

The Best of Peru/The Best of Yourself Machu Picchu Leadership Expedition July 2-14, 2009

Introduction:

What makes a great adventure: country, terrain, culture, local history, indigenous people, ethnic food, shopping, physical challenge, service, new friends, new learning, the chance to relax, perhaps a personal transformation?

For the true adventurer: This trip has it all!

Jeff Evans of MountainVision and Dr. Bruce H. Jackson of The Institute of Applied Human Excellence are partnering on their 3rd Machu Picchu Leadership Expedition.

Jeff is best known as a world-renown climber and adventurer—the lead guide in taking Erik Weihenmayer to the Summit of Mount Everest in 2002, setting 3 world-records in the process. As a professional speaker, author, emergency search and rescue/physician’s assistant, Jeff brings 20 years of experience and training into the adventures he leads.

Bruce is the Director of the Center for the Advancement of Leadership at Utah Valley University, The Executive Director of the C. Charles Jackson Foundation and the CEO of The Institute of Applied Human Excellence. His research and practice is centered on helping individuals, teams and organizations reach their best—even their “flow” and “peak performance” within every Meaningful Life Arena.

Jeff and Bruce bring more than 15 years of management consulting, research, and experience working with some of the most talented entrepreneurs, executives, and high performers in the country. While traveling to remote locations around the globe and pushing clients to learn from each experience, Jeff and Bruce use the outdoors as a metaphor for understanding the essence of authentic leadership, teamwork, and the common factors known to all high performers.

Together Jeff and Bruce have put together a once-in-a-lifetime adventure, designed to offer the best of Peru while simultaneously helping each person tap into, uncover, and live more profoundly, their Philosophy of Engagement™.

During our time together Jeff and Bruce will be sharing their extraordinary symbolic messages and themes they have learned about life and leadership on and off the mountain. Each member of our expedition team will do the same, making our time together an extraordinary collection of leadership lessons and life experiences.

This trip is consists of both the outer journey and the inner journey. Let’s review each:



THE OUTER JOURNEY

Machu Picchu Adventure Machu Picchu, via the 'Huber Inca Trail'



This will prove to be the best of Peru! This is a fascinating trip into the cultural heart of the Incas and a look into the Peruvian Amazon region. Our trip starts and ends in Cuzco. After experiencing the local Peruvian culture (food, shopping, touring local religious and historic temples, cathedrals, and other local sites) we take the very infrequently traveled '**Super Inca Trail**' (**Ankoscocha Trail**) where you are almost guaranteed to not see another tourist.

In the middle of our trek we will give back to this wonderful land and commit ourselves to a small community service project in the village of **Chilipahua**. In total, five days of hiking this **variation of the Inca Trail** will bring you to the 'lost city' of **Machu Picchu**. We will spend an entire morning in ruin sites discovering many of its hidden treasures. First class accommodations in Lima, Cusco, Aguas Calientes and throughout the trekking journey, make this the perfect adventure for anyone.

Note: For those wishing to extend their stay, you will have the opportunity to add on a bonus trip and visit either the Nazca Lines in western Peru or the Amazon jungle near the town of Puerto Maldonado. Either of these side excursions will provide quite a contrast to the higher altitude regions of Machu Picchu and Cuzco. Please inquire if interested.

The Itinerary:

Day 1 Depart home for Lima, Peru

Depart home for Lima, Peru. Depending on individual flight schedules, you will either arrive in Lima in the evening or very early the next morning. Those arriving in the evening will overnight in a hotel in the suburbs of Lima (Miraflores) and return to the airport early the next morning for the flight to Cusco.

Day 2 Cusco

Check into hotel. In the afternoon you will have a guided visit of the nearby ruins of Sacsahuaman. Overnight at hotel San Agustin.

Day 3 Cusco/Urubamba

Morning visit to the Pisac market for some shopping. After lunch we will visit the ruins of Ollantaytambo. Overnight in Cusco again.

Day 4 Pacchar to Chilipahua

Early morning bus will take us to the Pacchar trailhead to begin our trek up the Inca Trail. The trail climbs via a small 'pampa' at Amparaki to the Watuq'asa pass (3900m) where we will pass an Inca wall and fortress known as Qosqo'awarina (the place where one can see the surrounding the pass). There are also great views of the Vilcabamba massif, 3 large mountains in a row. Then we descend from the pass to a small valley with a stream running through it called Anapahua, head up the valley to your campsite at the small settlement of Chilipahua (3700m). 5-6 hours of trekking.

Day 5 Chilipahua

This is our day of community service for the Chilipahua village

Day 6 Chilipahua to Ankascocha

A long day of hard trekking to the second highest pass, Pampaq'asa (4400m). Once over the pass, a further hour down brings you to the lunch spot by the Silque River. After lunch, walk a further 2-3 hours downhill until you reach your campsite at Ankascocha (3900m) near a lake. 7-8 hours of trekking.

Day 7 Ankascoha to Keska

The day begins with a steep ascent to the Ankascosha Pass (4700m). Passing a beautiful glacial lagoon, we will have magnificent views of snow capped peaks as well as the Silque Valley. The trail descends past small farmsteads and patchwork fields to the Keska Valley and a recently restored Inca site that was once a checkpoint at the confluence of the Keska and Pampacahua Valleys. Overnight near the village of Keska (3600m). 5-6 hours of trekking.

Day 8 Keska to Q'ente

The trail now follows the Cusichaca Valley through Huayllabamba, a village of corn fields to Q'ente which overlooks the Urubamba River. This area is dotted with Inca sites. The scenery will change dramatically as you leave the snow capped peaks behind and enter the tropical surroundings with strong scents of eucalyptus. Overnight in a sweet spot on the edge of the Urubamba River. 3-4 hours of trekking.

Day 9 Q'ente to Machu Picchu

This morning we will wake from camp and make our way over to the train station where we will take a 40 minute train ride to Km 104 and begin our final push up to the holy site. A very steep 3 hour trail will bring us to the famous Inca ruin of Winay Wayna. Here we join the standard Inca Trail which cuts across the ridge to the Incan 'gate of the sun' and the first exhilarating view of Machu Picchu. From 'the gate', you will travel downhill to Machu Picchu. Just a few minutes to enjoy the sun setting around this amazing place and then a short bus ride down to Aguas Calientes where we will lodge at the Hotel Machu Picchu Inn. 5-6 hours of trekking.

Day 10 Machu Picchu to Cusco

Morning guided tour of Machu Picchu with lunch. This afternoon take the train back to Cusco (3hours). Overnight in Cusco at the San Augustine.

Day 11 Cusco to Lima

Take the domestic flight back to Lima. Overnight in Lima in Mira Flores district. Visit Gold museum and armory.

Day 12 Depart Lima for home

International flight, arrive home late in the evening.

THE INNER JOURNEY

Building Your Philosophy of Engagement™ On your journey to Machu Picchu!

The Question:

What is the difference between the average person and the exceptional performer/leader? Is it more talent, a better pedigree, the right education, the right environment? Each of these count, but none of them make the high performer/leader.

The Premise:

Effective leadership (personal, interpersonal, organizational, or civic/community) is more than a clear mission, vision, strategic plan, goals and other tools of the trade—it's about philosophy. But where does your philosophy come from? How is it developed?

In building your capacity to influence, it is important to recognize that many of the most important leadership skills are already inside of you, just waiting to be applied within each of your Meaningful Life Arenas (MLA's): family, social, professional, spiritual, academic, etc...

At the Institute of Applied Human Excellence we believe that leadership begins with the self (Personal Leadership) and includes a focus on the physical, emotional, psychological, philosophical and spiritual self.

While some organizations recognize the importance of the physical dimension (physical fitness, wellness), emotional dimension (Emotional Intelligence), psychological dimension (mission & vision building, goal setting, time management, execution, etc...), even the spiritual dimension (discovering a higher power & purpose, etc...), few focus on building an enduring Philosophy of Engagement™.

The Challenge:

Consider the following scenario: you have been given six months to live. With all of your material possessions used to cover the costs of treatment, you wonder what you can leave behind to your family and friends that will be of value to them—something that would tell your story, define you as a human being, and add significant value to their lives?

The Purpose:

The answer to The Challenge can be found throughout history—through the lives of great men and women who have crafted their philosophies for others to study. Some call them creeds. Others call them constitutions, maxims, tonics, ethos, or even personal codes. From Benjamin Franklin’s 13 Virtues to Helen Keller’s personal essay on faith, a vital part of any performer/leader is getting in touch with his/her philosophy declaring the core principles, beliefs, attitudes, perspectives, qualities, virtues, rules, standards, and other vital concepts that have come through past experiences to inform future challenges.

Using the great performers/leaders of our time, you will have the chance to work individually as well as collectively to uncover and identify the key factors that define your Philosophy of Engagement™.

Building your Philosophy of Engagement™ is about mining our own acres of diamonds and extracting from your life those experiences and lessons that have been instrumental in your learning and success. While many of us already have an enduring philosophy, few have brought it to light, nor lived it to its full capacity. That is our goal.

By participating in this workshop, you will not only begin this process, but walk away with a working draft of your Philosophy of Engagement™—giving you the most important document you will ever draft—even the most valuable asset you will leave to your family and friends.

Your Philosophy of Engagement™ is a living and breathing document—a work in progress that will help you stay focused and committed to living by your most enduring personal standards. Building your Philosophy of Engagement™ is about self-discovery, learning, and a commitment to living and leading on purpose—a vital skill for anyone wishing to advance their leadership potential.

The Environment:

Our journey on the Inca Trail to Machu Picchu provides a beautiful, historic, and cultural landscape which allows for much self and collective reflection. In partnership with other members of this expedition team, we will spend eight nights (in Cuzco, the Inca Trail, and the beautiful town of Aguas Calientes) filled with unique challenges, questions, and exercises. Each evening (approx. 1 hour) is designed to promote reflection, discussion and identification of the core ideas that culminate into the drafting, oral presentation, and commitment to living your Philosophy of Engagement™.

The Training Outline:

Pre-Trip Readings and Topics (12 weeks prior to leaving for Peru):

- Communication #1: Introduction to Levels of Self and Structure of Excellence.
- Communication #2: Physical Training: Preparing for your Adventure
- Communication #3: Locus of Control: The Economy of Influence
- Communication #4: Spiritual Training: Tapping to Deep Values & Purpose
- Communication #5: Missions, Vision & Legacy Building: Your Life's Canvas
- Communication #6: Goals: Building an Architecture of Focus
- Communication #7: Mental Strategies for Peak Performance
- Communication #8: Visualization and High Performance in every MLA
- Communication #9: Internal Communication: The Power to Self-Regulate
- Communication #10: Emotional Intelligence: Developing Emotional Resiliency
- Communication #11: Finding Your Flow in Everyday Life
- Communication #12: Summary and Application of Tools, Methods & Techniques

On the Mountain Trainings & Topics:

- Evening 1: A framework for high performance (discovering “Flow” in every-day life)
- Evening 2: Identifying the core principles & beliefs that have shaped your life
- Evening 3: Understanding the attitudes & perspectives that impact your perceptions
- Evening 4: Identifying the qualities and virtues that you have aspired towards
- Evening 5: Discussing the rules & standards that have defined your character
- Evening 6: Drafting and initial review of your Philosophy of Engagement™
- Evening 7: Review and discussion of your Philosophy of Engagement™ (as a team)
- Evening 8: Living your Philosophy of Engagement™—identifying your “one thing” and coaching yourself towards long-term and sustained personal excellence

The Benefits:

The benefits and walk-aways of this workshop include:

- Understanding a new framework achieving peak performance every day
- Clarification of core concepts and values that define you as a leader
- A structured approach to developing your Philosophy of Engagement™
- A new level of commitment to living your Philosophy of Engagement™
- An increase in confidence when living personal standards of excellence
- An increase in daily focus and engagement
- Continuing Education credits for your professional development transcript

Together, Jeff and Bruce facilitate combine the best of Peru and the best of each team member, making the outer journey and the inner journey one that you will never forget.

Client Testimonials

Bruce and Jeff led a disparate group of strangers into a tightly knit group of friends via his nightly leadership discussions and training exercises. I can think of no better way after a hard day of physical demands, to further stretch oneself than how Bruce guided us to. It created a trip that expanded and enhanced the whole person, and provided some practical life take-aways that only emerged in this kind of natural setting.

--Ron Lindorf, Entrepreneur

The conversations were enlightening and thought provoking. The scenery is unbelievable. It took me two and a half years to make it happen. My only regret is the other trips I missed during that time. Don't hesitate. It's an amazing experience.

--Meg Green, Sr. Director, Talent Negotiation & Recruitment, ESPN

The life lessons learned from you and everyone is truly a part of my life. I have shared my story many times with friends and the emphasis is still the remarkable treasure found in the leadership portion of the trip. Prior to your leader's round table, I had not put together a philosophy of who I am and what I believe. Being able to identify the things I use to navigate through life has brought me more focus and clarity.

--Richard Hardware, 1st Sgt. United States Army

I have traveled throughout the world for decades but our trek to Machu Picchu with Dr. Bruce Jackson and Jeff Evans was far beyond all expectations. The grandeur of the Andes, the joy of community service, the excellent food, and wonderful training were all world class. Most of all, Bruce and Jeff are remarkably gifted at building superb teams of adventurous people. The training for enhanced performance in work, play, and family settings was superb, interesting, and a highlight of this wonderful trip. In sum, this trek was an experience of a lifetime.

--R. Christopher Barden, J.D. Ph.D.
World renown psychologist & trial attorney



Hiking the Andes along the Uber Inca Trail is an incredible experience. The leadership round table discussions enhance the experience. Bruce & Jeff provide an opportunity for anyone to examine their life and choices in a relaxed comfortable atmosphere. The combination of enjoying the great outdoors and sharing an intellectual experience in a far off land truly help to find our minds and souls.

Mark N. Bair, MD, FACEP



The Costs:

Trip Cost Includes:

- Once in Peru, all land travel
- Domestic Lima-Cusco roundtrip flight
- Hotel and lodge accommodations (two to a room, depending on group size...singles are optional), 2 nights prior to climb, 1 night after
- Transfer to and from Lima and Cusco Airports upon arrival and departure
- Transportation to and from your hotel in Lima and Cusco
- Team welcome dinner. Team farewell dinner
- National Park gate fees where applicable
- Camping fees
- Rescue fees / Park Commission fees where applicable
- Guides, porters, and cooks salaries
- All meals while on climb. Note 'snack food' below
- Government taxes where applicable
- All campsite equipment excluding sleeping bag and sleeping pad
- 2-man tents
- 2 Western leader(s), 1 Peruvian guide, Peruvian assistant guides, cook and porters
- 2 hotel nights before climb. 2 hotel nights after climb
- Continuing Education Credit certificate (1.5 hours). Available upon request

Trip Cost Does Not Include:

- Airfare to and from Peru
- Additional tips for Porters and Guides (above and beyond the base tip rate included in price). This is done on an individual basis
- Personal drinks, snacks, food, and gifts
- Subsequent lodging and food beyond the 4 nights stated above. 1 dinner and 2 lunches at own cost

Price
\$3500

For trip sign-up, please forward your \$500 deposit to:

Dr. Bruce H. Jackson
The Institute of Applied Human Excellence
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Highland, UT 84003

More info on www.mountain-vision.com



Adventure Photo's

