



PERU

CULTURAL JOURNEYS

Gently walking on ancient pathways

Andean Exploration 2027

with Judy Ramsey



*Colca Canyon, Lake Titicaca, Sacred Valley,
Cusco, & Machu Picchu*

October 21 – November 4, 2027

15 days/14 nights

***COLCA CANYON, LAKE TITICACA, SACRED
VALLEY, CUSCO, & MACHU PICCHU***

This is a unique opportunity to authentically experience the essence of ancient Andean culture.

Walk gently along the pathways of origin, visiting the condors in Colca Canyon, the highest navigable lake of the world, Lake Titicaca, and explore the sites in the Sacred Valley of Cusco, including Machu Picchu. This beautifully woven exploration into the Andean world through a native perspective combines visiting magnificent pre-Columbian archeological sites and exquisite Peruvian cuisine with profound cultural immersion events, allowing you to cultivate an intimate relationship to this land, its people, and customs.



Lima Extension

October 18-20 are possible travel days to Lima. If you would like to experience the beauty of Lima and its shoreline against the ocean, you can choose when you want to arrive and depart. Judy will be arriving on Saturday, October 16 to assist your acclimation to Peru. She will arrange for you to be picked up at the airport by a good driver who will take you directly and safely to the inn. Casa de Baraybar is in the beautiful area of Miraflores and is only one block from the ocean. Judy will arrange for any sightseeing you would like to do or suggest places you can relax along the oceanside park. You can even do a cycling tour of Miraflores, have a surfing lesson, or enjoy amazing coffee basking in the sun!

Day 1 LIMA Monday, October 18

Day 2 LIMA Tuesday, October 19

Day 3 LIMA Wednesday, October 20

***Considerations:** If you do not want to experience Lima, it is important to arrive at the latest by Wednesday morning to allow for airline delays and to rest before experiencing higher altitude. It is critical that all group members be in Lima by Wednesday so we can leave on time for the Sacred Valley early Thursday morning. Thank you for your consideration. Lima is an optional extension, expenses not included in tour price, but range about \$400 for three days.*





DAY 1 / THURSDAY, OCTOBER 21

Arequipa

Morning flight from Lima to Arequipa. Explore the charming city of Arequipa, the second largest in Peru, known as the “White City” named after the volcanic sillar stone from which it was originally built. Enjoy springlike weather as you wander the historic downtown full of stores, galleries, museums, and delicious food and drinks. After lunch and a bit more strolling, head to the hotel for an early dinner and restful evening in preparation for the Colca Valley and Canyon. Colca Canyon is one of the most beautiful areas in Peru and one of the deepest canyons in the world, resplendent with both wildlife and cultural history where you will see spectacular Andean terraces and territory of the Andean condor.

Hotel: Casa Arequipa **Meals:** B (lunch and dinner not included)

Considerations: Your body will acclimate optimally to the higher altitude if you stay hydrated, protect yourself from the sun, and get an early evening rest; if you need remedies for altitude discomfort, please let us know. We will give you tips on managing the effects of altitude.



DAY 2 / FRIDAY, OCTOBER 22
Colca Canyon

After breakfast be ready for an early pick up to begin a scenic 4-hour drive towards the Colca Valley. Drive north past the town of Yura, and the Chachani volcano. Visit the Pampa Cañahuas Reserve where you can admire vicuñas in their wild state, prized for their valuable fiber. Continue through Pataguasi and appreciate the rock formations from natural erosion. Continue to Vizcachani and Toccra where you will see migrating birds, llamas and alpacas. Admire the view of Patapampa and the volcanoes, the highest point at 4,850 m.s.n.m. Descend and arrive at the town of Chivay in the Colca Valley and continue to Colca Lodge. Enjoy a quiet afternoon to rest, visit the natural on-site geothermal hot springs rich in lithium, or a walk before dinner at the Lodge.

Hotel: Colca Lodge **Meals:** B, D (lunch not included)

***Considerations:** Wear comfortable clothes and shoes for a bus ride. Bring a daypack with layers for drastic temperature changes; be prepared for sun, cold and possible rain. Bring a camera, sunblock, sunhat, and plenty of drinking water. You can leave any personal belongings in the van. Bring money for lunch, photos, souvenirs, or spa treatments. We advise motion sickness medicine for curvy roads and high altitude.*



DAY 3 / SATURDAY, OCTOBER 23

Condor Viewpoint

Enjoy an early breakfast buffet at Colca Lodge and depart at 6 am to the Mirador Cruz del Cóndor, a strategic point to observe the profoundness of the Canyon and the spectacular flight of the condors. Observe archeological sites, impressive agricultural terraces and panoramic vistas of the Colca Canyon such as Wayrapunku and Antahuillque. Visit the towns of Pinchollo, Maca, Achoma, and Yanque. Return to Colca Lodge for lunch and a restful afternoon, a visit to the hot springs, or consider a treatment at the Eco-Thermal Spa before dinner.

Hotel: Colca Lodge **Meals:** B, D (lunch not included)

***Considerations:** Wear comfortable clothes and shoes for a bus ride, and light walking. Bring a daypack with layers for drastic temperature changes; be prepared for sun, cold and possible rain. Bring a camera, sunblock, sunhat, and plenty of drinking water. You can leave any personal belongings in the van. Bring money for photos and souvenirs. Have motion sickness medicine if needed.*



DAY 4 / SUNDAY, OCTOBER 24

Puno

Enjoy a relaxing morning in the tranquil setting of Colca Lodge with a brief hike over the suspension bridge to the alpaca farm and condor museum, or one last soak in the hot springs. Depart around noon for a 5-hour drive to Puno. After dinner, get an early night's rest in preparation for Taquile Island where the community unanimously chooses to preserve their traditional way of life as in pre-Columbian times, including their ancestral social organization and values.

Hotel: Puno Meals: B (lunch and dinner not included)

***Considerations:** Wear comfortable clothes and shoes for a bus ride. Bring a daypack with layers for drastic temperature changes; be prepared for sun, cold and possible rain. Bring a camera, sunblock, sunhat, and plenty of drinking water. Bring money for meals, and souvenirs. Have motion sickness medicine if needed for motion sickness and altitude in Puno.*





DAY 5 / MONDAY, OCTOBER 25

Lake Titicaca, Uros And Taquile Island

Take a spectacular 3-hour boat ride on the sacred Lake Titicaca, considered in Andean mythology as the lake of origin, where the water and sky meet and melt into a common magnificent blue. Along the way visit the unique people still living like thousands of years ago on the only floating reed island in the world, Uros. Arrive to Taquile, enjoy the mystique of the largest navigable lake and after lunch explore the stone pathways. As the sun is reflected in the calm mirror of water, end your day peacefully watching the sunset followed by dinner, and spectacular stargazing.

Hotel: Taquile home stay **Meals:** B, L, D

Considerations: Wear comfortable clothes and shoes for boat ride and walking. Bring a daypack with layers for drastic temperature changes; be prepared for sun, cold and possible rain. Bring a camera, sunblock, sunhat, and plenty of drinking water. Bring money for souvenirs.



DAY 6 / TUESDAY, OCTOBER 26

Taquile Island and Puno

Explore beautiful Taquile Island with lovely views and a deep quiet that invites reconnection. After lunch, enjoy an afternoon boat ride to Puno, and dinner out.

Hotel: Puno Meals: B, L (dinner not included)

Considerations: *W* Wear comfortable clothes and shoes for boat ride and walking. Bring a daypack with layers for drastic temperature changes; be prepared for sun, cold and possible rain. Bring a camera, sunblock, sunhat, and plenty of drinking water.



DAY 7 / WEDNESDAY, OCTOBER 27

Sillustani And Vicuña Reserve

Get an early start to drive to Sillustani, a sacred ancient burial site. Visit the traditional stone house complex of Hatun Ayllu, a traditional highland community. Sillustani has an absolute calm, as though time has stopped, being an ideal place for a meditative reflection. Take a short boat ride on the Umayu Lagoon to the island reserve of the wild vicuña. Return to Puno for dinner and overnight.

Hotel: Puno Meals: B (lunch and dinner not included)

Considerations: *Wear comfortable clothes and shoes for bus, boat ride and walking. Bring a daypack with layers for drastic temperature changes; be prepared for sun, cold and possible rain. Bring a camera, sunblock, sunhat, and plenty of drinking water.*



DAY 8 / THURSDAY OCTOBER 28

Sacred Valley & Kusi Kawsay Andean School

Take a spectacular morning flight to Cusco, the navel of the world, landing in the heart of the Andes. Enjoy a 45-minute scenic drive through the Peruvian countryside and small villages to the Sacred Valley of the Incas. Revel in the striking beauty of the snow topped peaks, mountainsides delineated by Inca terraces, and fields that cover the valley floor. Arrive in Pisac's small town charm and settle into your room at the Pisac Inn on the town square. Visit Kusi Kawsay Andean School and the school's organic farm, Kusi Nan. Learn about this exceptional educational project and unique vision that honors Andean tradition combined with elements of Waldorf Pedagogy. Delight in the beautiful school grounds, dedicated teachers and smiling students. Savor your first in a series of delicious meals spun into a select set menu prepared by the Inn's renowned restaurant Cuchara de Palo which explores the diversity and richness of Peru's ancient agrarian heritage. Take the afternoon to wander the streets of Pisac or the market square on your own.

Gather for an orientation reception with a welcoming Pisco Sour followed by a fireside dinner. Enjoy an evening Coca Leaf Offering, a unique opportunity to personally engage in an authentic Andean ceremony. The Coca Leaf Offering is an optional special event. Participants pay the curandero directly, and the recommended contribution starts at \$25 dollars.

Hotel: Puno **Meals:** B, **Picnic** (dinner not included)

***Considerations:** Wear comfortable travel clothes. For visiting the school, wear walking shoes, and bring a daypack with layers for drastic temperature changes; be prepared for sun, cold and possible rain. Bring a camera, sunblock, sunhat, and plenty of drinking water. Personal coca leaf ceremonies and healings will also be available.*





DAY 9 / FRIDAY, OCTOBER 29

Traditional Community Of Amaru

Enjoy a 45-minute drive into the majestic high Andes and walk through the patchwork fields replete with potatoes, fava beans and corn to the traditional highland community of Amaru, where a genuinely authentic way of life is still practiced to this day. You will be welcomed with an endearing sweetness by this community that is consciously preserving and practicing their ancestral heritage. Through participation in a communal agrarian workday, a beautiful cultural exchange unravels as you experience this incredible opportunity to step back in time and appreciate a quality of life with an admirable simplicity that is strikingly moving and profound. Enjoy a traditional lunch prepared with their prized agrarian products. After lunch, the women will spin their naturally dyed wool, while others meditatively set up their back strap looms to share their ancestral weaving skills with us. This wonderful opportunity to purchase textiles directly from the weavers is not to be missed. Experience beautiful music and dancing before returning to Pisac.

Enjoy a quiet afternoon and evening with dinner, followed by special event of traditional bread making for the ancestors, Pan Wawa.

Hotel: Pisac Inn **Meals:** B, L, D

Considerations: Wear comfortable clothes and shoes for walking and working in the fields that you don't mind getting dirty! Bring your hand wipes and Purell this day and be prepared for rustic conditions. Bring a daypack with layers for drastic temperature changes; be prepared for extreme sun, extreme cold and possible rain. Comfortable walking shoes are suggested; hiking boots are not necessary. Bring a camera, sunblock, sunhat, and plenty of drinking water. You can leave any personal belongings in the van, but you will be dropped you off and walk up to the cultural center, so the van will not be nearby. Bring cash to purchase textiles; they are handmade and one-of-a-kind pieces. You can take as many photos as you would like; please do not give change for photos in Amaru. Be prepared for authentic cultural immersion at its height, and come with respect, honor and open mindedness as guests invited into a sacred ancestral culture.



DAY 10 / SATURDAY, OCTOBER 30

Urubamba Market and Farm Day

Begin your day with a breathtaking one-hour drive through the heart of the Sacred Valley to Urubamba. Experience the town market followed by daily activities on a local farm. Enjoy a special lunch and visit with the family, including helping to cook your meal in the traditional way. After lunch on the farm drive to Ollantaytambo and enjoy a spectacular train ride to Aguas Calientes, where you will have a nice dinner out and spend the night in preparation for an early start to Machu Picchu the following morning.

Hotel: Terrazas del Inca **Meals:** B, L (dinner not included)

Considerations: You must bring your passport; you cannot ride the train or enter Machu Picchu without. Take an overnight bag and a daypack. Wear comfortable clothes and shoes for hiking and a train ride. Don't forget insect repellent. Bring money for meals. Bring comfortable layers of clothes for temperature changes and hiking shoes; be prepared for sun, cold and possible rain. Bring a camera, sunblock, sunhat, and keep yourself hydrated.



DAY 11 / SUNDAY, OCTOBER 31

Machu Picchu and Ollantaytambo

Take the 20-minute bus ride up steep slopes to magnificent Machu Picchu, renowned as a wonder of the world. Isolated among mountain peaks, this awe-inspiring site carries sacred mathematical and scientific wisdom yet to be fully discovered. Explore the important sectors full of astronomic explanations and immerse yourself in the beautiful natural setting and ancient ruins. After lunch catch the afternoon train to the Inca town Ollantaytambo and visit the splendid archeological site with an impressive astronomical observatory, irrigation waterways, fountains, and ceremonial site. Learn about the Llama constellation and explore the quaint town that was built in the shape of a corncob. Enjoy a relaxing dinner in Ollantaytambo before returning to Pisac.

Hotel: Pisac Inn **Meals:** B (lunch and dinner not included)

***Considerations:** Wear comfortable clothes and shoes for hiking and a train ride. You can leave your overnight bag at the hotel in Aguas Calientes, and we will make arrangements for the hotel to take luggage to the train station in the afternoon. Bring a daypack with layers for temperature changes; be prepared for sun, cold and very possible rain. Bring a camera, sunblock, sunhat, repellent, and plenty of drinking water. You will have to carry your day pack at all times, unless you check it in a day locker up at Machu Picchu at your own expense. You must have your passport.*



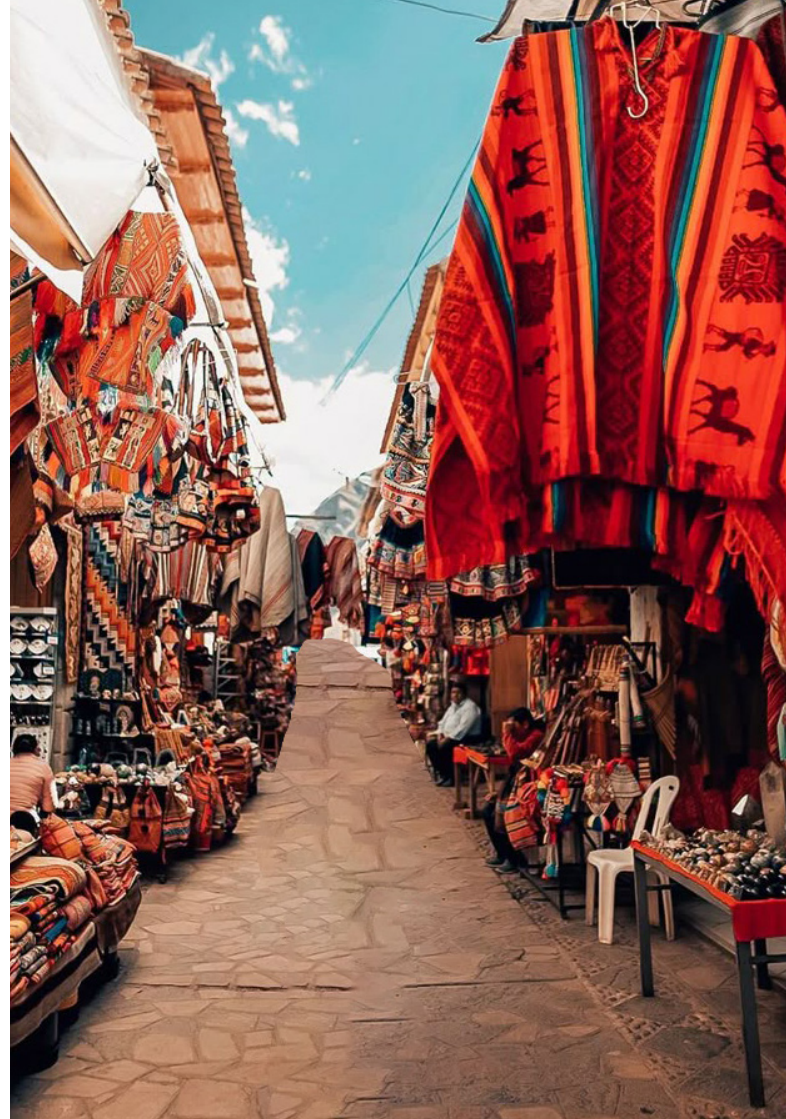
DAY 12 / MONDAY, NOVEMBER 1

Pisac Town & Market

Spend the day at leisure. You can explore the traditional Pisac crafts market, visit the stores, and wander through the town on your own. Purchase flowers in the market for the group ofrenda, and place your Pan Wawa on the altar. Enjoy a restful evening after dinner, with stories that honor your own ancestors and family.

Hotel: Pisac Inn **Meals:** B, L, D

Considerations: *Wear comfortable clothes for wandering through the town of Pisac.*





DAY 13/ TUESDAY, NOVEMBER 2

Pisac Archeological Site

Visit the Pisac archeological site where the staggering agricultural terrace work is among the most extensive in the area following the shape of the mountainsides in entrancing concave and convex forms. The central astronomic and ceremonial area, complete with fountains, is widely acclaimed as some of the finest stonework, comparable to that of Machu Picchu. This expansive site provides an ideal setting for a picnic lunch with magnificent vistas up and down the valley. Drive down to Pisac, or those who want to hike down can on their own. Optional late afternoon talks and healing ceremonies with a traditional herbalist are an optional special event. Participants pay the herbalist directly, and the recommended contribution starts at \$25 dollars. After dinner, visit the Pisac cemetery for the Day of the Dead to celebrate life.

Hotel: Pisac Inn **Meals:** B, L, D

***Considerations:** Wear comfortable clothes and shoes for hiking. Bring a daypack with layers for drastic temperature changes; be prepared for extreme sun, cold and possible rain. Bring walking poles if you need them. Bring a camera, sunblock, sunhat, and plenty of drinking water. Consider bringing chocolate or nuts for energy. This day you must carry everything you need in your daypack, including the provided picnic bag lunch.*



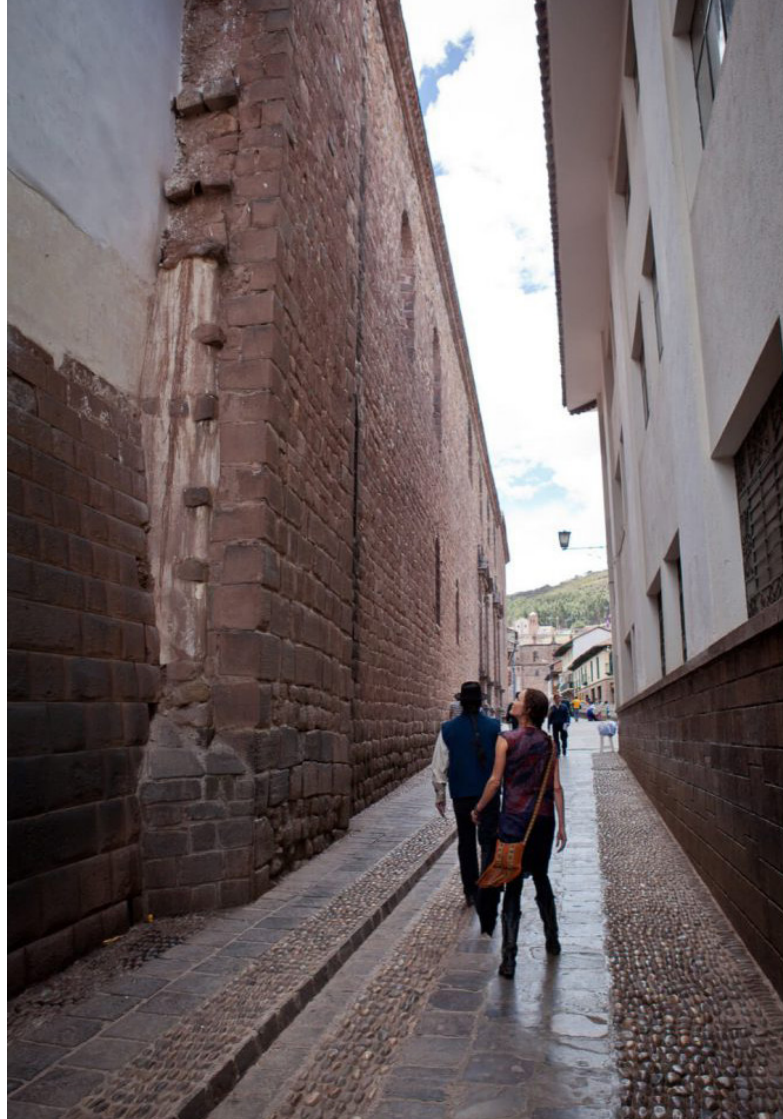
DAY 14 / WEDNESDAY, NOVEMBER 3

Cusco Archeological Sites

Enjoy a 30-minute scenic drive to explore pre-Columbian sites outside of Cusco including the sacred spring of Tambomachay, the lunar and solar observatories of Kenko, and megalithic Sacsayhuaman whose zigzag walls were built with some of the largest stones to be found in Incan masonry. You will be captivated by Andean astronomy and sacred geometry, the foundation of Andean culture. Admire the Inca walls as you wander the streets of Cusco and Plaza de Armas. Visit the main pre-Colombian Inca Temple, Qoricancha. After lunch in Cusco, return to Pisac for a quiet afternoon before dinner. Farewell festive traditional music and dance with a local group of musicians, artists and visionaries dedicating their lives to preserving their Andean culture. This remarkable presentation follows the Andean Agrarian Ritual calendar celebrated at Kusi Kawsay. Enjoy this evening full of music, dance, in-depth descriptions, the sharing of stories; and connect to the natural cosmic cycles of the Andes.

Hotel: Pisac Inn **Meals:** B, D (lunch not included)

***Considerations:** Wear comfortable clothes and shoes for walking in the countryside and in the city. Bring a daypack with layers for drastic temperature changes; be prepared for sun, cold and possible rain. Bring a camera, sunblock, sunhat, and plenty of drinking water. You can leave any personal belongings in the van. Bring money for lunch, photos, and souvenirs.*



DAY 15 / THURSDAY, NOVEMBER 4

Flight to Lima

Early morning flight to Lima.

You will have the option of 'landing' in a room in the same inn from where you began. Take a shower, nap, have a wonderful dinner and maybe a last visit to the Inka market before your driver takes you to the airport.

Meals: B

URPILLAY SONQOLLAY

¡Hasta Luego!



*Authentic cultural travel broadens horizons and enriches the spirit,
affording a deeper understanding of the world in which we live.*

