

Hi friends!

The month of August here went too fast ... We discovered an incredible country this month: Peru!



It all starts with an appointment in early August for a week of filming in the San Martin area, near the Amazon! We are going to discover a new culture, that of cocoa!



We are going to meet organic cocoa farmers as part of our documentary, to talk about two topics that interest us a lot: agroforestry and fair trade.



We discovered fair trade in Mexico and agroforestry in Colombia ... And You, what do you know about fair trade and agroforestry?

First of all there is:

- the **harvest**. (the cocoa pods grow in trees called cocoa trees and inside these pods are the beans surrounded by pulp that can be eaten, it's very good)



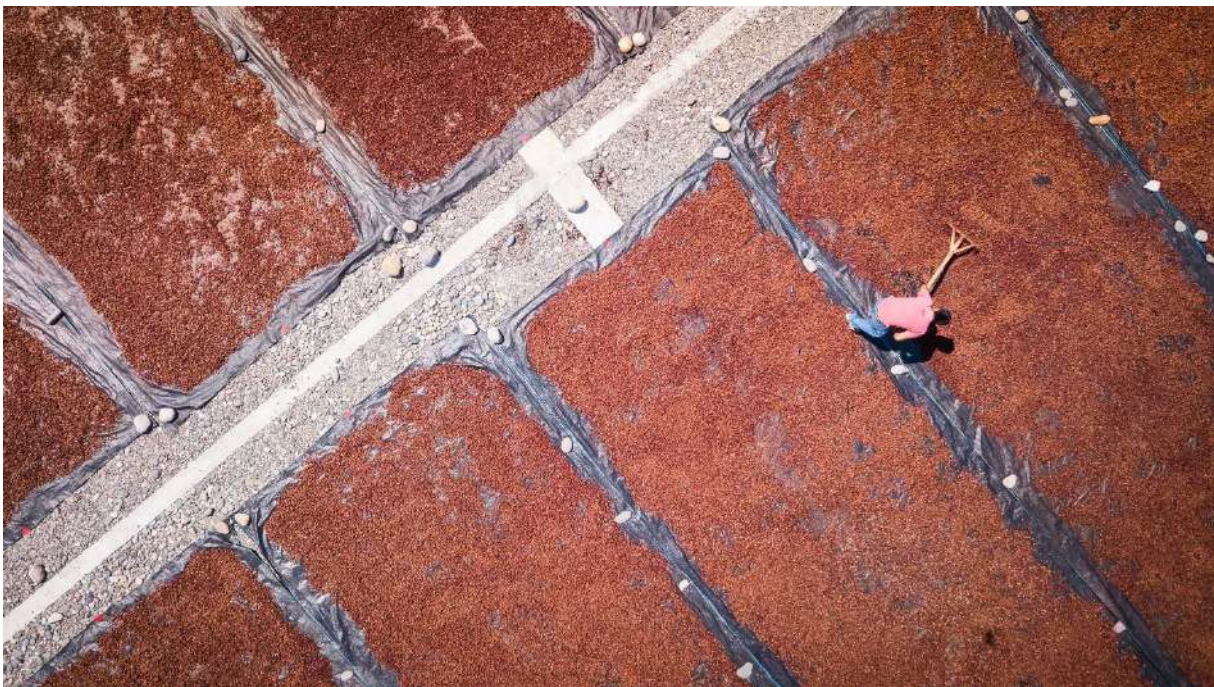
- **Pulping.** The pods are opened to extract the beans, surrounded by pulp.



- **Fermentation.** The beans ferment for 7 to 10 days in large bins.



- **Drying.** The beans dry in the sun for 4/5 days



It is at this point that cocoa is bagged and usually exported abroad.



In our country, we then do the rest of the transformation, namely:

- **Roasting.** The beans are heated to reveal all their aromas.
- **Milling.** The beans are finely crushed to obtain a homogeneous paste, 100% cocoa. Have you ever tasted 100% cocoa? It's very bitter.

- **Final transformation.** While warming slightly the dough, sugar is added, eventually milk, hazelnuts etc. By cooling the chocolate will harden. It's ready to be eaten!



Once the shoot are finished and after having obviously tasted this wonderful chocolate, we leave the **selva** (forest) to reach the **sierra** (mountain) where a new challenge on bike awaits us: to cross the white mountain range going through a pass at more than **15,420ft!** We have in front of us 435miles to go from Juanjui to Huaraz half of which in dirt roads, sand and pebbles ... A test that we put 10 days to complete, with a new episode of turista in the middle for Kalima!



After efforts and gallons of sweat in dirt roads, we finally reach a paved road. It goes up again but it's suddenly much easier despite the altitude which put us out of puff.



We camp in the middle of **Huascarán** Park at 14,100ft altitude. At this altitude it is necessary to be well covered. At night, the temperature will drop far below 32°F.



Fortunately we have good warm clothes and well-padded sleeping bags. We make a fire to warm ourselves in the evening and the next morning we took the serpentine road, which we left the day before.





At noon we arrive at the summit at 15,538ft after passing a 1.3miles tunnel without light with **stalactites** on the ceiling and ice on the ground (from which Kalima made a nice-looking fall).



We are frozen, tired, but happy to have arrived here and enjoy this amazing view.



After that it's the joy of the descent!!! We have **31 miles** downhill in front of us. After 600ft we stop frozen. The speed, the wind and the cold that reign at this altitude we freeze immediately.

We take out the warm gloves, the two jackets, windbreaker, hat ... We look like snowmen with all these layers but we arrive well below without damage.



Arrived down the landscape is still splendid. We take advantage of this last moment in nature because very quickly we will find civilization ... traffic, noise but also a little more comfort!



In Huaraz, we enjoy a good hot shower and a soft mattress! This will revive us till a new start!

We will tell you more in the next letter.

See you soon,

Sylvain & Kalima

Written on October 9, 2019