

10D/09N

# MINDFUL JOURNEY TO PERU

*Destinations: Lima, Arequipa, Puno & Cusco*



# INTRODUCTION

Escape to the enchanting landscapes of Cusco, where ancient traditions and breathtaking beauty intertwine to create a transformative journey of wellness and mindfulness. Embark on an adventure that nourishes your body, mind, and spirit, immersing yourself in the rich cultural heritage and serene natural surroundings. Immerse yourself in the captivating beauty and profound spirituality of Peru, where wellness and mindfulness intertwine to create an unforgettable journey of self-discovery and rejuvenation. Join us on this transformative adventure and unlock the secrets of ancient traditions while connecting with the awe-inspiring landscapes of Peru.



Destination: Lima,  
Arequipa, Puno & Cusco



Travel dates:  
2023

# WELCOME TO PERU

Day one greets you in **Lima**, Peru's vibrant capital, where you'll be warmly welcomed and transferred to your hotel. After settling in, prepare to embark on your wellness journey with a rejuvenating **yoga class**, providing a perfect opportunity to stretch and unwind after your long flight. Afterwards enjoy a light dinner at the hotel's rooftop.



Overnight at selected hotel.



Includes dinner.

## DAY 2

# BIKE AND SURF IN LIMA

Day two invites you to experience the fusion of adventure and relaxation in Lima. Awaken your senses with an invigorating **yoga class**, preparing you for an exciting day ahead. Explore the city's vibrant streets at your own pace, enjoying the freedom of a **full-day bike access** to discover Lima's iconic landmarks and picturesque coastline. To add a touch of thrill, indulge in a memorable **surf lesson** tailored to your level of experience, riding the waves of the Pacific coast.



Overnight at selected hotel.



Includes breakfast.



Private english-speaking guide for Surf-Class, approx. 1 hour.



# FLIGHT TO THE MAGICAL CUSCO

## & WELCOME BY QUERO SHAMANS & YOGA

On day three, embark on a flight to the mystical city of **Cusco**, nestled amidst the Peruvian Andes. As you arrive at your charming hotel in the bohemian district of San Blas, be greeted by **Andean priests** who will guide you through a **sacred ritual**, connecting you with the earth and the spiritual Apus, the revered Andean Mountain Gods. Your first **yoga class** at the hotel's serene yoga studio will help you relax and adapt to the altitude, setting the tone for a harmonious journey ahead. Enjoy a light and delicious dinner at the well-known hotel's restaurant.



Overnight at selected hotel.



Includes breakfast and dinner.



Duration welcome ritual: approx. 1,5 hours.



Photo: Willka Tika

# HIKE TO CUSCO'S

## ENERGETIC PLACES AND SACRED RITUAL

Day 4 invites you to explore **Cusco's energetic places** and engage in sacred rituals guided by Andean priests. Embark on a scenic hike to the **Temple of the Moon**, where a ritual of integration into feminine energy awaits. Delve into the transformative power of water and experience an energetic cleansing ceremony by a tranquil river, connecting with the sacred waters. Conclude the day with a traditional **offering to Mother Earth**, grounding yourself in the profound spirituality of the region. **Yoga-Class** in the afternoon and free time to enjoy Cusco by night.



Private english speaking andean priest.



Duration: approx. 7 hours.



Level of difficulty: Normal



Includes breakfast and picnic.



Overnight at selected hotel.

## DAY 5

# CUSCO - MARAS & MORAY TOUR

The adventure continues on day five as you journey to **Maras and Moray**. Immerse yourself in the captivating blend of Inca and Colonial influences in the town of Maras. Discover the mesmerizing terraces of Moray, believed to have been used for agricultural experimentation by the ancient Incas. Finally, witness the time-honored salt harvesting process at the **Salineras** salt ponds, a practice that has endured since the Inca era. Conclude the day in the sacred valley of the Incas, where a personalized welcome **ritual with coca leaves** awaits you.



Private english speaking andean priest.



Duration: approx. 7 hours.



Includes breakfast and picnic.



Overnight at selected hotel.

# SPIRITUAL RITUALS:

## CACAO CEREMONY, SWEAT LODGE & SOUND HEALING

Day six is dedicated to **spiritual rituals** that facilitate profound self-discovery and rejuvenation. Participate in a sacred **Cacao Ceremony**, an ancient tradition that opens the heart and fosters a deep connection with your higher self. Indulge in a plant-based lunch before embarking on a transformative **sweat lodge** experience, purifying your body and soul while surrounded by awe-inspiring mountains. Cool off in a **medicinal plunge pool** and immerse yourself in a captivating **Sound Ceremony**, a harmonious blend of instruments from around the world that promotes mental and physical equilibrium.



Private, English speaking wellness facilitators.



Includes breakfast, lunch and dinner.



Overnight at selected hotel.



Photo: Willka Tika

# HIKE THE LEGENDARY INCA TRAIL

On Day seven, embark on the legendary **Inca Trail**. Begin your trek to the archaeological remains of Chachabamba and Wiñay Wayna, two significant sites within the Machu Picchu Sanctuary. Afterward, reach the Inti Punku observation point, where you'll catch your first glimpse of the awe-inspiring **Machu Picchu**, a testament to ancient architectural mastery. Descend into the sanctuary and prepare for a comprehensive tour the following day. Conclude the day in **Aguas Calientes**, the gateway to Machu Picchu.



Level of difficulty:  
Moderate.



Private, english speaking  
hiking-guide on Inca Trail.



Total distance:  
12 km.



Includes breakfast,  
lunch and dinner.



Hiking time:  
06 hours.



Overnight at  
selected hotel.



# MACHU PICCHU TOUR

Day eight marks the highlight of your journey—the exploration of the majestic **Machu Picchu**. As you board a bus from Aguas Calientes, anticipation builds as you approach the awe-inspiring ruins. Wander through the ancient citadel with a knowledgeable guide, unveiling its intriguing history and marveling at its

architectural marvels. The Main Square, the Sacred Solar Clock, the Temple of the Three Windows—all reveal the grandeur of this ancient civilization. Afterward, journey by train to Ollantaytambo and transfer to Cusco, your homecoming.



Level of difficulty:  
Normal



Private, english-speaking guide on  
Machu Picchu, approximately 2 hours.



Hiking time:  
02 hours.



Distance:  
4 km.



Duration of train ride:  
approx. 1h. 30 min.



Overnight at  
selected hotel.



Includes  
breakfast.



Photo: Gabriel Rojas



# YOGA, ASTROLOGY AND FAREWELL

On your final day, embrace tranquility with a final Andean **yoga class**. Enjoy your free time in Cusco, whether savoring the panoramic views from a balcony overlooking the main square or seeking meaningful souvenirs. In the afternoon, explore Inca astronomy at the local **Planetarium**, where you'll be enchanted by the mysteries of the cosmos. Conclude this transformative journey with a farewell dinner at one of the finest vegan restaurants, celebrating the harmony between nourishing cuisine and spiritual well-being.



English-speaking group guide at Planetarium.



Duration of visit: approx. 2 hours.



Includes breakfast and dinner.

## DAY 10

# GOODBYE PERU!

Say goodbye to the former Inca capital of Cusco and start your journey home or onward.



Includes breakfast.

*End of services.*

## INFO

# RECOMMENDED HOTELS

### Lima

Superior: Casa Republica Boutique | Traditional room

---

### Cusco

Superior: Antigua Casona San Blas | Standard room

---

### Sacred Valley

Standard: Willka Tika Retreat Center | Standard room

---

### Aguas Calientes

Superior: El MaPi by Inkaterra | Superior room

---