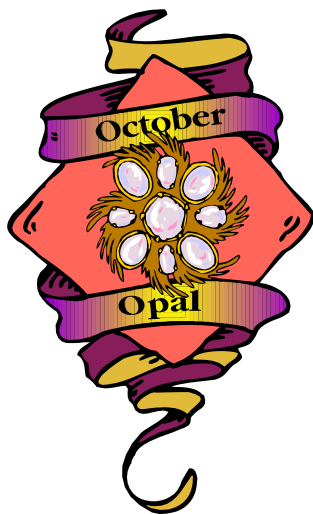


### Special points of interest:

- International Edition



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## International Edition

Breast Cancer Care 'Trek Peru 2007'



Well I am back to school routine safe and sound!  
I would like to thank all the Woodheys community and especially our Governors, for supporting me with this life changing opportunity. To date we have raised £5,500!

Our final contributions will be sent off by Friday 19<sup>th</sup> October – so it's still not too late! Sponsor forms are available from the school office.



I have presented my photographs during a full school assembly and have also taken each class from year 1 to year 6 for a more in-depth talk about my adventure. Each class was able to look at, hold and discuss my super, colourful Peruvian souvenirs and hear tales from the journey from the three teddies which accompanied me, Pinky, Snowy and Barnie!

During our Open Evening on Thursday 1<sup>st</sup> November, the visual presentation and souvenirs will be on display in the ICT suite during the evening.

I met some wonderful people on the trek, forty people brought together by their different involvement with Breast Cancer Care, Breast Cancer survivors, family and friends of Breast Cancer sufferers and even those who had lost loved ones to this disease.



**We** left on Saturday 8<sup>th</sup> September from Heathrow and after a 12 hour flight, I arrived in the capital of Peru in the city of Lima. Lima has a very unusual climate, virtually no rain and built in a desert. It has an almost permanent haze, partly caused by mist rolling in from a cold stream out at sea and also caused by city pollution. A very contrasting city with the affluence of the coastal Miraflores area and the poverty of areas near the airport.

**We** then flew to Cusco which immediately puts you at altitude. Some of our group suffered nausea and headaches. I, fortunately was fine – maybe helped by the copious amount of cocoa tea that I drank, recommended by the locals to combat altitude sickness!

**We** transferred to Ollantaytambo, a sacred ruin for a guided tour, before walking to our first camp. During the actual trek, we camped in ‘two man’ tents, which were transported each day by Sherpas on horses. The trek took us for five days over unspoilt, incredible terrain, camping at altitudes up to 4200m and temperatures dropping in some cases to minus 8 degrees!

**The** views were stunning! Always at great height. For five days we did not see other tourist trekkers only the occasional traditional farmer. At such great heights there were no machines or tractors, only bulls to toil the earth. Our walks were very slow due to the draining effects of altitude. We came across two tiny schools, who accepted gifts for the pupils which we had brought and allowed us to camp around their basic buildings.

**We** only tackled the final few kilometres of the actual Inca Trail. An amazing feat, built from very large stones and boulders but which attracts hundreds of tourists.

**We** took a train for part of the journey up to the Macchu Picchu ruins. Nothing can prepare you for the actual first glimpse of Macchu Picchu from the Sun Gate! Much larger than I expected and built much higher up than I could possibly have imagined, it is a very spiritual place. Beautifully preserved, the immaculate terracing and precise stone work is overwhelming.

**The** most difficult part of the trek was actually climbing the steep mountain which overlooks Macchu Picchu – Wayna Picchu but the views were well worth the effort! Much celebrating went on at the end of the trek!

**We** had a day and night back in Cusco before leaving. The central square with its beautiful churches and two story shops and restaurants were a welcome sight after our lengthy trek! As was a warm bath and then bed!

‘Pinky’ the breast cancer bear and I were ready to come home and tell all the children about our ‘once in a life-time’ trip! The photographs from my trip can be viewed at [www.flickr.com/photos/peru07](http://www.flickr.com/photos/peru07)

## The Gyalwang Drukpa

We can all learn from the peaceful words of Naropa, a Buddhist from the Tibetan Drukpa lineage.  
'The purpose of humanitarian activity is to help others and be kind to all beings'

The Drukpa Trust [www.drukpa.net](http://www.drukpa.net)

*'On this small planet in the daily dream of our life, beneficial deeds are always recommended, simply because we are all born to help each other.*

*By sharing our love with different expressions and through the practice of generosity, morality and understanding, we will then be fulfilling our purpose of being members of the human race.'*

**Naropa**



**WHITE PEAK ALPACAS**  
Paddock Hill, Mobberley  
Cheshire, WA16 7DQ

**Tel: 015625 872012**  
**Mobile: 07932160382**

**If you would like to see the Alpacas  
(llama like creatures) then please  
visit.**

**Near 'The Plough + Flail' Pub and  
Play area.**

