

CODE: HCT-030

PERU GOURMET

12 Days / 11 Nights

CONTENT: LIMA / LIMA: City Tour: Colonial and Modern + Archaeological Museum Gastronomic tour / LIMA - AREQUIPA: City Tour / AREQUIPA - COLCA CANYON / COLCA CANYON- PUNO/ PUNO: Uros Island + Sillustani / PUNO -CUZCO / CUZCO: City Walking Tour + surrounding ruins / CUZCO -SACRED VALLEY: Chinchero -Maras -Moray -Ollantaytambo / OLLANTAYTAMBO -MACHU PICCHU -CUZCO / CUZCO -LIMA



DAY 01

LIMA

Reception at the International Airport Jorge Chavez and transfer to the selected hotel. Accommodation.

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: Gastronomic Tour

Breakfast. We begin our day visiting an open market in Lima (San Isidro or Miraflores) so you have an idea of Peru's rich cuisine, recognized as one of the six most important in the world, and see the variety of our culinary produce. Includes a demonstration and explanation of the different Peruvian fish species, native fruits and vegetables, icons of Peruvian gastronomy e.g. hot peppers, tubers, vegetables, corns, etc.; fruits such as custard apple, lúcuma, aguaymanto, pacaes and many other varieties. We will also visit one of the city's acclaimed restaurants where you will prepare the famous ceviche. At the end of the tour we invite you to try the famous Pisco Sour and enjoy a buffet with the most delicious Peruvian dishes so you can experience the best of our Peruvian gastronomy (does not include beverages). The visit ends with **lunch** in a well-known, typical restaurant. Rest of the afternoon at leisure. A visit to the International Potato Centre (Centro Internacional de la Papa). This institution is responsible for the scientific preservation of the potato. It has the largest genetic potato bank in the world, holding over 5,000 different types of potatoes, both cultivated and wild. Another option is to visit the Afro Peruvian Museum dedicated to the history of Peru's Afro-Peruvian culture, its contribution and culinary inheritance. Overnight at selected hotel.

**DAY 04****LIMA / AREQUIPA: City Tour**

Breakfast. Morning transfer to the airport for the flight to Arequipa. Arrival and transfer to hotel. Visit the so-called "White City", including the Santa Catalina Convent, (a city within a city), the Main Square, the Compañía cloisters and residential districts of Yanahuara and Chilina from where you have a magnificent view of the Misti volcano. The afternoon is free to continue with the visit of the attractions offered by this colonial city. We recommend visiting the Andean Altars Museum, where you will see the "Juanita mummy", an Incan teenage girl who was sacrificed and found on top of the volcano Ampato, which turned this mummy in the best preserved one in the world. Opportunity to taste they good cuisine of Arequipa or stroll around its pleasant, colonial streets. Overnight at hotel.

DAY 05**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 06**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 07**PUNO: Navigation to the Uros island - Sillustani**

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. Transfer to a well-known restaurant for **Lunch** to try dishes based on alpaca meat, a local delicacy. In the afternoon we will visit Sillustani archaeological complex to appreciate the "Chullpas" or funeral towers on the shores of Lake Umayo. Return to selected hotel. **Dinner** and 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. Early today we will visit the city and its main attractions such as the "Hatúnrumiyoc" the 12-angle Stone, the Main Square and the artisans' street of San Blas, Nazarenas Small Square, Inca Museum, Cuzco Central Market, the Cathedral and the Koricancha or Temple of the Sun. **Lunch** included at Map Café. In the afternoon, take a guided tour to the surrounding ruins where you will visit Sacsayhuaman, Tambomachay, Qenqo and a panoramic tour of PukaPukará. Return to Cuzco. Tonight enjoy **dinner** and a typical local dancing and music show. Overnight at selected hotel.





DAY 10

CUZCO / SACRED VALLEY: Chinchero -Maras-Moray y Ollantaytambo

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** at a traditional restaurant to sample some typical local dishes. In the afternoon we visit the Ollantaytambo complex with its fortress. Transfer to hotel in the Sacred Valley, which is said to have one of the best climates in the world. **Dinner** and overnight at selected hotel.

DAY 11

OLLANTAYTAMBO / MACHU PICCHU/ CUZCO

Breakfast. Transfer to Ollantaytambo station early in the morning to take the train to Aguas Calientes, and from here take the bus to the citadel for a guided tour around the archaeological complex (the terraces, squares, temples palaces, stairways, warehouses, water fountains, Temple of the Sun, Intiwatana, Roca Sagrada, 3 windowed Templo, Main Temple, Mausoleums or Tombs, etc.).(Option to climb Huayna Picchu. **Lunch** at Sanctuary Lodge. Return to Aguas Calientes by bus. Free time to enjoy the market and the lifestyle of this privileged place where almost every traveler who comes to the country passes through. Depart by train for Ollantaytambo or Poroy and transfer to Cuzco. 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.

DAY 12

CUSCO / LIMA / CITY OF ORIGIN

Breakfast. Morning transfer to the airport for flight to Lima. Arrival, assistance at the airport and later connection with the international return flight. End of our services.

RECOMMENDATIONS

- Flights must be booked in advance: - 1 flight: Lima / Arequipa
- 1 flight: Cuzco/ Lima
- Mini restaurant guide included, showing different categories of restaurants for all the places on the itinerary.
- Includes our bookings service (pay directly) at some of the most sought-after restaurants in the country.

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:** Puerto Maldonado (EXT – 003) / Rainbow Mountain Trek (EXT – 031) / Inca Trail Trek (EXT – 017) / Salkantay Trek (EXT – 018) / Manu National Park (EXT – 020)
- FROM PUNO:** Please ask about the Puno / La Paz (Bolivia) /Puno extension

| 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. • Shared boat on Lake Titicaca. • Train category Voyager (Inca Rail), according to availability, between Ollantaytambo / Machu Picchu / Ollantaytambo, in shared service. Section of an hour and a half in length (this trip does not have an accompanying guide, since he will be waiting for you in the town of Machu | <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). |





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).*

- *Excursions not mentioned or detailed as optional, tickets to museums, monuments and others not mentioned in the program.*

