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**Jim Gold International Folk Tours**

# Peru

**May 22-May 31, 2024**

**Lima, Cusco, Sacred Valley,  
Machu Picchu, Quechua Village,  
Lake Titicaca, Nazca Lines, Peruvian Amazon**

**Nazca Lines pre-extension: May 20-22**

**Amazon extension: May 31-June 4**

- ★ Explore Machu Picchu, visit Lake Titicaca
- ★ Tour historic Cusco!
- ★ Fly over the ancient civilization Nazca lines
- ★ Folk dance with the locals in the Peruvian Amazon!
- ★ Meet with local dance groups
- ★ Our price includes city tours, transfers, dance workshops, hotels, our own private bus, all breakfasts, and lunch or diner

## Itinerary

### **Nazca Lines 3-day pre-extension**

**Day 1 Monday, May 20: Lima**

Arrive at Lima Airport. A transportation service and a guide will pick you up from the airport at the scheduled time to transfer you to your hotel in Lima. The Peruvian capital is a modern metropolis full of history, currently undergoing an exciting process of cultural and economic changes. Overnight at Pullman Lima Miraflores.

### Day 2 - Tuesday, May 21: Lima / Paracas

You will be transferred to the bus station from where you will head south of Lima, in direction to Paracas, in Pisco. Upon your arrival, you will be transferred to the airfield to board a light aircraft to **fly over the Nazca Lines** (Subject to weather conditions).

Intriguing and huge figures like the monkey, spider and condor can be seen from the sky. You will go back to your hotel at the end of the day. Lunch at the hotel. Meals: breakfast and lunch.

Afternoon **sand dune buggies and sand boarding tour in Paracas** (shared services)

This afternoon you will ride the dunes that shape the horizon of the desert on sand buggies, with an expert driver that will show you inaccessible areas in the middle of the hottest sand dunes. Enrich your experience going up and down, discovering new routes in an experience of filled with adventure. Overnight at Hotel La Hacienda Bahia de Paracas. Meals: breakfast and lunch.

### Day 3: Wednesday, May 22: - Paracas / Lima

Morning visit: Ballestas Island. After having breakfast, you will go to 'El Chaco' Port, to take a tour to the **Ballestas Islands, part of the Paracas National Reserve**. This area is an extraordinary place due to its multiple attractions. It is a natural reserve with beautiful geological formations, impressive fauna and vestiges of a pre-Inca culture that dominated the desert to install a successful society in adverse conditions. The Ballestas Islands are home to a large population of sea lions, Humboldt penguins and other species found in the archipelago, an ideal place for their reproduction and coexistence. You will be transferred to Lima at the end of the tour. **Afternoon bus to Lima and join the group at the Pullman Lima Miraflores**. Meals: breakfast and lunch

## Peru

### Day 1: Wednesday, May 22: Lima

Upon arriving in Lima, we will be met by guide with identification sign at meeting point in the Jorge Chavez International Airport. **Transfer to Pullman Lima Miraflores hotel**. (Early check in is guaranteed). You will be picked up from your hotel in the afternoon and taken to **Barranco, to visit the Osma Museum** where you will see a wide collection of Peruvian colonial art. Then visit Las Pallas, a craft and traditional folk art shop, where you will run out of words with the wide and colorful variety of pieces brought from artisanal communities around Peru. Finally, you will be taken to a restaurant in Barranco for lunch, followed by a magical walk through the romantic **Bridge of Sighs**, which inspired the great Peruvian singer Chabuca Granda to compose one of her most iconic and well-known songs. Finishing the tour, you will be transferred to your hotel. Return to the hotel and overnight. Meals: Lunch

### Day 2: Thursday, May 23:

After an early breakfast, we will meet our guide at the lobby to start our way to downtown Lima for our Afro-colonial experience. Arrive at "**Casona San Marcos**" a

**cultural center** and historical building where different artistic expressions like dance, theater, music, and others take place. The visit begins with a briefing of the past and present of this important site and its surrounding areas: continuing our experience with a staging with characters from the colonial era wearing the traditional clothing from the era that will interact with the visitors. Later, the guide will explain about the **origins and tradition of Afro-Peruvian dancing, after which you will enjoy the performance of local professional dancers.** When this demonstration ends, we will **participate in a lesson and learn the basic steps of this typical dance.**

Then will **explore Lima's old town, a UNESCO World Heritage Site**, packed with fascinating historic buildings. The route begins at the Casa Aliaga, a colonial mansion granted by chief conquistador Francisco Pizarro to one of his captains, Jeronimo de Aliaga. This is the only house from that time, still belonging to the same family. Continue with a scenic tour through the colonial downtown. See the Main Square, where you can appreciate the grandiose **architecture of the Spanish Empire.** Admire Lima's Cathedral, built during the 16th century then you will proceed to the traditional **Pueblo Libre district**, where you visit the **Larco Museum**, located in a beautifully restored viceregal mansion **built on a pre-Columbian pyramid from the seventh century.** The museum boasts a complete pre-Hispanic collection of gold and silver objects, as well as pieces of erotic art. Then visit Finish the trip returning to your hotel. In the afternoon you may visit the surroundings of the Miraflores area at your own pace. This evening enjoy a delightful dinner at Huaca Puccllana. Meals: breakfast and dinner

### **Day 3: Friday, May 24**

This morning we transfer to the airport on time for our **flight to Cuzco.** A representative will assist along the way. Upon arrival in Cuzco and after retrieving our bags we will be met by the guide who will take us to visit **Cuyo Chico Community** where we will be received with Ancestral Biosecurity (cleaning with antibacterial plants) and then continue with **meditation with ancestral instruments and Interpretation of Ancestral sounds.** We will have the opportunity to know and learn about sound instruments of the Incas, such as whistles for meditation, communication, ceremonial and rituals. These instruments of sound were **used in the time of the Incas** in special moments, ceremonial as INTI RAYMI. The experience ends with a farewell group **Ancestral Whistle playing.** After which we will head to Ayasqa Restauran in Sacred Valley, to enjoy a delicious buffet lunch.

After lunch we will visit the **Living Museum of Yucay, a center Andean traditions** interpretation, where demonstrations of the elaboration of **textile work, adobe, pottery and silverware** are carried out in the same way in which they **used to in antiquity; an original recreation of Inca traditions.** Also, residents of the museum include llamas, sheep and alpacas, and they can be fed! Arrive to the hotel, check-in and, enjoy a delicious dinner at Sonesta Posada del Inca Yucay Hotel. Meals: breakfast, lunch and dinner

#### **Day 4: Saturday, May 25**

After an early breakfast, we will start our day visiting the **Chincho town**, which was one of the most **important villages during the Inca Empire**. We will **participate in a textile workshop, native weavers will share their traditional weaving techniques with us at the Traditional Textile Center**. We will attend a **private demonstration** presented by neighboring towns of weavers affiliated to the Center, which will show you the manufacturing process and the final garment. Each garment is really unique, a gem that is the result of a methodical and meticulous work. The local techniques are old and institutions such as this have committed to promote their preservation for the enjoyment of future generations. Natural elements and landscapes, such as mountains, stars and rivers are shown in opaque colors, exclusively obtained from natural dyes. The wool is carded, spun and dyed to create ponchos, belts and shawls.

**Lunch at Wayra Ranch**. Rich soil, ideal weather and millenary wisdom have combined to make the **Sacred Valley arguably the most fertile in the world**. You will probably become a believer as you indulge in its bounty. Delight yourself with a surprising **gastronomic feast led by the prominent Chef, Pedro Miguel Schiaffino and Nacho Solis**. The **Peruvian Paso horse**, renowned for the smoothest gait in the world. **Stunning equestrian demonstrations**, to the rhythm of marinera music will render the environment favorable for tasting the quality of their cuisine

After lunch we will continue our trip until reaching the archaeological vestiges of **Maras and Moray**. Maras is a surreal view. It is near Moray and it is an impressive salt exploitation complex. Its huge salt deposits were used to trade them for other products with other parts of the empire. **Moray's archaeological vestiges are composed of mysterious concentric circular terraces** which, according to some scholars, would be an **agricultural research center**. The higher external terraces would be at a higher temperature than the inner ones and could simulate the conditions of the different ecological strata of the empire. Return to hotel, dinner and overnight. Meals: breakfast, lunch and dinner

#### **Day 5: Sunday, May 26: Machu Picchu**

A car will pick us up from the hotel and transfer us to the Ollantaytambo station. Our journey to **Machu Picchu** begins with the **Vistadome train ride to the town of Aguas Calientes**, where we will find a handicraft market, restaurants and the El MaPi Hotel. After a short bus ride, arrive to the Machu Picchu citadel, a masterpiece of engineering and architecture that served as a sanctuary and resting residence for the Inca Pachacútec. According to UNESCO, **Machu Picchu, which means 'Old Mountain', is considered a World Heritage Site and one of the New Seven Wonders of the modern world**. Embark on a 4 hour guided tour of the ruins. At the end of the tour, return by bus to Aguas Calientes. Enjoy a delicious lunch at Cafe Inkaterra, and dinner will be served at the hotel. Meals: breakfast, lunch and dinner

#### **Day 6: Monday, May 27**

This morning we'll have a **second opportunity to explore Machu Picchu!** At the end of

the tour we'll return to Aguas Calientas with some free time to explore on our own and enjoy lunch at any of the numerous local joints!

In the late afternoon we will meet at the hotel and head off to the train station.

Have you ever dreamed of **traveling through the Peruvian Andes on a train modeled on the Pullman cars of the 1920s**? The Hiram Bingham train not only makes this possible, it turns a magical journey into an unforgettable experience, with personalized service that takes care of every last detail on your trip. Travel on the exclusive and **luxurious Hiram Bingham train** and enjoy the **elegant dining car**, the bar car, and the observatory, where you can take in the **unmatched scenery** in the open air while **sipping on a traditional Peruvian cocktail and listening to live local music**.

Start your experience off with a welcome cocktail. Once on board, the maître d will invite you to a **gourmet dinner** and accompany your meal with beverages and an excellent wine selection. To the beat of the **Peruvian cajón and tambourines, live traditional Peruvian and international music will set the tone throughout the trip for an unforgettable trip!**

Upon arrival to the Poroy station, transfer to the Novotel Cuzco Hotel, check in and overnight. Meals: breakfast, and dinner (on board the train)

#### **Day 7: Tuesday, May 28**

After breakfast we will head towards the picturesque neighborhood of **San Blas**, specifically to the **house of Sabino, a talented Andean musician**. He will welcome you and explain the **history of the typical Andean instruments**. We will be able to learn and play the drums, "queñas" (Andean flutes), among others. **Also, not only will we play the most representative Andean instrument, the zampoña (pan flute), but make one as well. Finally, we will play together like the local band**

Then it is time to enjoy a **guided tour of this charming city**, which was the **capital of the Inca Empire**. The tour begins with a visit to the **Convent of Santo Domingo**, which was built over the **Inca temple of Coricancha**, one of the most important precincts dedicated to the cult of the sun. Ancient chronicles say that its walls were covered with gold leaf and filled with golden representations of nature. Next, visit the Cathedral, the most imposing monument in the Plaza de Armas. Then head to the hills of Cusco where the **fortress of Sacsayhuaman** is located, whose imposing walls offer an impressive panoramic view of Cusco. Continue to Qenqo, an archaeological complex of religious use where it is believed that the Incas practiced rituals related to agriculture. Continue the **tour to Puka Pukara, the "red fort" in Quechua**; an architectural complex of supposed military use, with multiple environments, plazas, baths, aqueducts and towers. It is believed to have been used by the Inca entourage while the leader rested in Tambomachay, which is the last archaeological stop on the tour. It is believed that it was an enclosure of water worship, which had an extraordinary hydraulic system. At the end of the tour, return to the hotel.

This evening dinner and music at Tunupa restaurant. Meals: Breakfast and dinner

#### **Day 8: Wednesday, May 29**

After a very early breakfast, a mobility will pick us up from the hotel and we will be transferred to the train station. A guide will accompany you to the boarding gate and on the way will explain the trip to **Puno**, the highland city that has Titicaca, the highest navigable lake in the world.

Then we will begin a **journey from Cusco to Puno passing through some of the most amazing landscapes of the Peruvian highlands**. The train has a capacity for 132 passengers and 4 dining cars, a bar car and an observatory car. Along the way we will enjoy a **gourmet lunch prepared with exquisite Andean ingredients and there will be music and dance shows on board**.

Arriving at Puno in the afternoon, we'll transfer to the Hotel Posada del Inca and overnight. Meals: Breakfast and lunch

#### **Day 9: Thursday, May 30**

Today after breakfast we will be transferred to the **lacustrine port of Puno, where a boat takes you to the floating island of the Uros**. The Uros are an ancestral society that populates a series of artificial islands built with **totora plant, a type of reed which grows in the Titicaca lake**. There they build their houses, also from totora. After a journey of an hour and a half, continue your trip to the **island of Taquile. This island was part of the Inca Empire and its inhabitants speak quechua**. Once there, receive a briefing about the island. Have a tasty lunch and start your return to the hotel in Puno. Meals: Breakfast, lunch and dinner

#### **Day 10: Friday, May 31**

After breakfast we will meet our guide at the lobby for our transfer to the Juliaca airport, on the way we will visit Sillustani. This tour takes three and a half hours. A transportation service will pick us up from your hotel and transfer you to Sillustani, where a guide will be waiting for us. In **Sillustani, a peninsula of the Umayo Lagoon**, you will visit **one of the world's largest necropolises**, in which stand out over 90 chullpas, huge and primitive stone mausoleums of over 12 meters high, designed with a wider top than the base. Take an afternoon flight to Lima (flight not included). Meals: Breakfast.

## **Amazon 5-Day extension**

### **Folk dancing with the Amazonians, and much, much more!**

**Day 10: Friday, May 31:** After flying from Juliaca to Lima (flight not included), you will be met by a representative and escorted to the Wyndham Costa de Sol Lima Airport Hotel and overnight.

#### **Day 11: Saturday, June 1**

**Welcome to the Amazon!** Arrive in Puerto Maldonado, capital of Madre de Dios, and begin a two hour journey by bus and boat to the lodge. Your first taste of the Amazon culinary will be on the river while you let the city behind to enjoy the **amazing jungle landscapes**.

Posada Amazonas Lodge awaits - a **spacious eco lodge**, with a bar, a massage center, and buffet service in the heart of a private concession owned by the **Native Community of Infierno, the guardians of the**

**rainforest. Accommodation includes large rooms with a private bathroom and an open wall facing the forest.**

Your stay includes three meals daily, teas, coffee, guided excursions and activities, refreshments upon arriving, and transfers to and from the airport. We assign guides at a 10:1 ratio.

This afternoon join a group hike that leads to the 40-meter scaffolding Canopy Tower. A banister staircase running through the middle provides safe access to the platforms above. From atop you obtain spectacular **views of the vast expanses of standing forest cut by the Tambopata River** winding through the middle. Now and then toucans, parrots or macaws are seen flying against the horizon, or mixed species canopy flocks land in the treetop next to you. Enjoy dinner this evening! Meals: Breakfast and dinner

#### **Day 12: Sunday, June 2**

Wildlife in the Amazon takes advantage of the first lights of the day as it is cooler, so we do the same. Even though you are on vacation there will be some activities that our guides encourage you to make very early in the morning and it's worth it.

**Tres Chimbadas oxbow lake** is thirty minutes by boat and forty-five minutes hiking from Posada Amazonas. Once there paddle around the lake in a catamaran, searching for the resident family of nine giant river otters (seen by over 60% of our lake visitors) and other lakeside wildlife such as caiman, hoatzin and horned screamers. Otters are most active from dawn to eight or nine AM.

After we visit the **Centro Ñape**, a communal organization that produces medicines out of forest plants and administers them to patients who choose their little clinic. They have produced a trail that explains the different medicinal (and other) uses of selected plants.

Tonight you will have the option of a night walk when most of the mammals are active but rarely seen. Much easier to find are frogs with shapes and sounds as bizarre as their natural histories. Meals: breakfast, lunch and dinner

#### **Day 13: Monday, June 3**

From a blind located about twenty meters away, you might see dozens of parrots and parakeets descend on most clear mornings to ingest the clay on a riverbank when visiting the Parrot Clay Lick

Leaving from Posada Amazonas on a two-hour hike crowned by the largest tree in the vicinity: a giant Ceiba tree. During the hike, you will focus on the natural history of the rain forest and its principal taxonomic groups.

Visit the most **complete farm in the community of Infierno**. The owner grows a diverse variety of popular and unknown Amazon crops. In his garden, just about every plant and tree serves a purpose.

This evening **meet and enjoy the Infierno's Native community School Dance Group**.

The **Ese'ija native community of Infierno has maintained through ages the tradition of celebrating any special events represented by a dance. Amazonian Dances** represent daily moments of their lives and transcendental moments as well.

**Folk dancing with the Amazonians!** Infierno's school has proudly represented its community in different contests around the country and most especially they've performed for many visitors from all around the world at their own lodge. They take great pride as they **dance their traditions. You'll have the opportunity to learn and participate with the group!** Meals: breakfast, lunch and dinner

#### **Day 14: Tuesday, June 4**

It is time to say goodbye, as the expedition comes to an end. Your visit will make a direct contribution to the Native Community of Infierno in their efforts to protect Tambopata. You will take the journey back to the city to the airport for your national flight onwards. Meals: breakfast

# Peru and Only: \$4495

## Nasca pre-extension: \$1395; Amazon extension: \$1445

**REGISTRATION FORM:** I can't wait to go! Enclosed is my registration deposit of \$200 per person. Peru single supplement: \$1095 Nasca Lines pre-extension: \$1395 Nasca Lines single supplement: \$395 Amazon extension: \$1445 Amazon single supplement: \$995. Program subject to change without notice. All tours have a professional guide. Over 10 participants, and tour will have an additional leader. Cancellations 120 days prior to departure: Total refund: Less than 120 days: No refund. Travel insurance always recommended. **Total balance due March 10, 2024**

**Nasca Lines pre-extension:** Yes\_\_\_\_ No\_\_\_\_\_

**Amazon extension:** Yes\_\_\_\_ No\_\_\_\_\_

Name\_\_\_\_\_

Address\_\_\_\_\_

No. of people\_\_\_\_\_ Phone\_(\_\_\_\_\_)\_\_\_\_\_email\_\_\_\_\_

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**Air Transportation:** International air not included except as noted.

**Rates:** Tour rates are subject to change in the event of currency fluctuations or increase in costs.

Inclusive tour rates are per person in double occupancy. In case of computer or human billing errors, we reserve the right to reinvoice clients with corrected billing.

**Reservations:** Deposits and Payments: Deposit of \$200 per person is required at time of reservation. Balance is due 90 days prior to departure date.

**Changes:** Prices and program subject to change without notice

**Baggage:** One baggage per person and a carry on is allowed.

**Cancellations:** Cancellations 90 days prior to departure: Total refund. Less than 90 days: No refund. Additionally, any cancellation fees imposed by the respective hotels, airlines, tour companies and cruise lines will be charged. Travel Insurance is non-refundable as are unused services.

**Gratuities:** Tipping to guides, drivers, transfer personnel and hotel staff is left to the discretion of the participants and is not included.

**Insurance:** Tour participants are **strongly recommended to purchase insurance** for trip cancellation, trip interruption, accident, sickness and/or loss of baggage and personal effects.

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