



# PERU

## CULTURAL JOURNEYS

*Gently walking on ancient pathways*

*Women's Peru Journey*

*with Dawn Romero*  
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*November 16 - 24, 2027*

*9 days / 8 nights*

*For more information visit [www.peruculturaljourneys.com](http://www.peruculturaljourneys.com)*



## WOMEN'S PERU JOURNEY

*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 the Incas.*

*This beautifully woven exploration into the Andean world through a native perspective combines visiting magnificent pre-Columbian archeological sites, colorful markets, and exquisite Peruvian cuisine. Genuine cultural immersion events allow you to cultivate an intimate relationship with this land, its people, and customs. This trip is designed for women to connect with captivating and sacred places, themselves, and each other through an inspiring, fun, and enriching journey based in the lower valley of Cusco. We will focus on cultivating health and wellbeing at the root of Andean Cosmo vision, Sumaq Kawsay. We will talk about good living strategies, with intention on personal wellness. This will be done through herbal remedies, herbal baths, massage, nutrition, herbal elixirs, reflections, movement, and grounding in the telluric Andean forces of mother nature. Engage in a culture that honors the feminine Pachamama at the heart of all. Enter a space-time of self-reflection and growth for an exploration of discovery and insights that replenish, reset, and rejuvenate your mind, body, and soul.*







## Day one / Tuesday, November 16

### *Arrival Sacred Valley*

Take a spectacular morning flight to Cusco, “the navel of the world,” land in the heart of the Andes and be greeted at the Cusco airport to begin your exclusive journey. Enjoy a stunning one-hour scenic drive 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 at Pisac with an altitude of around 9,500 ft. and small-town charm, with the occasional llamas in place waiting for photos with you. Settle into your room at the [Pisac Inn](#) and enjoy 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 Restaurant, [Cuchara de Palo](#) so you can explore the diversity and richness of Peru’s ancient agrarian heritage. Take the afternoon to rest or explore the cobblestone streets of Pisac on your own. There are amazing shopping opportunities in Pisac, and everywhere you go throughout the journey. Gather for an orientation reception with a welcoming Pisco Sour before dinner. Join in an evening introduction circle followed by an optional opening Coca Leaf offering, a unique opportunity to personally engage in an authentic collective Andean ceremony.

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

**Considerations:** Your body will acclimate optimally to the higher altitude if you stay hydrated, protect yourself from the sun, and get plenty of rest. If you need remedies for altitude discomfort, please let us know, we will help you manage the effects of altitude with herbal remedies. The Coca Leaf offering is an optional special event with a suggested donation given directly to the curandero. For the Coca Leaf offering you can come with an intention and bring a small offering from your home, such as a small vial of water, earth, sand, etc.





## Day two / Wednesday, November 17

### *Cusco Archeological Sites*

After breakfast 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 are built with some of the largest stones to be found in Inca masonry. You will be captivated by the introduction to Andean astronomy and sacred geometry, the foundation of Andean culture that will be expanded on each day of your journey. Find a quiet spot for self-reflection and grounding. Enjoy lunch at one of Cusco's fine restaurants recommended by your guide and then return to Pisac for a quiet afternoon. Upon return to Pisac Inn, relax or explore the stores replete with beautiful arts before dinner. You can enjoy a treatment at [Unucha Spa](#), and/or a personal Coca Leaf reading any afternoon after your excursion before dinner.

**Hotel:** Pisac Inn **Meals:** B, D (lunch not included, suggestions will be given)

**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, drinking water, and money for lunch and mementos. You can leave any personal belongings in the car. For spa treatments and personal Coca Leaf readings please make reservations for any afternoon after the daily excursion, price not included.*





## Day three / Thursday, November 18

### *Killarumiyuk Site*

Embark on a scenic drive through the Sacred Valley and up to highlands of Anta with patchwork fields and awe-inspiring vistas. Visit an off the beaten path site that is connected to the moon calendar and feminine energy. In Quechua, Killa translates as moon, Rumi as stone, and with the suffix yuk it signifies “the one with a moon stone.” Enjoy a picnic lunch surrounded by an expansive natural beauty. Find a special spot for self-reflection, movement, and grounding, then gather for a collective sharing circle. Upon return to Pisac, enjoy a quiet late afternoon, wandering the colorful streets of Pisac, shopping in the large mercado, a sunset stroll along the cornfields, or simply relax at the Pisac Inn sidewalk café or on the balcony before dinner.

After dinner join Dawn for an herbal tea and heartfelt moment of reflection in the hotel’s upstairs lounge.

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

**Considerations:** Wear comfortable clothes and shoes for hiking and a picnic. Bring a daypack with layers for drastic temperature changes; be prepared for sun, cold and possible rain. Bring a camera, sunblock, sunhat, and drinking water. You can leave any personal belongings in the car.





## Day four / Friday, November 19

### *Kusi Kawsay & Pisac Archeological Site*

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 on the tour. Continue to 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 astronomical and ceremonial area 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. After lunch find a special spot to reflect, ground, or write in your journal. Embark upon a breathtaking walk down to the town of Pisac for a relaxing afternoon, or engage with the locals at the Pisac crafts market. Dinner followed by festive traditional music and dance with local musicians, artists and visionaries dedicated to preserving their Andean culture. This is a special opportunity to meet families, students, and teachers of the Kusi Kawsay Andean School who participate in this remarkable presentation that follows the Andean Agrarian Ritual calendar. Enjoy this evening celebration full of music, dance, and stories that connect to the natural cosmic cycles of the Andes. Evening reflection with Dawn before a good night's rest.

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

**Considerations:** Wear comfortable clothes and shoes for hiking and a picnic in the countryside. Bring a daypack with layers for drastic temperature changes; be prepared for extreme sun, cold and possible rain. Bring walking poles if needed, this is the hardest hike of the trip. 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 five / Saturday, November 20

### *Traditional Community of Amaru*

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. 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. Amaru provides a perfect space and time for reflection at any moment during the day. Help prepare a traditional lunch with the prized agrarian products straight from the fields and enjoy the meal together. The women begin to 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 evening with dinner, followed by sharing a relaxing herbal tea over reflections with Dawn.

**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! You may want to bring hand wipes and Purell, be prepared for rustic conditions. Bring a daypack with layers for drastic temperature changes; be prepared for extreme sun, extreme cold and possible rain. This is the highest elevation on the trip. 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-a-kind pieces. 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 / Sunday, November 21

### *Traditional Pisac Market*

Visit the food section of the Traditional Sunday market right outside Pisac Inn's front door. Taste the exotic fruits, and experience where locals buy and trade their produce. Explore Pisac's colorful Traditional Andean Market full of wonderful treasures and gifts to take home with you. Enjoy this day of leisure and admire the beautiful faces and calm excitement that transforms Pisac on Sunday. Afternoon visit with Victoria Taco Alvarez who will share her knowledge of traditional healing practices and medicinal herbs of the Andes with focus on women's health passed on to her from her mother Andrea Montañez Quispe. Cook dinner together with seasonal ingredients and herbs gathered from the fields, gardens, and markets visited each day, and enjoy a quiet evening sharing a nutritious meal, recipes, and remedies. After dinner join Dawn for an herbal tea and heartfelt moment of reflection.

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

**Considerations:** Wear comfortable clothes and shoes to wander the town of Pisac. As you explore Pisac you can come and go at leisure from Pisac Inn, ideally located on the plaza. Please give a contribution directly to the herbalist for this optional special event.





## Day seven / Monday, November 22

### *Ollantaytambo Site*

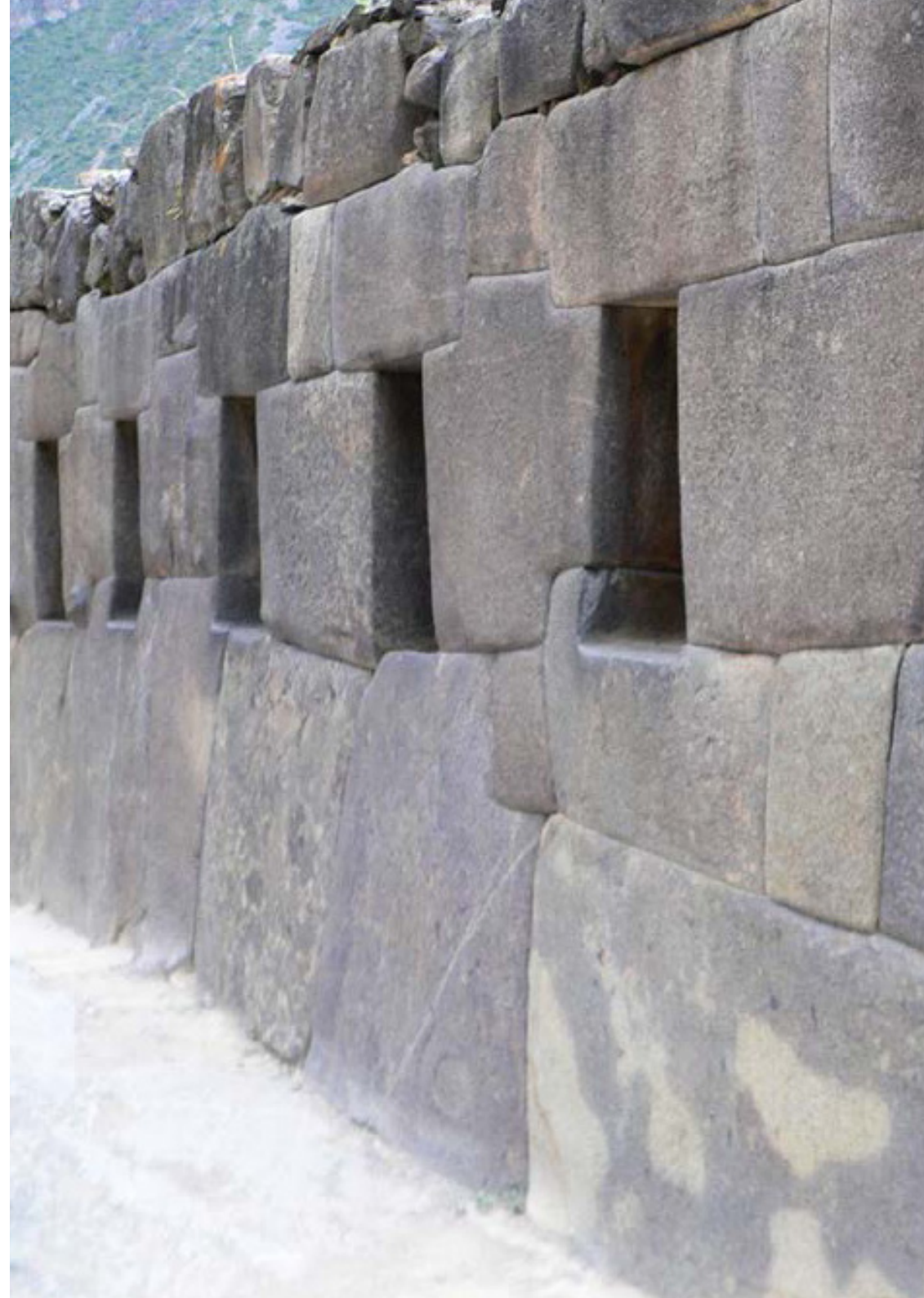
Begin your day with a breathtaking one-hour drive through the heart of the Sacred Valley to the Inca town Ollantaytambo. Visit Ollantaytambo's magnificent archeological site with an impressive astronomical observatory, irrigation waterways and ceremonial site. Learn about the Llama constellation and explore the quaint town that was built in the shape of a cornucopia. After lunch 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:** Las Terrazas Boutique Hotel **Meals:** B (lunch and dinner not included)

**Considerations:** You must bring your passport; you cannot ride the train or enter Machu Picchu without!

**For Ollantaytambo outing:** Wear comfortable clothes and shoes for hiking. Bring a daypack with layers for drastic temperature changes; be prepared for sun, cold and possible rain. Bring a camera, sunblock, sunhat, and drinking water. You can leave any personal belongings in the car.

**For the overnight in Aguas Calientes:** Pack your overnight bag, and a separate daypack. Don't forget your insect repellent. Bring money for mementos, lunch in Ollantaytambo, dinner in Aguas Calientes and lunch the following day at Machu Picchu.





## Day eight / Tuesday, November 23

### *Machu Picchu*

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 astronomic explanations and revel in the beautiful natural setting and ancient ruins. Take the bus down to Aguas Calientes to catch the afternoon train to Ollantaytambo and drive back to Pisac. After a full day of exploring, your return to Pisac Inn feels like coming home. Enjoy a special farewell dinner, and final reflection circle.

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

**Considerations:** *Wear comfortable clothes and shoes for hiking. 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 nine / Wednesday, November 24

### *Cusco City & Departure*

Spend a relaxing morning in Pisac. After brunch depart for Cusco to explore the city. Stroll through the streets of Cusco, admire the Inca walls, and visit the main pre-Colombian Inca Temple, Coricancha. Spend the rest of the afternoon wandering the city, visiting the central market, museums, or specialized boutiques that feature high quality artisanal creations in contemporary design. Enjoy the Plaza de Armas in the evening before an early dinner at a fine restaurant recommended by your guide before catching your evening return flight. It is recommended to be at the Cusco airport at least two hours before your flight.

**Meals: Brunch** (*dinner not included*)

**Considerations:** *Bring your bags downstairs before brunch to be loaded in the vehicle. Wear comfortable travel clothes. Bring a daypack for your time in the city before your flight. Your luggage will be in the van during the afternoon in Cusco.*

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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.*

