

12D/11N

CLASSIC PERU FOR VEGETARIANS

Destinations: Lima, Puerto Maldonado, Cusco & Puno

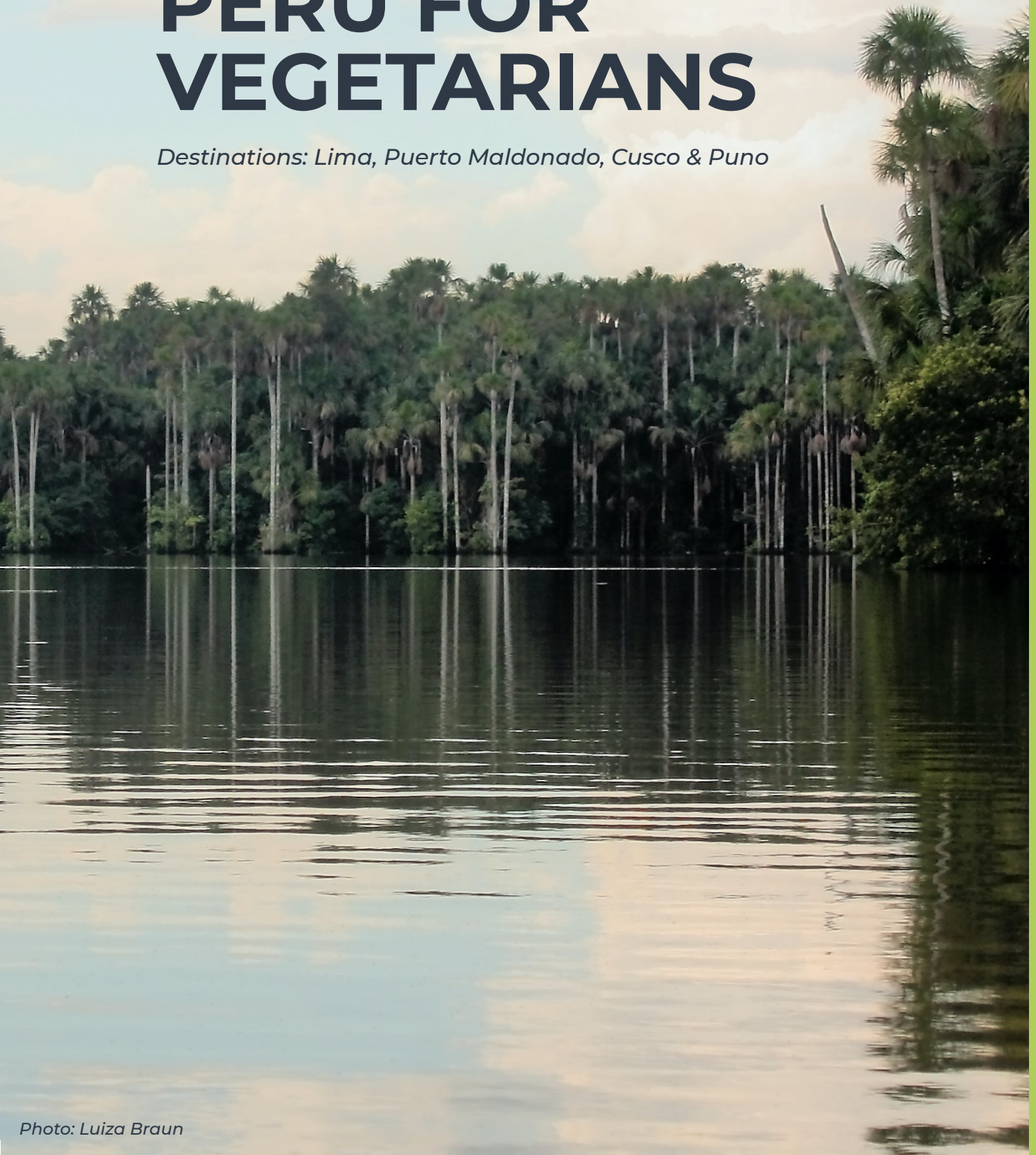


Photo: Luiza Braun

INTRODUCTION

Embark on a remarkable 12-day vegetarian journey through Peru, starting in Lima, the gastronomical capital of the Americas. Enjoy a walking foodies tour in Barranco, savoring 15 Peruvian delights adapted for vegetarians. Immerse yourself in the Amazon rainforest in Puerto Maldonado, exploring its diverse flora and fauna through nature walks, canopy excursions, and nighttime rainforest explorations. In Cusco, uncover the city's history with a walking tour and learn the art of making chocolate in a workshop. Experience Andean agriculture traditions with an agro-community visit in the Sacred Valley. Culminate your adventure with a visit to the awe-inspiring Machu Picchu. Travel luxuriously aboard the Titicaca Train from Cusco to Puno and embark on a mesmerizing tour of Lake Titicaca, including visits to Taquile Island and the authentic floating islands of Uros. Let Peru's captivating landscapes and delectable vegetarian cuisine enchant you on this unforgettable voyage.



Destination: Lima, Puerto Maldonado, Cusco & Puno



Travel dates: 2023

LIMA ARRIVAL

On arrival into **Lima** you will be met and transferred to your hotel. Guided assistance is included.

Lima, the capital of Peru, sits on the country's arid Pacific coast. Founded in 1535, its colonial centre is well preserved, but today Lima is a bustling metropolis and one of South America's largest cities. The city is home to the various museums including the Museo Larco that houses a collection of pre-Columbian art and the Museo de la Nación, tracing the history of Peru's ancient civilizations. Lima is known as the "gastronomical capital of the Americas" as it boasts several of the top restaurants in the world and with the expanding culinary offer it does have a variety of vegetarian/vegan options.



DAY 2

LIMA – BARRANCO

WALKING FOODIES TOUR

Taste 15 **Peruvian foods and drinks** in Barranco, one of the most beautiful, artistic and bohemian neighborhoods in Lima.

Discover the historical and cultural anecdotes behind each dish you will taste during this 4-hour **walking food tour** through the streets of Barranco. Participate in a fruit and chocolate tasting and learn how to prepare the famous ceviche and pisco sour. *The menu can be adapted for vegetarians and vegans.

At the end of the tour, you will be transferred to your hotel.



LIMA PUERTO MALDONADO

PROGRAM - DAY 1

At the appropriate time transfer to the airport for onward flight to **Puerto Maldonado**.

Upon arrival, the staff will welcome you and provide the necessary information for the stay. Navigate by outboard **motorized canoe** along the Madre de Dios River to Inkaterra Hacienda Concepcion for approximately 25 minutes. Enjoy Lunch with organic ingredients and native flavors.

After lunch, take a walk-through conception trail, inside property **nature trails**, where you will discover and learn about **primary and secondary rainforest**, its components, uses, transformations by the human being, and its relevance for the world. At dusk navigate by outboard motorized canoe, at the **twilight river excursion**. By sailing on the Madre de Dios River, learn about its ecosystem, Amazonian creeks, nocturnal animals' behavior, and the southern constellations.

In the evening enjoy a nice dinner.



International group with english speaking guidance. Max. 10 persons per group.



Transportation: Shared Bus Airport-Port (45 min.).



Duration of tour: approx. 2 hours.



Overnight at selected hotel.



Transportation: Shared boat Port-Lodge (1 hour).



Includes breakfast, lunch and dinner.



PUERTO MALDONADO

PROGRAM - DAY 2

New experiences are ahead and after taking a nutritious buffet breakfast, get ready for a long trek through terra firma into the Tambopata National Reserve towards **Lake Sandoval**. Here you will understand why Madre de Dios is called the biodiversity capital of Peru, while learning about the Reserve's conservation efforts and the lake's formation. Navigate by dugout canoe across this mirror-like oxbow lake that is home to the endangered giant river otter, blue and yellow macaw, red howler monkey, black caiman, and one of the world's biggest fresh water scaled fish, the paiche.

Back to the lodge for lunch, and later the canopy walkway & anaconda walk. Take a 20-minute ride by outboard motorized canoe to the **Canopy Walkway Interpretation Center** and learn about its construction and the conservation projects. Ascend one of the two 98-foot towers (30 m.) and cross the 7 hanging bridges that connect the treetops at 91 ft. high (28 m.). Enjoy the breathtaking vistas and get the chance to watch white-throated toucans, woodpeckers, trogons, squirrel monkeys and the three-toed sloth. After descending keep on feeling the incredible primary rainforest energy going along the 200-meter wooden bridge over the swamps (aguajales). Learn about the fauna and flora of this flooded ecosystem. At night get ready for an adventure at the Rainforest by **night excursion**, explore the Amazon rainforest that gives way to nocturnal animals who display intriguing behavior patterns, and enhanced senses as adaptation mechanisms. Listen to nocturnal living nature sounds and penetrate this hidden world. Return to the lodge and enjoy a nice dinner.



International group with english speaking guidance. Max. 10 persons per group.



Overnight at selected hotel.



Includes breakfast, lunch and dinner.



PUERTO MALDONADO

PROGRAM - DAY 3

The sun rises once again and after an early breakfast take a **native farm excursion** where you will be able to learn local techniques of cultivation and taste some of the products during the visit. Then visit the **botanical garden**, discover the immense variety of medicinal plants considered part of the “natural pharmacy” used by the habitants at the amazon region. Compare the medicinal uses of local medicine with traditional remedies. Getting back to the lodge have lunch. Take a rest and get ready for the **Cocha-water excursion**. Enjoy a dugout canoe ride on the natural pond (cocha). Try native fishing applying the “catch and release” techniques, as you enjoy the scenery observing hoatzins, a diversity of fly catchers, and gray-necked woodrails. Disembark at the remains of Fitzcarrald steamboat; learn about its history. Participate in the inland Colpa during the evening, where you will see different species and their **night routines** by observing through our “blinds”. End up your day with a pleasant DINNER.



International group with english speaking guidance. Max. 10 persons per group.



Overnight at selected hotel.



Includes breakfast, lunch and dinner.

DAY 6

PUERTO MALDONADO

PROGRAM - DAY 4

CUSCO

After buffet breakfast, take a ride back to **Puerto Maldonado** by outboard motorized canoe. Arrive at the **Butterfly House** where you may wait for your flight back home or to your next destination, while learning about the fascinating transformation of these colorful insects.

Arrive in the famous city of **Cusco** and transfer to the hotel.

Cusco, set at an altitude of 3,400 metres in the Peruvian Andes, was once the capital of the Inca Empire. It is known for its Spanish colonial architecture and Incan remains. Narrow, cobble-stoned streets lined by Inca walls stretch out from the main plaza in every direction.

DAY 6

Many of the colonial buildings were built on top of Incan foundations and the stonework is unparalleled in its precision and beauty.



International group with English speaking guidance. Max. 10 persons per group.



Transportation: Shared Bus Airport-Port (45 mins.).



Overnight at selected hotel.



Includes breakfast.



Transportation: Shared boat Port-Lodge (1 hour).

DAY 7

CUSCO

WALKING CITY TOUR PVT & CHOCOLATE WORKSHOP

Today, explore the city's fascinating history, from the Inca times to colonial rule to the present day. Wind through narrow cobble-stoned **streets and markets of Cusco**. Along the way, get the chance to see other touristic areas (restaurants, club scene, colonial buildings and hidden locations). Afterwards, you will participate in a 2-hour workshop.

Chocolate workshop: Learn the history and manufacture of chocolate. Learn all the steps of the manufacturing process, starting from the cocoa tree in the Peruvian jungle to the bar. In this workshop you will be able to prepare your own chocolate which you will be able to take home (120gr bar).



Private English speaking guide.



Duration walking tour: approx. 3 hours.



Includes breakfast.



Overnight at selected hotel.



Workshop: approx. 2 hours.



Photo: Ashim D Silva

SACRED VALLEY

AGRO-COMMUNITY EXPERIENCE

Today you will discover the mysteries of the **agricultural Andes**, the relationship of the earth, Pachamama, nature and agriculture using ancestral tools for planting and harvesting traditional products.

After the welcome in the Huayllafara community in Lamay, the activity begins. In the community you will have a complete tour of the art of Andean agriculture and the importance of the environment, all through the perspective of the Andean man. Community members will teach you the importance of vertical control, time cycles, seasons and agricultural rituals. Afterwards, you will practice using traditional tools to plant or harvest food and drive a yoke of oxen. Afterwards, you will enjoy a tasty lunch made with native potatoes and other local products.

Afterwards head to the train station to take the **train to Aguas Calientes** town. Travel from Ollantaytambo to Machu Picchu in a comfortable train, and let your feet have rest. Enjoy an authentic Andean experience, while relaxing in modern and comfortable interior design.

**Due to limited space for luggage storage on trains, luggage restrictions apply: one bag or backpack (carry-on luggage) with a maximum weight of 5.0 kg/11 lb, measuring no more than 62 linear inches/157 linear cm (height + length + width)*

 Private english speaking guide.

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

 Overnight at selected hotel.

 Duration of tour: approx. 6 hours.

 Includes breakfast and lunch.



Photo: Yachaqs Comunidad

AGUAS CALIENTES MACHU PICCHU TOUR

CUSCO

The tour starts with a bus ride from Aguas Calientes to **Machu Picchu**. You will be astonished at your first view of Machu Picchu, a stunning display of ancient architecture with incredible surroundings. Enjoy a guided tour of the ruins and monuments such as the Main Square, the Circular Tower, the Sacred Solar Clock, the Temple of the Three Windows and the Cemeteries.

Machu Picchu is a 15th century Inca site, located 2,430 meters above sea level on a mountain ridge above the Sacred Valley. It is the most famous of all Inca sites, but it was not until 1911 that it was brought to the world's attention by the American historian Hiram Bingham. The Incas abandoned the city just prior to Spanish colonization, the city was never pillaged and as a result the ruins are still in fantastic condition. With its location on a dramatic ridgeline surrounded by sheer cliffs and the Urubamba River on three sides, the city of Machu Picchu is a remarkable place to visit. Machu Picchu was declared a UNESCO World Heritage Site in 1983 and in 2007 it was voted one of the new Seven Wonders of the World.

After exploring Machu Picchu, take the bus down to Aguas Calientes and head to the train station to board the train back to Ollantaytambo. Finally, private transfer to Cusco hotel.



Private english speaking guide.



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



Overnight at selected hotel.



Includes breakfast.



Duration of tour: approx. 2h. 30 min.



Photo: Eduardo Flores

TITICACA TRAIN

FROM CUSCO TO PUNO

This morning after breakfast transfer from hotel to train station to take the Titicaca **Train with destination to Puno**.

Enjoy the unforgettable experience of crossing the Peruvian Andes between Cusco and Puno. This train was created to provide passengers with all the luxuries they could want in a trip, while offering them a chance to forge a mystical connection with nature.

Note: This train only departs on Wednesdays, Fridays and Sundays.



Duration of train ride:
approx. 10 h. 30 min.



Overnight at
selected hotel.



Includes breakfast
and lunch.

DAY 11

PUNO

TITICACA EXPERIENCE BOAT TOUR

At 7:00 am you will be met and transferred to the port where you will board a fully equipped speedboat with on board service to head to Taquile Island. Disembarking at a secluded part of the island, we explore a scenic and less touristy area of **Taquile Island** (exclusive). Enjoy a pristine sandy beach where you will have plenty of time to relax and feel the serenity of **Lake Titicaca**. We then hike along a pre-Inca trail with spectacular landscapes of the island, visiting families of weavers to learn about their textile art and symbolism. In 2005, "Taquile and its Textile Art" were proclaimed "Masterpieces of the Oral and Intangible Heritage of Humanity" by UNESCO. After 3 hours on Taquile, we leave the island for the short 25-minute journey to the community of Santa Maria-Llachon, on the tip of the **Capachica Peninsula**. This is a picturesque off the beaten track destination. We are welcomed by the **small Quechua** speaking community and introduced to an intensive cultural experience, observing the traditions of the community and participating in an **ancient ceremony** to learn about their magical world.

Then experience the preparation of "**Pachamanca**", a traditional way of cooking using underground ovens, and one of the main dishes of Peruvian cuisine but on a **veggie version** that includes a variety of potatoes and other legumes served with savory sauces and a delicious quinoa soup as starter.

After lunch leave Santa Maria and 35 minutes later arrive at a remote area of the National Reserve of Lake Titicaca to explore **Uros Ccapi**. These are the last authentic floating islands, less commercial and little visited. The Uros are descendants of one of the oldest cultures in South America. Depart back to Puno at 15:25 pm. And arrive to the city around 16:30pm.



International group with english-speaking guide.



Duration of tour: approx. 8 hours.



Includes breakfast and lunch.



Overnight at selected hotel.



PUNO FAREWELL

At the appropriate time pick up from hotel and transfer to the airport for onward flight back home through Lima.

On the way to Juliaca, stop to visit the famous pre-Inca burial ground of **Sillustani**. Wander through the remarkable tombs built from volcanic stone, known as Chulpas which reach heights of up to 12 metres. Overlooking the beautiful lake Umayo, Sillustani is one of the most important necropolises in the world.



International group with english-speaking guide.



Duration of tour: approx. 1h. and 30 min.



Includes breakfast.

End of services.

INFO

RECOMMENDED HOTELS

Lima

Standard: Antigua Miraflores | Room: Traditional

Superior: Casa Republica Barranco | Room: Standar

Puerto Maldonado

Standard: Hacienda Concepción | Room: Superior cabin

Superior: Reserva Amazónica | Room: Superior cabin

Cusco

Standard: Unaytambo | Room: Standard

Superior: Antigua Casona | Room: Traditional

Aguas Calientes

Standard: El Mapi | Room: Superior deluxe

Superior: Sumaq | Room: Deluxe garden view

Puno

Standard: Sonesta Posada Puno | Room: Standard

Superior: GHL Lake Titicaca | Room: Premium