

**"LOVED TO DEATH"**

Episode 07 "Machu Picchu"

Final Timecoded Script

**INTRO:**

**001** 00:00:00:04 00:00:03:05

We all long for another time... another place

**002** 00:00:04:19 00:00:06:04

For wonder and excitement

**003** 00:00:06:17 00:00:08:18

Foreign lands and different cultures

**004** 00:00:09:21 00:00:11:21

But what happens when we go too far?

**005** 00:00:13:08 00:00:16:01

When our desire to escape becomes destructive

**006** 00:00:17:11 00:00:19:24

When we turn what we treasure most into ruin

**007** 00:00:21:17 00:00:24:09

When our love comes at the ultimate price

**EPISODE 07:**

**008** 00:00:36:12 00:00:38:16

Deep in the mountains of South America

**009** 00:00:39:20 00:00:41:21

Far from cities and townships

**010** 00:00:43:03 00:00:45:04

Civilization and modern society

**011** 00:00:46:23 00:00:48:19

An isolated relic remains

**012** 00:00:51:14 00:00:54:07

A monument to a civilization long lost

**013** 00:00:55:11 00:00:57:24

A sacred place in a history rediscovered

**014** 00:00:59:06 00:01:00:23  
But as we swarm around ruins

**015** 00:01:03:03 00:01:04:18  
Obsessing about our past

**016** 00:01:06:14 00:01:08:24  
We run the risk of tearing old wounds

**017** 00:01:10:14 00:01:12:23  
Destroying memories already fading

**018** 00:01:14:10 00:01:16:10  
Reliving the pain of our past

**019** 00:01:20:05 00:01:21:11  
Killing our future

**020** 00:01:40:04 00:01:46:20  
The Lost City of the Incas, Machu Picchu is a 15<sup>th</sup> century Inca site located in the Peruvian Andes

**021** 00:01:47:06 00:01:50:18  
Deep in the Cuzco region in the Urubamba Province

**022** 00:01:51:00 00:01:54:04  
Situated nearly 8000 feet above sea level

**023** 00:01:54:10 00:01:56:13  
Above what is known as the Sacred Valley

**024** 00:01:57:18 00:02:02:19  
It is believed to have been built around the year 1450 at the height of the Inca empire

**025** 00:02:03:04 00:02:12:18  
Though its true purpose remains unknown, with speculations ranging from being a ceremonial site, a military stronghold or a high-end retreat for the ruling class

**026** 00:02:13:07 00:02:22:00  
It was only to be abandoned following the Spanish conquest a century later, falling into obscurity until rediscovery in the early 20<sup>th</sup> century

**027** 00:02:22:13 00:02:32:09  
It consists of 200 buildings, all made up of dry-stone walls, arranged on wide parallel terraces centered around a central square overlooking the valley

**028** 00:02:32:23 00:02:35:16

As a city, it was divided into an urban sector

**029** 00:02:36:00 00:02:37:09

An agricultural center

**030** 00:02:37:18 00:02:39:04

And an upper and lower town

**031** 00:02:39:23 00:02:42:23

It is riddled with temples, palaces and plazas

**032** 00:02:43:20 00:02:47:06

Extensive terraces built all along the borders of the site

**033** 00:02:47:19 00:02:51:11

Used for agriculture with sophisticated irrigation systems

**034** 00:02:53:17 00:02:56:01

The eastern section of the city being residential

**035** 00:02:56:13 00:03:00:15

While the western half was dedicated for religious and ceremonial purposes

**036** 00:03:01:06 00:03:06:16

All that remains today being ruins, partially reconstructed to combat the ravages of time

**037** 00:03:07:09 00:03:14:12

It was designated a UNESCO World Heritage site in 1983 and voted as one of the new Seven Wonders of the world

**038** 00:03:15:09 00:03:19:24

Attracting worldwide attention and visitors as an essential part of tourism in the country

**039** 00:03:20:23 00:03:25:09

Tourism is the most rapidly growing industry in Peru, even all of South America

**040** 00:03:25:17 00:03:28:19

Worth a total of 3.3 billion US dollars

**041** 00:03:29:10 00:03:32:02

With an annual growth of over 25%

**042** 00:03:32:04 00:03:37:15

Their main targets being Machu Picchu and the nearby city of Cuzco, the former Inca capital

**043** 00:03:38:09 00:03:44:13

Cuzco is today the Historical Capital, attracting over 2.6 million tourists every year

**044** 00:03:44:22 00:03:53:16

1.2 million also visiting Machu Picchu, with as many as 5000 visitors to the area every day during high season between May and October

**045** 00:03:53:22 00:03:59:15

Compared to a mere 3000-4000 visitors a year for other, nearby Inca sites

**046** 00:03:59:21 00:04:09:01

The majority of tourists arriving from the United States, Argentina, Chile, UK, France, Germany, Brazil, Spain, Canada and Italy

**047** 00:04:09:18 00:04:13:21

Most staying in hundreds of hotels and resorts in and around Cuzco

**048** 00:04:15:09 00:04:21:15

Tourists then commonly travelling to the site by train, biking, rafting, or hiking

**049** 00:04:22:00 00:04:27:01

Dozens of guided tours taking you through one of the many trails going up the mountain

**050** 00:04:27:05 00:04:34:21

Including the famed Inca Trail, Salkantay trail, Inca Jungle Trek and the newly opened Cacao & Coffee route

**051** 00:04:34:24 00:04:37:21

Though they require passes to be bought well in advance

**052** 00:04:38:02 00:04:44:04

It is also accessible by rented car from Cuzco, with roads going to the nearby town of Santa Maria

**053** 00:04:44:23 00:04:53:15

Or by train, taking only a few hours from Cuzco to the small town of Aguas Calientes, with frequent buses taking you straight to the ruins

**054** 00:04:55:10 00:05:01:18

At the site itself, there are boutiques and souvenir shops, a small hotel, two restaurants and a museum

**055** 00:05:02:00 00:05:06:08

Admittance to the site costing on average 50 US dollars per person

**056** 00:05:07:09 00:05:11:08

With profits going directly to the Ministry of Culture managing the area

**057** 00:05:12:05 00:05:16:23

Today, tourism in Machu Picchu and the Cuzco region is at an all time high

**058** 00:05:17:15 00:05:23:15

While once travelers could arrive in Cuzco and decide to take any of the major trails on the day

**059** 00:05:24:15 00:05:31:22

Visitors today have to book guided tours and admittances months in advance, sharing their experience with thousands of others

**060** 00:05:32:19 00:05:36:20

At the peak of commercialism, we also are at the height of our consumption

**061** 00:05:37:24 00:05:41:21

As tourism continues to increase with more and more visitors each day

**062** 00:05:42:01 00:05:44:00

All taking their toll on the site

**063** 00:05:44:19 00:05:48:22

Leading UNESCO to threaten to place the site on their endangered list

**064** 00:05:49:21 00:05:55:07

The once Lost City of the Incas is edging closer and closer to being overexposed

**065** 00:05:56:17 00:06:02:24

The centuries old stone walls no longer strong enough to withstand the pressures of foreign interest

**066** 00:06:12:14 00:06:19:11

The history of Machu Picchu begins with the first arrival of indigenous peoples of Peru over 11 000 years ago

**067** 00:06:20:16 00:06:26:17

Though the earliest civilizations were centered mainly around the coastal provinces far west of Machu Picchu

**068** 00:06:27:22 00:06:37:16

The Incas emerged in the 12<sup>th</sup> century as an indigenous tribe, as the Kingdom of Cuzco, under the leadership of Manco Capac, the first governor of the Incas

**069** 00:06:39:05 00:06:41:20

Pushing out other indigenous people in the region

**070** 00:06:42:00 00:06:45:08

Manco Capac founded the city-state of Cuzco

**071** 00:06:45:17 00:06:48:14

Settling in as a minor agriculture society

**072** 00:06:49:11 00:06:52:21

Growing a diverse array of roots, fruits and vegetables

**073** 00:06:53:18 00:06:58:00

Though the majority of the crops grown were rare and native only to the Andes

**074** 00:06:58:12 00:07:04:11

In 1438, the Incas began to expand their zone of influence under the rule of Pachacuti

**075** 00:07:04:22 00:07:10:23

Cuzco grew from a small village of little importance to a vast empire, the largest in the continent

**076** 00:07:11:20 00:07:13:13

Known as Tawantinsuyu

**077** 00:07:14:01 00:07:22:03

A long strip of land ranging a distance of 4300 miles from present-day Ecuador in the north to Chile and Argentina in the south

**078** 00:07:24:07 00:07:34:12

Construction of Machu Picchu began as a tributary estate for Pachacuti in 1450, continuing through into the reign of his son, Tupac, in 1471

**079** 00:07:37:10 00:07:40:06

Little is known of the construction of Machu Picchu

**080** 00:07:40:14 00:07:48:14

Though the scope of their achievement is clear, the massive city having been the product of extensive landscaping of mountains of tremendous height

**081** 00:07:48:22 00:07:56:13

200 buildings, over 700 terraces and countless ramps and stone walls built into the sides of steep cliffs and hills

**082** 00:07:57:08 00:08:03:20

All made out of cut stone without mortar, yet fitted together so tightly much of it remains solid to this day

**083** 00:08:04:04 00:08:07:22

An achievement accomplished without the use of iron or steel tools

**084** 00:08:08:16 00:08:13:06

The exact purpose behind Machu Picchu remains shrouded in mystery as well

**085** 00:08:13:18 00:08:19:21

With many signs pointing to the site being both a royal residence as well as a place of religious significance

**086** 00:08:20:02 00:08:31:05

The Intihuana stone monument constructed in accordance to the passage of the sun during the two annual equinoxes, the site was also built in proximity to known sacred sites

**087** 00:08:31:14 00:08:44:12

It was nevertheless abandoned in 1572 following the Spanish Conquest of the region, which started with the arrival of Francisco Pizarro 40 years earlier, on a mission to conquer Peru in pursuit of gold

**088** 00:08:44:16 00:08:49:01

Soon defeating emperor Atahualpa at the Battle of Cajamarca

**089** 00:08:49:10 00:08:56:14

Further taking advantage of the ongoing civil war between the Incas and the indigenous nations they had previously conquered

**090** 00:08:57:09 00:09:02:10

Also bringing with them new diseases such as smallpox, decimating the Incas

**091** 00:09:03:24 00:09:10:22

The eventual cause of the abandonment of Machu Picchu, a city that otherwise remained unknown to the Spanish invaders

**092** 00:09:11:08 00:09:16:06

The next 300 years, Peru remained under the rule of the Spanish Viceroy

**093** 00:09:16:14 00:09:20:08

Violently suppressing the remnants of the Inca civilization

**094** 00:09:21:19 00:09:26:03

Who nevertheless continued their battle for regained independence and rebellion

**095** 00:09:27:16 00:09:31:08

Hiding from them, among other things, the existence of Machu Picchu

**096** 00:09:33:02 00:09:35:09

Hidden away in the far reaches of the Andes

**097** 00:09:36:02 00:09:44:12

Despite being located only 50 miles north west of Cuzco, the Spanish colonial powers never set foot in the Lost City of the Incas

**098** 00:09:45:08 00:09:55:24

Peruvian independence would eventually come, though not at the hands of the indigenous peoples, but by way of an insurrection led by Spanish-American landowners in 1821

**099** 00:09:56:12 00:10:04:20

After which, Peru was the subject of over a century of war, territorial disputes with neighboring countries and internal turmoil

**100** 00:10:07:05 00:10:15:11

With little thought given to rediscovering their past, it would only be in 1911 that the city was once again unveiled to the world

**101** 00:10:18:07 00:10:21:24

By explorer and Yale professor Hiram Bingham III

**102** 00:10:24:08 00:10:29:19

Bingham's visit constituted the first ever documented visit of Machu Picchu by a foreigner

**103** 00:10:30:11 00:10:36:24

And was the first of Bingham's many attempted archaeological studies and excavations on Machu Picchu

**104** 00:10:37:09 00:10:43:10

Before long, however, local intellectuals began to protest the operations as damaging to the site

**105** 00:10:44:22 00:10:51:07

Accusing Bingham and his team of legal and cultural malpractice, as well as the theft of priceless artifacts

**106** 00:10:51:15 00:10:58:17

Arguing that the rightful archaeological investigations of Machu Picchu belonged solely to Peruvian authorities

**107** 00:10:59:01 00:11:09:00

Amid decades of political upheaval, military coups and alternating fascist and democratic leaderships, the next major expedition would only take place in 1964

**108** 00:11:09:06 00:11:12:21

When explorer Gene Savoy charted the extent of the ruins

**109** 00:11:14:20 00:11:26:00

With ongoing reconstruction work since then, more than 30% of the site having been reconstructed entirely to give an accurate idea of what the structures are believed to have originally looked like

**110** 00:11:26:13 00:11:34:17

By 1981, it was declared a Peruvian Historical Sanctuary, with UNESCO additionally declaring it a World Heritage Site in 1983

**111** 00:11:35:01 00:11:39:05

Today protected as part of the Machu Picchu Historical Sanctuary

**112** 00:11:39:18 00:11:47:21

An area of over 125 square miles, under the control of the National Service of Protected Natural Areas by the State

**113** 00:11:48:11 00:11:55:00

Further protected and governed by Cuzco's Decentralized Culture Directorate or the D.D.C.

**114** 00:11:57:18 00:12:06:02

Though with continuing threats against the ruins themselves, the government entities in charge have been accused of inaction as well as outright corruption

**115** 00:12:06:23 00:12:10:07

In the name of preserving the highly lucrative tourism industry

**116** 00:12:19:17 00:12:25:09

Today, Machu Picchu is haunted by many major issues that threaten its continued existence

**117** 00:12:26:06 00:12:34:18

Several suggested builds to increase tourist traffic claimed to be directly destructive to the stability of the ruins and the surrounding mountainside

**118** 00:12:36:16 00:12:42:18

Including a proposed cable car system running from Aguas Calientes directly into the site

**119** 00:12:42:18 00:12:51:14

A construction plan only put on temporary hold after significant protests from members of the Peruvian public and the UNESCO themselves

**120** 00:12:53:02 00:12:59:13

While a newly constructed highway has already proven detrimental to the area due to soil erosion

**121** 00:13:00:17 00:13:15:10

Built ostensibly under the pretense of helping the indigenous people of the region travel back and forth, regional government reportedly supporting the highway construction for the purpose of increasing tourism traffic through the seldom used car-route from Cuzco

**122** 00:13:15:17 00:13:23:03

The resulting soil erosion contributing significantly to an increased risk of landslides threatening the Inca ruins

**123** 00:13:23:12 00:13:29:22

Major landslides having previously occurred along the roads where most tourist traffic passes through

**124** 00:13:32:16 00:13:42:18

Geologists having expressed concern that the entire site itself may be subject to a massive landslide, sending the ruins crashing into the Urubamba River below

**125** 00:13:43:00 00:13:47:07

Urging for extensive stabilization projects to shore up the site

**126** 00:13:47:13 00:13:52:13

Another serious problem is the nearby Machupicchu Hydroelectric Center

**127** 00:13:53:15 00:14:02:07

It provides much of the energy to the region, but also directly impacts the protected area by added human presence and risk of forest fires

**128** 00:14:03:07 00:14:10:14

Underground tunnels cutting through the mountain for hydroelectrical purposes also affecting the geological stability of the mountain

**129** 00:14:13:02 00:14:21:10

The Center itself and the surrounding access roads have been continuously reconstructed after landslides and repeated overflows of rivers

**130** 00:14:22:22 00:14:27:06

Also leading to significant deforestation to enable the construction process

**131** 00:14:27:10 00:14:39:09

The electric company responsible reportedly carrying out much of their work without any coordination with local protected area management agencies and no implementation of any environmental adjustment programs

**132** 00:14:39:17 00:14:46:08

Much of the demand of electrical power on the Hydroelectric Center taken up by tourism activities in Cuzco

**133** 00:14:47:09 00:14:53:24

Tourist visitations also necessitating the construction of additional hydroelectric dams in the Sacred Valley

**134** 00:14:55:07 00:15:03:20

The Santa Teresa I causing extensive irreparable damage due to excavations and diverting river flows and drying up several springs

**135** 00:15:05:05 00:15:07:24

Leaving entire communities without water

**136** 00:15:08:23 00:15:12:06

Also causing considerable damage to the local ecology

**137** 00:15:13:22 00:15:23:24

Construction of yet another hydroelectric dam is also underway, which will divert the Urubamba river itself to generate an estimated 280 megawatts

**138** 00:15:24:15 00:15:28:08

Drying out an additional 13 mile stretch of the river

**139** 00:15:28:20 00:15:44:24

Despite government sanctions prohibiting construction within the Sacred Valley, energy corporations granted construction licenses as part of combating an energy crisis shown to not significantly impact the rest of the country outside of the tourist-intensive zones

**140** 00:15:45:06 00:15:53:01

With much of local population reported to have been directly barred by Peruvian military from attending meetings to have their voices heard

**141** 00:15:53:07 00:15:56:20

Much of the local population have been forced to move away from the area

**142** 00:15:57:07 00:16:01:22

Or adopt alternative agricultural practices, to maximize their output

**143** 00:16:02:02 00:16:06:02

Using slash and burn techniques, use of fertilizers and chemicals

**144** 00:16:06:19 00:16:14:12

And increasing numbers of migratory agriculturalists has directly led to deforestation, forest fires and soil erosion

**145** 00:16:15:01 00:16:19:08

While deforestation for lumber having been in practice for centuries

**146** 00:16:19:14 00:16:25:13

It continues to expand in practice due in part to a decreased amount of farmable land

**147** 00:16:26:05 00:16:30:16

Due to increased demand by stores and restaurants catering to tourists

**148** 00:16:31:08 00:16:46:04

New farming machines also decimating the local ecology with continuously improved efficiency, forest fires also particularly hard to monitor due to the density of the undergrowth in much of the tropical forests surrounding the area

**149** 00:16:46:17 00:16:54:15

Causing irreversible damages to wildlife and a widespread ripple effect throughout the ecosystem of the Peruvian Andes

**150** 00:16:54:20 00:16:58:06

As well as even reaching the lower terraces of the ruins themselves

**151** 00:16:59:06 00:17:07:04

With authorities unwilling to make a precedent and limit any of these practices given that many of the practitioners are native indigenous people

**152** 00:17:07:06 00:17:12:21

Anchored to the area due to the promise of significant job opportunities catering to tourism

**153** 00:17:13:07 00:17:21:04

Their adoption of traditionally Spanish colonial practices of agriculture equally protected as their own indigenous practices by law

**154** 00:17:22:16 00:17:29:04

Local governments being fearful of causing further controversy, in the face of intensive minority protests

**155** 00:17:29:15 00:17:35:15

While the indigenous peoples themselves are continuously marginalized by mainstream society

**156** 00:17:35:18 00:17:43:05

Often reported to be treated as second-class citizens, taking low-paying occupations as tour guides and souvenir makers

**157** 00:17:43:13 00:17:45:16

Profiting from their cultural legacy

**158** 00:17:46:05 00:17:50:09

Even with a substantial disconnect from their spiritual and cultural heritage

**159** 00:17:51:01 00:17:56:01

Having no say in determining management of policies to preserve the site

**160** 00:17:58:08 00:18:04:02

While the tombs and burial sites of their forbearers are routinely desecrated by archaeologists

**161** 00:18:04:22 00:18:11:00

Their bodies shipped and displayed in museums around the world despite protests from indigenous interest groups

**162** 00:18:11:18 00:18:16:22

Incentivized by government sanctions and grants intended to encourage further tourism

**163** 00:18:27:02 00:18:33:16

The carrying capacity of the major trails have been far exceeded in later years due to the influx of tourism

**164** 00:18:33:24 00:18:36:02

Particularly that of the Inca trail

**165** 00:18:36:06 00:18:45:00

175000 tourists taking the Inca trail in 2014, of which an estimated 80% are foreign tourists

**166** 00:18:45:21 00:18:51:04

Contributing to significant soil erosion and damage to the surrounding nature and wildlife

**167** 00:18:52:12 00:18:57:19

Including littering and non-biodegradable waste scattered all along the length of the trail

**168** 00:19:00:12 00:19:08:20

Plastic bottles, bags, tinfoil and cellophane dumped all along the trail, forming side trails entirely made out of garbage

**169** 00:19:09:18 00:19:19:03

Garbage often hidden by vegetative coverage that is now suffering considerable damage due to the presence of solid waste, attracting insects and bacteria

**170** 00:19:19:11 00:19:24:13

Many tourism operators charged with removing garbage reportedly failing to do so

**171** 00:19:25:10 00:19:33:24

Leading the nearby Urubamba River to having been listed as one of Peru's ten most contaminated rivers directly due to tourism

**172** 00:19:34:10 00:19:44:24

With 60 metric tons of additional garbage dumped on a daily basis in the interconnected Huatany river, garbage directly generated by tourism activities there

**173** 00:19:45:03 00:19:51:07

With tourism agencies now cancelling canoe trips due to the sheer amount of garbage along the river's edge

**174** 00:19:51:21 00:19:57:20

Tourism has also indirectly contributed to further traffic along the trail by cargo carriers

**175** 00:19:58:08 00:20:04:10

40% of all permits issued to walk the trail being issued to cargo carriers catering to tourists and tourist agencies

**176** 00:20:04:18 00:20:15:20

Poor maintenance of the protected zone's infrastructure has also been attributed to legal conflicts between the management of the historic sanctuary and the corporate monopoly over the train services

**177** 00:20:17:00 00:20:22:13

The local train company earning 25% of their annual profit from tourism in the region

**178** 00:20:27:18 00:20:31:22

Also resulting in the construction of a new international airport

**179** 00:20:32:07 00:20:39:15

Reported to eventually allow up to 8 million tourists every year to fly directly to Santa Teresa

**180** 00:20:41:17 00:20:48:21

Further exacerbating environmental issues caused both by its construction and the arrival of additional tourists

**181** 00:20:49:08 00:20:57:12

Visitors also removing rocks along the trail to keep as souvenirs, directly contributing to the erosion in areas that are not cobbled

**182** 00:20:58:11 00:21:04:13

The site itself also being subject to accidental destruction not only by tourists themselves

**183** 00:21:05:08 00:21:11:01

But by agencies and corporations that have been frequently permitted to film commercials among the ruins

**184** 00:21:12:16 00:21:20:11

The famous sacred monument of the Intihuana stone itself having recently been chipped by a film crew while filming a beer commercial

**185** 00:21:22:02 00:21:31:07

The Ministry of Culture has however attempted to implement new measures to curb tourism, including a limit of 2500 daily admittances

**186** 00:21:31:17 00:21:35:12

And limits to the sizes of guided tours along the many trails

**187** 00:21:36:00 00:21:43:23

As well as time limits of how long tourists may linger near specific ruins in order to prevent inadvertent destruction of property

**188** 00:21:45:00 00:21:51:03

This comes in the face of accusations of deliberate delays on the implementation of these rules

**189** 00:21:51:14 00:21:59:09

The daily limit of visits has also been shown to be frequently far exceeded despite this due to poor management and supervision

**190** 00:22:01:04 00:22:13:06

The governor of Cuzco himself contradicting previous government decisions, announcing their intention of maintaining 5000 visitors a day by circumventing the regulations with extended open hours

**191** 00:22:14:03 00:22:19:08

While the longevity of the Lost City is ultimately our responsibility as visitors

**192** 00:22:19:15 00:22:24:12

Refraining from contributing to erosion, pollution, littering and vandalism

**193** 00:22:24:23 00:22:28:18

Taking the lesser-known routes and avoiding use of tour buses

**194** 00:22:29:12 00:22:34:15

Insisting on scaling back existing commercial activity on the site itself

**196** 00:22:37:04 00:22:44:20

We can easily limit ourselves and our own personal contribution to the sheer numbers of visitors by not entering the site itself

**197** 00:22:44:21 00:22:49:00

Instead finding other ways of appreciating the legacy of the Incas

**198** 00:22:49:08 00:22:52:22

Climbing the nearby peaks for views of the city at a distance

**199** 00:22:53:14 00:22:58:17

Or leaving the ruins alone entirely, to be cared for by government-led preservation entities

**200** 00:22:59:12 00:23:01:13

And the indigenous peoples themselves

**201** 00:23:02:00 00:23:09:11

Though many agencies would lead tourists to believe otherwise, the cultural center of Peru is more than the region of Cuzco

**202** 00:23:09:21 00:23:18:04

The same way the legacy of the indigenous peoples is more than the displays of centuries-old architecture in Machu Picchu

**203** 00:23:18:15 00:23:23:00

We can instead choose to celebrate the country and its peoples at large

**204** 00:23:24:22 00:23:29:00

Instead of destroying the last remnants of its ancient heart

**205** 00:23:32:23 00:23:33:22

Piece by piece

**206** 00:23:38:00 00:23:39:06

Loving it to death