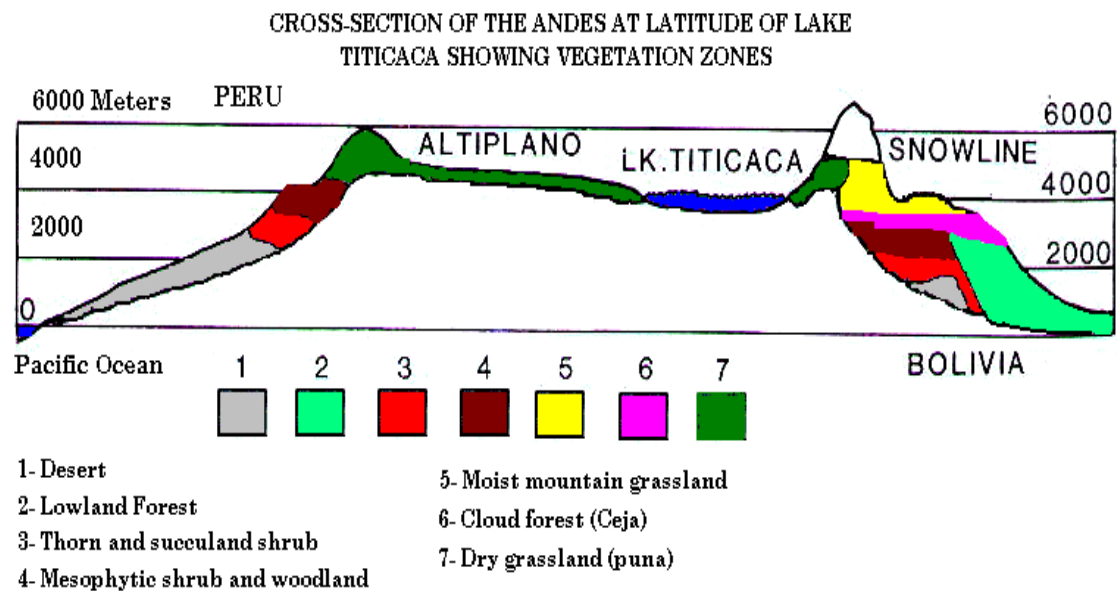


1 week before departure at the packing day

WHY PERU?

Peru is without doubt one of the most fascinating and diverse countries in South America. Sitting on the West coast of the continent south of the equator, the coastline stretches from its northern border with Ecuador for some 2,250kms to its southern border with Chile. Inland, Peru borders with Columbia, Brazil and Bolivia and is the third largest country in South America. The long spine of the mighty Andes runs up through the country, effectively splitting Peru into no less than 9 different ecosystems.

This unique physical diversity offers expeditions a huge potential to carry out exciting and challenging ventures in a wide range of spectacular environments. The opportunity exists to travel from one area to another in a reasonable time scale; few parts of the world allow travellers to move from the high tundra to the tropical rainforests in the space of a few hours.



Altitudinal cross section of Peru

With this marked change in the physical landscape comes the huge diversity of the Peruvian people. The country is steeped in history, with thousands of archaeological sites and places of interest, none more so than those left by the fascinating Inca empire, the legacy of which can be found all over Peru. A wealth of local customs, cultures and traditions can be found wherever you go outlining the rich heritage and folklore so treasured by the Peruvian people.

We decided to concentrate our expedition in three main areas all with very different things to offer. Our main base would be in the tiny village of Pomatales high up in the Andes; from here we could conduct a community project, undertake an adventure phase and be within easy reach of the Urubamba Valley and Machu Picchu. We would then conduct an environmental project along the Madre de Dios River in the Manu region of the tropical rainforest and also spend time in the Lake Titicaca area.

The Amazon & The Andes



Map of Peru with details of expedition area.

Although a relatively poor country in terms of material wealth this is offset in so many ways by other things - the richness of its music, song and dance, the importance of its history and identity, the obvious contentment and happiness in the faces of its people, the appreciation and pride in the way they conduct themselves - a humbling experience and one that will have a lasting impression on those who visit. For these reasons and many others Peru is without doubt a very special place.

EXPEDITION TIMETABLE

2001	
October \ November	Research on Peru carried out by Allan McGee.
December	<p>Peru proposed as 2003 expedition destination and accepted by Borders Exploration Group Committee.</p> <p>Allan McGee interviewed by Committee representatives to determine suitability for the Chief Leaders post.</p> <p>Allan McGee installed as expedition Chief Leader.</p>
2002	
January	<p>Expedition Training Team formed from BEG Committee. Alan Young, Clare Kitchener, Rob Burgess and Vicki Moyes.</p> <p>Chief Leader and Training Team organise recruitment of Leader Team – advertising, applications etc.</p>
February	<p>Chief Leader holds expedition presentation evening to recruit potential Leader Team members.</p> <p>Expedition publicity circulating.</p> <p>Training Team meet to organise Leader selection weekend.</p> <p>Return of all Leader application forms.</p>
March	<p>Leader selection weekend held.</p> <p>Leader team selected and installed.</p> <p>1st Leaders meeting; areas of responsibility agreed, planning calendar introduced.</p> <p>Expedition advertised to recruit Venturers.</p>
April	<p>2nd Leaders meeting; bank account opened; expedition research intensifies.</p> <p>Return of all Venturer applications.</p>
May	<p>Venturer selection day held.</p> <p>All successful Venturers informed of having a place in the team.</p>

	3 rd Leaders meeting; all roles, responsibilities and posts now confirmed.
June	First training day where all group members are together. Cluster groups formed to facilitate fund-raising. 4 th Leaders meeting; flights investigated, group fund-raising initiated, draft itinerary produced.
August	5 th Leaders meeting; publicity leaflets produced. Training Team meeting. 1 st full training weekend takes place.
September	6 th Leaders meeting. On going expedition phase investigation and research. Preparation of applications to National granting bodies.
October	7 th Leaders meeting; R. Sutherland accepts post as expedition Deputy Leader. Flight deposits paid. 2 nd full training weekend takes place. Group fund-raising ventures now fully underway.
November	First Parents information evening takes place in Selkirk High School. 8 th Leaders meeting; all leaders issued with comprehensive job descriptions. Rebecca Williams installed as Expedition Doctor. T shirts and sweatshirts being designed. Phase organisation progressing well.
December	3 rd full training weekend held. 9 th Leaders meeting; expedition reconnaissance investigated. Personal fund-raising events in full flow; all venturers successfully reach

	<p>£800 target.</p> <p>Expedition insurance under investigation.</p>
2003	
January	<p>10th Leaders meeting; decision taken not to send out a reconnaissance team.</p> <p>Finding a second Doctor now becoming a priority.</p> <p>Immunisations under investigation.</p> <p>Equipment lists being formulated.</p> <p>Pomatales project emerging as being a front runner in community phase.</p> <p>4th full training weekend held.</p>
February	<p>11th Leaders meeting; consideration given to who should front advanced party.</p> <p>Social phase options being examined.</p> <p>Adventure phase and Environmental phase still under investigation with a number of options pending.</p> <p>Successful grants now being received from National organisations.</p> <p>Initial formation of Emergency Response Group.</p>
March	<p>12th Leaders meeting; purchase of tents and equipment under discussion.</p> <p>Baggage allowances now confirmed.</p> <p>Coach booked from Selkirk to Edinburgh.</p> <p>Spanish lessons underway.</p> <p>5th Training weekend held.</p> <p>Expedition itinerary now being finalised.</p> <p>13th leaders meeting; Advance Party now confirmed, leaders master file now being compiled.</p> <p>Malcolm Blacklee installed as second expedition Doctor.</p> <p>March financial target reached by all participants.</p>

April	<p>14th Leaders meeting; internal travel within Peru now organised.</p> <p>All flights and insurance now paid.</p> <p>New tents and equipment purchased.</p> <p>Emergency Response Group hold first meeting.</p> <p>Fund-raising efforts being wound down.</p>
May	<p>15th Leaders meeting; advance party travel arrangements confirmed.</p> <p>Itinerary now fully confirmed and agreed.</p> <p>Final Training weekend held.</p> <p>Medical kit now complete, all group members immunised.</p> <p>16th leaders meeting; Master File nearing completion, task list produced for advance party.</p>
June	<p>All members now fully paid up.</p> <p>Satellite phone procured from Scottish Borders Council.</p> <p>17th leaders meeting; Nancy Anderson unfortunately has to drop out of Leader Team.</p> <p>Group gifts and “goodie” boxes collected together.</p> <p>Final Packing Day – group kit boxed, personal kit checked and weighed, all documentation checked.</p>
June 24 th	Advance Party leave bound for Peru.
June 27 th	Main expedition group leave from Selkirk
Aug 3 rd	Full expedition group return to Selkirk.
August	<p>18th Leaders meeting; review of expedition objectives.</p> <p>Tie up loose ends with regards to administration and finance. Discuss weekend get together, Presentation Evening and Report format.</p>
September	<p>Team gets together for final weekend to organise presentation evening and work on expedition report.</p> <p>Presentation evening takes place at Selkirk High School</p>

October	19 th Leaders meeting; expedition report being compiled, editing team at work. Social project sub group operating to formulate their report.
December	20 th leaders meeting; all loose ends now tied up. Expedition Report almost ready for printing.
January 2004	Report Printed and distributed

TRAINING

Aims and Objectives of Training

Aims:-

- The aim of the training for a BEG expedition is to bring together a large group of individuals to form a team which could travel to any country in the world with confidence.

Objectives:-

- Training should cover a range of hard and soft skills and it should be arranged to allow leaders and venturers the opportunity to build confidences and to identify strengths and weaknesses both as a group and as individuals. The training should be tough and realistic but enjoyable.
- Training has to relate to the conditions and activities which will be encountered during the expedition.

The training has never been designed to answer all aspects and all situations of the expedition but to give the members the ability to take a systematic approach to all situations and to allow them to arrive at the best possible course of action for a given incident or situation.

The training programme was designed to have a theme for each weekend. The events included both very strenuous activities and quiet time to allow assessment of both leaders and venturers reactions in these differing situations.

The training Diary that follows illustrates how the above aims were met (Full reports for each training weekend can be found on BEG website).

Training Diary

1st Training Day

Sunday 16th June 2002

Location - Argus Centre, Selkirk.

Itinerary - BEG ethos and structure, hill run, fund-raising, Peru details, activity sessions, equipment review, presentations on different expedition phases, past experiences/benefits.

1st Training Weekend

Friday 30th August – Sunday 1st September 2002

Location - Cappercleuch, St Mary's Loch.

Itinerary - Navigation, circuit training, use of stoves, fitness and health checks, hygiene, shelter building, outdoor cooking, gorge walk, overnight bivouac, half day hill walk carrying full kit.

2nd Training Weekend

Friday 18th October – Sunday 20th October 2002

Location - Riddell Estate, Lilliesleaf

Itinerary - Environmental awareness, base camp requirements, full base camp erection, mini Tower Trophy event, communal cooking, bonfire and entertainment, dismantling of campsite.

3rd Training Weekend

Friday 6th December – Sunday 8th December 2002

Location - Newmill/Preisthaugh, Hawick

Itinerary - Team building games, route cards and safety plans, Peru up-date, day hike, search and rescue scenario, overnight camp, half day walk, river crossing.

4th Training Weekend

Date - Friday 24th January – Sunday 26th January 2003

Location - Yetholm

Itinerary - Social phase techniques, information gathering and research, collation of material and formation of brochure, safety issues, evening meal with guests and entertainment, first aid course, expedition up-date.

5th Training Weekend

Friday 14th March – Sunday 16th March 2003

Location - Ettrick and Yarrow Valleys

Itinerary - Lightweight campsites, buddy systems, hill safety, two day hike carrying full kit, safety procedures.

6th Training Weekend

Friday 9th May – Sunday 11th May 2003

Location - Riddell Estate, Lilliesleaf

Itinerary - Campsite set up, golden rules, group diary, medical issues, building project, journals, social phase format, safety and security, expedition etiquette, equipment review, final expedition up-date.

Packing Day

Sunday 22nd June 2003

Location - Argus Centre, Selkirk

Itinerary - Checking and weighing all personal equipment, packing and boxing all group equipment, checking all documentation and compiling expedition master files, final briefings.

Post Expedition Weekend

Friday 13th September – Saturday 14th Sept 2003

Location - Yetholm

Itinerary - Correlating information for expedition report, formulating social project material, compiling slide presentation, 1st expedition presentation to local community, barbeque.



First training day at the Argus centre – ‘just imagine it’s a piranha filled river’



A well earned rest on the Captains Road, between the Ettrick and Yarrow valleys, 5th Training weekend.

EXPEDITION ITINERARY

June	Tue 24th	Advance Party leave Edinburgh [0630hrs]. Arrive Lima 20.20hrs and overnight.
	Wed 25th	Flight from Lima to Cusco, on to Base Camp. Establish contacts and set up base.
	Sat 28th	Edinburgh to Amsterdam [06.30] flight. Amsterdam to Lima [11.00] flight. Arrive Lima 20.20hrs. Transfer to Hotel [Overnight].
	Sun 29th	Transfer from Hotel to Airport, Fly Lima to Cusco [0900hrs]. Arrive Cusco 1000hrs, bus transfer to Base Camp at Pomatales. Arrive early afternoon and settle in.
	Mon 30th	Set Up & Acclimatise.
July	Tue 1st	Acclimatise and Prepare for Community Phase.
	Wed 2nd	Start Community Phase.
	Thu 3rd	Work on Community Phase.
	Fri 4th	"
	Sat 5th	"
	Sun 6th	"
	Mon 7th	"
	Tue 8th	"
	Wed 9th	Rest & Re-organise.
	Thu 10th	Start Adventure Phase [Trek out of Base Camp].
	Fri 11th	Trekking.
	Sat 12th	Trekking.
	Sun 13th	Complete trek. Reorganise in Ollantaytambo then train to Aguas Calientes in the evening.
	Mon 14th	Exploration of cloud forest around foot of Machu Picchu. Visit to hot springs in evening.
	Tue 15th	Explore Machu Picchu - Leave by train late afternoon for Ollantaytambo, hostel accommodation.
	Wed 16th	Mountain biking or horse riding.
	Thu 17th	White water rafting in morning, return to Cusco, hostel accommodation.
	Fri 18th	Rest & Re-organise in Cusco, hostel accommodation.
	Sat 19th	Rest & Re-organise in Cusco, hostel accommodation.
	Sun 20th	Travel into rainforest to Pilcopata, hostel accommodation.
	Mon 21st	Early morning drive to Atalaya, transfer onto motorised canoes and journey down river to Shipiteari.

	Tue 22nd	Environmental Phase.
	Wed 23rd	Environmental Phase.
	Thu 24th	Environmental Phase.
	Fri 25th	Fly out from Boca Manu back to Cusco, hostel accommodation.
	Sat 26th	Rest day in Cusco.
	Sun 27th	Visit to ruins and market at Pisac in morning, return to Pomatales in afternoon, to see progress in building project.
	Mon 28th	Train journey to Puno, hotel accommodation.
	Tue 29th	Transfer to docks, Island tour of Lake Titicaca - visit to floating islands then onto Amantani for overnight stay with local families.
	Wed 30th	Return to Puno via the island of Taquile, hostel accommodation in Puno.
	Thu 31st	Coach journey to Arequipa. Hotel accommodation.
August	Fri 1st	Shopping/sightseeing in Arequipa. Hotel accommodation.
	Sat 2nd	Fly out of Arequipa 0900hrs to Lima. City tour including Gold Museum - fly out of Lima 20.20hrs.
	Sun 3rd	Arrive back at Edinburgh approx 20.00hrs, return Selkirk around 21.30hrs.



Modes of transport included Commercial airliner, buses (of varying quality), cattle truck, horse, motorised canoe, raft, inflatable dinghy, mountain bike, turbo-prop aircraft, taxi, train, boat, and our own two feet.

THE ADVANCE PARTY

The advance party consisted of Jenny and the Deputy Chief Leader, Ron. They left on the 24th June, five days prior to the main group's departure.

Their tasks were as follows:

- To meet with Maria Calvo, who was organising many aspects of our expedition, including the community project, and check through the itinerary with her.
- To establish that the community project was feasible and in such a state that the group could begin work on it when they arrived.
- To buy the necessary tools and equipment needed for the community project.
- To buy cooking facilities and equipment to enable the group to be self-sufficient and buy enough food to keep the group fed for a couple of days.
- To establish contact with the British Consulate in Cusco, and deposit one of our information files with them.
- To visit the recommended hospital and check it was suitable for us to use.
- Establish contact with the Emergency Response Group to let them know all was in order.

Advance Party report

We had a straight forward journey to Cusco and were met at the airport and taken to the small hotel which the group would be using several times during the expedition. We later met Maria and had a thorough discussion with her. Much to our relief she seemed very competent.

The basic pattern of our next four days was that we were met by one of Maria's staff each morning who took us out to do our various jobs. The afternoons were usually free to ourselves. On the afternoon of the second day, with an extremely loaded up estate car filled with our first batch of tools and food, we took our first trip to Pomatales, the village where the community project was.

We eventually arrived in Pomatales after a very bumpy last hour in the car, to quite an overwhelming sight. We were immediately taken up to the site of the proposed medical building, a very short walk, and were enthusiastically welcomed by a team of workmen. We were an exciting sight for them and their first real proof that there might actually be a group of Scottish people coming to their village to help them! Each workman wanted to shake our hand and greet us. We were also delighted as we could see that they were also very excited about the project. Not only that, they had actually already completed the foundations. It was a big relief for us, as we could see that the project could work and our group could immediately start building. It was also fantastic to see the local people working on the building. As an extra lift for us, Pomatales was in a beautiful location and looked like it would be an ideal setting for our community project.

On return from the building site we came back to the road and went inside Victor's house. Victor Carbajal seemed to be the local force behind the project and acted as a

kind of community leader. We were seated at a long table in the room of his house and all the workers sat round the outside of the room on the stored boxes and sacks. Shortly we were presented with the most enormous plate of food. It was very dark in this adobe brick house as there was no lighting and it had only a couple of very small windows, so it was quite hard to see what was even on the plate. There were huge indescribable pieces of meat and potatoes. I think Ron and I both felt quite uncomfortable about not appearing more enthusiastic about the food and having to leave much of it. After the meal, outside, I told Victor I was a vegetarian which he seemed to find very funny.

We spent the night at Pomatales and slept on the floor in the upstairs room of Victor's House. We didn't have a translator after our taxi returned to Cusco and since neither Ron nor I spoke Spanish, communication was limited. Ron and I discussed the site of our base camp which we decided would be at one end of the football pitch, and had another look at the medical centre. As it was pitch dark shortly after 7 pm we had an early night.

The following morning a taxi arrived at approximately 6.30am with our translator, organised through Maria. We had a lovely breakfast together of rice and fried egg, cooked by Victor's wife, and we then discussed the buying of the remaining tools. It was decided it would be better to return to Cusco for this, which we did after breakfast.

We managed to complete all our assigned tasks in Cusco. However it felt that we had quite a long time in Cusco and we were both eager for the rest of the group to arrive so we could start our project. It was nice to have some time with Victor and a few of Maria's staff before the group arrived as we got to know them more than most of the others. Unfortunately a couple of days before the group arrived Ron fell sick. Thankfully on the morning of the group's arrival he was well enough to meet them from the airport and make the journey to Pomatales. We were both very pleased to see them!



Victor and Sabina's house with Sabina in doorway.

COMMUNITY PHASE

The Community Phase of a Borders Exploration Group expedition is often the core part of the expedition from which the remainder of the venture flows. Finding a suitable Community Phase is a hard task because of the distance between the two countries involved resulting in communication being hampered. E-mail has, however, overcome many of these problems by speeding up the rate of reply and confirmation of suggestions. In setting up this particular Community Phase e-mail was very helpful.

At first a few weeks were spent putting out feelers into the local Borders community and surfing the internet to find a contact. Eventually a contact was made in Arequipa and most of the arrangements made to accept the project in that vicinity. There were however a few points that were not quite to our liking and we decided to keep looking and to keep those projects on hold. At last a piece of luck came our way. Sam Hornsby is taking up a place at Oxford University and he was making a pre-visit. He met Phillip Endicott who has a partner in Peru. They got talking about Borders Exploration Group and that was how the contact was made with Maria Calvo.

Maria has an adventure holiday business. She has a cook who works on the Inca Trail called Victor Carbajal. He lives in a community called Pomatales which is a drive of one and a half hours from Cusco. In this community they had plans already in place to build a health centre. All that they were waiting for was a group like ourselves to provide the wherewithal to make it possible. So the Community Phase came to be. What follows are a number of articles by individual venturers that pertain to a particular aspect of the Community Phase.

Arrival

We arrived at Pomatales, the small community where we were going to build a health centre for our community phase, early afternoon on Sunday 29th June. We got an amazing welcome as soon as we stepped off the bus into the boiling heat. We were greeted by all the locals who shook our hands and poured handfuls of confetti over our heads. They looked so happy



Locals out to greet us, including several faces that would become very familiar to us over the next week and a half.

to see us. In the background were four local men playing traditional music. It sounded like some kind of Simon and Garfunkel El Condor Pasa remix.



Hmmmm, nice whip.....

We then introduced ourselves which was quite good fun because some names they could relate to and others they just shrugged off – such as Rowena – disappointing! After the initial excitement of a meeting of different cultures we sat down to watch as the local men and children wearing traditional costumes and masks performed a sort of dance with whips. After much hilarity they then got us up to dance, one by one, until we were all up.

At the end of this celebration of our arrival we set up camp. We put up the tents, dug pits and did other camp duties. We had a meal prepared for us, served in Victor's house and then just settled down for the night as we were so tired and it was pitch dark by 6.15pm.

The surroundings were amazing with our camp at the base of the mountains and in a deep steep sided valley. It was the start of what was to be an amazing experience in a new country and culture, which we were looking forward to so much.

Location and Camp Layout

As soon as we arrived at Pomatales it was clear that the location was ideally suited to our needs. The village sat on the base of an immense valley, with spectacular views in every direction. The steep surrounding slopes also served as enormous wind-breaks, sheltering the site from icy Andean winds - keeping the night time temperatures so mild that some venturers even slept out under the crystal clear sky (with shooting stars and the Milky way often visible).



The campsite viewed from the road next to Victor and Sabina's house. Larger tents in centre are medical and store tent. Spectators are workers from the gas pipeline under construction adjacent to Pomatales.

A dust road connected the village to Cusco in one direction, allowing us to obtain supplies without too much difficulty (except for the occasional land slide!). The small town of Huaracundo lay even closer, where we were invited as guests of honour to an afternoon of festivities. In the other direction the road led to the Urubamba valley, which itself leads to the sacred site of Machu Picchu.

Running parallel to the road through Pomatales was a river – providing the villagers with water, by way of a single tap, for all their needs. The group shared this water source for washing and cooking, though we used bottled water for drinking to safeguard against illness. A train line also passed through the village, taking tourists to Machu Picchu. We were very impressed by the efficiency of these trains, as they came hooting past every day – full of waving passengers – at exactly the time Allan would begin his morning brief.

Our base camp for the Community phase was pitched on the village football field – perfect flat terrain for our tents. Having practiced base camp erection on training weekends we were able to set up a very impressive little settlement. The three-man (or woman if you want) tents were set up in a horse-shoe formation, with the medical and store tents positioned at the mouth, forming a secure enclosed camp. In the centre we erected a flag-pole bearing the B.E.G, Peruvian and Scottish flags around which we would assemble every morning for our daily brief.

In the corner of the field, beside the river and tap, were our toilet and washing tents – four of each – consisting of a wooden frame covered by tarp. The washing tents were made very comfortable by ingenious venturers who created improvised hooks, locks, stools and even laid some plastic sheets as flooring. None of this, however, could disguise the smell of the toilet pits nearby.

For other, less toxic waste the group (i.e. some boys) dug a number of deep pits, one at the washing area for dirty water and toothpaste, and two at the dining area for wet and dry slops. As well as these we also fitted the camp with a clothes drying line and a hanging area for personal utensils.



The building site with Victor and Sabina's house and the campsite visible in the background.

To avoid scarring the football pitch it was decided that we should move our tents after three days, though this turned out to be unnecessary as the shade they afforded did the sun-scorched earth more good than harm.

At the other end of the field from our camp was the village school; quite a substantial building, though poorly equipped, which we would visit to play games with the adorable village children. The school was also used for sleeping and storage on the very last night of the phase.

During our time at Pomatales we ate and cooked in the house of Victor, the very friendly and generous 'head-man' of the village. His home was the largest of the 10 families in Pomatales and was located beside the road, 50m from our camp. Inside was the village (satellite!) pay-phone and sufficient room for us all to eat. Victor had gone to the

trouble of decorating his home with streamers and balloons for our arrival, giving our meal times a wonderful party atmosphere.

Over the road and up a small slope from Victor's house was the Medical Centre building site. Here two thirds of the group would work from 9am to 4pm alongside as many as 20 men and women who walked from miles around to give their help. Pomatales is situated in the centre of a cluster of remote villages dotted around in the mountains, making it a natural meeting point and well located to serve the medical needs of those furthest from medical facilities.

The compact layout of the village, the easily accessible amenities, the fantastic locals and the stunning scenery of Pomatales made our stay not only highly productive but also thoroughly enjoyable. Thanks to good organisation and the hard work of the on-camp groups our camp was always a safe and tidy centre of activity.

The Work

We were up early on our first day and after the usual breakfast of porridge we awaited the soon to become legendary whistle blow of Victor, to start work 9am on the dot. There was a short steep path up to the site and on arriving we were all feeling pretty breathless already.



The stage of construction when we arrived.

The foundations of the building had already been laid and the ground surrounding the building was literally covered in adobe bricks. The rooms needed picking down to the first level of bricks. This became one of our main tasks, the ground was rock hard and it was pretty tiring, especially with the heat. People worked in groups though. Somebody would pick for a while and then

while they rested two others would shovel the loose earth into a wheelbarrow and sort out the stones and roots. The sorted earth would be used to make cement and more adobe bricks.

Meanwhile the rest of us were lugging bricks. Much singing made this job go fairly quickly on the first day but brick lugging soon became the bane of most people's existence. We were quite stupid on the first day though, still trying to work out the best way to do things. The girls worked in pairs as the bricks were so heavy and we needed to stack them near the walls so they were ready for the mason when he needed to lay them. But as the day went on we needed to move the bricks further and further around the building so later in the week we adopted a chain system which meant you weren't carrying them for such long distances and there was much less chance of

losing a toe due to tired arms – which was nice! Brick carrying was also particularly difficult on the first day as all the bricks were laid out on the ground whereas they soon began to be stacked in piles, which made them much easier to lift. This job also left its mark, as the bricks were rough with straw leaving many impressive scars on our forearms – clear proof of our hard work! Each day at 10:30am we got juice and biscuits and a well earned rest!

I must say, we did have fun on the building site, not least thanks to Cat and Cath who quickly made a friend – Chooky (as they called him). They managed to suss out that if you smiled at this man, he would meet you half way and take the brick off you which spared the arms for a few extra minutes. If you were really lucky you would also get a wink. It was disappointing for the rest of us though as he only had eyes for Cath and Cat and so we were all fighting to carry bricks with those two.

Lunch was at 12:30. We had less than an hour on the first day but as the days went on we got more time for lunch because the work really was hard, especially in the midday sun. Breathing was hard on the first day and sometimes in the mornings when we first arrived at the site but it was fine as the day went on.



How many girls does it take to lift an adobe?

These were our main jobs for the first few days. Later on though after us girls had given the Peruvians much amusement due to our singing and regular screaming and what may have seemed like pathetic brick lugging to them (but I don't know many girls back home that could have managed it), they soon began to trust us with other jobs.

There was shovelling cement/mud onto the walls for the masons to use and also filling in the gaps between bricks, which proved very therapeutic as it consisted solely of throwing clumps of mud at the wall. Somehow we managed to forget that the Peruvian workers had regularly peed in the mud we were all happily flinging around. They just went when they needed right there in the middle of the building site!

Then there was a break through; they let Sam and a few others, including some girls, make the bricks. First Victor showed him how to make them and then the job was left to them, it was a real privilege.

They use a rectangular mould with handles on either side. Before you start you have to make sure the mould is pressed really firmly down onto the ground and that you have soaked the inside of the mould with water – lots of water is needed as we soon discovered, when the first few bricks didn't quite work out. Then mud-cement was brought in the wheelbarrow and tipped out onto the ground and we began to gather clumps and roll it around in the earth. Then the clumps were thrown into the mould



Mixing cement, one of our most common tasks after carrying bricks.

and kneaded with your hands, pressing all the mud down tightly so there were no gaps. Once the mould was full, you had to lift it in one steady movement – voila – an Adobe brick!

We had witnessed some serious girl/boy divides on the building site that day. The Peruvians obviously had different views to us on what we could manage and which jobs were suitable,

resulting in us sitting around when there wasn't anything we could do. It was very frustrating – tension was rising – but then all was made well as we got to make the bricks too! It was a big sign of acceptance – very nice!

It was stressful though as making the bricks was a skilled job and we were really worried about doing it wrong. When the Adobe bricks were drying you had to be so careful around them as they were ruined if they were stepped on.

The bricks take a while to dry but as the mason was working fast, we had to move the bricks before they had dried out properly. This meant they were even heavier and often really crumbly. Conflicting orders were received by the masons, some asking us to move them when wet, others making us leave them. Our tour guide in Cusco told us that the bricks take one week to dry and yet we were shifting them after a few days. However, the majority of them seemed to survive being lifted.

We made another friend, Keanu (yes another one of Cat's names and the rest of us really couldn't see the similarity between him and Reeves). Keanu took a liking to Paddy and soon had him as his personal assistant; he was allowed to do more skilled jobs like helping lay bricks. After this the workers began to mix more with us. They even invited us to drink beer with them when they took breaks which seemed fairly



Allan getting stuck in, digging the floors out.

irregular to us, but apparently that is just part of their culture. A lot of people usually carry around plastic bottles full of thick and lumpy corn beer known as Chicha. The guys were also shown how to level the tops of the walls for the next layer of bricks, using picks.

Another job, which became quite common towards the end of our ten days, was the mixing of cement. The earth we dug out of the rooms and sorted was then made into cement by adding water from a rather ancient looking, unreliable hose connected to a small stream. Chooky did become quite frustrated with the hose it must be said. When the water was added we all had to mix it up using pick axes and shovels, it was really tiring because the mud became so heavy – bit of a messy job, but we spent many a happy hour covered in mud.

All these jobs were allocated by the site manager, usually either Ron or Chuck, who spent the day conversing with the Peruvians to find out what needed doing.

It was frustrating at times as there were so many of us compared to the Peruvians and so there were sometimes no jobs for us and we just wanted to keep working so we could get the building finished.

As the building got higher, our very own safety officer Chuck stepped in, and out came the builders hats – equipped with names such as Mr T, Big Dave, Big Man Eddie and El Jefe especially for Allan. Rebecca's hat read H₂O, a constant reminder of the need to DRINK MORE WATER! Some seriously funny looks from Peruvians that day – I think they just found us really amusing. The hats also came in useful, as when the Peruvian's were using pick axes up on the walls, they seemed completely unaware that we were underneath and there were some close calls.

When we left, the building was at window height, just waiting for the lintels. The Peruvians chopped up huge pieces of wood from eucalyptus trees by the river that



The stage the construction was at when we left. The man at bottom centre was the main maestro.

needed to be carried up to the building site. To begin with our guys carried the lintels in pairs; they looked like hunchbacks of Notre Dame with all their shoulder padding. While it took two or three of us to carry the lintels, the Peruvians would take one per person – balance seeming to be the key. Some seemed not to

notice at all, Victor in particular literally jogging up the slope with one massive lintel over his shoulder. The lintels were so big that it took all six guys to shift one lintel onto the walls. This was the stage the building had reached when we left. We left

money for the windows to be completed, the roof to be put on and for the building to have proper sanitation. We also intended to return after our visit to the jungle to see how construction was progressing.

All the residents of Pomatales are small-scale farmers and during our stay we were able to observe the intensely laborious lifestyle they lead. We were constantly impressed by the strength and willpower of the men, women and children who work the land and tend their livestock without the aid of technology to make little more than ends meet. For so many locals to commit to helping with the medical centre, taking time away from their personal duties, was a demonstration of how eager and determined they were for it to be completed.

Scottish Presentation and Fiesta in Huaracundo

One of the greatest benefits of the Community Phase was the opportunity to exchange cultural traditions with the people of Peru. On the last Sunday of our stay in Pomatales we organised a demonstration of traditional Scottish culture, in return for the welcome we received when we arrived. Accompanied by Pete on the bagpipes we treated the gathered crowd of about 100 locals to singing, fiddle and recorder music, highland dancing and Ceilidh dancing – several of the locals were pulled up to dance



The venturers singing to an audience of around 100 locals.

as well. A round of old Lang Syne was sung, and presentations made to the key people involved in the project.

Following this highly successful event the whole group boarded an open topped cattle truck for the ride to Huaracundo where we were to be guests of honour at an important ceremony, presided over by the Mayor of Cusco. We bumped, rattled and shook

our way along the dusty road to the town and arrived in the main square less than an hour later.

There we stood for the singing of the local and National anthems and the hoisting of various flags in the presence of the Mayor – notable for his extremely shiny shoes which seemed completely out of place in these very dusty surroundings. Following this we were led down a side street to a small courtyard, decorated with all manner of bunting and arranged for the giving of speeches. These were made in abundance (as is popular in Peru) and were in Spanish, which caused some exhausted Venturers to drift...only to be woken by firecrackers (also popular in Peru) and handfuls of confetti on their heads (ditto). The speeches were followed by a recital from a very talented harp player - he received most applause for an excellent rendition of El Condor Pasa (now becoming commonly known as 'that Simon and Garfunkel tune').

Next we marched down a narrow and cheerfully decorated street, at the end of which we were entertained by a group of boys and girls who danced in traditional dress. The dance represented the farming traditions of the area, with the boys ploughing and the girls sowing seed behind them.

Then, unexpectedly, Catriona was handed a plate of food. It was quickly clear from the expression on her face that it was not a Big Mac. No – it was in fact a whole roast guinea pig, complete with head, teeth, claws, tail and one horrified stare, captured at the moment of its' brutal de-furring. The food was accompanied by large mugs of 'Chicha'; a thick cloudy drink of warm fermented corn that apparently passes for beer in those parts. Most, barring the vegetarians of course, sampled the roasted rodent and found it tasted much like chicken. In fact, Chuck was so impressed that he vowed to do all his meat shopping at the pet shop from then on.



Smile for the camera wee man!

In high spirits we walked to the Town Hall where we were treated with more speeches, including a refreshingly understandable one from Allan thanking our hosts for their hospitality and talking a little of the project.

Having missed lunch we were overjoyed to be served a delicious meal of pork and even more so to be plied with copious amounts of alcohol, this time with REAL beer, champagne (or an equivalent) and a lethal

liquorice flavoured spirit. Gradually everyone became very jolly and Meg was having so much fun that she fell flat on her back in the middle of the hall, although in her defense it was slippery, possibly due to the large amounts of what smelt like creosote that had been recently applied to it.

A quick tour of the market finished off our time in Huaracundo before we stumbled back onto the truck, singing all the way home....

Social Aspects of the Community Phase

Part of the challenge of going to Peru wasn't just building a health centre, surviving the trek or learning to cope without a shower every day: it was being able to interact with the local people wherever we went. The Community phase was perhaps going to be the most difficult in the sense that we would be spending 10 days in the one area and with only a handful of Spanish words between us (unless you count Chuck who has more than a handful!), it might prove to be quite difficult to understand what they wanted us to do or even find out a little more about their culture. This was a disappointing prospect but as soon as the group set foot on the building site we realised that there was a universal language that we could all use: laughter!

While working we were under the watchful eye of the man they all called “maestro”. He was one of the few that were paid to be there and was obviously a skilled workman who was respected by all of the other workers. He had soon singled Chuck out as his counterpart- more to do with his translating ability, not the ease in which he told us what to do!



Women mixing mud for use as cement

By a few days into the project, when the Peruvians had realised that there would be even less done if they hadn't agreed to let the girls do the same jobs as the boys and the walls were steadily growing, a few of the workers found willing apprentices in the boys. This meant that instructions were more direct and needed to be followed accurately so that the work could be carried out to their high standard. Paddy got on very well with one Peruvian in particular. In fact I wouldn't be surprised if there was an arranged marriage that we didn't know about as he was able to ask questions whenever he had the chance and found out a lot about his friend, his family and his life. He could probably even find his house on the hill without a map. It was thanks

to little snippets like this that we could understand the lengths people had gone to to be there each day.

Two very influential people in the Community of Pomatales were Victor and Sabina. Although they weren't elected officials, they were obviously very much respected. Victor would act as the go-between with other leaders of the area as well as bringing the community together to organise anything that was going on. Getting everyone in one place was hard enough as some walked up to 2 hours to go to the school or get to the “central” area, which was made up of 10 houses, a school and the football pitch. Their house seemed to be the local meeting place due to the satellite phone and Sabina selling sweets and juice to the children and “Chicha” to the parents. They both must be pretty accomplished cooks as Sabina would prepare a meal for the four teachers of the school every day and Victor was a trained Chef. He would knock up amazing meals for us on the trek after spending the day running across the mountains- what a guy!



Junior helper



The grand old duke of York, Pomatales style.

children who had to walk miles would set off and the “local” children would come to see what was happening. This ritual started when Rhona began to teach a small group shapes. The group grew steadily so she decided to branch into teaching them the English version of Heads- Shoulders, Knees and Toes. This went down a storm and it wasn’t long before they were teaching her the Quechuan version- well the right words anyway. Games are a good leveller because it doesn’t matter where they are from, they bring enjoyment to those taking part, unless you are getting beaten by a 10 year old, hey Iain! This was also the case with the pipeline construction workers, who we hadn’t the chance for much interaction with. They weren’t part of the village itself, they were just staying in the area as they were working on the “hill” behind. They would pass through the camp every morning and evening and would always acknowledge us with a “Buenos Días”, or a “Buenas tardes”. It wasn’t until a few days into our stay that they were brave enough to take our lads on at football. It didn’t matter whether you were Peruvian or Scottish, they took no prisoners. Don’t worry Lads, we all know “it was the altitude”.

Laughter and games also played a big part in getting to know the children of the area. One or two would always be milling around the campsite- not in a threatening way but just because they were inquisitive to see all that was going on. I think they found Allan’s morning briefs highly interesting! The campsite team would usually be treated to a visit once school had finished for the day. The

Return to Pomatales and project follow-up

After the adventure phase and visiting the jungle we returned to Pomatales for an afternoon to see how work was progressing. We combined this with a trip to the town of Pisac in the morning.



Ruins of the Inca city at Pisac

Pisac

Pisac is known for its Inca city on the hill and colonial town in the valley, where the famous market is held. We visited the terraces and ruins of the Inca city for about an hour and a half. It was all very interesting but after Machu Picchu, several sites in Cusco, many of us were becoming slightly

weary of guided tours. We then visited the market down in the modern town for some present shopping. It is a very colourful market, mostly geared towards tourists but with a small corner catering for local needs.

Return to Pomatales

After spending the morning in Pisac we drove to Pomatales, arriving about two in the afternoon. We approached from the other end of the valley this time and there were a few dodgy moments when we held our breath as the bus edged its way along the narrow track and through tight village streets. When we arrived, after much handshaking we were seated on the football field and presented with an excellent meal by Victor, lamb with Russian salad. This was accompanied by an aniseed liqueur and



The dedication ceremony, corn and Chicha presented to Pachamama and the mountains gods.

plenty of Cusqueña beer which raised spirits. After the food Allan was presented with a very beautiful hat and embroidered waistcoat that did however make him look somewhat like Santa's chief helper. We were all soon looking much the same as we were presented with hats as well. There were then some speeches from Maria, Victor and other local dignitaries. This was followed by dancing and singing, several of us being dragged in, Gordon Clark more so than others, being paired with the local dance champion who looked like she was going to run away with him and keep him at one point.

We then moved up to the building site which now had most of the roof frames on and all the window and door frames in place. The main door was decked out with greenery and flowers. The building was 'opened' by bottles of champagne hung in the doorway being smashed by Allan, then another by Tom O'Driscoll and Jenny. A dedication ceremony was performed by two of the local men and a small girl, dressed as Incas. This was to dedicate the building to Pachamama and all the local mountain gods. Allan was also made godfather of the building. The Inca crowns worn by those performing the ceremony were then given to Allan, Iain and Rosanne. A plaque was presented with all our names on it and we presented a Quaich to Victor to be held in the building. After the group photographs we said our goodbyes and all piled back into the bus. It was sad to be leaving for the last time, but we were overjoyed at the reception we had been given and the progress the building had made.



Allan hitting the bottle again...



Victor being presented with the Quaich

Project follow-up

When we left, the building was obviously not complete and the internal work, such as plumbing and flooring, still had to be done. Then there was the question of equipping the building as a medical post. We are confident, however, that these will be completed. Work was slow after we left as it was the high season for tourists and many of the local men who worked on the project are employed as porters on the Inca Trail. Work has progressed recently and the last update from Maria was that the roof is finished. Group funds are still available for the project and once we are satisfied that the project is going to advance successfully these funds will be made available through Maria. A small amount of group funds were sent out before Christmas for Maria to buy extra supplies for the school. We will continue to monitor the situation and help in any way we can.



Pomatales

ADVENTURE PHASE

Introduction

This Phase of the expedition was split into two main sections: the trek and then the pony trekking/mountain biking and white water rafting, all organised through Inca Explorers in Cusco. The itinerary also meant that these sections were divided by the Group's visit to the ancient Inca site of Machu Picchu, near Aguas Calientes. The phase was intended to be both a physical and mental challenge for all and ultimately provided an overwhelming sense of achievement.

Trek

Day 1

After sleeping in the school building the night before, the breakfast team were woken up at 5 o'clock. The rest of the group got up at 5.30. After the normal breakfast of porridge and jam sandwiches, we filled in the various pits and did a final sweep of the camp. We then sorted out our own bags into the different piles of where they were supposed to go. Because of landslides on the road, we weren't able to take a big bus. Instead we had to do 3 runs in a smaller mini-bus. We started walking at around 9 o'clock from Parapiso, enjoying loads of fantastic scenery. Our guides (Jaime and Lucho), were extremely helpful to everybody in the group and stopped at several points to explain features in the landscape including Inca trails and forts. There was also quite a lot of wildlife - at one point, a "Grey Buzzard Eagle" flew within about 20 metres of the group which really took your breath away. There were some very steep climbs in the morning and with the high altitude this made very difficult walking.

At around two in the afternoon we stopped for lunch. The Peruvian guides had put on a fantastic spread, they'd even set up tables and chairs for the group! This was a great morale booster for the whole group and after an excellent meal (chicken, vegetables, salad, bread, cheese, orange juice...) everybody was ready to take on the remaining two or three hours of the



The final climb on day one, approaching Chilipahua

days trekking. The afternoon was quite an easy walk- mainly flat or downhill with only a few climbs, and Jaime was a great pacemaker at the front. After two hour of more unbelievable scenery we arrived at camp....to find our tents already assembled,

and hot water basins for each tent group! An evening snack/meal in the dining tent to keep us going until dinner consisted of hot drinks, biscuits and popcorn. After a dinner of chicken in breadcrumbs and soup everyone was ready for a sleep to prepare for what was to be our hardest and longest day.

Day 2

Everyone woke around half past five to get their cup of coca tea and wash in the basins of hot water that had been set out. We packed our rucksacks before breakfast so we would be ready to leave straight away once the tents were packed. Breakfast was an omelette and some apple and banana porridge. This was



The Group at the high pass, 15,000 feet (4600 m) – a fantastic achievement for all.

to be the hardest day according to Jaime, our guide. The whole morning until twelve was a steep uphill climb. There were several rest stops although not for long as it was very chilly and not comfortable to stand around without putting extra layers on. We got our first close up view of a ‘proper’ mountain, a serrated peak which formed part of the ridge we were heading for. The views in all directions were excellent and as we were nearing our highest pass spirits were high. The last few hundred metres to the pass were the toughest, but the views when you reached it were truly amazing.

After an hour or so spent taking in the surroundings we headed down to lunch in the Silque valley. Lunch was cooked to its usual high standards by our chef, Victor, and his crew. There were only a couple of hours walking to do after lunch along some pretty dangerous-looking trails. We did have a little trouble finding the camp, which was our highest of the trip and definitely the coldest. After dinner most people headed straight for the warmth of their sleeping bags.



Sun setting behind the Vilcabamba mountains, the view as we settled in for a chilly night at Chancacucho

Day 3

Woken at 6.15am with a cup of coca tea, much required after a cold night. Jaime reckoned the temperature had dropped to about -10°C overnight; not sure it had dropped that low but there was a fair covering on frost on all of the tents. A high campsite here at Chancachuco at 4,200m had taken its toll with two more people feeling the effects of the altitude, but only one of them requiring to get on a horse. After another substantial breakfast we headed off for our first target of the day, the pass above Chancachuco which was a climb up to 4,450m. Apart from the very start, the climb wasn't too bad as it mainly traversed round the side of the mountain, climbing gradually. Once we reached the top we had an extended stop so some of the group could climb to the top of the mountain the pass went through. A group of six of us decided to head up and it was well worth the extra climb. From the top you got tremendous panoramic views of the Vilcabamba and Urubamba ranges. From the pass it was then downhill and along what looked suspiciously like Scottish moorland, apart from the views of glaciers. The group seemed fairly quiet, probably still recovering from the previous day's exertion, but spirits were soon raised when lunch was spotted on the horizon. Another bumper lunch consisting of soup, pasta with a cheese and tomato sauce followed by pineapple and some coca tea.



Admiring the views of the Vilcabamba range

From our lunch stop it was a climb up to our final pass at Cachicata. This was quite a steep climb but with the thought of this being the last one there was a new lease of life and it wasn't long before we made it to the top. Again, once at the top we had an extended rest so we could climb higher and get better views. This was again a worthwhile bit of exercise to gain a better vantage point. We were treated to some amazing views, a drop of over 1,000m down to the Urubamba River and our ultimate destination of Ollantaytambo. Some excellent photo opportunities of folk clinging onto rocks above this huge drop; all nice and safe though! From this point it was downhill to our last campsite. The descent was fairly steep to begin with, a couple of slips but nothing more than bruised egos. The rest was precarious paths traversing round the sides of the mountains until we reached our campsite. Once again, another scenic campsite on a man made terrace, overlooking Mount Veronica and Mount Halancoma.

Day 4

We awoke in a slightly precarious position – tents balancing at the edge of a terrace, facing downhill, covered in frost and looking directly at Mount Veronica. It was the final morning of the trek and all downhill! Another terrific breakfast from Victor of pancakes, cereal and yoghurt and tea to warm us up before the sun made its way over the mountains.

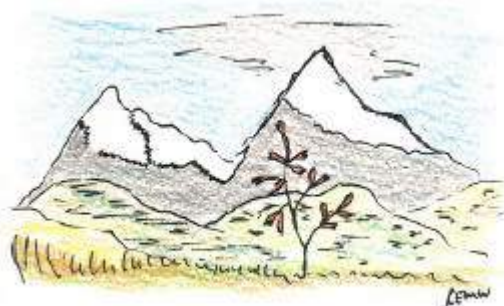


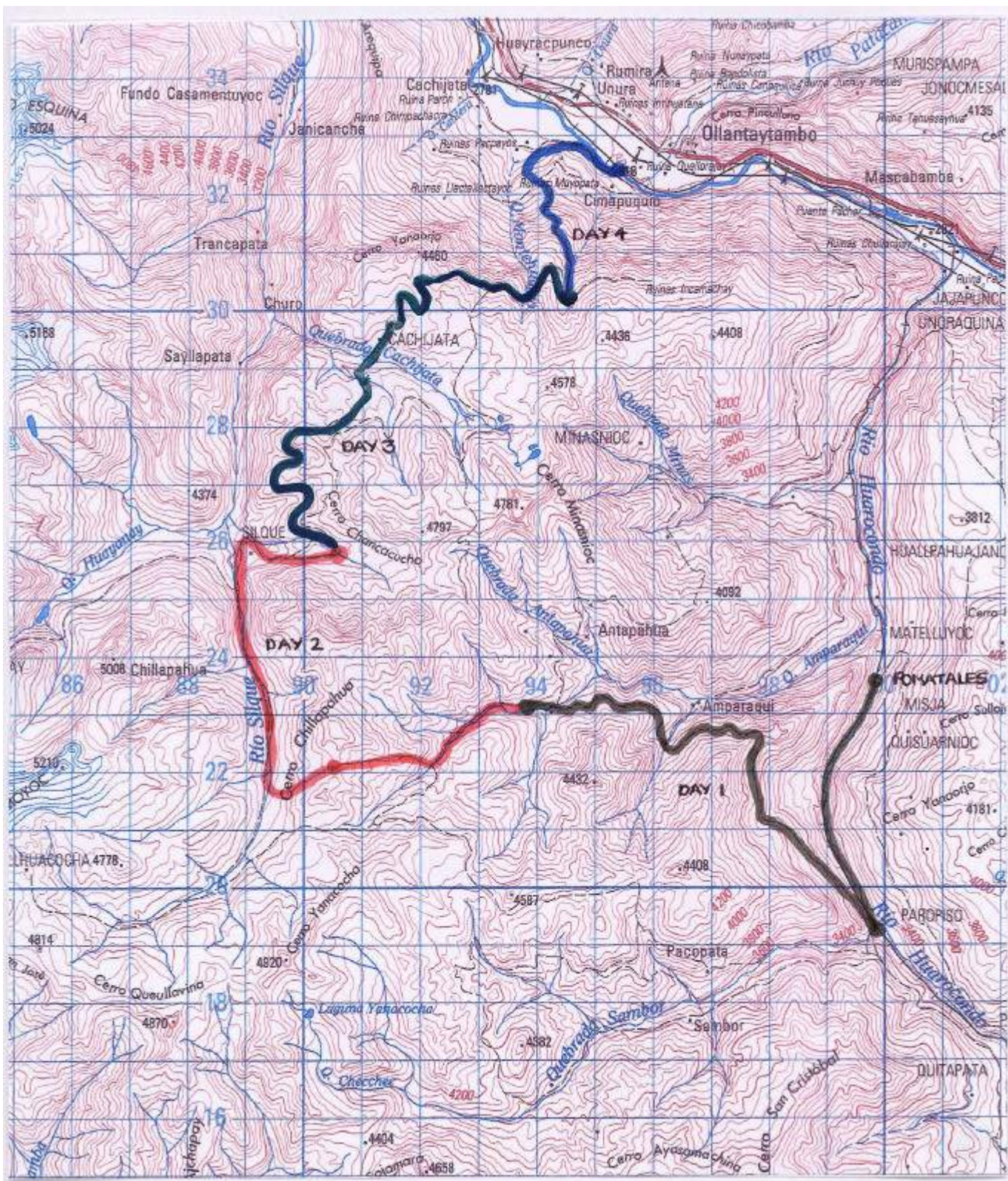
Mount Veronica and the sacred valley, the view as we descended the valley side to Ollantaytambo.

Once everything was packed up we set off, zig-zagging our way down towards Ollantaytambo, passing the quarry used to draw stone from for the Inca buildings several miles away in Ollantaytambo. Several areas were so steep that most of the group played safe and negotiated the path on their backsides!

Gradually the vegetation changed and became greener as we descended into the Urubamba valley, with its distinct patchwork of agricultural fields. Finally we reached the valley floor and followed the Urubamba river, passing more Inca terracing to the end point of our trek – a bridge that would take us over the river and in to Ollantaytambo. Civilisation!! We were met by Victor, the Arreiros (mule handlers) and all 33 packhorses!

After thanking all the workers, tipping everyone and “mucho” singing we at last made our way over the bridge and into Ollantaytambo where we ate lunch (prepared by Victor) at a restaurant. After this we had a few hours to spare before catching the train to Aguas Calientes. We were able to have a shower and sort out kit at the hostel we were to come back to for the rest of the adventure phase. After everyone taking the opportunity to purchase chocolate and crisps we set off for the train to Aguas Calientes and a night in a hostel – on a proper bed!!!





Day 1 Parapiso to Chilipahua. Rest at 3800m, camp at 4200m.

Day 2 Chilipahua to Chancacucho, Silque Valley, over high pass at 4600m. Camp at 4200m.

Day 3 Chancacucho to Incamachay, over high pass at Cachimata (4400m). Camp on Inca terraces at 4000m

Day 4 Down the side of the Sacred Valley, past Inca quarry, to finish at Ollantaytambo, 2800m.

The trek route, from Parapiso to Ollantaytambo.

The firsts section of the route marked, from Pomatales to Parapiso was done by minibus.

Taken from the 1: 100 000 Urubamba Sheet

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Machu Picchu



Machu Picchu at sunrise

the terraces as the sun rose up over the guard house. The view was surreal: the classic postcard picture that we had all seen in books. We all sat stunned for about half an hour before the tour started, led by our guide Jaime. He was extremely knowledgeable and took us round the monuments explaining the significance of each building while giving us the overall history of the Incas. It was fascinating! The network of channels carved into the stone to allow water to flow throughout the city was just amazing. The temples were the nicest of all the buildings, built with no gaps in between each rock. Seeing the size of the rocks used just showed the effort put into making each building.



The base of the temple of the sun where the rock has been carved to fit the underlying bedrock.

In the afternoon the group split – some stayed and had a further wander about while the rest started the steep ascent of the near-by ‘hill’ Huayna Picchu.



Balanced on top of Huayna Picchu – smiles or grimaces of terror?

It was a hard climb up very steep steps and paths, but it was all worth it in the end as everybody reached the top. The view was spectacular, looking almost vertically down on Machu Picchu and the valleys below. It was sad leaving but I am sure no-one will ever forget their day there. The photos will never bring out how beautiful the place is.

Pony Trekking

What with the trek and Machu Picchu, we were looking forward to a relaxing day pony trekking, while the slightly more adventurous among us tackled the mountain biking. We headed off early to get our horses at Ollantaytambo; the biggest problem was attempting to find horses large enough for Tom and Meg – both over 6 feet tall – their feet were practically trailing on the ground!



El Presidente – looking at ease on his steed.....

Well ‘relaxing’ was definitely the right word, these ponies were too laid back it’s a wonder we got anywhere! It was a great opportunity to sit back and enjoy the views though. Some people were slightly disappointed at the speed of their ponies (or lack of), Katy however had no such problems – her pony was always up for a trot and so much to our amusement we often saw her bouncing up

and down at the front of the group. Not good on wooden saddles! We stopped for lunch at Inca ruins and then headed back down – a good day overall, well worth the sore backsides!

Mountain Biking

A slight lie in this morning, as we were not due to be picked up until about 9am. In true Peruvian style this turned out to be more like 9.30am. Piled onto the bus and headed off to our start point for the day mountain biking. The bus took us back through the town of Urubamba, climbing back up the mountain side eventually pulling in by the roadside beside two buses and a pile of bikes and equipment. Seems there was another group commencing a days mountain biking from the same point and they had started getting kitted up....with our equipment..! Quick swap and we were able to get kitted up and ended up setting off before the other group.

The route was 33km in total, the first part being undulating over quite open plains, towards our lunch stop at Moray. Moray was an ancient Inca agricultural terracing site where the Incas brought plants from the jungle and gradually acclimatised them to be able to grow at higher altitudes. After lunch, we doubled back on ourselves for a few kilometres, passing the other group who hadn’t yet reached Moray (general opinion was that they were nowhere near as acclimatised as our group!). We then commenced the downhill part of the route, passing through the town of Maras before hitting the sheer 10km down the side of a mountain that almost all the group had been waiting for. This turned out to be a pretty scary ride, especially for those less experienced mountain bikers amongst us! We all successfully managed the route – with only a few tyre punctures, leg punctures (Rosie and her ‘leaping’ cactus..) and

falls. We passed salt mines on the last stretch before finally arriving back at Ollantaytambo in the afternoon, all tired but exhilarated after a challenging, exciting and often scary day!



Doesn't look too hard, it's more or less flat around here.....

White Water Rafting

We left Ollantaytambo by bus for a half hour journey along the Urubamba valley to our starting point. Arrived at our start point by the river and were greeted with a fine selection of wet suits. After squeezing ourselves into the suits and laughing at the various patches in amusing places we were given a lifejacket and helmet and then split into raft teams. We were given an in depth safety brief and told about the commands that we would hear from our guides, the men who steer the rafts. After this we were sent to our rafts in groups of six or seven and introduced to our guides. We took up our positions and then we were off.

The first 40 minutes were fairly slow flowing parts of the river so this gave us plenty of opportunity to practise all the paddling techniques and safety manoeuvres before we came to any of the rapids. It also gave us time for a few on-raft games such as catch round the edges of the raft, a human pyramid and also making music using the oars, sides of the raft and water to create 'We Will Rock You' before attacking



The placid nature of the starting stretch gave no indication of the even more placid stretches further downstream.....

other rafts in water fights. It was about this time that we realised how cold the river was. To relieve the cold we then took part in some aerobics with our paddles.

The first set of rapids we encountered were graded 2.5 so not too severe, although our guide had the raft spinning round to make it more interesting. After that there was another stretch of calm water before heading into the main stretch of rapids. These were graded as a 3 so they were a bit livelier and caused the only concern of the day when Nicola fell out of the back of the raft. She kept her head though, did exactly what we had been told in the safety brief and it wasn't long before she was safely back in the raft.

All in all it was quite a good day, very cold, a decent introduction to rafting but some were left a wee bit disappointed at the lack of bigger and better rapids.

And so to the end of the Adventure Phase... A terrific achievement for all, new experiences for some and plenty of memories gathered in the process, along with the occasional bruise!



The mules used to carry our tents and food



Sunrise hitting the Vilcabamba mountains on day 3 of the trek

ENVIRONMENTAL PHASE

Introduction

The aim of this phase was to allow the group to visit and experience, first-hand, a rainforest environment while completing a project that would allow us to interact with the local community and that would be of benefit to the local environment. Again this was set up through Inca Explorers who found us a project working with Machigenga Indians in a community on the banks of the Madre de Dios River in the Manu area. This was followed by a day and a half of wildlife watching. For more background to the set-up of this phase and the area in general see Appendix 1. The following is a day by day account of our time in the Manu area.

Environmental Phase Diary

Day 1

We left Cusco at about 6:00 am in two small coaches laden down with all our supplies including food and water, cooks and guides. After reaching 4000m we started to descend first into cloud forest and then into the rainforest which took 5-6 hours. The first part of the journey was a long haul across the dusty grasslands and villages of the high Andes. We arrived at Pilcopata approximately 7pm, after a journey of 218km taking 13 hours. We spent the night in a lodge, our first night in the intense humidity and heat.

Day 2

After a short bus journey in the morning, we reached the two boats that were to be our main transport for the environmental phase, our luggage and food went in a third boat. Without counting our lunch stop, the journey took about 5 hours. As it was near the end of the dry season, the river was very low and as a result we all had to get out of the boats several times to push them off the rocks. Eventually we reached camp at Shipitaeri about 5/10 minutes walk from the Madre de Dios River.



One of the boats being pushed after running aground in the shallows.



The campsite at Shipiteari. The building on the right was the eating shelter, and the main lodge used for storing kit. The tents were positioned in a horseshoe around the larger building.

Day 3

This was the first day spent working on digging the pit and litter collecting. Whilst doing the latter our guides pointed out some of the plants and trees the locals used for medicine and for food. We also saw some of the Indians' houses; wooden platforms on stilts with roofs of palm leaves. A fire for cooking is kept

continually smouldering, just outside the platform, by slowly burning along the length of a large tree-trunk. A small area near the houses is cultivated as a kitchen garden, growing plants such as pineapple, bananas, squash and papaya. The locals seemed very curious of us, they simply watched what we were doing from their platforms, rather than trying to communicate with us. It was an extremely testing environment to work in, all of us having continually to drink water.

After the work was finished there was an exodus down to the river to wash – however those who enjoyed staying down by the water some time probably regretted it as they ended up with lots of bites from the black flies, omnipresent anywhere near water. While others washed, a contingent of males disappeared, still covered in mud to compete in a game of football against the locals. After an early advantage for the visitors in the first half, with several stunning goals, the humidity began to take its toll and the general lack of fitness of the visitors in comparison to the home side became apparent. Despite some amazing saves by big Tom, the home side managed to put another three into the back of the net. It was almost dark by the time we got back so washing was done in the stagnant pool that the locals use – actually a very pleasant experience when you can't see the colour of the water and don't think too hard about what the solid bits floating in the water might be.



Allan thanking the community for their hospitality and presenting gifts.

Day 4



Want to buy an arrow?

We continued working as we had the previous day for 2-3 hours, before breaking camp. We then had the opportunity of buying jewellery and bags made by the locals. The bags were woven with twine from the bark of the Cecropia trees, some of which had been dyed naturally. The necklaces and bracelets were made from dried seeds and teeth. Several people purchased bows and arrows. These were beautifully constructed, approximately 4 ft long with feather ends and various types of tip for hunting different

prey. Following this Allan made a small presentation to the community. This consisted of the pick-axes and spades we had used, 20 or so B.E.G. T-shirts and a collection of small boxes filled with items for children. We also communicated to them, through our guide translating, that we were very grateful for the amazing opportunity of having a glimpse into their lives and also that we hoped they might make some use of the pits we had dug together.

We were then back on our boats for four hour journey further down the river to Maquisapayoj. We stopped for lunch at Boca Manu, the main town of the Manu area. All that we found at Maquisapayoj was a building a few minutes walk from the river surrounded by thick forest. Half of the group spent the night on the platforms, while the other half had a relaxed evening writing diaries, playing cards etc in the building.

There were two platforms which were used by the group: one had space for 6 people and was a one hour walk away, the other could house 12 people and was approximately 45 minutes walk. Obviously the forest was pitch dark, so each group



Motorised canoe on the Madre de Dios river

followed their guide by head-torch and snaked along the narrow trails through the forest, up and over huge tree roots, and across tiny streams. Of course after just a couple of minutes stumbling along we were all sweating profusely again. Stops were made to point out such sights as scorpion spiders and fire ants.

The viewing platforms were to enable us to see large forest mammals such as peccaries or tapirs. They were about 5m high and were literally just covered platforms with mosquito nets set up. We were told to sleep and that we would be woken up if there were any noises

signalling wildlife. The closest any of us came to seeing anything was when one group was woken up to hear rustlings close by in the forest (probably someone going for a sly pee.....).

Day 5

We had an early start to the day, heading down the river by approximately 5.30am, and set up in our floating hide by about 6.15am. We were located in the middle of the river opposite a clay lick which was where the river bank had been eroded away to expose a low cliff face of clay. The parrots and macaws visited the lick every morning as they need to ingest minerals, present in the clay, to neutralise the toxins contained in the seeds of the fruit they eat. We ate our breakfast as the first parakeets appeared.

The parakeets were a spectacular sight – a vibrant green mass with splashes of other colours, which gradually moved down from the forest trees onto the cliff. The species which we were able to identify were: the Mealy Parrot, the Orange Cheeked Parrot, the Yellow Crowned Parrot, the Bushy Headed Parakeet and the Cobalt Winged Parakeet. After an hour they gradually left and the cliff was left unused for a while before the macaws arrived. These are larger birds with an amazing red plumage streaked with blue and yellow. The group were all totally engrossed watching the birds, and we felt very privileged seeing such a sight.



Macaws on the clay lick



Capybaras on the shore of the oxbow lake.

From here we travelled along the river to an ox-bow lake. The trees here were very impressive: some with buttress roots, others with stilt roots, trunks covered in giant spikes, epiphytes in all the branches and vines of all sizes and forms hanging down everywhere. We toured the lake on a makeshift raft: two canoes with a sheet of wood tied between them. We saw

spider monkeys in the trees, capybaras, a range of birds including several kingfishers and the highlight of the tour which was the family of giant river otters.

The evening was spent as the previous one, with the other half of the group staying on the platforms, and the rest in the building. Again no large animals were spotted in the night, the night time walk through the jungle being the highlight.

Day 6

We left the camp by 7am and had a two hour journey back up the river to reach the airport near Boca Manu by 9am. We were told our flight was to leave at 9.30am. The airport terminal consisted of a smallish, wooden platform with a roof made from palm leaves. Directly in front of the terminal building was the end of the runway: this was a narrow strip of grass amidst the thick forest! A small restaurant and lodge was along a path a couple of minutes away. To cut a long story short half of the group managed to fly out to reach Cusco by 4.30pm, the rest arrived at 7am the following morning, having spent the night crowded together in several small lodge cabins due to a delay in flights caused by low clouds on the Friday morning. This brought to an end the environmental phase, 5 days spent sweating, covered in mud, getting eaten alive by black flies, but in the most amazing environment.



Sunrise over the Madre de Dios (Mother of God) River

Shipiteari and the Machigenga

The following information was gathered by general observation and by talking to our guides and translators Abraham and Jimmy.

The project was based in a settlement of Machigenga Indians known as Shipiteari. This is on the Upper Madre de Dios River about 6 hours downstream from Atalaya, and about 4 hours from Shintuya, the end of the road into the Manu area. Transport after the end of the road is by boat only.

The village is separated from the main river by a tributary river which is empty in the dry season when we visited. The community is spread over quite a large area, with individual or clusters of two or three houses separated from the rest by a system of trails, usually about 300 to 400m between houses. The buildings of the community are constructed of wooden planks and are raised on stilts of generally about $\frac{2}{3}$ of a metre to keep wildlife away, posts treated with petrol/oil to deter snakes, termites and other animals.



A typical Machigenga house.

There are between 15 and 20 houses in the community. When we were there, there were about 60 people, as the majority of the young men (a group of about 40) are away on a hunting and fishing expedition on another river. Others were also away working as guides in the park or as boatmen.

Much of their food is grown in plots of land around the houses, their diet is also supplemented by hunting and fishing. Plants cultivated include manioc, corn, sweet potatoes, bananas (non native), pineapples, peppers, chillies, lemongrass, papaya, anona (sweet fruit), cocona (similar to tomatoes), maransera (cilantro, like very strong coriander), cacao, sugar cane, cotton (seeds used for soap and fibre for material). The jungle equivalent of the highland Chicha (fermented corn beer) is known as Masato. This is fermented mixture of manioc/corn/sweet potato in varying amounts, fermented for 3 or 4 days (although it can apparently be drunk the next day and still give a decent kick). This was tried by several group members and generally agreed to be quite tasty.

Clearing of land is generally minimal with felled vegetation generally left lying. Where there are larger clusters of houses clearing of land is more complete. Plants are grown in a multi layered mixture, with patches of a single plant being the exception rather than the rule. Several species of plant and tree species in the forest are also used for food and medicinal purposes. Cecropia, a very common tree species is used for its bark, which is used to make handbags and hammocks, as well as for a face sucking worm which grows inside it and is used for curing bad skin, although no one volunteered to try this one out. A few domestic animals are kept including dogs and cats, turkeys and chickens.

Hunting is done by the men and boys, who learn to shoot at anything that moves from an early age using slingshots and later bows and arrows. Animals hunted include white lipped and collared peccaries, tapirs, fish, monkeys, various types of bird (used for their feathers as well as meat), non poisonous snakes and generally anything with a bit of meat on it. Bows and arrows are used for hunting with different types of arrow tip for different animals. Poison arrows are not used. Some villagers have shotguns but they are very expensive and hence not used very widely, a good thing for the local wildlife as the arrival of this form of hunting often spells rapid decline for animal populations, especially where there is a market for meat. Fishing is quite important, being on the river, and a local delicacy is fish inside a hollow bamboo stalk with water and salt, plugged with heliconia leaves and boiled over a fire. Some products are traded (e.g. dried fish, handicrafts) at market in Shintuya for items which are bought such as rice, noodles, tins of evaporated milk, tinned tuna and soap. Traditional handmade artefacts are also sold to tourists, including necklaces made from resins / berries / peccary teeth and bows and arrows.

There is a school in the settlement but apparently none of the children want to attend and as a result it is rarely used. It was not clear if there was even a teacher. According to our guide the children would rather spend their time playing and hunting.

The old beliefs of the tribe still hold a lot of sway. Witch doctors (Curanderos) are still the main if not the only source of consultation for physical and mental health problems. While much of their remit is spiritual, they also have an extensive knowledge of the local flora and fauna and their healing properties. A local 'speciality' is floripondio, a hallucinogenic drink made from a vine which sends one to sleep for a day or more (potentially permanently) depending on the strength. It is also used for treating snake bites.



Hunter-gatherer Allan

Waste management project.

The purpose of the project was to clear the community trails connecting houses and areas around houses of non-biodegradable wastes, i.e. plastic. This was suggested by Inca Explorers and we considered that it would be a worthwhile project as attempts by the community to boost ecotourism will be hindered if rubbish is allowed to build up around their village. The project was suggested by the tour company as they see it as very important to get the message across to the community. Traditionally household waste is thrown into the forest or into middens away from the houses, where it is quickly decomposed. Plastics obviously pose a problem as they do not degrade and build up in the environment.

The project was discussed at a meeting between our group, several families and the deputy community leader, the head of the group being away hunting. This was facilitated by our guide and interpreter Abraham. It was emphasised during the preparation for the project and during the discussion with the community that we did



One of the pits under construction.

not wish to come and tell them what to do but to help in a project that would be beneficial to the local community. Our guide was very keen to promote habits that would keep the area looking natural and more likely to attract tourists. Burning was considered but ruled out due to the toxic fumes that would be generated. Removal to a larger settlement would just be moving the problem elsewhere as the larger jungle towns often have very poor systems for dealing with refuse. The pits will also leave a solution in place for the community to use.

It was decided to dig two 2 x 3 x 3 m pits for rubbish to be put in and for use for the community. Our group split into four, two groups digging and two gathering litter, with a changeover after lunch. The main types of litter

encountered were packets for products such as soap, plastic bottles, tin cans from Gloria evaporated milk and Tuna, plastic bags, used batteries (car batteries and smaller types), plastic bottles and old sandals. Slightly more unusual finds included the front of a (quite swish) Hi-fi and several doll's heads.

Over the day and a half of work a substantial amount of litter was collected, enough to cover the bottom of one of the pits. While the litter picking was only carried out by our group the remaining local men helped us dig the pits, and seemed to enjoy it if only for the comedy value. There appeared to be a high likelihood that the pits will be used by a good proportion of the families. The community are keen on developing tourism as evidenced by their enthusiasm in selling handicrafts to us. Abraham is well known and respected in the community and his message is more likely to be heeded by community members.

Environmental Phase conclusions

The five days we spent in the rainforest were for some people the best part of the trip and for a few there were times when it was the worst. This is a fairly good indicator that we managed to get a good idea of the rainforest environment with its amazing plant and animal life as well as the difficult environmental conditions. To gain a small insight into the lives of the peoples who inhabit this environment made this insight greatly different than if we had merely passed through as tourists.

END PHASE

The end phase of our expedition gave us the opportunity to experience more of the diverse landscape and culture of southern Peru.

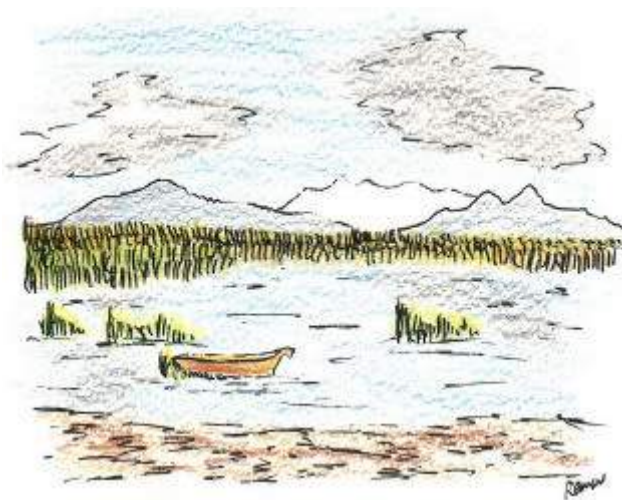
Cusco

It started in Cusco, an attractive city at an altitude of 3350 metres, surrounded by mountains and steeped in history. As the capital of the Inca Empire in the 12th century, the city and its surroundings have many archaeological features from Inca times. Following the Spanish invasion of the 16th century the architectural style changed and, as a result, the city buildings show a distinct Spanish influence. The large central square has the elaborate Roman Catholic cathedral and is surrounded by many attractive shops and balconied cafes. Not far from here the local market is a real hive of activity where all sorts of things are being sold, including raw meats, fruits and vegetables, clothes and hardware. Cusco was a convenient and enjoyable base for us between earlier phases in the expedition, a lovely place to wander in small groups in relative safety.



Cusco's Plaza de armas during independence day celebrations.

Puno



Reed beds on Lake Titicaca – view from the train arriving into Puno.

From Cusco, we had a ten hour train journey to Puno, the main town on the shores of Lake Titicaca. This railway journey is famous for its scenery but, although beautiful, having been immersed in the mountains for several weeks prior to this journey, we found it a little disappointing. However, we were treated to stunning snow-covered peaks as we passed over 4000 metres and the vast expanses of altiplano were incredible. These areas of flat grassland, where alpaca were

grazing, stretched for miles with few signs of human habitation. As we arrived at the shores of the lake, the sky was dramatic with black clouds, ready to burst, against patches of blue and white, and the reeds of the lake were golden in the evening light.

Lake Titicaca



The floating islands of Uros on Lake Titicaca

covered shore waters behind us and to head out through channels between the reeds into clear water. The sky was blue and the sun extremely hot.

We stopped first at the Floating Islands of Uros. These now famous islands originated centuries ago when the Uros tribe began their unusual floating existence in an effort to isolate themselves from the Incas and other tribes. Today, several hundred people live on the islands and make a living from tourism and fishing. Their lives are totally dependent on the totora reeds that grow in such abundance in the shallows of the lakes. The reeds are harvested and used to make everything from the islands themselves, to boats, houses and memorabilia for tourists. We enjoyed our time on shore, hearing a bit about island life from our guide and going for a short sojourn aboard a beautiful reed boat.



*Cath snacks on some reed while
Rebecca is distracted.*

From Uros we motored on for a further three hours and finally arrived at the peaceful island of Amantani. Here we divided up into groups of three and each group was allocated to a local woman waiting on the shore. We were to stay with these women and their families. It was quite a scene watching the groups set off up the hill, a tiny local woman in her red puffed skirt, white embroidered blouse, little black shoes, and a black embroidered shawl wrapped around her head, followed by three of us in Peru 2003 grey sweatshirts, one behind the other! The sun continued to shine in a blue sky and the water to glisten and sparkle. A very peaceful place.

We had a couple of hours to relax in our houses. Ours was close to the shore, a simple design made from adobe brick. The three of us were in an upstairs room with a bed for each of us, a little table covered in beautifully woven colourful cloth, and a bench to sit on. Outside we had a balcony looking out over the lake. Lunch was brought to us by our families, in our case a plate of rice, soggy chips and what looked like a fried white of egg, followed by a totally delicious mug of peppermint tea. What joy to be in such a simple place, looking out over the blue waters of the lake shimmering in the sun, distant silhouettes of land and blue sky.

At 4pm we all made our way to a central meeting place, from our homes across the island, and from here we followed our guide up a local hill, called Pachamama, to watch the sun set. A beautiful walk up a stony path, with views over the island terraces and out over the lake. At the top we watched the sun sink slowly behind the clouds and silently reflected on all we had experienced. With the sun gone, the air was chilly as we walked back down and returned to our houses.



Sunset over lake Titicaca from the island of Amantani

After eating we were dressed by our hosts and hostesses in local costume, the ladies in red puff skirts, white embroidered blouses and black shawls and the men in ponchos and hats. A lively night of wild dancing was had by all, locals and us alike!

After a very comfy night we left our houses the following morning, the clouds thick and rain falling and clambered aboard our boat once more. We motored to the island of Taquile where we were shown around by our guide; a local house where a lady was weaving, the island square where a ceremony was taking place to celebrate the sun (and the tourist revenue?). Fortunately the rain had cleared and, once again, the sun was shining in a clear blue sky. We ate at a restaurant then walked down a steep hill to the harbour where our boat was waiting and we motored back to Puno.

Arequipa



Alpaca with El Misti in the background on the road from Puno to Arequipa

From Puno we travelled by bus for ten hours to Arequipa, a journey that surprised us with stunning scenery. Vast expanses of altiplano stretched as far as the eye could see, herds of woolly alpacas were grazing, flamingos were feeding on salt lakes and in the distance we could see volcanoes. Naturally sculpted rock formations were incredible, unbelievable in their natural designs and shapes. The barren landscape was characterised by a vastness of scale and aridity that we hadn't really experienced before and it had many of us captivated.

Arequipa, also known as the 'White City', lies at 2325 metres in the mountainous desert of the western Andes. It is surrounded by spectacular mountains, the most distinctive one being the volcano El Misti with its beautiful conical peak topped with snow. Unfortunately Arequipa is situated in an area highly prone to earthquakes and volcanic eruptions, so few of the original buildings remain. However, many of its surviving

buildings date to colonial times and are built from a light coloured volcanic rock, hence the name 'White City'.

We stayed in a lovely hotel not far from the centre of the city and enjoyed a short tour featuring the Santa Catalina Monastery and a number of churches. We then had time to wander in small groups and to relax in the hotel. Our party night on arrival in Arequipa was fun, but the next night, our final evening meal in Peru, was wonderful. The food was perfect, the band, featuring Peruvian panpipes and a selection of drums, played a mixture of gentle music for reflection and lively music for dancing. An exceptional night was had by all.



Cloisters in Arequipa

Lima

We flew from Arequipa to Lima on an early flight, so had the whole day before boarding our long haul flight home. Our guide was wonderful and tailored the day to our needs and desires! We spent an hour or so in the centre of Lima admiring the beautiful colonial style architecture, then headed to the coast. It was exciting to see the Pacific Ocean and fun to have time to spend remaining sols. Finally we visited the fascinating Gold Museum before heading back to the airport. Check in went smoothly and we were soon on the runway departing Peruvian soil.

This last phase of our expedition was very busy with a lot of travelling and spending almost every night in a different place. We enjoyed it but we also felt like real tourists! It made us realise just how privileged we had been, on earlier phases of the expedition, to experience Peru in such a unique and special way.



Cathedral in Plaza de Armas, Lima

THE SOCIAL PHASE

Introduction

As a group our aim in the social phase was to learn as much as possible about the people, their culture, their customs and their life in general. We also hoped to share our own culture with the local people through photographs, music and dance. Then on our return to Scotland we would produce an accessible resource that could be used in primary schools to educate students in this country about Peru.

Training and Preparation for expedition

The social phase of the expedition began in Yetholm, a small village in the Scottish Borders on our 4th training weekend, when we carried out a survey in the village and compiled a leaflet to illustrate our findings. The leaflet was put together in one weekend and then presented to the local people of Yetholm as a resource for them to use in the future. This proved to be a very valuable exercise in interviewing, photographing and collating information with minimal resources and against the clock! This was a perfect dry run for the production of our own expedition report and social phase booklet that we would be producing on our return from Peru.

Before we left Scotland everyone in the group was encouraged to select a specific area of interest to research in Peru. These included: education, housing, music, farming, animals, sport and religion. To make this task slightly easier an A5 leaflet was produced and issued to every venturer and leader so that they had somewhere to record their observations, sketches and notes.

Sharing of Cultures

Following on from this each venturer and leader was asked to compile an album focusing on a specific aspect of life in Scotland. The results were wonderful and showed once again what a varied, imaginative and resourceful team we have. These A6 albums varied from general information about Scotland and the Borders to specific topics such as farming, sports, fashion, animals and buildings. These albums were then left in the school in Pomatales and with the community in Shipiteari in the jungle where we hope that both children and adults alike can enjoy looking at them in the future and hopefully gain some insight into our country and culture as well.

Highlights of the Social Phase

Pomatales School

A very successful and rewarding link was established with the local school early in the community phase and it proved to be a memorable experience for everyone involved. The venturers and leaders who elected to take part in this project taught the students songs and games from Scotland whilst at the same time learning their language and customs. It was a very worthwhile week spent helping in the school for

everyone concerned because not only were we able to teach the local children we were also able to get them involved in games, which are not an essential part of their education. From the smiles on their faces this was a huge success.



Heads, shoulders, knees and toes.

Food and Drink

One of the highlights of any trip abroad is being brave enough to try local delicacies and then not only survive, but enjoy them as well. Peru was no different and at different times most of the expedition group sampled guinea pig, alpaca, sweet bread and coca tea (See catering report for further details).

Staying on Amantani, Lake Titicaca

Living and eating with a local family on the remote Island of Amantani will provide us with many happy memories and in particular, dressing up in traditional costume and dancing the night away with the local men and women.



*The girls in traditional dress on Amantani.
“Does my bum look big in this?”
“Errrrr.....Yes”*

The Machigenga Tribe, Manu Biosphere Reserve

This was a very educational and interesting experience and we were very privileged to be able to gain an insight into the lives of this native tribe. We visited their village and saw how they lived and through an interpreter we learned a lot about their customs and culture which was quite an eye opening experience for all of us. This was a unique opportunity because of the remoteness of the village and its people and the way in which they accepted us and let us into their lives and community so willingly. This generosity will be remembered with gratitude.



Machigenga women producing jewellery

Scottish Presentation in Pomatales

This was a very successful day and one in which we were not only able to play host to the whole community, but entertain them with music, song and dance from Scotland as well. It was a day when we shared our culture with the people of Pomatales and the surrounding communities and we will never forget their awe as Peter played the bagpipes, Cat and Kirsten did Highland dancing and they were all invited to take part in a Dashing White Sergeant. It was a fantastic day and one which was thoroughly enjoyed by everyone involved.



Gordon and the girls showing the locals how it's done.

Social Phase conclusions

The social phase is traditionally one of the hardest phases to define on an expedition and, as a result, we are very proud not only of the material we managed to gather in Peru, but of the ways in which we were able to share our customs, culture and country with the people we met.

Upon our return to Scotland we collected in the leaflets containing the notes and observations on the social phase. During our last weekend together as a group we produced a booklet detailing various aspects of life in Peru and illustrated it, not only with photos, but sketches as well. This is available as a separate document to the report and will be made available to all primary schools in the Scottish Borders. It will also be made available from Borders Exploration Group Archives if anyone else wishes to read the finished document.



THOUGHTS & REFLECTIONS

“I have seen and learnt more about the lives of people in Peru than I thought possible, and can appreciate how lucky I am to have had this opportunity; but what I have learnt of the cultures and values in Peru is nothing in comparison to the things I have learnt about myself.”

Rosanne Deas.

“Each phase, whether it was struggling with the trek, getting eaten alive in the jungle or just trying to manage without a shower and chocolate for a few weeks has brought out mixed emotions and challenged each individual in different ways.”

Catriona Ritchie.

“I’ve found that I’ve grown more excited and enthusiastic for life. I can’t wait to get out and start living life to the full by travelling and being more adventurous. I’ve also learned that people shouldn’t be judged on a first impression.”

Katy Clay.

“I have learned that I can easily survive without my home comforts and also that you can’t get on with everybody all the time.”

Sandy Lyal

“I just want to say how brilliant it has been that the group has got on so well. The mixture of strengths and personalities has been excellent and the feeling of being a team must have contributed towards the trip’s success enormously.”

Iain Manson

“Being ill on the way into the jungle on the long bumpy road journey, I did feel like poop, but it was times like this that I could fully appreciate everyone in the group. Everyone was so kind, caring and considerate making me feel so looked after, never alone and never allowing me to feel sorry for myself.”

Laura Nisbet

“Well it’s safe to say that the last five weeks I’ve spent with the BEG team have been the best of my life. In every single area the expedition exceeded my hopes and expectations – which were by no means modest.”

Samuel Hornsby

“The end of the trek was my other high point, not because we had finished it but because we had all completed it on foot, on horseback, as a group, and that’s by far the most important thing.”

Rowena Miller

“Not everyone gets the chance to do something as exhilarating as this; for me the whole trip, except some small moments, has been truly a great experience and has put me in good stead for future travelling.”

Richard Taylor

“The fact that I enjoyed every mealtime, whether the food was good or bad probably sums this up; as it was not where or what we ate, but the fact that all of the group were together, having a good time, the unity of which words probably couldn’t explain.”

Peter Sutherland

“What an amazing adventure we’ve had. This expedition has exceeded all my expectations; I have become more independent, more organised {because living out of a rucksack for five weeks you’ve got to be} more tolerant and laid back.”

Nicola Telford

“That night on the platform, I discovered my inability to cope with people snoring, bit of a bummer! I’m not a violent person at all {hehe} but I was about to get out from under my net and jab all the snorers. To top it off my mattress stank so much of stale sweat I was sure I was going to be sick. I quickly went outside and down the ladders. I wasn’t sick but decided to go to the toilet since I had my boots on anyway, and then I got bitten five times on the bum – I’d had enough of the jungle; the stupid thing is I’d love to go back.”

Unknown Venturer

“In a way I suppose the best part of the trip hasn’t actually been Peru or even the things we’ve done, but the people – we have had so many laughs and great conversations and have made friendships that I really hope will last forever. So we have known each other for over a year now, but I am as close with some people here as with some people I have known my entire life – the Peruvian people are so strong, it has given me a new respect for humanity.”

Hannah Pavey

“I felt really proud and satisfied when we opened the Centre and saw the plaque, as I know as much as we’ll remember our time in Pomatales, the people of Pomatales will remember us.”

Clare Richardson

“I think I’ve become a lot more patient on this trip – things that would bother me, like snoring, or people taking ages in the bathroom, or using all the loo roll when I needed to blow my nose, normally I could get really worked up about it - but now I just leave it.”

Rosie Stewart



MEDICAL REPORT

There were two doctors involved in the Peru 2003 expedition. Dr Rebecca Williams, working as a GP in the Scottish Borders who joined the team in the autumn of 2002 and Dr. Malcolm Blacklee, a recently retired GP working in Yorkshire who joined in the spring of 2003.

This Medical Report is divided into two main sections:

Pre-expedition phase: by Dr. Rebecca Williams

Expedition phase: by Dr. Malcolm Blacklee

A full list of medical kit taken can be found in Appendix 2.

Pre-Expedition Phase

Preparation for Peru 2003 was extensive in all aspects and took place over the year preceding the expedition. Factors relating to health and medical issues can be divided into six sections:

1. Health Promotion/Education
2. Immunisations and antimalarial prophylaxis
3. Relevant health information from team members and compiling this information
4. Allowing for potential ill health in planning the expedition
5. The medical kit
6. Legal issues

Health Promotion/Education

One of the most important aspects of any expedition is maintaining good health amongst members of the team. A very large component of the pre-expedition phase was, therefore, focussed on educating members on how to reduce the risk of ill health, and on basic measures they could employ should illness or an emergency arise.

Issues such as hand washing, avoiding risky foods/water, adequate water intake, sun protection were discussed and reiterated whenever possible. On training weekends hand washing prior to meals became part of the ritual and water purification was practised on one particular weekend. A day of First Aid and dealing with medical emergencies gave basic information on how to deal with potentially difficult and stressful situations.

Immunisations and antimalarial prophylaxis

Information was obtained from a variety of sources regarding the necessary immunisations: MASTA, Liverpool Tropical Diseases Unit, Travax, Scottish Centre for Infection and Environmental Health. A list was drawn up and was given to each member of the team. It was then their responsibility to ensure they were adequately immunised. We would like to thank Dr. Emma Woolfenden and Dr. Pat Manson for their assistance in providing rabies and yellow fever immunisations and Lindsay

Chalmers, of Farren Pharmacy, Galashiels, for his assistance with the provision of antimalarial tablets.

Relevant health information from team members

Information was obtained using a questionnaire, which was filled in by every member of the team. Current and past medical problems, current medication and allergies were the main focus. Each individual also discussed the form with a doctor and basic tests were done such as pulse, blood pressure and peak flow, to ensure nothing was missed. This information was then compiled in a folder available only to the doctors.

Allowing for potential ill health when planning the expedition

Despite everyone's best attempts to stay healthy, illness does occur, as do accidents, so it was vital that the necessary back up was available. We ensured that our insurance had sufficient medical cover, including air ambulance. The High Commission, in Cusco, was given a list of all our members in case their assistance was necessary. Information was gathered on local hospitals and doctors for each phase of the expedition. For the trekking phase, we ensured that there was spare horse carrying capacity should individuals be unable to carry their kit or need carrying themselves. We spent our community phase at relatively high altitude (2900m), enabling us to acclimatise prior to our trek. There was always the means to change our plans should the need have arisen.

Medical Kit

A major task for the doctors during the pre-expedition phase was compiling a medical kit and obtaining the necessary drugs and equipment at minimal expense. Fortunately, reports from previous expeditions were available and provided useful information on which to base the list. Large numbers of letters were then written to drug companies asking for support in kind. We were lucky enough to receive a great deal of support from them. Remaining drugs were obtained through the kindness of Philip Quinlan of Pickering Pharmacy and local Borders GP Practices. We are much indebted to all these people. They are listed below:

Aventis Pharma	GlaxoSmithKline
Bayer	Wyeth
Leo	Smith & Nephew Healthcare
Pfizer	Pharmacia
Medlogic	Earlston Health Centre
Selkirk Health Centre	Eildon/Melrose Surgery
Jedburgh Health Centre	Kelso Health Centre
Kelso Cottage Hospital	Pickering Pharmacy

An extensive kit was assembled in a total of three bags: a main kit bag with extra stock and two smaller bags for daily use.

Legal Issues

Issues of consent were considered. Forms were signed before every training weekend and prior to the expedition, by parents, allowing the necessary medical intervention to be carried out should the need arise. Confidentiality was assured, unless a situation arose in which the health of the individual or others was jeopardised by particular

information not being available to members of the leader team. No controlled drugs were carried so no export and import forms needed to be signed.

The health implications of any expedition are vast, so it was vital to have time to consider them all carefully and to equip our team with the information and resources necessary to minimise the risk of disruption to our long awaited expedition as a result of ill health.

Expedition Phase

The expedition was remarkable for its relative lack of medical problems considering that thirty-six people of varying ages were living in close proximity in tents, both at high altitude and in the Rain Forest, as well as short periods in towns, for a total of 5 weeks.

The BEG training and length of time the group had to get to know each other over the months prior to the expedition played a large part in the well-being of the group during the expedition. Tribute must be paid to Dr. Rebecca Williams for her constant reiteration of simple measures to prevent self-infection and cross infection so that these measures became second nature. This undoubtedly contributed to the low level of gastro-enteritic problems.

Mentally, the group was very stable throughout, and the support of each member of the group one to another was good and increased as the expedition continued. At the beginning we all experienced a change from long summer evenings to abrupt nightfall and much shorter daylight hours and this probably had more of an impact on us in the first few days than we realised at the time.

Altitude did cause some problems, mainly nausea, vomiting and breathlessness, but because of the general fitness of the group, not a single person had to be taken down quickly to lower altitude to recover. This was regarded, by our guides, as remarkable for such a large group. We were fortunate in that there were no serious accidents or injuries, although during much of the expedition there was a low level of risk.

The main project, the community phase in Pomatales, was very successful and, as we planned, we left quite a large quantity of medications and dressings to be used in the new Medical Centre.

In summary, a most successful expedition, enjoyed by all. At times it was hard going but you could not fail to gain from the experience whatever age you were.

CATERING

Training weekends

For the first two training weekends the training team gave me details of the menus for both weekends and all I had to do was decide upon quantities and then shop. After my first trip to Tesco with the A4 typed shopping list I realised that this was indeed a mammoth task! Could 40 people really consume 2 full trolley loads in just 2 days? Having typed out and saved the basic shopping list on the computer it was straightforward to amend and adjust the requirements for subsequent weekends. For a description of food on training weekends see Appendix 3

Breakfasts on training weekend were all variations of porridge and either bacon, sausages or eggs usually on rolls. There was always a variety of hot drinks available tea, coffee, hot chocolate, hot orange. Over the period of a weekend fresh fruit was available to all. Packed lunches were always interesting, especially when we decided to have a sharing lunch. There was always so much left over. About half way through training I issued everyone with a “food questionnaire “. This was to ascertain in greater detail everyone’s likes and dislikes. This was an interesting exercise but really all it established was that for every person who loved, for example, bananas and peanut butter there was another who detested it!

Food storage was made easy after I purchased 2 large plastic boxes with lids. The rest of the food was transported in large plastic breadbaskets which were carefully labelled as different teams were tasked with the preparation of each meal over a weekend. On average between £95 and £110 was spent on catering for each training weekend.



The eating area in the main room of Victor and Sabina's house

Expedition catering

The training was now over and it was off to Peru! When we arrived in Pomatales the advance party had already bought some provisions. This comprised of vegetables, pasta and rice and other non-perishables. This food was stored in a room in Victor's house which was going to be both our kitchen and dining room for our time in Pomatales.

We soon established a food preparation and cooking area, with 6 gas rings in the corner. The biggest challenge was to prepare and cook food without the luxury of running water. We soon learned what a precious commodity water is when it has to be carried from the one and only tap on the other side of the camp. The team was split into 3 groups of 12. Each day two groups would be working on the building site while the third group was on campsite duty. As well as cooking, this involved keeping all areas of the campsite in good order. Pits and wash areas had to be

cleaned and checked and the general tidiness of the campsite had to be maintained. Campsite duty day also gave individuals time for personal washing – both of person and clothes!



The ladies caught in the act of devouring chocolate cake and beers.

Two days after our arrival a team of three of us went to Cusco to replenish stores. A taxi arrived at 8.30 and took us the one and a half-hour journey into Cusco. We had a guide with us who helped out with translations but it proved tricky to assure people that yes we did wish to purchase the entire sack of potatoes! The fruit and vegetable market was an interesting

and colourful experience. There was a plentiful supply of familiar vegetables – potatoes, carrots, onions, peppers, beans, tomatoes, avocados and courgettes and fruits – apples, oranges, mandarins, bananas and pomegranates, as well as interesting and unusual tropical fruits and vegetables. Cereals and pulses were easy to buy but our difficulties began trying to find suitable meat and cheese. On our first trip we stuck to canned meats and tuna. Shopping for stores on our second trip was much more efficient when we were taken to a bulk buy store in Cusco. In the end we managed to fill a taxi and send it back to Pomatales while we continued to search for other items on our list! As well as shopping for food we had several things to buy from a pharmacy. By this time we had also arranged for bottled water to be delivered to Pomatales. This meant that we no longer had to boil water for drinking.

On the trek Victor and his team took care of all catering arrangements. After our first mornings trekking we were amazed to turn a corner and find a table set for lunch. Could this really be for us? We all appreciated the hot chicken salad that was waiting for us. This set the tone for the entire trek. Each morning breakfast comprised of oats and fruit, omelettes or pancakes and a plentiful supply of bread and jam. Lunches were a variety of soups, hot salads and stuffed potatoes. Always provision was made for the vegetarians in the team. When we arrived at the campsite each evening tea and popcorn or something similar was served. This kept us going until dinner was ready! Again this was a 3-course meal. Over the 4 days we sampled 4 different soups, chicken dishes and pasta concoctions all of which were delicious.



Fruit stall at central market in Cusco



Waiting for dinner from the restaurant boat.

When we were staying in towns meals were eaten in a variety of restaurants. Never in our wildest dreams did we expect to be dining out with choices such as we had. The usual format was for a menu to be obtained during the day with a choice of a least 3 soups, 3 main courses and 3 puddings to choose from.

This was then delivered to the restaurant sometime in the afternoon, allowing the establishment time to prepare our chosen dishes. This was a system which worked very well on most occasions. Meals taken in restaurants varied in price from around £2 to £8. In Cusco and Arequipa we had the privilege of eating out in small social groups. We were each given the equivalent of £4 which was enough for a very substantial lunch. Folks were then able to indulge in their own idea of the “perfect meal”! Finding THE best chocolate cake became important to some while a juicy steak – not of the alpaca variety - was top priority for others! It must be reported here that several members of the team did indulge in the national Peruvian food – roasted guinea pig!

During our stay in the jungle catering was done by our guides. What these fellows produced from the side of the boat in the Madre de Dios river was quite spectacular. Throughout our time in Peru and in particular when we were at altitude we were advised to drink coca tea to lessen the effects of altitude sickness. This was an acquired taste – acquired only by a few members of the team!

The community of Pomatales again entertained us when we went back to attend the inauguration of the Health Centre. Victor prepared a delicious Lamb dish with the Russian salad we had come to know very well on the trek. Generous amounts of beer were also a big bonus.

Another interesting eating experience for the team was when we were all hosted by families on the Island of Amantani on Lake Titicaca. In our tent groups we were accommodated in rustic homes where our hosts cooked and served three meals. These substantial meals, cooked on open fires in a tiny kitchen, were all variations of the potato, pasta and rice dishes to which we had become accustomed.

As catering officer I was prepared for a far more arduous task than it in fact turned out to be. This was due entirely to the efficiency of Inca Explorers headed by Maria Calvo. Maria’s organisation proved to be excellent in all aspects. Had we not come across Inca Explorers my job, as catering officer, would have been much more demanding and altogether very different. Having a person familiar with the customs of the country made it a simple task for the dietary and nutritional needs of everyone to be met.

EQUIPMENT

Personal Equipment

A fairly comprehensive equipment list was available, tried and tested by previous expeditions and only slightly modified by this one. This proved to be fairly spot on with little on the list not being needed at some point. This list can be found in Appendix 4.

Group equipment taken to Peru

12 Vango Gamma 350 tents - 3 man with large porch
Vango Colorado - 1 for storage + 1 medical
2 spare three man tents (incase of any serious damage or loss in transit)
1 complete pole for each type of tent + some separate pole sections with pole repair kits
Bag of spare pegs
Tent repair kit containing – patches for the fly , inner and ground sheet , seam glue , peg loops and spare guy ropes
Collapsible spade
6 light sticks (12 hour long life)
Selection of spare rucksack buckles
2 thermarest repair kits
1 water filtration pump
Super glue, duct tape , insulating tape
2 collapsible basins
Safety rope and carabiners

Equipment taken to and left in Peru:-

24 hard hats
2 hammers
2 bolsters (block splitters)
2 hand saws
4 large measuring tapes
12 trowels (selection)
4 plumb lines
1 large spirit level

Equipment purchased in Peru and left with community:-

3 double gas burners + 4 cylinders
2 kerosene lamps
16 plastic basins (personal, clothes and dish washing)
Large selection of cooking utensils
2 plastic bins (food storage)
4 plastic containers (food storage)
Tents

We decided to purchase new tents for this expedition and were looking for something that could sleep three and have plenty storage space. The storage space was essential, as we knew that we would be in the tents at the start of the expedition for at least two

weeks so we needed to be as comfortable as possible. We decided on the Vango gamma 350 as it had plenty of sleeping space for three and the front half of the tent was all porch area.

The doctors asked that the medical tent was high enough to stand in. The Vango Colorado tents purchased were ideal as in the front area you could stand up and the back of the tent had a separate sleeping area, which could sleep up to four. This meant that anyone feeling unwell could have some peace whilst not inconveniencing others in their tent. Two of these were purchased and taken to Peru. We used the other tent for storage of group equipment. The sleeping compartment meant that various items could be kept out of sight.

The extra tent poles were very useful, as to source something like that in a country like Peru would be very difficult and we did have one pole break. If you don't have spares and you have broken poles taping them up will work to an extent but in any extreme weather your tent would be useless.

Other Equipment

We took a water filtration pump as a trial for future expeditions but due to the availability of bottled water and it being supplied to us for the trek and jungle phase it was only used a couple of times. However, because of the compact size and low weight of it I would say it would be worth taking in the future as it is something that could be very useful and it is easy to use. Another useful piece of kit, used for filtering water is a Millbank bag, small, lightweight and very effective.

Most of the equipment we took was used and came in very handy. The items not used were:

- the safety rope
- therma-rest repair kit
- light sticks
- rucksack buckles

However, in the event these would all have been useful and difficult to buy in Peru and are a recommended piece of kit.

A special thank you has to go to Ben Redman of the Redders Group who supplied us with all of our tents, spare poles and pole repair kits at a discounted price. Nothing was too much bother for him, even tracking down 60 survival bags at very short notice. He also very kindly offered the whole group discount on any personal kit they required.

SAFETY

Introduction

Safety is taken very seriously in all of BEG's activities. A safety officer was appointed at the start of planning for the expedition and safety assessed for all aspects of training and the actual expedition. Material and advice from previous expeditions and their members as well as from groups such as YET proved invaluable. Extra information can be found in the appendices:

Appendix 5 - BEG Safety Policy

Appendix 6 - Example of risk assessment from training

Appendix 7 - Main expedition risk assessment

Appendix 8 - Community Phase risk assessment

Appendix 9 - Expedition Safety review

Explanation of risk assessment procedure.

Risk assessments were carried out for each training weekend. The intention was to have these completed before training weekends and have them handed out to the leader team and training team in advance, but in practice this only happened on a couple of occasions. The risk assessment was usually finished a few days preceding the weekend and kept with the safety officer. The main points were then communicated to the whole group at the safety brief for the weekend and for individual activities.

A number of different risk assessment procedures were tried, the following system eventually being adopted.

	Activity	Hazard	Risk	Level and Frequency	Action taken
DEFINITIONS	Each distinct activity for which a risk assessment was required.	Something with the potential to endanger life, health or property.	The chance, great or small that something could go wrong in the course of an activity endangering life health or property. In the form used this column contained potential risks and consequences. There is potentially more than one risk for each hazard.	The severity of the risk, and how often it is likely to occur.	The action required to ensure the risk is kept to a minimum.
<i>EXAMPLE</i>	<i>Hiking</i>	<i>Inclement weather</i>	<i>Hypothermia</i>	<i>Medium, low</i>	<i>Ensure all group members have correct equipment; fill out a route card with escape routes for each leg; be equipped to go to ground with casualty if necessary. Educate all of group on symptoms and treatment for hypothermia.</i>

Pre-departure safety measures

- Foreign and commonwealth office web page consulted and monitored.
- British consulate in Peru informed of groups intentions and rough itinerary before departure and informed of our arrival.
- Emergency response folders compiled and carried by leader team. Also copies left at home with ERG and one with British Consulate in Cusco. These were A5 folders containing:
 - Group itinerary
 - Emergency response plan
 - Emergency response group guidelines
 - Emergency response group contact details
 - Flight booking details
 - List of names on passports
 - Insurance details
 - Personal details for each group member, including selected medical details such as vaccinations.
 - Photocopy of each group member's passport
 - Photocopy of each group member's yellow fever certificate
 - Photocopies of all tickets
 - Golden Rules
 - Photos of all group members
 - List of buddies and travel groups
- Accident Procedures and emergency Evacuation procedures put on wallet sized laminated cards and distributed to all expedition members.
- Cards with numbers for registered taxi firms, British consulate and hospitals in Cusco distributed at Edinburgh airport.
- Golden rules discussed and decided at last training weekend (see Appendix 10)

Summary of safety issues while in Peru

While we were in Peru we were lucky not to have any serious safety incidents. The usual scratches and bruises were sustained during the community phase building work but nothing more serious. The building site was reassessed every day and appropriate action taken. During all the other phases we were lucky to have highly experienced guides which no doubt minimised the chance for safety problems. Inca Explorers operated within all the limits set by our risk assessments and at no point was there cause for concern. During the Environmental and End Phase there were a number of minor incidents and near misses in and around water, reminding us that this is one of the greatest danger areas on expeditions. For a full discussion of safety issues during the expedition please see Appendix 9.

EMERGENCY RESPONSE GROUP

The Emergency Response Group for the Peru expedition was formed on the 1st May 2003. The group was created with the assistance of the following people;

- Victoria Moyes, Borders Exploration Group member and ERG Co-ordinator
- Sam Smith, Borders Exploration Group Vice Chairperson
- Rob Burgess, Borders Exploration Group Training Team
- Nancy Anderson, Borders Exploration Group member and Peru team member
- Rory MacLeod, Scottish Borders Council
- Ian Hogarth, Scottish Borders Council Emergency Planning Department
- Kevin Murray, Lothian and Borders Police

It was planned that the Peru team would keep in regular contact with the ERG co-ordinator who would act as a relay between them and the friends and families of each of the participants. By using this system Borders Exploration Group had complete control over any communication, and it would be achieved through a variety of methods; either by email, fax, land-line telephone or by the satellite telephone, which was lent to the Peru team for the duration of the trip by Scottish Borders Council.

Ultimately this system worked very well from the outset. Each participant's next of kin contact was updated almost once a week. The Peru team sent highly informative and extremely interesting emails, which were posted onto the Borders Exploration Group website for all other interested parties to read. All of the updates came in under the Code Green communication system.

The Borders Exploration Group's colour coded communication system is as follows;

- Code Green – General Information and organisational requirements
- Code Amber – An incident or situation had developed which required attention by the leader team. This may involve passing on information to parents or involve the home contact in an organisational task.
- Code Red – The full emergency response group will convene immediately. They will fully evaluate the situation, gain as much information as possible and decide on the best course of action.

Although no situation developed in Peru that required the assistance or the control of the Emergency Response Group it was good to know that there was a tried and tested system in place.

TREASURER'S REPORT

Introduction

It seems a long time ago that I volunteered to take on the onerous responsibility of being treasurer for this expedition. I should have realised that I had made a life changing decision by the sudden intake of breath by the other leaders and the look of relief on their faces! I chose to volunteer because I wanted a job where there would be a steady level of work required rather than sudden bursts of activity when I might not be able to spare the time. Added to that I thought it unlikely that anyone else would volunteer – how right I was about that!

I was quite right to think that there would be a steady level of work, I had however underestimated the amount of time required to keep track of some £75,000, over a period of some 18 months. At some stages, most notably the winter of 2002-3, I seemed to be a more regular visitor to the bank than the manager! This aside, the job was straightforward once I had worked out a method of accounting that suited me. I was determined to make use of the computer to make it easier to produce details for meetings and for keeping tabs on everyone's payments. However I also kept a jotter with details of individuals' payments – being of the old school that doesn't quite trust a computer.

The Budget

Three wise and some would say old men (a.k.a. Allan, Ron and Chris!) met at the Cross Keys, Ettrickbridge to work out how money was to be allocated for the expedition. The results of their deliberation are set out below.

	Budgeted / head
International travel	700
Insurance	100
Internal travel	175
Food	225
Community Phase	-
Adventure Phase	250
Environmental Phase	50
Tourist Phase	150
Contingency	100
Total	1750

The budgeted figures were based on the best information at the time and after consultation with appropriate people.

In addition to this all members of the expedition were asked to take no more than £150.00 of personal money, for which they were totally responsible. Individuals were advised to take some US\$ and the remainder as US\$ travellers cheques.

Actual Spending

The figures below show how we spent the money over the whole expedition.

	Actual spending / head
International travel	758
Insurance	71
Internal travel	177
Food	132
Community Phase	-
Adventure Phase	146
Environmental Phase*	287
Tourist Phase	170
Sundries	26
Total	1767

* Including travel in and out of the jungle

As can be seen from this we overspent!

Points to be taken into account when considering the overspend:

- International travel was more expensive than we had anticipated, as we were unable to book the flights as early as we had hoped.
- We did a lot of internal travel whilst in Peru and the distances are large.
- The environmental phase was a lot more expensive than expected but was tailored exactly to our specifications.
- Tipping forms an important part of Peruvian culture and we had to play our part (we gave over £880 in tips or over £24 each!)
- We did everything that we hoped to do, just an amazing itinerary while in Peru. So much so that we have left little still to do if we return!

The Community Phase

No figures are given for this phase because we had many generous donations that enabled us to pay for this phase. There was considerable expenditure whilst in the community, well in excess of the donations. The total spent was in excess of £3,300. Included in this figure were payments for the roof, all the windows, doors and glazing as well as sanitary ware for the health centre. From this it can be seen that, in addition to our labour, we contributed in a major way to the health centre. We are still looking at ways we might continue to help after our return to Scotland.

Group money

We left Scotland having paid for little of what we were going to do. The net result was that we, the leader team, had to carry large amounts of US\$ travellers cheques and smaller amounts of US\$ cash. On another occasion I would ensure that we carried more higher-value cheques and fewer lower-value cheques – this would ease signing and countersigning which was very time consuming, as well as being more obvious at the Bureau de Change.

FUNDRAISING REPORT

It could be argued that the greatest challenge for all leaders and venturers in the months prior to the Peru Expedition was the raising of the individual target of £1750 plus the added pressure of raising group funds to support the group while in Peru and for the Community Project. There was generally a huge amount of enthusiasm and energy shown by everybody and a great diversity of ideas used. There was a good balance of the typical fundraising events of coffee mornings, dances, sponsored events and concerts. Charity shops and individual car boot sales proved to be some of the biggest earners. Venturers and leaders were also able to benefit from the support of their local cluster groups where the work load and organization of larger events could be shared. Almost all the group were grateful from sponsorship from many local Border companies and 14 who took the time to complete the forms benefited from a grant from the South of Scotland Youth Awards Scheme. Targets were set throughout the year and this was helpful in ensuring that there was not a major panic close to departure for payment.

As far as group funds were concerned we were grateful to many local individuals and groups for their support. As always the James Mclean Trust was a generous supporter of the expedition as were the local Rotary Clubs. The Royal Scottish Geographical Society and Young Explorers Trust also gave support to the Expedition. Two main fundraisers for group funds, a Christmas Hamper and a Quiz Night, proved to be very successful in boosting the total for Group Funds.

Raising a minimum of £65,500 plus group funds is big demand on a small area such as the Borders and we are very grateful to all who supported us. Without them the expedition would not have been possible.



One of the results of our fundraising efforts

ENVIRONMENTAL IMPACT

Environmental impact was discussed several times during training and considered at all stages during the expedition. An environmental policy was adopted, which can be found in Appendix 11. Adhering to all of these points all of the time was not possible, but the most important ones were observed and the impact of our group was probably minimised as best it could be. The following is a review of the major points of our environmental impact while in Peru.

Community Phase

- Water for cooking and washing was taken from a small tap next to the campsite. The source of this was a mountain stream a few kilometres up a gorge adjacent to the community. This was also used by some of the local families, but their access did not appear to be significantly inhibited. This tap periodically stopped during the first few days, but this problem disappeared.
- Bottled water was used for drinking. This was bought in 2/3 litre bottles which produced a lot of plastic waste. Most food came in tins and plastic bags which also contributed to the waste problem.
- Organic waste was kept in a bucket to be used as pig swill. Plastic, metal, glass and paper waste was separated into different bags. Victor said this would be taken into Cusco for recycling.
- Toilet pits were dug prior to our arrival. These proved to be just the right size, only one needing filled in before we left. The rest were filled in when we left. On return 2 weeks later the site of these seemed to be in good condition and had settled well.
- Cleaning products were limited to what was available at the market, therefore the most environmentally friendly may not have been used.
- A separate pit was dug on the campsite for water from personal and clothes washing basins. This stopped draining after about a week and a second pit was dug outside Victor's house. This also stopped draining despite several attempts to break the bottom up. It was drained enough to stop it overflowing. It was emptied by hand into the toilet pits the night we left and filled in. Any adverse effects this may have had were probably remedied by the local bulldozer levelling the whole section of roadside while we were away trekking.
- Tents were moved once during the week and a half we were there. This was unnecessary as the vegetation under tents seemed to have benefited from the shade and extra moisture, being a healthy green in comparison to the yellowy-brown grass in the rest of the field.
- Food was bought in Cusco and from shops recommended by Maria and her guides who took those doing the shopping around Cusco. This was a great

help in terms of translation, getting a good deal and efficiency, but meant little time was given to the idea of shopping closer to our Community, e.g. in Huaracundo. In reality this would probably have incurred a lot of extra time and difficulty and other benefits from the group's presence will have outweighed this.

- Noise was occasionally a problem in Pomatales and was mentioned several times. Even low talking could travel a long way at night as it was very still and cold.

Adventure Phase

Trekking

- All the trekking took place over 3000m, and a good part of it over 4000m. This meant there was a need to be especially careful with the impact of our large group on fragile soils and vegetation and also with regards to waste disposal.
- Inca Explorers' policy is one of minimum environmental impact and the guides were very well informed on such matters. The route chosen was over footpaths and our passage resulted in a negligible effect on the terrain. Indeed it was us that needed protecting from the vegetation and not vice versa, the well adapted needle grass turning several peoples hands, knees and backsides into pincushions.
- Cooking was done on gas stoves and all waste was carried out on the horses. Liquid waste from washing dishes etc was thrown onto the soil/into vegetation. Very little if any detergent was used in washing dishes, so this will have had minimal impact.
- Campsites used were all based nearby small settlements on grazed land. The biggest impact of campsites was toilet pits which were shallow and due to a lot of ground being just grass, gravel and rock, with very little soil, these were poorly filled in. Pits from previous camps were clearly visible at several sites.

Environmental Phase

- A team of cooks accompanied us on a third boat, from which the cooking was done. Non biodegradable waste was carried out.
- Many local handicrafts were bought when we left the community which will have provided a significant amount of revenue.
- Water was again bottled, empties were carried out.
- We were very lucky to have two highly experienced guides who were very conscious of environmental issues.

PERU 2003 CONCLUSIONS

In writing the conclusions to this report I am acutely aware of the vast number of people who have been connected in one way or another with this expedition – not only those in the Scottish Borders but also those in Peru. Some have been involved to a great extent and others only on the periphery but all have freely given their support, encouragement and enthusiasm, which in turn increased the team's confidence and strengthened their belief in Peru 2003.

The expedition itinerary was challenging and demanding; in the early days doubts were cast as to its feasibility; the expedition would only be a success if all aspects of the venture were achievable by all members of the team. The phased structure of the expedition allowed us to make an assessment at regular intervals during the trip and review our progress. It was essential for each phase to achieve its aims and objectives and in doing so this would ensure the overall success of the expedition. As each phase came and went it became increasingly clear that not only had we achieved our goals but also in every case we had exceeded our expectations.

The benefits and experiences gained from Peru 2003 cannot be easily assessed; they basically fall into two categories – those gained by the team members and those gained by our hosts in Peru. It was indeed a unique character building experience for all those who took part and it did prove to be that once in a lifetime adventure. For many, the benefits were instant - personalities, perceptions and attitudes matured and developed as the trip progressed; for others a more subtle appreciation and understanding ensued, and for some, who knows what long term benefits such an experience may behold.

To our friends in Pomatales, the short term benefits are there for all to see, what the long term benefits may hold is uncertain; we can continue to support and encourage from afar but ultimately we can only hope that our relatively humble involvement has made a positive contribution and in some way helped strengthened their resolve. The friendships, hospitality and camaraderie struck up with the community of Pomatales will undoubtedly be the abiding memory of the Peru expedition.

The success of this expedition could be put down to a number of things - the challenging but very enjoyable training programme, the detailed planning, preparation and organization, the extensive and fruitful fund-raising initiatives carried out so enthusiastically or perhaps it could simply be put down to lots of luck and good fortune; I would suggest however you need look no further than putting the success down to the commitment, character, and qualities of those who took part and made up the Peru 2003 expedition team. Thank you all so much.



Allan S.R. McGee



Peru 2003