

PERU'S SACRED PLACES OF POWER

CULTURAL TOUR & PILGRIMAGE

AUGUST 2014

ITINERARY

MAIN TOUR: "Inca legacy"

lima - CUZCO - sacred valley of the incas - machu picchu
August 7 - August 13

Day 6

August 7 (Thurs)

LIMA – CUZCO – SACRED VALLEY OF THE INCAS

Meals included: Lunch at Muña Restaurant.

A representative of Lima Tours will pick you up from your hotel at the established time and will transfer you to Lima's airport.

Flight Star Peru # 1117 (departure 09:35 am/ arrival 10:45 am)

NOTE: Participants continuing from Pre-Tour will be picked up from ESTELAR HOTEL in Miraflores. Participants arriving in Lima for Main Tour on Aug 6/7, will be picked up from COSTA DEL SOL HOTEL at the Lima Airport.

Upon arrival at the Cuzco airport, you will be welcomed with a delicious coca leaf tea that will help you acclimate to the high altitude. You will start your tour in Awana Kancha. It is considered a living museum and here you can see Andean camelids, learn about the techniques to take their wool, and finally acquire finely spun garments. You will then visit the Pisac Market, consisting of dozens of stalls displaying and selling goods crafted by residents of the area. You can find textiles, carvings, and replicas of ancient Inca pieces. Enjoy lunch at Muña restaurant. After lunch continue to your hotel for check in and a welcome reception.



Overnight stay at ARANWA SACRED VALLEY HOTEL & WELLNESS (Deluxe room).

Day 7

August 8 (Fri)

SACRED VALLEY OF THE INCAS

Meals included: Breakfast at the hotel. Lunch at community.

Early this morning, you will be picked up from your hotel and head to the Quechua community

of Huilloc where ancient Inca customs are still alive. The villagers are proud of their heritage and are delighted to share their authentic Inca way of life with visitors from all over the world. Lima Tours Foundation believes that travel should be beneficial to everyone involved, which they work closely with this community. On arrival you will be welcomed by the community and also you will visit the rural school. Small school supplies are welcomed as donations!

Then participate in the Kusi Runa. During this activity you will work alongside local workers on local farms called “chacras” in Quechua. Experience how the Andean men (“runa”) live his daily life as you become part of the community, wearing the typical Huilloc poncho and using traditional tools. As this is a traditional society, male visitors will carry out agricultural tasks, while women visitors will work indoors. The activity ends with a spiritual moment expressed through local dance and music.

You will enjoy a delicious home-cooked Andean lunch prepared with local products harvested in traditional and sustainable ways.



After this amazing experience, you will visit Ollantaytambo, a typical example of urban planning of the Incas still inhabited as in the past. You will find here a great archaeological complex called "fortress" although it was a *tambo* town for rest and lodging for long distance travelers. It is without doubt one of the most monumental works of the empire. Return to your hotel and have the rest of the day to rest.

Overnight stay at ARANWA SACRED VALLEY HOTEL & WELLNESS (Deluxe room).

IMPORTANT:

- The sequence of the tours may vary, subject to weather conditions.
- Any donation is welcomed at Huilloc community; you can bring small school supplies such as pens, pencils, small notebooks or we can ask the guide to stop at a local market where you can purchase those items and others like groceries / fruits before arriving to the community.
- Tonight, prepare a small overnight bag for your journey to Machu Picchu. Limit it to 11 lbs per person, as the train company only permits 11 lbs of luggage per person. We will transfer your luggage to your hotel in Cuzco. You will retrieve your stored luggage when you check in at the Cuzco hotel on Day 9.

Day 8

August 9 (Sat)

SACRED VALLEY OF THE INCAS – MACHU PICCHU

Meals included: Breakfast at the hotel. Lunch at Sanctuary lodge. Dinner at hotel.

With your private guide who will accompany you to Machu Picchu, you will be transferred to the Ollantaytambo Station where you will board the Vistadome train to Machu Picchu's Aguas Calientes.

Upon arrival at Machu Picchu's Aguas Calientes Station, you'll take a 30-minute shuttle-bus ride to Machu Picchu, the "Lost City of the Incas." The ruins are located in a lush jungle and are believed to have been built in the mid-15th century by Inca Pachacutec. Lost to history, it was not discovered until 1911 by the American explorer Hiram Bingham. With your private guide, enjoy a tour of the fabled ruins.



Now recognized as a member of the new 7 Wonders of the World, Machu Picchu is a marvelous and famous citadel which combines the visual and spiritual force of magnificent natural scenery with the natural diversity of a historic sanctuary. Machu Picchu is recognized as a Cultural and Natural Patrimony of the World which rises to an altitude of 7,900 feet above sea level between the Huayna Picchu (young peak) and

Machu Picchu (old peak). It lies within the spectacular framework provided by the exuberant vegetation of nearby jungle and the rugged landscape.

The ruins are situated on the eastern slope of Machu Picchu mountain in two separate areas: agricultural and urban. The latter includes the civil sector (dwellings, canals) and the sacred sector (temples, mausoleums, squares, royal houses). Although the constructions show different levels of architecture, the religious buildings exhibit a high degree of perfection. The construction was generally made of stone and the roofs were built of tree trunks and thatched with *ichu* or straw. The walls lean slightly inward to protect against earthquakes.

Lunch will be at the Sanctuary Lodge. Later, take the bus down to Aguas Calientes where you will check in at MACHU PICCHU PUEBLO HOTEL (Superior room).

Dinner will be served at your hotel's restaurant.

Day 9

August 10 (Sun)

MACHU PICCHU – CUZCO

Meals included: Breakfast at the hotel.

Today you can optionally return to Machu Picchu and visit any of the attractions of the citadel,

including a hike to Huayna Picchu. The entrance fee to Machu Picchu and Huayna Picchu and the bus tickets up/down the citadel are included this day.

IMPORTANT:

The visits to Huayna Picchu have a restricted access to 400 passengers per day – 200 at 07:00 a.m. and 200 at 10:00 a.m. Your entry is for the 10:00 a.m. access. Entrance fees to Huayna Picchu and Machu Picchu are non refundable / non endorsable.

Or you can enjoy the activities offered by your hotel. The following are some of the hotel organized activities included complimentary for guests. A schedule of the operating activities shall be posted by the hotel daily. Additional activities will also be available at a nominal cost.

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Nature Walk

Duration of the activity: ¼ day. Difficulty level: I

Attractions: Tea / Birds / Medicinal plants / Butterflies / Insects / Photos.

Walk along the hotel's trails, visiting the Rocotal Observatory, sacred pre-Inca pictographs and an enchanting waterfall. Discover the fascinating yet fragile ecosystem of the Machu Picchu cloud forest, and learn about its many indigenous plants and animals. The Nature Walk offers guests a glimpse of cloud forest ferns, bromeliads and orchids, as well as an introduction to the Vilcanota river system and a visit to the tea house.

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Orchids

Duration of the activity: ¼ day. Difficulty level: I

Attractions: Orchids / Photos.

Meander through the orchid garden to spot some of the hotel's 372 different native orchid species in their natural habitat, the world record according to the American Orchid Society. Discover this extraordinary plant family, which has captured the human imagination for centuries. From the largest orchid flower in the world – the *Phragmipedium caudatum*, to tiny flowering specimens properly appreciated only through a magnifying glass, there are orchids to amaze both the newly inquisitive and the expert, including species new to science which have been discovered on the hotel grounds.



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Birds

Duration of the activity: ¼ day. Difficulty level: I

Attractions: Birds / Photos.

Wake up early in the morning to take advantage of the optimum time for cloud-forest

bird watching. Begin at a river observatory, with the possibility of sighting the sought-after torrent duck and the white-capped dipper. Then proceed to a productive tanager feeding area, where silver-beaked, blue-necked, fawn-breasted and saffron-crowned tanagers can be found. Along the hotel's pathways, be on the lookout for the cock-of-the-rock, the golden-headed quetzal and many of the 18 different hummingbirds identified on the grounds, including the booted racket-tail and the green-and-white hummingbirds, which are native to the area.

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Tea

Duration of the activity: ¼ day. Difficulty level: I

Attractions: Medicinal plants / Photos / Tea.

Visit our organic tea (*Camellia sinensis*) plantation and tea house to discover the wonders of the traditional tea making process. Take part as the freshly picked leaves are pressed over wooden blocks and finally seal your own tea bag.

A glass of fresh iced-tea direct from Inkaterra Machu Picchu's tea house completes the experience.

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Twilight walk

Duration of the activity: ¼ day. Difficulty level: II

Attractions: Insects / Photos / Waterfall / pre-Inca Pictographs.

Take an early evening walk designed to connect on a spiritual level with the environment and the historical energy of the Machu Picchu area. With special attention placed on nature's core elements like an enchanting waterfall, as well as sacred pre-Inca pictographs, your spiritual walk will linger at the Rocotal Observatory.



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Spectacled bear

Duration of the activity: ¼ day . Difficulty level: I

Attractions: Photos / Spectacled Bear Project.

* Voluntary contribution is suggested.

The Inkaterra Association (ITA) and the Peruvian National Institute of Natural Resources (INRENA) manage the Inkaterra Machu Picchu Spectacled Bear Project, an effort designed to recover bears that have been negatively affected by human impact,

and reintroduce them into their natural habitat. Once common throughout the Andes, the spectacled bear is now critically endangered. Visits to the project are organized with advanced coordination to gain insight into the world of these large mammals (the only bear species in South America), and learn about the challenges they face to survive in today's world. Donations to the project are welcome and will be duly acknowledged and certified.

Have some time on your own before heading to the train station accompanied by your guide to take the Vistadome train to Ollantaytambo or Poroy station.

On arrival in Cuzco, you will be transferred to * EL MERCADO TUNQUI HOTEL (Superior room), where you will retrieve your bags left on Day 7.

Day 10

August 11 (Mon)

CUZCO

Meals included: Breakfast at the hotel.

This afternoon you will start your tour with a visit to the Coricancha, also known as the "Temple of the Sun" (or "Premises of the Gilded One"), the construction of which was ordered by Inca Pachacútec (1438-1471) and was used as base for the construction of the Santo Domingo Convent upon the arrival of the Spaniards. This is when the Sun (Inti, in Quechua) was worshiped during the Inca Empire and at the time of the Incas its walls were fully covered with gold sheets and its courtyards were planted with golden corn and life-size llamas.



You will then go to the Cathedral, the most important building on the Main Square and one of the most splendid Spanish colonial churches in America, which is shaped as a Latin Cross and houses about 400 colonial paintings from the Cuzco art school, and impressive goldsmith, silversmith and precious works of stone.

You will then visit Sacsayhuaman fortress, an emblematic work of the Incas, which protected the Holy City. You will then go to Qenqo, located four kilometers away from Cuzco, an archaeological complex mainly used for religious purposes. It is believed that agricultural rituals took place there. You will finally visit the vestiges of Puka Pukara, located seven kilometers away from Cuzco. Puka Pukara, which means "red fortress," was an architectural complex presumably used for military purposes; it has many rooms, squares, bathrooms, aqueducts, walls and towers, and it is believed that the Inca's entourage used it while he rested at Tambomachay. Then, , you will return to your hotel.



Overnight at EL MERCADO TUNQUI HOTEL (Superior room).

Day 11

August 12 (Tues)

CUZCO – LIMA

Meals included: Breakfast at the hotel. Private farewell dinner at Casa Aliaga.

After breakfast, transportation service will take you to Cuzco airport to take your flight back to Lima.

Flight Star Peru # 1182 (departure 12:55 pm / arrival 2:15 pm)

Transportation service with guide will pick you up from the airport at the established time and will transfer you to ESTELAR HOTEL (Standard room).

Lima is a modern metropolis full of history, which has approximately ten million inhabitants and is going through an exciting process of cultural and economic change.

Later in the day, you will be transferred to the Aliaga House, an ancient viceregal house given by Francisco Pizarro to one of his captains (Jerónimo de Aliaga) after the founding of the city. The construction of this house started in 1535. This genuine jewel of the colonial architecture is currently inhabited by his descendants. Enjoy a private dinner at this amazing colonial jewel.

After dinner, return to the ESTELAR HOTEL to rest.



Day 12

August 13 (Wed)

DEPARTURE LIMA

Meals included: Breakfast at the hotel.

This morning transportation service from Lima Tours will pick you up from your hotel and will transfer you to the Surco district, to visit the Gold Museum, which houses one of the most singular museum collections in Lima. It includes exquisite textiles, pottery and gold artifacts of various pre-Hispanic cultures apart from an arms collection composed of twenty thousand pieces from different times and parts of the world.

Check out time at the hotel is at noon. Bags may be kept in hotel storage. Enjoy the rest of the day at leisure in Lima.

Transportation service will pick you up from your hotel at the established time and will transfer you to the airport of Lima for your departure.

NOTE: Participants continuing on to the Post-Tour will remain at ESTELAR HOTEL for overnight.

*** END OF MAIN TOUR***

NOT INCLUDED:

- Airport taxes (payable only in cash):
- Personal expenses such as laundry, phone call, internet access.
- Alcoholic and non-alcoholic beverages during meals.
- Some meals (as indicated).
- Tips for guides and drivers.
- Any services not mentioned in the program.
- Travel Insurance.