

Peru Journey *Mythic Origins, Transcendence and Oracles*

Mountain Spirits and the Birthplace of the Inka



OFFERED BY GOLDEN LIGHT HEALING AND RAINBOW JAGUAR INSTITUTE

JANUARY 17-28, 2027

Dear Participants,

We welcome you to this wonderful Altomesayok Research Journey. Join Rainbow Jaguar Institute and Golden Light Healing in an exploration of the vast spiritual traditions of the Andes. The Altomesayok Journey is a highly specialized spiritual pilgrimage and is open only to Mesa Carriers. The elusive Altomesayok shamans are legendary for their ability to summon and materialize spirits for healing and consultation. For millennia, the Mountain Spirits have been central to the unbroken lineage of Andean shamans.

In the 1500s, as the colonization of the Americas began, highly organized oracular traditions were found throughout the Andean region. Conquistadors and priests witnessed and chronicled a large and sophisticated spiritual cosmology among the diverse populations living across the contrasting topographies of Peru. Radial energy lines emerging from the Qoricancha, the “Enclosure of Light” in Cusco, wove together a vast network of wak’as—sacred places including holy mountains, temples, and lakes.

Today, along these energy lines, or cekes, there remain countless traces of the once-renowned Talking Oracles described in early chronicles. The Island of the Sun on Lake Titikaka is one of the most celebrated oracular sites of the Andes. The island of Amantani is likely one of the most authentic surviving remnants of the ancient oracular traditions. The elder Q’ero shaman Don Manuel Quispe and his people were instrumental in keeping the nearly extinct Oracle– Altomesayok tradition alive.

We invite you to retrace the mythic journey of emergence and power followed by shamans, mystics, and visionaries—from the City of Light, Cusco, to Lake Titikaka. Known as the Jaguar City, Cusco is one of the oldest continuously inhabited cities in the Americas. Timeless temples and palaces stand as a living legacy of the magnificent blending of Inka and Spanish architecture.

Our Healing Center in Maras will serve as our hub for the first leg of the journey, offering stunning views, comfort, and quiet spaces for reflection. Our days will be filled with dialogues with our beloved Apus, the Mountain Spirits. We will spend time in healing ceremonies, teachings, and visits to extraordinary sacred sites filled with spiritual meaning and magic. With the guidance of the powerful Mountain Spirits and our shaman companions, we will learn about the rich body of knowledge of the Inka tradition.

We then journey to Lake Titikaka, the mythical birthplace of the Inka. Along the shores of the lake we encounter stunning sacred sites while exploring the myths, traditions, and ways of life of the people who live there. We visit the floating reed islands of the Uru people, whose myth of origin points to the stars. Taquile and Amantani are among the most picturesque and colorful islands on the lake, where traditions and clothing have changed little since Inka times. For two nights we will be guests in the simple yet warm homes of island families, spending time with locals and learning about their rich traditions while surrounded by the magnificent vistas of the lake.

We will also visit one of the most celebrated Madonnas of the Andes, Mamacha Candelaria in Puno. This syncretic Goddess of the Andes attracts vast numbers of devoted pilgrims seeking renewal, healing, and fertility. Each February, for eight days, the city fills with thousands of pilgrims from across the region and beyond. Highly organized brotherhoods lead the celebrations with hundreds of colorful dancers and marching bands in an extraordinary display of devotion and cultural heritage.

There are many activities listed in the itinerary such as walks, meditations, or ceremonies. We’ll go for excursions to different power sites along the Sacred Valley. The Mountain Spirits will dispense the knowledge and instructions for the different outdoor visits and rituals. We’ll try to be as flexible as possible to their suggestions. Also, what is listed in the itinerary might change due to weather. January has intermittent rains and sometimes mini summers with great weather.

PROPOSED ITINERARY

Sunday, January 17 USA/LIMA/CUSCO/MARAS

Upon landing in Cusco, we'll pick you up and drive to our Healing Lodge in Maras between the Sacred Valley and Cusco. If you have arrived before the 18th meet us at Maras Tambo by noon.

- Morning arrival in Cusco. Once we meet at the airport (10am) we'll drive you to our Mountain Lodge 1.5 hour away. The Lodge overlooks the Sacred Valley across from the stunning Urubamba Mountain range.
- Afternoon introductions and opening ceremonies.
- Our casitas are comfortable with stunning views of the mountains above the Sacred Valley
- We have an expert kitchen crew that will delight your palates with delicious Peruvian food.
- Fire Ceremony.
- L, D

Monday, January 18 MARAS

- Morning introduction into the world of the Apus of Peru and ceremony with the winged beings of the Altomesayok shamans (We'll meet either Aleja, Juanito, or Henry)
- Afternoon processing and walking meditation to Chakikata across from the village of Maras or hike to the top of Apu Aywayru behind our Mountain Lodge. Despacho Ceremony
- Fire Ceremony
- B, L, D

Tuesday, January 19 MARAS/CHINCHERO/MARAS

- morning visit and dialogue with one of the Altomesayoks and their spirit benefactors
- After lunch we go for a drive and visit the Talking Wakas at Chinchero.
- The sacred site and the village below have been continuously inhabited for the last 3,000 years. They say the mountain deities still visit the many stone altars and locals can hear their murmuring medicine. We'll stroll on the stone cobbled streets in the old village exhibiting Inca and colonial architecture as we visit local women weavers.
- B, L, D

Wednesday, January 20 MARAS/OLLANTAYTAMBO/MORAY/MARAS

- After breakfast we drive to Ollantaytambo to the fabled Temple of the Winds
- The archeological site contains keys features into the understanding of the Oracle system of the Inka. The stone work found in temples, ritual baths, and alignment to celestial bodies is extraordinary. Our guides will share volumes of valuable information in regards to our own journey and initiation.
- After lunch, we visit the Temple to the Andean Goddess at Moray. The gigantic concentric terraces are a feat of engineering and agricultural success.
- Free evening

- B, L, D

Thursday, January 21 MARAS/TIOBAMBA/MARAS

- In the morning, we have another chance to deepen our dialogue with the mountain spirits
- After lunch, we go for a meditation walk to the plains of Tiobamba church and walk through the village of Maras stopping at different sacred places.
- Evening Fire Ceremony
- B, L, D

Friday, January 22 QENTI QENTIYOK/ MARAS

- Full day outing to Qenti Qentiyok (Temple of Hummingbird) for ceremonies and meditations.
- The old temple nestled between mountains has a commanding view of the Anta plateau surrounded by extensive terracing. The ceremonial place comprises rock altars, old water fountains, and terraces in the shape of a flying hummingbird.
- Despacho Ceremony with Pampamesayoks
- Late afternoon return to the Lodge
- Despacho Fire Ceremony
- B, Picnic L, D

Saturday, January 23 MARAS/TIPON/MARAS

- Early breakfast, then we have a full day outing visiting the magnificent Inca archeological site of Tipon. This site is home to many ruins.
- Fire Ceremony
- B, Picnic L, D

Sunday, January 24 MARAS/CUSCO/JULIACA/PUNO

- Early morning departure by bus to Puno on the shores of Lake Titikaka.
- Along the way, we stop at the “Sistine Chapel of the Andes” at Andahuaylillas. The colonial church displays a masterful indigenous baroque in extensive frescoes and oils. For the keen eyes, one can appreciate the syncretic dance of sacred symbols and entities of European and Andean cosmologies.
- We stop at the extensive Temple of Wiracocha at Raqchi, one of the most important oracles in the Andes. The site is dotted with quarters for pilgrims and priests, ritual baths, an artificial lake, and terracing.
- After lunch, we continue our drive as we climb onto the high Collao plateau. We drive past colorful villages and stop at Pukara and enjoy a short visit to the old Puma Temple and museum of pre-Inca cultures.
- We arrive in Puno before sunset and settle in our centrally located hotel
- Dinner on your own
- B, Box Lunch

Monday, January 25 PUNO/URUS ISLANDS/AMANTANI

- Morning boat ride to the Island of Amantani. Along the way we stop at the colorful floating reed islands of the Uru people. The disseminated small islands are vibrant and pretty. The ingenuity of the Uru regarding the multiple uses of the lake's reeds is remarkable and more so their worldview and survival.
- Once at Amantani, our hosts help us with our luggage and climb up the hill to their homes with stunning views of the lake. The accommodations are basic but beautiful.
- In the afternoon we hike to the top of the island for a glorious sunset.
- Dinner and talks to learn the islanders way of life and Cosmovision
- B, L, D

Tuesday, January 26 AMANTANI

- Morning hike to one of the many secluded beaches for Ceremonies and Rites of passage along our shaman companions. We spend the whole morning dedicated to our spiritual journey.
- Lunch
- Afternoon "Sweet Despacho" to the Mother of the Waters.
- Dinner
- Fire Ceremony
- B, L, D

Wednesday, January 27 AMANTANI/PUNO

- Morning departure from the island and noon arrival in Puno.
- Lunch in a typical restaurant of the city
- Afternoon visit to Cutimbo, a wonderful ancient shrine and cemetery of kings and shamans.
- Dinner on your own
- B, L

Thursday, January 28 MARAS/CUSCO/LIMA/USA

- Morning free for packing or last minute shopping.
- Afternoon drive to the airport at Juliaca to take flights to Lima and connecting flights.
- Lunch on your own
- B

B = Breakfast, L = Lunch, D = Dinner

Itinerary Subject to change at the discretion of GLH, RJI, and spirit. ☺

TOUR PRICE

\$4400/person land costs (airfare not included) based on double occupancy.

Single occupancy accommodation is available for an additional \$695.

We will try to pair you up with a roommate if you are traveling alone and want to take advantage of the double rate occupancy. Early registration will help to facilitate this process, but we cannot guarantee it. If by the final payment date, we have not been able to match you with a suitable roommate, you will be responsible to pay for the single supplement. If you are traveling with someone and wish to room with them, please list their name on the registration form.

PAYMENT

Upon completion of registration, we will email you an invoice for any balance due. You can use the link to make payments over time with balance due 60-days prior to trip start date. You may also send a check to the address listed on the invoice.

Inclusions

- Transportation throughout by private motor coach.
- All Lodge accommodations based on double or triple occupancy.
- Meals as detailed in itinerary.
- All airport group transfers and baggage handling.
- All entrance fees to archeological sites as outlined in program.
- Activities including talks and ceremonies by renowned Medicine People.
- Services of Rainbow Jaguar tour leader and staff.

Exclusions

- Meals not specified in the detailed itinerary of the tour.
- US domestic, International or flights within Peru.
- Transfers for independent arrival or departure.
- Additional hotel nights made necessary by airline schedule changes or other factors
- Traveler's insurance.
- Cost of medical immunizations (if any).
- Items of a personal nature (liquor, laundry, toiletries, phone calls, etc.)
- Single supplement charge, if requested. (\$695 extra). Note: While visiting Huchuyqosqo or other outing, there won't be single supplements. The accommodations are basic and many of the rural casitas have triple or quadruple beds. However, we'll try to find you a single room wherever possible.
- Optional gratuities

PERU TRIP TERMS AND CONDITIONS

A minimum of 16 participants is required for this tour to operate. If the trip is cancelled due to insufficient number of participants you will receive a refund of your land costs paid to Golden Light Healing LLC. All reservations are subject to availability. Please note: This tour requires a fair amount of walking, and participants will need a medium fitness level to fully participate. Persons with health or psychiatric problems may find this program physically or mentally trying. We recommend that in case of doubt, a physician or mental health professional be consulted.

CANCELLATIONS & REFUNDS

- Written cancellation notice is required. Cancellations after payment of the deposit or balance are subject to the following penalties:
- greater than 60 days--\$500 initial deposit is forfeited.
- between 60-31 days—50% of the total tour price is forfeited.
- 30 days or less—100% of total tour price is forfeited.

REFUNDS FOR UNUSED SERVICES

No refunds will be made for no-shows or any other unused services irrespective of whether they form part of the inclusive tour price or are in respect of pre-booked optional arrangements.

TRAVEL INSURANCE

Travel Insurance is strongly recommended to provide coverage for loss of deposit, cancellation fees, lost baggage, medical expenses, and other potential travel-related losses in certain circumstances. We strongly recommend you purchase Traveler's Insurance that covers the cost of both the flight and the trip. This is not just for trip cancellation or delays, but they typically offer Medical Insurance as most people's health insurance DOES NOT cover you when you are out of the country. It can be very costly if you need medical care and do not have health insurance coverage. Most travel insurance companies require purchase of travel insurance at the time of your initial travel reservation or shortly thereafter. **You will get the best coverage if you apply for this within a few days of your trip deposit.** The scope of coverage is subject to the terms and conditions of the insurance policy. Golden Light Healing LLC is not responsible for air tickets or additional travel arrangements booked through any source. Cancellations due to travel advisories, acts of war or terrorism, acts of God, Natural disasters, strikes, technical problems, pandemic, war, political upheaval, or any other circumstances outside the control of Golden Light Healing LLC are not the responsibility of Golden Light Healing LLC. Cancellations for any of these reasons will not be eligible for any form of refund.

RESPONSIBILITY CLAUSE

By agreeing to utilize the services of Golden Light Healing, the tour participant agrees that neither Golden Light Healing LLC, nor Tiffany Dorton nor its' affiliates will be liable as per the terms and conditions stated herein. Golden Light Healing is not responsible for any changes in schedule, strikes, delays, acts of governments, acts of God, fires, riots, theft, pilferage, epidemics, quarantine, medical or customs regulations, accident, loss, injury, or damage to you or to those travelling with you, in connection with any accommodation, transportation or any other

services, resulting directly or indirectly from any occurrence or conditions beyond its control, including defects in vehicles, breakdown in equipment, thefts, delays or cancellation. Neither shall be liable for any delay, inconvenience, loss of employment, upset, disappointment, distress, or frustration, whether physical or mental, resulting from the act or omission of Golden Light Healing LLC. In addition, neither Golden Light Healing LLC, nor Tiffany Dorton shall be liable for any damage, loss, claim, cost, or expense arising out of personal injury, accident, death, loss, damage or delay of baggage or other property.

Golden Light Healing LLC cannot be held responsible for the late arrival of passengers at airports or resorts due to weather, acts of God or any other incident outside their control, nor are they to be held liable for payment or any refund for unused hotel accommodation or meals occasioned by such late arrivals. Golden Light Healing LLC and suppliers contracted for services reserve the right to refuse to accept or retain any person whose behavior is deemed likely to affect the smooth operations of a tour or adversely affect the enjoyment or safety of other passengers. Golden Light Healing LLC, its agents, and suppliers shall be under no liability to any such person for refund, compensation, repatriation, or any other matters arising. Golden Light Healing LLC is not responsible for circumstances beyond its control including trip cancellations resulting from the inability for journeys to depart as scheduled, such as cancellations due to acts of war and/or terrorism, war, God, or nature.

Participants are also required to sign a Release Form with Rainbow Jaguar LLC when in Peru before the journey begins.

PRIVACY POLICY

Golden Light Healing LLC recognizes that privacy is important. In order to provide you with the services that we offer, we will collect some personal information from you which will only be used to facilitate your travel with us and will never be sold, rented or given to any third parties other than airlines, hotels and ground handlers who partner with us in providing you travel services, and then only for the purposes of your trip. We will always safeguard your personal information to the best of our ability. We will also need to collect payment information to process checks and/or credit cards. This information will only be collected through secure means using proven third-party tools and will not be stored or retained. Golden Light Healing LLC reserves the right to use photographs taken during the trip for use on its website, Facebook, or other promotional materials.

Peru Travel Information

JANUARY 17-28, 2027

PLANNING YOUR FLIGHTS & ARRIVAL IN PERU

Choose “one-way” itinerary. Book your international flight from your home airport to/from Cusco (CUZ) leaving home on **January 16** and arriving in Cusco by 10:00AM on the morning of January 17. Book the return flight from Juliaca (JUL-Inca Manco Capac Intl.) to your home airport **leaving Juliaca at 1:50pm on January 28**. Please do not book an earlier flight as we will need to all leave to go to the airport at the same time.

When you arrive in Lima you will go through Customs/Immigration and gather your baggage even though your ticket may say you go all the way to Cusco. You will have to check-in again with the airline that is flying you to Cusco for your flight, go through domestic security, and then board your plane to Cusco in the Domestic Concourse.

If you have a long layover in Lima, you may choose to spend the night at a local hotel close to the airport (on your own). We suggest <https://www.wyndhamhotels.com/wyndham-grand/lima-peru/wyndham-grand-costa-del-sol-lima-airport/overview> . You access it by the skywalk at the airport on the 2nd floor.

If you arrive at Lima extremely late in the evening or in the early morning hours, you may choose to stay right in the airport. The shops and restaurants in the Lima Airport stay open all night and there is also a place to receive wonderful chair massages at a reasonable price.

Rainbow Jaguar staff in Cusco will be facilitating all hotel/airport transfers for group arrivals into Cusco as scheduled in Tour Itinerary on January 17th. You will be picked up at the Cusco airport at 10:00AM and as a group will be driven via coach bus to our accommodations at Rainbow Jaguar Healing Institute in Maras. At arrival in Cusco our staff people will be waiting for you with a Golden Light Healing placard outside the airport exit. Make sure your luggage has a distinctive label, coloured yarn or ribbon for easy recognition at airports and hotels. There will be porters who will put the groups luggage on a dolly and take it to the bus. It is customary to tip \$1-\$2/piece of luggage.

Occasionally, some flights will be delayed. Please text Tiffany on WhatsApp if your flight is delayed. Please understand that we will need to collect all the participants before the coach can leave the city and we cannot make separate trips to Maras.

Some participants like to go a day or more early on their own and stay in the Sacred Valley to get acclimated to the altitude as it is much lower than Cusco or Maras. For those wanting to go early, you will make the same type of flight arrangements but leave a day/s earlier. Taxis are available at the airport which can bring you to the Sacred Valley or your hotel can set up a taxi pickup. Be sure to negotiate the price before you take off.

If you would like to set up an optional trip to Machu Picchu before or after the trip you can do that on your own or our ground operator can arrange it for you (you will pay her directly). Contact: Ms Ita Choque, or WhatsApp her at 51-984-608-063 (preferred) or E-mail rainbowjaguar@gmail.com

PASSPORT

A valid passport is required for entry into Peru, and a ninety-day visa is given to US citizens automatically upon entry. For US Citizens, you can go to the web site at <http://www.travel.state.gov/passport> for renewing your passport or go to your local post office to obtain one. **Make sure your passport is not due to expire within 6-months of your departure from Peru.** You will want to carry a second form of photo ID, such as a driver's license, and have a photocopy of the personal data page of your passport. The copy of your passport is the easiest way to prove your identity if you were to lose your passport. If you are traveling with a passport from a different country other than the USA, you can also check the requirements for each country by logging onto www.peru.embassyhomepage.com.

CONTACT NUMBERS

The phone numbers of Rainbow Jaguar's Peru office is WhatsApp 51-984-608063. E-mail rainbowjaguar@gmail.com. Ms Ita Choque oversees manning all operations and any requests should be addressed to her at the email or WhatsApp number above. Please advise your families that in case of emergency at home to use the above number.

FORMS

We will email you a **Travel Information Form** that will need to be sent to us at least 60 days prior to this trip with your Flight Itinerary, Emergency Contact and Dietary Needs.

HEALTH

We will be hiking at elevations of 9,000 - 14,000 ft. The altitude will challenge our bodies, and it will be important that your condition in general be good for your enjoyment of the journey. We suggest that you begin an exercise regimen through walks, aerobics, hikes, cycling, etc. Good physical condition is no guarantee against altitude sickness. Symptoms vary from dizziness, headaches, sleeplessness, lack of appetite, and shortness of breath, to the more severe and dangerous symptoms of high altitude pulmonary or cerebral edema. Anyone with a history of lung or heart disease, other serious medical problems, or a history of severe reactions at high altitudes should not undertake such a journey. You may want to work with *your* healthcare provider about receiving altitude sickness pills or other medications if this is a concern for you.

CLIMATE

The high mountains where we will be traveling only have two seasons: rainy and dry. From November through March is the summer rainy season. Daytime temperatures fluctuate between 60-75 degrees and nighttime 40-50 degrees. Make sure you have enough warm layers and rain gear. In the mountain villages, the temperatures are considerably colder.

MONEY

The Peruvian Sol has been stable for the past few years. The current exchange rate is roughly 3.6 Soles per 1 US Dollar. You can get soles ahead of time through your bank, get them at currency exchange kiosks in the airport in Lima, or get them out of ATM machines at the airport and around the country (however we are not by them every day). **Be sure to contact your bank and credit card company before coming to the country to inform them that you will be traveling abroad and to make sure you have access to foreign ATMs and check with your lender about fees when using ATM machines.**

MEDICAL

No immunizations at time of writing are required for travel in Peru in the high mountains. It is your responsibility to check on what you may need or want by visiting the CDC web site for US government information and recommendations about traveling to Peru in the mountains and Cusco region, particularly related to the latest COVID requirements. <http://wwwnc.cdc.gov/travel/destinations/traveler/none/peru> If you take any prescription medicines, make sure to bring enough for your travels. Containers should be clearly labeled with prescription forms to avoid problems at customs.

PERSONAL HEALTH

It is important that you let Golden Light Healing LLC or Rainbow Jaguar LLC know of any medical problems, allergies, etc. you may have. Golden Light Healing LLC (GLH) or Rainbow Jaguar LLC (RJ) has the right to disqualify anyone at any time during the trip if GLH or RJ feels it is medically necessary. Refunds are not normally given under such circumstances. Golden Light Healing or Rainbow Jaguar assumes no liability regarding provision of medical care. You are responsible for your own personal health.

FOOD AND WATER

Most illnesses on journeys are caused by contamination of food or water. These are some precautions we suggest you observe:

- Use bottled water for drinking and brushing your teeth.
- Do not use ice cubes unless you know they are safe.
- Do not drink from streams.
- Beware of uncooked food (including salads), and food from sidewalk vendors. This leaves freshly cooked food, preferably eaten while still hot, and fresh fruit that you peel yourself.
- Adequate fluid intake is important and easy to overlook, especially when hiking at high altitudes.
- It is fine to eat what you like at the places we will be staying at, as their hygiene and food preparation standards are very high.
- It is not advisable to drink tap water, or to eat from street vendors, as our digestive systems are not used to the local food.
- Bottled water is available at markets and shops.

- We will try our best to meet dietary needs, however, please be aware this is a 3rd world country and if you have very strict needs your choices will be limited.

LUGGAGE

Many airlines have changed their luggage weight rules and the number of bags allowed. Check with your airline for their current regulations. Be sure to include in your carry-on an extra change of clothes, hiking shoes, and any other essentials you may need in case your luggage gets lost or delayed. Everything else should fit inside your main, checked suitcase/s. Also remember to leave some space in your main bag for souvenir purchases or bring along a large duffle bag which becomes your second carry-on bag on the way home. You may want to consider bringing a luggage scale.

CONTACTING HOME

Maras Tambo Healing Center where we will be staying most of the time has **limited** Wi-Fi service in the lobby. There is no Wi-Fi service on the trails. We ask that you not upload photos and videos due to their limited Wi-Fi capabilities. You can check with your mobile phone carrier about international plans. Cell phone reception is unreliable.

WHAT TO BRING

These are **suggested items** to consider:

- Reusable water bottle/s
- Backpack (you will use to carry your things for our day trips—does not have to be huge, but should be comfortable for an extended hike)
- Good Hiking boots or hiking shoes—be sure to wear them in well before the trip!
- Extra set of shoes or sandals for evening
- Sunscreen SPF 30 or higher & Lip balm.
- Bug Repellent
- Sun Hat and Sunglasses
- Warm thick socks & moisture wicking hiking socks
- Flashlight and extra Batteries or Head Lamp
- Camera, extra digital card & batteries or phone with camera
- Journal & pens
- Hair Dryer and 110-volt electric socket converter to 220-volt for South America or go natural!
- Personal hygiene products: toilet paper, hand wipes, shampoo, deodorant, toothpaste & brush, etc.
- First Aid kit or supplies
- Prescription Drugs and/or natural remedies (probiotics are a good choice to help with stomach issues)
- Electrolytes, protein bars (granola bars), nuts, trail mix, etc. if you want snacks during the day. Many shops also have light snacks you can purchase.
- Layered clothing for day hiking. Zip-off, fast drying pants are great. Ideally you could wear all your clothes layers at once if needed (tank under button-down hiking shirt under fleece under rain gear.)
- Hiking pants—fast drying, roll-up or zip off work best.

- Short and Long-sleeved light weight shirts--moisture wicking is best.
- Down vest and/or warm jacket for nighttime.
- Rain Gear (Breathable waterproof garment). FrogTogg rain ponchos work best.
- Swimsuit & towel or shorts/top for glacial lagoon cleansing
- Pajamas
- Warm hat and gloves
- Hiking poles, particularly if you have knee or back issues
- Things people have found helpful for altitude have included: Beet Root Powder, Turmeric, Ginkgo Biloba, Fish Oil, and/or altitude prescription from their physician.
- Extra duffle bag to bring home your purchases (optional ☺)

Pack what you feel you absolutely NEED... but LESS IS MORE!

TIPS

We like to collect tips as an Ayllu to gift to the hotel staff, guides, drivers, and porters to thank and honor the time and talents they have shared with us. We recommend \$120-\$150/person for the trip duration. These will be collected at the beginning of the trip to be given as a group and Jose Luis will give them out accordingly.

HEALING OPPORTUNITIES/COCOA LEAF READINGS

The shamans may be available on free evenings to do healing work (soul retrieval, cleansings), cocoa leaf readings or despacho ceremonies by individual request. If you choose to participate in one of these, you will pay the shaman directly. Recommended amounts approximately: \$25 coca leaf reading, soul retrieval \$75.



Golden Light Healing
DREAM • EXPLORE • DISCOVER • GROW