



## Peru: GirlFriends, Culture & Machu Pichu

**June 6 – 15, 2018**

**Amazon Women Excursion**

**June 15 - 18, 2018**

June 6 Bienvenidos a Peru! (D)

Arrival in Lima by 3 pm for a transfer to our hotel. Lima was founded by Spanish conquistador Francisco Pizarro on January 18, 1535, as *Ciudad de los Reyes*. It became the capital and most important city in the Spanish Viceroyalty of Peru. Following the Peruvian War of Independence, it became the capital of the Republic of Peru. Today, around one-third of the Peruvian population lives in the metropolitan area that is the largest city in Peru. Tonight we will enjoy getting to know each other at our **Welcome Dinner**.

June 7 Orientation and World Heritage (B, D)

After breakfast we are joined by a **special guest** from CHIRAPAQ Centre of Indian Cultures to share with us about *Life of Women over the Ages in Peru*. Then we are off to enjoy a historic **Walking City Tour** of the Plaza Mayor, San Francisco church, Government Place and other sites including The Eye That Cries” monument and the Parque de las Fuente (Park of Fountains) Plaza and old city. The highlight of the day will be visiting the **Larco Herrera Museum**, the largest private collection of pre-Columbian art in the world, where we’ll be graciously hosted by its head curator, Ulla Homquist (requested) whose special interest is the role of women in pre-Columbian Peru. The highlight of our day is a **culinary arts class and dinner together**.. Peru is well known for its culinary excellence. You will learn about basic food stuffs and learn how to prepare classics like ceviche and a Pisco sour.



June 8

(B,L)

After a leisurely morning we are off to a local dance institute to enjoy **dance lessons** in La Marinera (1<sup>st</sup> national dance of Peru), and zapateo (Afro-Peruvian) styles. After lunch we will enjoy some shopping at Antisuyo an indigenous cooperative that sells potter from all over Peru and learn about the craft. Then enjoy your **free time in the Miraflores** neighborhood after our meal. For the adventurous, you might spend your free hours taking a leap of faith, as you enjoy a tandem paraglide from the cliffs of Lima over the coastline and beaches (optional). For dinner tonight we will make reservations at the **Restaurant Huaca Pucllana**. The *huaca* ruins are creatively illuminated at night, giving it a movie-set aura. There's nothing like dining while taking in 1,500-year-old views. The restaurant stays open long after the ruins close.

June 9

(B,L)

This morning we wander through the ruins of **Pachacamac**, an ancient temple on Peru's coast. It is located about 25 miles of Lima. The site was first settled around A.D. 200 and was named after the "Earth Maker" creator god Pacha Kamaq. The temple served as a ceremonial site for 1000 years before the Inca civilization. After lunch we will visit the Gold Museum. Concluding our day we will meet with a representative of the **Federation of Women Organized in Committees of Self-Sustaining Kitchens**, an organization that oversees 1,300 kitchens in Lima. Dinner and evening are free for local cultural activities.

June 10

(B,L)

Today we leave for a day excursion to San Bartolo, a beautiful seaside resort south of Lima. It is known for its clean waters, small bays, nice beaches and great waves for surfers. Here we will visit the "**Generacion**" house and meet with Executive Director, Lucy Borja. Lucy is an everyday hero that has worked tirelessly to support the rights of street children. We will learn about her work and social issues impacting young women today. Then enjoy some time with the community of the **Surfing Tribe** at the beach. We can enjoy time to walk the

beach. Leaving for Lima, we will stop at **El Sarcay** to learn about, taste and buy Pisco. We will have a simple tasting here. Dinner and Eve free for a facilitated discussion with Shasta.

June 11

(B,L)

Depart for the “imperial city” of Cuzco. Arrive in Cusco. Check in to the hotel. Today we will enjoy a guided City Tour of this amazing town including a visit to the **Temple of the Sun, the Coca Museum** and a visit to a **chocolate-coca shop**. We will learn about the historical importance of Coca cultivation. Enjoy free time to walk this magical town. Evening is free for rest (please do as the altitude can impact your energy levels).

June 12

(B, L)

We will visit incredible UNESCO world heritage sites around Cusco, including the remarkable ruins of **Sacsahuamani**. We will visit a **Fair Trade weaving cooperative** and learn how wool products are made and dyed, that is also a camelid conservation program. Yes you will see alpaca and llamas! Our afternoon ends with a Pisco presentation and tasting (Pisco is the national Peruvian spirit – made from grapes grown along the southern coast). We end our day with a local healer’s briefing us on the **Sacred Cosmology of Cusco**.



June 13

(B, D)

Wake up call comes early this morning as we grab our Breakfast Snackbox and transfer to train station by 6am so we can depart by train for **Machu Picchu!** During the day with will have a brief guided excursion in Machu Picchu. Then you will have time to wander, hike, or just sit and meditate in this spectacular place. Lunch will be here on your own. Later in the afternoon we will meet and return by train to Cusco.



June 14

(B, D)

Today we are off for a full day **excursion to the many sites of the Sacred Valley** including a visit to local **Pisac market**, and the **fortress temple site of Ollantaytambo**. After lunch we enjoy an exchange with **Awamaki**, an organization dedicated to empowering the lives of women and girls by providing them with the tools they need to start and run their own businesses.

**Farewell Dinner and Traditional Folkloric Show** concludes our journey together.

June 15

(B)

Breakfast and Departures From Cusco back to US. Please make your return flight home from Cusco.

OR

June 15

Amazon Women Excursion

(B, L, D)

Depart Cuzco for Puerto Maldonado leave 12:25 and arrive at 1:15 pm Travel to town and prepare to travel by boat to the Tambopata National Reserve. The (TNR) is part of a 3.7 million acre conservation unit in southeastern Amazonian Peru created in 1990 by the national government working in partnership with local grassroots and international conservation organizations.

We will fly to Puerto Maldonado. After a brief survey of the town we will drive thirty minutes to the Tambopata river port in the community of Infierno. We will board our boats for a one hour trip by motorized canoe to Posada Amazonas.

Depending on the arrival time of the plane we will have a boxed lunch aboard the boats or have lunch upon arrival at Posada Amazonas. During our voyage we may see bird species typical of the river or forest edge such as: Black Skimmer, Pied

Lapwing, Capped Heron, Jabiru Stork, Roadside Hawk, and several species of kingfishers, swallows and flycatchers. When we arrive at Posada Amazonas we will unpack and unwind.

Posada Amazonas is a comfortable yet unobtrusive 30 room lodge owned jointly by Rainforest Expeditions and the Local Community of Infierno. We will receive a short orientation and a complete briefing on the lodge and the Ecotourism Project before our afternoon activity : the canopy tower. In this activity, we will visit a 35 meter scaffolding tower that is 15 minutes walking from the lodge. The scaffolding tower is built so that you safely climb using the internal staircase with verandahs on each side, and rest in platforms present every 2 meters. From the top you not only get spectacular views of the river and the surrounding forest but also excellent opportunities to observe birds from the canopy including parrots, toucans and macaws.

Eve: Discussion Circle and optional video about the forest of Tambopata .



### June 16 and 17<sup>th</sup> (B,L,D)

Early morning: Wake at dawn for a visit to the Tres Chimbadas oxbow lake. After an early breakfast we depart, fifteen minutes from Posada Amazonas by boat and a 30 minute walk take us to the lake shore. From here we take a long, easy canoe ride around it. We will look for giant river otters, turtles, hoatzin, and wading birds. The giant river otters that are seen in Tres Chimbadas belong to a resident family of nine. We will return to the lodge's trails in time for a visit to a small parakeet clay lick. Dozens and sometimes hundreds of Blue Headed Parrots, Orange-Cheeked Parrots, Cobalt-winged parakeets, and sometimes even the rare Rock Parakeet congregate here on clear days to ingest clay. This congregation creates a riotous and colorful wildlife spectacle where the greens, oranges, reds and blues of the parrots dance around the bank as each individual parrot competes for their choice beakful of clay. At times, this spectacle lasts for hours. Then we will return to the lodge for lunch both days before embarking on our afternoon outing.

One afternoon we will visit the community's ethno-botanical center. From this

little shop, the community has been registering the uses of medicinal plants from elders and planting, producing and distributing them for over ten years. We will hike the trails around the center with one of the residents who will explain to us the everyday uses of forest resources in medicine, construction, food and fiber. The other we will visit the local Amazonian community to learn about daily life and about their agricultural practices.

We will return to Posada Amazonas each night for dinner and overnight.

Eve1: Optional guided night walk to look for amphibians and insects

Eve2: Discussion about the biodiversity protection in the Amazon



June 18<sup>th</sup>

Adios Peru

(B)

Breakfast and depart for Puerto Maldonado via Lima for your return flight back home.

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