



Gravel Cycling Adventure 2023

Information Packet

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 International for the adventure of a lifetime!*

Dates for Trip: October 30 until November 7, 2023

The Gravel Cycling Adventure trip will combine health and social outreach activities with a gravel cycling in the **beautiful Peruvian desert city of Ica**. 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 16 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

Gravel Cycling Adventure 2023

The cost of the outreach trip is **\$2,450** (does not include international airfare):

Item	Cost	Miscellaneous Information
Basic Trip	<u>\$2,450.00</u>	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 alcoholic 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:

Item	Cost	Miscellaneous Information
Passport	\$100-165	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 – 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 (http://wwwnc.cdc.gov/travel/destinations/traveler/none/peru)
Travel Insurance	\$75-100	1-800-228-9792 or 1-800-348-9505 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 \$500 is required by July 15, 2023.

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

Important Dates and Information

Application and deposit deadline	July 15, 2023
Last date for refundable deposit	September 5, 2023
Virtual organizational meeting	October 1, 2023 (web-based meeting)
Arrival in Perú (Lima)	October 30, 2023
Departure for the Province of Ica	October 31, 2023
Return to Lima from Ica	November 6, 2022
Return home or depart for Excursion trip	November 7, 2023

The City of Ica: So much is written about the tourist destinations of Perú. From the beautiful city of Cusco to the wonderous 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 coastal desert cities of Pisco, Mala, Ica, Chincha, and Cañete. The coast of Perú is a rich area for adventure and gravel riding. We will take advantage of the sun and warm weather of the coastal desert to explore some of the most “off-the-beaten-track” destinations in all Perú.

Accommodations: Our “base” will be a small boutique hotel in the city of Ica. 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 provided by a private chef at the Casa Girasoles. Our plan is 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.

Gravel Riding: As mentioned above, the coastal desert 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. With 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 with all 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 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 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.

Tentative Trip Itinerary

(subject to change)

October 30, 2023 – Arrival Day: Plan to arrive in Lima at some time over Tuesday, November 2. 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 – and all guests will have a private room with ensuite bathroom. Arrival Day is an easy day and the only structured activity will be a welcome and orientation dinner.

31 October – Welcome and Grand Depart: We will be departing for the city of Ica around mid-morning. The 4+ hour drive will include sightseeing along the Lima coast. Upon arrival in Ica, 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.

1-4 November – 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 on bike 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 poolside at the hotel with craft beer, decent wine, and fantastic pisco sours.

5 November – Epic Adventure Ride: A long ride through some of the best countryside in Perú on truly epic trails and adventurous gravel roads. We anticipate a final ride in the neighborhood of 6-8 hours with a minimal amount of altitude gain and a maximum of fun. We will plan a big late afternoon or early evening barbeque with the staff and boys at the Casa Girasoles.

6 November – Transfer Day: Our final day in Ica will include an optional 1 hour “walk the dog” ride before breakfast at the hotel, packing, and a transfer back to the city of 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 ensuite bathroom.

7 November – 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 and help with airport transportation, sightseeing options, and reasonable cost accommodations.

Basic 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 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 cyclists 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 bikes for use – mountain and gravel. Please contact us before booking your trip if you plan to use an HBI bike.

A Word About the Roads: We will be riding in the desert – but don't let that fool you into thinking this will only be about the sand. Our daily rides will take us through grape vineyards, agricultural communities, and the foothills of the Andes Mountains. Much of the riding will be on hardpacked gravel and clay roads – with some single track and the occasional tarmac connectors. 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 only accepting 15 cyclists for this adventure. Gravel cyclists interested in joining the adventure should contact Wayne Centrone (Wayne@HBInt.org) as soon as possible.

Trip Costs: Trip costs include room and board, in-country transportation (excludes international airfare), riding supplies and aid (e.g., 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.



Want to Join the Trip?

Register online at:

Need more details: info@HBInt.org

A \$500 deposit is due by July 15, 2023

Please make invoice payable to Health Bridges International, Inc. 9416 SW Boones Ferry Road, Portland, OR 97219; or through electronic payment at:

Zelle – Wayne@hbint.org

Venmo – @Health-Bridges

PayPal – Health Bridges International, Inc.

Website – <https://app.theauxilia.com/pay/HBInt>

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