



EXPLORE PERÚ 2026

This 12-day journey is a timeless celebration of ancient and current culture, nature, beauty, and geographic extremes. From the Pacific Ocean to the majestic Andes mountains, you will find plenty to feed your body, mind and spirit. And as your understanding of how pre-Columbian settlements grew into civilizations in this enchanted land, and how the great Inca empire incorporated this cornucopia of diversity into their traditions, you will realize that the messages they have left behind are very much alive today in the Peruvian culture.

WHERE WILL THE JOURNEY TAKE US?

As we explore a variety of pre-columbian sites that span several millennia on our trip, your guides will enlighten you on the multi-layered symbolism behind these sacred places which contain messages that are more relevant than ever today. Throughout the journey, you will develop a new, richer world perspective, enhanced by the wisdom and knowledge left behind by these ancient peoples. You will participate in traditional rituals still practiced by Andean natives today that transcend the anthropological and archaeological information presented on the tours, strengthen your connection to nature and the cosmos, and ramp up your energy levels to healing heights. One such tradition is the creation of your own personal healing Mesa (medicine bundle). This Mesa will be adorned with spirit gifted natural and man-made objects that carry the elemental energies that we'll encounter at these sacred sites, similar to what Andean shamans have been assembling for millenia. More powerful than memories or photos, this medicine bundle will allow you to maintain a long lasting connection to the Andean cosmology long after you've gone home.

And while we provide you with a plethora of sites to see, foods to taste, and rituals to practice, there will also be plenty of time to explore on your own, shop, get a massage, or do whatever else calls your attention and fits your budget. The journey is set up to provide the perfect balance between a group tour and an individual or family adventure.

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THE PROGRAM

DAY 1: Flight from home country to Lima. Upon your arrival at Jorge Chavez International Airport, you will be transported to a nearby hotel to settle and rest for the morning hours before check-in. With everyone assembled at the hotel by early afternoon, we will take you to our first ancient site named El Paraíso, not far from the hotel. This site sets the stage for the next few days, where we explore the beginnings of civilization on the South American continent with temple sites as old as other great civilizations in Egypt and Mesopotamia. In the early evening we will close our first day in Lima at a nice restaurant, followed by a meeting to introduce our team and provide logistical information about the days to come.

DAY 2: After breakfast at the hotel, we hop into our transport van and head North in the direction of Caral, the oldest known civilization in the Americas that thrived from 3000 to 1800 BC. Our first stop will be at Lomas de Lachay Nature Reserve. There, we will learn about the unique geography and climate of coastal Peru while enjoying a leisurely hike through the life-giving clouds within this unique microclimate in the desert. Next, we head to the coastal town of Huacho for a seafood lunch right near the ocean before continuing to our second destination, El Áspero. This pre-ceramic site sits right on the ocean and near the mouth of the Supe River where we will discover how it played an important role in the dawn of the Caral civilization. We'll then settle into our hotel and have dinner in the coastal town of Barranca.

DAY 3: After breakfast we head straight to the Sacred City of Caral. We will learn about the significance of this first civilization's advanced knowledge of architecture, astronomy, agronomy, social organization, economic trade, and religious practices, and how they influenced later cultures including the Incas thousands of years later. We'll spend the better part of the morning exploring six jaw dropping stepped pyramids at the site followed by some time to peruse the interpretive panels at the on-site museum, and also shop for souvenirs. After our visit,



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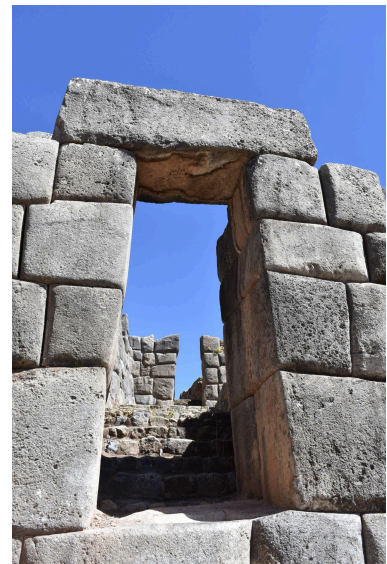


we will resume our van trek back to Lima after stopping for lunch in Huacho. Once back at the hotel in Lima, you'll be on your own for dinner and will need to prepare your luggage for the plane ride to Cuzco in the morning.

DAY 4 : After breakfast we all make our way to the airport to take our morning flights to Cusco. Upon arrival, you will be transported to the heart of the city to your hotel for check-in. From there we'll head to a nearby gourmet restaurant to enjoy a lite lunch. Then, the rest of the afternoon is yours to enjoy however you like. You can either rest and relax at the hotel taking time to acclimate to the altitude of 11,200ft, explore the nearby historic Spanish influenced Plaza de Armas with shops, cathedral and church museums, or simply enjoy the park in the center of the square. Dinner is on your own for this night and it's recommended to eat very light on your first day at this altitude. We will meet in the early evening to discuss the short and long term logistics of our stay in Cuzco and the Sacred Valley.

DAY 5: On our first full day in Cusco, we will spend a leisurely and relaxing day at a special and little known Inka site called Inkilltambo. A quick drive from our hotel puts us at the trailhead to begin a gentle hike to this sacred 'huaca' or holy place. For this visit, we will be joined by wise members of the Q'ero tribe who will teach us about their way of life in the remote villages of the highlands at up to 14,000 feet above sea level. The Q'ero are known as the "last Inca community" because they survived the Spanish conquest by retreating to the high mountains. They are highly spiritual people who will lead us on several sacred ceremonies in and around the sacred site of Inkilltambo. Lunch will be on-site and then there will be personal time for exploring the area before catching the van back to the hotel. Before heading to dinner in town, there will be an opportunity to purchase textiles and crafts made by our Q'ero friends.

DAY 6: On this day, we will learn about Cuzco, the 'navel' of the Inca Empire. The city was originally planned as an effigy in the shape of the sacred puma. Our first site visit takes us to Saksayhuaman, the 'head' of the Puma. This is a megalithic site adapted by the Inca for communal ceremonial activities. The site is still used today to celebrate and reenact *Inti Raimi*, a winter solstice celebration. Next we'll go to Q'enqo, a naturally occurring rock formation that has been carved or seemingly molded to create narrow



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labyrinthian passageways and an underground altar crafted from the caverock itself used for sacrifices and mummification purposes. From there we'll head to the nearby 'Monkey Temple' and take some quiet time exploring this enigmatic site to see if you can find the illusive monkey carvings and other images in the rocks. Here we'll make an offering dedicated to this highly energetic holy place. We'll head back to town for another delicious gourmet lunch and follow that with a visit to the Q'oricancha museum. There we'll find the remnants of the most important temple in the Inca Empire. This temple was dedicated to Inti, the sun deity. The walls of this opulent ceremonial site were reported to have once been covered in sheets of gold and a courtyard filled with life size golden statues of various animals. Our last visit of the day brings us to the San Pedro Market. It was built in 1925 and is the oldest market in the city. The construction was directed by Gustav Eiffel, the same who built the Eiffel Tower in Paris. Here you'll find all types of souvenirs, knick-knacks, local crafts, foods, knitted clothing and vendors of all things 'shamanic'. Then, you have a free evening to dine and do whatever it is you'd like to do before we leave the city in the morning.

DAY 7: On this day we begin our descent into the Sacred Valley to three prominent sites. We first visit Chinchero, a colorful and ancient town with spectacular views, Inca ruins, megalithic carved rocks, and Andean women's textile coops where we will experience a weaving demonstration led by local women. After lunch we'll visit the archaeological site of Moray, a very unique site theorized to have been used by pre-Incas and Incas for experimental farming and/or ceremonial purposes. The site is composed of four large "bowls" located within one larger bowl or geologic depression. Each bowl contains 12 levels of terraces. Our final site visit will be at the Maras salt mines, consisting of thousands of active individual salt pools built on a mountainside that have been mined for thousands of years by the locals of the region. We'll finish our day at a secluded mountainside garden resort with its own restaurant and bar. This will be a free evening for you to chill in your spacious luxury room and maybe order room service, or head to the bar and restaurant for some classic Peruvian drinks and delicious food. Also, this is a great place for stargazing!



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DAY 8: Today begins our journey to Machu Picchu! We'll head to the town of Ollantaytambo where we will catch a train that takes us to the pueblo of Aguas Calientes located at the base of Machu Picchu. We'll check in to our hotel and get a bite to eat before hopping on a bus that will take us to the main gate of the Machu Picchu sanctuary. We'll tour this iconic site until the sun sets and return to Aguas Calientes. Dinner will be on your own with dozens of great restaurants to choose from and then give yourself some time to check out the souvenir vendors near the hotel.

DAY 9 : On this special day we figuratively and literally reach the 'peak' of this amazing 12 day tour. We'll be waking up early to head back up to the Machu Picchu citadel by bus. But this time, we'll cross through this mystical ancient city to the base of Apu Wayna Picchu during this magical morning time before the sun rises. We'll check in at the entry gate and then begin our hike up the Incan staircase, literally carved into the side of the mountain. From afar, the climb looks impossible, but with their typical architectural genius, the Incan stairway makes it much easier than it looks. This hike easily becomes a spiritual practice, a time to cleanse our minds and leave behind the heavy energies that no longer serve us and enjoy the breathtaking views and purifying energy of the entire condor-shaped sanctuary. After



our hike we'll head back to Aguas Calientes, grab a bite to eat and then catch a train back to Ollantaytambo. Here, we will visit another amazing Incan temple site. What this site reveals will help us deepen our understanding of the Inca's appreciation and incorporation of the four elements of nature: Air, Water, Earth, and Fire within its architecture. We'll return to our hotel in Urubamba, and on this early evening we can all gather around a fire and share stories of our accomplishments and experiences up to this point.

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DAY 10: On this day we head back to Cuzco but not before visiting the enigmatic temple site of Ñaupá Iglesia. This huaca of unknown origin and purpose sits within a cave entrance halfway up a mountainside. A blind niche or door another dimension was literally carved out of the cave wall with such precision that it defies even our current stone cutting technologies. There is also a megalith at the mouth of the cave with beautifully carved motifs that provide a highly energetic and spiritual setting. A ceremonial offering here is unavoidable. Afterwards, we'll have lunch in Urubamba before heading back to our hotel in Cuzco and again, you'll have the rest of the afternoon and evening to explore the city.



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DAY 11 : On our last full day, we'll head to Tipón, our final destination. This 500 acre archaeological complex built around a natural spring is made up of beautiful terraces, platforms, a royal enclosure, and irrigation works that are still in full operation today. Water was clearly worshiped here. We'll spend a casual morning exploring the various areas of the site and interpret the many symbologies found within the fountains, canals, and Incan architecture. Back in Cuzco, you'll have some time to yourself for last minute shopping/exploring before our celebratory traditional dinner and dance show.

DAY 12 : On this day, with new insights gleaned from ancient wisdom, a renewed connection with nature and culture, and undoubtedly a higher understanding of your own path and purpose, it's time to journey back home. You'll be shuttled to the airport for your flights to Lima and to your final destinations or next adventures.



Facilitators



Philippe is a multilingual environmental, wildlife, and habitat conservation professional. He worked at wildlife refuges over a 20-year career and supported them nationwide from the Refuge System Headquarters in Washington DC. He also served three years as a volunteer wildlife biologist with the U.S. Peace Corps in the remote High Atlas Mountains of Morocco. Born in a multi-national/multicultural environment in the Washington DC area, he communicates in English, French and Spanish fluently. Having a thirst for traveling, exploring and learning, he has visited Perú multiple times

thus developing a great passion for its beautiful landscapes, diverse pre-Columbian cultures, and Peruvian cuisine. Philippe has been initiated into various traditions of the Andean Healing Arts. He strives to impart, instill, and broaden knowledge of these philosophies that are rooted in nature, reciprocity, balance and inner-growth.



Lilly, M.Ed./Ph.D. is a bilingual Andean-Peruvian professor, researcher, and educator with 25+ years of experience. Growing up in the highland region of Huánuco, Perú, Lilly developed an early bond with the Quechua language and the Andean-Peruvian healing traditions. These experiences nurture her love for the Inka culture. In her research and teaching, she promotes intercultural communication, celebrates diversity and advocates equity. Currently, Lilly teaches at a Northern Virginia university course related to culturally linguistically diverse learners and bilingual education. Because of her love for native cultures, she took the opportunity to train Ixil-speaking Mayan educators in rural

Guatemala, learn about the Sami people in Norway, and visit many ancient sacred sites such as Machu Picchu in Cuzco. As a global traveler, Lilly has visited 12 countries. One of her favorite quotes is from Maya Angelou, "When you learn, teach, when you get, give." She lives with her loving daughter Camilla, her husband Philippe, and her two felines, Cici and Milo, in Virginia.