

# 2019 CUSCO, SACRED VALLEY & MACHU PICCHU EXTENSION

*Exclusively for participants of Amazon Rainforest Workshops/EcoTeach Field Programs*

## DAY 1: July 10 IQUITOS / CUSCO / SACRED VALLEY

Upon arrival to Cusco, over 11,000 feet above sea level, we will be met by our guide and board transportation to the historic Urubamba Valley known as the “Sacred Valley”. A box lunch is included on the way. Upon arrival at the hotel there will be a few hours at leisure to acclimatize to the altitude. In the evening we will visit the small town of Urubamba, surrounded by mountains, and have dinner at a local restaurant. Box lunch, Dinner. Accommodation in selected hotel in the Sacred Valley.

## DAY 2: July 11 SACRED VALLEY

After a buffet breakfast at the hotel we will go to the village of Pisac and walk through their colorful Indian market. From Pisac, we will drive through the beautiful scenery of the Sacred Valley, travelling to the North to visit the village of Chinchero. Throughout the village there are several open demonstrations of traditional fabric arts. One of the best is the Textile Center Urpi, where the Quispe family is dedicated to textile production. At the Center we will learn how handmade textiles are produced; each piece requiring physical effort, time, dedication and skill. We will also learn about the Andean culture where the principal language in rural areas is Quechua and where clothing, hats and hairstyles are used to distinguish members from different villages and even marital status.

We will have lunch at a restaurant in the Sacred Valley followed by a tour of the Inca ruins of Moray. Although the concentric terraces look like a Roman amphitheater, it is currently thought that they were used to experiment and test crops in different microclimates as the temperature difference from the top to the bottom can be 15°C/27°F. We will also stop at the salt mines of Maras where this important mineral has been harvested since pre-Inca times in salt pans by evaporating salty water from a subterranean stream. From Maras we will continue to the impressive town and fortress of Ollantaytambo in the Sacred Valley of the Incas. Ollantaytambo was a strategic military, agricultural and religious center for the Incas and has been continuously occupied since the 1400's. We will return to the Sacred Valley for dinner. Breakfast, Lunch, Dinner. Accommodation at selected hotel in the Sacred Valley.



## DAY 3: July 12 SACRED VALLEY / MACHU PICCHU



After an early buffet breakfast, we will go to the Ollantaytambo train station. Here we will board the Vistadome or Expedition Train for a scenic trip through the Urubamba Valley to the breathtaking Lost City of the Incas, **Machu Picchu**, the most famous Inca citadel and one of the New 7 Wonders of the World. Our guide will take us through the ruins and talk about this awe-inspiring ancient Incan city which was never discovered by the conquering Spaniards. After our visit to Machu Picchu, we will go down to the town of Aguas Calientes, located in a deep gorge below the ruins, for lunch. There will be time in the afternoon to walk around the town's labyrinth of cobbled streets with scores of shops and restaurants and railroad tracks running through the center of town. Dinner will be in Aguas Calientes. Breakfast, Lunch, Dinner. Accommodation at selected hotel in Aguas Calientes.

#### **DAY 4 July 13 HUAYNA PICCHU / CUSCO**

After a buffet breakfast, we will return by bus to the entrance to Machu Picchu and continue on by foot to Huayna Picchu, the mountain peak adjacent to Machu Picchu. There is limited access to this ascent of just over 1,000 feet which requires no technical skills but offers an extraordinary bird's eye view of the Citadel, more than worth the effort of getting there. We will return to Aguas Calientes for lunch and take the train back to Cusco again passing through the beautiful Urubamba Valley. At the Poroy station in Cusco, we will be transferred to our hotel in this city nestled in the majestic peaks of the Andes. Breakfast, Lunch, Dinner. Accommodation at selected hotel in Cusco.

#### **DAY 5 July 14 CUSCO AND SURROUNDING RUINS**

After breakfast our transportation will take us to Pukamuqu where the Cristo Blanco statue overlooks Cusco and where we will have a panoramic view of the city. From here we will descend by bus to the archaeological complex of Sacsayhuaman, an amazing Inca fortress. We will continue to Qenko, a temple dedicated to Mother Earth with complex tunnels and stone carved figures, and on to Puca Pucara, an Inca road checkpoint. We will continue to the ruins of Tambomachay, known as the "Inca's Baths", where crafted canals and aqueducts highlight the Inca's extraordinary architectural talents and knowledge of hydraulics. Our last stop will be at the look out of Corao, from where we will be able to appreciate the Andean mountains and snow-capped peaks surrounding the valley and the farming terraces used for the cultivation of crops. We will return to Cusco by bus for lunch. In the afternoon, we will tour around the city of Cusco including the "Plaza de Armas", the Cathedral and the Santo Domingo Church (Koricancha). Breakfast, Lunch, Dinner. Accommodation at selected hotel in Cusco.



#### **DAY 6 July 15 CUSCO / LIMA**

After breakfast we will walk to San Blas, a typical artisan neighborhood in Cusco. We will walk along Hatun Rumiyoq Street, an ancient cobbled street where we can appreciate stone walls on each side of the road including the stone of 12 angles which fits with incredible precision, without mortar, to all of the adjoining stones. In San Blas we'll pass the oldest parish church in Cusco built in 1544 over an Inca Temple dedicated to Illapa, the god of thunder and lightning. Upon arrival to the San Cristobal Cathedral, we will be able to appreciate an incredible panoramic view of the city of Cusco. As we continue, we'll stop at the Choco Museum where we can learn about the process in which Andean cocoa is turned into chocolate. Our last



visit will be to the Market of San Pedro, a typical marketplace where locals and guests alike shop for Andean products from fruits and vegetables to textiles. After lunch there will be a transfer to the airport for our flight departing Cusco. Breakfast, Lunch.

**NOTE:** Return flights to the USA are overnight flights. You will arrive home on July 16<sup>th</sup>.

**2019 MACHU PICCHU EXTENSION**  
**June 10-16, 2019**  
**AT-A-GLANCE**

DATE	WHERE	ACCOMODATION & MEALS	MAJOR ACTIVITIES
July 10	Iquitos to the Sacred Valley	Sonesta Posada del Inka (or similar) Meals included: LD	Fly Iquitos to Cusco Transfer to the Sacred Valley Visit town of Urubamba
July 11	Sacred Valley	Sonesta Posada del Inka (or similar) Meals included: LD	Visit Pisac Market Visit Textile Center Urpi in Chinchero Tour Inca ruins of Moray Stop at Maras salt mines Visit Ollantaytambo
July 12	Sacred Valley to Machu Picchu	Casa Andina (or similar) Meals included: BLD	Train/bus to Machu Picchu Guided tour of Machu Picchu ruins
July 13	Machu Picchu to Cusco	Costa del Sol (or similar) Meals included: BLD	Climb Huayna Picchu Train to Cusco
July 14	Cusco	Costa del Sol (or similar) Meals included: BLD	Visit Cusco and its surroundings
July 15	Cusco to Lima	Meals included: BL	Visit San Blas neighborhood Afternoon flight to Lima. Overnight flight to USA
July 16	USA		Arrive in USA

**Land Cost:** \$1350 per person / double occupancy  
Land costs do not include flights from Iquitos to Cusco/Cusco to Lima  
Extension flights estimated at \$350 per person  
Single Supplement = \$480

***Please note: Your international flight out of Lima should depart after 9pm on July 15<sup>th</sup>, 2019.***

**YOU WILL ARRIVE HOME IN THE USA ON JULY 16<sup>th</sup>**