



Peru · Costa Rica · Colombia

Enriching small group tours to unique destinations



- 7 *Peru* 12 DAYS | DEPARTS APRIL 22nd
- 11 *Costa Rica* 12 DAYS | DEPARTS MAY 14th
- 15 *Colombia* 12 DAYS | DEPARTS AUG 20th
- 19 *Northern Peru* 14 DAYS | DEPARTS SEPT 16th



From coffee and chocolate to wine and clothes, fair trade products are now ubiquitous on any given high street. Although incredibly diverse, what all these products represent is a commitment to paying fair prices for raw materials and supporting the producers and their communities.

Therefore, we are now thrilled to welcome you to Fair Trade Adventures: personal, experience-rich and rewarding travel experiences that have a positive impact on destinations. Fair Trade Adventures are brought to you by Cafédirect Producers' Foundation (CPF) in collaboration with Sumak Travel, a UK based social enterprise specialising in Latin American ecotourism.

Set-up by pioneering fair trade company Cafédirect, CPF works closely with a network of 38 fair trade farming cooperatives across Latin America and Africa. Smallholder farmers produce nearly 70% of the world's food supply but they face numerous challenges, such as climate change and pests, which can seriously threaten their livelihoods. CPF is led by the needs of the 280,000 smallholders in their





→ network and helps them develop innovative ways to combat these challenges.

The community-based approach championed by Sumak Travel helps to build a sustainable relationship between communities and travellers. Sumak works directly with local community tour operators in Latin America and offers inspiring bespoke journeys that put the needs of the community first - all at a fair price.

These Fair Trade Adventures offer authentic, affordable and exciting holidays to discerning travellers – small group tours that also have a positive impact on the local communities and the environment.

Fair tourism is a perfect way for CPF to further their work empowering smallholder communities, allowing them to showcase their work on their own terms. It also provides complementary sources of income to these communities, allowing

them to implement sustainable, long-lasting solutions to the problems they face.

Furthermore, 10% of the price of each of the tours sold will go directly back into CPF's programmes, helping smallholder farmers develop and share their innovations.



Introduction

In this brochure, you will be able to find out more about the amazing experiences we have created in Peru, Costa Rica and Colombia, which are only available through CPF. These tours have all been designed in collaboration with local communities, helping to ensure a totally unique and authentic travel experience. You can feel safe in the knowledge that you are improving the living conditions of these communities, and giving back to the people and producers you meet throughout your tour.

Reading through this brochure you will get a taste for what's on offer, and how these tours can change your perspective of travelling forever. If you have ever dreamed of riding horses through rural Colombia, tasting the freshest Peruvian coffee from Machu Picchu or becoming friends with the Bribri indigenous tribe and savouring their organic chocolate in Costa Rica, these are the tours for you.

To find out more about these adventures and receive the full itineraries, contact: fairtrade@sumak-travel.org or 020 36424246.



Testimonials

“At Cafedirect Producers’ Foundation our overarching mission is to help smallholder farmers to develop their own innovative approaches to challenges such as climate change, price volatility and damaging pests. We have witnessed first-hand the wealth of experience, knowledge and expertise that exists in underserved rural communities to make this possible. It is incredibly exciting that we can now offer these Fair Trade Adventures that will not only help fund our programmes but also champion smallholder farmers as both innovative and resourceful.”

Claire Rhodes, CPF General Manager

“As both a lover of travel and an avid fair trade supporter, these trips are a fantastic way to experience once in a lifetime tours, and support fair trade. Ecotourism really is the future!”

Rosie Greenfield, keen traveller and fair trade supporter

“For 25 years Cafedirect has been proud to put smallholder farmers at the heart of everything we do. In our desire to directly connect citizens across the world, we are very excited to be part of an initiative that can do just that. Experiencing the similarities and differences in these communities can be profound and truly inspiring.”

John Steel, CEO of Cafédirect





Testimonials from Travellers

“After organising a memorable trip to Costa Rica, we thought it would be difficult for Sumak to surpass that, but we were wrong. Our three week honeymoon in Peru and Colombia was quite simply the most amazing experience we have ever had. From the moment we stepped on the plane we were in dreamland. Hotels like palaces, excursions that made us feel like (Mr & Mrs) I. Jones, and luxurious relaxation that made us feel like royalty. All of the guides were brilliant and each of them made the whole trip very special. We are already looking forward to next year’s adventure... Bolivia and Venezuela perhaps? “

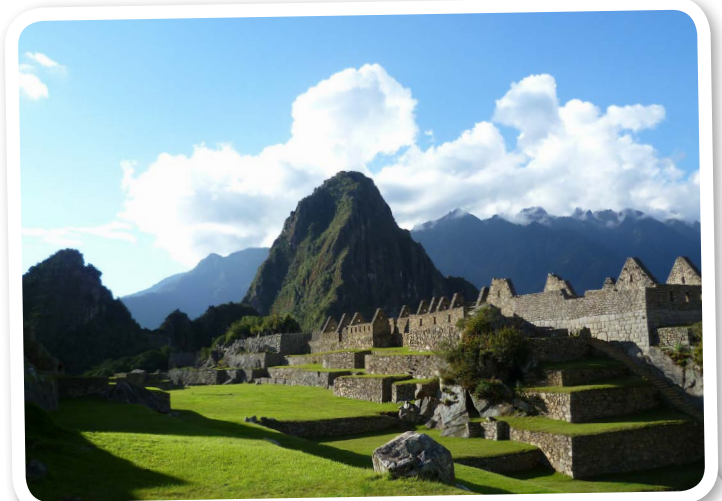
Andrew and Gemma, travelled to Peru and Colombia with Sumak in October 2015

“It was a fantastic experience. The tour guides, drivers, and hotel operators were universally good to work with. It was a true community based, sustainable travel experience. I recommend Sumak Travel highly!”

Kristan, travelled to Costa Rica with Sumak in February 2015

“The trip took me off the beaten track and although it was sometimes challenging as a result, the added authenticity made it all the more worthwhile. I was glad to see that local indigenous people were often the ones benefitting economically from our trip and the tour was certainly respectful of the environment too. I had a magical time.”

Weng, travelled to Colombia with Sumak in April 2015



Peru



12
DAYS

Departs
APRIL
22

Journey through ancient Inca heartland to explore the majestic mountain citadel of Machu Picchu, set sail on tranquil Lake Titicaca, and meet the farmers behind one of our best-loved fair trade coffees





Highlights

- » Explore the impressive Inca citadel of Machu Picchu, perched high in the Andes
- » Learn about 'bean to cup' organic coffee production while staying on a fair trade farm
- » Discover vibrant markets and ancient Quechua traditions in the Sacred Valley
- » Stargaze on the shores of Lake Titicaca before sailing to its most fascinating islands
- » Take part in ceramic and weaving workshops and be inspired by fair trade entrepreneurs

PROGRAM

Day 1: Arrive Lima

(-/-/-) Transfer from the airport to your hotel in the Miraflores neighbourhood.

Days 2 - 3: Lima

(B/-/-) (B/L/-) Visit the pre-Hispanic sanctuary of Pachacamac and an eco-ranch that grows organic food, before taking part in ceramics and weaving at the Ichimay Wari Craftsmen Workshop Association. Tour the colonial centre, be inspired by two women's fair trade cooperatives and enjoy lunch with a local family.

Day 4: Lima to Cuzco to coffee farm

(B/L/D) Fly to Cuzco, then journey through the Sacred Valley's spectacular mountain landscapes, stopping for lunch at Heart's Cafe in Ollantaytambo, where profits fund social projects. Stay overnight on an organic coffee plantation in the village of Huayopata, where Café Machu Picchu is produced.

Day 5: Coffee farm to Aguas Calientes

(B/L/-) Tour the farm to learn how coffee is harvested and roasted, before taking a scenic train ride to Aguas Calientes, gateway to Machu Picchu, where your hotel harbours the town's best organic restaurant.



Optional add-ons

Paracas, Ballestas & Ica (2 days)

Discover the diverse birdlife of the Paracas Natural Reserve, the incredible rock formations and marine animals of the Ballestas Islands, and South America's most beautiful desert landscapes.

Amazon Rainforest (4 days)

Spot monkeys, spectacled bears and Peru's national bird, the Cock of the Rock, in Manu cloud forest before venturing along the legendary Amazonas River by motorised canoe, to explore the rainforest trails and colourful birdlife with naturalist guides.

Day 6: Machu Picchu to Ollantaytambo

(B/L/D) Full day at the incredible Inca citadel of Machu Picchu, with a guided tour and time to explore on your own. Climb Huayna Picchu for breathtaking views of the site, which is perched high in the Andes. Take the train to the ancient town of Ollantaytambo, where you will be hosted by a local family.

Day 7: Sacred Valley

(B/L/-) Pay a respectful visit to a Quechua community to observe ancient weaving traditions and learn about indigenous Andean culture. Enjoy an exquisite organic lunch in Urubamba and visit Pisaq, before returning to Cuzco in time for sunset. Stay at Ninos Hotel, which funds projects for street children.

Day 8: Cuzco

(B/L/-) Tour the impressive Sacsayhuamán site, which spectacularly overlooks the city. Wander through the bohemian San Blas neighbourhood and stop off for coffee at the Meeting Place, which funds social projects. Taste authentic Peruvian food in a family setting before exploring Cuzco at your own pace.

Day 9: Cuzco to Puno

(B/L/D) Travel by bus to Puno, via picturesque Andahuaylillas, where the cathedral is known as the 'Sistine Chapel of America'. Visit Wiracocha temple, where the Q'oyllur Riti festival is celebrated each June, and Pucará, home to the well-known Toritos de Pucará. Your homestay on the Capachica Peninsula offers unique views over Lake Titicaca, perfect for stargazing.

Days 10 - 11: Lake Titicaca Islands

(B/L/D) (B/L/-) Set sail on the world's highest navigable lake. Visit Tikonata Island for artisanal fishing, hike to ceremonial centres on Amantaní Island to observe the sunset, and visit the homes of indigenous families directly descended from the Incas on the unique Taquile Island. Enjoy a cultural night, stay in a family-run guesthouse,

and try traditional weaving before returning to your lakeside homestay.

Day 12: Depart Puno

(B/-/-) Transfer to Juliaca airport for your flight home.

Peru



Essential information

Departs: April 22nd, 2016

Price: £2,055pp (excl. international flights)

Group size: 4 to 10 travellers

Transport: Private transfers, coach, train, airplane, boat

Accommodation: Private double/twin rooms. Single supplement £195pp

International flights: Prices for London – Lima, Juliaca – London flights start from £560pp with Air France/KLM.



Costa Rica



Experience Costa Rica's incredible natural beauty, from its pristine white beaches to wildlife-filled nature trails, as you meet with cocoa and coffee producers and mingle with indigenous tribes

Departs
MAY
12 **14**
DAYS





Highlights

- » Unique opportunity to meet with the indigenous Bribri tribe and hear their ancient stories
- » Experience the traditional *campesino* way of life on a rural fair trade coffee farm
- » Learn how chocolate is produced at an organic cocoa cooperative on the Caribbean coast
- » Relax on pristine white beaches, hike nature trails and swim in crystal-clear waterfalls
- » Master traditional recipes and catch your own lunch on a fishing trip

PROGRAM

Day 1: Arrive San Jose

(-/-/D) Transfer to your San Pedro homestay. Enjoy a home-cooked meal.

Day 2: Visit to Palmichal de Acosta

(B/L/-) Get a glimpse into the traditional *campesino* way of life on a visit to a rural farm that produces one of Costa Rica's best coffees. Learn about the production of

artisanal cheese, milk a cow and take part in a cooking workshop to make 'biscocho', a traditional local snack, before returning to your homestay.

Days 3 - 4: San Jose to Cahuita

(B/L/D) (B/-/D) Journey along the Caribbean coast to an organic cocoa farm, then on to Cahuita, where you will stay in an eco-lodge with spectacular forest views.

Spend a day in Cahuita National Park, relaxing on pristine white sand beaches and hiking nature trails, and help your hosts prepare a traditional dinner.

Days 5 - 6: Yorkin - experience Bribri paradise

(B/L/D) (B/L/D) Travel to Bambú, where an experienced local crew will sail you down the Yorkin River in an indigenous canoe.

Venture deep into the tropical rainforest for a unique opportunity to meet members of the indigenous Bribri tribe, hear their ancient stories and learn about their traditions. The next day, hike into the forest and cross the river to meet Panama's Arakupa Kakonu community of women, who will share tales of the Talamanca region. Return to Bambú by canoe and continue overland to Sarapiquí,



Optional add-ons

Tortuguero National Park (3 days)

Observe an abundance of wildlife including monkeys, brightly-coloured butterflies, exotic flowers, caiman, sea turtles and more, as you journey through the national park by boat and on foot, and unwind at a Caribbean coast eco-lodge.

lush mangroves and spot an unequalled array of wildlife – it's home to more than 300 species.

Corcovado National Park & Caño Island (4 days)

Spot monkeys and rare birds on a 7-8 hour hike through primary rainforest in Corcovado NP; explore the biological reserve of Caño Island; and finish with some snorkeling / diving to discover the island's fascinating marine life and underwater caves, canyons and cliffs.

Manuel Antonio National Park (3 days)

Visit Costa Rica's smallest national park to horseback ride along stunning white sand beaches, kayak through

where you will stay overnight at Finca Sura.

Days 7 - 8: Sarapiquí to Juanilama Reserve

(B/L/D) (B/L/D) Join the Gomez family for a participatory tour of their farm and the pineapple plantation, before catching your own fish for lunch. Continue to the Juanilama Rural Community and Reserve, where you stay overnight with local families. Get hands-on as you harvest

tropical fruits and sugar cane, and learn to make cheese. Hike through the Juanilama Reserve and swim in the crystal waters of La Leona waterfall, before a handicraft workshop using petals, leaves and other natural debris.

Day 9: Juanilama Reserve to Quebrada Arroyo

(B/L/D) Transfer to Londres de Quepos, then ride through untouched forests in a 4x4 vehicle

to reach a remote village where the Quebrada Arroyo community live. Walk the Mirador El Pacifico Trail, swim in beautiful natural pools, and dare to cross a 40m high, 127m long suspension bridge that offers amazing views of the Los Chorros Waterfall. In the evening, meet local vanilla farmers and enjoy a typical meal prepared on a wood stove. Stay in rustic huts at the Los Campesinos Lodge.

Day 10: Quebrada Arroyo – Los Campesinos

(B/L/D) Tour the Mirador Perla del Pacifico farm where you can drink freshly pressed sugar cane juice, learn about the medicinal uses of various plants, and swim in a spectacular waterfall.

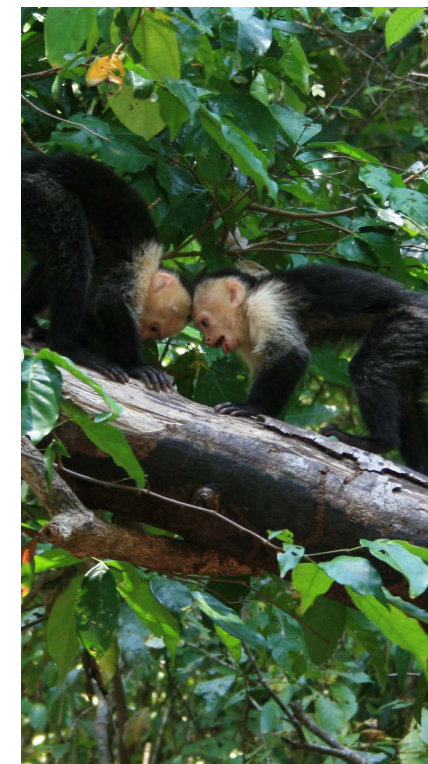
Day 11: San Jose

(B/-/-) Return to San Jose to explore the city

and its Central Market on a guided walking tour. Experience breathtaking views of the central valley from the Xandari Plantation, where you will stay overnight.

Day 12: Depart San Jose

(B/-/-) Transfer to the airport for your flight home.





i Costa Rica

Essential information

Departs: May 14th, 2016

Price: £1,595pp (excluding international flights)

Group size: 4 to 10 travellers

Transport: Private transfers, coach, boat

Accommodation: Private double/twin room. Single supplement £185pp

International flights: Prices for return London Gatwick – San Jose flights start from £580pp with British Airways.

Colombia

Travel back in time as you explore Colombia's most captivating colonial towns, hike and horseback ride through its spectacular rural landscapes, and meet inspiring fair trade farmers and artisans



Departs
AUG
12 **20**
DAYS





Highlights

- » Hike through spectacular mountain landscapes framed by the immense Chicamocha Canyon
- » Meet the farmers at El Roble Hacienda, where some of the world's finest coffee is grown
- » Step back in time as you shear sheep and spin wool in a beautiful mountain town
- » Meet artisans at a fair trade seed jewellery workshop that gives local youths a lifeline
- » Experience the world famous *ciclovía* in Bogota, and saddle up for rural horseback riding

PROGRAM

Day 1: Arrive Bogota

(B/-/-) Transfer to your hotel in the historic centre. Free day to relax.

Day 2: Bogota

(B/-/-) Experience the world famous *ciclovía* (bikes and helmets are provided), then explore the city on a guided tour and enjoy stunning views from Monserrate mountain.

Day 3: Zipaquirá and Villa de Leyva

(B/-/-) Step back in time on a journey to Villa de Leyva, one of Colombia's loveliest mountain towns, where you can shear sheep and spin wool at a local farm. En route, stop at Zipaquirá to visit the fascinating Salt Cathedral, built 180 meters below ground. Optional visit of nearby Raquirá, known for its ceramics.

Days 4 - 5: Villa de Leyva to Barichara

(B/L/-) (B/-/-) Explore Villa de Leyva's desert landscapes and numerous archaeological treasures, by bike or horse. Visit the world's largest ceramics workshop, enjoy a home-cooked lunch on an eco-farm, and meet artisans at a fair trade seed jewellery workshop that provides much-needed work for local Colombian youths. Later,

transfer to the charming town of Barichara, renowned for its colonial architecture. The next day, set out on a guided walk along one of the historic, cobblestoned Royal Paths that link Bogota with the Caribbean coast, and join a workshop to learn traditional home-building techniques.



Optional add-ons

Amazon Rainforest (4 days)

Meet indigenous communities and get up close to incredible wildlife, including primates and pink dolphins, as you explore the Amazon in native boats and on foot.

The Lost City & Cartagena (7 days)

Trek deep into the Colombian jungle with an indigenous guide, staying in native cabins and swimming in cool rivers, on an adventure to the ancient 'Lost City' of Teyuna. Explore the city of Cartagena and relax on the beach at Islas del Rosario, or go artisan fishing on the sea.

Day 6: Chicamocha Canyon

(B/L/-) Follow the mountains from Villanueva to the village of Jordán Sube, on a cobblestoned trail through a spectacular landscape framed by the Chicamocha Canyon. This remarkable landform is 227km long and 2km deep, making it deeper than the Grand Canyon. Discover invaluable Guane cave paintings and see the

McCormick Bridge, the first hanging bridge of its kind in Colombia.

Day 7: Barichara to Bucaramanga

(B/-/-) Meet the farmers at El Roble Hacienda, where some of the world's finest coffee has been grown for more than 100 years. Admire exotic plants and animals at an agro-tourism farm, before continuing to Bucaramanga. An

optional paragliding activity offers astonishing views of the Chicamocha Canyon.

Days 8 - 10: Bucaramanga to the Coffee Region

(B/L/-) Fly to Armenia and journey along winding roads until you reach the coffee region. Next day, saddle up the horses and ride to a family farm in Palermo, to learn about sustainable

agriculture and see how local Arequipe (toffee) is made. Stay overnight at the farm, where you can lend a hand the following morning, or go bird watching. Visit Finca Café Luqman, to see how coffee is produced from 'bean to cup', before enjoying a coffee tasting session in the picturesque town of Salento.

Day 11: Valle del Cocora

(B/-/-) Hop on an

immaculate old Willy's jeep through super-scenic Valle del Cocora, and take in some mountain air as you stroll in the foothills of the Andes. Go horseback riding to the Acaime Natural Reserve, home to more than 14 varieties of hummingbird.

Day 12: Depart Salento

(B/-/-) Transfer to Pereira airport for your flight home.



Colombia



Essential information

Departs: Aug 20th, 2016

Price: £1,680pp (excluding international flights)

Group size: 4 to 10 travellers

Transport: Private transfers, airplane, coach

Accommodation: Private double/twin room.
Single supplement £190pp

International flights: Prices for London Heathrow – Bogota, Pereira – London Heathrow flights start from £860pp with Avianca.

Northern Peru



Departs
SEPT
14 **16**
DAYS

Take a cultural adventure through Peru's ancient cities, mountain valleys and rainforests, to meet native communities and artisans, and taste some of the world's finest fair trade chocolate



Highlights

- » Be welcomed as the guest of native communities and experience their ancient traditions
- » Cut cocoa pods from the tree, and taste some of the finest fair trade chocolate in the world
- » Explore impressive pre-Incan temples and the largest pre-Incan city in South America
- » Savour the exquisite aroma of Puma coffee and meet fair trade farmers in the Perene Valley
- » Master the Peruvian favourite, ceviche, and learn to mix Pisco sours during a cooking class



PROGRAM

Days 1 - 2: Lima

(-/-/-) (B/-/-) Transfer from the airport to your hotel in Miraflores. The next day, visit the pre-Hispanic sanctuary of Pachacamac and an eco-ranch, before taking part in ceramics and weaving workshops.

Day 3: Lima – La Merced

(B/-/-) Journey along the coast and through the mountains to Merced,

gateway to the Peruvian Rainforest.

Day 4: San Miguel de Mariankari

(B/L/D) Meet the native community of San Miguel and admire their seed-based handicrafts and panoramic views of the valley from a *mirador*. Stay at one of the community's homes, and enjoy a dance show.

Day 5: Perené Valley

(B/-/-) Journey through the Perené Valley to a coffee farm, where you will learn how coffee is processed from 'bean to cup'. Savour the exquisite aroma of Puma Coffee during a tasting, then travel to Lima.

Day 6: Lima

(B/L/-) After a free morning, take a cooking class to master the Peruvian seafood dish,

ceviche, and learn to mix Pisco Sour cocktails, before exploring the city's impressive colonial architecture.

Day 7: Trujillo

(B/-/-) Fly to Trujillo to explore the impressive Huacas del Sol y Luna (Sun and Moon temples) built during the Moche civilisation and Huaca Arco Iris, one of the best-preserved Chimú civilisation temples. Continue to Chan Chan,



Optional add-ons

Chachapoyas (2 days)

Journey to the Chachapoyas region to discover cultural treasures including enormous mummies located on a mountain cliff face, and an ancient citadel complex.

Paracas, Ballestas & Ica (2 days)

Discover the diverse birdlife of the Paracas Natural Reserve, the incredible rock for-

mations and marine animals of the Balles-tas Islands, and South America's most beautiful desert landscapes.

Ecuador & the Galapagos (9 days)

Cruise the Galapagos Islands, home to an incredible array of marine wildlife from giant turtles to blue-footed boobies, and stand at the 'middle of the earth' in Quito.

the largest pre-Incan city in South America, once home to 30,000 people.

Day 8: Trujillo to Chiclayo

(B/-/-) Discover Trujillo's colourful, colonial mansions before departing for the archaeological complex of El Brujo and the museum of Lady Cao. Later, travel to the city of Chiclayo and relax or explore the town.

Day 9: Chiclayo to Tucume

(B/-/-) Explore the Witches Market, which sells herbs and potions used by shaman, and visit the archaeological complex of the Lord of Sipan, an important Moche governor whose mummy was discovered here intact in 1987. Travel to Tucume to explore its pyramid-style ruins.

Day 10: Tucume

(B/-/-) Saddle up for horse riding to the Pomac Bosque Historic Sanctuary, a dry forest of carob trees. Back in Tucume, meet innovative craftsmen who produce colourful textiles, silversmithery and recycled paper, and join a bamboo or bread-making workshop. Travel to Tarapoto by overnight bus.

Day 11: Tarapoto

(B/-/-) After a free morning, visit the Oro Verde coffee cooperative to learn about coffee production and taste their organic, fair trade coffee. Meet an indigenous Quechua-speaking community, who live in the middle of the Peruvian Rainforest and maintain their ancestral customs, traditions and crafts.

Days 12 - 13: Cocoa growing communities

(B/L/-) Cross the Río Huayabamba by motorboat to reach the Alto el Sol community, where one of the world's best cocoas is grown. Cut the pods from the tree and taste their pulp, before visiting the Pachiza community. The following day, spot wild birds and medicinal plants as you sail to picturesque Shapaja, to meet a community

known as 'the land of friendship'. On the way, meet the *Madres Cacaoterias Mishquicacao*, a group of women who produce award-winning cocoa and beautiful ceramics. Return to Tarapoto and transfer to the airport for your flight to Lima.

Day 14: Depart Lima

(B/-/-) Meet local artisanal groups, before transferring to the airport.



Northern Peru



Essential information

Departs: Sep 16th, 2016

Price: £2,235pp (excluding international flights)

Group size: 4 to 10 travellers

Transport: Private transfers, airplane, coach

Accommodation: Private double/twin room. Single supplement £205pp

International flights: Prices for return London – Lima flights start from £726pp with British Airways.



To find out more about these adventures
and receive the full itineraries, contact:
fairtrade@sumak-travel.org or 020 36424246.



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