

INFORMATION PACKET



Formando Vidas, Construyendo Futuros



EQUIPO DE CICLISMO
CASA GIRASOLES

GRAVEL CYCLING
ADVENTURE 2024
SACRED VALLEY OF CUSCO

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GRAVEL CYCLING ADVENTURE 2024

SACRED VALLEY OF CUSCO



Join Us For The Adventure Of A Lifetime!

Want to use your fitness and passion for cycling to help make a difference in the world? Then join Health Bridges International for the adventure of a lifetime!

Dates for Trip: October 28 - November 4, 2024

The Gravel Cycling Adventure trip will combine health and social outreach activities with gravel cycling in the beautiful Sacred Valley of Perú. Our goal is to meld our love for adventure cycling and our passion for service. We plan to have amazing experiences riding on some of the best gravel roads and trails in Latin America - and do some really great service-learning work with formerly homeless boys. This is the adventure of a lifetime.

Health Bridges International (HBI) is planning a true adventure. We will be riding on the ancient roads and trails in one of the most beautiful destinations in the world under the watchful eye of seasoned team of cyclists and Perú travel experts. We will be helping with several social outreach projects at a home for abandoned boys and in the local community in partnership.

The following packet provides most of the information you need to join the adventure. However, if you have any questions about cost, riding expectations, or anything related to this experience - don't hesitate to contact us (info@hbint.org).

We are only taking a maximum of 15 riders and a minimum of 10. PLEASE NOTE: if we do not meet the minimum number of participants, the trip will not take place. The earlier you reserve your spot - the better!

Start training and send in your application. We look forward to sharing this adventure with you!

The HBI Team



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The cost of the outreach trip is \$2,950 (does not include airfare)

Basic Trip: \$2,950.00

Trip Donation Cost Includes: A guided adventure trip and outreach experience with room & board, in-country transportation and airport transfers, meals, guided gravel and trail rides, training foods, assortment of drinks and training supplies, and all organizational fees. The cost of the trip does not include international airfare. The donation cost of the trip is fully tax deductible.

Incidentals: \$100-250

Incidental costs are variable by person, but you can expect to spend money on beverages, snacks, trinkets, tourist activities and any sundries.

Excursion Trip: Varies

Optional: Excursion trip to tourist and travel destinations in Perú or around Latin America. HBI has a long-term partnership with a well-established travel agency, Happy Tours. Happy Tours can help to arrange several different travel and tour options. Excursion and tourism trips are additional cost and not covered by HBI. For more information on excursion tourism, please contact Srta. Shirley Moreno at shirleym@happyperu.com

Other Potential Expenses:

Passport: \$100-165

Contact your local Postal Office for more information or go on-line at USPS Passport www.usps.com/international/passports.htm

Immunizations: Varies

Immunizations - COVID vaccination and booster is required. Consult your primary care physician or a travel clinic for recommendations on any other immunization. Visit the CDC Travel Pages for more information: wwwnc.cdc.gov/travel/destinations/traveler/none/peru

Travel Insurance: \$75-100

Travel Insurance is not required but is highly recommended. It can cover theft, emergency medical flights home, lost luggage, trip cancellation, etc. You can get travel insurance from <http://www.travelguard.com>

Health Insurance: Varies

Health Insurance is required for participation in an HBI and Team Peru Outreach Trip

Deposit - A deposit of \$1,000 is required by July 15, 2024.

This deposit is non-refundable after September 5th, as per project planning and funds disbursement.

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Important Dates and Information

Application and deposit deadline

July 15, 2024

Last date for refundable deposit

September 5, 2024

Virtual organizational meeting

October 7 (tentative date for web-based meeting)

Arrival in Perú (Lima)

October 28

Departure for the Province of Cusco

October 29

Return to Lima from Cusco

November 3

Return home or depart for an excursion trip

November 4

The Sacred Valley of Cusco:

So much is written about the tourist destinations of Perú. From the beautiful city of Cusco to the wondrous ruins of Machu Picchu - Perú is one of the most traveled destinations in the world. There is, however, a part of Perú where few tourists venture - the small mountain towns and communities of the high Andean region of Cusco. We will base our experiences in the Sacred Valley - a rich area for adventure and gravel riding. We will take advantage of the sun and warm weather of the high mountains to explore some of the most "off-the-beaten-track" destinations in all Perú.



Accommodations:

Our "base" will be a small boutique hotel just outside of the city of Urubamba in the Sacred Valley. The lodging is comfortable and clean - and has a swimming pool. You can expect hot water and a comfortable bed. We'll double-up in the rooms, and our meals will be provided by a private chef at the Casa Girasoles. We plan to start each day with breakfast at the hotel and head out for our adventure rides from a variety of different locations - with some ride starts requiring van transportation.



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Important Dates and Information (continued)

Gravel Riding:

As mentioned above, the Sacred Valley of Perú offers some of the most unique riding in Latin America... perhaps the world. The gravel roads are endless. We will plan daily rides - with optional afternoon short hikes. The rides will range from 2 to 6 hours - our longest bike adventure happening at the end of the week. Our goal is to explore the surroundings, have fun, and enjoy some great service work.

The daily rides are not competitive. A guide will always be with the riders. No one will ever be left on their own. In fact, our hope is that we ride together each day. In addition to the cyclists joining the trip from the U.S. - we will be joined on every ride by members of the Girasoles Sanos Cycling Team. Members of the team are formerly abandoned or homeless young men who use cycling as a healing outlet from trauma and adverse childhood experiences. The boys joining us on the daily rides are strong and extremely knowledgeable about the local terrain.

Social Outreach:

We will have a daily social outreach project occurring at the HBI's Casa Girasoles home for abandon boys. The outreach projects will include helping train formerly homeless boys in bicycle maintenance and repair, as well as a wide assortment of garden projects (consulted with the boys), small construction work, and mini-health clinics with the boys and staff of the Casa Girasoles. One opportunity will be for each cyclist to fund raise a budget to support a mini project at the Casa Girasoles. The budget will help to purchase supplies to implement a project as requested by the administration of the orphanage.

Our daily plan will include morning rides, transportation to the Casa Girasoles, activities with the boys and staff, transportation back to the hotel, and fantastic evening meals with great stories and new friends. Throughout our week-long adventure, the HBI staff will help you to learn more about Perú, cycling in Latin America, global outreach, and our efforts to meld a love for adventure with a passion for social outreach.



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Tentative Trip Itinerary

October 28 Arrival Day: Plan to arrive in Lima no later than Monday, October 28. Many of the flights into Lima are redeyes and land early in the morning. We will have a van and driver at the airport to pick you up and transport you to your accommodations. We will be staying at the HBI offices - in a Catholic Formation Center facility - and all guests will have a private room with en suite bathroom. Arrival Day is an easy day and the only structured activity will be a welcome and orientation dinner.

October 29 Welcome and Grand Depart: We will be departing for the city of Cusco on a mid-morning flight. Upon arrival in Cusco, we will take a private vehicle to the town of Urubamba in the Sacred Valley. We will check in to the hotel and get set for a first day ride of around 2 hours that will include some sightseeing and a visit to ancient pre-Incan ruins and colonial haciendas. Expect the first day to be very comfortable - with a premium on acclimation. We will have our first group dinner and evening orientation at the Casa Girasoles.

October 30 - November 1 Daily Adventure Rides and Social Outreach: Each day will be slightly different, but plan for the morning to start with breakfast at the hotel and then a gravel ride in the range of 2-4 hours. We will follow the morning rides with lunch and then take a van to the Casa Girasoles for a social outreach project. The social outreach activities may include teaching bicycle maintenance and repair, providing a small health clinic, construction or maintenance work, and a community garden project. We will work alongside the Girasoles boys at the orphanage. Dinner will be at the Casa Girasoles and include meals with the boys and staff. Evenings will be relaxing times back at the hotel with craft beer, decent wine, and pisco sours.

November 2 Epic Adventure Ride: This is truly the ride of a lifetime. We will ride from the city of Cusco past the great Inca fortresses that punctuate the Cusco area. We will meander through some of the best countryside in Perú on some truly epic gravel roads. We anticipate a final ride about 6-8 hours with 4,000-5,000-feet of altitude gain and a maximum of fun. We will plan a big, early evening barbecue with the staff and boys at the Casa Girasoles.

November 3 Transfer Day: Our final day in Urubamba will include an optional 1 hour "walk the dog" ride before breakfast at the hotel, packing, and a transfer back to the city of Cusco and flight to Lima. We will celebrate with a final night out on the town in Lima at one of our favorite restaurants. Accommodations for the final night will again be at the HBI offices and all guests will have a private room with en suite bathroom.

November 4 Departure Day: For those heading back to the U.S. or those headed off for adventure travel, this is the last day of the camp. We can store any baggage or bikes at our Lima office, and help with airport transportation, sightseeing options, and reasonable cost accommodations.

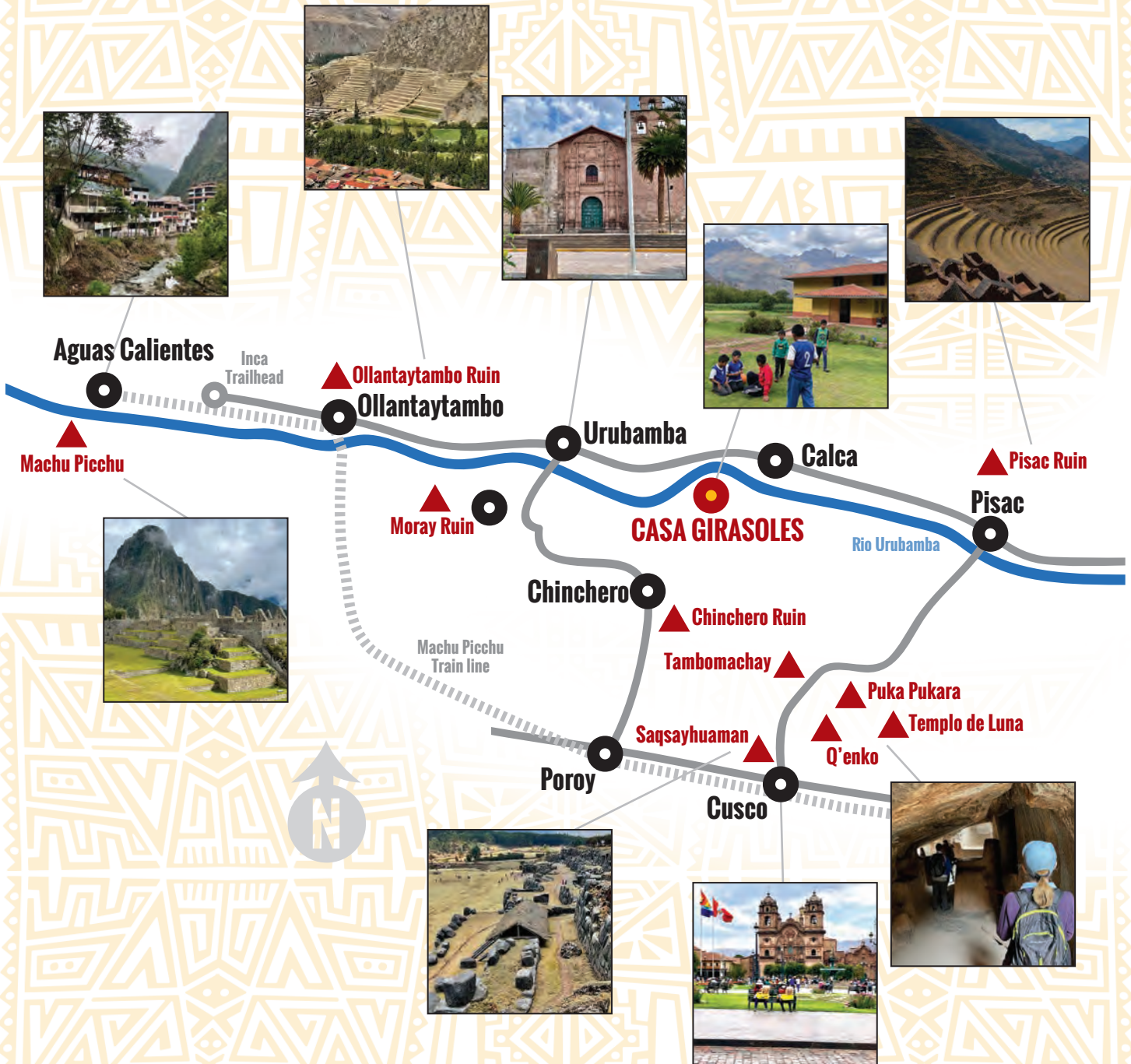
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Sacred Valley of Perú - Area Map

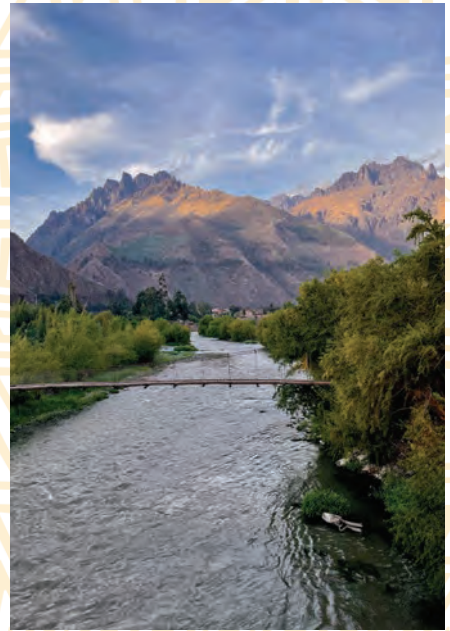


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Additional Information

Adventure cyclists participating in the event should consider the physical demands of running at high altitude and rough terrain. Participants should have experience with 3+ hour endurance events. The gravel riding in this area of the Andes could aptly be described as adventure cycling - with diverse terrain and wide variations in distance.

Epic Ride: The culmination of the week of social outreach and adventure cycling will be highlighted by an epic event. This ride will be fully supported with mobile aid stations and support staff. Expectations for finishing this epic ride are purely personal. HBI will ensure support and a sag wagon is available for any cyclist who chooses to end their ride before the designated completion. We anticipate an effort in the range of 6-8 hours. Participants should plan to have a hydration system of their choice (i.e., water bottles, hydration pack, etc.) and any equipment they need to ride for up to 6 hours (e.g., small pack with snack foods, etc.). HBI will supply hydration and nutrition supplies throughout the course.

Bikes: You can certainly travel with your own bike, but we have bikes available for you to use. We will have everything you'll need to wrench your bike. Many airlines are now treating bikes like any other checked luggage. Check the carrier before you fly. If you prefer not to travel with a bike, we have a limited number of hardtail mountain bikes for use. Please contact us before booking your trip if you plan to use an HBI bike.

A Word About the Roads: Much of the riding will be on hard-packed gravel and clay roads - with some single track and the occasional tarmac connectors. We will be riding at a high elevation that some may find challenging; it is important to be well trained, acclimated, and to ride within your physical abilities. We will have a ride guide and a sag vehicle for every ride.

Participation: There are a limited number of spaces available to participate. We are accepting a maximum of 15 cyclists for this adventure. Cyclists interested in joining the adventure should contact Wayne Centrone (Wayne@HBIInt.org) as soon as possible.

Trip Costs: Trip costs include room and board, in-country transportation (excludes international airfare), riding supplies and aid (nutrition, water, drinks, food, gels, electrolytes, etc.), daily meals and snacks, bilingual trip guides with over 30-years of travel experience in Perú, and ongoing access to a U.S. licensed and trained primary care physician in the event of any minor injuries, travel illness and minor physical set-backs.

Please Note: The Gravel Cycling Adventure experience is designed to be flexible and work with the needs of all the participants of the trip. Cyclists and adventurers will not be asked to push themselves beyond their comfort. Gravel rides, adventure hikes, and walks, all can be modified in intensity and duration to meet the needs of every participant.

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JOIN US!

Learn more at: <https://hbint.org/casa-girasoles-equipo-ciclismo/>

Need more information? info@HBInt.org

A \$1,000 deposit is due by July 15, 2024

Please make checks payable to:

Health Bridges International, Inc. 9416 SW Boones Ferry Road, Portland, OR 97219

Or via electronic payment at:

Zelle: Wayne@hbint.org

Venmo: @Health-Bridges

PayPal: Health Bridges International, Inc.



HBI is Committed to Financial Accountability.

HBI pledges to tell our donors how all donations are being used.

Health Bridges International is an independent charitable organization under Section 501(c)(3) of the U.S. Tax Code IRS Tax ID #20-3681041

Oregon Department of Justice Charitable Organization Registration #36015

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