



BAY AREA CENTER  
FOR WALDORF  
TEACHER  
TRAINING



*Diversity Journey  
Gently Walking on Ancient Pathways*

*Reimagining the future of Waldorf Education  
Bay Area Center for Waldorf Teacher Training in  
association with Peru Cultural Journeys and  
Kusi Kawsay Andean School*



*The Sacred Valley, Cusco & Machu Picchu*

*10 days / 9 nights*

*August 1 – 10, 2024*

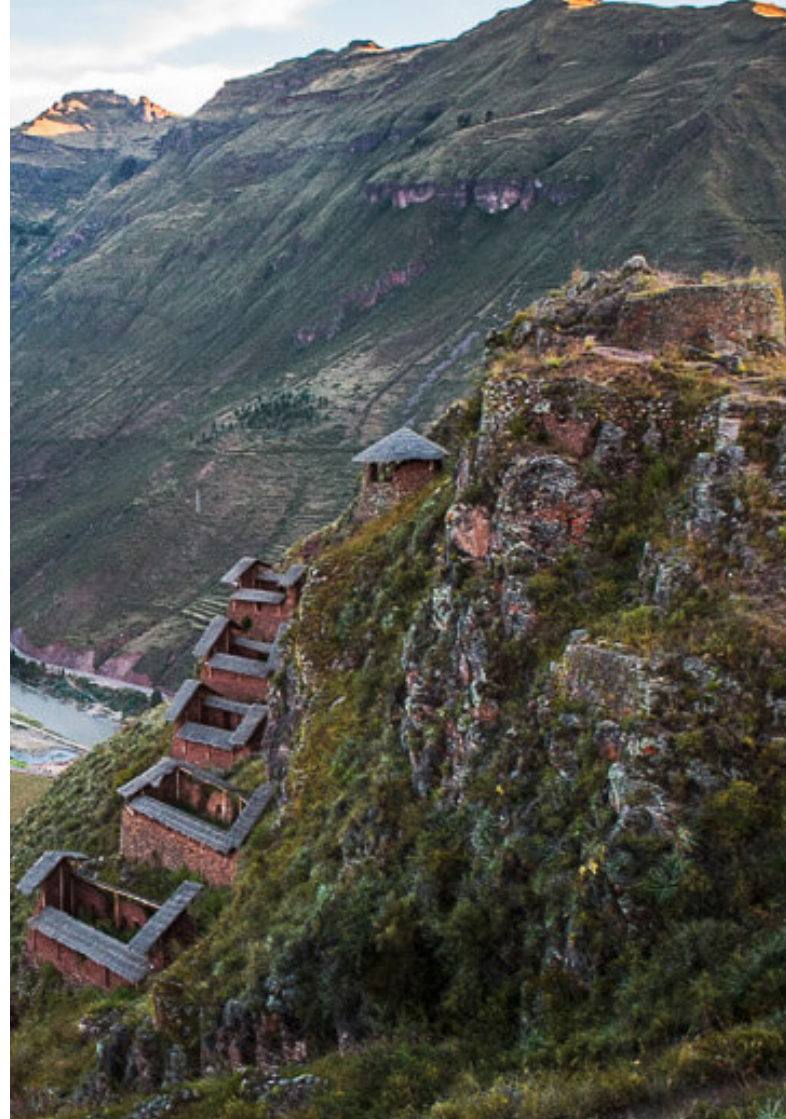
[www.peruculturaljourneys.com](http://www.peruculturaljourneys.com)



## *THE 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 based in the Sacred Valley of the Incas, Cusco, Peru.*

*This beautifully woven exploration into the Andean world through a native perspective combines visiting magnificent pre-Columbian archaeological sites, experiencing exquisite Peruvian cuisine, and profound cultural immersion events allowing you to cultivate an intimate relationship to this land, its people, and customs.*



## DAY ONE / THURSDAY, AUGUST 1

### *Arrival Sacred Valley*

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 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. Walk up to Kusi Kawsay for an orientation reception and to view the Sacred Valley and landmarks with a simple ceremony to acknowledge the land and ancient culture with Roman.

Return to Pisac Inn for a welcoming Pisco Sour followed by a fireside dinner.

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

**Considerations:** *While the altitude in Pisac is lower than in Cusco, you will acclimate optimally if you rest upon arrival. If you feel the altitude, please let us know so we can prepare special teas for your remedy.*



## DAY TWO / FRIDAY, AUGUST 2

### *Kusi Kawsay & Pisac Archeological Site*

Morning: First 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. Lunch in Pisac.

Afternoon: Drive to 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 astronomical 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 with magnificent vistas up and down the valley. Enjoy one hour for sketching/painting with Ken Smith before a breathtaking walk down the mountain to the town of Pisac.

Dinner at Pisac Inn followed by talk and discussion with Roman.

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

**Considerations:** *Wear comfortable clothes and shoes for walking. 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 as this is one of the big hikes of the trip. Bring camera, sunblock, and sunhat, plenty of drinking water, and art materials. Consider bringing chocolate or nuts for energy. This day you must carry everything you need in your daypack as the van will be far away. Walking back to Pisac from the ruins is an option or you may take the van.*



## DAY THREE / SATURDAY, AUGUST 3

### *Pachar & Killarumiyok*

After breakfast depart for Pachar altar, a sacred astronomical place of rituals with an impressive carved chakana, the stepped cross derived from the Southern Cross constellation and genesis of Andean culture. Continue to Killarumiyok, a remote archeological site for the moon.

Time for sketching/painting at each site with Ken Smith.

Return to Pisac for dinner.

Evening gathering for review and discussion with Ken Smith.

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

**Considerations:** *Wear comfortable clothes and shoes. Bring walking poles if needed. 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. Bring art materials. You can leave any personal belongings in the car.*





## DAY FOUR ~ SUNDAY, AUGUST 4

### *Pisac Market & Tipon Site*

Rest morning in Pisac. Take time at your own pace to admire the beautiful faces and calm excitement that transforms Pisac on Sunday. The highlight is visiting the colorful traditional food section where locals buy and trade their produce. Sample the produce and then explore the open-air traditional Pisac market full of local crafts on your own. This is a wonderful opportunity to buy gifts to take home with you. Have lunch in Pisac.

Leave at noon to enjoy an hour drive to Tipon, an amazing archeological site full of water channels that come from a natural underground spring. The Inca were brilliant engineers who integrated their architecture with the natural surroundings. Tipon, a 500-acre site built around a spring near Cusco, has been called their masterpiece of water management. Hike the site and find a perfect spot for sketching/painting. Tipon has beautiful stone terraces with fountains and irrigation channels that still function, which provides an endless, soothing soundtrack of running water.

Return to Pisac for some downtime before dinner. Take a sunset stroll along the cornfields or simply relax at the sidewalk cafe or on the balcony.

Evening Coca leaf ceremony.

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

**Considerations:** *Wear comfortable clothes and shoes for walking. Bring a daypack with layers for drastic temperature changes; be prepared for extreme sun, cold and possible rain. Bring camera, sunblock, and sunhat, and plenty of drinking water. You must carry everything you need in your daypack, including art materials. Coca Leaf ceremony is optional and not included.*





## DAY FIVE ~ MONDAY, AUGUST 5

### *Traditional Community of Amaru*

Morning: Classroom observations. We will allocate a classroom for you to visit for the start of the school day and main lesson. Gather for morning break with teachers.

11 am: Delight in 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 as the women begin to spin their naturally dyed wool. 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.

Time for sketching/painting.

Evening fire and storytelling before return to Pisac.

**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 Purrell 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 SIX / TUESDAY, AUGUST 6

### *Cusco Sites & City*

Morning: Classroom observations. We will allocate a classroom for you to visit for the start of the school day and main lesson. Gather for morning break with teachers.

11am: 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.

Time for sketching/painting.

Enjoy lunch at one of Cusco's fine restaurants, or a local spot recommended by your guide. Visit to the Plaza de Armas and the main pre-Colombian Inca Temple, Coricancha. Guided walk through the streets of Cusco, admire the Inca walls.

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 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 founding 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 explanations, the sharing of stories; and connect to the natural cosmic cycles of the Andes.

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

**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. Bring art materials. You can leave any personal belongings in the car. Bring money for lunch, photos, and souvenirs.*





## DAY SEVEN / WEDNESDAY, AUGUST 7

### *Unu Urqo & Aguas Calientes*

Morning: Classroom observations. We will allocate a classroom for you to visit for the start of the school day and main lesson. Gather for morning break with teachers.

11 am: A breathtaking one-hour drive through the heart of the Sacred Valley to the Inca town Ollantaytambo. On the way, explore the mysterious and less visited archaeological site Unu Urqo, where water is celebrated. Continue through the valley to take a spectacular train ride to Aguas Calientes, where you will have dinner out and spend the night in preparation for an early start to Machu Picchu the following morning.

**Hotel: Boutique Hotel Meals: B, Picnic** (dinner not provided)

**Considerations:** *You must bring your passport; you cannot ride the train or enter Machu Picchu without it! For Ollantaytambo outing: Wear comfortable clothes and shoes for walking, a picnic, and a train ride. 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 car. For the overnight bring an overnight bag, and a separate daypack. You can leave everything else in your room at Pisac Inn. Don't forget insect repellent. Bring money for dinner in Aguas Calientes and lunch out the following day at Machu Picchu. A rain poncho may be needed.*



## DAY EIGHT / THURSDAY, AUGUST 8

### *Machu Picchu & Ollantaytambo*

Get an early start to 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 astronomical explanations and immerse yourself in the beautiful natural setting and ancient ruins. After your experience, you will return to Aguas Calientes to catch the afternoon train to Ollantaytambo. Visit Ollantaytambo's magnificent archaeological 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 cornucopia. Drive back to Pisac. After a full day of exploring, your return to Pisac Inn feels like coming home.

Return to Pisac and enjoy a quiet evening with dinner, followed by evening review and discussion with Ken Smith.

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

**Considerations:** *Wear comfortable clothes and shoes for walking 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. Bring money for lunch and souvenirs.*



## DAY NINE / FRIDAY, AUGUST 9

### *Huichuy Qosqo*

Morning: Classroom observations. We will allocate a classroom for you to visit for the start of the school day and main lesson. Gather for morning break with teachers.

11am: Drive to the remote archeological site and walk through beautiful Andean scenery off the beaten path, and original section of the Inka Trail along the Qhapaq Ñan.

This stunning lesser-known Inca archeological site, Huchuy Qosqo, means little Cusco in Quechua. Enjoy lunch at a local community home. The isolated site, situated on a plateau with astounding views, overlooks the Sacred Valley of the Incas and snow-capped mountain peaks.

Time for sketching/painting with Ken Smith.

Upon return to Pisac enjoy a special farewell dinner.

### **Meals: B, L, D**

**Considerations:** *Wear comfortable clothes and shoes for walking. Bring a daypack with layers for drastic temperature changes; be prepared for extreme sun, cold and possible rain. Bring camera, sunblock, and sunhat, and plenty of drinking water. You must carry everything you need in your daypack, including art materials.*



**DAY TEN / SATURDAY, AUGUST 10**  
*Departure*

Enjoy breakfast before leaving for the Cusco airport.

**Meals:** B.

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**URPILLAY SONQOLLAY**  
*¡Hasta Luego!*







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

