

CODE: HCT-022B

ANTHROPOLOGICAL PERU & IQUITOS JUNGLE

19 Days / 18 Nights

CONTENT: LIMA / LIMA: City Tour: Colonial and Modern + Archaeological Museum / LIMA -AREQUIPA: City Tour / AREQUIPA - COLCA CANYON / COLCA CANYON- PUNO/ PUNO: Islas Uros + Taquile - Llachón Community / PUNO: Llachón Community -Sillustani -Puno / PUNO -CUZCO / CUZCO: Walking City Tour and Surrounding Ruins / CUZCO - SACRED VALLEY Chinchero -Maras -Moray -Ollantaytambo -MACHU PICCHU (Aguas Calientes) / Visit to MACCHU PICCHU - SACRED VALLEY / SACRED VALLEY Pisac market - CUZCO: free afternoon / CUZCO - LIMA - IQUITOS / IQUITOS -JUNGLE / IQUITOS: JUNGLE / IQUITOS -LIMA /LIMA -PARACAS: Paracas National Reserve / PARACAS: Ballestas Islands / LIMA / LIMA



DAY 01

LIMA

Arrival at airport in city of origin. Flight to Lima. Arrival at Jorge Chávez International Airport where you will be met by our representative. Transfer to hotel.

DAY 02

LIMA: City Tour: Colonial and Modern + Archaeological Museum

Breakfast. Visit to the historic center: guided tour of the Cathedral, and a panoramic tour of the Convents of Santo Domingo and of San Francisco; the Main Square and San Martin Square. The visit continues to the residential neighborhoods of San Isidro and Miraflores, followed by a visit to the Archaeological Museum which houses archaeological pieces representing the different Peruvian cultures that preceded the Incas, together with its collection of metal works and textiles. Rest of the afternoon free. You can taste the famous Peruvian cuisine, visit the Bohemian district of Barranco, cradle of poets and writers, and part of the literary tour of Mario Vargas Llosa, or visit some of the capital's many other attractions. Overnight at selected hotel.

DAY 03

LIMA / AREQUIPA: City Tour

Breakfast. Transfer to the airport to take the flight to Arequipa. Arrival and transfer to hotel. At leisure. An optional visit to the Museum of the Andean Altars is recommended where you can see the mummy, Juanita, a teenage Incan girl who was sacrificed and found on the top of the Ampato volcano, becoming one of the best-preserved mummies in the world. Opportunity to taste the good cuisine of Arequipa or stroll around its pleasant, colonial streets. Afternoon tour of Arequipa, known as the White City, including Santa Catalina Convent (a city inside a city), the Main Square, the cloisters of the Church of the Company (including a visit inside the San Ignacio chapel to see its cupola), and the residential neighborhoods of Yanahuara and Chilin for a magnificent view of the Misti volcano. Overnight at selected hotel.

DAY 04

AREQUIPA / COLCA CANYON

Breakfast. Departure to one of the deepest canyons on the globe, the Colca Canyon. We will go through Pampa Cañahuas, close to the Salinas and Aguada Blanca National Reserve, the wetlands area of Toca and the "volcano viewpoint", the highest pass, before reaching Chivay, the arrival and departure point



for those visiting the region and a spectacular vantage point from which to view the highest mountain peaks and volcanoes in the region. **Lunch.** Transfer to hotel. Free afternoon with an opportunity to visit the La Calera thermal springs (entrance not included) if you are staying overnight in Chivay. Overnight at selected hotel. The Colca Lodge and El Refugio hotels have their own thermal springs.

Note: Remember to bring bathing costume for the thermal springs and/or swimming pools. If you are staying at the Colca Lodge or El Refugio, you can enjoy the use of the hotel's spa and hot springs.

DAY 05

COLCA CANYON / PUNO

Breakfast. We will go to the place called "Cruz del Condor", a viewpoint from where you can appreciate the depth of the canyon and the lofty flight of the condors. We will visit the villages of Yanque and Maca which have colonial churches, and will have some interesting views of the valley before arriving at Chivay. **Lunch.** Continue to Puno, capital of the Peruvian Altiplano. The route traverses beautiful natural landscapes and provides an impressive view of the beautiful Lagunillas lake with its trout farms and where Andean flamingoes can often be seen feeding at the lake shore. Arrival at Puno, at the end of the afternoon. Transfer to selected hotel. Overnight at hotel.

DAY 06

PUNO: Islas Uros y Taquile - Comunidad de Llachón

Breakfast. Today we will cross Lake Titicaca, the highest navigable lake on the planet. First we will visit the Uros Islands, floating islands where descendants of this ancient ethnic group still live. They can trace their lineage back to the Aymara and their subsistence today is partly supported by tourism. We continue on to Taquile Island, an island of Quechua-speaking inhabitants where Inca customs and traditions are still evident. We will continue to Capachica Peninsula and arrive at Llachón community. **Lunch.** Here, we will be able to appreciate the beautiful river landscape including Lake Titicaca, and if there is time, enjoy an unforgettable sunset. We will also share the inhabitants' customs and sleep in their houses. **Dinner** included. Homestay accommodation.

Note: If do not select the homestay option, you return to the shore for overnight hotel accommodation with a half-day visit to Sillustani the following day.

DAY 07

PUNO: Llachón Community - Sillustani

Breakfast. We will walk up to the top of UakiKarus Mountain from where we will see natural landscapes full of Andean vegetation and fine sandy beaches, together with the fascinating Sacred Lake of the cultures who inhabited the Andes. On the way, we will be able to see the daily activities of the population who still maintain their millennial, Andean lifestyle. **Lunch.** Later we will take the road to the Archaeological Complex of Sillustani; set on a rocky peninsula surrounded by Umayo Lake, it is famous for its stone funerary constructions, called Chullpas or AyaWasis, making us feel as if we have been transported back in time. For many people it is the ideal place for meditation and silence. Transfer to the hotel in Puno. Overnight at hotel.

DAY 08

PUNO / CUZCO

Breakfast. Transfer to bus station. Departure by tourist bus to Cuzco visiting Pukara, (visit to its interesting museum), La Raya (the highest pass on the way to Cuzco), Racjchi (Wiracocha temple) and Andahuaylillas (the Sistine Andean chapel). **Lunch** included en route. Arrival in Cuzco by the evening. Overnight at selected hotel.

Note: For anyone who wishes to do so this journey can be done on the Titicaca Train, operated by PERÚ RAIL (10.5 hour journey, including a 15-minute stop at La Raya Pass), provided it is on a day when the train operates (Monday, Thursday and Saturday). Includes three-course lunch and afternoon tea.

DAY 09

CUZCO: City Tour on foot + Surrounding Ruins

Breakfast. Walking tour of the city: an exclusive circuit that includes visiting the main Square of the district of San Blas, Hatunrumiyoc Street with the "12-angle stone", the Nazarenas square, the main square, the Inca Museum, Cuzco Central Market, Loreto Street, the Cathedral and the Koricancha, or Temple of the Sun. Afternoon visit to the ruins: Sacsayhuaman, a ceremonial fortress of monumental stones, Q'enqo, a ceremonial site where sacrifices took place, and Tambomachay, known as the Inca Baths. Panoramic tour of Puka-Pukará, a former *tambo*, a rest place for messengers, or guard post along the Inca roads. Return to the hotel. Overnight at selected hotel.



**DAY 10****SACRED VALLEY: Chinchero - Moray – Maras – Ollantaytambo / TRAIN to AGUAS CALIENTES (Machu Picchu)**

Breakfast. Visit the Andean village of Chinchero, the archaeological area, its colonial church, the main square where you can visit its open-air artisan market (if it is a Sunday, enjoy its traditional market selling locally-made handicrafts and goods). We will also visit a textile workshop where the weavers will demonstrate their techniques and use of natural dyes.

Continue to the Maras' salt mines, a salt supply station during the Inca period and still in use today, before visiting Moray's agricultural laboratory, characterized by its steep terraces with their diverse micro climates. **Lunch.**

In the afternoon, visit the Ollantaytambo fortress and then transfer to the train station for the train to Aguas Calientes town. Arrival and transfer to hotel. Rest of the afternoon free. **Dinner** and overnight at the selected hotel.

*Luggage for Machu Picchu: Due to luggage restrictions imposed by the train companies (to allow visibility through the panoramic windows), only hand luggage is allowed. **One small travel bag, rucksack or carry-on bag per person is permitted, weighing no more than 5 kg (in addition to handbags).** The remaining luggage will be taken to the hotel in Cuzco where you return to for your overnight stay.*

DAY 11**Visit to MACHU PICCHU / SACRED VALLEY**

Breakfast. Early morning departure to Machu Picchu, one of the wonders of the modern world, to visit the Inca citadel before it gets busy and enjoy one of the most impressive natural spaces on the planet. Guided tour around the archaeological complex located in a unique natural setting, (the terraces, squares, temples palaces, stairways, warehouses, water fountains, including the Temple of the Sun, etc.).

Free time to enjoy the site, with the possibility to climb Huayna Picchu or Machu Picchu (book in advance). Return to Aguas Calientes by bus to walk around the market and enjoy this lively town where almost every traveler who comes to the country passes through. Depart by train for Ollantaytambo; on arrival transfer to the hotel in the Sacred Valley. **Dinner** and overnight at hotel.

Note: If you want to climb Huayna Picchu or Machu Picchu (not to be confused with the archaeological site), please ask for this to be booked when confirming your reservation. Supplement payable in advance.

Lunch is not included today so as to allow as much time as possible at the archaeological site. For morning visits, there will be time to make your own lunch arrangements after the visit, or before visiting the site if an afternoon visit is scheduled.

DAY 12**SACRED VALLEY: Pisac Market / Free afternoon in Cuzco**

Breakfast. Return transfer to Cuzco, with a short stop to visit the village of Pisac and its local market. Transfer to the Hotel. Free afternoon to continue visiting Cuzco, a UNESCO heritage site and former seat of the Tahuantinsuyo empire, or simply enjoy strolling around the streets of this city of different cultures. Overnight at hotel.

DAY 13**CUZCO / LIMA / IQUITOS**

Breakfast. Transportation to the airport. Flight to Lima and connection to Iquitos. Arrival and transfer to the selected hotel. Overnight at hotel.

DAY 14**IQUITOS: Activities in the jungle**

Breakfast. Transfer to the jetty to explore the River Amazon and its tributaries by boat. Continue to chosen lodge. Arrival and **Lunch.** This afternoon, activities in the jungle observing the diverse flora and fauna. **Dinner** and overnight at the Lodge.

Note: The activities vary depending on the lodge. This applies to all tours that include activities. Once you have chosen the lodge, we will provide details of the specific activities available.

DAY 15**IQUITOS: Activities in the jungle**

Breakfast. Continue with all the activities scheduled by the lodge, allowing you to enjoy this authentic and unforgettable experience in the jungle. Activities to choose from include walking, bird watching, sailing, fishing, visits to indigenous communities, etc. Overnight at the lodge. **Full board.**



**DAY 16**

IQUITOS: Jungle - City / LIMA

Breakfast. This morning continue with activities. **Lunch.** Transfer to the airport for the return flight to Lima. Arrival and transfer to hotel. Overnight in the capital.

DAY 17

LIMA / PARACAS: Reserva Nacional

Breakfast. Transfer to bus station. Departure by bus with reclining seats to the Bay of Paracas, traveling along the southern section of the Pan-American Highway. Transfer to the Hotel. Visit to the Paracas National Reserve to enjoy the cliffs and the beautiful desert and marine landscapes. We will also learn about the Paracas culture that inhabited its coasts more than 2,000 years ago, and whose legacy, found in its necropolis, included a great variety of rich textiles which astonish the modern world today. Return to the hotel, on the shores of the Pacific Ocean. Overnight at hotel.

Note: Optional sand-buggy ride across the dunes in the nearby Ica desert (Not included).

DAY 18

PARACAS: Ballestas Islands / LIMA

Breakfast. Transfer to the jetty at Paracas Bay for a boat trip to the Ballestas Islands. En route we will see the figure of "El Candelabro" (the Candelabrum), sea lions and numerous sea birds, such as the Humboldt penguin in its natural habitat, Inca terns, cormorants, etc. Return trip to the shore. Transfer to Pisco airfield for flight over the Nazca Lines (optional: 1 hour 30-40 minutes). At the scheduled time transfer to the bus station for return journey to Lima. Arrival and transfer to the selected hotel. Afterwards, an opportunity to discover the bohemian Barranco district, cradle of poets and writers and part of the literary route of Mario Vargas Llosa. Overnight at selected hotel.

Note: Optional flight over the Nazca Lines (Not included).

DAY 19

LIMA / CITY OF ORIGIN

Breakfast. At leisure before transfer to the airport to take the return international flight to city of origin.

RECOMMENDATIONS

-Flights must be booked in advance: -01 flight: Lima / Arequipa
-01 flight: Cuzco / Lima
-02 flights: Lima / Iquitos / Lima

-We recommend an additional night at the Iquitos Lodge, full board, for jungle activities. Please ask for details.

-If your international return flight is an overnight flight, you can stay an additional night in Paracas, departing for Lima the following day, with onward transfer to the airport.

NOTE: All hotel categories include travel in Expedition class (Perú Rail) or Voyager class (Inca Rail), subject to availability. The Vistadome train is available on request - supplement applies.

RECOMMENDED EXTENSIONS

-FROM LIMA: All extensions (at the beginning or end of the main program).

-FROM CUZCO: Rainbow Mountain Trek (EXT - 019) / Inca Trail Trek (EXT - 017) / Salkantay Trek (EXT - 018) / Manu National Park (EXT - 020).





INCLUDED	NOT INCLUDED
<ul style="list-style-type: none"> • All airport / hotel / station transfers and vice versa in shared service. • Shared tourist bus Colca - Puno. • Shared tourist bus Puno - Cusco. • Motorboat shared by Lake Titicaca. • Motorboat shared by the Ballestas Islands. • Train category Voyager (Inca Rail), according to availability, between Ollantaytambo / Machu Picchu / Ollantaytambo, in shared service. Section of an hour and a half of duration (this route does not have accompanying guide, since he will be waiting for you in the town of Machu Picchu - Aguas Calientes). Request Vistadome train supplement from Peru Rail (round trip), or Machu Picchu train from Inca Rail for just the return. • Stay of 18 nights on accommodation and breakfast basis according to the chosen category. • 09 Lunches and 05 Dinners in the specified places (drinks not included). • Excursions and visits specified in the itinerary in shared service. • Local guides during excursions and assistance throughout the circuit. • Assistance 24 hrs. during your stay in Peru, in addition to assistance at the airport for connection to the international flight back to origin. • Entrances to the whole route (Except for Mount Huayna Picchu or Mount Machu Picchu, not included). 	<ul style="list-style-type: none"> • International flights. • Domestic flights (Check the price reference table, below). • Rates of airports, ports, aerodromes, etc. • Feeding not mentioned. • Entry and reservation to Mount Huayna Picchu or Mount Machu Picchu (optional with limited places and must be confirmed when confirming the program). • Excursions not mentioned or detailed as optional, tickets to museums, monuments and others not mentioned in the program.

