



Peru: Sacred Sites and Shamanic Blessings

A FAMILY ECO-WELLNESS RETREAT

DATES: June 28 - July 7, 2025 (9 nights/10 days)

ARRIVAL: Lima, Peru

DEPARTURE: Cusco, Peru

DAY 1, 6/28/2025: BIENVENIDOS A PERU!

- **At a glance:** Arrive in Lima by 3 pm for a hotel transfer. Founded in 1535 by Francisco Pizarro as Ciudad de los Reyes, Lima later became Peru's capital. Today, it houses about a third of Peru's population. Meet your guide at the hotel for orientation, followed by a welcome dinner and relaxation.
- **Meals Included:** Dinner
- **Accommodations:** Casa Andina

DAY 2, 6/29/25: LIMA WALKING TOUR / CULINARY ARTS CLASS

- **At a glance:** After breakfast, join our historic Walking City Tour of Lima, exploring Plaza Mayor, San Francisco Church with its catacombs, the Government Palace, and the old city. Visit the Larco Herrera Museum, known for its pre-Columbian art collection. Enjoy free time for lunch in the old city. In the afternoon, attend a culinary arts class at "Urban Kitchen" where you'll learn to make Peruvian classics like empanadas, croquettes, and ceviche with a renowned chef.
- **Meals Included:** Breakfast, Dinner
- **Accommodations:** Casa Andina

DAY 3, 6/30/25: DANCE AND ADVENTURE

- **At a glance:** After a relaxing morning, join us at a local dance institute for Peruvian dance lessons. Later, we will meet a shamanic energy healer for spiritual insights and a traditional ceremony. Lunch is followed by optional activities: tandem paragliding (extra costs apply), a scenic walk, or a bike ride along el Malecón (for an extra fee). Dinner awaits at Restaurant Huaca Pucllana, offering a unique dining experience amidst 1,500-year-old ruins.
 - **Meals Included:** Breakfast, Lunch
 - **Accommodations:** Casa Andina
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DAY 4, 7/1/25: PACHACAMAC / CHOCOMUSEO

- **At a glance:** This morning, we'll visit the ancient temple ruins of Pachacamac, about 25 miles from Lima. Named after the creator god Pacha Kamaq, the temple served as a ceremonial site for 1,000 years. After lunch, join us at the ChocoMuseo for a 2-hour chocolate-making workshop. The evening is free for local cultural activities or a visit to the Magic Water Circuit, showcasing beautifully illuminated fountains with changing colors.
 - **Meals Included:** Breakfast, Lunch
 - **Accommodations:** Casa Andina
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DAY 5, 7/2/25: SAN BARTOLO / FOLKLORIC SHOW MARINERA

- **At a glance:** Today, we visit San Bartolo to meet Executive Director Lucy Borja at the Generacion House, where she supports street children's rights. Learn about her impactful work and youth social issues. Enjoy a bird-watching tour at the beach with the Surfing Tribe kids, part of Generacion's healing program through surfing and skateboarding. We'll enjoy lunch at Hacienda Mamacona, owned by the Rizo Patrón family with agricultural and equestrian roots. The evening is yours to explore.
 - **Meals Included:** Breakfast, Lunch
 - **Accommodations:** Casa Andina
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DAY 6, 7/3/25: CITY TOUR OF CUSCO / SHAMANIC CEREMONY

- **At a glance:** This morning, we'll head to Cuzco, the "Imperial City." After checking in at the hotel, join us for a guided City Tour, including a visit to the Temple of the Sun and a stop at the Coca Museum to learn about coca's medicinal uses, especially for altitude sickness. Later, experience a despacho ceremony with a Q'ero Shaman for healing and protection, followed by an initiation rite. In the evening, enjoy a family-style dinner and some free time to acclimate to the altitude.
 - **Meals Included:** Breakfast, Dinner
 - **Accommodations:** Casa Andina Standard Catedral
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DAY 7, 7/4/25: TOUR OF THE SACRED VALLEY / WEAVING / CONSERVATION

- **At a glance:** After breakfast, we'll visit The Center for Traditional Textiles of Cusco to learn about wool production, watch a weaving demo, and shop for souvenirs supporting the center. Next, join us at a public school for a conservation or gardening activity. After lunch, we'll head to Ollantaytambo, stopping at Chinchero Archeological Park. Check into Kinsapacha Ecolodge for dinner and enjoy free time exploring the farm.
 - **Meals Included:** Breakfast, Lunch, Dinner
 - **Accommodations:** Kinsapacha EcoLodge
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DAY 8, 7/5/25: MACHU PICCHU

- **At a glance:** We'll start our day exploring the wonders of Machu Picchu. Afterward, enjoy free time for lunch and shopping in Aguas Calientes. In the afternoon, we'll return to Kinsapacha Ecolodge for an activity on permaculture and medicinal herbs, followed by dinner.
 - **Meals Included:** Breakfast, Dinner
 - **Accommodations:** Kinsapacha EcoLodge
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DAY 9, 7/6/25: SACSAYHUAMAN / LLAMA FARM

- **At a glance:** In the morning, we'll check out of the ecolodge and return to our lodging in Cusco. We'll visit the Ollantaytambo Archeological Site, including the Sun Temple, Condor Temple, and more. Later, we'll explore the remarkable ruins of Sacsayhuaman. Lunch will be on your own. In the afternoon, we'll visit a llama and alpaca farm to learn about these animals and perhaps feed them. We'll end our wonderful Peruvian journey with a farewell dinner.
- **Meals Included:** Breakfast, Dinner
- **Accommodations:** Casa Andina Standard Catedral

DAY 10, 7/7/25: RETURN HOME OR CONTINUE ON THE AMAZON EXCURSION

- **At a glance:** After breakfast, you'll either catch your return flight home from Cusco or continue on to the optional Amazon excursion.
 - **Meals Included:** Breakfast
 - **Accommodations:** Back at home!
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DAY 10, 7/7/25: OPTIONAL ADD-ON AMAZON FAMILY EXCURSION

- **At a glance:** Depart Cuzco airport for Puerto Maldonado, arriving around 1:15 pm, then head to Tambopata National Reserve in southeastern Amazonian Peru. After a stop in town, we'll drive to Tambopata River Port in Infierno and take motorized canoes for an hour to Posada Amazonas. Depending on arrival, enjoy a boxed lunch on the boats or at Posada Amazonas. Unpack at Posada Amazonas, receive an orientation, and enjoy activities in the afternoon.
 - **Meals Included:** Breakfast, Lunch, Dinner
 - **Accommodations:** Posada Amazonas
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DAYS 11 & 12, 7/8/25 AND 7/9/25: AMAZON COMMUNITY VISIT AND WILDLIFE EXPLORATIONS

- **At a glance:** Wake at dawn for a visit to Tres Chimbadas oxbow lake where we'll canoe to spot giant river otters, turtles, hoatzins, and wading birds. Return for breakfast and explore the lodge's trails, including a parakeet clay lick for colorful parrots. One afternoon, visit the community's ethnobotanical center for plant insights, and another, engage with a local Amazonian community. Evenings offer dinner and optional activities like night walks or biodiversity discussions.
 - **Meals Included:** Breakfast, Lunch, Dinner
 - **Accommodations:** Posada Amazonas
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DAY 13, 7/10/25: ADIOS PERU!

After breakfast, we will depart for Puerto Maldonado and then head to Lima for your return flight back home.

- **Meals Included:** Breakfast



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