

# Peru, Bolivia 18 Days

## Day 1: Arrival in Lima

After a welcome from our team, we take you to the hotel to rest. Depending on the time of arrival, in the evening we can head out to enjoy the night life in Lima, including Parque Kennedy, the 'Calle de las Pizzas', and some of the many excellent bars and restaurants of Miraflores.

## Day 2: Lima - Arequipa

Today we make an easy stroll through the historic center of Lima, through the old Plaza de Armas, the embankment of the River Rimac (in Quechua means the river Rimac Mayu). Then we visited the Cathedral of Lima, where you can see the tomb of Francisco Pizarro and the Catacombs in the Church of San Francisco. The rest of the afternoon is free until we fly to Arequipa at 6:25 pm.

Meals included: breakfast.

## Day 3: Arequipa

At an altitude of 2,400 metres above sea level, Arequipa is Peru's second city, with a population of around 1 million. It is known as the "White City", for its baroque architecture made from the local chalky volcanic stone sillar, a colonial legacy recognised by UNESCO, which has declared the central city a World Heritage site. The perfect volcanic cone of El Misti (5,825 metres) and its neighbour Nevado Chachani (6,075 metres) hover over the city. Today we visit the labyrinthine monastery of Santa Catalina (considered by many the finest in South America), the cathedral, La Compañía church and the bustling San Camilo market. The night is free to enjoy the local restaurants and bars.

Meals included: breakfast.

## Day 4: Arequipa - Free Day

A day off to enjoy the most beautiful city in Peru. There are many different activities you can do, including a visit to the Santuarios Andinos museum, the Sabandía mill, the founder's mansion, or day trips to the Salinas Lagoon, the Toro Muerto petroglyph site, or rafting on the Chili River.

Meals included: breakfast.

## Day 5: Arequipa - Colca Canyon

From Arequipa we head for 3 hours towards the Colca Valley, a picturesque Andean valley with villages founded in the colonial era, where the original inhabitants, the Collagua and Cabana ethnic groups, maintain their culture and traditions. Spectacular tiers of agricultural terraces, established from around 900 AD to allow irrigation and prevent erosion, are still maintained and cultivated by local people. We continue for another 1 1/2 hours towards Cabanaconde, where the Colca Valley becomes the Colca Canyon. With a depth of more than 3,300 metres, the Colca competes with the neighbouring Cotahuasi for the title of the world's deepest canyon, and is the natural habitat of the majestic Andean condor. We spend the night at Hotel Nativa Inn\*\*\*.

Meals included: breakfast and lunch.

## Day 6: Colca - Cruz del Condor - Puno

After breakfast, we head to the Cruz del Condor, where the world's largest flying birds can be seen gliding upwards on the morning thermals, usually between 8:00 and 9:00 am. From there we travel back to Chivay, visiting the typical villages of the Colca Valley on the way, with their white stone churches and spectacular arrays of agricultural terraces. After a buffet lunch in Chivay, we head towards Puno, on the shores of Lake Titicaca. On the way we visit the stone forest of Imata where we have lunch, enjoying the views of the landscape and native birds such as flamingos. We arrive in Puno and spend the night at Hotel Elena Inn\*\*\*.

Meals included: breakfast and lunch.

#### **Day 7: Lake Titicaca**

Today we take a boat trip around Lake Titicaca and its islands. We visit the floating Uros Islands, made entirely from reeds and inhabited by descendants of the Aymara culture. From there we continue to the island of Taquile, where we can observe local people's customs including the local weaving for which Taquile is famous, and agricultural techniques which have been used since pre-Incan times. We have some time for lunch and in the afternoon explore the island's hills and archeological sites. We then return to Puno to spend the night.

Meals included: breakfast.

#### **Day 8: Puno – Tiahuanaco – La Paz**

After breakfast we head to the Peru-Bolivia frontier at Desaguadero, where we board our Bolivian transport and continue 30 minutes to the mysterious and imposing archeological complex of Tiahuanaco, centre of an important pre-Incan civilisation. We take a guided tour for two hours, then we have lunch and continue on to La Paz, Bolivia's capital. We will arrive for dinner and then we rest a little to be fit for the next few days.

Meals included: breakfast.

#### **Day 9: La Paz**

After breakfast, we take a tour of the city of La Paz, taking the opportunity to appreciate its cultural, historical and architectural riches. We visit the Plaza Murillo, the cathedral, the government palace, the church of San Francisco, the replica of the semi-subterranean temple of Tihuanaco, the Quilli Quilli lookout point, the folk museum and the witches market where it is possible to buy products used in spells and ritual offerings to the Pachamama (Mother Earth). Later we visit the strange landscapes of the Valley of the Moon, passing through the wealthy residential suburbs of the south part of the city.

#### **Day 10: La Paz**

A free day to relax. Options including visiting the museums of La Paz, a cycling tour down the "Death Road" to Coroico, trekking to the Condoriri Lagoon, or others of your choice.

#### **Day 11: La Paz - Copacabana - Island of the Sun**

After breakfast we take a tourist bus to the small and picturesque town of Copacabana on the shores of Lake Titicaca, known for its 16th-century shrine, the Moorish-influenced Basilica of Our Lady of Copacabana. We then take a boat out into the crystalline waters of Lake Titicaca to the Island of the Sun, mythical origin of the first Incas. We can explore the island's pathways and archeological sites, and appreciate the spectacular views across the lake to the Bolivian cordillera, drinking in the many changing hues of the mountains as the sun goes down across the lake. We stay the night with the local villagers.

Meals included: breakfast.

#### **Day 12: Island of the Sun - Copacabana - Puno**

After sunrise and breakfast with the islanders we return to Peru. After crossing the border we head for the city of Puno where we visit the cathedral and the Cerro Huajsapata, a natural lookout point over Lake Titicaca. We spend the night at Hotel Elena Inn \*\*\*.

Meals included: breakfast.

#### **Day 13: Puno – Cusco**

From Puno we head to Cusco in a tourist bus. On our way we will stop at a number of interesting archeological sites and picturesque Andean villages. We cross the border of the departments of Cusco and Puno at an altitude of 4,256 meters, descending to the town of Sicuani for lunch. We visit Raqchi, the Inca archaeological center with walls 13 meters high. Along the way we pass Lake Wacarpay, with spectacular views of the mountains reflected in its still waters. We visit Andahuaylillas and the Church of St. Peter, which is known as the Andean equivalent of

the Sistine Chapel. We have lunch in a restaurant in the countryside, where we can enjoy the delicious and innovative regional cuisine. In the afternoon we arrive in Cusco, where we have dinner. We spend the night at Casona Real Hotel \*\*\*.

Meals included: breakfast and lunch.

#### **Day 14: Cusco**

After breakfast the morning is free. In the afternoon take a guided tour through the city. We visit the K'oricancha or Temple of the Sun - the most important Incan religious centre - and archeological sites including Kenco, Sacsayhuaman, Puca-Pucara y Tambomachay, absorbing something of the mystic tradition of the Incas in each site. Another night spent in Cusco.

#### **Day 15: Sacred Valley**

Today visit the Sacred Valley of the Incas, including the markets of Pisac, the town of Urubamba, and the impressive ruins of Ollantaytambo. We return to Cusco where we spend the night at Hotel Casona Real \*\*\*.

#### **Day 16: Machu Picchu**

We take the train to visit the famous and beautiful ruins of Machu Picchu, one of the seven wonders of the modern world. We will take a 3-hour guided tour, visiting the highlights of the archeological site, such as the Temple of the Sun, the Royal Tomb, the High Priest's Residence, the Inca's Baths and the Temple of Three Windows. The guide's explanations will help imagine life in this remarkable civilization. The same day we return to Cusco where we spend the night at Hotel Casona Real \*\*\*.

#### **Day 17: Cusco**

Today is a free day to relax, shop, and enjoy the beautiful Imperial City of Cusco.

#### **Day 18: Cusco - Lima - Home**

A morning flight leaves from Cusco to Lima. In Lima you take your international flight. We hope you had 18 wonderful days with us.

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#### **Included in Price**

- All hotels\*\*\*with breakfast
- Accommodation will be in double rooms
- All national flights
- All transfers (airport - hotel - airport)
- All ground transportation in boat and train during the tour
- All entrance fees to national parks, churches, convents, museums, cathedrals, ruins and attractions that are mentioned in the program
- A bilingual tour guide (group 3 people)
- Local Guides in the places we visit

## **Not Included in Price**

- International ticket to and from Lima
- Excursions or tickets that are not mentioned in the programme
- Snacks and mineral water entry to discotheques, alcoholic drinks

## **Food and Drink**

There is continental breakfast every day of the tour, which the guide sometimes supplements with extra food. There are approximately 3 lunches and / or dinners of traditional food included in the programme, including all meals while trekking. Other lunches and dinners are not included; allow \$5-10 per day for food and entertainment.

## **Physical Requirements**

All hotels with breakfast “ This tour involves plenty of exercise, including some vigorous walking above 2500 metres and is intended for those with a basic level of physical fitness. Parts of the tour take place between 2500 and 4500 metres, but always ascend gradually, giving time to acclimatise. Those with pre-existing medical conditions should consult their doctor before coming.

## **What to Bring**

Plenty of warm clothing, strong shoes or boots for walking, backpack, sunscreen and hat, insect repellent, flashlight and batteries, camera.