



Sacred Sites & World Heritage in Peru

September 6-15, 2019

September 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. You will meet your guide in Peru Giovana Ayala for an orientation friendship session meeting at the hotel reception. **Welcome Dinner** at Mangos restaurant. The restaurant with the best panoramic view of Lima's Green Coast.

September 7 Orientation and World Heritage (B, D)

After breakfast we are off to enjoy a historic **Walking City Tour** of the Plaza Mayor, San Francisco church with their catacombs, Government Palace 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, 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 in one of the best places in Lima "Urban Kitchen"**. Peru is well known for its culinary excellence. You will learn about basic food stuffs and learn how to prepare classics like Ceviche and Lomo Saltado under the supervision of a renowned chef.

September 8

(B,L)

After a leisurely morning we are off to a local dance institute to enjoy **dance lessons** in La Marinera (1st national dance of Peru), and zapateo (Afro-Peruvian) styles. 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.

September 9

(B,L)

This morning we wander through the archeological 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 fabulous Gold Museum. Concluding our day we will go to the **Magic Water Circuit** a beautiful park where all the fountains are illuminated at night, many with continuously changing color schemes. Dinner and evening are free for local cultural activities.

September 10

(B,L)

Today we leave for a day excursion to San Bartolo, to 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. Lunch at "Hacienda Mamacona" The Rizo Patrón family, owners of the hacienda, has been traditionally linked to agriculture, cattle breeding, as well as the breeding of Paso Horses, a noble animal of unique characteristics in the world, a nice place where you will enjoy Peruvian cuisine with a Folkloric Show Marinera, afroperuvian dances and Peruvian horses show. Dinner and Eve free for a facilitated discussion.

September 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**. Enjoy free time to walk this magical town. Evening is free for rest (please do as the altitude can impact your energy levels).

September 12

(B, L)

Today we are off for a full day **excursion to the many sites of the Sacred Valley**, our first stop **Chincho** an Archeological Park including a visit to **The Center for Traditional Textiles of Cusco** and learn how wool products are made and dyed. We will meet the director of the center **Nilda Callañaupa** an indigenous Quechua weaver from Chincho. She has written two books on Peruvian Weaving, and has co-authored a third on weaving elders of the Peruvian Andes. We continue our journey and visit Raqchi a public school where an educational project of conservation and protection of the environment is carried out. After lunch in a local restaurant we will go to **Ollantaytambo**, a small Inca city living and visit the fortress temple site. Later in the afternoon we will take the train from Ollantaytambo Station to Machu Picchu, spend the night at Tierra Viva Hotel.

September 13

(B, L)

Machu Picchu! Wake up early this morning for those who are doing the climbing to Huayna Picchu Mountain. During the day we 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. We will have a buffet lunch. Later in the afternoon we will meet and return by train to Cusco.

September 14

(B, D)

We will visit incredible UNESCO world heritage sites around Cusco, including the remarkable ruins of **Sacsayhuaman**. We will have a meeting with our spiritual guide Marcela Pantigozo, we will make an offering to our mother earth **Pachamama**, Marcela will explain the Andean religion and cosmo-vision and then proceed to a clean energy ceremony. After lunch we will go to visit Mantay, a loving home for adolescent mothers and their children in Cusco. **Farewell Dinner in a nice local restaurant** concludes our journey together

September 15

(B)

Breakfast and departures from Cusco back to US. Please make your return flight home from Cusco. However we recommend staying on for a day or two and enjoying Cusco on your own. It is easy to navigate with many shops and museums.

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