





SPECIALTY TOUR FOR SOLO FEMALE TRAVELLERS!
VISITING: Lima - Sacred Valley - Cusco - Machu Picchu

# **ITINERARY**

### DAY 01: TREKKERS & NON-TREKKERS: ARRIVAL IN LIMA: BARRANCO ART & BOHEMIAN DISTRICT

Welcome to Lima. Founded in 1535 by the Spanish Conquistador Francisco Pizarro, this colonial city became the political and military capital of the New World until it was declared the capital of Peru in 1821.

Lima is love at first sight. Not only because it is the only South American capital built on the Pacific coast, but also because of its long and noble history.

To wander through its historic center, a World Heritage Site, is to commune with both the past and the present. Its beautiful squares and monuments; its imposing mansion houses with their colonial and republican balconies; its many churches filled with priceless works of art; and its restaurants and bars offering countless traditional experiences and flavors, are just some of the options that can be enjoyed on foot.

Upon arrival, a host will meet and assist you in transferring to the hotel and help you in registering.

In the afternoon, you will visit the artsy and bohemian neighborhood of Lima. Be amazing by its beautiful murals that make Barranco such a colorful and trendy place. Also, make a wish at "the bridge of sighs" and visit its wonderful Plaza.

You will have the opportunity to visit the new museum of urban art: Jade Museum. Jade Rivera was born in Huancayo in 1983. He is a plastic artist, muralist, researcher of techniques and a constant apprentice. His work focuses on representing situations of daily and cultural life. Jade understands that the street is a communication tool and that the murals are codes of reflection between the passer-by and the wall, with the main purpose of raising questions in the viewer but not giving answers.

Motivated by the language of the mural, he supports and strengthens his graphics with a strong admiration for the animal and visual poetry. Throughout all these years Jade has gone through different creative stages, ranging from his beginnings in graffiti and muralism to his works in oil paintings and sculpture.

He, along with his team, had the idea of creating a museum that tells a little about all these stages, bringing together more than 90 pieces between photographs and original works in different formats and supports to create a journey through his 20 years of experience, works which will be exhibited for the first time to the public jointly and permanently.

#### Dinner at Huaca Pucllana Restaurant

Delicious refined Peruvian cuisine right next to the Huaca Pucliana archaeological complex. The décor is elegant, with pre-Colombian pieces. This classic destination on the Lima gourmet circuit offers many excellent Peruvian ingredients: meat, fish shellfish and innumerable vegetables, prepared in accordance with our gastronomic tradition and with contributions from international cuisine.

### Overnight at Pullman Miraflores Hotel, Standard Room (B,D)

### DAY 02: TREKKERS & NON-TREKKERS: LIMA: CULTURE AND HISTORY IN THE CITY OF KINGS

Today, we head downtown to the colonial area of the city to visit the most important historical sites and monuments. First, we go to the Plaza de Armas where you will see the Government Palace, the Cathedral built on site where the first major church in Lima once stood.

Visit Casa de Aliaga stands on land given in 1535 to Jerónimo de Aliaga, one of Pizarro's followers, occupied by 16 generations of his descendants. It may not look like much from the outside, but the interiors are exquisite, with vintage furnishings and tile work. When conquistador Francisco Pizarro founded the capital city on Jan. 18, 1535, he gave the plot adjacent to the Government Palace to his trusted ally Jerónimo de Aliaga. Eighteen generations of the Aliaga family have resided in the same mansion ever since. The house has been renovated over the years after many earthquakes and changes in architectural trends; however, the mansion has now served for almost five centuries as an integral part of Lima's colonial history.

The casa de Aliaga is the oldest house in the Americas. Jerónimo's descendants live in a modern annex, but much of the original main house is on display. The Casa de Aliaga houses an extensive collection of Peruvian art and artifacts, including the sword Jerónimo de Aliaga used in the conquest of Peru, and reflects various eras of decor dating back centuries. Walking through the house's heavy wooden doors means stepping back into the past.

#### Lunch at Café del Museo

A space surrounded by gardens where you can enjoy a unique mixture of culture, history, modernity, and good food.

After lunch, we continue with the visit to the Larco Archaeological Museum located in a unique vice-royal mansion of the 18th century built over a 7th century pre-Columbian pyramid that exhibits the world's largest private collection of pre-Columbian art boasting an astonishing array of gold, silver, semi-precious stones.

Founded in 1926, the Larco Museum showcases remarkable chronological galleries providing an excellent overview on 3000 years of development of Peruvian pre-Columbian history. Its masterpieces are considered worldwide icons of Pre-Columbian art, after being exhibited in the world's leading museums.

# Overnight at Pullman Miraflores Hotel, Standard Room (B,L)

# DAY 03 : TREKKERS & NON-TREKKERS: LIMA / CUSCO / SACRED VALLEY: LOCAL COMMUNITY ENCOUNTER

Transfer to the airport for your flight to Cusco, at an elevation of 11,440 feet. To help manage and acclimate to

the high altitude, we transfer down to the Sacred Valley at 8,200 feet of altitude. The Urubamba Valley is a laid-back valley with a very pleasant climate perfectly suited for farming. Ancient ruins, gentle mountain slopes and scattered farming towns define the valley.

On the way, you will be transferred to a local community. Upon arrival, you will be greeted by an amazing community reception with traditional music and beautiful Incan flowers (kantu).

Later, immerse yourself in the rich culinary and cultural traditions of the Peruvian Andes with the Yachaqs community, guardians of ancient wisdom and sustainable living. This immersive experience begins with a walk through the fields, where you'll learn about traditional farming techniques and native crops that have nourished Andean communities for generations.

Side by side with local families, you'll prepare traditional dishes using time-honored methods—grinding grains by hand, cooking over wood-fired stoves, and blending native herbs and spices. Savor flavors like oca, mashua, quinoa, and huacatay in an authentic, communal lunch shared with your hosts.

After the meal, participate in a traditional Pago a la Tierra (Offering to the Earth), a sacred Andean ritual of gratitude and connection to Pachamama. Led by a community elder, this ceremony is a powerful moment of reflection and spiritual harmony.

More than a culinary activity, this is a journey into the heart of Andean identity, where food, land, and tradition come together in a meaningful cultural exchange. Dinner at the hotel.

### Overnight at Sonesta Posada del Inca Yucay Hotel, Standard Room (B,L,D)

# DAY 04: TREKKERS & NON-TREKKERS: SACRED VALLEY: MARAS, MORAY AND OLLANTAYTAM-BO FORTRESS

Morning excursion to the Inca agricultural experimental center of Moray where circular agricultural terraces, or "muyus" were excavated from the earth to create different microclimates, as part of what is said to have been an Inca agricultural research station, enabled the Incas to grow more than 250 plant species. We continued to Maras. This otherwise modest village is proud to offer the world an invaluable treasure, in the form of the famous Maras salt. These saltpans create an impressive spectacle: hundreds of pure white pools, around which it is possible to walk. And local people offer every imaginable product made from this precious salt, even chocolates!

### Lunch at Wayra Ranch

Today, our lunch is served at the outdoor terrace of Wayra Restaurant. Murals, sculptures, fireplaces, timber floors, stonework, and hand-painted woodcarvings in both the Dining Room and Lounge, as prelude to Chef Nacho Selis' Andean cuisine honoring the wealth of naturally organic ingredients first harvested here in the bountiful Sacred Valley by the ancient Incas. Entertainment is included in the form of a Peruvian paso horse display with the excellently groomed horses from the property itself.

After lunch, our tour continues to Ollantaytambo, an ancient fortress of temples and terraces that tower over the valley. Once a military, religious and agricultural center of the Incas, this place dazzles with its platforms and its perfect stone carvings. A site that is believed to have been a refuge area for the Inca royalty. When visiting Ollantaytambo, you are amazed at its imposing buildings of more than four meters high, so it is inevitable to wonder how the Incas managed to transport and lift huge rocks from areas not so close; a sample of the engineering masterpiece that characterized this civilization.

#### Overnight at Sonesta Posada del Inca Yucay Hotel, Standard Room (B,L)

# DAY 05 : TREKKERS & NON-TREKKERS: SACRED VALLEY: OUTDOOR ESCAPE AT PIURAY LAGOON

Enjoy a unique experience on the shores of a beautiful Andean lagoon with wonderful views, surrounded by nature and activities that have a positive impact on health and soul. Find the wellness and peace that we need nowadays and pamper your senses connecting with nature.

We start with the transfer to the shores of Piuray lagoon, where there waiting for us are hot drinks, water, and snacks (fruits and other light snacks). We start with a welcome briefing followed by stretching session to warm up. Then you will be able to choose between one of the water activities:

- Kayak
- Stand Up Paddle
- Stand Up Paddle Yoga

After this amazing nature connection you will enjoy a textile demonstration. Guided by local women, you will learn the different stages of the textile process and the details that go into this incredible tradition. You will see and learn from the thousand-year-old textile culture of the community of Pongobamba. Later, enjoy a delightful picnic-style lunch, set against the stunning natural backdrop of the Piuray lagoon. Surrounded by lush gardens and Andean mountains, this open-air experience combines fresh local flavors with a serene, picturesque setting.

After lunch, take part in a fun and meaningful cultural workshop: painting your own Torito de Pucará, the iconic ceramic bull that symbolizes protection, prosperity, and happiness in Andean tradition. Guided by local artisans, you'll learn about the history and symbolism of the torito and decorate one to take home as a unique souvenir of your journey. This experience is perfect to connect with Peruvian culture in a creative and relaxing way.

Overnight at Sonesta Posada del Inca Yucay Hotel, Standard Room (B,L)

# DAY 06 : TREKKERS & NON-TREKKERS: SACRED VALLEY / SHORT INCA TRAIL TO MACHU PICCHU

#### TREKKERS PROGRAM:

Morning transfer to the train station to board the Vistadome Train to KM 104. At this point and after we check in at the ranges control, we will start trekking for approximately 3 hours, up to the well-preserved remains of Wiñay Wayna (9512 ft). On the way, we will see beautiful waterfalls.

After a box lunch, we will continue walking until reach the Inti Punku, which is very well known as the sun gate. From the sun gate, we get our first sight of Machu Picchu. We finally cross the ridge that leads to our destination, and the full sight of the greatest archaeological discovery of modern times is reveled. We catch the bus down to Aguas Calientes to meet the rest of the group and enjoy dinner at hotel.

#### **NON-TREKKERS PROGRAM:**

Morning transfer to the train station to board the Vistadome Train traveling through the Urubamba Valley to Machu Picchu often dubbed the "Lost City" of the Incas. Perched 8,200 feet above the valley, this significant archaeological find is situated along remote mountains, amid a semi-tropical

jungle and therefore was hidden for 400 years until discovered in 1911 by Hiram Bingham of Yale University.

Upon arrival in the town of Aguas Calientes we transfer to Café Inkaterra Restaurant for lunch. Rest of the day is at leisure to enjoy the hotel facilities or to walk around the town, while waiting for the arrival of the trekkers group to enjoy dinner at the hotel.

# Overnight at Tierra Viva Machu Picchu Hotel, Standard Room (B,L,D)

# DAY 07: TREKKERS & NON-TREKKERS: MACHU PICCHU / CUSCO

Morning transfer to the bus station and begin this phase of our adventure aboard the minibus that makes an awe-inspiring ascent to the ancient citadel to explore the temples, altars and more than 200 buildings. Standing at the top of a steep, forested hill overlooking the Urubamba River, the citadel was hidden by dense vegetation for centuries until Hiram Bingham began to clear the site. Today the city has been completely restored and even if it has lost some of its mystery it remains an unforgettable sight. The tour includes visits to the temples, plazas, palaces, watercourses and residential areas. Lunch is included. Afternoon train ride back to Cusco and transfer to hotel.

In the evening, enjoy a presentation at Planetarium Cusco where you will enjoy an introduction to Inca astronomy in the interpretation rooms, a virtual projection of the southern sky and Inka constellations in the dome to finalize stargazing with telescope (depending on weather conditions). Dinner at hotel.

### Overnight at Los Portales Cusco Hotel, Standard Room (B,L,D)

### DAY 08: TREKKERS & NON-TREKKERS: CUSCO: CITY TOUR AND SURROUNDINGS

Spend half a day touring around the city of Cusco, declared a World Heritage Site by Unesco and home to a somewhat particular essence. The tour will start at the Koricancha temple, an ancient Inca palace and main worship center of the Sun God, where the order of the Dominicans built an incredible church that can still be seen there.

Then, you will tour the Plaza de Armas, where the Cathedral and the beautiful Church of the Society of Jesus, among other colonial buildings, are located. Later you will visit the neighborhood

of San Blas, filled with narrow typical streets, charming small homes, galleries and craft workshops, where you see local artisans at work.

Later, visit the fortress of Sacsayhuaman, an Inca building known for its massive walls of hewn stone, located in a strategic location, on a hill, with a broad view of the city of Cusco. Continue visiting the important archaeological complexes of Qenko, Puca Pucara and the royal baths of Tambomachay.

### Lunch at KION Chinese Restaurant

Enjoy a delightful lunch at KION, Cusco's premier Chinese Peruvian fusion restaurant. Located in the heart of the city, KION offers an elegant yet cozy atmosphere where traditional Chifa cuisine (a unique blend of Chinese and Peruvian flavors) takes center stage.

Savor a variety of authentic dishes, from flavorful dim sum and crispy spring rolls to signature stir-fries and succulent roasted meats. Don't miss the classic chaufa (Peruvian-style fried rice) or the lomo saltado Chifa, a delicious twist on a Peruvian favorite. Complement your meal with a refreshing pisco-based cocktail or a traditional jasmine tea.

With its stylish ambiance and expertly crafted flavors, lunch at KION promises a unique culinary experience that

showcases the fusion of two rich gastronomic traditions.

Dinner & Folkloric Show at Tunupa Restaurant

Enjoy an unforgettable evening at Tunupa Restaurant, where delicious cuisine meets vibrant cultural expression. Located in the heart of Cusco, this renowned restaurant offers a delightful buffet featuring a wide array of traditional Peruvian dishes, from fresh ceviche and savory alpaca to indulgent desserts inspired by Andean flavors.

As you dine, immerse yourself in the rich traditions of Peru with a spectacular folkloric show. Talented performers in colorful, authentic costumes present captivating dances and live music from various regions of the country. The lively rhythms of traditional instruments, such as the charango and panpipes, bring the culture of the Andes to life in an engaging and entertaining performance. This dinner experience combines culinary excellence with cultural immersion, offering a perfect way to end your day in the magical city of Cusco.

Overnight at Los Portales Cusco Hotel, Standard Room (B,L,D)

### DAY 09: TREKKERS & NON-TREKKERS: CUSCO: ENRICHING LIVES EXCLUSIVE PROJECT / LIMA

Today you will be transferred to a local community to learn about Enriching Lives Exclusive project. Here, you will have a glimpse of the heart-warming experience of "purpose-driven tourism." You will be able to interact with the children of this remote, mountain community and to bring badly needed supplies to this village such as coats, blankets, clothing and school supplies. You can also donate directly to this village and see the immediate results of giving back. Tourcan Vacations also donates \$10 per booking towards all our Enriching Lives projects. Further details on how you can help, can be found by visiting www.enrichinglivesinternational.com Box Lunch is included.

Late afternoon transfer to the airport for your flight to Lima. Upon arrival, a host will meet and assist you in transferring to the hotel and help you in registering. Dinner at the hotel.

Overnight at Holiday Inn Lima Airport Hotel (B,BL,D)

Day 10: TREKKERS & NON-TREKKERS: LIMA / HOME

Transfer to the airport to take your international flight back home (B)

# FOR ADDITIONAL INFORMATION AND RESERVATIONS CONTACT YOUR TRAVEL AGENT OR:



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