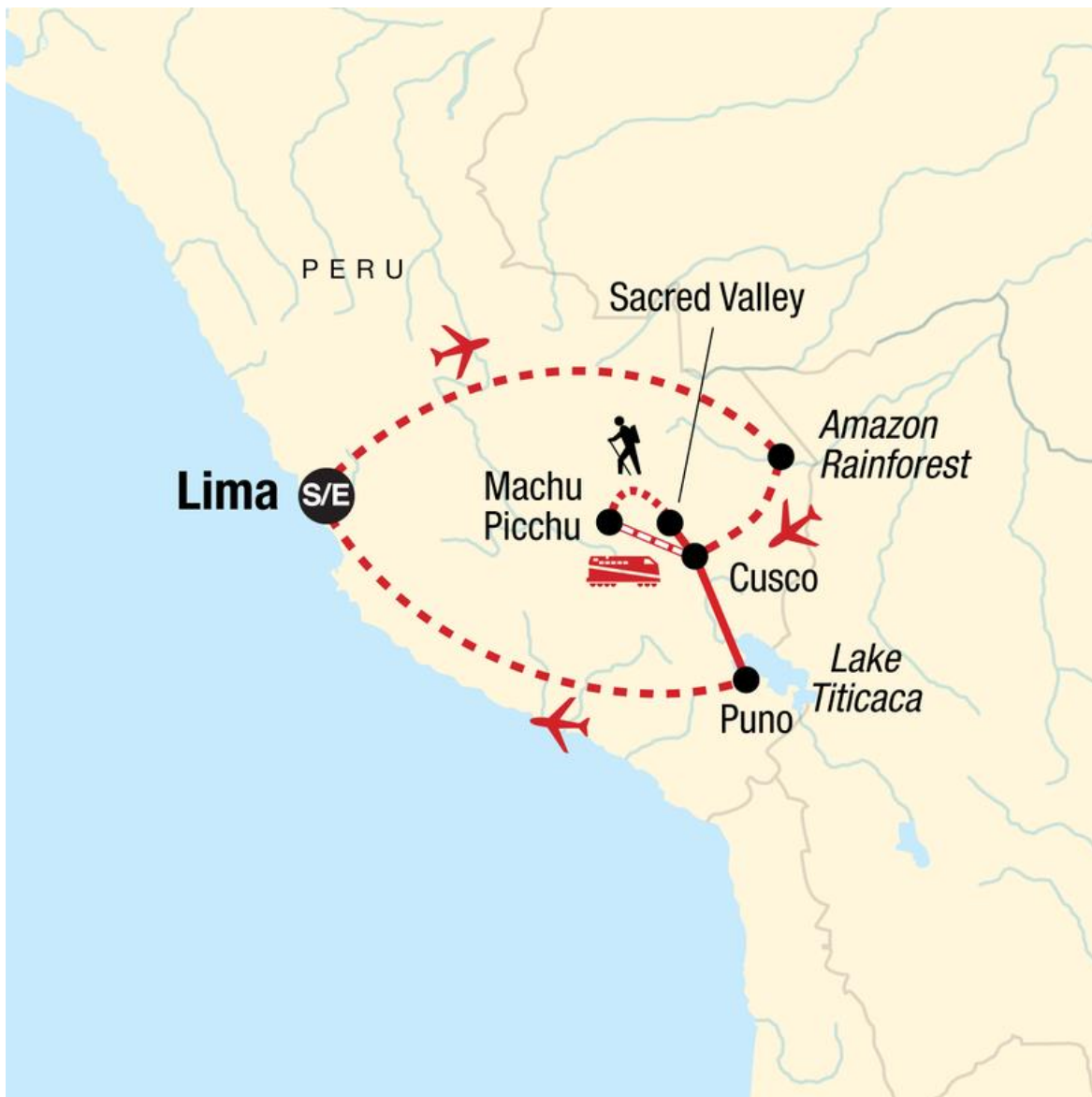


ICONIC PERU'

In Peru, adventure awaits at every turn, from the verdant valleys and jagged peaks of the Andes to Lake Titicaca's sparkling shores. Experience the country's most iconic sights on this action-packed journey. Immerse yourself in the Amazon during a stay at a jungle lodge, and venture to the Sacred Valley to discover enchanting Inca ruins and timeless indigenous traditions. Embark on one of the world's most memorable hikes—the Inca Trail—or experience the spectacular train ride to the iconic citadel of Machu Picchu. Then set off through the stark and beautiful landscape of the Altiplano to Lake Titicaca—one of the highest navigable lakes in the world.

ITINERARIO:



DAY 1: Lima

Arrive at any time. Arrival transfer is included.

Private Vehicle: Settle in and scan the scenery from the convenience of a private vehicle.

Arrival Day and Welcome Meeting: The adventure begins tonight. Feel free to explore before your welcome meeting, but make sure you're back in time to meet the group. Check for the meeting time on the welcome note at the hotel. After introductions, your CEO will review the details of your tour. Please note that normal check-in times apply at our start hotels, but you can usually store your luggage for the day if you arrive early.

Accommodation: Hotel Antigua Miraflores (or similar)

DAY 2: Lima/Tambopata

Fly to Puerto Maldonado and continue by motorized canoe to our comfortable lodge, situated near the Tambopata National Reserve in the Amazon rainforest. Spot local bird species along the lush shores of the Tambopata River en route to the lodge, and set off on an evening walk with a naturalist guide before dinner, keeping an eye out for some of the rainforest's nocturnal creatures. After a brief stop in town to store large luggage, drive to the pier and travel by covered motorized boat to the jungle lodge. En route, spot bird species typical of the local river and forest edge. The Tambopata Rainforest area holds the world record for the most bird sightings in one area. Local community members make up the majority of lodge staff, including multilingual naturalist guides. Take the opportunity to learn about the area's rich flora and fauna and locals' extensive use of medicinal plants and other forest plant resources through traditional techniques for building, fishing, and hunting. Enjoy a welcome drink and orientation. Before dinner, head out for a night walk around the lodge grounds.

Plane: Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Motorized Canoe: Head by private vehicle to the lodge's office in Puerto Maldonado to store large luggage. From there, travel about 1 hr to reach the boat landing.

Wildlife-spotting Night Walk: Get the lowdown on local flora and fauna, and grab a flashlight to discover what's living around lodge grounds. Receive help from the talented, expert naturalist guide to locate heaps of hidden creatures! Keep an eye out for snakes, tarantulas, owls, and poison dart frogs, just to name a few.

Accommodation: Tambopata G Lodge (or similar) (Meals included Breakfast/Lunch/Dinner)

DAY 3: Tambopata

Spend the day exploring the thriving ecosystems of the rainforest with our lodge's naturalist guides. Scan the treetops for toucans, howler monkeys, and sloths, and glide along oxbow lakes on canoes for a chance to glimpse river otters, turtles, and, if we're lucky, anacondas. After dinner, embark on a river tour by motorized canoe on the lookout for caimans, the smaller cousins of alligators, which are often found hiding near the muddy banks. Head out early to catch the jungle

at its wildest (and coolest). Walk slowly through the forest searching for wildlife before heading out on an oxbow lake by canoe. Search for anaconda, the elusive giant river otter, or black caiman. Even if you don't spot these shy creatures, there are plenty of birds, interesting plants, and other animals about.

Jungle Excursions: Enjoy visits to oxbow lakes to learn about the jungle and its inhabitants. Be introduced to the area's rich flora and fauna by expert naturalist guides, who can teach extensive uses for medicinal and other forest plant resources through traditional techniques. Be prepared to go early morning or evening to avoid the heat of midday. Enjoy a leisurely pace – the trip requires some walking, but nothing too strenuous.

Free Time: Spend time around the lodge or go further afield. Free time is yours to explore any way you want!

Caiman-Spotting Cruise: Head out after dark by motorized canoe to search for caimans on the river banks. Enjoy a lesson on caimans from the expert guide. Take advantage of the keen eyes of the expert naturalist guides – they are truly spectacular at spotting these elusive smaller cousins of alligators hiding on the muddy banks.

Accommodation: Tambopata G Lodge (or similar) (Meals included Breakfast/Lunch/Dinner)

DAY 4: Tambopata/Cusco

Travel out of the jungle by boat and catch a flight from Puerto Maldonado to Cusco, soaring above the Andes into Peru's Inca heartland. This evening, visit the Cusco Planetarium for a presentation on the skies of the Southern Hemisphere, and learn about the vital role that astronomy played in the lives of the ancient Inca. Weather permitting, peer through the planetarium's telescopes for a dazzling look at the stars.

Motorize Canoe: Climb in and move swiftly through the water to the next stop.

Plane: Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Free Time: Take it easy this afternoon and acclimatize to the higher altitude.

Your Journeys Highlight Moment: Cusco Planetarium

Look to the night sky for a different view of the city. Explore the Cusco Planetarium surrounded by the serene nature of the Llaullipata Ecological Reserve. Enjoy a presentation on the southern sky, contemporary astronomy, and the ancient Incas' relationship with the cosmos. Check-out the on-site museum and use the telescopes to admire the stars (weather-permitting).

Accommodation: Taypikala Hotel Cusco (or similar) (Meals included Breakfast)

DAY 5: Cusco/Urubamba

Drive to the scenic Sacred Valley for a full day of exploration with a local guide. Tour the G Adventures-supported Parque de la Papa, or Potato Park, a rural Andean community working to preserve hundreds of varieties of native potato. During this exclusive experience, you'll walk

through the park to learn about potato cultivation, traditional weaving, and the importance of both these practices to Andean culture. We'll also visit the fascinating Inca ruins of Ollantaytambo and Pisac, and enjoy a meal at the G Adventures–supported Parwa Community Restaurant in Huchuy Qosqo.

Private Vehicle: Times includes all stops and visits enroute through the Sacred Valley.

Your Journeys Highlight Moment: Traditional Andean Experience: In Peru's Sacred Valley of the Inca, six communities of approximately 6000 indigenous people are working together to preserve over 700 species of potato – a cornerstone of life here. As part of an experience exclusive to National Geographic Journeys travellers – and part of our G Adventures for Good program – visit this area, named "Parque de la Papa" ("Potato Park"), to learn about life in an Andean agricultural community. Walk through the park here with a local guide, dropping by the seed bank (which has direct ties to the Svalbard Global Seed Vault in Norway) and then head out to the fields to watch the planting or harvesting process, depending on the season. After, enjoy some of the delicious varieties of potato and visit the small stone hut where traditional weaving takes place. Learn about the natural dyeing process and witness alpaca wool strands being transformed into beautiful textiles through a centuries-old backstrap weaving style. Your visit to this special community means this local enterprise can continue earning an income that supports their development and conservation goals.

Your G for Good Moment: Parque de la Papa (Potato Park): Parque de la Papa (meaning "Potato Park") serves two important purposes for the community of Pampallacta: the preservation of agricultural biodiversity and economic opportunity. National Geographic Journeys travellers visit the park to learn about life in a rural agricultural Andean community and take a tour of the seed conservation program, which is preserving heritage potato species. They also learn about traditional planting, harvesting and indigenous weaving practices. With G Adventures' support, the community is able to create jobs in the area and invest in local businesses, which helps the community preserve their culture.

Your G for Good Moment: Parwa Community Restaurant the Sacred Valley: Contribute to sustainable tourism in Huchuy Qosqo, a small village of 65 families in the Sacred Valley, by eating at the Parwa Community Restaurant. Learn how the resident-run restaurant was kickstarted by G Adventures and the Multilateral Investment Fund, to become a successful farm-to-table program that boosts the local economy and several spin-off microenterprises.

Pisac Ruins Guided Tour: Tour the fascinating hilltop citadel of Pisac, an Incan ruin with plunging gorges, a ceremonial centre, and winding agriculture terracing that's still in use today. Be captivated by this truly amazing site sitting amid sweeping green valleys and mountain peaks. Explore the back of the site to see a pocketed cliff across Kitamayo Gorge, which once contained hundreds of Inca tombs.

Ollantaytambo Ruins Guided Tour: Tour the town and fortress of Ollantaytambo with a local guide. Take a step back in time at this Inca archaeological site; it still shows signs of its former glory, including agricultural terraces, a Temple Hill, and storehouses. Learn how the area, overlooking the Urubamba River Valley, was an important stronghold during warfare between the Spanish and Inca.

Accommodation: Villa Urubamba (or similar) (Meals included: Breakfast/Lunch)

DAY 6: Inca Trail

Set out on the iconic Inca Trail, departing Urubamba by van to the starting point of the trek. Immerse yourself in the enchanting Andean countryside, hiking along meandering streams and crossing remote mountain villages and ancient ruins as we get warmed up for the more challenging days ahead.

Private Vehicle: Settle in and scan the scenery from the convenience of a private vehicle.

Inca Trail Hike: Get your blood pumping on this first day of hiking the Inca trail. The trekking is fairly easy and serves as good training for the next few days. Pass rambling rivers and a small village, and enjoy scenic mountain views; it's just a taste of what's to come.

Your G for Good Moment: Handmade Biodegradable Soap Products

Enjoy G Adventures-supported handmade biodegradable soap products, for use on our treks. This G Adventures for Good project empowered local Cusqueña women to start their own business in order to reduce the environmental impact of treks in the region. Planeterra provided \$10,000 of seed funding for two young entrepreneurs to register their biodegradable products in order to sell them to the tourism industry. "Esencia Andina" is now a successful business that produces biodegradable soaps, detergents, and natural products for travellers, guides, porters, and cooks on our treks.

(Meals included: Breakfast/Lunch/Dinner)

DAY 7: Inca Trail

Today, we ascend the long, steep path to Warmiwañusca, better known as Dead Woman's Pass—the highest point on the Inca Trail, at 4,198 meters (13,769 feet). Enjoy stunning views of the Sacred Valley as you make your way up the rugged terrain, and aim to reach our camp by early afternoon. Rest and relax at camp the remainder of the day.

Inca Trail Hike: Trek over progressively spectacular and steeper terrain on your way to Warmiwañusca (aka Dead Woman's Pass), the highest point of the trek at 4,198m (13,769ft). Be prepared to face strong Andean weather (blazing sun or cold winds) around the pass. Take the hike slow, and drink lots of water along the way – amazing views are waiting as a reward. Enjoy some ample time to rest and relax after reaching the camp; most campers arrive around early afternoon.

(Meals included: Breakfast/Lunch/Dinner)

DAY 8: Inca Trail

Today we'll cross two spectacular passes. The first pass is Runquraqay at 3,950m (13,113 ft) where, on a clear day, one can catch a glimpse of the snowcapped peaks of the Cordillera Vilcabamba. Continue through cloud forest on a gentle climb to the second pass, and arrive at the misty Inca ruins of Phuyupatamarca at 3,650 meters (11,972 feet), known as "the city above the clouds." We will either camp here or settle at a further spot, near the beautiful terraces of the Wiñay Wayna ruins, at 2,650 meters (8,694 feet).

Inca Trail Hike: Cross two passes and more ruins along the Inca Trail on the last full day of hiking. Traverse Runquraqay at 3,950m (13,113 ft), and then reach the second pass at 3,700m (12,136 ft). Spot the gorgeous Cordillera Vilcabamba and the Urubamba Valley in the distance on a clear day. Camp at either the Phuyupatamarca ruins or the Wiñay Wayna ruins.

(Meals included: Breakfast/Lunch/Dinner)

DAY 9: Machu Picchu/Cusco

The final day of our hike begins before dawn. Reach the Sun Gate—the last checkpoint on the Inca Trail—in time to witness daybreak over Machu Picchu. This 15th-century Inca citadel was rediscovered by Hiram Bingham in 1911 and excavated with support from National Geographic. Hike down for a guided tour through the temples and terraces of this breathtaking UNESCO World Heritage site before catching a bus to the frontier town of Aguas Calientes, where we'll have free time for lunch. Continue by train to Cusco.

Inca Trail Hike: Wake around 03:30 to reach the Sun Gate as early as possible. Head to the checkpoint and join the lineup to wait for the gate to open. Catch the first views of the breathtaking ruins of Machu Picchu (fingers crossed for a clear day). Hike down to Machu Picchu (about 45 mins) for a 1.5 hr guided tour of the site, and free time to explore. Opt to visit the Inca Bridge (a 15-min walk one way) for no additional charge, if time allows.

Machu Picchu Guided Tour: Rise and shine – the best time to see the Lost City of the Incas is in the early morning light. Follow the local guide to Machu Picchu to learn about its history at a leisurely pace. Gain local insight into the Inti Mach'ay cave, Inti Watana, the Temple of the Water, the Temple of the Condor, and the Room of the Three Windows. Take time to sit and feel the energy of this 15th-century site, now both a UNESCO World Heritage site and voted one of the new Seven Wonders of the World (in a worldwide Internet poll).

Train: Climb aboard, take a seat, and enjoy the ride

Private Vehicle: Settle in and scan the scenery from the convenience of a private vehicle.

Accommodation: Taypikala Hotel Cusco (or similar) (Meals included: Breakfast)

DAY 10: Cusco

Free day in Cusco — explore this city, declared a UNESCO World Heritage Site, at your leisure. Choose to pre-book the Cusco Cooking Class. Opt to visit museums and ruins or try whitewater rafting or rock climbing. Cusco is considered the mecca of Peru and rightly so. This beautiful

colonial town offers nearby ruins, cobblestoned streets, museums, churches, and a lively atmosphere. The more adventurous optional activities available in Cusco include horseback riding around archaeological sites such as Sacsayhuaman, Tambo Machay, and Puca Pucara; white water rafting on the Urubamba River; and mountain biking down to the Sacred Valley, perhaps visiting an Inca ruin along the way.

Free Time: Options range from cycling and rafting, or enjoying more leisurely pursuits such as visiting museums, shopping or people watching in a café on the main square.

Accommodation: Taypikala Hotel Cusco (*or similar*) (Meals included: Breakfast)

DAY 11: Cusco/Puno

Head south on a scenic drive to Puno, perched on the western shore of Lake Titicaca. The journey will take us through the Altiplano, a vast, windswept landscape of plateaus and plains that counts among the planet's most extensive highlands. Arrive in Puno, the region's commercial hub, and settle into your hotel.

Private Vehicle: Settle in and scan the scenery from the convenience of a private vehicle.

Accommodation: Casona Plaza Hotel Puno (*or similar*) (Meals included: Breakfast)

DAY 12: Puno

Set out to discover Lake Titicaca—one of the highest navigable lakes in the world and the second largest lake in South America. On a guided boat tour, visit the floating Uros Islands—built entirely of reeds—and step ashore Taquile Island, home to a thriving indigenous textile industry. For lunch, we'll head to the small rural community of Luquina Chico. Enjoy a traditional meal in the home of a local family while taking in sweeping views of Lake Titicaca and its picturesque isles. Later, opt for a tour of Sillustani, a fascinating pre-Inca burial site. In the morning, board a comfortable 35-foot, fully equipped speed boat to explore the lake. Stop at various islands to enjoy the lake's scenic splendor and to meet the friendly people of these communities.

Day Trip to Lake Titicaca: Head out for a day on beautiful Lake Titicaca. Travel to Taquile Island to visit the community and check-out the spectacular views. Do some shopping at the local weaving cooperatives and learn about the Taquileños, known for their fine handwoven textiles and clothing. Continue on to the floating islands of Uros. Learn about the totora reeds that grow in the shallows of Lake Titicaca used to make everything from the islands themselves to the boats the islanders use for transportation (if constructed well, they last up to six months). Find out from locals how the islands are constructed; as the layers closest to the water start to rot, they are replaced with fresh reeds on top.

Your Journeys Highlight Moment: Lake Titicaca Community Home Lunch

Visit the Luquina Chico community on the shores of beautiful Lake Titicaca and take in sweeping views of the lake and its islands. During lunch in the home of a local family, get a personal view of everyday life in rural Peru.

Accommodation: Casona Plaza Hotel Puno (*or similar*) (Meals included: Breakfast)

DAY 13: Puno/Lima

Transfer to the Juliaca airport to catch a flight back to Lima. Spend your last evening in Peru at leisure, opt to explore the streets of Lima's World Heritage-listed historic center and enjoy mouthwatering Peruvian tapas and pisco sour—the country's national drink.

Private Vehicle: Settle in and scan the scenery from the convenience of a private vehicle.

Plane: Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Accommodation: Hotel Antigua Miraflores (or similar) (Meals included: Breakfast)

DAY 14: Lima

Depart at any time.

Departure Day: Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

(Meals included: Breakfast)

ATTIVITA' CHE PUOI FARE DURANTE IL TEMPO LIBERO:

DAY 1:

- **Lima City Tour:** Discover Lima's cultural and culinary highlights on this half-day guided tour. Visit the San Francisco Church and its impressive catacombs, walk around Plaza de Armas, and get to know some of Lima's lovely neighbourhoods. Stop to enjoy some authentic Peruvian tapas and be introduced to pisco sours during a demonstration and tasting before heading back to your hotel. (65-85USD per person)
- **Lima Cooking Class:** Get a taste of Peruvian cuisine, visit local markets, sample exotic fruit, select fresh ingredients, and try your hand at preparing unique Peruvian dishes influenced by China, Italy, West Africa, and Japan. (Unspecified price)
- **Full Day Lima Experience:** Experience the highlights Lima along with its important eras in history such as, the Pre-Hispanic Oracle of Pachacamac. Enjoy lunch at a local restaurant in the bohemian district of Barranco and visit the colonial convent of San Francisco and its latest addition, the Magic Water Park. (150USD per person)
- **Huacas and Larco Museum by Night:** Tour three different Huacas in the city which were built during pre-Inca times in the middle of Lima. Then, visit the Larco Museum where you will enjoy a 3-course dinner in the restaurant there. (90USD per person)

- **MALI & Peruvian Paso Horse with dinner:** Visit Parque de la Exposición, a historical park in the city and the Art Museum of Lima which exhibits art developed from pre-Inca, Colonial and Present times. Then, visit a Hacienda where you will experience a performance of typical, local dances and see the Marinera Dance with the horses while you enjoy a buffet dinner. (90USD per person)
- **Bike Miraflores and Barranco:** Head out on a bike tour through Miraflores and Barranco visiting iconic districts in Lima along the way. You will bike a total of 13km or about 8 miles on this particular tour. Take in the colourful atmosphere as you pass by historic house in the Bajada de Baños district and visit the famous Puente de los Suspiros. (30USD per person)

DAY 10:

- **Whitewater Rafting Urubamba:** Rise for an early morning pick up and drive to Chuquicahuana for a safety briefing. Enjoy a full day of rafting on the Upper Vilcanota River (about 2.5 hrs on the water). Be thrilled by fast rapids that are a constant Class III and IV for around 11km (9 mi), and don't forget to take in the gorgeous scenery. Rehash all the excitement afterward over a riverside picnic lunch. (165PEN per person)
- **Mountain Biking:** Take to two wheels and head out into the hills around Cusco for some nature-meets-adrenaline fun. Try a trip to the Sacred Valley, perhaps, visiting an Inca ruin along the way.
- **Horseback Riding:** Hop in the saddle and explore Cusco's archaeological sites by horseback on a 3.5 hr tour – no previous experience needed. Dress for the weather, and bring sunblock and a hat, just in case. (150PEN per person)
- **Cusco Cathedral Visit:** Enjoy a visit to this beautiful cathedral; its construction began in 1559 and continued for another hundred years. Be sure to check out its excellent collection of colonial art, and the vault containing the remains of the famous Inca historian, Garcilaso de la Vega.
- **Cusco Archaeological Tour:** Explore some of the most important Inca ruins outside the city. Admire Saqsaywaman's monumental stonework. See Tambomachay's fountains, thought to be an ancient spa or a military outpost. Discover the natural cave in Qenqo – home to the ancient temple of Puma.
- **Inka Museum:** Get ready to explore the artifacts from the Inca Empire, including mummies, jewelry, skulls, and ceramics at this museum of archaeology. (10PEN per person)

- **Rainbow Mountain Hike - Full-day Trip:** Lookout over these colourful Andean mountains striped with maroon, turquoise, lavender, and gold. The sediment, elevation, and proximity to the ocean create a landscape that has to be seen to be believed. Get started early to drive around 2 hours to the starting point of this challenging, yet rewarding full-day hike. Reaching 5,029m (16,500 ft) this 14km hike is no walk in the park, but these unique mountains do not disappoint.
- **Cusco Cooking Class:** Channel your inner chef with a Peruvian cooking class. Take a trip to the market with your teacher and learn about regional flavours as you pick out the freshest ingredients. Head back to the kitchen for a hands-on lesson and learn to prepare local Peruvian specialties.

DAY 12:

- **Sillustani Burial Towers Entrance:** Take a guided tour of the Sillustani burial towers known as "chullpas." Be awed by these fantastic ruins located outside Puno – their remarkable towers stretch up to 12m (39 ft) in height. (45PEN per person)