

Peru - Lima / Cusco / Machu Picchu and the Sacred Valley with Daniel Koupermann June 17th – 28th, 2022

Friday, June 17th: Arrival in Lima, Peru.

Everyone will be met at the airport and taken to Hotel Marriot Courtyard Miraflores.

Saturday, June 18th: LIMA

This first morning we will visit the Museum Rafael Larco Herrera. This private museum has one of the largest collections of ceramics in the world. It is said to include over 50,000 pieces. They include a selection of gold and silver pots, feathered textiles and a Paracas weaving that contains 398 threads to the linear inch (a world record). Many tourists are lured here by the famous collection of Pre-Columbian erotic pots illustrating with the sexual practices of ancient Peruvians.

Then we will drive out of Lima for 40 minutes to a beautiful farm where Peruvian Paso Finos are bred. We will enjoy a demonstration of these beautiful horses and learn about their tradition in Peru. Lunch will be at the farm.

Return to Lima. This evening we will have dinner in a local restaurant.

Sunday, June 19th: LIMA - CUSCO

In the morning, we will fly to Cusco arriving around 10:30am. Our private bus will take us to our hotel – Tierra Viva Saphi.

Lunch will be in a local restaurant.

After lunch, we will take a walking tour of the city. The city will be alive with music and colors because it will be the beginning of the Festival of Inti Raymi (the most important annual festival for the Incas celebrating the Summer Solstice). Cusco is the “hub” of this spectacular happening. Some of the highlights of Cusco are Korikancha (the Temple of Gold), Ceque Lines, the tunnels below the city, the Rainbow Temple and San Francisco Cathedral (at the center of the festivities).

Dinner will be in a typical Cusco restaurant.

Monday, June 20th: CUSCO

Today is the Solstice day!! It is optional to go at 5:30am to the Koricancha plaza to participate in the ceremony of the Pututerros, receiving the first sun of the Solstice and the Andean New Year. Most of the people participating are locals and we can be part of it.

After breakfast we will travel a little ways out of the city to explore Sacsayhuaman (pronounced "sacksy woman"), which is in the zigzag shape of a serpent, and is said to be connected to the energy of lightning. Sacsayhuaman, a huge Inca temple with many interesting structures, holds the key to understanding the traditions of the local people.

The name Sacsaywaman or Sacsayhuamán is derived from two Quechua words: "Sacsay," which means satiate and "wamán," which means hawk; together they mean "eat your fill, hawk." This puzzling meaning is a reference to the fact that the birds were divine protectors of the Incas and the military battalions.

It is located 1.25 miles from Cusco's square at an altitude of 12,140 feet above sea level, surrounded by the mountains Ausangate, Pachatusán and Sencca. It covers an area of twelve square miles, which hold incredible archaeological and architectural sites, including: Kolcampata, Qenqo Grande and Qenqo Chico, Laqo, Kusilluchayoq, Lanlakuyuq, Llaullipata, Chacan, Pukapukara and Tambomachay.

It is believed that around 20,000 men worked to cut and transport gigantic stones from Huaqoto and Rumiqolqa and build this ceremonial Inca fortress. Sacsayhuamán is an architectural work with megalithic walls made of stones than can weigh from 99 to 138 tons. The stones are different sizes and some have more than one hundred angles, each fitted and joined to the other with no mortar of any kind.

Lunch will be in a local restaurant and there is a free afternoon to explore Cusco. There will be colorful costumes, parades, dancing, fireworks and amazing sights during this celebration of the Solstice.

Dinner in local restaurant.

Tuesday, June 21st: CUSCO – PISAC - OLLANTAYTAMBO

In the morning, we will leave Cusco and travel to the Temple of the Falcon in Pisac. Here we will hike (the most stunning hike we will do) in this beautiful

place, and stop to be with the ancestors and their ancient wisdom. We can walk through the temples to the Temple of the Sun and the Temple of the Moon. This is a place, 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.

We will have lunch in the late afternoon in the plaza. After our lunch, we have the opportunity to wander around Pisac Mercado (an amazing market for Peruvian handicrafts). At the end of the afternoon, we will settle in Tierra Viva Sacred Valley Lodge close to Ollantaytambo.

Dinner and rest.

Wednesday, June 22nd: OLLANTAYTAMBO – AGUAS CALIENTES

We will enjoy the morning in the lodge, resting, hiking, or relaxing in the SPA.

In the afternoon, we continue by train to Aguas Calientes at the base of Machu Picchu, and check into our hotel – Tierra Viva Machu Picchu. Here we can explore Aguas Calientes, a picturesque village just for pedestrians full of restaurants, coffee shops and hot springs.

Dinner in local restaurant

Thursday, June 23rd: MACHU PICCHU

We will rise very early to catch the bus up to the Sanctuary of Machu Picchu, the Crystal City of Light. As an option you can hike to the top of Huayna Picchu beginning at 7am (reservations required), and enjoy a sunrise ceremony honoring the light and the Inti Punku in the distance (the Gate of the Sun). Huayna Picchu is a hill within the Sanctuary, which many people opt to climb. The climb is steep along a narrow path, but there are railings and ropes along the way. It takes approximately 3-4 hours. At the top, the view is stunning. You should be in moderately good shape to make the climb. We will spend the entire morning in the ruins enjoying the spiritual essence of Machu Picchu and the intricate handiwork of the Inca people. We will gather for lunch, and then have a guided tour of the area. The bus will take us back down to Aguas Calientes in the late afternoon.

Dinner in local restaurant.

Friday, June 24th: MACHU PICCHU – OLLANTAYTAMBO

–In the morning we will take the train back to Ollantaytambo. Check into our hotel, Pakaritampu, and then explore the village (citadel) which was built on top of the original Inca

walls. We will have lunch in a local restaurant, and then visit the archeological site of Ollantaytambo, the Temple of the Sun, Winds, and Waters,

In the 15th century Inca Pachacutik conquered and began to rebuilt Ollantaytambo, constructing terraces for farming and an irrigation system. These huge terraces make up what is called the Fortress or Temple Hill. The town became home of the Inca nobility. After Inca Pachacutik's death, the town and its surroundings fell into the hands of his family, and then eventually those of Inca Manco, who used Ollantaytambo as a retreat from the attacks of the Spanish. The fortress, originally built for religious purposes, was the site of a major battle, the only successful one against the conquistadors. From high above in the terraces of Ollantaytambo the Incas managed to hold back and defeat the Spanish, in addition they flooded the plain below forcing the Spanish to withdraw. The Spanish had been briefly defeated. Manco Inca retreated to the jungle stronghold of Vilcabamba shortly after the battle, knowing that the Spanish would return with even more force. The fortress of Ollantaytambo was soon captured by Pizarro and his men.

Free time in Ollantaytambo. Dinner at the hotel.

Saturday, June 25th: PATACANCHA COMMUNITY, Gratitude Offering, lunch and textiles' techniques

We will ride for 50 minutes to the community of Patacancha. For a large part, life here hasn't changed much over the past century, and ancient Quechua community traditions are still part of daily life. Weaving, farming and raising cattle are among the main activities we'll find.

Arriving to the community we will do a short and easy hike to a ceremonial site with our hosts to do a Payment to Pachamama, and a Tika Alpaca - these are symbolic ways of acknowledging gratitude and asking for protection for the family, the land, and animals.

Our host will offer us a traditional meal - "Pachamanca" lunch. It will be prepared in an underground earth oven, and will consist of chicken, Andean potatoes, vegetables, and fruit. This special lunch, usually reserved for birthdays and festivals, is a highlight of our visit, and will provide enough food for us and our Quechua hosts.

After lunch, we will learn about the Andean life and their weaving tradition from Awamaki artisans. We can try spinning on the ancient Andean drop spindle, discover the potential of native dye plants, and visit a traditional Quechua atelier for textiles.

We will drive to Taipikala Hotel and Spa on the shores of the Urubamba River.

Rest and dinner.

Sunday, June 26th: Taypikala Sacred Valley - Moray and Maras Salt Mines

Wachuma Ceremony (optional).

For those who are interested we will offer Wachuma (a San Pedro Cactus position). We will experience the healing and teachings this power plant has to offer.

Mid-morning we will go to Moray, which was possibly a center for agricultural investigation in Inca times. Experiments were done by planting crops at different altitudes. The placement of the terraces produces a grading of microclimates with the center of the terraces at a higher temperature and a gradual lowering of temperatures as one climbs to the upper levels. In this way, it was possible to simulate up to 20 different types of microclimates. It is believed that Moray could have served as a model to calculate agricultural production, not only in the Valley of Urubamba but for different parts of the area as well.

There are different theories to explain how Moray was used in Inca times. According to John Earls, each terrace in Moray reproduces the climatic conditions of different ecological zones throughout the Inca Empire. Due to its protected position each of these terraces represents approximately a thousand meters of altitude under normal working conditions. The whole complex would have twenty or more ecological zones represented in scale. Additionally the complex may also have helped Inca officials to calculate the annual production for different parts of the Tahuantinsuyo.

The town of Maras, located some 6 kilometers above the salt flats, is also worth a visit. In Maras you can see the Church of Saint Francis of Assisi, built of adobe brick, which still shelters some oil paintings by Antonio Sinchi Roqa Inka, a well-known artist from the Cusco School of painting. The lintels of many of the houses date from the Colonial Era, and you can see the shields and family crests that were carved in stone along with the name of the owner and the date when the house was built and the lintel was put in place.

The Maras salt flats are a collection of more than 3000 evaporation pools which date from before the time of the Inca Empire. A small stream of salty water emerges as a natural spring from underground and is distributed through an ingenious system of canals and channels to each pool. The whole complex of pools covers some 5000 square meters in terraces on the steep slope of the side of a mountain called "Qaqañiway".

We will return to Taypikala, a magnificent place to rest and consolidate the experience. Here, you can pamper yourself with free time. Spa service is available at the hotel.

We will complete our journey with a final circle where we can share our experiences and deepen our connections with each other and the journey we have all shared.

Monday, June 27th: URUBAMBA – CUSCO – LIMA

Our bus will take us to Cusco to fly back to Lima in the morning. We will return to the Hotel Casa Andina Miraflores Lima. Before our final dinner, there will be free time to visit the old city, do last minute shopping, and/or pack and rest.

Tuesday, June 28th: LIMA - HOME

Everyone will be transferred to the airport, for their return flights.

Cost of the journey: \$3580 per person

Single Supplement: \$1230

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, and country of issuance, expiration date and birth date.

A deposit of \$1000 will reserve your space. Please send an email to Linda Leyerle at 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, for Huayna Picchu hike we need to buy the tickets with 5 months in advance. Our deadline for purchasing the train and entrance tickets is April 10th.

Second payment of \$1580 is due March 15th, and the balance of \$1000 is due April 15th. **No refunds will be made after April 10th. We highly recommend purchasing travel insurance. You can find many reputable companies on the internet.**

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 Lima-Cusco-Lima, 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.

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 be prepared to show proof. We will be in high altitudes in Cusco (11,152 feet above/sea level). 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, info about the country, etc. You will be fully prepared for the journey. Also, I am 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 me know. Your passport must be valid at least 6 months after the date of your return (Dec 31, 2022).

Cancellations & Refunds: Due to availability of space on our journey and the time required to process trip reservations, any payments will not be refunded after April 10th. We highly recommend purchasing travel insurance in order to protect yourself in case extenuating circumstances force you to cancel your trip. Traveler 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!