



PERU

WORLD OF THE INCAS

A classic tour of Cusco, the Sacred Valley & magnificent Machu Picchu



DURATION: 9 days / 8 nights
SEASON: Year-round
DEPARTURES: Guaranteed with a minimum of 4 and maximum of 12 participants
TRIP RATING: Moderate Cultural & Archaeological Tour, Grade (II): This first-class adventure is an activity-oriented program featuring optional daily walking tours through villages and Inca sites (2-3 hours in duration at elevations above 8,000'). Although the trip reaches a high point of 12,350', the itinerary has been designed to allow gradual adjustment to the altitude.

2012 DATES:

APR 28 - MAY 06 ○	AUG 25 - SEP 02 ○
MAY 26 - JUN 03	SEP 22 - 30 ○
JUN 18 - 27 (Mon-Wed) ✨	OCT 27 - NOV 04 ○
JUN 30 - JUL 08 ○	NOV 24 - DEC 02 ○
✨ Inti Raymi Festival Departure	○ Full moon departures

INTRODUCTION:

The Incas . . . Sons of the Sun . . . mysterious builders of stone fortresses, mountaintop citadels and golden temples. According to legend Manco Inca and Mama Ocllo, the first Inca rulers, came forth from Lake Titicaca to unite warring tribes under a common language and a unified religion, creating one of the most fabulous of ancient empires, *Tawantinsuyo*, "the four quarters of the world." At its apex in the late fifteenth century, this impressive kingdom spanned an area more than five times the size of the state of California! The Incas governed this vast realm, which was connected by thousands of miles of stone-paved highways, from their cultural and religious center in Cusco. Persecuted by Spanish *conquistadores*, much of the Inca's history was destroyed. Even so, many stone monuments stand today, a testament to the skill of their master architects.

Designed for those who wish to deepen their appreciation of the Incas, this exciting cultural and archaeological adventure takes us into the very heart of *Tawantinsuyo*. We begin in the Inca's Sacred Valley, joining Quechua villagers at the traditional market in Pisac before surveying the ruins overlooking town. Next, we visit a family in Chinchero, enjoy a weaving demonstration by master craftswomen and view the fortress at Ollantaytambo. The following morning we take the train to Machu Picchu and spend two full days exploring this jewel of Inca architecture and the nearby village of Machu Picchu. Returning to Cusco by train, we visit splendid royal palaces and admire the precise stonework of the Coricancha and Sacsayhuaman pre-Columbian sites. Our adventure ends with a tour of Lima's magnificent Larco Herrera or Gold Museums.

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DAY-BY-DAY ITINERARY:

DAY 01 (SAT): USA/LIMA OR CUSCO

Travelers arriving this evening to Peru's capital city, **Lima**, are met at the airport and assisted checking into the Costa del Sol Hotel located near the International Terminal. Those arriving to **Cusco** (11,150') this morning after an overnight flight to Lima are met at the airport in Cusco and transferred to the historic Libertador Hotel (Palace of the first governor of Peru, Francisco Pizarro, and built over the Inca's *Aclla Huasi* foundation). The remainder of the day is at leisure for acclimatization. Meals are on your own.

DAY 02 (SUN): LIMA/CUSCO/SACRED VALLEY

Travelers at the airport hotel in Lima are picked up early this morning to check in for the spectacular, one-hour flight over the Andes to **Cusco**, the archaeological capital of the Americas. You are met at the airport and we drive to the Libertador Hotel to pick up participants already in town. We then continue driving one-hour to Pisac in the **Sacred Valley of the Incas**. The route follows a winding mountain road providing superb vistas of the rugged canyon formed by the Urubamba River. Descending into the warm valley, our first stop is the town of **Pisac** (9,708') where we catch the traditional weekly market. Artists and vendors set up their stalls around the main plaza to sell food and colorful handicrafts. We enjoy a delicious Andean lunch and tour Pisac's impressive Incan ruins, perched spectacularly on a ridge overlooking the town and countryside. The walking tour is about 2 miles and follows a wide, exposed, stone-paved trail high above the valley. We visit the main sections of the site including the religious center *Intihuatana*, or Hitching Post of the Sun. Observing dozens of agricultural terraces, these formations were aesthetically built to follow the contours of the hillside rising from the Urubamba River valley. We continue down the valley to the community of Urubamba and check-in to the charming Andean hacienda-style, Sol y Luna Lodge & Spa (9,430'). The remainder of the afternoon is at your leisure with dinner together this evening. (B,L,D)

DAY 03 (MON): CHINCHERO/OLLANTAYTAMBO

This morning, we drive back up to the highlands, enjoying panoramic views of the snow-capped Urubamba range including Mount Veronica and Pitusiray-both over 18,000 feet high. We arrive midmorning at **Chincho** (12,335'), a charming community characteristic of Andean towns in that it combines both Incan and colonial architecture. We can observe a massive Inca wall with ten trapezoidal niches, which dominates the village's main square, and visit the colonial church. After exploring the ruins of Inca Yupanqui's palace, we join a local community in their courtyard for an overview of the Andean weaving process. After wool is carded, spun, and dyed, learn about the different techniques used to create ponchos, belts (*fajas*), and shawls (*mantas*). On the way back to the fertile Urubamba Valley we stop at the Inca Salt Mines, then continue in our private vehicle to enjoy a buffet-style Andean lunch. Here we have a chance to sample a variety of native delicacies including: several types of potatoes (tubers such as oca); quinoa (sacred to the Incas, referred to as the "mother of all grains"); fava beans; and perhaps try a taste of *cuy*, a savory meat roasted with a variety of herbs traditionally used in fertility celebrations. Afterwards, we drive past burial tombs and ancient farming terraces still in use today to grow barley, wheat, and corn to reach the town of **Ollantaytambo**. We visit the main plaza and some of the side streets of this unique community which still retains the original street plan and foundations designed by the Incas. We'll explore the impressive terraced remains of the Sun Temple before returning to the peaceful comforts of the Sol y Luna Lodge & Spa in Urubamba to relax and unwind. ☉ **Full Moon** - Oct 29, 2012 (B,L,D)

DAY 04 (TUE): MACHU PICCHU

We head back to Ollantaytambo early this morning to catch the Vistadome train for the 1.5 hour ride to Machu Picchu town (formerly Aguas Calientes). Ascending to **Machu Picchu** (7,874') by bus, we join our expert guide for a private tour of this superb archaeological site. Perched atop a crest high above the meandering Urubamba River and surrounded by rugged, green Andean hillsides, Machu Picchu stands as more than just the jewel of Inca architecture. It represents the perfect union of human engineering and the natural environment, a city in harmony with its surroundings. Never reached by the Spanish, this magical place was brought to the world's attention in 1911 by the Yale historian, Hiram Bingham. Our explorations of *The Lost City of the Incas* include all of the various sectors of the ruins; the industrial area, the Temple of the Sun and the Royal Tomb, the ceremonial water fountains and baths, and the Sacred Plazas. There should be time in the afternoon for the 30-minute walk to the Inca Drawbridge. We stay at the charming Inkaterra Machu Picchu Hotel, situated in 12 acres of cloud forest garden along the Urubamba River in town, where we enjoy dinner together this evening. ☉ **Full Moon** - Jul 03, 2012 (B,L,D)

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DAY 05 (WED): MACHU PICCHU

Rising very early, those who wish can head to the ruins to catch the early morning light as the sun comes over *Intipunku*, or the Gateway of the Sun. There are several optional guided hikes in and around the site for more active group members. At 8,860' **Huayna Picchu**, or Young Peak, looms over the citadel. An optional 1 hour climb along a very steep and exposed trail ends at terraces and ruins on the mountain's top, providing an excellent, bird's-eye view of Machu Picchu. Another 1.5 hour downhill hike on a shaded trail ends at the mysterious, partially excavated *Temple of the Moon*. This passage is an excellent off-the-beaten-path alternative to the main ruins. The schedule is flexible so those who prefer can relax or explore a favorite spot at your own pace. Lunch is on your own. We return to the Inkaterra Hotel for dinner. ○ **Full Moon** - Nov 28, 2012 (B,D)

DAY 06 (THU): MACHU PICCHU/CUSCO

Today we have a second full morning to appreciate the glories of **Machu Picchu**. Since this time is unstructured, those who prefer may simply choose an overlook to meditate, photograph, or continue personal explorations of this archaeological wonder. Others might wish to explore the community of Machu Picchu where handicraft stalls line the walk to the train station for shopping. We meet together in town for lunch before catching the early afternoon Vistadome train for the 1.5 hour scenic journey back to Ollantaytambo. Tracing the course of the Urubamba River, we wind our way past Incan terraces and Quechua communities as we leave the lush cloud-forests and make our way back to the highlands. Reception upon arrival and transfer by private vehicle to **Cusco** (11,150') and the Libertador Hotel, centrally located near the main plaza. Dinner is on your own this evening to try some of the gourmet restaurants in town. (B,L)

DAY 07 (FRI): CUSCO

After breakfast, we enjoy a private orientation tour (combination of walking and vehicle) of this friendly, historical city. As we explore the main plaza and side streets, we realize that **Cusco** is still a very colonial city. There are no skyscrapers and most buildings are whitewashed adobe with red tile roofs set on Inca foundations. Cobble streets lead up narrow passageways with brightly painted balconies overhead. Small plazas are filled with flowers and fountains. Our visits include such impressive sites as the *Coricancha*, the Inca's Sun Temple; the Cathedral, many of whose stones were taken from nearby Inca palaces; and the Incan walls along *Hatunrumiyoc Street*, which is named for the 12-angled stone that is clearly visible. Driving up to the surrounding hills we explore the Incan fortress of *Sacsayhuaman*, a spectacular complex with commanding views of the Cusco valley, and time permitting, *Tambo Machay*, whose ceremonial pools have remained clear and cold since the time of the Empire. We return to the Libertador Hotel with lunch on your own and the remainder of the afternoon available for personal activities. Tonight, we join our guide for a delicious farewell dinner & pisco sour, a traditional Peruvian drink. ○ **Full Moon** - Aug 31, 2012 (B,D)

DAY 08 (SAT): CUSCO/LIMA OR USA

Morning at leisure to explore Cusco's colorful San Pedro market and the many side-street craft shops, museums and plazas. We are picked up at the hotel late-morning for the drive to the airport in **Cusco** to catch the flight back to **Lima**. Upon arrival, we join our local guide for a private tour of colonial Lima and the fascinating Larco Herrera or Gold Museums with an extensive collection of pre-Columbian artifacts. Lunch and dinner are on your own to try a typical seafood meal such as ceviche at one of the several gourmet restaurants in the upscale Miraflores district. Participants leaving tonight have a return transfer to the airport this evening. ○ **Full Moon** - Sep 29 & May 05, 2012 (B)

DAY 09 (SUN): USA

Arrive in the US this morning and make onward connections home.

NOTES ON THE ITINERARY: Although we do our best to adhere to the above schedule, this itinerary is subject to change for numerous reasons beyond our control, including group pace and acclimatization, weather, road and trail conditions, flight delays or cancellations, as well as changes in plane and train schedules. This trip is suitable for healthy participants accustomed to outdoor activities, age 7 and up. The Huayna Picchu ascent or the optional Km 104 hike are only recommended for kids age 12 and older. Some departures may include families with children. At Machu Picchu we stay at the comfortable Inkaterra Machu Picchu Hotel and there will be opportunities to visit the ruins in the early morning well before the tourist trains arrive. Distances and altitudes are approximate and travel times indicated do not include lunch breaks, rest or photo stops, time to explore the ruins, etc.

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2012 LAND COST: \$3,975 p.p.d. (4-6 participants)
\$3,675 p.p.d. (7-12 participants)
\$1,015 Single Supplement

p.p.d.=per person based on double or triple occupancy

✦ **2012 INTI RAYMI DEPARTURE - JUNE 18 - 27** (10 days/9 nights):

Our June 18 departure is 1 day longer, beginning on Monday rather than Saturday in order to incorporate the fabulous *Inti Raymi Celebration* on June 24 in Cusco. The schedule of activities is as follows:

JUN 18-23: As described on pages 2 & 3 for DAYS 01-06.

JUN 24 (SUN): This is the principal day of the **Inti Raymi Festival**, the greatest of all Inca celebrations, held each year on June 24 to worship *Apu Inti Tayta*, or the Sun God-the source of life in the Andes. The current event is a re-enactment of the original pageantry and is possibly one of the most spectacular Andean festivals in South America with parades, processions, dance contests and folk music culminating in the main ceremonial event. We join our local guide after breakfast and head first to the Coricancha, or Sun Temple, where the Inca (a local resident selected to play this role) starts the celebrations with an invocation. Dancers and musicians offer their praises to Inti Tayta. Then the Inca and his procession go to the main square where we witness the rite of coca in which the future of the Empire is made known through a reading of this sacred leaf. Afterwards, we continue up to the Sacsayhuaman ruins where we watch as the Inca relights the sacred fire and offers sacrifices to the sun. Overnight at Libertador Hotel.

(B,L)

JUN 25-27: As described on page 3 for DAYS 07-09.

2012 INTI RAYMI LAND COST: \$4,425 p.p.d. (4-6 participants)
\$4,075 p.p.d. (7-12 participants)
\$1,195 Single Supplement

p.p.d.=per person based on double or triple occupancy

OPTIONAL UPGRADES

Hotels: We can reserve the luxurious Miraflores Park Hotel or the elegant 5-star JW Marriott Hotel in Lima, the new and lovely Aranwa Resort & Spa in the Sacred Valley, the historical Monasterio Hotel in Cusco and the exclusive Sanctuary Lodge adjacent to Machu Picchu for an additional fee. Due to high demand these reservations are recommended at least 4-6 months in advance, with a deadline of 90 days before departure. Upgrades are subject to availability and cannot be guaranteed. Private *World of the Incas* departures are also available on request for a minimum of 4 participants. Please contact our office for details.

Km 104 Inca Trail dayhike on Day 04: A private trekking guide will accompany those group members who choose to disembark the train at Km 104 and trek the classic Inca Trail through the Gateway of the Sun to approach Machu Picchu with a birds-eye view. Extra costs apply for the required permit and logistics, advance planning is recommended (at least 4-5 months in advance). Please contact our office for details.

SERVICES INCLUDED:

- Comprehensive **pre-departure planning packet** and expert travel advice.
- All **in-country transfers** as scheduled (transfers on different days are additional). Ground transportation in comfortable private vehicles with professional drivers. Occasionally, other Southwind travelers may share the same vehicle, particularly for transfers or tours in Lima.
- **First-class round trip Vistadome or similar train** from Ollantaytambo to Machu Picchu town. Machu Picchu bus service to/from town and the archaeological sanctuary.
- Local and return flight reconfirmation, **in-country airport check-in and luggage assistance.**
- All **accommodations in first-class (4-5 star) hotels** as listed (or at similar hotels) on a shared basis with private bath. Note: As reservations for early arrivals or late departures are not placed at the same time as those for our group space, we may have to use a different hotel for those nights. Advanced bookings are recommended

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if you plan to arrive early or extend your stay. Double beds (king/queen) for couples can be requested in advance, but cannot be guaranteed, as most hotels offer few rooms with double beds.

- All **meals** indicated on the itinerary (B=breakfast; L=lunch; D=dinner). **Vegetarian diets accommodated** on request (advance notification required). For other diets, consult your travel specialist before making a reservation.
- All **guided tours** (as listed) conducted on a private basis (except the Larco Herrera or Gold Museums and Inti Raymi Festival tours, when other Southwind travelers may join for the same tour) by knowledgeable, English-speaking native guides (includes applicable entrance fees).
- A local English-speaking guide/escort is provided for Sacred Valley/Machu Picchu segment (Day 02-06). An assistant guide is provided for groups with 8 or more participants.
- Single Supplement provides single room accommodations in all hotels. Due to the limited number of rooms at the small hotels, there is a maximum of 2 singles allowed per group. If you require single accommodations, making reservations well in advance is recommended.

NOT INCLUDED:

- US domestic, International flights, nor local flights within Peru.
- Local Peruvian airport departure taxes (approx. \$15 per person).
- Five (5) meals at about \$20-30 each.
- Tours or other services not listed on the itinerary.
- Alcoholic beverages nor items of a personal nature; such as clothing, equipment, laundry & phone calls.
- Tips to the local staff.
- Expenses incurred in trip preparation such as, but not limited to, non-refundable airline tickets, travel insurance, and additional expenses resulting from flight delays, schedule changes, cancellations, or missed connections.

TRAVEL INSURANCE: We strongly recommend purchasing a plan to protect your trip investment. Travel insurance helps to cover unexpected events prior to departure causing the need to cancel or change your dates. Weather, geologic events, local strikes, a personal injury/illness to you, family member or your traveling companion could cause interruption or changes to your itinerary, missed connections, delayed arrival, lost/delayed baggage or need for medical attention on the trip or evacuation which is why coverage is important. We recommend the *Worldwide Trip Protector (WTP)* plan offered by Travel Insured International (TII). **Kids 17 and under are free with related adult on the WTP plan.** Information and an application are sent upon receipt of your deposit (sooner if requested). Policies can be purchased securely online at: www.southwindadventures.com/insurance.html. If you, your traveling companion or a family member has a pre-existing medical condition, you should purchase the WTP policy within 21 days of your deposit in order to be reimbursed for non-refundable costs if a recurrence of the condition forces you to cancel your trip (some restrictions apply). Please call our office or visit our website for more information.

EARLY ARRIVAL TO CUSCO: Participants living at sea level and travelers with an extra day of vacation are **strongly encouraged** to arrive to Cusco via an overnight flight and convenient connection in Lima on Day 01 of this Itinerary (e.g., leave home the day prior to Day 01). Not only does this provide a head start on acclimating to the higher elevations, but also allows more time to explore this lovely, historical city and enjoy some of the great shopping that is available in Cusco (11,150'). Another benefit is avoiding a short overnight stay in Lima, a busy city of 8 million people.

OPTIONAL TRIP EXTENSIONS: Travelers with extra days may wish to extend their trip to the Galápagos Islands, Amazon Basin, Lake Titicaca, Northern Peru or the Nazca Lines. All extensions require a minimum of 2 participants. Call our office to request our **2012 Peru: Summary of Trip Extensions** or view them on our website, click on *Trips>World of the Incas>Extend Your Trip*.

ANDEAN GUIDES:

Romulo Lizarraga - Romulo is one of the most knowledgeable, experienced and professional guides in the Andes. This University of Cusco graduate was born in Intihuatana, at the foot of Machu Picchu mountain where his grandfather grew up exploring the region, making Romulo a descendent of the local discoverers of Machu Picchu! Romulo has 24 years of experience in the Peruvian Andes and has co-authored two guide books. He's an avid hiker having led trekking groups throughout the mountain ranges in the Cusco region and beyond. He is married with two daughters and is fluent in Quechua, Spanish and English.

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Rosa Garcia - A mature, caring and enthusiastic guide with 18 years of experience, Rosa has extensive knowledge of the Inca culture and history. She holds a degree in tourism and speaks fluent English. Over the past 13 years that she has worked with Southwind, she has received outstanding comments from travelers of all ages.

Ana Zamalloa, Francis Casapino & Jorge Olivera- each are native bilingual guides with a minimum of 5 years of extensive experience leading tours in the southern Andes of Peru. Their knowledge and caring personalities have led to exceptional reviews, they are among the finest professionals sharing the beauty of Peru with Southwind travelers.

WEATHER: Much of the *World of the Incas* trip takes place where atmospheric conditions can change suddenly. Guests must be prepared for all possibilities ranging from intense sunshine to rain, cold, and/or wind. Generally the **Andean** climate during the months of April-November is clear, dry and cool, but time is included in the cloud-forests on the eastern slopes of the Andes, so **rain should be expected any month**. Brief hail, sleet or snow storms might also occur at the highest elevations at anytime. Andean nights are cold while the days are pleasant and springlike. **Cusco** has daytime highs in the mid 70's and nighttime lows in the upper 30's. The **Sacred Valley** is about 10-15° warmer. The daytime temperatures at **Machu Picchu** are hot (80-85°F) with mild nights (lows around 45-50°F) and the likelihood of rain is high. Expect showers or mist on most departures. The sun is quite intense at these elevations and a good sun hat along with sunscreen is needed to prevent severe sunburn. Insect repellents such as Skintastic or Skin-so-Soft or long pants are a wise choice to guard against the no-see-ums at Machu Picchu.

ESTIMATED AIRFARE: The Land Cost DOES NOT INCLUDE ANY FLIGHTS. Round-trip **international** air from US gateways (New York, Los Angeles, Miami, Houston, Atlanta) is approximately \$800-\$1,000 per person. Airlines offering service to Lima include American, United/Continental, Delta and LAN. **In-country flights** on Lan Peru are estimated at \$400 per person for Lima-Cusco-Lima. Upon receipt of your deposit, Southwind will send you more information about booking your flights to match your land itinerary.

✉ Southwind will need your flight schedule 45 days prior to departure to arrange transfers. It is important to **NOT** purchase any airline tickets until your trip is guaranteed to operate. Southwind sends a trip confirmation letter once a trip is guaranteed, you can also call to check the status of your departure.

HOW TO SIGN UP: Submit Southwind's Trip Reservation Form along with a \$1,000 per person per trip deposit (by check or credit card). The form and deposit can be completed securely online at www.southwindadventures.com by clicking on "Book a Trip" at the top of our homepage. If you prefer, you can print the Trip Reservation Form and mail/fax it to our office with your deposit. You can also call us at 1-800-377-9463 to make payment arrangements (**your deposit will be charged and your reservation confirmed once we receive your Trip Reservation Form**).

Due to the popularity of Cusco & Machu Picchu, we recommend making reservations at least 4 months in advance. Once your trip is guaranteed to operate, you will receive a comprehensive pre-departure planning packet.

Land Balance: Final payment is due at 90 days by Visa, Mastercard, Discover, American Express or check. You will receive a trip invoice indicating your balance due. Provided services and space are available, reservations can be accepted up to 21 days before departure.

Cancellation Fees and other policies are outlined under the 2012 Terms & Conditions on Southwind's website (click [Book a Trip](#)>2012 Terms & Conditions).

Save! Early Sign-up Discounts

Sign up 10 months in advance for **10% savings** per person*
Save **4% to 9%** for booking 4 to 9 months in advance respectively
Call **1-800-377-9463** for details, questions or to make a reservation

www.southwindadventures.com

*Discounts are calculated on the lowest published 2012 land cost

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