



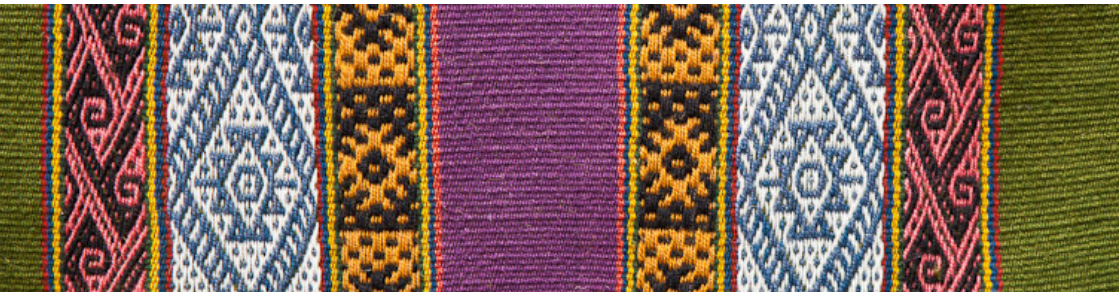
PERU

CULTURAL JOURNEYS

Gently walking on ancient pathways

Andean Exploration

with Judy Ramsey



The Sacred Valley, Cusco, Machu Picchu & Lake Titicaca Expedition

October 27 – November 8, 2025

13 days / 12 nights

THE SACRED VALLEY, CUSCO, MACHU PICCHU & LAKE TITICACA EXPEDITION

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

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





DAY 1 / MONDAY, OCTOBER 27

Sacred Valley Arrival

Take a spectacular morning flight to Cusco, the navel of the world, landing in the heart of the Andes. You will be greeted at the Cusco airport to begin your exclusive journey. Enjoy a 45-minute scenic drive through the Peruvian countryside and small villages to the Sacred Valley of the Incas. Revel in your first glimpse of Peruvian landscape—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, enjoying a cup of coca tea to help you acclimate. 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 cobblestone 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.

Evening festive traditional music and dance with a local group of musicians, artists and visionaries dedicating their lives to preserving their Andean culture. This is a special opportunity to meet some of the families of the Kusi Kawsay Andean School, as well as teachers and students who participate in this remarkable presentation that 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: L, D

Considerations: While the altitude in Pisac is lower than in Cusco, your body will acclimate optimally if you nap upon arrival. If you feel dehydrated, sluggish, short of breath, and/or have a headache or stomach cramps, tell the Pisac Inn staff. They will prepare special teas for your remedy and advise rest.



DAY 2 / TUESDAY, OCTOBER 28

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 the introduction to Andean astronomy and sacred geometry, the foundation of Andean culture that will be expanded upon each day of your journey. 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. Upon return to the Pisac Inn, relax before dinner or enjoy a treatment at *Unucha Spa (you can make an appointment ahead of time for any afternoon after your excursion).

Dinner followed by an optional evening Coca Leaf Offering, a unique opportunity to personally engage in an authentic Andean ceremony. The Coca Leaf Offering is an optional special event and is not included.

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 camera, sunblock, and sunhat, and plenty of drinking water. You can leave any personal belongings in the van. Bring money for lunch, photos, and souvenirs.*



DAY 3 / WEDNESDAY, OCTOBER 29

Kusi Kawsay Andean School and Traditional Community of Amaru

After breakfast visit Kusi Kawsay Andean School and the school's organic farm, Kusi Ñan. 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.

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 rarely felt in this day and age 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. Return to Pisac and enjoy a quiet afternoon and evening with dinner.

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 camera, sunblock, and sunhat, and plenty of drinking water. You can leave any personal belongings in the car, but the car will drop you off and you will walk up, so the car will not be nearby. Bring cash to purchase textiles; they are handmade and one of 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.*

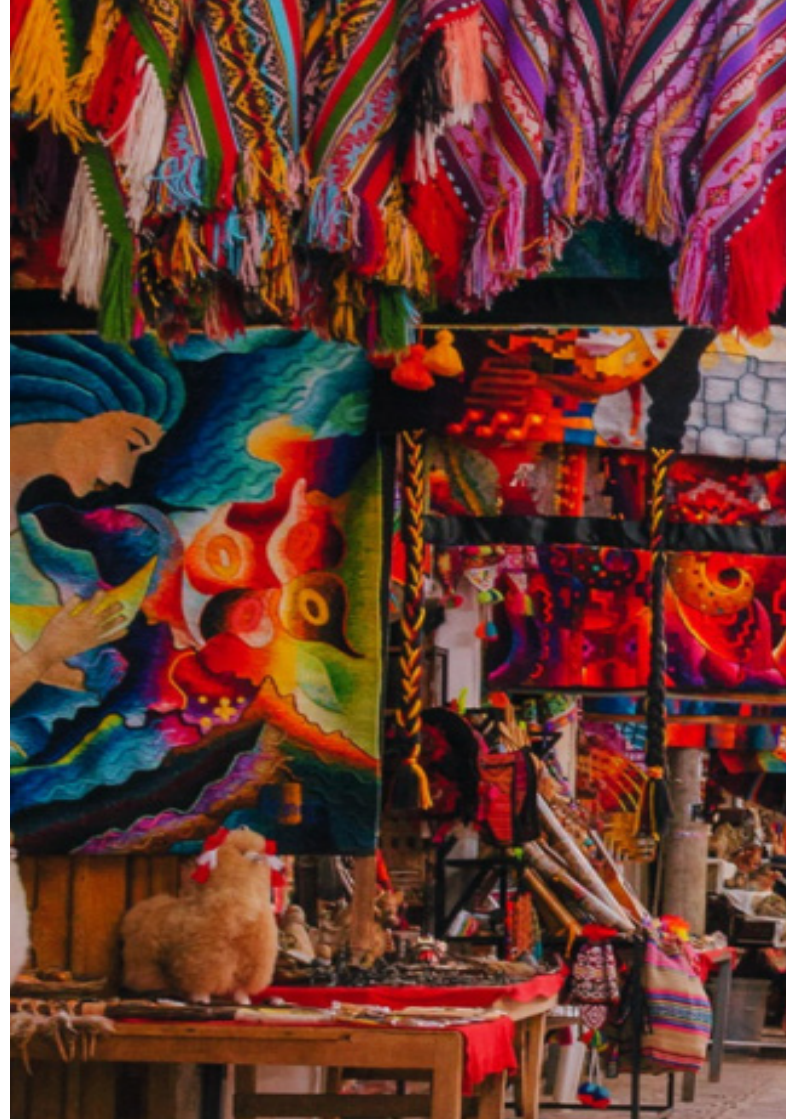


DAY 4 / THURSDAY, OCTOBER 30
Urubamba Market and Farm Day

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, **Picnic** (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 temperatura changes and hiking shoes; be prepared for sun, cold and possible rain. Bring camera, sunblock, sunhat, insect repellent, and a water bottle.*





DAY 5 / FRIDAY, 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 magnificent 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 corn cob. Enjoy a relaxing dinner out with overnight in Ollantaytambo.

Hotel: El Albergue **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 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.*

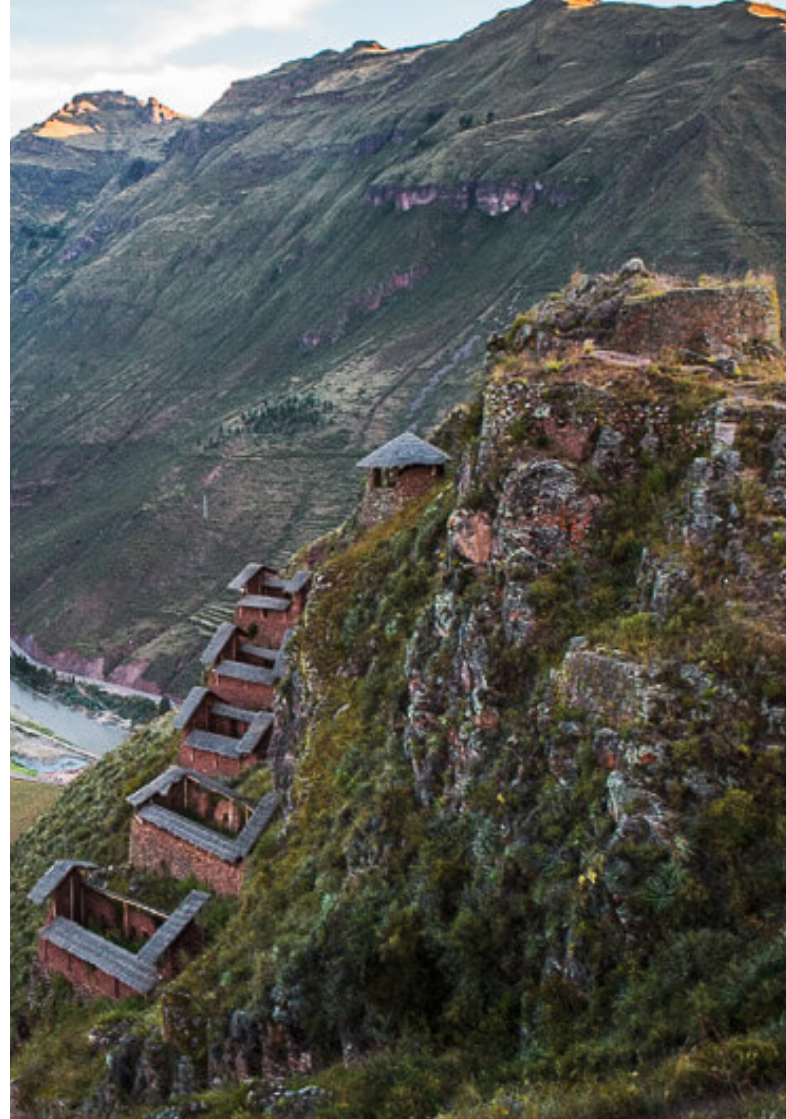


DAY 6 / SATURDAY, NOVEMBER 1
Pisac Archeological Site

Return to Pisac and 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 ceremony with a traditional herbalist, this special event is not included.

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

***Considerations:** Wear comfortable clothes and shoes for hiking and a picnic. 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 camera, sunblock, and 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 7 / SUNDAY, NOVEMBER 2
Pisac Market

Spend the day at leisure exploring the open-air traditional Pisac market full of colorful traditional goods where locals buy and trade their produce. After dinner visit the Pisac cemetery for the Day of the Dead.

Hotel: Pisac Inn Meals: B, L, D

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



DAY 8 / MONDAY, NOVEMBER 3

Drive to Puno

After breakfast start the seven-hour scenic drive to Puno with a visit to the Raqch'i archeological site featuring unusually large adobe constructions, stop over at a natural hot spring, enjoy a picnic lunch and see vast herds of alpaca when you near the Alto Plano. Arrive to Puno early evening. After dinner get a good night rest in preparation for your expedition to Taquile where the community unanimously chooses to preserve their traditional way of life as in pre-Columbian time; including their ancestral social organization and values.

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

Considerations: Wear comfortable clothes for a long drive. Your luggage will not be accessible, so have a day pack with everything you need during the drive.





DAY 9 / TUESDAY, NOVEMBER 4
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 with peacefully watching the sunset followed by dinner.

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

Considerations: Be prepared for a homestay.



DAY 10 / WEDNESDAY, NOVEMBER 5
Lake Titicaca; Amantani Island

Spectacular boat ride to Amantani with lovely views and a deep quiet that invites reconnection. Walk along the paths up to the hills topped by the sacred sites Pachamama (Mother Earth) and Pachatata (Father Earth). After dinner enjoy a restful evening with spectacular stargazing.

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

Considerations: Be prepared for a homestay.



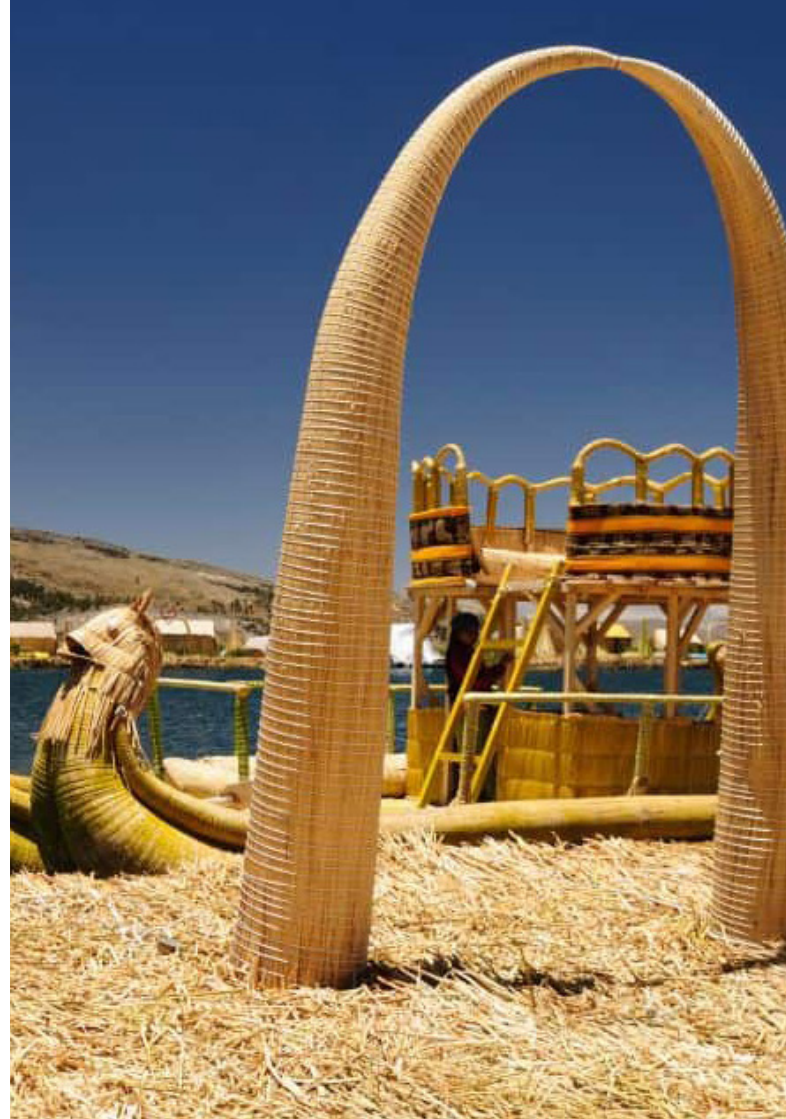
DAY 11 / THURSDAY, NOVEMBER 6

Puno

After exploring the beautiful paths of Amanati Island and lunch, enjoy an afternoon return boat ride to Puno.

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

Considerations: Be prepared for a boat ride. Have sunhat, sunblock and water.



DAY 12 / FRIDAY, NOVEMBER 7
Sillustani and Umayo Lagoon

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 Umayo 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: Have sunhat, sunblock, rain poncho, layers, and water in your daypack.



DAY 13/ SATURDAY, NOVEMBER 8

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

Good bye!



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

