

adventurewomen

THE DESTINATION IS JUST THE BEGINNING

PERU

Peru: Discover Machu Picchu and the Amazon



October 5 - 15, 2022



PERU

Peru: Discover Machu Picchu and the Amazon

TRIP HIGHLIGHTS

- ▶ Explore Machu Picchu and the Sacred Valley
- ▶ Discover the local market and the Temple of the Sun in Cusco
- ▶ Meet the founder of an NGO that preserves Andean heritage through weaving while supporting women in need
- ▶ Spot wildlife on guided trail walks and boat rides through a natural reserve in the Amazon
- ▶ Walk suspension bridges through the Amazon canopy for a literal birds-eye view of this unique ecosystem

TRIP ROUTE



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QUICK VIEW ITINERARY

- Day 1 arrive in Lima, rest after your long flights
- Day 2 visit the Larco Herrera Museum, explore Casa de Aliaga
- Day 3 fly to Cusco, learn from a traditional weaver, Andean ceremony
- Day 4 spend the day in a native community
- Day 5 train to Machu Picchu, explore the citadel, afternoon at your lodge
- Day 6 optional hike of Huayna Picchu, morning in Machu Picchu, train to Cusco
- Day 7 explore markets and taste local fruit, bread, cheese, and chocolate
- Day 8 fly to the Amazon, take a trail walk, twilight on the river
- Day 9 search for wildlife by canoe, walk in the rainforest canopy
- Day 10 learn about local plants, nocturnal experience in the forest
- Day 11 fly to Lima, connect with your departing flights

ACTIVITY LEVEL

Active

TRIP PRICE

Main Trip: \$5,995

Optional Single Accommodations: \$1,400

Internal Air: \$625

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your adventure
in depth

DAY 1
Wednesday
10/5/22

Arrive In Lima

Welcome to Peru and its legendary Land of the Inca! Sheltered by the soaring peaks of Los Andes, forgotten ruins lie in wait of discovery. Ancient whitewashed villages give a glimpse into mountain life as it has been lived for centuries. The seaside capital of Lima looks ahead into a bright future. Exhilarating, awesome, breathtaking, and unforgettable, Peru is an adventure destination like no other.

During your adventure, you'll get to know your Peruvian guide, who will help you discover the local art, history, architecture, and landscapes. You are also accompanied by an AdventureWomen Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

Arrival Information

Arrive in Lima, Peru (LIM) any time today.

Pick-up and Transfer

Upon arrival into Lima, you will be transferred to your hotel. Get a good night's sleep before your exciting adventure begins tomorrow.

Accommodations
The Manto Hotel -
MGallery

your adventure
in depth

DAY 2
Thursday
10/6/22

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Lima

Begin your adventure in Lima, the capital and largest city in Peru. It is the perfect place to start your trip in Peru - explore the local art, history, and architecture, as well as the city's delicious cuisine.

Morning at Leisure

Rest up and relax after your flights into Peru.

Larco Herrera Museum

Visit the Larco Herrera Museum with the museum curator. Founded in 1926, the museum showcases remarkable chronological galleries that provide an excellent overview on 3,000 years of Peruvian pre-Columbian history. A special museum curator will guide you on this visit, to help you understand Pre-Inca Peru, and begin giving the group a perspective on what you will see in Cuzco and Machu Picchu. Enjoy lunch at the museum.

Meet Your Group

Meet your guide, Ambassador, and group late this morning for introductions and a trip orientation.

Casa de Aliaga

Casa de Aliaga was built in 1536 on a plot of land given by Francisco Pizarro, leader of the Spanish expedition in Peru, to Geronimo de Aliaga, his main lieutenant. de Aliaga family members still live in the house to this day, making it the oldest continuously inhabited house in the Americas. Your hostess knows most of the secrets of the house, and she will take you on a journey back 500 years, intertwining Peruvian history with her family's own history.

Welcome Dinner

Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to explore Peru!

Accommodations
The Manto Hotel -
MGallery
Meals Included
breakfast, lunch,
dinner

your adventure
in depth

DAY 3
Friday
10/7/22

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Lima to Urubamba

Once the heart of the Inca Empire, the Sacred Valley is a feast of impressive ruins, gentle mountain slopes, rushing rivers, grazing llamas and alpaca, and enchanting farm towns. In short, it's the perfect introduction to the mysterious world of the Inca, whose stunning civilization thrived until the 16th century.

Flight to Cusco Enjoy magnificent views of the rugged Andes Mountains during your one-hour flight.

Picnic Lunch Have a special gourmet picnic lunch in front of the beautiful Huaypo Lagoon.

Center for Traditional Textiles Take a hands-on weaving class with a master weaver. Textile production has profound historic and cultural significance in the Andes, and this project is part of a highly successful National Geographic Society-supported initiative to rescue and revive this way of life. Women are the owners and drivers of this activity, and you will see how their gregarious processes of spinning, gathering and use of natural dyes, setting up of looms, and the creation of designs, are fundamental to the family and social bonds of these highland communities.

Tribute to Mother Earth Ceremony A Pacco (Andean priest), the link between the spiritual and earthly words will conduct the Tribute to the Mother Earth ceremony. This is an act of reciprocity towards Pachamama (Mother Earth), a deity associated with fertility.

Dinner Dinner is on your own at your hotel tonight.

Accommodations
Inkaterra Hacienda
Urubamba
Meals Included
breakfast, lunch

your adventure
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DAY 4
Saturday
10/8/22

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Urubamba

Five hundred years ago, Peru lay at the heart of a vast Incan empire that stretched across 400,000 square miles from northwest Argentina to southern Columbia, and from the Andean highlands to the Amazon jungle. A legendary kingdom, this brilliantly flourishing Land of the Inca came to an end when Pizarro and his conquering Spaniards swept across South America. Today, Peruvians proudly preserve their rich and diverse cultures and traditions.

Visit the Native Community of Cuyuni

To visit the native community of Cuyuni is to literally travel back in time. Here, natives are, in many ways, still living as they've been for centuries. The proud villagers will show you how they have managed to survive in such extremely adverse conditions: over 13,000 feet above sea level, where only wild grass grows naturally. Spend some time harvesting potatoes with the locals, surrounded by Guinea pigs and llamas.

On this very special day, the community leaders will accompany the group as you learn not only about their daily lives and activities, but also about their ancestral traditions that date to pre-Inca times.

Lunch

Enjoy lunch in the community.

Dinner

Have dinner on your own and relax at your hotel this evening.

Accommodations
Inkaterra Hacienda
Urubamba
Meals Included
breakfast, lunch

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DAY 5
Sunday
10/9/22

Urubamba to Machu Picchu

Arriving at Machu Picchu, “Lost City of the Incas” is like stepping into a postcard! The intact maze of empty plazas, chambers and palaces connected by stairways carved out of solid stone helps you understand why it is considered among the Wonders of the World. Built precipitously high, it is surrounded by mountains covered in lush tropical vegetation. Terraced to the edge to provide for Inca domiciles, it stands today as a tribute to Incan ingenuity.

Train to Machu Picchu

This morning is the beginning of a fantastic journey by train to Machu Picchu, “Lost City of the Incas.” Travel by on the narrow-gauge switchback train through the fertile valleys of the Andes and along the sacred Urubamba River.

Luggage Note for the Train

There are no large suitcases allowed on the train, so you will have to take your small, collapsible overnight bag or your daypack with you on the train for the overnight at Machu Picchu. You can leave your large suitcase at the hotel, and all suitcases will be transported to your hotel in Cusco for when you return from Machu Picchu.

Explore Machu Picchu

Enjoy a guided tour of the famous ruins. Machu Picchu is one of the most beautiful and enigmatic ancient sites in the world. While the Inca people certainly used the Andean mountaintop, erecting many stone structures from the early 1400s, legends and myths indicate that Machu Picchu was revered as a sacred place far earlier than the Inca times.

Lunch

Enjoy lunch at a delicious restaurant in town.

Afternoon Activities

Your hotel has many optional activities, including walking tours, bird watching, and a spa, as well as lovely places to relax this afternoon.

Dinner

Enjoy dinner as a group this evening.

Accommodations
Inkaterra Machu Picchu Pueblo Hotel
Meals Included
breakfast, lunch, dinner

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DAY 6
Monday
10/10/22

Machu Picchu to Cusco

Founded in the 11th century and capital of the Inca Empire from the 13th century through the arrival of the Spanish in the mid-16th century, today's Cuzco is a delightful mix of Inca and Spanish architecture. Winding streets, red clay rooftops, tiny peaceful plazas and colorful shops invite exploration. Around the mostly whitewashed city you can still see the remains of Inca buildings and their foundations—many of which have proven to be stronger than buildings constructed in the present day. The stones in the old walls that line the winding alleyways are so closely fitted together, you couldn't even fit a sheet of paper between them!

Optional Hike of Huayna Picchu You have the option to hike Huayna Picchu, the iconic towering mountain often seen in photographs, for dramatic views. (Hiking time 4 hours)

Huayna Picchu permits are extremely limited. If you register too close to departure, we are not able to guarantee that you will be able to hike Huayna Picchu.

Morning in the Citadel For those who choose not to hike Huayna Picchu, wander around the citadel of Machu Picchu, exploring and admiring every corner of this incredible site.

Lunch Have lunch in Aguas Calientes on your own.

Return to Cusco Meet back at the Pueblo Hotel this afternoon before boarding the train to Ollantaytambo and then returning to Cusco.

Dinner Head out to one of Cusco's excellent restaurants for dinner on your own this evening.

Accommodations
Palacio del Inka

Meals Included
breakfast

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DAY 7
Tuesday
10/11/22

Cusco

Cusco is acknowledged as the archeological capital of the new world. It is made up of an endless series of surprises spreading out to the horizon. It is the oldest continually inhabited city in the western hemisphere and was the ancient capital of the Inca Empire.

Explore Cusco

Head out for a tour of Cusco today. Start with the best view of the city from atop Cerro Pukamayo, a natural scenic overlook from which the outstretched arms of Cristo Blanco, a massive white statue of Christ, embrace the city. Stop at the Fortress of Sacsayhuamán, a structure of enormous stones, which are carved and fit together with incredible precision. Return to the lower part of the city, stopping at the Mercado de San Pedro. As the main street market, this will give you an opportunity to get to know the products of Cusco. Wander through and admire the sights, aromas, tastes, and colors of the region – try a juice made from local fruit, the typical local bread, Andean cheese, and the best Peruvian chocolate.

Just a few blocks away, discover the Korikancha, or the Golden Temple, dedicated to the worship of the Sun God. Finish your exploration with a stroll through the Plaza de Armas, the main square, where you will visit the Cathedral, famous for its exquisite vestibules and priceless paintings from the 17th and 18th centuries.

Afternoon at Leisure

Enjoy lunch and the afternoon on your own.

Dinner

Enjoy tonight's dinner where you will enjoy delicious food, an interesting wine menu, a cozy non-pretentious setting, and the warm attention of their smiling all-Peruvian staff!

Accommodations
Palacio del Inka

Meals Included
breakfast, dinner

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DAY 8
Wednesday
10/12/22

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Cusco to Amazon

Welcome to southeastern Peru and the small city of Puerto Maldonado! You're right in the middle of the most pristine rainforest on Earth, surrounded by national parks and at the confluence of two Amazon tributaries: the Tambopata and Madre de Dios Rivers. The warm, moist air and the lushness of the landscape are an instant tropical sensory feast of wondrous sights, new sounds, and soft filtered light.

Morning Flight

Head to the airport after breakfast to connect with your flight to Puerto Maldonado.

Lunch

Settle into your beautiful cabaña and enjoy lunch in the dining room.

Trail Walk

Take a guided walk along the Trail system, into the Inkaterra Reserva Amazonica natural area, where you will discover the Amazon Basin. This trail offers an excellent introduction to the forest environment, winding past impressive trees such as the Shihuahuaco, and the strangely beautiful strangler fig, offering excellent opportunities for bird watching and observing exotic insects.

Twilight River Excursion

Enjoy a boat ride on the Madre de Dios river. Witness the transformation from a diurnal to a nocturnal world: animals and birds of the daytime give way to species specially adapted to the night. As you enjoy their paradise, you will learn about their habits, while you search for nightjars, owls, capybaras and up to three different caiman species.

Accommodations
Inkaterra Reserva
Amazonica Lodge
Meals Included
breakfast, lunch,
dinner

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DAY 9
Thursday
10/13/22

Amazon

The Peruvian Amazon is one of the most biologically diverse places on earth. It covers 60% of the country, stretching from east of the Andes to the borders of Ecuador, Colombia, Bolivia, and Brazil. Receiving 103 inches of rain every year, you always need to be prepared for a cloudburst!

Lake Sandoval Excursion

Visit the Lake Sandoval excursion into the Tambopata National Reserve. Glide in a wooden canoe, across a beautiful, mirror-like oxbow lake that is home to the endangered giant river otter, as well as red howler monkeys, red-bellied macaws, anacondas, side-neck turtles and black caimans.

Canopy Walkway

Walk along the Canopy Walkway. Ascending the first tower, 29 meters above the forest ground, you begin your encounter with the treetop realm. For more than a quarter of a mile, you will literally walk through the rainforest canopy on a suspension bridge network linking eight observation platforms. During this hour-and-a-half expedition, be on the lookout for colorful toucans, woodpeckers, trogons, monkeys, and sloths. If you wish you may extend your excursion and watch the sunset from one of the towers.

Accommodations
Inkaterra Reserva
Amazonica Lodge
Meals Included
breakfast, lunch,
dinner

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DAY 10
Friday
10/14/22

Amazon

Representing over half of the planet's remaining rainforests, the Amazon comprises the largest tract of tropical rainforest in the world. It is estimated to contain 390 billion individual trees!

Gamitana Creek Enjoy a trip to Gamitana Creek, located 25 minutes by boat from the lodge. For one and a half hours, explore the rainforest along the banks of a winding, dark-water creek that is home to many piranha, caiman, turtles, and birds, until the Sanipanga landing point. Navigate your way back downstream, observing the abundant flora and fauna along the way. You will return to Gamitana Farm to take a short tour to learn how local farmers grow fruits and vegetables.

Hacienda Concepcion Excursion Learn about the uses and benefits of local flora and see the area that boasts over 200 different plant species. This is followed by a 30-minute canoe trip to look for turtles, sun grebes, nightjars, and exotic herons.

Nocturnal Experience Head out for a two-hour night excursion. Venture into the forest and experience the mystery of the animal activity that awakens in the rainforest after dark, enhancing animal resources to create new adaptation mechanisms. Listen to nocturnal forest sounds and spot species that only emerge at night.

Accommodations
Inkaterra Reserva
Amazonica Lodge
Meals Included
breakfast, lunch,
dinner

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DAY 11
Saturday
10/15/22

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Depart Amazon

Leave the Amazon and head home via Lima.

Boat Transfer to Airport When you depart Puerto Maldonado, transfer by boat along the Madre de Dios River. It is about a 45-minute ride to the airport.

Fly to Lima Take your early afternoon flight to Lima.

Day Room Take advantage of having a hotel room just across the street from the airport. Shower, repack, and grab dinner on your own at the hotel restaurant.

International Flight When you're ready for your flight home, say goodbye to your new AdventureWomen friends and walk across the street to check in at the Lima airport.

Departure Information Depart Lima, Peru (LIM) in the late evening.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Accommodations
Wyndham Costa del
Sol Airport Hotel
Meals Included
breakfast

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Accommodation Details

The Manto Hotel - MGallery

The Manto Hotel - MGallery is in the heart of one of the commercial and entertainment center of Lima. It is just a short walk to the best restaurants in the area and is a comfortable place to start your Peru adventure.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

Inkaterra Hacienda Urubamba

Hacienda Urubamba is a contemporary hacienda-style hotel in the Sacred Valley of the Incas. Immersed in the countryside in a gorgeous area, Hacienda Urubamba spans approximately 100 acres surrounded by imposing green mountains. All the rooms feature breathtaking views of the valley, immersing you in open space, serenity, and relaxing solitude.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

Inkaterra Machu Picchu Pueblo Hotel

Located in the heart of Machu Picchu Historical Sanctuary, Inkaterra's boutique Machu Picchu Pueblo Hotel is an Andean Garden of Eden. Its natural beauty spreads over 12 acres of low-rise cottages, plantations, and wild forest interspersed by stone pathways. Hummingbirds frolic in a private cloud-forest paradise, while you experience an authentic barefoot luxury hotel at the foot of Machu Picchu.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

Palacio del Inka

A storied mansion dating back nearly five centuries, the Libertador Palacio del Inka stands in the historic center of Cusco. Directly across from the Koricancha, it is a five-minute walk from the main square and less than a mile from an array of museums, markets, and restaurants. The exquisitely appointed guest rooms combine Peruvian art and handcrafted furnishings with contemporary amenities.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi


Inkaterra Reserva Amazonica

An eco-luxury lodge in front of Madre de Dios River, Inkaterra Reserva Amazonica has 35 wooden cabanas inspired in the Ese'Eja culture. 540 bird species have been inventoried in hotel grounds, deep in the rainforest. There is no internet here, so enjoy your time off the grid.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity

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Accommodation Details

Wyndham Costa del Sol Airport Hotel

Linked directly to Jorge Chávez International Airport and offering upscale amenities for discerning travelers, this hotel offers the ultimate in convenience and comfort, whether you're exploring Peru's capital or just passing through.

Amenities: Soap, shampoo, conditioner, hair dryer; electricity; Wifi

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Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Airport transfer on arrival day
- ▶ Domestic airfare (priced separately from the main trip)
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ Entrance fees
- ▶ English-speaking guide throughout the trip
- ▶ English-speaking local guides in each location
- ▶ Drinking water available in large jugs to refill personal bottles
- ▶ Gratuities for drivers, hotel staff, wait staff, and luggage porters

Not Included:

- ▶ International airfare to and from Peru
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides

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Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a