



# Discover Peru

(13 Day Trip)



## Day 1 – Lima

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

## Day 2- Lima

After breakfast, visit **Rimac**, near downtown Lima. 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'.



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



## Day 3 –Day 4 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 5 - Tumbes Mangroves National Sanctuary

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. For lunch stop at the most beautiful beach in Peru, Balneario Grau to feast on fresh sea food!

#### **Day 6 - Vichayito Beach - Lima**

Spend most of the day relaxing on the beautiful beach. In the evening ride your night coach bus back to Lima.

#### **Day 7 – Cusco**

After breakfast transfer 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.

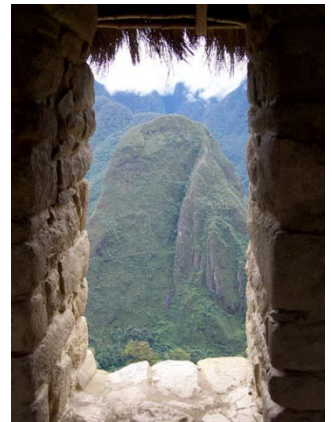


#### **Day 8- Community Service and Urubamba- Maras Salt Deposits and Moray Agricultural Terraces**

In the morning leave Cusco for the **Sacred Valley** and get ready for your community service project. Arrive in **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. Participate in your community service project. In the afternoon take your coach bus to the Maras Salt Deposits that are located at 57 kilometers northwest of Cusco at an altitude of 3450 meters. This is an impressive complex for the extraction and processing of salt in evaporation pans, according to the historical evidence the first

people to exploit the salt deposits were the Lares, an ethnic group inhabiting the mountain of Pumahuanca and nowadays peoples from the Cusco region exploit the mines.

Next place to visit will be **Moray**, the Incan ruins near the town of Maras that sits six hundred meters above Urubamba and the Sacred Valley. Moray is the name of the Incan agricultural laboratory that was likely used to cultivate resistant and hearty varieties of plants high in the Andes. Participate in a Synergy session in Moray. Return to Urubamba for dinner and overnight.



#### **Day 9– Community Service and Ollantaytambo**

After breakfast participate in your community service. Have lunch and leave for Ollantaytambo, an Inca archaeological site 60 kilometers northwest of Cusco. It is located at an altitude of 2,792 meters above sea level. **Ollantaytambo** was the royal estate of Emperor Pachacuti who conquered the region, built the town and a ceremonial center. At the time of the Spanish conquest of Peru it served as a stronghold for Manco Inca Yupanqui, leader of the Inca resistance. Nowadays it is an important tourist attraction on account of its Inca buildings and as one of the most common starting points for the three-day, four-night hike known as the **Inca Trail**.

### **Day 10 – 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.



### **Day 11 – Pisac – Lima**



In the morning leave the Sacred Valley for Lima. On the way to the airport, stop in **Pisac**, a picturesque Andean village famous for its handicraft shops and markets. Take a guided tour of Pisac's Archeological complex. After the visit leave for the airport and take a short flight back to Lima.

### **Day 12 –Lima**

Spend your last day exploring Lima. Visit an Inca Market and indulge in some shopping! Eat dinner at a lovely downtown Lima restaurant and watch a dance show.

### **Day 13 - Depart**