

**MAGICAL PERU**  
**AT THE SOLSTICE (INTI RAYMI):**  
**A JOURNEY OF OUTER AND INNER DISCOVERY**  
**June 14<sup>th</sup> – 26<sup>th</sup>, 2024**



Travel with guides Sheila Mitchell, M.D. and Daniel Koupermann to Peru during the Solstice to experience the extraordinary light phenomenon, spectacular archaeological treasures, ancient healing customs, delicious food, warm people, and a transformational experience like none other.

Sheila Mitchell, M.D. is an Integrative Family Physician who has been leading journeys to Peru for over 20 years. She is trained in Western Medicine, but also has trained with renowned Shamans and Medicine Men and Women of the Andes and the Amazon for many years. She walks the two worlds in the healing traditions.

Daniel Koupermann is a well-known guide and owner of Andean Paths who has been expertly leading groups to Central and South American for over 25 years. Originally from Ecuador, he prides himself in developing close relationships with peoples of remote places, and is therefore able to facilitate visiting fascinating locations where we learn about different cultures. He takes very good care of his travelers, ensuring their comfort and enjoyment of the experience.



## ITINERARY:

**June 14: Arrive in Lima,** transfer to Costa del Sol Hotel at the Lima airport.

**June 15: Lima to Caral:** We will drive 4 hours to the north of Lima to Caral, a Sacred City, to visit the archeological citadel and complex.

### **Sacred City of Caral-Supe**



The 5000-year-old 626-hectare archaeological site of The Sacred City of Caral-Supe is situated on a dry desert terrace overlooking the green valley of the Supe river. It dates back to the Late Archaic Period of the Central Andes and is the oldest center of civilization in the Americas. Exceptionally well-preserved, the site is impressive in terms of its design and the complexity of its architecture, especially its monumental stone and earthen platform mounts as well as the sunken circular courts. One of 18 urban settlements situated in the same area, Caral features complex and monumental architecture, including six large pyramidal structures. A quipu (the knot system used in Andean civilizations to record information) found on the site testifies to the development and complexity of the Caral society. The city's plan and some of its components, including pyramidal structures and residence of the elite, show clear evidence of ceremonial functions, signifying a powerful religious ideology.

After our visit to Caral we will stay at La Empedrada Ranch Hotel, which is very close to the archeological site, and we will gather to share our thoughts and expectations of this incredible journey.

**June 16: La Empedrada Ranch to Casa Hacienda Los Ficus (Lima) and Peruvian Paso Horses:** After an early breakfast, we will drive back to Lima, and visit a Peruvian Paso Horse Farm.

The Peruvian Paso Horse is the main reason for this hacienda's concept. Here you will increase your knowledge about the history of the Peruvian Paso Horse and its

unique characteristics. You will see newly born foals, horses being trained, and horses demonstrating their unique talents.

We will also appreciate the Peruvian Paso with its luxurious outfit “apero”, and the typical garments of our “chalanés” (horsemen). Here, you can also spend time in contact with nature, and with the horses that are part of the breeding program in the pasture. At lunch time we will enjoy typical Peruvian food and afterwards have the opportunity to ride the smoothest horse in the world if you so desire.

After lunch we will continue with a city tour in the modern part of Lima, visiting Miraflores and San Isidro, as well as the old colonial city with its Plaza de Armas, the Cathedral, and San Francisco church with its catacombs. Afterwards we will transfer to our hotel in Miraflores. Dinner will be close by where we will have the chance to taste famous Peruvian gastronomy.

**June 17: Lima to Chiclayo – The Lord of Sipán:** In the morning, we will fly to Chiclayo on the coast of Peru. From the airport we will go directly to Lambayeque and visit the Royal Tombs of Sipán Museum. There, we will see the famous tomb of the Lord of Sipán, a noble of the Moche culture.



The Lord of Sipán was an ancient Moche ruler from the 3<sup>rd</sup> century. The discovery of this tomb was a milestone in the world of archeology because his tomb was the first royal burial site found intact in South America, and it belonged to a Peruvian civilization prior to the Inca Empire.

According to studies, the Moche ruler was 1.65 meters (5' 5") tall, approximately 30 years old and probably died between 240 and 310 AD. He was found in a wooden coffin, the first of its kind found in America. Next to his head and feet were two skeletons of young women and the skeletons of a dog and two llamas on either side. Covered from head to toe in gold, silver, copper and precious stones, his skull was on a gold plate, showing how important this ancient leader was to the Moche culture.

Around 600 objects of great historical and monetary value were recovered in the tomb. Ceramic and carved wooden objects were found in the sarcophagus, in addition to pieces of gold, silver and precious stones. As for his clothing, three pairs of gold and turquoise earmuffs were found, and a necklace made up of twenty representations of peanut fruits, ten made of gold and ten made of silver. The peanut represented the beginning or rebirth for the Mochica culture.

It is important to note that the remains of eight people were found next to the Lord of Sipán: four men, three women and a child. According to research, the women were his concubines and the men are thought to be a military chief, a lookout and a soldier.

### **About the Mochica Culture**

Known for its pottery and architecture, the Moche or Mochica Culture emerged in the early intermediate period, between 100 and 800 AD. Its geographical location is in the valleys of Lambayeque and Huarmey, in northern Peru. Its pottery is noted for the impressive 'Huacos Retrato' (portrait vessels), depicting mythological, religious and everyday life scenes in the culture. Mochica potters based their work on three deities: humans, animals and plants. Its architecture was in turn based on mud bricks, where the great pyramidal huaca tombs were located. Huaca del Sol and Huaca de la Luna are the most important architectural "buildings" of the Moches. It is important to highlight the form of their burials, where the ruling elite, the common tombs and the simple burial were notably different in terms of the decoration and objects used.

After the visit we will go to our Hotel, have free time to rest or to explore Chiclayo city.

**June 18: Chiclayo to Trujillo – The Lady of Cao and Chan Chan:** We will drive south to El Brujo to visit the Lady of Cao. The 1,500-year-old mummy gives insights about the enigmatic Moche culture, which occupied Peru's northern coastal valleys from about AD 100 to 800. A modern autopsy indicated that the twenty-something Lady of Cao may have died of complications due to pregnancy or childbirth. Of note, her body is heavily tattooed, with images of serpents, crabs and spiders – all animals associated with the Moche pantheon of divine creatures – which leads scholars to believe she may have been a high priestess or ruler – the first discovered in Peru!

Many rulers of that time engaged in sacrifices, most likely including The Lady of Cao. Murals depict post-battle rituals where victims were naked and tied together. It is thought that the rulers would send them to the top of the platform of the El Brujo Pyramid where their throats were slit, the blood collected in a goblet for their rulers to drink and offer to the Gods. The well-appointed and modern Cao Museum gives a complete overview of the El Brujo Archaeological Complex and the many ancient and intriguing objects that were found there, including funeral objects, weaving tools, and jewelry. "La Senora Cao's" mummy is definitely worth the visit.





After this visit we will go to Chan Chan, the clay city. During its heyday, about 600 years ago, Chan Chan, in northern Peru, was the largest city in the Americas, and the largest adobe city on earth. Ten thousand structures, some with walls 30 feet high, were woven amid a maze of passageways and streets. Palaces and temples were decorated with elaborate friezes, some of which were hundreds of feet long. Chan Chan was fabulously wealthy, although it perennially lacked one precious resource: water. Today, however, Chan Chan is threatened by too much water, as torrential rains are gradually washing away parts of the nine-square-mile ancient city.



Located near the Pacific coast city of Trujillo, Chan Chan was the capital of the Chimú civilization, which lasted from A.D. 850 to around 1470. The adobe metropolis was the seat of power of an empire that stretched 600 miles from south of Ecuador down to central Peru. By the 15th century, as many as 60,000 people lived in Chan Chan—mostly workers who served an all-powerful monarch, and privileged classes of highly skilled craftsmen and priests. The Chimú followed a strict hierarchy based on a belief that all men were not created equal. According to the Chimú myth, the sun populated the world by creating three eggs: gold for the ruling elite, silver for their wives and copper for everybody else. After the visit we will go to our hotel and gather for a discussion and integration of our experiences. There will be time to rest and relax or explore Trujillo City.

**June 19: Trujillo to Lima to Cusco:** Today we will fly to Cusco with a layover in Lima. Once in Cusco we will have a light lunch and do a walking tour of the city that was the Capital of the Incan Empire. Today it is a very well preserved colonial city with a special charm and very nice handcrafts and food markets. We will visit Koricanha, The Cathedral, and some of the iconic places of the city. Our pace will be slow and we will make sure to hydrate, as Cusco is at an altitude of 11,000 feet.

At night we will have a typical Cusco gastronomic experience.

**June 20: Cusco – Saqsayhuaman and Quillarumiyoc:** In the morning we will visit Saqsayhuaman, a very important and impressive Incan fortress. From here we will have a complete view of the city of Cusco and the valley where it is located. After the visit we will go to lunch in a very typical place which the locals love.

In the afternoon we will visit Quillarumiyoc, the Moon Temple, a place with special energy and history. We will engage in a unique ceremony there in a cave.



**June 21: Cusco to Pisac to Lamay – Koricancha, Pisac Archeological Site:** For the early birders, we will wake up at 5 am to walk to the lower part of the Koricancha temple. Here we will participate in the Pututerros Ceremony receiving the first sun of the Andean year. Its June 21<sup>st</sup>, the morning of the Solstice (Summer Solstice in the northern hemisphere and Winter Solstice in the southern hemisphere). The men, using large shells as trumpets, play them to receive the sun.

We will go back to our hotel for breakfast and then travel to the Sacred Valley, starting with a visit to the Pisac archeological site, where you can align the masculine and feminine energies within yourself, and receive the Pampamesayok Rites, also called the Daykeeper Rites. A Qero elder will lead a despacho (ceremony) in the lower temple. He will bless any sacred ceremonial items you may have found or brought with you.



After the ceremony we will visit the Incan citadel and then go to Pisac village for lunch and to visit the handicraft market. In the afternoon we will continue to Villa Magica, our hotel, in a peaceful country area to rest and integrate.

**June 22: Lamay – Wachuma Ceremony:** Today we will have a normal breakfast and then fast the rest of the day in preparation for a Wachuma (San Pedro) Ceremony. Your participation in the ceremony is optional. We will explain clearly about the ceremony ahead of time and answer any questions you may have.

In the morning we will visit the house and workshop of Alejandro, an herbalist, who works with medicinal plants and essential oils to learn about his work in the healing arts.

In the afternoon we will have a ceremony with Yuri in our hotel to prepare for the Wachuma Ceremony at night. Please wear white clothing for the ceremony with Yuri and the Wachuma Ceremony.

**June 23: Lamay to Maras to Moray and Aguas Calientes:** We will visit two iconic places in the Sacred Valley: First, the Pre-Incan salt mines of Maras with its hundreds of ponds, where local families have been harvesting salt for generations. The source of this mineral water comes from a small underground spring and is collected and distributed in the ponds. Second, we will visit Moray, with circular agricultural terraces, or “muyus” that were used as an agricultural laboratory in the Inca times. These terraces demonstrate the deep knowledge and scientific understanding of the life zones of the Andes region in the Sacred Valley which the people who lived there possessed.





We will then go to Ollantaytambo to take the train to Aguas Calientes, the base town to visit Machu Picchu the next day. Once in Aguas Calientes you will have time to explore this picturesque village.

**June 24: Machu Picchu:** Very early in the morning we will take the public buses to ride uphill to the Citadel of Machu Picchu. Once there we will pause to wait until the first sun rays hit the Sun Temple (a memorable sight). It is a very special and magical moment looking into the magnificence of the Eastern range and the general view of the Citadel with the sun rising. We will visit the complex with our expert guide (whose name is German), and he will explain the importance of this magnificent place of the Incas. One interesting fact is that Machu Picchu was never seen by the Spanish conquerors when they arrived in the 16<sup>th</sup> century.

Later we will go back to Aguas Calientes to rest or if you want to explore the town or walk along a natural trail on the river shore. At night we will have another wonderful food experience in the famous Indio Feliz restaurant.

**June 25: Aguas Calientes to Ollantaytambo:** On this day, we will take the train back to Ollantaytambo, check into our hotel, and go on to explore the Ollantaytambo fortress that was being built when the Spanish arrived. The Incas had to stop the construction, and we will see how they left the work. We will visit the ruins and its Temple of the Sun, Winds, and Waters, as well the village (citadel) which was built on top of the original Incan walls.

The afternoon will be for resting and packing. The next day we will depart to Cusco to catch the airplane to Lima and make our international connections back home.

We will gather in the early evening to integrate our experiences and to have a closing ceremony.





**Jun 26: Ollantaytambo to Cusco to Lima and Home:** We will take the route back to Cusco, and on the way we will stop in Chincheros a very old and famous town for its textiles, where we will have the opportunity to see the weaving and dying techniques as well the plants they use to dye the cloth. It will be our last opportunity to buy souvenirs and beautiful textiles.



We will continue to Cusco airport to make our connection with Lima and from there our connection with our international flights.



Please send any questions regarding the itinerary, preparedness for the trip (physical, emotional or spiritual), or any concerns to Sheila Mitchell at: [smitchell@spirit-of-health.com](mailto:smitchell@spirit-of-health.com).

Financial arrangement questions should be directed to: Linda Leyerle at [lleyerle@aol.com](mailto:lleyerle@aol.com).

**Cost of the journey: \$4,490 per person in double occupancy**

**\$1,087 extra for single occupancy**

**Reservations:** All reservations are subject to availability. In Peru, it is not possible to reserve rooms, train travel and entrance tickets to Machu Picchu without passport names, numbers, country of issuance, expiration date and birth date.

**A deposit of \$2000 will reserve your space.** Please send an email to Linda Leyerle at [lleyerle@aol.com](mailto:lleyerle@aol.com) for information about how to make your deposit and scan your passport to us. Time is of the essence so please respond as soon as possible if you are interested in this journey. This will ensure your Machu Picchu/Huayna Picchu tickets. Our deadline for purchasing the train and entrance tickets is April 10<sup>th</sup>.

**The second payment of \$1,490 is due March 10<sup>th</sup>, 2024, and the balance of \$1000 is due May 10<sup>th</sup>, 2024.**

**The Cost includes:** Private tour bus or van for travel during the journey, **all meals**, hotels, tips for restaurants and hotels, non-alcoholic beverages during meals, transportation to and from airport in Lima, intra-country flights, Machu Picchu train and entrance fees, all expenses for excursion, local guide and/or shamanic guide to share history and archaeological information, Qero elders to share their ancient teachings and traditional ceremonies of despachos and karpay. **You will not find a more inclusive journey of this quality!**

**The Cost does NOT include:** International roundtrip airfare to Lima, alcoholic beverages, tips for the guides and private bus driver, personal items and souvenirs.

This journey is for individuals ready to have an educational/experiential experience. Persons with physical or psychiatric challenges may find this journey too difficult or uncomfortable. We recommend a visit with your doctor at least 6 weeks in advance of departure. No immunizations are required unless you will be entering Peru from a country with Yellow Fever, in which case you will need a Yellow Fever immunization and must be prepared to show proof. We will be at high altitudes in Cusco. If you think you may have issues with the altitude, please talk to your doctor. You can also check the CDC webpage for more information.

Once you have reserved your space, we will be sending you more information – packing lists, information about the country, etc. You will be fully prepared for the journey. Also, we are always available by email for any questions or concerns – whatever they may be.

No Visas are required for most people entering Peru (US, Canadian, EU, Australia and New Zealand citizens). If you have questions about this, please let us know.

**Your passport must be valid at least 6 months after the date of your return (Dec 26, 2024).**

**Cancellations & Refunds:** Due to availability of space on our journey and the time required to process trip reservations, **your deposit will not be refundable if received after March 10th. We highly recommend purchasing travel insurance in order to protect yourself in case extenuating circumstances force you to cancel your trip.** Travelex or CSA are two respected possibilities.

**Responsibilities:** ANDEAN PATHS reserves the right to accept or reject any person as a participant at any time, and to make changes in the itinerary whenever deemed necessary for the comfort, convenience, and safety of our participants, and to cancel a journey at any time. In the event a journey is cancelled, ANDEAN PATHS shall have no responsibility beyond the refund of monies paid to it by program participants as listed. By registering, the participant agrees that neither ANDEAN PATHS and/or their affiliates shall be liable for any damages, loss or expense occasioned by any act or omission by any supplier providing services to any program participant. **The only reason that we would cancel a program is for safety reasons due to impassable roads, protests in Peru, or similar unforeseen events.** We look forward to assisting you in all ways for this journey!