



**Cusco / Machu Picchu Peru 2024**  
**August 31<sup>st</sup> (Saturday) thru September 6<sup>th</sup>**  
**(Friday)**



This mission is designed to bring Medical/Dental care to the remote communities of Cusco, Peru. We will be focusing on communities that are off the tourist trails. This is going to be a unique and rewarding mission. Our home base will be a quiet and unique town of Ollantaytambo (elevation 9160ft). Ollantaytambo is a village in the Sacred Valley of South Peru, set on the Patakancha and Urubamba Rivers amid snow-capped mountains. It's known for the Ollantaytambo ruins, a massive Inca fortress with large stone terraces on a hillside.

We have set up the mission so that you should arrive Saturday early in the morning (no later than 10am) in Cusco(elevation 11,152ft), and you will have a chance to see a bit of the world-renowned Plaza de Armas, before we head to Ollantaytambo . Your flights home can be scheduled Friday morning.



Clinics days will be Sunday, Monday and Tuesday. Wednesday we will explore the beautiful and historic Inca sites of Ollantaytambo, and Thursday morning we will visit the wonder of the world Machu Picchu at sunrise. Thursday night is our farewell dinner, and the mission is completed Friday morning after breakfast.

### Itinerary for the Mission:

Friday August 30:

Depart the USA.

Flights from the USA usually leave late at night. Depending on your arrival time, you may have time to stay in a hotel overnight (not provided). It may be best, if your flight arrives around 4am Saturday morning (as some do), to consider staying in the Lima airport which is clean and safe, until your connecting flight to Cusco.

\*Many people often arrive in Cusco a day or 2 early to explore Cusco, join a trek/hike, or acclimate to altitude. I am happy to help you arrange any additional trips while in Peru.

Saturday August 31:

In Cusco you will be met by your Team Leader. Depending on your arrival time, you may have some time for breakfast, a cup of coffee or mate de coca (best for altitude) and take and a walk to see the famed Plaza de Armas. Once the full team arrives, we will board a bus to the town of Ollantaytambo.



September 1, Sunday -Medical/Dental Clinic at Ollantaytambo 9160 ft/ 2792 m

September 2, Monday -Medical/Dental Clinic at Ollantaytambo 9160 ft / 2792m

September 3, Tuesday -Medical/Dental Clinic at Willoq 9514 ft/ 2900 m

September 4, Wednesday- Ollantaytambo

We will spend the morning on a tour and short hike exploring the Sacred Valley, and the Ollantaytambo Ruins and Archaeological Site, which is widely considered the most important Inca site in the Sacred Valley. The significance of Ollantaytambo dates back to the late 15th century, as it was one of the last strongholds of the Incas, as they held back the invading Spanish.

After lunch we board the famed Inca Rail train to Machu Picchu. The next morning we will have the rare opportunity to explore Machu Picchu at sunrise and before all the crowds with a guided tour and an amazing photo opportunity overlooking Machu Picchu.

#### September 5 (Thursday) – Machu Picchu

Early wake up call to catch the 1st bus up to Machu Picchu (7,875 ft / 2400 m). We will enjoy the sunrise and a guided tour of one of the wonders of the world.



Afterwards we return to Cusco to spend our final night, which includes our “Adios Amigos” dinner, where you can say goodbye to your new friends and Peruvian coworkers.

September 6 (Friday) - Your mission concludes after breakfast

**\*\*optional tours and hikes can be arranged for before or after the mission \*\***

Donation for the Mission is \$2885

Your (tax deductible) donation to FDOA includes the following:

- 4 nights accommodation in Ollantaytambo
- 1 night accommodation in Machu Picchu
- 1 night accommodations in Cusco
- (all hotels are double occupancy)
- Ground transportation
- Tour of the Sacred Valley/Ollantaytambo
- Tour of Machu Picchu (train, tour guide, entrance)
- All meals are provided (B, L, D) except for lunch at Machu Picchu
- Translators and Guides
- Purchase of Medical Supplies and Medications
- Flying Doctors T-shirts
- A portion of this donation goes to the general operating account of FDOA to keep us Flying for the missions.
- Not Included in your donation: International airfare to Lima. Domestic airfare from Lima to Cusco.
- Any additional treks, tours (we will be happy to help you arrange these pre or post mission).

Team Leader ~ Dr. Douglas Schildhaus D.M.D Phone: 516-526-2015

Email: dschildhaus@gmail.com