

Kat's Great Adventures

Peru - Yoga and Culture Retreat 2022
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 1.5 hours

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

Transfer to the airport to take your flight to 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. Arrival at the airport of Puerto Maldonado and transfer to the city office of the lodge for check-in and to store the main luggage. You will only take the necessary items for the coming days. Afterwards, transfer to the harbor and boarding of the boat that brings you to Posada Amazonas Lodge (45 minutes). Box lunch on board. Upon arrival, reception by the lodge manager and orientation with security advice. After the check-in, you will walk about 20 minutes to the Canopy Tower, a viewing tower with an observation platform of 30 meters in height. From here, you experience spectacular views onto the rainforest and the Tambopata River. After dinner, you may listen to a lecture about the Ecotourism Project of the local community Infierno.



Day 9: Puerto Maldonado

After breakfast, you will go on an excursion to the oxbow lake Tres Chimbadas. It is located 30 minutes by boat and another 45 minutes walking distance from the lodge. Here, you board a catamaran and go on a search for the members of the giant otter family and other wild animals like caimans, hoatzins and Horned Screamer. After lunch, you wander on an ethno-botanical learning path in order to get to know some of the rainforest plants that are used in modern medicine. Dinner and night walk where you will listen to the sounds of the jungle.

Day 10: Puerto Maldonado

You start the day with a rich breakfast in order to get early to the parrot clay lick. It is only 20 minutes from the lodge and offers fantastic views on different kinds of parrots and parakeets. After this colorful event, you go on the Ceiba Trail to visit the giant Ceiba tree. You will be back at the lodge for lunch. In the afternoon, you will visit a local farmer who reveals some of his secrets about farming exotic fruits in the Amazon region from which each plant serves a specific purpose. Dinner at the lodge.

Day 11: Puerto Maldonado - Lima

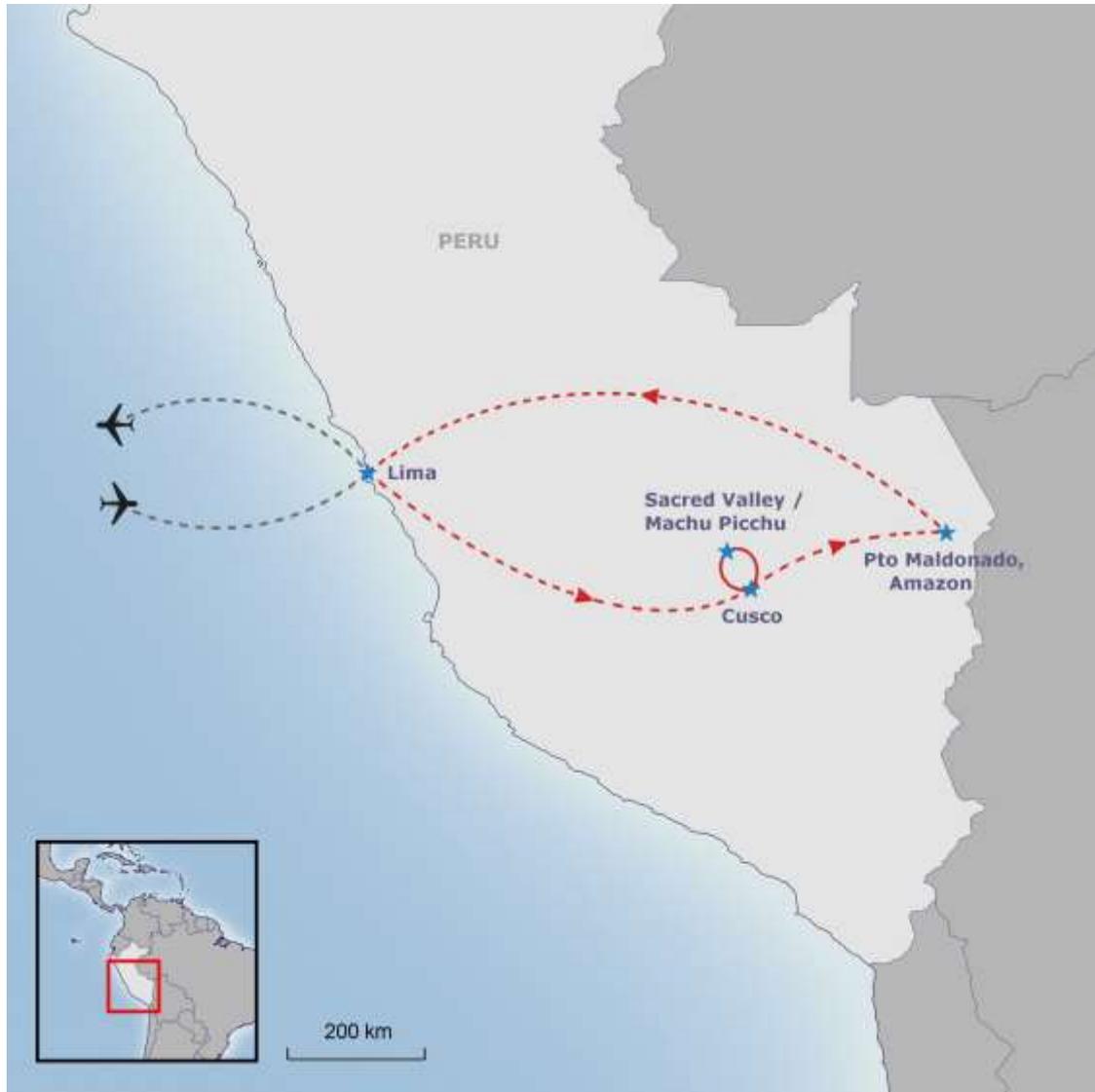
You take your breakfast at Posada Amazonas and board the boat that brings you back to Puerto Maldonado. Reception at the harbor and transfer to the airport for your flight to Lima. Arrival in Lima and transfer to your hotel.

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, 2022

Price per Person:

Double Occupancy	\$ 4275.00 USD
Single Occupancy	\$ 4995.00 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

