

Kat's Great Adventures

Peru - Yoga and Culture Retreat 2023
Guided Tour
12 Days / 11 Nights



Peru is a land of mysteries, legends, and ancient cultures. Step into the past as you discover the country's different traditions that people have preserved and still practice today. Surround yourself with impressive landscapes: from the arid desert and sand dunes on the coast, the snow-capped mountains and volcanoes in the Andes, to the lush Amazon rainforest. Indulge in incredible gourmet meals, fresh seafood and ceviche, or try unique fruits, different types of potatoes, and exquisite chocolate. Whether you enjoy culture, adventure, or nature, your experiences in Peru will become memories of a lifetime.

Itinerary Day to Day

Day 1: Arrival in Lima transfer 1 hour

You will be welcomed at the airport and driven to your hotel in Lima.

Lima, also known as the “City of Kings”, was founded in 1535 by the Spanish conqueror Francisco Pizarro. Located directly on the Pacific coast, Peru’s capital city is a melting pot of cultures where you will encounter people, flavors, and history from different regions. The bustling metropolis has something for all tastes and ages: indulge in exquisite, internationally-praised cuisine, catch some waves on the coast, visit museums, and stroll around the historical center or the bohemian district of Barranco.

Day 2: Lima Yoga Class 1 hour and Colonial & Contemporary City Tour with San Francisco Monastery 4 hours

Head to Lima’s contemporary districts, Miraflores and San Isidro, that combine beautiful parks, such as “El Olivar” and “Parque del Amor”, shopping centers, and modern architecture. At the “Olivar Park” participate in an outdoor yoga class. In the afternoon, you will be picked up for a city tour. In the historical center, admire the colorful colonial architecture around the “Plaza San Martín” and the main square “Plaza de Armas”, where you can also see the Government Palace, the Cathedral, and the Municipality. From here, visit the San Francisco Monastery and discover its underground maze of tunnels and catacombs.



Day 3: Lima – Cusco - Urubamba

You will be picked up at the hotel and brought to the airport in order to take your flight to Cusco. Upon arrival in Cusco, you will be welcomed at the airport and taken to your hotel in the Sacred Valley. The Sacred Valley, located at approximately 2,800 meters in the Peruvian Andes, was the heartland of the Inca Empire. Bordering the Urubamba River, its fertile soils were ideal for maize production, which was an esteemed crop and key ingredient to make “chicha”, a fermented maize drink highly consumed by the Incas during festivities and ceremonies. As you drive through the winding roads, stop to explore many fascinating ruins, citadels, and agricultural terraces. Some of the Sacred Valley’s favorite

attractions include Pisac, Ollantaytambo, Maras, Moray, and the weaving village of Chincheros. Journey into the past as you explore the different Inca ruins around Cusco. Start at Sacsayhuaman, the Inca ceremonial fortress dedicated to the sun. Admire the gigantic rocks used to build the site and the way they were perfectly fitted together: some are as high as 8.5 meters and weigh up to 200 tons. You will take part in a mystical Andean ritual, the shaman ceremony “pago a la tierra” at Libertador Hotel. For centuries, the ancient Peruvians who inhabited the upper Andean areas of the country venerated to Pachamama or Mother Earth as a sacred goddess and giver of life. In thanksgiving for the abundance of food, they held mystical ceremonies in which they made offering of native foods and animals, while invoking the Apu (Spirit of the mountain) and the Wilko (God of the fire). Despite this being an ancient ritual, it is still part of current Peruvian culture. Continue to your hotel where you will enjoy a yoga class including traditional ethnical elements of mediation and music.

Day 4: Urubamba Wellness Program in Piuray 6 hours

At scheduled time you will depart to Piuray Outdoor Center to have a meditation experience. You begin with the workshop “how to prepare a healthy breakfast with simple recipes”. The workshop has a tasting session, and each person will receive a description with the recipes. Then, you will be provided all the equipment to do the paddle tour, which will be accompanied by a paddling technique and safety briefing. You will enter the water and paddle about 20 minutes to warm the body. Then, you will position in the quietest place in the lagoon to start a yoga session in the paddles for 40 minutes. Then, you will end with a session of breaths and a dip in the icy waters of the lagoon that benefits our circulatory system and relieves various pains. You will taste a delicious vegetarian buffet, which includes quinoa taboulette, avocado and smoked trout, variety of potatoes, sweet potato, goose, corn, mushrooms, chili pepper stuffed with cheese, cheese Andean gratin, bananas, huancaína and uchucuta sauces. After lunch, you will have free time to rest and take some pictures.



You will start a walk to the terraces overlooking the entire Piuray Lagoon, you will appreciate a diversity of birds and we will be in contact with the lands where the community members grow their abas, quinoa, and potatoes, among other foods. Passengers will receive, along the way, the explanation of the facility and we will have the opportunity to locate ourselves in a privileged point to observe nature and the lagoon, as well as breathe the pure air of the area. Finally, you will have two massage sessions and a deep meditation session around a campfire. Then, you will return to your hotel. In the evening relax with a yoga class including traditional ethnical elements of mediation and music.

Day 5: Urubamba - Aguas Calientes - Ollantaytambo Ruins and Local House 2 hours and Machu Picchu Guided Tour 2.5 hours

Drive to the impressive ruins of Ollantaytambo, one of the few places where the Incas won a battle against the Spaniards. Climb up the platforms and enjoy the view above the village and onto the valley. Near the ruins, visit a typical home and learn about the unique way their family has lived for generations in the Sacred Valley.

Board the train and admire the views of small villages and snow-capped mountains as you travel through the Sacred Valley. When you reach Aguas Calientes, the small town at the bottom of Machu Picchu, take a shuttle bus up and discover the Inca's ancient citadel. Learn about the Inca civilization, the site's discovery, and the different theories on this mysterious and spectacular archaeological site. Machu Picchu is on every traveller's bucket list: it is undoubtedly one of the “must-see” archaeological sites in the world. The most remarkable site from the Inca Empire was never found by the Spaniards and was re-discovered during the 20th century. Since then, archaeologists continue to investigate, excavate, and reconstruct the ancient city that used to serve as a



political, religious, and administrative center. The temples, agricultural terraces, and observatories enclose a history and a mystery that go back thousands of years. Lunch at the Sanctuary Lodge right outside the citadel is included. After your visit, take the shuttle bus back down to Aguas Calientes and walk to your nearby hotel where you have dinner.

Day 6: Aguas Calientes - Cusco Second visit to Machu Picchu 2.5 hours

Deepen your experience of Machu Picchu by heading to the citadel a second time. Choose among different options like walking to the sun gate or to the Inca Bridge. In the afternoon, take the shuttle bus back down to Aguas Calientes, the train through the Sacred Valley, and your transfer back to Cusco.



Day 7: Cusco - Cusco Walking City Tour with San Blas 4 hours

Start your walking tour at the “Plaza de Armas” and visit the impressive renaissance style Cathedral. Make your way through small alleys edged with Incan walls until you reach Korikancha, the temple dedicated to the sun, “Inti”. Believed to be the most important temple for the Incas, it was destroyed by the Spanish conquerors in the 16th century. Its foundations were used to build the Catholic Church Santo Domingo, marking an evident clash of cultures. Then, walk up to the San Blas district and wander the cobble stone streets as you browse the beautiful handicrafts and unique antique stores. Although the San Blas church’s adobe exterior is simple, take a peek inside you and admire the altar: it is the finest example of colonial

wood carving in the Americas. Cusco, located at 3,400 meters in the Andes Mountains, was the heartland of the Incan Empire. The city blends ancient Andean cultures with Spanish colonial splendor. Visit nearby Inca citadels and temples like “Qorikancha” or “Saqsaywaman”, or admire the colonial mansions, balconies, and churches throughout the city. As you stroll along the cobblestone streets, you can appreciate the colorful textiles, handicrafts, and art galleries. From Cusco, deepen your experience and adventure out to the Sacred Valley and to Machu Picchu.

Day 8: Cusco - Puerto Maldonado

Puerto Maldonado is the capital of the Madre de Dios region in the Peruvian Amazon. At the confluence of the Tambopata and Madre de Dios Rivers, it now has many protected parks and natural reserves. Its beautiful landscapes and virgin rainforest hide an incredible biodiversity with unique fauna and flora. There is no doubt that Puerto Maldonado will allow travelers to see, feel, and hear the Amazon firsthand. Start your journey arriving to Puerto Maldonado, where the staff of the lodge will welcome you and provide the necessary information for your stay. Navigate by outboard motorized canoe along the Madre de Dios River to Inkaterra Hacienda Concepción for approximately 25 minutes. Enjoy lunch with organic ingredients and native flavors. After lunch, take a walk through Concepcion Trails, inside property nature trails, where you will discover and learn about primary and secondary rainforest, its components, uses, transformations by the human being, and its relevance for the world. At dusk navigate by outboard motorized canoe, at the Twilight River excursion. By sailing on the Madre de Dios River, you will learn about its ecosystem, Amazonian creeks, nocturnal animals’ behavior, and the southern constellations. In the evening enjoy a nice dinner in the Casa Grande’s dining room.



Day 9: Puerto Maldonado

New experiences are ahead and after taking a nutritious buffet breakfast, get ready for a long trek through terra firma into the Tambopata National Reserve towards Lake Sandoval. Here you will understand why Madre de Dios is called the biodiversity capital of Peru, while learning about the Reserve's conservation efforts and the lake's formation. Navigate by dugout canoe across this mirror like oxbow lake that is home to the endangered giant river otter (*Pteronura brasiliensis*), blue and yellow macaw (*Ara ararauna*), red howler monkey (*Alouatta seniculus*), black caiman (*Melanosuchus niger*), and one of the world's biggest fresh water scaled fish, the paiche (*Arapaima gigas*).

Back to the lodge for lunch, and later the Inkaterra Canopy Walkway & Anaconda Walk wait for you. Take a 20 minute ride by outboard motorized canoe to the Inkaterra Canopy Walkway Interpretation Center where you will learn about its construction and the conservation projects of ITA-Inkaterra Asociación (NGO). Ascend one of the two 30 meter towers and cross the 7 hanging bridges that connect the treetops at 28 metres high. Enjoy the breathtaking vistas and get the chance to watch white-throated toucans (*Ramphastos tucanus*), woodpeckers, trogons, squirrel monkeys (*Saimiri boliviensis*) and the three-toed sloth (*Choleopus hoffmani*). After descending keep on feeling the incredible primary rainforest energy going along the 200 meter wooden bridge over the swamps (aguajales). You will learn about the fauna and flora of this flooded ecosystem. At night get ready for an adventure during the rainforest by night excursion, where you will explore the Amazon rainforest that gives way to nocturnal animals who display intriguing behavior patterns, and enhanced senses as adaptation mechanisms. Listen to nocturnal living nature sounds, and penetrate this hidden world. End up your day with a pleasant dinner.

Day 10: Puerto Maldonado

The sun rises once again and after an early breakfast you will take our native farm excursion where you will be able to learn local techniques of cultivation and taste some of the products during the visit. Then visit the botanical garden, discover the immense variety of medicinal plants considered part of the "natural pharmacy" used by the habitants at the amazon region. Compare the medicinal uses of local medicine with traditional remedies. Getting back to Inkaterra Hacienda Concepcion you will have lunch. Take a rest and get ready for the cocha water excursion. Enjoy a dugout canoe ride on the Inkaterra Hacienda Concepcion natural pond (cocha). Try native fishing applying the "catch and release" techniques, as you enjoy the scenery observing hoatzins (*Opisthocomus hoazin*), a diversity of fly catchers, and gray-necked woodrails (*Aramides cajanea*). Disembark at the remains of Fitzcarrald steam boat; learn about its history and how it inspired Inkaterra to ask Werner Herzog to film the award-winning "Fitzcarraldo", best director at Cannes, 1982. You will go to a clay lick during the evening, where you will see different species and their night routines by observing through our "blinds". End up your day with a pleasant dinner.

Day 11: Puerto Maldonado – Lima

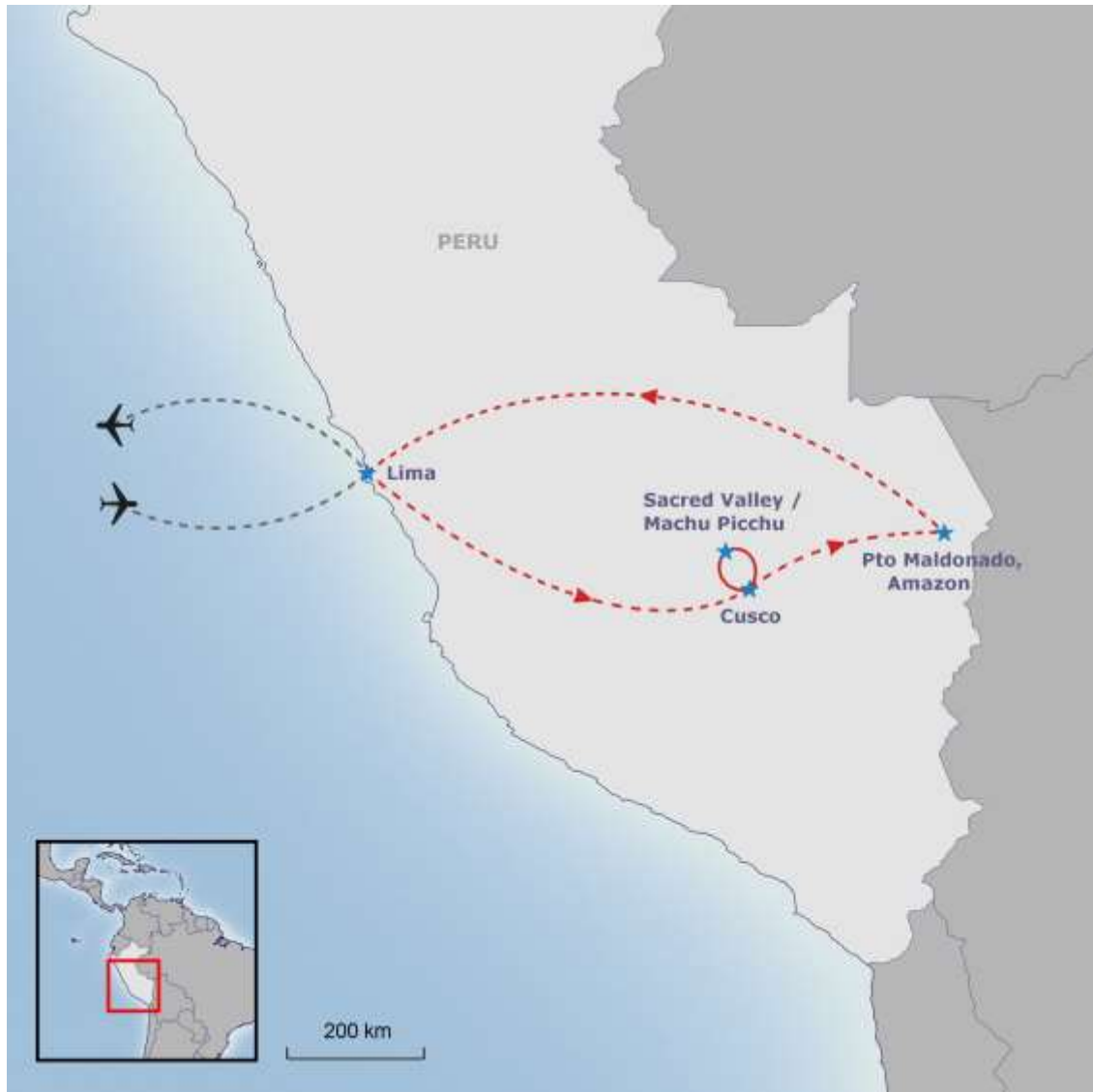
After breakfast buffet, take a ride back to Puerto Maldonado by outboard motorized canoe. Arrive at the Butterfly House where you may wait for your flight back home or to your next destination, while visiting this beautiful butterfly house and learning about the fascinating transformation of these colorful insects.

Day 12: Lima Departure

You will be picked up at the hotel and brought to the airport for your return flight home



Route



Technical Characteristics:

Tour Profile: Easy. Sightseeing and cultural activities designed for people who are generally fit and are comfortable walking up to 6 hours per day.

Travel Season: Departures on request from January 4 to December 20, 2023

Price per Person:

Double Occupancy	\$ 4525.00 USD
Single Occupancy	\$ 5250.00 USD

*Group rates available for this tour. As this is a guided tour, the pricing improves with more people participating. Please ask us for details

Accommodation:

3* and 4* hotels and lodges, all with private washrooms.

Included:

- 11 nights' accommodation
- Meals mentioned in the tour description (12 x breakfasts, 5 x lunches and 6 x dinners)
- All guiding services
- Luggage transfers between hotels
- Entrance fees
- Tax and service charge at the hotels
- Mandatory luggage handling fees at the hotels based on one piece per person

Not Included:

- Visitors taxes
- Optional tours
- Domestic airfares
- Personal expenses
- Extras at the hotels
- Drinks during meals if not otherwise mentioned

