



senderos naturales
LIFE EXPERIENCES



Peru

Lima, Cusco, Sacred Valley, Machu Picchu

Tuesday, Jan 22: Arrival

Arrival to Lima, transfer to your hotel

Hotel: Los Delfines or Doubletree by Hilton

Wednesday, Jan 23: Lima City Tour

In the morning, Lima Colonial City Tour, Casa Aliaga. In the afternoon, Modern Lima City Tour and Larco Museum.

Lima is the capital and the largest city of Peru. It is located in the valleys of the Chillón, Rímac and Lurín rivers, in the central part of the country, on a desert coast overlooking the Pacific Ocean. Together with the seaport of Callao, it forms a contiguous urban area known as the Lima Metropolitan Area. With a population approaching 9 million, Lima is the fifth largest city in Latin America, behind Mexico City, São Paulo, Buenos Aires and Rio de Janeiro. It is also home to one of the largest financial hubs in Latin America. It was defined as a beta world city by GaWC international ranking.



Lima was founded by Spanish conquistador Francisco Pizarro on January 18, 1535, as la Ciudad de los Reyes, or "the City of Kings". 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.

The city is also home to one of the oldest higher learning institutions in the New World. The National University of San Marcos, founded on May 12, 1551 during Spanish colonial regime, is the oldest continuously functioning university in the Americas.

Hotel: Los Delfines or Doubletree by Hilton

Meals: Breakfast, Lunch

Thursday, Jan 24: Cusco, Sacred Valley

Transfer to the airport for your flight to Cusco. Upon arrival, transfer to your hotel in the Sacred Valley with a visit to Awanacancha. Lunch at Huayoccari.

Hotel: Aranwa Sacred Valley Spa and Wellness

Meals: Breakfast, Lunch

Friday, Jan 25: Sacred Valley

Transfer from your hotel to Pisac. Visit the Pisac Market and Ollantaytambo. Lunch included.

Pisac is a spectacular set of terraces on a very steep hill. This site was sacred and was strategically important. Above the terraces, there are some temples with very fine carved stones. Along the paths that lead to the temples, there are doorways that could be closed if it was ever necessary. There is also a burial area and living quarters at the very top. This is amazing place offers a view of the little town of Pisac, where Tuesday is market day in the town's main square. It is also a great place for hikers due to its trails of differing levels of difficulty, perfect for wandering around.



Ollantaytambo was an Inca settlement of sacred value that was not destroyed by the Conquistadores. It comprises the actual village and the ruins on the hilltop.

The ruins on the hilltop have some of the finest Inca masonry. They were never finished, but there are signs of huge constructions. In some of the carved rocks at the top, it is possible to observe some of the Inca techniques of preparing stones for temples and walls. A number of megalithic blocks weighing up to 60 tons, known as the “walking stones” can still be found along the route from the quarry 5km down river. Although cut and shaped, these stones never made it to the construction



site, but are said that they are still on their “journey” at this moment in time! Beyond Ollantaytambo, and leading towards the rain forest, is Machu Picchu. The Spaniards never knew of the existence of other Inca ruins further than Ollantaytambo, which gives us a reason to believe that Machu Picchu may have been abandoned prior to the arrival of the first Europeans. The motive for this remains a mystery even today.

Another interesting aspect of Ollantaytambo is the actual living Inca village and the fortress site on the hilltop. Visiting the village is a veritable voyage back in time, as the town remains exactly the way it was during Inca times set out on a trapezoidal plan. The inhabitants actually live in the original houses that were built during the reign of the Incan ruler Pachakutic. Their water channels, the walls and the little houses make the town of Ollantaytambo a truly magical place.



Hotel: Aranwa Sacred Valley Spa and Wellness

Meals: Breakfast, Lunch

Saturday, Jan 26: Sacred Valley

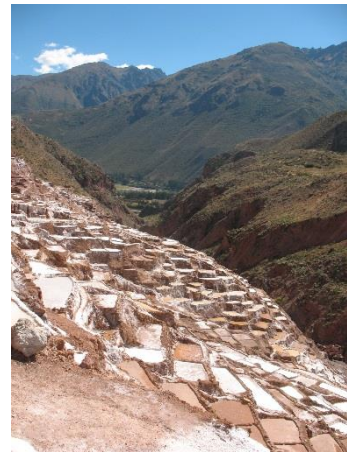
Transfer from your hotel to visit the Sacred Valley. Visit Maras, Moray and an authentic Quechua community. Lunch included at Wayra.

Chincheros is a small Inca Village mixed with Colonial Architecture. The natives still live there. There you will visit the Sunday market, which has a variety of crops and textiles. One of the best in the region. The women in the community are organized in different group to manufacture their weavings from obtaining the yarn from the sheep to eventually color them with natural colors and later make the weavings.



Moray is a complex of circular terraces arranged like as an amphitheater. It is one of the most impressive set of terraces. The different terraces in the amphitheater offer different microclimates from the tropics in the bottom to the high tundra on the top, which was probably a place to experiment with different crops.

Maras are salt mines where salt is collected in terraces, very much like the agricultural terraces of the Incas. Salt is gathered in small pools on a hillside, made in terraces, similar to the agricultural terraces of the Incas. During dry season, workers fill the pools with salt water that comes from natural springs at the top of the Maras's complex, and when the water evaporates from the pool, the salt is left for collection. The salt is ground up, treated and packaged to the various markets of the region.



Hotel: Aranwa Sacred Valley Spa and Wellness

Meals: Breakfast, Lunch

Sunday, Jan 27: Machu Picchu

Transfer from your hotel to Ollantaytambo train station. Expedition to Machu Picchu on the Vistadome Train. Explore Machu Picchu in shared with guide. Lunch at the Sanctuary Lodge.

Machu Picchu. For some historians, Machu Picchu was a sacred place, isolated from most of the common people, where only the virgins of the sun could live. The Inca Emperor would go there occasionally for special celebrations or for a retreat. According to other historians and more recent theory, Machu Picchu was an Agricultural University for the Incas. They believe it was a place to learn about the stars, use of land, agricultural seasons and the planting of different crops at different times of year. It was never discovered by the Spaniards thanks to its location.



Hotel: Inkaterra Machu Picchu Pueblo

Meals: Breakfast, Lunch

Monday, Jan 28: Machu Picchu / Cusco

Free morning to enjoy the sanctuary of Machu Picchu. Hike the steep stone-paved trail of Huayna Picchu, the pyramid-shape mountain above Machu Picchu for a breathtaking view or stroll to the Inca Bridge. Afternoon return train ride to Ollantaytambo for a transfer to Cusco.

Hotel: Palacio del Inka A Luxury Collection Hotel

Meals: Breakfast

Tuesday, Jan 29: Cusco

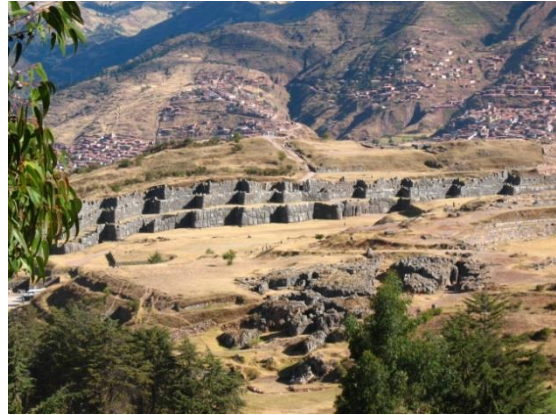
Enjoy a free morning in the city of Cusco. Afternoon Cusco City Tour and visit the nearby ruins.

Cusco and its Surroundings. Cusco is located at 3100 m. of altitude. We recommend you take it easy, drink lots of coca tea in order to acclimatize slowly. If you feel lightheaded, take an aspirin so you can absorb oxygen better. You will really see a big difference.

If you feel like visiting the city, we recommend you go up San Blas street, known for the artwork, especially the Escuela Cusqueña de Arte and for the incredible Inca wall, located in San Agustín and El Triunfo. Up at the top there is a small church, well known for its colonial art. You can stroll around the Plaza de Armas visit some of the shops located nearby or in El Triunfo Street. The city has many attractions such as museums and ruins and a mixed architecture of Inca walls, temples, and Colonial characteristics from the Spanish influence.



Coricancha, the temple of the Sun and the Moon is located in the heart of the City. The main ruins are inside a Dominican Convent. It is impressive to see the majesty and beauty of its architecture and appreciate the fact that the Spanish did not destroy the most important temples the Inca had in Cusco, but actually built around it. It is said that some of the tunnels in the Coricancha lead to Sacsayhuaman.



Sacsayhuaman is a huge ancient fortress, which must have been Cusco's main fortification. It sits on a hill with an excellent view of the city of Cusco down below. It is an impressive sight. Some of the rocks are gigantic, weighing over a dozen tons and tower 3 meters above.

Hotel: Palacio del Inka A Luxury Collection Hotel

Meals: Breakfast

Wednesday, Jan 30: International Flight

Transfer to the airport for your international flight.

----END OF SERVICES---

Price per person: \$ 2554

Included: Accommodation in double occupancy, Shared tours, Entrance fees to mentioned sites in Peru, Vistadome train to Machu Picchu, Meals as specified in the itinerary, Transfers in shared as mentioned

Not included: Flight Ticket, Travel insurance, Luggage overweight, Meals that are not specified in the itinerary, Beverages, Gratuities and personal expenses, International airline tickets.