



## **TOUR: FLAVORS OF THE ANDES AND THE COAST**

**PERU: LIMA, CUSCO, VALLE SAGRADO & MACHUPICCHU**

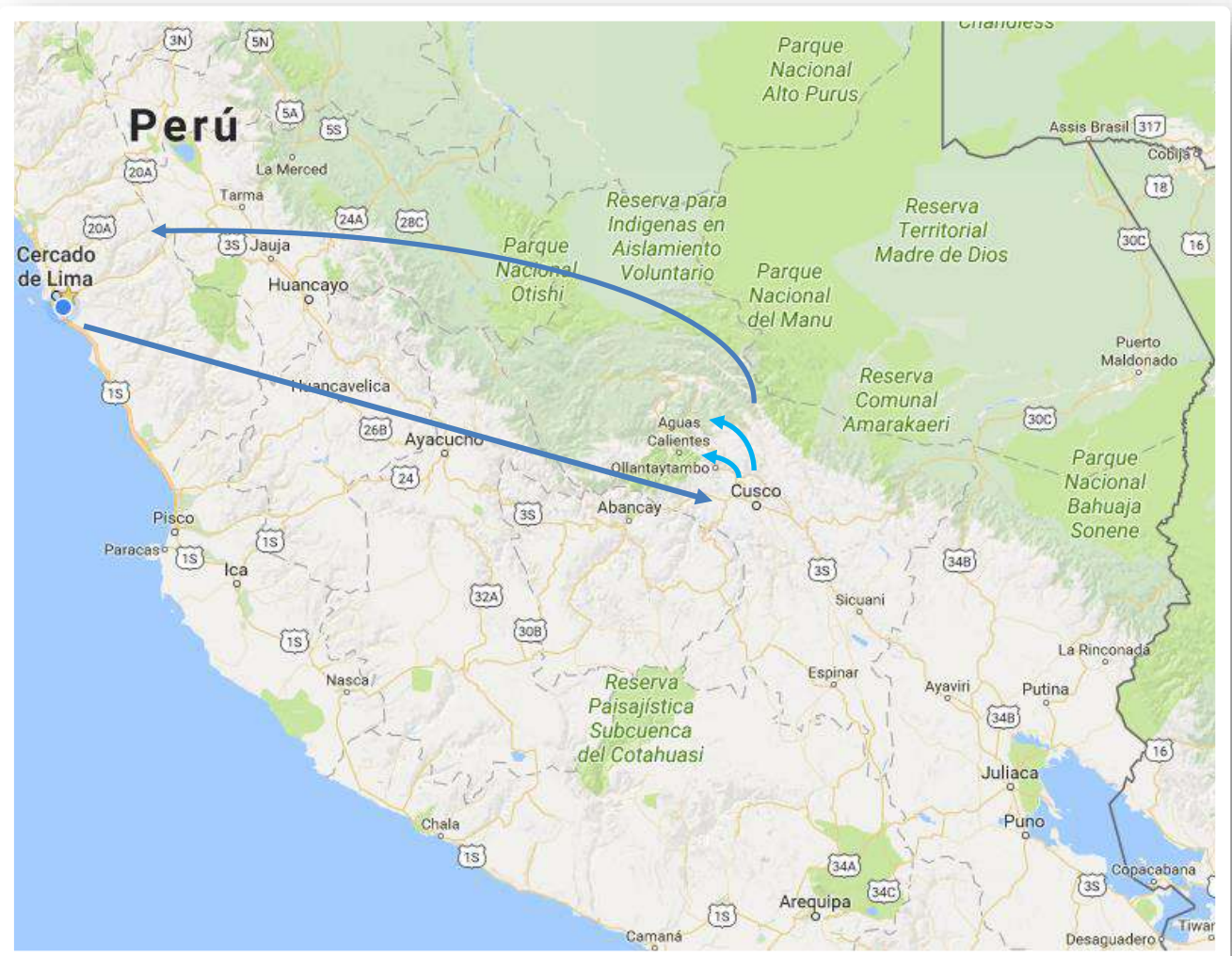
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## ITINERARY - 7 DAYS

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- Day 1. Lima
- Day 2. Lima
- Day 3. Lima/Cusco
- Day 10. Cusco/Sacred Valley
- Day 11. Sacred Valley/Machupicchu/Sacred Valley
- Day 12. Maras and Moray/Cusco
- Day 13. Cusco/Lima
- Day 14. Lima

End of itinerary and services



### DAY 1. ARRIVAL IN LIMA

Arrival at the Jorge Chávez International Airport in Lima. Reception and private transfer to the selected hotel. Service voucher delivery.

Overnight at the selected hotel

### DAY 2. LIMA

The gastronomic tour of Lima begins in a small artisan coffee roasting in the colonial and bohemian district of Barranco. Every day they choose the ideal beans to offer the best Peruvian organic coffee in the city. You will then visit a traditional market to taste local fruits, learn about other ingredients and learn about their influence on the evolution of world cuisine. The next stop is a nice cebichería in the district of Miraflores. Here you will have the opportunity to prepare a pisco sour with a professional bartender and learn the secrets of perfect ceviche when preparing the dish with the head chef. At the last stop a gourmet Peruvian lunch awaits you in a restaurant considered as an essential stop on your trip to Lima. Next to an archaeological complex of pre-Inca ruins will end the day with millennial dishes and desserts with a modern touch.

After this amazing experience we will continue our journey visiting the city of Lima

"Lima is the capital of Peru and is located on the central coast of the country, on the shores of the Pacific Ocean. With its 7.6 million people, Lima is a sober and beautiful city like few in the world, whose Historic Center was declared a World Heritage Site by UNESCO, and we will admire its colonial architecture, and feel the majesty of those times, concentrated in the San Martín plaza and Plaza de Armas, where you can see the Government Palace, the town hall of Lima, the Cathedral and the Archbishop's Palace, among other churches and noble houses that were built in masonry, carved gates, baroque altarpieces and endless incredible artistic manifestations.

One of the most interesting baroque architectural works is the Convent of San Francisco de Asís built between the sixteenth and seventeenth centuries (1537-1673), which include the cloisters and the library with literary treasures among which are important ancient manuscripts, and the most famous crypts of America, the Catacombs, the main cemetery of colonial times that preserves a strange Gregorian atmosphere among scary legends of ghosts and souls, spread through time by oral traditions, and sometimes preserved as myths, and others as realities.

Lima host pre-Hispanic cultures, and even pre-Inca, the first of which was the Lima culture, whose ceremonial and administrative center was the Huaca Pucllana, built in small cubic and rectangular adobes 1,500 years ago".

Return to the hotel. Overnight at the selected hotel.

### DAY 3. CUSCO: GASTRONOMY EXPERIENCE AND 4 RUINS

In the morning transfer to the airport of Lima to board the flight to Cusco. Arrival and transfer to the selected hotel. After the hotel registration we will start the culinary experience.

The experience begins early with a visit to the local market where we will buy supplies that will serve us for our cooking class. In this visit we will have the opportunity to see and / or learn about the most used products in the Peruvian Andes, such as a variety of potatoes, quinoa, corn and cheese.

At the end of the market visit, we will go to the Casona La Princesita where we will visit the Museum of Gastronomy. In this beautiful little interpretation center of The Gastronomy of Peru, we will learn from carefully prepared panels and infographics about our geographical environment, agricultural technologies, communication systems, food preservation techniques, and the magical medicinal ritual nature of food. In the end we will learn about the culinary influences of the world to Peruvian food.

Once the visit to the museum is over, and after having understood the roots of Peruvian gastronomy, we will go to another part of the house where we will have an experiential experience with a shaman, who will make an offering to Mother Earth. In this activity we thanked to Mother Earth and the mountains for everything they give us, it is definitely a very beautiful experience.

At the end of the offering, we proceed to carry out the last activity of the day which will take place in the kitchen that is inside the Casona. Previously, we will collect some herbs that are planted in the garden and someone from the staff will give us information about some plants. In the kitchen, the chef will teach us how to prepare 3 typical dishes of Andean gastronomy (previously the options will be chosen). Once the cooking session is over, we will go to the dining room to taste the dishes that we previously prepared in the cooking class, it is time to try and check our skills as cooks.



Once the lunch is over, we will continue to visit the following ruins:

**Sacsayhuamán**, is an Inca ceremonial fortress 2 km north of Cusco, located in a valley between the mountains of Ausangate, Pachatusán and Cinca, bathed by the Tullumayo River. According to the official version, it began to be built in the fifteenth century by the order of the Inka Pachacutec and was completed at the end of the following century by his son Huayna Cápac.

**Kenko or Qenqo**, in Quechua Q'inqu ('labyrinth') is an archaeological center located in the Sacred Valley of the Incas, 6 km from the city of Cuzco (5 minutes northeast of Cuzco), in Peru at 3580 meters above sea level. This shrine is located on what is now known as the Socorro hill and covers an area that is just over 3500 square meters. In the time of the Inca Empire, this center was dedicated to different rituals and it is particularly interesting for its semicircular amphitheater and its underground galleries.

**Puca pucara**, is a military construction located near Cusco. This fortress is composed of large walls, terraces and stairways and was part of the defensive set of Cusco and the Inca Empire in general.

**Tambomachay**, it is an archaeological site that was destined to the cult to the water and so that the head of the Inca Empire could rest. It consists of a series of aqueducts, canals and several waterfalls that run along the rocks. Here there was also a kind of royal garden whose irrigation came from a complicated system of channels specially made for such a function. It was also constituted as a control zone for people coming from Antisuyo, as they have a control tower there.

Return to Cusco. Overnight at the selected hotel

#### DAY 4. VISIT TO THE SACRED VALLEY AND PARK OF POTATO

Departure from your Hotel to the Sacred Valley of the Incas. You will visit the community of Paru Paru, where we will meet with the villagers the park of the potato. Place of conservation of some of the main ingredients in the Peruvian cuisine; The park integrates 5 communities, producing 820 varieties of native potatoes.

After the tour and interpretation of the park of the potato we will enjoy lunch in the restaurant Papamanka, which has a menu specialized in succulent dishes based on potatoes. The restaurant as a privileged view of the park and the restaurant blends concepts of the Andean culinary tradition with the Novo-Andina.

Then we will visit the town of Pisaq and its archaeological monument, which is considered one of the most important of the Sacred Valley of the Incas. This monument is associated with agronomy and "Kuntur" (Condor), an animal sacred to the ancestors

At the end of the tour we will go to the selected hotel in the Sacred Valley where you can rest to continue the tour the next day to the town of Aguas Calientes. Overnight at the selected hotel

#### DAY 5. TRAIN TO THE HOT WATER TOWN, VISIT MACHUPICCHU

In the morning (the time will be set according to the selected train frequency) transfer from the hotel to Ollanta station to take the train to the town of Aguas Calientes (the train trip lasts approximately 01 hour and 30 minutes ). Arrival at the Aguas Calientes station.

Meeting with the guide, who will guide you to the station to take the bus that will take you (the ascent lasts approximately 30 minutes) to the citadel of Machupicchu. Once up, the guided tour will begin for 3 hours.

"The reason why the Spaniards did not get to know it is not known, although it is mentioned in a source (spanish manuscript), the existence of a place north of Cusco called Picchu, which almost certainly clarifies that they knew of the place, although apparently, they never reached it. Cultural Heritage of Humanity by UNESCO since 1983, as part of a cultural and ecological complex known as the "Historical Sanctuary of Machu Picchu" (326km<sup>2</sup> in the Vilcanota-Urubamba river basin, the sacred river of the Incas, the Willka mayu ), Machu Picchu is undoubtedly the most visited place in Peru, and maybe in America. In 2007 it was also declared one of the New 7 Wonders of the Modern World ".

At the end of the visit and take pictures, you will descend by bus to the town of Aguas Calientes where we have a culinary experience and lunch. After our delicious lunch we will go to the station to board the train to Ollanta (1 hour and 30 minutes). Reception at the train station and transfer to the selected accommodation.



#### **DAY 6. MARAS AND MORAY**

We will pick you up at the hotel at 08:30 am, and thus begin the visit to the following tourist attractions:

Salinas de maras (located to the northwest of the town of Maras), are made up of about 3,000 small wells with an average area of about 5 m<sup>2</sup>, during the dry season they are filled or "watered" every 3 days with salty water emanating from a natural spring located in the upper part of the wells so that, when the water evaporates, the salt contained in it gradually solidifies. Subsequently the salt is beaten and thus granulated; the salt will then be bagged in plastic bags and sent to the markets of the region; today that salt is being iodized, which is why its consumption is not harmful. After this educational experience, we will go to Moray.

Moray, is located about 7 km southwest of Maras; It is a unique archaeological attraction of its kind in the region, in which we will find terraces or agricultural platforms with their respective irrigation channels, which were used as a greenhouse or biological experimental station, which was quite advanced for its time. After this visit we will go to the Mill Centro restaurant; where art, science, cuisine, laboratory, experimentation and innovation strengthen links to make an experience possible through a tasting menu focused on high-altitude ecosystems (it is very important to make the reservation with about 2-4 months in advance given that spaces per day are limited)

After finishing this day full of learning we will return to the hotel in the valley to rest.

Overnight at the selected hotel.

#### **DAY 7. CUSCO-LIMA**

Transfer from the hotel to the Cusco airport to take the flight to Lima and then board international flight

End of our services.



## NOTES

- All the offered tours are in private service
- They itinerary may vary due to weather conditions or other factors.
- The tour schedule is subject to change without prior notice because it could be affected by multiple factors and circumstances.
- Domestic flights are not included but can be reserved with us upon request.
- All the hotels include breakfast: buffet, continental or American.
- Lunch and dinner are not included (only if mentioned in the itinerary).
- All the offered tours can be private or shared tours, depending on customer preferences.

## RESERVATIONS

If you want to get a quote for a program or make a reservation, please send us an email to [hola@andean-tours.com](mailto:hola@andean-tours.com) with the following information:

- ✓ Number of adult passengers:
- ✓ Number of children (specify their age):
- ✓ Type of room: single, double (two beds or matrimonial), triple:
- ✓ Arrival date:
- ✓ Departure date:
- ✓ Special request:

Take into consideration that the Lodges are subject to availability.

## PAYMENTS

- Once we send you the quote and finish any modification, we will make the reservations which will take about 24-48 hours.
- Once we confirm all the reservations, we will send you an email with all the information and we will specify the payment date if a pre-payment is required.
- We accept bank transfer (must include transfer expenses) and PayPal.

### CONTACT INFORMATION

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