

DISCOVER THE MAGICAL PERU

Experience Peru - A country with ten thousand years of history. While Peru evokes images of Machu Picchu and the Inca Empire, the country has an abundance of archaeological sites from great civilizations which have shaped Peruvian art, customs and rituals, and their wisdom and skills. Peru is also a haven for nature lovers – it has converted 13% of its territory into Protected Natural Areas and it is home to over 20% of the world's birds!

Spend three activity-filled weeks in the country that sings and dances in joy and sadness with color and a great deal of paraphernalia. Travel through the country, visit sacred sites, savor the diverse cuisine that is one of the best and most varied in the world, do community work, and take Yoga and Synergy classes.

Spend a week of your trip with a Peruvian host family while taking Spanish classes at a local language school. A home stay program is a wonderful opportunity to explore everything that Peru has to offer. The objective of the program is for participants to learn about the culture and daily life of the host country through their host family, whether it be on family outings, get-togethers or just hanging out at home.

Day 1 - Departure to Lima

Take a flight to **Lima**, Peru. Arrive in the evening. Meet your English Speaking Tour Escort and transfer to your hotel.



Day 2- Lima – La Punta

This morning take an excursion to La Punta by coach. There you will visit the **Fortaleza Real Felipe**, A stone-wall fort in a pentagonal shape, which was built to repel attacks from pirates. After the visit, take a Salsa dancing class, followed by lunch. After lunch engage in a Synergy Class which is taught by students in Spanish.



Eat dinner at a lovely downtown Lima restaurant.



Day 3 – Lima - Pachacamac - Lurin

After breakfast, take an excursion trip on bus to the **Pachacamac Archaeological** site 40 km southeast of Lima in the valley of the Lurin River. Take a guided tour of the Pyramid, cemetery, and the multicolored fresco of the fish by the early intermediate period.



Next visit the “Casa Blanca Eco-Farm” with one of the most breathtaking views at the foot of the Andes.

Spend the afternoon at the “**El Barrio del Artesano**” (Artisan Quarters) in Lurin. See some of the most beautiful Andean and Incan handiwork. Return to Lima for a fantastic dinner and overnight.

DISCOVER THE MAGICAL PERU

Day 4 – Rimac, downtown Lima- Night Coach to Vichayito Beach

After breakfast, visit Rimac, near downtown Lima. Watch a Capoeira, an Afro-Brazilian martial art dance class with kids and local Capoeira teachers.

After the performance spend a couple of hours at the **Promenade de Los Descalzos**, the Barefoot Park, in Lima. This promenade is the first impresario of Lima's Plaza de Toros, bullfighting ring lined with twelve fine Carrara marble statues depicting the signs of the zodiac, as well as 100 iron urns and 50 marble seats which line both sides. It is surrounded by the colonial churches of 'Santa Liberata', 'Virgen Del Patrocinio' and the church and convent of 'Los Descalzos'.



Walk back to the Kids Community Center for buffet lunch.

After lunch return to your hotel to pack up and transfer to the bus station for your trip to Vichayito Beach.

Day 5 – Vichayito Beach

Arrive in Vichayito Beach in the morning. The Peruvian coastline is formed by a long snaking desert hemmed in between the sea and the mountains. Spend the day relaxing and enjoying the warm waters of the Pacific Ocean, wonderful seafood, and plenty of sunshine. In the afternoon attend a yoga class on the beach, or take part at the games and activities that are planned at the hotel.

In the evening enjoy a welcome dinner at the beautiful hotel.



Day 6 – Vichayito Beach

In the morning take an excursion trip to the **Cerros de Amotape National Park**. Half the

territory of Tumbes Department is protected by this natural protected area, which is part of the Peruvian Northwest Biosphere Reserve. Visit the park, take an easy hike to view the gorgeous **Equatorial Dry Forest** and arrive at the **Pilares Natural Springs**. The natural springs have yearlong water and provide water during the drought season. There will be time to swim and enjoy the outdoor lunch. In the early afternoon return to Vichayito Beach for dinner and overnight.



DISCOVER THE MAGICAL PERU

Day 7 – Manglares de Tumbes National Sanctuary – Lima In the morning start heading back to Lima. The coach bus will take you through the Pan-American Highway going north and crossing the Tumbes Department. On the way, see some of the most beautiful beaches in Peru and the Equatorial dry forest



close to the Ocean. After 2 hours of drive, arrive at Puerto 25, the entrance to the **Tumbes Mangroves National Sanctuary** and base camp for the members of the San Pedro Association. After a small briefing and introduction to the local activities, ride canoes in a loop circuit around the most important natural channels of the Sanctuary. Enjoy beautiful and peaceful scenery on your canoe ride for three hours. One of the attractions of this ride is to watch a demonstration of a crab extractor, to understand the difficulty of this activity.

For lunch stop at the most beautiful beach in Peru, Balneario Grau to feast on fresh sea food! In the evening ride your night coach bus back to Lima.

Day 8 – Lima – Flight to Cuzco

Arrive in Lima in the morning around 9am. You will be transferred to the Lima airport to take your short flight to **Cusco**. Cusco, which in the ancient Quechua language means "navel of the world", was an important hub in Inca times. It connected all of South America, from Colombia to the north of Argentina. Today, centuries later, Cusco continues to be the centre of attention, not only for their neighboring countries but for the entire world. In its streets, historical centers, churches, pubs and cafés you can hear not only Quechua and Spanish spoken, but such diverse languages as English, French, Japanese and Hebrew. All of them, united by the same experience, found in the charming and fascinating "belly button" of the world.



Arrive in Cusco, transfer to the **Excel Spanish School** and meet your host families.

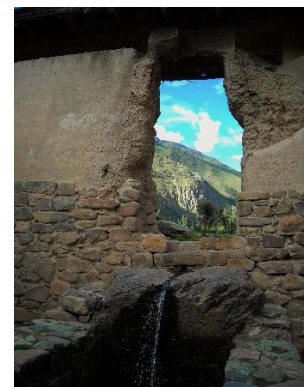


Day 9 – Day 13 – Cusco Excel Spanish School

Spend the next five days improving your Spanish with classes in the morning and activities at school and with your host families in the afternoons.

Day 14 – Sacred Valley - Urubamba

Take your last class in the morning, say "Gracias" to your gracious host families and leave Cusco for the **Sacred Valley**. The first town you will visit is **Urubamba**, also known as the pearl of Vilcanota. Urubamba is the largest town in the **Sacred Valley of the Incas** and the archaeological capital of Peru. It is a frequent visit by the tourists on their way to **Machu Picchu**. Visit the popular market in the center of the town.



DISCOVER THE MAGICAL PERU



Day 15– Sacred Valley - Urubamba - Chincheros, Maras, Moray

Today explore the Sacred Valley of the Incas on a guided excursion. Visit the towns of **Chincheros**, the former Incan agriculture center; **Maras**, famous for its salt mines, and **Moray**'s Circular Terraces to name a few on the way. Return to your hotel in Urubamba for dinner, and a bonfire!



Day 16 – Urubamba – Community Service - Ollantaytambo



After breakfast, visit **Umasbamba village school** to start your community service. Teach English to the kids, learn about their water system and take theater classes.

After lunch visit **Ollantaytambo**, an Inca Archeological site near

Cusco. During the Inca Empire, Ollantaytambo was the royal estate of Emperor Pachacuti who conquered the region, built the town and a ceremonial center.



Day 17 – Urubamba - Machu Picchu

After breakfast leave for a full day excursion to the mysterious ruins of **Machu Picchu**, the lost city of Incas. This archaeological site which was inscribed by UNESCO as a World Heritage Site in 1983 was hidden for centuries until it came to light in the early 1900s. The Incas started building it around AD 1430 but abandoned it 100 years later around the time of the Spanish Conquest.

Take a coach to **Ollantaytambo** in Urubamba Valley. From there take a train to **Aguas Calientes** and a bus up the mountains to **Machu Picchu**. After the visit return to Aguas

Calientes for lunch and return to Urubamba for dinner.



Day 18- Urubamba – Community Service

After breakfast, visit Umasbamba Village School for your community service.

Day 19 – Urubamba – Community Service

Visit Umasbamba. Enjoy The Legend of Chincheros' Cocha (Lake of Chincheros), a play by children of the local elementary school.

Picnic and farewell with the kids at the community and Farewell dinner at Casa Colibrí.

DISCOVER THE MAGICAL PERU

Day 20 – Urubamba – Pisac – Lima

After breakfast get ready for departure back to Lima. On the way, stop in Pisac, a picturesque Andean village famous for its handicraft shops and markets. Take a guided tour of Pisac's Archeological complex. After lunch and some shopping, leave for the airport to take your flight back to Lima.

Day 21 – Lima - Chincha

Today take an excursion trip to **Chincha**, an Afro-Peruvian city 200KM south of Lima. Visit **Del Carmen Hacienda**- an Afro- Peruvian estate- symbolizing history and traditions of this region. Watch an Afro-Peruvian folk dance and take a class! After lunch take a Synergy workshop with the kids in the neighboring shanty town.



Day 22 – Chincha - Lima

Reflection Day

After breakfast take a Synergy and yoga workshop on the beach. Have lunch and drive back to Lima.

Day 23 – Depart

Price includes:

Round Trip airfare

Full time English speaking escort

All Meals

Lodging:

5 nights hotel in Lima

2 nights hotel in Vichayito Beach

5 nights home stay in Cusco

6 nights hotel in Urubamba

1 night hotel in Chincha

All Transfers and transportations:

Round Trip Airfare –Lima-Cusco

Buses and trains to Machu Picchu

2 round trip night coaches to Vichayito Beach

5 days of Spanish classes at Excel Spanish School in Cusco

Entrances, attractions, guided visits, and excursions as per program

Travel insurance including health, trip delay, luggage loss/delays