

INFORMATION PACKET



Formando Vidas, Construyendo Futuros



CASA **GIRASOLES**

ADVENTURA CORRIENDO 2025

ADVENTURE RUNNING IN THE SACRED VALLEY OF CUSCO



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Join Us For The Adventure Of A Lifetime!

Want to use your fitness to help make a difference in the world? Then join Health Bridges for the adventure of a lifetime in 2025!

The Running Adventure trip will combine health and social outreach activities with a mountain running camp in the beautiful Andes mountains of Perú. Our goal is to meld our love for trail running and our passion for service. We plan to have amazing experiences running on some of the best trails in the world - and do some really great service-learning work with formerly homeless boys at a home in the Sacred Valley of Cusco. This is the adventure of a lifetime.



We will be running on the ancient Inca trails of the Sacred Valley in one of the most beautiful destinations in the world under the watchful eye of seasoned team of ultrarunners and Perú travel experts. We will be helping with a number of social outreach projects with a home for formerly abandoned boys.

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

If you wish to participate, we will arrive in Lima on Friday, July 18, and travel to the Sacred Valley on Saturday, July 19. We return to Lima on Friday, July 25.

For now, start training and send in your application. We look forward to sharing this adventure with you -

The Running Adventure Team



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The cost of the outreach trip is \$3,050 (does not include airfare)

Basic Trip: \$3,050.00

Includes: A guided running adventure trip and outreach experience with room & board, in-country transportation (airfare and ground), meals, guided trail runs, training foods, assortment of drinks and training supplies, and all organizational fees. The cost of the trip does not include international airfare.

Incidentals: \$250+

Incidental costs are variable by person, but you can expect to spend a few dollars on snacks, trinkets, tourist activities and any sundries you require.

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 a number of different travel and tour options. Excursion and tourism trips are additional cost and not covered by HBI.

Other Potential Expenses:

Passport: \$165

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

Immunizations: Varies

Immunizations - Tetanus is required. Consult your primary care physicians or a travel clinic for their recommendations on any other immunization. Visit the CDC Travel Pages for more information (<http://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> 1-800-228-9792 or 1-800-348-9505

Health Insurance: Varies

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

An application and deposit of \$1,000 is due by May 2, 2025.

Deposit is non-refundable after May 31, as project planning and disbursement will have begun.

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Important Dates and Information

Application and deposit deadline

May 2, 2025

Last date for refundable deposit

May 31, 2025

Virtual organizational meeting

Early June (web-based meeting)

Arrival in Perú (Lima)

Friday, July 18 (subject to change)

Departure for the Province of Cusco

Saturday, July 19 (subject to change)

Return to Lima from Cusco

Friday, July 25 (subject to change)

Return home or depart for an excursion trip

Saturday, July 26 (subject to change)

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 two beautiful Airbnb homes in the small town of Urquillos - a few kilometers from the Casa Girasoles. The lodging is amazing - with stunning views, modern amenities, and a secure location. You can expect some of the best views in the whole valley with great showers and comfortable beds. We will be doubling up in the rooms, and our meals will be provided by a private chef in the outdoor patio. We plan to start each day with breakfast at the homes and head out for our adventure runs from a variety of different locations - with some runs requiring van transportation to the starting point.



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Important Dates and Information (continued)

Running

The Sacred Valley offers some of the most unique running in Latin America . . . perhaps the world. The trails are endless. We will plan daily runs - with optional afternoon short hikes. The runs will be selected in consultation with one of Perú's top trail runners - Diego Casabonne. Plan for runs in duration of 1 to 3 hours. With our longest run happening at the end of the week. Our goal is to explore the surroundings, have fun, and do some great service work. The runs are not meant to be competitive. A guide will always be with all the runners. No one will ever be left on their own. We will have some of the boys from the Casa Girasoles join the runs with the team each day. In addition, we plan to invite a group of runners from a small women's club to join us.



Social Outreach

We will have a daily social outreach project occurring at the HBI Girasoles home for abandon boys. The outreach projects will vary - but may include 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 runner to fundraise 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 runs, transportation to the Casa Girasoles, activities with the boys and staff, transportation back to the hostel, 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, ultra-running in Latin America, global outreach, and our efforts to meld a love for running with a passion for social outreach.

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Tentative Trip Itinerary

Day 1: Plan for an easy morning run along the Costa Verde in Magdalena del Mar. We will departure for Cusco and the Sacred Valley on a mid-morning commuter flight. Our plan will be to arrive in Cusco and be transported the 90-minutes to the Scared Valley and the town of Urquillos. Once in Urubamba we will check into the Airbnb, go for an easy jog and head for a relaxing welcome dinner at the Casa Girasoles.

Day 2: The first day of our adventure running camp will include an orientation to the weeks running and social outreach plan and a review of the goals. We'll plan a first day run of around 2 hours that will include some sightseeing and a visit to an ancient Incan ruin. Expect the first day to be very comfortable - with a premium on acclimation.

Day 3: Each day will be slightly different, but plan for the morning to start with a continental breakfast. Following breakfast and personal time, we will depart on a trail run in the range of 1-3 hours. We will follow the morning runs with lunch, showers, and then take a van to the Casa Girasoles for a social outreach project. The social outreach activities may include a small clinic, construction or maintenance work, and a community garden project. We will work alongside the Girasoles boys at the orphanage.

Day 4: Our goal is to mix-up the runs in the Sacred Valley and get a unique vantage point to the valley and surrounding area. The runs from the city of Ollantaytambo are very different and offer a unique opportunity to truly get off the beaten track and into lush countryside with very few tourists and some spectacular scenery. Although we will not have an afternoon activity with the Casa Girasoles, we will plan to visit a small community where HBI has worked for the past 10 years.

Day 5: Morning adventure run through the countryside and rendezvous back to the town of Urubamba on trails. Our goal is a few hours of social outreach with the boys at the Casa Girasoles before going back to the Airbnb for a great last meal together in preparation for an epic run on Friday.

Day 6: Culmination of running camp: A long run through some of the best countryside in the Andes on truly epic trails. We anticipate a final run in the range of 4 to 6 hours. We will plan a big barbeque lunch with the boys at the Casa Girasoles. Our evening will include free time with an opportunity to explore the area on your own.

Day 7: Transfer Day: Our final day in Urubamba will include an optional 1 hour "walk the dog" run before breakfast at the Airbnb. We will eat breakfast, pack, and say our goodbyes at the Casa Girasoles before getting 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 in a small hotel, and all guests will have a private room with en-suite bathroom.

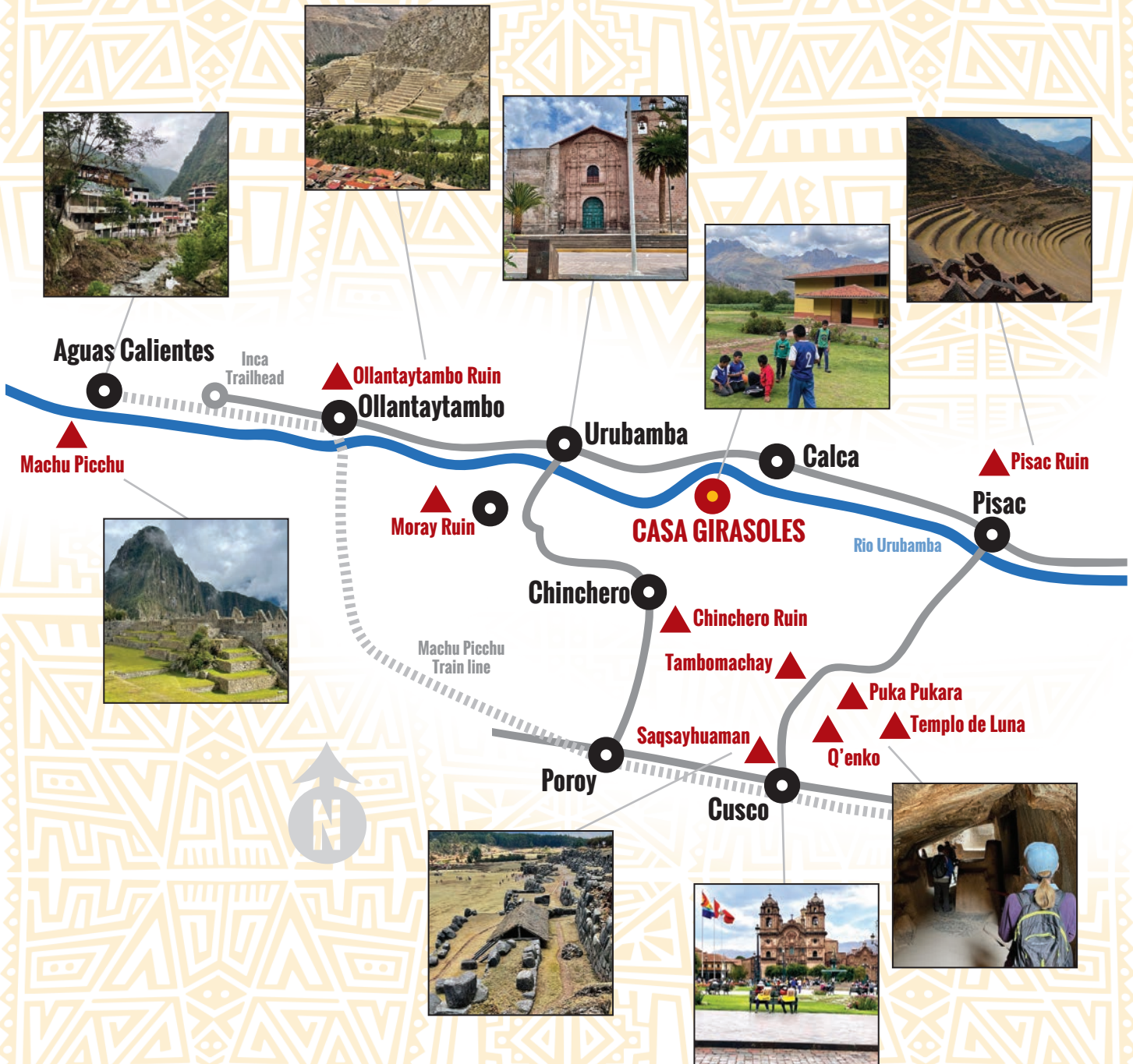
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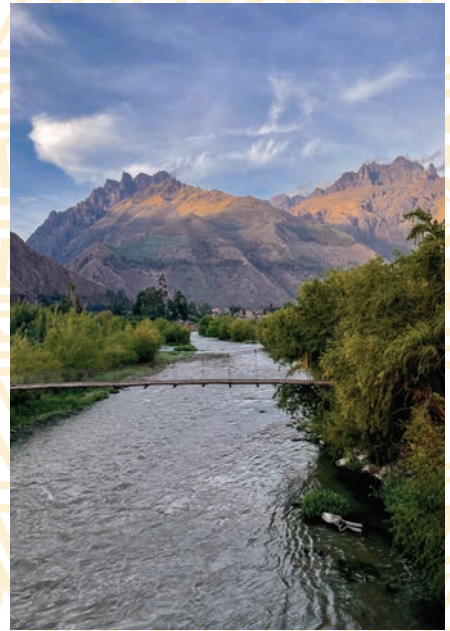
Sacred Valley of Perú - Area Map



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Basic Information

Runners participating in the event should consider the physical demands of running at high altitude and rough terrain. The runs are physically demanding and include extensive time on single track trails and in high altitude. Participants should be able to complete a marathon in under 4-hours and/or have experience with 5+ hour endurance events. The trail running in this area of the Andes can only be described as spectacular - with diverse terrain and wide variations in distance.

Epic Run: The culmination of the week of social outreach and running, will be highlighted by an epic running event. This run will be fully supported with mobile aid stations and support staff. Expectations for finishing this epic run are purely personal. HBI and The Running Cuy will assure there is adequate support, and a sag wagon is available for any runner who chooses to end their run before the designated completion. We anticipate an effort in the range of 4-6 hours.

All runners should plan to have a hydration system of their choice (i.e., hand bottles, pack, etc.) and any equipment they need to run for up to 6 hours (e.g. hiking poles, small pack with snack foods, etc.). HBI will supply hydration and nutrition supplies at the aid stations throughout the run course.

Participation: There are a limited number of spaces available to participate. We are only accepting 10 runners for this adventure. Runners interested in joining the adventure should contact Wayne Centrone (Wayne@HBIInt.org) as soon as possible.

Trip Costs: Trip costs include in-country transportation (excludes international airfare), meals, snacks, beer and wine, running supplies and aid (e.g. nutrition bars, water, drinks, food, gels, electrolytes, etc.), two bilingual trip guides with over 30-years of running 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 Running Adventure experience is designed to be flexible and work with the needs of all the participants of the trip. Runners and adventurers will not be asked to push themselves beyond their comfort. Trail runs, adventure hikes, and walks, all can be modified in intensity and duration to meet the needs of the participants.

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JOIN US!

Register online at: <https://givebutter.com/Trailrunning2025>

Need more information? info@HBInt.org

An application and \$1,000 deposit are due by May 2, 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.

Website: <https://givebutter.com/Trailrunning2025>



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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